



TODAY'S PLAN

100%

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

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





REVISION

Word

1. Rescind ✓
2. Rankle ✓
3. Scramble ✓
4. Steadfast ✓
5. Dub ✓
6. Recalibrate ✓
7. Resentment ✓

Synonym

1. Countermand ✓
2. Agitate ✓
3. Scurry ✓
4. Dedicated ✓
5. Nickname ✓
6. Realign ✓
7. animosity ✓

Antonym

1. Allow ✓
- ~~2. Delight~~
- ~~3. Linger~~
- ~~4. Wavering~~
- ~~5. Anonymize~~
- ~~6. Disorganize~~
- ~~7. Contentment~~





Phrasal Verb	Meaning
Stand <u>testament</u> to	To <u>retain</u> or <u>keep</u> firmly
Snap a <u>streak</u>	Serve as evidence or proof
Slide down	To end a series of consecutive events
Come back	To gradually move to a lower level
Hold on to	To return to a former good state or form



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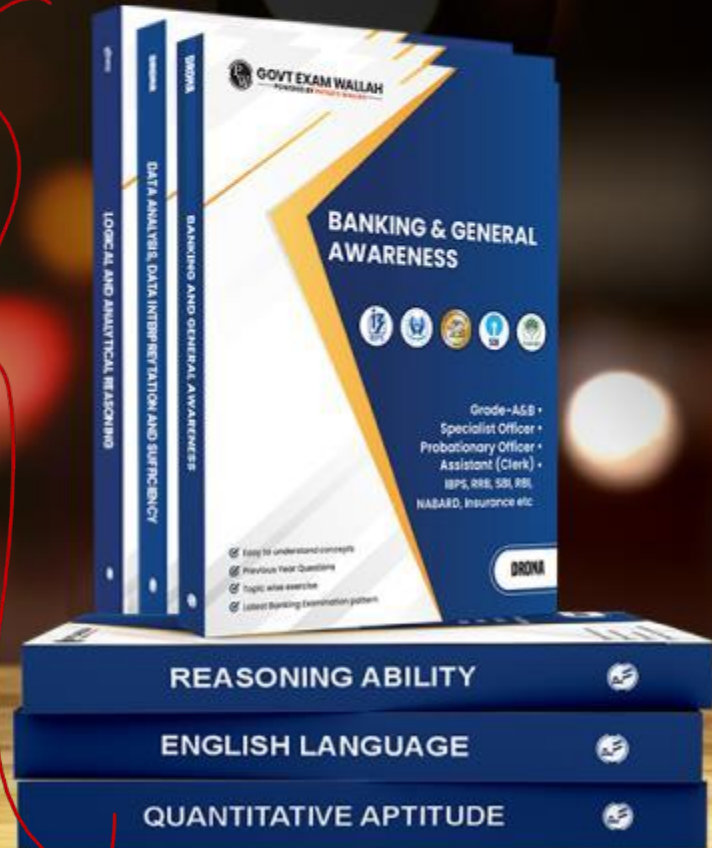
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THE



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LIVE



LIVE 8:00 AM



Piloted: आरंभ करना

3:00

Meaning: To test or introduce on a small scale

SYNONYMS

- **trialed**
Appraise - assess
- **launched**
evaluate
- **initiated**
try out, check out

ANTONYMS

- **abandoned**
desert
- **ignored**
overlook
- **suspended**
halt

TRICK

Pilot = जो उड़ान से पहले टेस्ट करें

I piloted my diet for one day—then crash-landed in pizza.





Nudges: धीरे से प्रेरित करना

3:00

Meaning: Gentle encouragement or prompting

SYNONYMS

- prompts, *prod, egg on*
- hints, *goad*
- cues, *job stimulate, poke*

ANTONYMS

- discouragement, *deter, dissuade*
- restraints, *deter, dissuade*
- suppressions, *Repress, Squash*

TRICK

Nudge = हल्की
सी धक्का

I just need a little nudge... to finish that whole chocolate bar.





Ady ✓

Amended: संशोधित / बदला हुआ

3:00

Meaning: Changed or modified

SYNONYMS

- **Altered**
Improve, enhance
- **rectified**,
Ameliorate *
- **rephrased**
Rewrite, rescript

ANTONYMS

- **intact**, *Spoil*
- **rigid**, *Sabotage*
- **static**, *Tarnish*
Impair Besmirch

TRICK

Amend = a +
mend = सुधार

a (mend)
Change

I amended my diet—by adding ice cream.

↘
↓
Ⓟ





Outperformed: बेहतर प्रदर्शन किया

3:00

Meaning: To perform better than others

SYNONYMS

- exceeded
 - surpassed
 - excelled
- supersede*
outclass. outdo
Bested, outshine

ANTONYMS

- lagged
 - flopped
 - lost
- fail*
lose
Sag | *fall behind*

TRICK

Perform से ऊपर
= Outperform

I outperformed my own laziness—by waking up before noon. ✓





Curb: नियंत्रण रखना

3:00

Meaning: To control or limit something

SYNONYMS

- restrain,
- constrain*
- suppress,
- trammel*
- restrict,
- Intercept*

ANTONYMS

- promote,
- Boost, Surge*
- encourage
- coax*
- empower
- inspire*

TRICK

Curve को *curb* करो, मतलब सीमा में रखो

I try to curb my cravings, but my cravings curb me.





Deter: रोकना / हतोत्साहित करना

3:00

Meaning: To discourage from doing something

SYNONYMS

• **impede,**

Inhibit

• **thwart,**

*prevent
obstruct, hinder*

• **dissuade**

foil, preclude

ANTONYMS

• **persuade,**

convince

• **urge,**

cajole

coax

• **provoke**

incite

TRICK

डर से रुक जाना

= deter

I was deterred from stealing fries—only because mom saw me.

(V)





NTA 1/19
 Levying : कर लगाना

3:00

Meaning: Imposing a tax or fee officially

SYNONYMS

- imposing, *enact*
- charging *Mulct*
- taxing *Impose*

ANTONYMS

- waiving, *off*
- release *release*
- lifting *liberate*
- exempting *unleash*

TRICK

Levy = लावा tax
 की तरह गिराना

They're levying taxes even on my guilty pleasures now.





IDIOMS AND PHRASES & PHRASAL VERBS



1. Roll out ✨

Meaning: To officially launch or introduce something.

2. Fall short ✓

Meaning: To fail to meet expectations or goals.

3. Bring about ✓

Meaning: To cause something to happen.

4. Act on ✓

Meaning: To take action based on advice or information.

5. Go into effect ✓

Meaning: When a rule or law officially starts to apply.





GRAMMAR rule



Use of "So...that" vs "Such...that"

So + adjective/adverb + that

Such + noun + that

✓ Correct: She is **so intelligent** that everyone admires her.

✓ Correct: It was **such a beautiful place** that we didn't want to leave.

Trick:

So = adjective/adverb (जैसे so fast)

Such = noun phrase (जैसे such a mess)





Pain remains: On inflation

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

More than symbolic: On curbing unhealthy food intake

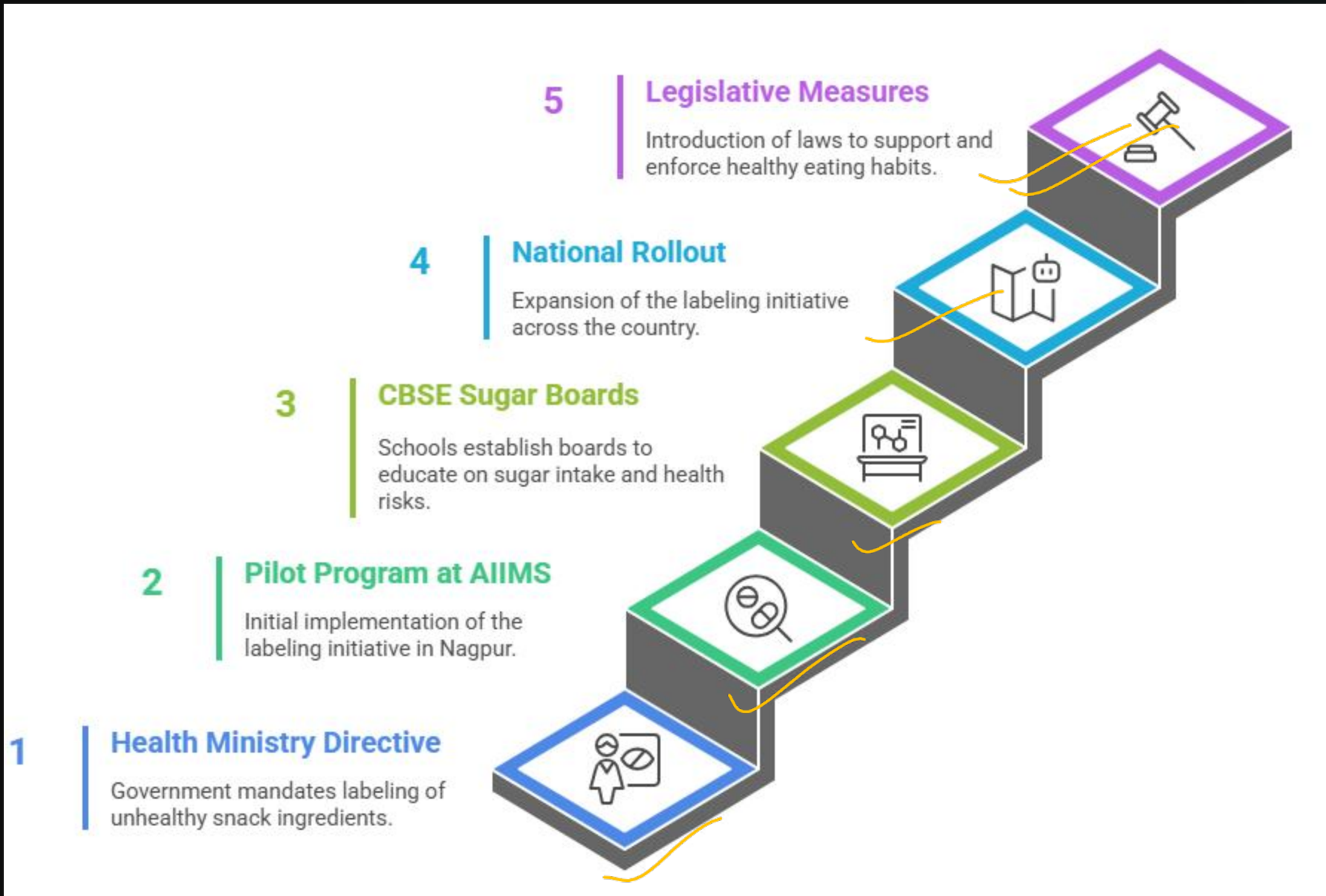
Legislative measures to curb unhealthy food intake are a must





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.





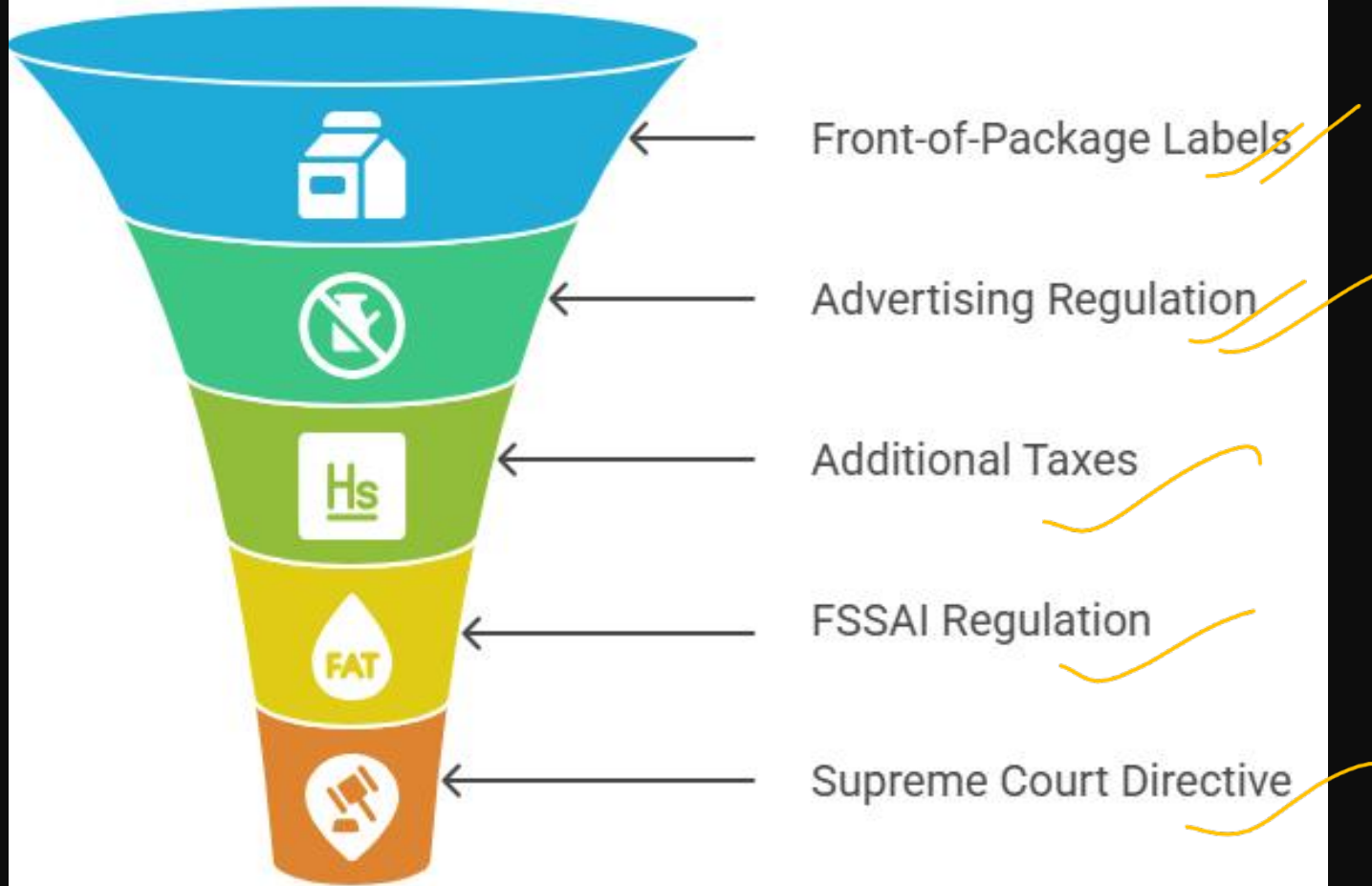


Surprisingly, while the Health Ministry has targeted Indian snacks, nothing has been done over the years to introduce clear front-of-package labels to caution people about unhealthy packaged food items, and regulate the advertising, marketing and promotion of unhealthy food to children. Also, levying 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.





Health Ministry Initiatives



Reduced Consumption of Unhealthy Foods





Q1.

What can be inferred about the current approach of the Indian Health Ministry towards tackling obesity through food regulations?

- A. The Ministry is shifting focus from education to legislative control.
- B. The Ministry believes visual cues can entirely alter eating behaviour.
- C. The Ministry is adopting a staggered strategy that starts with public awareness.
- D. The Ministry has successfully reduced obesity rates through policy already.
- E. The Ministry has no plans to target packaged foods at all.





Q2.

Which of the following best describes the underlying concern about the current focus on traditional Indian snacks alone?

- A. Traditional snacks are the primary source of unhealthy nutrients.
- B. The real threat lies in the imported processed food, not Indian snacks.
- C. Regulatory action on packaged food has been consistently proactive.
- D. A disproportionate focus on Indian snacks may overlook the packaged food sector.
- E. Most Indian snacks are already labelled for sugar and fat content.





Q3.

Based on the passage, which assumption can be made regarding the use of warning labels on food products?

- A. Consumers ignore warning labels as they do for tobacco.
- B. Warning labels reduce the nutritional value of food.
- C. Warning labels can positively influence consumer choices if implemented properly.
- D. Front-of-pack labels are not scientifically validated.
- E. Labels confuse consumers more than they inform them.





Q4.

What is the meaning of the word "nudges" as used in the context of the passage?

- A. Legal mandates enforced by the state
- B. Sudden restrictions on food items
- C. Subtle prompts to influence behaviour**
- D. Harsh warnings for strict compliance
- E. Direct criticism of consumer habits





Q5.

Which of the following statements are true based on the passage?

1. Obesity levels have increased for both men and women in India between 2005-06 and 2019-21.

2. The FSSAI has already finalised and approved upper limits for sugar, salt and fat.

3. Supreme Court directed implementation of front-of-pack labelling in 2024.

4. CBSE has taken steps to reduce sugar consumption among school children.

5. The current visual nudges will immediately transform eating habits.

A. 1, 3, and 5

B. 1, 2, and 4

C. 1 and 4 only

D. 2, 3, and 5

E. All statements are true





Q6.

Which set of statements BEST reflects the author's concern?

1. Labelling Indian snacks alone may not be enough to combat obesity.
2. Packaged food regulation has lagged behind.
3. Visual cues are as effective as legal mandates.
4. Front-of-pack labels are unnecessary in India.
5. Defining nutrient thresholds is vital before enforcement.

A. 1, 2, and 5

B. 1, 3, and 4

C. 2, 3, and 5

D. 3 and 5 only

E. 1, 4, and 5





Q7.

Which of the following statements is/are **NOT** supported by the passage?

1. **AIIMS Nagpur will be the first to implement the new food awareness campaign.**
 2. **Obesity in women is decreasing faster than in men.** *15-24*
 3. **The 2022 ICMR-NIN study showed nutri-star ratings encouraged junk food consumption.** *12-13*
 4. **Health warnings on Indian snacks are comparable to tobacco warnings.**
 5. **High sugar content in packaged drinks is clearly labelled.**
- A. 2 and 3 only
- B. 1 and 4 only ✓
- C. 2, 3, and 5 ✓
- D. 1, 3, and 5 ✓
- E. All statements are supported





Grammar based question



- A. Also, levying additional tax on food
- B. products with high levels of fat,
- C. sugar, and salt (HFSS) can further
- D. reduces consumption, as seen in
- E. some countries.



THE



HINDU EDITORIAL ANALYSIS

LIVE

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



LIVE 8:00 AM



Exercise

Revise all words and write
down in comment section





Phrasal Verb	Meaning
Fall in	To decrease (e.g., prices or inflation)
Quickening in	To become faster or more intense in something
Bring down	To reduce (e.g., weight in CPI)
Align with	To make consistent or compatible with something
Get swayed by	To be influenced emotionally or mentally





Descriptive Writing

Write an essay on unhealthy eating habits.





W

@WowAshrita • 14 hr ago

Today's editorial is about US-Canada trading ties. Donald Trump imposed 35% tariff on Canada despite Canada cancelled the imposition of 3% Digital Service Tax(DST). And this tariff was imposed during the ongoing trade talks. This move highlights the frustration of Trump over Canada's \$63 billion trade surplus. Due to this high tariff now Canada is in search of new trade partners. This reminds us a similar incident between India and Nepal in 2015, where India restricted the land ports where Nepal was dependent for its trading. Due to this Nepal faced economic losses and it pushed Nepal closer to China. Similarly with this on again off again tariff system America may lose one of its closest allies and trade partner.

Thank you ma'am ❤️❤️❤️





Precis:

On July 10, U.S. President Donald Trump imposed a 35% tariff on Canadian imports, despite Canada withdrawing a proposed 3% digital services tax. This decision, made amid ongoing trade negotiations, reflects America's dissatisfaction with a \$63 billion trade surplus in Canada's favour. The sudden tariff has strained ties with a key ally and forced Canada to seek alternative economic partners. The move echoes India's past blockade of Nepal, which led to severe economic consequences and drove Nepal closer to China. The comparison underlines the long-term geopolitical risks of aggressive trade measures against close neighbours and allies.



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
Headline inflation	The total inflation in an economy, measured by the CPI
Contraction	A decrease or reduction in value
Structural	Long-term, fundamental in nature
Seasonal effect	Temporary changes influenced by time of year
Segment	A section or part of a whole
Quickening	Increasing in speed or intensity
Blistering	Extremely fast, intense or severe
Double-digit	Any number from 10 to 99 (high in context)
Inordinate	Excessive or disproportionately large
Representative	Accurately reflecting the real condition
Align	Bring into correct or appropriate relation
Outdated	No longer valid or useful
Unrepresentative	Not accurately reflecting reality
Swayed	Influenced or affected
Felt experience	The real, lived experience as opposed to data or perception





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



HINDU EDITORIAL ANALYSIS

LIVE

1:00

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.



LIVE 8:00 AM



Summary : India's retail inflation dropped to a 77-month low of 2.1% in June 2025, offering relief to policymakers. However, the general public's experience is mixed. While food inflation declined — largely due to seasonal effects — prices in essential non-food segments such as education, healthcare, and personal care witnessed sharp increases. Personal care products alone saw 14.8% inflation, indicating rising costs of daily necessities. This discrepancy raises the question of whether the headline inflation (CPI) truly reflects what the average Indian experiences. The CPI assigns 46% weight to food, but household surveys show food only comprises about 30% of spending. An update to the CPI base year and category weights is underway to align with current consumption trends. Until then, experts caution against being misled by the headline inflation drop, as the real pain lies in the rising costs of essentials beyond food.





1. What is the central concern regarding the drop in headline inflation?

- A. It indicates complete price stability
- B. It reflects the overall fall in commodity prices
- C. It may not reflect real-life inflation felt by consumers
- D. It leads to reduced government spending
- E. It benefits only policymakers





2. What does the author imply about the fall in food inflation?

- A. It is due to better policies
- B. It is largely temporary and seasonal
- C. It is a permanent structural change
- D. It does not affect rural consumers
- E. It is irrelevant to the CPI





3. Why is there a need to update the base year and weights in CPI?

- A. Current CPI data has become too technical
- B. Current data is manipulated by private sectors
- C. The CPI does not reflect modern consumption patterns
- D. To inflate inflation numbers
- E. Because the economy has stopped growing





4. What can be inferred about personal care items in June 2025?

- A. They became cheaper due to subsidies
- B. Their prices were stable
- C. They were classified as luxury goods
- D. Their prices saw the steepest inflation
- E. They had no effect on CPI





5. What challenge does the author highlight about using the CPI as a sole measure?

- A. It doesn't include real estate data
- B. It lacks data from southern states
- C. It has too much focus on education
- D. It is heavily influenced by food weightage
- E. It does not account for urban areas





6. What does the phrase “felt experience” refer to in the context of the passage?

- A. How policymakers calculate inflation
- B. Public emotions toward inflation reports
- C. The real impact of inflation on daily life
- D. A hypothetical economic model
- E. Government-provided benefits





7. What is the tone of the passage toward the current inflation measurement system?

- A. Neutral and data-centric
- B. Critical and urging reform
- C. Optimistic and congratulatory
- D. Apathetic and unconcerned
- E. Satirical and humorous



THE



HINDU EDITORIAL ANALYSIS

LIVE

1. C
2. B
3. C
4. C
5. D
6. C
7. B



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WOW

VO CAB

ROOT WORDS

**DAY
02**

• LIVE AT 11:00 PM





SBI & IBPS PO 2025



MOCK DRILL

ENGLISH | 11 AM

DAY-10

