

UPSC's initiative to provide employment pathways for unsuccessful candidates is welcome

Every year, lakhs of people prepare for and sit the Civil Services (Preliminary) Examination. In 2024, **for instance**, 9.9 lakh had applied for the examination conducted on June 16. Of these, 5.8 lakh appeared for the examination. However, of all those who appeared, only 14,627 candidates qualified for the written (main) examination, of which just 1,009 were recommended by the Union Public Service Commission (UPSC) for appointment to the services. The lakhs who don't make the list each year either opt for another attempt — in the general category, candidates have six attempts — or start their professional life, **often belatedly**. There are several challenges **posed** by a late entry into the job market. Some of the candidates have competition from younger **counterparts** and the lack of work experience makes their **predicament** even more difficult. The **spin-offs** on lifetime earnings **are** not difficult to **gauge**, especially because many **end up** employed in **occupations** that are either not **in line with** their qualifications or possibly at junior levels. An initiative by the UPSC is now providing pathways to the unsuccessful candidates for **securing** gainful employment.

Under the Public Disclosure Scheme, called PRATIBHA Setu now, the Commission has started publicly disclosing information on the non-recommended, willing candidates of the exams it conducts. The UPSC conducts several exams every year — some of the examinations, other than the Civil Services Examination, included under this scheme are the Indian Forest Service Examination, the Indian Economic Service/Indian Statistical Service Examination, and the Combined Medical Services Examination. The non-recommended candidates are those “who qualify the written examinations but are not recommended after the interview”. The portal provides information on these candidates. According to a report in this newspaper, it also provides subject- and discipline-wise search facilities to organisations, enabling them to **pick out** candidates who **meet** their requirements. By doing so, this facility is helping match candidates available in the labour market with **prospective employers**.

Initially, **this scheme** — it was launched in 2018 — **had** little success in placing candidates in government organisations and public sector entities, as per a report in this paper. Extending it now to the private sector helps **cast a wider net**, increasing **the odds** of the candidates being **absorbed**. Prospective employers now include PSUs, **autonomous** government organisations and private entities. This is **indeed** a welcome step. However, the **problems** in the labour markets in India **require** deeper and **far-reaching** policy changes.

[Practice Exercise]

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

Vocabulary

1. **For instance** (phrase) – For example, such as, like, to illustrate, as an illustration
उदाहरण के लिए
2. **Often** (adverb) – Frequently, regularly, repeatedly, usually, commonly अक्सर
3. **Belatedly** (adverb) – Late, tardily, overdue, behind schedule, after the fact देर से
4. **Pose** (verb) – Present, create, raise, constitute, bring up उत्पन्न करना
5. **Counterpart** (noun) – Equivalent, peer, match, equal, parallel समकक्ष
6. **Predicament** (noun) – Dilemma, difficulty, crisis, mess, hardship संकट
7. **Spin-off** (noun) – By-product, offshoot, result, consequence, outcome परिणाम
8. **Gauge** (verb) – Measure, assess, evaluate, estimate, calculate मापना
9. **End up** (phrasal verb) – Finish, land, wind up, conclude, result in अंततः होना
10. **Occupation** (noun) – Job, profession, trade, employment, vocation पेशा
11. **In line with** (phrase) – Consistent with, in accordance with, conforming to, matching, aligning with अनुरूप
12. **Secure** (verb) – Obtain, acquire, gain, achieve, procure प्राप्त करना
13. **Pick out** (phrasal verb) – Choose, select, identify, single out, spot चुनना
14. **Meet** (verb) – Fulfill, satisfy, match, comply with, adhere to पूरा करना
15. **Prospective** (adjective) – Potential, possible, likely, expected, future संभावित
16. **Employer** (noun) – Boss, manager, recruiter, hirer, proprietor नियोक्ता; काम देनेवाला
17. **Cast a net** (phrase) – search for suitable options or candidates in a specified way. व्यापक तलाश करना
18. **The odds** (noun) – Chances, probability, likelihood, possibility, risk संभावना
19. **Absorbed** (adjective) – Included, incorporated, assimilated, merged, taken in समाहित
20. **Autonomous** (adjective) – Independent, self-governing, self-reliant, sovereign, free स्वायत्त
21. **Indeed** (adverb) – Truly, certainly, undoubtedly, really, definitely वास्तव में
22. **Far-reaching** (adjective) – Extensive, widespread, broad, sweeping, comprehensive दूरगामी

Summary of the Editorial

1. **Large Applicant Pool:** In 2024, about 9.9 lakh candidates applied for the UPSC Civil Services (Preliminary) Examination.
2. **Low Success Rate:** Out of 5.8 lakh candidates who appeared, only 14,627 qualified for the Mains, and just 1,009 were finally recommended for service.
3. **Career Disruption:** Unsuccessful candidates often start their careers late, which negatively affects their job prospects and earnings.
4. **Multiple Attempts:** General category candidates are allowed up to six attempts, which delays their entry into the job market.
5. **Employment Challenges:** Many candidates face stiff competition from younger individuals and lack relevant work experience.
6. **Mismatch of Skills and Jobs:** A significant number end up in roles unrelated to their qualifications or at junior levels.
7. **UPSC's New Initiative:** To address this, UPSC has launched an initiative to support non-recommended candidates in finding employment.
8. **PRATIBHA Setu Portal:** The initiative operates through a portal that publicly discloses data of willing, non-recommended candidates.
9. **Scope of Scheme:** It includes exams beyond Civil Services like Indian Forest Service, IES/ISS, and Combined Medical Services.
10. **Candidate Database:** The portal lists candidates who cleared the written exam but weren't selected in interviews.
11. **Search Features:** Employers can search for candidates based on subject and discipline preferences.
12. **Labour Market Matchmaking:** This helps bridge the gap between job seekers and prospective employers.
13. **Initial Struggles:** When launched in 2018, the scheme struggled to generate placements in government or PSU sectors.
14. **Expanded to Private Sector:** Inclusion of private employers has broadened opportunities and improved placement potential.
15. **Need for Broader Reforms:** While welcome, this initiative is not enough; India's labour market needs deeper, structural reforms for sustainable impact.

Practice Exercise: SSC Pattern Based

1. **WHICH of the following best identifies the primary purpose of the PRATIBHA Setu initiative?**
 - A. To reduce the number of candidates attempting the UPSC exams
 - B. To recruit more candidates directly into the Civil Services
 - C. To connect non-recommended candidates with potential employers
 - D. To prepare candidates better for the UPSC interviews
2. **WHY might a late entry into the job market be especially challenging for UPSC aspirants who don't qualify?**
 - A. Because they are overqualified and demand high salaries
 - B. Because their academic qualifications expire after a certain age
 - C. Because younger candidates and lack of work experience reduce their employability
 - D. Because they have legal restrictions on joining private sector jobs
3. **WHAT does the passage suggest about the early impact of the PRATIBHA Setu scheme?**
 - A. It succeeded in placing many candidates in private jobs from the beginning
 - B. It had limited effectiveness initially in placing candidates in government sectors
 - C. It was restricted only to Civil Services Exam and was later shut down
 - D. It replaced the UPSC interview round for non-recommended candidates
4. **What is the tone of the passage?**
 - A. Satirical and mocking
 - B. Neutral and disinterested
 - C. Analytical and cautiously optimistic
 - D. Aggressive and critical
5. **What is the main theme of the passage?**
 - A. The decline in success rates of UPSC candidates
 - B. The pressure on youth to pursue Civil Services
 - C. The struggle of non-selected candidates and a policy response to help them
 - D. The benefits of attempting UPSC multiple times
6. **Identify the INCORRECTLY spelt word in the given sentence.**

BBC Media has shown exponenteal growth in their revenue this year.

 - A. revenue
 - B. year
 - C. exponenteal
 - D. media
7. **Select the INCORRECTLY spelt word.**
 - A. Fantastic
 - B. Expensive
 - C. Damaged
 - D. Forgetfull

8. 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.

It is a common perception / that the rich sometimes / despise poor.

- A. that the rich sometimes
 - B. It is a common perception
 - C. despise poor.
 - D. no error
9. Select the option that has used the correct tense
- A. By the time we arrives at the party, they had been waiting for over an hour.
 - B. By the time we arrive at the party, they had been waiting for over an hour.
 - C. By the time we arrived at the party, they had been waiting for over an hour.
 - D. By the time we arriving at the party, they had been waiting for over an hour
10. Select the most appropriate **ANTONYM** of the given word.

Searing

- A. Mocking
 - B. Freezing
 - C. Pressing
 - D. Thrilling
11. Parts of the following sentence have been given as options. Select the option that contains an error.

I have never seen so beautiful a landscape than this one.

- A. than this one
 - B. so beautiful
 - C. a landscape
 - D. i have never seen
12. Select the most appropriate option to fill in the blank.
- Prem is an excellent chess player. He is the _____ student of the class too.
- A. intelligent
 - B. intelligently
 - C. more intelligent
 - D. most intelligent

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

He was so **enraged** at the article about him that he sued the newspaper.

- A. Generated
 - B. Angered
 - C. Determined
 - D. Enhanced
14. Select the most appropriate idiom that can substitute the underlined words in the given sentence.

His sudden resignation left the company in a very difficult situation and to have to make a hard decision as they scrambled to find a replacement

- A. with a silver lining
- B. between a rock and a hard place
- C. on cloud nine
- D. in the dark

15. **Select the correct spelling of the underlined word in the given sentence.**

The weather was absolutley perfect for the outdoor event

- A. absolutly
- B. absoltely
- C. absoluttley
- D. absolutely

16. **Select the option that can be used as a one-word substitute for the given group of words.**

A post without any remuneration

- A. Bigot
- B. Illegible
- C. Honorary
- D. Effeminate

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

Meticulous

- A. Persevering
- B. Exemplary
- C. Regardless
- D. Determined

18. **Select the option that can be used as a one-word substitute for the given phrase.**

Belonging or pertaining to an individual from birth

- A. Congenial
- B. Congruent
- C. Congregational
- D. Congenital

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

Boisterous

- A. Quiet
- B. Noisy
- C. Benevolent
- D. Buoyant

20. **Select the option that can be used as a one-word substitute for the highlighted group of words in the given sentence.**

The minister went to visit the monuments set up for people who were buried in other countries

- A. cemetery
- B. cenotaphs
- C. coffins
- D. graves

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.

Though people are becoming health-conscious these days, (1)_____ simple lifestyle habits they are prone to fatal diseases.

(2)_____ a new study published in 'The Journal of the American College of Cardiology', (3)_____ food more sparingly is linked to a lower risk of heart disease, heart failure, and ischemic heart disease. A significant risk factor for cardiovascular disease, high blood pressure, is demonstrated to be correlated (4)_____ high sodium intake. As per the research, a person's individual sodium intake over time may be predicted by how (5)_____ they salt their food. It is found that people who do not put a little additional salt to their food very often had a much lower risk of heart disease event regardless of lifestyle factors and pre-existing disease.

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

- A. for
- B. because
- C. because of
- D. but

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

- A. According to
- B. According with
- C. Accordingly
- D. In according with

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

- A. salting
- B. salt with
- C. salt
- D. salted

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

- A. of
- B. with
- C. for
- D. in

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

- A. hefty
- B. soundly
- C. burly
- D. frequently

Answers

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

[\[Practice Exercise\]](#)

Explanations

1. C) To connect non-recommended candidates with potential employers
 A is incorrect — the scheme is not about reducing exam participation.
 B is incorrect — it does not increase Civil Services recruitment.
 C is correct — PRATIBHA Setu discloses data of non-recommended candidates to help them find jobs.
 D is incorrect — there is no mention of preparation or training enhancement.
2. C) Because younger candidates and lack of work experience reduce their employability
 A is partially plausible but not mentioned in the passage.
 B is incorrect — no such claim is made.
 C is correct — the passage clearly mentions that older aspirants face competition from younger candidates and lack work experience.
 D is false — no legal restrictions are mentioned.
3. B) It had limited effectiveness initially in placing candidates in government sectors
 A is incorrect — initial success was not mentioned for private sector placements.
 B is correct — the passage says the scheme initially had little success in placing candidates in government organizations.
 C is incorrect — the scheme still exists and has been expanded.
 D is false — the interview process is still in place.
4. C) Analytical and cautiously optimistic
 A is incorrect — there's no sarcasm or ridicule in the language.
 B is incorrect — the author engages actively with the topic, not disinterestedly.
 C is correct — the author analyses UPSC results, the PRATIBHA Setu initiative, and concludes it is a "welcome step" while acknowledging challenges.
 D is incorrect — the tone is not harsh or attacking; it's balanced.
5. C) The struggle of non-selected candidates and a policy response to help them
 A is misleading — though numbers are mentioned, the focus is not on declining success.
 B is unrelated — societal pressure isn't discussed.
 C is correct — the central idea revolves around the difficulty faced by non-recommended candidates and the UPSC's initiative (PRATIBHA Setu) to assist them.
 D is incorrect — the number of attempts is briefly mentioned, but not the main focus.
6. C) The correct spelling of 'exponenteal' is 'exponential', which means "increasing rapidly by successive increments or multiples" (अत्यधिक तीव्रता से बढ़ना).

7. D) The correct spelling of 'Forgetfull' is 'Forgetful', which means "failing to remember or recall things" "भूलने वाला"
8. C) 'poor' से पहले 'the' का प्रयोग होगा, क्योंकि जब हम किसी विशेष वर्ग (जैसे- गरीब, अमीर, बुजुर्ग इत्यादि) की बात करते हैं तो सामान्य रूप से "the + adjective" का प्रयोग किया जाता है; जैसे— "The rich sometimes despise the poor."
 'the' will be used before 'poor' because when we talk about a category or a class of people as a whole (e.g., the poor, the rich, the elderly), we use "the + adjective" to denote that group collectively; like— "The rich sometimes despise the poor."
9. C) **By the time we arrived at the party, they had been waiting for over an hour.**
 'arrived' का प्रयोग Past Tense में होगा और साथ ही 'had been waiting' Past Perfect Continuous Tense में प्रयोग होगा, क्योंकि वे पहले से इंतज़ार कर रहे थे और जब हम पहुँचे तो वह इंतज़ार की प्रक्रिया पूरी हो चुकी थी; जैसे—
 "It was raining when I reached home. It had been raining for hours."
 • 'arrived' should be in the Simple Past Tense and 'had been waiting' in the Past Perfect Continuous Tense to show that the waiting started before we arrived and continued until that past point; like—
 "It was raining when I reached home. It had been raining for hours."
10. B) **Searing** (adjective): Meaning: Extremely hot or intense, scorching, blazing, burning. अत्यधिक गर्म, जलाने वाला, तीव्र।
Antonym: Freezing (adjective): Extremely cold, chilling, icy. अत्यधिक ठंडा, जमाने वाला।
- **Mocking** (adjective): Making fun of someone or something in a cruel way, derisive, sarcastic. उपहासपूर्ण, व्यंग्यात्मक।
 - **Pressing** (adjective): Meaning: Urgent, requiring immediate attention, crucial, imperative. अत्यावश्यक, तत्काल।
 - **Thrilling** (adjective): Meaning: Exciting, exhilarating, causing a sudden feeling of excitement or pleasure. रोमांचक, उत्तेजक।
11. A) 'than this one' के बदले 'as this one' का प्रयोग होगा क्योंकि 'so ... as' का प्रयोग Negative degree में Comparison के लिए किया जाता है; जैसे— I have never seen so beautiful a place as this one.
 • 'as this one' will be used instead of 'than this one' because 'so ... as' is used for comparison in negative degree; Like— I have never seen so beautiful a place as this one.
12. D) **'Most intelligent'** का use सही है क्योंकि यहाँ sentence में Prem की तुलना पूरी class के सभी students से की गई है। जब comparison सभी से होता है और subject को सबसे उच्च स्तर पर दर्शाना

होता है, तो superlative degree (most intelligent) का प्रयोग किया जाता है। 'Intelligent' केवल positive degree है और किसी तुलना को व्यक्त नहीं करता। इसलिए यह contextually और grammatically सही नहीं है। intelligently: यह adverb है, जबकि blank में adjective की आवश्यकता है, क्योंकि यह "student" (noun) को describe कर रहा है। more intelligent: यह comparative degree है और केवल दो entities के बीच comparison के लिए उपयोग होता है। यहाँ पूरे class के साथ तुलना हो रही है, इसलिए यह गलत है।

Most intelligent will be used because the sentence compares Prem with the entire class. In such cases, the superlative degree is grammatically correct and contextually appropriate. intelligent is incorrect because it is a positive degree and does not indicate comparison. intelligently is an adverb, while an adjective is required to describe "student." more intelligent is a comparative degree, suitable for comparing two entities, but here the comparison involves the entire class.

13. B) **Enraged** (verb/adjective) – Very angry; furious; infuriated. क्रोधित

Synonym: Angered – To make someone angry; to irritate or provoke. क्रोधित करना

- **Generated** (verb) – To produce or create something; to bring something into existence. उत्पन्न करना
- **Determined** (adjective) – Having a strong decision to do something; resolute or firm. दृढ़ निश्चयी
- **Enhanced** (verb) – To improve the quality, amount, or value of something; to make something better. सुधारना

14. B) **Between a rock and a hard place** (idiom) – In a very difficult situation and to have to make a hard decision (कठिन स्थिति में होना और कठिन निर्णय लेना)

15. D) The correct spelling of the underlined word '**absolutley**' is '**Absolutely**', which means "completely or without qualification; totally." (पूर्णतः, बिलकुल).

16. C) **Honorary** (noun/adjective) – A position held without salary or payment as a mark of honor.

सम्मानित या मानद

- **Bigot** (noun) – A person who is intolerant towards those holding different opinions. कट्टरपंथी व्यक्ति
- **Illegible** (adjective) – Not clear enough to be read. अस्पष्ट या अपठनीय
- **Effeminate** (adjective) – A man having or showing characteristics regarded as typical of a woman; unmanly. स्त्रैण या नारीसुलभ गुण वाला

17. C) **Meticulous** (adjective) – Showing great attention to detail; very careful and precise. सूक्ष्म, अत्यधिक सावधान

Antonym: **Regardless** (adjective) – Showing no care or concern for something; not paying attention to details. लापरवाह, बिना ध्यान दिए

- **Persevering** (adjective) – Continuing in a course of action despite difficulty or delay. दृढ़, अटल
- **Exemplary** (adjective) – Serving as a desirable model; representing the best of its kind. उदाहरणात्मक, अनुकरणीय
- **Determined** (adjective) – Having made a firm decision and being resolved not to change it. दृढ़निश्चयी, निश्चित

18. D) **Congenital** (adjective) – Belonging or pertaining to an individual from birth. जन्मजात

- **Congenial** (adjective) – Pleasant and agreeable due to being suited to one's nature or taste. अनुकूल
- **Congruent** (adjective) – In agreement or harmony; compatible. संगत
- **Congregational** (adjective) – Relating to an assembly or gathering, especially in a church. मण्डली संबंधी

19. A) **Boisterous** (adjective) – Noisy, energetic, and rowdy; rough and unrestrained behavior.

उदंड, शोरगुल भरा, उन्मुक्त

Antonym: **Quiet** (adjective) – Making little or no noise; calm, peaceful, silent, subdued.

शांत, चुप, शीतल

- **Noisy** (adjective) – Making or causing a lot of noise; loud and disruptive. शोरगुल करने वाला
- **Benevolent** (adjective) – Well-meaning and kind; compassionate, generous, charitable. परोपकारी
- **Buoyant** (adjective) – Cheerful and optimistic; able to stay afloat. प्रसन्नचित्त, उत्साहित

20. B) **Cenotaphs** (noun) – A monument set up for people who were buried in other countries.

स्मारक

- **Cemetery** (noun) – A place where dead people are buried, usually not specific to those buried in other countries. कब्रिस्तान
- **Coffins** (noun) – A box or container in which a dead body is buried. ताबूत

- **Graves** (noun) – A specific place in the ground where a dead body is buried. कब्र

21. C) '**Because of**' का use होगा क्योंकि यह किसी क्रिया या स्थिति के कारण को स्पष्ट करता है। sentence का अर्थ यह बताने की कोशिश कर रहा है कि भले ही लोग स्वास्थ्य के प्रति जागरूक हो रहे हैं, लेकिन सरल जीवनशैली की आदतों के कारण वे अभी भी गंभीर बीमारियों के शिकार हो सकते हैं। 'For' का उपयोग कारण देने के लिए नहीं होता है, बल्कि यह अक्सर उद्देश्य या कारण बताने के लिए होता है। 'Because' एक conjunction है, जो clause को जोड़ता है, लेकिन यहाँ noun phrase 'simple lifestyle habits' है, जिसके कारण preposition 'because of' का उपयोग सही है। 'But' का उपयोग विरोधाभास दिखाने के लिए होता है, जो यहाँ उचित नहीं है।

'**Because of**' is correct as it explains the reason or cause of an action or situation. The sentence intends to convey that although people are becoming health-conscious, due to simple lifestyle habits, they are still prone to fatal diseases. 'For' does not indicate a reason directly but is often used for purpose or cause. 'Because' is a conjunction connecting clauses, but here the noun phrase 'simple lifestyle habits' makes the use of the preposition 'because of' appropriate. 'But' is used to show contrast, which does not fit the context here.

22. A) '**According to**' का use होगा क्योंकि इसका अर्थ है "के अनुसार" या "के मुताबिक।" इस sentence में, एक नए अध्ययन का जिक्र किया गया है जो 'The Journal of the American College of Cardiology' में प्रकाशित हुआ है। यह अध्ययन हृदय रोगों के जोखिम और खाने की आदतों के बीच संबंध के बारे में बात कर रहा है। इसलिए, यहां "According to" सही उत्तर है क्योंकि यह सही तरीके से संदर्भ प्रदान करता है। "According with" गलत है क्योंकि यह grammatically incorrect है। 'Accordingly' का अर्थ होता है "उसी के अनुसार" और यह एक क्रिया विशेषण (adverb) है, जो वाक्य में स्वतंत्र रूप से प्रयोग किया जाता है, इसलिए यह सही नहीं होगा। "In accordance with" भी व्याकरणिक रूप से गलत है क्योंकि सही संरचना "in accordance with" होती है।

'**According to**' will be used because it means "as per" or "in reference to." The sentence refers to findings from a new study published in 'The Journal of the American College of Cardiology.' Since the study is being introduced as the source of the information, "According to" is the appropriate choice. "According with" is grammatically incorrect. 'Accordingly' is an adverb meaning "in a corresponding manner," which does not fit here. 'In accordance with' is also incorrect as the correct phrase is "in accordance with."

23. A) '**Salting**' का use होगा क्योंकि 'salting' का अर्थ है भोजन में नमक डालने की प्रक्रिया, और यह वाक्य में एक gerund के रूप में इस्तेमाल हो रहा है। sentence में यह दर्शाता है कि भोजन में नमक डालने की प्रक्रिया को नियंत्रित करना दिल की बीमारियों के कम जोखिम से जुड़ा हुआ है। Salt' पदार्थ को संदर्भित

करता है, जबकि यहाँ प्रक्रिया की आवश्यकता है। 'Salt with' का प्रयोग गलत है। Salted' एक adjective है, जबकि यहाँ gerund की आवश्यकता है।

Salting' will be used because it refers to the act of adding salt and is functioning as a gerund (verb-noun) here. The sentence contextually supports the idea that the process of adding salt sparingly correlates with reduced heart disease risk. Salt **Wrong** because the sentence focuses on the action or process, not the substance. Salt with **Wrong** as it is incomplete and does not fit the sentence grammatically or contextually. Salted **Wrong** because an adjective is not required; the focus is on the process.

24. B) **'With'** का use होगा क्योंकि "correlated with" एक सही grammatical collocation है जो दो चीजों के बीच संबंध (सहसंबंध) को दर्शाने के लिए प्रयोग किया जाता है। sentence में कहा गया है कि उच्च रक्तचाप का सहसंबंध उच्च सोडियम सेवन के साथ है, इसलिए 'with' सही विकल्प है। जबकि 'of' स्वामित्व या संबंध को दर्शाता है, 'for' उद्देश्य या लाभ को इंगित करता है, और 'in' स्थान या समय के लिए प्रयुक्त होता है, जो इस संदर्भ में उपयुक्त नहीं हैं।

With' will be used because "correlated with" is the correct grammatical collocation to show the relationship between two things. The sentence indicates that high blood pressure is correlated with high sodium intake, making 'with' appropriate. Whereas 'of' signifies possession, 'for' denotes purpose or benefit, and 'in' refers to location or time, which do not fit in this context.

25. D) **Frequently'** का use होगा क्योंकि "frequently" का अर्थ है "अक्सर"। sentence में mention है कि जो लोग अपने भोजन में अक्सर अतिरिक्त नमक नहीं डालते हैं, उनके हृदय रोग का जोखिम कम होता है। इस वाक्य में यह आवृत्ति (frequency) को व्यक्त करता है, इसलिए यह सही विकल्प है। Hefty" का अर्थ है भारी या बड़ा। यह वाक्य में नमक डालने की आदत को व्यक्त नहीं करता है, इसलिए यह गलत है। Soundly" का अर्थ है सुरक्षित या ठोस तरीके से। यह नमक डालने की आवृत्ति को व्यक्त नहीं करता है, इसलिए यह सही नहीं है Burly" का अर्थ है बलवान या शक्तिशाली।

'Frequently' will be used because it means "often." The sentence discusses how people who do not frequently add extra salt to their food have a significantly lower risk of heart disease. It appropriately conveys the idea of habit or frequency. Hefty" means large or heavy. This does not fit the context of the sentence as it does not relate to the frequency of adding salt. Soundly" means in a secure or thorough manner. It does not relate to how often salt is added. Burly" means strong or muscular. This word is irrelevant in the context of adding salt to food.