

1. Raise the bar :- To set higher goals (बेहतर प्रदर्शन का स्तर बढ़ाना)

Aman Sir English



Eg:- Celebrate what you've accomplished, but raise the bar a little higher each time you succeed.

2. Bang for the buck :- More value for money (खर्च किए पैसे का मूल्य)

Aman Sir English



Eg:- They're very careful when they spend money, and they're going to insist on getting the most bang for their buck.

3. To take a chill pill:- To calm down; to stop being angry, anxious, fearful, etc. (शांत होना या तनाव छोड़ना)

Aman Sir English



Eg:- The police officer told Jaggu to take a chill pill and answer the questions.

4. Want to curl up and die:- to feel very ashamed and sorry (अत्यधिक शर्मिंदगी महसूस करना)



Eg:- I just wanted to curl up and die when I spilled coffee on their new carpet.

5. **Be at a loss for words** :- Not know what to say (बोलने के लिए शब्द न मिलना)

Aman Sir English



Eg:- She was at loss of words
when she saw her crush.

6. To cut a long story short :- Tell something briefly (संक्षेप में बात कहना)

Aman Sir English



Eg:- He wanted to be a doctor but, to cut a long story short, he ended up as a pharmacist.

7. **Full of beans**:- having a lot of energy (जोश और ऊर्जा से भरपूर)



Eg – She was laughing and shouting and generally full of beans.

8. To the nines:- To the greatest degree or extent;
to a point of perfection. (पूरी तरह पूर्ण या उत्तम)

Aman Sir English

Eg:- Wow! they weren't kidding when they said this new club
had been designed to the nines.



Aman Sir English

Aman Sir English

9. Go easy on something :- Use only a small amount of
(किसी चीज़ का कम उपयोग)

Aman Sir English



Eg:- The doctor told me to go easy on the spicy food for a while.

10. Pat on the back:- Praise or approval for doing something good (शाबाशी या प्रशंसा देना) Aman Sir English



Eg:- The teacher patted all the students on the back for their good work.

11. A stumbling block :- An obstacle to progress (काम में आने वाली बाधा)

Aman Sir English



Eg:- Instead of seeing fear as a stumbling block, see it as a stepping-stone towards new experience.

12. A live wire :- Lively and active/energetic (बहुत ऊर्जावान और सक्रिय व्यक्ति)



Eg- She is a wonderful girl,
a real live wire and full of fun.

13. Tide someone over:- to supply someone for a short time with something that is lacking usually money
(मुश्किल समय में मदद करना)

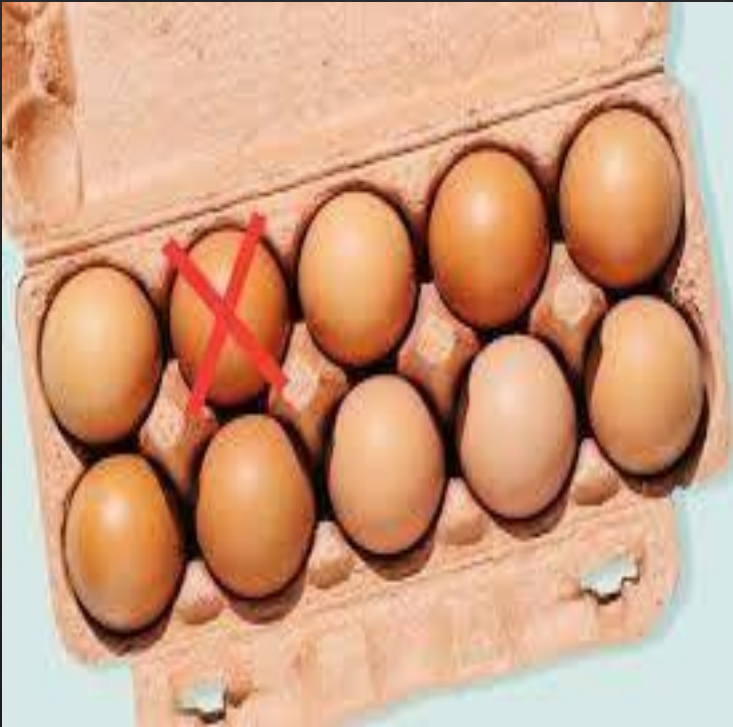
Aman Sir English



Eg:- Can you lend me some money to tide me over till next month?

14. A bad egg :- Someone who is dishonest and unreliable (भरोसे के लायक बुरा व्यक्ति)

Aman Sir English



Eg:- He's been in prison several times for all sorts of crimes; he's a bad egg.

15. To get the ball rolling :- To begin a process (काम की शुरुआत करना)

Aman Sir English



Eg:- He will go to the Middle East next week to get the ball rolling again on peace talks.

15. On the horizon :- An event that is likely to happen soon (जल्द ही होने वाला)

Aman Sir English



Eg:- There is no new drug on the horizon that will make this disease easier to treat.

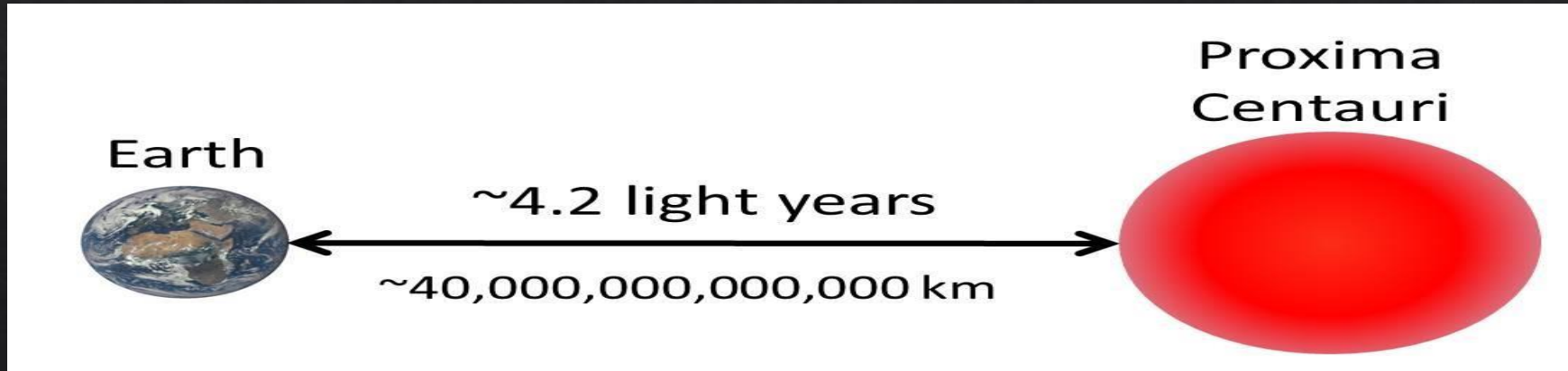
16. Draw a line :- To fix a limit (किसी काम की सीमा तय करना)



Eg:- I am going to draw the line about working more than forty hours a week.

18. To be light years away:- an extremely long time from now in the past or future (अभी बहुत समय दूर होना)

Eg:- It all happened when I was at college, which seems light years away now that I'm over 50.



19. On edge :- Nervous and unable to relax (बेचैन या घबराया हुआ)

Aman Sir English



Eg:- Is something wrong? You seem a bit on edge this morning.

20. A square deal :- A fair agreement (ईमानदारी भरा सौदा)

Aman Sir English



Eg:- I thought we made a square deal. It is a good business decision.

21. To fight tooth and nail :- To fight or compete with great ferocity and intensity (पूरी ताकत लगाकर लड़ना)

Aman Sir English



Eg:- You have to fight tooth and nail to win this competition.

22. To fan the flames :- To make a bad situation
Worse (मामला और ज़्यादा भड़काना)

Aman Sir English



Eg:- His speeches fanned the
flames of racial tension.

23. To go red in the face :- to suffer embarrassment or shame. (शर्म या गुस्से से लाल होना) Aman Sir English



Eg:- I could hear people making fun of me during my speech, so I was pretty red in the face by the time I finished.

24. Butterfingers:- a person who frequently drops things;
clumsy person (चीज़ें गिरा देने वाला अनाड़ी)

Aman Sir English



Eg:- All of us know you are a butterfingers, so please don't touch my chinaware.

25. Know inside out:- to know something completely
(किसी चीज़ की पूरी जानकारी)



Eg:- You've read that book so often that you must know it inside out by now.

26. Off and on :- occasionally (कभी-कभी या रुक-रुक कर)



Eg – I've had toothache on and off for a couple of months.

27. Hard of hearing :- Not able to listen properly
(कम सुनाई देना या बहरापन)

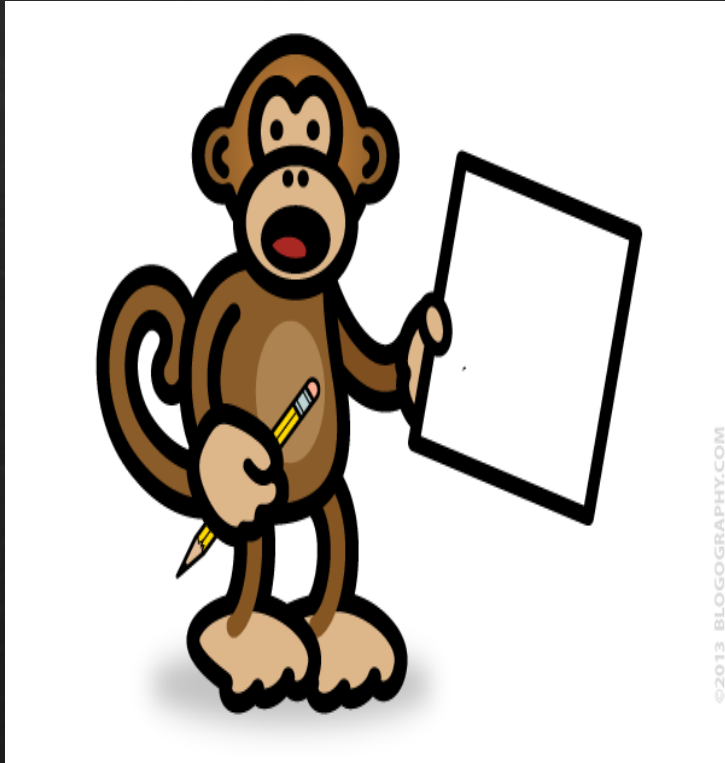
Aman Sir English



Eg – My father is quite old now and he's increasingly hard of hearing.

28. Draw a blank:- To be unsuccessful / find no favour
(कुछ याद न आना)

Aman Sir English



Eg- The investigation drew a blank after the key witness was killed in an accident .

29. Give me a hand with:- Help me with
(किसी काम में मदद करना)

Aman Sir English



Eg:- Monika has taught her children to lend a hand when it comes to cleaning up after meals.

30. Strike while the iron is hot :- to take advantage of the opportunity when it arises. (अवसर का तुरंत लाभ उठाना)

Aman Sir English



Eg:- He doesn't often make such offers - I'd strike while the iron is hot if I were you.

31. Under wraps :- Secretly (गुप्त या राज रखना)

Aman Sir English



Eg:- Most managers like to keep their plans under wraps.

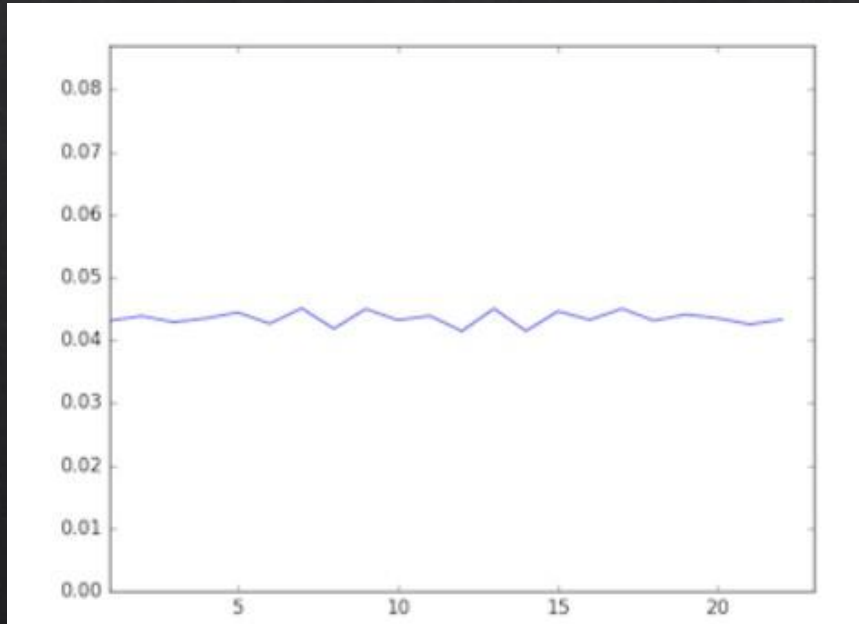
32. On tenterhooks :- Very tense (घबराहट या इंतज़ार में होना)

Aman Sir English



Eg:- We were kept on tenterhooks for hours while the judges chose the winner.

33. fell flat :- failed to have an effect (कोई प्रभाव न डाल पाना)



Eg:- He forgot the punchline and the joke fell flat.

34. Pull something off :- succeed in doing something
(कठिन काम सफलतापूर्वक करना)

Aman Sir English



Eg:- It will be a very fine piece of music if you pull it off.

35. Large-hearted :- Generous / forgiving (बहुत उदार या बड़े दिलवाला)

Aman Sir English



Eg:- Only a large-hearted man can understand others and pardon others.

36. To poke one's nose into :- To take interest in others' affairs (दूसरों के मामले में दखल)



Eg:- He's always poking his nose into other people's business.

37. To make up with :- to settle their differences (झगड़े के बाद सुलह करना)

Aman Sir English



Eg:- I'm definitely not going to make up with my girlfriend again after what she did this time.

38. without rhyme or reason :- without a reasonable explanation (बिना किसी स्पष्ट कारण के)



Eg:- My license was cancelled by the authorities without any rhyme or reason.

39. To add insult to injury :- to make something worse (जले पर नमक छिड़कना)

Aman Sir English



Eg:- He is already sad about loosing his job don't add insult to injury by lecturing him.

40. In vogue :- In fashion (प्रचलन या फैशन में होना)



Eg;- Pale colours are much more in vogue than autumnal bronzes and coppers.

41. Cook the books :- To falsify financial records
(खातों में हेरफेर करना)

Aman Sir English



Eg:- Their accountant was charged with cooking the books, and now he's in jail.

42. Needle in a haystack :- Something impossible to find कुछ ऐसा जो खोजना असंभव हो

Aman Sir English



Eg:- It is impossible for them to find that small screw. It is a needle in a haystack.

43. For good :- forever (हमेशा के लिए)

Aman Sir English



Eg:- He had thought his cancer was gone for good but, sadly, this was not the case.

44. To come round :- To become conscious again
(फिर से सचेत होने के लिए)

Aman Sir English



Eg:- She hasn't come round from the anaesthetic yet.

45. To come round :- be converted to another person's opinion. (किसी दूसरे व्यक्ति की राय में परिवर्तित हो जाना।)

Aman Sir English



Eg:- He'll come round to my point of view, given a bit of time.