

Why science alone cannot keep us healthy

Recently, many Indian metro cities **witnessed** a worst **outbreak** of dengue, chikungunya and malaria with death **toll** rising to hundred's even as the number of cases of the **vector-borne** disease had crossed a thousand numbers in most of these cities. These figures have once again **posed** a serious question for our society: why is it so that despite the advancement in science and technology, there is an **upsurge** in diseases everywhere? Who is to be blamed for this?

There are various factors responsible for it. Firstly, let us have a look at the physical environment, which has **degraded** over the **decades**. Today, the **quality** of natural elements like air, water, soil - and everything around us **has** been **deteriorating**, which can be **attributed largely to unchecked** man-made activities that **exploit** nature for development. Similarly, the **quality** of raw materials, the five elements that constitute our bodies, **is** also becoming poorer. Our bones, spine, teeth, **delicate** organs like eyes, heart, kidney, liver and others are impacted right at the time of their formation.

Synthetic fertilizers, insecticides and pesticides that **sustain** the crop production **seep into** our food, as a result of which our **resistance power** against diseases **has** lowered and we contract various infections than before for physical reasons alone. Secondly, we need to examine the **psyche** of the 21st-century modern man who faces high levels of worry, fear, **anxiety** at work as well as at home due to lack of values like tolerance, respect, patience and value-based **co-existence**.

Today, **negativity** of all kinds **has** increased and **ethical** and moral values have **taken a nosedive**. As a result, the **moral stamina** of the society **has** been affected. Lastly, the third **reason**, which is the root cause, for the present **scenario**, **is** the huge **accumulated** stock of past negative karma that is the biggest link between disease, environment & lifestyle.

We live in an impure world because of the **devastation** we have **inflicted on** our external nature, which in turn has deteriorated under the influence of the **vicious** internal nature of human beings. We receive pain and suffering from people and situations in return for having created negative energy in the form of negative thoughts, words or actions in the past.

This process is a continuous **vicious circle** and despite the knowledge of the right and the wrong, humans are unable to **change the course** of their present action. This is where meditation comes to our rescue, as it helps us to connect to the Supreme Source and helps us to burn our past **sins**. It helps us to use his unlimited powers to **absolve** the burden of past negative actions so that we may regain and sustain our physical, mental, social and spiritual health.

In other words, **regaining** health and peace **is** a process possible only through spiritual **elevation** of human beings. So, let us **get rid of** our sick mentality to move into the age of **enlightenment** where our thoughts will be constantly loving, pure and **harmonious**.

[Practice Exercise]

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

Vocabulary

1. **Witness** (verb) - observe, see, experience, view, notice देखना या अनुभव करना
2. **Outbreak** (noun) - sudden eruption, flare-up, epidemic, surge (बीमारी आदि का) अचानक फैलना
3. **Toll** (noun) - the amount of damage done or the number of people who were killed or injured by something हताहतों की संख्या
4. **Vector-borne** (adjective) - carried by insects/pests (like mosquitoes), transmitted by vectors कीट-व्याप्त (रोग)
5. **Pose** (verb) - present, raise, create, cause, introduce पेश करना (जैसे सवाल खड़ा करना)
6. **Upsurge** (noun) - rise, increase, escalation, growth, surge अचानक वृद्धि
7. **Degrade** (verb) - deteriorate, degenerate, decline, worsen क्षीण होना
8. **Decade** (noun) - ten-year period दशक (दस साल की अवधि)
9. **Deteriorate** (verb) - worsen, decay, decline, degenerate बिगड़ना
10. **Attribute to** (phrasal verb) - to think that someone or something has a particular quality or feature श्रेय देना
11. **Unchecked** (adjective) - uncontrolled, unbridled, uncurbed, rampant अनियंत्रित
12. **Exploit** (verb) - misuse, abuse, utilize selfishly, take advantage of फायदा उठाना
13. **Delicate** (adjective) - fragile, sensitive, tender, subtle नाजुक
14. **Sustain** (verb) - support, maintain, nourish, uphold पोषित करना
15. **Seep** (into) (verb) - to slowly and gradually move, flow, or spread into something, often through small openings, pores, or by stealthy permeation रिसकर अंदर जाना
16. **Resistance** (noun) - immunity, defense mechanism, opposition, resilience रोग प्रतिरोधक क्षमता
17. **Power** (noun) - strength, energy, capability, might, force शक्ति
18. **Psyche** (noun) - mindset, mentality, soul, spirit, mental makeup मानसिकता
19. **Anxiety** (noun) - worry, apprehension, nervousness, tension चिंता
20. **Co-existence** (noun) - harmonious living together, coexistence साथ-साथ रहना
21. **Ethical** (adjective) - moral, principled, righteous, honest नैतिक
22. **Take a nosedive** (phrase) - to suddenly fall to the ground with the front pointing down तेजी से नीचे गिरना
23. **Moral stamina** (noun) - the inner strength to do what is right for a long time, even when it is very hard नैतिक बल
24. **Scenario** (noun) - situation, backdrop, context, state of affairs परिदृश्य
25. **Accumulated** (adjective) - collected, piled up, gathered, amassed जमा हुआ
26. **Devastation** (noun) - destruction, ruin, havoc, desolation तबाही
27. **Inflict on** (phrase) - to cause harm or damage to someone or something or cause

- them to experience a particular unpleasant thing(दुख या क्षति) थोपना
28. **Vicious** (adjective) - malicious, cruel, savage, destructive दुष्ट
29. **Vicious circle** (noun) - a self-reinforcing negative feedback loop where one problem triggers a second problem, which then makes the original problem worseदुष्चक्र (एक ऐसी स्थिति जिससे निकलना कठिन हो)
30. **Change the course** (phrase) - alter the direction, redirect, change path दिशा बदलना
31. **Sin** (noun) - transgression, wrongdoing, vice, immorality पाप
32. **Absolve** (verb) - forgive, pardon, exonerate, clear, discharge दोषमुक्त करना
33. **Elevation** (noun) - upliftment, advancement, rise, heightening उत्थान
34. **Get rid of** (phrase) - to throw away, remove, or stop having something or someone you do not want छुटकारा पाना
35. **Enlightenment** (noun) - illumination, awakening, awareness, wisdom ज्ञानोदय
36. **Harmonious** (adjective) - peaceful, concordant, balanced, compatible मिलनसार

Summary of the Editorial

1. **Rising disease burden:** Despite advances in science and technology, Indian cities are witnessing increasing outbreaks of **dengue, chikungunya and malaria**, raising questions about the causes of worsening health.
2. **Environmental degradation:** The quality of air, water, soil and other natural elements has deteriorated over the decades because of **unchecked human activities** and excessive exploitation of nature.
3. **Poor quality of resources:** Environmental degradation is also affecting the quality of the natural elements that sustain the human body, potentially impacting organs and physical development.
4. **Chemical exposure: Synthetic fertilisers, insecticides and pesticides** can enter the food chain and contribute to declining resistance against diseases and infections.
5. **Mental pressure:** Modern life exposes people to high levels of **worry, fear and anxiety** at home and at work, partly because values such as tolerance, patience, respect and peaceful coexistence are weakening.
6. **Declining moral values:** The editorial argues that **ethical and moral values have taken a nosedive**, weakening the moral stamina of society.
7. **Past negative karma:** It identifies accumulated **negative karma** from past actions as the deeper or root cause connecting disease, environmental degradation and unhealthy lifestyles.
8. **Human actions affect nature:** The deterioration of the external environment is presented as a reflection of the **vicious internal nature of human beings**, particularly greed, negativity and irresponsible behaviour.
9. **Negative consequences:** According to the editorial, negative thoughts, words and actions create negative energy that eventually returns to people through **pain and suffering**.
10. **A vicious circle:** Human beings continue harmful behaviour despite knowing the difference between right and wrong, creating a **continuous vicious circle** between unhealthy minds, destructive actions and environmental deterioration.
11. **Need for inner change:** The editorial argues that improving health requires more than scientific or technological solutions; humans must **change their attitudes, thoughts and behaviour**.
12. **Role of meditation:** **Meditation** is presented as a means of connecting with the Supreme Source and overcoming the burden of past negative actions.
13. **Holistic health:** True well-being is described as involving **physical, mental, social and spiritual health**, rather than merely freedom from physical disease.
14. **Spiritual elevation:** The editorial concludes that restoring health and peace requires the **spiritual elevation of human beings** and the development of a more positive and responsible mindset.
15. **Message of enlightenment:** The ultimate message is that humanity should abandon its **"sick mentality"** and move towards an age of **enlightenment**, characterised by loving, pure and harmonious thoughts and behaviour.

Practice Exercise: SSC Pattern Based

1. **According to the passage, what specific mechanism causes human physical vulnerability to infections to increase?** [Editorial Page]
 - A. The exposure of vital bodily organs to polluted surrounding atmospheric elements during growth.
 - B. The absorption of agricultural chemicals through dietary intake that compromises immune defenses.
 - C. The psychological exhaustion resulting from high anxiety levels experienced in professional environments.
 - D. The immediate physiological harm inflicted on human organs by vector-borne pathogens in urban centers.
2. **What is the grammatical role of the clause "which has degraded over the decades"**
 - A. Adjective clause modifying "physical environment"
 - B. Adverbial clause modifying "deteriorating"
 - C. Noun clause acting as subject complement
 - D. Prepositional phrase modifying "factors"
3. **Which of the following best summarizes the primary argument of the passage?**
 - A. Modern medical advancements fail because vector-borne diseases mutate faster than technological solutions.
 - B. Environmental pollution caused by agricultural chemicals is the sole contributor to declining human immunity.
 - C. Widespread illness is a triad of physical degradation, psychological stress, and underlying karmic debt.
 - D. External environmental restoration must precede any meaningful improvement in human spiritual health.
4. **What does the author imply by characterizing modern human consciousness as a "sick mentality"?**
 - A. Physical illnesses directly impair human cognitive faculties and rational judgment.
 - B. Persistent internal negativity drives harmful actions that perpetuate systemic suffering.
 - C. Modern medical institutions misdiagnose the underlying neurological causes of anxiety.
 - D. Environmental toxicity causes severe psychological deterioration across urban populations.
5. **Which of the following best captures the tone of the passage?**
 - A. Critical and reformative
 - B. Alarmist and sensational
 - C. Sarcastic and derisive
 - D. Cynical and fatalistic
6. **Direction: In the following question, the first and the last sentences of the passage are numbered S1 and S6. The rest of the passage is split into four parts and named A, B, C, and D. Rearrange these four parts to form a meaningful, logical, and coherent passage.**

S1. At a centenary celebration of poet and freedom fighter Rabindranath Tagore, hosted at the iconic Woodlands Hotel in 1961, an unusual congregation is spotted.

 - A. In 1973, inmates of Madras Central Jail are photographed on Good Friday, sitting in rows to listen to spiritual teacher Kirupanandha Variyar preach about well-being.

- B. Stalwarts of the Indian film industry including director Satyajit Ray, and producers AV Meiyappan and B Nagi Reddy sit together and chat as old friends.
- C. These monochrome photographs make up Madras on Stage, an archival photo exhibition drawn from The Hindu's vast archives at the newspaper's headquarters on Anna Salai from August 14 to September 10.
- D. Part of The Hindu's annual Made of Chennai campaign, the exhibit, now in its fourth year, is a staple part of the exercise, where guests from the city are invited to the campus of the legendary Art Deco office building, and sift through old photo prints collected over generations.
- S6. Bringing together decades of photojournalism, the exhibition traces Chennai's cultural life through performances, conversations, festivals, and everyday gatherings.
- A. A-D-C-B
- B. C-B-A-D
- C. B-A-C-D
- D. D-A-B-C
7. **Select the correct passive form of the given sentence.**
Uma told Susan to give up drinking.
- A. Susan has been told to give up smoking by Uma.
- B. Susan was told to give up smoking by Uma.
- C. Susan is told to give up smoking by Uma.
- D. Susan had been told to give up smoking by Uma.
8. **Select the most appropriate meaning of the given idiom.**
He's sitting on the fence.
- A. He can't hide himself
- B. He can't stop trying
- C. He can't take a decision
- D. He can't do anything seriously
9. **Select the correct spelling of the underlined word from the following options.**
He deceaved the fraternity by the news of his unparalleled accomplishment to accommodate himself in the academic field
- A. desieved
- B. deseived
- C. decieved
- D. deceived
10. **Parts of the following sentence have been given as options. Select the option that contains a grammatical error.**
The meeting was held upon / for an hour / due to non-availability / of the committee members
- A. The meeting was held upon
- B. for an hour
- C. of the committee members.
- D. due to non-availability
11. **Direction: Rearrange the following parts (1, 2, 3, 4) to form a meaningful, logical, and coherent passage.**

India has since traversed a long distance, navigating a turbulent course of history, managing religious, caste and regional conflicts as also economic disparities. India has suffered wars, terrorism, famines and pandemics.

And, today it can justly pride itself in its scientific and technological accomplishments, its defence and nuclear capabilities, a robust economy and a leadership role in the shaping of a new world order.

The nation has entered its 80th year of Independence. This is an occasion when all Indians, rising above their differences, will join together in paying homage to their freedom fighters, whose endless exertions and sacrifices delivered the people from the British colonial rule.

This is when a subject nation rose to freedom to embark upon its 'tryst with destiny' and found its soul in the promised freedom and dignity of a people, long oppressed.

- A. 3-4-1-2
- B. 1-3-4-2
- C. 4-1-2-3
- D. 3-1-4-2

12. Select the sentences that contains no spelling errors.

- A. Anxiety is one of the most insicidious conditions affecting the mental health of an individual.
- B. Anxiety is one of the most insidyous conditions affecting the mental health of an individual.
- C. Anxiety is one of the most insidious conditions affecting the mental health of an individual.
- D. Anxiety is one of the most insidiuous conditions affecting the mental health of an individual

13. Select the correct active form of the given sentence.

Before she came all the work had been completed by me.

- A. I completed all my work before she came.
- B. I will complete all my work before she came.
- C. I complete all my work before she came.
- D. I had completed all my work before she came

14. Select the most appropriate synonym of the given word.

Permeate.

- A. Remain
- B. Diffuse
- C. Exude
- D. Continue

15. Select the most appropriate option to fill in the blank.

She has _____ her money and jewellery to help the poor.

- A. given way
- B. given away
- C. given in
- D. given up

16. Select the option that can be used as a one-word substitute for the underlined group of words.

My uncle is someone who loves good food and knows a lot about it.

- A. Culinary
- B. Connoisseur
- C. Chauffeur
- D. Gourmet

17. **Select the correct indirect form of the given sentence.**

Renu said to her brother, "You were watching the show without me."

- A. Renu told her brother that he had watched the show without her.
- B. Renu told her brother that he were watching the show without her.
- C. Renu told her brother that he has been watching the show without her.
- D. Renu told her brother that he had been watching the show without her

18. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error.**

The audience has being / angry as the magician / is not performing / as expected

- A. as expected
- B. angry as the magician
- C. The audience has being
- D. is not performing

19. **Select the most appropriate option to fill in the blank.**

She couldn't continue with a _____ diet to reduce her blood sugar

- A. practiced
- B. shortened
- C. balanced
- D. maintained

20. **Select the most appropriate synonym of the given word.**

Answer

- A. Recall
- B. Remember
- C. Reply
- D. Query

Complete the passage by filling in the blanks with the most appropriate words.

These past few turbulent months have seen a quiet change in the language of reportage of strategic conversations. Chokepoints, sea lanes, freedom of navigation, and other such terms had been _____ A _____ (confined) to professional military education and naval staff colleges. They now _____ B _____ in business bulletins and prime-time panels.

The Strait of Hormuz, shuttered by Israeli and U.S. strikes in February, and the Houthi blockade against Saudi Arabia declared on July 20 have done what decades of naval commentary could not. They have made the ocean's chokepoints a matter of arm-chair commentary and coffee-table chats.

There is a quiet irony in this. The vocabulary the world is only now acquiring was written _____ C _____ Indian naval strategic lexicon some decades ago, in the plainest possible terms. In 2007, the Indian Navy published an _____ D _____ (unclassified) document, titled "Freedom to use the seas: India's maritime military strategy". Its founding _____ E _____ (premise) is "the freedom to use the seas for our national purposes, under all

circumstances". That was not a slogan reaching for effect. It was a doctrine, written nearly two decades before Hormuz made the phrase popular.

21. **Choose the most appropriate synonym for the word in (A): (confined).**
- A. restricted
 - B. liberated
 - C. expanded
 - D. scattered
22. **Fill in blank (B) with the correct present tense verb to maintain subject-verb agreement with the plural pronoun 'They'.**
- A. appears
 - B. appearing
 - C. appear
 - D. appeared
23. **Fill in blank (C) with the correct preposition to complete the phrase.**
- A. onto
 - B. into
 - C. over
 - D. across
24. **Choose the antonym of the word in (D): (unclassified).**
- A. Public
 - B. Secret
 - C. Accessible
 - D. Transparent
25. **Choose the most appropriate meaning of the word in (E): (premise).**
- A. aftermath
 - B. foundation
 - C. conclusion
 - D. deception

Answers

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

[Practice Exercise]

Explanations

1. B) **The absorption of agricultural chemicals through dietary intake that compromises immune defenses.**

The passage states: "Synthetic fertilizers, insecticides and pesticides that sustain the crop production seep into our food, as a result of which our resistance power against diseases has lowered and we contract various infections than before..." This gives a cause-and-effect chain: Agricultural chemicals → seep into food → lower resistance/immunity → greater vulnerability to infections Therefore, Option B captures the mechanism described in the passage.

option A: The passage does say: "Our bones, spine, teeth, delicate organs like eyes, heart, kidney, liver and others are impacted right at the time of their formation." However, it does not specifically state that exposure to polluted air causes increased vulnerability to infections.

option C: The passage does mention: "high levels of worry, fear, anxiety at work as well as at home..." But this is presented as a cause of mental/psychological deterioration and weakened moral stamina, not as the specific mechanism causing physical vulnerability to infections.

option D: The opening paragraph mentions outbreaks of: "dengue, chikungunya and malaria" But these diseases are presented as the problem being discussed, not as the mechanism causing increased physical vulnerability.

2. A) **Adjective clause modifying "physical environment"**

The relevant sentence is: "Firstly, let us have a look at the physical environment, which has degraded over the decades." The clause "which has degraded over the decades" begins with the relative pronoun "which" and gives additional information about the noun "physical environment." So, it is a relative/adjective clause. Adjective clauses modify nouns or pronouns. Here, "which has degraded over the decades" modifies "physical environment."

option B: An adverbial clause modifies a verb, adjective, or adverb and usually expresses things like time, reason, condition, contrast, purpose, etc. Here, "which has degraded over the decades" does not modify "deteriorating." It directly describes "physical environment." Therefore, it is not an adverbial clause.

option C: A noun clause functions as a noun and can act as a subject, object, or complement. But "which has degraded over the decades" describes a noun rather than functioning as a noun itself.

Therefore, it is not a noun clause.

option D: A prepositional phrase generally begins with a preposition such as in, on, at, by, with, of, etc. But this clause begins with the relative pronoun "which" and contains a finite verb "has degraded." Therefore, it is not a prepositional phrase, nor does it modify "factors."

3. C) **Widespread illness is a triad of physical degradation, psychological stress, and underlying karmic debt.**

The passage presents three major causes behind the rise in diseases:

1. Physical/environmental degradation 2. Psychological stress and negativity 3. Accumulated

negative karma The author then argues that spiritual elevation and meditation can help break this cycle. ("the physical environment, which has degraded over the decades." "the psyche of the 21st-century modern man who faces high levels of worry, fear, anxiety..." "the third reason, which is the root cause... is the huge accumulated stock of past negative karma...")

option A: The passage does not discuss disease mutation or claim that technology fails because diseases evolve faster. Instead, it asks why diseases are increasing despite scientific and technological advancement.

option B: The passage mentions agricultural chemicals: "Synthetic fertilizers, insecticides and pesticides... seep into our food..." But this is only one part of the physical/environmental factor. The author also identifies psychological stress and negative karma as major causes.

option D: The passage does not say that environmental restoration must come first. In fact, it emphasizes meditation and spiritual elevation as ways to regain health: "This is where meditation comes to our rescue..." and: "regaining health and peace is a process possible only through spiritual elevation of human beings."

4. B) **Persistent internal negativity drives harmful actions that perpetuate systemic suffering.**

The phrase "sick mentality" is used in the passage in a moral and psychological sense. The author says: "This process is a continuous vicious circle..." and later: "let us get rid of our sick mentality to move into the age of enlightenment where our thoughts will be constantly loving, pure and harmonious." The passage connects modern human consciousness with: negative thoughts/ negative words/ negative actions/ lack of tolerance/ respect and patience/ increasing negativity/ deterioration of ethical and moral values. The author argues that this negative internal state leads people to create negative energy through their thoughts, words and actions, which then contributes to suffering and perpetuates the "continuous vicious circle." Therefore, "sick mentality" means a persistent state of inner negativity that produces harmful behaviour and continues the cycle of suffering.

option A: The passage does discuss physical illness, but it does not define "sick mentality" as a cognitive impairment caused by disease.

option C: The passage does mention: "worry, fear, anxiety..." But it never discusses neurological causes, medical diagnosis, or failures of medical institutions.

option D: The author does connect environmental degradation with human suffering, but "sick mentality" is broader than environmental toxicity. The passage specifically attributes it to: "negative thoughts, words or actions" and the decline of: "ethical and moral values."

5. A) **Critical and reformative**

The author critically observes: "the quality of natural elements like air, water, soil... has been deteriorating" and: "ethical and moral values have taken a nosedive." But the author does not stop at criticism. A solution is also offered: "This is where meditation comes to our rescue..." and: "let us get rid of our sick mentality to move into the age of enlightenment..." Thus, the passage criticizes existing problems and advocates transformation, making the tone critical and reformative.

option B: The passage does discuss serious issues such as: "death toll rising" "upsurge in diseases" However, its purpose is not merely to create fear or panic. It explains the causes and proposes solutions through meditation and spiritual change.

option C: Sarcastic means mocking or expressing contempt indirectly, while derisive means showing ridicule. The passage contains no mockery, sarcasm, or ridicule.

option D: The author is certainly critical of human behaviour, but is not cynical or fatalistic. In fact, the author believes that change is possible through: "meditation" "spiritual elevation" "loving, pure and harmonious" thoughts. A fatalistic tone would suggest that nothing can be changed

6. C) **B-A-C-D**

Explanation:

Hindi Explanation:

- Sentence B S1 के तुरंत बाद आएगा क्योंकि S1 में एक "unusual congregation" (असामान्य सभा) देखे जाने की बात की गई है, और Sentence B में उसी सभा का वर्णन है जहाँ सत्यजीत रे और अन्य फिल्म हस्तियाँ एक साथ बैठे हैं।
- Sentence A Sentence B के बाद आएगा क्योंकि यह एक और पुरानी तस्वीर (1973 की) का उदाहरण देता है, जो इस पूरे संदर्भ को आगे बढ़ाता है।
- Sentence C Sentence A के बाद आएगा क्योंकि इसमें इस्तेमाल हुआ वाक्यांश "These monochrome photographs" (ये ब्लैक एंड व्हाइट तस्वीरें) सीधे तौर पर Sentence B और A में बताई गई तस्वीरों को refer करता है और बताता है कि ये 'Madras on Stage' प्रदर्शनी का हिस्सा हैं।
- Sentence D Sentence C के बाद आएगा और S6 से ठीक पहले जुड़ेगा। Sentence C में प्रदर्शनी (exhibition) का जिक्र है, और Sentence D उसी प्रदर्शनी (the exhibit) के बारे में अतिरिक्त जानकारी देता है कि यह 'Made of Chennai' अभियान का हिस्सा है। S6 बिल्कुल सही तरीके से इस पूरे हिस्से को समाप्त (conclude) करता है, यह बताते हुए कि यह प्रदर्शनी (the exhibition) दशकों की फोटो पत्रकारिता को एक साथ लाकर क्या दर्शाती है।

English Explanation:

- Sentence B follows S1 immediately because S1 introduces the sighting of an "unusual congregation," and Sentence B directly describes who made up that congregation (Stalwarts of the Indian film industry).
- Sentence A follows Sentence B because it provides a second distinct example of a historical photograph (from 1973) to build upon the first image described in S1 and B.
- Sentence C follows Sentence A because the phrase "These monochrome photographs" directly refers back to the specific photos described in Sentences B and A, tying them together as part of the "Madras on Stage" exhibition.
- Sentence D comes after Sentence C and connects perfectly to S6. Sentence C introduces the exhibition, and Sentence D provides further context about it (calling it "the exhibit"). S6 then acts as the logical conclusion, using the exact phrase "the exhibition" to summarize its overarching purpose of tracing Chennai's cultural life, wrapping up the sequence perfectly.

7. B) **Susan was told to give up smoking by Uma.**

main sentence Simple Past Tense में है (told = V2)।

Passive : Object + was/were + told + to + V1 + by + Subject।

"Susan" singular है, इसलिए "was" प्रयोग होगा, न कि "has been/is/had been"।

Option 1, 3, 4 wrong tenses (Present Perfect, Present, Past Perfect) दिखाते हैं, जो मूल Simple Past से मेल नहीं खाते।

In English:

- The original sentence is in Simple Past Tense (told = V2).
- Passive rule: Object + was/were + told + to + V1 + by + Subject.
- "Susan" is singular, so "was" is used, not "has been/is/had been".
- Options 1, 3, and 4 show the wrong tenses (Present Perfect, Present, Past Perfect), which don't match the original Simple Past.

8. C) **He's sitting on the fence** (idiom) – He can't take a decision इसका अर्थ है कि वह निर्णय नहीं ले पा रहा है।
9. D) The correct spelling of 'deceived' is '**Deceived**', धोखा दिया,
10. A) विकल्प A में त्रुटि है क्योंकि 'The meeting was held upon' के स्थान पर '**The meeting was held for**' का प्रयोग होना चाहिए। 'Upon' का प्रयोग इस संदर्भ में सही नहीं है। 'For' का प्रयोग समयावधि को दर्शाने के लिए होता है; जैसे— The meeting was held for an hour due to non-availability of the committee members.
- Option A is incorrect because 'The meeting was held upon' should be replaced with 'The meeting was held for'. The use of 'upon' is not appropriate in this context. 'For' is used to indicate the duration of time; Like— The meeting was held for an hour due to non-availability of the committee members.

11. A) **3-4-1-2**

Explanation:

Hindi Explanation:

Sentence 3 paragraph की शुरुआत करेगा क्योंकि यह passage का introductory sentence है। यह बिना किसी पिछले संदर्भ के सीधे देश के स्वतंत्रता के 80वें वर्ष (80th year of Independence) में प्रवेश करने का विषय पेश करता है।

Sentence 4 Sentence 3 के बाद आएगा क्योंकि इसमें इस्तेमाल हुआ वाक्यांश "This is when" सीधे तौर पर Sentence 3 में बताई गई स्वतंत्रता (freedom) की घटना और अवसर को refer करता है, यह बताते हुए कि कैसे एक अधीन राष्ट्र ने अपनी नियति (tryst with destiny) को पाया।

Sentence 1 Sentence 4 के बाद आएगा क्योंकि यह "since" (तब से) शब्द का उपयोग करके समय का बदलाव (chronological shift) दिखाता है। यह बताता है कि आज़ादी मिलने (जिसका वर्णन Sentence 4 में है) के बाद से भारत ने किन-किन ऐतिहासिक उथल-पुथल (turbulent course of history) और संघर्षों का सामना किया है।

Sentence 2 Sentence 1 के बाद आएगा क्योंकि यह इस 4-हिस्सों के क्रम का conclusion है। यह "And, today" (और, आज) से शुरू होता है तथा Sentence 1 में बताए गए संघर्षों (wars, famines) के विपरीत

(contrast) भारत की वर्तमान वैज्ञानिक, तकनीकी और आर्थिक उपलब्धियों (accomplishments) को प्रस्तुत करते हुए पैसेज को बिल्कुल सही तरीके से समाप्त करता है।

English Explanation:

- Sentence 3 starts the paragraph because it acts as the introductory sentence. It establishes the core subject directly—the nation entering its 80th year of Independence—without needing any prior context.
- Sentence 4 follows Sentence 3 because the phrase "This is when" directly refers back to the historical occasion of independence mentioned in Sentence 3, elaborating on the nation's "tryst with destiny."
- Sentence 1 follows Sentence 4 because the word "since" introduces a chronological shift. After detailing the moment of independence, it transitions to describing the long, turbulent journey and the specific challenges India has faced from that point onward.
- Sentence 2 comes after Sentence 1 because it acts as the conclusion for this block of text. Starting with "And, today," it provides a direct contrast to the historical struggles (wars, famines) detailed in Sentence 1, highlighting India's current modern accomplishments and wrapping up the sequence perfectly.

12. C) **Anxiety is one of the most insidious conditions affecting the mental health of an individual**

13. D) **I had completed all my work before she came**

"all the work had been completed by me" Past Perfect Passive में है (Object + had been + V3 + by + Subject)।

Past Perfect Passive को Active Voice में बदलने का नियम है: Subject + had + V3 (Past Participle) + Object।

"complete" का Past Participle (V3) है "completed"।

Active Voice बनाने पर Subject "by me" से "I" बन जाता है, और Object "all the work" वाक्य में "my work"/"all my work" के रूप में आता है।

वाक्य में दो past actions का क्रम (sequence) दिखाया गया है — एक क्रिया (work पूरा करना) दूसरी क्रिया (she came) से पहले हुई, इसलिए पहले वाली क्रिया के लिए Past Perfect ("had completed") का प्रयोग सही है, न कि Simple Past।

"before she came" वाला हिस्सा वैसा ही रहेगा क्योंकि वह समय दर्शाने वाला clause है और वाक्य में पहले से Simple Past में है।

In English:

The original sentence "all the work had been completed by me" is in Past Perfect Passive (Object + had been + V3 + by + Subject).

The rule for converting Past Perfect Passive to Active Voice is: Subject + had + V3 (Past Participle) + Object.

The Past Participle (V3) of "complete" is "completed".

In the active form, "by me" becomes "I" (subject), and the object "all the work" becomes "my work"/"all my work" in the sentence.

The sentence shows a sequence of two past actions — one action (completing the work) happened before the other (she came), so the earlier action correctly takes Past Perfect ("had completed") rather than Simple Past.

The clause "before she came" stays unchanged since it's a time clause already in Simple Past.

14. B) **Permeate** (verb): To spread throughout something; to pervade or saturate. Example: "The aroma of the spices permeated the air." चूना

Synonym: **Diffuse** (verb) – To spread over a wide area or among a large number of people, disperse, distribute. फैलाना

- **Remain** (verb) – To continue to exist, especially after other similar people or things have ceased to exist, continue, stay. बने रहना
- **Exude** (verb) – To discharge slowly and steadily, emit, ooze, secrete. स्रावित करना
- **Continue** (verb) – To persist in an activity or process, carry on, keep on, go on. जारी रखना

15. B) **Given away** का प्रयोग होगा क्योंकि 'given away' का अर्थ होता है किसी चीज को मुफ्त में देना या दान करना। वाक्य में उल्लेख किया गया है कि उसने गरीबों की मदद के लिए अपने पैसे और गहने दिए हैं, इसलिए 'given away' यहाँ उपयुक्त है। 'Given way' का अर्थ होता है झुक जाना या हार मान लेना, 'Given in' का अर्थ है समर्पण करना, और 'Given up' का अर्थ है त्यागना या छोड़ देना, जो इस संदर्भ में सही नहीं है।

- 'Given away' should be used because it means to freely give something or to donate. The sentence indicates that she donated her money and jewellery to help the poor, making 'given away' appropriate here. 'Given way' means to yield or collapse, 'Given in' means to surrender, and 'Given up' means to quit or abandon, which are not suitable in this context.

16. D) **Gourmet** (noun) - a connoisseur of good food; a person with a discerning palate. व्यंजन पारखी

- **Culinary** (adjective) - relating to cooking. खाना पकाने से संबंधित
- **Connoisseur** (noun) - an expert judge in matters of taste, especially in the fine arts or in matters of food and drink. रसिक, स्वाद का पारखी
- **Chauffeur** (noun) - a person employed to drive a private or hired car. निजी या किराए की कार चलाने वाला व्यक्ति

17. D) **Renu told her brother that he had been watching the show without her** original sentence Past Continuous ("were watching") में है।

Indirect Speech में tense backshift नियम: Past Continuous → Past Perfect Continuous ("had been" + V-ing)

Pronouns भी बदलते हैं: "You" → "he", "me" → "her"।

Option 1 गलत है क्योंकि "had watched" (Past Perfect Simple) Continuous aspect को हटा देता है।

Option 2 गलत है क्योंकि "he were" grammatically अशुद्ध है।

Option 3 गलत है क्योंकि "has been" Present Perfect Continuous है, जो backshift नियम के अनुसार गलत है।

In English:

- The original sentence is in Past Continuous ("were watching").
- Indirect Speech tense-backshift rule: Past Continuous → Past Perfect Continuous ("had been" + V-ing).
- Pronouns also change: "You" → "he", "me" → "her".
- Option 1 is wrong because "had watched" (Past Perfect Simple) drops the continuous aspect.
- Option 2 is wrong because "he were" is grammatically incorrect.
- Option 3 is wrong because "has been" is Present Perfect Continuous, which violates the backshift rule.

18. C) 'has being' के बदले 'was' का प्रयोग होगा क्योंकि यहाँ 'has being' ग्रामैटिकली गलत है। 'Has' के बाद 'being' का प्रयोग गलत है, सही रूप 'has been' होता है। लेकिन चूंकि वाक्य में 'is not performing' Present Tense में है, इसलिए 'was' (Past Tense) का प्रयोग सही रहेगा। इस प्रकार सही वाक्य होगा—
The audience was angry as the magician is not performing as expected.

- 'was' will be used instead of 'has being' because 'has being' is grammatically incorrect. The correct form should be 'has been', but since the sentence contains 'is not performing' in the Present Tense, using 'was' (Past Tense) is appropriate. Thus, the correct sentence would be— The audience was angry as the magician is not performing as expected.

19. C) '**Balanced**' का प्रयोग होगा क्योंकि "balanced" शब्द का अर्थ होता है ऐसा आहार जिसमें विभिन्न प्रकार के भोजन सही अनुपात में शामिल होते हैं ताकि अच्छे स्वास्थ्य को बनाए रखा जा सके। रक्त शर्करा को कम करने के संदर्भ में, एक संतुलित आहार आवश्यक होता है क्योंकि यह आमतौर पर कार्बोहाइड्रेट, प्रोटीन, और वसा का स्वस्थ मिश्रण होता है, जो रक्त शर्करा के स्तर को प्रबंधित करने में मदद कर सकता है।

- The correct option to fill in the blank is "C. balanced" because a "balanced" diet refers to a diet that includes a variety of different types of food in the right proportions to maintain good health. In the context of reducing blood sugar, a balanced diet is essential because it usually involves a healthy mix of carbohydrates, proteins, and fats, which can help in managing blood sugar levels.

20. C) **Answer** (verb) - something spoken, written, or done in return. उत्तर

Synonym: **Reply** (verb) – Say something in response to something someone has said. जवाब देना

- **Recall** (verb) – Bring a fact, event, or situation back into one's mind; remember. याद करना
- **Remember** (verb) – Have in or be able to bring to one's mind an awareness of (someone or something **from** the past). याद रखना

- **Query** (noun) – A question, especially one expressing doubt or requesting information.
प्रश्न

21. A) **restricted**

The sentence describes how naval strategic vocabulary was previously limited only to military and academic circles. Word (A) needs a synonym that shows how these terms were kept within a narrow scope. a) restricted: means limited in extent, number, or scope. This perfectly fits the context of naval terms being limited solely to professional military institutions. b) liberated: means set free, which is the direct opposite of being kept within limits. c) expanded: means increased in size or range, which contradicts the narrow usage described. d) scattered: means dispersed widely, which fails to convey limitation.

In Hindi:

- यह sentence describe करता है कि कैसे नौसैनिक शब्दावली पहले केवल सैन्य और अकादमिक क्षेत्रों तक सीमित थी। Word (A) को एक ऐसे synonym की आवश्यकता है जो दिखाए कि ये terms एक limited scope के अंदर कैसे रखे गए थे। a) restricted: इसका meaning सीमित (limited in extent or scope) होना होता है। यह terms के केवल सैन्य संस्थानों तक सीमित रहने के context में perfectly fit होता है। b) liberated: इसका meaning स्वतंत्र (freed) होना होता है, जो सीमित होने के opposite है। c) expanded: इसका meaning फैला हुआ या बढ़ा हुआ होता है। d) scattered: इसका meaning बिखरा हुआ होता है।

22. C) **appear**

The sentence describes a current fact/trend where strategic terms regularly show up in public media broadcasts. Blank (B) needs a simple present tense verb that agrees with the plural pronoun subject "They." a) appear: is the plural base present tense verb form that correctly pairs with the plural subject "They" to denote regular present occurrence. b) appears: is a third-person singular present tense verb, which violates subject-verb agreement with plural "They." c) appearing: is a present participle that cannot act as the main finite verb without a helping verb. d) appeared: is a simple past tense verb, which contradicts the present time marker "now."

In Hindi:

- यह sentence वर्तमान स्थिति को describe करता है जहाँ strategic terms अब नियमित रूप से मीडिया बुलेटिन में दिखाई देते हैं। Blank (B) को एक ऐसे word की आवश्यकता है जो plural subject pronoun "They" के साथ present tense में grammar rules को follow करे। a) appear: यह plural simple present tense verb है जो "They" और "now" के साथ perfectly fit होता है। b) appears: यह singular verb form है जो plural subject के नियम का उल्लंघन करती है। c) appearing: यह participle है जो बिना helping verb के main verb नहीं बन सकता। d) appeared: यह past tense verb है जो "now" के साथ गलत है।

23. B) **into**

The sentence describes naval terminology being entered or recorded inside the formal Indian naval strategic lexicon. Blank (C) needs a preposition indicating inclusion or insertion within a collection/system. a) into: is the preposition of motion and inclusion used with "written" to

express recording or incorporating content into a text, dictionary, or lexicon (written into the lexicon). b) onto: indicates positioning on top of a surface, which is unidiomatic for entry within a vocabulary/lexicon. c) over: means above or across, which does not express inclusion inside a body of work. d) across: means from one side to another, failing to convey insertion into a lexicon.

In Hindi:

- यह sentence शब्दावली को भारतीय नौसेना के रणनीतिक शब्दकोश (lexicon) के अंदर दर्ज या शामिल किए जाने को describe करता है। Blank (C) को एक ऐसे preposition की आवश्यकता है जो किसी दस्तावेज़ या संग्रह के अंदर शामिल (entry) होने को दिखाए। a) into: यह किसी text या lexicon के अंदर लिखे जाने (written into the lexicon) के standard usage में perfectly fit होता है। b) onto: इसका meaning किसी सतह के ऊपर होना होता है। c) over: इसका meaning ऊपर से होना होता है। d) across: इसका meaning एक तरफ से दूसरी तरफ होना होता है।

24. B) Secret

The sentence describes an official Indian Navy document released to the open domain in 2007. The question asks for the antonym of "unclassified," which refers to information not subject to security restrictions. a) Secret: means kept hidden from public knowledge and restricted to authorized officials. This is the exact antonym of "unclassified" (open to the public). b) Public: means open and accessible to all, which is a synonym of unclassified. c) Accessible: means easily obtained or reached, which is a synonym of unclassified. d) Transparent: means open, clear, and unhidden, which also acts as a contextual synonym.

In Hindi:

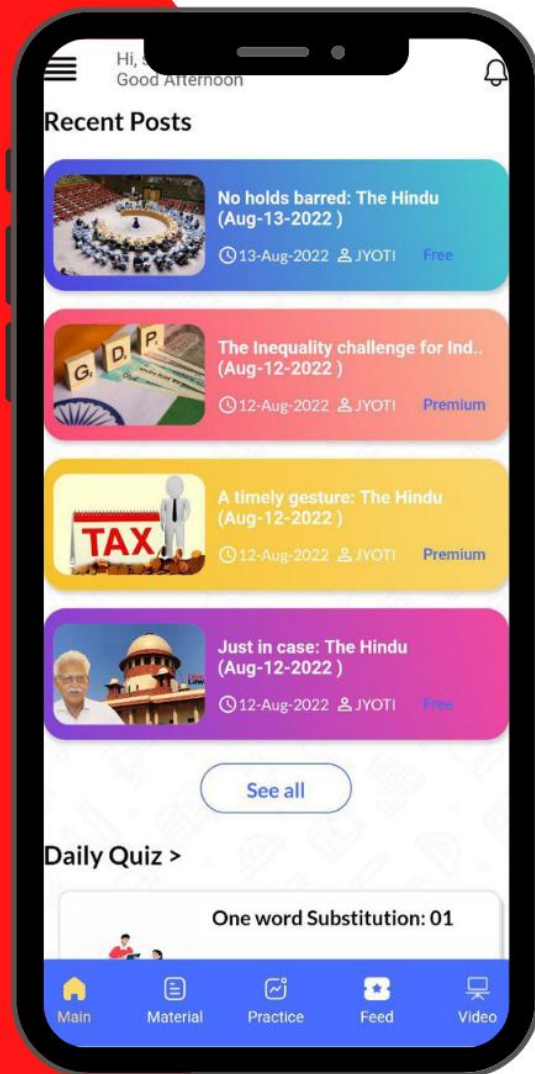
- यह sentence 2007 में जारी किए गए नौसेना के खुले दस्तावेज़ को describe करता है। Question में "unclassified" (सार्वजनिक/अवर्गीकृत) का antonym पूछा गया है। a) Secret: इसका meaning गुप्त या गोपनीय (classified/hidden from public) होता है। यह "unclassified" के opposite context में perfectly fit होता है। b) Public: इसका meaning सार्वजनिक (synonym) होता है। c) Accessible: इसका meaning सुलभ (synonym) होता है। d) Transparent: इसका meaning पारदर्शी (synonym) होता है।

25. B) foundation

The sentence explains the fundamental underlying idea upon which India's maritime military strategy document was established. Word (E) needs a meaning matching "premise." a) foundation: means the underlying basis, core principle, or ground on which an idea, argument, or doctrine is constructed. This matches the exact meaning of "premise." b) aftermath: means the consequences or after-effects of an event, which is unrelated to a core starting principle. c) conclusion: means the end result or final decision arrived at, which is the opposite of a starting premise. d) deception: means the act of misleading or lying, which makes no sense in the context of an official doctrine.

In Hindi:

- यह sentence उस मूलभूत विचार को describe करता है जिस पर भारत की समुद्री रणनीति का दस्तावेज़ आधारित था। Word (E) को "premise" के सही meaning की आवश्यकता है। a) foundation: इसका meaning आधार, मूल सिद्धांत या आधारशिला (core underlying basis) होता है। यह "premise" के अर्थ के संदर्भ में perfectly fit होता है। b) aftermath: इसका meaning किसी घटना का परिणाम या प्रभाव होता है। c) conclusion: इसका meaning निष्कर्ष या अंतिम परिणाम होता है, जो शुरुआत (premise) का विपरीत है। d) deception: इसका meaning धोखा होता है।



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