

## For India, **obesity complicates** the nutrition challenge

A significant **section** of Indian children **does** not consume the amount of calories required for healthy growth. **Addressing** the problem of food insecurity **remains** a work in progress. At the same time, another rapidly expanding concern has complicated the policymakers' challenge. Studies and surveys show that many children are consuming diets high in sugar, refined carbohydrates, salt and unhealthy fats. **The World Obesity Atlas**, released last week by the World Obesity Federation, **estimates** that more than 40 million children in India are either overweight or **obese**. As in many parts of the world, this trend is **driven** by **sedentary** lifestyles, urbanisation and greater access to processed foods. However, **unlike** many developed countries where the dietary **transition unfolded gradually** over several **decades**, in India much of this shift has occurred in the last 15 years. Therefore, even as malnutrition remains **widespread**, India now ranks second globally in the number of overweight and obese children.

**Children** at both ends of the nutritional **spectrum lack** adequate proteins, vitamins and **essential** minerals in their diets. According to the WHO, excess body **weight** during childhood significantly **increases** the risk of conditions such as type 2 diabetes and cardiovascular diseases later in life. The **coexistence** of undernutrition and obesity **could**, therefore, **aggravate** India's already **formidable** non-communicable disease challenge.

One **reason** for the **rapid** expansion of childhood obesity **is** the limited availability of reliable information about healthy diets. In this context, the **directive** issued last year by the CBSE, asking **affiliated** schools to display information about the recommended sugar intake, **is** a welcome step. **Efforts** to **induce** behavioural change **can**, however, address only part of the problem. Policy **initiatives**, such as the POSHAN Abhiyan, **have** also **approached** the nutrition challenge from the **standpoint** of calorie intake. They have **overlooked** its broader **socioeconomic dimensions**. A growing **body** of research, including a 2020 study published in Indian Paediatrics, **suggests** that obesity is no longer **confined** to **affluent** households — children in families with limited access to healthy food options may **rely on** relatively inexpensive, calorie-dense processed foods. A survey by UNICEF last year found that nutritional deficits among children are often a **carryover** of the poor dietary habits of their mothers. Addressing this emerging **epidemic** will require a public-health response that combines nutritional awareness with stronger junk-food regulation, women's **empowerment** and initiatives that **nudge** people towards healthier lifestyles. Else, the **promise** of India's **demographic dividend could** be **weighed down** by a complex health burden. **[Practice Exercise]**

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

## Vocabulary

1. **Obesity** (noun) - corpulence, stoutness, plumpness, heaviness, portliness मोटापा
2. **Complicate** (verb) - confuse, muddle, entangle, perplex, confound जटिल बनाना
3. **Address** (verb) - tackle, attend, confront, handle, approach समाधान करना
4. **Estimate** (verb) - calculate, approximate, evaluate, gauge, reckon अनुमान लगाना
5. **Obese** (adjective) - overweight, corpulent, fleshy, stout, portly मोटा
6. **Driven** (verb) - propelled, motivated, guided, steered, pushed प्रेरित/संचालित
7. **Sedentary** (adjective) - inactive, stationary, desk-bound, idle, lethargic सुस्त/गतिहीन
8. **Unlike** (preposition) - contrasting, dissimilar, distinct, divergent, opposite इसके विपरीत
9. **Transition** (noun) - shift, transformation, alteration, conversion, change परिवर्तन
10. **Unfold** (verb) - reveal, disclose, emerge, develop, manifest सामने आना/प्रकट होना
11. **Gradually** (adverb) - progressively, slowly, piecemeal, steadily, moderately धीरे-धीरे
12. **Decade** (noun) - ten-year period दशक
13. **Widespread** (adjective) - prevalent, extensive, pervasive, ubiquitous, rampant व्यापक
14. **Spectrum** (noun) - range, gamut, ambit, compass, sweep श्रेणी/विस्तार
15. **Essential** (adjective) - indispensable, fundamental, vital, crucial, requisite अनिवार्य
16. **Coexistence** (noun) - concurrence, coincidence, simultaneity, harmony, synchrony सह-अस्तित्व
17. **Aggravate** (verb) - exacerbate, worsen, intensify, inflame, heighten और बिगाड़ देना
18. **Formidable** (adjective) - daunting, intimidating, menacing, redoubtable, fierce डरावना/दुर्जेय
19. **Rapid** (adjective) - swift, brisk, quick, fleet, speedy तीव्र
20. **Affiliated** (adjective) - associated, allied, connected, related, joined संबद्ध
21. **Induce** (verb) - provoke, instigate, persuade, prompt, incite प्रेरित करना
22. **Approach** (verb) - reach, near, access, confront, address दृष्टिकोण अपनाना

23. **Standpoint** (noun) - perspective, viewpoint, angle, position, stance दृष्टिकोण
24. **Overlook** (verb) - ignore, neglect, disregard, omit, slight अनदेखा करना
25. **Socioeconomic** (adjective) - sociopolitical, sociostructural, sociodemographic, cultural, fiscal सामाजिक-आर्थिक
26. **Dimension** (noun) - aspect, facet, feature, scale, proportion आयाम/पहलू
27. **Confined** (adjective) - restricted, limited, constrained, cramped, bounded सीमित
28. **Affluent** (adjective) - wealthy, prosperous, opulent, rich, moneyed धनी/समृद्ध
29. **Rely on** (phrasal verb) - to depend on or trust someone or something for help or support निर्भर रहना
30. **Carryover** (noun) - residue, vestige, remainder, leftover, survival अवशेष/विरासत
31. **Epidemic** (noun) - outbreak, plague, scourge, contagion, pandemic महामारी
32. **Empowerment** (noun) - authorization, enablement, delegation, sanction, permit सशक्तीकरण
33. **Nudge** (verb) - prod, prompt, push, poke, jog धीरे से प्रोत्साहित करना
34. **Demographic dividend** (noun) - the economic growth potential that can result from shifts in a population's age structure, mainly when the share of the working-age population is larger than the non-working-age share जनसांख्यिकीय लाभांश
35. **Weigh down** (phrasal verb) - to be burdened or oppressed by something heavy or difficult बोझ तले दबना

### Summary of the Editorial

1. A large number of Indian children still do not consume enough calories required for healthy growth.
2. Food insecurity and undernutrition remain major challenges in India.
3. At the same time, childhood obesity is rapidly increasing across the country.
4. Many children are consuming diets high in sugar, refined carbohydrates, salt, and unhealthy fats.
5. According to the World Obesity Atlas by the World Obesity Federation, more than 40 million Indian children are overweight or obese.
6. Sedentary lifestyles, urbanisation, and easy access to processed foods are major reasons for rising obesity.
7. Unlike developed countries, where dietary changes happened gradually, India has experienced this shift rapidly in the last 15 years.
8. As a result, India now ranks second globally in the number of overweight and obese children.
9. Both undernourished and obese children often lack essential nutrients such as proteins, vitamins, and minerals.
10. Childhood obesity increases the risk of serious diseases like type 2 diabetes and cardiovascular diseases later in life.
11. The coexistence of undernutrition and obesity may worsen India's non-communicable disease burden.
12. Lack of reliable information about healthy diets contributes to the rapid rise of childhood obesity.
13. Initiatives like the CBSE directive to display recommended sugar intake in schools are positive steps toward awareness.
14. However, current policies such as POSHAN Abhiyan focus mainly on calorie intake and often ignore broader socioeconomic factors.
15. Tackling this issue requires a comprehensive public-health approach including nutrition awareness, regulation of junk food, women's empowerment, and promotion of healthier lifestyles.

### Practice Exercise: SSC Pattern Based

1. **According to the passage, what is the primary reason India faces a "double burden" of malnutrition?**
  - A. The lack of any government-led initiatives like POSHAN Abhiyan to track calorie intake.
  - B. The coexistence of widespread undernutrition alongside a rapid rise in childhood obesity.
  - C. A transition to healthy, protein-rich diets that has occurred too quickly over the last 15 years.
  - D. The fact that obesity is exclusively confined to children from the most affluent urban households.
2. **What specific concern does the author raise regarding the future of India's "demographic dividend"?**
  - A. It will be lost because children are refusing to attend schools affiliated with the CBSE.
  - B. It could be weighed down by a complex health burden arising from non-communicable diseases.
  - C. It is threatened by a lack of calorie-dense processed foods in rural Indian villages
  - D. It will improve automatically due to the gradual dietary transitions seen in developed countries.
3. **Based on the passage, evaluate the following statements as True or False:**
  1. The World Obesity Atlas estimates that more than 40 million children in India are overweight or obese.
  2. POSHAN Abhiyan has successfully addressed the nutrition challenge by focusing heavily on socioeconomic dimensions.
  3. UNICEF found that children's nutritional deficits are often linked to the dietary habits of their mothers.
  - A. 1-True, 2-True, 3-False
  - B. 1-False, 2-False, 3-True
  - C. 1-True, 2-False, 3-True
  - D. 1-True, 2-True, 3-True
4. **The tone of the passage towards India's current public health trajectory can best be described as:**
  - A. Celebratory and Optimistic
  - B. Apprehensive and Analytical
  - C. Sarcastic and Dismissive
  - D. Indifferent and Neutral
5. **Which of the following best summarizes the central theme of the passage?**
  - A. The success of CBSE and POSHAN Abhiyan in eliminating the threat of childhood type 2 diabetes.
  - B. The need for India to prioritize calorie-dense processed foods to solve the problem of food insecurity.
  - C. The urgent need for a multi-dimensional public health response to tackle the dual crisis of undernutrition and obesity.

- D. The historical comparison of dietary transitions between India and developed nations over the last century.
6. **Choose the one word substitution for the given expression:**  
A speech delivered without any prior preparation  
A. Extempore  
B. Soliloquy  
C. Monologue  
D. Rhetoric
7. **Choose the correct meaning of the given idiom:**  
"To be in the doldrums"  
A. To feel excited and energetic  
B. To work with great dedication  
C. To embark on a sea voyage  
D. To feel depressed or low-spirited
8. **Choose the correct meaning of the given idiom:**  
"A storm in a teacup"  
A. A sudden violent storm  
B. A perfectly brewed cup of tea  
C. A big fuss about something trivial  
D. A heated argument between close friends
9. **Choose the correct passive form of the given sentence:**  
The manager will announce the results tomorrow.  
A. The results will be announced by the manager tomorrow.  
B. The results would be announced by the manager tomorrow.  
C. The results are being announced by the manager tomorrow.  
D. The results have been announced by the manager tomorrow.
10. **Choose the option that best replaces the underlined word/phrase:**  
The committee have decided to postpone the meeting.  
A. has decided  
B. had been decided  
C. are deciding  
D. No improvement
11. **Choose the correctly spelled word:**  
A. Conscientous  
B. Consciencious  
C. Conscientious  
D. Consientious
12. **Choose the correctly spelled word:**  
A. Millenium  
B. Milenium  
C. Millennium  
D. Millennium
13. **Fill in the blank with the most appropriate option:**  
He is \_\_\_\_\_ honest man that everyone in the office trusts him completely.

- A. very
- B. too
- C. so
- D. such an

14. **Fill in the blank with the most appropriate option:**

I would rather die \_\_\_\_\_ beg for money.

- A. then
- B. than
- C. before
- D. instead

15. **Identify the segment in the sentence which contains a grammatical error:**

Ravi and Suresh (A) / has gone to (B) / Delhi last week. (C) / No error (D)

- A. Ravi and Suresh
- B. has gone to
- C. Delhi last week.
- D. No error

16. **Identify the segment in the sentence which contains a grammatical error:**

The news (A) / are very (B) / disturbing. (C) / No error (D)

- A. The news
- B. are very
- C. disturbing.
- D. No error

17. **Arrange the following sentences in the correct logical order to form a meaningful paragraph:**

- P. However, it requires consistent effort and dedication.
- Q. Education is the most powerful tool to change the world.
- R. Many great leaders attribute their success to a strong educational foundation.
- S. It opens doors to opportunities and broadens our perspectives.
- T. Without education, one cannot fully realize their potential.

- A. QSRPT
- B. QSPRT
- C. RQSPT
- D. SQRPT

18. **Choose the word most similar in meaning to the given word:**

ENIGMATIC

- A. Obvious
- B. Transparent
- C. Mysterious
- D. Simple

19. **Choose the word most opposite in meaning to the given word:**

FRUGAL

- A. Thrifty
- B. Economical
- C. Extravagant
- D. Careful

**20. Choose the one word substitution for the given expression:**

One who cannot be corrected or reformed

- A. Insolent
- B. Incurable
- C. Invincible
- D. Ineligible

**Comprehension**

In some corners of the internet, the Bulgarian mystic Baba Vanga has taken on mythical proportions. Social media and tabloids across the globe credit her with predicting the 9/11 terrorist attacks, the Covid-19 pandemic and the war in Ukraine. Last week, some headlines went further, asking: “Did she (1) \_\_\_ the Israel-Iran war, US interference, missiles and airspace shutdowns?” An earlier article (2) \_\_\_ on her “predictions for 2026”, which purportedly included the start of world war three and humanity’s first contact with aliens. Such claims (3) \_\_\_ clicks, but a chorus of voices from Bulgaria and beyond has warned many of the (4) \_\_\_ attributed to Vanga were probably never said by her. Instead, they say, the so-called “Nostradamus of the Balkans” has become a potent avatar, used for everything from sensationalised clickbait to the pushing of pro-Russian narratives. “It’s absurd,” said Ivan Dramov of the Bulgaria-based Baba Vanga Foundation as he listed off false claims – amplified on TikTok, YouTube and publications that range from UK tabloids to Albanian state-run media – of Vanga’s visions of nuclear catastrophe or world wars. “Absolute lies have been told about this holy woman,” said Dramov, whose organisation was launched by Vanga’s followers and was chaired by Vanga herself in the years before her death. “Vanga dealt mainly with people’s health problems, not with upcoming (5) \_\_\_ in the world.” Known around the world as Baba Vanga, Vangeliya Pandeva Gushterova was born in 1911 in what was at the time the Ottoman Empire. As a teenager, she was said to have been thrown into a field by a tornado, leading to the gradual loss of her eyesight. She found herself in the local limelight during the second world war as people began visiting her to find out whether their loved ones would return from the front, said Dramov.

**21. select the most appropriate option to fill in blank (1).**

- A. prescience
- B. expiate
- C. obfuscate
- D. foresee

**22. select the most appropriate option to fill in blank (2).**

- A. perspicacious
- B. mused
- C. defenestrated
- D. absconded

**23. select the most appropriate option to fill in blank (3).**

- A. accretion
- B. enervate
- C. garner
- D. vituperate

**24. select the most appropriate option to fill in blank (4).**

- A. tautology
- B. soliloquies
- C. oracular
- D. prophecies

25. **select the most appropriate option to fill in blank (5).**

- A. panaceas
- B. apocalyptic
- C. cataclysm
- D. solecisms

**Answers**

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

[\[Practice exercise\]](#)**Explanations**

- 1. B) The coexistence of widespread undernutrition alongside a rapid rise in childhood obesity.**  
 The passage highlights that while "malnutrition remains widespread," India now also ranks second globally in overweight children, creating a "coexistence of undernutrition and obesity." others are incorrect: (A) contradicts the passage which mentions POSHAN Abhiyan exists. (C) is wrong because the transition was to "processed foods," not healthy ones. (D) is refuted by research stating obesity is "no longer confined to affluent households."
- 2. B) It could be weighed down by a complex health burden arising from non-communicable diseases.**  
 The final sentence states that without a proper response to the obesity epidemic and undernutrition, the "promise of India's demographic dividend could be weighed down by a complex health burden." others are incorrect: (A) is not mentioned. (C) suggests processed foods are a solution, but the passage calls them a cause of the problem. (D) contradicts the passage, which says India's transition is much faster than that of developed countries.
- 3. C) 1-True, 2-False, 3-True**  
 Statement 1 is True: This specific figure is provided in the third paragraph.  
 Statement 2 is False: The passage states policy initiatives like POSHAN Abhiyan "have overlooked its broader socioeconomic dimensions."  
 Statement 3 is True: The passage mentions a UNICEF survey found nutritional deficits are "often a carryover of the poor dietary habits of their mothers."
- 4. B) Apprehensive and Analytical**  
 The author is apprehensive about the "emerging epidemic" and the "formidable" disease challenge. The tone is analytical as it uses studies (Lancet, UNICEF, WHO) and data points to dissect the causes—from sedentary lifestyles to policy gaps.  
 others are incorrect: The passage is not celebratory as it focuses on a crisis. It is not dismissive, as it takes the issue very seriously, nor is it neutral, as it calls for urgent policy changes.
- 5. C) The urgent need for a multi-dimensional public health response to tackle the dual crisis of undernutrition and obesity.**  
 The passage explores both ends of the "nutritional spectrum" (undernutrition and obesity) and concludes that a broad response—combining awareness, regulation, and empowerment—is necessary to save India's health future.  
 others are incorrect: (A) overstates the success of these programs. (B) suggests a harmful solution. (D) is a minor detail used to support the larger argument, not the central theme.
- 6. 6. A) "Extempore" का अर्थ है वह भाषण जो बिना किसी पूर्व तैयारी के दिया जाए। जैसे: "She gave an extempore speech on the topic." "Extempore" means a speech delivered without preparation. Soliloquy = talking to oneself; Monologue = long speech by one person; Rhetoric = persuasive language. Correct answer: Extempore**

7. 7. D) "**To be in the doldrums**" का अर्थ है उदास या निराश महसूस करना। जैसे: "After losing his job, he has been in the doldrums for weeks." The idiom means to feel depressed or in low spirits. Originally, "doldrums" referred to a belt of calm ocean near the equator where ships got stuck due to lack of wind. Correct answer: To feel depressed or low-spirited
8. 8. C) "**A storm in a teacup**" का अर्थ है किसी छोटी बात को लेकर बहुत अधिक हंगामा करना। जैसे: "Their argument over the parking space was a storm in a teacup." The idiom means making a big fuss over something trivial or unimportant. It is used when someone overreacts to a minor issue. Correct answer: A big fuss about something trivial
9. A) Active voice "will + V1" की passive voice "will be + V3" होती है। Subject "the manager" को "by the manager" बनाते हैं और object "the results" नया subject बनता है। For future simple active (will + V1), the passive form = will be + V3. "The results will be announced by the manager tomorrow." Correct sentence: The results will be announced by the manager tomorrow.
10. A) "**Committee**" एक collective noun है जो singular verb लेता है। अतः "have decided" के स्थान पर "has decided" सही होगा। "Committee" is a collective noun and takes a singular verb. Replace "have decided" with "has decided." Correct sentence: The committee has decided to postpone the meeting.
11. C) सही वर्तनी "**Conscientious**" है जिसका अर्थ है कर्तव्यनिष्ठ या सावधान। बाकी सभी विकल्पों में वर्तनी की त्रुटि है। The correctly spelled word is "Conscientious," meaning diligent and careful. All other options have spelling mistakes. Remember: con-sci-en-ti-ous. Correct spelling: Conscientious
12. D) सही वर्तनी "**Millennium**" है जिसमें दो "l" और दो "n" होते हैं। यह 1000 वर्षों की अवधि को दर्शाता है। The correctly spelled word is "Millennium" (two l's and two n's). It refers to a period of one thousand years. Memory tip: mill + enn + ium. Correct spelling: Millennium
13. D) "Such an + adjective + noun + that" का प्रयोग किया जाता है जब adjective के बाद noun हो। यहाँ "honest man" एक noun phrase है, इसलिए "such an" सही है। "Such an + adjective + noun + that" is used when followed by a noun phrase. "So" is used before an adjective alone (e.g., "He is so honest that..."), but here "man" follows the adjective, so "such an" is correct. Correct sentence: He is such an honest man that everyone in the office trusts him completely.
14. B) "Would rather... than..." एक fixed expression है जिसका अर्थ है "...के बजाय... करना पसंद करना।" यहाँ "than" सही है। "Then" का प्रयोग समय के संदर्भ में होता है। "Would rather... than..." is a fixed expression meaning "prefer to do one thing over another." "Than" is used for comparison; "then" denotes time sequence. Correct sentence: I would rather die than beg for money.
15. B) "Ravi and Suresh" plural subject है, इसलिए "has gone" गलत है। इसके अलावा, "last week" (definite past time) के साथ simple past tense प्रयोग होता है, न कि present perfect। अतः "has gone" के स्थान पर "went" होना चाहिए। "Ravi and Suresh" is a plural subject. Also, with a definite past time marker like "last week," simple past tense is used, not present perfect. Replace "has gone" with "went." Correct sentence: Ravi and Suresh went to Delhi last week.
16. B) "News" एक uncountable noun है और singular verb लेता है। अतः "are" के स्थान पर "is" होना चाहिए। यह एक commonly confused word है। "News" is an uncountable noun and always takes a singular verb, even though it appears to be plural. Replace "are" with "is." Correct sentence: The news is very disturbing.
17. A) सबसे पहले Q (Education की परिभाषा/परिचय), फिर S (इसके फायदे), फिर R (उदाहरण - महान नेता), फिर P (किन्तु, प्रयास जरूरी है), फिर T (निष्कर्ष)। Q introduces education as a powerful tool →

S explains its benefits (opens doors) → R gives evidence (great leaders) → P adds an important condition (consistent effort needed) → T concludes (without education, potential unrealized).  
Correct order: QSRPT

18. C) "**Enigmatic**" का अर्थ है रहस्यमय या समझने में कठिन। इसका synonym "Mysterious" है। "Obvious" और "Transparent" इसके antonyms हैं। "Enigmatic" means difficult to understand or mysterious in nature. Its synonym is "Mysterious." Options A (Obvious) and B (Transparent) are antonyms. Example: "She gave an enigmatic smile."  
Correct answer: Mysterious
19. C) "**Frugal**" का अर्थ है मितव्ययी या किफायती। इसका antonym "Extravagant" (फिजूलखर्च) है। "Thrifty" और "Economical" इसके synonyms हैं। "Frugal" means economical with money or resources, avoiding waste. Its antonym is "Extravagant" (spending excessively). "Thrifty" and "Economical" are synonyms of frugal, not antonyms.  
Correct answer: Extravagant
20. B) "**Incorrigible**" का अर्थ है वह व्यक्ति जिसे सुधारा न जा सके। जैसे: "He is an incorrigible liar." Insolent = रुष्ट/अपमानजनक; Invincible = अजेय; Ineligible = अयोग्य। "Incorrigible" refers to a person who cannot be corrected or reformed. Insolent = rude/disrespectful; Invincible = impossible to defeat; Ineligible = not qualified.  
Correct answer: Incorrigible
21. D) '**foresee**' सही है क्योंकि इसका मतलब पहले से जान लेना या भविष्यवाणी करना (predict) होता है। Passage में पूछा गया है कि क्या उसने युद्ध की भविष्यवाणी की थी। Prescience एक noun है जिसका मतलब पूर्वज्ञान होता है, इसलिए यहाँ ग्रामर के हिसाब से गलत है। Expiate का मतलब पाप या गलती का प्रायश्चित्त करना होता है। Obfuscate का मतलब बात को उलझाना या अस्पष्ट करना होता है।  
foresee' is used because it means to be aware of beforehand or to predict. In the passage, the headlines are asking if she predicted the war. Grammatically, it is a verb that fits perfectly after "Did she". 'Prescience' is a noun meaning the fact of knowing something before it takes place, so it does not fit grammatically here. 'Expiate' means to atone for guilt or sin. 'Obfuscate' means to render obscure, unclear, or unintelligible.
22. B) '**mused**' सही है क्योंकि "mused on" का मतलब किसी विषय पर गहराई से विचार करना या सोचना (reflect) होता है। आर्टिकल उसकी 2026 की भविष्यवाणियों पर विचार कर रहा था। Perspicacious एक adjective है जिसका मतलब बहुत समझदार या कुशाग्र बुद्धि वाला होता है। Defenestrated का मतलब किसी को खिड़की से बाहर फेंक देना होता है। Absconded का मतलब गिरफ्तारी से बचने के लिए छिपकर भाग जाना (फरार होना) होता है।  
'mused' is used because the phrase "mused on" means to think about or reflect on a subject carefully. The article was reflecting on her predictions for 2026. 'Perspicacious' is an adjective meaning having a ready insight into and understanding of things. 'Defenestrated' means to throw someone out of a window. 'Absconded' means to leave hurriedly and secretly to escape from custody or avoid arrest.
23. C) '**garner**' सही है क्योंकि इसका मतलब इकट्ठा करना या पाना (collect) होता है। "Garner clicks" इंटरनेट पर views या क्लिक बटोरने के लिए इस्तेमाल होने वाला एक बहुत ही आम phrase है। Accretion एक noun है जिसका मतलब धीरे-धीरे इकट्ठा होकर बढ़ना होता है। Enervate का मतलब कमजोर करना या ऊर्जा खत्म करना होता है। Vituperate का मतलब कड़े शब्दों में निंदा करना या गाली देना होता है।  
'garner' is used because it means to gather or collect something, especially information or approval. "Garner clicks" is a common phrase meaning to attract or collect views on the internet. 'Accretion' is a noun meaning the process of growth or increase, typically by the gradual accumulation of additional layers. 'Enervate' means to cause someone to feel drained

of energy or vitality. 'Vituperate' means to blame or insult someone in strong or violent language.

24. D) '**prophecies**' सही है क्योंकि इसका मतलब भविष्यवाणियां (predictions) होता है, और बाबा वेंगा इसी के लिए मशहूर थीं। Passage में उन्हीं की भविष्यवाणियों के झूठे होने की बात हो रही है। Tautology का मतलब एक ही बात को अलग-अलग शब्दों में दोहराना होता है। Soliloquies का मतलब नाटक में अकेले अपने आप से बात करना होता है। Oracular एक adjective है जिसका मतलब भविष्यवाणी से जुड़ा हुआ या रहस्यमय होता है।

**prophecies**' is used because it means predictions of what will happen in the future, which exactly matches what Baba Vanga is famous for. The passage discusses how many of the predictions attributed to her were fake. 'Tautology' means the saying of the same thing twice in different words. 'Soliloquies' are acts of speaking one's thoughts aloud when by oneself, especially in a play. 'Oracular' is an adjective meaning relating to an oracle or hard to interpret.

25. C) **cataclysm**' सही है क्योंकि इसका मतलब दुनिया में होने वाली कोई बहुत बड़ी तबाही या प्रलय (disaster) होता है। Passage कहता है कि वेंगा लोगों की सेहत की समस्याओं को सुलझाती थीं, न कि दुनिया में आने वाली तबाही को। Panaceas का मतलब हर मर्ज़ की दवा (रामबाण) होता है। Apocalyptic एक adjective है जिसका मतलब प्रलयकारी होता है, इसलिए यह यहाँ noun की जगह पर नहीं आ सकता। Solecisms का मतलब ग्रामर की गलतियां होता है।

**cataclysm**' is used because it means a large-scale and violent event in the natural world or a sudden violent political or social upheaval. The passage says she dealt mainly with health problems, not upcoming worldly disasters or wars. 'Panaceas' are solutions or remedies for all difficulties or diseases. 'Apocalyptic' is an adjective describing the complete destruction of the world, so it doesn't fit the noun slot in the sentence. 'Solecisms' are grammatical mistakes in speech or writing.