

The Hindu EDITORIAL ANALYSIS

26th 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. Unveil (प्रकट करना)

- **Meaning:** To reveal or disclose something that was previously hidden or unknown.
- **Synonyms:** Reveal, disclose, expose
- **Antonyms:** Conceal, hide, obscure
- **Example:** The company will unveil its new product at the upcoming tech conference.

2. Insipid (नीरस)

- **Meaning:** Lacking vigor or interest; dull.
- **Synonyms:** Bland, lifeless, uninspiring
- **Antonyms:** Exciting, flavorful, lively
- **Example:** The speech was so insipid that the audience struggled to stay awake.

3. Irrefutable (अखंडनीय)

- **Meaning:** Impossible to deny or disprove.
- **Synonyms:** Undeniable, indisputable, unquestionable
- **Antonyms:** Questionable, disputable, uncertain
- **Example:** The video evidence presented in the case was irrefutable proof of the company's illegal activities.

4. Permeate (फैलाना)

- **Meaning:** To spread throughout something; to pass through or penetrate.
- **Synonyms:** Pervade, saturate, infiltrate
- **Antonyms:** Contain, restrict, block
- **Example:** The aroma of freshly baked bread permeated the entire house.

5. Perfidious (विश्वसनीयता)

- **Meaning:** Deceitful and untrustworthy.
- **Synonyms:** Treacherous, disloyal, unfaithful
- **Antonyms:** Loyal, trustworthy, faithful
- **Example:** His perfidious actions eventually led to his downfall.

6. Vaulting (अत्यधिक बढ़ना)

- **Meaning:** Jumping or rising suddenly and dramatically.
- **Synonyms:** Soaring, escalating, surging
- **Antonyms:** Falling, declining, plummeting
- **Example:** The company's profits came vaulting after the release of its new product line.

7. Gumption (साहस, समझ)

- Meaning: Initiative and resourcefulness.**
- Synonyms: Courage, shrewdness, ingenuity**
- Antonyms: Cowardice, ineptitude, apathy**
- Example: She had the gumption to start her own business despite the risks.**

8. Consternation (आशंका, चिंता)

- **Meaning:** A feeling of anxiety or dismay, typically at something unexpected.
- **Synonyms:** Dismay, distress, bewilderment
- **Antonyms:** Comfort, reassurance, serenity
- **Example:** The sudden announcement caused consternation among the employees.

9. Perennial (स्थायी)

- **Meaning:** Lasting or enduring for a long time; recurring.
- **Synonyms:** Everlasting, continual, enduring
- **Antonyms:** Temporary, fleeting, transient
- **Example:** Poverty remains a perennial issue in many developing countries.

10. Heinous (हानिकारक)

- **Meaning:** Utterly wicked or reprehensible.
- **Synonyms:** Atrocious, vile, abominable
- **Antonyms:** Admirable, virtuous, noble
- **Example:** The criminal was convicted of a heinous act that shocked the nation.

VOCABULARY

One-word substitute:

1. A healthcare professional who examines eyes for vision problems and prescribes corrective lenses:

Optometrist

2. The worship of idols or excessive admiration for someone or something:

Idolatry

3. A tightrope walker; someone who performs on a rope or wire stretched high above the ground:

Funambulist

4. Capable of being removed or destroyed completely:

Eradicable

VOCABULARY

Phrasal Verbs:

1. Break in

Meaning - to enter forcibly; to interrupt a conversation.

2. Bring in

Meaning - to introduce or include something; to earn money.

3. Burn out

Meaning - to become physically or mentally exhausted.

4. Carry out

Meaning - to perform or complete a task.

VOCABULARY

Idioms & Phrases

1. Have a heart of gold

Meaning: To be very kind and generous.

2. Break someone's heart

Meaning: To cause emotional pain or sadness.

3. Stab someone in the back

Meaning: To betray someone.

VOCABULARY

4. Get off my back

Meaning: To stop bothering or criticizing

5. Put your foot down

Meaning: To assert authority.

Article for Reading

**Sometimes Saying
No Is Better: The
Power of Boundaries
in a Busy World**

In a world that constantly demands more—more time, more energy, more commitments—it’s easy to fall into the trap of saying “yes” to everything. Whether it’s taking on additional work, attending social events, or helping others, we often prioritize the needs and desires of others over our own. The fear of letting people down, missing opportunities, or appearing unhelpful can drive us to overcommit ourselves, leaving us exhausted, stressed, and unfulfilled. But what if saying “no” isn’t a sign of weakness or selfishness, but a powerful act of self-care and clarity? Saying “no” is an essential practice for maintaining healthy boundaries and protecting our well-being. It’s not about rejecting others or being unkind; rather, it’s about recognizing our limits and understanding that we can’t do everything, nor should we try. When we say “no” to certain things, we are, in effect, saying “yes” to the things that truly matter—our health, our passions, our relationships, and our own peace of mind.

It's an act of prioritization, where we acknowledge that we deserve time and space for ourselves. The ability to say "no" also empowers us to focus on our personal goals and long-term vision. Every "yes" takes up emotional, physical, or mental energy, and if we spread ourselves too thin, we dilute our capacity to give our best effort in the areas that truly align with our values. Saying "no" allows us to be intentional with where we direct our time and energy, ensuring that we invest in things that contribute to our growth and fulfillment. In this way, "no" becomes a tool for more focused and meaningful living. Moreover, when we say "no" to others, we model healthy boundaries for them as well. People often respect those who are clear about their limits and expectations, and this creates a culture of mutual respect. It also frees others from the pressure to constantly seek approval or validation, allowing everyone involved to live more authentically and in alignment with their true desires and capabilities.

At times, saying “no” is necessary to protect our mental and emotional health. It provides space for reflection, relaxation, and rejuvenation. It’s essential to recognize that we are not obligated to say “yes” out of guilt, fear, or obligation. In fact, saying “no” can often be the best choice for ensuring that we can show up more fully when it really counts. In a world that encourages constant hustle and relentless productivity, learning to say “no” is an act of reclaiming control over our time, our choices, and our lives. Sometimes, less truly is more—more peace, more clarity, and more of the things that truly matter.

Summary

The passage emphasizes the importance and power of saying “no” in a world that constantly demands more from us. It argues that overcommitting due to fear of letting others down can lead to stress, exhaustion, and a lack of fulfillment. Instead of viewing “no” as selfish or negative, the author presents it as a vital form of self-care and boundary-setting. Saying “no” helps prioritize what truly matters—health, relationships, personal growth—and allows individuals to live intentionally and meaningfully. It also sets an example for others to establish healthy boundaries. Ultimately, the passage champions “no” as a tool for reclaiming control and living a more peaceful, purposeful life.

Tone:

The tone is encouraging, empowering, and reflective.

The author gently guides the reader toward self-awareness and affirms the value of personal boundaries, promoting a positive and mindful approach to self-care.

Reading Comprehension

Based on the above passage, answer the following questions:

Question 1:

What central idea does the passage convey about the practice of saying “no”?

- A. It is primarily a strategy for avoiding unwanted social interactions.**
- B. It helps individuals manipulate others into respecting their time.**
- C. It is an act of self-prioritization that fosters personal well-being.**
- D. It promotes emotional detachment and independence from society.**
- E. None of the above**

Question 2:

According to the passage, what is the primary psychological barrier that prevents people from saying “no”?

- A. A lack of understanding of time management techniques**
- B. The tendency to avoid conflict in professional environments**
- C. An inherent inability to differentiate between priorities**
- D. The fear of disappointing others or missing out on opportunities**
- E. None of the above**

Question 3:

What secondary benefit of saying “no” does the passage highlight, apart from personal wellness?

- A. It increases one's visibility in competitive environments.**
- B. It teaches others to set and respect boundaries.**
- C. It instills guilt in others, making them more cooperative.**
- D. It isolates people who fail to reciprocate emotional effort.**
- E. None of the above**

Article for Skimming

**Don't Wait for the
Opportunity —
Prepare Now for the
Future**

In a world that moves fast and changes even faster, waiting for the “perfect” opportunity can often mean missing it altogether. Too many people find themselves stuck in a cycle of hesitation—waiting for the right time, the right conditions, or the right level of confidence. But the truth is, opportunities don’t always come wrapped in neat packages or arrive when we feel ready. More often than not, they show up unannounced, demanding courage and quick decision-making. And only those who have prepared in advance can grab them with both hands. Preparation is the quiet work behind every loud success. It is the time spent learning when no one is watching, the discipline built through daily habits, and the mindset developed through small but consistent efforts. While others are waiting, those who prepare are evolving—mentally, emotionally, and professionally. They understand that progress doesn’t come from a stroke of luck but from laying brick by brick, long before the spotlight appears.

Look around at those who seem to “get lucky.” Dig deeper, and you’ll find a backstory of perseverance and preparation. Athletes train for years for a chance at a single moment of victory. Artists and writers spend countless hours honing their craft before the world takes notice. Entrepreneurs build, fail, rebuild, and learn—so that when the opportunity finally arises, they are not only ready to receive it but capable of thriving in it. Preparing now also builds confidence. It transforms fear of the unknown into clarity of action. When you’re equipped with the skills, knowledge, and mindset needed to take on challenges, uncertainty no longer paralyzes you—it motivates you. Preparation gives you an inner advantage. It sharpens your instincts, strengthens your resilience, and positions you miles ahead of those who are waiting for life to make the first move. Moreover, preparation isn’t just about career or personal goals—it’s about life readiness. It’s about becoming someone who doesn’t just react to change but leads through it.

The future will always bring its own set of surprises, setbacks, and breakthroughs. Whether it's a job opportunity, a relationship, a business venture, or a challenge that demands your best—how you respond will depend on how you've prepared when no one was looking. So don't wait for the stars to align. Don't sit idle hoping that your moment will magically appear. Create the conditions for your success. Read the book. Practice the skill. Take the course. Build the habit. Strengthen your body. Focus your mind. Every small step you take today prepares you for a tomorrow you cannot yet see. Remember, opportunity favors the prepared. And the future does not belong to those who wait—it belongs to those who act. Start now. The time to prepare is always today.

Question 4:

What role does preparation play in overcoming fear and uncertainty, according to the passage?

- A. Preparation helps to avoid challenges altogether.**
- B. Preparation turns fear of the unknown into clarity of action.**
- C. Preparation makes fear irrelevant, as it eliminates all risk.**
- D. Preparation builds fear and doubt to make challenges more manageable.**
- E. None of the above**

Question 5:

According to the passage, what can be learned from observing those who seem to "get lucky"?

- A. They are naturally gifted and do not need preparation.**
- B. They experience success by chance, without putting in significant effort.**
- C. They have likely undergone years of preparation and hard work.**
- D. They are skilled in exploiting others' failures.**
- E. None of the above**

Today's Descriptive Question

Precis Writing:

Original Text:

The silver economy refers to the economic activities, products, and services designed to cater to the needs of an aging population. As life expectancy increases and birth rates decline, many countries, including India, are witnessing a growing elderly demographic. This shift presents both challenges and opportunities for economic growth, healthcare, and social development. One of the key drivers of the silver economy is the rising demand for healthcare services, including elderly care, specialized medical treatments, and wellness programs. The development of geriatric healthcare infrastructure, home-care services, and telemedicine has gained momentum to support the growing elderly population. Additionally, industries such as pharmaceuticals, assistive technology, and smart home solutions are expanding to cater to senior citizens' needs.

The financial sector is also adapting by offering pension schemes, retirement planning, and insurance products tailored for older adults. Moreover, as many seniors remain active post-retirement, there is a surge in demand for elder-friendly employment opportunities, lifelong learning programs, and digital literacy initiatives. The travel, leisure, and wellness industries are also evolving to provide age-friendly experiences, creating a thriving market for the elderly.

However, the silver economy comes with challenges such as rising healthcare costs, social security concerns, and the need for stronger elderly support systems. Governments and businesses must work together to create age-friendly policies, infrastructure, and social inclusion programs to ensure the well-being and financial security of older adults. By investing in the silver economy, societies can turn aging into an opportunity for economic and social progress.

Precis:

The silver economy focuses on economic opportunities arising from an aging population, driving demand for healthcare, financial services, and elderly-friendly products. Growth in geriatric care, smart technology, and retirement planning supports seniors' evolving needs. As older adults remain active, sectors like employment, lifelong learning, and leisure are adapting. However, challenges such as rising healthcare costs and social security concerns require policy reforms and investment to ensure the well-being of senior citizens while leveraging their economic potential.

- You have decided to resign from your current job due to personal reasons. Write an email to your reporting manager informing them about your decision.

To:@gmail.com

Subject: Resignation from the Position of [Your Designation]

Dear [Manager's Name],

I hope this message finds you well. I am writing to formally resign from my position as [Your Job Title] at [Company Name], effective [Last Working Day, typically two weeks from the date of the email unless otherwise specified in your contract].

This decision has not been an easy one and comes after careful consideration of my personal circumstances. I am truly grateful for the opportunities I have had during my time at [Company Name]. It has been a valuable learning experience, and I sincerely appreciate your guidance and support throughout my tenure here.

I will do my best to ensure a smooth transition and am happy to assist in the handover process or in training a replacement, if required.

Thank you once again for everything. I hope to stay in touch, and I wish the team and the organization continued success.

**Warm regards,
[Your Full Name]
[Your Contact Information]**

Match the column

- | | |
|-----------------------------|---------------------------------------|
| 1. Have a heart of gold | A. To cause emotional pain or sadness |
| 2. Break someone's heart | B. To assert authority |
| 3. Stab someone in the back | C. To stop bothering or criticizing |
| 4. Get off my back | D. To betray someone |
| 5. Put your foot down | E. To be very kind and generous |

Answer:

1-e

2-a

3-d

4-c

5-b

Vocabulary

1. Unveil:
2. Insipid:
3. Irrefutable:
4. Permeate:
5. Perfidious:
6. Vaulting:
7. Gumption:
8. Consternation:
9. Perennial:
10. Heinous:

RC ANS

1.

Ans: C

Explanation:

The passage emphasizes that saying "no" is "a powerful act of self-care and clarity", and that it "allows us to be intentional with where we direct our time and energy". This demonstrates that saying "no" is about personal prioritization and well-being.

Incorrect Options:

- A. The passage touches on social situations but focuses on overall life balance, not merely avoiding events.
- B. No manipulation is implied; instead, the passage talks about mutual respect.
- D. It doesn't promote detachment; it encourages authenticity and boundary-setting.

2.

Ans: D

Explanation:

The passage directly states: “The fear of letting people down, missing opportunities, or appearing unhelpful can drive us to overcommit ourselves...”

This clearly establishes fear of disappointment and fear of missing out (FOMO) as key barriers.

Incorrect Options:

A. Time management is not mentioned as the issue.

B. Professional environments are not the focus.

C. The passage suggests people know their limits but struggle to assert them.

3.

Ans: B

Explanation:

The passage says: "...we model healthy boundaries for them as well... this creates a culture of mutual respect."

This suggests that others learn from our example when we assert boundaries.

Incorrect Options:

A. No mention of competitiveness or visibility.

C. No guilt-based dynamics are described.

D. Isolation isn't discussed; it's about respect and modeling.

4.

Ans: B

Explanation:

The passage explains that preparation gives an individual the confidence and clarity to act despite uncertainty: "Preparation transforms fear of the unknown into clarity of action."

Incorrect Options:

- A. Preparation doesn't eliminate challenges; it prepares individuals to face them.
- C. Fear is not eliminated by preparation, but it is mitigated through readiness.
- D. Fear and doubt are not built by preparation, but overcome by it.

5.

Ans: C

Explanation:

The passage highlights that those who appear lucky have actually undergone years of preparation: “Look around at those who seem to ‘get lucky.’ Dig deeper, and you’ll find a backstory of perseverance and preparation.”

Incorrect Options:

- A. The passage argues that success is a result of preparation, not natural gift alone.
- B. Success isn’t by chance; it comes from effort, as shown in the backstories of successful individuals.
- D. No suggestion of exploiting others is made in the passage.

NIMISHA BANSAL

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