

- Following are the important idioms and phrasal verb from The Hindu Editorial that we learnt last week. (From 10 MAR to 15 MAR).
- Note: Read this PDF simultaneously with respective editorial to understand the better usage of the phrase. (Don't try to mug up instead try to understand the inherent meaning with the help of editorials)

Sr.no	Particulars		Meaning
The Hindu Editorial: Building capacities: (11 MAR 2025)			
1.	Wind in the sails	phrase	Boost, Support, Encouragement, Momentum, Push प्रोत्साहन
2.	Come close on the heels	phrase	Follow closely, Succeed, Trail, Pursue, Shadow पीछे-पीछे आना
3.	Stand to gain	phrase	Benefit, Profit, Gain, Reap rewards, Advantage लाभ उठाना
The Hindu Editorial: Limited-overs form (12 MAR 2025)			
4.	Light up	phrasal verb	Illuminate, Brighten, Glow, Shine, Sparkle रोशन करना
5.	Chase down	phrasal verb	Pursue, Catch, Track, Hunt, Follow पीछा करना
6.	Set the stage for	phrase	Prepare, Arrange, Organize, Plan, Initiate मंच तैयार करना
7.	Set the tone	phrase	Establish, Define, Initiate, Influence, Shape माहौल बनाना
The Hindu Editorial: New opportunity (13/03/2025)			
8.	Step down	phrasal verb	Resign, Quit, Retire, Withdraw, Abdicate पद छोड़ना
9.	Call for	phrasal verb	Demand, Require, Necessitate, Ask for, Urge मांग करना
10	Stand up to	phrase	Confront, Resist, Oppose, Challenge, Defy सामना करना
11	Better off	phrasal verb	More fortunate, Improved, Happier, Wealthier, Advantaged बेहतर स्थिति में
12	A slew of	phrase	A lot of, Many, Numerous, Plenty, Abundance बहुत सारा
13	Take on	phrasal verb	Accept, Undertake, Face, Confront, Challenge सामना करना
14	Come handy	phrase	Be useful, Be helpful, Be convenient, Be practical, Be beneficial काम आना
15	Take a back seat	phrase	Be less important, Recede, Withdraw, Step back, Retreat पीछे हटना
16	Take forward	phrase	Advance, Progress, Promote, Develop, Continue आगे बढ़ाना
17	Wish away	phrasal verb	Ignore, Dismiss, Neglect, Overlook, Disregard

			नज़रअंदाज़ करना
The Pioneer Editorial: The delicate strength of relationships (14/03/2025)			
18	Fall upon	phrasal verb	Be responsible for, Be assigned to, Be tasked with, Be given to जिम्मेदार होना
19	Burst into tears	phrase	Cry suddenly, Weep, Sob, Break down, Shed tears अचानक रो पड़ना
20	Take aback	phrase	Surprise, Shock, Astonish, Stun, Startle हक्का-बक्का करना
21	Embark upon	phrasal verb	Begin, Start, Commence, Undertake, Initiate शुरू करना
22	Look up to	phrase	Admire, Respect, Revere, Esteem, Idolize प्रशंसा करना
23	Find oneself at the receiving end	phrase	Be the target, Be affected, Be on the receiving side, Face consequences निशाने पर होना
24	Vent one's frustration	phrase	Express anger, Release emotions, Let off steam, Unburden, Complain गुस्सा निकालना
The Indian Express Editorial: Chandrayaan discovers water-ice (15/03/2025)			
25	Set up	phrasal verb	Establish, Launch, Create, Found, Initiate स्थापित करना
26	In terms of	phrase	Regarding, Concerning, With respect to, In relation to, Pertaining to के संदर्भ में
The Hindu Editorial: Diversify now (10/03/2025)			
27	Account for	phrasal verb	Represent, Comprise, Constitute बनाना
28	Point to	phrasal verb	Indicate, Suggest, Highlight, Show, Demonstrate संकेत करना
29	Take effect	phrase	Implement, Enforce, Activate, Operate, Commence प्रभावी होना
The Hindu Editorial: Second chance (11/03/2025)			
30	Reach out	phrasal verb	Contact, Approach, Communicate, Connect, Extend संपर्क करना
31	Shoot down	phrasal verb	Destroy, Bring down, Hit, Strike, Attack गिराना
32	34. Usher in	phrasal verb	Introduce, Begin, Initiate, Launch, Herald शुरुआत करना
The Economics times Editorial: Participating women means being safe (12/03/2025)			
33	In keeping with	phrase	Consistent with, In line with, According to, Compatible with, Conforming to के अनुरूप
The Indian Express Editorial: World Air Quality report (13/03/2025)			
34	By and large	phrase	Generally, Mostly, Overall, On the whole, For the most part आम तौर पर
The Times of India Editorial: When parental love is not a guiding light (14/03/2025)			
35	In a bind	phrase	In a dilemma, In a tight spot, In a fix,

			Trapped, Stuck मुश्किल में
36	A burning desire	phrase	Intense longing, Passionate wish, Strong craving, Deep yearning, Ardent aspiration तीव्र इच्छा
37	Take a leaf out of someone's book	phrase	Follow someone's example, Emulate, Imitate, Copy, Learn from किसी के उदाहरण से सीखना
38	Give up	phrasal verb	Abandon, Relinquish, Renounce, Quit, Surrender छोड़ देना
The Pioneer editorial: The harsh reality of child labour (15/03/2025)			
39	Result in	phrasal verb	Lead to, cause, bring about, give rise to, produce के परिणामस्वरूप होना
40	Wake up	phrasal verb	Arise, get up, awaken, come to consciousness, rise जागना
41	Head off	phrasal verb	Go to, move towards, proceed to, set out for, make one's way to के लिए रवाना होना
42	Bear the burden of	phrase	Endure, carry, shoulder, cope with, handle का बोझ उठाना
43	Drop out	phrasal verb	Leave, quit, withdraw, give up, abandon छोड़ना
44	Strip of	phrasal verb	Deprive of, take away, remove, dispossess, divest छीन लेना
45	Carry out	phrasal verb	Perform, conduct, execute, implement, accomplish करना
The Pioneer Editorial: US tariff war could roil financial, real markets (10/03/2025)			
46	Stir pot	phrase	Cause trouble, Provoke, Agitate, Instigate, Incite उत्तेजना फैलाना
47	Bear the brunt	phrase	Suffer the most, Endure, Face, Take the impact, Absorb खामियाजा भुगतना
48	Take refuge	phrase	Seek shelter, Find safety, Hide, Escape, Protect शरण लेना
49	Pin one's hopes on	phrase	Rely on, Depend on, Trust, Count on, Bank on आशा रखना
50	Choppy waters	phrase	Turbulence, Difficulty, Trouble, Uncertainty, Instability उथल-पुथल
The Pioneer Editorial: Specialised Investment Funds should offer (11/03/2025)			
51	Take off	phrasal verb	Launch, Begin, Start, Succeed, Lift off शुरू होना
52	Taste success	phrase	Achieve success, Succeed, Win, Triumph, Prosper सफलता पाना
The Times of India Editorial: A chance to awaken miracle of mind (12/03/2025)			
53	Out of sync	phrase	Uncoordinated, Mismatched, Disjointed, Unbalanced, Discordant असंगत
The Indian Express Editorial: US economy (13/03/2025)			

54	Gain traction	phrase	Gain momentum, Become popular, Catch on, Succeed, Progress प्रभावी होना
55	Rule out	phrasal verb	Exclude, Eliminate, Reject, Dismiss, Discard खारिज करना
56	Play out	phrasal verb	Unfold, Develop, Evolve, Progress, Happen घटित होना
57	Back and forth	phrase	To and fro, Alternately, Reciprocally, Repeatedly, Oscillating आगे-पीछे
58	Hold up	phrasal verb	Sustain, Maintain, Endure, Support, Withstand टिके रहना
The Indian Express Editorial: Inflation is down. RBI has room to cut rates (14/03/2025)			
59	Bode well	phrase	Indicate positively, Suggest favorably, Promise well, Signal good, Foretell success अच्छा संकेत देना
The Economic times Editorial: Loosen the chokehold on our city roads (15/03/2025)			
60	Silver bullet	phrase	a quick solution to a difficult problem
61	Reach out	phrasal verb	Extend, offer, contact, communicate, approach पहुँचना