

Let's talk about depression!

As per a recent study by the WHO, **nearly 4.4 per cent** of the world population **is** suffering from a 'common mental disorder' — which is known as 'Depression.' In India, the burden is equally **alarming**. According to the National Crime Records Bureau (NCRB) data for 2023, 1,70,924 Indians died by suicide in that year alone — roughly translating to over 460 deaths per day.

The numbers are significantly higher when suicide attempts are considered, most of which go unreported. Further, a post-pandemic mental health survey revealed that the **prevalence rate** of depression in India **stands at** approximately 4.5 per cent, **accounting for** over 57 million cases. Additionally, as per UNICEF's 2021 report (still **cited** widely in 2025 due to its foundational impact), it was found that 1 in 7 **adolescents** aged 15 to 24 years reported feeling depressed or having little interest in doing daily activities — a trend that experts believe may **persist** for years without effective **intervention**.

A person suffering from depression would never accept his/her condition in the first place, because the majority of us do not believe that it **exists**. **One** of the hardest things for people to understand about depression **is** that it cannot be seen visually, as the pain is very **deep** within, **subtle**, and not visible. **This lack** of visual **impairment makes** depression difficult to **deal with** and identify by both those suffering from it and those around them. Due to our double standards, we fail to understand the fact that **someone** who looks completely normal from the outside **could** be **going through absolute** hell and experiencing **meltdown** within.

There are **umpteens** reasons in the world for a person to get depressed. Some feel depressed because their **efforts** to achieve something **have** ended in **utter** failure; some may feel disappointed and **low-spirited** because they think that they have been **let down** by those from whom they expected help or support; some others feel that they have been left alone and that no one loves them or cares for them. There are also many such people who feel that society has no useful role for them, whereas others feel frustrated to find that there are hurdles all the way in this **vitiating** social set-up. The pressure of these thoughts is so severe that in some cases a person may feel that life has become an **unbearable** burden for him/her and is, therefore, not worth living. It is quite common to talk about **lingering** stress or tension as silent killers or major causes of crime and **psychosomatic diseases**.

But a look around on a quick count gives us the impression that it is depression which is more **disastrous** and **fatal** for humanity, because in the current **scenario**, it is not only a cause for the major **addictions** among people in society but it is also the reason for the **breakdown** of family life, rise in crime graph, and even the high rate of population growth across the world. When one feels that quite **a large number of** people in this age **are** **congenitally** selfish, **transparently exploitative**, and cruelly competitive and **jealous**, and that there is an utter lack of sympathy or fellow-feeling in the social environment, one feels deeply depressed. The **behaviour** of even those who are not visibly depressed **may** have been influenced directly or indirectly by an **undercurrent** of depression as it gripped them

earlier today or yesterday, or a few days ago. Successful medical experiments over the years have proved 'meditation' to be an effective tool for curing **chronic** cases of depression. A **society**, which consists of a very large number of **tense** and **depressed** people, **would** certainly **march** towards **gloom** and **doom** if it does not use this remedy, which is psychological, biological, and spiritual.

As a part of society, each one of us can play a **constructive** role to help such people by **empathising** with them and just standing by their side and letting them know that we are there and will go out of our way to fight their battle against depression. Let them know that you do not and will not think any differently of them because of their illness. Remember — it may not be possible to visually identify that someone has depression, but it is important to think about their normal behaviour, and if they are acting differently, then you should **encourage** them to see a doctor. So let us all come together to **break down** the **stigma** around depression so that we do not see it **claim** any more lives of our brothers and sisters.

[Practice Exercise]

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

Vocabulary

1. **Alarming** (adjective) – Frightening, shocking, disturbing, startling, terrifying
चिंताजनक
2. **Prevalence rate** (noun) – the proportion of a population that has a specific condition (like a disease) at a specific point in time or during a specific period प्रचलन दर
3. **Stand** (at) (verb) – Remain, be situated, measure, total, amount to स्थित होना
4. **Account for** (phrasal verb) – Constitute, represent, explain, justify, make up
जवाबदेह होना
5. **Cite** (verb) – Mention, refer, quote, invoke, allude to हवाला देना
6. **Adolescent** (noun) – Teenager, youth, juvenile, minor, youngster किशोर
7. **Persist** (verb) – Continue, endure, last, remain, prevail जारी रहना
8. **Intervention** (noun) – Involvement, interference, mediation, action, intrusion
हस्तक्षेप
9. **Exist** (verb) – Live, survive, be, endure, remain मौजूद होना
10. **Deep** (adjective) – Intense, profound, strong, heartfelt, extreme गहरा
11. **Subtle** (adjective) – Delicate, faint, indirect, nuanced, slight सूक्ष्म
12. **Impairment** (noun) – Disability, dysfunction, damage, deterioration, handicap बाधा
13. **Deal with** (phrasal verb) – Handle, manage, address, confront, cope with
सामना करना
14. **Go through** (phrasal verb) – Experience, endure, suffer, face, undergo गुज़रना
15. **Absolute** (adjective) – Complete, total, utter, perfect, pure पूर्ण
16. **Meltdown** (noun) – Breakdown, collapse, crisis, disintegration, failure भावनात्मक पतन / संकट
17. **Umpteen** (adjective) – Numerous, countless, infinite, many, several बहुत सारे
18. **Utter** (adjective) – Total, absolute, sheer, complete, downright पूर्ण
19. **Low-spirited** (adjective) – Depressed, gloomy, dejected, disheartened, downcast
उदास
20. **Let down** (phrasal verb) – Disappoint, fail, betray, frustrate, deceive निराश करना
21. **Vitiated** (adjective) – Corrupted, spoiled, polluted, tainted, weakened दूषित / भ्रष्ट
22. **Unbearable** (adjective) – Intolerable, insufferable, unendurable, painful, excruciating असहनीय

23. **Lingering** (adjective) – Persistent, lasting, prolonged, continuing, enduring लंबे समय तक बना रहना
24. **Psychosomatic disease** (noun) – a physical illness whose symptoms are caused or worsened by psychological factors like stress, anxiety, or depression मनोदैहिक रोग
25. **Disastrous** (adjective) – Devastating, catastrophic, tragic, ruinous, calamitous विनाशकारी
26. **Fatal** (noun) – Deadly, lethal, mortal, terminal, life-threatening घातक
27. **Scenario** (noun) – Situation, context, condition, setting, landscape परिस्थिति
28. **Addiction** (noun) – Dependency, habit, compulsion, craving, obsession लत
29. **Breakdown** (noun) – Collapse, failure, disintegration, malfunction, disruption विघटन
30. **Congenitally** (adverb) – Inherently, naturally, innately, inborn, instinctively जन्मजात रूप से
31. **Transparently** (adverb) – Clearly, openly, visibly, obviously, plainly साफ़ तौर पर
32. **Exploitative** (adjective) – Abusive, manipulative, oppressive, selfish, predatory शोषणकारी
33. **Jealous** (adjective) – Envious, resentful, covetous, spiteful, possessive ईर्ष्यालु
34. **Undercurrent** (noun) – Hidden force, underlying emotion, undertone, tension, subconscious feeling छुपा हुआ प्रभाव
35. **Chronic** (adjective) – Long-term, persistent, continual, lasting, constant दीर्घकालिक
36. **Tense** (adjective) – Nervous, anxious, stressed, strained, uptight तनावपूर्ण
37. **Depressed** (adjective) – Sad, gloomy, low, melancholic, disheartened उदास
38. **March** (verb) – Proceed, advance, move, head, stride आगे बढ़ना
39. **Gloom and doom** (phrase) – Despair, pessimism, hopelessness, negativity, fatalism निराशा और विनाश
40. **Constructive** (adjective) – Positive, helpful, beneficial, productive, useful रचनात्मक
41. **Empathise** (verb) – Understand, sympathise, relate, identify, connect emotionally सहानुभूति रखना
42. **Encourage** (verb) – Motivate, support, inspire, boost, urge प्रोत्साहित करना
43. **Break down** (phrasal verb) – Collapse, fail, disintegrate, crumble, fall apart समाप्त हो जाना

44. **Stigma** (noun) – Shame, disgrace,
dishonour, taint, blemish कलंक

45. **Claim** (verb) – Take, seize, demand, assert,
cause ले लेना

Summary of the Editorial

1. **Global Concern:** WHO reports that 4.4% of the global population suffers from depression, a common mental disorder.
2. **India's Alarming Statistics:** NCRB data from 2023 records 1,70,924 suicides in India, averaging over 460 deaths per day.
3. **Underreporting of Attempts:** Actual numbers are likely much higher, as many suicide attempts go unreported.
4. **Post-pandemic Rise:** Mental health surveys show India's depression prevalence at 4.5%, amounting to over 57 million affected individuals.
5. **Youth at Risk:** A UNICEF 2021 report found that 1 in 7 adolescents (15–24) felt persistently sad or disinterested in life.
6. **Denial and Stigma:** Many depressed individuals deny their condition, and society often refuses to accept depression as a real illness.
7. **Invisible Illness:** Depression is not visually detectable, which makes it hard for sufferers and others to recognize it.
8. **Wide Range of Causes:** Reasons for depression include failure, loneliness, rejection, societal pressure, and lack of purpose.
9. **Emotional Burden:** For some, life feels unbearable, and thoughts of being unloved or unsupported worsen the mental strain.
10. **Wider Impact:** Depression contributes to addictions, family breakdowns, rising crime, and social dysfunction.
11. **Toxic Society:** A selfish, exploitative, and competitive environment exacerbates depressive feelings in individuals.
12. **Hidden Depression:** Even those who appear normal may carry an undercurrent of depression, affecting their behavior subtly.
13. **Meditation as Remedy:** Medical research supports meditation as a powerful tool in healing chronic depression — biologically, psychologically, and spiritually.
14. **Social Responsibility:** Every person can help by empathizing, supporting, and encouraging those who may be struggling.
15. **Break the Stigma:** The editorial urges all of us to end the stigma around depression, recognize early signs, and ensure no more lives are lost to it.

Practice Exercise: SSC Pattern Based

1. What can be reasonably inferred from the passage about why depression often goes untreated? [Editorial page]
- A. Depression is a rare condition that affects very few people, so it is not prioritized.
 - B. Most people suffering from depression cannot afford medical treatment.
 - C. Depression is difficult to recognize, and social stigma prevents people from acknowledging it.
 - D. The government has not taken any initiative to address mental health disorders.
2. According to the passage, which of the following is **NOT** identified as a consequence of untreated depression?
- A. Increase in suicide rates
 - B. Breakdown of family life
 - C. Rise in population growth
 - D. Decline in physical immunity
3. Why is depression described as *more disastrous* than lingering stress or tension, according to the passage?
- A. It has more visible symptoms and thus spreads more easily in society.
 - B. It results in a wider range of consequences including crime, addiction, and family breakdown.
 - C. It only affects the elderly, who are more vulnerable to mental issues.
 - D. It is not treatable by any known medical intervention.
4. According to the passage, which of the following statistical claims about depression in India and globally is **NOT supported** by the data presented?
- A. The global prevalence of depression is estimated at 4.4% of the population.
 - B. In India, suicide data from 2023 indicates over 170,000 deaths by suicide.
 - C. UNICEF's 2021 report found that one in three adolescents felt depressed.
 - D. A post-pandemic survey estimated over 57 million Indians suffer from depression.
5. Which of the following statements can be logically inferred to be **FALSE** based on the passage?
- A. Depression is often overlooked because its symptoms are not always visible externally.
 - B. Meditation has been scientifically validated as a potential long-term treatment for chronic depression.
 - C. Most people suffering from depression openly acknowledge their condition and seek help early.
 - D. Society's increasing selfishness and lack of empathy are contributing factors to rising depression levels.
6. Select the **INCORRECTLY** spelt word.
- She recieved a beautiful surprise from her partner.
- A. Surprise

- B. Partner
C. Beautiful
D. Received
7. **Change the following sentence into positive degree.**
Mercury is the smallest planet in the solar system
A. Mercury is smaller than any other planet in the solar system.
B. The most smallest planet in the solar system is mercury.
C. Mercury is the smallest planet than any other one.
D. No other planet is as small as Mercury in the Solar System
8. **Select the sentence that has a grammatical error**
A. She asked an easy question, and I took an hour to crack it.
B. After a tiring day, I had a cup of coffee with Sudhir.
C. She saw an excellent episode of the series.
D. There is a man sitting beside cat
9. **Select the most appropriate option with the correct usage of the preposition to substitute the underlined segment in the given sentence.**
World Press Freedom Day will be dedicated to the importance of journalism and freedom in expression in the context of the current global environmental crisis.
A. freedom on expression
B. freedom at expression
C. freedom from expression
D. freedom of expression
10. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**
Dolphins are named among the intelligent animals on earth
A. intelligentest
B. more intelligent
C. most intelligent
D. intelligenter
11. **Select the option that can be used as a one-word substitute for the given group of words.**
The allowance that is given by a husband to his wife on separation
A. Affianced
B. Matrimonial
C. Dowry
D. Alimony
12. **Select the most appropriate option to fill in the blank.**
The teacher asked us to _____ our homework by tomorrow
A. completes
B. completed
C. completing
D. complete

13. Select the most appropriate option to fill in the blank.

The library books were long _____, their pages bearing the weight of the passage of time.

- A. overdate
- B. overdue
- C. overdrew
- D. overdo

14. The bat flew silently through the night, searching for insects to eat. The bat in this context refers to _____.

- A. mammal known for nocturnal flight and insect consumption
- B. a measurement unit in digital information systems
- C. a wooden tool utilised in sports like baseball or cricket
- D. the act of delivering a forceful strike or hit

15. Select the most appropriate option that can substitute the underlined words in the given sentence.

Thousands of people were killed by the train accident that took place last Wednesday

- A. killed in
- B. killed of
- C. killed from
- D. killed to

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

I will try to _____ because he is a good friend of mine

- A. show him the door
- B. stop him in his tracks
- C. avoid him like the plague
- D. get him off the hook

17. Select the most appropriate synonym of the underlined word.

Samira is a lady who needs extrinsic motivation and will not work on her own.

- A. Amicable
- B. Intriguing
- C. Outward
- D. Adventurous

18. Select the most appropriate ANTONYM of the underlined word in the given sentence.

He was not able to answer as the question was ambiguous.

- A. Clear
- B. Unsuitable
- C. Deep
- D. Superficial

19. Select the most appropriate meaning of the given idiom.

Caught in a time warp

- A. To make extra effort

- B. To remain unchanged from a time in the past
- C. To be extremely happy
- D. To avoid talking about what's important

20. **Select the most appropriate option that can substitute the underlined words in the given sentence.**

In the beauty contest, Parul won the award for being the beautiful one.

- A. less beautiful
- B. more beautiful
- C. least beautiful
- D. most beautiful

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.

Forests provide essential ecosystem services (1)_____ benefit both the environment and human society. One crucial service is carbon sequestration, as forests absorb and store large amounts of carbon dioxide, helping mitigate climate change. Additionally, forests regulate water cycles (2)_____ influencing precipitation patterns and maintaining water quality. (3)_____, forests offer recreational opportunities, cultural significance, and economic benefits through timber production and (4)_____. Thus, preserving and sustainably managing forests is imperative for maintaining the (5)_____ ecosystem services.

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

- A. that
- B. then
- C. this
- D. than

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

- A. about
- B. by
- C. off
- D. between

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

- A. As long as
- B. Though
- C. Whatever
- D. Moreover

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

- A. industrialisation
- B. deforestation
- C. ecotourism
- D. degradation

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

- A. Vitalise
- B. vitality
- C. Vital
- D. Vitally

Answers

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

[Practice Exercise]

Explanations

1. **C) Depression is difficult to recognize, and social stigma prevents people from acknowledging it.**

The passage highlights that depression is not visually detectable and often unacknowledged by the sufferers themselves. Additionally, stigma and lack of empathy prevent early identification and treatment.

A is incorrect because the passage clearly states depression is common, not rare (4.5% prevalence, 57 million cases in India).

B is incorrect because affordability is not mentioned as a key issue here; the barrier is recognition and stigma.

D is incorrect because while government action isn't elaborated upon, it doesn't claim that no initiatives have been taken.

2. **D) Decline in physical immunity**

The passage links depression to suicide, addictions, family breakdown, crime, and even rise in population growth. It does not directly associate it with physical immunity, though it mentions psychosomatic diseases under general mental stress.

A is incorrect because suicide is a major issue discussed (170,924 deaths in 2023).

B is incorrect as the passage states depression causes breakdown of family life.

C is incorrect because depression is linked with population growth due to its effect on social dynamics.

D is correct because decline in immunity is not mentioned.

3. **B) It results in a wider range of consequences including crime, addiction, and family breakdown.**

The passage states that depression is more disastrous than other mental burdens like stress or tension because it leads to major addictions, crime, family breakdown, and other long-term societal issues.

A is incorrect because the passage stresses depression is not visible.

C is incorrect since it affects adolescents and all age groups, not just the elderly.

D is incorrect as the passage specifically promotes meditation as a proven remedy.

4. **C) UNICEF's 2021 report found that one in three adolescents felt depressed.**

A.(true) – The passage explicitly mentions "nearly 4.4 per cent of the world population is suffering from a 'common mental disorder' — which is known as 'Depression.'"

B. (true) – It states: "1,70,924 Indians died by suicide in that year alone" (2023 NCRB data).

- C. (false) – The passage says "1 in 7 adolescents" felt depressed, not 1 in 3. This is an exaggerated and unsupported figure.
- D. (true) – "prevalence rate of depression in India stands at approximately 4.5 per cent, accounting for over 57 million cases."
5. **C) Most people suffering from depression openly acknowledge their condition and seek help early.**
- A. (true) – The passage notes "it cannot be seen visually... subtle... makes depression difficult to deal with and identify."
- B. (true) – The passage states "Successful medical experiments over the years have proved 'meditation' to be an effective tool..."
- C. (false) – This contradicts the passage which states "A person suffering from depression would never accept his/her condition... the majority of us do not believe that it exists."
- D. (true) – It mentions "a large number of people... selfish, exploitative... lack of sympathy... one feels deeply depressed."
6. D) The incorrect spelling in the sentence is '**Recieved**', which should be correctly spelled as '**Received**'. It means "to be given, presented with, or paid something" प्राप्त करना.
7. D) **No other planet is as small as Mercury in the Solar System**
- No other planet is as small as Mercury** का use होगा क्योंकि Positive Degree में तुलना करते समय "No other" के साथ "as + adjective + as" का प्रयोग होता है और वाक्य का अर्थ भी वही रहता है; जैसे—
- No other city is as beautiful as Jaipur.
- No other planet is as small as Mercury' will be used because, in the Positive Degree, "No other" is used with "as + adjective + as" for comparison, and the meaning of the sentence remains the same; Like— No other city is as beautiful as Jaipur.
8. D) **'There is a man sitting beside cat'** में "cat" के पहले "the" का प्रयोग होना चाहिए, क्योंकि किसी विशेष वस्तु का उल्लेख करने के लिए "the" का उपयोग होता है। cat' एक countable noun है और इसके पहले article का प्रयोग आवश्यक है; जैसे— There is a man sitting beside the cat.
- In "There is a man sitting beside cat", the article "the" is needed before "cat" because we are referring to a specific object. So, the correct sentence should be— "There is a man sitting beside the cat."
9. D) 'freedom in expression' के बदले 'freedom of expression' का use होगा क्योंकि 'freedom of expression' is standard phrase है जिसका अर्थ है 'अभिव्यक्ति की स्वतंत्रता'; जैसे— Everyone has the right to freedom of expression.
- 'freedom of expression' will be used instead of 'freedom in expression' because 'freedom of expression' is a standard phrase meaning 'the right to express one's opinions'; Like— Everyone has the right to freedom of expression.

10. C) 'most intelligent' के बदले 'most intelligent' का प्रयोग सही रहेगा क्योंकि 'intelligent' एक polysyllabic adjective है और जब इसकी superlative तुलना की जाती है, तो 'most' का प्रयोग किया जाता है; जैसे— Dolphins are named among the most intelligent animals on earth.

'most intelligent' will be used because 'intelligent' is a polysyllabic adjective, and for its superlative form, 'most' is used; Like— Dolphins are named among the most intelligent animals on earth.

11. D) **Alimony** (noun) – The allowance that is given by a husband to his wife on separation. भरण-पोषण

- **Affianced** (adjective) – Engaged to be married. मंगेतर
- **Matrimonial** (adjective) – Relating to marriage or the relationship between husband and wife. वैवाहिक
- **Dowry** (noun) – Property or money brought by a bride to her husband on their marriage. दहेज

12. D) '**Complete**' का use होगा क्योंकि यहाँ पर teacher ने कहा है कि हमें homework कल तक पूरा करना है, जो कि एक सामान्य आदेश या निर्देश है। 'Complete' यहाँ verb की base form है, जो इस context में सही है।

वहीं, 'Completes' का अर्थ है 'वह पूर्ण करता है', जो subject के लिए सही नहीं है, 'Completed' past tense है, जो यहाँ समय के संदर्भ में ठीक नहीं है, और 'Completing' verb का gerund form है, जो भी इस context में सही नहीं है।

'**Complete**' will be used because the teacher is giving a general instruction to complete the homework by tomorrow. 'Complete' is the base form of the verb, making it the correct choice here. 'Completes' refers to a third-person singular action, 'Completed' is past tense, which doesn't match the context, and 'Completing' is the gerund form, which doesn't fit here.

13. B) '**Overdue**' का use होगा क्योंकि "overdue" का अर्थ होता है जो समय पर नहीं हुआ हो, जैसे किसी चीज़ का समय पूरा हो चुका हो। यहाँ पर यह संदर्भ पुस्तकें हैं जो समय पर नहीं लौटाई गईं और उनका पृष्ठ समय की दबाव को सहन कर रहा है, इसलिए 'overdue' सही है। जबकि 'Overdate' का कोई अर्थ नहीं है, 'Overdrew' का अर्थ है अधिक पैसे खींचना, और 'Overdo' का अर्थ है अधिक करना, जो इस संदर्भ में उपयुक्त नहीं हैं।

'**Overdue**' will be used because it means something that is past its expected time, like books that were not returned on time, and their pages are bearing the weight of time. In this context,

'overdue' fits best. 'Overdate' has no meaning, 'Overdrew' means to take out more money than is available, and 'Overdo' means to do something excessively, which is not applicable here.

14. A) **'mammal known for nocturnal flight and insect consumption'** का use होगा क्योंकि "bat" का अर्थ एक स्तनधारी प्राणी होता है जो रात में उड़ता है और कीड़े खाता है। वाक्य में बताया गया है कि "The bat flew silently through the night, searching for insects to eat," जो इस प्राणी के संदर्भ में है।

'mammal known for nocturnal flight and insect consumption' will be used because the word "bat" refers to a mammal that flies at night and feeds on insects. The sentence mentions "The bat flew silently through the night, searching for insects to eat," which clearly refers to the animal, making A the correct choice.

15. A) killed by' के बदले **'killed in'** का use होगा क्योंकि किसी दुर्घटना या घटना में मारे जाने पर 'in' का प्रयोग होता है। 'by' का प्रयोग किसी व्यक्ति या कारण से मारे जाने पर होता है। यहां पर दुर्घटना का संदर्भ है, अतः 'in' सही होगा

'killed in' will be used instead of 'killed by' because when referring to a death caused by an event or accident, we use 'in'. 'By' is used when referring to death caused by a person or a specific cause. Since the context refers to an accident, 'in' is the correct preposition.

16. D) **Get him off the hook** (phrase)- To free someone from blame, responsibility, or difficulty किसी को दोष, ज़िम्मेदारी, या कठिनाई से मुक्त कर देना।

When someone is "off the hook," it means they are no longer responsible for a problem or trouble they were previously involved in.

17. C) **Extrinsic** (adjective) – External, coming from outside, not inherent. बाहरी, बाह्य

Synonym: Outward (adjective) – Directed or moving toward the outside; external. बाहरी

- **Amicable** (adjective) – Friendly, peaceable. दोस्ताना
- **Intriguing** (adjective) – Arousing curiosity or interest; fascinating. दिलचस्प
- **Adventurous** (adjective) – Willing to take risks or try out new things; daring. साहसी

18. A) **Ambiguous** (adjective) – Unclear, open to more than one interpretation, vague, confusing, uncertain. अस्पष्ट

Antonym: Clear (adjective) – Easy to understand, free from confusion, transparent, definite. स्पष्ट

- **Unsuitable** (adjective) – Not appropriate or fitting for a particular purpose, improper. अनुपयुक्त
- **Deep** (adjective) – Having a great depth, profound, intense. गहरा
- **Superficial** (adjective) – Shallow, lacking depth or thoroughness, surface-level. सतही

19. B) **Caught in a time warp** (idiom) – To remain unchanged from a time in the past
Stuck in an outdated or old-fashioned way of thinking, living, or behaving, as if time has not moved forward. (पुरानी या पारंपरिक सोच, जीवनशैली, या व्यवहार में फँसा हुआ, जैसे समय आगे नहीं बढ़ा हो।)
20. 'D) 'beautiful' के बदले **'most beautiful'** का use होगा क्योंकि यहाँ पर 'award' की बात की जा रही है, जो कि सर्वोत्तम का संकेत करता है, और comparative degree (जैसे 'more beautiful') और superlative degree (जैसे 'most beautiful') में फर्क होता है। इस मामले में, हम superlative degree का प्रयोग करेंगे, क्योंकि प्रतियोगिता में किसी एक व्यक्ति को सबसे सुंदर घोषित किया गया है।
'most beautiful' will be used instead of 'beautiful' because the sentence talks about the award, which refers to the best or the highest in comparison. In this case, we will use the superlative degree 'most beautiful,' as the contest declares one person to be the most beautiful
21. A) **'That'** का use होगा क्योंकि यह एक relative pronoun है जो किसी चीज़ को जोड़ता है, जैसा कि यहाँ 'essential ecosystem services' के बारे में बात हो रही है जो 'benefit both the environment and human society' को स्पष्ट रूप से जोड़ता है। 'Then' का अर्थ है उस समय, जो इस context में सही नहीं है। 'This' का अर्थ है यह, लेकिन यहाँ एक linking शब्द की आवश्यकता है, 'Than' का उपयोग तुलना करने के लिए होता है, जो इस context में उपयुक्त नहीं है।
'That' is used because it is a relative pronoun that connects the clause describing "essential ecosystem services" to the benefit they provide to both the environment and human society. 'Then' means at that time, which does not fit in this context. 'This' means referring to something close, but here, a linking word is needed, and 'that' works better. 'Than' is used for comparisons, which is not appropriate in this context.
22. B) 'By' का use होगा क्योंकि "by" यह दर्शाता है कि जल चक्र का विनियमन किसी माध्यम (forests) के द्वारा किया जाता है। वाक्य में कहा गया है कि वन वर्षा के पैटर्न को प्रभावित करते हैं और जल की गुणवत्ता बनाए रखते हैं, इसलिए 'by' सही विकल्प है। जबकि 'about' का अर्थ होता है "के बारे में", जो इस संदर्भ में उपयुक्त नहीं है। 'Off' का अर्थ होता है "अलग या दूर", जो जल चक्र के संदर्भ में गलत होगा। 'Between' का अर्थ होता है "दो या अधिक चीज़ों के बीच", लेकिन यहां जल चक्र के विभिन्न घटकों के बीच संबंध की बात नहीं हो रही है, इसलिए यह भी गलत है।
'By' will be used because it indicates the means through which an action occurs. The sentence states that forests regulate water cycles by influencing precipitation patterns and maintaining water quality, making 'by' the correct choice. Whereas, 'About' means "regarding," which does not fit the context. 'Off' means "away from," which does not relate to the regulation of water

cycles. 'Between' means "in the space separating two things," but the sentence does not discuss a direct comparison between two entities, so it is incorrect.

23. D) **Moreover** का use यहाँ सही है क्योंकि इसका अर्थ होता है 'इसके अतिरिक्त' और यह एक विचार को जोड़ने के लिए प्रयोग किया जाता है। यहाँ पर वनों के दूसरे लाभ के बारे में बताया जा रहा है, जैसे कि मनोरंजन, सांस्कृतिक महत्व और आर्थिक लाभ, इसलिए 'Moreover' का use उपयुक्त है। 'As long as' का अर्थ है 'जब तक', जो यहाँ के संदर्भ में फिट नहीं बैठता। 'Though' का अर्थ है 'हालाँकि', जो इस स्थान पर कोई विरोध या तुलना नहीं देता, इसलिए गलत है। 'Whatever' का अर्थ है 'जो भी', जो इस संदर्भ में सही नहीं है क्योंकि यह एक सामान्य बात को व्यक्त करता है, जबकि यहाँ हम एक अतिरिक्त लाभ की बात कर रहे हैं।

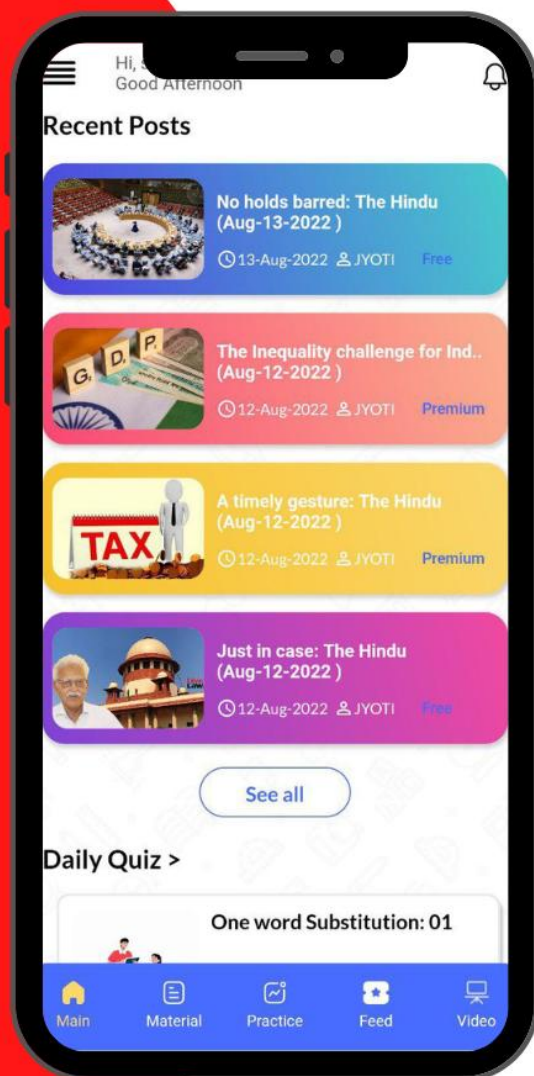
'**Moreover**' is the correct choice because it means "in addition" or "furthermore," and it is used to add another point to the idea. In the sentence, it introduces additional benefits of forests like recreational opportunities, cultural significance, and economic benefits, making 'Moreover' the most suitable option. 'As long as' means "until" or "while," which doesn't fit the context of adding another benefit. 'Though' means "however," which implies contrast or opposition, but there is no contrast here, so it's incorrect. 'Whatever' means "anything" or "everything," which doesn't align with the structure of the sentence and would make the meaning unclear.

24. C) **Ecotourism** का use होगा क्योंकि 'ecotourism' का अर्थ होता है पर्यावरण के प्रति जागरूक यात्रा, जिसमें पर्यावरण संरक्षण और समुदायों को लाभ पहुँचाने के लिए यात्रा की जाती है। इस वाक्य में यह बताया जा रहा है कि जंगल आर्थिक लाभ प्रदान करते हैं, जिसमें 'ecotourism' एक महत्वपूर्ण हिस्सा है। 'Industrialisation' का मतलब है औद्योगिकीकरण, जो यहां संदर्भ में उपयुक्त नहीं है क्योंकि यह जंगलों के पर्यावरणीय लाभ के साथ मेल नहीं खाता। 'Deforestation' का अर्थ है जंगलों की कटाई, जो न केवल पर्यावरण को नुकसान पहुँचाती है बल्कि इसका उपयोग इस वाक्य में नहीं किया जा सकता क्योंकि यह सकारात्मक संदर्भ में नहीं है। 'Degradation' का अर्थ है गिरावट या नष्ट होना, जो भी इस संदर्भ में अनुपयुक्त है क्योंकि यह जंगलों के संरक्षण के संदर्भ में नकारात्मक है।

'**Ecotourism**' will be used because it refers to environmentally responsible travel that helps preserve the environment and benefits local communities. In this sentence, it highlights that forests provide economic benefits through timber production and ecotourism. 'Industrialisation' refers to the process of industrial development, which doesn't align with the environmental context here. 'Deforestation' refers to the destruction of forests, which is the opposite of the intended meaning in the sentence. 'Degradation' means deterioration or decline, which would not fit in this context as it has a negative connotation.

25. C) 'Vital' का use होगा क्योंकि "vital" का अर्थ होता है अत्यंत महत्वपूर्ण, जो sentence में आवश्यक पारिस्थितिकी तंत्र सेवाओं के महत्व को व्यक्त करता है। यहां पर 'ecosystem services' का महत्व बताया जा रहा है, इसलिए 'vital' सही option है। 'Vitalise' का अर्थ होता है जीवन देना, जो इस संदर्भ में उपयुक्त नहीं है। 'Vitality' का अर्थ है जीवन शक्ति, जो यहाँ पर फिट नहीं है। 'Vitality' एक noun है, जिसका अर्थ है अत्यधिक महत्वपूर्ण ढंग से, जो यहाँ नहीं आ सकता

'Vital' will be used because it means extremely important, which appropriately conveys the importance of ecosystem services in the sentence. 'Vitalise' means to give life, which doesn't fit the context here. 'Vitality' means life force, which doesn't work in this context. 'Vitality' is an noun meaning in an extremely important manner, which is incorrect here



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