

THE HINDU VOCABULARY: 6TH SEPTEMBER 2026

Word (PoS)	Hindi Meaning	English Meaning & Synonyms
out of (phrase)	से बाहर / से दूर	outside of; away from, free from, clear of, outside.
neglect bin (noun)	उपेक्षा का शिकार / ध्यान न दिए जाने की स्थिति	a metaphorical category or state in which something is ignored, overlooked, or left without attention; state of neglect, category of disregard, zone of neglect, state of being overlooked.
perimenopausal (adjective)	रजोनिवृत्ति के पूर्व का समय	relating to the period of a woman's life shortly before the occurrence of the menopause (OR) relating to the transitional phase leading up to menopause, characterized by hormonal fluctuations; transitional, premenopausal, midlife.
ease (verb)	राहत देना / आसान करना	relieve, alleviate, mitigate.
access to care (noun)	देखभाल/इलाज तक पहुंच	the ability or opportunity to obtain needed healthcare services; healthcare/medical access, access to healthcare, availability of care.
midlife (noun)	मध्य आयु / अर्धे उम्र	the central period of a person's life, between around 45 and 60 years of age; middle age, middle years.
be accused of (phrase)	का आरोप लगाना	to be charged with a fault, offense, or crime; be blamed for, be held responsible for, be indicted for, be charged with.
focused entirely on (phrase)	पूरी तरह से केंद्रित	giving all attention or effort to a particular subject; concentrated solely on, fixated completely on, directed exclusively at, centred entirely on.
reproductive (adjective)	प्रजनन संबंधी	relating to the production of offspring; procreative, generative, fertility-related



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menopause (noun)	रजोनिवृत्ति	the natural cessation of menstruation in a woman, confirmed after 12 consecutive months without a period; climacteric, change of life, midlife transition, post-reproductive stage.
for instance (phrase)	उदाहरण के लिए	as an example; for example, as an illustration, to illustrate, such as.
transition (noun)	परिवर्तन / बदलाव	change, shift, conversion, transformation.
symptom (noun)	लक्षण	sign, indication, manifestation.
debilitating (adjective)	दुर्बल करने वाला / थका देने वाला	weakening, enervating, draining, exhausting.
seldom (adverb)	शायद ही कभी / कभी-कभार	not often; rarely, infrequently, hardly ever, scarcely.
health care (noun)	स्वास्थ्य देखभाल	medical treatment, medical care, health management, therapeutic care.
just endure (phrase)	बस सहन करना	to simply suffer something painful or difficult patiently; merely bear, only tolerate, simply undergo, put up with.
given (preposition)	को देखते हुए	taking into account or considering a particular thing; considering, bearing in mind, in view of, noting.
appreciable (adjective)	पर्याप्त / उल्लेखनीय	significant, noticeable, considerable, substantial.
move ahead (phrasal verb)	आगे बढ़ना / प्रगति करना	to make progress or proceed with a plan; advance, progress, proceed, go forward.
perimenopause/ menopause policy (noun)	रजोनिवृत्ति नीति	a specific policy framework designed to address the physical and mental health needs of women experiencing menopausal transitions.
short while (phrase)	थोड़ी देर / संक्षिप्त अवधि	a brief period of time; little time, brief period, short time, brief span.



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besides (preposition)	के अतिरिक्त / के अलावा	in addition to; apart from, other than, along with, as well as.
retrieve (verb)	पुनः प्राप्त करना / उबारना	to bring or get something back; recover, regain, rescue, reclaim.
mid-life care (noun)	मध्य-आयु की देखभाल	medical and psychological support provided to individuals during their middle years; middle-aged care, mature care, midlife support, adult care.
languish (verb)	कमजोर होना / उपेक्षित रहना	to fail to make progress or be successful; stagnate, decline, deteriorate, weaken.
so far (phrase)	अब तक	up to this point in time; until now, up to now, to date, thus far.
perimenopausal care policy (noun)	रजोनिवृत्ति पूर्व देखभाल नीति	a proposed public health policy by the Tamil Nadu government aimed at facilitating early identification, screening, counselling, and treatment.
Assembly (noun)	विधानसभा	a group of people gathered together in one place for a common purpose, specifically a legislative body; a state legislative body, legislature, parliament, council, congress.
facilitate (verb)	सुविधाजनक बनाना / आसान करना	to make an action or process easy or easier; ease, smooth, assist, expedite.
identification (noun)	पहचान	recognition, detection, discovery, pinpointing.
screening (noun)	जांच / स्क्रीनिंग	the testing of a person or group for the presence of a disease; testing, checking, examination, evaluation.
counselling (noun)	परामर्श / सलाह	guidance, advice, therapy, consultation.
Primary Health Centre (PHC)	प्राथमिक स्वास्थ्य केंद्र (PHC)	a government-run healthcare facility providing essential primary healthcare services to people, especially in rural and underserved areas.



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Ruthu Thare (noun)	ऋतु तारे (कर्नाटक की रजोनिवृत्ति स्वास्थ्य नीति)	India's first dedicated menopause-focused women's health policy, introduced by the Karnataka government.



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