

# SSC CGL Tier II Special

List of Idioms & Phrases: Part II  
(Letter N to Z)



**1. No spring chicken-जो अब जवान ना रहा हो**

**Meaning:** Who is no longer young.

**Use:** Although Sachin Tendulkar is no spring chicken, he runs fast between the wickets.

**2. Not hold water- जो सच ना हो**

**Meaning:** Not true or relevant

**Use:** Her reasons for her absent yesterday didn't hold water.

**3. Nothing to sneeze at-स्वीकार्य**

**Meaning:** Not bad, Acceptable

**Use:** Their music may not be worthy of radio time, but it's nothing to sneeze at.

**4. No love lost- नफरत की भावना**

**Meaning:** A feeling of hatred or dislike

**Use:** There is **no love lost** between two neighbours.

**5. Night owl- जो रात भर सक्रिय रहे**

**Meaning:** Someone who is vigilant late at night

**Use:** When exam started ram become a night owl.

**6. Not give a damn-बिल्कुल परवाह नहीं**

**Meaning:** No care at all.

**Use:** Most industrial houses **don't give a damn** about the environment.

**7. Null and Void- अमान्य**

**Meaning:** Not effective

**Use:** Her speech in the seminar is null and void.

**8. Neck and Crop- पूरी तरह**

**Meaning:** Completely

**Use:** Mob destroyed the monument neck and crop.

**9. Nuts and Bolts- जरूरी**

**Meaning:** Essential and important

**Use:** Governor is the nuts and bolts of a state government.

**10. Not my cup of tea-मैरे बसकी बात नहीं हैं**

**Meaning:** Dislike, not interested

**Use:** Cricket is not my cup of tea.

**11. Nitty-gritty- बुनियादी तथ्य**

**Meaning:** The most important aspects or practical details of a subject or situation

**Use:** I am unable to understand the nitty-gritty of everyday politics.

**12. Nip in the bud-शुरुवात में ही मुसीबत को खत्म कर देना**

**Meaning:** End a problem in starting

**Use:** Many serious illnesses can be nipped in the bud if they are detected early enough.



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**13. Nineteen to the dozen-** बहुत जल्दी से बात करना

**Meaning:** Talking Very Quickly

**Use:** Ram speech during the annual function is nineteen to dozen.

**14. Nail my colors to the mast**

**Meaning** - declare one's beliefs or intentions openly/To refuse to cease or surrender.

**Meaning (Hindi)** - आत्मसमर्पण करने से इंकार

**Example**

- We're going to have a tough time beating this team now that they are playing with such determination. I fear they've **nailed their colours to the mast.**

**15. Nail down**

**Meaning** - to make (something, such as a victory) certain to happen

**Meaning (Hindi)** - जी जान से लड़ना

**Example** - All the parties seem anxious **to nail down** a ceasefire.

**16. Nag at**

**Meaning** - to pester someone about someone or something/ If someone is being nagged at by a fear, a doubt or a regret, they can't stop thinking about it.

**Meaning (Hindi)** - किसी चीज़ के बारे में किसी को परेशान करना

**Example** - Do not always **nag at** me about my busy schedule.

**17. Neck and neck/neck to neck**

**Meaning** - Side by side

**Meaning (Hindi)** - करीबी मामला

**Example** - There is a **neck and neck** race between the super-powers.

**18. Neck or nothing**

**Meaning** - something that makes a good situation even better/An additional benefit or positive aspect to something that is already considered positive or beneficial.

**Meaning (Hindi)** - इस पार या उस पार

**Example** - We drove the injured man to hospital at 80 mph; it was **neck or nothing.**

**19. Never say die**

**Meaning** - Never surrender or give up; don't stop trying.

**Meaning (Hindi)** - कभी हार मत मानो

**Example** - No matter how many things go wrong, **never say die**—we'll find a way to finish this on time

**20. Nibble away at**

**Meaning** - to gradually reduce the quantity, strength or value of something

**Meaning (Hindi)** - मात्रा, ताकत या मूल्य को धीरे-धीरे कम करना

**Example** - The prime minister's little mistakes are starting to **nibble away at** his reputation as a reliable leader.

**21. Notch up**

**Meaning** - to achieve something like a win or a record

**Meaning (Hindi)** - सफलता दर्ज करना

**Example** - Rafael Nadal **notched up** another win this week, so he's now won six matches in a row.



## 22. Nod off

**Meaning** - Fall asleep.

**Meaning (Hindi)** - सो जाना

**Example** - My grandfather very often **nods off** in front of the television.

## 23. Nose about/around

**Meaning** - Try to discover by searching.

**Meaning (Hindi)** - अपनी टांग अडाना

**Example** - The boss hates people **nosing around his desk**.

## 24. Now and again

**Meaning** - Occasionally; sometimes

**Meaning (Hindi)** - कभी कभी

**Example**

- I don't travel often, but every **now and again** I just need to get away from the city.

## 25. Not give or care a fig

**Meaning** - not have the slightest concern about./do not bother about someone/something

**Meaning (Hindi)** - परवाह न करना

**Example** - Elaine **didn't give a fig** for Joe's comfort or his state of mind.

## 26. Not to mince matters

**Meaning**

- To speak very bluntly and directly, without regard to whether one's words may cause upset or controversy.

**Meaning (Hindi)** - मुहफट होना

**Example** - **Not to mince matters**, his work is getting worse each week.

## 27. Null and void

**Meaning** - Useless/having no legal force

**Meaning (Hindi)** - अकृत और शून्य, अमान्य

**Example** - The change in the law makes the previous agreement **null and void**.

## 28. Nurse a grudge

**Meaning** - To have

enmity/To harbor persistent and continual resentment or ill feelings toward one, especially for some slight or wrongdoing one

**Meaning (Hindi)** - शत्रुता

**Example** - Samantha is just so forgiving—

I don't think she's ever **nursed a grudge** in her life!

## 29. On the cards

**Meaning** - Very likely or certain to happen, occur, or take place.

**Meaning (Hindi)** - घटित होने की संभावना होना

**Example** - They've played very well, but it doesn't look like a championship title is **on the cards** for this team today.



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### 30. On the crest of a wave

**Meaning** - To be very successful in what you are doing, at a very successful point.

**Meaning (Hindi)** - सफलता के शिखर पर

**Example** -The single is riding **on the crest of a wave** with the success of his new album.

### 31. On the spur of the moment

**Meaning** - At once, on impulse; without planning in advance.

**Meaning (Hindi)** - झटपट, फौरन, बिना पहले से सोचे-विचारे

**Example** - She cannot give you a definite reply **on the spur of the moment**.

### 32. One's hair stood on end

**Meaning** - One was very frightened

**Meaning (Hindi)** - रोये खड़े हो जाना, डर जाना

**Example** - The screams coming from the old, dark house made **my hair stand on end**.

### 33. Odds and ends

**Meaning** - Cheap and small things, miscellaneous articles or remnants.

**Meaning (Hindi)** - फुटकर चीज

**Example** - We bought batteries for the radio and a few other **odds and ends**.

### 34. Of no avail

**Meaning** - Of or having very little or no benefit, efficacy, or effect.

**Meaning (Hindi)** - कोई फायदा न होना

**Example** - Sukhwider was determined to go to Italy and my efforts to keep him here proved **of no avail**.

### 35. Off and on

**Meaning** - Now and then, Intermittently

**Meaning (Hindi)** - कभी कभी, यदा कदा

**Example** - She promised to write to me **off and on**.

### 36. Off The Hook

**Meaning**

Pardoned, vindicated, released; allowed or able to avoid blame, responsibility, obligation or difficulty

**Meaning (Hindi)** - छुटकारा पाना

**Example** - At first, Raman

was suspected of stealing money from the safe, but he was let **off the hook** after security camera footage showed it was someone else.

### 37. Once for all

**Meaning** - For always

**Meaning (Hindi)** - सदा के लिये एक बार, अंतिम रूप से

**Example** -: We have to resolve this matter **once and for all**.

### 38. Out of the question

**Meaning** - Impossible, Not possible; having no chance; not permitted.

**Meaning (Hindi)** - असंभव/ सवाल ही न उठना



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**Example:** We have wasted too much time and money into this project as it is, so starting again from scratch is **out of the question**.

### 39. Out of the wood

**Meaning** - Out of danger

**Meaning (Hindi)** - खतरे से बाहर

**Example -:** The patient is **out of wood** but it will take some time to recover fully.

### 40. Over and above

**Meaning** - More than; beyond; in addition to, extra

**Meaning (Hindi)** - से बढ़कर, के अतिरिक्त

**Example -:** He gets good incentives **over and above** his fixed income.

### 41. Over head and ears

**Meaning** - Completely trapped

**Meaning (Hindi)** - कर्ज से दबा होना

**Example -:** He was **over head and ears** in debts of banks.

### 42. Own up

**Meaning** - Admit or confess something.

**Meaning (Hindi)** - अपराध स्वीकार करना, मान लेना

**Example -:** The boy **owned up** for breaking the glass. He said he kicked the ball through the window.

### 43. Opt out (of)

**Meaning** - Leave a system or decide not to participate.

**Meaning (Hindi)** - बाहर निकलना

**Example -:** I enjoy tennis but I'm so busy I had to **opt out of** the tournament.

### 44. On the table- कुछ चर्चा या विचार किया जा रहा है

**Meaning:** something being discussed or considered

**Use:** The plan of opening a new branch of SBI in villages is on the table.

### 45. Once bitten, twice shy- किसी चीज़ को दोबारा करने का डर

**Meaning:** Afraid of doing a thing again

**Use:** After he left her she refused to go out with anyone else for a long time - once bitten, twice shy, I suppose.

### 46. Out of the blue- कुछ अप्रत्याशित

**Meaning:** Something unexpected

**Use:** The result of my exam comes out of the blue, as it is expected after 6 months.

### 47. Over the hill- इससे पहले की तरह अच्छी तरह से प्रदर्शन न कर पाना

**Meaning:** Too old to perform as well as before

**Use:** Some judges who are 80 may be over the hill, but others still have energy galore.



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**48. Off hand-बिना किसी तैयारी के**

**Meaning:** Without any preparation

**Use:** Arjun Started the battle with off hand.

**49. Off the mark - असंगत**

**Meaning:** Irrelevant, Incorrect

**Use:** Your question in this debate is off the mark.

**50. Olive branches-सुलह की पेशकश**

**Meaning:** Offer of reconciliation.

**Use:** Pakistan walked out with my olive-branch after I realized that victory was not possible anymore

**51. Over and above-कुछ के अलावा**

**Meaning:** In addition to something

**Use:** We spent 1000 rs on the movie which is over and above of our budget.

**52. On your toes- सावधान**

**Meaning:** Alert

**Use:** You must be on your toes if you want success in your exam.

**53. Out of hand-अनियंत्रित**

**Meaning:** Uncontrolled

**Use:** The situation in the flooded area is out of hand.

**54. On the cuff-उधार पर**

**Meaning:** On credit

**Use:** He enjoyed his tour more as it was on the cuff.

**55. Once in blue moon- शायद ही**

**Meaning:** Very rarely

**Use:** He visits his home once in blue moon.

**56. On the cards- हो सकता है**

**Meaning:** Possible or likely

**Use:** Our visits to London is on the on the cards.

**57. Off colour- बीमार**

**Meaning:** Sick

**Use:** Sandeep is feeling off colour as he was suffering from viral fever.

**58. Out and Out- पूरी तरह**

**Meaning:** Completely

**Use:** He is lying out and out about his police case.

**59. Out of woods- मुश्किल से बहार**

**Meaning:** Out of problem

**Use:** After he gives bribe to the officer, he is out of woods.



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**Pay your dues-** कड़ी मेहनत के बाद एक स्थान कमाना

**Meaning:** Earn a position after a hard work

**Use:** They want me to resign, but everybody knows that I paid my dues to get this post.

**60. Play away from home-** किसी और के साथ मज़े करना

**Meaning:** To have fun with someone else

**Use:** She divorced her husband because he has a habit of playing away from home.

**61. Play second fiddle-** किसी और की तुलना में कम महत्व मिलना

**Meaning:** To acts as a subordinate to someone/be treated as less important than someone

**Use:** Ram plays the second fiddle in his own company.

**62. Put the cart before the horse-** किसी चीज़ को गलत स्थान पर इस्तेमाल करना

**Meaning:** To put a thing in wrong order.

**Use:** Mohit always puts the cart before the horse, when he practices maths.

**63. Put one's shoulder to the wheel-** कड़ी मेहनत करना

**Meaning:** To do a lot of hard work

**Use:** In constructing this house labors put their shoulder to the wheel.

**64. Put the cat among the pigeons-** शांति में भी परेशानी पैदा करना

**Meaning:** Create a disturbance in calm situation

**Use:** Company put the cat among the pigeons when it announced the new policy.

**65. Put years on-** बुजुर्ग दिखने लगना

**Meaning:** To look old

**Use:** Family problem put years on mohit.

**66. Part and Parcel-** महत्वपूर्ण हिस्सा

**Meaning:** Unavoidable part

**Use:** Ram is the part and parcel of this company.

**67. To play fast and loose-** किसी को धोखा दे

**Meaning:** Betray someone

**Use:** Mohit has a habit of playing fast and loose.

**68. Past master-** किसी चीज़ में विशेषज्ञ

**Meaning:** Expert in something

**Use:** Ram is the past master in maths.

**69. Petticoat government-** एक महिला का नियम

**Meaning:** Rule of a woman

**Use:** The "petticoat government" under Maham Anaga did triumph.

**70. Piece of cake-** एक बहुत आसान काम

**Meaning:** A very easy task

**Use:** To clear SSC is not a piece of cake.



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**71. Pie in the sky-अव्यवहार्य**

**Meaning:** Fictional, impracticable

**Use:** Clearing SSC CGL is not pie in the sky.

**72. Put down- तुरन्त कम करना**

**Meaning:** Reduce instantly

**Use:** After army operation the numbers of terrorist are put down.

**73. Pick holes in another's coat-किसी और में दोष निकालना**

**Meaning:** To find fault in someone else

**Use:** We should refrain ourselves from the habit of picking holes in another's coat.

**74. Part and parcel**

**Meaning** - An essential or fundamental part or aspect (of something).

**Meaning (Hindi)** - अहम हिस्सा

**Example** - Difficult times are **part and parcel** of being a professional.

**75. Pass Muster**

**Meaning** - be accepted as adequate or satisfactory.

**Meaning (Hindi)** - पसंद होना, मंजूर होना

**Example** - This manifesto would not **pass muster** with the voters.

**76. Pass off**

**Meaning** - Disappear/ (of proceedings) happen or be concluded in a specified, usually satisfactory way.

**Meaning (Hindi)** - बीतना

**Example** - The ceremony **passed off** without a problem, with the baby sleeping through most of it.

**77. Pay the piper**

**Meaning** - Face the consequences for something you've done/To face, accept, or suffer repercussions for one's actions or words, especially those that would be expected to incur punishment.

**Meaning (Hindi)** - कर्मों के परिणामों का सामना करना

**Example**

- With the judge handing down the maximum possible sentence, this monster will be **paying the piper** for the rest of his life.

**78. Pell-mell**

**Meaning** - Here and there

**Meaning (Hindi)** - तितर-बितर

**Example** - When the police fired one round in the air, people ran **pell-mell**.

**79. Play someone along**

**Meaning** - deceive or mislead someone over a period of time.

**Meaning (Hindi)** - किसी को धोखा देना या गुमराह करना

**Example** - I decided to **play along** with my friend and his crazy plan to buy a horse.



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### 80. Point blank

**Meaning** - Clearly

**Meaning (Hindi)** - स्पष्ट रूप से

**Example** - He refused **point-blank** to help care for my sick brother.

### 81. Put heads together

**Meaning** - Consulted one another/To work together to come up with an idea or solution

**Meaning (Hindi)** - परामर्श करना

**Example** - The directors of our company **put their heads together** to formulate a new scheme.

### 82. Pull someone's leg

**Meaning** - Tease someone by trying to make her/him believe something that's exaggerated or untrue

**Meaning (Hindi)** - किसी की टांग खींचना

**Example** - **Pulling other's legs** is not in my nature.

### 83. Pie in the sky

**Meaning** - Something that is completely unrealistic or unlikely to be achieved.

**Meaning (Hindi)** - पूरी तरह से अवास्तविक या हासिल करने की संभावना न होना

**Example** - The promise of low-cost housing for everyone turned out to be **pie in the sky**.

### 84. Pop across/over/down/out

**Meaning** - Come or go quickly in the direction specified.

**Meaning (Hindi)** - निर्दिष्ट दिशा में जल्दी आना/जाना

**Example** - She **popped over** to the shop to buy a sandwich.

### 85. Pull up

**Meaning** - Stop.

**Meaning (Hindi)** - अपने आप को रोकना

**Example** - All vehicles must **pull up** at the traffic lights.

### 86. Pull through

**Meaning** - Overcome difficulties or illness.

**Meaning (Hindi)** - काबू पाना

**Example** - My grandmother caught pneumonia last winter but she **pulled through**.

### 87. Put through

**Meaning** - to make someone do or experience something difficult or unpleasant

**Meaning (Hindi)** - किसी को कुछ कठिन या अप्रिय अनुभव कराना

**Example** - Children shouldn't be put through the ordeal of giving evidence in court.

### 88. Put up with

**Meaning** - tolerate; endure.

**Meaning (Hindi)** - सहना

**Example** - I don't know how you can **put up with** the noise of all that traffic.



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### 89. Put upon someone

**Meaning** - Take advantage of

**Meaning (Hindi)** - लाभ उठाना

**Example** - Martha was **put upon** by the bigger girls.

### 90. Put forward

**Meaning** - Propose or recommend something.

**Meaning (Hindi)** - प्रस्ताव या सिफारिश रखना

**Example** - The chairman **put forward** a proposal to move to bigger offices.

### 91. Put off

**Meaning** - Postpone; delay; arrange a later date.

**Meaning (Hindi)** - टाल देना; देरी; बाद की तारीख की व्यवस्था करना

**Example** - The meeting has been **put off** until next week because of the strike.

### 92. Put on

**Meaning** - Turn on / switch on. Wear a garment or piece of clothing.

**Meaning (Hindi)** - चालू करना / कपड़े पहनना

**Example** -: Please **put on** the light, it's dark here.

You'd better **put on** your coat - it's cold outside today.

### 93. Pyrrhic victory

**Meaning** - A victory where the loss is greater than the gain

**Meaning (Hindi)** - नाशकारी विजय

Example: Getting independence was a Pyrrhic victory for Indian people.

### 94. Quaking in one's boots

**Meaning** - When someone is extremely scared

**Meaning (Hindi)** - बेहद डर जाना

**Example** - When Mike saw the crocodiles in the water, he started **quaking in his boots**.

### 95. Quick temper

**Meaning** - One who gets angry very easily.

**Meaning (Hindi)** - जल्दी गुस्सा आना

**Example** - The manager makes me nervous - he's got such a **quick temper**.

### 96. Quick off the mark

**Meaning** - someone who is quick to react to an event or take advantage of an opportunity.

**Meaning (Hindi)** - किसी घटना पर प्रतिक्रिया करने या अवसर का लाभ उठाने के लिए तत्पर

**Example** - You've got to be **quick off the mark** when stores announce special offers.

### 97. Qualified Praise

**Meaning** - Restricted

**Meaning (Hindi)** - योग्य प्रशंसा

**Example** - The film has received **qualified praise**.



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**98. Quite a few**

**Meaning** - a fairly large number of people or things

**Meaning (Hindi)** - पर्याप्त

**Example** - The letter arrived **quite a few** days ago.

**99. Queer fish - अजनबी**

**Meaning:** Strange person

**Use:** Mohan is a queer fish for the persons in this area.

**100. Quite the thing - बहुत फैशनेबल और लोकप्रिय**

**Meaning:** Very fashionable and popular

**Use:** Baggy jeans have become quite the thing among teenager these days.

**101. Question of time - कुछ निश्चित रूप से होगा**

**Meaning: Something will surely happen.**

**Use:** The terrorist will be killed; it's a question of time.

**102. Quake in one's boots - भयभीत होना या घबरा जाना**

**Meaning:** To be frightened or nervous

**Use:** The thought of climbing Mount Everest make quake in his boot.

**103. Rags to riches - रंक से राजा**

**Meaning:** Start as poor but after sometimes become rich.

**Use:** He was homeless and went on to create the largest and most successful service company in the country. It's really a rags-to-riches story.

**104. Rain cats and dogs - भारी बारिश होना**

**Meaning:** To rain heavily.

**Use:** It was raining cats and dogs, so all flights were canceled.

**105. Red-handed - अपराध करते समय पकड़े गए**

**Meaning:** Caught while doing crime

**Use:** She was caught red-handed when she is stealing a diamond ring.

**106. Red-letter day - एक महत्वपूर्ण दिन**

**Meaning - An Important Day**

**Use:** Monday is a red letter day for Mohan as he got his joining letter.

**107. Root and branch - पूरी तरह से**

**Meaning:** Completely

**Use:** They have shifted their business root and branch to India.

**108. Rough time - मुश्किल या कठिन समय**

**Meaning:** Hard or difficult time

**Use:** The time of illness is rough time for him

**109. Run out of steam - ऊर्जा या उत्साह खोना**

**Meaning:** Lose energy or enthusiasm

**Use:** After a lot of hard works he runs out of steam.



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**110. Running battle - लड़ाई / आर्गुमेंट जो लम्बे समय के लिए चलता ही रहे**

**Meaning:** An argument that continues for an extended period

**Use:** He is fired from the company as he has a running battle with his boss.

**111. Run helter-skelter - परेशान**

**Meaning:** Carelessly hurried; confused, disorderly

**Use:** Books and papers were scattered on the desk in a helter-skelter manner.

**112. Red Tape - आधिकारिक नियम जो बाधा के रूप में कार्य करता है**

**Meaning:** Official rule which acts as hurdle

**Use:** My application for the driving license was held by red tape.

**113. Rule the roost - बॉस के रूप में कार्य करें**

**Meaning:** Acts as dominant over other, or act as boss

**Use:** Ram might be the boss in office, but at home, his wife rules the roost.

**114. Rack one's brain**

**Meaning** - to think very hard about something.

**Meaning (Hindi)** - दिमाग पर ज़ोर देना

**Example** - I've **racked my brain** all day long, but I still can't remember where I put the keys.

**115. Raining Cats and Dogs**

**Meaning** - Raining very heavily.

**Meaning (Hindi)** - मूसलाधार बारिश

**Example** - It's **raining cats and dogs** and we don't have an umbrella or raincoat, so we cannot leave.

**116. Rain or shine**

**Meaning** - Ups and downs

**Meaning (Hindi)** - उतार चढ़ाव/चाहे बारिश हो या धूप हो

**Example** - We promised we would finish the project tomorrow, **rain or shine**.

**117. Red tape**

**Meaning**

- Official, bureaucratic rules or methods that are typically overly strict, convoluted, or tedious

**Meaning (Hindi)** - दफ्तरशाही

**Example**

- There's so much **red tape** involved in opening up a restaurant that we decided to ditch the plan altogether.

**118. Red-handed**

**Meaning** - used to indicate that a person has been discovered in or just after the act of doing something wrong or illegal.

**Meaning (Hindi)** - अपराध करते हुए पकड़े जाना

**Example** - I **caught** him **red-handed**, stealing a wallet



### 119. Rise to the occasion

**Meaning** - To increase one's effort in response to a challenging situation

**Meaning (Hindi)** - एक चुनौतीपूर्ण स्थिति के जवाब में प्रयास को बढ़ाना

**Example** - If you're going to lead this team, you've got to **rise to the occasion** and start motivating them.

### 120. Road less travelled

**Meaning** - a choice made in one's life that is unconventional/Anything Unconventional or Out of the Ordinary

**Meaning (Hindi)** - कुछ भी अपरंपरागत या सामान्य से बाहर

**Example** - Great Inventors and Scientists always tread on **Road Less Travelled**.

### 121. Root and branch

**Meaning** - In its entirety; wholly/ Completely

**Meaning (Hindi)** - पूरी तरह से

**Example** - The new government is aiming to overhaul the tax system **root and branch**.

### 122. Round the clock

**Meaning** - to something happening or done all day and all night.

**Meaning (Hindi)** - रात - दिन

**Example** - They have been working **round the clock** to solve the problem.

### 123. Round the corner

**Meaning** - Imminent or likely to happen very soon/In close proximity to another location

**Meaning (Hindi)** - जल्द ही होने की संभावना होना

**Example** - With Diwali just **around the corner**, there couldn't be a better time to treat your home to a bright new look.

### 124. Round and round

**Meaning** - Literally, in a circle/ In a circuitous, indirect fashion, without an end or satisfactory result.

**Meaning (Hindi)** - गोलाकार/संतोषजनक परिणाम के बिना

**Example** - We've gone **round and round** with the insurance company, and they still haven't paid our claim.

### 125. Rub shoulders with

**Meaning** - To interact or mingle with a person or group, to come in close contact.

**Meaning (Hindi)** - मिलना-जुलना

**Example** - If you go to the program tonight, you may **rub shoulders** with some high standard people.

### 126. Rub someone the wrong way

**Meaning** - To irritate one due to someone or something's presence, nature, or habitual behavior (as opposed to directly and intentionally)

**Meaning (Hindi)** - परेशान करना

**Example** - He had a cold manner that **rubbed people the wrong way**.



### 127. Reckon on something

**Meaning** - To expect something to happen and plan for it

**Meaning (Hindi)** - गणना करना/कुछ होने की उम्मीद करना और इसके लिए योजना बनाना

**Example** - The politician was **reckoning on** getting at least 60% of the votes.

### 128. Reel off

**Meaning** - Recite without effort or pause.

**Meaning (Hindi)** - धड़ल्ले से बोलना

**Example** - Stella amazed everyone by **reeling off** all the phrasal verbs she had learned.

### 129. Rely on

**Meaning** - Count on; depend on; trust

**Meaning (Hindi)** - भरोसा करना

**Example** - Don't worry. You can **rely on** me. I can keep a secret.

### 130. Rig out

**Meaning** - Dress or equip.

**Meaning (Hindi)** - सुसज्जित करना

**Example** - The old lady arrived all **rigged out** in her best clothes.

### 131. Rub out

**Meaning** - Erase.

**Meaning (Hindi)** - मिटाना

**Example** - Write it in pencil so that you can **rub it out** later if you want to change it.

### 132. Rule out

**Meaning** - Eliminate.

**Meaning (Hindi)** - खारिज करना

**Example** -: The police are still investigating but they have **ruled out** political motives.

### 133. Run about/around

**Meaning** - Be busy doing many different things.

**Meaning (Hindi)** - कई अलग-अलग चीजें करने में व्यस्त रहना

**Example** -: Riya has been **running about/around** all week getting ready for the wedding.

### 134. Run across

**Meaning** - Meet or find by chance/Run to the other side of something (a road, a bridge...).

**Meaning (Hindi)** - संयोग से मिलना/किसी चीज के दूसरी तरफ भागना (सड़क, पुल)

**Example** -: The pickpocket **ran across** the road and jumped onto a bus.

### 135. Run after

**Meaning** - Chase something.

**Meaning (Hindi)** - किसी के पीछे मारे-मारे फिरना

**Example** -: Roshan threw the ball along the beach and the dog **ran after** it.



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**136. Run into**

**Meaning** - Meet by accident or unexpectedly.

**Meaning (Hindi)** - अचानक प्रवेश करना/टकराना

**Example -:** Rita **ran into** her aunt at the shopping centre.

**137. Run out of**

**Meaning** - Have no more of something.

**Meaning (Hindi)** - (किसी चीज का भंडार) समाप्त हो जाना

**Example -:** It is **raining outside and** we are run out of food.

**138. Run up against**

**Meaning** - Encounter difficulties or problems.

**Meaning (Hindi)** - धारा के विरुद्ध/कठिनाइयों या समस्याओं से सामना करना

**Example -:** The property developer **ran up against** strong local opposition.

**139. Smell a rat**

**Meaning:** To suspect something

**Use:** She smelled a rat when she phoned him at the office where he was supposed to be working late and he wasn't there.

**140. Scylla and Charybdis**

**Meaning:** Between two danger

**Use:** Whenever you feel Scylla and Charybdis in your life, the only God can help you.

**141. Spick and Span**

**Meaning:** Clean and Tidy

**Use:** Every European country is spick and span.

**142. Show cold shoulder**

**Meaning:** A show of deliberate indifference or disregard.

**Use:** I tried to be pleasant to her, but she gave me the cold shoulder.

**143. Spill the beans**

**Meaning:** Reveal the secrets.

**Use:** Ram spilled the beans of marrying affair with Shyam.

**144. See eye to eye**

**Meaning:** Agree with someone

**Use:** My brother doesn't see eye to eye with me on picnic programs.

**145. A slip of the tongue**

**Meaning:** An error while speaking, say something unintentionally

**Use:** Be careful talking to the police tomorrow; one slip of the tongue could get us into big trouble.

**146. Shake in one's shoes**

**Meaning:** Afraid

When he faced the cops, he started shaking in his shoes.



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**147. At Stone's throw**

**Meaning:** Very near, short distance

**Use:** Rama house is at stone's throw from Mahesh house.

**148. A slap on the wrist**

**Meaning:** A small punishment

**Use:** They someone in the school and got a slap on the wrist.

**149. Small fry**

**Meaning:** Not so important

**Use:** He is a famous politician at the district level, but at the state level, he is a small fry.

**150. Spit blood**

**Meaning:** To speak in an angry way.

**Use:** I think he was going to spit blood when he heard about his loss, but he is calm.

**151. Spin a yarn**

**Meaning:** Tell a fanciful story

**Use:** Don't try to spin a yarn, I know your truth.

**152. Show one's wild oats**

**Meaning:** A time of full enjoyment when you are young

**Use:** Go through a period of wild or promiscuous behavior while young

**153. Safe and sound**

**Meaning** - Safe from danger and free from injury or harm/without any problem

**Meaning (Hindi)** - सही सलामत

**Example** - It was a rough trip, but we came back **safe and sound**.

**154. Salt away**

**Meaning** - To put something into storage for use at a later date/save money

**Meaning (Hindi)** - छिपाना/भंडारण में रखना

**Example** - It would be wise to **salt some of your paychecks away** each month.

**155. Scapegoat**

**Meaning** - A person who takes the blame for something they didn't do

**Meaning (Hindi)** - बलि का बकरा

**Example** - The party had to put the responsibility on somebody, and prime minister became the **scapegoat**.

**156. State of the art**

**Meaning** - Having or using the most advanced, up-to-date technology available.

**Meaning (Hindi)** - अत्याधुनिक

**Example** - After working in such a drab, old-fashioned office for so long, it's refreshing to work somewhere that is so **state of the art**.

**157. Steer clear of (someone or something)**

**Meaning** - To avoid someone or something

**Meaning (Hindi)** - साफ अलग हो जाना/ दूर रहना

**Example** - The 8:00 train is always late, so **steer clear of it** if you want to be on time.



### 158. Shake in (one's) shoes

**Meaning** - To be very nervous or afraid, often visibly so

**Meaning (Hindi)** - डर से काँपना

**Example** - I may seem confident when I'm leading a training seminar, but I'm really **shaking in my shoes** most of the time.

### 159. Sleep on (something)

**Meaning** - To postpone a decision until the following day so that one has additional time to consider it.

**Meaning (Hindi)** - अगले दिन तक एक निर्णय को करना स्थगित करना (उस पर और विचार करने के लिए)

**Example** - You should **sleep on** the offer and announce your final decision in the morning.

### 160. Small talk

**Meaning** - Casual or trivial conversation/ unimportant conversation, usually engaged in with strangers or slight acquaintances out of a sense of politeness or social obligation.

**Meaning (Hindi)** - गपशप

**Example** - We stood around making **small talk** until the guest of honour arrived.

### 161. Steal a march on (someone or something)

**Meaning** - To gain an unexpected or surreptitious advantage over someone or something, as by accomplishing something before, or better than, someone else.

**Meaning (Hindi)** - आगे बढ़ जाना

**Example** - The retail business managed to **steal a march** on its competitors by signing an exclusive export agreement with Europe.

### 162. Spick and span

**Meaning** - Totally clean and/or organized

**Meaning (Hindi)** - साफ़ - सुथरा

**Example** - The daughter in law plan to spend the day cleaning so that the place is **spick and span** when her mother-in-law arrives.

### 163. Set (someone) by the ears

**Meaning** - To cause (someone, generally a group of two or more people) to engage in a squabble, dispute, or altercation.

**Meaning (Hindi)** - (किसी को, आम तौर पर दो या अधिक लोगों के एक समूह) एक झगड़ा, विवाद, या विवाद में संलग्न करने का कारण बनना

**Example:** The town was **set by the ears** when it was announced that a big megastore would be replacing many of its local shops and grocery marts.

### 164. Second fiddle

**Meaning** - Subordinate, lesser, or smaller in the role, position, or importance.

**Meaning (Hindi)** - किसी के अधीन काम करना

**Example** - You should not stay around in this company playing the **second fiddle** for someone your age and ability.



**165. Set one's teeth on edge**

**Meaning** - to induce an unpleasant sensation, to repel, irritate

**Meaning (Hindi)** - परेशान करना

**Example** - The noise of the machine in the next room really **set my teeth on edge**.

**166. Scale back/scale down**

**Meaning** - Make something smaller than originally intended.

**Meaning (Hindi)** - कम करना

**Example** - Due to the crisis the company had to **scale down** the size of the plant.

**167. Scrape together/scrape up**

**Meaning** - Manage to find or collect enough of something you need, usually money.

**Meaning (Hindi)** - पर्याप्त जरूरत का सामान इक्कठा करना (विशेषतः धन)

**Example** - They finally **scraped together** enough money to buy an old car.

**168. Scrape through**

**Meaning** - Succeed with difficulty.

**Meaning (Hindi)** - बच जाना

**Example** - How I **scraped through** the exam is still a mystery to me.

**169. Set off**

**Meaning** - Start a journey.

**Meaning (Hindi)** - यात्रा शुरू करना

**Example** - Early Saturday morning we **set off** for Goa.

**170. Show off**

**Meaning** - Brag or want to be admired.

**Meaning (Hindi)** - दिखावा

**Example** - Since the day John has bought a sports car, he is **showing off** it.

**171. Sign away**

**Meaning** - Give up one's rights or ownership.

**Meaning (Hindi)** - अपने अधिकार या स्वामित्व को छोड़ देना

**Example** -: He **signed away** his property and joined a religious community.

**172. Sign over (to)**

**Meaning** - Transfer ownership of something.

**Meaning (Hindi)** - स्वामित्व स्थानांतरित करना

**Example** -: He **signed over** the house to his two children.

**173. Sink in**

**Meaning** - Be fully understood.

**Meaning (Hindi)** - पूरी तरह से समझाना

**Example** -: In spite of the detailed news reports, it took a while for the scale of the disaster to **sink in**.

**174. Sleep over**

**Meaning** - Stay overnight at someone else's home.

**Meaning (Hindi)** - किसी और के घर पर रात में रहना



**Example -:** You should **sleep over** here as the weather is not allowing you to drive to your home.

### 175. Slow down

**Meaning** - Decelerate; go more slowly.

**Meaning (Hindi)** - धीरे चलना

**Example -:** If you do not **slow down** in the highway, you are going to cause an accident.

### 176. Stand up for

**Meaning** - Support or defend someone or something.

**Meaning (Hindi)** - पक्ष लेना

**Example -:** You must learn to be assertive and **stand up for** your personal views.

### 177. Stick with

**Meaning** - Continue using or doing something.

**Meaning (Hindi)** - किसी का प्रयोग या अन्य कुछ जारी रखना।

**Example -:** I'll **stick with** this grammar book because it has everything I need.

### 178. Take after

**Meaning** - To resemble one, as in appearance, behavior, attitude, etc./ To pursue something that one (often a family member) has already done

**Meaning (Hindi)** - सदृश होना

**Example** - She **takes after** her father with her fair hair and skin, but she has her mother's eyes.

### 179. Take heart

**Meaning** - To have one's confidence, courage, or happiness bolstered (by something).

**Meaning (Hindi)** - हिम्मत न हारना

**Example**

- We may have lost the state election, but we **take heart** in the fact that so many young people are now engaged and excited about politics.

### 180. Take a dim view of

**Meaning** - to disapprove of something.

**Meaning (Hindi)**- घास नहीं डालना/किसी चीज की अस्वीकृति करना।

**Example-** My grandfather **takes a dim view of** the new law.

### 181. Take for a ride

**Meaning** - To deceive or cheat.

**Meaning (Hindi)** - धोखा देना

**Example-** It was only when he discovered that his wallet was gone that he realized they had **taken him for a ride**.

### 182. Take in

**Meaning-** to include something/Allow to stay in one's home/to understand and remember something that you hear or read

**Meaning (Hindi)** - ले लेना

**Example-** My wife has a habit of **taking in** stray dogs.



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### 183. Take up

**Meaning-** Fill or occupy space or time/Adopt as a hobby or pastime/Start something e.g. a job.

**Meaning (Hindi)-** हाथ में लेना, शुरू करना

**Example-** My father **took up** golf when he retired.

### 184. Talk someone round

**Meaning -** bring someone to a particular point of view by talking/Persuade

**Meaning (Hindi)-** राज़ी करने की कोशिश करना

**Example -** You could never **talk him round**, he was very decided.

### 185. Talk through

**Meaning-** Guide someone through an issue

**Meaning (Hindi):** मार्गदर्शन करना

**Example-** He **talked me through** the whole process of joining.

### 186. Tell on (someone or something)

**Meaning-** To report someone's misdeed or bad behavior to someone in a position of authority or someone who is affected by it.

**Meaning (Hindi)-** किसी के दुर्व्यवहार की सूचना देना

**Example-** We were worried he would **tell on** us, so we paid him to keep quiet.

### 187. Tell off

**Meaning:** to criticize someone angrily for doing something wrong

**Meaning (Hindi)-** कुछ गलत करने के लिए गुस्से में किसी को आलोचना करना

**Example-** The teacher **told him off** for coming late regularly.

### 188. Tear up

**Meaning-** Rip into pieces

**Meaning (Hindi)-** फाड़ डालना/टुकड़े टुकड़े कर देना

**Example-** **Tear up** the pizza boxes before you put them in the dustbin.

### 189. The letter of the law

**Meaning -** obeying the literal interpretation of the law, but not the intent or the spirit of those who wrote the law.

**Meaning (Hindi) -** लकीर के फ़कीर/कानून की शाब्दिक व्याख्या का पालन करना, बजाय अभिप्राय के

**Example -** Judges mustn't follow the **letter of the law**, but its spirit.

### 190. Think over

**Meaning-** Consider something fully

**Meaning (Hindi)-** गहराई से किसी चीज़ पर विचार करना

**Example-** I'll have to think over your proposal before I decide.

### 191. Think up

**Meaning-** Invent, find, produce by thought.

**Meaning (Hindi)-** आविष्कार, खोज, विचार द्वारा उत्पादन।

**Example-** The kids put the cat in the oven because it was cold. What are they going to **think up** next!



### 192. Thick as thieves

**Meaning-** intimate, close-knit.

**Meaning (Hindi)** - घनिष्ठ मित्र

**Example-** Alan and John attended a boarding school together and were **thick as thieves**.

### 193. Trickle down

**Meaning** - To distribute, pass, or diffuse to people lower on a hierarchical structure.

**Meaning (Hindi)**- नीचे की ओर देना

**Example:** The results of the improved economy **trickled down** to people at lower-income levels.

### 194. To the hilt

**Meaning-** to the maximum extent possible as fully as possible.

**Meaning (Hindi)** - विस्तारपूर्वक

**Example-** John has borrowed money from the bank **to the hilt**.

### 195. To this day -

**Meaning-** until now.

**Meaning (Hindi)**- आज तक

**Example-** He disappeared and **to this day** nobody knows what happened to him.

### 196. To the letter

**Meaning** - Exactly as something is written or instructed

**Meaning (Hindi)**- अक्षरशः पालन करना

**Example -:** You must follow the instructions **to the letter**, or your application won't be considered.

### 197. To the backbone

**Meaning-** Through and through; thoroughly; in every manner or respect.

**Meaning (Hindi)**- हर पहलू से; अच्छी तरह से

**Example-:** Though he grew up in America, Anant is still Indian **to the backbone**.

### 198. Touch on/upon (something)

**Meaning-** To discuss or deal with some topic informally or in passing.

**Meaning (Hindi)**- अनौपचारिक रूप से किसी विषय की चर्चा

**Example -**

**:** The movie **touches on** themes of loneliness and grief, but doesn't make them the central focus of the characters.

### 199. Trip Someone up

**Meaning** - To cause someone to falter, hesitate, or make an error

**Meaning (Hindi)** - किसी के द्वारा गलती होने का कारण बनना

**Example:** - She always tries to **trip up** her opponents with taunts and mind games.

### 200. Tuck into

**Meaning**

- To commence eating a meal or some piece of food, especially with enthusiasm or gust

**Meaning (Hindi)**- चाव के साथ खाना शुरू करना



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**Example-** I always get great satisfaction out of watching the whole family **tuck into** a meal I've prepared.

### 201. Turn the tables

**Meaning-** gaining the upper hand over a competitor, rival, or enemy.

**Meaning (Hindi)-** पाँसा पलट देना/ स्थिति को पूर्णतः बदल देना.

**Example:** - Our team finally **turned the tables** on their old rivals.

### 202. Turn a deaf ear to

**Meaning-** To ignore or refuse to listen to someone or something

**Meaning (Hindi)-** सुन कर अनसुनी कर देना

**Example-**

: The government has been **turned a deaf ear to** the pleas of its most vulnerable citizens.

### 203. Turn the tables-

**Meaning:** Reverse the condition

**Use:** A good politician often turns the table on the opposite sides by his follower.

### 204. Take the cudgels -

**Meaning:** To support or defend

**Use:** One of my lawyer friends took up the cudgels on my behalf to defend me.

### 205. Tooth and nail -

**Meaning:** violently

**Use:** All the worker revolted tooth and nail against the company owner.

### 206. Throw in a towel -

**Meaning:** To be defeated

**Use:** When the Akbar could not resist the Maharana Pratap, he had to throw in a towel

### 207. To and fro -

**Meaning:** forward and backward

**Use:** He is moving the car to and fro.

### 208. Take to heels -

**Meaning:** To run away

**Use:** The Thief took to heels when he saw the owner.

### 209. Throw cold water -

**Meaning:** To discourage someone

**Use:** Ram has a habit of throwing cold water, whenever we talk about some new business plan.

### 210. Throw out of gear -

**Meaning:** Not working properly

**Use:** Many small scale industries have been thrown out of gear due to lack of electricity problem.



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**211. Turn to account - मुनाफे में बदलना**

**Meaning:** Turn to advantage

**Use:** Maharana Pratap turns his failure to account.

**212. Take forty winks - झपकी लेना**

**Meaning:** Take a nap for a short period

**Use:** He always takes the forty winks after lunch.

**213. Tender age - युवा अवस्था**

**Meaning:** A young age

**Use:** At present ram is in tender age.

**214. Turn over a new leaf - पूरी तरह बदल जाना**

**Meaning:** To changed entirely

**Use:** After the sudden death of party leader, some MLA turns over a new leaf for their benefit.

**215. Through and Through - पूरी तरह**

**Meaning:** Completely

During the war, there is a financial crisis in the country through and through.

**216. Under the cloud: संदेहजनक**

**Meaning:** Suspicious

**Use:** In our country politician are always under the cloud.

**217. Under the rose: गुप्त रूप से**

**Meaning:** Secretly

**Use:** They used to meet each other under the rose.

**218. Under one's nose: एकदम सामने ही**

**Meaning:** Directly in front of

**Use:** Terrorist fled from jail under the nose of the superintendent.

**219. Under duress - दबाव में**

**Meaning:** Under pressure

**Use:** He claimed that he signed the confession under duress.

**220. Underdog - किसी और की तुलना में कमजोर आदमी**

**Meaning:** Weak person in comparison to other

**Use:** He always supports the underdog people in his constituency.

**221. Uncharted waters - एक ऐसी स्थिति है जो नई और ज्ञात नहीं है**

**Meaning:** A situation that is new and not known

**Use:** For arts, student differentiation and integration are uncharted water.

**222. Under fire - आलोचना की जा रही है**

**Meaning:** Being criticised

**Use:** After coal scam, UPA government is under fire.



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**223. Upper crust** - अक्सर अमीर और उच्च सामाजिक स्थिति

**Meaning:** High-class people, often rich and high social status

**Use:** Ambani brothers are the upper crust in India.

**224. Upper hand** - प्रभुत्व और नियंत्रित स्थिति

**Meaning:** Dominating and controlling position

**Use:** The USA has an upper hand in the world.

**225. Under lock and key** - सुरक्षित रूप से राखी हुई

**Meaning:** Stored securely

**Use:** Money in the bank is under lock and key, so there is no harm in depositing your money.

**226. Under someone heel** - किसी और के नियंत्रण में

**Meaning:** Under control of someone else

**Use:** The ram is under the heels of Mohan.

**227. Under the knife** - सर्जरी से गुजरना

**Meaning:** Undergo a surgery

**Use:** Ashok is under the knife in City hospital for his heart surgery.

**228. Under the weather** - बीमार और ऊर्जा की कमी महसूस करना

**Meaning:** Feel sick and lack of energy

**Use:** He is under the weather due to climate change.

**229. Vanish into the air** - लुप्त होना

**Meaning:** To disappear

**Use:** Culprit vanished into the air. Police can't find him anywhere.

**230. Virgin territory** - वह क्षेत्र जिसका पता न लगाया गया हो

**Meaning:** A territory that hasn't been explored or touched

**Use:** There is no sign of human in the Himalayas, it's a virgin territory.

**231. Volte-face** - पलट जाना

**Meaning:** Complete reversal of opinion and attitude.

**Use:** He has a complete volte-face about him when he knew the truth.

**232. Vent the spleen** - गुस्सा दिखाना

**Meaning:** To express anger

**Use:** Politicians used the press conference as an opportunity to vent their spleen on reporters.

**233. To wash Dirty lining in public** - जनता में निजी मामलों के बारे में चर्चा करें या बहस करें

**Meaning:** Discuss or argue about one's private affairs in public.

**Use:** She decided not to take the family dispute to court as she feared it would only lead to a lot of washing of dirty linen in public.



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**234. Wild goose chase - एक मूर्ख और निराशाजनक खोज**

**Meaning:** A foolish and Hopeless search

**Use:** After two hours spent wandering in the snow, I realized we were on a wild goose chase.

**235. Wear one's heart on one's sleeves - किसी की भावनाओं को बताना**

**Meaning:** To display one's feeling openly

**Use:** Mohan always has his heart on his sleeves so that everyone knows how he feels.

**236. With a high hand - अत्याचार**

**Meaning:** Oppressively

**Use:** Teacher handles the naughty students with a high hand.

**237. A windfall - अचानक और अप्रत्याशित लाभ**

**Meaning:** A sudden and unexpected profit

**Use:** The money donated by the Minister was really a windfall for the poor.

**238. A wet blanket - जो आनंद और उत्साह को हतोत्साहित करता है**

**Meaning:** Who discourages enjoyment and enthusiasm

**Use:** Ram acts as a wet blanket in Sohan love life.

**239. Wrong foot - इस तरह से शुरुवात कि असफल होने की संभावना है**

**Meaning:** To begin in a way that is likely to fail

**Use:** The company was completely wrong-footed by the dollar's sudden recovery.

**240. Walking on air - बहुत जादा खुशी**

**Meaning:** Extreme happiness

**Use:** After cracking SSC CGL exam he is walking on air.

**241. Willy or nilly - चाहें या नहीं**

**Meaning:** Whether one wishes or not

**Use:** We have to accept some job willy or nilly.

**242. X marks the spot - सही जगह दिखाने के लिए कहना**

**Meaning:** Said to show the exact spot.

**Use:** Would you like to jump from here- X marks the spot

**243. X-rated - बच्चो के लिए अनुपयोगी**

**Meaning:** Not suitable for children

**Use:** This horror movie is X-rated, so they are advised not to watch this movie.

**244. Yoke around someone's neck - एक प्रकार का बोझ, दबाव**

**Meaning:** A type of burden, pressure

**Use:** They buy a house on installments and it becomes a yoke around the neck.

**245. Yeoman's service - अच्छी सेवा**

**Meaning:** Very good service,

**Use:** Providing food to hungry is a yeoman's service.



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**246. Young Turk - विद्रोही**

**Meaning:** A rebellion, an anarchist

**Use:** Ram is a young turk as he tries to change the politics of this region.

**247. You got me there - जबाब ना दे पाना**

**Meaning:** Unable to answer

**Use:** I don't know what to say, you got me there.

**248. Young at heart - बुढ़ापे में भी युवाओं जैसा भाव रखना**

**Meaning:** To have a spirit of youth even in old age.

**Use:** Although he is 90 years old, he is young at heart.

**249. Zero hour - किसी काम को शुरू होने का पॉइंट**

**Meaning:** The time when something is already planned to start.

**Use:** This is the zero hour for the attack, said the major.

**250. Zero tolerance - एक सख्त तरीके से असामाजिक व्यवहार की अस्वीकृति**

**Meaning:** Non-acceptance of antisocial behavior in a strict manner

**Use:** I will be chairing an organization that will always take a zero-tolerance approach to drug abuse in sport



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