

IMPORTANT DEFINITIONS

- ❖ **de-growth** (noun) – De-growth is a political and economic theory which emphasises changing priorities of society from economic growth and production to a society based on sustainability, well-being, concern for environment and co-operation.
- ❖ **free market** (noun) – a type of economy that is controlled by the market forces of supply and demand, with little to no control or involvement from any central government agency.
- ❖ **Agricultural Produce Market Committees (APMC)** (noun) – a marketing board established by a state government in India to ensure farmers are safeguarded from exploitation by large retailers, as well as ensuring the farm to retail price spread does not reach excessively high levels.
- ❖ **Farmers' Produce Trade and Commerce (Promotion and Facilitation) Bill, 2020** (noun) – it seeks to provide for the creation of an ecosystem where the farmers and traders enjoy the freedom of choice relating to sale and purchase of farmers' produce which facilitates remunerative (profitable) prices through competitive alternative trading channels to promote efficient, transparent and barrier-free inter-State and intra-State trade and commerce of farmers' produce outside physical premises of markets or deemed markets notified under various State agricultural produce market legislations.
- ❖ **National Commission on Farmers (NCF)** (noun) – On November 18, 2004, the government of India formed the National Commission on Farmers (NCF), with MS Swaminathan as its chairman. The main aim of the commission was to come up with a system for sustainability in farming system and make it more profitable and cost competitive in farm commodities.
- ❖ **de-industrialisation** (noun) – a process of social and economic change caused by the removal or reduction of industrial capacity or activity in a country or region, especially of heavy industry or manufacturing industry.
- ❖ **Minimum Support Price (MSP)** (noun) – it is a form of market intervention by the Government of India to give guaranteed price and assured market to the farmers and protect them from the price fluctuations and market imperfections. The guaranteed price and assured market are expected to encourage higher investment and in adoption of modern farming practices.
- ❖ **Index of Industrial Production (IIP)** (noun) – a composite (combined/complex) indicator that measures the changes in the volume of production of a basket of industrial products during a given period with respect to the volume of production in a chosen base period.
- ❖ **capital goods** (noun) – capital goods are man-made, durable items that businesses use to produce goods and services. They include tools, buildings, vehicles, machinery, and equipment. Capital goods are also called durable goods, real capital, and economic capital.
- ❖ **IHS Markit** (noun) – it is a global leader in information, analytics and solutions for the major industries and markets that drive economies worldwide. It partners with clients in business, finance and government to help them see the big picture with unrivaled insights that lead to well informed, confident decisions.
- ❖ **Purchasing Managers' Index (PMI)** (noun) – Purchasing Managers Index (PMI) is a monthly business survey data provided by IHS Markit. The monthly data are derived from surveys of senior executives at private sector companies. PMI data is used for accurate and timely insight into the health of a particular economy. The PMI data are used by financial and corporate professionals to better understand where economies and markets are headed, and to uncover opportunities.
- ❖ **inequality** (noun) – Inequality is simply defined as “the state of not being equal, especially in status, rights and opportunities; imbalance, unevenness, disproportion, disparity.
- ❖ **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).

- ❖ **Valley** (noun) – a low area between hills or mountains typically with a river running through it. Valley is a metonym of Jammu & Kashmir in this context (Metonym is used as an alternative for something else with which it is closely related/associated).
- ❖ **confidence building measures/mechanisms** (noun) – confidence building measures (CBMs) are planned procedures to prevent hostilities, to avert escalation, to reduce military tension, and to build mutual trust between countries.
- ❖ **Mountain Strike Corps** (noun) – 17 Corps of the Indian army is the first mountain strike corps of India which has been built as a quick reaction force and as well as counter offensive force to deter China's aggressive behaviour along the 3,488 km long Sino-India border.
- ❖ **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.
- ❖ **Question Hour** (noun) – Question Hour is the liveliest hour in Parliament and it is taken up from 1100hrs to 1200 hrs in every sitting. It is during this one hour that Members of Parliament ask questions of ministers and hold them accountable for the functioning of their ministries. The questions that MPs ask are designed to elicit (bring out) information and trigger suitable action by ministries.
- ❖ **Rowlatt Act** (noun) – The Anarchical and Revolutionary Crimes Act; The act, passed on March 18th, 1919, censored the press in India, allowed the British to imprison indefinitely without trial and prohibited “suspects” from gathering in public. it was passed ostensibly to subserve the war effort, but in effect curbed individual liberties, notably those relating to freedom of assembly and speech.
- ❖ **habeas corpus** (noun) – Latin phrase meaning literally “that you have the body”. The court order to bring the person (in custody/detention) to the court to decide on the imprisonment is legal or illegal.
- ❖ **voluntary organisation** (noun) – it is also referred to as nonprofit organizations, NGOs (non-government organizations); a group of individuals who enter into an agreement, usually as volunteers, to form a body (or organization) to accomplish a purpose. a voluntary organization is an organization in which whether its workers are paid/unpaid, is initiated & governed by its own members without external control.
- ❖ **Venus** (noun) – the second planet from the Sun. Venus is hotter than Mercury despite being further away from the Sun. Venus is also the hottest planet in our Solar System, with a mean surface temperature of 735 K (462 °C/863.6 °F). This is due to the CO²-rich atmosphere which, along with thick clouds of sulfur dioxide, generates the strongest greenhouse effect in the Solar System. Venus is the second brightest natural object in the night sky after the Moon. It is often called the Earth's “sister planet” or “twin” due to its similar size Size, Mass (weight) & Composition (material).
- ❖ **European Space Agency** (noun) – an intergovernmental organisation of 22 member states dedicated to the exploration of space. Established in 1975 and headquartered in Paris.
- ❖ **Venus Express** (noun) – the first Venus exploration mission of the European Space Agency (ESA). Launched in November 2005. This spacecraft spent eight years circling the shrouded (layered/enveloped) planet, watching long-term trends in the atmosphere and using instruments to peer (look closely) below the clouds to the surface. Its mission concluded in December 2014 after the probe ran out of fuel.
- ❖ **strategic thinking** (noun) – strategic thinking is about analyzing opportunities and problems from a broad perspective and understanding the potential impact your actions might have on others.
- ❖ **strategic autonomy** (noun) – the ability of a state (country) to pursue its national interests and adopt its preferred foreign policy without being constrained in any manner by other states.

- ❖ **consequentialism** (noun) – an ethical theory that judges whether or not something is right by what its consequences are. Whether an act is morally right depends only on consequences (as opposed to the circumstances or the intrinsic nature of the act or anything that happens before the act).
- ❖ **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).
- ❖ **gag order** (noun) – gagging order; it is an order, typically a legal order by a court or government, restricting information or comment from being made public or passed onto any unauthorized third party.
- ❖ **first information report (FIR)** (noun) – a written document prepared by the police when they receive information about the commission (committing) of a cognizable offence. (cognizable offence – arrest without warrant); (cognizable – able to be apprehended).
- ❖ **ensorship** (noun) – the suppression of speech, public communication, or other information, on the basis that such material is considered objectionable, harmful, sensitive, or inconvenient.
- ❖ **preventive relief** (noun) – According to Section 37, the Specific Relief Act, 1963 defines that preventive relief is granted at the discretion of the court by injunction, temporary or perpetual (permanent).
- ❖ **new (world) order** (noun) – the arrangement of power and authority that provides the system for the conduct of diplomacy and world politics in relation to the entire world.
- ❖ **Abraham accord** (noun) – it is a treaty of peace, diplomatic relations and full normalization between the United Arab Emirates and the State of Israel. It is signed in the White House on Tuesday (15th Sep, 2020) by the UAE, Bahrain and Israel, under U.S. President Donald Trump’s mediation.
- ❖ **Arab Peace Initiative (API)** (noun) – The API aims to achieve a comprehensive peace in the Middle East. Arab countries, led by Saudi Arabia, are offering to normalize relations with Israel in return for a full withdrawal to the pre-1967-war borders and a fair solution for the Palestinians.
- ❖ **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).
- ❖ **mass politics** (noun) – Mass politics is the situation in which political decisions are made by a symmetrical aggregation of the actions of a large number of individuals. Mass politics is defined in terms of formal equality while democracy is defined in terms of equality of actual political power.
- ❖ **majoritarianism** (noun) – a philosophy that states that a majority (sometimes categorized by religion, language, social class, or some other identifying factor) of the population is entitled to a certain degree of primacy (priority) in society, and has the right to make decisions that affect the society.
- ❖ **unilateral** (adjective) – relating to a method of taking decisions (particularly on international relations) by a state (country) individually without considering other states (countries). In general, it is relating to the decision taken individually without consulting with the others concerned.
- ❖ **framework document** (noun) – policy document; it sets out a set of procedures or goals, which might be used in negotiation or decision making to guide a more detailed set of policies, or to guide ongoing maintenance of an organization’s policies.
- ❖ **Inter-Governmental Negotiations Framework (IGN)** (noun) – a group of nation-states working within the United Nations to further reform of the United Nations Security Council (UNSC).
- ❖ **world/global order** (noun) – the arrangement of power and authority that provides the system for the conduct of diplomacy and world politics in relation to the entire world. An international relations term describing the distribution of power among world powers.
- ❖ **Allied powers** (noun) – a group of countries (also known as the Allies) that consisted of those nations opposed to the Axis Powers during the World War II. The major Allied Powers were Britain, France, Russia, the United States and China.

- ❖ **Axis powers** (noun) – a group of countries participated in World War II opposed to the Allies. The three major Axis powers were Germany, Italy, and Japan.
- ❖ **global warming** (noun) – it is the unusually rapid increase in Earth’s average surface temperature over the past century primarily due to the greenhouse gases released as people burn fossil fuels.
- ❖ **Paris Agreement/Accord** (noun) – The Paris Agreement builds upon the Convention (agreement) and for the first time brings all nations into a common cause to undertake ambitious efforts to combat climate change and adapt to its effects, with enhanced support to assist developing countries to do so.
- ❖ **carbon neutrality** (noun) – it means annual zero net CO2 emissions; Carbon neutrality means every ton of anthropogenic (human caused or influenced) CO2 emitted is compensated with an equivalent amount of CO2 removed (e.g. via carbon sink or carbon sequestration).
- ❖ **carbon sink** (noun) – also known as carbon sequestration; a natural environment (forest or reservoir) which absorbs and stores carbon (greenhouse gases) from the atmosphere and thereby maintain a balance. (carbon sequestration is the process by which the forest removes and stores carbon from the atmosphere).
- ❖ **climate emergency** (noun) – a situation in which immediate steps to be taken to reduce climate change and avoid likely un-repairable damage to the environment caused by it.
- ❖ **rhetoric** (noun) – the art of speaking or writing effectively & persuasively or impressively (but, often lacking substance); bombast, loftiness, hyperbole/extravagant language.
- ❖ **laissez-faire** (noun) – French phrase literally means ‘allow to do or let do”; without government’s intervention; non-interference/noninvolvement (of government), private ownership, free-market capitalism.
- ❖ **Quad/Quadrilateral** (noun) – The ‘Quadrilateral’ is described as four democracies (the United States, Japan, Australia and India) with a shared objective to ensure and support a “free, open and prosperous” Indo-Pacific region.
- ❖ **Non-Proliferation Treaty (NPT)** (noun) – The NPT is a landmark international treaty whose objective is to prevent the spread of nuclear weapons and weapons technology, to promote cooperation in the peaceful uses of nuclear energy and to further the goal of achieving nuclear disarmament and general and complete disarmament.
- ❖ **Acquisition and Cross-Servicing Agreement** (noun) – Acquisition and Cross-Servicing Agreement (ACSA) would allow the Indian military and the Japan Self Defense Force (JSDF) to use each other’s bases for logistical support.
- ❖ **Abenomics** (noun) – “Abenomics” refers to the economic policies advocated by (former) Prime Minister Shinzo Abe who became prime minister of Japan for a second time when his party, the Liberal Democratic Party, won an overwhelming majority at the general election in December 2012. Abenomics has “three arrows” (three-pronged approach): (i) aggressive monetary policy, (ii) fiscal consolidation, and (iii) growth strategy.
- ❖ **ceasefire** (noun) – a negotiated agreement that will be accompanied by other associated commitments to de-escalate the fighting; a temporary stoppage of a war, truce, armistice.
- ❖ **Islamic Emirate of Afghanistan (IEA) (1996-2001)** (noun) – The Afghan Taliban – not to be confused with the Pakistani Taliban – is a Sunni Islamist militant organization created in 1994 to establish a strictly Shariah-governed Afghan state. The Taliban achieved this goal in 1996 and ruled Afghanistan as the main governmental body through 2001. After 9/11, the American-led invasion pushed the Taliban regime out of power.
- ❖ **open society** (noun) – it stands for freedom, democracy, rule of law, human rights, social justice and social responsibility as a universal idea. It envisions (imagines) a world in which everyone recognizes each other’s humanity and engages each other as equals.

- ❖ **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.
- ❖ **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.
- ❖ **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.
- ❖ **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.
- ❖ **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.
- ❖ **reverse transcription polymerase chain reaction (RT-PCR) testing** (noun) – Reverse Transcription Polymerase Chain Reaction (RTPCR) 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).
- ❖ **IgG antibody testing** (noun) – IgG antibody testing, also known as serology testing, checks for a type of antibody called immunoglobulin G (IgG). If you have been exposed to the virus that causes COVID-19, your body typically produces IgG antibodies as part of the immune response to the virus. This type of COVID-19 test is for individuals who think they may have had COVID-19 and do not currently have symptoms.
- ❖ **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.
- ❖ **candidate vaccine or vaccine candidate** (noun) – a “potential” vaccine prepared in the research and development (R&D) centres and it can be used in human clinical trials.
- ❖ **phase 1 trial** (noun) – In phase 1 trial of clinical testing, the vaccine is given to a small group of people to determine whether it is safe and to learn more about the immune response it provokes.
- ❖ **phase 2 trial** (noun) – In phase 2 trial, the vaccine is given to hundreds of people so scientists can learn more about its safety and correct dosage.
- ❖ **phase-3 trial** (noun) – In phase 3 trial, the vaccine is given to thousands of people to confirm its safety – including rare side effects – and effectiveness. These trials involve a control group which is given a placebo.
- ❖ **preconception advice/care** (noun) – biomedical, behavioural and social health interventions to women and couples before conception occurs. It aims at improving their health status, and reducing behaviours and individual and environmental factors that contribute to poor maternal and child health outcomes. Its ultimate aim is to improve maternal and child health, in both the short and long term.

- ❖ **human trial** (noun) – a type of research that studies new tests and treatments and evaluates their effects on human health outcomes; clinical trial.
- ❖ **embryo** (noun) – an early stage of development of unborn child. It develops from a single cell (called zygote) resulting from the fertilization of the female egg cell by the male sperm cell.
- ❖ **Sputnik V vaccine** (noun) – it is a COVID-19 vaccine candidate developed by the Gamaleya Research Institute of Epidemiology and Microbiology, and registered on 11 August 2020 by the Russian Ministry of Health.
- ❖ **Russian Direct Investment Fund (RDIF)** (noun) – Russia’s sovereign wealth fund established in 2011 by the Russian government to make investments in leading companies of high-growth sectors of the Russian economy.
- ❖ **adenovirus** (noun) – common cold virus; a group of common viruses that can cause infections of the lung, stomach, intestine, and eyes. symptoms resemble those of the common cold.
- ❖ **Ebola** (noun) – Ebola virus disease (EVD), formerly known as Ebola haemorrhagic fever, is a rare but severe, often fatal illness in humans. The virus is transmitted to people from wild animals and spreads in the human population through human-to-human transmission.
- ❖ **Spanish flu** (noun) – The Spanish flu, also known as the 1918 flu pandemic, was an unusually deadly influenza pandemic caused by the H1N1 influenza A virus. Lasting from February 1918 to April 1920, it infected 500 million people—about a third of the world’s population at the time.
- ❖ **plasmid** (noun) – a small, circular piece of DNA that is different from the chromosomal DNA. Plasmids naturally exist in bacterial cells. Often, the genes carried in plasmids provide bacteria with genetic advantages, such as antibiotic resistance.
- ❖ **plasmid DNA-vaccine** (noun) – It involves the direct introduction into appropriate tissues of a plasmid containing the DNA sequence encoding the antigen(s) against which an immune response is sought, so cells directly produce the antigen, causing a protective immunological response.
- ❖ **cold chain** (noun) – a temperature-controlled supply chain. It is a kind of supply chain that specializes in the storage, transport, and preservation of cargo that needs to be maintained at a specific temperature or within an acceptable temperature range.

IDIOMS & PHRASES

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| <ul style="list-style-type: none"> ❖ pass on the baton – transfer a specific duty/responsibility. ❖ fill someone’s shoes – substitute, deputize, stand in, take over (someone’s responsibilities). ❖ run into severe weather – to be confronted with or experience severe difficulties or experience problems. ❖ punch above one’s weight – become involved in an activity (or) try to achieve or perform at a higher level than expected (beyond one’s ability). ❖ 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. ❖ shifting sands – used in refer something that is constantly changing, especially unexpectedly. | <ul style="list-style-type: none"> ❖ on the back burner – having low priority. ❖ bear the brunt – to suffer or endure the worst part of something (force/burden/pressure) when a very bad or unpleasant thing happens. ❖ up the ante – to increase demands/stakes (in a tough condition) even though it has risks; To take an action that raises the risks. ❖ bring to the fore – to move something forward to a most important position (to make it more visible). ❖ cessation of hostilities – it means that the combatants are willing to stop fighting and to restrain their forces. ❖ bring to someone’s attention – to make someone aware of something. ❖ for one – to emphasize that a particular person is definitely viewing in a specific way, even if other people are not. |
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- ❖ **on a par with** – comparable with, equivalent to, as equal to, on a level with.
- ❖ **connect the dots** – to put various facts and ideas together to find the big picture (broad overview) of a situation, issue, or problem.
- ❖ **add insult to injury** – make bad situation worse.
- ❖ **take the bait** – be tempted/lured into doing something; give in/surrender to temptation.
- ❖ **stay the course** (idiom) – work hard till the end to accomplish the task.
- ❖ **lose sight of** – pay no attention to, fail to consider, be lax about.
- ❖ **capture someone's imagination** – to make someone feel very interested.
- ❖ **common ground** – shared opinions (or interests).
- ❖ **across the board** – applying to all.
- ❖ **in the wake of** – as a result of some event, especially an unpleasant one; aftermath, as a consequence of.
- ❖ **to be sure** – certainly, surely; used to highlight something.
- ❖ **on the ground** – in a situation/place where things are happening really/practically.
- ❖ **in tatters** – shattered, destroyed; ruined, in disarray.
- ❖ **get underway** – to start to happen.
- ❖ **to begin with** – at first, at the outset, at the beginning.
- ❖ **make clear** – explain, clarify, elucidate.
- ❖ **at the cost of** – at the expense of, at the sacrifice of, at the loss of.
- ❖ **owing to** – because of, as a result of, on account of.
- ❖ **make good** – achieve success, be successful, do well, get ahead, reach the top.
- ❖ **what's what** – the true state of things.
- ❖ **in terms of** – with regard to, regarding/ concerning, in connection with.
- ❖ **at the height of** – at the most extreme part/point of something.
- ❖ **from the blue** – (of something unusual) happens suddenly/unexpectedly.
- ❖ **by the day** – gradually.
- ❖ **in short** – briefly, in essence, in sum.
- ❖ **speak up** – to express one's opinion (in support/against something) openly.
- ❖ **off the mark** – inaccurate, incorrect, wrong; irrelevant, inapplicable, inappropriate.
- ❖ **in respect of** – concerning, regarding, relating to, with reference to.
- ❖ **as far as** – to the degree/extent that.
- ❖ **so much so** – to such a great extent/ level/ degree.
- ❖ **shot in the arm** – boost, fillip, stimulus.
- ❖ **in contrast to** – in opposition to, be very different from.
- ❖ **in sum** – briefly, in a nutshell, to come to the point, in essence.
- ❖ **in the course of** – during (the particular period/activity).
- ❖ **in its fullest/entirety** – totally, fully, completely, entirely.
- ❖ **in relation to** – with respect to, regarding, relevant to.
- ❖ **draw attention to** – emphasize, highlight, underscore; focus on.
- ❖ **of the day** – existing at a particular period of time.
- ❖ **to the effect that** – used to provide the basic meaning of what has been said or written.
- ❖ **follow suit** – emulate, follow, take as a model.
- ❖ **in fact** – actually, indeed, undeniably.
- ❖ **take shape** – become clear/definite, become tangible, fall into place.
- ❖ **in the hands of** – in the possession of.
- ❖ **at best** – simply, merely, only.
- ❖ **come into force** – come to effect (a new law, rule, change etc.).
- ❖ **due to** – because of, owing to, on account of, as a result of.
- ❖ **nothing short of** – nothing less than.
- ❖ **all in all** – taking everything into account, all things considered, on the whole.
- ❖ **of course** – certainly, definitely, absolutely, by all means.
- ❖ **make one's way** – proceed to a particular place.
- ❖ **in order to** – with the purpose/aim of.
- ❖ **regardless of** – irrespective of, without consideration of, notwithstanding, in spite of.
- ❖ **in any case** – whatever happens; moreover.
- ❖ **in view of** – in the light of, owing to, considering.
- ❖ **on track** – on course, on target, on schedule.

- ❖ **far more** – a lot more, much more.
- ❖ **ahead of** – before, earlier than, prior to.
- ❖ **in turn** – in succession, successively.
- ❖ **along the way** – during the course of a specific event/process.
- ❖ **in absolute terms** – measured by itself, not in comparison with other things.
- ❖ **at the helm** – in charge, in command/ control/ authority; in the driving seat.

PHRASAL VERBS

- ❖ **wade into (something)** – to get involved in a difficult situation (argument, debate, fight & etc) without thinking about the possible consequences.
- ❖ **whittle away/down** – reduce, cut down, lessen, decrease.
- ❖ **phase out** – eliminate, remove, discontinue, get rid of (something in gradual stages).
- ❖ **back out** – renege on, go back on, fail to honour, retreat from, withdraw from (a commitment).
- ❖ **shoot off** – send something (message/letter) quickly or suddenly.
- ❖ **pile on** – intensify, amplify, exaggerate.
- ❖ **spell out** – explain, make clear, elucidate/clarify.
- ❖ **cut across** – transcend, go beyond, rise above.
- ❖ **steer away from** – move away from, turn away from, deviate, diverge.
- ❖ **bring about** – cause to happen, make happen, result in, give rise to.
- ❖ **come through** – be processed/received (methodically).
- ❖ **carve out** – establish, develop a career or position for oneself.
- ❖ **ratchet up** – to increase something by a series of small amounts.
- ❖ **run into** – experience, encounter, be faced with, be confronted with.
- ❖ **lie behind** – be the actual (mostly concealed) reason for something.
- ❖ **build on/upon** – use something as a basis/base for; be based on, rely on, turn to, trust in.
- ❖ **set off** – give rise to, cause, trigger, prompt, bring about.
- ❖ **take down** – remove, dismantle, demolish, take apart.
- ❖ **look behind** – look back, in retrospect, with hindsight.
- ❖ **shore up** – support, assist, prop up.
- ❖ **hold out** – continue, persevere, keep going; have a feeling of (hope).
- ❖ **turn down** – reject, refuse, decline, say no to.
- ❖ **hold up** – delay, detain, make late; put a brake on, stop.
- ❖ **shape up** – improve, get better, progress.
- ❖ **lie ahead** – be going to happen; to be in the future.
- ❖ **lean on** – depend on, rely on, count on, bank on.
- ❖ **get out** – succeed in releasing something.
- ❖ **lay down** – formulate, establish, institute, determine.
- ❖ **call for** – require, publicly ask/necessitate, demand.
- ❖ **arrive at** – achieve, attain, reach, accomplish (a conclusion/decision).
- ❖ **go away** – disappear.
- ❖ **call off** – cancel, abandon, shelve/drop.
- ❖ **break through** – achieve success.
- ❖ **point out** – identify, mention, indicate, draw attention to.
- ❖ **act on** – take action considering something, act in accordance with something.
- ❖ **go by** – to form an opinion about someone/ something from the experience.
- ❖ **give out** – emit, produce, send out.
- ❖ **look at** – study, analyse, scrutinize.
- ❖ **fade away** – diminish, disappear, decline, dwindle.
- ❖ **lie in** – be present, be contained, exist.
- ❖ **set up** – establish, start/begin, inaugurate, create.
- ❖ **go through** – examine, study, scrutinize something methodically.
- ❖ **give up** – abandon, forgo, renounce, relinquish, discontinue.
- ❖ **call on** – demand, ask, request/appeal, urge (to do something).
- ❖ **set aside** – cancel, annul, overrule, overturn.