

DAILY **VOCAB DOSE**

05th November 2025

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Exceptional words of English vocabulary from the newspaper ‘**The Hindu**’ are listed here. Go through these words and read the usages to learn how to use them in sentences. After this, take the quiz based on the vocabulary to check how much you learnt. This will really help you boost up your learning.

Happy learning!!!

1. WRECK (VERB): बिगाड़ देना

Pronunciation: rek

Meaning: ruin.

Synonyms: spoil, disrupt

Antonyms: facilitate

Sentence: An eye injury wrecked his chances of a professional career.

2. EXODUS (NOUN): प्रस्थान

Pronunciation: ek·suh·duhsa

Meaning: leaving.

Synonyms: withdrawal, evacuation

Antonyms: Arrival

Sentence: The condemnation gave rise to an exodus to Rome.

3. STRAINED (ADJECTIVE): अस्वाभाविक

Pronunciation: straynd

Meaning: forced.

Synonyms: constrained, laboured

Antonyms: natural

Sentence: She gave a strained laugh.

4. MERITORIOUS (ADJECTIVE): सराहनीय

Pronunciation: meh·ruh·toh·ree·uhs

Meaning: praiseworthy.

Synonyms: laudable commendable

Antonyms: worthless

Sentence: I got a medal for my meritorious conduct.

5. CRAMP (VERB): बाधा डालना

Pronunciation: kramp

Meaning: hinder.

Synonyms: impede, inhibit

Antonyms: facilitate

Sentence: Tighter rules cramp economic growth.

6. RESCIND (VERB): रद्द कर देना

Pronunciation: ruh·sind

Meaning: revoke.

Synonyms: repeal, cancel

Antonyms: enforce

Sentence: The government eventually rescinded the directive.

7. COUNTER (ADJECTIVE): विरोध

Pronunciation: kawn·tuh

Meaning: opposing.

Synonyms: opposed, opposite

Antonyms: Complimentary

Sentence: After years of argument and counterargument, there is no conclusive answer.

8. ERSTWHILE (ADJECTIVE): भूतपूर्व

Pronunciation: uhs·tvile

Meaning: former.

Synonyms: old, past

Antonyms: present

Sentence: He fled to America with Gia Manek, an erstwhile friend of his wife's.

9. PROMPT (ADJECTIVE): शीघ्र

Pronunciation: prawmt

Meaning: quick.

Synonyms: swift, rapid

Antonyms: slow

Sentence: She would have died but for the prompt action of two ambulance men.

10. HARASS (VERB): सताना

Pronunciation: huh·raas

Meaning: pester.

Synonyms: badger, hound

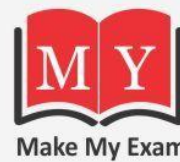
Antonyms: leave in peace

Sentence: Being harassed at work can leave you feeling confused and helpless.

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