

## Surplus heat is the new climate challenge

The World Meteorological Organisation's (WMO) latest State of Climate Report confirms the agency's **findings** over the last 10 years. The **decade** that ended last year **was** the hottest on record. The carbon dioxide in the atmosphere is about 50 per cent higher than pre-industrial levels. In 2025, even as renewable energy **edged out** coal as the leading source of electricity, global emissions reached record levels. Even though clean power has registered an **appreciable** increase, **it's nowhere close to keeping pace with** the world's **appetite** for energy. All this means that the concentration of carbon dioxide reached its highest level in the last 2 million years, and methane and nitrous oxide in at least the last 800,000 years. In itself, these are **sobering** figures. The WMO report adds another worrying dimension – the record levels of GHG have **upset** the Earth's energy **equilibrium**. Ideally, the amount of radiation entering the planet and the amount of it leaving it should be roughly similar. But a heat surplus has **accumulated** in the past six **decades**. That means that even if GHG emissions were to completely stop anytime soon, the planet will continue to warm.

Since water can store large amounts of heat, the seas and oceans have become the main **repositories** of the extra energy trapped by GHGs. The total effects on oceans are not fully understood. But some of them are **apparent**. As the authors of the WMO report **point out**, warmer oceans create conditions for stronger tropical storms. At the same time, melting ice is pushing up sea levels and weakening the planet's ability to **reflect** solar radiation back into space, **aggravating** the energy imbalance in the process.

**Incremental** changes are **unlikely** to change the **trajectory** of extreme weather events. Therefore, even as they **devote** resources towards green methods of production, planners must find ways to make **infrastructure** more **resilient**, invest more in early warning systems and **shield the vulnerable**. The energy imbalance could **unfold** over **decades**. Policies must, therefore, be stable enough to guide investments and research over long time-scales. The most important **message** for governments and the political class worldwide **is** this: They need to find the resolve and creativity to **insulate** climate policies from short-term politics.

[Practice Exercise]

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

## Vocabulary

1. **Findings** (noun) - results, data, conclusions, discoveries, observations निष्कर्ष
2. **Decade** (noun) - ten-year period दशक
3. **Edge out** (phrasal verb) - to gradually push out or surpass a competitor धीरे-धीरे बाहर करना
4. **Appreciable** (adjective) - considerable, substantial, noticeable, significant, marked पर्याप्त/बोधगम्य
5. **It's nowhere close to keep pace with** (phrase) - failing significantly to match the speed or progress of something else तालमेल बिठाने में पूरी तरह असमर्थ
6. **Appetite** (noun) - hunger, craving, desire, demand, consumption भूख/अभिलाषा
7. **Sobering** (adjective) - serious, solemn, grave, thoughtful, daunting गंभीर/विचारोत्तेजक
8. **Upset** (verb) - disturb, disrupt, disorganize, unsettle, agitate बिगाड़ना
9. **Equilibrium** (noun) - balance, stability, symmetry, poise, stasis संतुलन
10. **Accumulate** (verb) - collect, gather, amass, accrue, stockpile संचित करना
11. **Repository** (noun) - storehouse, reservoir, archive, vault, depot भंडार
12. **Apparent** (adjective) - obvious, evident, manifest, visible, conspicuous स्पष्ट
13. **Point out** (phrasal verb) - to call attention to a specific fact or detail इशारा करना
14. **Reflect** (verb) - mirror, echo, return, revert, manifest प्रतिबिंबित करना
15. **Aggravate** (verb) - worsen, exasperate, intensify, compound, inflame और बिगाड़ देना
16. **Incremental** (adjective) - gradual, step-by-step, progressive, piecemeal, marginal क्रमिक
17. **Unlikely** (adjective) - improbable, doubtful, dubious, questionable, remote असंभव/कम संभावना
18. **Trajectory** (noun) - path, course, route, direction, track पथ/प्रगति का रास्ता
19. **Devote** (verb) - dedicate, allot, assign, commit, give समर्पित करना
20. **Infrastructure** (noun) - framework, foundation, base, structure, groundwork बुनियादी ढांचा
21. **Resilient** (adjective) - tough, flexible, hardy, strong, adaptable लचीला/मजबूत
22. **Shield** (verb) - protect, guard, defend, screen, shelter ढाल बनना/बचाना
23. **The vulnerable** (noun) - people who are at higher risk of harm, poverty, or difficulty and need protection or support असुरक्षित लोग
24. **Insulate** (verb) - protect, isolate, shield, cushion, detach सुरक्षित करना/अलग रखना

### Summary of the Editorial

1. The World Meteorological Organisation (WMO) reports that the last decade was the hottest on record.
2. Atmospheric carbon dioxide levels are 50% higher than pre-industrial levels.
3. In 2025, global emissions reached record highs, despite growth in renewable energy.
4. Renewable energy expansion is insufficient to meet rising global energy demand.
5. CO<sub>2</sub> levels are now at their highest in 2 million years.
6. Methane and nitrous oxide concentrations are at record levels in 800,000 years.
7. Greenhouse gases have disrupted Earth's energy balance.
8. A heat surplus has accumulated over six decades, trapping excess energy.
9. Even if emissions stop today, global warming will continue due to stored heat.
10. Oceans act as major heat absorbers, storing most excess energy.
11. Warmer oceans are leading to stronger tropical storms.
12. Melting ice is causing sea-level rise and reduced solar reflection (albedo effect).
13. Incremental climate actions are insufficient to prevent extreme weather.
14. Governments must invest in resilient infrastructure, early warning systems, and protection of vulnerable groups.
15. Long-term, stable, and politically insulated climate policies are essential to tackle the crisis.

**Practice Exercise: SSC Pattern Based**

1. Consider the following statements based on the passage:

[Editorial Page]

1. Global emissions reached record levels in 2025 despite renewable energy becoming the leading source of electricity.
  2. The Earth's energy equilibrium is maintained when the amount of radiation entering and leaving the planet is similar.
  3. The accumulation of a heat surplus over the last sixty years ensures the planet will stop warming if emissions cease.
  4. Methane and nitrous oxide concentrations have reached their highest levels in at least the last 800,000 years.
- A. Only 1 and 2 are correct  
B. Only 2 and 3 are correct  
C. Only 1, 2, and 4 are correct  
D. Only 1, 3, and 4 are correct
2. According to the author, why is it necessary to insulate climate policies from "short-term politics"?
- A. Because renewable energy sources like coal and oil require immediate political intervention to remain leading sources.  
B. Because the energy imbalance unfolds over decades and requires stable, long-term investments and scientific research.  
C. Because short-term politics are the only way to ensure that the Strait of Hormuz remains open for global trade.  
D. Because the World Meteorological Organisation requires all governments to change their political systems every decade.
3. What is the "worrying dimension" added by the WMO report beyond the high concentration of greenhouse gases?
- A. The fact that the global appetite for energy has decreased significantly due to the rise of green production methods.  
B. The discovery that methane and nitrous oxide have reached their highest levels in the last two million years.  
C. The accumulation of a heat surplus over the past six decades that has upset the Earth's energy equilibrium.  
D. The total elimination of tropical storms due to the oceans acting as repositories for extra greenhouse energy.
4. What "Understanding" can be drawn regarding the impact of melting ice on the planet's energy imbalance?
- A. Melting ice helps the planet reflect more solar radiation back into space, thereby cooling the Earth's deep oceans.  
B. Melting ice increases the salinity of the sea which allows for a more stable and predictable energy equilibrium.  
C. Melting ice pushes up sea levels and reduces the Earth's ability to bounce solar radiation back into space.

- D. Melting ice is a necessary incremental change that will eventually lead to a decrease in global energy consumption.
5. **Which of the following best describes the Tone of the passage?**
- Indifferent and Statistical
  - Optimistic and Celebratory
  - Cynical and Sarcastic
  - Pragmatic and Urgent
6. **Directions: Given below are six sentences taken from an article. The first and the last sentences are numbered S1 and S6 and are placed in the first and last positions respectively. The other four sentences between them are jumbled up and are numbered A, B, C, and D. Rearrange the jumbled sentences in a logical sequence.**
- S1. At the time, President Trump's Saturday-night ultimatum seemed clear: if Iran didn't allow full access to Hormuz, the US would target its energy infrastructure.
- However, by Monday morning, the President had suddenly called off these impending strikes, at least temporarily.
  - It was a stark warning, to which Tehran quickly replied that it would, in turn, target regional energy and water infrastructure.
  - He later explained that unconfirmed US contact with an unnamed Iranian leader was enough to merit a five-day stay of the threatened attacks.
  - Because of these reciprocal threats, a devastating new escalation of the three-week war appeared imminent.
- S6. Striking a surprisingly optimistic tone after this sudden suspension, he then flew to Tennessee for a seemingly unrelated visit to Elvis Presley's historic home.
- BDAC
  - DBCA
  - BADC
  - ABDC
7. **Identify the part of the sentence that contains a grammatical error.**
- The companys latest report B. which was released only this morning, C. provided the data that D. supports our initial hypothesis.
  - The company's latest report,
  - which was released only this morning,
  - provided the data that
  - supports our initial hypothesis.
8. **Identify the part of the sentence that contains a grammatical error.**
- The reason for his failure B. is because he C. didn't study D. for the exam.
  - The reason for his failure
  - is because he
  - didn't study
  - for the exam.
9. **Select the most appropriate synonym of the word: SURRENDER**
- Resist
  - Yield
  - Confront

- D. Oppose
10. **Fill in the blank with the most appropriate phrasal verb:**  
The investigation team will \_\_\_\_\_ every detail before concluding the report.
- A. look over
  - B. go through
  - C. call off
  - D. fall back
11. **Select the most appropriate synonym of the word: Diffident**
- A. Confident
  - B. Bold
  - C. Timid
  - D. Assertive
12. **Choose the correctly spelt word:**
- A. Enthusiasm
  - B. Enthusiam
  - C. Enthuseam
  - D. Enthusiasum
13. **Which of the following sentences uses the word "bat" with the same meaning as in the following sentence?**  
"He took a swing with his new wooden bat"
- A. The bat is the only flying mammal.
  - B. The coach handed him the bat before he went up to the plate.
  - C. A furry little bat got into the attic last night.
  - D. The bat's wingspan was surprisingly large.
14. **Choose the correct meaning of the idiom: Fallen off the radar**
- A. Gained attention
  - B. Become unnoticed
  - C. Avoided detection
  - D. Gained popularity
15. **Choose the correct meaning of the idiom: Dicing with death**
- A. Taking extreme risks
  - B. Playing a dangerous game
  - C. Having a narrow escape
  - D. Being in complete control
16. **Which of the following sentences uses the word "board" with a different meaning from the others?**
- A. The board of directors met yesterday.
  - B. The captain had to board the ship.
  - C. He nailed a picture of the board of directors on the wall.
  - D. The board of directors decided to hire a new CEO.
17. **Choose the correct one-word substitute for:**  
A person who loves collecting books.
- A. Bookworm
  - B. Librarian

- C. Bibliophile
- D. Reader

18. **Select the most appropriate antonym of the word: Innocuous**

- A. Harmless
- B. Benign
- C. Harmful
- D. Safe

19. **Select the most appropriate antonym of the word: Esoteric**

- A. Arcane
- B. Common
- C. Mystical
- D. Obscure

20. **Choose the most suitable option to replace the highlighted part of the sentence:**

Each of the girls narrated their story

- A. Each of the girls narrated there story
- B. Each of the girls narrated his story
- C. Each of the girls narrated her story
- D. Each of the girls narrated their stories

### **Comprehension**

When most of us think of fitness, we (1) \_\_\_ spending hours in the gym pounding the treadmill, cranking out burpees or lifting iron. But recent research shows you don't need to (2) \_\_\_ an enormous effort to (3) \_\_\_ some of the benefits. In fact, you barely need to move at all – just holding a pose for a few minutes at a time can help. Isometric exercises such as remaining in a squat position or sitting down on a chair with a leg extended in front of you, can improve your heart health and (4) \_\_\_ your muscular strength. That's good news for the many people who are struggling to build an exercise regime into their current schedule. Most of us know the importance of physical activity; we just (5) \_\_\_ to put it into practice. According to the World Health Organization, levels of inactivity across the world actually increased by five percentage points to 31% between 2010 and 2022.

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

- A. aspire
- B. reminisce
- C. speculate
- D. imagine

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

- A. put in
- B. put across
- C. put down
- D. put off

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

- A. salvage
- B. reap
- C. inherit
- D. procure

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

- A. supplement
- B. escalate
- C. magnify
- D. enhance

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

- A. grapple
- B. flounder
- C. struggle
- D. strive

## Answers

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

[Practice Exercise]

## Explanations

1. C) **Only 1, 2, and 4 are correct**

Statement 1 is Correct: The passage states: "In 2025, even as renewable energy edged out coal... global emissions reached record levels."

Statement 2 is Correct: The passage explains: "Ideally, the amount of radiation entering the planet and the amount of it leaving it should be roughly similar."

Statement 4 is Correct: The passage confirms: "...methane and nitrous oxide in at least the last 800,000 years."

Statement 3 is Incorrect: The passage says the opposite: "That means that even if GHG emissions were to completely stop anytime soon, the planet will continue to warm."

2. B) **Because the energy imbalance unfolds over decades and requires stable, long-term investments and scientific research.**

The passage states, "The energy imbalance could unfold over decades. Policies must, therefore, be stable enough to guide investments..."

others are wrong: (A) incorrectly identifies coal/oil as renewable; (C) and (D) are not in the passage.

3. C) **The accumulation of a heat surplus over the past six decades that has upset the Earth's energy equilibrium.**

The report adds a new layer of concern: "the record levels of GHG have upset the Earth's energy equilibrium" due to a "heat surplus" accumulated over sixty years.

- Option (A): The passage says the appetite for energy is growing, not decreasing.
- Option (B): The 2-million-year timeline applies to CO<sub>2</sub>, not methane/nitrous oxide (which is 800k years).
- Option (D): Warmer oceans cause stronger storms, they do not "eliminate" them

4. C) **Melting ice pushes up sea levels and reduces the Earth's ability to bounce solar radiation back into space.**

The passage directly links melting ice to two problems: it is "pushing up sea levels" and "weakening the planet's ability to reflect solar radiation."

5. D) **Pragmatic and Urgent**

Pragmatic means: Dealing with things sensibly and realistically in a way that is based on practical rather than theoretical considerations. Why Pragmatic: The author suggests practical solutions like "early warning systems," "shielding the vulnerable," and "resilient infrastructure."

Meaning of Urgent: Requiring immediate action or attention. Why Urgent: The author emphasizes that the heat surplus is already here and that "resolve and creativity" are needed immediately to move beyond short-term politics.

6. A) **Correct Sequence: S1-B-D-A-C-S6**

Sentence B, S1 के तुरंत बाद आएगा क्योंकि "It was a stark warning" (यह एक कड़ी चेतावनी थी) सीधे तौर पर S1 में दिए गए "ultimatum" को refer करता है। यह बताता है कि इस चेतावनी पर Iran का क्या जवाब (reply) था—कि वे भी पलटवार करेंगे।

Sentence D, Sentence B के बाद आएगा क्योंकि "these reciprocal threats" (ये एक-दूसरे को दी गई धमकियां) सीधे तौर पर Sentence B में US की चेतावनी और Iran के पलटवार को refer करता है। यह बताता है कि इन धमकियों का नतीजा क्या निकला—युद्ध का एक नया और भयानक escalation (बढ़ावा) imminent (करीब) लगने लगा।

Sentence A, Sentence D के बाद आएगा क्योंकि "However" (हालाँकि) का उपयोग करके यह Sentence D के "imminent escalation" (करीबी युद्ध) के बिल्कुल उलट (contrast) स्थिति दिखाता है। यह बताता है कि सोमवार सुबह अचानक President ने इन impending strikes (होने वाले हमलों) को रोक दिया (called off)।

Sentence C, Sentence A के बाद आएगा और S6 से पहले एक मजबूत link बनाएगा। "He later explained" (उन्होंने बाद में समझाया) सीधे तौर पर Sentence A में हमलों को "called off" करने का कारण (reason) बताता है। यह स्पष्ट करता है कि एक Iranian leader से बातचीत के कारण इन हमलों पर "stay" (रोक) लगाई गई।

S6 आखिर में आएगा क्योंकि "this sudden suspension" (यह अचानक लगी रोक) सीधे तौर पर Sentence C में बताई गई "stay" को refer करता है। यह paragraph को conclude करता है कि इस रोक के बाद President एक optimistic (सकारात्मक) मूड में Tennessee चले गए।

- Sentence B follows S1 immediately because the phrase "It was a stark warning" directly points back to the "ultimatum" issued in S1. It details the immediate reaction to that ultimatum, noting Iran's threat to retaliate.
- Sentence D comes next because the phrase "these reciprocal threats" summarizes the back-and-forth warnings detailed in Sentence B. It explains the logical consequence of those threats: a devastating escalation seemed inevitable.
- Sentence A follows because it uses "However" to introduce a sharp twist in the timeline. Just as the escalation seemed imminent (in D), the President suddenly "called off these impending strikes" by Monday morning.
- Sentence C comes last among the jumbled options because it provides the justification for the action taken in Sentence A. It explains why the strikes were called off, citing unconfirmed contact that led to a "five-day stay."
- S6 then wraps up the narrative perfectly, as "this sudden suspension" directly references the "stay" mentioned in C, closing out the sequence with his trip to Tennessee.

7. A) The grammatical error is in **part A**: "The companys latest report,". The word **"companys"** is missing the apostrophe that shows possession. Since the report belongs to the company, it should be written as **"company's"**. All the other parts of the sentence are correct. **Part B** ("which was released only this morning,") is a proper relative clause in the past tense. **Part C** ("provided the data that") correctly uses the past tense verb "provided" to match the main clause. **Part D** ("supports our initial hypothesis") is also correct because the present tense is acceptable when stating a general truth or fact. Therefore, the only error in the sentence is in **part A**.

Grammatical error part A: “The companys latest report,” में है। Word “companys” में apostrophe (') missing है, जो possession दिखाने के लिए जरूरी है। क्योंकि report company की है, इसे “company’s latest report” लिखना सही होगा।

8. B) 'is because' के बदले केवल 'is that' का प्रयोग होगा क्योंकि “reason” शब्द के साथ “is because” संरचना व्याकरण की दृष्टि से गलत मानी जाती है; जैसे— The reason for his failure is that he didn't study for the exam.
- 'is that' will be used instead of 'is because' because the structure “reason + is because” is grammatically incorrect in standard usage; Like— The reason for his failure is that he didn't study for the exam.
9. B) **Surrender** (verb) – Give up, submit, yield, relinquish, capitulate. समर्पण करना / हार मानना  
Synonym: **Yield** (verb) – Submit, give way, capitulate. झुक जाना / मान जाना
- **Resist** (verb) – Oppose, withstand, fight against. विरोध करना / प्रतिरोध करना
  - **Confront** (verb) – Face, challenge, oppose directly. सामना करना
  - **Oppose** (verb) – Resist, counter, defy. विरोध करना
10. B) **go through** के बदले कोई दूसरा विकल्प नहीं लिया जा सकता क्योंकि वाक्य का अर्थ है कि जाँच टीम हर विवरण की जाँच/परीक्षा करेगी; go through का अर्थ होता है “to examine carefully”; जैसे— The auditors will go through the records before approval.
- 'go through' will be used because the sentence means the investigation team will examine every detail carefully; go through means “to examine carefully”; Like— The auditors will go through the records before approval.
11. C) **Diffident** (adjective) – Shy, timid, lacking self-confidence, reserved. संकोची / आत्मविश्वासहीन  
Synonym: **Timid** (adjective) – Shy, fearful, hesitant, lacking confidence. डरपोक / झिझकने वाला
- **Confident** (adjective) – Self-assured, bold, assertive. आत्मविश्वासी
  - **Bold** (adjective) – Daring, courageous, confident. साहसी / निर्भीक
  - **Assertive** (adjective) – Confident, self-assured, forceful. दृढ़ / निडर
12. A) **The correctly spelt word is Enthusiasm which means “strong excitement or eagerness”**  
**उत्साह / जोश।**
13. B) Highlighted वाक्य में 'bat' का अर्थ है — खेल में उपयोग होने वाला बल्ला (sports equipment)। विकल्प B में भी 'bat' का अर्थ बल्ला ही है — कोच ने उसे बल्ला दिया। इसलिए यह same meaning का सही उदाहरण है।
- In the highlighted sentence, 'bat' refers to a piece of sports equipment used for hitting. Option B also uses 'bat' with the same meaning — the coach handed him the bat. Thus, option B matches the same meaning.
14. B) **Fallen off the radar** (idiom)- Become unnoticed नज़र से ओझल होना / ध्यान से गायब हो जाना
15. A) **Dicing with death** (idiom) -Taking extreme risks बहुत बड़ा जोखिम लेना / जान जोखिम में डालना
16. B) तीन वाक्यों में 'board' का अर्थ है — प्रबंधन समिति / निदेशक मंडल (board of directors)। लेकिन विकल्प B में 'board' का अर्थ है — जहाज़ पर चढ़ना (to get on a ship)। इसलिए B ही अलग अर्थ में प्रयोग हुआ है।  
In three sentences, 'board' means a governing group (board of directors).  
But in option B, 'board' means to get onto a ship.  
Thus, option B is the one with a different meaning.

17. C) **Bibliophile** (noun) – a person who loves collecting books पुस्तक-प्रेमी / पुस्तक-संग्रहकर्ता
- **Bookworm** (noun) – someone who reads a lot लगातार पढ़ने वाला
  - **Librarian** (noun) – a person in charge of a library पुस्तकालयाध्यक्ष
  - **Reader** (noun) – a person who reads पढ़ने वाला
18. C) **Innocuous** (adjective) – Harmless, inoffensive, safe, benign. निरापद / हानिरहित  
Antonym: **Harmful** (adjective) – Dangerous, damaging, injurious. हानिकारक
- **Harmless** (adjective) – Innocuous, safe, benign. हानिरहित
  - **Benign** (adjective) – Gentle, harmless, mild. सौम्य / अहानिकर
  - **Safe** (adjective) – Secure, protected, harmless. सुरक्षित
19. B) **Esoteric** (adjective) – Intended for or understood by only a small, specialized group; obscure, arcane, cryptic. गूढ़ / सीमित लोगों के लिए  
Antonym: **Common** (adjective) – Ordinary, widespread, generally understood. सामान्य / आम
- **Arcane** (adjective) – Mysterious, obscure, known to a few. गूढ़ / रहस्यमय
  - **Mystical** (adjective) – Spiritual, mysterious, enigmatic. आध्यात्मिक / रहस्यमय
  - **Obscure** (adjective) – Unclear, hidden, unknown. अस्पष्ट / अनजान
20. C) their story' के बदले '**her story**' का प्रयोग होगा क्योंकि each of the girls एक-एक करके व्यक्तियों की ओर संकेत करता है और girls स्त्रीलिंग है, इसलिए pronoun her प्रयोग होगा; जैसे— Each of the students submitted his or her assignment.
- 'her story' will be used instead of 'their story' because each of the girls refers to individuals one by one, and girls is feminine, so the singular feminine pronoun her is required; Like— Each of the students submitted his or her assignment.
21. D) [**imagine**] सही है क्योंकि इसका मतलब दिमाग में किसी चीज़ की तस्वीर बनाना या सोचना (mental picture) होता है। जब हम फिटनेस के बारे में सोचते हैं, तो जिम में घंटों पसीना बहाने की कल्पना (imagine) करते हैं। aspire का मतलब कुछ हासिल करने की तीव्र इच्छा होना होता है, और इसके साथ हमेशा 'to' आता है। reminisce का मतलब पुरानी अच्छी यादें ताज़ा करना होता है और इसके साथ 'about' आता है। speculate का मतलब बिना पक्के सबूत के किसी चीज़ का अनुमान लगाना होता है।
- [**imagine**] is correct because it is a transitive verb meaning to form a mental image or concept of something. When we think of fitness, we mentally picture (imagine) spending hours in the gym. aspire means to direct one's hopes toward achieving something, and it strictly requires the preposition "to" (aspire to). reminisce means to indulge in enjoyable recollection of past events, and it requires the preposition "about" (reminisce about). speculate means to form a theory without firm evidence, requiring "about" or "on".
22. A) [**put in**] सही है क्योंकि "put in an effort" एक बहुत ही आम English phrase है जिसका इस्तेमाल किसी काम में समय, ऊर्जा या कड़ी मेहनत लगाने (commit energy) के लिए होता है। put off का मतलब किसी काम को टालना (postpone) होता है। put down का मतलब किसी बात को लिखना या किसी का अपमान करना होता है। put across का मतलब अपनी बात या विचार को दूसरों को ठीक से समझाना होता है।
- [**put in**] is correct because "put in an effort" is a common English phrase meaning to commit time, energy, or hard work to a task. put off is a phrasal verb meaning to postpone or delay something. put down means to record something in writing or to

insult/belittle someone. put across means to communicate an idea or message clearly so it is easily understood by others.

23. B) [**reap**] सही है क्योंकि "reap the benefits" इंग्लिश का एक तय (fixed) phrase है जिसका मतलब किसी काम का अच्छा फल या फायदा पाना (receive rewards) होता है। salvage का मतलब किसी बर्बाद या खराब हो रही चीज़ को पूरी तरह नष्ट होने से बचाना (rescue) होता है। inherit का मतलब माता-पिता या पूर्वजों से कोई संपत्ति या गुण (विरासत में) मिलना होता है। procure का मतलब बहुत कोशिश करके कोई चीज़ (खासकर सामान) हासिल करना होता है।
- [reap] is correct because "reap the benefits" is a fixed word pairing in English that means to receive the good results or rewards of an action. salvage means to rescue or save a wrecked or damaged item from being completely destroyed. inherit means to receive money, property, or genetic traits from someone who has died or from parents. procure means to carefully obtain or acquire something, usually referring to equipment or supplies.
24. D) [**enhance**] सही है क्योंकि यह एक verb है जिसका मतलब किसी चीज़ की गुणवत्ता, ताकत या मूल्य को और बेहतर बनाना (improve) होता है (जैसे यहाँ मांसपेशियों की ताकत बढ़ाना)। escalate का मतलब तेज़ी से बढ़ना होता है, लेकिन इसका इस्तेमाल आमतौर पर विवाद, तनाव या कीमतों के बढ़ने (negative sense) के लिए होता है। magnify का मतलब किसी चीज़ को लेंस (lens) से बड़ा करके दिखाना होता है। supplement का मतलब किसी कमी को पूरा करने के लिए कोई अतिरिक्त (extra) चीज़ जोड़ना होता है।
- [enhance] is correct because it is a verb meaning to intensify, increase, or further improve the quality or value of something (like muscular strength). escalate means to increase rapidly or become more intense, but it is typically used negatively for conflicts, tensions, or prices. magnify means to visually make something appear larger than it is, using a lens or microscope. supplement means to add an extra element to something to make up for a deficiency.
25. C) [**struggle**] सही है क्योंकि इसका मतलब किसी काम को करने में बहुत मुश्किल या परेशानी (difficulty) का सामना करना होता है। लोग व्यायाम का महत्व जानते हैं, लेकिन उसे असल जिंदगी में लागू करने में उन्हें बहुत मुश्किल (struggle) होती है। grapple का मतलब भी जूझना या संघर्ष करना होता है, लेकिन इसके साथ हमेशा 'with' आता है। flounder का मतलब पानी या कीचड़ में बुरी तरह हाथ-पैर मारना या किसी काम में बहुत ज़्यादा उलझन में होना होता है। strive का मतलब कुछ हासिल करने के लिए जी-जान से कोशिश करना होता है (जो यहाँ के अर्थ का उल्टा है)।
- [struggle] is correct because it is a verb meaning to have difficulty handling or achieving something. It pairs perfectly with the infinitive "to put" (struggle to put into practice), showing that people find it very hard to actually build the habit of exercising. grapple means to engage in a close fight or struggle, but it strictly requires the preposition "with" (grapple with an issue). flounder means to struggle clumsily (like in deep water) or to show great confusion. strive means to make a great and dedicated effort to achieve something, which is the opposite of the failure described in the sentence.