

IMPORTANT DEFINITIONS

1. **pandemic** (noun) — the worldwide spread of a new disease. The illness spreads around the world and typically affects a large number of people across a wide area.
2. **endosulfan poisoning** (noun) — a pesticide used for more than 20 years by the Plantation Corporation of Kerala (PCK) since 1978. The purpose was simple: To get a high yield from cashew plantations spread over thousands of acres of fertile land across the coastal district, Kasargod (Kerala). The result: Thousands of victims suffering from various illnesses, including cancer, asthma, mental retardation, allergy, early onset of menstruation or delayed sexual maturity and impotency among others. Almost all children born during the ‘endosulfan period’ are suffering from one or another disability.
3. **quarantine** (noun) — a process of separating out people, animals and things (such as plants) from others for a period of time in order to control/restrict the spread of a contagious disease. Quarantine is imposed to separate and restrict the movement of persons, who may have been exposed to infectious disease, but not yet known to be ill.
4. **screening** (noun) — examination, testing (of a group of people for the symptoms of a disease). The process of identifying healthy people who may be at increased risk of disease or condition.
5. **social distancing** (noun) — a term means actively avoiding crowded public places, is a key element in decreasing the rapid spread of COVID-19. This is an effort intended to limit exposure by reducing face-to-face contact and preventing spread among people in community settings.
6. **personal protective equipment** (PPE) (noun) — safety gear; protective clothing, helmets, masks or other garments or equipment designed to protect the wearer’s body from injury/disease.
7. **bubonic plague** (noun) — an infectious disease transmitted to humans from infected rodents (rats); patients develop sudden onset of fever, headache, chills, and weakness and one or more swollen, tender and painful lymph nodes (called buboes).
8. **containment** (noun) — an act of keeping something (harmful) under control (it means quickly identifying cases of coronavirus through testing, placing infected individuals in isolation, tracking who infected persons might have been in contact with and potentially quarantining those who came into contact with an infection so that the disease doesn’t continue to spread).
9. **swine flu** (noun) — H1N1 flu; Swine influenza/flu is a highly -contagious disease caused by a strain (type) of the influenza type A virus called H1N1. Swine flu used to only affect pigs and rarely, be passed to humans.
10. **standard operating procedure** (SOP) (noun) — a detailed, written document consisting of step-by-step information on routine activities necessary to complete tasks in accordance with specific regulations or standards.
11. **war-room** (noun) — a place (such as a business headquarters) where all the vital information are gathered and brainstormed with all the key people involved in it (to solve a difficult problem).
12. **immunisation** (noun) — the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. Vaccines stimulate the body’s own immune system to protect the person against subsequent infection or disease.
13. **grey/watch list** (noun) — a list of countries on observation due to their “strategic deficiencies” in countering terror-financing and money-laundering. The countries put on grey/watch list by the Financial Action Task Force (FATF) will be subjected to direct monitoring and intense scrutiny by the International Co-operation Review Group (ICRG) on terror financing.
14. **tokenism** (noun) — the practice or policy of making symbolic efforts to impress (minority) people and the people to think that the organisation is dealing with problems fairly but actually it is not.
15. **lockdown** (noun) — an emergency protocol implemented by the authorities that prevents people from leaving from a place; An extended state of confinement/encirclement/isolation of a person by the authority.

16. **ration** (noun) — the practice of having a fixed allowance of food, esp a statutory one for civilians (particularly in a time of scarcity or soldiers in time of war) allowance, allocation, allotment.
17. **Public Distribution System** (PDS) (noun) — The Public Distribution System (PDS) in the country facilitates the supply of food grains and the distribution of essential commodities to a large number of poor people through a network of Fair Price Shops at a subsidized price on a recurring basis.
18. **rabi crops/sowing** (noun) — winter crops; seeds sowing in the beginning (Nov) of the winter and harvesting at the end of the season (Apr) in South Asia.
19. **kharif crops** (noun) — monsoon crops; seeds sowing in the beginning (Jun) of the monsoon and harvesting at the end of the season (Oct) in South Asia.
20. **demand-constrained** (adjective) — relating to a system of the economy where the level of output and employment is limited by the amount of overall demand (or spending) on its products. It is also characterized by the existence of unemployment, unutilized capacity, and unsold stocks of raw materials.
21. **multiplier effect** (noun) — the proportional amount of increase in final income (particularly of the government) that results from an injection of spending; it occurs when an initial injection (investment/spending) into the economy causes a bigger final increase in national income.
22. **foreign exchange reserve or forex** (noun) — Foreign exchange. Forex (exchange) reserves are the amounts of assets /money in foreign currencies that a country has in its central bank (in India, it is Reserve bank of India).
23. **trade-off** (noun) — a situation in which you must choose between (balance) two things that are opposite or cannot be had at the same time; a compromise; swap, exchange.
24. **checks and balances** (plural noun) — a system in which all departments of a government organization have the right to amend/limit the powers of the other departments in order to avoid the dominance of one department.
25. **taboo** (noun) — a prohibition of social actions based on religious, social, cultural (false) beliefs that performing such actions is either too scared or too dangerous for the human race; prohibition, ban, non-acceptance.
26. **sanctions** (noun) — action taken, or an order given to force a country to obey international laws by limiting or stopping trade with that country by not allowing economic aid for that country etc.
27. **unorganised workforce** (noun) — workers, labour force in an unorganized sector (an (unregistered) economic activity that is neither taxed nor monitored by a government. As per the International Labor Organization, over 80 percent of the Indian economy is in the unorganized/informal sector).
28. **food deficit** (noun) — shortage of required food; depth of hunger; Food deficit is measured by comparing the average amount of dietary energy that undernourished people get from the foods they eat with the minimum amount of dietary energy they need to maintain body weight and undertake light activity.
29. **Member of Parliament Local Area Development Scheme** (MPLADS) — it was introduced by the Government of India in December 1993. The objective is to enable the Members of Parliament (MP) to suggest and get executed developmental works of capital nature based on locally felt needs with an emphasis on the creation of durable assets.
30. **Consolidated Fund of India** (noun) — All revenues received by the Government by way of taxes like Income Tax, Central Excise, Customs and other receipts flowing to the Government in connection with the conduct of Government business 1.e. Non-Tax Revenues are credited into the Consolidated Fund constituted under Article 266 (1) of the Constitution of India. Similarly, all loans raised by the Government by the issue of Public notifications, treasury bills (internal debt) and loans obtained from foreign governments and international institutions (external debt) are credited into this fund. All expenditure of the government is incurred from this fund and no amount can be withdrawn from the Fund without authorization from the Parliament.

31. **the Theatre of the Absurd** (phrase) — a form of drama that focuses largely on the idea of existentialism (a theory that emphasizes the existence of the individual person) and expresses what happens when human existence has no meaning or purpose and therefore all communication breaks down. The term “Theatre of the Absurd’ is applied to a number of dramatic works which share the view that the human condition is essentially absurd (meaningless/pointless) by which is meant a lack of meaning in life. It highlighted the meaninglessness and irrationality of human existence.
32. **Laboratories of democracy** (noun) — a phrase popularized by U.S. Supreme Court Justice Louis Brandeis to describe how a “state may, if its citizens choose, serve as a laboratory. If the process is working right, the best overall policies will gradually become the law of the land. Over time, policies will also gradually become more centralized. This phrase is in connection with federalism — the Brandeisian idea that state and local governments can “test” new ideas without doing any harm to the rest of the country.
33. **public finance management system** (PFMS) (noun) — earlier known as Central Plan Schemes Monitoring System (CPSMS). A comprehensive payment, receipt & accounting network. The primary objective of PFMS is to facilitate sound Public Financial Management System for the Government of India (GoI) by establishing an efficient fund flow system as well as a payment cum accounting network. It is the backbone for Direct Benefit Transfer (DBT) to ensure timely credit of funds to citizens in a transparent manner.
34. **money bill** (noun) — The Bill deals with issues such as receipt and spending of money, such as tax laws, laws governing borrowing and expenditure of the government, prevention of black money, etc. Under India’s constitutional design, money bill requires only the Lok Sabha’s affirmation/ approval (bypassing Rajya Sabha’s affirmation/approval) only for it to turn into law.
35. **primary** (noun) — (in the US) an election in which members of the same political party run against each other for the chance to be in a larger and more important election, especially presidential election.
36. **caucus** (noun) — (in the US) a party-organized gathering of members to discuss their presidential preferences, elect local party leadership and discuss issues that make up the party’s platform. A closed meeting of supporters or members of a specific political party or movement. It is also defined as hours-long voting meeting run by a political party.
37. **presumptive nominee** (noun) — In United States presidential elections, the presumptive nominee is a presidential candidate who is assumed to be their party’s nominee, but has not yet been formally nominated or elected by their political party at the party’s nominating convention.
38. **single-payer healthcare** (noun) — a healthcare system in which the government (financed by taxes) covers health care costs for all residents regardless of income, occupation, or health status.
39. **democratic socialist** (noun) — a person who believes in the idea that both the economy and society should be run democratically-to meet public needs, not to make profits for a few. (democratic socialism is a call for the democratically-elected (government) to use the public sector to promote greater equality and opportunity).
40. **the Cold War** (noun) — The Cold War was a state of political and military tension after World War II between powers in the Western Bloc (the United States and a group of countries) and powers in the Eastern Bloc (the Soviet Union and a group of countries).
41. **economic justice** (noun) — it is defined as “a set of moral principles for building economic institutions, the ultimate goal of which is to create an opportunity for each person to create a sufficient material foundation upon which to have a dignified, productive, and creative life beyond economics”.

42. **social inequality** (noun) — it occurs when resources in a given society are distributed unevenly. Inequality is simply defined as “the state of not being equal, especially in status, rights and opportunities.
43. **input-output (IO) model/analysis** (noun) — a form of quantitative, macroeconomic model or analysis based on the inter-dependencies between economic sectors or industries. These models provide detailed sector-wise information of output and consumption in different sectors of the economy and their inter-linkages, along with the sum total of wages, profits, savings, and expenditures in each sector and by each section of final consumers (households, government, etc.).
44. **debt relief** (noun) — measures to reduce debt as a means to make it easier for the borrower to repay it. (debt= money owed to others, arrears, bill, financial obligation, liability, outstanding payment).
45. **stimulus package** (noun) — an attempt by the government to boost economic growth and save their country from a financial crisis by involving tax cuts, lowering interest rates and increasing government spending.
46. **green economy** (noun) — A green economy is one that results in improved human well-being and social equity, while significantly reducing environmental risks and ecological scarcities.
47. **Comprehensive Economic Relief Package** (noun) —a comprehensive package should have simultaneous reliefs across different realms (area of activity), for instance, tax compliance, relief for poor, RBI monetary policy interventions, and relief for middle class in terms of EMI, internet rate subvention and most importantly an increase in investment in health infrastructure.
48. **non-banking financial company (NBFC)** (noun)—a company incorporated under the Companies Act 2013 or 1956, which is engaged in the business of loans and advances, acquisition of stocks, equities, debt, etc. issued by the government or any local authority. The main objective of this type of a company is to accept deposits under any scheme or manner.
49. **credit guarantee fund** (noun) — a type of fund (by the government) which backs up the loan taken by the beneficiaries as a form of collateral (pledged as security/guarantee).
50. **bankruptcy** (noun) — legal state of insolvency. An individual or organisation is declared bankrupt if a court judges that the party involved can no longer meet debt payments to creditors. it is defined as the outcome of a legal procedure.
51. **insolvency** (noun) — a condition in which the financial difficulties of an individual or organisation are such it is unable to pay its debts.
52. **community transmission** (noun) — community spread/transmission means spread of an illness/disease for which the source of infection is unknown. An infected person has no travel history to an affected area and no known contact with a person previously diagnosed with a particular disease. It is possible the patient is exposed to a returning traveller who is infected.
53. **local transmission** (cluster) (noun) — local spread/transmission means spread of an illness/disease for which the source of infection is known. An infected person has travel history to an affected area. We could able to identify and trace individual cases, and ring-fence a Cluster (of them) to prevent the spread of infection.
54. **universal health care (UHC)** (noun) — it refers to a health care system that provides health care and financial protection to all citizens of a particular country. It also means that all individuals and communities receive the health services they need without suffering financial hardship.
55. **sentinel surveillance** (noun) — a sentinel surveillance system is used when high-quality data are needed about a particular disease. A sentinel system deliberately involves only a limited network of carefully selected reporting sites with good laboratory facilities and experienced well-qualified staff, to identify and notify on certain diseases. Because sentinel surveillance is expensive and time-taking, conducted only in selected locations, however, it may not be as effective for detecting rare diseases or diseases that occur outside the catchment areas of the sentinel sites.

56. **severe acute respiratory infection (SARI)** (noun) — SARI cases are identified with the most common symptoms fever, cough, and breathing difficulty. For SARI patients, clinical outcomes are associated with disease severity, including hospitalization in an ICU and artificial ventilation.
57. **severe acute respiratory syndrome (SARS)** (noun) — SARS coronavirus (SARS-CoV) is thought to be an animal virus from an as-yet-uncertain animal reservoir, perhaps bats, that spread to other animals (civet cats). It is a viral (human-to-human transmission) that can cause severe respiratory illness or death.
58. **antibody-based testing (noun)** — a testing method developed with rapid and easy-to-use devices to facilitate testing outside of laboratory settings. These simple test kits are based either on the detection of proteins from the COVID-19 virus in respiratory samples (e.g. sputum, throat swab) or detection, in blood or serum, of human antibodies generated in response to infection.
59. **syndromic surveillance** (noun) — syndromic surveillance is inexpensive and is faster than systems (sentinel) that require laboratory confirmation. It is an active or passive system that are based entirely on clinical features without any laboratory diagnosis (for example, collecting the number of cases of Influenza (flu) with common symptoms like fever, cold, cough rather than cases of confirmed COVID-19).

IDIOMS & PHRASES

1. **at first blush** — at the first glimpse (glance, brief look, sight).
2. **redound to one's credit** — used to say that someone deserves praise for having done something.
3. **at will** — as one wishes, at one's pleasure, at one's discretion.
4. **step into someone's shoes** — take control of a task/job from another person.
5. **in the wake of** — as a result of, in the aftermath of, as a consequence of.
6. **by itself** — alone, unaided.
7. **over the course of** — when something is happening; during the process of.
8. **in the throes of** — struggling with, grappling with, in the middle of. a
9. **by and large** — generally, altogether, all things considered.
10. **on the ground** — in a situation/place where things are happening really/practically.
11. **to that/this end** — for that reason.
12. **time and again** — frequently, often, repeatedly.
13. **so much so that** — to such a great degree/extent.
14. **on an even keel** — staying stable and normal (after a period of difficulty).
15. **at best** — simply, merely, only.
16. **far from** — not, not at all, nowhere near.
17. **in time of need** — at a time when help is really needed (for someone),
18. **see the light** — understand, comprehend, realize.
19. **till recently** — up to an unspecified point in the past not long before now.
20. **over the counter** — by a normal retail sale (without a prescription demanded).
21. **in all likelihood** — most likely, in all probability, no doubt.
22. **in the short time** — In the near future.
23. **come as no surprise** — as expected.
24. **stage a comeback** — achieve success after failure.
25. **bring to the forefront** — to make something noticeable.
26. **primum non nocere** — a Latin phrase that means "first, do no harm". (It is the Latin translation from the original Greek. It is attributed to the ancient Greek physician Hippocrates).
27. **in equal measure** — to an equal extent/degree; equally, as much.
28. **at the cost of** — by sacrificing/losing/giving up something; at the expense of.

29. **at the turn of** — during the period between the end of one century and the beginning of the next.
30. **pay attention** — listen/heed, attend, concentrate on.
31. **at hand** — nearby, close by, around the corner; imminent, approaching, about to happen.
32. **run its course** — come to an end, fade away, finish, draw to a close.
33. **the way forward** — something (a plan/action) that leads to success in the future.
34. **take into account** — consider, bear in mind, take account of.
35. **going forward** — in the future.
36. **ahead of the curve** — above average; performing well, be better than (of its kind).
37. **thus far** — until now.
38. **so far** — until now, up to the present, up to this point.
39. **in force** — in effect, in action, operational, effective.
40. **to be sure** — used to highlight something.
41. **on the brink of** — on the edge/verge of difficult/dangerous situation; at a crucial or critical point.
42. **far removed from** — to be very different from something.
43. **in the midst of** — in the middle of.
44. **case in point** — example, instance, sample.
45. **round the clock** — all day and all night (without stopping).
46. **in no time** — very fast/quickly.
47. **rise to the challenge** — to deal with/respond to a difficult situation successfully.
48. **from pillar to post** - from place to place, back and front, in all directions.
49. **at/in the forefront** — be in a leading position in an important activity that is trying to achieve something.
50. **round the corner** — about to happen; coming soon; close by, close at hand.
51. **no exception** — as usual, the same as, to be similar.
52. **take the view** — to have an opinion.
53. **point of view** — perspective, viewpoint, standpoint, opinion.
54. **at one's best** — on top form, in great shape; peak, prime.
55. **as much** — virtually the same.
56. **in/by contrast (to)** — in opposition to, be very different from.
57. **in principle** — in general, in essence.
58. **back home** — in one's country/hometown.
59. **for the time being** — for now, for the moment, for the present.
60. **matter of concern** — something which causes worry.
61. **at present** — at the moment, (just) now, at this time.
62. **as long as** — given that; when/while.
63. **all along** — from the beginning, all the time.
64. **in short** — briefly, in essence, in sum.
65. **to a great extent** — in a substantial way; largely.
66. **on account of** — because of, owing to/due to, by virtue of.
67. **last long** — to exist for a significant amount of time.
68. **take advantage of** — make use of, utilize, capitalize on, benefit from.
69. **take a fall** — incur/accept blame.
70. **mind the gap** — warning/instruction given (particularly to alert commuter to be aware of the space between the metro train and the platform).
71. **as far as** — to the degree/extent that.
72. **until Recently** — up to an unspecified point in the past not long before now.
73. **at/on last count** — at the time when something was last counted.

74. **add fuel to the fire** — to make a bad situation worse. Increase, magnify, amplify, intensify, heighten (a situation).
75. **gather strength** — make an effort to prepare oneself to do something.
76. **oil the wheels** — to make things happen smoothly.
77. **first among equals** — a person or position that is formally equivalent to others in a group, but is superior to others in some aspects.
78. **in dire straits** — in a very bad or difficult situation.
79. **across the board** — applying or affecting all.
80. **put in place** — initiate, usher in, bring in.
81. **bring something to its knees** — to destroy something and bring it to the worst condition.
82. **apply one's mind** — to give full attention to; to think hard about something.
83. **for starters** — first of all, to start with.
84. **in addition** — as well as, additionally, moreover.
85. **at worst** — considering someone/something under the most unfortunate or negative way possible.
86. **(get back) on track** — (get back) to normal; in the right direction; on course, on target, on schedule.
87. **need of the hour** — some need (or requirement or demand) at a particular point of time.
88. **on the edge (of)** — on the brink of, on the verge of a situation; at a crucial or critical point.
89. **put bluntly** — to say something in a direct and truthful manner (which may offend/upset someone).
90. **at the hands of** — as a consequence of actions (suffer, get hurt & be treated badly by someone).
91. **make a difference** — be important, have a significant effect on, to cause a change.
92. **by no means** — not at all, in no way, certainly not.
93. **at the best of times** — in the most advantageous situations.
94. **on the stump** — take part in a campaign for election.
95. **push over the edge** - to make someone feel so unhappy; to make someone feel so unhappy.

PHRASAL VERBS

1. **rely on** - depend on; resort to, bank on.
2. **shut down** - close, discontinue, cease operation, stop.
3. **go after** - to try to catch or stop someone; peruse, chase, hunt down.
4. **let off** - excuse, pardon, forgive, discharge, release.
5. **step up** - increase, intensify, augment, escalate, seal
6. **stand out** - be distinctive, be prominent, be noticed, attract attention, catch the eye.
7. **fall back on** - resort to, turn to, use, employ.
8. **tide over** - sustain, keep someone going, help/assist (someone in difficulty).
9. **hold up** - delay, obstruct, impede, hinder, hamper.
10. **hold on to** - keep, retain, keep possession of, not give away.
11. **bring down** - decrease, reduce, lower, diminish.
12. **lie in** - be present, be contained, exist.
13. **come under** - be subjected to
14. **turn out** - transpire, emerge; happen/occur.
15. **take up** - engaging, participate in, take part in, become involved in.
16. **take on** - confront, face, fight, contend with, battle against.
17. **look upon** - regard as, consider as, view as.
18. **go on to** - continue, proceed, talk (at length).
19. **rest with** - to be the responsibility of someone.

20. **eke out** - to make/manage a living painstakingly.
21. **dispense with** - discard, get rid of, do away with, throw away.
22. **hose down** - dampen, moisten, spray something (disinfectant) with a hose pipe.
23. **set off** - give rise to, cause, trigger, bring about.
24. **do away with** - abolish, eliminate, remove.
25. **come up with** - present, produce, devise, propose.
26. **scale up** - increase.
27. **open up** - make available (to create/start something).
28. **build up** - increase, intensity, multiply, develop.
29. **pull out** - withdraw, leave, get out.
30. **stay away from** - evade, avoid, dodge.
31. **turn into** - transform into; cause to become (a particular kind of thing).
32. **beef up** - improve, build up, strengthen, reinforce consolidate.
33. **work out** - develop, form, initiate/establish.
34. **carry out** - conduct, perform, execute.
35. **look ahead** - to think about what will happen in the future.
36. **take over** - assume control of, take charge of, take command of; acquire, gain, appropriate,
37. **point out** - identify, recognize, draw attention to, mention.
38. **go against** - oppose, be contrary to.
39. **call out** - to speak/say loudly, criticise, draw attention to (someone's bad actions).
40. **strike down** - abolish, annul, nullify (a law or regulation).
41. **lock (oneself) up** - confine, secure, protect oneself (by staying inside one's own home/room).
42. **lay bare** - reveal, expose, disclose.
43. **lay out** - outline, draw up, formulate.
44. **take away** - remove, appropriate, take out.
45. **run out** - be used up, be exhausted, be finished.
46. **ramp up** - increase.
47. **narrow down** - reduce, lessen, decrease.
48. **run on** -continue, go on, carry on, keep going (without stopping).
49. **lift up** - raise, elevate, boost, improve (from a lower level to a higher level).
50. **call for** - require, publicly ask/necessitate, demand.
51. **leave off** - discontinue, give up, discard, eschew/abandon.
52. **pump into** - invest a large sum of money in something.
53. **cut back** - reduce, cut, decrease.
54. **go beyond** - to do more than required/expected.
55. **account for** - represent, constitute, make up, comprise, form.
56. **run against** - oppose, counter, deny.
57. **show up** - appear, come out, turn up.
58. **fire up** - arouse, energize, activate, motivate.
59. **get through** - be successful in, succeed in, come through.