

City that never dies shows us how to die well

Varanasi is a city that never dies – it's one of world's longest continually **inhabited** city. But it is also the city where thousands choose to die every year. This **seemingly paradoxical pull** has a deeper meaning. **To choose** a place to die **is** also, in some sense, to choose how to die – and that is as rare as it is **profound**. Most people spend their lives avoiding the thought of death. But in Varanasi, they walk toward it.

Here, death isn't feared – it is folded gently into the **rhythm** of daily life. At the riverbank, near the burning ghats, time itself seems to slow, even **dissolve**. And in the heart of the city stands a quiet building that turns this **surrender** into a **ritual**: Mukti Bhawan. It offers something both simple and extraordinary – a room for the dying. For those in the last days of life, it provides a place to rest, **reflect**, and **await** the end in **dignity**. No religion, caste, or age **bar**. Most stay no longer than two weeks. The **lodging** is free, or ₹20 a night for those who can pay. A caretaker is mandatory and stays without charge.

Since 1999, Kalikant Dubey has been one of the people helping run the place. **By his count**, over 15,000 people have passed through Mukti Bhawan and found what he calls 'mukti'. Of these, about 1,500 **departures** have happened in the past 12 years that he has been continually associated with the place.

What **distinguishes** those last moments? What separates a peaceful passing from a restless one? Dubey's answer is simple: "Those who have lived without **regrets**, leave without regrets." Of course, a life entirely without regrets isn't possible. But a **regret-lite** life is – it is possible to reduce the weight of regret by speaking fewer **harsh** words, taking fewer **thoughtless** actions, and **acknowledging** the harm we have done before it's too late. It is not an easy task. "The human mind is like a mafia," Dubey says. "It's difficult to **tame**." His advice: just 10 quiet minutes a day spent **looking inward** can help begin that taming. A **life** led with **reflection** **is** a life led with fewer regrets – and **perhaps**, in the end, to a more peaceful farewell.



THE SPEAKING TREE

The city that never dies **might** just be showing us how to die well – and in doing so, how to live better.

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.

[Practice Exercise]

Vocabulary

1. **Inhabited** (adjective) – lived in, occupied, settled, dwelled, populated बसा हुआ
2. **Seemingly** (adverb) – apparently, outwardly, evidently, ostensibly, superficially देखने में
3. **Paradoxical** (adjective) – contradictory, puzzling, ironic, absurd, conflicting विरोधाभासी
4. **Pull** (noun) – attraction, draw, magnetism, lure, appeal आकर्षण
5. **Profound** (adjective) – deep, intense, meaningful, thoughtful, significant गहन
6. **Rhythm** (noun) – flow, pattern, beat, tempo, cadence लय / ताल
7. **Dissolve** (verb) – melt, disintegrate, vanish, disappear, fade समाप्त हो जाना
8. **Surrender** (verb) – yield, give in, submit, let go, relinquish आत्मसमर्पण करना
9. **Ritual** (noun) – ceremony, custom, practice, rite, observance अनुष्ठान
10. **Reflect** (verb) – think, ponder, contemplate, consider, meditate चिंतन करना
11. **Await** (verb) – wait for, expect, anticipate, look forward to, remain for प्रतीक्षा करना
12. **Dignity** (noun) – self-respect, honour, nobility, grace, poise गरिमा
13. **Bar** (noun) – restriction, limitation, barrier, prohibition, obstruction प्रतिबंध
14. **Lodging** (noun) – accommodation, shelter, housing, stay, place to sleep ठहरने की जगह
15. **By one's count** (phrase) – according to one's calculation, by estimation, in one's record, as per count, as per tally किसी की गणना के अनुसार
16. **Departure** (noun) – death, passing, exit, demise, leaving निधन
17. **Distinguish** (verb) – differentiate, identify, separate, discern, tell apart भेद करना
18. **Regret** (noun) – remorse, sorrow, repentance, guilt, contrition पछतावा
19. **Regret-lite** (adjective) – less regretful, low-guilt, mildly regretful, light remorse, less burdened कम पछतावे वाला
20. **Harsh** (adjective) – cruel, severe, unkind, bitter, rough कठोर
21. **Thoughtless** (adjective) – careless, inconsiderate, impulsive, reckless, heedless बिना सोचे समझे
22. **Acknowledge** (verb) – admit, accept, recognize, confess, own स्वीकार करना

23. **Tame** (verb) – control, calm, discipline,
subdue, regulate वश में करना

24. **Looking inward** (phrase) – self-
examination, introspection, soul-searching,
self-reflection, internal focus आत्ममंथन
करना

25. **Reflection** (noun) – introspection, thought,
contemplation, consideration, meditation
चिंतन / मनन

26. **Perhaps** (adverb) – maybe, possibly,
conceivably, potentially, perchance शायद

Summary of the Editorial

1. Varanasi is among the world's oldest continuously inhabited cities and is deeply associated with both life and death.
2. Despite its vitality, it draws thousands who wish to die there each year, embracing death as part of life.
3. This paradox reveals a profound cultural truth – choosing where to die is also choosing how to die.
4. While most people avoid thoughts of death, in Varanasi, people approach death consciously and peacefully.
5. Death is integrated into daily life in the city, especially near the burning ghats on the riverbanks.
6. Time seems to slow down near these ghats, creating a reflective atmosphere.
7. Mukti Bhawan is a unique guest house in Varanasi that offers rooms for those nearing the end of life.
8. It provides the dying a chance to reflect, rest, and pass on with dignity, without discrimination.
9. The stay is either free or minimal-cost, and a caregiver must accompany the dying person.
10. Kalikant Dubey, involved since 1999, says over 15,000 people have found “mukti” at the Bhawan.
11. According to Dubey, regret-free living leads to peaceful dying.
12. While living entirely without regrets is rare, one can reduce regrets through kind actions and self-awareness.
13. Dubey emphasizes the need to acknowledge one's mistakes before it is too late.
14. He suggests 10 minutes of daily self-reflection to tame the mind and lead a more intentional life.
15. Ultimately, Varanasi, the city that never dies, teaches us both how to die well and thereby, how to live better.

Practice Exercise: SSC Pattern Based

[Editorial page]

1. **What is the tone of the passage?**
 - A. Sentimental
 - B. Reflective
 - C. Ironical
 - D. Sarcastic
2. **What can be inferred from the description of Mukti Bhawan in the passage?**
 - A. Mukti Bhawan is only open to elderly people who are terminally ill.
 - B. The institution charges high fees for a peaceful death.
 - C. Mukti Bhawan offers people a dignified space to embrace death peacefully.
 - D. People are forced to stay at Mukti Bhawan for more than two weeks.
3. **Who has been helping to run Mukti Bhawan since 1999?**
 - A. Ramnath Gopal
 - B. Kalikant Dubey
 - C. Mahesh Tripathi
 - D. Anand Vihar
4. **What is suggested by Dubey as a way to reduce regrets in life?**
 - A. Practising yoga daily
 - B. Ignoring thoughts of death
 - C. Spending 10 quiet minutes a day in self-reflection
 - D. Avoiding emotional relationships
5. **Direction:** Read the statement and choose the correct option.
Statement: According to the passage, people who come to Mukti Bhawan are charged expensive lodging fees.
 - A. False – It is free or very low cost.
 - B. True – Everyone pays ₹1000 per night.
 - C. True – Only the wealthy are admitted.
 - D. False – People are paid to stay.
6. **Select the most appropriate synonym of the given word.**
Fantastic
 - A. Graceful
 - B. Fanciful
 - C. Delicate
 - D. Practical
7. **Select the most appropriate adjective to fill in the blank.**
After coming from a long journey he said, “It feels so _____ to be home”.
 - A. better
 - B. best
 - C. much good

- D. good
8. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error.**
The company decided / to phase up its / outdated technology / and embrace innovation
- A. outdated technology
B. The company decided
C. and embrace innovation.
D. to phase up its
9. **Select the INCORRECTLY spelt word..**
- A. Lecture
B. Postuer
C. Gesture
D. Culture
10. **Select the most appropriate synonym of the given word.**
Gregarious
- A. Isolated
B. Sociable
C. Reserved
D. Introverted
11. **Select the option that will improve the underlined part of the given sentence.**
The sports teacher saw across the game and punished the students who were cheating in the game
- A. underneath
B. beside
C. through
D. beneath
12. **Select the INCORRECTLY spelt word...**
- A. Vigilante
B. Masquerade
C. Squadroun
D. Caricature
13. **Select the option that can be used as a one-word substitute for the highlighted group of words in the given sentence.**
We went to Bowbazaar in Kolkata to see the buildings for the lodging and accommodation of soldiers.
- A. mints
B. paddocks
C. barracks
D. hostels
14. **The following sentence has been split into four segments. Identify the segment that contains an error in the usage of indefinite articles.**

We have invited / our friends / for a / dinner

- A. for a
- B. dinner
- C. our friends
- D. We have invited

15. **Select the INCORRECTLY spelt word.**

- A. Protein
- B. Competent
- C. Soliloquy
- D. Chronology

16. **Select the most appropriate synonym of the given word.**

Fabricate

- A. Garments
- B. Construct
- C. Floral
- D. Fascinate

17. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error.**

The manager had / thrown up the / drunk people sitting / inside his office premises.

- A. inside his office premises
- B. thrown up the
- C. The manager had
- D. drunk people sitting

18. **Select the most appropriate ANTONYM of the given word.**

Piquant

- A. Bitter
- B. Delicious
- C. Bland
- D. Delectable

19. **Select the idiom that can substitute the bracketed word segment correctly and complete the given sentence meaningfully.**

The negotiations reached a point where both parties had to (confront the consequences of their actions) and make tough decisions

- A. break a leg
- B. cut corners
- C. face the music
- D. get cold feet

20. **Select the most appropriate synonym of the underlined word in the following sentence.**

You must adhere to the rules of this place.

- A. Aware
- B. Remember

- C. Comply
- D. Strict

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.

Man, it would seem, has (1)_____ from arboreal apes. They lived a happy life in tropical forests, eating coconuts when they were hungry, and throwing them at each other when they were not. They were (2)_____ occupied in gymnastics and acquired an (3)_____ which to us is truly (4)_____. But after some millions of years of this arboreal paradise, their numbers increased to the point where the supply of coconuts was no longer (5)_____.

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

- A. descended
- B. extended
- C. ascended
- D. recommended

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

- A. professionally
- B. perpetually
- C. conspiratorially
- D. bisectionally

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

- A. variability
- B. agility
- C. civility
- D. density

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

- A. astonishing
- B. disappointing
- C. boring
- D. frightening

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

- A. adequate
- B. consecrate
- C. deficient
- D. delicate

Answers

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

[Practice Exercise]

Explanations

1. B) Reflective

The passage is deeply thoughtful and contemplative, focusing on life, death, and the meaning of dying peacefully. It urges self-reflection and highlights the value of introspection — all hallmarks of a reflective tone.

A. Sentimental – This tone suggests excessive emotion or nostalgia, which the passage avoids. It is emotional but in a controlled, philosophical way.

C. Ironical – There is no contradiction or mockery in the narrative; the message is sincere and serious.

D. Sarcastic – The passage is respectful and reverent, not mocking or harsh.

2. C) Mukti Bhawan offers people a dignified space to embrace death peacefully.

The passage clearly explains Mukti Bhawan provides a room to reflect and rest before death, promoting dignity and peace.

A is incorrect – The passage states “No religion, caste, or age bar”, so it’s open to all, not just elderly.

B is incorrect – It says “free or ₹20 per night”, showing it is not expensive.

D is incorrect – Most people stay no longer than two weeks, not forced to stay longer.

3. B) Kalikant Dubey

Kalikant Dubey has been associated with Mukti Bhawan since 1999.

A, C, D are incorrect – These names are not mentioned anywhere in the passage.

4. C) Spending 10 quiet minutes a day in self-reflection

Dubey advises “just 10 quiet minutes a day spent looking inward” to tame the mind and reduce regrets.

A is incorrect – Yoga is not mentioned.

B is incorrect – The opposite is suggested: embracing thoughts of death.

D is incorrect – The passage does not suggest avoiding relationships.

5. A) False – It is free or very low cost.

The passage says “free, or ₹20 a night” – clearly indicating low or no cost.

B is incorrect – ₹1000 is not mentioned.

C is incorrect – There’s no restriction based on wealth.

D is incorrect – People are not paid to stay.

6. B) Fantastic (adjective) – Imaginative, unrealistic, extraordinary, or fanciful in nature. अद्भुत, कल्पनाशील

Synonym: Fanciful (adjective) – Over-imaginative, unrealistic, whimsical, or creative. काल्पनिक

- **Graceful** (adjective): Having or showing elegance, smoothness, or beauty. सुंदर
- **Delicate** (adjective): Fine, fragile, or requiring careful handling. कोमल, नाजुक
- **Practical** (adjective): Concerned with the actual doing or use of something, sensible. व्यावहारिक

7. D) '**Good**' का use होगा क्योंकि 'good' एक adjective है जो "home" के साथ सही तरीके से फिट होता है और आराम या खुशी की भावना को व्यक्त करता है। sentence में यह mention है कि लंबी यात्रा के बाद घर वापस आने पर उसे अच्छा महसूस हो रहा है, इसलिए 'good' यहाँ सही है। जबकि 'better' का use तुलना के लिए किया जाता है और यह वाक्य में आवश्यकता नहीं है। 'best' का use superlative डिग्री के लिए होता है और यह भी वाक्य के अर्थ के अनुसार उपयुक्त नहीं है। 'much good' एक गलत phrase है।

'Good' will be used because 'good' is an adjective that fits well with "home" and expresses a sense of comfort or happiness. The sentence implies that after a long journey, he feels good being home, making 'good' the most suitable choice here. 'Better' is used for comparison, which is not required in this context. 'Best' is a superlative form, which is also not appropriate for the given sentence. 'Much good' is an incorrect phrase and does not follow proper grammar rules in this sentence.

8. D) यहाँ 'phase up' का use गलत है। सही वाक्य में 'phase out' का use होगा, क्योंकि 'phase out' का अर्थ है 'पुरानी चीजों को धीरे-धीरे हटाना' (to gradually remove or stop using something).

The error lies in "to phase up its". The correct phrase should be 'phase out', as 'phase out' means to gradually remove or stop using something, which fits the context of the sentence.

Example: The company decided to phase out its outdated policies

9. B) The incorrect spelling is Postuer, which should be correctly spelled as Posture. आसन
10. B) **Gregarious** (adjective): Fond of company; sociable; outgoing; friendly. समाजप्रिय, मिलनसार
- Synonym: Sociable** – Enjoying socializing, friendly, outgoing, extroverted. मिलनसार

- **Isolated** (adjective): Detached or separated; lonely or removed from others. अलग
- **Reserved** (adjective): Quiet, shy, or restrained in expressing oneself. आरक्षित
- **Introverted** (adjective): Shy, inward-looking, or focused on one's own thoughts rather than external socialization. अंतर्मुखी

11. C) 'across' के बदले 'through' का use होगा क्योंकि 'see through' एक phrasal verb है, जिसका अर्थ होता है "धोखाधड़ी या चालबाज़ी को समझ जाना या पहचान लेना"। "across" का use वाक्य में सही नहीं है क्योंकि यह किसी वस्तु या स्थान के एक ओर से दूसरी ओर की स्थिति या गति को दर्शाता है। इस संदर्भ में "through" यह इंगित करता है कि खेल के दौरान गतिविधियों को ध्यानपूर्वक देखा गया।

The word "**across**" is not appropriate in the sentence because it indicates movement or position from one side to another. The correct word is "through," which indicates observing or perceiving an event in its entirety or within a specific frame.

12. C) The incorrectly spelled word in the given options is '**Squadroun**'. The correct spelling is 'Squadron', which means "a unit of armed forces, especially an operational unit in an air force or a large group of people or things." इसका अर्थ है "सैनिक टुकड़ी, विशेष रूप से वायु सेना की एक परिचालन इकाई या लोगों या चीजों का बड़ा समूह।"

13. C) **Barracks** (noun) – Buildings for the lodging and accommodation of soldiers सैनिकों के रहने और आवास के लिए इमारतें

- **Mints** (noun) – A place where coins are manufactured. सिक्के बनाने की जगह
- **Paddocks** (noun) – A small field or enclosure where horses are kept or exercised. घोड़ों को
- **Barracks** (noun) – Buildings designed to house military personnel. सैनिकों के रहने और आवास के लिए भवन

14. A) भोजन जैसे "dinner," "lunch," आदि uncountable होते हैं, और इनके पहले "a" का use नहीं किया जाता जब तक कि उनके साथ कोई adjective नहीं होते जैसे: "a lavish dinner" या "a grand dinner।"

Meals such as "dinner" are uncountable nouns and typically do not require an article unless qualified. The indefinite article "a" is used when the meal is modified by an adjective, e.g., "a formal dinner."

15. D) The incorrect spelling is "**Choronology**", which should be correctly spelled as "**Chronology**." घटनाओं या तिथियों को उनके घटने के क्रम में व्यवस्थित करना।

16. B) **Fabricate** (verb) – To invent, create, or build something, typically for a specific purpose; to forge or falsify. गढ़ना, बनाना, निर्मित करना।

Synonym: Construct (verb) – To build or assemble something systematically; to create or form. निर्माण करना।

- **Garments** (noun): Clothes or attire worn on the body. वस्त्र।
- **Floral** (adjective): Relating to flowers. फूलों से संबंधित।
- **Fascinate** (verb): To attract or capture someone's attention or interest. मोहित करना।

17. B) sentence में '**thrown up**' का use गलत है। 'thrown up' का अर्थ 'उल्टी करना' होता है, जो यहाँ संदर्भ में फिट नहीं बैठता। इस वाक्य में 'remove' या 'force out' जैसे भाव व्यक्त करने के लिए 'thrown out' का use किया जाना चाहिए, क्योंकि मैनेजर ने शराब पिए हुए लोगों को कार्यालय से बाहर निकाल दिया था।

The use of 'thrown up' is incorrect as it means 'to vomit,' which does not fit the context of the sentence. The manager is removing or expelling the drunk people from his office, so the correct phrase should be 'thrown out,' meaning 'to remove' or 'to expel.'

18. C) **Piquant** (adjective): Having a pleasantly sharp or appetizing flavor; spicy, tangy, zesty. तीखा, मसालेदार

ANTONYM: Bland (adjective): Lacking strong features or characteristics, particularly in flavor; dull, tasteless, unseasoned. फीका, बेस्वाद

- **Bitter** (adjective) – Having a sharp, pungent taste or smell; unpleasantly sharp. कड़वा
- **Delicious** (adjective) – Highly pleasant to the taste; delightful, tasty.: स्वादिष्ट
- **Delectable** (adjective) – Extremely delicious or appealing; tasty, scrumptious. लाजवाब, स्वादिष्ट

19. C) **face the music** (idiom) - to accept and deal with the unpleasant consequences of one's actions अपने किए गए कार्यों के परिणामों का सामना करना

20. C) **Adhere** (verb) – To stick firmly to something, or to follow a rule or practice. . पालन करना

Synonym: Comply – To act in accordance with a rule, command, or request. पालन करना

- **Aware** (adjective) – Having knowledge or perception of a situation or fact. जागरूक
- **Remember** (verb) – To bring to one's mind an awareness of someone or something from the past याद रखना
- **Strict** (adjective) – Demanding that rules or regulations are closely followed. कड़ा

21. 'A) **Descended**' का use होगा क्योंकि "descended" का अर्थ है किसी उच्च स्थान से नीचे आना या किसी पूर्वज से उत्पन्न होना। यहाँ वाक्य में बताया गया है कि मनुष्य पेड़ों पर रहने वाले बंदरों से विकसित हुआ है, इसलिए 'descended' सही है। जबकि 'Extended' का अर्थ है विस्तार करना, 'Ascended' का अर्थ है ऊपर चढ़ना, और 'Recommended' का अर्थ है सुझाव देना, जो इस संदर्भ में सही नहीं है।

'Descended' will be used because it means to originate or come down from a higher place or ancestor. The sentence mentions that humans evolved from arboreal apes, making 'descended' appropriate. On the other hand, 'Extended' means to expand, 'Ascended' means to climb up, and 'Recommended' means to suggest, none of which fit in this context.

22. B) '**Perpetually**' का use होगा क्योंकि इसका अर्थ होता है "लगातार" या "निरंतर।" Passage में यह बताया गया है कि वे लगातार gymnastics में व्यस्त रहते थे, इसलिए 'perpetually' यहाँ सही option है। 'Professionally' का अर्थ है "पेशेवर रूप से," जो यहाँ उपयुक्त नहीं है क्योंकि यह संदर्भ पेशेवरता का नहीं है। 'Conspiratorially' का अर्थ है "षड्यंत्रपूर्ण ढंग से," जो इस संदर्भ में फिट नहीं होता। 'Bisectonally' का अर्थ होता है "दो भागों में विभाजन," जो यहाँ लागू नहीं है।

'Perpetually' will be used because it means "continuously" or "constantly." The passage states that they were constantly occupied in gymnastics, making 'perpetually' the most appropriate option here. Whereas: 'Professionally' means "in a professional manner," which doesn't suit the context as it's not about professionalism. 'Conspiratorially' means "in a secretive or

plotting manner," which is irrelevant in this passage. 'Bisectonally' means "divided into two sections," which doesn't fit the context.

23. B) **Agility** का use होगा क्योंकि "agility" का अर्थ है तेज और लचीला होने की क्षमता, और passage में जिक्र किया गया है कि ये वानर gymnastics में शामिल थे। यह शब्द इस context में सही बैठता है क्योंकि gymnastics के लिए agility की आवश्यकता होती है। 'Variability' का अर्थ है भिन्नता या बदलाव की क्षमता, जो यहाँ gymnastics और वानरों की शारीरिक क्षमता को दर्शाने के लिए उपयुक्त नहीं है। 'Civility' का अर्थ है सभ्यता या शिष्टाचार, जो वानरों की शारीरिक गतिविधियों को समझाने के लिए contextually सही नहीं है। 'Density' का अर्थ है घनत्व या घनीभूत होना, जो gymnastics या शारीरिक दक्षता के लिए उपयुक्त नहीं है।

'Agility' will be used because it means the ability to move quickly and easily, which aligns with the description of arboreal apes engaging in gymnastics. This word is contextually appropriate as agility is required for gymnastics. 'Variability' means the ability to vary or change, which does not suit the context of describing the physical capabilities of the apes. 'Civility' means politeness or courtesy, which is unrelated to the physical activities mentioned. 'Density' means the measure of compactness or crowding, which is not relevant in the context of gymnastics or physical ability.

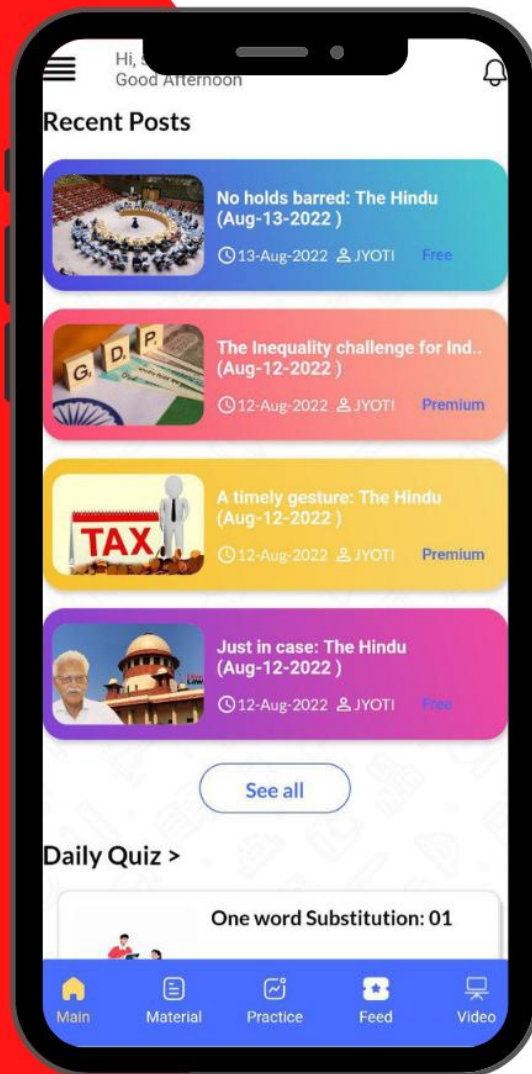
24. A) **Astonishing** का use होगा क्योंकि इसका अर्थ है "आश्चर्यजनक या प्रभावशाली।" passage में वृक्षीय बंदरों की चुस्ती और कौशल का वर्णन किया गया है, जिसे "truly" के साथ असाधारण कहा गया है। इसलिए, 'astonishing' सबसे appropriate शब्द है। 'Disappointing' का अर्थ है निराशाजनक, जो passage के सकारात्मक स्वर से मेल नहीं खाता। 'Boring' का अर्थ है उबाऊ, जो "truly astonishing" के विपरीत है। 'Frightening' का अर्थ है डरावना, जो चुस्ती और कौशल की प्रशंसा के संदर्भ से मेल नहीं खाता।

'Astonishing' will be used because it means something that is extremely surprising or impressive. The passage describes the agility and skill of the arboreal apes, which is described as "truly" extraordinary. Hence, 'astonishing' is the most appropriate word for the context. 'Disappointing' means causing unhappiness or a lack of fulfillment, which does not align with the positive tone of the passage. 'Boring' means dull or uninteresting, which is contradictory to the phrase "truly astonishing" in the passage. 'Frightening' means causing fear, which does not match the context of admiration for their agility.

25. A) **adequate** का use किया जाएगा क्योंकि 'adequate' का अर्थ है पर्याप्त या पर्याप्त मात्रा में। sentence में बताया गया है कि कुछ लाख वर्षों बाद उनकी संख्या इतनी बढ़ गई कि नारियल की आपूर्ति पर्याप्त नहीं रही। इसलिए 'adequate' यहाँ सही है। जबकि 'consecrate' का अर्थ है पवित्र करना या समर्पित करना, 'deficient' का अर्थ है कमी होना, और 'delicate' का अर्थ है नाजुक, जो इस संदर्भ में उपयुक्त नहीं हैं।

'adequate' will be used because it means sufficient or enough in quantity. The sentence mentions that after some millions of years, their numbers increased to the point where the supply of coconuts was no longer enough. Hence, 'adequate' is the correct choice.

Whereas, 'consecrate' means to make sacred or dedicate, 'deficient' means lacking or insufficient, and 'delicate' means fragile, none of which fit the context here



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