

The Hindu EDITORIAL ANALYSIS

21st April 2025

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

1. Turmoil (उथल-पुथल)

- **Meaning:** A state of great disturbance, confusion, or uncertainty.
- **Synonyms:** Chaos, confusion, upheaval
- **Antonyms:** Calm, order, peace
- **Example:** The country was in turmoil after the sudden political crisis.

2. Ubiquitous (सर्वव्यापी)

- **Meaning:** Present or found everywhere.
- **Synonyms:** Omnipresent, pervasive, universal
- **Antonyms:** Rare, uncommon, scarce
- **Example:** Smartphones have become ubiquitous in modern society.

3. Entice (प्रलोभित करना)

- **Meaning:** To attract or tempt by offering something desirable.
- **Synonyms:** Lure, allure, coax
- **Antonyms:** Repel, discourage, deter
- **Example:** The vendor used colorful posters to entice passersby to try her mango shakes.

4. Synergy (सहक्रिया)

- **Meaning:** The interaction of elements that produces a greater effect when combined.
- **Synonyms:** Collaboration, cooperation, teamwork
- **Antonyms:** Disunity, separation, conflict
- **Example:** The synergy between the two companies resulted in a successful product.

5. Indispensable (अत्यावश्यक)

- **Meaning:** Absolutely necessary; essential.
- **Synonyms:** Crucial, essential, vital
- **Antonyms:** Unnecessary, expendable, optional
- **Example:** Clean water is indispensable for human survival, especially in arid regions.

6. Conundrum (पहेली)

- **Meaning:** A confusing or difficult problem or question.
- **Synonyms:** Puzzle, enigma, dilemma
- **Antonyms:** Solution, clarity, simplicity
- **Example:** The company faced a conundrum on how to increase profits without cutting staff.

7. Subjugated (अधीन किया हुआ)

- **Meaning:** Brought under control; dominated or oppressed.
- **Synonyms:** Conquered, dominated, oppressed
- **Antonyms:** Liberated, free, empowered
- **Example:** The subjugated communities struggled for years before gaining their freedom.

8. Catapult (आगे बढ़ाना)

- **Meaning:** To launch or propel something forcefully.
- **Synonyms:** Propel, boost, thrust
- **Antonyms:** Halt, stop, hinder
- **Example:** His innovation helped catapult the company to the top of the industry.

9. Coax (मनाना)

- **Meaning:** To persuade or urge someone gently and persistently.
- **Synonyms:** Persuade, convince, entice
- **Antonyms:** Dissuade, repel, discourage
- **Example:** She managed to coax her little brother into doing his homework by offering him a treat.

10. Rejuvenation (पुनरुज्जीवन)

- **Meaning:** The act of making someone or something look or feel better, younger, or more vital.
- **Synonyms:** Renewal, revitalization, restoration
- **Antonyms:** Decline, deterioration, aging
- **Example:** The park's rejuvenation project brought new life to the community.

VOCABULARY

One-word substitute:

1. Dying without having made a legal will:

Intestate

2. A person who is excessively concerned with minor details or rules, especially in learning:

Pedant

3. A person who lives a solitary life and tends to avoid other people:

Recluse

4. To have an angry or sullen look on one's face; to scowl:

Glower

VOCABULARY

Phrasal Verbs:

1. Go overboard

Meaning- to do something excessively or beyond what is necessary.

2. Hang in

Meaning - to persevere or not give up.

3. Hang out

Meaning - to spend time casually with friends or others.

4. Look out for

Meaning - to watch for or take care of someone or something.

VOCABULARY

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.

VOCABULARY

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

**Beat the heat with
people-centric
responses**

On March 15, some States and cities in India experienced the first of severe heat waves for the year 2025. This was 20 days earlier than the first severe heatwave in 2024. In the last decade, the number of severe heat days and the severity/intensity of heatwaves have been rising. The year 2024 was the warmest year on record at about 1.55°C above pre-industrial level, according to the World Meteorological Organization. In India, December 2022 was the hottest December since temperature monitoring in the country started in 1901. The frequency of heatwaves in India has increased in the last two decades, in comparison to the previous two decades. The impact of rising external temperature and heat waves along with humidity and wind speed, is reflected in the form of heat stress. When the outside temperature reaches close to our body temperature of 37° Celsius, the body fails to release the internal heat which is generated as a part of the basal metabolic rate.

Thus, one starts to feel heat-stressed. Heat stress can affect multiple organs including the kidneys, the liver and the brain, and may cause sickness and even death. However, heatwaves have many non-health and socio-economic impacts. Climate change, specifically rising temperature, is one of the causes of farming sector stress in India. With rising temperatures, it becomes difficult for farmers to work in the field and harvest comes down. Livestock can die, further impacting the poor and farmers. Heat stress can reduce livestock production, food production, farm productivity and the ability of outdoor workers/ workforce productivity. As India is a labour-intensive country, especially in the agriculture and construction sector, heatwaves result in an individual's reduced working ability. Thus, loss of work hours and loss of job reduce personal and family income. In India, up to 75% of the workforce, or 380 million people are dependent on heat-exposed labour. There are estimates that heat stress results in an economic loss of 3% to 5% of GDP in many countries including India.

There are estimates that in 2023, nearly 6% of work hours in India were lost due to heat stress. As temperature rises, electricity demand and power cuts affect industrial production. Heatwaves and heat stress impact personal income and may slow down a nation's economic growth. Heat-related data indicate that the impact of heat stress is worst on the poor, the marginalised, migrants, subsistence workers, women, and the elderly. Women are additionally impacted due to social norms such as working in the kitchen, the need to wear clothing due to cultural requirements, or space allocated for sleeping. From every angle, it is a matter of inequity. As early as the middle of the 19th century, researchers and scientists made observations that urban areas have a higher temperature than rural areas, arriving at the inference that much of the rise in temperature is human made. Yet, it took another 150 years for the first heat and health action plans (HHAP) to be prepared in the European countries; ironically, the first such efforts were from the non-tropical regions, between 2003 to 2008.

Summary

The passage discusses the increasing frequency and intensity of heatwaves in India, highlighting their early onset in 2025 and comparing it with past years. It outlines the severe health impacts of heat stress on vital organs and its broader socio-economic consequences, particularly for outdoor workers like farmers and construction labourers. Heat stress reduces productivity, causes economic losses (estimated at 3-5% of GDP), and disproportionately affects vulnerable groups such as the poor, women, the elderly, and migrants. The passage also notes the delayed global policy response, with effective heat action plans emerging only recently and mostly from non-tropical regions.

Tone:

The tone is informative, as it presents facts and data, and cautionary, as it warns about the serious health and economic risks of rising heatwaves.

Reading Comprehension

Based on the above passage, answer the following questions:

Question 1:

Which of the following best explains why heat stress affects the human body during high external temperatures?

- A. The basal metabolic rate increases significantly, overwhelming the body.**
- B. Sweat glands become hyperactive and lead to internal dehydration.**
- C. The body has trouble releasing heat when external temperatures near body temperature.**
- D. External heat causes organ swelling, particularly in the liver and kidneys.**
- E. None of the above**

Question 2:

What does the passage suggest about gender-specific impacts of heat stress in India?

- A. Men face more stress due to their higher likelihood of being employed outdoors.**
- B. Women are less affected due to working primarily indoors.**
- C. Heat stress affects genders equally in all socio-economic groups.**
- D. Women are disproportionately affected due to societal norms and clothing requirements.**
- E. None of the above**

Question 3:

Which of the following does the passage list as an indirect economic impact of heat stress?

- A. Rise in food inflation due to import dependency**
- B. Reduced family income from job and work hour loss**
- C. Decline in academic performance among rural students**
- D. Drop in real estate values in heat-prone zones**
- E. None of the above**

Article for Skimming

**The salve of hope for
the mind**

In a small house in western India, shared by a group of people once homeless and living with mental illnesses, a woman dreams of cooking ragi mudde, a ball of finger millet flour cooked in salt and hot water, served with a side of lentil stew. This moment of happiness evokes feelings of home for her. Originally from Karnataka but now settled in this new reality, she yearns to integrate the cultural familiarity of her past into her present without returning to a background of abandonment and turmoil. Another dreams of running a lemon-juice cart and becoming self-reliant, tapping into her entrepreneurial spirit to plan how she will strategically place it near the bus stand that might entice people to refresh themselves on hot summer days. A third speaks of wanting to make an offering of a coconut in the temple nearby to wish for the well-being of everyone around her, not just family and friends — a gesture that reflects her belief that all people matter in this interconnected world.

These are not inert wishes — they are expressions of hope from people living with serious mental illness, and they tell us something vital about what is often missing in conventional mental health care approaches. Mental healthcare systems increasingly focus on protocols, evidence-based interventions and task-shifting to expand service delivery, crucial especially in India where 83% of people with mental health conditions remain out of care. While these establish the basics of access, our experiences point to a crucial element — nurturing hope through everyday experiences that give people's lives meaning and make well-being more collaborative and self-directed. Between 2020 and 2023, our implementation of “Home Again” and associated research across 10 Indian States and in Sri Lanka, supported by Grand Challenges Canada, interrogated hope among those with serious mental illnesses who exited long-term institutionalisation into homes in the community.

Our observations and data from the study offer insights into how hope manifests in people with serious mental illness and how it evolves as they transition from hospital settings to homes in the community. What emerges is not a story of grand, therapeutic breakthroughs but an expression of the essentiality of simple human desires. When participants spoke about their hopes, they did not focus on standard clinical recovery parameters. Instead, they talked about wanting to dance, listen to music, travel, own new clothes, reconnect with family, speak up about the bad road conditions at the grama sabha, cook a recipe from childhood or engage in daily prayers. These aspirations, from the seemingly mundane to more substantial plans, reveal what may be the architecture of hope in mental health recovery.

Question 4:

What is the main focus of the passage regarding mental healthcare?

- A. The need for more evidence-based treatment protocols in mental health**
- B. The importance of understanding the role of hope in recovery from serious mental illness**
- C. The necessity of improving institutional mental health care systems**
- D. The role of medication in treating mental illnesses**
- E. None of the above**

Question 5:

What is the primary objective of the “Home Again” project mentioned in the passage?

- A. To provide participants with physical therapy to overcome their mental health challenges**
- B. To provide long-term institutional care to individuals with serious mental illness**
- C. To integrate people with mental illness back into the community from institutional settings**
- D. To focus on enhancing clinical recovery parameters for participants**
- E. None of the above**

Today's Descriptive Question

Precis Writing

Original Text:

In the digital age, social networking platforms have revolutionized the way we communicate, making it faster, more convenient, and far-reaching. However, this convenience comes with a hidden cost — the gradual erosion of the art of meaningful conversation. Platforms like WhatsApp, Instagram, Facebook, and X (formerly Twitter) have reduced communication to emojis, abbreviations, and short, impersonal exchanges.

Traditional face-to-face conversations involve tone, body language, emotions, and immediate feedback, all of which help build deeper understanding and empathy. In contrast, digital conversations often lack depth and subtlety, leading to misinterpretation and superficiality. The habit of multi-tasking while chatting online further reduces attention span and active listening, both vital elements of a good conversation.

Moreover, people are increasingly more comfortable expressing themselves online than in person. This has led to a decline in interpersonal skills, especially among the younger generation, who find it harder to engage in real-life dialogue, resolve conflicts verbally, or even initiate a conversation confidently. The constant online presence also promotes a curated version of oneself, which can inhibit genuine self-expression and open discussion. Additionally, addiction to social media often leaves little time or interest for meaningful interactions with family, friends, or peers in the physical world. As a result, the emotional connect and warmth that come from face-to-face conversations are being lost. In conclusion, while social networking offers numerous benefits in staying connected, it should not replace traditional conversation. A balance must be struck to preserve the human touch in communication, which is essential for emotional bonding, empathy, and healthy relationships.

Precis:

Social networking has made communication easier but is causing a decline in meaningful conversation. Online chats lack emotional depth and non-verbal cues, reducing the quality of human interaction. Overuse of social media is weakening real-life conversational skills, especially among youth. To maintain genuine connections, it is important to balance digital communication with face-to-face interactions.

- You have lost your company-issued ID card while commuting. Write an email to the administration department reporting the loss and requesting a replacement.

To:@gmail.com

Subject: Reporting Loss of Company ID Card and Request for Replacement

Dear [Admin/Administration Department],

I hope this message finds you well.

I am writing to inform you that I have unfortunately lost my company-issued ID card while commuting to work today. Despite retracing my steps and making inquiries, I have been unable to locate it.

I kindly request you to initiate the process for issuing a replacement ID card at your earliest convenience.

Please let me know if any formalities or charges are involved, and I will be happy to comply.

Apologies for any inconvenience caused, and thank you in advance for your assistance.

**Best regards,
[Your Full Name]
[Your Employee ID, if known]
[Your Department/Team]**

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. Turmoil:
2. Ubiquitous:
3. Entice:
4. Synergy:
5. Indispensable:
6. Conundrum:
7. Subjugated:
8. Catapult:
9. Coax:
10. Rejuvenation:

Rc ans

1.

Ans: C

Explanation:

The passage states:

“When the outside temperature reaches close to our body temperature of 37° Celsius, the body fails to release the internal heat... one starts to feel heat-stressed.”

This is the biological mechanism of heat stress: a failure in heat dissipation, not an increase in internal heat production.

Why the other options are incorrect:

- A. The passage does not say the basal metabolic rate increases during heatwaves. It remains constant.
- B. There's no mention of hyperactive sweat glands or dehydration as the primary mechanism here.
- D. Heat stress can affect organs, but organ swelling is not stated as the initial cause.

2.

Ans: D

Explanation:

The passage states:

“Women are additionally impacted due to social norms such as working in the kitchen, the need to wear clothing due to cultural requirements...”

These cultural and domestic norms intensify the effect of heat stress on women.

Why the other options are incorrect:

- A. Though men may do more outdoor labour, the passage focuses on women’s vulnerability due to cultural constraints.
- B. Women working indoors (like kitchens) can also face severe heat, particularly without ventilation.
- C. The passage explicitly highlights inequity, not equality, in heat impact.

3.

Ans: B

Explanation:

The passage says:

“Loss of work hours and loss of job reduce personal and family income...”

This is an indirect economic consequence stemming from reduced work capacity.

Why the other options are incorrect:

A. Food inflation or imports are not discussed.

C. Academic performance is not mentioned.

D. Real estate markets are not referenced.

4.

Ans: B

Explanation:

The passage emphasizes how hope plays a significant role in the recovery process for individuals with serious mental illnesses. It discusses how simple, everyday desires and aspirations help individuals regain a sense of self-worth and meaning, which are crucial for their well-being.

Why the other options are incorrect:

- A. Evidence-based treatments are mentioned briefly, but the main focus is on hope, not protocols.
- C. While institutionalization is discussed, the focus is not on improving institutional systems but on the shift to community-based care.
- D. Medication and treatment are not the primary theme here; it's more about emotional and social recovery.

5.

Ans: C

Explanation:

The passage discusses how the “Home Again” initiative aimed to help people transition from long-term institutionalization to homes in the community. It is centered on community reintegration as a key aspect of mental health recovery.

Why the other options are incorrect:

- A. Physical therapy is not mentioned as part of the project; the focus is on community reintegration.
- B. The initiative is about moving away from institutional care, not providing long-term institutional care.
- D. Clinical recovery parameters are not the focus; the emphasis is on community reintegration and hope.



EXCLUSIVE SUBSCRIPTION

BASIC TO ADVANCE



NIMISHA BANSAL'S

- ✓ **PERFECTION 2025 (1.0 – 12.0)**
- ✓ **PERFECTION 2024 (1.0-10.0)**
- ✓ **GRAMMAR GRANTH**
- ✓ **RECORDED + LIVE**

40% OFF

USE CODE: NB40

OFFER EXTENDED TILL 21 APRIL

BANK EXAMS 2025-26

40% OFF ON ALL COURSES

✓ ONE PREMIUM SUBSCRIPTION ✓ YES MOCK
✓ EDUCATORS EXCLUSIVE ✓ TARGET BATCH



KUSH PANDEY



AASHISH ARORA



ANKUSH LAMBA



NIMISHA BANSAL

USE CODE - YES OFFICER

OFFER EXTENDED TILL 21 APRIL

JOIN TELEGRAM CHANNEL

ENGLISH WITH NIMISHA BANSAL

@NimishaMam



English with Nimisha Bansal

452 824 subscribers



YouTube

Editorial Analysis | 1st January, 2025 | Vocab, Grammar, Reading, Skimming | Nimisha Bansal

Editorial Analysis | 1st January, 2025 | Vocab, Grammar, Reading, Skimming | Nimisha Bansal

✓ One Premium Subscription

USE CODE - SAFALTA

<https://www.youtube.com/channel/UC...>



30K 08:00

Perfection Class: Debunking English Grammar Myths I

Perfection I

CONTENT - NIMISHA BANSAL

@mamnimisha



Content- Nimisha Bansal

174 346 subscribers



annotation 1st Jan 2025

2.6K 13:37

Forwarded from



English with Nimisha Bansal



Perfection_Clas...t_Jan_2025.pdf

3.1 MB

Perfection Class Error detection with annotation 1st Jan 2025

2.9K 13:37

Forwarded from



English with Nimisha Bansal



PERFECTION CLA...T January.pdf

34.1 MB

PERFECTION CLASS NOTES

1K 14:14

Forwarded from



English with Nimisha Bansal



EDITORIAL VOC...UARY 2025.pdf

2.7 MB

EDITORIAL VOCAB 1ST JANUARY 2025

1K 14:14