

IMPORTANT DEFINITIONS

- ❖ **Master of the Roster** (noun) – In November last year, when a Constitution Bench, led by the Chief Justice of India Dipak Misra, declared that “the Chief Justice is the master of the roster and he alone has the prerogative (privilege/right) to constitute the Benches of the Court and allocate cases to the Benches so constituted.
- ❖ **roster** (noun) – a list of the people of a team/organisation.
- ❖ **Menstrual Hygiene** (noun) – it is vital to the empowerment and wellbeing of women and girls worldwide. It is about ensuring women and girls live in an environment that values and supports their ability to manage her menstruation in a hygienic way – in safety, privacy, and with dignity.
- ❖ **Jal Jeevan Mission** (noun) – it is envisioned to provide safe and adequate drinking water through individual household tap connections by 2024 to all households in rural India.
- ❖ **tailspin** (noun) – a situation in which something begins to perform badly or to fail and becomes out of control; (emotional) collapse due to rapidly increasing chaos or panic; uncontrollable decline, downturn, breakdown.
- ❖ **Viceroy** (noun) – administrator, chief, leader; The term derives from the Latin prefix vice-, meaning “in the place of” and the French word roy, meaning “king”. Viceroy is one who governs a country, province, or colony as the representative of a monarch.
- ❖ **running mate** (noun) – the person who runs with someone in an election (such as an election to choose a new president) and who is given the less important position (such as vice president) if they are elected.
- ❖ **mail-in voting** (noun) – postal voting; a type of voting in an election where ballot papers/voter slips are distributed to voters to their addresses before Election Day and mailed back by the voters or deposited at a voting location or secure dropbox by a certain time on Election Day.
- ❖ **absentee voting** (noun) – a type of voting in an election where voters cast their vote by post, because they can’t physically be present at a voting center on Election Day due to various reasons ranging from being out of country (for study/job), having disability or illness, serving as an election worker & etc.,
- ❖ **in-person voting** (noun) – a type of voting in an election where voters cast their votes/ballots in person in a polling booth on Election Day.
- ❖ **Second Amendment** (noun) -The Second Amendment (Amendment II) to the United States Constitution protects the individual right to keep and bear firearms (guns) for traditionally lawful purposes such as self-defense.
- ❖ **sanctuary city** (noun) – safe city; It’s a city (or a county, or a state) that limits its cooperation with federal immigration enforcement agents in order to protect low-priority immigrants from deportation, while still turning over those who have committed serious crimes.
- ❖ **executive presidency** (noun) – a certain system of government (in some countries) in which, the president exercises active executive power. Executive presidents are active in day-to-day governance of a nation, and are usually popularly elected.
- ❖ **social identity** (noun) – an individual’s social identity indicates who they are in terms of the groups to which they belong. Social identity groups are usually defined by some physical, social, and mental characteristics of individuals. Examples of social identities are race/ethnicity, gender, social class/socioeconomic status, sexual orientation, (dis)abilities, and religion/religious beliefs.
- ❖ **Treaty of Sugauli** (noun) – the treaty that established the boundary line of Nepal, was signed on 2 December 1815 and ratified by 4 March 1816 between the East India Company and King of Nepal following the Anglo-Nepalese War of 1814-16. By the treaty, Nepal renounced all claim to the disputed Tarai, or lowland country, and ceded its conquests (occupations) west of the Kali River and extending to the Sutlej River.
- ❖ **Line of control (LoC)** (noun) – it is a 450 mile-long military control line lying between India and Pakistan’s controlled parts of the former (under the British) Jammu and Kashmir. This line is not actually a legally

recognized international boundary but prevails as per de facto. After the Simla Agreement signed in July 1972, this line was officially renamed as “Line of Control” from “the Cease-fire Line”.

- ❖ **nationalism** (noun) – it refers to a system (with narrow set of ideas) created by a group of people who believe their nation is superior to all others. It is also a perception of national superiority and an orientation toward national dominance- called as chauvinism (excessive nationalism).
- ❖ **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).
- ❖ **nautical mile** (noun) – it is a unit of measurement defined as 1.852 kilometres, used on water by sailors and/or navigators in shipping and aviation. It is the average length of one minute of one degree along a great circle (circumference) of the Earth. One nautical mile corresponds to one minute of latitude.
- ❖ **Finger (area)** (noun) – The 134 km of Pangong Tso 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.
- ❖ **National Digital Health Mission (NDHM)** (noun) – a holistic, voluntary healthcare programme that will reduce the existing gap between various stakeholders such as doctors, hospitals and other healthcare providers, pharmacies, insurance companies, and citizens by bringing them together and connecting them in an integrated digital health infrastructure.
- ❖ **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.
- ❖ **saliva test** (noun) – this test uses a new method of processing saliva samples for testing coronavirus infection. The test, called SalivaDirect, has high sensitivity. *SalivaDirect* is simpler, less expensive, and less invasive than the traditional method for such testing, known as nasopharyngeal (NP) swabbing.
- ❖ **case fatality rate/ratio** (noun) – in epidemiology, the proportion of people who die from a particular disease compared to all individuals diagnosed with the disease over a certain period of time.
- ❖ **antigen** (noun) – disease causing organisms (bacteria & viruses) and other harmful/toxic foreign substances like insect venom that induce an immune response in the body.
- ❖ **rapid antigen test (RCT)** (noun) – It is a test on swabbed nasal samples that detects antigens (foreign substances that induce an immune response in the body) that are found on or within the SARSCoV-2 virus. It is a point-of-care test, performed outside the conventional laboratory setting, and is used to quickly obtain a diagnostic result. In a reliable rapid antigen detection test, the maximum duration for interpreting a positive or negative test is 30 minutes.
- ❖ **RT-PCR testing** (noun) – Reverse Transcription Polymerase Chain Reaction (RT-PCR) Testing; it is one of the most accurate laboratory methods for detecting, tracking, and studying the coronavirus. It is a nuclear-derived method for detecting the presence of specific genetic material from any pathogen, including a virus. (pathogen is a bacteria/virus that causes disease).
- ❖ **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.
- ❖ **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.
- ❖ **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.
- ❖ **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.

- ❖ **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.
- ❖ **Indian rope trick** (noun) - the supposed Indian feat of climbing an unsupported rope. It is sometimes described as “the world’s greatest illusion”.
- ❖ **representative government/representative democracy** (noun) – a government where citizens elect people to represent them and make laws on their behalf, instead of always voting directly on laws and other government actions.
- ❖ **constitutional morality** (noun) – the principle of constitutional morality basically means to bow down to the norms of the Constitution and not to act in a manner which would become violative of the rule of law or reflectible of action in an arbitrary manner.
- ❖ **public order** (noun) – it is essentially the absence of disorder – the quiet and orderly behaviour of people in public space. It involves people behaving sensibly and rationally, and respecting others.
- ❖ **concurrent list** (noun) – the list which includes the power to be considered by both the union and state government (as given in the Seventh Schedule to the Constitution of India).
- ❖ **Constitutional authority** (noun) – a body of law which defines the role, powers, and structure of different entities within a state (country), namely, the executive, the parliament or legislature, and the judiciary.
- ❖ **creamy layer** (noun) – income ceiling for OBC reservation under which children of persons having a gross annual income of Rs 8 lakh or above for a period of three consecutive years would fall under the creamy layer category and would not be entitled to the benefit of reservation available to Other Backward Classes.
- ❖ **open conflict** (noun) – conflict that is very visible and deeprooted; surface conflict is visible but shallow or with no roots; latent conflict is a conflict that is below the surface with potential to emerge.
- ❖ **exclusive economic zone (EEZ)** (noun) – The United Nations Convention on the Law of the Sea (UNCLOS) defines an Exclusive Economic Zone (EEZ) as generally extending 200 nautical miles from shore, within which the coastal state has the right to explore and exploit, and the responsibility to conserve and manage, both living and non-living resources.
- ❖ **foreign direct investment (FDI)** (noun) – Investment from one country into another (normally by companies rather than governments) that involves establishing operations or acquiring tangible assets, including stakes in other businesses.
- ❖ **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.
- ❖ **gross trade** (noun) – it is a conventional trade when goods are produced entirely within a nation’s borders and then exported to other countries.
- ❖ **value-added trade** (noun) – it is a (supply chain & interconnected global economy) trade when goods are produced partly in different countries and then exported to other countries.
- ❖ **strategic partnership** (noun) – it is a long-term interaction between two countries based on political, economic, social and historical factors.
- ❖ **conflict of interest** (noun) – a situation in which a person cannot do his/her job fairly because he/she has the power to decide something in a way that would be to his/her advantage, although this may not be the best decision.
- ❖ **inequality** (noun) – Inequality is simply defined as “the state of not being equal, especially in status, rights and opportunities; imbalance, unevenness, disproportion, disparity.
- ❖ **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.
- ❖ **writ petition** (noun) – A writ petition can be filed by any person whose Fundamental Rights have been infringed/violated by the State. Under a Public Interest Litigation, any public-spirited person may file a

writ petition in the interest of the general public even if his own Fundamental Right has not been infringed.

- ❖ **Comptroller and Auditor General (CAG) of India** (noun) – it is empowered to audit all expenses from the combined fund of the union or state governments, whether incurred within India or outside.
- ❖ **South & North Block** (noun) – South Block is a **metonym** of the Prime Minister’s Office. North Block is a **metonym** of the Ministry of Finance, India. (The Secretariat Building (consists North & South Block) or Central Secretariat is where the Cabinet Secretariat is housed, which administers the Government of India. The South Block houses the Prime Minister’s Office, Ministry of Defence and the Ministry of External Affairs). The North Block primarily houses the Ministry of Finance and the Home Ministry). (Metonym is used as an alternative for something else with which it is closely related/associated).
- ❖ **explicit consent** (noun) – direct consent; it means that an individual is clearly presented with an option to agree or disagree with the collection, use, or disclosure of personal information.
- ❖ **corporate social responsibility (CSR)** – the ethical role of the corporation (private business) in society. It ensures that the company spends, in every financial year, at least two per cent of the average net profits of the company made during the three immediately preceding financial years, in pursuance of its Corporate Social Responsibility Policy.
- ❖ **joint parliamentary committee** (noun) – ad hoc (temporary) Committees appointed for a specific purpose (to examine irregularities and aberrations, if any, and the consequences therefore in the implementation of Government decisions and policy prescriptions) and they (JPCs) cease to exist when they finish the task assigned to them and submit a report.
- ❖ **lobbying** (noun) – a group of people attempting to influence (the government/its official group/elected legislators) to create the actions, policies, or decisions to help a particular organization.
- ❖ **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).
- ❖ **Kremlin** (noun) – The name “Kremlin” means “fortress inside a city”, and is often also used metonymically to refer to the official residence of the President of the Russian Federation in a similar sense to how “White House” refers to the Executive Office of the President of the United States; Kremlin is a fortified complex in the center of Moscow city. (Metonym is used as an alternative for something else with which it is closely related/associated).
- ❖ **Parliamentary Standing Committee/Parliamentary panel** (noun) – it is a committee (consisting of Members of Parliament) constituted usually on an annual basis to enable detailed consideration/discussion on all bills (all proposed laws).
- ❖ **territorial integrity** (noun) – the principle under international law that nation-states should not attempt to promote secessionist movements or to promote border changes in other nation-states, nor impose a border change through the use of force.
- ❖ **National Recruitment Agency** (noun) – A multi-agency body called the National Recruitment Agency (NRA) will conduct a Common Eligibility Test (CET) to screen/shortlist candidates for the Group B and C (non-technical) posts. NRA will have representatives of Ministry of Railways, Ministry of Finance/Department of Financial Services, the SSC, RRB & IBPS.
- ❖ **cross-sectional study** (noun) – a type of research design in which researchers collect data from many different individuals at a single point in time. However, in a longitudinal study, researchers conduct several observations of the same subjects/individuals over a period of time, sometimes lasting many years.
- ❖ **longitudinal study** (noun) – in a longitudinal study is a type of research design in which researchers collect data and conduct several observations of the same subjects/individuals over a period of time, sometimes lasting many years whereas in a cross sectional study researchers collect data from many different individuals at a single point in time.

- ❖ **percentage point** (noun) – the difference between two percentages is termed as percentage point. (for example: “Interest Rates Jump From 10% to 12%”. In this case, the interest rate increased by “2 percentage points” or you can say that the interest rate is increased by 20%).
- ❖ **protective factors** (noun) – protective factors are conditions or attributes in individuals, families, communities, or the larger society that mitigate or eliminate risk in families and communities, thereby increasing the health and well-being of children and families.

IDIOMS & PHRASES

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| <ul style="list-style-type: none"> ❖ go against the grain – contrary to the natural inclination; different from what is normal/natural. ❖ walk/balance on a tightrope – to deal with a difficult situation in which a very small error could have very bad outcomes. ❖ defy all odds – it literally means to go against (defy) the likely outcome (the odds); to accomplish something that most would presume impossible. ❖ break the ice – it means to start a conversation with someone you don't really know. ❖ right off the bat – at the very beginning; straight away, promptly, immediately, without delay. ❖ have someone's ear – to have the attention of a person with power/authority. ❖ back to square one – back to the beginning of something (without any progress). ❖ the (very) fact that – used to refer to a particular situation being talked about; used to give emphasis to something just mentioned. ❖ lock, stock, and barrel – completely; everything, the whole thing. ❖ beat the drum – praise, promote, publicize. ❖ thumb one's nose at – defy, go against, disregard, ignore, disobey. ❖ throw one's weight behind – to use one's power (influence) to support someone/something. ❖ drag one's feet – to do something slowly and reluctantly; to delay, postpone, procrastinate action. ❖ under a cloud – under suspicion, disgraced/discredited. ❖ the corridors of power – the top/senior level of government. ❖ mind your back – be careful because someone behind you is trying to move past you. | <ul style="list-style-type: none"> ❖ a meeting of minds – an agreement between people; an understanding between people; convergence, coming together, confluence. ❖ leave (one) to (one's) fate – to abandon someone to whatever may happen. ❖ the scheme of things – in the way things normally/generally happen or arranged to happen (when compared with/related to other things) in a particular situation; a general view of the situation as a whole. ❖ fly in the face of – disregard, ignore, defy/disobey. ❖ prove someone wrong – refute, rebut, disprove, prove false, discredit. ❖ of yore – of long ago (or) former times. ❖ suo motu – Latin term means “on its own motion”. It is used where a government agency acts on its own knowledge. ❖ in aid of – in support of. ❖ it is quite/bit a stretch – that is a little exaggerated. ❖ at best – simply, merely, only. ❖ in the nature of – comparable to, close to, near, like. ❖ with reference to – with regard to, as regards, with respect to. ❖ if at all – to emphasize a restriction stated in the preceding clause. ❖ in the face of – despite, notwithstanding, regardless of; when confronted with. ❖ lose sight of – pay no attention to, fail to consider, be lax about. ❖ dear to one's heart – particular, special, chosen, favourite. ❖ in relation to – with respect to, regarding, relevant to. ❖ in the same breath – in the same statement. ❖ in line with – in alignment with, in accordance with. ❖ at all – in any way, by any means. |
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- ❖ **under one's belt** – satisfactorily achieved.
- ❖ **status quo ante** – a Latin phrase meaning “the state of affairs existing before” (or) “the way things were before”.
- ❖ **empty promise** – false assurance/commitment.
- ❖ **thanks to** – as a result of, owing to, due to, because of.
- ❖ **make (it) a point** – to take care in doing something.
- ❖ **in the name of** – for the sake of, at the behest of.
- ❖ **at stake** – at risk, at issue, in question.
- ❖ **change gear** – adapt a different approach.
- ❖ **dig deep** – to make a lot of effort with one's (physical, mental or financial) resources.
- ❖ **on the anvil** – in a state/condition of discussion (not implemented); being discussed or prepared but is not yet ready.
- ❖ **brick-by-brick** – a little bit at a time.
- ❖ **much more** – a lot more.
- ❖ **strike a note** – express/communicate, call/bring to mind, cite.
- ❖ **to begin with** – at first, at the outset, at the beginning.
- ❖ **keep one's powder dry** – be prepared for an emergency.
- ❖ **settle someone's hash** – tackle someone in a forceful way.
- ❖ **size up** – assess, appraise, judge.
- ❖ **stay the course** (idiom) – work hard till the end to accomplish the task.
- ❖ **at home** – at someone's own place (a country, city, town).
- ❖ **avail oneself of something** – take advantage of an opportunity.
- ❖ **act of omission and commission** – act of omission and commission are, respectively, things someone failed to do, and things someone has done.
- ❖ **grow out of** – originate, stem, emerge, arise.
- ❖ **for instance** – as an example.
- ❖ **in contrast to** – in opposition to, be very different from.
- ❖ **in lieu of** – instead of, as an alternative, as a substitute.
- ❖ **(keep) a calm/cool head** – to stay calm in a tough situation.
- ❖ **take something to greater heights** – to make something excellent and better/greater than ever before.
- ❖ **be in the zone** – to be performing particularly well.
- ❖ **the sands of time** – the allotted time.
- ❖ **the sands of time are running out** – the allotted time is almost finished and completed.
- ❖ **in vogue** – in the current fashion or style.
- ❖ **on the face of it** – apparently, seemingly, evidently/ostensibly; at first glance.
- ❖ **in/with respect of** – concerning, regarding, relating to, with reference to.
- ❖ **in the event of something** – if something happens.
- ❖ **difference of opinion** – disagreement.
- ❖ **with/in regard to** – in respect of, concerning, with reference to, in connection with.
- ❖ **make clear** – explain, clarify, elucidate.
- ❖ **in one's favour** – to one's benefit/advantage.
- ❖ **case in point** – example, instance, case.
- ❖ **bear/keep in mind** – take into account, be mindful, remember/consider.
- ❖ **so as to** – in order to.
- ❖ **pay attention** – listen/heed, attend, concentrate on.
- ❖ **in any case** – whatever happens; moreover.
- ❖ **in full** – completely.
- ❖ **the last word** – final decision, summation, final statement.
- ❖ **for now** – for the time being, for the moment, for the present.
- ❖ **in public** – publicly, openly, overtly.
- ❖ **apart from** – except for, aside from, disregarding, besides.
- ❖ **have to do with** – be connected with someone/something.
- ❖ **to date** – until now, so far, up to the present.
- ❖ **make known** – reveal, disclose, uncover.
- ❖ **from the ground** – from a place where things are happening really/practically.
- ❖ **take a call** – decide.
- ❖ **set things right** – to correct something.
- ❖ **troubled waters** – a difficult situation/time.
- ❖ **raise someone's profile** – if a person/organisation raises its profile, it gets more public attention.
- ❖ **in someone's interest** – for the benefit or advantage of someone.

- ❖ **strike a balance** – find a fair & reasonable line of action between two contrasting things.
- ❖ **in turn** – in succession, successively, sequentially.
- ❖ **satyameva jayate** – Sanskrit phrase meaning “truth alone triumphs”.
- ❖ **right down to** – including the insignificant people.
- ❖ **off the table** – to be withdrawn and no longer available for consideration.
- ❖ **make headway** – make progress, advance, proceed, get ahead.
- ❖ **know full well** – to know something undoubtedly.
- ❖ **come to the table** – to meet so as to discuss how to solve a specific issue.
- ❖ **(keep) in the dark** – unaware of, ignorant of, uninformed about.
- ❖ **for the sake of** – for the purpose of, in order to improve/achieve; in the interest of.
- ❖ **truth be told** – used when admitting/stating the truth.
- ❖ **life goes on** – used to say that you must carry on a normal life even when something sad or unpleasant has happened.
- ❖ **set the tone** – establish a (particular) quality.
- ❖ **as and when** – at the time when (an uncertain) thing occurs.
- ❖ **take to** – resort to, turn to, have recourse to.
- ❖ **in place** – established, set up, arranged.
- ❖ **at the very least** – to put it mildly, without any exaggeration, taking pessimistic view.
- ❖ **so far** – until now, up to the present, up to this point.
- ❖ **go/be easy on** – not criticize/punish someone, instead treat him/her gently.
- ❖ **as well as** – and in addition; and also.
- ❖ **war of words** – disagreement, difference of opinion, argument.
- ❖ **at no time** – never, never ever, not ever.
- ❖ **in somebody's eye** – in someone's opinion.
- ❖ **to a degree** – to some extent, to a certain extent.
- ❖ **make common cause** – cooperate, collaborate, work together.
- ❖ **going forward** – in the future.
- ❖ **sort of** – to some extent, somewhat, somehow, slightly.
- ❖ **far fewer** – much less.
- ❖ **as opposed to** – rather than, as against, as contrasted with.
- ❖ **on offer** – available.
- ❖ **raise the bar** – increase/raise the standards that others to meet/qualify.
- ❖ **in fact** – actually, indeed, undeniably.
- ❖ **as soon as** – immediately, once.
- ❖ **in question** – being discussed, under consideration, to be decided.
- ❖ **on a par with** – comparable with, equivalent to, as equal to.
- ❖ **play a part/role** – contribute to, be instrumental in, be a factor in.
- ❖ **by far** – undoubtedly; significantly, noticeably.
- ❖ **leave oneself open to** – to make oneself vulnerable to something.
- ❖ **at work** – in action.
- ❖ **run the show** – be in charge, be in control, be the boss, be at the helm.
- ❖ **at the heart of** – at the most important part of.
- ❖ **play one's hand** – Like in playing cards, when you have a hand dealt to you, you can either play it or pass.
- ❖ **carry the day** – be victorious, be successful, win.
- ❖ **not for nothing** – for a specific reason.
- ❖ **after all** – most importantly, above all, ultimately, essentially.
- ❖ **at odds with** – inconsistent, in conflict, in opposition, contrary to.
- ❖ **by way of** – via, by means of, as a form of

PHRASAL VERBS

- ❖ **dawn on** – if something (an idea or fact) dawns on you, you begin to understand it for the first time; come to mind, strike, be perceived, be realized.
- ❖ **bask (in)** – take pleasure, revel, enjoy, relax (in/from something that feels so good); it also means to lie exposed to light warmth (moderate heat) of sunrise/sunset.

- ❖ **draw upon** – have recourse to, look to, make use of/utilize.
- ❖ **touch on** – to deal/talk/speak briefly about something.
- ❖ **shrug off** – disregard, dismiss, ignore.
- ❖ **gloss over** – conceal, cover up, hide.
- ❖ **tide past/over** – assist someone to go through/endure/survive a difficult period.
- ❖ **thrash out** – discuss something openly and in detail to reach a conclusion.
- ❖ **dial down** – reduce, lessen, decrease (the intensity of something).
- ❖ **make up** – be friends again, make peace, bury the hatchet, shake hands, forgive and forget, settle one's differences.
- ❖ **sell out** – abandon one's principles, sell one's soul, be untrue to oneself, play false.
- ❖ **lift out** – improve, boost, enhance, make better.
- ❖ **lift up** – raise, elevate, boost, encourage, uplift, revive, restore.
- ❖ **throw out** – reject, dismiss, veto/refuse.
- ❖ **sink in** – be completely understood; be fully realized.
- ❖ **catch up with** – start to have an effect on someone.
- ❖ **slip up** – make a mistake, blunder, err, go wrong.
- ❖ **crank up** – increase, make larger, enlarge/expand, raise.
- ❖ **jump on** – to give attention to something (suddenly).
- ❖ **lose out** – be defeated, be unsuccessful, suffer defeat, be bested by, fail.
- ❖ **send over** – instruct/direct someone to travel to some place; to dispatch across the sea.
- ❖ **run through** – be present in, pass through, go through.
- ❖ **go beyond** – to go past something, to be more than something, exceed.
- ❖ **roll back** – reverse the progress of something.
- ❖ **flare up** – start suddenly, erupt, break out.
- ❖ **fade away** – diminish, disappear, decline, dwindle.
- ❖ **reflect on** – to affect people's opinion of someone or something, particularly in a bad way; bring discredit to.
- ❖ **add to** – increase; make something stronger/greater.
- ❖ **set out** – aim, intend, seek (to do something).
- ❖ **turn out** – transpire, emerge; happen.
- ❖ **shore up** – support, assist, prop up (with some fund/finance to stop declining).
- ❖ **ramp up** – increase (in amount or number).
- ❖ **run out of** – have none left, have no more of, be out of.
- ❖ **hold out** – continue, persevere, keep going; have a feeling of (hope).
- ❖ **rely on** – depend on, count on, bank on.
- ❖ **run into** – reach, extend to, be as high as, be as much as.
- ❖ **lay down** – formulate, stipulate, set down.
- ❖ **look at** – study, analyse, scrutinize.
- ❖ **work out** – develop, form, initiate/establish.
- ❖ **come up** – transpire, emerge, happen, occur (in the course of time).
- ❖ **keep out** – exclude, deny access to, prohibit.
- ❖ **open up** – become present; to make something available.
- ❖ **sort out** – resolve, find a solution to, rectify.
- ❖ **put out** – publish, release, publicize/circulate.
- ❖ **take on** – compete against, oppose, challenge/confront.
- ❖ **hold off** – hold back, delay/postpone, resist.
- ❖ **call on** – pay a visit to, go and see, visit.
- ❖ **dry up** – dwindle, disappear, fail/vanish.
- ❖ **call for** – require, publicly ask/necessitate, demand.
- ❖ **set up** – establish, start/begin, inaugurate, create.
- ❖ **go on to** – proceed.
- ❖ **take down** – remove, take out.
- ❖ **give up** – abandon, forgo, renounce, relinquish.
- ❖ **make out** – formulate, frame, draw up, devise, prepare.
- ❖ **come under** – be subjected to.
- ❖ **point out** – identify, mention, indicate, draw attention to.
- ❖ **move away from** – change/alter one's ideas/beliefs and so.
- ❖ **go through** – undergo, experience, face/endure (a difficulty).
- ❖ **shut down** – discontinue, cease activity, close