

**1. CRIPPLE (VERB):** debilitate

**Synonyms:** undermine, paralyze      **Antonyms:** help, assist

**Example Sentence:**

Many countries are crippled by their debts.

**2. ABSOLUTE (ADJECTIVE):** unconditional

**Synonyms:** free, unabridged      **Antonyms:** limited, conditional

**Example Sentence:**

I am bound with absolute moral pressures.

**3. RESILIENCE (NOUN):** flexibility

**Synonyms:** elasticity, pliancy      **Antonyms:** obduracy, rigidity

**Example Sentence:**

In spite of the violence in the country, industry there has shown a remarkable resilience.

**4. HARVEST (NOUN):** accumulate

**Synonyms:** amass, collect      **Antonyms:** approval, sanction

**Example Sentence:**

This year she had been afraid to harvest because of the dogs.

**5. BOUNTIFUL (ADJECTIVE):** abundant

**Synonyms:** ample, lavish      **Antonyms:** meagre, scarce

**Example Sentence:**

This building has bountiful rooms.

**6. IMPERATIVE (ADJECTIVE):** compulsory

**Synonyms:** essential, crucial

**Antonyms:** inessential, unimportant

**Example Sentence:**

Vaccination and Polio drops are both imperative measures towards nurturing a healthy child .

**7. LACK (NOUN):** absence

**Synonyms:** dearth, inadequacy

**Antonyms:** affluence, abundance

**Example Sentence:**

His voice was raspy from his own lack of sleep.

**8. VARIATION (NOUN):** alteration

**Synonyms:** deviation, disparity

**Antonyms:** similarity, likeness

**Example Sentence:**

Regional variations are seen in spoken language.

**9. APPREHENSIVE (ADJECTIVE):** anxious

**Synonyms:** doubtful, jittery

**Antonyms:** certain, confident

**Example Sentence:**

He felt apprehensive about going home.

**10. SPUR (NOUN):** activation

**Synonyms:** catalyst, excitant

**Antonyms:** prevention, curb

**Example Sentence:**

Wars act as a spur to real invention.