

The Hindu EDITORIAL ANALYSIS

12th July 2025

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

1. Contemplate (गहराई से विचार करना)		
<div>→ Meaning: To think deeply or carefully about something for a long time.</div> <div>→ Synonyms: Consider, reflect, ponder</div> <div>→ Antonyms: Ignore, disregard, neglect</div> <div>→ Example: She spent hours contemplating whether to accept the new job offer.</div>		

2. Jeering (मज़ाक उड़ाना / ठट्ठा करना)

- **Meaning:** Mocking or making rude and sarcastic remarks, often loudly and publicly.
- **Synonyms:** Mocking, taunting, ridiculing
- **Antonyms:** Applauding, praising, cheering
- **Example:** The player was disheartened by the jeering crowd after he missed the goal.

3. Sageness (ज्ञानी स्वभाव / विवेकशीलता)

- **Meaning:** The quality of being wise or having deep insight and good judgment.
- **Synonyms:** Wisdom, prudence, insightfulness
- **Antonyms:** Foolishness, ignorance, recklessness
- **Example:** The monk's sageness earned him respect from people across all walks of life.

4. Surfeit (अधिकता / अत्यधिक मात्रा)

- **Meaning:** An excessive amount of something, especially something undesirable.
- **Synonyms:** Excess, glut, overabundance
- **Antonyms:** Scarcity, shortage, lack
- **Example:** The surfeit of advertisements during the movie irritated the viewers.

5. Retribution (प्रतिशोध)

- **Meaning:** Punishment inflicted as vengeance for a wrong or criminal act.
- **Synonyms:** Revenge, penalty, retaliation
- **Antonyms:** Forgiveness, pardon, clemency
- **Example:** The ICC's actions could be seen as a form of retribution for war crimes.

6. Unpalatable (अप्रिय)

- **Meaning:** Not pleasant or agreeable to the taste or mind.
- **Synonyms:** Unpleasant, distasteful, disagreeable
- **Antonyms:** Palatable, agreeable, pleasant
- **Example:** The unpalatable terms of the agreement were rejected by the opposition.

7. Limbo (अनिश्चितता की स्थिति)

- **Meaning:** A state of uncertainty or suspension.
- **Synonyms:** Uncertainty, suspension, delay
- **Antonyms:** Certainty, resolution, conclusion
- **Example:** The case remains in legal limbo until further judgment.

8. Malevolence (द्वेष)

- **Meaning:** The state of wishing harm or evil upon others.
- **Synonyms:** Malice, hostility, ill-will
- **Antonyms:** Benevolence, kindness, goodwill
- **Example:** His malevolence towards his rival was evident in his harsh words and actions.

9. Indecorous (अशोभनीय)

- **Meaning:** Not in keeping with good taste and propriety; improper or inappropriate in behavior or conduct.
- **Synonyms:** Improper, unseemly, rude, inappropriate
- **Antonyms:** Decorous, proper, appropriate, refined
- **Example:** His indecorous remarks during the formal dinner shocked everyone present.

10. Covetous (लालची / लोभी)

- **Meaning:** Having a strong desire for something that belongs to someone else, especially wealth or possessions.
- **Synonyms:** Greedy, envious, acquisitive, avaricious
- **Antonyms:** Generous, selfless, content, charitable
- **Example:** The covetous businessman was never satisfied, always wanting more power and wealth.

VOCABULARY

One-word substitute:

1. Unwilling or unable to believe something; skeptical:

Incredulous

2. Not able to be corrected, improved, or reformed:

Incorrigible

3. Impossible to stop or prevent; relentless:

Inexorable

4. Not able, or not allowed, to communicate with others:

Incommunicado

VOCABULARY

Phrasal Verbs:

1. Find out

Meaning: To discover or learn something

2. Fire away

Meaning: To begin speaking or asking questions freely

3. Fink on

Meaning: To inform on someone; to betray by giving information

4. Firm up

Meaning: To make something more definite, stable, or finalized

VOCABULARY

Idioms & Phrases

1. Bring to light

Meaning: To reveal or disclose something previously hidden

2. Burn one's boat

Meaning: To commit oneself to a course of action with no possibility of turning back

3. Make one's flesh creep

Meaning: To cause a feeling of fear or disgust; give someone goosebumps

VOCABULARY

4. Pros and cons

Meaning: The advantages and disadvantages of something

5. Red-letter day

Meaning: A very important or memorable day

Article for Reading

**Striking a Balance:
Putting Your Body
and Mind First**

In a culture that celebrates hustle, glorifies overwork, and often equates busyness with success, the idea of slowing down to care for one's body and mind can feel almost rebellious. Yet as burnout, anxiety, and lifestyle-related illnesses rise across age groups and professions, it's becoming increasingly clear that the true measure of success isn't just productivity—it's sustainability. Striking a balance between physical well-being and mental clarity is no longer a luxury; it's a necessity for thriving in both personal and professional life. Too often, the modern world forces a false choice between ambition and self-care. Employees skip meals to meet deadlines, students sacrifice sleep for grades, and even leisure is crammed with obligations disguised as "self-improvement." Meanwhile, chronic stress quietly chips away at immune systems, relationships, and peace of mind. The result? A population constantly running on fumes, disconnected from its own health and happiness.

But what if balance isn't the enemy of achievement, but the fuel for it? Prioritizing wellness—through movement, nutrition, mindfulness, and rest—doesn't slow us down. It sharpens our focus, enhances creativity, and builds resilience. Physical activity, even in small doses, boosts brain function and emotional regulation. Proper nutrition stabilizes mood and energy levels. Sleep isn't a weakness; it's the brain's reset button. And mental health care, whether through therapy, meditation, or simply talking to someone, can transform how we navigate challenges and relate to the world. More importantly, balance is personal. It doesn't look the same for everyone, and it doesn't require perfect routines. It means listening to your body's signals instead of ignoring them. It means setting boundaries without guilt and recognizing that rest is not idleness—it's recovery. It's about choosing presence over pressure, and sustainability over speed. Institutions and workplaces also bear responsibility.

Encouraging time off, providing mental health resources, and fostering humane expectations are not optional perks—they are foundational to any environment that claims to value people. A culture that respects wellness is not just kinder, it's smarter. Healthy individuals make better decisions, collaborate more effectively, and stay engaged for the long haul. Ultimately, putting your body and mind first isn't about retreating from ambition—it's about redefining it. It's about recognizing that peak performance starts with a well-nourished body and a clear, rested mind. It's about resisting the toxic idea that self-neglect is a badge of honor. And above all, it's about choosing to live fully—not just efficiently. Because in the end, success means little if it costs you your health. Balance isn't a compromise—it's the foundation for everything else.

Summary

In a society that glorifies constant hustle and equates busyness with success, prioritizing physical and mental well-being can feel countercultural. However, rising burnout, anxiety, and lifestyle-related illnesses highlight the urgent need for balance. True success lies not just in productivity but in sustainability. The passage argues that self-care—through movement, nutrition, rest, and mental health support—is not a barrier to achievement but a catalyst for it. Balance is deeply personal and involves listening to one's body, setting boundaries, and rejecting the guilt often tied to rest. The responsibility also lies with institutions to create environments that support wellness. Ultimately, taking care of body and mind is not about abandoning ambition but redefining it, proving that balance is essential—not optional—for meaningful success.

Tone:

Reflective, persuasive, and empowering.

It conveys urgency and compassion, encouraging a cultural shift towards prioritizing holistic wellness over relentless efficiency.

Reading Comprehension

Based on the above passage, answer the following questions:

Question 1:

According to the passage, what consequence does the culture of glorified overwork most directly lead to?

- A. Decline in economic productivity**
- B. Growth in educational inequality**
- C. Chronic stress and disconnection from well-being**
- D. Institutional collapse due to absenteeism**
- E. None of the above**

Question 2:

What does the author imply about institutional responsibility in promoting wellness?

- A. Institutions should fund gyms and recreational trips for all employees**
- B. Workplaces must outsource mental health care services**
- C. Employers should offer more flexible contracts to freelancers**
- D. Organizations must embed wellness as a cultural and operational priority**
- E. None of the above**

Question 3:

Which of the following best encapsulates the author's central thesis?

- A. Rest is a biological imperative for avoiding early death**
- B. True success is rooted in sustainable wellness, not relentless efficiency**
- C. Health should take precedence over leisure and hobbies**
- D. Mental health resources must be nationalized**
- E. None of the above**

Article for Skimming

**Beyond Academics:
Fostering Real-World
Skills**

In a world that is evolving faster than ever, the ability to memorize facts and ace exams is no longer enough. While academic achievement remains important, it's increasingly clear that success in the real world depends on much more than textbook knowledge. Skills like critical thinking, communication, adaptability, emotional intelligence, and problem-solving are proving to be just as—if not more—crucial than academic credentials alone. The time has come to shift the educational conversation from grades to growth, from rote learning to real-world readiness. Today's students are entering a job market shaped by automation, globalization, and rapid technological change. The careers they pursue may not even exist yet. In such a dynamic environment, the ability to learn continuously, collaborate across disciplines, and navigate uncertainty becomes vital. And yet, many education systems remain rooted in outdated methods—prioritizing marks over meaning, conformity over creativity.

Fostering real-world skills begins with rethinking how we define success in education. Are we producing exam-takers or problem-solvers? Can our students lead a team, resolve a conflict, manage stress, or adapt to change? These are the abilities that employers seek, communities need, and individuals rely on throughout life. Unfortunately, they are rarely taught explicitly in classrooms. Project-based learning, internships, mentorship programs, and experiential education offer powerful ways to bridge the gap between theory and practice. When students are encouraged to solve real problems, take initiative, and reflect on their own growth, learning becomes active, personal, and lasting. Similarly, incorporating life skills—like financial literacy, digital citizenship, and mental wellness—into curricula prepares students not just to make a living, but to live well. Moreover, fostering real-world skills means recognizing the value of failure. Unlike rigid academic systems where mistakes are penalized, the real world treats setbacks as part of the learning process.

Cultivating resilience, curiosity, and a growth mindset helps students see failure not as an end, but as a stepping stone to mastery. These are qualities that textbooks cannot teach but experience can. Teachers, parents, and policymakers must work together to champion a more holistic vision of education—one that balances academic rigor with personal development. Schools should be safe spaces for exploration, not pressure cookers of performance. By valuing creativity, emotional intelligence, and interpersonal skills alongside traditional academics, we prepare students not just to pass tests, but to thrive in life. In the end, education should not only inform—it should empower. The future belongs to those who can adapt, innovate, and connect. And fostering those abilities starts now, beyond the boundaries of the blackboard.

Question 4:

Which of the following best reflects the author's perspective on failure in education?

- A. It should be avoided through rigorous assessment structures**
- B. It reflects poorly on institutional standards**
- C. It is a natural and essential part of meaningful learning**
- D. It demotivates students from taking initiative**
- E. None of the above**

Question 5:

What does the author propose as a holistic solution to improve educational relevance?

- A. Nationalizing private institutions to ensure equal standards**
- B. Integrating real-life challenges and life skills into learning environments**
- C. Reducing emphasis on emotional intelligence and mental wellness**
- D. Shifting all assessments to online formats**
- E. None of the above**

Today's Descriptive Question:

- **Write an essay of 200 words about the future of Autonomous Vehicles**

The future of autonomous vehicles (AVs) holds transformative potential, promising to revolutionize transportation. AVs, equipped with advanced sensors and AI, are poised to enhance road safety by reducing human error, which accounts for over 90% of traffic accidents. As technology progresses, fully self-driving cars will become a reality, eliminating the need for human drivers.

One significant impact of AVs will be on urban mobility. Shared autonomous fleets could reduce the number of privately owned vehicles, alleviating traffic congestion and decreasing the demand for parking spaces. This shift could lead to the redesign of urban landscapes, with more green spaces and pedestrian-friendly areas.

Moreover, AVs have the potential to enhance accessibility for individuals with disabilities and the elderly, providing them with greater independence

and mobility. In the logistics sector, self-driving trucks could streamline supply chains, reducing delivery times and operational costs.

However, the widespread adoption of AVs faces challenges, including regulatory hurdles, cybersecurity threats, and the need for robust infrastructure. Public trust and acceptance will also play a crucial role in the transition to autonomous transportation.

In conclusion, while the path to fully autonomous vehicles presents challenges, their potential benefits in terms of safety, efficiency, and accessibility make them a cornerstone of future transportation systems. As technology and infrastructure evolve, AVs are set to redefine how we move and live.

- **Write a letter to a company for a job, also highlight your qualifications and interest in the position.**

[Your Name]

[Your Address]

[Email Address]

[Date]

[Recipient's Name]

[Company Name]

[Company Address]

[City, State, ZIP Code]

Subject: Application for [Job Title] Position

Dear [Recipient's Name],

I am writing to express my interest in the [Job Title] position at [Company Name], as advertised on [Job Board/Company Website]. With a background in [Your Field] and a passion for [related to the company/position], I am eager to contribute to your team.

I hold a [Your Degree] in [Your Major] from [Your University], and have experience in [related experience] at [Previous Company]. There, I successfully [specific achievement or project], enhancing my skills in [relevant skills].

I am particularly impressed by [specific project or initiative] at [Company Name], and I am excited about the opportunity to bring my expertise in [relevant skills] to your organization.

I have attached my resume for your review and would welcome the opportunity to discuss how my background fits the [Job Title] role. Thank you for considering my application. I look forward to the possibility of contributing to your team.

Sincerely,

[Your Name]

Match the column

- | | |
|---------------------------|--|
| 1. Bring to light | A. To commit oneself to a course of action |
| 2. Burn one's boat | B. A very important or memorable day |
| 3. Make one's flesh creep | C. The advantages and disadvantages of something |
| 4. Pros and cons | D. To cause a feeling of fear or disgust |
| 5. Red-letter day | E. To reveal or disclose something |

Answer:

1-e

2-a

3-d

4-c

5-b

Vocabulary

- 1. Contemplate:**
- 2. Jeering:**
- 3. Sageness:**
- 4. Surfeit:**
- 5. Retribution:**
- 6. Unpalatable:**
- 7. Limbo:**
- 8. Malevolence:**
- 9. Indecorous:**
- 10. Covetous:**

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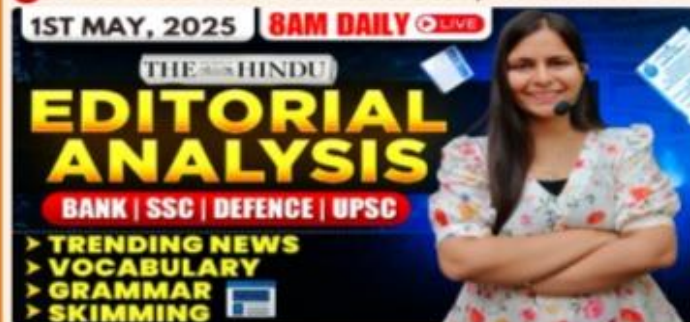


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