Women entrepreneurs plant the seeds of health

The children are getting **fidgety**. The suspenseful **music blaring** from the speakers near a small **makeshift** stage on the playground of their primary school in Samsa Tarahar village, Bahraich district, Uttar Pradesh, adds to the excitement as they **eagerly** await the arrival of Salman, the magician. As parents, the village pradhan, and other residents—men and women, young and old—**settle down** behind the rows of children, a sudden silence falls. All eyes are **riveted** on a **snazzily** dressed man wearing a long, flashy red and **gold cape** with a matching turban, making a dramatic entrance from behind a curtain." Do you know there is another magician like me who lives in your village? How many of you know her and want to meet her?" Salman asks. As the audience responds enthusiastically, he waves the wand in his hand, **mumbling** some magical words. Just as the music reaches a **crescendo**, a **woman**, simply dressed in a cotton sari, stands up from the audience and makes her way to the front of the stage. Pointing to her, he announces, "This is Shashi Devi, the didi who makes your **illnesses vanish** with her magical vegetable plants from her nursery.

Her **saplings** are chemical-free and full of nutrients. The **health** of those who have **set up** poshan vatikas (nutrition gardens) in their homes with her saplings **has vastly** improved—just like Shashi Didi's family. For those who haven't yet experienced this magic, all you need to do is get vegetable saplings of your choice from her and **reap** the health benefits." While the magician's **deft weaving** of magic tricks with health and nutrition messages **has** successfully raised awareness and **curiosity** about Shashi, she is not the only one creating magic. Ever since 24 women from **marginalised** communities, like Shashi, in 24 villages across four blocks were trained to become vegetable nursery entrepreneurs under the Aga Khan Foundation's Poshan Prerna and Aspirational District Programme, they have been **sowing** multiple seeds of health and **empowerment**—both within and beyond their villages—**thanks to** their nurseries. Initiated to **address** the health and economic challenges faced by rural families in Bahraich, the **programme**, implemented with support from IndusInd Bank, **has** not only created new income opportunities for these women but also improved their health.

In fact, these nursery entrepreneurs are proving to be lifesavers for other women as well. When frontline health workers and the AKF team monitoring pregnant women found that **Prema Devi**, a resident of Balaha village in her third **trimester**, **was anaemic** and needed nutritional support, they immediately reached out to the AKF team, as there was no nursery entrepreneur in her village. A direct link was established with the nearest entrepreneur, and high-impact saplings of cauliflower, brinjal, cabbage, chili, tomato, long gourd, bitter gourd, spinach, and coriander—rich in essential nutrients like iron, calcium, and vitamins—were provided to establish a nutrition garden in her **backyard**. Regular monitoring of her nutritional **intake** by a **proactive** panchayat, ASHA workers, ANM, AWW, and the AKF team **yielded** significant results, including weight gain and an increase in haemoglobin levels." Our data indicates a 17.1 per cent reduction in **anaemia prevalence** among pregnant women in areas where **linkages** were established between panchayats actively supervising health and nutrition indicators and vegetable nursery entrepreneurs. Increased **consumption** of iron-

rich foods, combined with IFA supplementation, **has** also contributed to this positive trend," **states** Ashok Singh, District Programme Officer, Health. **Learning** about the nutritional value of saplings and receiving AKF training on organic methods for pest and disease management to ensure chemical-free growth **has** significantly **boosted** the entrepreneurs' incomes as well. Each entrepreneur was provided with 130 trays containing 15,000 saplings free of cost.   According to Raghvendra Singh, the district coordinator for skill development, each woman earned approximately `20,000 over a six-month cycle **spanning** two seasons, increasing their annual family income by nine per cent—a **remarkable** achievement for a district ranked as the second most backward in India. Their achievements are not only making them economically independent but also **empowering** them to take charge of their own health—**conjuring** magic one sapling at a time.   **[Practice Exercise]**

- **Flashy** (adjective) – Showy, ostentatious, gaudy, flamboyant, tawdry, चमकीला
- **Gold cape** (noun) – a cape (a sleeveless outer garment that hangs from the shoulders) that is either made of gold-colored fabric or adorned with gold embellishments
- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.

Vocabulary

1. **Fidgety** (adjective) – Restless, Nervous, Anxious, Agitated, Twitchy बेचैन

2. **Blare** (verb) – Blast, Boom, Roar, Shout, Clamour गर्जना

3. **Makeshift** (adjective) – Temporary, Improvised, Provisional, Makeshift, Stopgap अस्थायी

4. **Eagerly** (adverb) – Enthusiastically, Keenly, Excitedly, Impatiently, Anxiously उत्सुकता से

5. **Settle down** (phrasal verb) – Relax, Calm, Comfort, Stabilize, Unwind शांत होना

6. **Rivet** (verb) – Fix, Focus, Attract, Captivate, Engross ध्यान केंद्रित करना

7. **Snazzily** (adverb) – Stylishly, Fashionably, Elegantly, Smartly, Trendily चमकदार ढंग से

8. **Mumble** (verb) – Mutter, Murmur, Whisper, Stammer, Slur बुदबुदाना

9. **Crescendo** (noun) – Peak, Climax, Summit, Apex, High point चरमोत्कर्ष

10. **Illness** (noun) – Disease, Sickness, Ailment, Disorder, Malady बीमारी

11. **Vanish** (verb) – Disappear, Fade, Evaporate, Dissolve, Vanish गायब होना

12. **Sapling** (noun) – Seedling, Young plant, Sprout, Shoot, Sapling पौधा

13. **Set up** (phrasal verb) – Establish, Create, Build, Arrange, Organize स्थापित करना

14. **Vastly** (adverb) – Greatly, Significantly, Enormously, Immensely, Substantially बहुत अधिक

15. **Reap** (verb) – receive, obtain, get, acquire, bring in प्राप्त करना

16. **Deft** (adjective) – Skilled, Adroit, Nimble, Proficient, Agile निपुण

17. **Weave** (verb) – Intertwine, Braid, Knit, Entwine, Plait बुनना

18. **Curiosity** (noun) – Interest, Inquisitiveness, Wonder, Intrigue, Fascination जिज्ञासा

19. **Marginalised** (adjective) – Neglected, sidelined, isolated, ignored वंचित लोग

20. **Sowing** (noun) – Planting, Seeding, Cultivating, Growing, Farming बुवाई

21. **Empowerment** (noun) – Enablement, Liberation, Strengthening, Upliftment, Authorization सशक्तिकरण

22. **Thanks to** (phrase) – Due to, Because of, Owing to, As a result of, On account of के कारण

23. **Address** (verb) – Tackle, Handle, Confront, Resolve, Deal with सुलझाना

24. **Trimester** (noun) – Three-month period, Quarter, Phase, Stage, Term त्रैमासिक

25. **Anaemic** (adjective) – Weak, Pale, Feeble, Lethargic, Tired रक्तहीन

26. **Backyard** (noun) – The grounds in back of a house पिछला आंगन

27. **Intake** (noun) – Consumption, Ingestion, Absorption, Uptake, Input सेवन

28. **Proactive** (adjective) – Active, Initiative, Forward-looking, Dynamic, Energetic सक्रिय

29. **Yield** (verb) – Produce, Generate, Provide, Deliver, Bear उत्पन्न करना

30. **Anaemia** (noun) – a medical condition in which there are not enough red cells in the blood ख़ून की कमी

31. **Prevalence** (noun) – Commonness, Frequency, Ubiquity, Dominance, Spread प्रसार

32. **Linkage** (noun) – Connection, Association, Relationship, Bond, Tie जुड़ाव

33. **State** (verb) – Declare, Assert, Affirm, Announce, Express कहना

34. **Boost** (verb) – Increase, Enhance, Improve, Strengthen, Elevate बढ़ाना

35. **Span** (verb) – Cover, Extend, Stretch, Encompass, Last फैलाना

36. **Remarkable** (adjective) – Extraordinary, Notable, Impressive, Striking, Outstanding उल्लेखनीय

37. **Empower** (verb) – Enable, Strengthen, Authorize, Liberate, Uplift सशक्त करना

38. **Conjure** (verb) – make (something) appear unexpectedly or seemingly from nowhere. दिखाना

Summary of the Editorial

1. **Introduction of Shashi Devi**: A woman entrepreneur, Shashi Devi, is highlighted for her role in promoting health through chemical-free vegetable saplings in Samsa Tarahar village, Uttar Pradesh.

2. **Magical Awareness Campaign**: A magician, Salman, uses his performance to raise awareness about Shashi Devi's nutritious saplings and their health benefits.

3. **Nutrition Gardens (Poshan Vatikas)**: Shashi Devi's saplings are used to create nutrition gardens, improving the health of families in the village.

4. **Aga Khan Foundation's Initiative**: The Aga Khan Foundation (AKF) trained 24 women from marginalized communities to become vegetable nursery entrepreneurs across 24 villages in Bahraich district.

5. **Health and Economic Empowerment**: The program addresses both health and economic challenges by providing women with income opportunities and improving community health.

6. **Support from IndusInd Bank**: The initiative is implemented with financial support from IndusInd Bank.

7. **Lifesaving Impact on Pregnant Women**: Nursery entrepreneurs provide nutrient-rich saplings to pregnant women, like Prema Devi, helping combat anemia and improve health outcomes.

8. **Nutrient-Rich Saplings**: Saplings like cauliflower, brinjal, and spinach, rich in iron, calcium, and vitamins, are distributed to establish backyard nutrition gardens.

9. **Collaborative Monitoring**: Health workers, panchayats, and AKF teams monitor nutritional intake, leading to improved health indicators like weight gain and hemoglobin levels.

10. **Reduction in Anemia**: Data shows a 17.1% reduction in anemia among pregnant women in areas where nutrition gardens were established.

11. **Training on Organic Methods**: Entrepreneurs receive AKF training on organic pest and disease management, ensuring chemical-free growth of saplings.

12. **Economic Benefits**: Each entrepreneur earns approximately ₹20,000 over six months, increasing their family income by 9%.

13. **Empowerment Through Income**: The program empowers women economically, enabling them to take charge of their health and well-being.

14. **Impact on Backward Districts**: The initiative is particularly significant in Bahraich, one of India's most backward districts, showcasing remarkable progress.

15. **Community Transformation**: The women entrepreneurs are sowing seeds of health and empowerment, transforming their communities one sapling at a time.

Practice Exercise: SSC Pattern Based

1. **What is the tone of the passage?**
   A. Pessimistic
   B. Critical
   C. Encouraging and Inspirational
   D. Fearful

2. **What is the main theme of the passage?**
   A. The impact of a traveling magician on schoolchildren's entertainment
   B. Women entrepreneurs empowering communities through chemical-free vegetable nurseries
   C. The difficulties of pest management in traditional farming
   D. A critique of rural health services in the district

3. **Based on the passage, which of the following can be inferred about the role of local government bodies and health workers (ASHA workers, ANM, AWW) in supporting pregnant women?**
   A. They work independently without coordinating on health and nutrition issues.
   B. They prioritize data collection over providing practical help.
   C. They collaborate actively with nursery entrepreneurs to ensure pregnant women get essential nutrition.
   D. They discourage women from growing their own nutrition gardens.

4. According to the passage, by what percentage was anaemia prevalence reduced among pregnant women where local panchayats actively supervised and worked with vegetable nursery entrepreneurs?
   A. 9%
   B. 24%
   C. 20%
   D. 17.1%

5. **The passage mentions that women entrepreneurs were trained in _____ methods for pest and disease management to ensure chemical-free vegetable growth.**
   A. advanced mechanical
   B. organic
   C. synthetic pesticide-based
   D. genetically modified

6. **Select the option that can be used as a one-word substitute for the highlighted group of words in the given sentence.**
   The tailor was called to stitch the long loose gowns worn by priests and choristers.
   A. tuxedos
   B. cassocks
   C. frocks

D. petticoats

7. **Select the most appropriate adjective to fill in the blank.**

According to the chairman, his proposal was _____ than Mr. Jackson's.

A. ill
B. bad
C. worse
D. worst

8. **Select the INCORRECTLY spelt word from the given sentence.**

The explorer's adventuros spirit led to the discovery of an ancient civilisation.

A. Discovery
B. Adventuros
C. Explorer's
D. Ancient

9. **Select the most appropriate option to fill in the blanks.**

He is going to _____ the campaign against excessive use of _____ in local production units.

A. protest
B. spice
C. combat
D. lead

10. **In the following sentence the underlined part contains an error. Alternatives to the underlined part are given as options. Select the correct alternative.**

Wolfia is the **tiny** plant in the world.

A. most tiny
B. tiniest
C. more tiny
D. tinier

11. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**

Sree did not go to work today, as she was **feeling a bit under the weather**.

A. feeling nervous
B. feeling tired
C. feeling ill
D. feeling excited

12. **Select the INCORRECTLY spelt word.**

A. Disappear
B. Consensus
C. Conceive
D. Disappoint

13. **Select the most appropriate synonym of the underlined word in the given sentence.**

James is just an old **eccentric**

A. Ordinary

B. Humble

C. Follower

D. Cranky

14. **Select the most appropriate ANTONYM for the underlined word in the given sentence.**

He is a **lazy** person.

A. perfect

B. casual

C. popular

D. Hardworking

15. **Select the most appropriate ANTONYM that can substitute the underlined segment in the given sentence.**

The family members described their dream home's architectural **elegance**.

A. fortitude

B. coarseness

C. gleam

D. grandiosity

16. **Select the most appropriate option to fill in the blank.**

The farmer stood by the roadside stand to sell his _____.

A. consequence

B. volume

C. productivity

D. produce

17. **The following sentence has been divided into parts. One of them may contain an error. Select the part that contains the error from the given options. If you don't find any error, mark 'No error' as your answer.**

After the match, / the stadium was the messiest / it's ever been

A. After the match

B. No Error

C. it's ever been

D. the stadium was the messiest

18. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**

I had to choose the **best of** the two options available.

A. best than

B. better of

C. good of

D. better than

19. **The following sentence has been split into four segments. Identify the segment that contains an error in phrasal verb.**

Gita got onto / the book / she was reading / this morning.

A. this morning

B. she was reading

C. the book

D. Gita got onto

20. **Identify the most appropriate ANTONYM of the word in brackets.**

Her candid remarks were a (refreshing) change from the usual diplomatic responses.

A. Stale

B. Bracing

C. Revitalising

D. Invigorating

Comprehension:

In the following passage, some words have been deleted. Read the passage carefully and select the most appropriate option to fill in each blank.

The Enlightenment, sometimes known as the 'Age of Reason', is described as the period of (1)_____ scientific, political, and philosophical debate that characterised European culture (2) _____ the 'long' 18th century: from the late 17th century until the end of the Napoleonic Wars in 1815. This was an era of an enormous (3) _____ in thinking and reason, which historian Roy Porter describes as 'decisive in the formation of modernity'. Centuries of custom and tradition were (4) _____ in favour of exploration, individuality, tolerance, and scientific (5) _____, all of which contributed to the formation of the 'modern world'.

21. **Select the most appropriate option to fill in blank number 1..**

A. malicious

B. cautions

C. rigorous

D. auspicious

22. **Select the most appropriate option to fill in blank number 2..**

A. above

B. over with

C. throughout

D. along with

23. **Select the most appropriate option to fill in blank number 3..**

A. secure

B. embed

C. shift

D. shield

24. **Select the most appropriate option to fill in blank number 4**

A. defrosted

B. dejected

C. discarded

D. demean

25. **Select the most appropriate option to fill in blank number 5..**

A. shirk

B. doodle

C. endeavour   D. slacken

Answers

1. C	2. B	3.C	4. D	5. B	6.B	7. C	8. B	9. D	10. B	11.C	12.D
13. D	14.D	15.B	16.D	17.B	18.B	19.D	20.A	21.C	22.C	23.C	24.C
25. C										[Practice Exercise]	

Explanations

1. **C) Encouraging and Inspirational**

   The passage highlights the transformative impact of women nursery entrepreneurs who not only improve their own lives but also uplift entire communities through better health and empowerment. This positive and hopeful portrayal creates an overall encouraging and inspirational tone.

   A: The passage does not focus on negative outcomes or hopelessness; instead, it emphasizes progress and empowerment.

   B: It does not engage in blaming or harsh critique; it showcases solutions and successes rather than criticism.

   D: There is no sense of dread or anxiety; the narrative is uplifting rather than driven by fear.

2. **B) Women entrepreneurs empowering communities through chemical-free vegetable nurseries**

   The passage focuses on how women entrepreneurs have started nurseries that supply chemical-free vegetable saplings, leading to health improvements, increased income, and overall community empowerment. It illustrates their role in addressing anaemia, supporting pregnant women, and uplifting marginalized families.

   A: The magician is simply a creative element to introduce the women entrepreneurs; he is not the central theme.

   C: While the passage mentions organic pest control methods, this is not the main focus.

   D: The passage does not criticize health services; instead, it shows collaboration between different stakeholders (panchayat, ASHA workers, ANM, AWW, AKF team) to improve health outcomes.

3. **C) They collaborate actively with nursery entrepreneurs to ensure pregnant women get essential nutrition.**

   From the passage, we learn that the panchayat, ASHA workers, ANM, AWW, and the AKF team cooperated by identifying pregnant women's health needs and linking them with nursery entrepreneurs for chemical-free saplings. This demonstrates an active, supportive collaboration.

   A: The passage clearly shows cooperation and coordination.

   B: While data is mentioned, hands-on support and linkages for saplings underscore practical involvement, not mere data collection.

   D: On the contrary, they encourage and facilitate setting up nutrition gardens.

4. **D) 17.1%**

The passage explicitly states a "17.1 per cent reduction in anaemia prevalence" among pregnant women in areas where the panchayats, health workers, and nursery entrepreneurs collaborated.

A. 9% and C. 20% and B. 24% are not the figures given in the passage. Only 17.1% is directly mentioned.

5. B) **organic**

    The passage clearly states these women learned "organic methods for pest and disease management" so that their saplings remain chemical-free.

    A. advanced mechanical: Not mentioned; the focus is on natural/organic methods.

    C. synthetic pesticide-based: Contradicts the passage's emphasis on chemical-free practices.

    D. genetically modified: There is no reference to GM methods in the passage.

6. B) **Cassocks** (noun) – Long loose gowns worn by priests and choristers. धर्मगुरु और गायक पहनते हैं लंबे ढीले वस्त्र

    - **Tuxedos** (noun) – A formal evening suit with a satin collar, typically worn by men for formal occasions. टक्सीडो
    - **Frocks** (noun) – A type of dress, typically worn by women or children. फ्रॉक
    - **Petticoats** (noun) – A woman's undergarment worn under a skirt or dress. पेटीकोट

7. C) 'Worse' का use होगा क्योंकि यह "bad" का comparative degree है और sentence में दो प्रस्तावों (chairman और Mr. Jackson के) की तुलना की जा रही है। 'Ill' का अर्थ है बीमार, जो यहाँ irrelevant है। 'Bad' positive degree में है, जबकि तुलना के लिए comparative degree चाहिए। 'Worst' superlative degree है, जिसका use तीन या अधिक चीज़ों की तुलना में होता है, इसलिए यह यहाँ सही नहीं है।

    'Worse' will be used because it is the comparative degree of "bad," and the sentence compares the proposals of the chairman and Mr. Jackson. 'Ill' means sick, which is irrelevant here. 'Bad' is in the positive degree, whereas the sentence requires a comparative degree. 'Worst' is the superlative degree used for comparisons involving three or more things, making it inappropriate in this context.

8. B) The incorrectly spelt word in the sentence is **'Adventuros'**. The correct spelling is **'Adventurous'**, which means "full of excitement, risk, or adventure" in English and "जो रोमांचक, जोखिमपूर्ण या साहसिक हो"

9. D) **'Lead'** का use सही है क्योंकि "lead" का अर्थ है किसी अभियान, प्रयास या गतिविधि का नेतृत्व करना। second blank में वाक्य में बताया गया है कि वह अत्यधिक use के खिलाफ अभियान चलाने जा रहा है, जिससे 'lead' उपयुक्त है। 'Protest' का अर्थ है विरोध करना, जो यहाँ सही नहीं है क्योंकि वाक्य नेतृत्व की बात कर रहा है।'Spice' का अर्थ है मसाले, जो इस संदर्भ में अप्रासंगिक है। 'Combat' का अर्थ है लड़ाई या मुकाबला करना, लेकिन यह 'lead' जैसा प्रभाव नहीं देता और यहाँ फिट नहीं बैठता।

    'Lead' is the correct choice because it means to guide or head an effort, campaign, or activity. The sentence states that he is going to lead a campaign against the excessive use of something, making 'lead' appropriate. 'Protest' means to object or oppose, which doesn't align

as the sentence focuses on leadership. 'Spice' means flavoring agents, irrelevant in this context.'Combat' means to fight or battle, but it does not convey the leadership aspect as 'lead' does

10. B) sentence में **Wolfia** को विश्व का सबसे छोटा पौधा बताया गया है। जब किसी चीज़ को उसकी श्रेणी में सबसे विशिष्ट या श्रेष्ठ दिखाना हो, तो हम adjective का superlative degree का use करते हैं। "Tiny" का superlative रूप **"tiniest"** होता है। अतः सही वाक्य होगा: "Wolfia is the tiniest plant in the world."

The sentence refers to Wolfia as the smallest plant in the world. To express such uniqueness, the superlative degree of the adjective "tiny" must be used. The correct superlative form of "tiny" is "tiniest." Hence, the correct sentence is: "Wolfia is the tiniest plant in the world."

11. C) **feeling a bit under the weather** (idiom)- Feeling ill (बीमार महसूस करना)

12. D) The incorrectly spelt word is D. Disappoint, which should be spelled as Disappoint (correct spelling). Let's analyze each option in detail: निराश करना

13. D) **Eccentric** (adjective) – Unconventional and slightly strange, odd, bizarre, unusual. अजीब
Synonym: **Ordinary** (adjective) – With no special or distinctive features; normal, standard, typical. सामान्य

- **Humble** (adjective) – Having or showing a modest or low estimate of one's own importance; not proud. विनम्र
- **Follower** (noun) – A person who supports and admires a particular person or set of ideas. अनुयायी
- **Cranky** (adjective) – Irritable, easily annoyed, eccentric; could be considered a near synonym in some contexts but specifically emphasizes on being irritable rather than just unconventional. चिड़चिड़ा

14. D) **Lazy** (adjective) – Disinclined to activity or exertion; not energetic or vigorous. आलसी
Antonym: **Hardworking** (adjective) – Diligently applying oneself to a task; industrious; not lazy. मेहनती

- **Perfect** (adjective) – Having all the required or desirable elements, qualities, or characteristics; as good as it is possible to be. उत्तम
- **Casual** (adjective) – Relaxed and unconcerned; not regular or permanent. अनौपचारिक
- **Popular** (adjective) – Liked or admired by many people or by a particular person or group. लोकप्रिय

15. B) **Elegance** (noun) – The quality of being graceful and stylish in appearance or manner; pleasingly ingenious and simple. शिष्टता

Antonym: **Coarseness** (noun) – the quality of being rough or harsh घटियापन

- **Fortitude** (noun) – Courage in pain or adversity. साहस
- **Gleam** (noun) – A faint or brief light, especially one reflected from something. चमक

- **Grandiosity** (noun) – The quality of being grand or magnificent or absurdly exaggerated. वृहदता

16. D) **Produce'** का use होगा क्योंकि "produce" का अर्थ है फल, सब्जी, और अन्य कृषि उत्पाद जो किसान बेचते हैं। sentence में mention है कि किसान सड़क किनारे स्टैंड पर खड़े होकर अपना सामान बेच रहा है, इसलिए "produce" यहाँ सही है। जबकि "consequence" का अर्थ है परिणाम, "volume" का अर्थ है मात्रा, और "productivity" का अर्थ है उत्पादकता, जो इस संदर्भ में सही नहीं हैं।
'Produce' will be used because it refers to fruits, vegetables, and other agricultural goods that farmers sell. The sentence mentions that the farmer is standing at the roadside stand to sell his goods, making "produce" appropriate here. 'Consequence' means a result, 'Volume' refers to the amount or quantity of something, 'Productivity' refers to efficiency in production, none of which fit in this context.

17. B) No Error.

18. B) 'best of' के बदले **'better of'** का use होगा क्योंकि 'two options' के संदर्भ में हम 'better' का use करते हैं, न कि 'best' का। 'Best' का use तभी होता है जब तीन या उससे अधिक चीज़ों की तुलना की जा रही हो।
'better of' will be used instead of 'best of' because when comparing only two items or options, we use 'better' (comparative degree) instead of 'best' (superlative degree). The word 'best' is used for comparisons involving three or more things. Hence, 'better of' is grammatically correct in this sentence.

19. D) **'got onto'** का use गलत है क्योंकि यह एक phrasal verb है जिसका अर्थ है "किसी वाहन पर चढ़ना" (to board a vehicle)। इस वाक्य में, गीता एक किताब पढ़ने की बात कर रही है, न कि किसी वाहन पर चढ़ने की। सही phrasal verb होगा 'got into', जो किसी चीज़ में गहराई से रुचि लेने या ध्यान केंद्रित करने का भाव प्रकट करता है। सही वाक्य: Gita got into the book she was reading this morning.
The phrasal verb **'got onto'** is incorrect here because it means "to board a vehicle." In this sentence, Gita is talking about being engrossed in a book, not boarding a vehicle. The correct phrasal verb is 'got into,' which means to become deeply interested or absorbed in something. Correct Sentence: Gita got into the book she was reading this morning.

20. A) **Refreshing** (adjective) – Pleasantly new, different, and interesting; invigorating, revitalizing, bracing. ताज़ा
Antonym: **Stale** (adjective) – No longer fresh and pleasant to eat; lacking freshness, originality, or novelty. बासी
Bracing (adjective) – Giving energy to; refreshing, stimulating. स्फूर्तिदायक
Revitalising (adjective) – Imbuing with new life and vitality. पुनर्जीवित करना
Invigorating (adjective) – Making one feel strong, healthy, and full of energy. स्फूर्तिदायक

21. C) **'Rigorous'** का use होगा क्योंकि "rigorous" का अर्थ है गहन, विस्तृत और सटीक। वाक्य में उल्लेख किया गया है कि यह युग गहन वैज्ञानिक, राजनीतिक, और दार्शनिक बहसों का था, जो यूरोपीय संस्कृति की विशेषता थी। इसलिए 'rigorous' यहाँ सही है। वहीं 'Malicious' का अर्थ है द्वेषपूर्ण, जो इस संदर्भ में गलत है।

'Cautions' का अर्थ है सतर्कता या सावधानी, जो इस संदर्भ में उपयुक्त नहीं है। 'Auspicious' का अर्थ है शुभ, लेकिन यह शब्द गहन और सटीक चर्चा के लिए सही नहीं बैठता।

'Rigorous' will be used because it means thorough, exhaustive, and accurate. The sentence mentions that this era was characterized by intense scientific, political, and philosophical debates, making 'rigorous' the correct choice here. Whereas, 'Malicious' means harmful or intending to do harm, which is not relevant in this context. 'Cautions' means careful or wary, which does not fit here. 'Auspicious' means favorable or conducive to success, which does not describe the intense and detailed debates during the Enlightenment.

22. C) **'Throughout'** का use होगा क्योंकि इसका अर्थ है "पूरे समय या सीमा में।" वाक्य में यह बताया गया है कि 'Enlightenment' किस अवधि में हुआ, और 'long 18th century' के दौरान इसे संदर्भित किया गया है, इसलिए 'throughout' यहाँ सबसे उपयुक्त विकल्प है।'Above' का अर्थ है "ऊपर," जो समय अवधि या सांस्कृतिक विवरण से संबंधित नहीं है, इसलिए यह गलत है।'Over with' का मतलब है "किसी चीज को समाप्त करना," जो इस संदर्भ में फिट नहीं बैठता।'Along with' का अर्थ है "के साथ-साथ," जो समय अवधि के संदर्भ में सही नहीं है।

'Throughout' will be used because it means "during the entire time or extent of something." The sentence is describing the time span of the Enlightenment as occurring during the 'long' 18th century, so 'throughout' is the most suitable choice.'Above' means "at a higher place," which is unrelated to a time span or cultural description, and thus incorrect here.'Over with' implies "completed or finished with something," which does not align with the sentence's meaning.

'Along with' suggests "in addition to," which does not fit the context of describing a time period.

23. C) **Shift'** का use होगा क्योंकि "shift" का अर्थ होता है बदलाव या परिवर्तन, और passage में यह बताया गया है कि उस युग में सोच और तर्क में एक बहुत बड़ा बदलाव या परिवर्तन हुआ। 'Secure' का अर्थ है सुरक्षित करना, जो यहाँ contextually उपयुक्त नहीं है। 'Embed' का अर्थ है जड़ जमाना या स्थापित करना, जो यहाँ फिट नहीं होता। 'Shield' का अर्थ है रक्षा करना, जो इस context में सही नहीं है। इसलिए 'Shift' सबसे उपयुक्त उत्तर है।
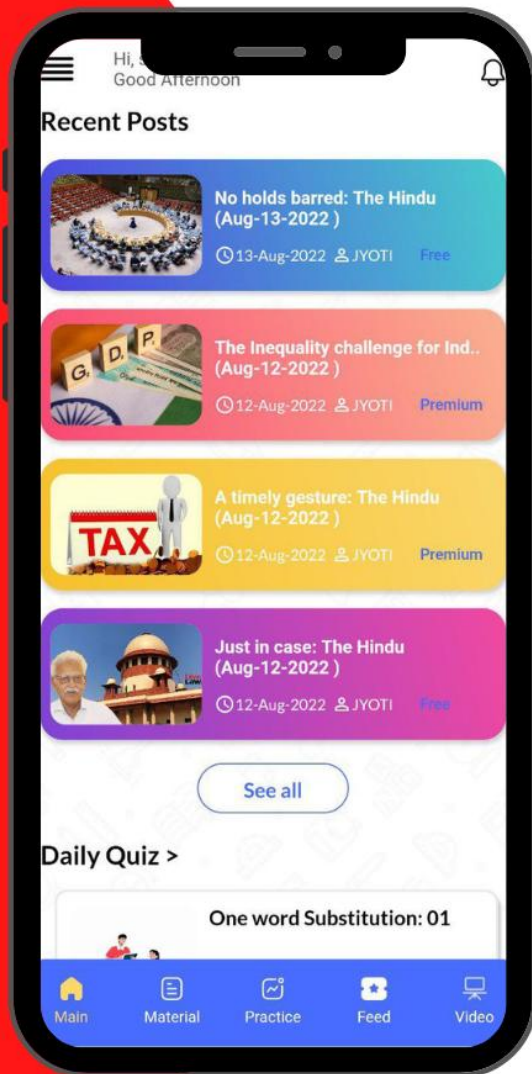
'Shift' will be used because it means a change or transformation, and the passage refers to a significant change in thinking and reasoning during that era. 'Secure' means to make safe, which is not contextually appropriate here. 'Embed' means to fix or establish firmly, which doesn't fit. 'Shield' implies protection, which is not relevant in this context. Thus, 'Shift' is the most suitable answer.

24. C) **'Discarded'** का use होगा क्योंकि 'discarded' का अर्थ होता है किसी वस्तु, विचार, या परंपरा को त्याग देना। यह वाक्य यह व्यक्त कर रहा है कि सदियों पुरानी परंपराएं और रीति-रिवाजों को त्याग कर नए विचारों, अन्वेषण, और विज्ञान को अपनाया गया। 'Defrosted' का अर्थ होता है जमे हुए को पिघलाना, जो इस संदर्भ में अप्रासंगिक है। 'Dejected' का अर्थ है निराश होना, जो वाक्य के भाव से मेल नहीं खाता। 'Demean' का अर्थ है अपमानित करना, जो इस संदर्भ में फिट नहीं होता।

'Discarded' will be used because it means to give up or abandon something, especially ideas, traditions, or practices. The sentence implies that centuries of customs and traditions were abandoned to make way for exploration, individuality, tolerance, and scientific advancement, making 'discarded' the most appropriate choice here. 'Defrosted' means thawed or unfrozen, which is irrelevant in this context. 'Dejected' means feeling sad or disheartened, which doesn't fit the sentence. 'Demean' means to insult or degrade, which is also not contextually appropriate.

25. C) **'Endeavour'** का use होगा क्योंकि इसका अर्थ होता है "कोशिश" या "प्रयास"। passage में यह उल्लेख किया गया है कि यह युग व्यक्तिगतता, सहिष्णुता और वैज्ञानिक प्रयासों के पक्ष में था, जिसने आधुनिक दुनिया के निर्माण में योगदान दिया। इसलिए 'endeavour' यहाँ सही विकल्प है। 'Shirk' का अर्थ है "टालना" या "दायित्वों से बचना", जो यहाँ फिट नहीं होता। 'Doodle' का अर्थ है "अनावश्यक रूप से लिखना या रेखाचित्र बनाना", जो इस संदर्भ में अनुपयुक्त है। 'Slacken' का अर्थ है "धीमा करना" या "कमज़ोर करना", जो passage की भावना से मेल नहीं खाता।

'Endeavour' will be used because it means "an attempt or effort." The passage highlights that this era was inclined towards individuality, tolerance, and scientific endeavours, contributing to the formation of the modern world, making 'endeavour' the most suitable choice. 'Shirk' means "to evade or avoid duties," which does not fit here. 'Doodle' means "to scribble aimlessly," which is irrelevant in this context. 'Slacken' means "to slow down or weaken," which is contrary to the spirit of the passage.

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