





**LIVE @ 8 AM**

**15**  
**APRIL**

# EDITORIAL

## ANALYSIS

**READING**

**GRAMMAR**

**VOCAB**

WITH **MCQs**

**BANK**

**SSC**

**UPSC**

**STATE EXAMS**



**BANK EXAM 2026**

**SBI | IBPS | RRB PO**

**ENGLISH**

(2-3)

**SUPERMOCKS**

**MULTIPLE PATTERNS**

**11:30 AM** by **ANUBHAV SIR**



# READ, REVISE, CRACK EXAMS



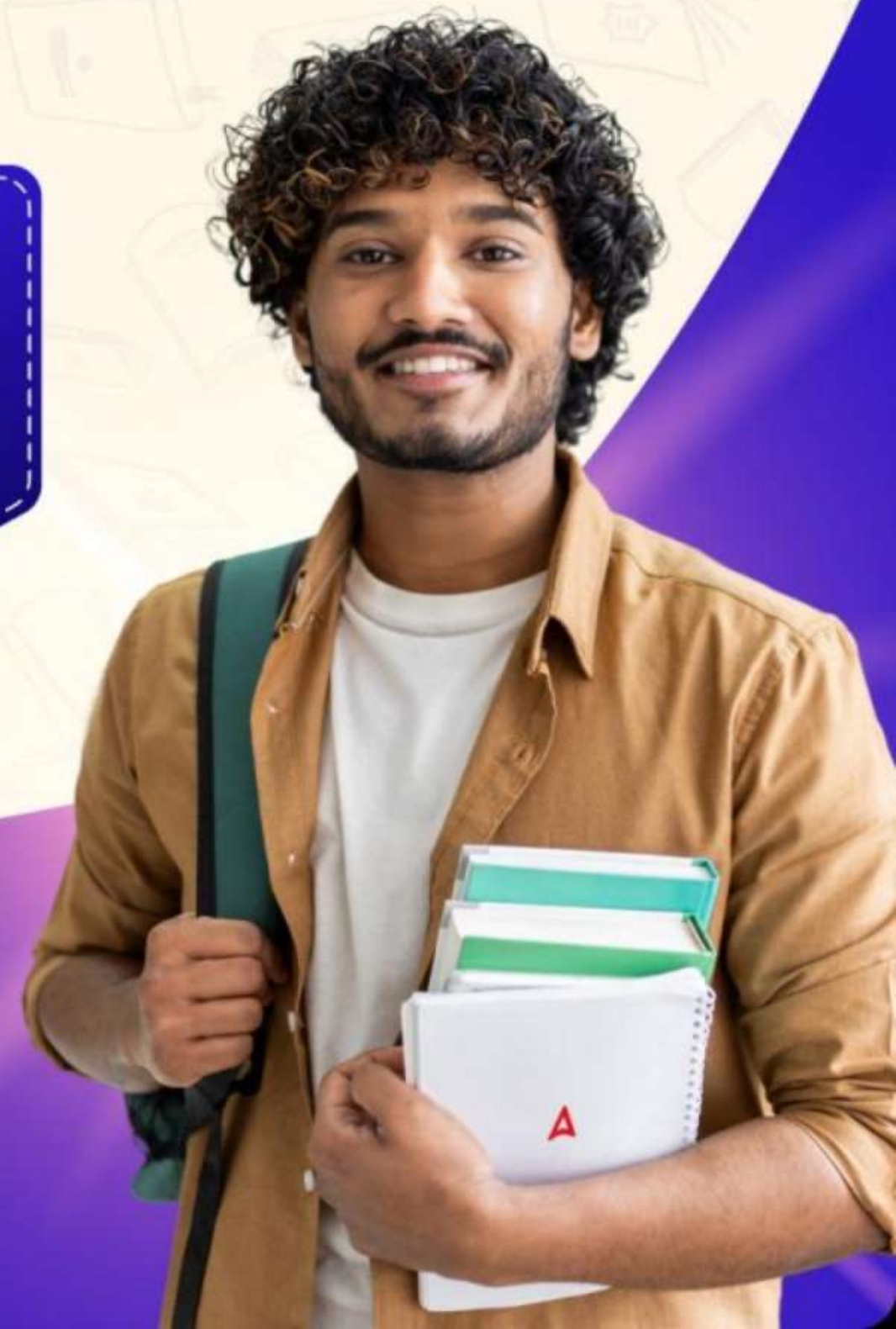
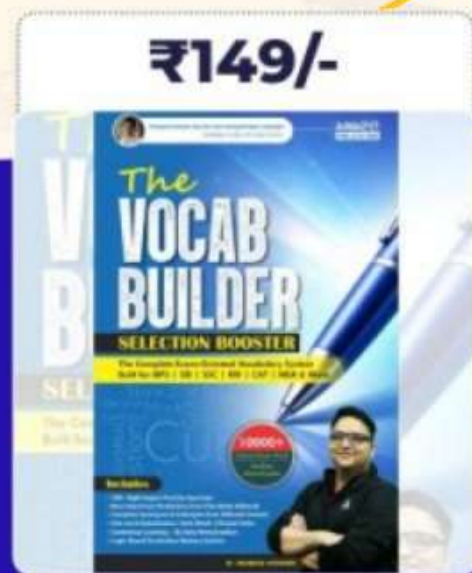
*It's All About Selection!*

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VTO1





# NOIDA CHAOS

## WAGE CRISIS HITS INDIA?



4K HDR

# PRECARITY

अस्थिरता Noun

state of existential instability and insecurity



Fickleness

Turmoil

Solidarity

Comradeship

## SYNONYMS

## ANTONYMS

Precariousness

Volatility

Fragility

Insecurity

Commotion

Chaos

Contingency

Peril

Inviolability

Immutability

Permanence

Durability

Certitude

Cohesion

Concord

Tenacity

## FORMS

Hang by a thread  
On shaky ground

The constitution guarantees the \_\_\_\_\_ of fundamental rights, ensuring they cannot be arbitrarily violated.



# JUXTAPOSE

साथ रखकर तुलना करना

(Verb)

place in contrast for analytical comparison



## SYNONYMS

Array--

Interpose

- Collocate ✓
- Counterpose ✓
- Appose ✓
- Confront ✓

## ANTONYMS

Scatter  
Disperse

Polarize

- Segregate ✓
- Dissociate ✓
- Disjoin ✓
- Disaggregate ✓
- Isolate ✓

## FORMS



- Set side by side ✓
- Draw parallels ✓

It is unjust to \_\_\_\_\_ individuals based on superficial differences such as race or religion.



**SUBLIME**

महान (Aam)

PDF  
Sunday 12

transcendent excellence beyond ordinary

Apotheotic

**SYNONYMS**

Exemplary

**ANTONYMS**

Commoplace

Banal

- Transcendent ✓
- Supernal ✓
- Exalted ✓
- Ethereal ✓

Glorious

Majestic

Pedestrian (Mediocre)

Prosaic

Mundane

Base

Dull / Monotonous

Insipid  
Paltay / Trivial

**FORMS**

In a class of its own  
Tower above



Resplendent

The artist's work was so \_\_\_\_\_ that it evoked a sense of awe among the audience.



**BANAL**

घिसा-पिटा

tritely overused and devoid of freshness

**SYNONYMS**

- Trite ✓
- Hackneyed ✓
- Platitudinous ✓
- Threadbare ✓

Stale

Insipid  
Mediocre  
Mundane

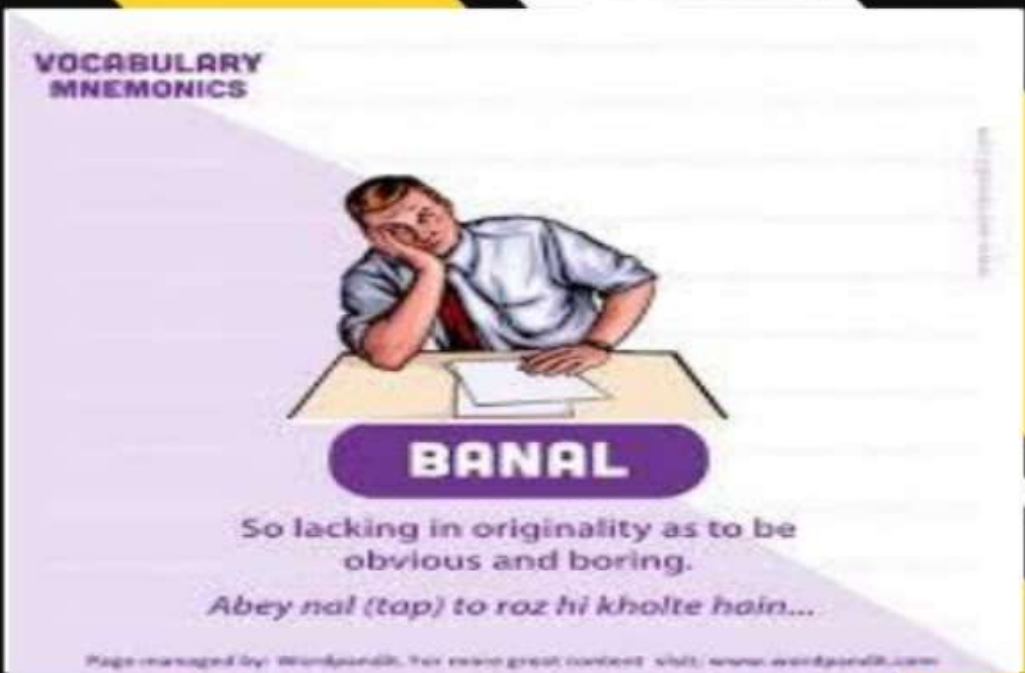
**ANTONYMS**

- Novel ✓
- Innovative ✓
- Original ✓
- Inventive ✓

Breakthrough

Nowice - New  
Unskilled

Pioneering



**FORMS**

- Run of the mill ✓
- Nothing new under the sun ✓

The researcher proposed a \_\_\_\_\_ approach to solving the long-standing problem.



**ANATHEMA**

अप्रिय ✓

Noun

object of intense aversion or rejection ✓



Prone

**SYNONYMS**

Antipathy

**ANTONYMS**

Infatuation

- Abomination ✓
- Detestation ✓
- Odium ✓
- Loathing ✓

Revulsion  
Hatred

- Affinity ✓
- Adoration ✓
- Esteem ✓
- Reverence ✓

Regard  
Devotion

Repugnance

Disgust

**FORMS**

- Turn one's stomach ✓
- Leave a bad taste ✓

Corruption is considered an \_\_\_\_\_ to good governance and public trust.



**PROFOUND**

गंभीर / Scions / गहिरा / Deep

intellectually or emotionally deep



**SYNONYMS**

Abstruse ✓  
 Insightful ✓  
 Penetrating ✓  
 Sagacious ✓  
Prudent

Pragmatic ✓  
 Judicious ✓  
Recondite

**ANTONYMS**

Superficial ✓  
 Shallow ✓  
 Frivolous ✓  
 Trivial ✓

Paltry ✓  
 Dull ✓  
Banal

**FORMS**

Food for thought ✓  
 Strike at the core ✓

The philosopher offered a \_\_\_\_ insight into the complexities of human behavior.



**MANDATE**

अधिदेश

*Order*

authoritative directive backed by legitimacy

14



**SYNONYMS**

- Injunction ✓
- Edict ✓
- Decree ✓
- Fiat ✓

*Directive*

*Ordinance*

**ANTONYMS**

- Interdiction ✓
- Proscription ✓
- Veto ✓
- Nullification ✓

*Forfeiture*

**FORMS**

- Lay down the law ✓
- By decree ✓

The government imposed strict \_\_\_\_\_ on the import of hazardous substances.



# EBULLIENT

अत्यंत उत्साही  
(Aos)

effusively exuberant and animated



## SYNONYMS

*Zealous*

## ANTONYMS

- Effervescent ✓
- Exuberant ✓
- Buoyant ✓
- Vivacious ✓

*Zestful*

*Spirited*

*Elated* | *Jubilant*

- Torpid ✓ | *Huhewarm*
- Lethargic ✓ | *Lax*
- Morose ✓
- Sullen ✓

*Placid*

*Phlegmatic*  
*Serene*  
*Tranquil*

## FORMS

- Full of beans ✓
- In high spirits ✓

Her \_\_\_\_\_ personality brought energy and enthusiasm to the otherwise dull gathering.



**AUGUR**

संकेत देना

foretell through signs or omens



**SYNONYMS**

- Portend ✓
- Presage ✓
- Prognosticate ✓
- Foreshadow ✓

*Predict*  
*Forebode*

**ANTONYMS**

- Contradict ✓
- Disprove ✓
- Refute ✓
- Obfuscate ✓

*Repudiate*

*Conjure*

**FORMS**

- Writing on the wall ✓
- A sign of things to come ✓

The sudden market downturn may \_\_\_\_\_ a period of economic uncertainty.



**TURN** *UP*

Phrasal **VERB**



**Syn** *Sudden*  
 appear, emerge, arrive

**Ant** disappear, vanish, leave

*turned up*

He finally \_\_\_\_\_ after hours of waiting.



**TURN** *DOWN*Phrasal **VERB****turn****Syn** *reject, refuse, decline***Ant** *accept, approve, agree**turned down*

She \_\_\_\_\_ the offer due to unfavorable terms.



**TURN** INTO

Phrasal **VERB**



*Water turns \_\_\_\_\_ vapour*

**Syn** transform, convert, change

*Peter Parker turned \_\_\_\_\_*

*Spider Man*

**Ant** remain, stay, preserve

The discussion \_\_\_\_\_ a heated argument.



TURN

OUT

Phrasal VERB

turn

Syn prove, result, emerge

Ant fail, mislead, collapse

turned out

The plan \_\_\_\_\_ to be highly successful.



**TURN** *AWAY*Phrasal **VERB****turn****Syn** reject, deny, refuse**Ant** admit, accept, welcome*turned away*

The guard \_\_\_\_\_ unauthorized visitors.



TURN

OVER

Phrasal VERB

turn

Syn transfer, deliver, pass

Ant retain, keep, withhold

turned over

He \_\_\_\_\_ the documents to the authorities.



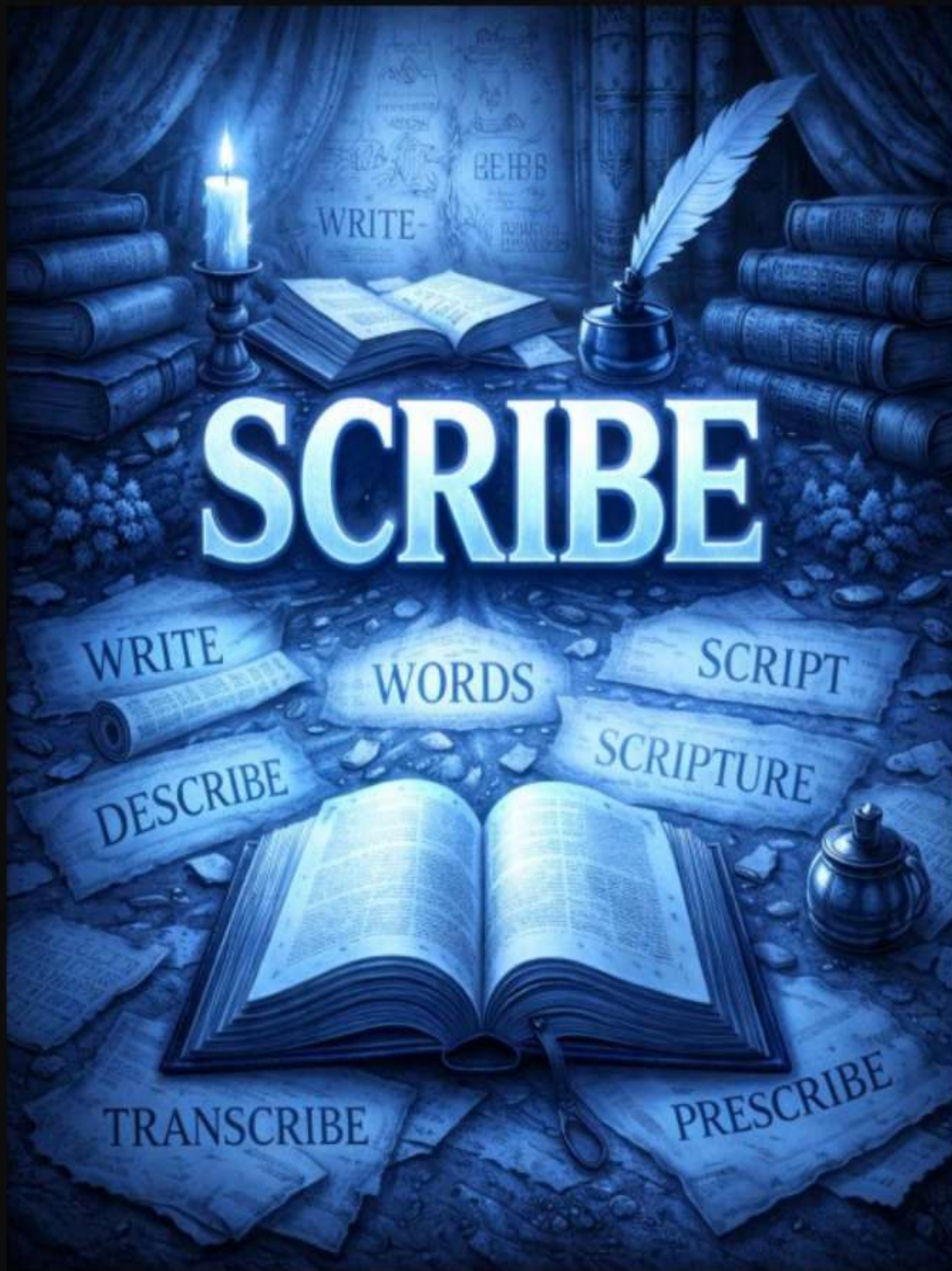
## PUT

Phrasal Verb	Meaning (English)	Meaning (Hindi)	Synonyms (3)	Antonyms (3)
Turn up	To appear / arrive	आना / प्रकट होना	appear, emerge, arrive	disappear, vanish, leave
Turn down	To reject / reduce	ठुकराना / कम करना	reject, refuse, decline	accept, approve, agree
Turn into	To transform	बदल जाना	transform, convert, change	remain, stay, preserve
Turn out	To result / prove	परिणाम निकलना	prove, result, emerge	fail, mislead, collapse
Turn away	To refuse entry	वापस भेजना	reject, deny, refuse	admit, accept, welcome
Turn over	To hand over / flip	सौंपना / पलटना	transfer, deliver, pass	retain, keep, withhold



## ONE WORD SUBSTITUTION

One Word	Meaning (English)	Part of Speech
	Noisy and difficult to control ✓	Adjective <b>OBSTREPEROUS</b>
	Refusal to compromise ✓	Noun <b>INTRANSIGENCE</b>
	Keen judgment and wisdom ✓	Noun <b>SAGACITY</b>
	To walk or travel through	Verb <b>PERAMBULATE</b> Mow
	Long-established habit or behavior	Adjective <b>INVETERATE</b>



Word	Meaning (English)	Part of Speech
<b>Describe</b> ✓	To give a detailed account in writing	Verb
<b>Inscribe</b>	To write or engrave on something	Verb
<b>Prescribe</b> ✓	To order or <u>recommend</u> (medicine/rules) ✓	Verb
<b>Proscribe</b> ✓	To <u>forbid</u> or <u>ban</u> officially ✓	Verb
<b>Subscribe</b> ✓	To sign up or agree to receive	Verb
<b>Manuscript</b> ✓	A handwritten or typed document ✓	Noun
<b>Script</b> ✓	Written text of a play or speech	Noun
<b>Transcribe</b> ✓	To write down from <u>speech</u> or recording ✓	Verb
<b>Ascribe</b> ✓	To attribute something to a cause	Verb
<b>Scribble</b>	To write carelessly or quickly	Verb

The phenomenon of extreme heat in India has undergone a **profound** geographic and demographic shift, transitioning from a seasonal hardship to a systemic national crisis. Once confined largely to the **arid** northwest and central plains, heatwaves now regularly penetrate humid coastal corridors and traditionally temperate regions. The last two years recorded **unprecedented** temperatures, with over 57% of Indian districts now classified as heat-prone. However, while the thermal canopy covers the entire subcontinent, its impact is sharply divided by class, caste, and gender. For the affluent, heat is an inconvenience managed through private cooling; for the nearly 400–490 million informal workers, it is a systemic violation of the right to life and a driver of “thermal injustice.”

Unlike those with private infrastructure, construction workers, street vendors, and delivery partners possess zero “cooling autonomy.” Even a small rise in temperature causes a significant drop in **productivity** and a corresponding loss of **income**, forcing workers to choose between biological survival and economic survival. Recent evidence has yielded harrowing testimonies of harm that underscore this inequality. Sanitation workers and waste pickers report that extreme ambient heat, combined with **toxic fumes**, creates hazardous micro-climates where temperatures can be up to **5% higher** than surrounding areas. Some workers have suffered severe burns due to handling heated waste without protective gear. This ‘climate-caste nexus’ ensures that those in dehumanising roles are most exposed to lethal heat, yet excluded from **adaptation strategies**. *These vulnerabilities extend across sectors. Gig delivery partners operate under “algorithmic pressure” that discourage rest during red-alert periods.* Construction workers face high metabolic heat compounded by steel and concrete. Street vendors endure both health deterioration and income loss as goods perish and customers retreat.

A profound legal and fiscal vacuum exacerbates this crisis. The Factories Act, 1948 protects only indoor “workrooms,” while the OSHWC Code 2020 essentially ignores outdoor heat. Although Section 23 allows the government to notify standards, it does not **mandate** them, leaving no minimum safety floor.

From a worker’s perspective, the issue remains one of occupational safety rather than just disaster management.

A comprehensive framework for legislative and executive action is required to shift from advisories to enforceable rights.

Simultaneously, authorities must adopt the Heat Index as the primary legal trigger ensuring coastal regions are not disadvantaged. The government must also notify binding heat safety rules, including work-rest cycles and provision of PPE such as insulated flasks.

The “Right to Cool” must be recognised as a fundamental right under Article 21, requiring Urban Local Bodies to establish cooling shelters and public water kiosks. Special directives are needed for high-risk occupations, and gig platforms must be prohibited from imposing penalties during heat alerts.

Finally, provisions for financial compensation must cover income loss during extreme heat.

Innovative models like parametric heat insurance offer a viable blueprint. Heat governance must be reimagined as a core component of the social contract where thermal safety is a non-negotiable mandate of constitutional justice.

1. Which option best captures the core shift described in the passage?

- A) A local issue has become a widespread crisis with unequal effects
- B) A seasonal issue has turned into a nationwide uniform problem ✓
- C) A rural concern has expanded into an urban infrastructure challenge
- D) A temporary fluctuation has stabilized into a predictable pattern
- E) A regional anomaly has evolved into a manageable condition

Seasonal — nationwide

## 2. “Algorithmic pressure” most nearly refers to:

- A) Systems ensuring balanced workload and rest periods
- B) Digital tracking that pushes continuous work output
- C) Technology reducing workload through automation
- D) Scheduling tools that optimize worker efficiency
- E) Software improving delivery route management

Identify the correct combination (Statement - Inference - Title):

**Statement I:** Workers often choose between income stability and physical survival

**Statement II:** Climate exposure creates unequal risks across occupational categories

**Statement III:** Technological solutions have eliminated workplace heat risks

A) I - Inference, II - Title, III - Contradiction ✓

B) I - Title, II - Inference, III - Contradiction ✓

C) I - Contradiction, II - Title, III - Inference

D) I - Inference, II - Contradiction, III - Title

E) I - Title, II - Contradiction, III - Inference

I T C

4. Which of the following statements can be considered valid assumptions of the passage?

- A. Enforceable regulations are necessary ~~to~~ ensure adequate worker protection T
- B. Without intervention, vulnerable groups will continue to face disproportionate risks T
- C. Technological solutions alone are sufficient to resolve ~~climate-related~~ inequalities

- A) Only A
- B) Only B
- C) Only A and B ✓
- D) Only B and C
- E) All A, B and C

5. Which of the following is closest to the author's view but still incorrect?

A) Heat has expanded geographically and now impacts both traditional and new regions

B) Rising temperatures affect all groups, but some sections experience deeper consequences

C) Extreme heat is a shared inconvenience with broadly <sup>Same</sup> identical consequences across groups

D) Informal workers face greater challenges due to lack of adaptive infrastructure

E) Climate conditions have evolved from localized stress to a systemic concern

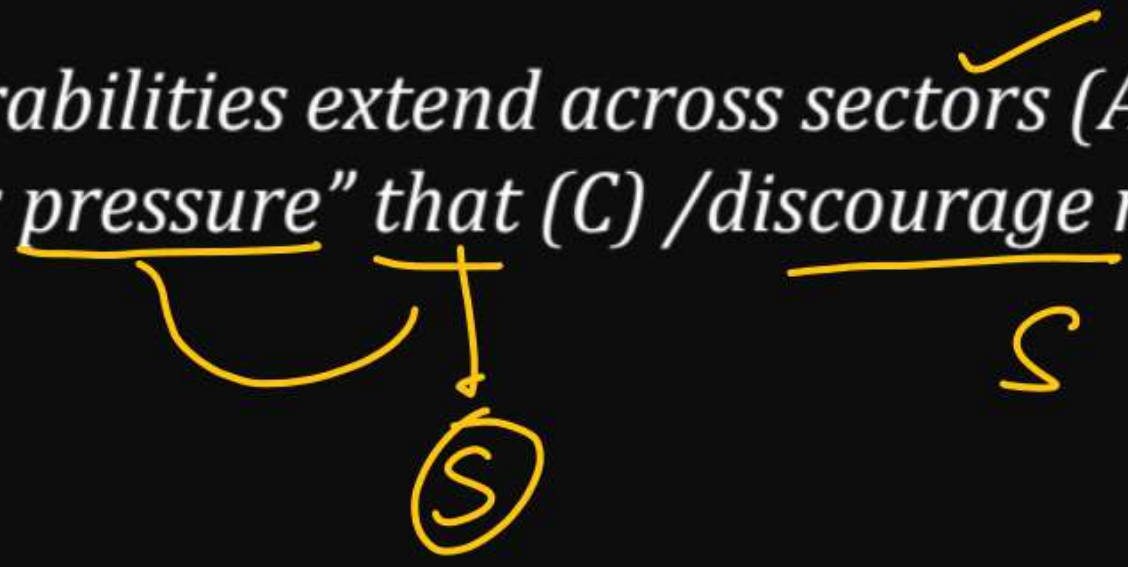
Choose the word that does **NOT** belong to the same semantic group as “arid”:

- A) Barren
- B) Sterile
- C) Desolate
- D) Prolific
- E) Parched

fertile

7. Identify the error in the following sentences

These vulnerabilities extend across sectors (A) /as gig delivery partners operate (B) /under "algorithmic pressure" that (C) /discourage rest during red-alert periods (D) / No Error (E)



- A. A
- B. B
- C. C
- D. D
- E. E

# Elastic rules: On the Plastic Waste Management (Amendment) Rules, 2026

India needs proper reckoning of plastic collection and reuse targets

Published - April 06, 2026 12:30 am IST



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On Monday, protests involving thousands of factory workers turned violent across the industrial belt in Noida. Over the past few months, workers' protests have also taken place in other cities in North India — in February in Barauni in Bihar's Begusarai district, and in March in Surat, Gujarat and Manesar, Haryana. The common thread that runs through them is the demand for higher minimum wages, overtime payments and better working conditions. While the violence is to be condemned, the larger message from these episodes of labour unrest is of the **precarity** of livelihoods — of subdued wage growth, **juxtaposed** with the steep rise in the cost of living, and of the absence of adequate safety nets.

In recent weeks, workers have seen their already precarious financial position worsen due to dislocations in global energy markets. This has led to disruptions in LPG supplies in India and the emergence of a huge black-market premium for securing gas cylinders. Alongside, there have been reports of units across the country either scaling down or halting production. This has had implications for jobs and incomes. The energy shock has been so severe that migrants from many urban centres have reportedly been returning to their villages. These episodes are not just limited to those working in factories. Towards the beginning of this year, gig workers engaged by online platforms had organised strikes to protest against uncertainty of wages, absence of transparency and unsafe working conditions.

On March 9, the Haryana government revised the minimum wages with effect from April 1, 2026, following the labour protests in Manesar and Faridabad. In Uttar Pradesh, a high-level committee was set up to resolve the issues between workers and industries, and on Tuesday, it followed Haryana, with the government announcing a hike in minimum wages with effect from April 1. While these actions may assuage the workers' more pressing demands, governments should not wait for matters to come to a head. Considering the imbalance in bargaining power, the concerns of workers must be heard and addressed before the situation worsens. A fair solution should be arrived at.

8. Which of the following best captures the author's stance on the violent nature of protests?

- A) It is justified due to prolonged institutional negligence
- B) It is ~~exaggerated~~ by media to undermine worker demands
- C) It is unacceptable ~~irrespective~~ of underlying grievances
- D) It is necessary to ~~compel~~ immediate administrative action
- E) It is unfortunate but inevitable under economic hardship

Condemn

9. Three statements are given below. Identify the correct combination:

A. The passage underscores structural vulnerabilities in worker livelihoods ✓

B. The passage suggests that protests are entirely unjustified actions ✗

C. The passage advocates timely institutional response to labour concerns ✓

Options:

A) Only A

B) Only B

C) Only C

D) Both A and C ✓

E) Both B and C

**Assertion (A):**

The escalation of labour unrest across multiple regions primarily reflects deep-rooted structural imbalances in income stability rather than merely episodic grievances.

**Reason (R):**

The persistence of rising living costs, coupled with weak institutional safeguards and asymmetric negotiating capacity, systematically constrains workers' financial resilience.

**Options:**

- A) Both A and R are true, and R is the correct explanation of A ✓
- B) Both A and R are true, but R is not the correct explanation of A ✓
- C) ~~A is true, but R is false~~ ✗
- D) ~~A is false, but R is true~~ ✗
- E) Both A and R are false ✗

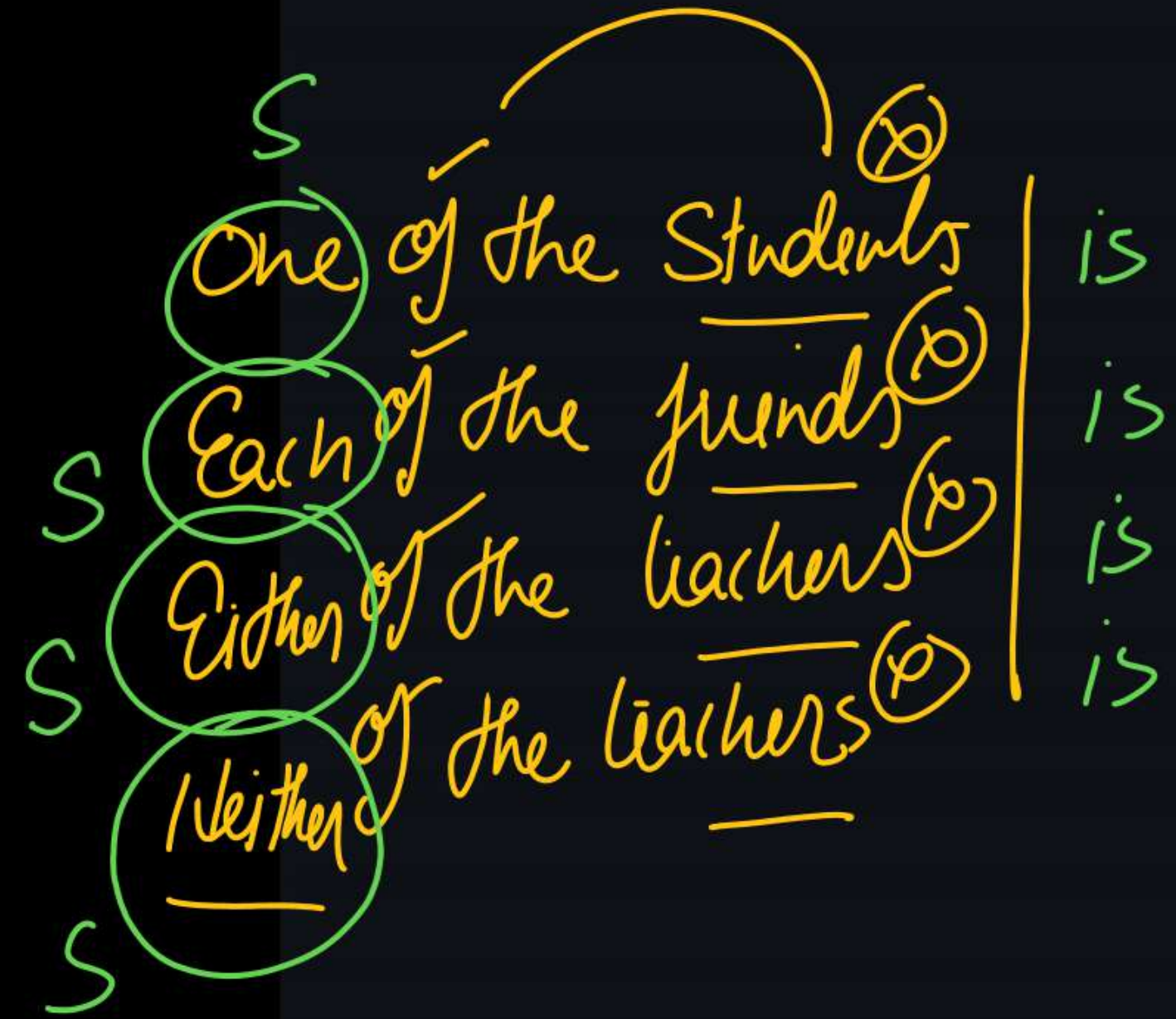
Handwritten annotations: 'T' above 'structural', 'T' above 'grievances', 'T' above 'safeguards', 'T' above 'resilience', 'T' above 'A', 'F' above 'B', 'T' above 'C', 'F' above 'D', 'F' above 'E'.

# 250

CONCEPTS OF

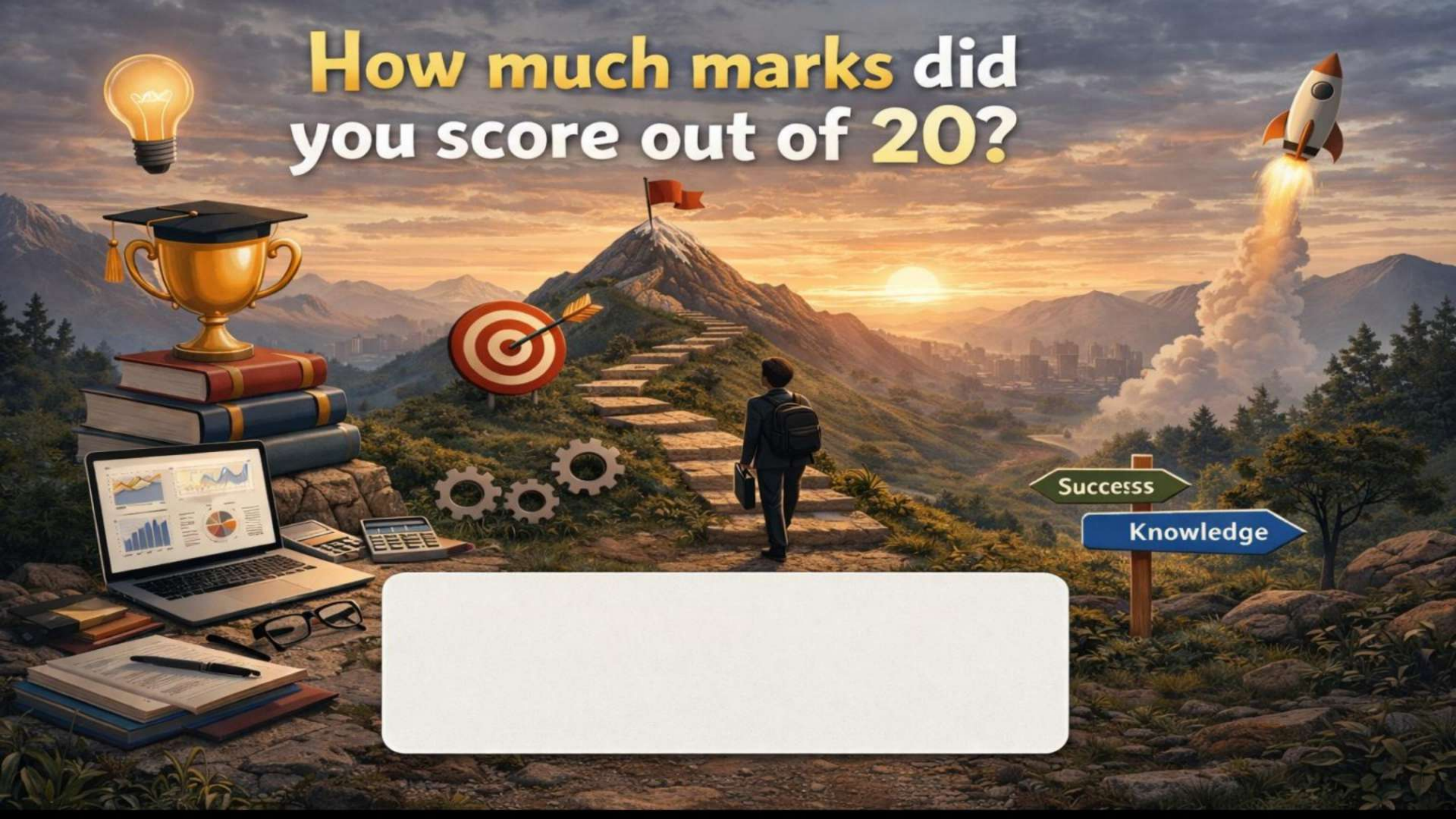
## GRAMMAR

CONCEPT 1 / 250



is/are playin  
dancing

# How much marks did you score out of 20?



USE YT01

**English**



A

**Vaani 3.0**

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## FILLERS

1. The notion of absolute \_\_\_\_\_ in a rapidly evolving technological landscape is increasingly being questioned.
2. The lawyer attempted to \_\_\_\_\_ the allegations by presenting concrete evidence before the court.
3. The policy was implemented through a formal \_\_\_\_\_ issued by the central authority.
4. His argument was dismissed as \_\_\_\_\_, lacking seriousness and depth of thought.
5. The speech was filled with \_\_\_\_\_ ideas that failed to offer any originality.

**Word Box:** hackneyed, decree, refute, permanence, frivolous ✓