

# English Madhyam

(Weekly vocabulary compilation)

From 23 MAR 2026 TO 28 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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# Part - A

## The Hindu Editorial: Restoring Rights (23 MAR 2026)

1. **Restore** (verb) - reinstate, re-establish, return, renew, recover बहाल करना
2. **Adoptive** (adjective) - non-biological, foster, related by adoption, surrogate, adoptive गोद लेने वाला
3. **Biological** (adjective) - natural, innate, genetic, inherent, birth-related जैविक
4. **Tinge** (noun) - trace, hint, touch, dash, suggestion पुट/अंश
5. **Activism** (noun) - advocacy, action, involvement, militancy, engagement सक्रियता
6. **Expansively** (adverb) - extensively, broadly, thoroughly, comprehensively, widely व्यापक रूप से
7. **Interpret** (verb) - explain, clarify, expound, translate, decipher व्याख्या करना
8. **Instance** (noun) - example, case, illustration, occasion, occurrence उदाहरण
9. **Encompass** (verb) - include, incorporate, involve, embrace, cover शामिल करना
10. **Keen** (adjective) - sharp, acute, intense, perceptive, shrewd तीक्ष्ण/गहरा
11. **Feminist** (adjective) - person who supports equal rights and opportunities for all genders, especially advocating for women's rights नारीवादी
12. **Perspective** (noun) - viewpoint, outlook, standpoint, angle, position दृष्टिकोण
13. **Entitled** (adjective) - eligible, authorized, qualified, permitted, sanctioned हकदार
14. **Maternity leave** (noun) - a period of time a mother takes off from work after childbirth to care for her baby मातृत्व अवकाश
15. **Regardless of** (phrase) - without being influenced by any other events or conditions की परवाह किए बिना
16. **Strike down** (phrasal verb) - to officially end the validity of a law or regulation रद्द कर देना
17. **Point out** (phrasal verb) - to call attention to a specific fact or error इशारा करना
18. **Obligation** (noun) - duty, responsibility, commitment, burden, requirement दायित्व
19. **Autonomy** (noun) - the ability to make one's own decisions and act independently स्वायत्तता
20. **Consciously** (adverb) - deliberately, intentionally, knowingly, purposefully, wilfully सचेत रूप से
21. **Nurture** (verb) - nourish, foster, cultivate, develop, tend पालन-पोषण करना
22. **Sustained** (adjective) - continuous, prolonged, steady, constant, habitual निरंतर
23. **Caregiving** (noun) - nursing, tending, looking after, fostering, ministering देखभाल
24. **Constitute** (verb) - compose, form, create, establish, organize गठित करना
25. **Sustain** (verb) - maintain, support, prolong, preserve, keep up बनाए रखना
26. **Motherhood** (noun) - the state or experience of being a mother and caring for a child मातृत्व
27. **Urge** (verb) - encourage, prompt, exhort, egg on, press आग्रह करना
28. **Social security benefit** (noun) - financial support given by the government to people in need, such as the elderly, unemployed, or disabled सामाजिक सुरक्षा लाभ

29. **Note** (verb) - observe, remark, mention, perceive, notice उल्लेख करना
30. **Parenthood** (noun) - the state or experience of being a parent and raising a child पितृत्व/मातृत्व
31. **Solitary** (adjective) - lonely, single, individual, companionless, isolated अकेला
32. **Child rearing** (noun) - upbringing, raising, parenting, breeding, educationing बच्चों का पालन-पोषण
33. **Gender-neutral** (adjective) - unisex, non-binary, inclusive, androgynous, genderless लिंग-निरपेक्ष
34. **Paradigm** (noun) - model, pattern, example, prototype, standard आदर्श/नमूना
35. **Patriarchal** (adjective) - relating to a system where men hold primary power and authority in society or family पितृसत्तात्मक
36. **Feminise** (verb) - to make something associated with women or feminine traits महिला प्रधान बनाना
37. **Lead to** (phrasal verb) - to cause or result in a specific outcome का कारण बनना
38. **Compensate** (verb) - recompense, remunerate, repay, reimburse, atone मुआवजा देना
39. **Set something right** (idiom) - to correct a situation or rectify a mistake सुधारना
40. **To a large extent** (phrase) - largely, mostly, mainly, principally, substantially काफी हद तक

### The Hindu Editorial: Digital exile (24 MAR 2026)

1. **Exile** (noun) - banishment, expatriation, deportation, displacement, ostracism  
देश निकाला
2. **Arbitrary** (adjective) - random, erratic, whimsical, capricious, inconsistent  
मनमाना
3. **Censorship** (noun) - the control or restriction of information, ideas, or content by authorities  
सेंसरशिप/पाबंदी
4. **Governance** (noun) - the system or process of governing and managing a country, organization, or institution  
शासन
5. **Crescendo** (verb) - peak, intensify, escalate, climax, mount  
चरम पर पहुँचना
6. **A slew of** (phrase) - a large number or quantity of something  
ढेर सारे
7. **Activist** (noun) - campaigner, advocate, reformer, militant, protestor  
कार्यकर्ता
8. **Apparently** (adverb) - seemingly, ostensibly, supposedly, evidently, purportedly  
स्पष्ट रूप से
9. **Criticise** (verb) - censure, denounce, condemn, disparage, fault  
आलोचना करना
10. **Balloon** (verb) - swell, expand, mushroom, escalate, surge  
तेजी से बढ़ना
11. **Restore** (verb) - reinstate, re-establish, return, renew, recover  
बहाल करना
12. **Outcry** (noun) - protest, clamour, objection, indignation, complaint  
चिल्लाहट/कड़ा विरोध
13. **Demonstrate** (verb) - show, manifest, display, evidence, prove  
प्रदर्शित करना
14. **Constitute** (verb) - compose, form, create, establish, organize  
गठित करना
15. **Order** (noun) - command, decree, directive, mandate, instruction  
आदेश
16. **Dismiss** (verb) - reject, discard, repudiate, spurn, decline  
खारिज करना
17. **Plea** (noun) - appeal, petition, suit, prayer, entreaty  
याचिका
18. **Embolden** (verb) - encourage, hearten, nerve, strengthen, animate  
प्रोत्साहित करना
19. **Censor** (verb) - redact, expunge, suppress, stifle, edit  
पाबंदी लगाना
20. **Upheld** (verb) - maintain, support, sustain, validate, confirm  
बरकरार रखना
21. **Precisely** (adverb) - exactly, accurately, strictly, specifically, correctly  
बिल्कुल/ठीक
22. **Reasoned** (adjective) - logical, rational, sensible, justified, coherent  
तर्कसंगत
23. **In practice** (phrase) - in reality or in the actual performance of something  
व्यवहार में
24. **Dilute** (verb) - weaken, thin, attenuate, diminish, reduce  
कमजोर करना
25. **Expansive** (adjective) - extensive, broad, wide-ranging, comprehensive, vast  
विस्तृत
26. **Proceeding** (noun) - action, process, measure, step, course  
कार्रवाई
27. **Confidential** (adjective) - secret, private, classified, restricted, intimate  
गोपनीय
28. **Stipulation** (noun) - condition, requirement, provision, prerequisite, clause  
शर्त/नियम
29. **Invoke** (verb) - appeal, cite, summon, resort, petition  
आह्वान करना
30. **Withhold** (verb) - retain, reserve, keep, suppress, restrain  
रोक लेना
31. **Undermine** (verb) - weaken, subvert, sabotage, erode, diminish  
कमजोर करना
32. **Erode** (verb) - wear, corrode, abrade, diminish, undermine  
धीरे-धीरे नष्ट करना
33. **Compose** (verb) - constitute, form, fashion, organize, frame  
गठित करना

34. **Overturn** (verb) - reverse, overrule, quash, nullify, rescind पलट देना
35. **In effect** (phrase) - for all practical purposes or in reality वास्तव में
36. **Bypass** (verb) - avoid, circumvent, sidestep, ignore, evade दरकिनार करना
37. **Violate** (verb) - breach, infringe, transgress, defy, disobey उल्लंघन करना
38. **The doctrine of proportionality** (noun) - the legal principle that a punishment or action must match the severity of the cause अनुपातिकता का सिद्धांत
39. **Override** (verb) - overrule, cancel, reverse, disregard, nullify रद्द करना/अभिभावी होना
40. **Shield** (verb) - protect, guard, defend, screen, shelter ढाल बनाना/बचाना
41. **Hallmark** (noun) - trademark, characteristic, sign, stamp, indicator विशेषता/पहचान
42. **Authoritarian** (adjective) - a system where strict control is exercised by a ruler or government, often limiting individual freedoms सत्तावादी
43. **Decentralise** (verb) - distribute, disperse, scatter, diffuse, spread विकेंद्रीकृत करना
44. **Regime** (noun) - a system or form of government, especially one in power व्यवस्था/शासन
45. **Oversight** (noun) - supervision, surveillance, monitoring, inspection, management निगरानी
46. **Flawed** (adjective) - faulty, defective, imperfect, unsound, blemished त्रुटिपूर्ण

## The Indian Express Editorial: Surplus heat is the new climate challenge (25 MAR 2026)

1. **Findings** (noun) - results, data, conclusions, discoveries, observations निष्कर्ष
2. **Decade** (noun) - ten-year period दशकीय 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 बनाना/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

## The Hindu Editorial: Cowardly bully (26 MAR 2026)

1. **Cowardly** (adjective) - craven, dastardly, timid, spineless, pusillanimous कायर
2. **Bully** (noun) - oppressor, persecutor, intimidator, harasser, tyrant डराने-धमकाने वाला
3. **Ultimatum** (noun) - final demand, warning, last word, conditions, requirement अंतिम चेतावनी
4. **Victory** (noun) - triumph, win, conquest, success, mastery विजय/जीत
5. **Claim** (verb) - assert, maintain, declare, profess, state दावा करना
6. **Strike** (noun) - attack, assault, raid, onslaught, blitz आक्रमण/प्रहार
7. **Extricate** (verb) - disentangle, release, free, extract, loosen छुड़ाना/सुलझाना
8. **Mount** (verb) - increase, escalate, grow, accumulate, soar बढ़ना
9. **Escalation** (noun) - a situation where something becomes more serious or intense तीव्रता में वृद्धि
10. **Bomb** (verb) - bombard, shell, blitz, attack, blast बमबारी करना
11. **Facility** (noun) - establishment, center, unit, institution, amenity सुविधा/संस्थान
12. **Host** (verb) - accommodate, entertain, receive, house, welcome मेजबानी करना
13. **Ambitious** (adjective) - aspiring, determined, forceful, bold, enterprising महत्वाकांक्षी
14. **Shut down** (phrasal verb) - to stop the operation or activity of something बंद करना
15. **Ship out** (phrasal verb) - to send someone or something away to another place बाहर भेजना
16. **Enriched uranium** (noun) - uranium that has been processed to increase the amount of a specific isotope, making it suitable for use in reactors or other applications संवर्धित यूरेनियम
17. **Dismantle** (verb) - disassemble, deconstruct, strip, demolish, break up विघटित करना/नष्ट करना
18. **Break down** (phrasal verb) - to fail or stop working; to collapse असफल होना/टूट जाना
19. **Despatch** (verb) - send, ship, forward, transmit, deploy भेजना/रवाना करना
20. **Marine** (noun) - related to the sea or ocean समुद्री सैनिक
21. **Weigh** (verb) - consider, contemplate, evaluate, ponder, deliberate विचार करना
22. **Underway** (adjective) - ongoing, happening, progressing, proceeding, active प्रगति पर
23. **Outline** (verb) - summarize, sketch, delineate, define, draft रूपरेखा तैयार करना
24. **Aggression** (noun) - hostility, belligerence, assault, intrusion, pugnacity आक्रमण
25. **Reparation** (noun) - compensation, restitution, redress, amends, atonement हर्जाना/क्षतिपूर्ति
26. **Infrastructure** (noun) - framework, foundation, base, structure, groundwork बुनियादी ढांचा
27. **Recognition** (noun) - acknowledgement, realization, awareness, identification, admission मान्यता
28. **Legitimate** (adjective) - legal, lawful, valid, licit, rightful वैध/तर्कसंगत
29. **Interpret** (verb) - explain, clarify, expound, translate, decipher व्याख्या करना

30. **Sanction** (noun) - an official approval or a penalty imposed to enforce rules or law प्रतिबंध
31. **Ease** (verb) - alleviate, mitigate, relieve, lessen, relax ढील देना/कम करना
32. **Reciprocate** (verb) - return, requite, respond, match, equal बदला चुकाना/पारस्परिकता दिखाना
33. **Rein in** (phrasal verb) - to control or limit someone or something लगाम लगाना
34. **Ally** (noun) - partner, associate, colleague, confederate, supporter सहयोगी
35. **Unhinged** (adjective) - deranged, demented, unbalanced, crazed, disturbed विक्षिप्त/असंतुलित
36. **Embrace** (verb) - adopt, accept, welcome, espouse, include अपनाना
37. **Way out** (noun) - exit, solution, escape, remedy, departure बाहर निकलने का रास्ता
38. **Strike a deal** (phrase) - to reach an agreement or come to terms समझौता करना

### The Hindu Editorial: Cuban sorrow (27 MAR 2026)

1. **Sorrow** (noun) - misery, grief, woe, sadness, heartache शोक/दुःख
2. **Asphyxiation** (noun) - a condition in which the body is deprived of oxygen, leading to difficulty in breathing गला घोटना/दम घोटना
3. **Condemnation** (noun) - censure, denunciation, criticism, reproof, conviction निंदा
4. **Feel the pinch** (phrase) - to experience hardship, especially a lack of money or resources कठिनाई महसूस करना
5. **Ill-thought-out** (adjective) - imprudent, injudicious, misguided, reckless, poorly planned अदूरदर्शी/बिना सोचे-विचारे
6. **Loose-cannon** (noun) - a person who is unpredictable and likely to cause trouble अनियंत्रित/अस्थिर व्यक्ति
7. **Ally** (noun) - partner, associate, colleague, confederate, supporter सहयोगी
8. **Heinous** (adjective) - atrocious, odious, wicked, abominable, monstrous जघन्य/घृणित
9. **Imperial** (adjective) - royal, regal, majestic, sovereign, monarchical शाही/साम्राज्यवादी
10. **Underway** (adjective) - ongoing, happening, progressing, proceeding, active जारी/प्रगति पर
11. **Draw attention** (phrase) - to make people notice something ध्यान आकर्षित करना
12. **Blockade** (verb) - obstruct, seal off, besiege, close, shut up नाकाबंदी करना
13. **Regime** (noun) - a system or government in power, especially one that exercises control शासन
14. **Interdict** (verb) - prohibit, forbid, ban, intercept, bar रोकना/पाबंदी लगाना
15. **Punitive** (adjective) - disciplinary, penal, punishing, corrective, retributive दंडात्मक
16. **Deter** (verb) - discourage, dissuade, daunt, prevent, stop रोकना/हतोत्साहित करना
17. **Strangle** (verb) - choke, stifle, suffocate, throttle, suppress गला घोटना
18. **Drive** (verb) - power, propel, fuel, operate, run संचालित करना
19. **Devastating** (adjective) - destructive, ruinous, catastrophic, disastrous, shattering विनाशकारी
20. **Pile up** (phrasal verb) - to increase in amount or quantity इकट्ठा होना
21. **Perishable food** (noun) - food that decays quickly like meat or vegetables जल्दी खराब होने वाला भोजन
22. **Shut** (verb) - close, seal, fasten, lock, secure बंद करना
23. **Boast** (verb) - brag, crow, gloat, vaunt, swagger डींग मारना
24. **Embargo** (noun) - ban, restriction, prohibition, boycott, stoppage व्यापारिक प्रतिबंध
25. **Blockade** (noun) - siege, obstruction, barrier, closing, barricade नाकाबंदी
26. **Nationalise** (verb) - to take control of a private industry by the government राष्ट्रीयकरण करना
27. **Strengthen** (verb) - reinforce, fortify, bolster, harden, toughen मजबूत करना
28. **Conscript** (verb) - recruit, enlist, draft, mobilize, enroll अनिवार्य रूप से भर्ती करना
29. **Enforce** (verb) - implement, execute, apply, impose, administer लागू करना

30. **Meanwhile** (adverb) - meantime, simultaneously, concurrently, incidentally, betweentimes इसी बीच
31. **Cut off** (phrasal verb) - to disconnect or isolate someone or something अलग-थलग करना
32. **Coercive** (adjective) - forceful, compulsory, bullying, insistent, high-pressure दमनकारी/बाध्यकारी
33. **Cold War** (noun) - the state of political hostility between soviet countries and the us-led western powers शीत युद्ध
34. **Appeasement** (noun) - the act of giving in to demands to avoid conflict तुष्टीकरण
35. **Seize** (verb) - grab, capture, snatch, take, grasp ज़ब्त करना/पकड़ना
36. **Sever** (verb) - cut, disconnect, detach, separate, split काटना/अलग करना
37. **Impunity** (noun) - freedom from punishment or consequences for wrongdoing दंडमुक्ति
39. **Embolden** (verb) - encourage, hearten, nerve, strengthen, animate प्रोत्साहित करना
40. **Asphyxiate** (verb) - to cause someone to be deprived of oxygen, leading to difficulty in breathing दम घोंटना
41. **Accompany** (verb) - escort, follow, attend, join, conduct साथ होना
42. **Overreach** (noun) - excess, exaggeration, immoderation, overextension, overstepping अपनी सीमा से बाहर जाना
43. **Normalise** (verb) - standardize, regularize, stabilize, formalize, equate सामान्य बनाना
44. **Orbit** (noun) - sphere of influence, range, scope, ambit, arena प्रभाव क्षेत्र
45. **Gumption** (noun) - initiative, resourcefulness, courage, enterprise, shrewdness साहस/तर्कशक्ति
46. **Condemn** (verb) - censure, denounce, criticize, decry, reprehend निंदा करना
47. **Humanitarian** (adjective) - compassionate, benevolent, charitable, humane, altruistic मानवीय/परोपकारी
48. **Under the aegis of** (phrase) - with the protection or support of a particular organization के तत्वावधान में

### The Hindu Editorial: Faiths and fences (28 MAR 2026)

1. **Fence** (noun) - barrier, pale, railing, enclosure, boundary बाड़/सीमा
2. **Limit** (verb) - restrict, curb, check, confine, cap सीमित करना
3. **Reiterate** (verb) - repeat, restate, retell, recapitulate, echo बार-बार दोहराना
4. **Contested** (adjective) - disputed, debated, argued, contended, litigated विवादास्पद
5. **Discrimination** (noun) - prejudice, bias, bigotry, intolerance, inequity भेदभाव
6. **Jurisprudence** (noun) - the study or theory of law विधि-शास्त्र
7. **Pastor** (noun) - priest, clergyman, minister, parson, cleric पादरी
8. **Seek** (verb) - solicit, request, pursue, ask, desire मांगना/तलाश करना
9. **Atrocity** (noun) - cruelty, outrage, horror, abomination, enormity अत्याचार
10. **Upheld** (verb) - sustain, support, maintain, validate, confirm सही ठहराना/बरकरार रखना
11. **Cease** (verb) - stop, halt, terminate, end, desist समाप्त होना/रुकना
12. **Manifest** (verb) - display, exhibit, show, demonstrate, reveal प्रकट करना/दिखाना
13. **Untouchability** (noun) - a social practice of ostracizing a minority group by segregating them from the mainstream छुआछूत/अस्पृश्यता
14. **Amendment** (noun) - alteration, modification, revision, change, correction संशोधन
15. **Assertion** (noun) - declaration, contention, statement, affirmation, claim दृढ़ता से कहना/दावा
16. **Autonomy** (noun) - the ability to make one's own decisions and act independently स्वायत्तता
17. **Notably** (adverb) - remarkably, significantly, particularly, especially, strikingly विशेष रूप से
18. **Provision** (noun) - clause, condition, term, requirement, stipulation प्रावधान
19. **Theological** (adjective) - religious, scriptural, doctrinal, divine, canonical धार्मिक/धर्मशास्त्र संबंधी
20. **Distinction** (noun) - difference, contrast, variance, discrepancy, divergence अंतर/भेद
21. **Often** (adverb) - frequently, repeatedly, regularly, habitually, commonly अक्सर
22. **Stratification** (noun) - classification, layering, grouping, ranking, organization स्तरीकरण
23. **Civilisational** (adjective) - relating to a human society that has a highly developed culture and way of life सभ्यता संबंधी
24. **Legitimacy** (noun) - legality, validity, lawfulness, authenticity, rightfulness वैधता
25. **Empirically** (adverb) - experimentally, factually, practically, observationally, realistically अनुभवजन्य रूप से
26. **Watertight** (adjective) - foolproof, flawless, impeccable, irrefutable, solid त्रुटिहीन/अकाट्य

27. **Fester** (verb) - aggravate, rankle, smolder, intensify, worsen कड़वाहट पैदा करना/सड़ना
28. **Sanction** (noun) - an official approval or a penalty imposed to enforce rules or laws मंजूरी/अनुमति
29. **Surcharge** (verb) - to fill with strong or exaggerated emotion उत्तेजित करना/अत्यधिक भार डालना
30. **Examine** (verb) - inspect, scrutinize, investigate, study, probe जांच करना
31. **Activist** (noun) - campaigner, advocate, reformer, champion, militant कार्यकर्ता
32. **Existing** (adjective) - current, present, extant, prevailing, immediate वर्तमान/मौजूदा
33. **Quantum** (noun) - amount, quantity, portion, measure, quota मात्रा/हिस्सा