Despite gains, India's anaemia challenge persists

The findings of the ICMR-National Institute of Nutrition's SAMPADA survey are **significant** for several reasons: The NFHS-6 data released earlier in the year did not include anaemia **estimates**. The government conducted a separate survey afterwards covering over two lakh people, using a gold-standard **clinical** method rather than the traditional field-prick tests. The results show both positive and worrying trends. Despite a lower overall incidence of anaemia **in comparison to** previous surveys across all age groups, 55.9 per cent of non-pregnant and **non-lactating** women aged 15 to 49 years suffer from anaemia. Anaemia also affects 46.3 per cent of **adolescent** girls (10-19 years), 43.6 per cent of pregnant women and 58.1 per cent of **lactating mothers**.

A medical condition in which the body lacks enough healthy red blood cells or hemoglobin to carry sufficient oxygen to tissues and organs, anaemia can affect strength, concentration, **productivity** and the overall quality of life. For women, the risks become greater during pregnancy and childbirth. India already carries a double burden of childhood **obesity** and **malnutrition**; anaemia among adolescents can further **undermine** growth and development. Even though severe cases sit below 2 per cent across most age groups, what makes the findings significant is that iron **deficiency drives** only about half of anaemia in **vulnerable** groups. This indicates a more complex health challenge involving deficiencies of several **essential** nutrients, **alongside** infections, **inflammations** or blood disorders, including **thalassaemia**, **sickle cell disease**, as well as **chronic** kidney **disorders**.

Nutritional imbalance is not just a matter of availability of food but also of **dietary diversity**, awareness and healthcare access. Across both low-income households and urban, **affluent** homes, diets **often lean** towards ultra-processed food rich in fat, sugar, and salt. Efforts must focus on moving beyond **a one-size-fits-all approach** towards **strengthening** screening, nutritional counselling and dietary **diversification**. The survey also **exposes deep** regional **inequalities**, with Andaman and Nicobar Islands recording an **alarming** 81.2 per cent anaemia **prevalence** among women of reproductive age, Ladakh at 77.1 per cent and West Bengal at 72.4 per cent. India has made **considerable** progress through initiatives such as Anaemia Mukt Bharat, Poshan 2.0, and other programmes targeting **maternal** and child health. The latest findings must serve as a **catalyst** for a more responsive nutritional strategy, one that builds on **existing** gains and **addresses persistent** gaps. **[Practice Exercise]**

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

Vocabulary

1. **Anaemia** (noun) - a medical condition in which the body lacks enough healthy red blood cells or haemoglobin to carry adequate oxygen खून की कमी
2. **Persist** (verb) - continue, endure, persevere, linger, prevail बना रहना
3. **Findings** (noun) - conclusions, results, outcomes, discoveries, observations निष्कर्ष
4. **Significant** (adjective) - notable, substantial, momentous, consequential, considerable महत्वपूर्ण
5. **Estimates** (noun) - projections, assessments, approximations, calculations, evaluations अनुमान
6. **Clinical** (adjective) - medical, diagnostic, therapeutic, pathological, empirical चिकित्सीय
7. **In comparison to** (phrase) - when measured or judged against something else की तुलना में
8. **Non-lactating** (adjective) - not producing or secreting breast milk to feed an infant स्तनपान न कराने वाली
9. **Adolescent** (adjective) - teenage, juvenile, youthful किशोर
10. **Lactating mothers** (noun) - mothers who are producing breast milk to nourish their infants स्तनपान कराने वाली माताएँ
11. **Productivity** (noun) - efficiency, output, yield, effectiveness, performance उत्पादकता
12. **Obesity** (noun) - corpulence, adiposity, stoutness, portliness, rotundity मोटापा
13. **Malnutrition** (noun) - undernourishment, undernutrition, malnourishment, starvation, deprivation कुपोषण
14. **Undermine** (verb) - weaken, erode, impair, sabotage, subvert कमजोर करना
15. **Deficiency** (noun) - shortage, scarcity, dearth, insufficiency, deficit कमी
16. **Drive** (verb) - cause, fuel, trigger, propel, generate प्रेरित करना
17. **Vulnerable** (adjective) - susceptible, exposed, defenseless, fragile, prone संवेदनशील
18. **Essential** (adjective) - vital, indispensable, crucial, paramount, fundamental आवश्यक
19. **Alongside** (preposition) - together with or in addition to something else के साथ-साथ
20. **Inflammation** (noun) - a localized bodily reaction causing redness, swelling, heat, and pain in response to injury or infection सूजन
21. **Thalassaemia** (noun) - an inherited blood disorder characterized by abnormally low levels of haemoglobin and red blood cells थैलेसीमिया (आनुवंशिक रक्त विकार)
22. **Sickle cell disease** (noun) - an inherited red blood cell disorder in which cells become crescent-shaped and obstruct blood flow सिकल सेल रोग (आनुवंशिक रक्त विकार)
23. **Chronic disorders** (noun) - long-lasting medical conditions that persist over time

and require ongoing management दीर्घकालिक रोग

24. **Dietary** (adjective) - relating to the food and drink regularly consumed by a person आहार संबंधी
25. **Diversity** (noun) - variety, multiplicity, assortment, heterogeneity, range विविधता
26. **Affluent** (adjective) - wealthy, prosperous, opulent, well-off, moneyed समृद्ध
27. **Often** (adverb) - frequently, repeatedly, regularly, commonly, habitually अक्सर
28. **Lean** (verb) - incline, tend, gravitate, veer, tilt झुकना
29. **A one-size-fits-all approach** (noun) - a uniform method designed to fit all situations without considering individual differences सभी के लिए एक जैसा दृष्टिकोण
30. **Strengthen** (verb) - reinforce, bolster, fortify, consolidate, augment मजबूत करना
31. **Diversification** (noun) - variation, broadening, expansion, variegation, proliferation विविधीकरण
32. **Expose** (verb) - reveal, uncover, unmask, unveil, divulge उजागर करना
33. **Deep** (adjective) - profound, entrenched, ingrained, severe, acute गहरा
34. **Inequalities** (noun) - disparities, imbalances, inequities, discrepancies, variations असमानताएँ
35. **Alarming** (adjective) - startling, disturbing, distressing, ominous, worrisome चिंताजनक
36. **Prevalence** (noun) - incidence, pervasiveness, predominance, ubiquity, frequency व्यापकता
37. **Considerable** (adjective) - substantial, significant, sizable, appreciable, extensive पर्याप्त
38. **Maternal** (adjective) - relating to a mother, especially during pregnancy or childbirth मातृ
39. **Catalyst** (noun) - stimulus, impetus, spur, trigger, spark प्रेरक तत्व
40. **Existing** (adjective) - prevailing, current, extant, ongoing, present मौजूदा
41. **Address** (verb) - tackle, resolve, confront, handle, redress समाधान करना
42. **Persistent** (adjective) - enduring, unrelenting, lingering, tenacious, perennial निरंतर

Summary of the Editorial

1. The **ICMR-National Institute of Nutrition's SAMPADA survey** has provided important insights into anaemia levels in India, particularly because NFHS-6 data released earlier did not include anaemia estimates.
2. The government subsequently conducted a separate survey covering more than **two lakh people**, using a gold-standard clinical testing method instead of traditional field-prick tests.
3. Although the overall incidence of anaemia has declined compared with previous surveys, the disease continues to affect a significant proportion of India's population.
4. According to the survey, **55.9% of non-pregnant and non-lactating women** aged 15–49 years suffer from anaemia.
5. Anaemia affects **46.3% of adolescent girls (10–19 years), 43.6% of pregnant women and 58.1% of lactating mothers**.
6. Anaemia is a medical condition in which the body lacks sufficient healthy red blood cells or haemoglobin to transport adequate oxygen to tissues and organs.
7. The condition negatively affects physical strength, concentration, productivity and overall quality of life. It also increases health risks for women during pregnancy and childbirth.
8. Anaemia among adolescents can further weaken their growth and development, adding to India's existing double burden of childhood obesity and malnutrition.
9. An important finding is that iron deficiency accounts for only about **half of anaemia cases** among vulnerable groups, indicating that the problem is more complex than a simple lack of iron.
10. Other contributing factors include deficiencies of essential nutrients, infections, inflammation and blood-related disorders such as **thalassaemia, sickle cell disease and chronic kidney disorders**.
11. Nutritional imbalance is not merely related to food availability; it also depends on dietary diversity, nutritional awareness and access to healthcare.
12. Both low-income and affluent urban households frequently consume ultra-processed foods rich in fat, sugar and salt, highlighting the need for healthier dietary habits.
13. The survey reveals significant regional inequalities. Anaemia prevalence among women of reproductive age is particularly high in:
    - Andaman and Nicobar Islands – **81.2%**
    - Ladakh – **77.1%**
    - West Bengal – **72.4%**
14. India has made considerable progress through government initiatives such as **Anaemia Mukt Bharat and Poshan 2.0**, along with other maternal and child health programmes. However, further efforts are required to address persistent nutritional deficiencies.

15. The editorial recommends moving beyond a one-size-fits-all strategy by strengthening regular screening, nutritional counselling, dietary diversification and healthcare access to address the country's continuing anaemia challenge.

Practice Exercise: SSC Pattern Based

1. **Which statement best explains why the author argues that "The findings of the ICMR-National Institute of Nutrition's SAMPADA survey are significant for several reasons"?**
   A. Because they confirm that NFHS-6 accurately captured declining anaemia rates across all reproductive-age cohorts using traditional field-prick tests. **[Editorial page]**
   B. Because they pair gold-standard clinical data with evidence that non-iron causes, processed diets, and regional gaps require tailored reform.
   C. Because they demonstrate that iron supplementation alone resolves micronutrient deficiencies across adolescent girls and lactating mothers nationwide.
   D. Because they prove that childhood obesity and chronic kidney disorders affect urban affluent households consuming ultra-processed foods.
2. **What is the author's primary analytical purpose in noting that "Across both low-income households and urban, affluent homes, diets often lean towards ultra-processed food rich in fat, sugar, and salt"?**
   A. To suggest that severe anaemia exceeding two per cent affects urban affluent households more frequently than rural families.
   B. To illustrate that nutritional imbalance stems from poor dietary diversity and awareness rather than food scarcity alone.
   C. To argue that existing programmes like Anaemia Mukt Bharat and Poshan 2.0 should prioritize basic grain distribution.
   D. To explain why Ladakh and West Bengal recorded higher reproductive-age anaemia prevalence than Andaman and Nicobar Islands.
3. **According to the passage, how do the causal drivers of anaemia among India's vulnerable groups complicate conventional supplementation strategies?**
   A. Because iron deficiency accounts for roughly half of cases, while multi-nutrient gaps, infections, and blood disorders drive the rest.
   B. Because traditional field-prick tests overestimated haemoglobin levels across adolescent girls aged ten to nineteen in earlier national surveys.
   C. Because lactating mothers aged fifteen to forty-nine experience lower anaemia prevalence than non-pregnant women across surveyed cohorts.
   D. Because childhood obesity has reduced micronutrient deficiencies among adolescents living in urban affluent households across major cities.
4. **Which inference is best supported by the passage regarding existing government nutrition programmes such as Anaemia Mukt Bharat and Poshan 2.0?**
   A. They have resolved iron-deficiency anaemia across adolescent girls while leaving chronic kidney disorders unaddressed in island regions.
   B. They rely on gold-standard clinical blood tests rather than field-prick screening across urban and rural primary schools.
   C. They have achieved meaningful progress but require adaptation to address non-iron causes, dietary habits, and regional disparities.
   D. They have succeeded primarily by restricting ultra-processed food sales across affluent urban households and low-income communities.
5. **The author's tone throughout the passage is best described as:**
   A. Investigative and polemical

B. Analytical and prescriptive
C. Empathetic and laudatory
D. Pragmatic and cautionary

6. **Direction: In the following question, the passage is split into four parts and named 1, 2, 3, and 4. Rearrange these four parts to form a meaningful, logical, and coherent paragraph.**
1. On July 20, Turkish-American mathematician Levent Alpöge used Anthropic's Claude AI model, to which he has virtually unfettered access as an Anthropic employee, to disprove the Jacobian conjecture.
2. While some mathematicians have hailed the advances, others have objected to the solutions' unintelligibility and the companies' disregard for mathematics education and research.
3. Since then, AI companies have announced a series of purported solutions to major open problems in mathematics.
4. A flurry of announcements landed in the third week of November claiming that various artificial intelligence (AI) models had solved longstanding mathematical problems.
A. 4-1-3-2
B. 1-4-3-2
C. 3-1-4-2
D. 2-4-1-3

7. **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 numbered 1, 2, 3, and 4. Rearrange these four parts to form a meaningful, logical, and coherent passage.**
S1. In the immediacy of defeat at the hands of Australia in the final of the inaugural World Test Championship at The Oval in June 2023, India decided to move on from Cheteshwar Pujara.
1. The irony stemmed from the fact that when India severed ties with Pujara the Test batter, the head coach was Dravid himself.
2. Pujara had served Indian cricket outstandingly while occupying the No. 3 position in Test cricket, proving to be an able successor to Rahul Dravid and playing influential roles in successive series victories in Australia in 2018-19 and 2020-21.
3. India's next assignment after the WTC final loss was a two-Test tour of the Caribbean, originally Dravid's last Test stint as the head coach.
4. The irony wasn't lost on anyone.
S6. India weren't scheduled to play another Test match until Boxing Day in Centurion, and Dravid was to bow out after the home 50-over World Cup, which was to end in the middle of November.
A. 2-4-1-3
B. 1-4-2-3
C. 4-2-1-3
D. 3-2-4-1

8. **Select the most appropriate SYNONYM of the given word.**
Grim
A. Haggard
B. Brusque
C. Dismal

D. Sullied

9. **Select the word most similar in meaning to the word given in bold.**
   Fury
   A. Wrath
   B. Calm
   C. Pride
   D. Hunger
10. **Select the option that best expresses the meaning of the given phrasal verb.**
    Hold up
    A. To channel investment funds toward heavy public infrastructure
    B. To remain strong, functional, or successful despite difficult conditions
    C. To postpone addressing an unresolved policy dispute indefinitely
    D. To create a situation where multiple crises converge at once
11. **Directions: Choose the correct meaning of idiom**
    To ride the high horse
    A. Detached and reclusive
    B. Arrogant and self-righteous
    C. Humble and grounded
    D. Boastful but harmless
12. **Select the most appropriate ANTONYM of the given word.**
    Generous
    A. Altruist
    B. Charitable
    C. Kind
    D. Greedy
13. **Select the most appropriate ANTONYM of the given word.**
    Modest
    A. Arrogant
    B. Generous
    C. Unpretentious
    D. Humble
14. **Choose the correct one-word substitution for:**
    "A humorous poem of five lines"
    A. Sonnet
    B. Elegy
    C. Haiku
    D. Limerick
15. **Directions: Select the incorrectly spelt word.**
    A. vertebraites
    B. unnatural
    C. understand
    D. vanish
16. **Select the option that expresses the following sentence in active voice.**
    A delicious meal was prepared by the chef.

A. The chef prepared a delicious meal.
B. The chef has been preparing a delicious meal.
C. The chef has prepared a delicious meal.
D. The chef had prepared a delicious meal.

17. **Select the option that expresses the following sentence in direct speech.**
Lata told me to give her a glass of water.
A. Lata said, "Can you give her a glass of water."
B. Lata said, "Give her a glass of water."
C. Lata asked me, "Give me a glass of water."
D. Lata said to me, "Give me a glass of water."

18. **Directions: Fill in the blank with appropriate parts of speech.**
The scientist was awarded a medal _____ her groundbreaking contributions to molecular biology.
A. because
B. although
C. owing to
D. lest

19. **Directions: Choose the most suitable option to replace the highlighted part of the sentence**
He **has went** to the market.
A. has go
B. had gone
C. went
D. has gone

20. **Direction: Read the sentence to find the grammatical error. The sentence has been split into four parts: (A), (B), (C), and (D). Select the option that contains the error.**
According to the revised asset register, (A) / nearly forty per cent of the specialised laboratory equipment have remained unused (B) / since the procurement division failed to obtain the licences (C) / required for operating it under the new safety protocol. (D)
A. According to the revised asset register,
B. nearly forty per cent of the specialised laboratory equipment have remained unused
C. since the procurement division failed to obtain the licences
D. required for operating it under the new safety protocol.

Directions: In the given passage, some words have been deleted. Fill in the blanks with the help of the alternatives given. Select the most appropriate option for each blank.
Sickness never (1)___ its arrival, so buying medical insurance today ensures you are never caught off guard. Having been in the banking sector where medical expenses were cushioned to a certain extent, we retirees are now facing a financial (2)___ as we age. Nothing is free today. Every year around the same time, retirees scramble to decide which insurance company has the most attractive offer. After the coronavirus visited the globe in a devastating manner in the year 2020, every hospitalisation has become a steep affair. Terms and conditions rolled out year-on-year for group insurance schemes vary. It fits well within the budget of some, while many have to prepare well in advance to pay off the (3)___ amount. A reasonable ₹10 lakh coverage demands a premium of around ₹1 lakh. A bank pensioner from the pre-2000 era draws a monthly pension of ₹35,000 to ₹50,000. Having completed all family obligations by

then, their pension — along with the interest on deposits, which is also taxable — leaves an average monthly savings of around ₹10,000. Many pensioners keep this buffer money strictly for medical insurance.Hospitals have their own fees and charges for different ailments and admissions. No one can question them on the bills produced; it is a do-or-die situation. All bankers know that their daily closing books have to (4)___ in all respects before the day ends. How will a middle-class bank pensioner ever balance her income with the medical expenses which (5)___ at her through the window of the hospital cashier? The only prayer on the lips of every retired person is that good health continues to be their lifelong friend. They do not mind the premium paid year-on-year to the insurance companies, but they hold another prayer too: that the premiums charged remain moderate and feasible.

21. **What should come in the place of blank number (1)?**
    A. heralds
    B. endorses
    C. conceals
    D. forfeits
22. **What should come in the place of blank number (2)?**
    A. frenzy
    B. windfall
    C. crunch
    D. surplus
23. **What should come in the place of blank number (3)?**
    A. voluntary
    B. hypothetical
    C. negligible
    D. stipulated
24. **What should come in the place of blank number (4)?**
    A. lapse
    B. tally
    C. diverge
    D. fluctuate
25. **What should come in the place of blank number (5)?**
    A. wink
    B. cower
    C. glare
    D. beam

Answers

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

[Practice Exercise]

Explanations

1. **B) Because they pair gold-standard clinical data with evidence that non-iron causes, processed diets, and regional gaps require tailored reform.**
   passage: "The government conducted a separate survey afterwards covering over two lakh people, using a gold-standard clinical method rather than the traditional field-prick tests... iron deficiency drives only about half of anaemia in vulnerable groups. This indicates a more complex health challenge involving deficiencies of several essential nutrients, alongside infections, inflammations or blood disorders... diets often lean towards ultra-processed food... The survey also exposes deep regional inequalities... Efforts must focus on moving beyond a one-size-fits-all approach."----The author gives several reasons for the survey's importance. It fills the gap left by NFHS-6, which had no anaemia estimates. It uses a better clinical method. It shows that iron deficiency explains only about half of the cases, so other causes matter. It also shows poor diets and large regional differences, so a single approach will not work. Option B covers these points, so it is correct.
   - Option A: Incorrect. The option says the survey confirms that NFHS-6 captured declining anaemia rates using field-prick tests, but the passage says NFHS-6 did not include anaemia estimates at all, and the SAMPADA survey used a clinical method instead of field-prick tests.
   - Option C: Incorrect. The option says iron supplementation alone resolves micronutrient deficiencies, but the passage says iron deficiency drives only about half of anaemia, so other deficiencies and conditions also need attention. It says the opposite of the option.
   - Option D: Incorrect. The option says childhood obesity and kidney disorders affect only urban affluent households, but the passage says unhealthy diets are common in both low-income and urban affluent homes, and it lists kidney disorders only as one possible cause of anaemia.
2. **B) To illustrate that nutritional imbalance stems from poor dietary diversity and awareness rather than food scarcity alone.**
   passage: "Nutritional imbalance is not just a matter of availability of food but also of dietary diversity, awareness and healthcare access. Across both low-income households and urban, affluent homes, diets often lean towards ultra-processed food rich in fat, sugar, and salt."----The sentence about ultra-processed food comes right after the author says nutritional imbalance is "not just a matter of availability of food." The author then shows that even affluent homes, which have plenty of food, eat unhealthy diets. So the problem is not only too little food, but also poor variety and low awareness. Option B says exactly this, so it is correct.
   - Option A: Incorrect. The option says severe anaemia above two per cent affects affluent urban homes more than rural families, but the passage says severe cases sit below 2 per cent across most age groups, and it never compares urban affluent and rural families on severe anaemia.

- Option C: Incorrect. The option says the aim is to argue that programmes like Anaemia Mukt Bharat and Poshan 2.0 should focus on basic grain distribution, but the passage says the opposite. It asks for dietary diversification, screening and counselling, and moving beyond a one-size-fits-all approach.
- Option D: Incorrect. The option says the line explains why Ladakh and West Bengal had higher anaemia than the Andaman and Nicobar Islands, but the passage gives Andaman and Nicobar the highest figure (81.2 per cent), above Ladakh (77.1 per cent) and West Bengal (72.4 per cent). The diet sentence is also not linked to these regional figures.

3. **A) Because iron deficiency accounts for roughly half of cases, while multi-nutrient gaps, infections, and blood disorders drive the rest.**
   Passage: "What makes the findings significant is that iron deficiency drives only about half of anaemia in vulnerable groups. This indicates a more complex health challenge involving deficiencies of several essential nutrients, alongside infections, inflammations or blood disorders, including thalassaemia, sickle cell disease, as well as chronic kidney disorders."---Supplementation strategies usually focus on iron. The passage says iron deficiency explains only about half of the cases, so the other half comes from other nutrient deficiencies, infections, inflammation and blood disorders, which iron alone cannot fix. This is why the author calls for moving beyond a one-size-fits-all approach. Option A says the same thing.
   - Option B is incorrect because the option says field-prick tests overestimated haemoglobin levels in adolescent girls, but the passage only says the survey used a gold-standard clinical method rather than traditional field-prick tests. It does not say what the old tests overestimated, and this has nothing to do with why the causes of anaemia complicate supplementation.
   - Option C is incorrect because the option says lactating mothers have lower anaemia prevalence than non-pregnant women, but the passage gives 58.1 per cent for lactating mothers and 55.9 per cent for non-pregnant, non-lactating women. Lactating mothers have the higher figure, and prevalence is not a causal driver in any case.
   - Option D is incorrect because the option says childhood obesity has reduced micronutrient deficiencies in affluent urban adolescents, but the passage says India carries a double burden of childhood obesity and malnutrition, and that even affluent urban diets lean towards ultra-processed food. It never says obesity reduces deficiencies.
4. **C) They have achieved meaningful progress but require adaptation to address non-iron causes, dietary habits, and regional disparities.**
   Passage: "India has made considerable progress through initiatives such as Anaemia Mukt Bharat, Poshan 2.0, and other programmes targeting maternal and child health. The latest findings must serve as a catalyst for a more responsive nutritional strategy, one that builds on existing gains and addresses persistent gaps."---The author credits the programmes with "considerable progress" and then asks for a more responsive strategy that builds on those gains while fixing persistent gaps. The gaps named in the passage are non-iron causes of anaemia (only about half is due to iron deficiency), diets leaning towards ultra-processed food, and deep regional inequalities (Andaman and Nicobar Islands at 81.2 per cent, Ladakh at 77.1 per cent, West Bengal at 72.4 per cent). Option C says the same thing.

- Option A is incorrect because the option says the programmes have resolved iron-deficiency anaemia in adolescent girls and left kidney disorders unaddressed in island regions, but the passage says 46.3 per cent of adolescent girls still have anaemia. It never says iron-deficiency anaemia is resolved, and it mentions chronic kidney disorders only as one possible cause, with no link to island regions or programme failure.
- Option B is incorrect because the option says the programmes rely on gold-standard clinical blood tests in schools, but the passage says the gold-standard clinical method was used by the separate SAMPADA survey, not by the programmes.
- Option D is incorrect because the option says the programmes succeeded by restricting ultra-processed food sales, but the passage says diets in both low-income and affluent homes still lean towards ultra-processed food. It mentions no restrictions on such food and gives no such reason for the programmes' success.

5. **B) Analytical and prescriptive**
   -"Analytical" means examining something in detail with reasons and evidence, and "prescriptive" means telling others what should be done. The author breaks down the survey data (prevalence by group and region, severe cases below 2 per cent, iron deficiency causing only about half of cases) and explains what it means. The author then advises what should be done: better screening, counselling, dietary diversification and a more responsive nutritional strategy. Option B says the same thing.
   - Option A is incorrect because "investigative" means digging into hidden facts or wrongdoing, and "polemical" means aggressively attacking a person or policy. The author reports survey results rather than uncovering anything hidden, and does not attack the government. The author even credits the programmes with "considerable progress", so the tone is not polemical.
   - Option C is incorrect because "empathetic" means showing understanding of others' feelings, and "laudatory" means expressing praise. The author describes the health burden in a factual way and does not dwell on feelings. The praise is limited to one sentence on past progress, while the passage mainly stresses worrying gaps, so it is not laudatory.
   - Option D is incorrect because "pragmatic" means focused on practical, realistic action, and "cautionary" means warning of possible dangers. The author does suggest practical steps and does highlight worrying trends, but the passage's main approach is to examine the data in detail and advise a better strategy. "Analytical and prescriptive" describes this more completely, so this option is a weaker fit.

6. **A) 4-1-3-2**
   Hindi Explanation:
   Sentence 4 पूरे passage का independent opening sentence है (4), जो मुख्य विषय का परिचय देता है कि नवंबर के तीसरे सप्ताह में कई घोषणाएं (announcements) सामने आईं जिनमें दावा किया गया कि विभिन्न artificial intelligence (AI) models ने लंबे समय से चली आ रही गणितीय समस्याओं (longstanding mathematical problems) को हल कर लिया है।

Sentence 1 Sentence 4 के तुरंत बाद आएगा (4-1), जो इन दावों की पृष्ठभूमि प्रस्तुत करते हुए 20 जुलाई की घटना बताता है कि तुर्की-अमेरिकी गणितज्ञ Levent Alpöge ने Jacobian conjecture को गलत साबित करने के लिए Anthropic के Claude AI model का उपयोग किया।

Sentence 3 Sentence 1 को follow करेगा (1-3), जो "Since then" के माध्यम से 20 जुलाई की घटना के बाद के सिलसिले को जोड़ते हुए स्पष्ट करता है कि तब से AI companies ने गणित की प्रमुख अनसुलझी समस्याओं के कथित समाधानों की एक श्रृंखला की घोषणा की है।

Sentence 2 Sentence 3 के बाद आकर क्रम को पूर्ण करेगा (3-2), जो इन कथित समाधानों (solutions) पर गणितज्ञों की मिली-जुली प्रतिक्रिया का वर्णन करता है कि जहाँ कुछ गणितज्ञों ने इन प्रगतियों की सराहना की है, वहीं अन्य ने समाधानों की अस्पष्टता (unintelligibility) और गणित शिक्षा व अनुसंधान के प्रति कंपनियों की उपेक्षा पर आपत्ति जताई है।

English Explanation:

Sentence 4 serves as the standalone opening topic sentence, introducing the flurry of announcements in the third week of November claiming that various artificial intelligence (AI) models had solved longstanding mathematical problems.

Sentence 1 directly follows Sentence 4 (4-1), providing the origin point on July 20 when Turkish-American mathematician Levent Alpöge used Anthropic's Claude AI model to disprove the Jacobian conjecture.

Sentence 3 follows Sentence 1 (1-3), linking directly via "Since then" to state that AI companies have subsequently announced a series of purported solutions to major open problems in mathematics.

Sentence 2 concludes the sequence (3-2), referring back to "the solutions" to detail the divided reaction among mathematicians—some hailing the advances while others object to their unintelligibility.

7. **C) 4-2-1-3**

Hindi Explanation:

Sentence 4 S1 के तुरंत बाद आएगा (S1-4), क्योंकि S1 में Cheteshwar Pujara से आगे बढ़ने के फैसले के बाद यह संक्षिप्त टिप्पणी जोड़ता है कि यह विडंबना (irony) किसी से छिपी नहीं थी।

Sentence 2 Sentence 4 को follow करेगा (4-2), जो Cheteshwar Pujara के योगदान को स्पष्ट करता है कि उन्होंने टेस्ट क्रिकेट में नंबर 3 स्थान पर रहते हुए भारतीय क्रिकेट की उत्कृष्ट सेवा की, Rahul Dravid के योग्य उत्तराधिकारी साबित हुए और 2018-19 तथा 2020-21 में ऑस्ट्रेलिया में लगातार श्रृंखला जीत में प्रभावशाली भूमिका निभाई।

Sentence 1 Sentence 2 के ठीक बाद आएगा (2-1), जो definite noun phrase "The irony" के माध्यम से Sentence 4 की बात को सीधे जोड़ता है और Rahul Dravid का संदर्भ आगे बढ़ाते हुए स्पष्ट करता है कि विडंबना इस तथ्य से उपजी थी कि जब भारत ने टेस्ट बल्लेबाज पुजारा से नाता तोड़ा, तब मुख्य कोच (head coach) स्वयं Dravid थे।

Sentence 3 Sentence 1 के बाद आकर क्रम को पूर्ण करेगा (1-3), जो WTC final की हार के बाद भारत के अगले कार्यभार (two-Test tour of the Caribbean) को जोड़ता है जो मूल रूप से मुख्य कोच के रूप में द्रविड़ का अंतिम टेस्ट कार्यकाल था, और अंत में S6 Centurion में Boxing Day टेस्ट और home 50-over World Cup के बाद द्रविड़ की विदाई का कार्यक्रम बताकर passage को तार्किक रूप से समाप्त करता है।

English Explanation:

Sentence 4 directly follows S1 (S1-4), introducing the reaction to India's decision to move on from Cheteshwar Pujara by stating that the irony wasn't lost on anyone.

Sentence 2 follows Sentence 4 (4-2), detailing Pujara's outstanding service at No. 3 as an able successor to Rahul Dravid and his key roles in series victories in Australia in 2018-19 and 2020-21.
Sentence 1 directly follows Sentence 2 (2-1), referring back to "The irony" from Sentence 4 and Dravid from Sentence 2 to explain that Dravid himself was the head coach when India severed ties with Pujara.
Sentence 3 follows Sentence 1 (1-3), moving forward chronologically to India's next assignment after the WTC final loss—the two-Test tour of the Caribbean, originally Dravid's last Test stint as head coach—while S6 naturally concludes the sequence by outlining the subsequent Test schedule and Dravid's planned departure after the home 50-over World Cup.

8. C) **Grim** (adjective) – depressing or worrying to consider; forbidding or uninviting; bleak, dismal, gloomy, harsh, stern. (निराशाजनक / भयावह)
   Synonym: **Dismal** (adjective) – causing or showing gloom and depression; bleak, gloomy, dreary. (निराशाजनक / उदास करने वाला)
   - **Haggard** (adjective) – looking exhausted and unwell, especially from fatigue or worry; drawn, gaunt. (थका-मांदा / कमज़ोर दिखने वाला)
   - **Brusque** (adjective) – abrupt or offhand in speech or manner; curt, blunt. (रूखा / अचानक बोलने वाला)
   - **Sullied** (adjective) – made dirty, or damaged in reputation; tarnished, stained. (दागदार / कलंकित)
9. A) **Fury** (noun) – intense and uncontrolled anger; rage, anger, wrath, ferocity, fierceness. (प्रकोप)
   Synonym: **Wrath** (noun) – extreme anger; rage, fury, ire. (क्रोध / प्रकोप)
   - **Calm** (noun) – a state of peace and quiet, free from anger or excitement; peace, tranquility. (शांति)
   - **Pride** (noun) – a feeling of satisfaction in oneself or one's achievements; self-respect, dignity. (गर्व)
   - **Hunger** (noun) – the need or desire for food; starvation, appetite. (भूख)
10. B) **Hold up** (phrasal verb) – to remain strong, solid, or successful despite facing intense difficulties, pressure, or adversity. (मजबूत बने रहना / टिके रहना / डटे रहना)
11. B) **To ride the high horse** (idiom) – To behave in an arrogant and self-righteous way. अकड़ दिखाना, अपने को श्रेष्ठ समझना
12. D) **Generous** (adjective) – Giving freely, kind-hearted. उदार
    Antonym: **Greedy** (adjective) – Having an excessive desire for wealth or possessions. लालची
    - **Altruist** (noun) – A selfless person who cares for others. परोपकारी
    - **Charitable** (adjective) – Generous in helping others. दानशील
    - **Kind** (adjective) – Caring, considerate. दयालु
13. A) **Modest** (adjective) – Humble, not boastful. विनम्र
    Antonym: **Arrogant** (adjective) – Proud, overbearing. घमंडी
    - **Generous** (adjective) – Giving freely. उदार
    - **Unpretentious** (adjective) – Modest, simple. सरल
    - **Humble** (adjective) – Modest, not proud. विनम्र

14. D) **Limerick** (noun) – A humorous or whimsical poem consisting of five lines. हास्यपूर्ण कविता
    - **Sonnet** (noun) – A poem of 14 lines with a fixed rhyme scheme. सॉनेट
    - **Elegy** (noun) – A mournful or melancholic poem, usually for the dead. शोकगीत
    - **Haiku** (noun) – A Japanese poem of three lines with a 5-7-5 syllable pattern. हाइकू
15. A) गलत spelling है। सही spelling 'vertebrates' है, जिसका अर्थ है "animals having a backbone". रीढ़धारी जीव
16. **A) The chef prepared a delicious meal.**
    Passive से Active में बदलने के लिए "by" के बाद वाला agent "the chef" Subject बनता है और "a delicious meal" Object बनता है। Passive में "was prepared" Past Simple Passive है, इसलिए Active में Verb Past Simple "prepared" होगी।
    - To change Passive into Active, the agent "the chef" becomes the Subject and "a delicious meal" becomes the Object. "Was prepared" is Past Simple Passive, so the active verb is Past Simple "prepared".
17. **D) Lata said to me, "Give me a glass of water."**
    Indirect से Direct Speech में बदलने पर "told me to + V1" वाला आदेश या request Imperative वाक्य बन जाता है, जिसमें Subject नहीं होता। Reporting verb "told" बदलकर "said to" हो जाती है और "her" बदलकर "me" हो जाता है।
    - While changing Indirect to Direct Speech, "told me to + V1" becomes an Imperative sentence, which has no subject. The reporting verb "told" changes to "said to" and "her" changes to "me".
18. C) 'owing to' का प्रयोग होगा क्योंकि "owing to" Preposition है, जिसके बाद Noun phrase आता है ("owing to her groundbreaking contributions"), और इसका अर्थ है के कारण। जबकि because और although के बाद पूरा clause आता है, और lest (ऐसा न हो कि) का अर्थ यहाँ सही नहीं है।
    - 'Owing to' should be used because it is a preposition followed by a noun phrase ("owing to her groundbreaking contributions") and means because of. Whereas, 'because' and 'although' are followed by a full clause, and 'lest' (so that ... not) does not fit.
19. D) 'has gone' का प्रयोग होगा क्योंकि Present Perfect Tense में 'has' के बाद Verb की Third form (V3) आती है, और 'go' की V3 'gone' है, 'went' नहीं; जैसे— She has gone home।
    - 'Has gone' will be used because the Present Perfect Tense takes the third form (V3) after 'has', and the V3 of 'go' is 'gone', not 'went'; Like— She has gone home.
20. B) इस sentence में percentage expression के साथ Subject-Verb Agreement की error है। Percentage के साथ verb केवल percentage देखकर singular या plural नहीं होता; वह "of" के बाद आने वाले noun के अनुसार agree करता है। यहाँ "forty per cent" का संबंध "equipment" से है, जो uncountable singular noun है। Part D में प्रयुक्त singular pronoun "it" भी इसी बात की पुष्टि करता है। इसलिए "have remained unused" के स्थान पर "has remained unused" होना चाहिए।
    - The sentence contains a subject-verb agreement error involving a percentage expression. A percentage does not automatically take a plural verb; the verb agrees with the noun that follows "of". Here, "forty per cent" refers to "equipment", which is an uncountable singular noun. The singular pronoun "it" in Part D further confirms this interpretation. Therefore, "have remained unused" must be corrected to "has remained unused".

21. **A) heralds**

Blank (1) needs a verb meaning "announces in advance." The sentence goes on to say that buying insurance "today" keeps you from being "caught off guard," so sickness must come without warning.

a) heralds: means announces or signals that something is coming. It matches an illness that strikes without warning, which is why insurance bought in advance protects you.

b) endorses: means approves or supports publicly. It violates the requirement because approval has nothing to do with whether sickness gives warning.

c) conceals: means hides. It violates the requirement because "never conceals its arrival" would mean sickness always announces itself; then no one could be caught off guard, which reverses the point of the sentence.

d) forfeits: means loses something as a penalty. It violates the requirement because sickness gives up nothing here; "forfeits its arrival" makes no sense.

Hindi:

Blank (1) में "पहले से सूचना देना" के meaning वाला verb चाहिए। वाक्य आगे कहता है कि आज insurance लेने से आप कभी "caught off guard" नहीं होते, अर्थात रोग बिना चेतावनी के आता है।

a) heralds: इसका meaning है किसी के आने की पहले से घोषणा करना। यह उस रोग से match करता है जो बिना चेतावनी के आता है, इसलिए पहले से लिया गया insurance रक्षा करता है।

b) endorses: इसका meaning है सार्वजनिक रूप से समर्थन करना। यह violate करता है क्योंकि समर्थन का इस बात से कोई संबंध नहीं कि रोग चेतावनी देता है या नहीं।

c) conceals: इसका meaning है छिपाना। यह violate करता है क्योंकि "never conceals its arrival" का अर्थ होगा कि रोग सदा अपने आने की सूचना देता है; तब कोई असावधान नहीं पकड़ा जाता, जो वाक्य की बात को उलट देता है।

d) forfeits: इसका meaning है दंड के रूप में कुछ खो देना। यह violate करता है क्योंकि यहाँ रोग कुछ नहीं खोता; "forfeits its arrival" का कोई अर्थ नहीं बनता।

22. **C) crunch**

Blank (2) needs a noun meaning "a severe shortage of money." Retirees whose medical costs were once "cushioned" by the bank now face those costs on their own.

a) frenzy: means a state of wild, uncontrolled activity or excitement. It violates the requirement because the retirees' problem is a shortage of money, not frantic excitement.

b) windfall: means an unexpected gain of money. It violates the requirement because the retirees are losing their earlier protection, not receiving extra money.

c) crunch: means a difficult situation caused by a shortage, as in "financial crunch." It matches retirees facing medical costs that their employer no longer cushions.

d) surplus: means an amount left over beyond what is needed. It violates the requirement because it describes plenty, while the passage describes hardship.

Hindi:

Blank (2) में "धन का गंभीर अभाव" के meaning वाला noun चाहिए। जिन retirees के medical व्यय पहले bank में "cushioned" थे, वे अब उनसे स्वयं जूझ रहे हैं।

a) frenzy: इसका meaning है उन्मत्त, अनियंत्रित उत्तेजना या गतिविधि। यह violate करता है क्योंकि retirees की समस्या धन का अभाव है, उन्मत्त उत्तेजना नहीं।

b) windfall: इसका meaning है अप्रत्याशित रूप से मिला धन। यह violate करता है क्योंकि retirees अपनी पुरानी सुरक्षा खो रहे हैं, उन्हें अतिरिक्त धन नहीं मिल रहा।

c) crunch: इसका meaning है किसी अभाव से उत्पन्न कठिन स्थिति, जैसे "financial crunch"। यह उन retirees से match करता है जिनके medical व्यय को अब उनका पूर्व employer हल्का नहीं करता।
d) surplus: इसका meaning है आवश्यकता से अधिक बची राशि। यह violate करता है क्योंकि यह समृद्धि बताता है, परंतु passage कठिनाई का वर्णन करता है।

23. **D) stipulated**
Blank (3) needs an adjective meaning "fixed or laid down in an agreement." The amount comes from the "terms and conditions" of the group insurance schemes, and many retirees "have to prepare well in advance" to pay it.
a) voluntary: means done or given by choice. It violates the requirement because the retirees "have to" pay this amount; it is an obligation, not a choice.
b) hypothetical: means imagined or supposed, not real. It violates the requirement because the retirees must pay a real, fixed sum, not an imagined one.
c) negligible: means so small that it hardly matters. It violates the requirement because no one would need to "prepare well in advance" to pay a trivial amount.
d) stipulated: means specified as a condition of an agreement. It matches a premium amount set by the insurance terms that retirees must pay.
Hindi:
Blank (3) में "किसी समझौते में निश्चित की गई" के meaning वाला adjective चाहिए। यह राशि group insurance schemes की "terms and conditions" से निर्धारित होती है, और कई retirees को इसे चुकाने के लिए "prepare well in advance" करना पड़ता है।
a) voluntary: इसका meaning है अपनी इच्छा से किया या दिया गया। यह violate करता है क्योंकि retirees को यह राशि "have to" चुकानी है; यह बाध्यता है, विकल्प नहीं।
b) hypothetical: इसका meaning है काल्पनिक, वास्तविक नहीं। यह violate करता है क्योंकि retirees को एक वास्तविक, निर्धारित राशि चुकानी है, कोई काल्पनिक राशि नहीं।
c) negligible: इसका meaning है इतना छोटा कि उसका कोई महत्व न हो। यह violate करता है क्योंकि नगण्य राशि चुकाने के लिए किसी को "prepare well in advance" नहीं करना पड़ता।
d) stipulated: इसका meaning है किसी समझौते के प्रावधान के रूप में निर्धारित। यह उस premium राशि से match करता है जो insurance के नियमों से निर्धारित है और जिसे retirees को चुकाना ही है।

24. **B) tally**
Blank (4) needs a verb meaning "match exactly." A banker's daily closing books must agree "in all respects," just as, in the next sentence, the pensioner must "balance her income" with her expenses.
a) lapse: means to expire or come to an end. It violates the requirement because books do not expire; they must be made to agree.
b) tally: means to agree or correspond exactly. It matches daily accounts that must balance before the day ends.
c) diverge: means to differ or move apart. It violates the requirement because books that diverge are exactly what bankers must avoid at the end of the day.
d) fluctuate: means to rise and fall irregularly. It violates the requirement because the closing figures must agree, not keep changing.
Hindi:

Blank (4) में "पूर्णतः मेल खाना" के meaning वाला verb चाहिए। Banker की daily closing books "in all respects" मेल खानी चाहिए, उसी प्रकार जैसे अगले वाक्य में pensioner को अपनी आय और व्यय में संतुलन बैठाना है।

a) lapse: इसका meaning है समाप्त हो जाना या अवधि पूरी हो जाना। यह violate करता है क्योंकि books समाप्त नहीं होतीं; उन्हें मिलाना होता है।

b) tally: इसका meaning है पूर्णतः मेल खाना। यह उन दैनिक लेखों से match करता है जिन्हें दिन समाप्त होने से पहले balance होना चाहिए।

c) diverge: इसका meaning है अलग होना या भिन्न दिशा में जाना। यह violate करता है क्योंकि दिन के अंत में books का भिन्न होना ठीक वही है जिससे banker बचना चाहते हैं।

d) fluctuate: इसका meaning है अनियमित रूप से घटना-बढ़ना। यह violate करता है क्योंकि closing आँकड़ों को मेल खाना है, परिवर्तित होते रहना नहीं।

25. **C) glare**

Blank (5) needs a verb that pictures the medical bills as hostile and threatening. The passage presents hospital expenses as frightening ("a do-or-die situation") for a pensioner struggling to balance her income.

a) wink: means to close one eye briefly as a playful or secret signal. It violates the requirement because a playful gesture does not fit the anxiety the sentence describes.

b) cower: means to crouch or shrink back in fear. It violates the requirement because it reverses the roles: the pensioner fears the expenses, not the other way round.

c) glare: means to stare in an angry or fierce way. It matches medical expenses that seem to stare down the anxious pensioner from the cashier's window.

d) beam: means to smile broadly. It violates the requirement because a friendly smile is the opposite of the menace the bills hold for the pensioner.

Hindi:

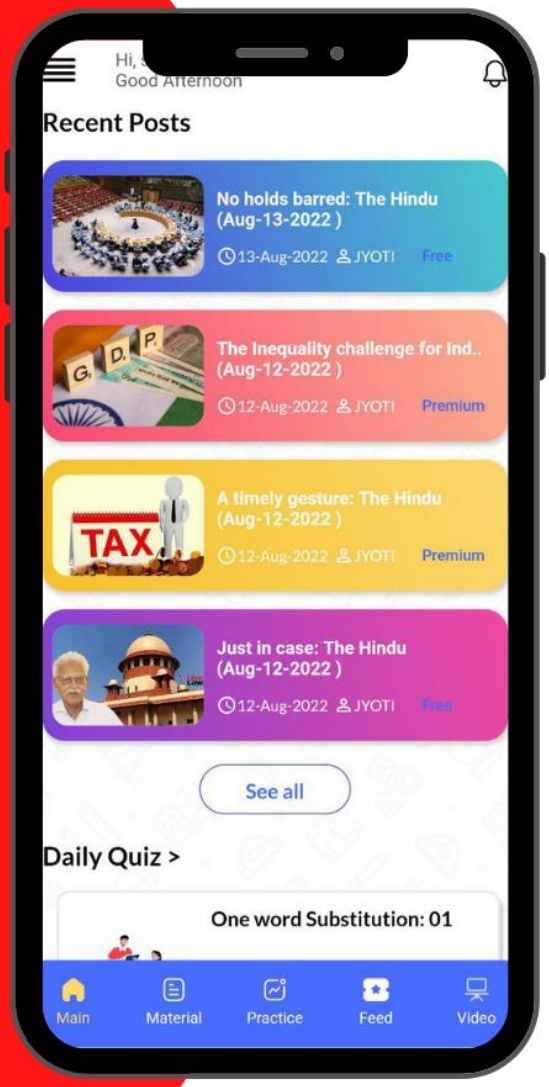
Blank (5) में ऐसा verb चाहिए जो medical bills को शत्रुतापूर्ण और डराने वाला दिखाए। Passage hospital के व्यय को, अपनी आय और व्यय में संतुलन बैठाने में जूझ रहे pensioner के लिए, भयावह ("a do-or-die situation") बताता है।

a) wink: इसका meaning है खेल-खेल में या गुप्त संकेत के रूप में एक आँख झपकाना। यह violate करता है क्योंकि ऐसा हल्का-फुल्का संकेत वाक्य में बताई गई चिंता से मेल नहीं खाता।

b) cower: इसका meaning है भय से सिकुड़ जाना या दुबक जाना। यह violate करता है क्योंकि यह भूमिकाएँ उलट देता है: pensioner व्यय से डरती है, व्यय उससे नहीं।

c) glare: इसका meaning है क्रोध या कठोरता से घूरना। यह उन medical व्यय से match करता है जो cashier की खिड़की से चिंतित pensioner को घूरते प्रतीत होते हैं।

d) beam: इसका meaning है खुलकर मुस्कुराना। यह violate करता है क्योंकि मैत्रीपूर्ण मुस्कान उस भय का उल्टा है जो bills pensioner के मन में जगाते हैं।



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