

# The Hindu EDITORIAL ANALYSIS

16th 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. Folly (मूर्खता / निरर्थकता )

- **Meaning:** Lack of good sense or judgment; a foolish act or idea.
- **Synonyms:** Foolishness, absurdity, recklessness
- **Antonyms:** Wisdom, prudence, sensibility
- **Example:** Investing in outdated coal plants may prove to be a costly folly for the environment.

## 2. Fillip (प्रोत्साहन / उत्तेजना)

- **Meaning:** Something that acts as a stimulus or boost to an activity.
- **Synonyms:** Boost, stimulus, encouragement
- **Antonyms:** Hindrance, deterrent, obstacle
- **Example:** The Wimbledon victory gave a major fillip to Swiatek's fading confidence.

### 3. Jocund (प्रसन्नचित्त / हँसमुख)

- **Meaning:** Cheerful and light-hearted.
- **Synonyms:** Merry, jolly, upbeat
- **Antonyms:** Gloomy, morose, sullen
- **Example:** His jocund personality lifted the spirits of the entire tennis team after the loss.

## 4. Blistering (तीव्र / जलता हुआ)

- **Meaning: Meaning:**  
Extremely intense or severe.
- **Synonyms: Scorching, fierce, harsh**
- **Antonyms: Mild, gentle, calm**
- **Example: Personal care products witnessed a blistering 14.8% inflation rate.**

## 5. Pristine (अक्षुण्ण / स्वच्छ)

- **Meaning:** In its original, unspoiled, or clean condition.
- **Synonyms:** Unpolluted, immaculate, untouched
- **Antonyms:** Dirty, contaminated, spoiled
- **Example:** The pristine lawns of Wimbledon add elegance to the tournament.

## 6. Apparent (स्पष्ट / प्रत्यक्ष)

- **Meaning:** Clearly visible or understood; obvious.
- **Synonyms:** Evident, noticeable, manifest
- **Antonyms:** Hidden, unclear, obscure
- **Example:** The amount of sugar and oil in snacks is not always apparent to buyers.

## 7. Detract (घटाना / कम करना)

- **Meaning:** To take away from the value or effectiveness of something.
- **Synonyms:** Diminish, reduce, lessen
- **Antonyms:** Enhance, improve, increase
- **Example:** Incomplete regulations detract from the overall impact of health reforms.



## 8. Prognosis (पूर्वानुमान )

- **Meaning:** The likely course of a disease or ailment.
- **Synonyms:** Forecast, prediction, outlook
- **Antonyms:** Retrospection, hindsight, recounting
- **Example:** The doctor gave a positive prognosis for the patient's recovery.

## 9. Mayhem (अराजकता )

- **Meaning:** Violent or chaotic disorder; havoc.
- **Synonyms:** Chaos, disorder, anarchy
- **Antonyms:** Order, calm, peace
- **Example:** The lack of proper planning led to mayhem on the roads and at the venue.

## 10. Deleterious (हानिकारक )

- **Meaning:** Causing harm or damage.
- **Synonyms:** Harmful, detrimental, injurious, adverse
- **Antonyms:** Beneficial, advantageous, helpful, salutary
- **Example:** Shrimp farming has had deleterious effects on coastal ecosystems.

## VOCABULARY

### One-word substitute:

**1. A wicked or cruel person; an evil spirit or demon:**

**Fiend**

**2. All future generations of people:**

**Posterity**

**3. People of good social position, just below the nobility:**

**Gentry**

**4. Extremely poor; lacking basic necessities of life:**

**Destitute**

# VOCABULARY

## Phrasal Verbs:

### 1. Turn in

Meaning - to submit (e.g., homework); to go to bed.

### 2. Turn on

Meaning - to start a device; to excite or arouse.

### 3. Use for

Meaning - to apply or employ something for a specific purpose.

### 4. Wrap up

Meaning - to finish or complete something.

# VOCABULARY

## Idioms & Phrases

### 1. Lend an ear

Meaning : To listen to someone sympathetically

### 2. Keep one's nose to the grindstone

Meaning : To work very hard.

### 3. Stick one's nose into something

Meaning : To interfere in someone else's business.

## VOCABULARY

### **4. Put your foot in your mouth**

**Meaning :** To say something embarrassing or inappropriate.

### **5. Hands are tied**

**Meaning :** Unable to act or help.

## **Article for Reading**

**Pain remains: On  
inflation**



**The continued fall in inflation to a 77-month low of 2.1% in June 2025 should serve as a significant source of relief for policymakers. The general public, however, would not be too thrilled. There is some good news for them, but also a significant dose of pain. Food inflation, for example, saw a significant easing, although that too is a seasonal effect rather than a structural one. Food and beverage prices contracted 0.2% in June 2025 on a high base of 8.4% in June last year. Key items such as vegetables, pulses, spices and meat saw prices falling in June compared to their levels last year. But food is not all that people spend their money on. The data reveal that there were several items and services of common consumption that saw inflation quickening in June. The education and stationery segment saw inflation quicken to 4.4% in June, the highest in 15 months. This was driven by a jump in the prices of school, college, and private tuition.**

**Inflation in the health-care category, too, was at a 15-month high in June. Compounding this, the personal care segment saw inflation jumping to a blistering 14.8% in June, the eighth month of double-digit inflation in the last nine months. Products such as soap, toothpaste, shampoo and sanitary napkins — items of daily or regular use and by no stretch luxuries — have become more expensive. So, overall, food is cheaper, but nearly everything else is more expensive. This leads to an important policy question, one that has been asked several times before: is the headline inflation data adequately capturing the price rise the average Indian faces? The food basket itself carries a 46% weight in the overall Consumer Price Index (CPI), meaning that any change in this category has an inordinate impact on the headline number. The recent Household Consumption Expenditure Surveys show that food comprises a much smaller share of about 30% in the expenditure of households.**

**Bringing the CPI weight of food down to align with this will allow the overall CPI to be more representative. To be fair, that process is on, with the Ministry of Statistics and Programme Implementation in the process of updating the CPI. The CPI base year — so far set as 2011-12 — is being updated to a more recent time period, and the weights of the different categories are also being revised. This update cannot happen fast enough, as even monetary policy is currently dependent on this outdated and unrepresentative measure. In the meantime, it is important not to get swayed by the fall in the headline number itself. The felt experience of the average Indian is described in the details, and it is still a painful one.**

## Summary

**Inflation in India dropped to a 77-month low of 2.1% in June 2025, largely due to seasonal easing in food prices. While this may appear positive, the general public continues to feel financial strain. Essential non-food items like education, healthcare, and personal care have seen sharp price increases — personal care inflation rose to 14.8%. The discrepancy between headline inflation and actual household spending raises concerns about the outdated Consumer Price Index (CPI) structure, where food still holds a 46% weight, despite newer data suggesting it should be closer to 30%. Although efforts are underway to revise the CPI base year and category weights, the current inflation metric may not reflect real-life price pressures faced by the average Indian.**

## **Tone:**

**Analytical and concerned — the passage critically examines official inflation data, highlighting the disconnect between statistical representation and lived economic realities.**

## Reading Comprehension

Based on the above passage, answer the following questions:

**Question 1:**

**What does the passage imply about the inflation in the “personal care” category?**

- A. It reflects luxury consumption habits and is not a major concern for policy.**
- B. It has remained below 10% for most of the past year.**
- C. It has been experiencing sustained double-digit inflation.**
- D. It is driven mainly by imported luxury products.**
- E. None of the above**

## **Question 2:**

**Which of the following best explains the potential issue with continuing to use the 2011-12 base year for CPI calculation?**

- A. It overstates inflation in rural areas while ignoring urban trends.**
- B. It fails to reflect the current household spending pattern, especially on non-food items.**
- C. It is based on outdated sampling methods and flawed statistical models.**
- D. It inflates the importance of transport and housing in the inflation basket.**
- E. None of the above**



**Question 3:**

**What does the editorial suggest as the most urgent corrective measure for improving the relevance of the CPI?**

- A. Introduce subsidies on non-food essential goods.**
- B. Align CPI food weights with actual household expenditure patterns.**
- C. Eliminate the food category from CPI entirely.**
- D. Focus only on the headline inflation number to avoid confusion.**
- E. None of the above**

## **Article for Skimming**

**More than symbolic:  
On curbing unhealthy  
food intake**

**In a welcome move, the Health Ministry has directed all government departments to display oil, sugar and trans-fat content in everyday Indian snacks such as samosas, jalebis, vada pavs and laddoos in a bid to highlight the health risks of their consumption on a regular basis. The campaign will be piloted in AIIMS Nagpur and then rolled out to other cities. The move comes two months after the CBSE directed all affiliated schools to establish 'sugar boards' to monitor and reduce the sugar intake of children. These will list information on the recommended daily sugar intake, the sugar content in commonly consumed foods, health risks associated with high sugar consumption, and healthier dietary alternatives. The initiatives have been driven by studies that provide evidence of increasing obesity trends in India. As in the NFHS data, obesity had increased from nearly 15% to 24% in men and from 12% to nearly 23% in women between 2005-06 and 2019-21.**

**Since the amount of oil and sugar in Indian snacks is not apparent — and, hence, often overlooked — these initiatives will serve to fill the gap and act as “visual behavioural nudges”, much like the pictorial warnings on tobacco products. However, building awareness alone cannot bring about behavioural changes, especially in the absence of essential legislative measures. Surprisingly, while the Health Ministry has targeted Indian snacks, nothing has been done over the years to introduce clear front-of-package labels to caution people about unhealthy packaged food items, and regulate the advertising, marketing and promotion of unhealthy food to children. Also, levying additional tax on food products with high levels of fat, sugar, and salt (HFSS) can further reduce consumption, as seen in some countries. As in the national multisectoral action plan for prevention and control of common non-communicable disease (2017-22), the Food Safety and Standards Authority of India (FSSAI) Regulation was required to be amended for inclusion of front-of-pack labelling and detailed nutrient labelling.**

**The FSSAI (Packaging and Labelling) Regulation was amended in 2020; on July 15, the Supreme Court of India again directed the agency to execute this label on packaged food. For front-of-pack labels on HFSS food and beverage products to become a reality, the FSSAI has to first define the upper limits for sugar, salt and total fat, which have not been finalised and approved so far. A 2022 study found that warning labels outperformed all other forms of front-of-pack labelling in identify unhealthy products. A study by the ICMR-NIN found that warning labels and nutri-star ratings helped deter the consumption of even moderately unhealthy foods. Measures to build awareness without essential legislative measures to curb unhealthy food intake will not be much more than symbolic.**

**Question 4:**

**What is the main reason behind the creation of 'sugar boards' in CBSE-affiliated schools?**

- A. To impose a sugar tax in school canteens.**
- B. To encourage children to completely avoid sugar.**
- C. To monitor and reduce sugar consumption through awareness.**
- D. To display tobacco-style warnings in classrooms.**
- E. None of the above**

**Question 5:**

**According to the passage, which of the following actions is still pending but crucial for implementing front-of-package (FOP) warning labels?**

- A. A constitutional amendment by Parliament.**
- B. Completion of the National Family Health Survey (NFHS) round.**
- C. Mandatory school-level nutrition counselling sessions.**
- D. Finalisation of thresholds for sugar, salt, and fat by the FSSAI.**
- E. None of the above**

## Today's Descriptive Question:

- **Write an essay of 200 words about the effects of screen time on child development.**



**Excessive screen time has significant effects on child development, impacting physical, cognitive, and social aspects. Physically, prolonged screen exposure often leads to a sedentary lifestyle, which can increase the risk of obesity and other health issues. Children who spend hours in front of screens may also experience eye strain and disrupted sleep patterns due to blue light exposure, which can impair their overall health and growth.**

**Cognitively, excessive screen time may hinder critical development stages. Young children need hands-on, interactive experiences to build problem-solving skills and foster creativity, yet passive consumption of screen content can delay these processes. Studies have shown that children with high screen exposure often perform lower in areas like language, memory, and attention compared to peers with limited screen time.**

**Socially, screen dependency can impede essential interpersonal skills. Children who spend more time on screens may have less time for face-to-face interactions, limiting opportunities to develop empathy, communication, and conflict-resolution skills. Additionally, excessive screen time can contribute to behavioral issues, as children may become more irritable or withdrawn without their devices.**

**To promote healthy development, a balanced approach that includes adequate screen-free time is crucial, allowing children to explore the world actively and build meaningful relationships.**

- **Read the passage given below and answer the following questions on the basis of the passage in your own words.**

**In recent years, heat waves have become increasingly frequent, intense, and prolonged, posing a serious threat to both human health and the environment. As global temperatures rise due to climate change, many regions—especially in South Asia, Africa, and parts of Europe—are experiencing record-breaking heat. What was once considered rare is now becoming the new normal, turning summer into a season of survival for millions. The impact of heat waves is multifaceted. For humans, extreme heat can lead to dehydration, heat exhaustion, and even fatal heat strokes, particularly affecting the elderly, children, and outdoor workers. Hospitals often see a surge in admissions during such periods. In agriculture, prolonged heat can damage crops, reduce yields, and disrupt food supply chains, leading to economic losses and food insecurity. Urban areas, with their concrete structures and limited green spaces, face the “urban heat island” effect, where temperatures are significantly higher than surrounding rural areas. Additionally, heat waves put immense pressure on energy systems.**

**As air conditioning use rises, power grids can become overwhelmed, leading to blackouts. Forests also become more vulnerable to wildfires, further damaging ecosystems and releasing carbon into the atmosphere, which in turn worsens global warming. Addressing the crisis of rising heat waves requires urgent action. Governments must invest in climate-resilient infrastructure, increase green cover in cities, and improve early warning systems. Public awareness campaigns about hydration, cooling centers, and heat safety can also save lives. On a larger scale, global cooperation to reduce greenhouse gas emissions is vital to slow the warming trend. In conclusion, rising heat waves are a stark reminder of the urgency of climate action. Without immediate and sustained efforts, the future could bring even deadlier and more frequent heat events, endangering lives and livelihoods worldwide.**

**Q1. What are the major impacts of rising heat waves on human health and the environment?**

**Ans:**

**Rising heat waves severely affect both human health and the environment. People, especially the elderly, children, and outdoor workers, are at risk of dehydration, heat exhaustion, and even fatal heat strokes. Hospitals witness an increase in heat-related illnesses. Environmentally, prolonged heat damages crops, leading to food shortages and economic losses. Forests become prone to wildfires, destroying ecosystems and releasing carbon. Urban areas experience the urban heat island effect, making cities even hotter. The stress on power grids from increased air conditioning can result in blackouts. Together, these effects highlight the urgency of tackling climate change proactively and urgently.**

**Q2. What steps can be taken to reduce the effects of heat waves?**

**Ans:**

**To combat the effects of heat waves, immediate and long-term actions are necessary. Governments should invest in heat-resilient infrastructure, such as shaded public spaces and better-insulated buildings. Increasing urban green cover through tree plantations can reduce the urban heat island effect. Public awareness campaigns about hydration, cooling centers, and safety measures are essential to protect vulnerable populations. Early warning systems should be improved to alert communities before extreme events. On a global scale, reducing greenhouse gas emissions through cleaner energy, sustainable practices, and international cooperation is critical to slowing climate change and preventing more intense and frequent heat waves.**

**Match the column**

- |                                      |  |
|--------------------------------------|--|
| 1. Lend an ear                       | A. To interfere in someone else's business |
| 2. Keep one's nose to the grindstone | B. To say something inappropriate          |
| 3. Stick one's nose into something   | C. To listen to someone                    |
| 4. Put your foot in your mouth       | D. Unable to act or help                   |
| 5. Hands are tied                    | E. To work very hard                       |



**Answer:**

**1-c**

**2-e**

**3-a**

**4-b**

**5-d**

## Vocabulary

1. Folly:
2. Fillip:
3. Jocund:
4. Blistering:
5. Pristine:
6. Apparent:
7. Detract:
8. Prognosis:
9. Mayhem:
10. Deleterious:

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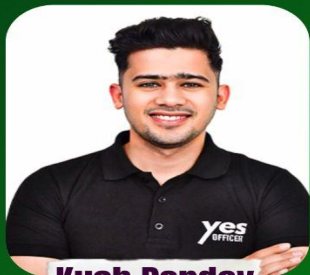
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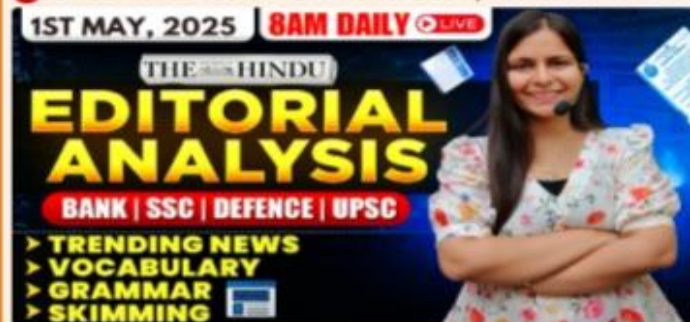


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**Rc ans**

**1.**

**Ans; C**

**Explanation:**

**Reference:** “Personal care segment saw inflation jumping to a blistering 14.8%... eighth month of double-digit inflation in the last nine months.”

This shows persistent and sharp price rise in essentials like soap, shampoo, etc.

**Incorrect options:**

A: The passage clearly states these are “items of daily or regular use and by no stretch luxuries.”

B: Inflation was above 10% for 8 of 9 months — this is incorrect.

D: No reference to imports or luxury as drivers.

**2.**

**Ans: B**

**Explanation:**

**Reference:** “CPI base year... set as 2011-12... Household Consumption Expenditure Surveys show that food comprises a much smaller share... Bringing the CPI weight of food down... will allow CPI to be more representative.”

Outdated weights, especially the overemphasis on food, distort the reality of inflation as experienced today.

**Incorrect options:**

A: No urban-rural divergence discussed.

C: There's no critique of sampling/statistical models in the passage.

D: No mention of transport/housing being overrepresented.



**3.**

**Ans: B**

**Explanation:**

**Reference:** “Bringing the CPI weight of food down to align with this [30%] will allow the overall CPI to be more representative.”

**Incorrect options:**

A: No mention of subsidies.

C: Food is still essential, just overweighted, not to be removed.

D: Editorial warns against being swayed by headline inflation.

4.

**Ans: C**

**Explanation:**

**Reference:** “The CBSE directed all affiliated schools to establish ‘sugar boards’ to monitor and reduce the sugar intake of children.”

**Incorrect options:**

A: No mention of school-level sugar taxes.

B: The aim is moderation, not elimination of sugar.

D: While visual nudges are referenced, sugar boards are not equivalent to tobacco warnings in classrooms.

**5.**

**Ans: D**

**Explanation:**

**Reference:** “FSSAI has to first define the upper limits for sugar, salt and total fat, which have not been finalised and approved so far.”

**Incorrect Options:**

A: No constitutional amendment is discussed or required.

B: NFHS data is already cited, not pending.

C: No mention of mandatory counselling sessions.