



TODAY'S PLAN

Wed

- ✓ **English-** 1 Topic / 50 question
- ✓ **Reasoning-** 1 Topic + 3 Puzzles
- ✓ **Quants-** 1 Topic + 3 Dis
- ✓ **Reading-** 1 Newspaper/RC + descriptive

✓ 1 mock is MANDATORY



- ✓ **The Hindu** 100%
- ✓ **20 vocabs** per day
- ✓ **Grammar** topic
- ✓ **Practice: Topic Wise / Misc** question





REVISION

Word

1. Piloted ✓
2. Nudges ✓
3. Amended ✓
4. Outperformed ✓
5. Curb ✓
6. Deter ✓
7. Levying ✓

Synonym

1. Trialed ✓
2. Prompts ✓
3. Altered ✓
4. Exceeded ✓
5. Restrain ✓
6. Impede ✓
7. Imposing ✓

Antonym

- ✓ 1. Abandoned
- ✓ 2. Restraints
- ✓ 3. Intact
- ✓ 4. Lagged
- ✓ 5. Promote
- ✓ 6. Persuade
- ✓ 7. Waiving





Phrasal Verb	Meaning
Fall in	To reduce
Quickening in	To decrease
Bring down	To become <u>faster</u> or more intense in something
Align with	To be influenced emotionally or mentally
Get swayed by	To make consistent or compatible with something



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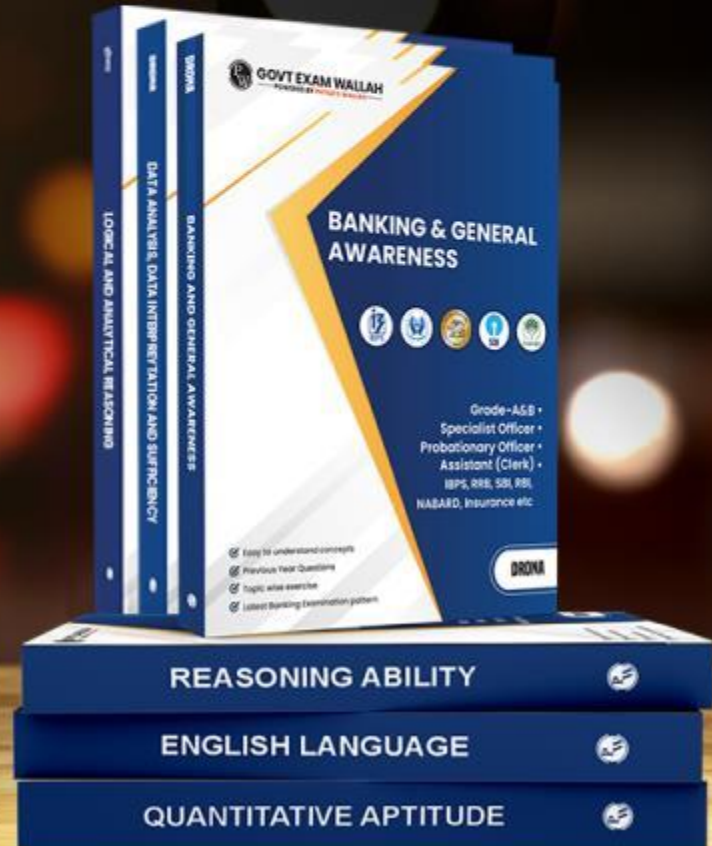
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LIVE 8:00 AM



Ominous: अशुभ / डरावना

3:00

Meaning: Giving the impression that something bad is going to happen

SYNONYMS

- grim,
- *unpropitious*
- portentous
- *spectre*
- baleful *direful*
- *Menace*

ANTONYMS

- auspicious
- *favourable*
- promising *fortunate*
- *opportune*
- reassuring
- *propitious*

TRICK

ओ मम्मी! कुछ
गलत होने वाला
है!

That look your mom gives before shouting? Ominous!





N/Aaj
V

Appalling: भयावह / चौंकाने वाला

3:00

Meaning: Causing shock or dismay; horrific

SYNONYMS

- atrocious, *Aghast*
- ghastly
- gruesome
- *Horrendous*
- *Abysmal*
- *Egregious*

ANTONYMS

- Delightful *laudable*
- Admirable *applaud*
- soothing *tranquil, pacify, placate, serene, mollify*

TRICK

अप्पा (पापा) को सुनते ही shock लग जाए!

My cooking was so appalling, even the dog left home.

Aaj





Haven: सुरक्षित स्थान

3:00

Meaning: A place of safety or sanctuary

SYNONYMS

- Retreat
refuge, asylum
- oasis,
shelter, shield
- hideaway
Salvage

ANTONYMS

- Hellhole
pigsty, inimical
- ~~menace~~, *spooky*
- peril *dangerous*
- ~~sordid~~

TRICK

Heaven में तो safe feel होता है ना?

My room is my haven — especially during family functions.





Immolation: आत्मदाह / बलिदान

3:00

Meaning: The act of killing oneself or being killed, especially by fire

SYNONYMS

- Cremation
- holocaust
- incineration,
- oblation
- demise, perish
- kindle

ANTONYMS

- salvation,
- thrive, flourish
- survival,
- restore
- rescue
- conserve
- preserve

TRICK

"Immo" मतलब emotion में आके खुद को जलाना

I tried cooking... and created a small immolation in the kitchen.





Redress: सुधार करना / न्याय दिलाना

3:00

Meaning: To set right a wrong; provide justice or compensation

SYNONYMS

- Rectify *Correct*
- Amend *Sort out*
- Aton
- Ameliorate
- compensate
- Improve, Tweak*

ANTONYMS

- Aggravate *Tarnish*
- Exasperate *Blithe, Spoil*
- Intensify *Worsen*

TRICK

Dress दोबारा
पहनाओ यानी
सुधार करो!

I redress my life problems with (chocolate.)





Clamour: शोर-शराबा

3:00

Meaning: A loud demand or outcry

SYNONYMS

- **commotion**,
perturbance
- **turbulence**,
Tohubohu, Bedlam
- **hubbub** *Chaos*
Randemonium

ANTONYMS

- **Contentment**
Silence, Quietness
- **Gratification**
Satiate
- **Complacency**
Pacify, Rapport

TRICK

Classroom में students का clamour सुनाई देता है!

I (clamour) for pizza every Friday.





Predator: शिकारी / उत्पीड़क

3:00

Meaning: A person who exploits others

SYNONYMS

- tormentor,
- *Assaulter*
- molester,
- *Harasser*
- exploiter
- *Extortionist*

ANTONYMS

- Savior *Rescuer*
- Ally *Comradise*
- ⁺benefactor
- *Good Samaritan*

TRICK

जो शिकार करता है = predator

My cat turns into a predator when she sees chips.





IDIOMS AND PHRASES & PHRASAL VERBS



1. **Cry foul** – complain about unfair treatment
2. **Run from pillar to post** – go everywhere for help
3. **Spotlight on** – bring attention to something
4. **Put the spotlight** – focus attention
5. **Die down** – slowly reduce or fade
6. **Fall short** – fail to meet expectation





GRAMMAR rule



Use of “Had” in Past Perfect Tense

Rule: Use “*had + V3*” only when two actions happened in the past — the earlier one gets *Past Perfect*, the later one gets *Simple Past*.

✓ Correct: He **had left** before I **arrived**.

✱ had + V₃

V₂





Pain remains: On inflation

Fall in food prices is only one part of the inflation story

More than symbolic: On curbing unhealthy food intake

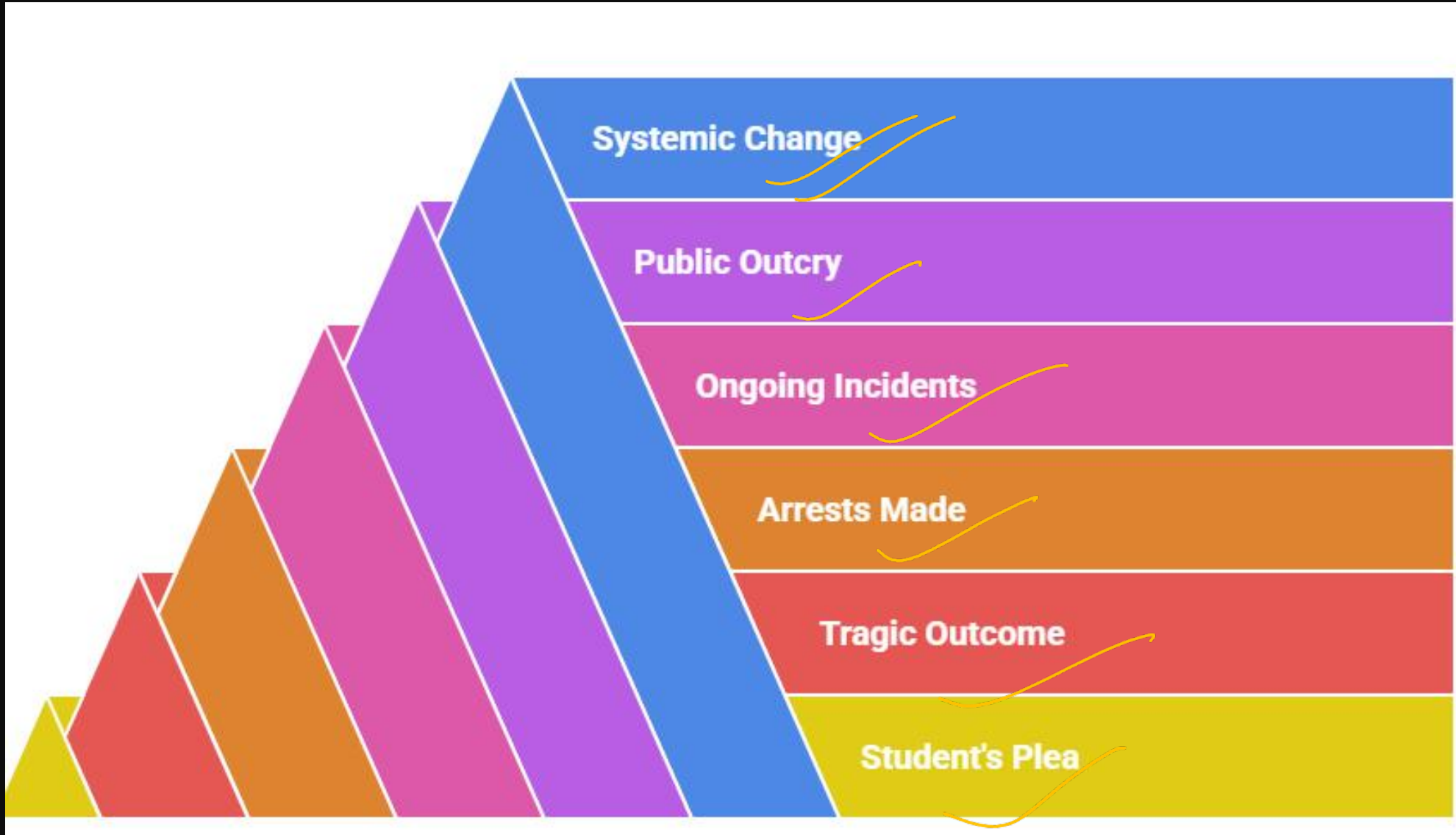
Legislative measures to curb unhealthy food intake are a must





From Odisha to Karnataka, Bengal to Delhi, violence against women has seen an **ominous** rise over the past few months. What is even **more appalling** is that crimes are being committed in spaces such as school and college campuses or workplaces which are usually presumed to be safe **havens**. On July 14, a 20-year-old student of Fakir Mohan Autonomous College, Balasore, passed away after suffering 90% burns in an **immolation** bid. The B.Ed student had taken the extreme step outside the principal's office after her repeated complaints of sexual harassment, against a senior teacher, went unheard. The accused teacher, Samir Sahu, and the principal, Dillip Ghosh, have been arrested, but a precious life would not have been lost had her **grievances** been **redressed** in time. She ran from pillar to post, taking it right up to the Chief Minister's office, but no one paid attention to her grave complaint. In Bengal, even before a year has passed since a post-graduate student's brutal killing at R.G. Kar Medical Hospital in 2024, a law college student was gang-raped on campus this June; in Mangaluru, two lecturers have been arrested for the alleged rape of a student; in Delhi, a nine-year-old girl's rape and murder led to the Opposition crying foul over the collapse of law and order.

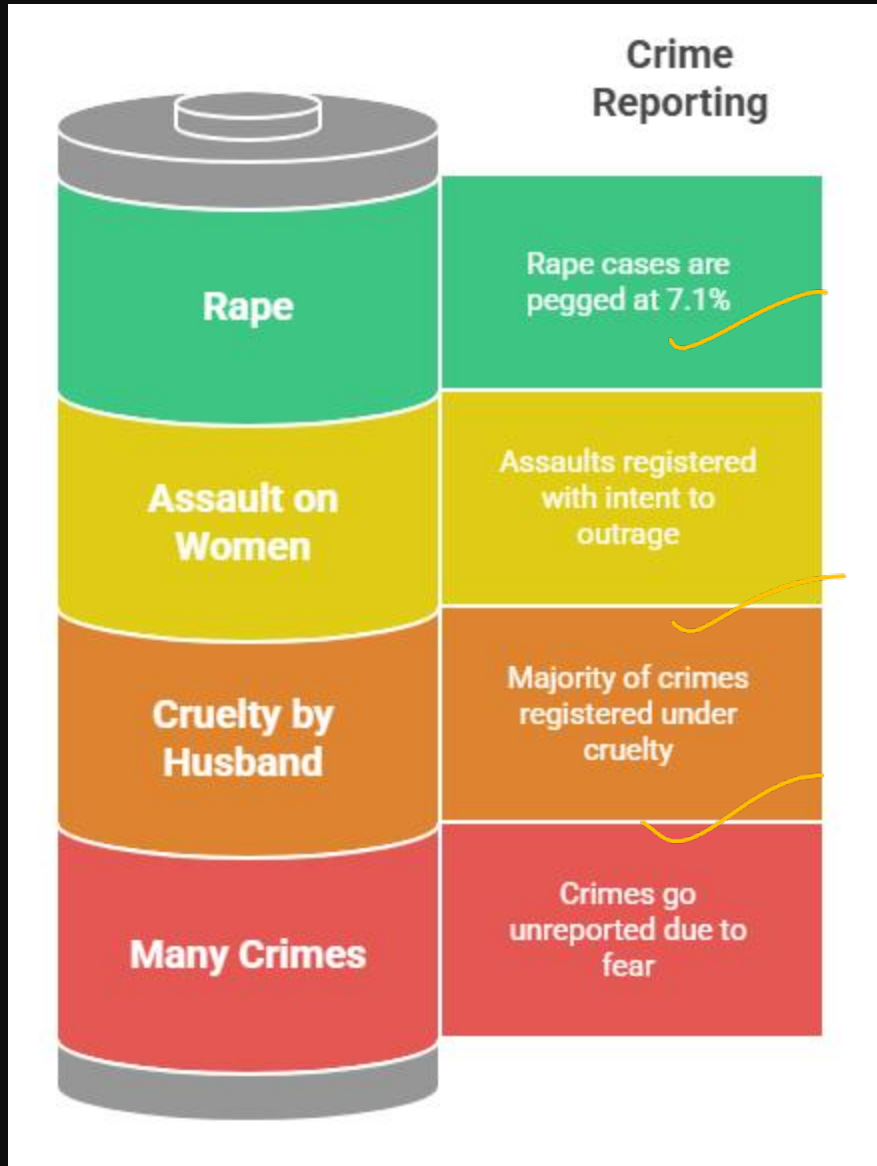






Little seems to have changed on the ground after Nirbhaya's rape and murder in Delhi in 2012. Stringent laws are in place, but to what effect? The Odisha student's plight has put the spotlight on Internal Complaint Committees, mandatory under the Sexual Harassment of Women at Workplace Act, 2013. The Odisha government asked all colleges to form the committees within 24 hours, after the tragic death. Questions should be raised about the manner in which the system failed the student, and the absolute lack of accountability. The annual 'Crime in India' report by the National Crime Records Bureau (NCRB) for the year 2023 is yet to be released. Figures available for 2022 show that a total of 4,45,256 cases of 'crimes against women' were registered, showing an increase of 4% over 2021. While the majority of crimes against women were registered under 'cruelty by husband or his relatives' (31.4%), 'assault on women with intent to outrage her modesty' comprised 18.7% of all crimes, and 'rape' was pegged at 7.1%. It must be noted that many crimes go unreported as well. In this backdrop, conversations about sexual violence and gender are imperative, and must start early. The clamour for justice against a crime should not die down after a few days either, especially when protectors turn predators.







1. Which of the following can be inferred as a major systemic failure that contributed to the Odisha student's death?

A. Lack of awareness about the Internal Complaints Committee guidelines

B. Failure of stringent laws to deter (crimes) in educational institutions

C. The accused teacher had political protection from state authorities

D. No prior warning signs or complaints were made by the student

E. The incident happened because the student refused to attend classes regularly





2. Based on the passage, what appears to be a recurring issue in the aftermath of incidents of violence against women?

- A. Excessive media glorification of victims
- B. Immediate legal conviction of all accused
- C. Public attention that fades quickly without systemic change
- D. Rejection of police involvement in educational institutions
- E. Women refusing to file complaints





3. Which of the following best reflects the author's tone regarding the state's response after the Odisha incident?

- A. Optimistic and forward-looking
- B. Sarcastic and dismissive
- C. Critical and questioning
- D. Neutral and objective
- E. Defensive and apologetic





4. Choose the word that is closest in meaning to “appalling” as used in the sentence:

"What is even more appalling is that crimes are being committed in spaces... presumed to be safe havens."

A. Stimulating ~~X~~

B. Alarming

C. Intriguing ~~X~~

D. Supportive ~~X~~

E. Endearing ~~X~~





5.

Statements:

I. The National Crime Records Bureau data for 2023 clearly shows a decline in crimes against women.

II. Internal Complaint Committees are a voluntary provision in colleges under the 2013 Act.

III. The rape and murder of a nine-year-old in Delhi caused widespread political outrage.

A. Only I and II are true

B. Only III is true

C. Only II and III are true

D. All three statements are true

E. None of the statements are true





6.

Statements:

I. The Odisha government formed committees in all colleges proactively before any incident.

II. The NCRB data shows cruelty by husband or relatives as the most reported crime against women.

III. The number of crimes against women increased by 4% in 2022 over 2021.

A. Only II and III are correct

B. Only I is correct

C. Only III is correct

D. All are correct

E. Only I and II are correct





7.

Statements:

- I. Many crimes against women in India still go unreported.
 - II. Post the Nirbhaya case, laws have become more lenient.
 - III. The B.Ed student had complained to the Chief Minister's office.
- A. Only I and II are true
B. Only II is true
C. Only I and III are true
D. Only I is true
E. All three are true





Grammar based question



- A. The Odisha government
- B. asked all colleges
- C. to forms the committees
- D. within 24 hours, after
- E. the tragic death.



THE



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LIVE

1. B
2. C
3. C
4. B
5. B
6. A
7. C
8. C



LIVE 8:00 AM



Exercise

Revise all words and write
down in comment section





Phrasal Verb	Meaning
Stock up (on)	Accumulate a supply of something
Stay the course	Continue with a process despite difficulties
Cut out (for)	Be suitable or prepared for something
Ramp up	Increase the amount, volume, or activity
Scramble for	Compete or rush in a disorganized way to achieve something





Descriptive Writing

Write an essay on (WOMEN SECURITY IN INDIA.)





Unhealthy Eating Habits

In today's fast-paced world, unhealthy eating habits have become a growing concern, especially among the younger generation. With the rise of processed foods, fast food chains, and instant meals, many people have shifted away from nutritious home-cooked meals to convenience-based diets that are often high in sugar, salt, and unhealthy fats.

Unhealthy eating habits include skipping meals, overeating, emotional eating, and frequent consumption of junk food. These habits are often driven by busy lifestyles, lack of awareness about nutrition, stress, and the influence of advertisements. Skipping breakfast, for instance, can lead to low energy levels throughout the day and poor concentration. Similarly, excessive intake of sugary drinks and snacks contributes to obesity, diabetes, and heart diseases.

The consequences of poor dietary choices are far-reaching. In children, it leads to poor growth and academic performance. In adults, it increases the risk of chronic illnesses and reduces overall life expectancy. Moreover, unhealthy eating habits can also affect mental health, leading to anxiety and depression.

To combat this issue, individuals must be educated about the importance of a balanced diet. Schools, workplaces, and governments can promote healthier food choices through awareness campaigns and policy changes. Parents and guardians play a crucial role in instilling good eating habits from a young age.

In conclusion, while the convenience of fast food is tempting, it is essential to prioritize health and well-being by adopting mindful and balanced eating practices. Small changes in daily habits can lead to long-term benefits for both individuals and society.





@tushar007__ · 19 hr ago



Obesity is always a concern in india as compared to the rest of the world because there is excess sugar consumption in India .There are no proper awarness among the people and companies takes profit from it by selling processed food and beverages without proper mentioning the sugar content in it . The supreme court of india has amended the previous fsai act and it is clearly said the companies to mention all the ingredients



@poojabhatt1324 · 7 hr ago



Ma'am mujhe aapka pdaya bahut Achi tarah se samjh aata h aapki class leke mujhe inspiration milti h ki m apni English sahi kr lungi and mujhe 1 month ho gya h aapki class lete lete phle mujhe kuch samjh nhi aata tha but mujhe ab samjh aane lg gya h m answer bhi dete hoo hut leader board m name nhi aata liken m apna best try kr rahi hoo bs thoda reading krne m mujhe late lgta h or baki ka sb sahi h pdai m
Tq so much ❤️ aapki wajah se mere English bahut improve ho rahi hai or m apne bhai bhn ko bhi pdati hoo usse ki unhe bhi bad m koi problem na hoo to m unhe abhi se apne sath bhetha kr daily class pdati ho or apna bhi pdti hoo.
Tq ma'am ❤️



1



THE



HINDU EDITORIAL ANALYSIS

LIVE

Pain remains: On inflation

Fall in food prices is only one part of the inflation story



LIVE 8:00 AM



Word	Meaning
Uptick	A small increase or rise
Outbound shipments	Goods sent to other countries
Reciprocal tariffs	Duties imposed in mutual response between nations
Arbitrage	Profiting from price differences in different markets
Trajectory	Path or progression over time
Merchandise trade	Trade in physical goods (as opposed to services)
Constitutes	Forms or makes up
Sprawling	Spread out over a large area
Electrifying	Converting to electricity-powered systems
Ramp up	Increase or expand quickly
Mini deal	A small-scale trade agreement
Underbelly	A vulnerable or weak area
Leverage	Use something to one's advantage
Diversify	Spread investments or trade into new areas
Fiscal	Relating to government revenue and spending in a financial year





India's trade data for the first quarter of this financial year (Q1FY26) and for June 2025 are leading to some room for cheer but there is considerable concern as well. The Commerce Ministry's monthly export-import data indicate that June's merchandise trade saw the sharpest uptick in outbound shipments to the U.S. in 14 months, at a growth rate of 23.5% to \$8.3 billion. This was likely aided by importers wishing to stock up before the July 9 "pause" in "reciprocal tariffs", but now extended to August 1. While overall goods exports in June almost stayed flat at \$35.14 billion (\$35.16 billion, last June), likely on account of softer crude oil prices, Q1FY26 registered a marginal year on year growth of 1.92% at \$112.17 billion. Despite the widening year on year merchandise trade deficit to \$67.26 billion (\$62.1 billion, Q1FY25), it is the impressive growth in services exports, by almost 11% to \$98.13 billion (\$88.46 billion, Q1FY25) that has aided in shrinking India's overall trade deficit by 9.4% in Q1FY26. This mirrors years of India's trade trajectory, where services have outperformed goods exports.





It is important to note that refined petroleum products have traditionally constituted the largest chunk of India's goods export (at about 15%). While many believe U.S. President Trump is unlikely to stay the course on his threat of a 100% "secondary tariffs" on countries buying Russian crude — to pressure Moscow to end its invasion of Ukraine — it hits an underbelly in India's merchandise trade. India overtook China recently to become the largest importer of Russian crude, forming 36% of its oil imports. This has helped India leverage the cost arbitrage as western European nations maintain a ban on Russian crude imports. But Mr. Trump's threat makes India's need to diversify its fuel and energy imports more urgent, as it focuses on electrifying transport and ramping up renewables. It also highlights the need for India to diversify and grow merchandise trade, by further leveraging its sprawling, labour-intensive micro, small and medium enterprises, which constitutes almost half (46%) its goods exports.



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LIVE

1:00

Exports in electronic goods (46.93%), tea (32.64%), meat, dairy and poultry (19.7%) and marine products (13.33%), saw steady growth this June when compared with last June. But overall goods exports excluding petroleum and gems and jewellery were almost flat in the same period. With a fortnight to go and three rounds of negotiations to scramble a 'mini deal' before the autumn deadline to reach a Bilateral Trade Agreement, the government has its task cut out to reach a favourable outcome. The stakes could not be higher as the U.S. has constituted the largest share of India's overall exports for some years now, at nearly a fifth (17.7%) of total exports in the last fiscal alone.



LIVE 8:00 AM



Summary : India's trade data for Q1FY26 reflects a mixed outlook. Goods exports in June 2025 remained flat, but there was a notable 23.5% surge in exports to the U.S., possibly due to concerns over upcoming reciprocal tariffs. Quarterly goods exports grew marginally by 1.92%, yet the trade deficit widened to \$67.26 billion. However, services exports rose by 11%, helping reduce the overall trade deficit by 9.4%. Petroleum remains India's largest export, but growing dependence on Russian crude—now 36% of imports—makes India vulnerable to U.S. tariff threats. This highlights the need to diversify energy sources and expand merchandise exports, especially through MSMEs, which contribute nearly half of India's goods exports. While sectors like electronics, tea, and marine products grew, the overall growth excluding petroleum and jewellery was negligible. With limited time and multiple negotiations pending, India faces pressure to secure a Bilateral Trade Agreement with the U.S., its largest export partner.





1. What is the likely reason behind the surge in India's exports to the U.S. in June?

- A. A new trade agreement was signed
- B. Indian goods became cheaper
- C. Importers were preparing for upcoming tariffs
- D. India reduced export duties
- E. There was a bumper crop year





2. What helped reduce India's overall trade deficit in Q1FY26?

- A. Fall in crude oil prices
- B. Rise in gold exports
- C. Increase in services exports
- D. Better performance of the rupee
- E. Decline in import volumes





3. What does the passage suggest about the U.S.'s role in India's trade?

- A. It is India's top import partner
- B. India's exports to the U.S. are negligible
- C. The U.S. accounts for a significant share of India's exports
- D. The U.S. has cut ties with India
- E. India exports only petroleum to the U.S.





4. Which sector is most vulnerable to U.S. sanctions on Russian oil?

- A. Electronics
- B. Marine products
- C. Refined petroleum
- D. Education services
- E. Personal care





5. What is the significance of MSMEs in India's merchandise trade?

- A. They are mainly service providers
- B. They account for over 80% of exports
- C. They form almost half of goods exports
- D. They are losing relevance in export markets
- E. They are not connected to trade policies





6. Why is India's crude oil sourcing a concern, as per the passage?

- A. It is getting too expensive
- B. It affects employment in India
- C. It relies heavily on Russian crude, risking U.S. tariffs
- D. India no longer refines oil domestically
- E. The oil is of poor quality





7. What does the passage imply about the India-U.S. trade talks?

- A. Talks have failed completely
- B. They are being conducted in secrecy
- C. There is urgency to finalize a mini trade deal
- D. Talks are postponed due to political reasons
- E. They are focused only on defence trade



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2. C
3. C
4. C
5. C
6. C
7. C



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02**

• LIVE AT 11:00 PM





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MOCK DRILL

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DAY-10

