



 *Mahendra's*

THE HINDU

Editorial Analysis

Grammar

Reading Skills

Vocab

Spoken English

BANK / SSC / UPSC / STATE EXAMS

LIVE  **8:00 AM**

21 Feb 2022



Life is 10% what happens to you and 90% how you react to it.

- Charles R. Swindoll

TOPICS WE WOULD COVER

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

GRAMMAR SKILLS

ARE
YOU
READY??



GRAMMAR SKILL - 1

'Much' is used before past participles and Adjectives or Adverbs of comparative degree. 'Very' is used before the present participles and Adjectives and Adverbs of positive degree

(a) The news is much surprising.

**(b) I was very surprised at hearing the
news**



GRAMMAR SKILL - 2

Ago is always used with Past Indefinite Tense. So, if ago is used in a sentence, that sentence must be in the Past Indefinite Tense

A. He has come a month ago.

B. I have met you 2 years ago.



SO IT'S TIME

Let's start



ARTICLE

Eating right

How are police station canteens in New Delhi introducing healthy meals? What prompted the change?



ARTICLE

The story so far: In a first-of-its-kind **initiative**, four police stations in the national capital's New Delhi district have been designated as 'Eat Right Campus' by the **Food Safety and Standards Authority** of India (FSSAI) for providing **nutritious** and wholesome meals daily to police personnel at their canteens and mess. The four police stations, the first in the country which have met the **benchmark** for FSSAI's five-star category certificate, are Barakhamba Road Police Station, Tilak Marg Police Station, Connaught Place Police Station and Mandir Marg Police Station. The scheme is already in place since 2017 in several government institutions including colleges and hostels.

ARTICLE **What is the initiative?**

Eat Right India is a **flagship** mission of FSSAI, a statutory body under the Ministry of Health and Family Welfare (MoHFW). The mission **aims at** ensuring that citizens of the country are provided nutritious meals which help in **reducing** the burden of various lifestyle-related diseases. Delhi government's Department of Food Safety, which is the **implementing** body of the initiative in the capital, has launched a programme called 'Sehatmand Delhi' under which places that can be designated as 'Eat Right Campus' are identified. The initiative works on three principles, i.e., to **ensure** that the food being served to officers, jawans, visitors and staff is safe to **consume** and in **compliance with** the Food Safety and Standards (FSS) Act, 2006. Secondly, it aims at promoting **balanced** meals and **eliminating** trans-fats or "bad fat" found in industrial food products, which has a negative health impact.

ARTICLE

In addition, it also ensures **reduction** in consumption of salt and sugar that increases the risk of **cardiovascular diseases**. The programme also aims at promoting local and seasonal vegetables and reducing the use of chemicals. In order to receive the 'Eat Right Campus' certificate, the programme **mandates** a preliminary **audit** of the campus and identifying any gaps in cooking and **hygiene**. **Subsequently**, a final audit by a third party is conducted before a certificate, which has a validity of two years, is **handed out**. Regular inspections will be carried out by the Food Safety Department or audit agencies in the two years to keep a check on the food quality, until the certification is renewed.



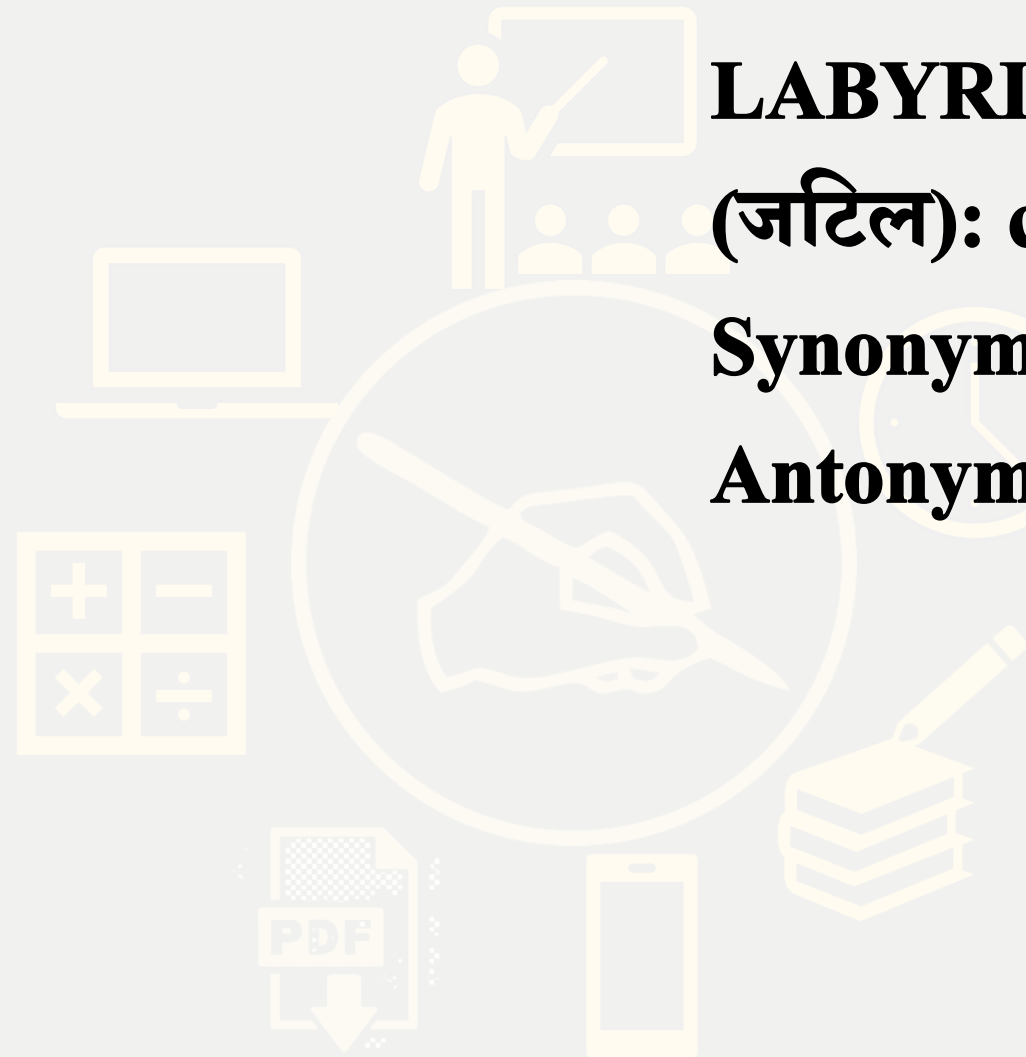
THE HINDU
VOCABULARY

LABYRINTHINE (ADJECTIVE):

(जटिल): complicated

Synonyms: intricate, complex

Antonyms: straightforward





AMENABLE

(ADJECTIVE):

(आज्ञाकारी): compliant

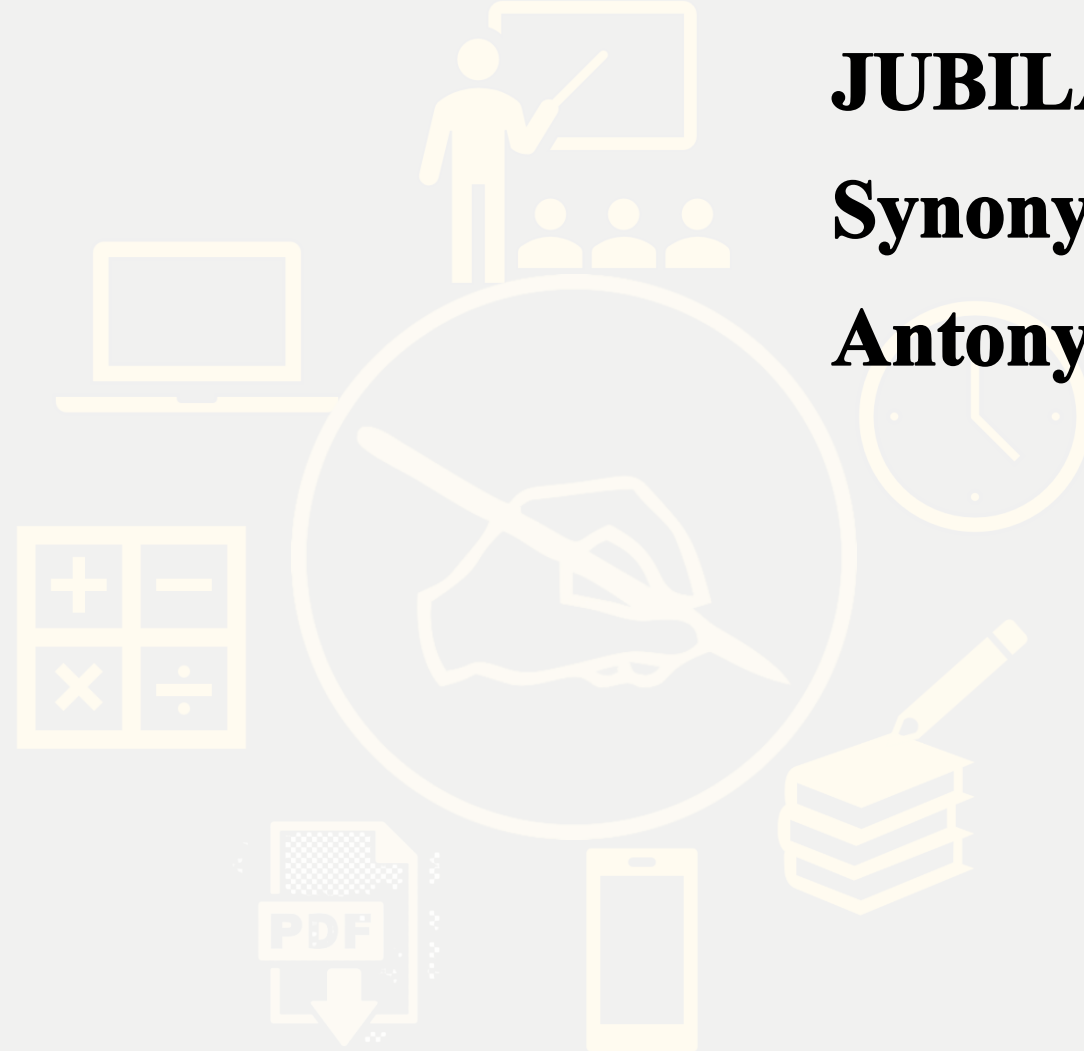
Synonyms: acquiescent, biddable

Antonyms: uncooperative

JUBILATION (NOUN): (आनंद): joy

Synonyms: exultation, triumph

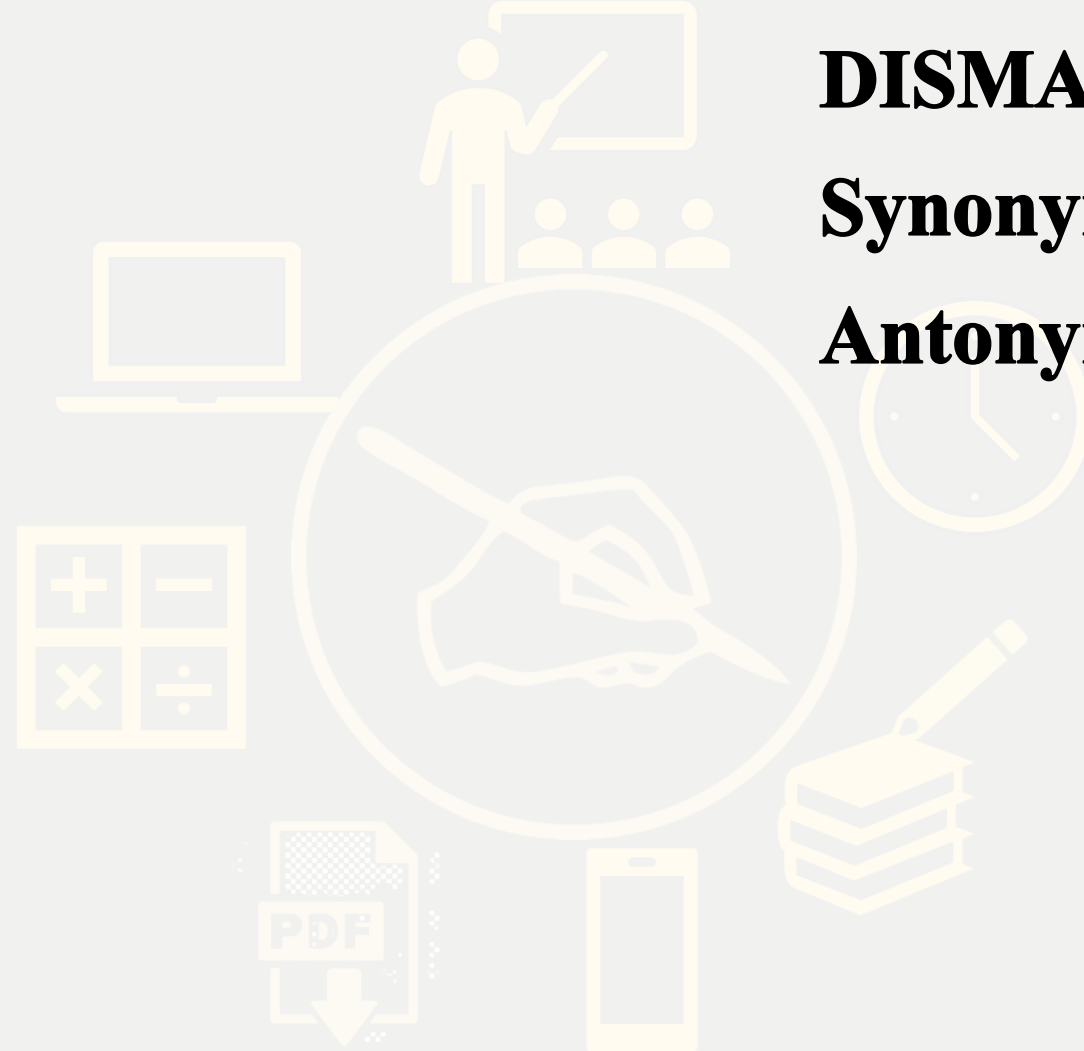
Antonyms: despondency



DISMAY (NOUN): (अचरज): alarm

Synonyms: shock, surprise

Antonyms: pleasure



LEARNING VOCAB WITH IMAGES

ARE
YOU
READY??

Repressed



Definition : having emotions or desires that are not allowed to be expressed | not expressed openly

Sedentary



Definition: in which you spend a lot of time sitting down | that stay and live in the same place or area

Supercilious



Definition: behaving toward other people as if you think you are better than they are

LET'S CHECK YOUR PROGRESS

ARE
YOU
READY??



Time for SYNONYMS



1. Choose the one which best expresses the meaning of the given word.

Fetch

A. Order

B. Bring

C. Scoop

D. Take

00:20

B. Bring

2. Choose the one which best expresses the meaning of the given word.

Ecstasy

A. Economy

B. Eclipse

C. Joy

D. Extremism

00:20

C. Joy

3. Choose the one which best expresses the meaning of the given word.

Clandestine

A. Family

B. Useful

C. Dangerous

D. Secret

00:20

D. Secret

Time for ANTONYMS



4. Choose the one which is most opposite in meaning to the given word.

Stationary

- A. Slowing**
- B. Standing**
- C. Moving**
- D. Writing**



00:20

C. Moving

5. Choose the one which is most opposite in meaning to the given word.

Doleful

A. Mournful

B. Cheerful

C. Deceitful

D. Beautiful



00:20

B. Cheerful

Time for Idioms & Phrases



6. Rank and file

- A. Punishment
- B. Common Man
- C. High status man
- D. Bold man



00:20

B) Common Man

7. Red rag to a bull

A. To appreciate

B. To solve the issue

C. Anything that makes you
happy

D. Anything that provokes

**D) Anything that
provokes**



00:20

8. Red tapism

- A. Official delay**
- B. Associated with a brand**
- C. Make someone angry**
- D. Extreme love**



00:20

Answer: Option A

9. Red herring

- A. Something to make you concentrate
- B. Something to distract attention
- C. Something to appease you
- D. Something to help you



00:20

Answer: Option B

10. Stand in good stead

- A. To be on a good Rank**
- B. Member of high society**
- C. Honest**
- D. To be helpful in need**



00:20

Answer: Option D

Homework



Home Work

Choose the one which is most opposite in meaning to the given word.

Aggressive

A. Dull

B. Peaceful

C. Doleful

D. Inactive

Home Work Answer

Choose nearest

maning of **TAINT**

A.Soil

B.Stain

C.Dirty

D.Corrupt

