

IMPORTANT DEFINITIONS

- ❖ **Persian Gulf** (noun) – Persian Gulf is also known as Arabian Gulf. It is one of the most critical bodies of water, located in the heart of the Middle East between Iran and the Arabian Peninsula. It is a mediterranean sea in Western Asia. It is considered to be an extension of the Indian Ocean. It connects with the Gulf of Oman and the Arabian Sea through the Strait of Hormuz, which is 30 to 60 miles (48 to 96 kilometers) wide. The lands around it are shared by eight countries (Bahrain, Iran, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, and the United Arab Emirates), all members of the UN.
- ❖ **Baathist** (adjective) – Relating to the Baath Party. (Ba’ath party-Iraq was a political party established in 1951 by Fuad al-Rikabi. Ba’ath (in Arabic) meaning “renaissance” or “resurrection”). Saddam Hussein who, had become the president of the Baath party in 1979, continued to lead this party till 2003).
- ❖ **Iranian Revolution** (noun) – It is a popular uprising/ revolt of the society against the state in 1978–79. The impact of the revolution that saw the ouster of Iran’s Pahlavi dynasty king, Shah Mohammad Reza Pahlavi (who was supported by the United States), and the installment of Ayatollah Ruhollah Khomeini as the supreme leader of the Islamic Republic (supported by various Islamist and leftist organizations and student movements).
- ❖ **Twin Pillar policy/approach** (noun) – U.S. policy to promote Iran and Saudi Arabia as local guardians of U.S. interests in the Persian Gulf region. The policy collapsed suddenly in 1979, when the shah (king) of Iran was overthrown in a revolution that brought to power a republican regime opposed to U.S. influence in the region.
- ❖ **strategic balance** (noun) – it refers to the relative capabilities (economic, military, nuclear, technological) of the two sides to achieve their respective strategic objectives in relation to the other. It is another term for the traditional concept of ‘balance of power’.
- ❖ **Gulf Cooperation Council (GCC)** (noun) – a regional intergovernmental political and economic union consisting of all Arab states of the Persian Gulf except Iraq, namely: Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the United Arab Emirates.
- ❖ **modus vivendi/modi vivendi** (noun) – agreement, deal, understanding, settlement (between two conflicting parties); Modus vivendi is a Latin phrase that literally means “mode of living” or “way of life”.
- ❖ **Arab League** (noun) – The Arab League or the League of Arab States is a regional organization in the Arab world, which is located in Africa and Western Asia. The Arab League was formed in Cairo on 22 March 1945 initially with six members: Egypt, Iraq, Transjordan, Lebanon, Saudi Arabia, and Syria and now it has 22 member states.
- ❖ **foreign exchange remittance** (noun) – money transfers (called remittance) from a foreign worker employed outside the country to family, friends or relatives residing in home countries. In many countries, remittance accounts for a significant portion of a nation’s gross domestic product or GDP.
- ❖ **economic 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.
- ❖ **empanelled hospitals** (noun) – a particular health insurance policy provider’s network hospitals which provide cashless and hassle free hospitalization benefits to the policy holder.
- ❖ **hub-spoke model/approach** (adjective) – It refers to a (good/data) distribution method in which a centralized “hub” exists (& connections are arranged like a wheel). Everything either originates in the hub or is sent to the hub for distribution. From the hub, goods/data travel outward to smaller locations owned by the company, called spokes, for further processing and distribution.
- ❖ **Viability Gap Funding** (noun) – a capital grant from the government that bridges the gap between project cost and the price quoted by the developer.
- ❖ **Line of Actual Control (LAC)** (noun) – the de-facto (effective) border between India and China. The LAC is a 4,057-km border running through three areas-Western (Ladakh, Ladakh (Kashmir)), middle (Uttarakhand, Himachal) and eastern (Sikkim, Arunachal).

- ❖ **Finger area** (noun) – The 134 km of Pangong lake’s northern bank juts/extends out like a palm, and the various protrusions/projections are identified as “fingers” to demarcate territory. While India asserts that the LAC (Line of Actual Control) starts at Finger 8, China claims it starts at Finger 2, which India dominates.
- ❖ **People’s Liberation Army (PLA)** (noun) – People’s Liberation Army (PLA) is the armed forces of the country of China and Communist Party of China (CPC). It is one of the largest military forces in the world.
- ❖ **strategic command** (noun) – the strategic command consists a group of (military intelligence) officers to give national leadership a unified resource for greater understanding of specific threats around the world and the means to respond to those threats rapidly.
- ❖ **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.
- ❖ **whip** (noun) – a member of a political party who is in charge of written notice provide to their members in Parliament to vote (for/against the act/policy). The Whip of a particular political party will provide a written notice (whip) to their members in in Parliament/Legislative Assembly to vote for/against the act/policy.
- ❖ **participatory process** (noun) – Participatory Processes (PP) are specific methods employed to achieve active participation by all members of a group in a decision making process.
- ❖ **SpaceX** (noun) – SpaceX is an American aerospace manufacturer and space transportation services company headquartered in Hawthorne, California. It was founded in 2002 by Elon Musk with the goal of reducing space transportation costs to enable the colonization of Mars.
- ❖ **superpower** (noun) – a nation which is very powerful and possesses military, political or economic might (power) with dominant status on the globe. (like the Soviet Union (erstwhile) or United States of America).
- ❖ **public debt** (noun) – In the Indian context, public debt includes the total liabilities of the Union government that have to be paid from the Consolidated Fund of India. Public debt is the total amount, including total liabilities, borrowed by the government to meet its development budget. It has to be paid from the Consolidated Fund of India.
- ❖ **credit rating agency (CRA)** (noun) – a credit rating agency is an entity which assesses the ability and willingness of the issuer company for timely payment of interest and principal on a debt instrument.
- ❖ **Baa3 credit rating** (noun) – A credit rating used by Moody’s credit agency for long-term bonds and some other investments. A Baa3 rating represents a relatively low-risk bond or investment. However, Baa3 is at the bottom of investment grade bond ratings, being only one grade above junk bond ratings. It is a subdivision of a Baa rating.
- ❖ **junk bonds** (noun) – bonds that are not rated as investment-grade bonds are known as high yield bonds or junk bonds. In finance, a high-yield bond/junk bond is a bond that is rated below investment grade.
- ❖ **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.
- ❖ **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).
- ❖ **advances** (noun) – the funds provided by the banks to the business to fulfill working capital requirement which are to be payable within short period of time (e.g. one year). (Loans refer to a debt provided by a financial institution for a particular period).
- ❖ **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.

- ❖ **insolvency** (noun) – a condition in which the financial difficulties of an individual or organisation are such it is unable to pay its debts.
- ❖ **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.
- ❖ **Treasury bills** (noun) – when the government goes to the financial market to raise money, it does so by issuing two types of debt instruments — treasury bills and government bonds. Treasury bills are issued when the government needs money for a short period. These bills are issued only by the central government, and the interest on them is determined by market forces.
- ❖ **base money** (noun) – it consists of both the total banknotes and coins in circulation and sight deposits held at central banks on behalf of commercial banks. (sight deposits are deposits which can be withdrawn from a bank either without notice, or after a very short notice period).
- ❖ **social/physical 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.
- ❖ **open market operation (OMO)** (noun) – the buying and selling of government securities in the open market by the central Bank in order to increase/decrease the money supply in the market.
- ❖ **sovereign (credit) rating** (noun) – it indicates the risk level of the investing environment of a country and is used by investors when looking to invest in particular jurisdictions, and also takes into account political risk.
- ❖ **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 traveler who is infected.
- ❖ **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.
- ❖ **disease burden** (noun) – the impact of a health problem on a given population, and can be measured using a variety of indicators such as mortality, morbidity or financial cost. It refers to the intensity or severity of a disease and to its possible impact on daily life.
- ❖ **personal protective equipment (PPE)** (noun) – safety gear; protective clothing, helmets, masks, goggles, gloves or other garments or equipment designed to protect the wearer’s body from injury/disease.
- ❖ **prevalence** (noun) – it refers to the number of cases of a disease that are present in a particular population at a given time whereas “incidence” refers to the number of new cases that develop in a given period of time.
- ❖ **coronavirus (CoV)** (noun) – a large family of viruses that cause illness ranging from the common cold to more severe diseases. common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.
- ❖ **the Holocaust** (noun) – It was the World War II genocide of the European Jews. The ideological and systematic state-sponsored prosecution and mass murder of (6) millions of European Jews by the German Nazi regime between 1933 and 1945.
- ❖ **socio-economic (equality)** (noun) – it describes a theoretical circumstance or goal where all people have an equal social (position, rank, or importance) and economic (income, pay, and wealth) status.
- ❖ **stigma** (noun) – shame, disgrace, dishonour, discredit; Stigma occurs when society labels someone as disgraced or less desirable. Stigma involves three elements; a lack of knowledge (ignorance), negative attitudes (prejudice) and people behaving in ways that disadvantage the stigmatised person (discrimination).

- ❖ **nandrolone** (noun) – It is also known as 19-nortestosterone, is an androgen (male hormones) and anabolic (muscle-building steroid (used to increase muscle mass and strength).
- ❖ **G-7 or Group of Seven** (noun) – a multilateral forum made up of the world’s seven largest so-called developed countries: Canada, France, Germany, Italy, Japan, the United Kingdom and the United States. They meet annually to discuss and exchange ideas on a broad range of issues, including global economy, security and energy.
- ❖ **Five Eyes (FVEY)** (noun) – it is the multilateral intelligence-sharing alliance. The “five” in the 5 Eyes refers to the five Anglophone (English-speaking) countries that Australia, Canada, New Zealand, the UK, and the US. These countries are parties to the multilateral UKUSA Agreement, a treaty for joint cooperation in signals intelligence.
- ❖ **purchasing power parity (PPP)** (noun) – it is an economic theory that allows the comparison of the purchasing power of various world currencies to one another. The “PPP exchange rate” is the rate at which the currency of one country would have to be converted into that of another country to buy the same amount of goods and services in each country.
- ❖ **open market** (noun) – In principle, a fully open market is a completely free market in which all economic actors can trade without any external constraint; An economic system of buying and selling that is not under the control of the government, and where people can buy and sell freely.
- ❖ **Daesh/ISIS** (noun) – According to Arabic translator Alice Guthrie, “D.A.E.SH is a transliteration of the Arabic acronym formed of the same words that make up I.S.I.S in English: ‘Islamic State in Iraq and Syria’, or ‘*al-dowla al-islamiyya fii-il-i’raaq wa-ash-shaam*’.” It is a term that most Arab states and many European governments use to refer to the Islamic State or ISIS.
- ❖ **subsidy** (noun) – also called as subvention; a financial contribution granted to help an industry or business, mostly given by a government, in order to keep the price of service/goods at a low level.
- ❖ **Ottoman Empire** (noun) – The Ottoman Empire (1301-1922) was the one of the largest and longest lasting Empires in history. It was an empire inspired and sustained by Islam, and Islamic institutions. It was an Islamic kingdom centered in Turkey.
- ❖ **public health** (noun) – the branch of medicine handling public health; public health is also the science of protecting and improving the health of people and their communities through education, policy making and research for disease and injury prevention.
- ❖ **inequality** (noun) – Inequality is simply defined as “the state of not being equal, especially in status, rights and opportunities; imbalance, unevenness, disproportion, disparity.
- ❖ **Biological Weapons Convention (BWC)** (noun) – the first multilateral disarmament treaty banning the development, production and stockpiling of an entire category of bacteriological (biological) and toxin weapons of mass destruction, was opened for signature on 10 April 1972. The BWC entered into force on 26 March 1975.
- ❖ **recombinant technology** (noun) – it is the laboratory method of genetic recombination (such as molecular cloning) that is used to recombine and produce organisms or genetic materials artificially.
- ❖ **primary health care centre** (noun) – it is a port of call (first place to visit) to a qualified doctor in the public health sector in rural areas providing a range of curative, promotive and preventive health care. There are about 25,650 primary health centres (PHCs) in India, 15,700 (61.2%) function with one doctor each. As many as 1,974 (7.69%) PHCs do not have even a single doctor.
- ❖ **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.
- ❖ **Corps** (noun) – it literally means “army body”; The corps is treated as an operational unit of employment by the Army and can be comprised of 20,000-45,000 soldiers. It is sometimes known as a field corps, which consists of two or more divisions. It is commanded by the Corps Commander, who holds the rank of Lieutenant General. “Corps” was first introduced in France about 1805 by Napoleon as a more flexible tactical grouping of two or more divisions.

- ❖ **reverse brain drain** (noun) – “Reverse Brain drain” is a term commonly used to describe the movement of educated, skilled migrants back to their homelands whereas “Brain drain” is a term commonly used to describe the movement of highly skilled individuals from poor countries to rich countries.
- ❖ **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.
- ❖ **mountain spur** (noun) – a lateral ridge/projection from a hill or mountain. It can also be defined as another hill or mountain range which projects in a lateral (sideways) direction from a main hill or mountain range.
- ❖ **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.
- ❖ **consumerist** (adjective) – pertaining to consumerism; relating to a society in which all of those things are shaped by consumerism. (Consumerism is a social and economic order that encourages an acquisition of goods and services in ever-increasing amounts).
- ❖ **quiet diplomacy** (noun) – it is a way of conduct of international relations (through the interaction of official representatives of governments or groups) to create conditions in which parties feel comfortable to act, in particular allowing parties calmly to evaluate positions and interests, to weigh options and consider independent and impartial advice.
- ❖ **plains** (noun) – plains are large, flat pieces of land with no drastic changes in elevation. Plains can be found at any altitude (height), though they are usually lower than the land surrounding them. Mountains, hills, plateaus, and plains are the four major types of landforms of the Earth.
- ❖ **no-knock warrant** (phrase) – a search warrant authorizing police officers to enter certain premises without first knocking and announcing their presence or purpose prior to entering the premises.
- ❖ **Stand-Your-Ground-Law** (noun) – Stand your ground laws generally state that a person to use deadly force in self-defense in public, even if that force can be safely avoided by retreating.
- ❖ **artefact** (noun) – an artificial product or effect observed in a natural system, especially one introduced by the technology used in scientific investigation or by experimental error.
- ❖ **credit transfer** (noun) – the term used by colleges and universities for the procedure of granting credit to a student for educational experiences or courses undertaken at another institution.
- ❖ **Gross Enrolment Ratio (GER)** (noun) – Gross Enrollment Ratio (GER) or Gross Enrollment Index (GEI) is a statistical measure used in the education sector, and formerly by the UN in its Education Index, to determine the number of students enrolled in school at several different grade levels (like elementary, middle school and high school), and use it to show the ratio of the number of students who live in that country to those who qualify for the particular grade level.
- ❖ **learning curve** (noun) – a visualization (graphical representation of the difficulty estimated in learning a subject over a period of time as well as relative progress throughout the process of learning.
- ❖ **top-down (directionality/order)** (noun) – In the top-down order, the policy or action will be processed from the highest level/rank of a hierarchy and then it will proceed to the lowest level/rank (for final execution).
- ❖ **intellectual midwife** (noun) – a learned person who supports someone while creating/developing something. (midwife is generally a woman who is trained to assist women in childbirth).
- ❖ **right to health** (phrase) – the “right to health” is the economic, social, and cultural right to a universal minimum standard of health to which all individuals are entitled.
- ❖ **right to life** (phrase) – the belief that a being has the right to live and, in particular, should not be killed by another entity including government.
- ❖ **fossil fuel** (noun) – non renewable resources (or fossil fuels such as coal, oil and natural gas are formed from the buried/deposited organic materials).

IDIOMS & PHRASES

- ❖ **leave no stone unturned** – to do every (single) thing possible in order to achieve something; not give up, be persistent, be determined.
- ❖ **the tip of the iceberg** – if something is the tip of the iceberg, it is a small part of a much larger issue. This phrase is being used while talking about a problem.
- ❖ **take to the streets** – (of a crowd) to come together in the streets to display communal harmony in either celebration or opposition.
- ❖ **spread oneself too thin** – to try to get involved in too many tasks at the same time and so fail to give proper time, energy & attention to any (one) of them.
- ❖ **here to stay** – be widely accepted, possibly be permanent, likely be present for a long time.
- ❖ **on the sidelines** – it refers to a meeting/forum occurs at the same time as the scheduled meeting/forum, but is not itself an item on the agenda.
- ❖ **status quo ante** – a Latin phrase meaning “the state of affairs existing before” (or) “the way things were before”.
- ❖ **go against the grain** – contrary to the natural inclination; different from what is normal/natural.
- ❖ **put/place the cart before the horse** – reverse/change the proper order of something.
- ❖ **put one’s best foot forward** – start/begin something with a lot of effort and will power.
- ❖ **get one’s act together** – get better, recover, regain control of oneself, get a grip on oneself.
- ❖ **turn up the heat** – to pressurize; to put pressure on someone/something; tighten the screw.
- ❖ **inspire confidence** – to make someone (people) feel confident.
- ❖ **dig in one’s heels** – oppose, fight against, defy/resist stubbornly.
- ❖ **beyond the pale** – outside the limits of acceptable performance; improper, irregular.
- ❖ **hold someone to account** – to require a person to explain or to accept responsibility for his or her actions; to blame or punish someone for what has occurred.
- ❖ **par for the course** – normal, usual, standard, typical.
- ❖ **a matter of principle** – a situation that demands something to be carried out in a particular method for the reason that one thinks it is the only right method; in principle, on principle, in general, as a rule.
- ❖ **(have) a long way to go** – a lot of work to be done before achieving something.
- ❖ **need of the hour** – some need/ requirement/ demand at a particular point of time.
- ❖ **in retrospect** – looking back, on reflection, in/with hindsight.
- ❖ **put an end to** – stop, terminate, abolish.
- ❖ **in the midst of** – in the middle of.
- ❖ **bear fruit** – yield/get results, succeed, be effective.
- ❖ **open the door** – create opportunities.
- ❖ **with reference to** – with regard to, as regards, with respect to.
- ❖ **matter of concern** – something which causes worry.
- ❖ **on board** – as a member (on to a team).
- ❖ **go a long way** – achieve great success.
- ❖ **under way** – going on, continuing, in progress.
- ❖ **nothing short of** – nothing less than.
- ❖ **on the ground** – in a situation/place where things are happening really/practically.
- ❖ **thus far** – until now, till date.
- ❖ **in any event** – regardless, whatever happens, no matter what, anyhow.
- ❖ **escape to fantasy** – taking an imaginary excursion (trip) to a happier, more hopeful place.
- ❖ **lose sleep over** – to worry about something so much.
- ❖ **have to do with** – be connected with someone/something.
- ❖ **take a beating** – suffer damage.
- ❖ **of late** – recently, lately, in recent times.
- ❖ **as much as** – almost, nearly the same as.
- ❖ **have one’s hands full** – occupied in, engaged in, involved in.
- ❖ **cross the line** – do something unacceptable; to overstep a limit/rule/boundary.
- ❖ **far from** – not, not at all, nowhere near.
- ❖ **wash one’s hands of** – disown, disclaim, reject (responsibility for).
- ❖ **come clean** – tell the truth, be completely honest, tell all about something.

- ❖ **in its entirety** – as a whole, completely, entirely/ totally.
- ❖ **break the back of** – overwhelm, defeat, triumph over.
- ❖ **come to grips with** – deal with, cope with, handle.
- ❖ **in a nutshell** – in short, briefly, in essence.
- ❖ **of its kind** – similar to what has been mentioned/told.
- ❖ **leave alone** – fail to look after, fail to care for, abandon or desert.
- ❖ **never cease to** – do something very frequently.
- ❖ **keep (something) to the minimum** – keep something as small/low as possible.
- ❖ **on display** – (something kept) in a place that is able to be seen by many people.
- ❖ **from time to time** – sometimes, occasionally, irregularly.
- ❖ **walk of life** – a person's class/status/rank within society.
- ❖ **far and wide** – all over, everywhere, worldwide, all around the world.
- ❖ **in order** – in position, in place; set up.
- ❖ **back home** – in one's (own) country/hometown.
- ❖ **in the face of** – when confronted/faced with.
- ❖ **on the part of** – made by, caused by, from, by.
- ❖ **in succession** – successively, in sequence, consecutively.
- ❖ **come as a surprise** – to be unexpected, to make someone feel surprised.
- ❖ **at all times** – always.
- ❖ **a big fish** – an important/powerful person.
- ❖ **on offer** – available.
- ❖ **far more** – a lot more, much more.
- ❖ **by no means** – not at all, in no way, certainly not.
- ❖ **make clear** – explain, clarify, elucidate.
- ❖ **cause for cheer** – reason to be cheerful (happy and optimistic).
- ❖ **in place** – established, set up.
- ❖ **in the grip of** – dominated/affected by something undesirable.
- ❖ **by/on foot** – by walking (instead of travelling by a bus/train or using other transport).
- ❖ **a ray of hope** – something which gives a slight hope in a difficult situation.
- ❖ **come under fire** – be severely criticized.
- ❖ **in the dark** – unaware of, ignorant of, uninformed about.
- ❖ **come to terms with** – accept, adjust to, reach an acceptance.
- ❖ **get lost** – go away, leave, depart.
- ❖ **in the making** – burgeoning, developing, growing, up and coming.
- ❖ **common ground** – shared opinions, beliefs (or interests).
- ❖ **spin out of control** – move in an uncontrolled way.
- ❖ **hold good/hold true** – remain true; remain valid.
- ❖ **take into account** – consider, note, bear in mind.
- ❖ **in the wake of** – as a result of, in the aftermath of, as a consequence of.
- ❖ **at the hands of** – (suffer, get hurt & be treated badly) as a consequence of someone's actions.
- ❖ **in principle** – in general, in essence; on paper, in theory.
- ❖ **in the aftermath of** – as a consequence of, as a result of.
- ❖ **strike a chord** – cause/arouse someone to feel emotion/sympathy.
- ❖ **in every regard** – in connection with every point.
- ❖ **pave the way for** – clear the way for, create a situation to do something, precede, make provision for.
- ❖ **give way to** – collapse, crumble/disintegrate, fall in.
- ❖ **short of** – less than.
- ❖ **find one's way** – come to a particular place (in a roundabout way).

PHRASAL VERBS

- ❖ **chisel away at** – cut, chip away at; gradually make someone weaker or less effective; cheat, mislead, deceive, trick (to make someone weaker/less effective).
- ❖ **dug in** past and past participle of **dig in** – to protect oneself by digging trenches (trench is a hole/depression/excavation/ditch in the ground).
- ❖ **sail through** – succeed easily at, gain success in easily, pass easily.

- ❖ **weigh in** – make a forceful contribution to an argument; influence, be important to.
- ❖ **dawn on** – come to mind, enter someone’s head, be understood, strike.
- ❖ **wish away** – try to stop/eliminate something (problem) just by wishing that it did not exist.
- ❖ **draw down** – reduce, decrease, lessen (the magnitude/size of a military force in a particular area).
- ❖ **shore up** – support, assist, prop up (with some fund/finance to stop declining).
- ❖ **crank out** – produce something (in large numbers) automatically & quickly.
- ❖ **look back** – to remember, recall, think about something that taken place in the past; suffer a difficulty/misfortune/setback.
- ❖ **take back** – capture, seize, gain possession of something.
- ❖ **get by** – survive, manage, cope, exist, subsist (stay alive with difficulty).
- ❖ **head off** – forestall; prevent, avert, block something (an action/event by anticipating it early).
- ❖ **phase out** – eliminate, remove, discontinue, get rid of (something in gradual stages).
- ❖ **lay off** – discharge, dismiss, sack/fire (from a job temporarily/permanently).
- ❖ **take forward** – manage, sort out, deal with, take responsibility for.
- ❖ **put out** – publish, release, publicize/circulate.
- ❖ **sign up** – commit, conclude, agree (formally).
- ❖ **keep alive** – keep going, continue, sustain.
- ❖ **open up** – make available (to create/start developing new opportunities).
- ❖ **rope in** – enlist, engage, persuade.
- ❖ **stand up against** – defy, challenge, oppose someone in a determined way.
- ❖ **call for** – require, publicly ask/necessitate, demand.
- ❖ **sit up** – to start paying attention (quickly).
- ❖ **factor in** – include or add as a factor/point when making a decision.
- ❖ **stave off** – avert, prevent, avoid, rule out.
- ❖ **bring about** – cause, create, produce, give rise to.
- ❖ **rely on** – depend on; resort to, have recourse to.
- ❖ **point out** – identify, recognize, draw attention to, mention.
- ❖ **sober (down)** – make more serious, make more sensible.
- ❖ **draw up** – prepare, work out, formulate.
- ❖ **ramp up** – increase (in amount or number).
- ❖ **take away** – remove, take out.
- ❖ **pull back** – withdraw, retreat, disengage.
- ❖ **read off** – measure, study.
- ❖ **call upon** – ask formally, demand (to do something).
- ❖ **go by** – to follow, to accept, to obey something.
- ❖ **stand out** – be noticeable, be visible, be obvious.
- ❖ **spell out** – explain, make clear, elucidate/clarify.
- ❖ **walk away with** – win easily.
- ❖ **clean up** – make things clean, restore something.
- ❖ **line up** – schedule, arrange, organize, plan.
- ❖ **add up** – increase, rise.
- ❖ **stay away from** – avoid, skip, evade, dodge.
- ❖ **ride on** – depend on.
- ❖ **show off** – display one’s abilities.
- ❖ **step in** – intervene, intercede, become involved.
- ❖ **account for** – constitute, make up, comprise, form.
- ❖ **look ahead** – to think about what will happen in the future.
- ❖ **follow up** – continue/carry on something further.
- ❖ **keep down** – maintain something at a low level.
- ❖ **speak up (against)** – speak in opposition to.
- ❖ **go on to** – proceed to; continue, carry on.
- ❖ **hunt down** – pursue, chase, capture, run down.
- ❖ **take on** – compete against, oppose, challenge/confront.
- ❖ **bring upon** – cause, make happen, bring about, give rise to, result in.
- ❖ **throw out** – reject, dismiss, veto/refuse.
- ❖ **lock out** – exclude/remove someone from.
- ❖ **slow down** – reduce, lessen decrease (one’s activity).
- ❖ **go ahead** – proceed, continue, be carried out.
- ❖ **turn up** – increase, raise, intensify.
- ❖ **end up** – come/appear, find oneself (to a particular course of action in the end).
- ❖ **take up** – engage in, participate in, start, undertake.
- ❖ **leave out** – fail to include.