

1. UPBEAT (ADJECTIVE): buoyant
(उत्साहित)

Synonyms: happy, cheery
Antonyms: depressed, discouraged
Example Sentence:
He is a very upbeat person.

2. SPUR (NOUN): incitement (प्रेरणा)

Synonyms: catalyst, excitant
Antonyms: deterrent, hindrance
Example Sentence:
Redundancy is the spur for many to embark on new careers.

3. RELUCTANT

(ADJECTIVE): unwilling (अनिच्छुक)
Synonyms: disinclined, unenthusiastic
Antonyms: willing, enthusiastic
Example Sentence:
She is applying pesticides with great caution.

4. REDUNDANT

(ADJECTIVE): unnecessary (ज़रूरी)
Synonyms: inessential, needless
Antonyms: important, useful
Example Sentence:
Many people are reluctant to talk about politics.

5. BUTTRESS (VERB): bolster (सहारा देना)

Synonyms: reinforce, uphold
Antonyms: undermine, weaken
Example Sentence:
His tough line is buttressed by a democratic mandate.

6. EXPANSION (NOUN): growth
(उन्नति)

Synonyms: extension, increase
Antonyms: compression, abridgement
Example Sentence:
He made an expansion in his business.

7. REVIVE (VERB): energize (सक्रिय करना)

Synonyms: encourage, invigorate
Antonyms: dissuade, discourage
Example Sentence:
Patriotic song revived all of us.

8. EFFECTIVE

(ADJECTIVE): impressive (प्रभावी)
Synonyms: competent, useful
Antonyms: insufficient, ineffective
Example Sentence:
Her effective speech had blown everybody away.

9. DISRUPTIVE (ADJECTIVE): rowdy
(उपद्रवी)

Synonyms: troublesome, disturbing
Antonyms: well-behaved, disciplined
Example Sentence:
This disruptive activity made me restless all over the night.

10. RESILIENCE (NOUN): flexibility
(लचीलापन)

Synonyms: pliability, elasticity
Antonyms: stiffness, rigidity
Example Sentence:
Her natural resilience helped her overcome the crisis.

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