



LIVE @ 8 AM

28
APR

EDITORIAL

ANALYSIS

READING

GRAMMAR

VOCAB

WITH

MCQs

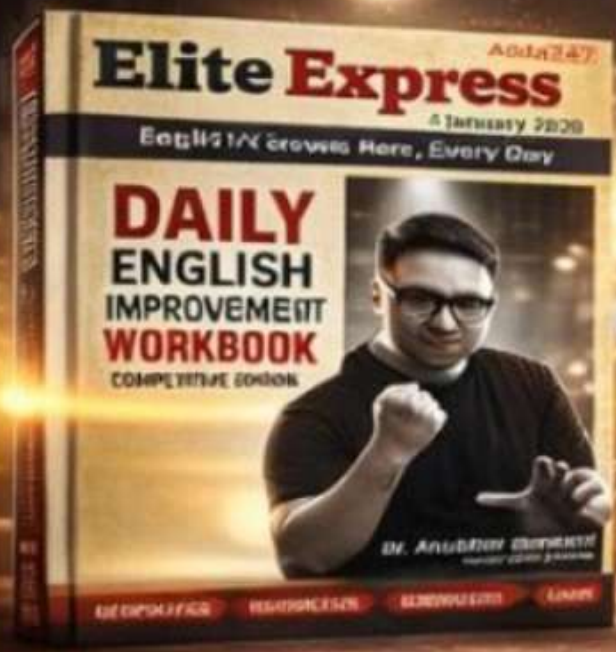
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ENGLISH

11:30 ✓

SUPERMOCKS

MULTIPLE PATTERNS

11:30 AM by **ANUBHAV SIR**



JOSTLING

धक्का-मुक्की

pushing or competing aggressively



SYNONYMS

- Elbowing ✓
- Shoving ✓
- Pushing ✓
- Hustling ✓
- Scrambling ✓
- Contending ✓
- Scuffling ✓
- Rivaling ✓

ANTONYMS

- Yielding ✓
- Deferring ✓
- Acquiescing ✓
- Retreating ✓
- Relenting ✓
- Wavering ✓
- Receding ✓
- Conceding ✓

FORMS

- ✓ Fight tooth and nail
- ✓ Scramble for advantage

Political parties were constantly _____ for influence ahead of the elections.



UBIQUITOUS

present everywhere

सर्वव्यापी

(आय)

Sporadic

SYNONYMS

- Omnipresent
- Pervasive
- All-pervasive
- Diffuse
- Rampant

Prevalent

Encompassing

Widespread

Inescapable

ANTONYMS

- Rarefied
- Sparse
- Scarce
- Scant
- Confined
- Localized
- Patchy
- Isolated

Minuscule
Meagre



FORMS

- Everywhere under the sun
- In every nook and cranny

The discussion was confined to _____ academic circles, limiting wider participation.



RECONDITE

दुरुह
(Aaj)

difficult to understand

Occult Abstruse
Cryptic

SYNONYMS

ANTONYMS

Esoteric ✓
Arcane ✓
Obscure ✓
Opaque ✓

Intricate
Labyrinthine
Byzantine
Complex

Enigmatic
Riddling

Lucid ✓
Transparent ✓
Explicit ✓
Perspicuous ✓

Cogent
Candid
Forthright
Coherent
Non-ambiguous



FORMS

Greek to someone ✓
Beyond one's ken ✓

The explanation was remarkably _____, making a complex issue easy to understand.



LAMPOON

व्यंग्य करना (Verb)

publicly mock or satirize



SYNONYMS

Roast ✓
Spoof ✓

ANTONYMS

Applaud ✓
Glorify ✓
Commend ✓

- Satirize ✓
- Ridicule ✓
- Parody ✓
- Burlesque ✓
- Deride ✓
- Caricature ✓

Mock (-) ✓
Trawesty ✓
(H)

- Praise ✓
- Laud ✓
- Extol ✓
- Eulogize ✓
- Venerate ✓

FORMS

Make a laughing stock of ✓
Hold up to ridicule ✓

The columnist chose to _____ the policy through sharp satire.



RAUCOUS

loud and harsh

कर्कश
(Aaj)

Serene ✓
Tranquil ✓

Harmonious



SYNONYMS

- Boisterous ✓
- Clamorous ✓
- Strident ✓
- Discordant ✓
- Cacophonous ✓

Chaos ✓
Tumultuous ✓
Volatile ✓
Scribble ✓
Blatant ✓

ANTONYMS

- Mellow ✓
- Subdued ✓
- Hushed ✓
- Muted ✓

Dulcet ✓
Mellifluous ✓
Melodious ✓

FORMS

- At full blast ✓
- Drown out everything else ✓

The _____ noise from the protest disrupted normal activities in the area.



GLIB

सतही वाचाल

fluent but superficial

(-) *loquacious(-)*

SYNONYMS

- Facile ✓ / *Superficial*
- Slick ✓
- Fluent (+)
- Smooth-tongued (-)

Voluble - +
Eloquent + Grandiloquent

ANTONYMS

- Hesitant ✓
- Halting ✓
- Inarticulate ✓
- Labored ✓

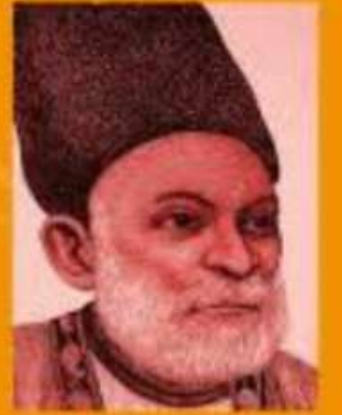
Brief
Laconic (+)
Succinct (+)
Pithy (+)

FORMS

Smooth talk one's way out ✓
All talk and no depth ✓

GLIB

Bole to matlab slick/fluent, Ghalib ki poetry ki taranh!
Bole to



www.wordpandit.com

His _____ response lacked depth and failed to address the core issue.



PROPITIATE

तुष्ट करना

appease to gain favor



SYNONYMS

- Placate ✓
- Appease ✓
- Conciliate ✓
- Mollify ✓

Soothe
Assuage

ANTONYMS

- Provoke ✓
- Incite ✓
- Agitate ✓
- Alienate ✓

Inflame
Injure

FORMS

- Pour oil on troubled waters ✓
- Patch things up ✓

Such remarks are likely to _____ unnecessary controversy.



GAUDY

भड़कीला ✓

excessively showy or tasteless



SYNONYMS

- Garish ✓
- Glaring ✓
- Flashy ✓
- Ostentatious ✓

Tawdry ✓

Ornate

Vulgar

Flamboyant

ANTONYMS

- Tasteful ✓
- Elegant ✓
- Subtle ✓
- Refined ✓

Sophisticated ✓

Minimalist

FORMS

All that glitters is not gold ✓
Flashy to a fault ✓

The event was criticized for its _____ display of extravagance.



MAVERICK

स्वतंत्र विचारक

independent-minded person



Bohemian

SYNONYMS

- Nonconformist
- Iconoclast
- Dissenter
- Individualist

Heretic

Rebel

Radical

Renegade

Outlier

ANTONYMS

- Conformist
- Traditionalist
- Follower
- Adherent

Compliant

Conservative

FORMS

- March to the beat of one's own drum
- Go against the grain

Being a _____, he rarely questioned established norms.



BEHOOVE

उचित होना

be necessary or appropriate

appropriate

SYNONYMS

- Befit ✓
- Suit ✓
- Become
- Appertain ✓

ANTONYMS

- Disallow ✓
- Discourage ✓
- Preclude ✓
- Negate ✓
- Boycott*

FORMS

- It stands to reason ✓
- In one's best interest ✓



It would _____ the authorities to act promptly in such situations.



1. EDGE OUT :

SYNO- outdo, surpass, pip

ANTO- lose, lag, fall behind

EX.- The company edged out its rivals in a closely contested bidding process.

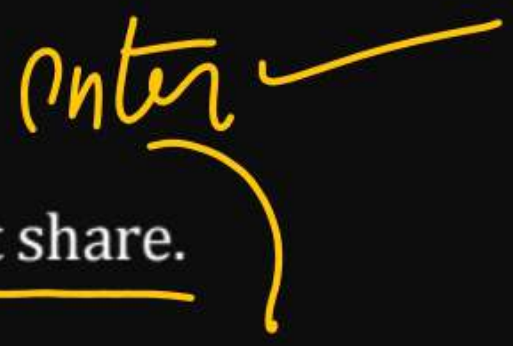


2. EDGE In to :

SYNO- creep in, intrude, insinuate

ANTO- withdraw, retreat, exit

EX.- New competitors are edging in to capture market share.



3. EDGE away :

SYNO- withdraw, detach, drift

ANTO- approach, move closer, converge

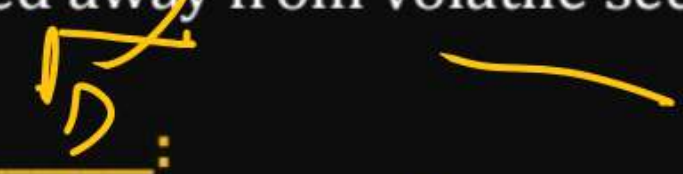
EX.- Investors edged away from volatile sectors amid uncertainty.

4. EDGE to :

SYNO- approach, drift, gravitate

ANTO- retreat, withdraw, diverge

EX.- The economy is edging towards stability after months of decline.



EDGE

Phrasal Verb	Meaning (English)	Meaning (Hindi)	Synonyms (3)	Antonyms (3)
Edge out	To defeat narrowly or surpass slightly	मामूली अंतर से हराना	outdo, surpass, pip	lose, lag, fall behind
Edge in	To move gradually or intrude cautiously	धीरे-धीरे प्रवेश करना	creep in, intrude, insinuate	withdraw, retreat, exit
Edge away from	To distance oneself gradually	धीरे-धीरे दूर होना	withdraw, detach, drift	approach, move closer, converge
Edge towards	To move slowly in a direction	धीरे-धीरे बढ़ना	approach, drift, gravitate	retreat, withdraw, diverge
Edge up	To increase or rise slightly	थोड़ा बढ़ना	inch up, rise, climb	drop, decline, fall
Edge past	To pass narrowly or surpass by a small margin	थोड़ा आगे निकलना	overtake, surpass, outpace	trail, lag, fall short
Phrasal Verb	Meaning (English)	Meaning (Hindi)	Synonyms (3)	Antonyms (3)
Edge out	To defeat narrowly or surpass slightly	मामूली अंतर से हराना	outdo, surpass, pip	lose, lag, fall behind

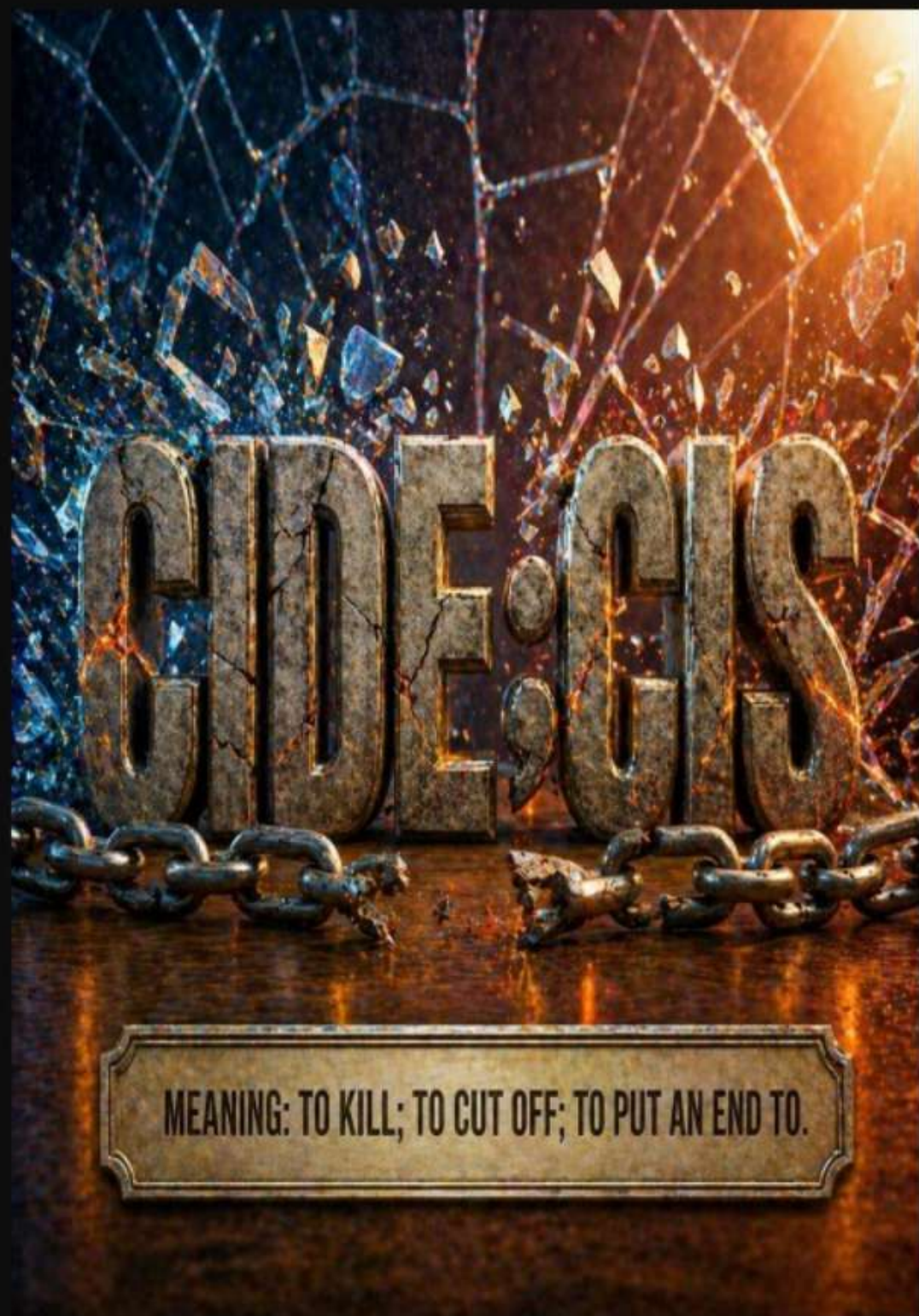


ONE WORD SUBSTITUTION

One Word	Meaning (English)	One Word
Inneterate	Having a habit that is long-established and unlikely to change ✓	Adjective
UNCOOUTH	Unattractive and unpleasant	Adjective
TRUCULENT	Aggressively defiant or hostile ✓	Adjective
SPECIOUS	Seemingly true but actually misleading ✓	Adjective
	Excessively mournful or gloomy	Adjective

JUGUBRIOUS

CIDE - Kill



Word	Meaning (English)	Part of Speech
Homicide ✓	Killing of <u>one person by another</u> ✓	Noun
Suicide ✓	Killing of <u>oneself</u>	Noun
Regicide ✓	Killing of a <u>king</u>	Noun
Patricide ✓	Killing of <u>one's father</u>	Noun
Matricide ✓	Killing of <u>one's mother</u>	Noun
Genocide ✓	<u>Mass killing of a group of people</u>	Noun
Infanticide ✓	Killing of <u>an infant</u>	Noun
Pesticide ✓	Substance used to <u>kill pests</u>	Noun
Insecticide	Substance used to kill insects	Noun
Herbicide ✓	Substance used to kill plants/weeds	Noun

Laxman (6) and his group of school friends are part of the sea of children pouring out of the primary school gate in the residential Kidwai Nagar area of South Delhi. It's noon, and the group is walking back home, laughing and jostling in their bright blue school uniforms, their cotton bags with books slung across their bodies. The walk back from school is the best part of their day, as are the double-fried potatoes — covered in bright red food colouring, sprinkled with sugar — bought from a roadside food cart. This is lunch for several children as they flock to the cart for a plate.

Laxman and his friends say their day begins with tea and locally-bought mathri, a deep-fried snack made from refined wheat flour. It is cheap, at ₹5 for 250 grams, for a family earning under ₹15,000 a month. Made in batches, it is fried in oil reused so many times that it turns black. Some days, they get biscuits containing trans fats. Occasionally, there's roti with salt and chilli powder made in refined oil. Afternoon treats include sugary beverages, followed by street food like aloo tikki, chaat, samosa, chowmein, or momos — all made with cheap, unregulated ingredients. The first proper home-cooked meal often comes late in the evening.

Laxman, whose mother works as a domestic help, lives in a congested basti near Bara Pullah. Fresh vegetables are rare, often sourced as damaged produce sold cheaply at day's end. His diet may meet calorific requirements (1,200–2,000 calories) but lacks protein, iron, and calcium. He cannot remember a full day of balanced home-cooked meals.

Though active, Laxman shows central obesity. His mother views his weight as a sign of prosperity, reflecting a generational shift from hunger to overnutrition. Despite a calorie-rich but nutrient-deficient diet, he shows no overt symptoms like stunting or fatigue. His condition is neither unique nor isolated.

India is now grappling with the Double Burden of Malnutrition (DBM), where children consume excess calories but lack essential nutrients, leading to obesity. A meta-analysis (1995–2023) found high childhood obesity prevalence in Delhi. Experts attribute this to urbanization, reduced physical activity, increased screen time, and dietary shifts toward processed, high-fat foods. Pollution further discourages outdoor play and may influence metabolic changes.

Rising incomes, changing family structures, and time constraints push reliance on convenience foods. For economically challenged families, access to fresh, nutritious food is nearly impossible. Even awareness remains low — many parents and schools fail to recognise obesity risks.

Doctors note that obesity is no longer confined to affluent groups. While private-school students show higher prevalence, the trend cuts across economic strata. Ultra-processed food consumption has surged dramatically, replacing traditional diets. India now faces a triple burden: undernutrition, micronutrient deficiency, and obesity. Genetics also play a role, with children of overweight parents at higher risk. Early-life factors — maternal nutrition and dietary habits — significantly shape outcomes. UNICEF estimates that by 2030, over 27 million Indian children may live with obesity.

At the policy level, initiatives like Fit India and POSHAN Abhiyan exist, but their effectiveness remains unclear. School-level interventions and infrastructure improvements are being introduced, yet implementation gaps persist.

Experts stress that without targeted preventive interventions and sustained monitoring, childhood obesity in India risks escalating into a full-blown public health crisis.

CERT-In and the Ministry of Electronics and Information Technology need to urgently pursue AI-assisted security audits of domestic critical infrastructure as a first step.

Which of the following best captures the central theme of the passage?

- A. It highlights how increasing reliance on processed and street food is contributing to unhealthy dietary patterns among children.
- B. It examines how calorie-rich but nutrient-deficient diets are leading to a complex malnutrition crisis among children.)
- C. It analyzes how urbanization and lifestyle changes are influencing the rise of obesity among children in India.
- D. It discusses how government initiatives are attempting to address the growing issue of childhood obesity.
- E. It explains how genetic and early-life factors are responsible for the increasing prevalence of obesity among children.

2. Which of the following can be inferred about Laxman's diet?

- A. It depends mainly on home-cooked meals that are nutritionally insufficient due to limited food diversity.
- B. It is largely balanced in composition but occasionally lacks sufficient calories for his physical activities.
- C. It includes a variety of foods but remains deficient in key macronutrients needed for sustained development.
- D. It meets his daily energy needs but fails to provide adequate essential nutrients required for proper growth.
- E. It reflects conscious dietary choices shaped by changing food preferences and increased consumption awareness.

3. Which of the following, if true, would most weaken the argument presented about dietary causes of obesity?

Processed food

- A. A significant proportion of obese children maintain high levels of physical activity throughout the day.
- B. Many children consuming traditional diets are also increasingly showing signs of obesity in cities.
- C. Some processed foods are fortified with essential nutrients and consumed in moderate quantities.
- D. Certain urban areas have improved access to fresh vegetables at subsidized rates for families.
- E. Studies show that environmental pollution has minimal impact on children's metabolic functioning.

4. What is the author's tone in the passage?

- A. Alarmist and exaggerated
- B. Analytical and cautionary ✓
- C. Critical and dismissive
- D. Optimistic and encouraging
- E. Neutral and indifferent

5. Which of the following statements can be inferred about Laxman's condition?

- I. His physical appearance does not necessarily reflect adequate nutritional intake. ✓
- II. His dietary pattern is shaped more by economic constraints than conscious choices. ✓
- III. His obesity is primarily a result of genetic inheritance rather than lifestyle factors. ✗

- A. Only I
- B. Only II
- C. Both I and II ✓
- D. Both II and III
- E. All I, II, and III

6. Children exposed to calorie-dense yet nutrient-deficient diets are more likely to develop obesity, _____ their bodies fail to receive essential micronutrients necessary for balanced growth.

- A. as a result of which
- B. in spite of that
- C. owing to which
- D. on account of it
- E. despite of which

7. In the following sentence, the word “overt” is used. Choose the option that is closest in meaning to the word as used in the sentence.

Despite consuming a calorie-rich diet, Laxman shows no **overt** symptoms of malnutrition such as fatigue or stunted growth.

- A. subtly concealed and difficult to identify in its manifestation
- B. clearly apparent and openly observable in its manifestation ✓
- C. gradually emerging and partially noticeable under close observation
- D. indirectly indicated and inferred through underlying clinical evidence
- E. temporarily suppressed and not immediately visible in physical condition

OVERT

apparent

COVERT - hidden

A gunman breached security and fired shots at the annual dinner gala of the White House Correspondents' Association in Washington DC, which included U.S. President Donald Trump and other senior administration officials, all of whom escaped unharmed. The suspected shooter, said to be Cole Tomas Allen(31) of Torrance, California, was arrested. This is the third incident of violence apparently targeting Mr. Trump, after a previous occasion on which a would-be assassin's bullet grazed the President's ear at a campaign rally, and another in which a gunman was apprehended near a golf course frequented by Mr. Trump. The suspect in this case is said to have "clearly stated" that he wanted to target administration officials, according to the White House, and in a note by the suspect shared by law enforcement officials, he said that he could no longer allow a "traitor to coat my hands with his crimes". The incident comes in the wake of several high-profile attacks on political figures in recent years. These include the September 2025 killing of Charlie Kirk in Utah, the murder of Minnesota Democratic State Representative Melissa Hortman and her husband a few months earlier, and the 2022 attack on Paul Pelosi, the husband of former Democratic House Speaker Nancy Pelosi. It also comes after more than a year of Mr. Trump's second term in office, a period marked by increasing polarisation over key policies, including immigration, and his association with disgraced financier and convicted sex offender Jeffrey Epstein.

While bitter partisanship has long marked U.S. politics, it is the **ubiquitous** (proliferation) of guns that has truly supplied a deadly edge to disagreements in the public discourse. Ironically, the Trump administration has been at the forefront of efforts to protect the U.S. Constitution's Second Amendment, the right to bear arms, to the point where it is often in alignment with the position of the National Rifle Association (NRA) in terms of reversing reasonable restrictions on gun ownership. For example, Mr. Trump supported a ban on assault weapons in 2000, yet he reversed his position by the time he launched his 2016 presidential campaign, one that was backed by millions of dollars spent by the NRA. The U.S. has been periodically wracked by mass shootings, including three this year, and more than 500 over the past 60 years, according to databases tracking such incidents. Notwithstanding the deep pockets and lobbying power of the NRA and its ilk on Capitol Hill, it **behoves** the U.S. to take a step back from the brink of this unrelenting gun violence epidemic and bring common-sense gun reforms to the table, then to be enacted into law by Congress. Until such time as society and popular culture move towards a more moderate position on gun laws, it is reasonable to believe that violence of the kind routinely witnessed across the country will continue unabated.

8. What is the central theme of the passage?

- A. The growing frequency of political violence linked to gun accessibility and polarisation
- B. The historical evolution of gun laws in the United States political framework
- C. The role of media coverage in shaping narratives around political violence
- D. The personal security challenges faced by U.S. Presidents during public events
- E. The influence of lobbying groups on shaping electoral campaign strategies

9. Which of the following best explains the phrase “deadly edge to disagreements”?

- A. Political debates are becoming more intense and intellectually rigorous
- B. Differences in ideology are leading to more structured public discussions
- C. Access to firearms is increasing the likelihood of violent outcomes in conflicts
- D. Public discourse is shifting towards more legal and institutional frameworks
- E. Citizens are becoming more aware of constitutional rights and freedoms

10. Which of the following is TRUE according to the passage?

- A. The suspect had no prior indication of targeting political figures
- B. Mass shootings in the U.S. have declined significantly in recent years
- C. The Trump administration consistently supported strict gun control laws
- D. Political violence has been isolated without historical precedent
- E. The U.S. has experienced numerous mass shootings over decades

250 CONCEPTS OF GRAMMAR

Enough

He has enough kindness

Noun

He is kind enough

Adv.

The economic framework was sufficiently **robust** to withstand external shocks and sustain long-term fiscal stability

FILLERS

1. The new policy aims to _____ outdated practices from the system.
2. Her _____ attention to detail ensured flawless execution of the task.
3. His _____ attitude during a serious discussion was widely criticized.
4. Lack of infrastructure remains a significant _____ to economic growth.
5. Social media trends often fall into the category of _____, fading quickly over time.

Word Box: Ephemera, Fastidious, Impediment, Flippancy, Banish



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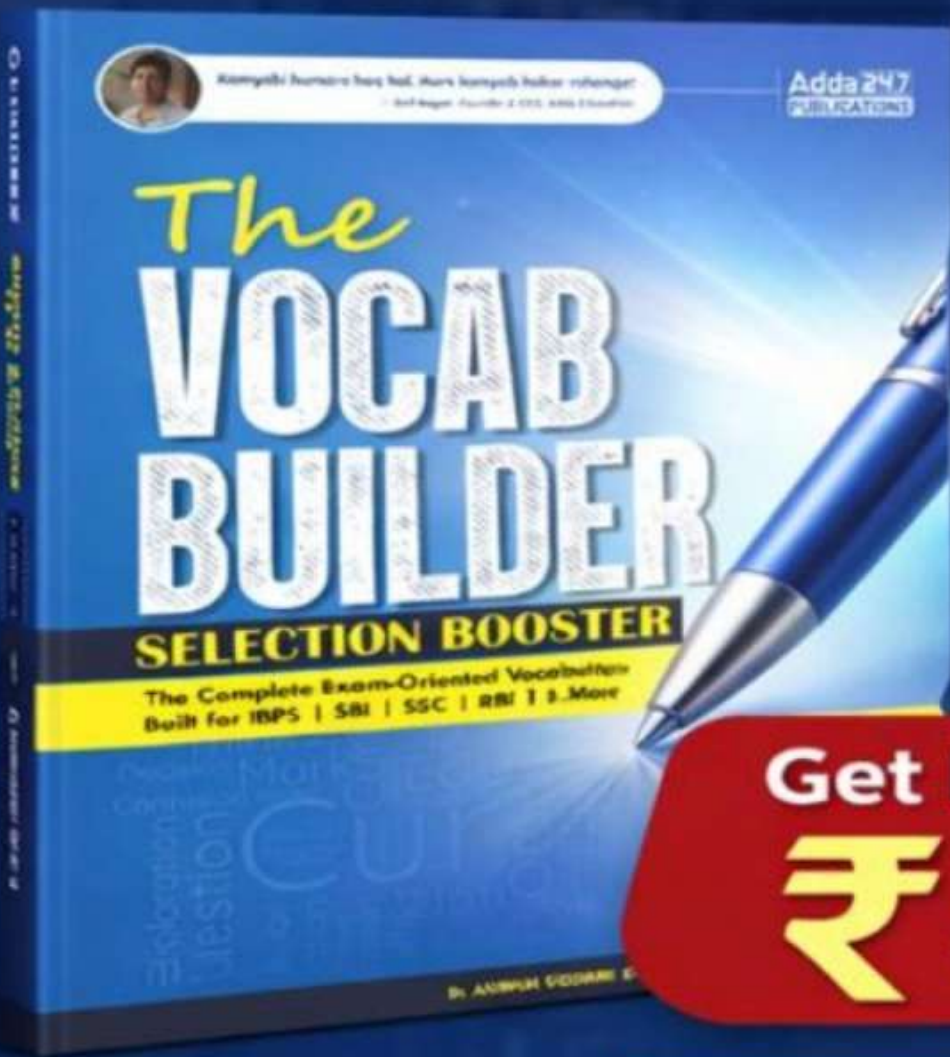
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FILLERS

1. The speaker adopted a _____ tone that was harsh and difficult to ignore.
2. Efforts were made to _____ the opposing group and restore harmony.
3. The new evidence served to _____ earlier assumptions.
4. The theory remained _____ and difficult for the general public to grasp.
5. He remained silent, almost _____ to the demands placed upon him.

Word Box: Arcane, Strident, Acquiescing, Negate, Appease