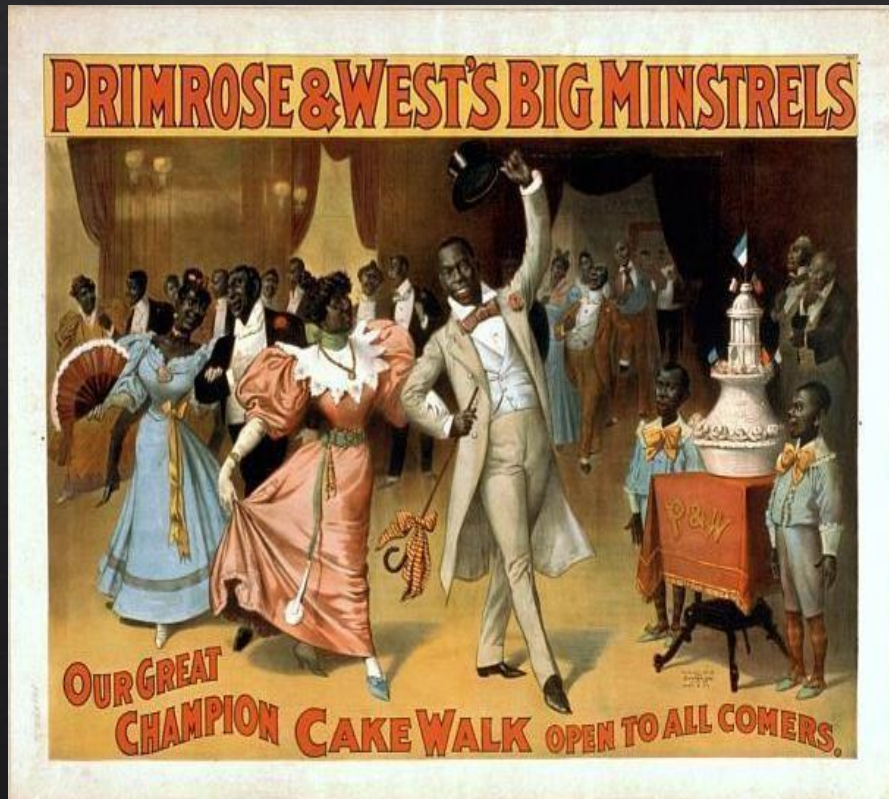


1. A cakewalk:- An easy task /achievement (बहुत ही आसान काम)



Aman Sir English

Eg- I've been running marathons for years now, so this 5KM run will be a cakewalk for me.

Aman Sir English

2. Weal and woe :- Good and bad days (सुख और दुःख)



Eg- Weal and woe comes in everybody's life .One should learn to live with them.

3. All eyes :- Watching eagerly (उत्सुकता से देखना)



Eg:- The kids were all eyes as Aman Sir English he slowly unwrapped the package.

4. A green horn :- A inexperienced man (अनुभवहीन या नया व्यक्ति)



Eg – He's not the most Aman Sir English sophisticated businessman you'll ever meet, but he's no greenhorn.

5. Bag and baggage:- With all one's belongings
(बोरिया-बिस्तर समेत, पूरे सामान के साथ)

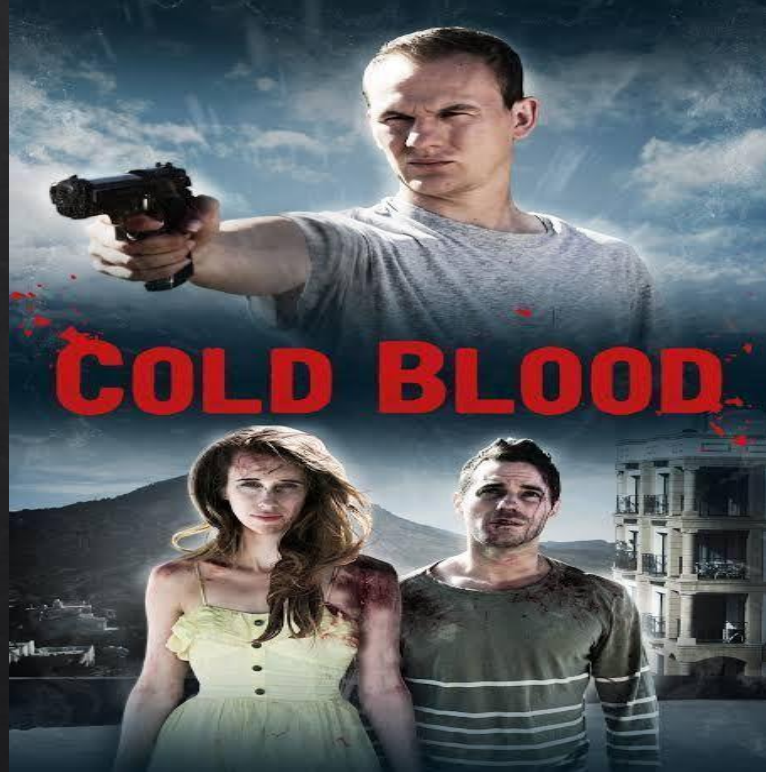


Aman Sir English

Eg - Sally showed up at our door bag and baggage one Sunday morning.

Aman Sir English

6. In cold blood :- in a cruel calm way, without showing any emotion (निर्दयता से या योजनाबद्ध हत्या)



Aman Sir English

Eg- The crime had been committed in cold blood.

Aman Sir English

7. A skeleton in the cupboard :- An embarrassing fact to be kept secret (शर्मनाक पारिवारिक गुप्त राज)



Aman Sir English

Eg:- The only person I know who has a skeleton in the cupboard is Ravi.

Aman Sir English

8. Fly into a rage:- To become extremely angry (अचानक बहुत गुस्सा होना)



Eg – I asked to speak to her ^{Aman Sir English}
boss and she just flew into a rage.

9. Break the ice:- Initiate something / to start a conversation (चुप्पी तोड़ना या बातचीत शुरू करना)



Aman Sir English

Eg – Someone suggested that we play a party game to break the ice..

Aman Sir English

10. Beat around the bush:- Avoiding the main topic (घुमा-फिराकर बातें करना)



Aman Sir English

Eg – Will you please stop beating about the bush and get to the point.

Aman Sir English

11. To smell a rat :- to have reason to suspect
(दाल में कुछ काला लगना)



Eg:- The investor smelt a rat when he saw the company records.

Aman Sir English

Aman Sir English

12. To be fair and square :- To be honest (पूरी तरह ईमानदार होना)



Eg – The supporters for the other team were angry but we won the game fair and square.

Aman Sir English

13. Keep at arm's length :- Avoid becoming too friendly
(दूरी बनाए रखना या बचना)



Aman Sir English

Eg - I like to keep my office colleagues at arm's length outside of office. I don't want them in my personal life.

Aman Sir English

14. Cut a poor/sorry figure :- To put a bad impression
(बुरा प्रभाव डालना)



Aman Sir English

Eg:- The witness cut a poor figure
in his cross-examination.

Aman Sir English

15. Bear the palm :- To be a winner (विजयी होना या जीतना)



Eg:- Ritika will surely bear the palm in the competition.

Aman Sir English

16. Bob's your uncle! :- It becomes easily and quickly achievable (काम हो गया, बहुत आसान है)



Aman Sir English

Eg:- To switch the TV on, press the button, and bob's your uncle.

Aman Sir English

17. To hit below the belt:- to be mean and unfair in a fight. (गलत तरीके से वार करना)



Aman Sir English

Eg – The shot that he took at him was completely below the belt . Decent people do not compete like this.

Aman Sir English

18. Himalayan blunder :- grave error (बहुत बड़ी और गंभीर गलती)



Eg:- We made a Himalayan Aman Sir English blunder in believing the investment agent.

19. Donkey's years:- A long time. (बहुत लंबा समय)



Aman Sir English

Eg- She worked as PA to the manager of a SBI's Bank branch for donkey's years.

Aman Sir English

20. In hot waters :- To be in trouble (मुसीबत या परेशानी में होना)



Aman Sir English

Eg:- He found himself in hot water over his comments about immigration.

Aman Sir English

21. Quicken the pulse :- made someone excited or interested
(उत्तेजना या धड़कन बढ़ाना)



Eg:- Seeing your crush coming can quicken your pulse.

Aman Sir English

Aman Sir English

22. Latin and greek :- Incomprehensible (समझ से बिल्कुल बाहर)



Aman Sir English

Eg:- He tried to explain the rules of the game to me, but it was Latin and Greek to me.

Aman Sir English

23. Elbow room :- space or freedom to work (काम करने की पर्याप्त जगह)



Aman Sir English

Eg:- If you want me to work on this project, I want full elbow room.

Aman Sir English

24. On the ball :- To be alert (सतर्क और जानकारी रखने वाला)



Aman Sir English

Eg:- She really is on the ball; she's bought houses at auctions so she knows what she's doing.

Aman Sir English

25. Yellow bellies:- Cowards (डरपोक या बुज़दिल लोग)



Aman Sir English

Eg:- The girl students were so yellow-bellied that they even feared their own shadows.

Aman Sir English

26. A rolling stone gathers no moss - an aimless person cannot succeed. (अस्थिर व्यक्ति सफल नहीं होता)



Eg. – It was time for you to settle down at least five years back. You should find a place that you like and build a home there because a rolling stone gathers no moss.

27. Born with a silver spoon in his mouth :- born to riches and luxury (अमीर खानदान में पैदा होना)

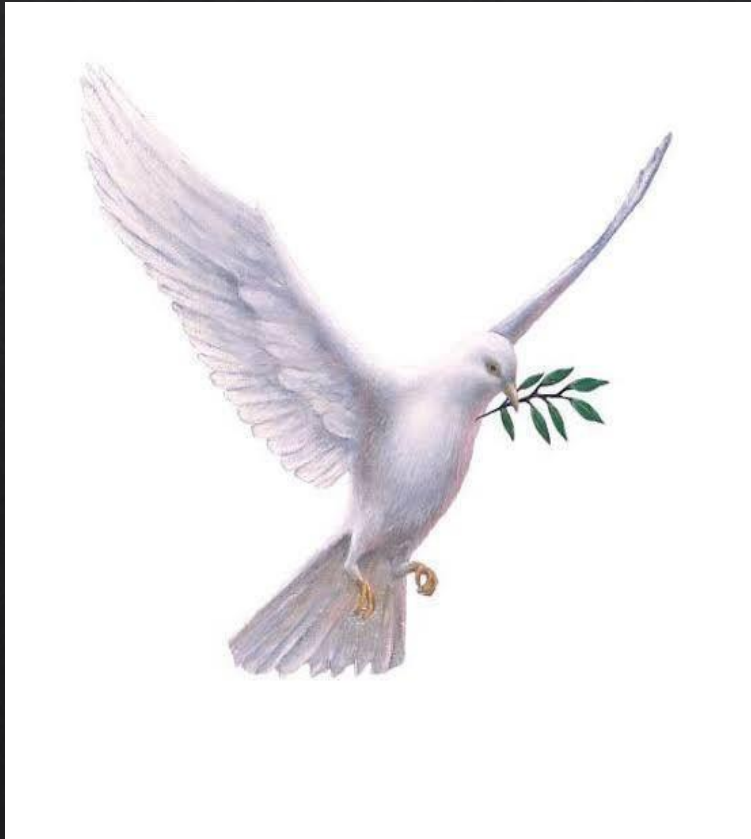
Aman Sir English



Eg:- The stranger's conduct was that of a man who had been born with a silver spoon in his mouth.

Aman Sir English

28. an olive branch :- gesture of peace (शांति का प्रस्ताव)



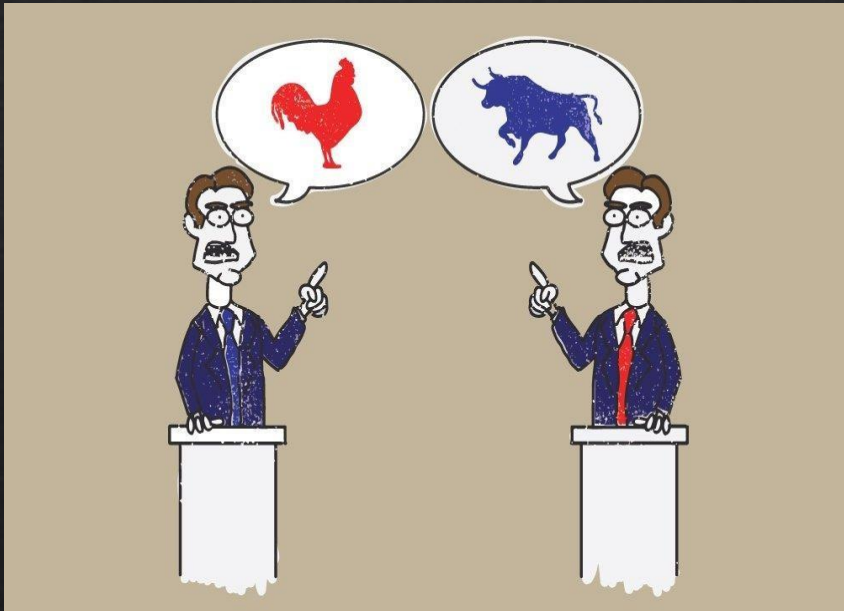
Aman Sir English

Eg:- He held out an olive branch to the opposition by releasing 42 political prisoners.

Aman Sir English

29. Cock and bull story:- An implausible story used as an explanation or excuse (मनगढ़ंत या झूठी कहानी)

Aman Sir English



Eg- Don t give me that cock and bull story You should have completed this task long time ago.

Aman Sir English

30. In full swing :- very active / fully functional (पूरे ज़ोर-शोर से चलना)



Aman Sir English

Eg:- When we arrived, the party was **in full swing** and the room was abuzz.

Aman Sir English

31. Aladdin's cave :- a place that contains many interesting objects (कीमती चीज़ों से भरी जगह)



Aman Sir English

Eg:- His shop, a veritable Aladdin's cave of antiques, is for sale

Aman Sir English

32. take something at face value :- as true or genuine without being questioned or doubted (दिखावे पर यकीन करना)

Aman Sir English



Eg:- After all his lying,
nothing he says now should
be taken at face value

Aman Sir English

33. Turn over a new leaf :- To begin again (नई और अच्छी शुरुआत करना)

Aman Sir English



Eg:- He promised to turn over a new leaf and study harder.

Aman Sir English

34. Fair weather friend :- Friends in good time (सिर्फ सुख का साथी)



Eg – I really had thought that she would help me with my problem but she is a fair weather friend .

Aman Sir English

Aman Sir English

35. To cudgel one's brain :- think hard to solve a problem (दिमाग पर बहुत ज़ोर डालना)



Aman Sir English

Eg:- She cudgeled her brains about why he would make such a risky move.

Aman Sir English

36. Come in handy :- be useful (काम आना या उपयोगी होना)



Aman Sir English

Eg:- The fans would have **come in handy** during the humid weather over the last few days.

Aman Sir English

37. Play it by ear :- To do something without special preparation (परिस्थिति अनुसार काम करना)

Aman Sir English



Eg:- I've had no time to prepare for this meeting, so I'll have to play it by ear.

Aman Sir English

38. To be on cloud nine :- To be extremely happy
(बहुत ज़्यादा खुश होना)



Aman Sir English

Eg- The grandmother was on cloud nine to see her grandson after a long time.

Aman Sir English

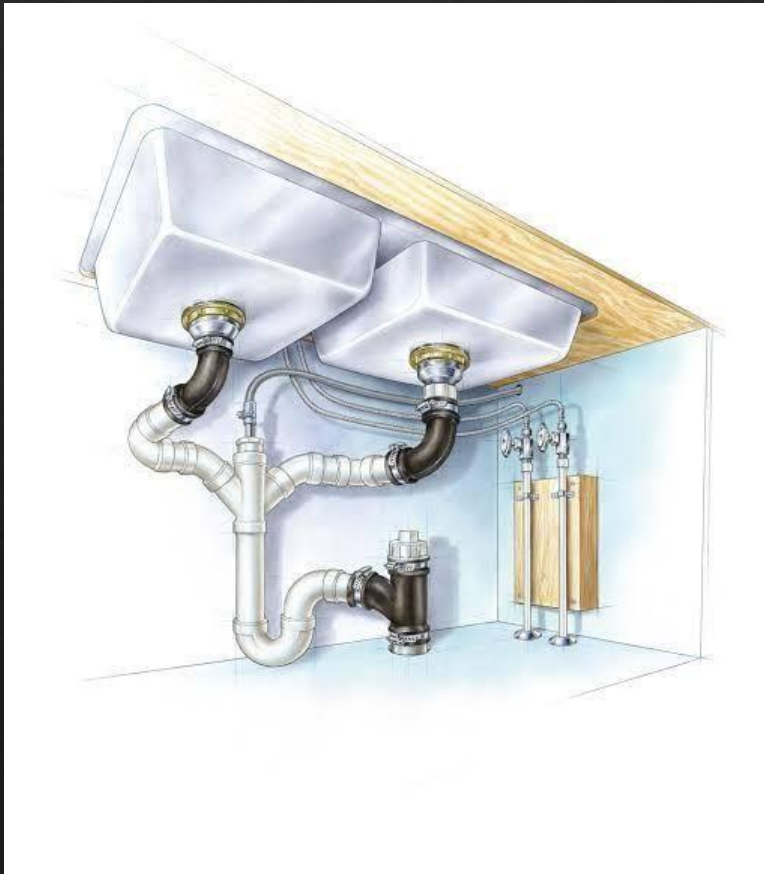
39. heart in the right place :- Someone is good even if they sometimes behave in a wrong manner (नेक दिल इंसान होना) Aman Sir English



Eg:- He looks very rough, but he has his heart in the right place.

Aman Sir English

40. Down the tubes :- Failing completely (पूरी तरह बर्बाद होना)



Aman Sir English

Eg:- If business doesn't pick up soon, the company will go down the tubes.

Aman Sir English

41. Put one's foot down:- refuse very firmly to do something
(सख्ती से मना करना)

Aman Sir English



Eg- The boss put her foot down and refused to accept any more changes to the plan.

Aman Sir English

42. With a pinch of salt :- Doubt the truth or value of something (पूरी तरह यकीन न करना)



Aman Sir English

Eg:- It's best to take what he says with a pinch of salt -he's always exaggerating.

Aman Sir English

43. To get cold feet:- Fear (डर के कारण हिम्मत हारना)



Aman Sir English

Eg - The burglar has got cold feet,
when the dog started barking.

Aman Sir English

44. Achilles's heel :- A weakness or vulnerable point
(सबसे कमजोर कड़ी या बिंदु)



Aman Sir English

Eg - He was very brave, but fear of spiders was his Achilles' heel.

Aman Sir English

45. Escaped by the skin of his teeth :- Barely managed to escape (बाल-बाल बच निकलना)



Aman Sir English

Eg:- He escaped from the secret police by the skin of his teeth.

Aman Sir English

46. Lose your marbles :- To go insane (मानसिक संतुलन खोना या पागल होना)



Aman Sir English

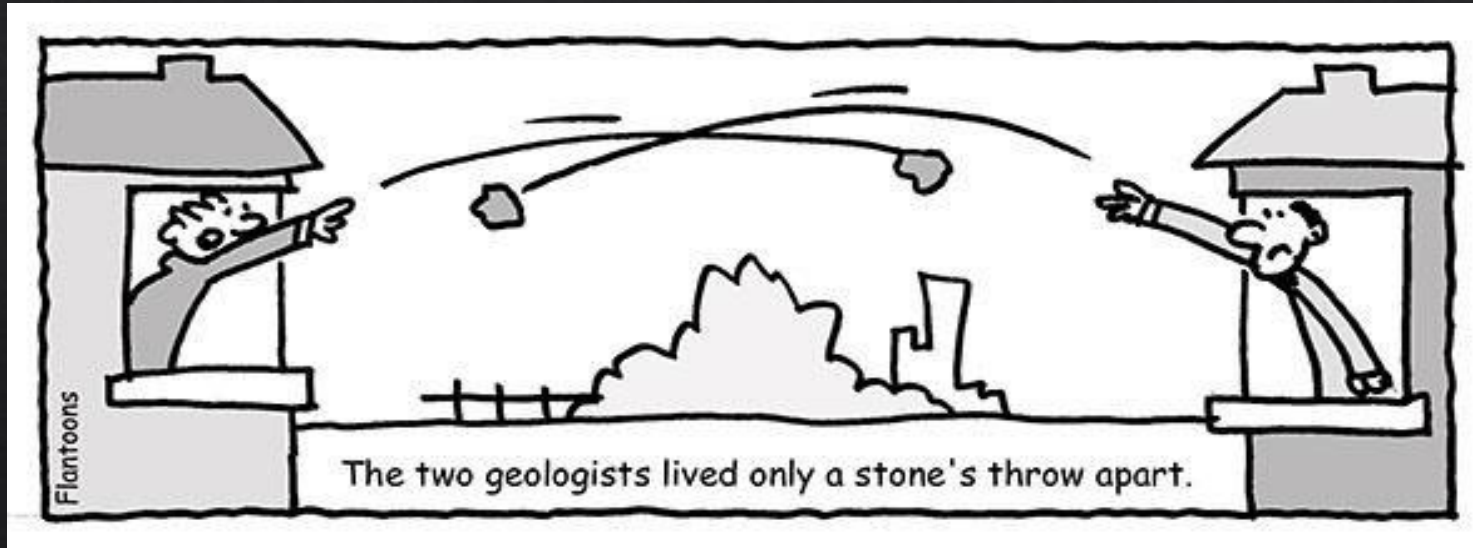
Eg:- When he started ranting about how the government was out to get him, I thought he'd lost his marbles.

Aman Sir English

47. A stone's throw away:- At a short distance
(बहुत ही नज़दीक होना)

Eg:- The high school is just a stone's throw from his house.

Aman Sir English



Aman Sir English

48. Take with a grain of salt :- Doubt the truth or value of something (संदेह के साथ सुनना)

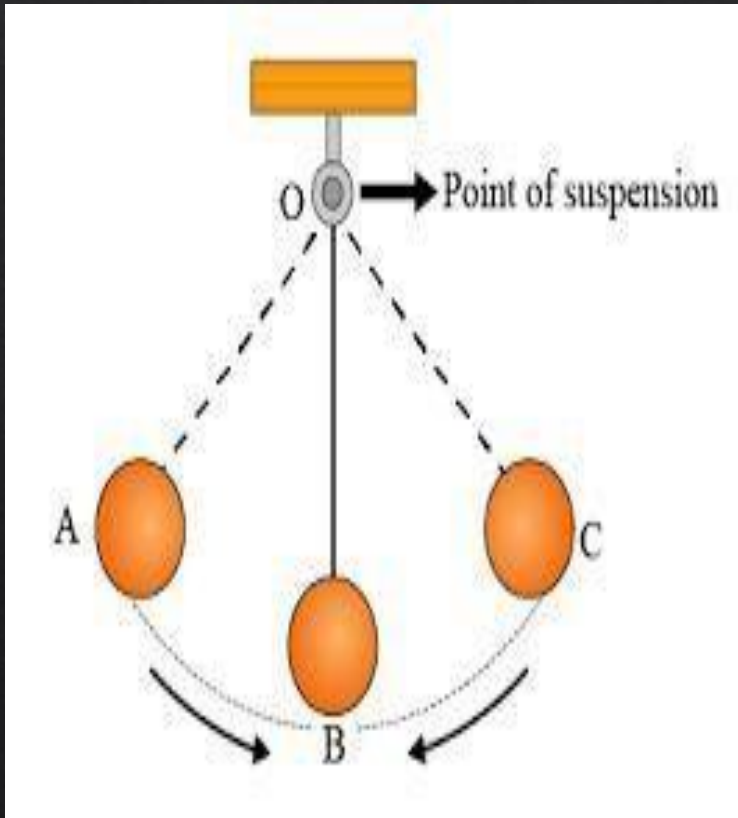


Aman Sir English

Eg:- She took the claim that he didn't want to be president with a grain of salt.

Aman Sir English

49. To and fro:- Forward and backward (आगे-पीछे या इधर-उधर)



Aman Sir English

Eg:- I was disturbed by all the people walking to and fro outside the office.

Aman Sir English

50. Run around in circles:- to keep doing something without achieving much. (बिना नतीजे के व्यस्त रहना)

Aman Sir English



Eg:- I've been running around in circles trying to get all the reports finished before the meeting.

Aman Sir English

51. By leaps and bounds:- Very quickly / rapidly
(दिन दूनी रात चौगुनी तरक्की)



Aman Sir English

Eg- The company is growing by leaps and bounds this year.

Aman Sir English

52. Red tape :- Official rules and bureaucracy that make it difficult to do something
(अत्यधिक कागज़ी कार्यवाही/देरी)



Aman Sir English

Eg:- Because of all red tape at immigration I missed my connecting flight.

Aman Sir English

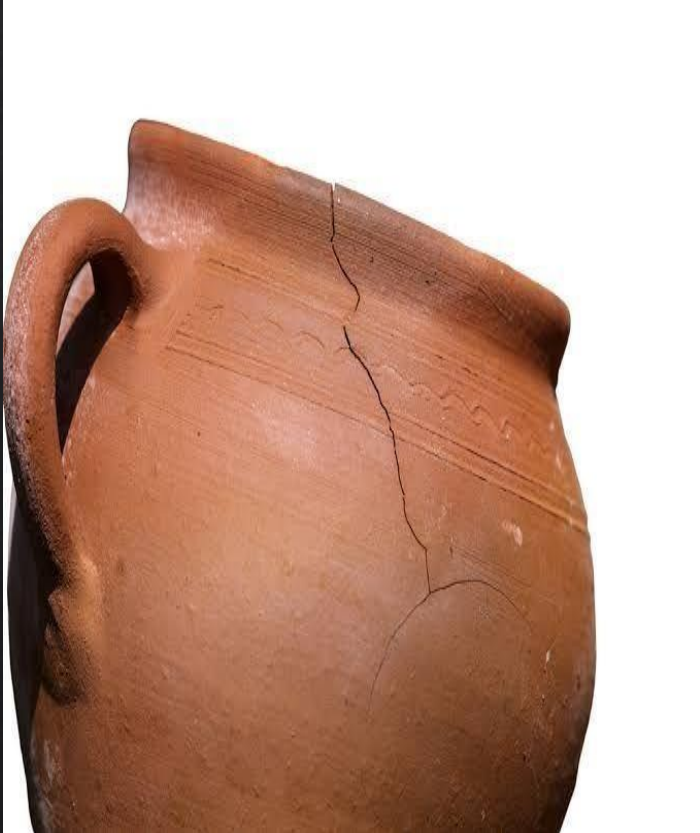
54. Catch 22 situation :- difficult situation in which the solution to a problem is impossible (ऐसी उलझन जिसका समाधान असंभव हो)

Aman Sir English



Eg:- To get a certain job, you need work experience. But to get that work experience, you need to have had a job. It's a Catch-22.

55. Hold water :- Appear to be valid or reasonable
(तर्कसंगत या सही साबित होना)



Aman Sir English

Eg:- It may seem logical, but his argument doesn't hold water.

Aman Sir English

56. Slow and steady :- make consistent progress for success (धीमी पर निरंतर मेहनत)



Aman Sir English

Eg:- A second evaluation, in March 1994, reflected these **slow and steady** improvements.

Aman Sir English

57. Ins and out:- full detail (पूरी जानकारी या विवरण)

Aman Sir English



Eg - I know how to use computers, but I don't really understand the ins and outs of how they work.

Aman Sir English

58. Went pear – shaped :- Went terribly wrong
(योजना का फेल हो जाना)



Aman Sir English

Eg:- She was in debt, and when she lost her job it all went pear-shaped

Aman Sir English