

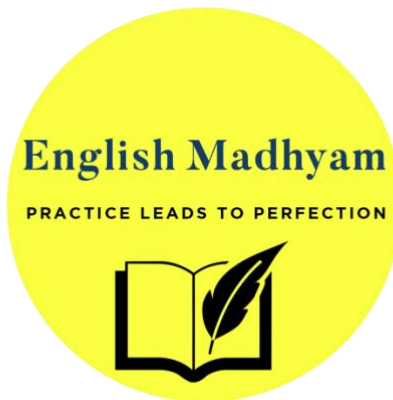
# English Madhyam

(Weekly vocabulary compilation)

From 16 Dec 2024 to 21 Dec 2024

## 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 Indian Express Editorial: Why food ratings commit (16 DEC 2024)

1. **Commit** (verb) – Perform, carry out, perpetrate, undertake करना/अंजाम देना
2. **Eatable** (noun) – Food, consumable, edible item खाने योग्य वस्तु
3. **Intrinsic** (adjective) – Essential, inherent, fundamental, natural अंतर्निहित/मौलिक
4. **Exchanges** (noun) – Interactions, trades, communications, transfers अदला-बदली/विनिमय
5. **Hunter-gatherer** (noun) – A person who survives by hunting animals and gathering plants शिकार और संग्रह करने वाला व्यक्ति
6. **Perhaps** (adverb) – Maybe, possibly, conceivably, potentially शायद
7. **Coloniser** (noun) – Settler, invader, conqueror, occupier उपनिवेशवादी
8. **Culinary** (adjective) – Related to cooking or food preparation खाना पकाने से संबंधित
9. **Encounter** (verb) – Meet, come across, face, confront मिलना/सामना करना
10. **Far from** (phrase) – Not at all, quite the opposite, distant from बिल्कुल नहीं/के विपरीत
11. **Atlas** (noun) – A collection of maps or data एटलस/संग्रह
12. **Eatery** (noun) – Restaurant, café, dining place, bistro भोजनालय/ढाबा
13. **Distinctly** (adverb) – Clearly, noticeably, uniquely, evidently स्पष्ट रूप से/विशिष्ट रूप से
14. **Contemporary** (adjective) – Modern, current, up-to-date, present-day आधुनिक/समकालीन
15. **Enterprise** (noun) – Undertaking, venture, initiative, business उद्यम/प्रयास
16. **Premise** (on) (verb) – Base on, found on, establish on आधारित होना
17. **Limit** (verb) – Restrict, constrain, reduce, curb सीमित करना
18. **Smorgasbord** (noun) – Variety, assortment, mix, spread विविधता/भोजन का मिश्रण
19. **Diverse** (adjective) – Varied, different, assorted, multiple विविध/अलग-अलग
20. **Lay out** (phrasal verb) – Arrange, display, present, organize सजाना/व्यवस्थित करना
21. **Gourmand** (noun) – Food lover, epicure, connoisseur of good food भोजन प्रेमी/खान-पान का शौकीन
22. **Homogenise** (verb) – Make uniform, standardize, equalize, blend समान बनाना/एकरूप करना
23. **Platter** (noun) – Dish, large plate, food serving, spread प्लेट/भोजन की थाली
24. **Cuisine** (noun) – Style of cooking, food tradition, gastronomy पाककला/खान-पान की शैली
25. **Don** (verb) – Put on, assume, take on, wear ओढ़ना/अपनाना
26. **Snob** (noun) – Pretentious person, elitist, critic, connoisseur अभिमानी व्यक्ति/शौकीन व्यक्ति

27. **Mantle** (noun) – Role, responsibility, covering, cloak भूमिका/आवरण
28. **Agronomic** (adjective) – Related to the science of soil and crop production कृषि-विज्ञान से संबंधित
29. **Profound** (adjective) – Deep, significant, meaningful, far-reaching गहरा/महत्वपूर्ण
30. **Defy** (verb) – Challenge, resist, oppose, go against अवहेलना करना/अस्वीकार करना
31. **Myriad** (adjective) – Countless, numerous, innumerable, infinite असंख्य/अनेक
32. **Protean** (adjective) – Versatile, changeable, adaptable, flexible बहुरूपिया/बदलता रहने वाला
33. **Seek out** (phrasal verb) – Search for, find, look for, track down खोजना/ढूँढना
34. **Delectable** (adjective) – Delicious, tasty, mouth-watering, scrumptious स्वादिष्ट/लज़ीज़
35. **Gourmet** (noun) – Food expert, connoisseur, epicure, foodie खान-पान का विशेषज्ञ
36. **In contrast** (phrase) – On the other hand, in comparison, conversely, as opposed to इसके विपरीत

## The Hindu Editorial: Warding off fire (17 DEC 2024)

1. **Ward off** (phrasal verb) – Prevent, avert, repel, avoid **रोकना**
2. **Slackening** (noun) – Weakening, loosening, reducing, decline **ढीलापन/कमी**
3. **Norm** (noun) – Standard, rule, guideline, regulation **मानदंड**
4. **Betrayal** (noun) – Disloyalty, treachery, breach of trust, deception **विश्वासघात**
5. **Sanctuary** (noun) – Safe haven, shelter, refuge, protection **शरण/सुरक्षित स्थान**
6. **The Vulnerable** (noun) – The weak, those at risk, helpless individuals **कमजोर लोग**
7. **Squarely** (adverb) – Directly, firmly, precisely, unequivocally **पूरी तरह**
8. **Break out** (phrasal verb) – Erupt, start suddenly, occur, burst forth **शुरू होना**
9. **Orthopaedic** (adjective) – Relating to bones, joints, or muscles **हड्डी रोग संबंधी**
10. **Suffocation** (noun) – Difficulty in breathing, choking, asphyxiation **दम घुटना**
11. **Pour** (verb) – Flow, stream, rush, gush **बहना/उतरना**
12. **Reportedly** (adverb) – Allegedly, as claimed, according to reports **कथित रूप से**
13. **Curl up** (phrasal verb) – Wind up, twist, coil, rise in a spiral **लहराना/मोड़ना**
14. **Four-storey** (adjective) – A building with four floors **चार मंजिला**
15. **Shut down** (phrasal verb) – Turn off, stop operation, close, disable **बंद करना**
16. **Melee** (noun) – Confusion, chaos, commotion, skirmish **हंगामा/अफरा-तफरी**
17. **Ensue** (verb) – Follow, happen, result, occur **हुआ/घटित होना**
18. **Pay attention to something** (phrase) – Focus on, observe carefully, be attentive **ध्यान देना**
19. **Meanwhile** (adverb) – At the same time, in the meantime, concurrently **इस बीच**
20. **Mobility** (noun) – Movement, ability to move, flexibility, locomotion **गतिशीलता/चलायमानता**
21. **Rash** (noun) – Series, outbreak, surge, spate **कड़ी/संग्रह**
22. **Uncanny** (adjective) – Strange, unusual, extraordinary, eerie **असामान्य/अजीब**
23. **Infrastructure** (noun) – Physical facilities, framework, structure, systems **अवसंरचना/ढांचा**
24. **Upkeep** (noun) – Maintenance, care, preservation, repair **रखरखाव**
25. **Astonishingly** (adverb) – Surprisingly, remarkably, incredibly, amazingly **आश्चर्यजनक रूप से**

26. **Unconscionable** (adjective) – Unacceptable, unreasonable, shocking, indefensible अनुचित/अमानवीय
27. **Fireproof** (verb) – Make resistant to fire, safeguard against fire आग से सुरक्षित करना
28. **Make sure** (phrase) – Ensure, confirm, verify, guarantee सुनिश्चित करना
29. **Limit** (verb) – Restrict, reduce, confine, control सीमित करना
30. **Travesty** (noun) – Farce, mockery, absurdity, misrepresentation भद्दा मजाक
31. **Existing** (adjective) – Current, present, prevailing, in place मौजूदा/वर्तमान
32. **Implicitly** (adverb) – Absolutely, unquestionably, firmly, completely स्पष्ट रूप से/निःसंदेह
33. **Spiritedly** (adverb) – Energetically, enthusiastically, vigorously, passionately जोश के साथ
34. **Slacking** (noun) – Neglect, laziness, sluggishness, carelessness ढील/लापरवाही
35. **With respect to** (phrase) – Regarding, concerning, in relation to के संदर्भ में
36. **Healing** (adjective) – Restorative, therapeutic, curative, soothing चिकित्सा
37. **Prowess** (noun) – Skill, expertise, ability, competence कुशलता
38. **Towering** (adjective) – Huge, massive, overwhelming, imposing विशाल/भयानक

## The Hindu Editorial: Embracing the unknown (18 DEC 2024)

1. **Embrace** (verb) – Accept, adopt, welcome, receive, seize **अपनाना**
2. **Essential** (adjective) – Necessary, vital, crucial, important, fundamental **आवश्यक**
3. **Resilience** (noun) – Toughness, endurance, flexibility, adaptability, strength **मज़बूती**
4. **Possess** (verb) – Own, have, hold, acquire, retain **रखना**
5. **Invoke** (verb) – Call upon, appeal to, summon, solicit, evoke **आह्वान करना**
6. **Spur** (verb) – Encourage, stimulate, motivate, prompt, inspire **प्रेरित करना**
7. **Project** (verb) – Forecast, estimate, predict, envision, portray **अनुमान लगाना**
8. **Paralyses** (verb) – Immobilize, freeze, incapacitate, disable, stun **पंगु बनाना**
9. **Psyche** (noun) – Mind, mentality, consciousness, soul, inner self **मनोवृत्ति**
10. **Endeavour** (noun) – Effort, attempt, venture, pursuit, undertaking **प्रयास**
11. **Derive** (verb) – Obtain, extract, gain, acquire, receive **प्राप्त करना**
12. **Bog down** (phrasal verb) – Overwhelm, entangle, hinder, obstruct, encumber **फंसना**
13. **Procrastinate** (verb) – Delay, postpone, defer, stall, put off **टालना**
14. **Phenomenon** (noun) – Occurrence, event, happening, incident, spectacle **घटना**
15. **Encounter** (verb) – Meet, face, confront, experience, come across **सामना करना**
16. **Go up the ladder** (phrase) – Advance, rise, progress, move up, ascend **प्रगति करना**
17. **Time-tested** (adjective) – Proven, reliable, dependable, established, trustworthy **आजमाया हुआ**
18. **Formulae** (noun) – Methods, procedures, techniques, approaches, recipes **सूत्र**
19. **Hand down** (phrasal verb) – Pass on, bequeath, transfer, convey, deliver **सौंपना**
20. **Predecessor** (noun) – Forerunner, precursor, ancestor, predecessor, antecedent **पूर्वज**
21. **Contrary to** (phrase) – Opposite to, against, conflicting with, opposed to, differing from **के विपरीत**
22. **Established** (adjective) – Recognized, accepted, set, confirmed, proven **स्थापित**
23. **Result in** (phrasal verb) – Cause, lead to, bring about, produce, create **परिणामस्वरूप होना**
24. **Substantial** (adjective) – Significant, considerable, major, important, noteworthy **महत्वपूर्ण**



25. **Explore** (verb) – Investigate, examine, search, probe, discover **तलाश करना**
26. **Master** (verb) – Learn, grasp, excel, command, perfect **निपुण होना**
27. **Scare** (verb) – Frighten, terrify, startle, intimidate, alarm **डराना**
28. **Eventually** (adverb) – Finally, ultimately, in the end, at last, sooner or later **अंततः**
29. **Inherent** (adjective) – Innate, intrinsic, natural, built-in, essential **अंतर्निहित**
30. **Venture into** (phrasal verb) – Undertake, embark on, experiment with, dare into, try out **साहस करना**
31. **Dormant** (adjective) – Inactive, sleeping, latent, resting, undeveloped **निष्क्रिय**
32. **With one's backs to the wall** (phrase) – In a difficult situation, cornered, trapped, under pressure **मुश्किल में फंसना**
33. **Pursue** (verb) – Chase, follow, seek, strive for, go after **पीछा करना**
34. **Contradiction** (noun) – Conflict, inconsistency, discrepancy, difference, opposition **विरोधाभास**
35. **Dare** (verb) – Challenge, venture, risk, take on, defy **साहस करना**
36. **Drenched** (adjective) – Soaked, wet, saturated, sopping, waterlogged **भीगा हुआ**
37. **Sum up** (phrasal verb) – Conclude, summarize, recapitulate, encapsulate, outline **सारांश प्रस्तुत करना**

### The Tribune Editorial: Addicts not demons(19 DEC 2024)

1. **Demon** (noun) – Evil spirit, devil, fiend, monster, wicked being दानव
2. **Aspire** (verb) – Aim for, strive, desire, hope, pursue महत्वाकांक्षा रखना
3. **Fall into place** (phrase) – Happen smoothly, come together, work out, fit in सही दिशा में होना
4. **Lofty** (adjective) – Ambitious, high, elevated, grand, noble उच्च
5. **Attitudinal** (adjective) – Related to mindset, mental outlook, perspective, belief-driven मानसिकता संबंधी
6. **In particular** (phrase) – Specifically, especially, notably, particularly विशेष रूप से
7. **On the ground** (phrase) – In reality, practically, at the grassroots जमीन स्तर पर
8. **Demon** (verb) – Vilify, malign, blame, condemn, defame दुष्प्रचार करना
9. **Victim** (noun) – Sufferer, casualty, target, prey, injured person पीड़ित
10. **Drug abuse** (noun) – Substance misuse, drug addiction, narcotic dependence मादक पदार्थ दुरुपयोग
11. **Rehabilitate** (verb) – Restore, reintegrate, reform, heal, treat पुनर्वास करना
12. **Stakeholder** (noun) – Participant, party involved, interested party, beneficiary हितधारक
13. **Pay heed to** (phrase) – Consider, listen to, take notice, pay attention ध्यान देना
14. **Hold** (verb) – Conduct, organize, arrange, convene, host आयोजित करना
15. **Scourge** (noun) – Curse, plague, affliction, menace, calamity अभिशाप
16. **Bring out of the shadows** (phrase) – Expose, reveal, disclose, bring to light उजागर करना
17. **Stigma** (noun) – Shame, disgrace, dishonor, taint, blemish कलंक
18. **Ostracisation** (noun) – Exclusion, isolation, banishment, shunning बहिष्कार
19. **Sink** (verb) – Fall deeper, decline, submerge, collapse, deteriorate गिरना
20. **Mire** (noun) – Mess, trouble, difficulty, entanglement, swamp संकट
21. **At stake** (phrase) – At risk, in danger, in jeopardy, on the line दांव पर
22. **Vulnerable** (adjective) – Exposed, defenseless, susceptible, weak, prone असुरक्षित
23. **Lure** (noun) – Attraction, temptation, bait, allurement प्रलोभन
24. **Compassion** (noun) – Kindness, sympathy, empathy, care, understanding सहानुभूति
25. **The small fry** (noun) – Minor players, less significant people, lesser individuals छोटे स्तर के लोग
26. **Big fish** (noun) – Important person, key figure, major player, prominent individual प्रमुख व्यक्ति

27. **Trafficker** (noun) – Smuggler, dealer, trader, black marketer, illicit supplier  
तस्कर
28. **Thrive** (verb) – Flourish, prosper, succeed, grow, expand फलना-फूलना
29. **Incessantly** (adverb) – Continuously, constantly, relentlessly, unceasingly, endlessly निरंतर
30. **Enforcement** (noun) – Implementation, application, regulation, policing, execution प्रवर्तन
31. **Bear the brunt of** (phrase) – Suffer most, endure the worst, take the main impact खामियाजा भुगतना
32. **Rock** (verb) – Shake, shock, disturb, unsettle, jolt झकझोर देना
33. **Spate** (noun) – Series, outbreak, flood, surge, succession झड़ी
34. **Combat** (verb) – Fight, counter, tackle, confront, resist मुकाबला करना
35. **Menace** (noun) – Threat, danger, peril, hazard, risk खतरा
36. **Praiseworthy** (adjective) – Admirable, commendable, worthy of praise, honorable सराहनीय
37. **Juvenile** (noun) – Young person, teenager, adolescent, minor, youth किशोर
38. **Go astray** (phrase) – Lose direction, go wrong, deviate, stray, misbehave भटक जाना
39. **Reportedly** (adverb) – Allegedly, supposedly, apparently, as claimed, according to reports कथित तौर पर
40. **Firm** (adjective) – Strong, resolute, determined, steadfast, unwavering दृढ़
41. **Fraught** (adjective) – Full of, loaded with, filled with, burdened with भरा हुआ
42. **Deter** (verb) – Discourage, prevent, restrain, dissuade, inhibit रोकना
43. **Hold firm** (phrase) – Stand strong, remain steadfast, resist pressure, stay resolute दृढ़ रहना
44. **Stem the rot** (phrase) – Stop the decline, halt deterioration, curb decay, prevent worsening बुराई को रोकना

### The Pioneer Editorial: Not again! (20 DEC 2024)

1. **Plummet** (verb) – Drop sharply, fall rapidly, decrease steeply, tumble, crash  
तेजी से गिरना
2. **Witness** (verb) – Observe, see, experience, encounter, notice  
देखना/साक्षी बनना
3. **Alarming** (adjective) – Worrying, concerning, distressing, troubling, shocking चिंताजनक
4. **Unfold** (verb) – Develop, occur, take place, happen, emerge सामने आना
5. **Entail** (verb) – Involve, require, demand, necessitate, call for  
आवश्यकता होना
6. **Stringent** (adjective) – Strict, severe, rigid, inflexible, harsh कठोर
7. **Highlight** (verb) – Emphasize, underline, stress, spotlight, draw attention to  
प्रमुखता देना
8. **Widespread** (adjective) – Extensive, prevalent, far-reaching, broad, common  
व्यापक
9. **Acute** (adjective) – Severe, intense, critical, serious, sharp गंभीर
10. **Categorise** (verb) – Classify, organize, group, sort, arrange वर्गीकृत करना
11. **Demolition** (noun) – Destruction, tearing down, knocking down, dismantling, razing विध्वंस
12. **Infrastructure** (noun) – Facilities, systems, framework, public utilities, foundation आधारभूत संरचना
13. **Prohibition** (noun) – Ban, restriction, prevention, exclusion, interdiction  
प्रतिबंध
14. **Enforce** (verb) – Implement, apply, impose, uphold, carry out लागू करना
15. **Deteriorate** (verb) – Worsen, decline, degrade, fall apart, weaken बिगड़ना
16. **Efficacy** (noun) – Effectiveness, efficiency, capability, power, performance प्रभावशीलता
17. **Enforcement** (noun) – Implementation, regulation, application, execution, policing प्रवर्तन
18. **Metrological** (adjective) – Related to weather, climatic, atmospheric मौसम संबंधी
19. **Attribute** (to) (verb) – Credit, ascribe, assign, connect, link जोड़ना
20. **Stagnation** (noun) – Inactivity, lack of movement, stillness, dormancy, standstill ठहराव
21. **Pollutant** (noun) – Contaminant, toxin, impurity, waste, poison प्रदूषक
22. **Accumulate** (verb) – Gather, collect, build up, amass, increase एकत्र होना
23. **Exacerbate** (verb) – Worsen, intensify, aggravate, heighten, compound बढ़ाना
24. **Compound** (verb) – Add to, worsen, aggravate, intensify, increase बढ़ाना
25. **Emission** (noun) – Discharge, release, output, outflow, exhalation उत्सर्जन

26. **Add to** (phrasal verb) – Increase, contribute to, expand, enhance, boost  
जोड़ना
27. **Emit** (verb) – Release, discharge, give off, radiate, expel छोड़ना
28. **Dip** (noun) – Decrease, drop, fall, decline, reduction गिरावट
29. **Hazardous** (adjective) – Dangerous, risky, harmful, unsafe, toxic खतरनाक
30. **Pose** (verb) – Present, create, cause, bring about, lead to प्रस्तुत करना/उत्पन्न करना
31. **Prolonged** (adjective) – Extended, lengthy, sustained, continuous, long-lasting लंबा
32. **Exposure** (noun) – Contact, experience, vulnerability, risk, openness संपर्क
33. **Lead** (to) (verb) – Cause, result in, bring about, produce, create कारण बनना
34. **Ailment** (noun) – Illness, sickness, disease, disorder, condition बीमारी
35. **Cardiovascular** (adjective) – Related to the heart and blood vessels हृदय और रक्त वाहिकाओं से संबंधित
36. **Chronic** (adjective) – Persistent, long-lasting, recurring, enduring, ongoing पुरानी (बीमारी)
37. **Vulnerable** (adjective) – At risk, exposed, defenseless, prone, susceptible कमजोर
38. **Pre-existing** (adjective) – Existing beforehand, prior, already present पहले से मौजूद
39. **Imposition** (noun) – Implementation, enforcement, application, imposition, regulation लागू करना
40. **Recurrence** (noun) – Reappearance, return, repetition, resurgence, comeback पुनरावृत्ति
41. **Drive** (verb) – Propel, push, motivate, cause, prompt प्रेरित करना
42. **Unfortunately** (adverb) – Sadly, regrettably, unluckily, unhappily, lamentably दुर्भाग्यवश
43. **Comprehensive** (adjective) – Complete, thorough, extensive, all-inclusive, detailed व्यापक
44. **Address** (verb) – Deal with, tackle, handle, resolve, manage समाधान करना
45. **Rely** (on) (verb) – Depend on, trust, count on, lean on, be dependent निर्भर होना
46. **Knee-jerk reaction** (noun) – Immediate response, reflex action, impulsive reaction, hasty decision त्वरित प्रतिक्रिया
47. **Quick fixes** (noun) – Temporary solutions, stopgap measures, makeshift arrangements, short-term fixes अस्थायी समाधान

## The Hindu Editorial: Positive direction (21DEC 2024)

1. **Ties** (noun) – Relations, connections, associations, links, partnerships **संबंध**
2. **Transparency** (noun) – Openness, clarity, honesty, accountability, visibility **पारदर्शिता**
3. **Milestone** (noun) – Significant event, landmark, achievement, breakthrough, turning point **महत्वपूर्ण पड़ाव**
4. **Restoration** (noun) – Recovery, revival, renewal, reinstatement, re-establishment **बहाली**
5. **Standalone** (adjective) – Independent, separate, self-contained, autonomous, individual **स्वतंत्र**
6. **Resolve** (verb) – Settle, solve, address, conclude, find a solution **समाधान करना**
7. **Differences** (noun) – Disagreements, disputes, variations, conflicts, contrasts **मतभेद**
8. **Standoff** (noun) – Deadlock, impasse, stalemate, confrontation, standoff **गतिरोध**
9. **Hold talks** (phrase) – Conduct discussions, engage in dialogue, negotiate, have a meeting **वार्ता करना**
10. **Interim** (noun) – Temporary period, meantime, interval, in-between, transitory **अंतरिम**
11. **Mandate** (verb) – Authorize, instruct, direct, require, order **आदेश देना**
12. **Disengagement** (noun) – Withdrawal, separation, detachment, removal, disconnection **अलगाव**
13. **Mechanism** (noun) – System, process, method, procedure, framework **प्रणाली**
14. **De-escalation** (noun) – Reduction of tension, decrease, lowering, cooling down, easing off **तनाव कम करना**
15. **De-induction** (noun) – Removal, withdrawal, retreat, pullout, exit **वापसी**
16. **Trans-boundary** (adjective) – Across borders, cross-border, international, inter-regional **सीमा पार**
17. **Suspended** (adjective) – Delayed, postponed, paused, halted, on hold **निलंबित**
18. **Liberalization** (noun) – Deregulation, relaxation of restrictions, freedom from control, opening up **उदारीकरण**
19. **Exchanges** (noun) – Interactions, communications, trade, transfers, swaps **बातचीत**
20. **Yield** (verb) – Produce, result in, generate, provide, give **उपजना**
21. **Term** (verb) – Describe, label, define, name, designate **नाम देना**
22. **Consensus** (noun) – Agreement, accord, unity, common view, collective decision **सहमति**
23. **Revert (to)** (verb) – Return, go back, resume, reverse, change back **वापस लौटना**

24. **Set out** (phrasal verb) – Define, outline, explain, lay down, establish निर्धारित करना
25. **Strengthen** (verb) – Reinforce, fortify, bolster, enhance, improve मजबूत करना
26. **Cross-border** (adjective) – International, transnational, inter-country, across boundaries सीमा पार
27. **Coordination** (noun) – Organization, cooperation, collaboration, management, alignment समन्वय
28. **Follow up** (phrasal verb) – Continue, pursue, monitor, track, check up on अनुवर्ती कार्य करना
29. **Optics** (noun) – Perception, public image, appearance, viewpoint, perspective दृष्टिकोण
30. **Momentum** (noun) – Drive, progress, force, thrust, energy गति/अग्रगति
31. **Suspension** (noun) – Interruption, pause, stoppage, delay, hold रोक
32. **Bilateral** (adjective) – Two-sided, mutual, reciprocal, dual, joint द्विपक्षीय
33. **Thrive** (verb) – Flourish, prosper, succeed, grow, expand फलना-फूलना
34. **Host** (verb) – Organize, arrange, hold, convene, conduct आयोजन करना
35. **Restore** (verb) – Re-establish, bring back, reinstate, recover, fix बहाल करना
36. **Strike a note of** (phrase) – Express, emphasize, highlight, stress, indicate जोर देना
37. **Amass** (verb) – Gather, accumulate, assemble, collect, build up एकत्र करना
38. **Troop** (noun) – Military unit, soldiers, armed force, army group सैनिक टुकड़ी
39. **Transgression** (noun) – Violation, breach, infringement, offense, wrongdoing उल्लंघन
40. **Normalise** (verb) – Stabilize, regularize, restore, adjust, balance सामान्य बनाना
41. **Dismantling** (noun) – Breaking down, deconstruction, disassembly, removal, taking apart विघटन
42. **Buffer zone** (noun) – Safety area, neutral space, protective barrier, separation zone सुरक्षा क्षेत्र
43. **Restoration** (noun) – Repair, renewal, reinstatement, revival, comeback पुनः स्थापना
44. **Status quo ante** (noun) – Previous state, original condition, earlier situation, former position पूर्व स्थिति
45. **Deterrence** (noun) – Prevention, discouragement, inhibition, avoidance, dissuasion निवारण
46. **Aggression** (noun) – Hostility, attack, assault, provocation, offensive आक्रामकता