

ENGLISH (IBPS CLERK 18 SEPTEMBER 2018)

Yoga has become the new quick fix for people with a host of ----(1). With its growing popularity, comes a range of books that teach yoga, ranging from a beginner's manual to (2) Whether it is backache, blood pressure, insomnia or difficult pregnancy, the potential patient is (3), "Why don't you try yoga"? However it requires regular (read every day) practice. People may go to the gym and workout every day but doing yoga asanas somehow seems to be difficult.

There is also a section ----(7) to children with the benefits relating to growth and digestion. The last chapter Kayakalpa is meant for regeneration and rejuvenation. The benefits of regular practice of yoga are well known. But the whole (8) of self-help books on yoga raises some disturbing questions. Is it wise to allow an inexperienced person to practise asanas based on photographs and some explanatory notes? A first-timer may get hurt.

To be fair, Thakur has ----(9) notes against many. Those with cervical spondylosis and vertigo cannot do jalandhara bandha, those with weak knees cannot do vrikshasana, those with high blood pressure and a history of heart disease cannot practise surya namaskar or dhanurasana etc. But what about people who do not know that they have problems? What about those who develop problems after doing these exercises? Also yoga asanas, if practised under the guidance of a trained teacher, can be (10) and adjusted to suit individual needs. Isn't that a better way of learning than to try it on one's own?

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|----|------------------|------------------|
| 1. | A. motivation | B. troubles |
| | C. ailments | D. encouragement |
| | E. fitness | |
| 2. | A. Naïve | B. Scholarly |
| | C. perfection | D. erudite |
| | E. training | |
| 3. | A. Medicated | B. imperil, |
| | C. advised | D. exercise |
| | E. saved | |
| 4. | A. Awaken | B. deep |
| | C. eccentricity | D. retreat |
| | E. rise | |
| 5. | A. Ambiguous | B. whole |
| | C. resurrection | D. composite |
| | E. inadequate | |
| 6. | A. Hallucination | B. brief |
| | C. presenting | D. perform |
| | E. exercise | |
| 7. | A. Derived | B. Taught |
| | C. dedicated | D. aimed |
| | E. composed | |

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|-----|-----------------|------------------|
| 8. | A. Variety | B. stock |
| | C. classified | D. List |
| | E. genre | |
| 9. | A. Probationary | B. complementary |
| | C. important | D. prophylactic |
| | E. promissory | |
| 10. | A. learned | B. Performed |
| | C. Structured | D. Explained |
| | E. modified | |

Ubiquitous (adj⁺)

Meaning – present everywhere, सर्वव्यापक

Trick – u jo hai wo ubiquitous hai ubiquitous me.

In OH MY GOD paresh rawal finally believed that god is ubiquitous.

Retribution (n)

Meaning – revenge, बदला

Trick – ratri me abuse kroge to police legi retribution.

In GHAJINI movie Aamir khan tries to take retribution from Ghajini.

Kindred (n/adj⁺)

Meaning – family, relative, आत्मीय

Trick – kin matlab bahut apna.

In SHOLEY movie Jai and Viru were kindred friends.

Adroit (adj⁺)

Meaning – skillful, निपुण

Trick – A draw it...matlab drawing krne ke liye adroit hona pdega.

In 3 IDIOTS movie Virus was an adroit professor.

Sacrilege (n⁺)

Meaning – irreligiousness, अपवित्रीकरण

Trick – sacre chiz ko leg dikhaoge to wo sacrilege hoga.

In BAHUBALI movie Prabhas is seen performing a sacrilege.

The devil is beating his wife (idiom)

Meaning – raining whereas the sun is shining,

धूप साथ बारिश

Yesterday I saw a rare event of rain and sunshine together. It is like the devil is beating his wife.

put your foot in your mouth (idiom)

Meaning do or say something to irritate or embarrasses someone else.

पेशान करना

None likes the new boss because he always puts his foot in everybody's mouth.

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