

Overindulgence in carbohydrates and low protein intake are contributing to India's obesity crisis

India's **obesity problem** and its **connection** to the **surge** in **non-communicable diseases** like diabetes and **hypertension** **have** been **evident** for some time now. The **findings** of a recent survey **offer** a clearer picture of what may be one of the biggest factors **driving** this **ballooning** crisis. Conducted as part of a study by the Indian Council of Medical Research-India Diabetes (ICMR-INDIAB), **in collaboration with** the Madras Diabetes Research Foundation, the survey has found the typical diet across the country to be highly **skewed** in favour of carbohydrates, which contribute a **whopping** 62 per cent of daily calories for most Indians. Along with this overconsumption of refined carbohydrates — chiefly in the form of white rice, milled whole grains and added sugar — **the survey**, conducted with a sample of 1,21,077 Indian adults from urban and rural areas of 36 states, Union Territories and NCT-Delhi, **has** also found **sub-optimal** protein consumption. It is a crisis, in other words, that begins at the basic level of how people are putting together their meals.

In a country that has historically struggled with malnutrition, **the growing number** of people who appear to be simultaneously **overfed** and **under-nourished** **should set alarm bells ringing** at every level. It is further proof that rising **prosperity** does not automatically translate to a healthier diet. **Indeed**, what these findings make clear is that beyond tackling the recognised risks **posed** by overconsumption of salt-, fat- and sugar-laden ultra-processed, packaged snacks and drinks — increasingly evident across rural and urban parts of the country — there is an urgent need to **address** lack of awareness about the macronutrient composition of the average Indian's diet. Some steps have already been taken to address the overindulgence in junk food, notably **in light of** the alarming rise in childhood obesity rates — more than 12 million children were **grossly** overweight in 2022, compared to 0.4 million in 1990, as per a Lancet study last year. One such initiative is the CBSE's **directive** earlier this year to **set up** sugar boards in affiliated schools to **reinforce** the dangers of excessive sugar consumption.

But such steps are not nearly enough. Neither are government initiatives to encourage greater consumption of millets, which have been promoted as a more nutritionally-dense replacement for refined grains, as they do not **take into account** the fundamental problems of overindulgence in carbs and protein **deficiency**. This is also why **policies** that place political **imperatives** above public health concerns, such as the exclusion of eggs in midday meal schemes in various states, **need** a rethink. In a country where large portions of rice, roti and other grain-based foods form the centre of a meal, representing both security and **satiating**, what is needed is a strategy that places nutrition science at its centre, involving both children and adults. **Overhauling** the way people eat — how they have long eaten — **is** not going to be easy. But it must be done.

[Practice Exercise]

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

Vocabulary

1. **Overindulgence** (noun) – excessive consumption, overconsumption, immoderation, intemperance, gluttony
अति सेवन
2. **Obesity** (noun) – the condition of being grossly overweight or having an excessive amount of body fat. मोटापा
3. **Surge** (noun) – sudden increase, rise, upswing, escalation, growth बढ़ोतरी
4. **Non-communicable disease** (noun) – a medical condition or disease that is not infectious and cannot be transmitted between people. गैर-संचारी रोग
5. **Hypertension** (noun) – a condition in which the force of the blood against the artery walls is too high; high blood pressure. उच्च रक्तचाप
6. **Evident** (adjective) – obvious, clear, apparent, plain, noticeable स्पष्ट
7. **Finding** (noun) – conclusion, result, discovery, outcome, determination निष्कर्ष
8. **Drive** (verb) – cause, fuel, power, prompt, stimulate प्रेरित करना
9. **Ballooning** (adjective) – rapidly increasing, soaring, escalating, swelling, expanding तेजी से बढ़ता हुआ
10. **In collaboration with** (phrase) – in partnership with, jointly with, in cooperation with, together with के सहयोग से
11. **Skew** (verb) – distort, bias, unbalance, slant, tilt तिरछा करना
12. **Whopping** (adjective) – huge, enormous, massive, immense, gigantic जबरदस्त
13. **Sub-optimal** (adjective) – less than the best, inadequate, unsatisfactory, inferior, poor अधूरा
14. **Overfed** (adjective) – having been given too much food, overnourished, glutted, stuffed अति-पोषित
15. **Under-nourished** (adjective) – not provided with sufficient nourishment for proper growth and health. कुपोषित
16. **Set alarm bells ringing** (phrase) – to cause serious concern or warning about a potential danger. खतरे की घंटी बजाना
17. **Prosperity** (noun) – wealth, affluence, success, fortune, well-being समृद्धि
18. **Indeed** (adverb) – in fact, actually, certainly, truly, undoubtedly वास्तव में
19. **Pose** (verb) – present, create, cause, constitute, represent पैदा करना
20. **Address** (verb) – tackle, deal with, handle, attend to, confront निपटना

21. **In light of** (phrase) – because of, considering, taking into account, in view of
को देखते हुए
22. **Grossly** (adverb) – extremely, excessively, hugely, vastly, immensely अत्यधिक
23. **Directive** (noun) – order, instruction, command, decree, mandate निर्देश
24. **Set up** (phrasal verb) – establish, create, institute, form, install स्थापित करना
25. **Reinforce** (verb) – strengthen, emphasize, underscore, fortify, bolster मजबूत करना
26. **Take into account** (phrase) – consider, bear in mind, take note of, allow for, factor in ध्यान में रखना
27. **Deficiency** (noun) – lack, insufficiency, shortage, inadequacy, scarcity कमी
28. **Imperative** (noun) – necessity, essential, requirement, obligation, duty अनिवार्यता
29. **Satiation** (noun) – the feeling of being fully satisfied, especially from eating. तृप्ति
30. **Overhaul** (verb) – reform, revamp, restructure, reorganize, improve पूरी तरह से सुधारना

Summary of the Editorial

1. India's obesity epidemic is closely linked to the growing burden of non-communicable diseases (NCDs) like diabetes and hypertension.
2. A new ICMR-INDIAB study, conducted with the Madras Diabetes Research Foundation, highlights key dietary imbalances fueling this crisis.
3. The average Indian diet is excessively high in carbohydrates, contributing 62% of daily calorie intake.
4. Most of these carbs come from refined sources such as white rice, milled grains, and added sugars.
5. The survey, which covered 1,21,077 adults across 36 states and Union Territories, also revealed low protein consumption nationwide.
6. This pattern has created a condition where many Indians are overfed but undernourished, a dual nutrition problem.
7. Rising prosperity has not necessarily led to healthier or more balanced diets.
8. Beyond junk food and processed snacks, there is a lack of awareness about proper macronutrient balance in everyday meals.
9. The problem is especially alarming among children — over 12 million were obese in 2022, up from 0.4 million in 1990, according to *The Lancet*.
10. CBSE's "sugar boards" initiative in schools aims to educate students on the dangers of excessive sugar but remains a small step.
11. Government promotion of millets as a nutritious grain alternative is positive but does not address protein deficiency adequately.
12. Excluding eggs from midday meal schemes in some states reflects political choices overshadowing nutritional science.
13. A carb-heavy dietary culture, built around rice, roti, and grains, reinforces this imbalance.
14. A comprehensive strategy must put nutrition science and public awareness at the centre of food policy.
15. Though changing India's deeply rooted dietary habits will be difficult, it is essential to curb obesity and protect long-term public health.

Practice Exercise: SSC Pattern Based

1. **What major dietary imbalance has the ICMR-INDIAB survey revealed as a key factor in India's obesity crisis?** [Editorial page]
 - A. Overconsumption of proteins and fats
 - B. Overconsumption of carbohydrates and low protein intake
 - C. High intake of fruits and vegetables
 - D. Excessive consumption of dairy products
2. **Why does the author suggest that existing government initiatives like promoting millets and discouraging junk food are insufficient?**
 - A. Because such initiatives ignore the deeper issues of carbohydrate overindulgence and protein deficiency
 - B. Because people prefer junk food to healthy food
 - C. Because millets are not easily available in rural areas
 - D. Because the public refuses to follow government diet plans
3. **What can be inferred about the Indian dietary habits from the passage?**
 - A. Indians consume more protein than required.
 - B. The Indian diet is largely carbohydrate-dominant and protein-deficient.
 - C. Indians have successfully overcome malnutrition through improved diets.
 - D. The government has effectively solved the obesity crisis through awareness campaigns.
4. **Rising prosperity in India has not necessarily led to _____.**
 - A. Improved dietary awareness
 - B. Greater sugar consumption
 - C. Healthier eating habits
 - D. Increased use of packaged snacks
5. **The author's tone in the passage can best be described as:**
 - A. Indifferent and factual
 - B. Neutral and descriptive
 - C. Humorous and casual
 - D. Alarmed yet solution-oriented
6. **Select the most appropriate synonym of the given word.**
FULSOME
 - A. Unctuous
 - B. Tenebrous
 - C. Orthodox
 - D. Mordant
7. **Select the most appropriate option to fill in the blank.**
The world is changing ____ that the rich become richer and the poor become poorer.
 - A. through
 - B. in many way
 - C. in a way
 - D. in such a way
8. **Identify the part of speech of the underlined word.**
The preacher said, "No one is above the all powerful"

- A. Adverb
B. Place value
C. Preposition
D. Verb
9. **Select the most appropriate synonym of the given word.**
QUEER
A. Eccentric
B. Tergiversate
C. Mansuetude
D. Boustrophedon
10. **Select the most appropriate meaning of the given idiom.**
Run wild
A. To run like a wild animal
B. To treat anyone like a wild creature
C. To feel like a wild animal
D. To grow without any control
11. **Select the most appropriate ANTONYM of the given word.**
His arguments are not valid. People consider it **bombastic**
A. outdated
B. straight forward
C. verbose
D. not true
12. **Select the most appropriate ANTONYM of the given word.**
FORTITUDE
A. Equanimity
B. Stoicism
C. Pusillanimity
D. Forbearance
13. **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.**
Irrigation works have a special importance / in an agricultural countries like India, / where rainfall is unequally distributed throughout the seasons. / No error
A. Irrigation works have a special importance
B. in an agricultural countries like India
C. where rainfall is unequally distributed throughout the seasons
D. No error
14. **Improve the bold part of the sentence. Choose 'No improvement' as an answer if the sentence is grammatically correct.**
The Principal of the school assembled the students and **emphasised the importance of discipline in their everyday lives.**
A. emphasised on the importance
B. emphasised over the importance
C. emphasised upon the importance

- D. no improvement
15. **Select the most appropriate meaning of the given idiom.**
Spiff up
A. To make oneself look neat
B. To make oneself look untidy
C. To make oneself look arrogant
D. To appear on the stage as a baboon
16. **Select the most appropriate option to fill in the blank.**
Had I been informed beforehand, I _____ it to the celebrations.
A. could have made
B. will have made
C. would have
D. ought to have made
17. **Identify the part of speech of the underlined word.**
The most beautiful seven monkeys of the landlord were taken for a stroll.
A. Object
B. Adjective
C. Noun phrase
D. Noun
18. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the right order to form a meaningful and coherent paragraph.**
A. In some cases, the problem of the lowering of the river bottom has caused the water table of the surrounding area to drop, which has adversely affected agriculture.
B. Also, another problem, canalization with its extensive system of locks and navigation dams, often seriously disrupts riverine ecosystems.
C. The ever-increasing exploitation of rivers has given rise to a variety of problems.
D. Further, extensive commercial navigation of rivers has resulted in much artificial improvement of natural channels, including increasing the depth of the channels to permit passage of larger vessels
A. CABD
B. CDAB
C. BDAC
D. DCAB
19. **Improve the bold part of the sentence. Choose 'No improvement' as an answer if the sentence is grammatically correct.**
The visiting school children **circumnavigated around** the Dal Lake with visible delight during their visit to Srinagar.
A. circumnavigated about
B. circumnavigated on
C. circumnavigated
D. no improvement
20. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the right order to form a meaningful and coherent paragraph.**

- A. These kinds of sharks are known as obligate ram ventilators because they draw water in through their mouths and force it out through their gills.
- B. They use a method called buccal pumping, in which water is pulled in through the mouth and forced out through the gills by the cheek muscles.
- C. It is true that many types of sharks must keep moving in order to receive life-giving oxygen from the water passing through their gills.
- D. Other types of sharks are able to remain stationary because they possess special structures called spiracles, which force water out through their gills.

A. DABC

B. CDAB

C. BCDA

D. CABD

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.

India is the most populous and also one of the ____ (1) ____ countries. Estimates by the Confederation of Indian Industry (CII) suggest that over the next 25 years, India will add around 133 million people to its working-age population (15-64 years), which is close to 18% of the total incremental global workforce. However, India has a short window to ____ (2) ____ this demographic dividend, as the worker population is expected to ____ (3) ____ around 2043. Employment generation is critical for equity and inclusion. Quality jobs at scale can lift millions out of poverty, reduce regional and social disparities, and ____ (4) ____ a more even distribution of growth benefits. Generating jobs is also ____ (5) ____ for growth and resilience. In a consumption-driven economy such as India's, broadening consumption through good quality jobs accelerates and stabilises growth.

21. What should come in the place of 1.

- A. Younger
- B. Young
- C. More Younger
- D. Youngest

22. What should come in the place of 2.

- A. impotence
- B. leverage
- C. mordant
- D. stalwart

23. What should come in the place of 3.

- A. nadir
- B. abyss
- C. peak
- D. proviso

24. What should come in the place of 4.

- A. ensuring
- B. ensure
- C. ensured

D. ensures

25. **What should come in the place of 5.**

A. trivial

B. peripheral

C. tractable

D. vital

Answers

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

[Practice Exercise]

Explanations

1. B) **Overconsumption of carbohydrates and low protein intake**

The passage clearly states that the ICMR-INDIAB survey found the typical Indian diet is highly skewed in favour of carbohydrates (62% of daily calories) and low in protein consumption, which is directly linked to the obesity crisis.

- Incorrect — The problem is low protein intake, not overconsumption.
- Incorrect — Fruits and vegetables are not mentioned as a cause.
- Incorrect — Dairy products are not discussed in the context of obesity here.

2. A) **Because such initiatives ignore the deeper issues of carbohydrate overindulgence and protein deficiency**

The passage states that while promoting millets and discouraging junk food are positive steps, they “do not take into account the fundamental problems of overindulgence in carbs and protein deficiency.” Hence, these measures alone cannot solve the problem.

- B) Incorrect — Though people may prefer junk food, that’s not the author’s central argument.
- C) Incorrect — Availability of millets is not mentioned as the issue.
- D) Incorrect — There is no mention of public refusal to follow diet plans.

3. B) **The Indian diet is largely carbohydrate-dominant and protein-deficient.**

The passage clearly states that the typical Indian diet consists of 62% carbohydrates and sub-optimal protein intake, leading to obesity and malnutrition despite prosperity.

- Incorrect — The passage highlights low protein intake, not excess.
- Incorrect — Malnutrition still exists; people are now “overfed yet undernourished.”
- Incorrect — The author says government steps are “not nearly enough,” showing the crisis persists.

4. C) **Healthier eating habits**

The passage mentions that “rising prosperity does not automatically translate to a healthier diet.” Thus, despite economic growth, people’s eating habits remain poor.

- Incorrect — Awareness remains low; the passage emphasizes the need for it.
- Incorrect — Sugar consumption has actually increased, not decreased.
- Incorrect — Packaged snack consumption has grown in both rural and urban India.

5. D) **Alarmed yet solution-oriented**

The author expresses concern (alarm) about the obesity and dietary crisis (“alarm bells ringing”) but also emphasizes the need for nutritional strategies and reforms, showing a solution-driven tone.

- Incorrect — The tone is not indifferent; it’s urgent and persuasive.
- Incorrect — The tone is not neutral; it urges policy change and awareness.
- Incorrect — No humor or casual tone is used; the topic is serious.

6. A) **Fulsome** (adjective) – Excessive or insincere (especially praise); cloying; (archaic) abundant. अत्यधिक/चापलूस; अरुचिकर रूप से अधिक; (पुराना अर्थ) प्रचुर।
Synonym: **Unctuous** (adjective) – Oily and ingratiating; excessively flattering. अतिचापलूस/तेल-मलाईदार।
- **Tenebrous** (adjective) – Dark, shadowy, obscure. अंधकारमय/धुँधला।
 - **Orthodox** (adjective) – Conventional, adhering to tradition. पारंपरिक/रूढ़िवादी।
 - **Mordant** (adjective) – Bitingly sarcastic; caustic. तीखा/कठोर व्यंग्यपूर्ण।
7. D) **in such a way** का प्रयोग होगा क्योंकि पूरे संदर्भ में वाक्य इस बदलाव की तीव्रता और परिणाम को दर्शा रहा है। यहाँ "The world is changing ____ that the rich become richer and the poor become poorer." में यह अर्थ निकलता है कि बदलाव इस प्रकार हो रहा है जिसका प्रत्यक्ष नतीजा अमीर और अमीर होना तथा गरीब और गरीब होना है। इसलिए "in such a way" सबसे उपयुक्त विकल्प है।
- "in such a way" should be used because the entire context of the sentence highlights the manner and consequence of change. Here, "The world is changing ____ that the rich become richer and the poor become poorer" conveys that the change is occurring in a particular manner that directly results in this inequality. Thus, "in such a way" is the most appropriate choice.
8. C) **'above'** यहाँ एक Preposition है, क्योंकि यह 'the all powerful' (noun phrase) के साथ जुड़कर स्थानिक/स्तरीय संबंध को दर्शा रहा है — अर्थात् कोई भी व्यक्ति सर्वशक्तिमान से ऊँचा/ऊपर नहीं है।
In English:
- **'above'** functions as a Preposition, showing relation in terms of position or hierarchy (higher than the all powerful).
9. A) **Queer** (adjective) – Strange, odd, not usual; (note: as an identity term it is neutral/reclaimed, but here the sense is "odd/peculiar"). अजीब/विचित्र।
Synonym: **Eccentric** (adjective) – Unconventional; odd in habit or style. सनकी/अलहदा/विचित्र।
- **Tergiversate** (verb) – To abandon a position or equivocate. पलटी खाना/टालमटोल करना।
 - **Mansuetude** (noun) – Gentleness; meekness. कोमलता/विनम्रता।
 - **Boustrophedon** (noun) – A writing style with alternating directions line by line. एक पंक्ति दाएँ-बाएँ उलट क्रम में लिखने की पद्धति।
10. D) **Run wild** (idiom) – To grow without any control बेकाबू होना / नियंत्रण से बाहर बढ़ना
11. B) **Bombastic** (adjective) – Pompous, inflated, pretentious, grandiloquent, flowery. फूला हुआ / डींग मारने वाला

Antonym: **Straightforward** (adjective) – Simple, direct, clear, unpretentious, plain. सीधा-सादा

- **Outdated** (adjective) – Old-fashioned, obsolete, antiquated, passé. पुराना
- **Verbose** (adjective) – Wordy, long-winded, loquacious, garrulous.
- **Not true** (phrase) – False, incorrect, untrue. गलत

12. C) **Fortitude** (noun) – Courage in facing pain or adversity; grit. धैर्य/साहस

Antonym: **Pusillanimity** (adjective) – Cowardice; lack of courage or determination.

कायरता/हृदय-क्षुद्रता

- **Equanimity** – Calmness and composure under stress. समभाव/स्थिरचित्तता
- **Stoicism** – Endurance without complaint; impassiveness. स्थितप्रज्ञता/दुःख-सहनशीलता
- **Forbearance** – Patient self-control; restraint. सहनशीलता/संयम

13. B) "in an agricultural countries like India,"

Solution) 'an' के बाद singular noun चाहिए; 'countries' के बदले 'country' होगा.

- Article "an" requires a singular noun: use "country," not "countries."
- Like— Irrigation works have a special importance in an agricultural country like India, where rainfall is unequally distributed throughout the seasons.

14. D) 'emphasised the importance' के स्थान पर कोई परिवर्तन आवश्यक नहीं है क्योंकि

'emphasise' क्रिया का प्रयोग बिना preposition के सीधे object ('the importance of discipline') के साथ होता है। Preposition जोड़ना (on/over/upon) अनावश्यक और गलत है।

उदाहरण— The teacher emphasised the value of honesty. (सही प्रयोग)

- 'emphasised the importance' will remain unchanged because the verb 'emphasise' is correctly followed directly by the object without needing a preposition. Using 'on/over/upon' here would be redundant and incorrect.

Example— The teacher emphasised the value of honesty. (Correct usage)

15. A) **Spiff up** (idiom) – To make oneself look neat साफ-सुथरा बनना / सुसज्जित होना

16. A) **could have made** का प्रयोग होगा क्योंकि वाक्य एक missed possibility in the past को

दर्शाता है। "Had I been informed beforehand" एक third conditional clause है, जो

hypothetical past situation बताता है। यहाँ "could have made" यह दर्शाता है कि अगर मुझे पहले बताया गया होता तो मैं celebration में पहुँच सकता था। इसलिए "could have made" सबसे उपयुक्त विकल्प होगा।

- 'Could have made' should be used because the sentence expresses a missed possibility in the past. The clause "Had I been informed beforehand" is a third conditional, referring to an unreal past situation. In this context, "could have made" indicates that the speaker had the ability or possibility to attend the celebrations if informed earlier. Thus, "could have made" is the most appropriate choice.

17. B) 'most beautiful' Adjective phrase है। यहाँ 'beautiful' Adjective है, जो noun 'monkeys' की quality (सुंदरता) को दर्शा रहा है। 'most' एक Adverb of degree है जो adjective 'beautiful' को superlative degree (सबसे सुंदर) में बदल रहा है।

- 'most beautiful' functions as an Adjective, showing the quality of the noun (monkeys). It modifies the noun phrase "seven monkeys" by describing them as "the most beautiful".

18. A) **CABD**

C begins the paragraph by introducing the subject (exploitation of rivers) and the central claim (various problems).

A follows C because it provides the first specific problem (lowering of the river bottom) and its effect (drop in water table), linked by the phrase "In some cases."

D comes next with another problem (commercial navigation) and its result (artificial channel improvements), connected by "Further."

B concludes by adding one more problem (canalization disrupting ecosystems), introduced by "Also."

Hindi Explanation:

- C paragraph की शुरुआत करता है क्योंकि यह subject (नदियों का बढ़ता दोहन) और central idea (विभिन्न समस्याएं) को introduce करता है।
- A, C के बाद आता है क्योंकि यह पहली समस्या (नदी तल का नीचे आना) और उसका प्रभाव (जल स्तर का गिरना) बताता है।
- D, A के बाद आता है क्योंकि यह दूसरी समस्या (व्यावसायिक नौवहन) और उसके परिणाम (नदी चैनलों में कृत्रिम बदलाव) को जोड़ता है।
- B paragraph को समाप्त करता है क्योंकि यह एक और समस्या (नहरों का पारिस्थितिकी को नुकसान) को जोड़ता है।

19. C) Circumnavigated around' के बदले केवल 'circumnavigated' का प्रयोग होगा क्योंकि circumnavigate शब्द का अर्थ ही होता है "चारों ओर घूमना / परिक्रमा करना।" इसके साथ around लगाने से अर्थ दुहराव (redundancy) हो जाता है। जैसे— The sailors circumnavigated the globe. (यहाँ 'around' की आवश्यकता नहीं है)।

- 'circumnavigated' will be used instead of 'circumnavigated around' because the verb circumnavigate itself means "to travel/go all the way around something." Adding around makes it redundant.

Like— The sailors circumnavigated the globe. (Here, around is unnecessary).

20. D) **CABD**

C starts the sentence by introducing the main subject, "many types of sharks," and their necessity to keep moving for oxygen. This sets the context for the paragraph.

A follows C because it explains how these sharks breathe (by obligate ram ventilation), directly linking to the idea introduced in C (sharks needing to move to get oxygen).

B comes next as it introduces a contrasting method of breathing (buccal pumping) used by other sharks, shifting the focus from obligate ram ventilators.

D logically concludes the paragraph by introducing yet another method (spiracles) that allows some sharks to remain stationary, providing a complete view of different shark breathing mechanisms.

In Hindi:

- C sentence की शुरुआत करता है, क्योंकि यह subject "many types of sharks" को introduce करता है और उनकी oxygen प्राप्त करने के लिए movement की आवश्यकता को बताता है। यह paragraph के लिए context set करता है।
- A, C के बाद आता है क्योंकि यह बताता है कि ये sharks कैसे सांस लेते हैं (obligate ram ventilation के द्वारा), जो C में introduce की गई जानकारी से सीधे जुड़ता है।
- B, A के बाद आता है क्योंकि यह एक अलग तरीका (buccal pumping) introduce करता है, जिससे paragraph का focus बदलता है।
- D paragraph को समाप्त करता है क्योंकि यह एक और तरीका (spiracles) बताता है, जिससे कुछ sharks बिना हिले सांस ले सकते हैं। इससे shark की breathing methods का पूरा चित्रण हो जाता है।

21. D) '**Youngest**' का use होगा क्योंकि वाक्य में "India is the most populous and also one of the ___ countries" कहा गया है, जिसका अर्थ है कि भारत सबसे अधिक जनसंख्या वाला और सबसे युवा देशों में से एक है। 'One of the' के बाद हमेशा superlative degree का प्रयोग किया जाता है, इसलिए 'youngest' सही है। जबकि 'young' केवल सामान्य वर्णन के लिए होता है, 'younger' comparative degree है जो 'than' के साथ प्रयोग होती है, और 'more younger' double comparative है जो grammatically गलत है।

- '**Youngest**' will be used because the sentence says "India is the most populous and also one of the ___ countries," meaning India is among the youngest countries. After 'one of the,' a superlative degree is used. Whereas 'young' is a positive adjective, 'younger' is comparative (used with 'than'), and 'more younger' is grammatically incorrect (double comparative).

22. B) '**Leverage**' का use होगा क्योंकि "leverage" का अर्थ होता है किसी चीज़ का अधिकतम लाभ उठाना या उपयोग करना। Sentence में कहा गया है कि "India has a short window to (2) this demographic dividend," यानी भारत के पास सीमित समय है इस जनसांख्यिकीय लाभ का फायदा उठाने का — इसलिए 'leverage' यहाँ सही है। जबकि 'Impotence' का अर्थ है असमर्थता या निर्बलता, 'Mordant' का अर्थ है तीखा या व्यंग्यात्मक, और 'Stalwart' का अर्थ है निष्ठावान या मजबूत व्यक्ति — जो इस context में उपयुक्त नहीं हैं।

- '**Leverage**' will be used because it means to make the most effective use of something. The sentence says India has a short window to leverage this demographic dividend, i.e., to take advantage of the population opportunity. Whereas 'Impotence' means weakness or inability, 'Mordant' means sharp or sarcastic, and 'Stalwart' means loyal or strong person — none fit grammatically or contextually here.

23. C) '**Peak**' का use होगा क्योंकि "the worker population is expected to ___ around 2043" का अर्थ है कि कार्यशील जनसंख्या वर्ष 2043 के आसपास अपने उच्चतम स्तर पर पहुँचेगी। "Peak" का अर्थ होता है "to reach the highest point" यानी उच्चतम सीमा तक पहुँचना।

जबकि 'Nadir' का अर्थ है "lowest point" (सबसे निचला बिंदु), 'Abyss' का अर्थ है "a deep or bottomless pit" (अथाह गहराई), और 'Proviso' का अर्थ है "a condition attached to an agreement" (शर्त)। ये सभी शब्द इस संदर्भ में अर्थपूर्ण नहीं हैं।

- '**Peak**' will be used because the sentence means "the worker population is expected to reach its highest level around 2043." The word "peak" means "to reach the highest point." Whereas 'nadir' means the lowest point, 'abyss' means a deep or bottomless pit, and 'proviso' means a condition or clause in an agreement — all of which are contextually incorrect here.

24. B) **ensure** का प्रयोग होगा क्योंकि यहाँ verb का base form आवश्यक है, जो infinitive phrase "and ensure a more even distribution of growth benefits" में parallel structure बनाए रखता है। पहले clause में "can lift millions out of poverty, reduce regional and social disparities" जैसे verbs base form में हैं, इसलिए 'ensure' भी उसी pattern का पालन करता है। जबकि 'ensuring' gerund form है, जो parallelism तोड़ता है; 'ensured' past tense है जो context से मेल नहीं खाता; और 'ensures' singular subject के साथ third-person form है, जो यहाँ grammatical नहीं है।

- '**Ensure**' will be used because it is the base form of the verb needed in the infinitive phrase "and ensure a more even distribution of growth benefits." The earlier verbs — "lift" and "reduce" — are also in base form, so to maintain grammatical parallelism, 'ensure' fits correctly. Whereas, 'ensuring' (gerund) breaks the parallel structure, 'ensured' (past tense) does not match the present context, and 'ensures' (third person singular) is grammatically inconsistent here.

25. D) **Vital** का प्रयोग होगा क्योंकि "vital" का अर्थ होता है अत्यंत आवश्यक, आवश्यक रूप से ज़रूरी। वाक्य में कहा गया है कि "Generating jobs is also _____ for growth and resilience" यानी कि रोजगार सृजन विकास और स्थायित्व के लिए आवश्यक है। इसलिए 'vital' यहाँ सही विकल्प है। जबकि 'trivial' का अर्थ है तुच्छ या महत्वहीन, 'peripheral' का अर्थ है गौण या किनारे का, और 'tractable' का अर्थ है आसानी से नियंत्रित या संभालने योग्य, जो इस संदर्भ में उपयुक्त नहीं है।

- '**Vital**' will be used because it means extremely important or essential. The sentence states that "Generating jobs is also _____ for growth and resilience," which means job creation is necessary for development and stability. Hence, 'vital' fits perfectly here. Whereas, 'trivial' means insignificant or unimportant, 'peripheral' means secondary or marginal, and 'tractable' means easily managed or controlled — none of which convey the intended meaning in this context.