

**Left out in the cold:-** ignore someone (उपेक्षित या अकेला छोड़ना)

Aman Sir English



**Eg:-** She was left out in the cold when the football match was going on due to her disability.

**Started/get off on the wrong foot:-** begin something incorrect (गलत तरीके से शुरुआत करना)

Aman Sir English



**Eg:-** Their relationship started off on the wrong foot when they had a huge misunderstanding.

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**A leopard can't change his spots:-** one cannot change who they are (स्वभाव बदलना नामुमकिन होना)

Aman Sir English



**Eg:-** He is bound to fail the exam again, a Leopard cannot change his spots after all.

**Be on breadline:-** to be extremely poor (अत्यधिक गरीबी में होना)

Aman Sir English



**Eg:-** Many people without jobs are on the breadline.

**Dodged a bullet:-** barely escaped from a dangerous /disaster situation (बड़ी मुसीबत से बाल-बाल बचना)

Aman Sir English



**Eg:-** I thought I epically failed the exam, but I passed by just a single point. I really dodged a bullet there.

**The best of both worlds:-** all the advantages (दोनों हाथों में लड्डू होना)

Aman Sir English



**Eg:-** I am so jealous that she gets the best of all possible worlds, she keeps eating and never gets fat.

**Birds of a feather:-** people with the same characteristics (एक ही प्रवृत्ति के लोग)

Aman Sir English



**Eg:-** Santa and Banta laughed when they saw each other wearing the same outfit and said, “Birds of a feather.”

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**Burn the midnight oil:-** to be working until late in the night (देर रात तक कड़ी मेहनत)

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**Eg:-** It is very-very hard assignment, and I had to burn the midnight oil to get it completed on time.

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**Bend over backwards:-** extremely hard to help or to please someone: (किसी की मदद को जी-तोड़ कोशिश)

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**Eg:-** Banks are bending over backwards to provide facilities to the depositors .

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**It's a small world:-** meeting someone not expected to be at a certain place (दुनिया बहुत छोटी है)

Aman Sir English



**Eg:-** Do you know my friend from school? Wow, it's a small world, isn't it?

**Back to square one:-** to return to the starting point  
(वापस वहीं पहुँच जाना)

Aman Sir English



**Eg:-** If they do not accept our proposal, we will be back to square one Source .

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**Stab in the back:-** to deceive someone's faith (पीठ में छुरा घोंपना, धोखा)

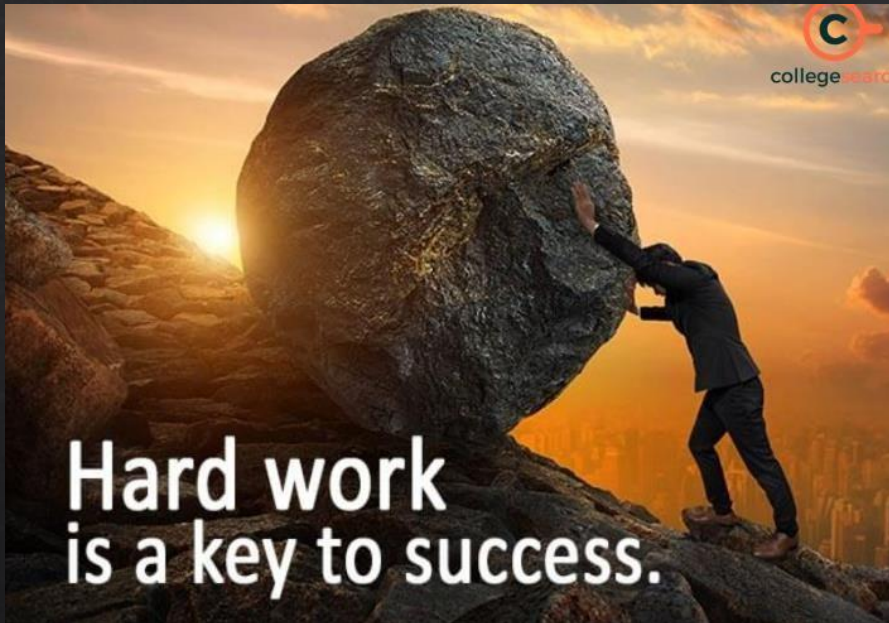
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**Eg:-** I believed that she was my friend. I can't believe that she stabbed me in the back.

**Set your sights on something:-** to decide to achieve something (लक्ष्य निर्धारित करना)

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**Eg:-** Neeraj Chopra has set his sights on winning the competition.

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**Hold your horses:-** Wait a moment or be patient (often because you are moving too quickly or thoughtlessly). (धैर्य रखना या रुकना)

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**Eg:-** I know you're excited to see the prototype, but you all just need to hold your horses while we get set up.

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**As keen as mustard:-** Very excited and enthusiastic.

(बहुत उत्साही होना)

Aman Sir English



**Eg:-** She is as keen as mustard to get her hands on the new toys that her mother promised her.

**Crack up/Crack someone up:-** make someone laugh loudly (जोर से हँसना या हँसाना)

Aman Sir English

When She Crack A Worst Joke...  
But She's Your Crush....



**Eg:-** The entire group cracked up at the joke of their teacher.

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**Slip someone's memory/mind:-** to be forgotten (दिमाग से उतर जाना, भूलना)

Aman Sir English



**Eg:-** I forgot I'd arranged to meet Richard last night - it completely slipped my mind.

**Face the music:-** Get reprimanded / be punished  
(किए का परिणाम भुगतना)

Aman Sir English



**Eg:-** The children broke the window pane while playing and had to face the music when their parents returned home .

**Keep count of:-** to remember or keep a record of a number or total. (गिनती या हिसाब रखना)



**Eg:-** He's had so many different girlfriends lately that I no longer can keep count.

**Throw dust in eyes:-** to mislead somebody (आंखों में धूल झोंकना, धोखा)



**Eg:-** The taxi drivers in Shimla throw dust in tourist's eyes and take too much money for a small distance.

**A plum job:-** an easy and high paying job (आसान और  
अच्छी कमाई वाली नौकरी)

Aman Sir English



**Eg:-** He got a plum job which  
pays him 3 crore a year.

**Keep a straight face:-** to stop yourself from smiling or laughing (गंभीर बने रहना, हँसी रोकना)

Aman Sir English



**Eg:-** She tried to keep a straight face but, unable to contain herself, burst into laughter.

**Grasp at straws:-** to make a desperate attempt to salvage a bad situation. (डूबते को तिनके का सहारा)

Aman Sir English



**Eg:-** I think they are grasping at straws to get some clients.

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**Made a pig's ear:-** to do something badly, wrongly, or awkwardly: (किसी काम को बिगाड़ देना)

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**Eg:-** you made a pig's ear of this project so you are fired.

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**Take notice:-** consider (ध्यान देना या गौर करना)

Aman Sir English



**Eg:-** Voters are beginning to take notice of him as a serious candidate.

**Pros and cons:-** good points and bad points (पक्ष और विपक्ष, नफा-  
नुकसान)

Aman Sir English



**Eg:-** Our director took a meeting and asked us to express our views on the pros and cons of the new HR policy.

**Second wind:-** another burst of energy when you had been too tired to finish (थकान के बाद नई ऊर्जा)

Aman Sir English

What is **Second Wind** ?



**Eg:-** I was going to stop working at 6:00 pm, but I got my second wind and just carried on until about 9:00 pm.

**Wear your heart on your sleeve:-** display your emotions openly (भावनाएं खुलकर ज़ाहिर करना)

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**Eg:-** She is a very sensitive person and wears her heart on her sleeve, so it very easy to hurt her feelings.

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**Fly in the ointment:-** something that spoils a pleasant or enjoyable experience. (मज़े में छोटी सी बाधा)

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**Eg:-** The fly in the ointment was that they had failed to consider regulatory requirements.

**Burn one's bridges:-** destroy all possible ways of going back to that situation. (वापसी के सारे रास्ते बंद करना)

Aman Sir English



**Eg:-** Denouncing one's boss in a written resignation means one has burned one's bridge.

**My hands are full:-** be very busy (बहुत ज़्यादा व्यस्त होना)

Aman Sir English



**Eg:-** When I was working full-time, my hands were always full and I never had time to just relax and appreciate the small wonders of life.

**Boil the ocean:-** try to do something impossible (असंभव काम करने की कोशिश)

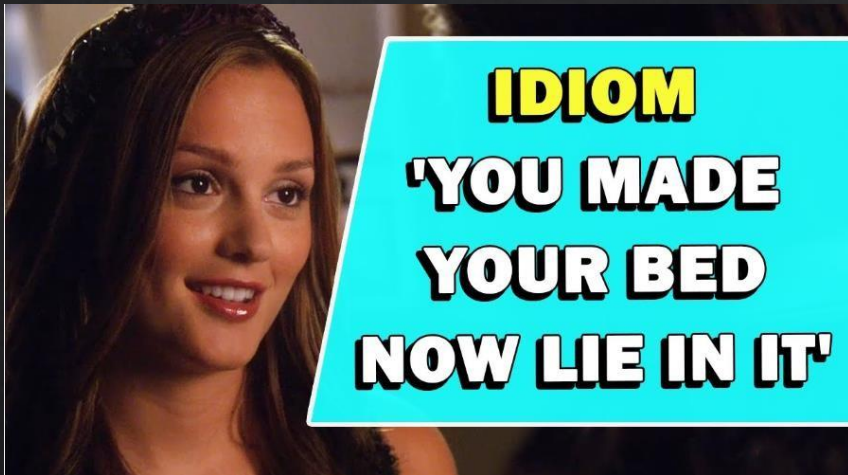
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**Eg:-** You expect our plant to manufacture 40000 parts in a week you are trying to boil the ocean on this one.

**You've made your bed, now lie in it:-** to make a decision and to accept the consequences of those decisions (खुद की गलती का फल भोगना)

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**Eg:-** My mother always told me to make the right choices because once you make your bed, you have to lie in it.

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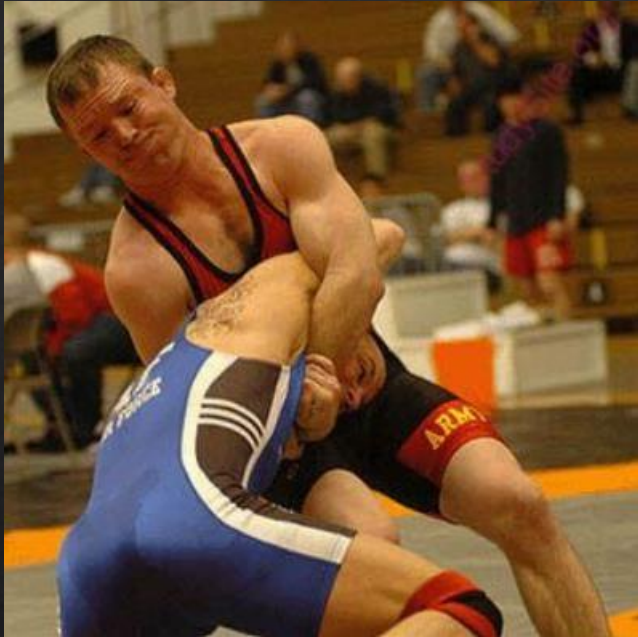
**Get act together:-** get organized and on schedule  
(सुव्यवस्थित होकर काम करना)

Aman Sir English



**Eg:-** His new boss has given him one month to get his act together, or he loses his job.

**Bid defiance to:-** to ignore someone (आज्ञा मानने से मना करना)  
Aman Sir English



**Eg:-** His girl friend bade defiance to his wish to go for movie and instead they went for lunch in hotel.

**Stand a chance:-** to have a possibility or a hope of success (सफल होने की संभावना होना)

Aman Sir English



**Eg:-** Do you believe that you stand a chance of getting that job?

**Part and parcel:-** basic or essential element (किसी चीज़ का अनिवार्य हिस्सा)

Aman Sir English



Lord Krishna said:  
“Arjuna, birth and death are part and parcel of life. If one is born, one has to die one day. Nobody can escape from the claws of death.”

**Eg:-** Ups and downs are “part and parcel” of life. You cannot run away from them.

**Midas touch:-** financially successful (जिस काम में हाथ डालें सफल होना)

Aman Sir English



**Eg:-** Mark Zuckerberg has midas touch, he started his company in a garage, and look where he is today.

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**Hit the books:-** to study very hard (जमकर पढ़ाई करना)

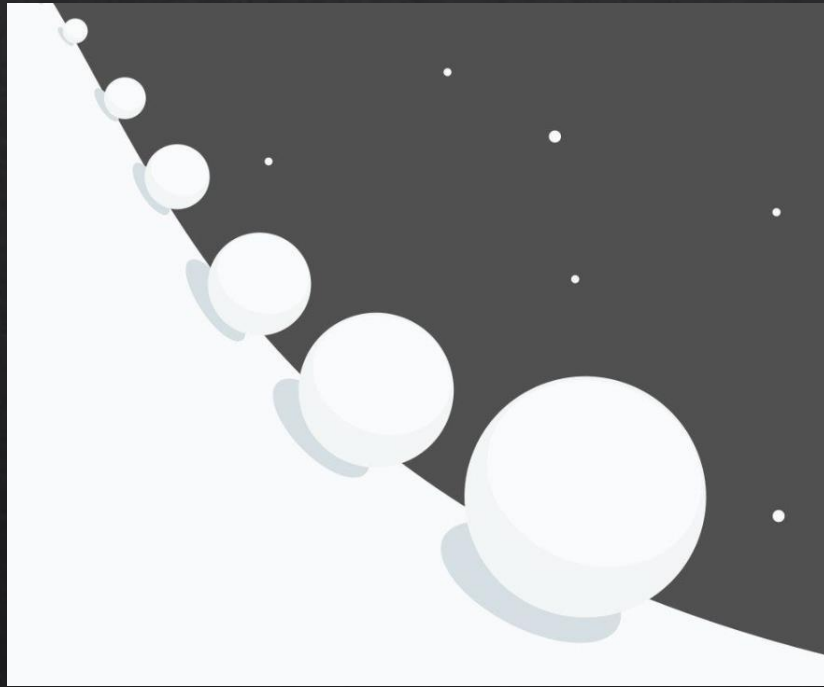
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**Eg:-** The exams are only a month away, if you don't hit the books now, you'll surely fail.

**Snowball effect:-** an accelerating growth of magnitude (छोटी चीज़ का बड़ा होते जाना)

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**Eg:-** The more successful you become, the more publicity you get and that publicity generates sales. It's kind of snowball effect.

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**In dire straits or need:-** in a very bad situation  
(गंभीर संकट में होना)

Aman Sir English



**Eg:-** I am totally broke and need help to buy some food for my children. We are in dire straits.

**Step up to the plate:-** take control of a situation  
(ज़िम्मेदारी स्वीकार करना)

Aman Sir English



**Eg:-** "It's time for Tom to step up to the plate and take on his share of work."

**Under the weather:-** to be ill or feel ill (तबीयत थोड़ी खराब होना)

Aman Sir English



**Eg:-** I have my final exam today, but I am feeling under the weather. I don't know how I will fare.

**Water under the bridge:-** something that happened in the past and cannot now be changed (पुरानी बीती हुई बातें) Aman Sir English



**Eg:-** Yes, we did have our disagreements but that's water under the bridge now.

**Steer clear of:-** avoid someone or something because it is dangerous for you (किसी से दूर रहना, बचना) Aman Sir English



**Eg:-** After her bad experience with the previous employer, she decided to steer clear of any company with a similar work culture.

**Eat humble pie:-** to feel sorry and apologies for a mistake (हार मानकर माफी माँगना)

Aman Sir English



**Eg:-** The lawyer had to eat humble pie in the court because the facts he presented were wrong.

**Let bygones be bygones:-** what's done is done  
(बीती बातों को भूल जाना)

Aman Sir English



**Eg:-** They decided to let bygones be bygones and made peace with each other.

**Herculean task:-** a task requiring huge amounts of physical strength (बहुत कठिन कार्य)

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**Eg:-** It is going to be a Herculean task for the new government to stabilise the economy in its current state.

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**Grist to the mill:-** something that gives a useful advantage. (अनुभव या लाभ पहुँचाने वाली चीज़)

Aman Sir English



**Eg:-** The negative comments about her performance were grist to the mill for her motivation to prove herself and work harder.

**A dime a dozen:-** something very common and not having much value (बहुत ही साधारण या आम)

Aman Sir English



**Eg:-** Coaching classes are a dime a dozen, but most of them are of low quality and do not deliver on their promise. The really good ones are far fewer.

**Once in a blue moon:-** Rarely (बहुत ही कम होने वाला)

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**Eg:-** My sister lives in America , so I only see her once in a blue moon.

**Keep your chin up** :- remain cheerful in difficult circumstances. (मुसीबत में भी खुश रहना)

Aman Sir English



**Eg:-** Rohit was keeping his chin up yesterday despite the continued setbacks.

**Fit as a fiddle:-** A very healthy person (पूरी तरह स्वस्थ और तंदुरुस्त)  
Aman Sir English



**Eg:-** That woman is 50 years old but she is running like a 20 year old! She is as fit as a fiddle.

**Hit the nail on the head:-** be accurately right about something (बिल्कुल सटीक बात कहना)

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**Eg:-** I think Mick hit the nail on the head when he said that what's lacking in this company is a feeling of confidence.

Aman Sir English

**Apple of discord:-** bone of contention (झगड़े की जड़)

Aman Sir English



**Eg:-** The two best friends were attracted to the same person, and that became an apple of discord between them.

Aman Sir English

**Come what may:-** no matter what may happen (चाहे जो भी हो जाए)

Aman Sir English



**Eg:-** The girl has decided to marry him come what may. She will proceed even if her entire family is against her decision.

**Hear someone out:-** to listen to someone until they have said everything they want to say: (किसी की पूरी बात सुनना)



**Eg:-** I know you're furious with me, but please hear me out.

**Hue and cry:-** a noisy expression of public anger or disapproval: (शोर-शराबा या हल्ला) Aman Sir English



**Eg:-** There has been a great hue and cry about the council plans to close the school.

**Bite your tongue:-** to keep yourself from saying something that you really want to say खुद को बोलने से रोकना) Aman Sir English



**Eg:-** The lady officer has a very quick temper and often fails to bite her tongue in an argument.

**Let the cat out of the bag:-** to reveal a secret by mistake. (अनजाने में राज खोलना)

Aman Sir English



**Eg:-** I wanted to keep my job offer a secret, but my little brother overheard and let the cat out of the bag.

Aman Sir English

**Loaves and fishes:-** materialist wealth (व्यक्तिगत या भौतिक लाभ)

Aman Sir English



**Eg:-** Now a day everybody is interested only in the loaves and fishes of their jobs.

**Pull yourself together:-** to calm down and behave normally after an upsetting event (खुद को संभालना, शांत होना) Aman Sir English



**Eg:-** I know its difficult to get over your loss, but try to pull yourself together and get on with life.

**Talk through one's hat:-** to talk about something without understanding what you are talking about  
(बिना सोचे बकवास करना)

Aman Sir English



**Eg:-** Nothing of what he said made sense - he was talking through his hat.

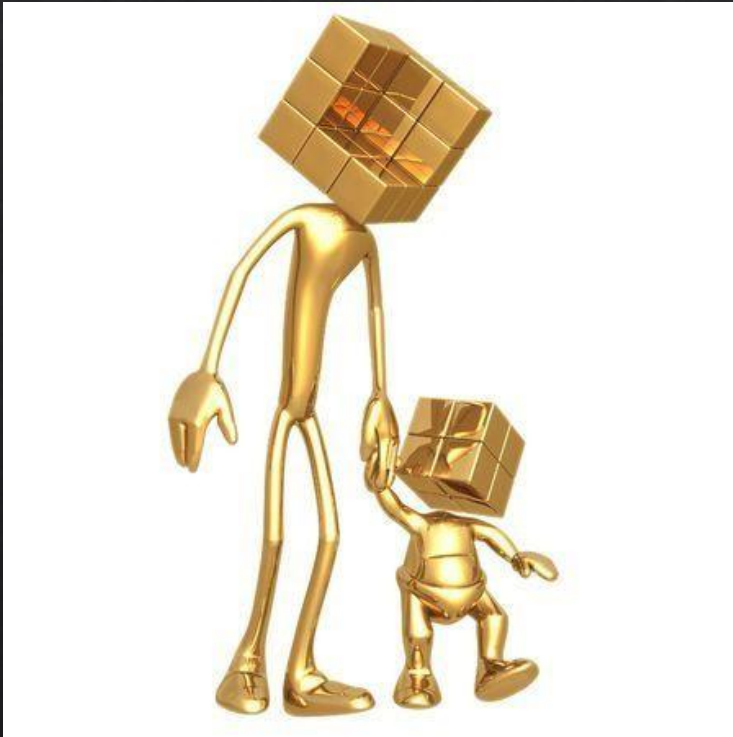
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**Castles in the air:-** thinking of some impossible task (हवाई किले बनाना, कल्पना करना) Aman Sir English



**Eg:-** Few people want to establish a human habitation on the mars, but this is more like building castles in the sky.

**Chip off the old block:-** Someone similar in character to one's father (अपने माता-पिता जैसा होना)



**Eg:-** she smiled at Mohan, a chip off the old block with his grey eyes and a bit of his dad's twinkle".

**The crux of the matter:-** 'The basic, central or critical point of an issue'. (किसी मुद्दे का सबसे महत्वपूर्ण हिस्सा)



**Eg:-** The issue of an arms embargo will be at the crux of the negotiations in Geneva.

**Sit on the fence:-** delay or avoid making a decision or choice (किसी का पक्ष न लेना)

Aman Sir English



**Eg:-** You can't sit on the fence any longer-you have to decide whose side you're on.

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## Backhanded compliment / left-handed

**compliment:-** An ambiguous compliment /insulting remark appearing as praise (अपमानजनक तरीके से की गई तारीफ)

Aman Sir English

Profile  
Picture

Video  
Call



**Eg:-** She said my new pants really make my legs look much slimmer. What a left-handed compliment!

Aman Sir English

**A piece of cake:-** a very easy task (अत्यंत सरल कार्य)

Aman Sir English



**Eg:-** This job interview will be a piece of cake for Rohit because he has all the skills they need.

**Elbow grease:-** a lot of physical effort (कड़ी शारीरिक मेहनत)



**Eg:-** It look a considerable amount of polish and elbow grease before the brass shone like new.

**Carried off his feet:-** Overwhelm someone emotionally; infatuate someone; make a very favorable impression on someone. (अत्यधिक प्रभावित या उत्साहित होना)

Aman Sir English



**Eg:-** The strength of the senator's oration carried the entire crowd off their feet.