

Rediscovering the Art of Restful Sleep

There **are** four **sources** of energy which ensure our **sustenance** on planet Earth. These include food, breath, rest or sleep, besides a calm and meditative **state** of mind. These **virtues** are **dealt with extensively** in various programmes of the Art of Living. Unfortunately, humans generally **pay scant attention to** this **sagacious** advice at their own **peril**. **Consequently**, they suffer from various physical and psychological **disorders**.

On account of the modern-day lifestyle, we are **popping** sleeping pills. Because of **deprived** sleep, one feels **enervated**, not refreshed, which interferes with working and maintaining social contacts. Excessive sleep **results in** **grogginess**, headaches, mood swings, **obesity**, diabetes, and even back problems. Zen teachings **advocate** that sleep is remaining in the present and not permitting the mind to **wander** into the past or future. **Aeons** ago, a tutee asked a Zen master how to achieve peace of mind. The master replied: "When I eat, I eat. When I walk, I walk. When I sleep, I sleep." The **postulant pointed out** that everyone does those things. The master explained that a majority of people eat while thinking or walking; they sleep while thinking about eating or other things. The **monk** learned to stop **combating** the wind by observing the bamboo grove. The bamboo, while bending and **swaying**, did not **resist** the wind.

The **core** message in these stories is that true sleep, like true **mindfulness**, involves living in the present and not **dwelling on** thoughts, but rather allowing the mind to settle into stillness.

Adequate sleep is extremely important due to the impact it has on our health. Appropriate sleep is **salutary** for our mental focus and memory, for **combating** stress, maintaining proper body weight, boosting the immune system, and **a host of** other wellness needs. It is interesting that infants and young children require 12–16 hours, depending on their age. Teenagers **invariably** need 8–10 hours of sleep. On the other hand, adults between the ages of 18 and 64 are refreshed with 7–9 hours of sleep. Lastly, those aged 65 years and above feel **rejuvenated with** around seven hours of sleep. Some **golden rules** to enhance sleep quality **include** regular physical exercise. **Merely** walking 10,000 steps is not enough. It should be **accompanied** by practices like Surya Namaskars, Padmasadhana, pranayama, Sudarshan Kriya, and meditation.

Equally important is maintaining fixed sleeping timings daily. Avoid smoking, alcohol, and caffeine before bedtime. The stomach should be light, as a heavy meal often causes **restlessness** and **impairs** sleep. A short walk before sleeping **aids** digestion and relaxation.

The sleeping environment also matters: A cool, pleasant, and dark room ensures deep rest, while zero screen time before bed enhances the natural rhythm of sleep. Sleeping direction has been **emphasised** in traditional practices. South is considered the best, as it **aligns with** the Earth's magnetic field and promotes restful sleep. East benefits students and professionals by boosting alertness and concentration. North is discouraged, as it **disrupts alignment**, **heightens** agitation, and **hampers** sleep. West is said to favour professionals and leaders, **fostering** stability and financial well-being.

[Practice Exercise]

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

Vocabulary

1. **Sustenance** (noun) – nourishment, support, upkeep, life-source, maintenance
जीविका/पोषण
2. **State** (noun) – condition, status, mode, situation, phase अवस्था
3. **Virtue** (noun) – goodness, merit, moral excellence, value, positive trait सद्गुण
4. **Deal with** (phrasal verb) – address, handle, cover, discuss, tackle पर चर्चा करना
5. **Extensively** (adverb) – widely, broadly, comprehensively, thoroughly, at length विस्तृत रूप से
6. **Pay attention to** (phrase) – heed, notice, mind, attend to, focus on ध्यान देना
7. **Scant** (adjective) – meagre, limited, sparse, insufficient, paltry बहुत कम
8. **Sagacious** (adjective) – wise, prudent, judicious, insightful, shrewd विवेकपूर्ण
9. **Peril** (noun) – danger, risk, hazard, jeopardy, threat संकट
10. **Consequently** (adverb) – therefore, thus, hence, as a result, accordingly परिणामस्वरूप
11. **Disorder** (noun) – ailment, illness, dysfunction, malady, disturbance विकार
12. **On account of** (phrase) – because of, due to, owing to, by reason of, on grounds of के कारण
13. **Pop** (verb) – swallow, gulp, take, down, ingest निगलना
14. **Deprived** (adjective) – lacking, bereft, deficient, short of, without वंचित
15. **Enervated** (adjective) – drained, exhausted, fatigued, weakened, spent निर्बल
16. **Result in** (phrasal verb) – cause, lead to, produce, bring about, yield का कारण बनना
17. **Grogginess** (noun) – drowsiness, stupor, sleepiness, wooziness, lethargy सुस्ती
18. **Obesity** (noun) – overweight, corpulence, fatness, adiposity, heaviness मोटापा
19. **Advocate** (verb) – recommend, endorse, support, champion, urge समर्थन करना
20. **Wander** (verb) – drift, rove, stray, meander, ramble भटकना
21. **Aeon** (noun) – age, era, epoch, eternity, ages युगों पहले
22. **Postulant** (noun) – aspirant, candidate, novice, supplicant, seeker अभ्यर्थी
23. **Point out** (phrasal verb) – indicate, note, remark, highlight, observe इंगित करना

24. **Monk** (noun) – ascetic, friar, mendicant, bhikkhu, religious भिक्षु
25. **Combat** (verb) – fight, counter, resist, tackle, confront मुकाबला करना
26. **Resist** (verb) – withstand, oppose, fend off, repel, refuse प्रतिरोध करना
27. **Core** (adjective) – central, fundamental, essential, primary, key मूल
28. **Mindfulness** (noun) – awareness, attentiveness, presence, heedfulness, alertness सचेतनता
29. **Dwell** (on) (verb) – brood over, linger on, ruminate, mull, obsess लगातार सोचते रहना
30. **Salutary** (adjective) – beneficial, healthful, helpful, wholesome, good हितकर
31. **Combat** (verb) – fight, alleviate, counteract, address, reduce से लड़ना
32. **Rejuvenated** (adjective) – refreshed, revitalised, renewed, reinvigorated, restored तरोताज़ा
33. **Merely** (adverb) – only, just, simply, purely, nothing but मात्र
- **A host of** (phrase) – a large number of something बड़ी संख्या में
- **Invariably** (adverb) – Always, habitually, unvaryingly, perpetually बेबदलता से
- **Aid** (verb) – Help, assist, support, abet सहायता देना
- **Heighten** (verb) – Intensify, amplify, increase, improve बढ़ाना
- **Sway** (verb) – Bend, lean, veer, tilt. हिलना-डुलना
34. **Accompany** (verb) – go with, be coupled with, attend, complement, come with के साथ होना
35. **Restlessness** (noun) – agitation, unease, impatience, fidgetiness, disquiet बेचैनी
36. **Impair** (verb) – damage, hinder, weaken, mar, degrade हानि पहुँचाना
37. **Emphasise** (verb) – stress, underscore, highlight, accentuate, insist ज़ोर देना
38. **Align** (verb) – harmonise, match, conform, attune, line up संगत होना
39. **Disrupt** (verb) – disturb, derail, upset, interrupt, impede बाधित करना
40. **Alignment** (noun) – harmony, conformity, arrangement, orientation, lineup संरेखण
41. **Hamper** (verb) – hinder, obstruct, impede, encumber, handicap बाधा डालना
42. **Foster** (verb) – promote, nurture, encourage, cultivate, further बढ़ावा देना

Summary of the Editorial

1. Human sustenance depends on four energy sources: food, breath, rest/sleep, and a calm mind.
2. Despite ancient wisdom, people neglect proper rest, leading to physical and psychological disorders.
3. Modern lifestyles have increased dependence on sleeping pills due to sleep deprivation.
4. Lack of sleep leaves individuals fatigued, lowers productivity, and hampers social interactions.
5. Excessive sleep can also be harmful, causing grogginess, mood swings, obesity, diabetes, and back pain.
6. Zen teachings emphasize living fully in the present — eating when eating, sleeping when sleeping — without mental distractions.
7. True sleep, like mindfulness, is about letting the mind settle into stillness rather than wandering.
8. Adequate sleep boosts mental focus, memory, stress management, immune health, and overall wellness.
9. Sleep requirements vary: infants need 12–16 hours, teenagers 8–10, adults 7–9, and seniors around 7 hours.
10. Physical activity enhances sleep quality; practices like Surya Namaskar, Padmasadhana, pranayama, Sudarshan Kriya, and meditation are recommended.
11. Maintaining fixed sleep schedules is vital for restful and consistent sleep.
12. Habits to avoid before bedtime include smoking, alcohol, caffeine, and heavy meals.
13. Light meals, short walks, and relaxation techniques aid digestion and improve rest.
14. A cool, dark, and screen-free sleeping environment is essential for deep and natural sleep.
15. Traditional practices advise sleeping in specific directions: South for restfulness, East for alertness, West for stability, while North is discouraged for disturbing sleep.

Practice Exercise: SSC Pattern Based

1. **Direction: Choose the most appropriate word to fill the blank as per the passage.** [Editorial]
“_____ sleep results in grogginess, headaches, mood swings, obesity, diabetes, and even back problems.”
A. Deprived
B. Excessive
C. Fragmented
D. Polyphasic
2. **Direction: Mark the correct option.**
Assertion (A): Sleeping towards the East enhances alertness and concentration, benefiting students and professionals.
Reason (R): Alignment with the Earth’s magnetic field promotes restful sleep.
A. Both A and R are true, and R is the correct explanation of A.
B. Both A and R are true, but R is not the correct explanation of A.
C. A is true, but R is false.
D. A is false, but R is true.
3. **Which statement best captures the author’s implicit critique of common modern responses to sleep problems?**
A. Relying on medication addresses symptoms while neglecting the root behavioural causes—mind-wandering and poor sleep hygiene.
B. Sleep quality is determined almost entirely by genetics, so lifestyle interventions are marginal.
C. The main hazard of modern life is excessive physical exertion, which should be reduced to sleep well.
D. Art of Living programmes are presented as a full substitute for medical guidance in all sleep disorders.
4. **Which sleeping direction is discouraged in the passage, and for what stated reason?**
A. East — it disrupts alignment and heightens agitation.
B. North — it disrupts alignment, heightens agitation, and hampers sleep.
C. West — it misaligns with the Earth’s magnetic field and reduces alertness.
D. South — it reduces stability and financial well-being.
5. **What is the tone of the passage?**
A. Nostalgic
B. Didactic
C. Sarcastic
D. Alarmist
6. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**
P) The notion of immanence circumscribes the Ishavasya Upanishad in all of its eighteen verses,
Q) Just as Spinoza postulated that God is not prior to or transcendent to creation but fully immanent within it,
R) the Ishavasya Upanishad is seen to exemplify the deification of the world, in proposing the indivisibility of the impersonal Brahmn and the dynamic Shakti.

- S) postulating a life-affirming theory of creation, in contrast to the Advaitic notion of the world as a framework of illusion.
- A. PSQR
B. PSRQ
C. SQPR
D. PRQS
7. **Choose the sentence that uses a homonym of the underlined word:**
He accidentally stepped on the box and tried to squash it.
- A. I like to eat squash.
B. The child tried to squash the toy.
C. She quickly squash the bug under her shoe.
D. Don't squash the flowers while walking.
8. **Select the most appropriate Antonym of the highlighted word in the given sentence.**
His joy was only **fleeting**.
- A. Permanent
B. Momentary
C. Passing
D. Ephemeral
9. **Select the most appropriate option to fill in the blank.**
When she _____ her friend after a period of two decades, her throat choked.
- A. meets
B. had been meeting
C. met
D. has met
10. **Select the most appropriate meaning of the given idiom.**
A paper tiger
- A. A person or thing that appears threatening but is ineffectual
B. To threaten someone but do no harm
C. Environmental protection paperwork
D. To speak to people in a roaring voice
11. **Select the best express Synonym of the given highlighted word.**
He tends to **inflate** his achievements to impress others.
- A. Minimize
B. Diminish
C. Reduce
D. Exaggerate
12. **Select the best express Synonym of the given highlighted word.**
His lifelong **obsession** with perfection made him a great artist but a troubled man.
- A. Indifference
B. Neglect
C. Carelessness
D. Compulsion
13. **Select the option that expresses the given sentence in passive voice.**
They have built a new bridge across the river.

- A. A new bridge has built across the river by them.
B. The river has been built a new bridge by them.
C. A new bridge has been built across the river by them.
D. A new bridge by them has been built across the river.
14. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**
P) This century has seen the addition of another species, black swan, to represent rare catastrophic events that engulf all financial markets.
Q) American journalist Scott Patterson teases out the obscure world of traders and hedge funds who profit from doomsday scenarios such as the 2008 global financial crisis in Chaos Kings: How Wall Street Traders Make Billions In The New Age Of Crisis.
R) Not everyone loses when black swans land.
S) Stock market trends have long been associated with animal metaphors: bulls and bears.
A. RPQS
B. RSPQ
C. SRQP
D. SPRQ
15. **Select the most appropriate meaning of the given idiom.**
Penny-wise and pound-foolish
A. Wise to spend each penny carefully
B. Careful about small amounts but careless about large amounts
C. People who don't understand the importance of each penny
D. Careful about large amounts but careless about small amounts
16. **Select the option that can be used as a one-word substitute for the given group of words.**
Someone who scientifically studies the birds
A. Voyage
B. Ornithologist
C. Immortal
D. Invoice
17. **Select the most appropriate Antonym of the highlighted word in the given sentence.**
The new policy sparked a huge **furor** in the assembly.
A. Calm
B. Commotion
C. Uproar
D. Outcry
18. **Select the option that can be used as a one-word substitute for the given group of words.**
An area controlled by a ruler
A. Monogamy
B. Bifurcate
C. Astrology
D. Dominion
19. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**

- P) Understandably, there's a lot of excitement about Tesla opening discussions with GOI for setting up a factory in the country with an annual capacity of 5 lakh electric vehicles – at a relatively lower price band.
- Q) But as Western manufacturers look to de-risk from Beijing, India is one of the options. New Delhi should grab the opportunities coming its way.
- R) Note that Tesla has a significant presence in China.
- S) Should the project happen, it will change the profile of local EV manufacturing and exports from India.
- A. QSPR
B. PSRQ
C. QSRP
D. PQSR

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

The portrait of the lady conveys ____ it appears.

- A. the best
B. more than
C. the most
D. nothing

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.

A minimal definition of universal health care (UHC) is that quality health care should be guaranteed to “all members of the community ____ (1) ____ of their ability to pay” — as the Bhore Committee report put it as early as 1946. Nearly eight decades later, India is nowhere near this basic goal of human development, even as many other countries, rich and poor, ____ (2) ____ achieved it in substantial ____ (3) ____ . An ____ (4) ____ is being created today that UHC can be achieved by expanding health insurance. In the last 10 years, State-sponsored health insurance schemes have grown by leaps and bounds. The Pradhan Mantri Jan Arogya Yojana (PMJAY), launched in 2018 under Ayushman Bharat, is one landmark in this regard. Alongside PMJAY, every major State has its own State Health Insurance Programme (SHIP). Most SHIPs are modelled on PMJAY, with a maximum cover of ₹5 lakh a household a year. All these insurance schemes are restricted to in-patient care, with patients making a choice from a list of ____ (5) ____ hospitals, public and private (roughly half-half). In 2023-24, PMJAY covered 58.8 crore individuals with an annual budget of about ₹12,000 crore (assuming that States contributed 40% of the total, as prescribed).

21. **What should come in the place of 1.**

- A. irrespective
B. apposite
C. inconvenient
D. intense

22. **What should come in the place of 2.**

- A. has
B. were
C. have

- D. was
23. **What should come in the place of 3.**
- A. unforeseeable
 - B. stubborn
 - C. fleeting
 - D. measure
24. **What should come in the place of 4.**
- A. certitude
 - B. illusion
 - C. reality
 - D. verity
25. **What should come in the place of 5.**
- A. empanel
 - B. empanelling
 - C. empanels
 - D. empanelled

Answers

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

[Practice Exercise]

Explanations

1. B) Excessive

The passage states “Excessive sleep results in grogginess, headaches, mood swings, obesity, diabetes, and even back problems.”

A: The passage links sleep deprivation to feeling enervated/not refreshed, not to the listed effects.

C: Not mentioned in the passage.

D: A sleep pattern, not cited here as causing those issues.

2. B) The passage says East benefits students/professionals by boosting alertness and concentration (A true).

It also says South is best because it aligns with Earth's magnetic field and promotes restful sleep (R true).

But R explains South's restfulness, not East's alertness, R is not the explanation of A.

A) Claims R explains A-wrong linkage (R relates to South, not East).

C) Says R is false-but the magnetic-alignment claim for South is stated; so false.

D) Says A is false-but East's alertness benefit is explicitly given.

3. A) Relying on medication addresses symptoms while neglecting the root behavioural causes—mind-wandering and poor sleep hygiene.

The passage notes we are “popping sleeping pills,” yet emphasises mindfulness (present-moment attention) and concrete habits (timing, light meals, environment, screen abstinence), implying pills miss underlying behavioural/attentional drivers.

B: Contradicted by extensive lifestyle guidance (exercise, timing, diet, environment, directions), which the passage treats as impactful.

C: The passage never blames “excessive physical exertion”; it actually recommends exercise (Surya Namaskar, Padmasadhana, pranayama, etc.).

D: The passage cites Art of Living as a resource but nowhere claims it replaces medical care in all cases.

4. B) North — it disrupts alignment, heightens agitation, and hampers sleep.

The passage explicitly discourages North, stating it “disrupts alignment, heightens agitation, and hampers sleep.”

A: East is actually said to boost alertness and concentration, especially for students and professionals.

C: West is described as favouring professionals/leaders and fostering stability and financial well-being, not misalignment.

D: South is called the best direction, aligning with the Earth's magnetic field and promoting restful sleep; the option reverses the claim.

5. B) Didactic

The passage gives guidance—benefits of sleep, mindfulness, and specific rules (exercise, timings, environment)—so the author is instructing/teaching.

- A) Nostalgic — incorrect: there's no longing for the past.
 C) Sarcastic — incorrect: no ironic ridicule is used.
 D) Alarmist — incorrect: consequences are mentioned, but the mood remains advisory, not panicked.
6. A) **PSQR**
 P: introduces the Ishavasya Upanishad and the notion of immanence, but it doesn't provide any specific details yet, making it a good starting point.
 S: S provides additional context on what exactly is postulated by the Ishavasya Upanishad, namely a "life-affirming theory of creation" that contrasts with the Advaitic notion of the world as illusion.
 Q: Q introduces a comparison using the connector "Just as" which refers back to the notion of immanence and the theory of creation postulated by the Ishavasya Upanishad that has been established in PS. Here, Q is referencing the content from PS and is based on the idea of immanence, making it the continuation of the previously discussed topic.
 R: R concludes the argument by drawing a connection between the Spinoza's postulated God (introduced in Q) and the Ishavasya Upanishad's impersonal Brahmn and dynamic Shakti, stating that the Upanishad is seen to exemplify the deification of the world.
7. A) **I like to eat squash.**
 In the original sentence, squash = to crush/flatten (verb).
 Options 2, 3, and 4 use the same meaning as the underlined word (verb: crush).
8. A) **Fleeting** (adjective) – Momentary, transient, brief, ephemeral, passing. क्षणभंगुर
 Antonym: **Permanent** (adjective) – Lasting, enduring, perpetual, constant, stable. स्थायी
 • **Momentary** (adjective) – Short-lived, brief, passing, evanescent. क्षणिक
 • **Passing** (adjective) – Temporary, brief, fleeting, short-term. अस्थायी
 • **Ephemeral** (adjective) – Transient, vanishing, short-lived, fugitive. अल्पकालिक
9. C) **met** का प्रयोग होगा क्योंकि वाक्य past tense की एक निश्चित घटना का वर्णन कर रहा है।
 "When she ____ her friend after a period of two decades" का तात्पर्य यह है कि लंबे समय बाद उसकी मुलाकात हुई थी, और यह एक पूर्ण घटना है। इसलिए Past Simple Tense ("met") सबसे उपयुक्त है।
 'Met' should be used because the sentence describes a definite action in the past. The phrase "after a period of two decades" clearly shows that the meeting already happened at a specific time in the past. Thus, the simple past tense "met" is the most appropriate choice.
10. A) **A paper tiger** (idiom) – A person or thing that appears threatening but is ineffectual कागज़ी बाघ – ऐसा व्यक्ति या वस्तु जो दिखने में डरावना या शक्तिशाली लगे लेकिन वास्तव में अकार्यक्षम या असहाय हो।
11. D) **Inflate** (verb) – exaggerate, overstate, pad, magnify, jack up बढ़ा-चढ़ाकर दिखाना
 Synonym: **Exaggerate** (verb) – overstate facts (बढ़ा-चढ़ाकर कहना)
Minimize (verb) – reduce to least (कम करना)
Diminish (verb) – lessen, reduce (घटाना)
Reduce (verb) – make smaller (कम करना)
12. D) **Obsession** (noun) – fixation, preoccupation, mania, craze, compulsion जुनून

Synonym: **Compulsion** (noun) – irresistible urge (आवश्यक प्रवृत्ति)

Indifference (noun) – lack of concern (उदासीनता)

Neglect (noun) – failure to care (लापरवाही)

Carelessness (noun) – lack of attention (असावधानी)

13. C) **A new bridge has been built across the river by them.**

Active Voice को Passive Voice में बदलने के लिए (Object + Auxiliary Verb + Past Participle + by + Subject) का प्रयोग किया जाता है। sentence 'They have built a new bridge across the river' को Passive Voice में बदलते समय Object 'a new bridge' को sentence की शुरुआत में रखा जाता है। Verb 'have built' को Passive Voice में बदलकर 'has been built' किया जाता है, और Subject 'they' को अंत में 'by them' के रूप में रखा जाता है।

To convert Active Voice into Passive Voice, the structure (Object + Auxiliary Verb + Past Participle + by + Subject) is used. In the sentence 'They have built a new bridge across the river', the object 'a new bridge' is placed at the beginning, the verb 'have built' is changed to 'has been built', and the subject 'they' is placed at the end as 'by them'.

14. D) **SPRQ**

S: This sentence works as a good introduction to the topic, setting up the theme of stock market metaphors.

P: This sentence naturally follows S, as it continues the animal metaphor theme by introducing the "black swan" event as a new metaphor. The use of the word "another" is a hint that it follows the sentence where other animals metaphors are already mentioned.

R: This sentence logically continues from P, discussing the outcomes (some of them positive) when a "black swan" event occurs.

Q: This sentence follows R well, offering an example (Scott Patterson's book) of people who profit from these "black swan" events. The detail about the 2008 financial crisis provides a specific instance of a "black swan" event, creating a connection with sentence R that talks about profiting from these events.

15. B) **Penny-wise and pound-foolish** (idiom) – Careful about small amounts but careless about large amounts छोटे पैसों के मामले में समझदार लेकिन बड़े पैसों के मामले में मूर्ख

16. B) **Ornithologist** – Someone who scientifically studies the birds पक्षीविज्ञानी

- **Voyage** – Journey by water or sea जलयान
- **Immortal** – One who cannot die अमर
- **Invoice** – List of goods with their price

17. A) **Furore** (noun) – Uproar, outcry, commotion, brouhaha, furor. कोलाहल

- Antonym: **Calm** (noun) – Peace, stillness, silence, tranquility. शांति
- **Commotion** (noun) – Tumult, disturbance, chaos. कोलाहल
- **Uproar** (noun) – Loud noise, confusion, bedlam. हंगामा
- **Outcry** (noun) – Strong protest, clamor, objection. विरोध

18. D) **Dominion** – An area controlled by a ruler अधिराज्य

- **Monogamy** – The practice of keeping only one wife एकविवाह प्रथा
- **Bifurcate** – To cut something into two pieces, sever द्विशाखित
- **Astrology** – Science of the influence of the stars on human affairs ज्योतिषशास्त्र

19. B) PSRQ

P: The pronoun "it" in S refers to the situation described in P, which is Tesla's plan to open a factory in India. So, S logically follows P

S: The pronoun "it" in S refers to the situation described in P, which is Tesla's plan to open a factory in India. So, S logically follows P

R: After discussing the potential impacts of Tesla's plans in India (S), it naturally follows to discuss the existing situation or precedent (R), which is Tesla's significant presence in China.

Q: 'One of the options' in Q refers to 'China' in R. Since Western manufacturers, including Tesla, are looking to de-risk from China, India comes up as an alternative. Therefore, Q logically follows R.

20. B) **more than** का प्रयोग होगा क्योंकि वाक्य "The portrait of the lady conveys ____ it appears" यह संकेत कर रहा है कि चित्र देखने में जितना प्रतीत होता है, उससे अधिक अर्थ या गहराई प्रकट करता है। यहाँ तुलना का भाव है और विकल्पों में केवल "more than" इस तुलना को सही ढंग से दर्शाता है।

'More than' should be used because the sentence "The portrait of the lady conveys ____ it appears" implies that the portrait conveys something deeper or greater than what it seems at first glance. It is indicating comparison, and among the given options, only "more than" appropriately expresses that comparative meaning.

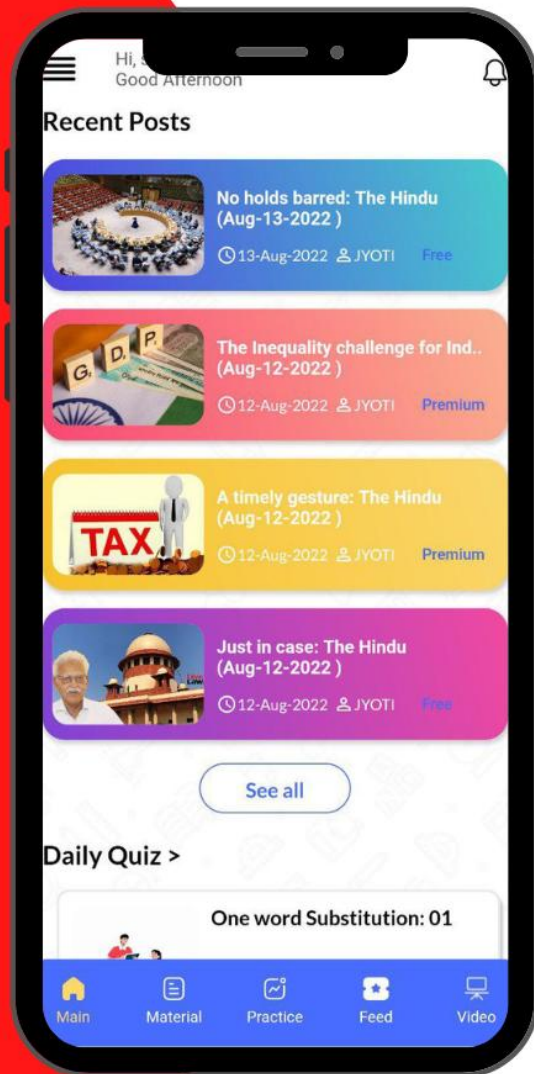
21. A) **Irrespective** का use होगा क्योंकि sentence में कहा गया है "quality health care should be guaranteed to 'all members of the community ____ of their ability to pay'।" यहाँ meaning यह है कि किसी की आर्थिक स्थिति की परवाह किए बिना health care सभी को मिलना चाहिए। इसलिए 'irrespective' सही है। जबकि 'Apposite' (उचित/सटीक) अर्थ में फिट नहीं, 'Inconvenient' (असुविधाजनक) context से मेल नहीं खाता, और 'Intense' (तीव्र/गहरा) भी अर्थ में गलत है।

'Irrespective' will be used because the sentence says "quality health care should be guaranteed to 'all members of the community ____ of their ability to pay'," meaning healthcare should be provided without considering their financial ability. Whereas 'Apposite' (appropriate) does not fit, 'Inconvenient' (troublesome) is irrelevant, and 'Intense' (strong/deep) is also incorrect in this context.

22. C) **have** का use होगा क्योंकि sentence में कहा गया है "even as many other countries, rich and poor, achieved it in substantial ____।" यहाँ present perfect tense की जरूरत है क्योंकि यह past से लेकर अब तक की एक वास्तविकता बताता है कि कई देशों ने अभी तक UHC को काफी हद तक हासिल कर लिया है। इसलिए 'have' सही है। जबकि 'has' singular subject के लिए होता है, 'were' past tense plural है जो present relevance को नहीं दर्शाता, और 'was' singular past tense है जो context में fit नहीं बैठता।

'Have' will be used because the sentence says "even as many other countries, rich and poor, achieved it in substantial ____," indicating present perfect tense to show an action that started in the past and has relevance till now. Whereas 'has' is for singular subjects, 'were' is simple past plural which does not show present relevance, and 'was' is singular past tense, none of which fit this context.

23. D) '**Measure**' का use होगा क्योंकि sentence में कहा गया है "even as many other countries, rich and poor, have achieved it in substantial ____." यहाँ context में यह बताना है कि कई देशों ने UHC को विशेष/पर्याप्त मात्रा में (substantial measure) हासिल किया है। इसलिए 'measure' सही है। जबकि 'Unforeseeable' (अप्रत्याशित) अर्थ में गलत है, 'Stubborn' (जिद्दी) अर्थ के अनुसार असंगत है, और 'Fleeting' (क्षणिक/अल्पकालिक) भी context में सही नहीं है।
'Measure' will be used because the sentence says "have achieved it in substantial ____," indicating that UHC has been achieved to a considerable extent or amount. Whereas 'Unforeseeable' (unexpected) is semantically incorrect, 'Stubborn' (persistent/stubborn) does not fit, and 'Fleeting' (short-lived) is also irrelevant in this context.
24. B) '**Illusion**' का use होगा क्योंकि sentence में कहा गया है "An ____ is being created today that UHC can be achieved by expanding health insurance।" यहाँ context बताता है कि यह विचार सिर्फ़ भ्रम/illusion है कि केवल health insurance बढ़ाने से UHC हासिल हो जाएगा। इसलिए 'illusion' सही है। जबकि 'Certitude' (सुनिश्चितता) अर्थ में उलट है, 'Reality' (वास्तविकता) context के अनुसार गलत है, और 'Verity' (सत्य) भी यहाँ सही नहीं बैठता।
'Illusion' will be used because the sentence says "An ____ is being created today that UHC can be achieved by expanding health insurance," indicating that it is a misconception or false belief that UHC can be achieved merely through insurance. Whereas 'Certitude' (certainty) is opposite in meaning, 'Reality' does not fit the context, and 'Verity' (truth) is also incorrect here.
25. D) '**empanelled**' का use होगा क्योंकि sentence में कहा गया है "patients making a choice from a list of ____ hospitals, public and private"। यहाँ context बताता है कि ये पहले से चयनित/सूचीबद्ध hospitals हैं, इसलिए past participle form 'empanelled' सही है। जबकि 'Empanel' (base form) grammatically fit नहीं बैठता, 'Empanelling' (present participle) यहाँ सही नहीं है, और 'Empanels' (third person singular) भी meaning और structure दोनों में फिट नहीं।
'Empanelled' will be used because the sentence says "patients making a choice from a list of ____ hospitals," indicating that these hospitals are already selected/enrolled in the list. Whereas 'Empanel' (base form) does not fit grammatically, 'Empanelling' (present participle) is incorrect here, and 'Empanels' (third person singular) does not suit the meaning or sentence structure.



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