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VOCABULARY

1. Tumultuous: A state of chaos or disorder.
 - Synonyms: Turbulent, Agitated, Frantic, Violent.
 - Antonyms: Serene, Tranquil, Placid, Orderly.
 - sentence: The tumultuous meeting ended with no resolution.

2. Lingering: Something that continuous to exists for a longer period than usual.
 - Synonyms: Enduring, Prolonged, Persistent, Protracted.
 - Antonyms: Transient, Fleeting, Ephemeral, Momentary.
 - sentence: The lingering aroma of freshly baked bread filled the room.

3. Throttled: To strangle someone or restrict the flow of something.
 - Synonyms: Choked, Limited, Constrained, Controlled.
 - Antonyms: Released, Unfettered, Unbound, Freed.
 - sentence: The internet connection was throttled, slowing down the download speed.

4. Rebound: To recover from setback.
 - Synonyms: Revival, Restoration, Turnaround, Upswing.
 - Antonyms: Contraction, Depreciation, Slump, Downturn.
 - sentence: She experienced a rebound in her financial situation after securing a new job.

5. Reckoning: The action of estimating or calculating something.
- Synonyms: Evaluation, Appraisal, Audit, Assessment.
 - Antonyms: Disregard, Indifference, Neglect.
 - sentence: The reckoning for his poor financial decisions came swiftly when his debts piled up.
6. Plummeted: To fall rapidly.
- Synonyms: Declined, Crashed, Plunged, Slipped.
 - Antonyms: Ascended, Surged, Elevated, Mounted.
 - sentence: After the company announced its losses, its stock prices plummeted.
7. Meticulous: Someone who is very careful, extremely diligent.
- Synonyms: Thorough, Accurate, Detailed, Precise.
 - Antonyms: Carefree, Negligent, Casual, Slapdash.
 - sentence: Her meticulous planning ensured the project's success.
8. Bolster: To support or strengthen something.
- Synonyms: Fortify, Boost, Enhance, Reinforce.
 - Antonyms: Weaken, Diminish, Sabotage, Erode.
 - sentence: She used pillows to bolster her back while reading in bed.

9. Uptick: A small increase in something.

- Synonyms: Rise, Growth, Upswing, Increase.
- Antonyms: Reduction, Dip, Fall, Decline.
- sentence: The uptick in temperature signaled the arrival of spring.

10. Heartening: To cause someone to feel happier.

- Synonyms: Inspiring, Cheering, Uplifting, Hopeful.
- Antonyms: Unsettling, Gloomy, Pessimistic, Dismaying.
- sentence: The news of their team's victory was heartening after a series of losses.

IDIOMS AND PHRASES

11. Back on one's feet: To recover from a setback.

12. Down and out: In a very difficult situation.

13. Out in the cold: Someone who is neglected or excluded from the society.

14. Perk up: To become more lively and cheerful.

15. Pull through: To recover successfully.

CURRENT AFFAIRS

19th March, 2024

1. A state of emergency has been declared in southern Iceland after another volcanic eruption on the Reykjanes Peninsula. It is the fourth eruption to hit the area since December 2023.
 - Iceland is home to 33 active volcano systems, the highest number in Europe.
 - The world's most active volcano is Mount Etna (3,350 m) which is located between the African and Eurasian Plate.
2. The Joint Exercise between the Indian Army and Seychelles Defence Forces (SDF) will be conducted at Seychelles from March 18-27.
 - 'LAMITIYE' meaning 'Friendship' in the Creole language is a biennial training event and has been conducted in the Seychelles since 2001. The exercise will enhance cooperation and interoperability between both sides during peacekeeping operations.
3. Union ministry of culture in collaboration with Heartfulness Foundation is slated to organise a congregation of spiritual leaders in Hyderabad from March 14 to 17.

4. Petroleum Minister Hardeep Singh Puri unveiled Ethanol 100 fuel, offering cleaner emissions and higher efficiency. Available at 183 outlets across five states.
5. Russian President Vladimir Putin clinched his sixth term with an unprecedented 76.1% of the vote, the highest in post-Soviet history. Putin's victory reinforces his dominance amidst Western criticism.
6. Pandavula Gutta, a geological marvel older than the Himalayan hills, has been officially recognised as the sole Geo-heritage site in Telangana. This declaration was made by Bhavesh Mishra, District Collector.
7. Pokhara officially declared as the Tourism capital of Nepal. The formal declaration was made during a special ceremony organized at the Barahi Ghat, located on the shores of picturesque Phewa Lake.
Prime Minister of Nepal - Pushpa Kamal Dahal 'Prachanda'.
 - Pokhara as the tourism capital will help establish it as a recognisable 'brand' on the international stage.
 - Chief Minister of Gandaki Province - Surendra Raj Pandey
8. Tamilisai Soundararajan, the Governor of Telangana, has resigned from her position on Monday, March 18, 2024. According to sources, she is likely to contest the Lok Sabha elections from the state of Tamil Nadu.

9. In October, NASA's Europa Clipper mission aims to explore Europa for signs of life. A triangular metal plate engraved with a poem and a silicon microchip with public names will be sent.
10. The Election Commission of India has partnered with the BCCI to host an Exhibition Cricket Match. The match featured the Indian Deaf Cricket Association Team and the Delhi & District Cricket Association team, aimed at promoting voter education.
 - Chief Election Commissioner Rajiv Kumar, along with Commissioners Gyanesh Kumar and Sukhbir Singh Sandhu, graced the event with their presence.
11. India's Ras Malai ranked 2nd best cheese dessert globally by Taste Atlas.
12. I & B minister Anurag Thakur releases Book titled "Israel war diary" written by Vishal Pandey.