

# English Madhyam

(Weekly vocabulary compilation)

From 20 JAN 2025 TO 25 JAN 2025

## For all competitive Exams

Bank (Po & clerk), IB ACIO, NDA, CDS, SSC (CGL, MTS, CHSL), MBA, Hotel Management, MCA, UPSC,  
B. Ed and other competitive exams.



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# Part - A

## The Indian Express Editorial: A matter of skills (20 JAN 2025)

1. **Inaugural** (adjective) – First, initial, introductory, opening, maiden प्रारंभिक
2. **Readiness** (noun) – Preparedness, willingness, capability, ability, eagerness तत्परता
3. **Front** (noun) – Aspect, field, sector, area, domain क्षेत्र
4. **Preparedness** (noun) – Readiness, preparation, planning, capability, organization तैयारी
5. **Harness** (verb) – Utilize, employ, exploit, capitalize on, channel उपयोग करना
6. **Seek** (verb) – Search for, look for, pursue, aim for, strive for खोज करना
7. **Competency** (noun) – Skill, ability, expertise, proficiency, qualification दक्षता
8. **Keep pace with** (phrase) – Match, stay updated, keep up with, follow, adapt बराबरी करना
9. **Point to** (phrasal verb) – Indicate, suggest, highlight, show, imply इंगित करना
10. **Deficit** (noun) – Shortfall, shortage, lack, insufficiency, gap कमी
11. **Underline** (verb) – Emphasize, stress, highlight, reinforce, accentuate बल देना
12. **Point out** (phrasal verb) – Indicate, mention, highlight, remark, observe उल्लेख करना
13. **Highlight** (verb) – Emphasize, showcase, underline, stress, draw attention to प्रमुखता देना
14. **Meet** (verb) – Fulfill, satisfy, address, comply with, achieve पूरा करना
15. **Landscape** (noun) – Field, domain, scenario, terrain, environment परिदृश्य
16. **Illustrate** (verb) – Explain, demonstrate, depict, exemplify, highlight स्पष्ट करना
17. **Embrace** (verb) – Accept, adopt, welcome, include, integrate अपनाना
18. **Set up** (phrasal verb) – Establish, create, organize, initiate, institute स्थापित करना
19. **Pertain** (to) (verb) – Relate to, concern, apply to, refer to, be relevant संबंधित होना
20. **Infrastructure** (noun) – Framework, facilities, resources, foundation, structure आधारभूत संरचना
21. **Curricula** (noun) – Syllabi, educational programs, courses, academic frameworks पाठ्यक्रम
22. **Mandate** (noun) – Directive, order, requirement, instruction, authorization आदेश/निर्देश
23. **In line with** (phrase) – In accordance with, consistent with, in conformity with, aligned with, as per के अनुरूप
24. **Rung** (noun) – Level, step, tier, position, rank स्तर
25. **Add to** (phrasal verb) – Increase, enhance, augment, contribute to, supplement बढ़ाना
26. **State-of-the-art** (adjective) – Advanced, cutting-edge, innovative, top-notch, modern अत्याधुनिक

27. **Tap into** (phrasal verb) – Access, utilize, draw upon, exploit, harness उपयोग करना
28. **Expertise** (noun) – Skill, knowledge, proficiency, specialization, competence विशेषज्ञता
29. **Stem from** (phrasal verb) – Originate from, arise from, result from, derive from, come from उत्पन्न होना
30. **Elation** (noun) – Joy, happiness, delight, excitement, exhilaration उत्साह
31. **Policymaker** (noun) – Decision-maker, legislator, strategist, administrator, authority नीति निर्धारक
32. **Align** (with) (verb) – Match, coordinate, synchronize, integrate, harmonize संरेखित करना
33. **Ecosystem** (noun) – System, framework, environment, network, infrastructure पारिस्थितिकी तंत्र

## The Hindu Editorial: Pyrrhic peace: On the Hamas-Israel ceasefire (21 JAN 2025)

1. **Pyrrhic peace** (phrase) – A victory or resolution achieved at excessive cost, often leaving significant damage or losses  
अत्यधिक कीमत पर मिली शांति
2. **Ceasefire** (noun) – Truce, armistice, suspension of hostilities, halt, peace agreement  
युद्धविराम
3. **In place** (phrase) – Established, implemented, ready, operational, functional  
लागू
4. **Destruction** (noun) – Ruin, devastation, obliteration, annihilation, wreckage  
विनाश
5. **Painstaking** (adjective) – Meticulous, thorough, careful, diligent, exhaustive  
सावधानीपूर्वक
6. **Negotiation** (noun) – Discussion, dialogue, talks, deliberation, mediation  
वार्ता
7. **Venture out** (phrasal verb) – Step out, go forth, risk going outside, dare to leave, emerge  
बाहर निकलना
8. **Bombardment** (noun) – Attack, assault, barrage, shelling, onslaught  
गोलाबारी
9. **Shelling** (noun) – Bombing, artillery fire, mortar fire, barrage, cannonade  
गोला बारी
10. **Come to an end** (phrase) – Conclude, finish, cease, terminate, stop  
समाप्त होना
11. **Linger** (verb) – Remain, persist, stay, endure, delay  
बना रहना
12. **Last-minute** (adjective) – Final, eleventh-hour, last-second, rushed, urgent  
अंतिम क्षण का
13. **Difference** (noun) – Discrepancy, disagreement, variation, divergence, contrast  
मतभेद
14. **Withdrawal** (noun) – Pullback, retreat, removal, retraction, disengagement  
वापसी
15. **Come into force** (phrase) – Become effective, be implemented, start, take effect, be enforced  
लागू होना
16. **Prisoner** (noun) – Detainee, captive, inmate, convict, hostage  
कैदी
17. **Hostility** (noun) – Enmity, aggression, animosity, conflict, antagonism  
शत्रुता
18. **Degrade** (verb) – Deteriorate, weaken, undermine, damage, erode  
कमजोर करना
19. **Militant** (adjective) – Combative, aggressive, radical, confrontational, revolutionary  
उग्रवादी
20. **Infrastructure** (noun) – Framework, system, facilities, foundation, structure  
आधारभूत संरचना
21. **Insurgency** (noun) – Rebellion, uprising, revolt, resistance, mutiny  
विद्रोह
22. **Outgoing** (adjective) – Departing, retiring, leaving, former, exiting  
निर्गामी
23. **Tactic** (noun) – Strategy, method, approach, plan, maneuver  
रणनीति
24. **Persuade** (verb) – Convince, influence, encourage, sway, prompt  
राजी करना

25. **Committed** (to) (adjective) – Dedicated, devoted, obligated, resolved, steadfast  
प्रतिबद्ध
26. **Roadblock** (noun) – Obstacle, hindrance, barrier, obstruction, impediment बाधा
27. **Desperately** (adverb) – Urgently, hopelessly, severely, gravely, critically  
अत्यधिक आवश्यकता से
28. **Bridge the gaps** (phrase) – Overcome differences, connect, reconcile, close divides, bring together मतभेद कम करना
29. **Scenario** (noun) – Situation, setting, context, circumstance, scene परिदृश्य
30. **Ruling** (adjective) – Governing, leading, dominant, controlling, prevailing शासक
31. **Pragmatic** (adjective) – Practical, realistic, sensible, logical, rational व्यावहारिक
32. **Prevail** (verb) – Succeed, triumph, dominate, persist, win जीतना
33. **Troop** (noun) – Soldiers, armed forces, military personnel, contingent, battalion सैनिक

## The Times of India Editorial: Servant leadership (22 JAN 2025)

1. **Embody** (verb) – Represent, exemplify, manifest, personify, symbolize समाए होना
2. **Look for** (phrasal verb) – Seek, search for, try to find, pursue तलाश करना
3. **Thread** (noun) – Theme, element, strand, idea धागा
4. **Run through** (phrasal verb) – Pervade, permeate, spread through, extend through समाहित होना
5. **Virtuous** (adjective) – Ethical, moral, righteous, noble, good सदाचारी/ गुणवान
6. **Essential** (adjective) – Necessary, vital, crucial, indispensable आवश्यक
7. **Trait** (noun) – Quality, characteristic, attribute, feature गुण
8. **Characteristic** (noun) – Feature, trait, quality, attribute विशेषता
9. **On the contrary** (phrase) – Conversely, in contrast, oppositely इसके विपरीत
10. **Humanity** (noun) – Mankind, humankind, people, society मानवता
11. **Empathy** (noun) – Compassion, understanding, sympathy, insight सहानुभूति
12. **Endeavour** (verb) – Try, strive, attempt, aim प्रयास करना
13. **Result in** (phrasal verb) – Lead to, cause, bring about, produce परिणामस्वरूप होना
14. **Humanity** (noun) – Mankind, humankind, people, society मानवता
15. **Merely** (adverb) – Only, just, simply, solely केवल
16. **Facilitate** (verb) – Assist, help, aid, make easy सुगम बनाना
17. **Encourage** (verb) – Inspire, motivate, stimulate, support प्रोत्साहित करना
18. **Drive** (verb) – Propel, motivate, push, urge प्रेरित करना
19. **Be it** (phrase) – Whether it is, even if it is चाहे वह हो
20. **Impeccable** (adjective) – Flawless, perfect, faultless, unblemished परिपूर्ण/ त्रुटिरहित
21. **Deed** (noun) – Action, act, performance, behavior काम
22. **Torchbearer** (noun) – Leader, pioneer, trailblazer, guide पथप्रदर्शक
23. **Noble** (adjective) – Honorable, virtuous, righteous, good महान



### The Hindu Editorial: Inaugural drama (23 JAN 2024)

1. **Inaugural** (adjective) – initial, first, opening, introductory, maiden **उद्घाटन संबंधी**
2. **Live up to** (phrase) – fulfill, meet, measure up to, match, satisfy **उम्मीदों पर खरा उतरना**
3. **Decisive** (adjective) – conclusive, definitive, determining, crucial, pivotal **निर्णायक**
4. **Mark** (verb) – indicate, denote, signify, symbolize, highlight **चिह्नित करना**
5. **A slew of** (phrase) – a large number of, numerous, an abundance of, a host of, plenty of **बहुत सारी**
6. **Directive** (noun) – instruction, order, mandate, command, guideline **आदेश / निर्देश**
7. **Tenor** (noun) – tone, drift, essence, gist, character **सार / रुझान**
8. **Pardon** (noun) – forgiveness, clemency, amnesty, reprieve, absolution **माफी**
9. **Prosecuted** (adjective) – charged, indicted, tried, arraigned, brought to court **अभियुक्त**
10. **Riot** (noun) – disturbance, unrest, commotion, turmoil, uprising **दंगा**
11. **Amendment** (noun) – revision, alteration, modification, update, adjustment **संशोधन**
12. **Undocumented** (adjective) – unrecorded, unregistered, unauthorized, illegal, not certified **बिना दस्तावेज़ के**
13. **Migrant** (noun) – traveler, immigrant, nomad, wanderer, expatriate **प्रवासी**
14. **Proposed** (adjective) – suggested, recommended, put forward, planned, advanced **प्रस्तावित**
15. **Tariff** (noun) – duty, levy, tax, toll, charge **सीमा शुल्क**
16. **BRICS** (noun) – An acronym for the association of five major emerging economies: Brazil, Russia, India, China, and South Africa **पाँच उभरती अर्थव्यवस्थाओं का समूह**
17. **Considerably** (adverb) – significantly, substantially, noticeably, markedly, appreciably **काफी हद तक**
18. **Memoranda** (noun) – notes, memos, communications, records, official messages **ज्ञापन**
19. **Predecessor** (noun) – forerunner, antecedent, precursor, previous holder, one who came before **पूर्ववर्ती**
20. **Striking** (adjective) – noticeable, remarkable, impressive, eye-catching, conspicuous **आकर्षक**
21. **Optics** (noun) – public perception, public image, how things appear, viewpoint, public interpretation **जन धारणा**
22. **Swearing-in** (noun) – inauguration, oath-taking, investiture, induction, installation **शपथ ग्रहण**
23. **Prompt** (verb) – cause, provoke, spur, trigger, initiate **प्रेरित करना**

24. **Speculation** (noun) – conjecture, guesswork, supposition, theory, assumption **अटकल**
25. **De facto** (adjective) – actual, real, in effect, in practice, existing in fact **वास्तविक रूप से**
26. **Oligarchy** (noun) – rule by a few, small governing group, elite control, power concentration, dominant minority **अल्पतंत्र**
27. **Inefficiency** (noun) – ineffectiveness, incompetence, inadequacy, unproductiveness, wastefulness **अक्षमता**
28. **Resemble** (verb) – look like, be similar to, mirror, echo, be akin to **समान दिखना**
29. **As it stands** (phrase) – in its present condition. **जैसा है**
30. **Strike a note** (phrase) – express, convey, set a tone, evoke, signal a feeling **भाव प्रकट करना**
31. **Innately** (adverb) – inherently, naturally, intrinsically, fundamentally, basically **जन्मजात रूप से**
32. **Hostile** (adjective) – unfriendly, antagonistic, adversarial, aggressive, inhospitable **शत्रुतापूर्ण**
33. **To a considerable extent** (phrase) – largely, significantly, substantially, to a large degree, notably **काफी हद तक**
34. **Diverge** (verb) – separate, deviate, differ, split, move apart **अलग होना**
35. **Immigration** (noun) – migration, resettlement, relocation, entry, arrival **अप्रवासन**
36. **Often** (adverb) – frequently, regularly, repeatedly, commonly, many times **अक्सर**
37. **Seek** (verb) – look for, search for, pursue, strive for, aim to find **तलाश करना**
38. **Bipartisan** (adjective) – cross-party, two-party, cooperative across parties, supported by both sides, jointly backed **द्विदलीय**
39. **Consensus** (noun) – agreement, accord, unity, harmony, concurrence **सर्वसम्मति**
40. **Deadlock** (noun) – stalemate, impasse, standstill, gridlock, halt **गतिरोध**
41. **Internecine** (adjective) – mutually destructive, internal conflict, infighting, civil strife, harmful to both sides **पारस्परिक विनाशकारी**
42. **Allocation** (noun) – distribution, allotment, apportionment, assignment, disbursement **आवंटन**
43. **In this instance** (phrase) – in this case, under these circumstances, specifically here, regarding this matter, in this situation **इस मामले में**
44. **Trifecta** (noun) – triple success, three-fold achievement, trio of wins, triple crown, triple advantage **तिहरी सफलता**
45. **Sympathetic** (adjective) – compassionate, supportive, understanding, empathetic, caring **सहानुभूतिपूर्ण**
46. **Stacked** (with) (adjective) – filled, loaded, packed, brimming, replete **भरा हुआ**

47. **Conservative** (noun) – traditionalist, right-winger, right-leaning individual, conventionalist, reactionary **रूढ़िवादी**
48. **Rely** (on) (verb) – depend on, count on, trust in, lean on, bank on **निर्भर करना**
49. **Aisle** (noun) – passage, corridor, walkway, pathway, lane **गलियारा**
50. **Embolden** (verb) – encourage, strengthen, fortify, empower, boost **प्रोत्साहित करना**
51. **Breadth** (noun) – width, range, scope, extent, span **चौड़ाई / व्यापकता**
52. **Unconventional** (adjective) – unusual, nontraditional, atypical, unorthodox, offbeat **असामान्य**
53. **Bizarre** (adjective) – strange, odd, weird, peculiar, surreal **अजीब**
54. **Proposed** (adjective) – suggested, recommended, put forward, planned, advanced **प्रस्तावित**
55. **Agenda** (noun) – plan, schedule, program, list of items, outline **कार्यसूची**
56. **Takeover** (noun) – acquisition, seizure, buyout, usurpation, appropriation **अधिग्रहण**
57. **De-recognition** (noun) – withdrawal of recognition, revocation, invalidation, annulment, rescinding official acceptance **मान्यता समाप्ति**
58. **Threatening** (adjective) – menacing, intimidating, ominous, hostile, alarming **धमकी भरा**
59. **Prospect** (noun) – possibility, likelihood, potential, chance, outlook **संभावना**
60. **Perhaps** (adverb) – maybe, possibly, conceivably, perchance, potentially **शायद**

### The Pioneer Editorial: Sparking smile (24 JAN 2025)

1. **Sparkling** (adjective) – shining, glimmering, glittering, dazzling, radiant **चमकदार**
2. **Elocution** (noun) – articulation, oration, public speaking, speech, delivery **वाक्चातुर्य**
3. **Kindness** (noun) – compassion, benevolence, goodwill, generosity, warmth **दया**
4. **Thoughtful** (adjective) – considerate, reflective, pensive, attentive, contemplative **विचारशील**
5. **Privilege** (noun) – advantage, benefit, honor, prerogative, special right **विशेषाधिकार**
6. **Intriguing** (adjective) – fascinating, captivating, engaging, interesting, absorbing **आकर्षक**
7. **Reciprocate** (verb) – return, respond, exchange, repay, requite **प्रत्युत्तर देना**
8. **Stranger** (noun) – outsider, unknown person, newcomer, alien, foreigner **अजनबी**
9. **Regardless of** (phrase) – despite, irrespective of, no matter, notwithstanding, in defiance of **के बावजूद**
10. **Gesture** (noun) – sign, motion, indication, expression, action **संकेत**
11. **Make one's day** (phrase) – delight, please, cheer up, bring joy, gladden **किसी का दिन बना देना**
12. **Remarkable** (adjective) – extraordinary, notable, exceptional, outstanding, impressive **उल्लेखनीय**
13. **Fetch** (verb) – bring, retrieve, carry, collect, deliver **लाना**
14. **Monetary** (adjective) – financial, fiscal, economic, pecuniary, capital-related **मौद्रिक**
15. **Tangible** (adjective) – palpable, concrete, material, substantial, physical **ठोस**
16. **Evoke** (verb) – invoke, arouse, summon, elicit, awaken **उत्पन्न करना**
17. **Resonate** (verb) – echo, reverberate, connect, harmonize, strike a chord **गूंजना**
18. **Empathy** (noun) – understanding, compassion, sympathy, fellow-feeling, care **सहानुभूति**
19. **Given** (preposition) – considering, taking into account, bearing in mind, owing to, due to **ध्यान में रखते हुए**
20. **Bring forth** (phrasal verb) – produce, generate, create, present, propose **उत्पन्न करना**
21. **Fascinating** (adjective) – enthralling, captivating, engrossing, spellbinding, alluring **मोहक**
22. **Wonder** (verb) – ponder, question, marvel, think, speculate **आश्चर्य करना**
23. **Crinkle** (noun) – wrinkle, fold, crease, ripple, furrow **सिलवट**
24. **Unfold** (verb) – reveal, disclose, open, spread out, develop **उजागर करना**
25. **Implicit** (adjective) – implied, understood, indirect, unstated, unspoken **निहित**

26. **Gems** (noun) – treasures, jewels, valuables, pearls, precious items **रत्न**
27. **Emphasise** (verb) – stress, highlight, underline, accentuate, draw attention to **जोर देना**
28. **Compassion** (noun) – kindness, sympathy, empathy, mercy, pity **करुणा**
29. **Embody** (verb) – personify, represent, exemplify, manifest, incarnate **प्रतीक बनना**
30. **Brighten** (verb) – illuminate, lighten, cheer up, enhance, uplift **उजाला करना**
31. **Profound** (adjective) – deep, meaningful, significant, insightful, thorough **गहन**
32. **Takeaway** (noun) – lesson, message, main point, conclusion, summary **मुख्य बात**
33. **Beat the odds** (phrase) – overcome challenges, succeed against difficulties, triumph, prevail, surpass expectations **विपरीत परिस्थितियों को हराना**
34. **Brim with** (phrasal verb) – overflow with, be full of, abound, teem, burst **भरा हुआ होना**
35. **Humaneness** (noun) – kindness, compassion, empathy, mercy, consideration **मानवता**
36. **Rationality** (noun) – logic, reason, sensibility, practicality, coherence **तर्कसंगतता**
37. **Nurture** (verb) – cultivate, develop, foster, nourish, support **पोषण करना**
38. **Navigate** (verb) – steer, guide, direct, manage, pilot **मार्गदर्शन करना**
39. **Lie** (verb) – rest, exist, reside, be situated, be found **स्थित होना**
40. **Often** (adverb) – frequently, regularly, repeatedly, commonly, many times **अक्सर**
41. **Invariably** (adverb) – always, consistently, constantly, without fail, unflinching **हमेशा**
42. **Ignite** (verb) – spark, kindle, set aflame, trigger, inspire **प्रज्वलित करना**
43. **Soar** (verb) – rise, ascend, escalate, climb, elevate **ऊपर उठना**
44. **Mould** (verb) – shape, form, influence, model, sculpt **आकार देना**
45. **Academic** (adjective) – educational, scholarly, intellectual, theoretical, pedagogical **शैक्षणिक**
46. **Soul-nurturing** (adjective) – uplifting, enriching, fulfilling, inspiring, comforting **आत्मा को पोषण देने वाला**
47. **Perhaps** (adverb) – maybe, possibly, conceivably, perchance, potentially **शायद**
48. **Thrive in** (phrasal verb) – flourish, prosper, succeed, excel, bloom **उन्नति करना**
49. **Compassionate** (adjective) – kind-hearted, empathetic, caring, considerate, merciful **दयालु**
50. **Kind-hearted** (adjective) – generous, warm-hearted, good-natured, benevolent, caring **नेकदिल**
51. **Spirited** (adjective) – energetic, lively, enthusiastic, vigorous, dynamic **जोशीला**

52. **Appreciation** (noun) – gratitude, recognition, acknowledgment, valuation, praise **सराहना**

53. **Compliment** (noun) – praise, flattery, commendation, acknowledgment, tribute **प्रशंसा**

54. **Drive** (verb) – propel, motivate, lead, push, guide **प्रेरित करना**

55. **Lose sight of** (phrase) – forget, overlook, neglect, disregard, fail to notice **ध्यान से हटना**

## The Pioneer Editorial: Work as worship? (25 JAN 2025)

1. **Wisdom** (noun) – knowledge, insight, understanding, prudence, sagacity **बुद्धिमत्ता**
2. **Chasm** (noun) – gap, divide, rift, abyss, separation **खाई**
3. **Prosperity** (noun) – wealth, success, affluence, flourishing, well-being **समृद्धि**
4. **Modernisation** (noun) – advancement, transformation, updating, progress, innovation **आधुनिकीकरण**
5. **Revisit** (verb) – review, reexamine, reconsider, reassess, reflect upon **पुनः विचार करना**
6. **Timeless** (adjective) – eternal, enduring, ageless, everlasting, perpetual **शाश्वत**
7. **Saint** (noun) – sage, ascetic, seer, holy person, spiritual guide **संत**
8. **Mere** (adjective) – simple, only, just, minimal, insignificant **मात्र**
9. **Align** (with) (verb) – coordinate, match, synchronize, harmonize, integrate **समन्वय करना**
10. **Well-being** (noun) – health, happiness, welfare, prosperity, comfort **कल्याण**
11. **Intertwine** (verb) – interweave, connect, integrate, merge, link **आपस में जुड़ना**
12. **Fatigue** (noun) – exhaustion, tiredness, weariness, burnout, lethargy **थकान**
13. **Differentiate** (verb) – distinguish, separate, set apart, discriminate, identify **भेद करना**
14. **Devotion** (noun) – dedication, loyalty, faithfulness, commitment, piety **भक्ति**
15. **Efficiency** (noun) – productivity, effectiveness, competence, proficiency, capability **दक्षता**
16. **Scalability** (noun) – expandability, adaptability, flexibility, growth potential, elasticity **विस्तार क्षमता**
17. **Rigid** (adjective) – inflexible, strict, unyielding, firm, stringent **कठोर**
18. **Often** (adverb) – frequently, regularly, repeatedly, commonly, many times **अक्सर**
19. **Orchestrate** (verb) – organize, arrange, coordinate, manage, plan **व्यवस्थित करना**
20. **Maximise** (verb) – increase, enhance, amplify, optimize, boost **अधिकतम करना**
21. **Unsustainable** (adjective) – unviable, impractical, indefensible, unstable, untenable **अस्थिर**
22. **Misgovernance** (noun) – mismanagement, inefficiency, maladministration, poor governance, incompetence **कुशासन**
23. **Tenet** (noun) – principle, doctrine, belief, theory, philosophy **सिद्धांत**
24. **For instance** (phrase) – for example, such as, to illustrate, as an example, namely **उदाहरण के लिए**
25. **Enforce** (verb) – implement, impose, uphold, execute, apply **लागू करना**
26. **Constraint** (noun) – restriction, limitation, hindrance, barrier, curb **प्रतिबंध**
27. **Metric** (noun) – measure, standard, benchmark, indicator, parameter **मापदंड**
28. **Lead** (to) (verb) – result in, cause, bring about, contribute to, initiate **वजह बनना**

29. **Dragging** (adjective) – exhausting, tedious, burdensome, tiresome, laborious **खींचने वाला**
30. **Overburdening** (noun) – overloading, pressuring, straining, taxing, stressing **अधिक भार डालना**
31. **Embrace** (verb) – accept, adopt, welcome, espouse, incorporate **अपनाना**
32. **Exhibit** (verb) – display, show, demonstrate, reveal, present **प्रदर्शित करना**
33. **Mutual** (adjective) – reciprocal, shared, common, joint, collective **आपसी**
34. **Honour** (verb) – respect, admire, esteem, value, venerate **सम्मान देना**
35. **Cog** (noun) – gear, part, component, mechanism, element **एक छोटा हिस्सा**
36. **Cohesively** (adverb) – unitedly, harmoniously, collectively, together, integrally **एकजुटता से**
37. **Nurture** (verb) – cultivate, foster, develop, care for, support **पोषण करना**
38. **Empower** (verb) – enable, authorize, strengthen, equip, encourage **सशक्त करना**
39. **Resonate** (verb) – echo, reverberate, harmonize, strike a chord, connect **गूंजना**
40. **Autonomy** (noun) – independence, self-rule, freedom, self-governance, liberty **स्वायत्तता**
41. **Commitment** (noun) – dedication, devotion, obligation, pledge, responsibility **प्रतिबद्धता**
42. **Undue** (adjective) – excessive, unnecessary, unwarranted, inappropriate, disproportionate **अनुचित**
43. **Holistic** (adjective) – comprehensive, integrated, whole, all-encompassing, inclusive **समग्र**
44. **Well-being** (noun) – health, welfare, happiness, prosperity, comfort **कल्याण**
45. **Productivity** (noun) – efficiency, output, performance, yield, effectiveness **उत्पादकता**
46. **Gradual** (adjective) – slow, steady, progressive, incremental, phased **क्रमिक**