The Hindu EDITORIAL ANALYSIS

24th March 2025

PREPARE FOR BANK (PO/ CLERK), SSC,UPSC, State PSC, CAT,CTET,RAILWAY EXAMS,CDS, TET, NDA/AIRFORCE, NET and all Govt. Exams

1. Tangible (ठोस)

➔ **Meaning: Perceptible by touch; clear and definite**

➔ **Synonyms: Concrete, real, palpable**

➔ **Antonyms: Intangible, abstract, vague**

➔ **Example: The government has made tangible progress in the fight against tuberculosis by introducing advanced treatment methods.**

2. Resilience (लचीलापन)

➔ **Meaning: The capacity to recover quickly from difficulties**

➔ **Synonyms: Endurance, toughness, adaptability**

➔ **Antonyms: Fragility, weakness, vulnerability**

➔ **Example: Mental resilience is necessary to overcome the challenges of modern life.**

3. Fostering (प्रोत्साहन देना)

➔ **Meaning: Encouraging the development of something**

➔ **Synonyms: Nurturing, promoting, cultivating**

➔ **Antonyms: Hindering, suppressing, neglecting**

➔ **Example: Fostering self-care habits can improve both mental and physical health.**

4. Pervasive (व्यापक)

➔ **Meaning: Spreading widely throughout an area or group**

➔ **Synonyms: Ubiquitous, widespread, omnipresent**

➔ **Antonyms: Rare, limited, localized**

➔ **Example: The pervasive impact of tuberculosis requires a robust healthcare response.**

5. Exacerbate (बिगाड़ना)

➔ **Meaning: To make a problem or situation worse**

➔ **Synonyms: Aggravate, worsen, intensify**

➔ **Antonyms: Alleviate, mitigate, soothe**

➔ **Example: Delayed treatment can exacerbate the spread of tuberculosis.**

6. Undermine (कमज़ोर करना)

➔ **Meaning: To weaken or damage gradually**

➔ **Synonyms: Erode, subvert, impair**

➔ **Antonyms: Strengthen, reinforce, bolster**

➔ **Example: Ignoring self-care can undermine both physical and mental health.**

7. Obliterate (नष्ट कर देना)

➜ **Meaning: To completely destroy or wipe out**

➜ **Synonyms: Eradicate, annihilate, eliminate**

➜ **Antonyms: Preserve, restore, construct**

➜ **Example: The government aims to obliterate tuberculosis by 2025.**

8. Stalwart (मजबूत और वफादार)

➔ **Meaning: Loyal, reliable, and hard-working**

➔ **Synonyms: Devoted, steadfast, resolute**

➔ **Antonyms: Weak, disloyal, unreliable**

➔ **Example: TB survivors act as stalwart advocates for awareness campaigns.**

9. Impetus (प्रेरणा)

➔ **Meaning: A force that makes something happen more quickly**

➔ **Synonyms: Motivation, stimulus, catalyst**

➔ **Antonyms: Hindrance, deterrent, obstacle**

➔ **Example: Government incentives provide an impetus for TB eradication efforts.**

10. Adversity (विपत्ति)

➔ **Meaning: Difficulties or misfortune**

➔ **Synonyms: Hardship, struggle, distress**

➔ **Antonyms: Prosperity, success, fortune**

➔ **Example: Self-care helps build resilience to overcome adversity.**

One-word substitute:

1. A person who dislikes or resists change and innovation:
Misoneist

2. A short journey or trip, especially for leisure or exploration:
Excursion

3. A person recovering from an illness or medical treatment:
Convalescent

4. Demonstrating aggression and willingness to fight:
Bellicose

Phrasal Verbs:

1. Take on
Meaning: To accept a responsibility or challenge; to hire someone.

2. Break into
Meaning: To enter a place by force; to start doing something, especially in a particular field or industry.

3. Call up
Meaning: To make a phone call; to summon someone for a task, often military service.

4. Come up with
Meaning: To think of or produce an idea or solution.

Idioms & Phrases

1. Wool over the eyes
Meaning - to trick or deceive someone.

2. Jump through hoops
Meaning - to do a complicated things in order to get or achieve something

3. Up in the air
Meaning - (of a plan or issue) still to be settled; unresolved.

4. By the book

Meaning - exactly according to the rules.

5. To get down to business

Meaning - to start the work that has to be done.

Article for Reading

The need for universal and equitable health coverage

India has made substantial and tangible progress in Tuberculosis (TB) care, adopting new strategies to detect, treat and prevent TB. Some key areas of progress include the expansion of molecular testing for rapid detection of TB and drug-resistance; the introduction of the shorter, all-oral BPaLM regimen (a combination of four drugs Bedaquiline (B), Pretomanid (Pa), Linezolid (L), and Moxifloxacin (M)); doubling of the entitlement under the Ni-kshay Poshan Yojana (NPY) for nutrition support to ₹1,000 a month; roll-out of TB preventive therapy; and an expanded role for communities through the involvement of TB survivors and Champions. The impact of the roll-out of these strategies can be seen in the 17.7% decline in TB incidence in India, from 237 per 1,00,000 population in 2015 to 195 per 1,00,000 population in 2023, in tandem with a 21.4% reduction in TB-related deaths.

Since Independence, India's public health system has delivered disease control services through primarily vertical health programmes, such as the National Tuberculosis Elimination Programme (NTEP). While this vertical nature has allowed for concentrated focus and brought benefits in many ways, it has also been limiting. Integration of TB services within the broader public health system is key to India's pursuit of equitable, universal health coverage (UHC) for all. The ambitious Ayushman Bharat National Health Protection Scheme was launched in India in 2018 to provide UHC for the Indian population. Today, TB has been integrated within both key components of Ayushman Bharat: the Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), considered the world's largest insurance scheme, and the Ayushman Arogya Mandirs (AAMs, formerly known as Health and Wellness Centres), which provide a comprehensive basket of primary health-care services in rural and urban India.

From the perspective of a person with TB symptoms, the best experience would be accessing consistently high-quality services at the first point of contact. The integration of TB services at the AAM primary care level is designed to meet this need, bringing together diagnostic, treatment and preventive care under one umbrella. AAMs serve as sputum collection centres, where people with TB symptoms can give samples for testing. The NTEP has also been optimising sample collection and transportation methods through a diagnostics network optimisation exercise. A person diagnosed with TB at a secondary or tertiary care facility can undergo treatment at the health centre closest to their residence, again minimising time and costs. In the first two months when people with TB are weak and drop outs as well as mortality is highest, community health officers positioned at the AAMs and their teams must be trained to identify and refer such patients for admission.

Summary

India has made significant progress in tuberculosis (TB) care by implementing new strategies for detection, treatment, and prevention. Key advancements include expanded molecular testing, the introduction of the all-oral BPaLM regimen, increased nutritional support under the Ni-kshay Poshan Yojana, TB preventive therapy, and greater community involvement. These efforts have led to a notable decline in TB incidence and related deaths. Historically, India's public health system has relied on vertical disease control programs like the National Tuberculosis Elimination Programme (NTEP), but integrating TB services into broader healthcare frameworks is essential for universal health coverage (UHC). The Ayushman Bharat scheme has incorporated TB services into its major components—Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) and Ayushman Arogya Mandirs (AAMs)—ensuring accessibility to diagnostic, treatment, and preventive services at primary healthcare centers. Efforts are also being made to optimize sample collection and transportation to enhance early diagnosis. Community health officers at AAMs play a crucial role in identifying and supporting TB patients, particularly in the early stages of treatment when dropout rates and mortality are highest.

Tone:

The tone of the passage is informative and optimistic. It highlights India's achievements in TB care while emphasizing the need for integration into the broader healthcare system. The discussion is data-driven and policy-focused, reflecting a forward-looking and solution-oriented approach.

Reading Comprehension

Based on the above passage, answer the following questions:

Question 1:
What key role do Ayushman Arogya Mandirs (AAMs) play in TB care?

(A) They manufacture and distribute TB drugs across India.
(B) They are tertiary hospitals where only complex TB cases are treated.
(C) They serve as sputum collection centres for testing and provide TB treatment.
(D) They provide financial assistance for TB patients under Ni-kshay Poshan Yojana (NPY).
(E) None of the above

Question 2:
Which of the following is not mentioned as part of India's TB control strategy?

(A) Expansion of molecular testing for detecting TB and drug resistance.
(B) Integration of TB services within the Ayushman Bharat programme.
(C) Financial support through the Ni-kshay Poshan Yojana (NPY).
(D) Establishing dedicated TB-only hospitals in every district.
(E) None of the above

Question 3:
Why was the Ni-kshay Poshan Yojana (NPY) entitlement doubled to ₹1,000 per month?

(A) To encourage more private-sector participation in TB treatment.
(B) To improve nutritional support for TB patients during treatment.
(C) To reduce the cost of molecular testing for TB diagnosis.
(D) To ensure that all TB patients undergo hospitalization during treatment.
(E) None of the above

Article for Skimming

Self-Care Is the Best Care

In today's fast-paced and demanding world, self-care is often overlooked, yet it remains one of the most crucial aspects of leading a healthy, balanced, and fulfilling life. Taking care of oneself is not a selfish act but rather a necessity that allows individuals to function at their best, both physically and mentally. Whether it is through maintaining a nutritious diet, getting regular exercise, ensuring adequate sleep, or engaging in activities that bring joy and relaxation, self-care plays a vital role in overall well-being. Neglecting personal well-being can lead to burnout, stress, and a decline in productivity, ultimately affecting both personal and professional aspects of life. Self-care extends beyond just physical health; it also encompasses mental and emotional well-being. Engaging in mindfulness practices, meditation, or even simple activities like reading a book, listening to music, or spending quality time with loved ones can significantly improve mental health.

It is essential to recognize when to take a step back, set boundaries, and prioritize one's needs without feeling guilty. Many people believe that constantly working hard without breaks is a sign of dedication, but in reality, overworking without proper rest can be counterproductive. A well-rested and mentally refreshed individual is far more effective in handling responsibilities and challenges than someone who is constantly exhausted and overwhelmed. Moreover, self-care fosters self-love and self-respect, which are fundamental to leading a confident and positive life. When individuals prioritize their well-being, they cultivate a sense of self-worth and inner peace. This not only improves their outlook on life but also enhances their interactions with others. When one takes care of themselves, they are better equipped to care for others, making relationships more meaningful and fulfilling.

Additionally, self-care helps in developing resilience, allowing individuals to navigate life's challenges with a calm and composed mindset. Ultimately, self-care is not a luxury but a necessity. It is an investment in one's own well-being that yields long-term benefits. By making self-care a priority, individuals can achieve a healthier, happier, and more productive life. Whether it is taking small breaks throughout the day, indulging in hobbies, or simply practicing gratitude, self-care should be an integral part of daily life. When we take care of ourselves, we become better versions of ourselves, ready to face life's demands with confidence, strength, and positivity.

Question 4:
How does the passage describe the relationship between self-care and work performance?

(A) Self-care is unrelated to work performance and is purely a personal matter.
(B) Overworking without rest is a sign of strong dedication and commitment.
(C) Self-care improves work efficiency by ensuring that individuals are well-rested and refreshed.
(D) Taking frequent breaks leads to laziness and reduces overall productivity.
(E) None of the above

Question 5:
Which of the following statements best reflects the overall message of the passage?

(A) Self-care is a luxury that only individuals with free time can afford.
(B) Engaging in self-care ensures complete happiness and eliminates life's challenges.
(C) Self-care should only be practiced when one feels extremely overwhelmed.
(D) Making self-care a priority leads to long-term benefits in health, productivity, and relationships.
(E) None of the above

Today's Descriptive Question

Precis Writing:

Original Text:

Go First, a prominent Indian budget airline, has been facing a severe financial crisis, leading to its suspension of operations and bankruptcy filing. The airline, formerly known as GoAir, cited financial struggles, operational disruptions, and regulatory challenges as key reasons for its downfall. One of the primary factors behind its crisis was the shortage of aircraft engines supplied by Pratt & Whitney, which led to the grounding of nearly half of its fleet. This significantly impacted Go First's ability to operate flights, causing revenue losses and increasing operational costs. The airline also struggled with rising fuel prices, intense competition, and post-pandemic recovery challenges. With high debt and mounting losses, Go First was unable to maintain financial stability, forcing it to seek voluntary insolvency resolution.

The Indian aviation sector, already highly competitive, further complicated Go First's survival as rivals like IndiGo and Air India expanded their market presence.

While the airline sought government intervention and legal action against Pratt & Whitney for compensation, the crisis highlighted broader issues in India's aviation sector, including dependence on foreign suppliers, high operational costs, and financial mismanagement. The future of Go First remains uncertain, with possibilities of revival under new investors, liquidation, or complete shutdown. The crisis serves as a cautionary tale for the aviation industry, emphasizing the need for strong financial planning, diversified supply chains, and robust operational strategies.

Precis:

Go First airline faced a severe financial crisis, leading to bankruptcy due to engine shortages, rising costs, and stiff competition. The grounding of aircraft due to Pratt & Whitney engine supply issues caused heavy losses, worsened by fuel price hikes and post-pandemic struggles. Despite legal action and government appeals, Go First's future remains uncertain, highlighting broader challenges in India's aviation sector and the need for better financial and operational planning.

- **You have received an invitation to an event but cannot attend. Write a polite email declining the invitation.**

To: ……………..@gmail.com

Subject: Regretfully Unable to Attend

Dear [Host's Name],

I hope you are doing well. Thank you so much for inviting me to [event name] on [date]. I truly appreciate the opportunity to be a part of this special occasion.

Unfortunately, due to prior commitments, I will not be able to attend. I am disappointed to miss it, but I hope it will be a wonderful and successful event.

Wishing you all the best, and I look forward to catching up soon.
Best regards,
[Your Name]

Match the column

1. Wool over the eyes   A. to do a complicated things in order to get or achieve something
2. Jump through hoops   B. exactly according to the rules
3. Up in the air   C. to start the work that has to be done
4. By the book   D. unresolved
5. To get down to business E. to trick or deceive someone

Answer:
1-e
2-a
3-d
4-b
5-c

Vocabulary

1. **Tangible:**
2. **Resilience:**
3. **Fostering:**
4. **Pervasive:**
5. **Exacerbate:**
6. **Undermine:**
7. **Obliterate:**
8. **Stalwart:**
9. **Impetus:**
10. **Adversity:**

1.

Ans: C

Explanation:

Reference from Passage:

"AAMs serve as sputum collection centres, where people with TB symptoms can give samples for testing."

Explanation of Incorrect Options:

(A) Incorrect: There is no mention of AAMs being involved in drug manufacturing.

(B) Incorrect: AAMs provide primary healthcare, not tertiary hospital services.

(D) Incorrect: The Ni-kshay Poshan Yojana (NPY) provides financial support, but the passage does not say that AAMs handle NPY-related finances.

2.

Ans: D

Explanation:

Reference from Passage:

The passage mentions (A), (B), and (C), but does not mention setting up TB-only hospitals.

Explanation of Incorrect Options:

(A) Incorrect: The passage states, "Expansion of molecular testing for rapid detection of TB and drug-resistance."

(B) Incorrect: The passage mentions, "TB has been integrated within both key components of Ayushman Bharat."

(C) Incorrect: The passage states, "Doubling of the entitlement under the Ni-kshay Poshan Yojana (NPY) for nutrition support."

3.

Ans: B

Explanation:

Reference from Passage:

"Doubling of the entitlement under the Ni-kshay Poshan Yojana (NPY) for nutrition support to ₹1,000 a month."

Explanation of Incorrect Options:

(A) Incorrect: The passage does not mention private-sector participation as a reason for increasing financial support.

(C) Incorrect: The funding increase is for nutrition support, not for molecular testing.

(D) Incorrect: There is no requirement for hospitalization under NPY; treatment can be done at home.

4.

Ans: C

Explanation:

Reference from Passage:

"A well-rested and mentally refreshed individual is far more effective in handling responsibilities and challenges than someone who is constantly exhausted and overwhelmed."

Explanation of Incorrect Options:

(A) Incorrect: The passage clearly states that self-care impacts both personal and professional aspects of life.

(B) Incorrect: The passage rejects the belief that overworking without breaks is a sign of dedication, stating that it is actually counterproductive.

(D) Incorrect: The passage encourages taking breaks for self-care, stating that proper rest enhances productivity rather than causing laziness.

5.

Ans: D

Explanation:

Reference from Passage:

"Self-care is not a luxury but a necessity. It is an investment in one's own well-being that yields long-term benefits."

Explanation of Incorrect Options:

(A) Incorrect: The passage explicitly states that self-care is a necessity, not a luxury.

(B) Incorrect: While self-care improves well-being, the passage does not claim that it eliminates all challenges.

(C) Incorrect: The passage suggests that self-care should be a regular practice, not something done only in extreme situations.

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