

## Catch them young: On overweight or obese children in India

Increasing activity, **eating** healthy meals **will** help keep **obesity** away

The **phrase** 'catch them young' **has** acquired a **perverse slant** in a world **grappling with** a **galloping** non-communicable diseases **epidemic**. The full **gamut** of conditions that comprise metabolic diseases, usually impacting people with advancing age, **are** affecting even children, studies show. The recently **released** World Obesity Atlas 2026 **delivers** a true shocker. As per the report, released on World Obesity Day (March 4), in 2025, there were 14.9 million children in the 5-9 years group and more than 26.4 million children in the 10-19 age group in India who were overweight or obese. About 41 million children had a high BMI rate. Further, estimates suggest that by 2040, 20 million children in India will be obese and 56 million will be overweight. The report also estimates that at least 120 million children of school-going age are expected to have early signs of **chronic** illnesses such as **hypertension** and cardiovascular disease due to weight, in 2040. While, globally, China leads both categories, with 62 million children with high BMI and 33 million with obesity, India comes second, and is **tailed** by the United States (27 million high BMI; 13 million obesity). With such high obesity figures, the attendant health **statistics** too are unacceptably **off the charts**: In India, **children** aged 5-19 years with disease indicators **attributed to** high BMI, including hypertension, diabetes, hyperglycaemia, high cholesterol, and metabolic dysfunction-associated steatotic liver disease (MASLD) **are projected** to rise **substantially** by 2040. The risk factors are similar to adult-onset metabolic conditions, broadly categorised as insufficient activity and consumption of unhealthy foods. Other **aspects**, mentioned as causes, include poor access to healthy school meals for primary and secondary grade children, and **sub-optimal** breast feeding for infants aged 1-5 months.

Clearly, not enough is being done to **stem this tide** of growing childhood obesity. The World Obesity Federation **calls for** greater action and **emphasis** on monitoring **in terms of** marketing restrictions and sugar **levies on** packaged food products. Experts have also called for restrictions on marketing packaged foods to children, sincere implementation of global physical activity recommendations for children, ensuring the mandatory breastfeeding period for **infants**, and healthier school food standards, besides integration of prevention and care into primary health systems. It is **worrisome** that **obesity and overweight**, once associated with higher-income countries, **are** now **catching up** rapidly in low- and middle-income countries. If nothing is done at this stage, the **gains** that the nation expects from its youth, even as it **heads towards a grey path**, **will** be **hollowed out**. The only **way out** is to catch them young, even before non-communicable diseases can. **[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, fatness, stoutness, portliness, bulkiness मोटापा
2. **Perverse** (adjective) - distorted, warped, twisted, abnormal, contrary विकृत या भ्रष्ट
3. **Slant** (noun) - bias, prejudice, perspective, angle, leaning झुकाव या दृष्टिकोण
4. **Grapple with** (phrasal verb) - to struggle or deal with a difficult problem or situation. जूझना या सामना करना
5. **Galloping** (adjective) - surging, skyrocketing, soaring, escalating, rapid तेजी से बढ़ता हुआ
6. **Epidemic** (noun) - outbreak, plague, scourge, infestation, pandemic महामारी
7. **Gamut** (noun) - range, spectrum, scale, sweep, scope विस्तार या श्रेणी
8. **Chronic** (adjective) - persistent, long-term, lingering, deep-seated, habitual पुरानी या दीर्घकालिक
9. **Hypertension** (noun) - a condition in which the force of the blood against the artery walls is too high. उच्च रक्तचाप
10. **Tail** (verb) - follow, shadow, pursue, track, trail पीछे होना या पीछा करना
11. **Statistics** (noun) - data, figures, information, numbers, results आंकड़े
12. **Off the charts** (phrase) - much higher or greater than is expected or than is considered normal. अत्यधिक या अनुमान से बाहर
13. **Attribute to** (phrasal verb) - to say or think that something is the result of a particular thing. के कारण होना या श्रेय देना
14. **Project** (verb) - estimate, predict, forecast, anticipate, calculate अनुमान लगाना
15. **Substantially** (adverb) - considerably, significantly, greatly, markedly, largely काफी हद तक या पर्याप्त रूप से
16. **Aspect** (noun) - feature, facet, characteristic, element, side पहलू
17. **Sub-optimal** (adjective) - inferior, flawed, deficient, inadequate, substandard इष्टतम से कम या घटिया
18. **Stem the tide** (phrase) - to stop something from increasing or continuing, especially something bad. स्थिति को बिगड़ने से रोकना
19. **Call for** (phrasal verb) - to publicly ask for something to happen or be done. मांग करना या आवश्यकता होना
20. **Emphasis** (noun) - stress, weight, priority, importance, prominence जोर देना या महत्व
21. **In terms of** (phrase) - with regard to the particular aspect or subject specified. के संदर्भ में
22. **Levy** (on) (noun) - an official fee or tax that is imposed on a particular item पर लगाया गया कर
23. **Infant** (noun) - baby, newborn, neonate, toddler, nursling शिशु
24. **Worrisome** (adjective) - alarming, troubling, daunting, distressing, concerning चिंताजनक

25. **Catch up** (phrasal verb) - To reach the same quality or standard as someone or something else. बराबर पहुंचना
26. **Head** (verb) - direct, steer, point, lead, proceed बढ़ना या अग्रसर होना
27. **A grey path** (phrase) - refers to the aging of the population or an uncertain, gloomy future अनिश्चित या बुढ़ापे की ओर का रास्ता
28. **Hollow out** (phrasal verb) - to weaken something by removing its essential or core parts. खोखला करना
29. **Way out** (noun) - a method of solving a problem or escaping from a difficult situation समाधान या निकलने का रास्ता

## Summary of the Editorial

1. The editorial highlights the alarming rise of **childhood obesity in India**, which is becoming a major public health concern.
2. Diseases traditionally associated with adults, such as **hypertension, diabetes, and cardiovascular problems**, are increasingly affecting children.
3. The **World Obesity Atlas 2026**, released on **World Obesity Day (March 4)**, presents disturbing statistics about obesity among children.
4. In **2025**, around **14.9 million children aged 5–9 years** and **26.4 million children aged 10–19 years** in India were overweight or obese.
5. Overall, **about 41 million children in India had a high BMI** in 2025.
6. Projections indicate that by **2040**, nearly **20 million children will be obese** and **56 million will be overweight** in India.
7. Around **120 million school-going children** are expected to show early signs of chronic illnesses such as hypertension and heart disease by **2040**.
8. Globally, **China ranks first** in the number of children with high BMI and obesity, followed by **India**, with the **United States** in third place.
9. Rising obesity levels will significantly increase **metabolic diseases among children**, including hyperglycaemia, high cholesterol, diabetes, and MASLD (fatty liver disease).
10. The main causes of childhood obesity are **lack of physical activity and unhealthy dietary habits**.
11. Other contributing factors include **poor access to nutritious school meals** and **inadequate breastfeeding during infancy**.
12. The editorial argues that **current efforts are insufficient** to control the growing obesity epidemic among children.
13. The **World Obesity Federation recommends stronger measures**, such as restrictions on marketing unhealthy packaged foods and imposing sugar taxes.
14. Experts also suggest **promoting physical activity, improving school food standards, and strengthening primary healthcare systems** for prevention and treatment.
15. The editorial concludes that **early intervention in childhood is essential**, as preventing obesity at a young age will help protect future generations from non-communicable diseases and safeguard the country's demographic potential.

### Practice Exercise: SSC Pattern Based

1. **According to the World Obesity Atlas 2026, which country currently leads the global categories for children with high BMI and obesity?** [Editorial page]
  - A. India
  - B. United States
  - C. China
  - D. United Kingdom
2. **What are the projected statistics for obese and overweight children in India by the year 2040?**
  - A. 14.9 million obese and 26.4 million overweight
  - B. 20 million obese and 56 million overweight
  - C. 41 million obese and 120 million overweight
  - D. 13 million obese and 27 million overweight
3. **Which of the following is NOT mentioned in the passage as a contributing cause to childhood obesity?**
  - A. Sub-optimal breastfeeding for infants aged 1-5 months
  - B. Poor access to healthy school meals for primary and secondary students
  - C. Genetic mutations resulting from advancing age in parents
  - D. Insufficient physical activity and consumption of unhealthy foods
4. **What specific regulatory actions does the World Obesity Federation recommend to curb the rise of packaged food consumption?**
  - A. Complete ban on the production of all packaged food products
  - B. Marketing restrictions and sugar levies on packaged food products
  - C. Mandatory integration of primary health systems into schools
  - D. Subsidizing unhealthy foods to make healthy alternatives more exclusive
5. **Why does the author describe the expected gains from India's youth as potentially "hollowed out"?**
  - A. Because the youth population is shrinking and moving toward a "grey path" too early.
  - B. Because early signs of chronic illnesses like hypertension will reduce the productivity and health of the future workforce.
  - C. Because low- and middle-income countries are losing their youth to higher-income countries.
  - D. Because the cost of sugar levies will bankrupt the national primary health system.
6. **Select the most appropriate synonym of the given word:**  
UPBRAID
  - A. Flatter
  - B. Reprimand
  - C. Praise
  - D. Compliment
7. **Select the most appropriate antonym of the given word.**  
Impecunious
  - A. Insolvent
  - B. Wealthy
  - C. Indigent

- D. Penniless
8. **Choose the correct meaning of idiom:**  
Hang fire  
A. Delay taking action or making a decision  
B. Create urgency  
C. Withdraw support  
D. Complete a task early
9. **Choose the correct meaning of idiom:**  
To play the second fiddle  
A. To pretend submission in order to dominate  
B. To support another while accepting inferior status  
C. To refuse recognition despite achievement  
D. To operate without being named
10. **Which spelling is correct for a word meaning 'relating to the countryside'?**  
A. Rurall  
B. Rurel  
C. Rural  
D. Rurrall
11. **Select the correct spelling of a word meaning 'cell division of cytoplasm'**  
A. Cytokeness  
B. Cytokynesis  
C. Cytokinesis  
D. Cytokiness
12. **Select the sentence containing the homonym of the highlighted word:**  
The abbey walls displayed an ancient paten of silver.  
A. The monk placed the Eucharist on the paten.  
B. The art historian dated the paten to the 9th century.  
C. The tailor cut a circular paten from wool fabric.  
D. The relic was enclosed beneath the gold paten.
13. **Choose the correct one-word substitute for:**  
'A speech delivered without any previous preparation'  
A. Extempore  
B. Dialogue  
C. Soliloquy  
D. Prologue
14. **Choose the correct one-word substitute for:**  
The art of effective or persuasive speaking or writing".  
A. Logic  
B. Grammer  
C. Rhetoric  
D. Semantics
15. **Select the correct option:**  
\_\_\_\_\_ honesty is valued, transparency is indispensable.  
A. While

- B. Whereas  
C. Where  
D. When
16. **Select the correct option:**  
The physician spoke \_\_\_\_, avoiding technical jargon so patients could understand  
A. perspicuously  
B. perspicaciously  
C. perspicuity  
D. perspiringly
17. **Find the part of the sentence that contains an error:**  
The decision to delay the launch (1)/ was made so quickly that (2)/ it surprised not only the staff (3)/ but also to the stakeholders. (4)/  
A. (1)  
B. (2)  
C. (3)  
D. (4)
18. **Choose the most suitable option to replace the highlighted part of the sentence:**  
She goes to office in bus every day.  
A. by the bus  
B. in the bus  
C. by bus  
D. by a bus
19. **Choose the most suitable option to replace the highlighted part of the sentence:**  
He is capable to do this work  
A. of doing the work  
B. for doing the work  
C. in doing this work  
D. of doing this work
20. **Rearrange the following sentences to form a meaningful passage:**  
A. Carbon nanotubes exhibit exceptional strength and conductivity.  
B. Their nanoscale diameter allows structural flexibility.  
C. Applications span electronics, medicine, and materials.  
D. They're synthesized using chemical vapor deposition.  
A. 4-1-2-3  
B. 1-4-2-3  
C. 1-2-4-3  
D. 4-1-3-2

**Comprehension**

Most of America "springs forward" Sunday for daylight saving time. Losing that hour of sleep can do more than leave you tired and (1) \_\_\_\_ the next day; it also could harm your health. Darker mornings and more evening light knock your body clock out of (2) \_\_\_\_ which means daylight saving time can (3) \_\_\_\_ in sleep trouble for weeks or longer. Studies have even found an uptick in heart attacks and strokes right after the March time change. There are ways to ease the adjustment, including getting more sunshine to help reset your circadian rhythm for

healthful sleep. Daylight saving time begins Sunday at 2 a.m., an hour of sleep vanishing in most of the U.S. The ritual will reverse on Nov. 1 when clocks “fall back” as daylight saving time ends. Hawaii and most of Arizona don’t make the spring (4) \_\_\_\_, sticking to standard time year-round — along with Puerto Rico, American Samoa, Guam and the U.S. Virgin Islands. Worldwide, dozens of countries also (5) \_\_\_\_ daylight saving time, starting and ending at different dates.

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

- A. petulance
- B. languid
- C. cranky
- D. morosely

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

- A. semblance
- B. whack
- C. equilibrium
- D. disproportion

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

- A. instigate
- B. usher
- C. catalyst
- D. culminate

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

- A. vacillate
- B. switch
- C. metamorphosis
- D. ultimatum

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

- A. observe
- B. commemorate
- C. venerate
- D. celebrate

## Answers

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

**[Practice Exercise]**

## Explanations

### 1. C) China

The passage states, "While, globally, China leads both categories, with 62 million children with high BMI and 33 million with obesity..."

others are incorrect: (A) India is ranked second. (B) The United States is ranked third, trailing India. (D) The United Kingdom is not mentioned in the statistics provided.

### 2. B) 20 million obese and 56 million overweight

The passage explicitly mentions estimates for the future: "Further, estimates suggest that by 2040, 20 million children in India will be obese and 56 million will be overweight."

others are incorrect: (A) reflects the 2025 data for specific age groups. (C) combines current high BMI rates with future chronic illness projections. (D) refers to the current statistics for the United States.

### 3. C) Genetic mutations resulting from advancing age in parents

The passage lists lifestyle and dietary factors, breastfeeding, and school meal quality as causes, but it does not mention parental age or genetic mutations.

others are incorrect: (A), (B), and (D) are all specifically listed in the passage under "Other aspects, mentioned as causes" or "risk factors."

### 4. B) Marketing restrictions and sugar levies on packaged food products

The passage states that the Federation "calls for greater action and emphasis on monitoring in terms of marketing restrictions and sugar levies..."

others are incorrect: (A) is too extreme and not mentioned. (C) is a healthcare integration suggestion, not a direct regulation on packaged food. (D) describes the opposite of a sugar levy.

### 5. B) Because early signs of chronic illnesses like hypertension will reduce the productivity and health of the future workforce.

The author suggests that if obesity isn't tackled, chronic illnesses (hypertension, diabetes, etc.) will affect the youth, making the nation's expected "gains" from them "hollow."

others are incorrect: (A) misinterprets "grey path," which refers to the nation aging, not the youth shrinking. (C) and (D) are not mentioned or supported by the logic of the passage.

### 6. B) **Upbraid** (verb) – Scold, rebuke, reproach, castigate, admonish फटकार लगाना

Synonym: **Reprimand** (verb) – To criticize or scold someone officially; rebuke, admonish, censure. फटकारना

- **Flatter** (verb) – Praise excessively, compliment, adulate. खुशामद करना
- **Praise** (verb) – Appreciate, commend, applaud. प्रशंसा करना
- **Compliment** (verb) – To express praise or admiration. प्रशंसा करना

### 7. B) **Impecunious** (adjective) – Poor, penniless, needy, destitute, indigent निर्धन, कंगाल

Antonym: **Wealthy** (adjective) – Rich, affluent, prosperous, well-off, moneyed धनी, संपन्न

- **Insolvent** (adjective) – Unable to pay debts, bankrupt दिवालिया
- **Indigent** (adjective) – Poor, needy, impoverished गरीब

- **Penniless** (adjective) – Having no money, broke निर्धन
8. A) **Hang fire** (idiom) – Delay taking action or making a decision कार्रवाई या निर्णय लेने में देरी करना
9. B) **To play the second fiddle** (idiom) – To support another while accepting inferior status कम महत्व की भूमिका निभाते हुए किसी और का सहयोग करना / दूसरे स्थान पर रहना।
10. C) The correct spelling of the word meaning relating to the countryside is Rural which means “connected with villages or the countryside” ग्रामीण, देहाती।
11. C) The correct spelling of the word meaning cell division of cytoplasm is Cytokinesis, which refers to the division of the cell’s cytoplasm during cell division. हिंदी में इसका अर्थ है – साइटोप्लाज़्म का विभाजन।
12. C) **The tailor cut a circular paten from wool fabric.**  
वाक्य में ‘paten’ का अर्थ है – एक धार्मिक चाँदी/धातु की थाली जिस पर Eucharist रखा जाता है (a liturgical plate used during Mass)।  
अब हमें ऐसा वाक्य चुनना है जिसमें ‘paten’ का समान उच्चारण वाला लेकिन भिन्न अर्थ वाला शब्द (homonym) प्रयोग हुआ हो।  
विकल्प C में ‘paten’ का अर्थ है – कपड़े से काटा गया गोल पैटर्न/टुकड़ा (a circular pattern or piece cut from fabric), जो धार्मिक थाली से बिल्कुल अलग अर्थ रखता है।  
यह उच्चारण में समान, लेकिन अर्थ में भिन्न – इसलिए यह homonym है।  
In the highlighted sentence, paten refers to a liturgical metal plate used to hold the Eucharist during Mass.  
In option C, paten is used to mean a circular fabric pattern or cut-out, not a religious vessel. Thus, the form is the same, but the meaning shifts completely, making it a homonym.
13. A) **Extempore** (adverb/adjective) – A speech delivered without any previous preparation बिना तैयारी का भाषण
- **Dialogue** (noun) – A conversation between two or more people दो या अधिक लोगों के बीच वार्तालाप
  - **Soliloquy** (noun) – A speech in which a character speaks thoughts aloud when alone मंच पर अकेले बोला गया आत्मकथन
  - **Prologue** (noun) – An introduction to a play, poem, or story नाटक/काव्य/कहानी का प्रारंभिक भाग
14. C) **Rhetoric** (noun) – The art of effective or persuasive speaking or writing प्रभावशाली या प्रभावी बोलने/लिखने की कला।
- **Logic** (noun) – Reasoning conducted or assessed according to strict principles तर्कशास्त्र
  - **Grammar** (noun) – The study of rules of a language व्याकरण
  - **Semantics** (noun) – The branch of linguistics concerned with meaning अर्थविज्ञान
15. C) **Where** का प्रयोग होगा क्योंकि यह किसी परिस्थिति या स्थिति को दर्शाता है— “जहाँ ईमानदारी की कद्र होती है, वहाँ पारदर्शिता अनिवार्य है।” यह वाक्य एक specific situation या context के बारे में बता रहा है, और ऐसे संदर्भों में where सबसे उपयुक्त conjunction है।
- ‘Where’ should be used because the sentence indicates a specific situation or context: “Where honesty is valued, transparency is indispensable.”
- It sets the condition under which the second clause is true, making where the most appropriate conjunction in this context.

16. A) '**Perspicuously**' का प्रयोग होगा क्योंकि वाक्य का संदर्भ स्पष्ट और समझ में आने वाले ढंग से बोलने पर आधारित है। यहाँ "The physician spoke \_\_\_\_, avoiding technical jargon so patients could understand" में डॉक्टर ने सरल, साफ़ और आसानी से समझ आने वाली भाषा का उपयोग किया। इसलिए perspicuously (स्पष्ट रूप से) सबसे उपयुक्त विकल्प है।

- '**Perspicuously**' should be used because the context of the sentence focuses on speaking in a clear and easily understandable manner.

In "The physician spoke \_\_\_\_, avoiding technical jargon so patients could understand," the physician is using simple, transparent language.

Thus, perspicuously (clearly) is the most appropriate choice.

17. D) '**to**' का प्रयोग गलत है; 'but also the stakeholders' होना चाहिए क्योंकि 'not only... but also' संरचना में दूसरे भाग से पहले preposition नहीं आता।

In English:

The sentence uses the correlative conjunction "not only ... but also."

In such structures, parallelism is mandatory — both elements must follow the same grammatical pattern.

The first element is:

"not only the staff" (no preposition)

Therefore, the second element must match it:

"but also the stakeholders" (no preposition)

Adding "to" before the second noun breaks parallel structure.

Correct Sentence: The decision to delay the launch was made so quickly that it surprised not only the staff but also the stakeholders.

18. C) 'goes to office in bus' के बदले 'by bus' का प्रयोग होगा क्योंकि साधारण परिवहन के साधन के साथ सामान्य truth या habit को व्यक्त करने के लिए Preposition 'by' बिना article के प्रयोग होता है; जैसे— He goes to school by bus.

In English:

Incorrect phrase: "in bus"

To express a regular habit or general means of transport, English uses:

by + transport (without article)

Why "by bus" is correct:

"By bus" shows the mode of transport, not the physical location.

When by is used for transport, no article (a / the) is used.

This structure is standard in formal and exam English.

Other Options Analysis:

by the bus — refers to a specific bus, not a general habit.

in the bus — focuses on being inside the bus, not the mode.

by a bus — implies a particular bus, not general travel.

19. D) 'to do this work' के बदले 'of doing the work' का प्रयोग होगा क्योंकि capable एक ऐसा adjective है जिसके बाद हमेशा preposition 'of' आता है, और इसके बाद gerund (verb + ing) का प्रयोग किया जाता है। इसलिए सही रूप capable of doing the work होगा।

In English:

Error in the sentence: "He is capable to do this work."

The adjective "capable" is always followed by the preposition "of".

After "of," the verb must be in gerund form (verb + -ing).

So, the correct structure is:

capable of doing ...

Other Options Analysis;

for doing the work — "capable for" is incorrect.

in doing this work — "capable in" is not correct usage.

of doing the work — close, but the sentence mentions "this work" so better to match specificity.

Correct Sentence: He is capable of doing this work.

20. C) 1-2-4-3

1 starts the paragraph by stating that carbon nanotubes exhibit exceptional strength and conductivity.

2 follows by explaining that their nanoscale diameter allows structural flexibility.

4 comes next, describing the synthesis method using chemical vapor deposition.

3 concludes the paragraph by mentioning their applications across electronics, medicine, and materials.

1 paragraph की शुरुआत करता है यह बताकर कि कार्बन नैनोट्यूब्स असाधारण मजबूती और चालकता प्रदर्शित करते हैं।

2 इसके बाद आता है जो उनके नैनोस्केल व्यास के कारण संरचनात्मक लचीलापन बताता है।

4 फिर आता है जो उनके निर्माण केमिकल वेपर डिपोजीशन के बारे में बताता है।

3 end में आता है जो उनके इलेक्ट्रॉनिक्स, चिकित्सा और सामग्री विज्ञान में उपयोगों का वर्णन करता है।

21. C) 'cranky' सही है क्योंकि यह एक adjective है जिसका मतलब चिड़चिड़ा (irritable) होता है। नींद पूरी न होने पर "tired and cranky" महसूस करना एक आम बात है। 'petulance' एक noun है, इसलिए ग्रामर के हिसाब से गलत है। 'languid' का मतलब सुस्त या आराम से होता है, जो यहाँ फिट नहीं बैठता क्योंकि नींद की कमी से इंसान चिड़चिड़ा होता है। 'morosely' एक adverb है जिसका मतलब उदासी से होता है, इसलिए यह भी गलत है।

- 'cranky' is used because it is an adjective meaning ill-tempered or irritable, which pairs perfectly with the adjective "tired" to describe how losing sleep makes you feel. 'petulance' is a noun meaning childish bad temper, so it fails grammatically here because the sentence needs an adjective. 'languid' means slow, relaxed, or lacking energy; while you might be tired, 'languid' doesn't capture the irritable mood caused by a lack of sleep. 'morosely' is an adverb meaning gloomily, so it breaks the grammar rule (we need an adjective after "leave you").

22. B) 'whack' सही है क्योंकि "out of whack" एक बहुत ही common idiom (मुहावरा) है जिसका मतलब किसी सिस्टम का खराब होना या balance बिगड़ना होता है। यह body clock के बिगड़ने को बिल्कुल सही दर्शाता है। 'semblance' का मतलब बाहरी दिखावा होता है। 'equilibrium' का मतलब संतुलन होता है, लेकिन "knock out of" के साथ idiomatically 'whack' ही सबसे सटीक आता है। 'disproportion' का मतलब आकार या मात्रा (size/amount) में असंतुलन होता है।

- 'whack' is used because "out of whack" is a standard English idiom meaning out of order, not working properly, or out of balance. It perfectly describes a disrupted biological body clock. 'semblance' means outward appearance or form. 'equilibrium' means balance, but it does not form the common phrase "knock out of" in this context

as naturally as the specific idiom "out of whack" does. 'disproportion' means a lack of balance in size or amount, which doesn't apply to a biological clock.

23. B) **'usher'** सही है क्योंकि "usher in" एक phrasal verb है जिसका मतलब किसी नई चीज़ (जैसे यहाँ sleep trouble) की शुरुआत करना होता है। 'instigate' का मतलब भड़काना या शुरू करना होता है, लेकिन इसके साथ 'in' preposition नहीं आता। 'culminate' के साथ 'in' आता है, लेकिन इसका मतलब किसी चीज़ के अंत या चरम सीमा (climax) पर पहुँचना होता है। 'catalyst' एक noun है जिसका मतलब बदलाव लाने वाला होता है, जबकि यहाँ verb की ज़रूरत है।

- 'usher' is used because the phrasal verb "usher in" means to cause or mark the start of something new (like sleep trouble). 'instigate' means to bring about or initiate, but it takes a direct object (instigate sleep trouble) and does not use the preposition "in". 'culminate' takes the preposition "in", but it means to reach a final climax or end point, not to start something. 'catalyst' is a noun meaning a person or thing that causes change, which fails grammatically where a verb is needed.

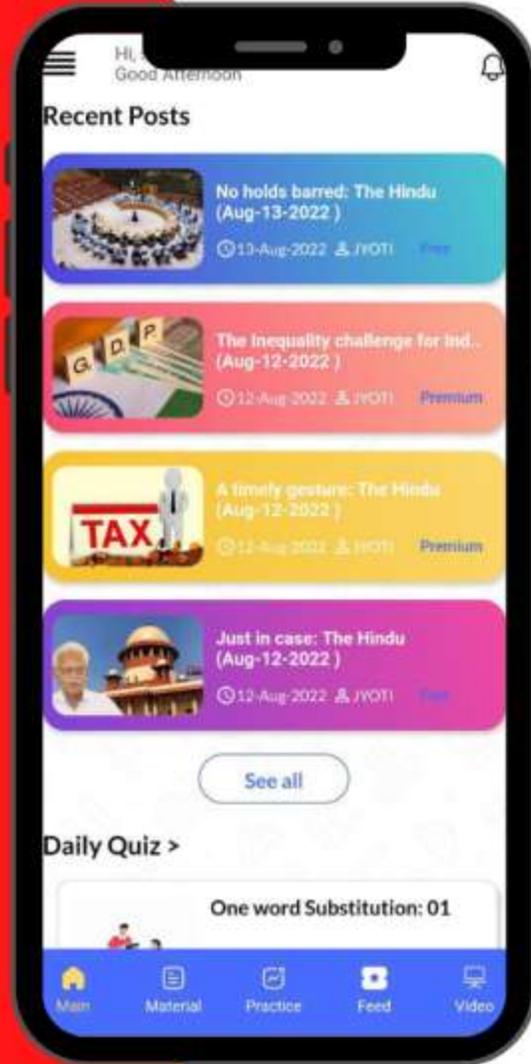
24. B) **'switch'** सही है क्योंकि इसका मतलब बदलाव (change) होता है, जो घड़ियों के समय बदलने (spring switch) के लिए एकदम सही और आसान शब्द है। 'vacillate' एक verb है जिसका मतलब हिचकिचाना या फैसला न कर पाना होता है, जबकि यहाँ noun चाहिए। 'metamorphosis' का मतलब पूरा रूप बदल जाना (जैसे कैटरपिलर से तितली बनना) होता है, जो समय बदलने के लिए बहुत hard शब्द है।

'ultimatum' का मतलब अंतिम चेतावनी (final warning) होता है।

- 'switch' is used because it means a change or shift, which simply and accurately describes the act of changing the clocks in the spring. 'vacillate' is a verb meaning to waver or be indecisive, so it fails grammatically where a noun is needed. 'metamorphosis' means a complete biological transformation (like a caterpillar turning into a butterfly), which is way too extreme for a simple time change. 'ultimatum' means a final demand or threat.

25. A) **'observe'** सही है क्योंकि जब हम किसी कानून, नियम या प्रथा (जैसे Daylight Saving Time) का पालन करते हैं, तो उसके लिए 'observe' का इस्तेमाल होता है। 'commemorate' का मतलब किसी पुरानी ऐतिहासिक घटना या व्यक्ति को याद करना होता है। 'venerate' का मतलब बहुत ज़्यादा या धार्मिक सम्मान देना होता है। 'celebrate' का मतलब जश्न मनाना होता है, और लोग सिर्फ घड़ियाँ बदलने का जश्न नहीं मनाते।

- 'observe' is used because in the context of laws, customs, or time changes, it means to formally follow or comply with a practice. Countries "observe" Daylight Saving Time. 'commemorate' means to show respect for or remember a past historical event or person. 'venerate' means to regard with great, almost religious, respect. 'celebrate' implies a joyous party or social gathering, which people don't do just for changing their clocks.



# Learn Vocabulary Through Reading Articles

**English Madhyam**