



 *Mahendra's*

THE HINDU

Editorial Analysis

Grammar

Reading Skills

Vocab

Spoken English

BANK / SSC / UPSC / STATE EXAMS

LIVE  **8:00 AM**

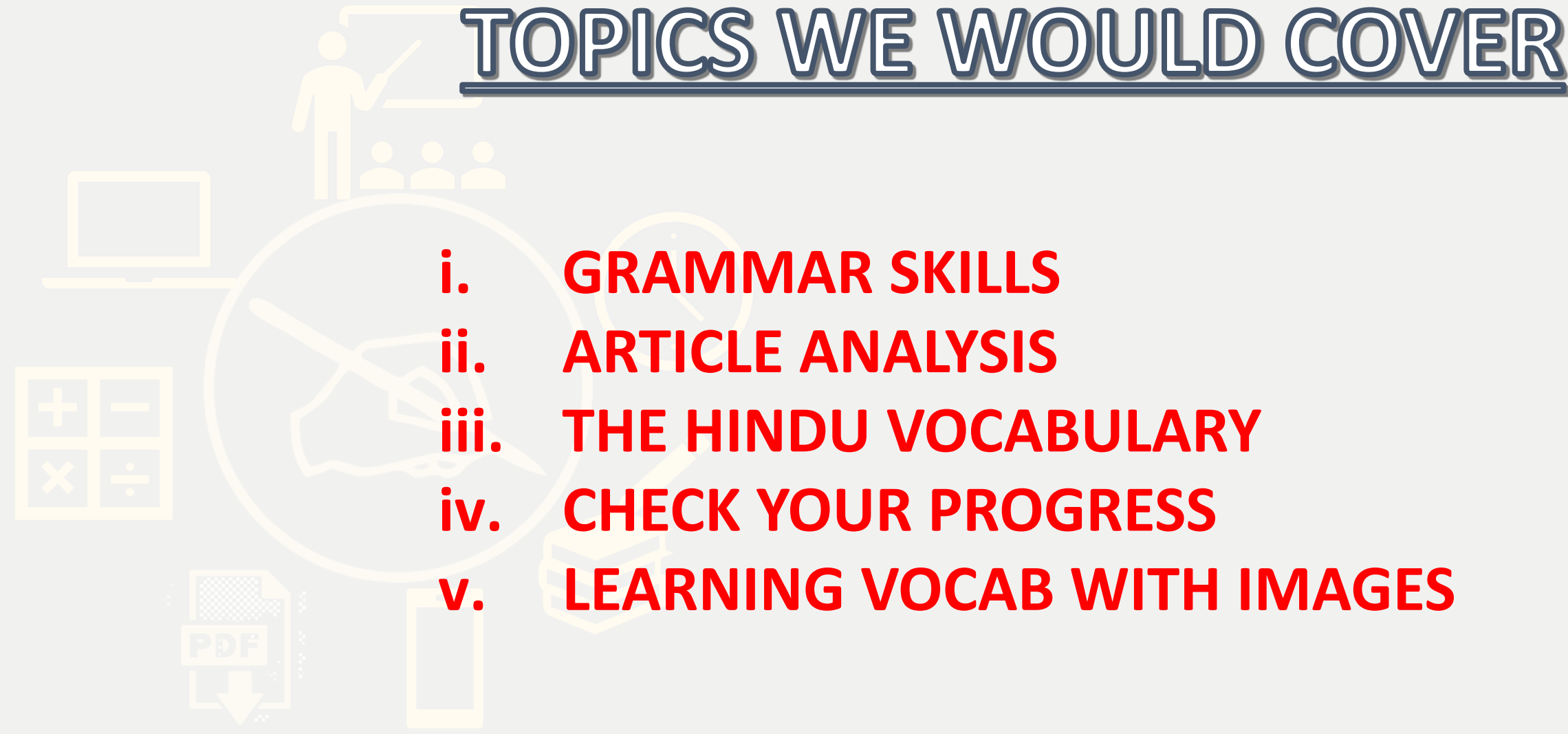
09 May 2022



True strength is when
you have a lot to
cry about, but you
choose to smile and
take another step
forward instead.



TOPICS WE WOULD COVER

- 
- i. GRAMMAR SKILLS**
 - ii. ARTICLE ANALYSIS**
 - iii. THE HINDU VOCABULARY**
 - iv. CHECK YOUR PROGRESS**
 - v. LEARNING VOCAB WITH IMAGES**

GRAMMAR SKILLS

ARE
YOU
READY??

GRAMMAR SKILL - 1

When comparison is made by means of a comparative, the thing compared should be excluded from the class of things with which it is compared by using 'other' or some such word.

(a) He is cleverer than any boy in the class.

(b) She is taller than any student in the school.



GRAMMAR SKILL - 2

When comparison is made by means of a superlative, the thing compared should include the class of things with which it is compared.



A. He is the strongest of all other men.

B. Sheela is the wisest of all other girls.



SO IT'S TIME

Let's start



ARTICLE

Food labelling

What is the debate around the nutritional information packaging that the FSSAI has mooted?



ARTICLE

The story so far: The Food Safety and Standards Authority of India (FSSAI) is expected to issue a draft **regulation** for labels on front of food packets that will inform consumers if a product is high in salt, sugar and fat. It is expected to **propose** a system under which stars will be assigned to a product, which has earned the **ire** of public health experts and consumer organisations who say it will be **misleading** and **ineffective**. Health experts are demanding that the FSSAI instead **recommend** the “**warning** label” system which has proven to have **altered** consumer behaviour.

ARTICLE

Why do we need front-of-package labelling?

■ In the past three decades, the country's **disease** patterns have **shifted**. While **mortality** due to **communicable, maternal, neonatal**, and nutritional diseases has **declined** and India's population is living longer, non-communicable diseases (NCDs) and injuries are increasingly contributing to the overall disease burden. In 2016, NCDs accounted for 55% of **premature death** and **disability** in the country. Indians also have a **disposition** for excessive fat around the stomach and **abdomen** which leads to increased risk of **cardiovascular disease** and type 2 diabetes. According to the National Family Health Survey-5 (2019-2021), 47.7% of men and 56.7% of women have high risk **waist-to-hip** ratio. An increased consumption of packaged and junk food has also led to a double burden of **undernutrition** and overnutrition among children.

ARTICLE



Over half of the children and **adolescents**, whether under-nourished or with normal weight, are at risk of cardiovascular diseases, according to an analysis by the **Comprehensive** National Nutrition Survey in India (2016-2018). Reducing sugar, salt, and fat is among the best ways to prevent and control non-communicable diseases. While the FSSAI requires mandatory **disclosure** of nutrition information on food packets, this is located on the back of a packet and is difficult to **interpret**.



THE HINDU
VOCABULARY

The Hindu Vocabulary

ASSUAGE (VERB): (राहत देना):

relieve

Synonyms: ease, alleviate

Antonyms: aggravate

The Hindu Vocabulary

DISMAY (NOUN): (त्रस्त करना):

appall

Synonyms: horrify, shock

Antonyms: encourage

The Hindu Vocabulary

HAIL (VERB): (प्रशंसा करना):

acclaim

Synonyms: praise, applaud

Antonyms: criticize

The Hindu Vocabulary

JUBILATION (NOUN): (खुशी):

joy

Synonyms: triumph, exultation

Antonyms: despondency

LET'S CHECK YOUR PROGRESS

ARE
YOU
READY??





Time for IDIOMS

1. You cannot have your cake and eat it too.

A. Enjoy forever

B. Have it both ways

C. Run away from responsibility

D. Absolve yourself of guilt

0:20

Answer: Option C

2. The rebels **held out** for about a month

- A. waited
- B. retreated
- C. bargained
- D. resisted



0:20

Answer: Option D

3. The new economic policy is likely to
run into rough weather.

- A. create problems
- B. encounter difficulties
- C. confuse matters
- D. makes things difficult

Answer: Option B

0:20

4. The old father brought home the moral of unity by asking each of his sons to break the bundle of sticks

- A. emphasised
- B. voiced
- C. declared
- D. suggested

**0:20**

Answer: Option A

5. If you give John all your money, you are likely to burn your fingers.

A. be unhappy

B. be happy

C. suffer

D. be ill



0:20

Answer: Option C

6. I am sure they will fight tooth and
nail for their rights.

- A. with all their might
- B. without any other weapon
- C. resorting to violence
- D. very cowardly

Answer: Option A



0:20

7. We were in hurry. The road being zigzag we had to **cut off a corner** to reach in time.

- A. To cut a portion of the road
- B. To take a short cut
- C. To go fast
- D. To take an alternative route



0:20

Answer: Option B



Time for SYNONYMS

8. STRINGENT

- A. Dry**
- B. Strained**
- C. Rigorous**
- D. Shrill**

0:20**Answer: Option c**

9. **ATTEMPT**

A. Serve

B. Explore

C. Try

D. Explain



0:20

Answer: Option C

10. **RECKLESS**

A. Courageous

B. Rash

C. Bold

D. Daring



0:20

Answer: Option B

LEARNING VOCAB WITH IMAGES

ARE
YOU
READY??



Multifarious



Definition of many different kinds; having great variety



Hamper



Definition to prevent someone from easily doing or achieving something

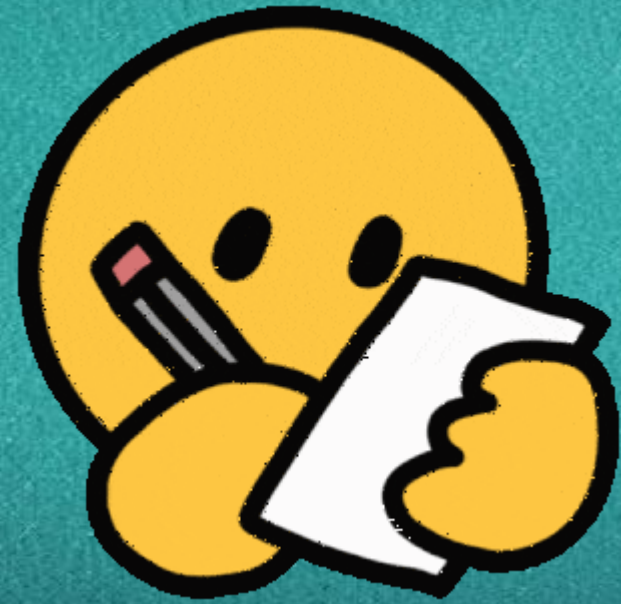
Mar



Definition to damage or spoil something good

Usage His face was marred by an old knife wound.

Homework



Home Work

The recent film "Secular India" has tried to keep the pot boiling of Muslim women's Bill

- A. Earning enough to keep body and soul together**
- B. Keep a controversy alive**
- C. Boil the bill**
- D. Boil something in a pot**

Home Work Answer

Some people now wonder whether we just pay lip-service or genuinely subscribe to democracy.

- A. pay oral tribute
- B. attach no value
- C. remain indifferent
- D. show only outward respect

