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VOCABULARY

- 1. Distressing:** Causing anxiety, sorrow, or pain.
 - Synonyms: Troubling, upsetting, painful
 - Antonyms: Comforting, relieving, soothing
 - Sentence: The rise in unemployment is particularly distressing for young job seekers.

- 2. Grapple:** To struggle or deal with something difficult.
 - Synonyms: Wrestle, struggle, contend
 - Antonyms: Avoid, ignore, neglect
 - Sentence: The company is grappling with the challenge of attracting skilled workers.

- 3. Grievances:** Complaints or resentment over something believed to be wrong or unfair.
 - Synonyms: Complaints, objections, concerns
 - Antonyms: Compliments, satisfaction, praise
 - Sentence: The employees expressed their grievances about the working conditions during the meeting.

- 4. Alienation:** The state of feeling isolated or estranged from a group or activity.
 - Synonyms: Isolation, detachment, estrangement
 - Antonyms: Inclusion, acceptance, belonging
 - Sentence: The constant pressure from the leaders caused a sense of alienation among the tribal people.

- 5. Resilience:** The capacity to recover quickly from difficulties.
- Synonyms: Strength, toughness, flexibility
 - Antonyms: Fragility, weakness, rigidity
 - Sentence: The resilience of democratic institutions has allowed the country to weather numerous challenges.
- 6. Anachronistic:** Belonging to a period other than that being portrayed; outdated or old-fashioned.
- Synonyms: Outdated, obsolete, antiquated
 - Antonyms: Modern, contemporary, up-to-date
 - Sentence: The Maoist ideology is often criticized as being anachronistic in today's political climate.
- 7. Spur:** To encourage or prompt someone to take action.
- Synonyms: Stimulate, motivate, encourage
 - Antonyms: Discourage, dissuade, hinder
 - Sentence: The government's job creation scheme aims to spur economic growth.
- 8. Feasible:** Possible and practical to achieve easily or conveniently.
- Synonyms: Achievable, practical, workable
 - Antonyms: Impractical, impossible, unworkable
 - Sentence: The plan to place interns within their district is not always feasible in less industrialized areas.

- 9.** Adhered: To stick firmly to something, especially a set of principles or a course of action.
- Synonyms: Follow, stick to, comply with
 - Antonyms: Deviate, disobey, reject
 - Sentence: The insurgents adhered strictly to their militant ideology, refusing to negotiate.
- 10.** Brush up on: to improve, refresh one's knowledge of something
- 11.** Bump into: to meet by chance or unexpectedly
- 12.** Abide by: to comply with or carry out a rule or promise
- 13.** Keep on: to continue happening, doing something, working, etc.

IDIOMS AND PHRASES

- 14.** The eleventh-hour: the latest possible moment
- 15.** Throw under the bus: to blame or abandon a person for selfish reasons
- 16.** Tick for tack: an equivalent given in return
- 17.** Time will tell: Sooner or later something will become known or be revealed
- 18.** Under the table: a secret, hidden action

CURRENT AFFAIRS

7th October, 2024

1. International Film Festival and Forum on Environment and Wildlife, Vatavaran Was inaugurated today at Paryavaran Bhawan in New Delhi. The theme for the three-day film festival is "Wetlands for Life", focusing on the awareness and conservation of the wetlands ecosystem.
2. India's foreign exchange reserves reached a record high, crossing the USD 700 billion mark for the first time. As of September 27, 2024, the reserves surged by USD 12.588 billion to USD 704.885 billion, according to the Reserve Bank of India (RBI). This is a significant increase from the previous high of USD 692.296 billion, offering a robust economic buffer against global financial uncertainties.
 - The largest part of the reserves, Foreign Currency Assets (FCA), stood at USD 616.154 billion, with the country's gold reserves valued at USD 65.796 billion. These reserves now cover more than a year's worth of projected imports, showcasing India's economic resilience. In 2023, India added around USD 58 billion to its reserves, contrasting with the USD 71 billion decline in 2022.

3. Researchers recently said Ceres is a very icy object that possibly was once a muddy ocean world.
 - On September 25, 2024, scientists from Purdue University and NASA said Ceres' crust is probably made from 90% ice today. Using data from NASA's Dawn mission, they found it was likely once a muddy ocean world.
 - Dawn orbited Ceres in 2016, coming within 233 miles (375 km) of its surface.
4. Italy and Switzerland are redrawing their Alpine border due to rapid glacial melting caused by climate change. As glaciers retreat, watershed lines shift, resulting in territorial changes. This agreement highlights the broader impacts of climate change on natural boundaries, economies.
5. Over 15 lakh people from various parts of Chennai and neighbouring districts throng the shores of Marina and its neighbourhoods on Sunday (October 6, 2024) to witness the spectacular air show of the Indian Air Force (IAF), conducted as a part of the 92nd Indian Airforce Day celebrations.
 - The city, which hosted the IAF airshow after 21 years, witnessed a scintillating aerial display of several fighter jets, helicopters, and vintage aircraft, which enthralled the audience. Some of the aircraft and helicopters that participated in various formations include LCA Tejas, Rafale, Sukhoi 30 MKI, Jaguar Mirage 2000, MiG 29, HTT 40, ALH Mk-I, Hawk MK, Chetak, Dakota and Harvard.

6. Nepal, India, and Bangladesh have recently entered into a significant tripartite agreement aimed at facilitating cross-border electricity trade, marking a notable step in regional energy cooperation. This agreement allows Nepal to export its surplus electricity to Bangladesh via India during the rainy season, specifically from June 15 to November 15 each year.
 - In the initial phase, Nepal is set to export 40 MW of hydroelectricity, leveraging India's infrastructure for transmission. The agreed rate per unit of electricity is fixed at 6.4 cents, with Nepal expected to generate approximately USD 9.2 million annually from this trade.
7. The Maritime Exercise Malabar 2024 is set to take place from October 8 to 18, beginning with the Harbour Phase in Visakhapatnam, followed by the Sea Phase. Hosted by India, this year's exercise will see participation from Australia, Japan, and the United States.
8. Prime Minister Narendra Modi inaugurated the Banjara Museum in Washim, Maharashtra, on 5 October 2024. During his visit to Maharashtra on 5 October 2024, he visited Washim and Thane. At Washim, the Prime Minister launched several initiatives related to the agricultural and farming sector worth Rs 23,300 crore. During his visit to Thane, he inaugurated and laid the foundation stone for various infrastructure projects.

9. Irani cup title finally returning to Mumbai after the drought of 27 years. Ajinkya Rahane led reigning Ranji champion team has drawn the match after taking the first innings lead against the Rest of India in a 5 day match. In which they stood victorious due to courtesy of the first innings lead.

Most Successful Irani Trophy winning Teams

- Rest of India 30 times
- Mumbai – 15 times
- Karnataka –6 times
- Delhi –2 times
- Railways-2 times
- Vidarbha–2 times Irani Cup Winners Last 3 years
- 2024/25 – Mumbai
- 2023/24 – Rest of India
- 2022/23 – Rest of India (Final against MP 2022-23)
- 2022/23 – Rest of India (Final against Saurashtra 2019-20)

Note :- (2022/23 edition Played twice due to the suspension in COVID years)

10. Amid heightened global security concerns, the Indian Army has significantly enhanced its air defence capabilities with the acquisition of 100 Akashteer air defence systems.