English Madhyam

(Weekly vocabulary compilation)

From 09 MAR 2026 TO 14 MAR 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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The Hindu editorial: New formula (09 MAR 2026)

1. **Meet** (verb) - satisfy, fulfill, answer, match, qualify संतोषजनक होना

2. **Thrill** (noun) - excitement, stimulation, pleasure, glow, sensation रोमांच

3. **Go through** (phrasal verb) - to experience or endure a particular period or situation से गुजरना

4. **Reflect** (verb) - mirror, manifest, indicate, display, demonstrate दर्शाया गया

5. **Soaring** (adjective) - escalating, rising, spiraling, mounting, skyrocketing तेजी से बढ़ता हुआ

6. **Exciting** (adjective) - exhilarating, thrilling, stirring, racy, breathtaking उत्तेजक

7. **In contention** (phrase) - having a good chance of success in a contest or competition प्रतियोगिता में होना

8. **Triumph** (verb) - succeed, prevail, conquer, vanquish, dominate विजयी होना

9. **On the eve of** (phrase) - just before a particular event or occasion के पूर्व संध्या पर

10. **Embark on** (phrasal verb) - to begin a new project, business, or course of action शुरुआत करना

11. **Bold trajectory** (noun) - a courageous or strong path or line of development followed by something साहसिक प्रक्षेपवक्र

12. **Heightened** (adjective) - intensified, amplified, enhanced, aggravated, increased बढ़ा हुआ

13. **Sustainable living** (noun) - a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources टिकाऊ जीवन शैली

14. **Fuel-guzzling** (adjective) - consuming a large amount of fuel very quickly ईंधन की अत्यधिक खपत करने वाला

15. **Anachronistic** (adjective) - antiquated, archaic, obsolete, outmoded, dated पुराने समय का

16. **Endeavour** (noun) - undertaking, enterprise, venture, pursuit, effort प्रयास

17. **Take leap** (phrase) - to take a sudden and decisive step or action to achieve something बड़ी छलांग लगाना

18. **Governing** (adjective) - ruling, commanding, regulating, directing, managing शासी

19. **Conventional** (adjective) - traditional, standard, customary, ordinary, usual पारंपरिक

20. **Biomass** (noun) - organic matter used as a fuel, especially in a power station for the generation of electricity जीवभार

21. **Harvest** (verb) - gather, collect, accumulate, garner, reap एकत्रित करना

22. **Historically** (adverb) - traditionally, formerly, anciently, long ago, past कालक्रमानुसार

23. **Lofty** (adjective) - ambitious, exalted, noble, grand, elevated बुलंद

24. **Charm** (noun) - appeal, allure, attraction, fascination, charisma आकर्षण

25. **Absolute** (adjective) - total, utter, complete, sheer, thorough पूर्ण

26. **Enthral** (verb) - captivate, charm, enchant, fascinate, bewitch मंत्रमुग्ध करना

27. **Lukewarm** (adjective) - indifferent, cool, half-hearted, tepid, apathetic उत्साहहीन

28. **Energy-starved** (adjective) - lacking sufficient energy or power supply ऊर्जा की कमी वाला

29. **Overcome** (verb) - surmount, defeat, conquer, beat, prevail over काबू पाना

30. **Step in** (phrasal verb) - to become involved in a difficult situation in order to help हस्तक्षेप करना

31. **Gamble** (noun) - risk, venture, speculation, hazard, bet जुआ/जोखिम

32. **Worthwhile** (adjective) - valuable, useful, beneficial, rewarding, profitable सार्थक

The Indian Express editorial: For India, obesity complicates the nutrition challenge (10 MAR 2026)

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

The Hindu editorial: Bitter milk (11 MAR 2026)

1. **Stringent** (adjective) - rigorous, severe, strict, firm, rigid कठोर

2. **Contaminate** (verb) - pollute, adulterate, defile, taint, corrupt दूषित करना

3. **Sound** (verb) - resonate, signal, announce, declare, proclaim संकेत देना या गूँजना

4. **The death toll** (noun) - the total number of deaths resulting from a particular event or disaster मरने वालों की संख्या

5. **Infant** (noun) - baby, newborn, toddler, neonate, nursling शिशु

6. **Invoke** (verb) - cite, apply, implement, exert, resort लागू करना या सहारा लेना

7. **Culpable** (adjective) - guilty, blameworthy, censurable, reprehensible, liable अपराधी या दोषपूर्ण

8. **Homicide** (noun) - murder, killing, assassination, slaughter, matricide मानव वध

9. **Amount to** (phrasal verb) - to be equivalent to or have the same effect as something के बराबर होना

10. **Vendor** (noun) - seller, merchant, trader, dealer, purveyor विक्रेता

11. **Allegedly** (adverb) - purportedly, supposedly, ostensibly, reportedly, professedly कथित तौर पर

12. **Bitter** (adjective) - acrid, tart, harsh, pungent, caustic कड़वा

13. **Reasonable** (adjective) - logical, rational, sensible, justifiable, plausible उचित

14. **Gross** (adjective) - flagrant, glaring, obvious, sheer, total घोर या स्पष्ट

15. **Negligence** (noun) - carelessness, laxity, dereliction, neglect, heedlessness लापरवाही

16. **Counterproductive** (adjective) - harmful, adverse, damaging, biased, detrimental उल्टा प्रभाव डालने वाला

17. **Staple** (noun) - principal, chief, basic, main, essential मुख्य खाद्य पदार्थ

18. Infamous (adjective) - notorious, disreputable, ill-famed, villainous, ignominious कुख्यात

19. **Lethality** (noun) - fatality, deadliness, mortality, virulence, poisonousness घातकता

20. **Trigger** (verb) - activate, initiate, spark, provoke, cause सक्रिय करना या शुरू करना

21. **Renal** (adjective) - relating to the kidneys or their functions गुर्दे संबंधी

22. **Push** (verb) - urge, drive, propel, press, shove धकेलना या मजबूर करना

23. **Pasteurise** (verb) - sterilize, disinfect, sanitize, purify, clean कीटाणुहीन करना

24. **Offender** (noun) - culprit, criminal, lawbreaker, wrongdoer, convict अपराधी

25. **Marginal** (adjective) - peripheral, borderline, slight, minor, negligible मामूली या सीमांत

26. **Paradoxically** (adverb) - contradictorily, inconsistently, incongruously, ironically, oddly विरोधाभासी रूप से

27. **Undermine** (verb) - weaken, erode, sabotage, subvert, impair कमजोर करना

28. **Oversight** (noun) - supervision, surveillance, management, administration, inspection निगरानी

29. **Project** (verb) - present, display, exhibit, portray, depict प्रदर्शित करना

30. **At work** (phrase) - in operation or having a particular influence or effect सक्रिय या कार्यरत

31. **Alleged** (adjective) - reported, claimed, supposed, purported, unproven आरोपित या कथित

32. **Overstate** (verb) - exaggerate, embellish, magnify, overemphasize, overrate बढ़ा-चढ़ाकर कहना

33. **Compliance** (noun) - adherence, obedience, conformity, observance, accordance अनुपालन

34. **Room** (noun) - scope, opportunity, margin, leeway, space गुंजाइश

35. **Contamination** (noun) - pollution, impurity, infection, foulness, adulteration मिलावट या दूषण

36. **Subsidised** (adjective) - funded, sponsored, supported, aided, financed रियायती या सहायता प्राप्त

37. **Safe-harbour** (noun) - a provision in a law or regulation that affords protection from liability or penalty legal under certain conditions कानूनी संरक्षण क्षेत्र

38. **Consistent** (adjective) - steady, constant, uniform, stable, persistent सुसंगत या स्थिर

39. **Enforcement** (noun) - implementation, execution, imposition, application, administration प्रवर्तन या लागू करना

40. **Audit** (noun) - inspection, examination, check, scrutiny, verification लेखापरीक्षा या जांच

41. **Enforce** (verb) - implement, apply, administer, impose, execute लागू करना

42. **Negligible** (adjective) - insignificant, trivial, minor, petty, trifling नगण्य

43. **Harshest** (adjective) - severest, sternest, roughest, toughest, bitterest सबसे कठोर

44. **Impose** (verb) - inflict, levy, enforce, dictate, ordain थोपना या लगाना

45. **Sanction** (noun) - penalty, punishment, deterrent, embargo, restriction दंड या प्रतिबंध

46. **Deterrent** (noun) - discouragement, hindrance, obstacle, restraint, prevention निवारक

47. **Aid** (verb) - assist, help, support, abet, facilitate सहायता करना

48. **Lead to** (phrasal verb) - to result in or cause something to happen का कारण बनना

49. **Conviction** (noun) - sentence, judgment, verdict, pronouncement, condemnation दोषसिद्धि

The Hindu editorial: Catch them young (12 MAR 2026)

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

The Hindu editorial: Policy missteps (13 MAR 2026)

1. **Misstep** (noun) - blunder, oversight, slip, error, gaffe गलती

2. **Unfold** (verb) - happen, occur, transpire, evolve, develop घटित होना

3. **Shine a spotlight on** (phrase) - to draw attention to or illuminate a particular issue or subject किसी चीज़ पर प्रकाश डालना

4. **Preparedness** (noun) - readiness, alertness, equipment, state, maturity तत्परता

5. **Disruption** (noun) - disturbance, interruption, disorder, interference, upheaval बाधा

6. **Vital** (adjective) - essential, crucial, critical, pivotal, indispensable महत्वपूर्ण

7. **To someone's credit** (phrase) - used to mention a quality or action that deserves praise or respect किसी के श्रेय में

8. **Gradually** (adverb) - slowly, progressively, steadily, piecemeal, bit by bit धीरे-धीरे

9. **Smoothen** (verb) - facilitate, ease, expedite, clear, level आसान बनाना

10. **Adoption** (noun) - acceptance, embrace, approval, implementation, assumption अपनाना

11. **Vast** (adjective) - immense, massive, huge, colossal, enormous विशाल

12. **Likely** (adjective) - probable, plausible, expected, anticipated, possible संभावित

13. **Marginal** (adjective) - slight, small, insignificant, minimal, minor मामूली

14. **Significance** (noun) - importance, consequence, weight, substance, gravity महत्व

15. **Oriented** (adjective) - aligned, directed, focused, positioned, inclined उन्मुख

16. **Robust** (adjective) - strong, resilient, sturdy, tough, vigorous मजबूत

17. **In the face of** (phrase) - when confronted with or despite something challenging किसी चुनौती का सामना करते हुए

18. **Give in** (phrasal verb) - to cease fighting or arguing; admit defeat; yield झुक जाना

19. **Steady** (verb) - stabilize, balance, secure, settle, support स्थिर करना

20. **Bear** (verb) - endure, tolerate, withstand, suffer, undergo सहना

21. **Deliberate** (verb) - ponder, contemplate, consider, meditate, ruminate विचार-विमर्श करना

22. **As things stand** (phrase) - in the present circumstances or the current situation वर्तमान स्थिति में

23. **Squander** (verb) - waste, dissipate, lavish, misuse, fritter गंवा देना

24. **Diminish** (verb) - decrease, decline, reduce, wane, ebb कम होना

25. **Distant** (adjective) - remote, far, aloof, detached, removed दूर

26. **Anonymous** (adjective) - nameless, unidentified, incognito, faceless, unknown गुमनाम

27. **Necessity** (noun) - requirement, prerequisite, compulsion, obligation, need आवश्यकता

28. **Lay bare something** (idiom) - to reveal or uncover something that was previously hidden खुलासा करना

29. **Anticipate** (verb) - foresee, predict, expect, forecast, divine पूर्वानुमान करना

30. **Resultant** (adjective) - ensuing, consequent, following, subsequent, resulting परिणामी

31. **Commensurate** (adjective) - proportionate, equivalent, equal, corresponding, comparable अनुरूप

32. **Stable** (adjective) - steady, firm, secure, constant, fixed स्थिर

33. **Amid** (preposition) - among, during, amidst, throughout, between के बीच

34. **So far** (phrase) - until now or up to this point अब तक

35. **Warranted** (adjective) - justified, sanctioned, authorized, deserved, merited उचित

36. **Accountable** (adjective) - responsible, liable, answerable, amenable, obligated जवाबदेह

The Hindu editorial: Arbitrary and opaque (14 MAR 2026)

1. **Arbitrary** (adjective) - capricious, random, chance, erratic, whimsical मनमाना

2. **Opaque** (adjective) - unclear, obscure, murky, non-transparent, hazy अस्पष्ट

3. **Tweak** (verb) - adjust, modify, alter, fine-tune, adapt बदलाव करना

4. **Transparency** (noun) - clarity, openness, directness, candor, accountability पारदर्शिता

5. **Corollary** (noun) - consequence, result, outcome, byproduct, sequel परिणाम / उपसिद्धांत

6. **Abruptly** (adverb) - suddenly, unexpectedly, hurriedly, precipitously, bluntly अचानक

7. **Hint** (noun) - clue, intimation, inkling, suggestion, sign संकेत / इशारा

8. **Stakeholder** (noun) - interested party, collaborator, participant, shareholder, partner हितधारक

9. **Decade** (noun) - a period of ten years दशक

10. **Headline** (noun) - caption, title, heading, front-page news, banner मुख्य समाचार

11. **Litigation** (noun) - lawsuit, legal action, case, judicial proceedings, dispute मुकदमेबाजी

12. **Alter** (verb) - change, modify, transform, vary, amend बदलना

13. **Detriment** (of) (noun) - disadvantage, harm, or damage of someone/something नुकसान

14. **For instance** (phrase) - as an example to illustrate a point उदाहरण के लिए

15. **Substantially** (adverb) - considerably, significantly, largely, appreciably, sizeably काफी हद तक / पर्याप्त रूप से

16. **Exercise** (verb) - use, employ, utilize, exert, apply प्रयोग करना / अमल में लाना

17. **Come into force** (phrase) - to start to apply or be operative (as a law or rule) लागू होना

18. **Intervention** (noun) - interference, mediation, involvement, arbitration, intercession हस्तक्षेप

19. **Leave in the lurch** (phrase) - to leave someone in a difficult situation without help मझधार में छोड़ देना

20. **Unrealistic** (adjective) - impractical, unfeasible, idealistic, improbable, quixotic अवास्तविक

21. **Obsolete** (adjective) - outdated, antiquated, archaic, outmoded, defunct अप्रचलित / पुराना

22. **Reflect** (verb) - indicate, manifest, display, demonstrate, mirror दर्शाना / प्रतिबिंबित करना

23. **Interpretation** (noun) - explanation, analysis, clarification, version, reading व्याख्या

24. **Moreover** (adverb) - furthermore, additionally, besides, also, further इसके अलावा

25. **Ceiling** (noun) - limit, cap, maximum, upper limit, peak ऊपरी सीमा

26. **So far** (phrase) - up to this point or until now अब तक

27. **Commitment** (noun) - obligation, responsibility, duty, promise, pledge प्रतिबद्धता

28. **Meet** (verb) - fulfill, satisfy, achieve, match, answer पूरा करना / निपटना

29. **Empathy** (noun) - compassion, understanding, sensitivity, rapport, commiseration सहानुभूति

30. **Mere** (adjective) - simple, basic, plain, bare, minor मात्र / केवल