

English Madhyam

(Weekly vocabulary compilation)

From 12 JAN 2026 TO 17 JAN 2026

For all competitive Exams

Bank (Po & clerk), IB ACIO, NDA, CDS, SSC (CGL, MTS, CHSL), MBA, Hotel Management, MCA, UPSC,
B. Ed and other competitive exams.



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Part - A

The Indian Express editorial: In the demise of Bazball (12 JAN 2026)

1. **Demise** (noun) - death, expiration, end, termination, collapse अंत
2. **Bazball** (noun) - a highly aggressive style of play in test cricket pioneered by brendon mccullum and ben stokes आक्रामक क्रिकेट शैली
3. **Triumph** (noun) - victory, conquest, achievement, feat, mastery विजय
4. **All-out** (adjective) - complete, total, absolute, thorough, vigorous पूरी तरह से
5. **Endorse** (verb) - support, advocate, champion, uphold, sanction समर्थन करना
6. **Seductive** (adjective) - alluring, tempting, captivating, enticing, charming आकर्षक
7. **Thrill** (verb) - excite, stimulate, electrify, rouse, animate रोमांचित करना
8. **Throe** (noun) - pang, agony, struggle, suffering, distress तड़प / तीव्र वेदना
9. **Utopian** (adjective) - idealistic, visionary, unrealistic, quixotic, fanciful आदर्शवादी (अवास्तविक)
10. **Manifesto** (noun) - declaration, proclamation, policy, platform, statement घोषणापत्र
11. **Sacred** (adjective) - holy, hallowed, revered, divine, venerable पवित्र
12. **Virtue** (noun) - merit, excellence, asset, quality, attribute गुण
13. **Grind** (noun) - hard work, labor, toil, drudgery, exertion कठिन परिश्रम
14. **Grit** (noun) - courage, fortitude, resolve, pluck, determination साहस / धैर्य
15. **Tamely** (adverb) - submissively, meekly, docilely, weakly, spiritlessly दबू ढंग से / उत्साहहीन
16. **Deck** (noun) - the pitch or surface on which cricket is played पिच / सतह
17. **Down Under** (idiom) - a term used to refer to australia and new zealand ऑस्ट्रेलिया और न्यूज़ीलैंड
18. **Non-viability** (noun) - impracticality, unfeasibility, uselessness, futility, unworkability अक्षमता / अव्यवहारिकता
19. **Lay bare something** (idiom) - revealed or exposed something that was previously hidden उजागर करना
20. **Embrace** (verb) - accept, adopt, welcome, include, encompass अपनाना
21. **Imminent** (adjective) - impending, looming, forthcoming, approaching, near करीब
22. **Strategic** (adjective) - tactical, calculated, planned, deliberate, policy-oriented रणनीतिक
23. **Straitjacket** (noun) - restriction, constraint, limitation, barrier, check कठोर नियंत्रण

24. **Neuter** (verb) - weaken, disable, cripple, enfeeble, undermine शक्तिहीन करना
25. **Briskly** (adverb) - quickly, rapidly, energetically, swiftly, vigorously तेजी से
26. **Variegated** (adjective) - diverse, varied, multifaceted, assorted, heterogeneous विविध
27. **Crack** (verb) - solve, decipher, break, resolve, figure out सुलझाना
28. **Radical** (adjective) - fundamental, extreme, revolutionary, drastic, basic मौलिक
29. **Conquer** (verb) - defeat, overcome, vanquish, master, subdue जीतना
30. **Visionary** (noun) - idealist, dreamer, prophet, pioneer, strategist दूरदर्शी
31. **Adapt** (to) (verb) - to become adjusted to new conditions or environment के अनुकूल होना
32. **Ethos** (noun) - spirit, character, atmosphere, mindset, belief स्वभाव
33. **Devour** (verb) - consume, swallow, destroy, engulf, absorb नष्ट करना
34. **Put in place** (phrase) - working or ready to work; established. स्थापित करना
35. **Revolutionary** (noun) – someone who tries to cause or take part in a revolution क्रान्तिकारक
36. **Hubris** (noun) - excessive pride or self-confidence. अभिमान

The Indian Express editorial: Young love (13 JAN 2026)

1. **Pushback** (noun) – resistance, opposition, rebuff, rejection, outcry
विरोध
2. **Adolescent** (noun) – teenager, youth, minor, juvenile, young person
किशोर
3. **Acknowledge** (verb) – admit, accept, grant, recognize, concede
स्वीकार करना
4. **Scholar** (noun) – academic, intellectual, researcher, expert, polymath
विद्वान
5. **Consensual** (adjective) – mutual, agreed, voluntary, common, shared
परस्पर सहमत
6. **Voice** (verb) – express, utter, articulate, declare, ventilate
व्यक्त करना
7. **Menace** (noun) – threat, danger, peril, hazard, jeopardy
खतरा
8. **Weaponise** (verb) – exploit, harness, utilize, manipulate, abuse
हथियार की तरह इस्तेमाल करना
9. **Validate** (verb) – confirm, verify, authenticate, endorse, ratify
पुष्टि करना
10. **Alarm** (noun) – anxiety, apprehension, dread, trepidation, dismay
घबराहट
11. **Statute** (noun) – law, enactment, decree, act, regulation
कानून
12. **Shield** (verb) – protect, guard, defend, safeguard, screen
बचाना
13. **Predatory** (adjective) – exploitative, rapacious, greedy, vulturous, parasitic
शिकारी
14. **Subvert** (verb) – undermine, destabilize, sabotage, overturn, ruin
पलट देना
15. **Enforce** (verb) – implement, impose, execute, administer, apply
लागू करना
16. **Systemic** (adjective) – structural, inherent, ingrained, deep-rooted, pervasive
व्यवस्थात्मक
17. **Vulnerability** (noun) – weakness, susceptibility, fragility, exposure, defenselessness
संवेदनशीलता
18. **Lie** (verb) – exist, reside, dwell, consist, remain
निहित होना
19. **Inflexible** (adjective) – rigid, uncompromising, unyielding, adamant, unwavering
कठोर
20. **Architecture** (noun) – structure, framework, configuration, composition, design
संरचना
21. **Establish** (verb) – institute, create, set up, found, initiate
स्थापित करना
22. **Rigid** (adjective) – stiff, unbending, stringent, austere, firm
सख्त
23. **Consent** (noun) – agreement, permission, assent, accord, concurrence
सहमति

24. **Strict** (adjective) – stern, rigorous, severe, harsh, stringent कड़ा
25. **Render** (verb) – make, leave, cause to be, represent, deliver बना देना
26. **Cast the net** (phrase) – to involve a wide range of people or things in a particular situation व्यापक दायरे में लेना
27. **Indiscriminate** (adjective) – random, haphazard, aimless, chaotic, non-selective अंधाधुंध
28. **Deem** (verb) – consider, judge, regard, reckon, believe समझना
29. **Offender** (noun) – culprit, criminal, lawbreaker, wrongdoer, perpetrator अपराधी
30. **Stringent** (adjective) – strict, firm, rigid, rigorous, tight सख्त
31. **Sentence** (noun) – punishment, conviction, penalty, judgment, verdict सजा
32. **Deter** (verb) – discourage, dissuade, prevent, daunt, stop रोकना
33. **Heinous** (adjective) – atrocious, monstrous, odious, wicked, abominable घृणित
34. **Manipulate** (verb) – exploit, control, influence, maneuver, handle हेरफेर करना
35. **Elopement** (noun) – running away to marry secretly, absconding, escape, flight भागकर शादी करना
36. **Trigger** (verb) – activate, initiate, spark, provoke, prompt शुरू करना
37. **Distinguish** (verb) – differentiate, discern, discriminate, tell apart, separate अंतर करना
38. **Coercive** (adjective) – forceful, compulsory, obligatory, bullying, pressuring बलपूर्वक
39. **Abuse** (noun) – mistreatment, exploitation, ill-treatment, maltreatment, injury दुर्व्यवहार
40. **Punitive** (adjective) – disciplinary, penal, corrective, castigatory, retributive दंडात्मक
41. **Machinery** (noun) – system, structure, apparatus, organization, mechanism तंत्र
42. **Document** (verb) – record, register, detail, chronicle, archive दर्ज करना
43. **In the course of** (phrase) – during the specified period of time or process के दौरान
44. **Cite** (verb) – quote, refer to, mention, instance, specify हवाला देना
45. **Trafficking** (noun) – illegal trade, smuggling, dealing, commerce, bootlegging अवैध व्यापार

46. **Highlight** (verb) – emphasize, stress, underline, accentuate, feature ज़ोर देना
47. **Severity** (noun) – harshness, seriousness, gravity, intensity, rigour तीव्रता
48. **Predatory** (adjective) – exploitative, rapacious, greedy, vulturous, parasitic शोषणकारी
49. **Counterproductive** (adjective) – harmful, detrimental, damaging, adverse, biased उल्टा प्रभाव डालने वाला
50. **Discretion** (noun) – judgment, choice, volition, preference, prudence विवेक
51. **Sentencing** (noun) – the legal punishment given by a court of law सजा सुनाना
52. **Likewise** (adverb) – similarly, also, moreover, furthermore, correspondingly उसी प्रकार
53. **Endeavour** (verb) – strive, attempt, try, aspire, venture प्रयास करना
54. **Curb** (verb) – restrain, check, control, contain, inhibit अंकुश लगाना
55. **Make worse** (verb) – to make a situation more difficult or unpleasant और बिगाड़ देना
56. **Intervention** (noun) – interference, mediation, involvement, arbitration, intercession हस्तक्षेप
57. **Autonomy** (noun) – independence, self-rule, sovereignty, freedom, liberty स्वायत्तता
58. **At odds with** (phrase) – in conflict or disagreement with के विपरीत
59. **Isolated** (adjective) – lonely, alienated, detached, secluded, solitary अलग-थलग
60. **Confidential** (adjective) – private, secret, personal, classified, privileged गोपनीय
61. **Navigate** (verb) – manage, handle, steer, negotiate, pilot तालमेल बिठाना
62. **Mediate** (with) (verb) – to intervene between people in a dispute to bring about an agreement मध्यस्थता करना
63. **Intergenerational** (adjective) – involving or affecting several generations अंतर-पीढ़ीगत
64. **Transition** (noun) – change, transformation, shift, passage, conversion परिवर्तन
65. **Non-existent** (adjective) – missing, absent, null, void, hypothetical अस्तित्वहीन
66. **Often** (adverb) – frequently, repeatedly, regularly, habitually, commonly अक्सर
67. **Conservative** (adjective) – traditional, conventional, orthodox, old-fashioned, cautious रूढ़िवादी

68. **Bolster** (verb) – strengthen, reinforce, support, fortify, boost मजबूत करना
69. **Invoke** (verb) – appeal to, cite, summon, resort to, apply आह्वान करना
70. **Tweak** (verb) – adjust, modify, alter, refine, fine-tune बदलाव करना
71. **Admit** (verb) – allow, permit, accept, acknowledge, concede स्वीकार करना
72. **Recourse** (noun) – option, resort, remedy, alternative, choice सहारा
73. **Vulnerable** (to) (adjective) – susceptible to physical or emotional attack or harm की चपेट में
74. **Wrath** (noun) – anger, rage, fury, outrage, resentment क्रोध
75. **Prosecutorial** (adjective) – relating to the institution of legal proceedings अभियोजन संबंधी
76. **Overreach** (noun) – excess, exaggeration, immoderation, surplus, overstepping अपनी सीमा से बाहर जाना

The Hindu editorial: Troubling repeat (14 JAN 2026)

1. **Assurance** (noun) – confidence, certainty, pledge, guarantee, affirmation आश्वासन
2. **Protocol** (noun) – procedure, convention, code, rule, system कार्यप्रणाली
3. **Kick on** (phrasal verb) – to start operating or to begin working with energy चालू होना
4. **Abruptly** (adverb) – suddenly, unexpectedly, precipitously, sharply, hurriedly अचानक
5. **Trajectory** (noun) – path, course, route, track, orbit प्रक्षेपपथ
6. **Evident** (adjective) – obvious, apparent, manifest, clear, conspicuous स्पष्ट
7. **Anomaly** (noun) – irregularity, inconsistency, aberration, deviation, abnormality विसंगति
8. **Put paid to** (idiom) – to destroy or bring something to an end abruptly समाप्त कर देना या नष्ट कर देना
9. **Decade** (noun) – Period of ten years दशक
10. **Mature** (adjective) – developed, established, seasoned, sophisticated, complete परिपक्व
11. **Implication** (noun) – suggestion, inference, consequence, undertone, ramification निहितार्थ
12. **Sink** (verb) – ruin, wreck, destroy, sabotage, submerge डुबो देना या विफल करना
13. **Isolated** (adjective) – solitary, unique, separate, detached, disconnected अकेला या अलग-थलग
14. **Anomaly** (noun) – irregularities, inconsistencies, aberrations, deviations, abnormalities विसंगतियां
15. **Diagnose** (verb) – identify, determine, distinguish, analyze, pinpoint पहचान करना या निदान करना
16. **Reinforcement** (noun) – strengthening, fortification, support, buttress, bracing सुदृढ़ीकरण
17. **Precede** (verb) – antedate, lead, pave, foreshadow, herald पूर्व में होना
18. **Consequence** (noun) – result, outcome, repercussion, effect, aftermath परिणाम
19. **Under the aegis of** (phrase) – with the protection, support, or guidance of a particular person or organization के संरक्षण में
20. **Reassess** (verb) – re-evaluate, review, reconsider, reappraise, amend पुनर्मूल्यांकन करना

21. **Skyrocket** (verb) – soar, surge, escalate, spiral, shoot up तेजी से बढ़ना
22. **Render** (verb) – make, leave, cause to be, transform, deliver बना देना
23. **Affordable** (adjective) – economical, inexpensive, reasonable, budget, low-cost वहन करने योग्य
24. **Embarrassment** (noun) – humiliation, mortification, shame, awkwardness, ignominy शर्मिंदगी
25. **Characterise** (verb) – distinguish, define, feature, identify, mark विशेषता बताना
26. **Bureaucratic posture** (noun) – a formal, rigid, or secretive way of functioning within an organization नौकरशाही रवैया
27. **Cadence** (noun) – rhythm, tempo, pulse, pace, frequency ताल या गति
28. **Pad** (noun) – platform, base, station, site, stand प्रक्षेपण स्थल
29. **Autopsy** (noun) – examination, investigation, analysis, inspection, post-mortem शव-परीक्षा या गहन जांच
30. **Predecessor** (noun) – ancestor, forerunner, precursor, antecedent, antecedent पूर्ववर्ती
31. **Classified** (adjective) – secret, confidential, restricted, private, concealed गोपनीय
32. **Application** (noun) – use, function, utilization, purpose, employment उपयोग
33. **Demonstrate** (verb) – show, exhibit, manifest, display, evidence प्रमाणित करना
34. **Restore** (verb) – reinstate, renew, revive, recover, refurbish बहाल करना
35. **Stakeholder** (noun) – partner, collaborator, shareholder, participant, interest-holder हितधारक
36. **Go wrong** (phrase) – to fail or result in a bad outcome or mistake गलत होना
37. **Recur** (verb) – repeat, reappear, return, persist, reiterate पुनरावृत्ति होना

The Hindu editorial: Language of harmony (15 JAN 2026)

1. **Linguistic** (adjective) – lingual, grammatical, rhetorical, dialectal, philological भाषाई
2. **Seek** (verb) – endeavour, strive, attempt, aspire, desire प्रयास करना
3. **Pass** (verb) – approve, enact, sanction, authorize, ratify पारित करना
4. **Adversely** (adverb) – unfavourably, negatively, poorly, detrimentally, hostilely प्रतिकूल रूप से
5. **Misplaced** (adjective) – misguided, unwise, ill-advised, inappropriate, mistaken गलत
6. **Propose** (verb) – suggest, submit, tender, advance, recommend प्रस्ताव देना
7. **State** (verb) – declare, assert, announce, affirm, articulate कहना
8. **Pursue** (verb) – follow, conduct, practice, engage in, prosecute जारी रखना/अनुसरण करना
9. **In accordance with** (phrase) – in a way that agrees with or follows a particular rule, law, or wish के अनुसार
10. **Exempt** (verb) – excuse, release, relieve, spare, absolve छूट देना
11. **Languish** (verb) – stagnate, deteriorate, wither, fade, suffer शिथिल होना
12. **Follow** (verb) – succeed, ensue, result, develop, supervene के बाद आना/अनुसरण करना
13. **Ostensibly** (adverb) – apparently, seemingly, allegedly, superficially, purportedly प्रत्यक्ष रूप से
14. **Undertake** (verb) – shoulder, assume, execute, perform, engage in आरंभ करना
15. **Alongside** (preposition) – beside, together with, along with, next to, coupled with के साथ-साथ
16. **Objection** (noun) – protest, challenge, complaint, opposition, dissent आपत्ति
17. **Weaken** (verb) – undermine, enervate, dilute, impair, sap कमजोर करना
18. **Migration** (noun) – relocation, movement, displacement, exodus, resettlement प्रवास
19. **Account for** (phrasal verb) – to explain the reason for something or to take something into consideration कारण बताना/हिसाब देना
20. **Agenda** (noun) – motive, plan, program, scheme, schedule कार्यसूची
21. **Sphere** (noun) – domain, field, area, realm, department क्षेत्र/दायरा
22. **Hostility** (noun) – enmity, animosity, bitterness, rancour, antagonism शत्रुत/विरोध

23. **Mechanism** (noun) – procedure,
process, system, method, apparatus तंत्र

24. **Dormant** (adjective) – inactive, latent,
passive, inert, quiescent निष्क्रिय

25. **Good-faith** (adjective) – sincere,
honest, genuine, authentic, bonafide
नेकनीयत

The Hindu editorial: The great reckoning: On the crises in Iran (16 JAN 2025)

1. **Reckoning** (noun) - retribution, judgment, settlement, calculation, account गणना/हिसाब/प्रतिशोध
2. **Collapse** (verb) - crumble, disintegrate, fail, tumble, subside ढह जाना/गिरना
3. **Soaring** (adjective) - escalating, ascending, rising, skyrocketing, mounting तेज़ी से बढ़ता हुआ
4. **Snowball** (verb) - escalate, mushroom, burgeon, intensify, proliferate तेज़ी से बढ़ना
5. **Gravest** (adjective) - most serious, most critical, most severe, most dire, most solemn सबसे गंभीर
6. **Persistence** (noun) - endurance, tenacity, perseverance, steadfastness, continuity दृढ़ता/निरंतरता
7. **Lay bare** (idiom) - to reveal or expose something that was hidden or secret स्पष्ट करना/उजागर करना
8. **Deep-seated** (adjective) - entrenched, ingrained, rooted, profound, indelible गहरा/जड़ जमाया हुआ
9. **Resentment** (noun) - indignation, bitterness, rancor, animosity, displeasure नाराजगी/रोष
10. **Batter** (verb) - pummel, buffet, thrash, strike, pound बार-बार मारना/क्षतिग्रस्त करना
11. **Stringent** (adjective) - rigorous, strict, severe, harsh, rigid कठोर/सख्त
12. **Sanctions** (noun) - penalties, embargos, restrictions, deterrents, punishments प्रतिबंध
13. **Grapple with** (phrasal verb) to struggle to deal with or overcome a difficult situation से जूझना/संघर्ष करना
14. **Entrenched** (adjective) - deep-rooted, fixed, firm, established, inveterate मजबूत/जड़ जमाया हुआ
15. **Distress** (noun) - suffering, agony, anguish, adversity, hardship पीड़ा/संकट
16. **Worsen** (verb) - aggravate, deteriorate, exacerbate, decline, degenerate और खराब होना
17. **Rolled back** (phrasal verb) - to reduce or remove something, especially a law or price वापस लेना/घटाना
18. **Ignite** (verb) - kindle, inflame, trigger, spark, provoke आग लगाना/भड़काना
19. **Violent** (adjective) - ferocious, fierce, turbulent, vehement, savage हिंसक
20. **Prompt** (verb) - induce, provoke, inspire, stimulate, cause प्रेरित करना/उकसाना
21. **Brutal** (adjective) - savage, cruel, ruthless, barbaric, vicious क्रूर/निर्दयी
22. **Crackdown** (noun) - suppression, repression, clampdown, restraint, quashing कड़ी कार्रवाई
23. **Claim** (verb) - assert, maintain, contend, allege, profess दावा करना
24. **Rioters** (noun) - insurgents, mutineers, agitators, rebels, troublemakers दंगाई
25. **Weather** (verb) - endure, survive, withstand, outlast, brave झेलना/बच निकलना
26. **Upheavals** (noun) - turbulence, turmoil, disruption, chaos, agitation उथल-पुथल
27. **Aggression** (noun) - hostility, belligerence, assault, intrusion, offensive आक्रमण
28. **Distinct** (adjective) - discrete, separate, diverse, clear, patent स्पष्ट/अलग

29. **Convergence** (noun) - union, confluence, junction, meeting, merging
अभिसरण/संगम
30. **Unrest** (noun) - turmoil, agitation, turbulence, strife, instability अशांति
31. **Unfold** (verb) - develop, transpire, happen, emerge, occur घटित होना/सामने आना
32. **Intervention** (noun) - interference, mediation, involvement, arbitration, intercession हस्तक्षेप
33. **Threaten** (verb) - intimidate, menace, browbeat, endanger, imperil धमकाना
34. **Unsustainable** (adjective) - unfeasible, untenable, flimsy, unviable, insupportable अस्थिर/असहनीय
35. **Expose** (verb) - reveal, uncover, unmask, disclose, unveil बेनकाब करना
36. **Weaknesses** (noun) - flaws, frailties, shortcomings, defects, foibles कमियाँ
37. **Address** (verb) - tackle, handle, attend to, resolve, confront समाधान करना/संबोधित करना
38. **Isolated** (adjective) - secluded, alienated, remote, detached, solitary अलग-थलग
39. **Electorate** (noun) - voters, constituency, body politic, electors, citizens मतदाता
40. **Take to the streets** (phrase) - to gather in public to protest or express a strong opinion सड़कों पर उतरना
41. **Sustained** (adjective) - continuous, constant, prolonged, steady, perpetual निरंतर/सतत
42. **Apparatus** (noun) - machinery, mechanism, structure, system, setup तंत्र/उपकरण
43. **Regime** (noun) - government, administration, rule, authority, system शासन
44. **Plunge** (verb) - plummet, nose-dive, drop, thrust, hurl डुबाना/अचानक गिरना
45. **Chaos** (noun) - anarchy, disorder, bedlam, turmoil, pandemonium अराजकता
46. **Prolonged** (adjective) - extended, protracted, lengthy, sustained, lingering लंबा/दीर्घकालीन
47. **Liberation** (noun) - emancipation, freedom, release, deliverance, independence मुक्ति
48. **Tyranny** (noun) - despotism, autocracy, oppression, absolutism, dictatorship तानाशाही
49. **Theocracy** (noun) - hierocracy, clericalism, religious government, church-state, papacy धर्मतंत्र
50. **Suffering** (noun) - misery, distress, ordeal, tribulation, hardship कष्ट/पीड़ा
51. **Cursory** (adjective) - superficial, perfunctory, desultory, casual, hasty सतही/जल्दबाजी में किया गया
52. **Invasions** (noun) - incursions, raids, intrusions, assaults, onslaughts आक्रमण/घुसपैठ
53. **Resolve** (verb) - settle, rectify, reconcile, solve, clarify समाधान करना
54. **Discredited** (adjective) - disgraced, debunked, refuted, belittled, compromised बदनाम/अविश्वसनीय
55. **Concerned** (adjective) - anxious, worried, apprehensive, perturbed, troubled चिंतित
56. **Well-being** (noun) - welfare, prosperity, health, comfort, security कल्याण/भलाई

57. **Press for** (phrasal verb) - to make strong efforts to persuade someone to do something जोर देना/दबाव डालना
58. **Credible** (adjective) - plausible, believable, reliable, trustworthy, dependable विश्वसनीय
59. **Undertake** (verb) - commence, initiate, embark on, assume, tackle जिम्मेदारी लेना/आरंभ करना
60. **Assistance** (noun) - aid, support, help, succor, reinforcement सहायता
61. **Imperial** (adjective) - majestic, royal, authoritative, grand, sovereign शाही/साम्राज्यवादी

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1. **Dizzying** (adjective) – bewildering, staggering, breath-taking, overwhelming, confounding चकरा देने वाला
2. **Dawn to dusk** (phrase) – from sunrise to sunset or from the very beginning of the day until the very end दिनभर
3. **Grab** (verb) – seize, snatch, clutch, grasp, capture झपट लेना
4. **Jostle** (verb) – elbow, push, shove, scramble, hustle धक्का-मुक्की करना
5. **Pervasive** (adjective) – prevalent, ubiquitous, widespread, omnipresent, rife व्यापक
6. **Lie** (verb) – exist, reside, dwell, occupy, remain स्थित होना
7. **Alarming** (adjective) – frightening, disturbing, worrying, daunting, shocking चिंताजनक
8. **Stampede** (noun) – rush, charge, flight, panic, rout भगदड़
9. **Chase** (verb) – pursue, hunt, follow, track, tail पीछा करना
10. **Stretch** (verb) – extend, strain, expand, reach, distend विस्तार करना
11. **Put at stake** (phrase) – to risk losing something important or to place something in a position of danger दांव पर लगाना
12. **Make hay** (idiom) – to take advantage of a good situation or opportunity while it lasts बहती गंगा में हाथ धोना
13. **Craving** (noun) – longing, yearning, desire, hunger, urge तीव्र इच्छा
14. **Leaps** (noun) – jumps, bounds, vaults, hops, springs उछाल
15. **Extroverted** (adjective) – outgoing, sociable, gregarious, unreserved, expressive बहिर्मुखी
16. **Reinforce** (verb) – strengthen, bolster, fortify, support, underpin सुदृढ़ करना
17. **Currency** (noun) – medium, asset, value, standard, measure मुद्रा
18. **Wannabe** (noun) – aspirant, pretender, imitator, hopeful, seeker नकलची
19. **Render** (verb) – make, leave, cause to be, turn, represent बना देना
20. **Perception** (noun) – impression, insight, awareness, view, observation धारणा
21. **Metaphorically** (adverb) – figuratively, symbolically, allegorically, imaginatively, emblematically लाक्षणिक रूप से
22. **Label** (verb) – categorize, classify, tag, term, brand चिह्नित करना
23. **Manipulate** (verb) – influence, exploit, maneuver, control, rig हेरफेर करना
24. **Cope with** (phrasal verb) – to deal effectively with something difficult or to

manage a stressful situation सामंजस्य
बिठाना

25. **Time deficit** (noun) – a situation where
there is not enough time to complete
necessary tasks or activities समय की
कमी

26. **Gulp** (verb) – swallow, devour, bolt,
guzzle, quaff जल्दी से निगलना

27. **Nourishment** (noun) – nutrition,
sustenance, food, nutriment,
subsistence पोषण

28. **Sacrifice at the altar of** (idiom) – to give
up something valuable for the sake of
something else considered more
important की बलि चढ़ा देना

29. **Seep** (verb) – permeate, leak, flow,
ooze, drain रिसना

30. **Abandon** (verb) – desert, forsake,
discard, renounce, relinquish त्याग देना

31. **Ideologies** (noun) – beliefs, doctrines,
creeds, principles, philosophies
विचारधाराएं

32. **Defection** (noun) – desertion,
absconding, decamping, betrayal, revolt
दलबदल

33. **Hesitation** (noun) – reluctance, doubt,
uncertainty, vacillation, indecision
हिचकिचाहट

34. **In haste** (phrase) – doing something
very quickly or in a hurried manner
often leading to mistakes जल्दबाजी में

35. **Ironically** (adverb) – paradoxically,
incongruously, strangely, unexpectedly,
sarcastically विडंबना यह है कि

36. **Escape** (verb) – flee, evade, elude,
avoid, dodge बच निकलना

37. **Frenzy** (noun) – madness, hysteria,
delirium, agitation, turmoil उन्माद

38. **Relentless** (adjective) – persistent,
ceaseless, unabating, incessant, harsh
निरंतर

39. **Breakdown** (noun) – failure, collapse,
malfunction, disruption, crash पतन

40. **Fatigue** (noun) – exhaustion, tiredness,
weariness, lethargy, lassitude थकान

41. **Inevitable** (adjective) – unavoidable,
certain, inescapable, fated, sure
अपरिहार्य

42. **Rob of** (phrasal verb) – to take away
something valuable or important from
someone unfairly वंचित करना

43. **Reflect** (verb) – ponder, contemplate,
deliberate, meditate, muse विचार करना

44. **Reassess** (verb) – re-evaluate, review,
reconsider, reappraise, amend
पुनर्मूल्यांकन करना

45. **Savour** (verb) – relish, enjoy, appreciate,
delight in, taste स्वाद लेना

46. **Wisdom** (noun) – sagacity, prudence,
insight, intelligence, judgment बुद्धिमत्ता

47. **Courage** (noun) – bravery, valour,
fortitude, guts, boldness साहस

48. **Indispensable** (adjective) – essential,
crucial, vital, fundamental, requisite
अपरिहार्य