

LearnFrenzy

PHRASAL VERB

Phrasal Verbs वे क्रियाएँ हैं जो एक मुख्य क्रिया (Verb) के साथ एक प्रीपोज़िशन (Preposition) या एडवर्ब (Adverb) जोड़कर बनती हैं। इनका अर्थ आमतौर पर उनके मूल शब्दों से अलग और खास होता है।

उदाहरण के लिए : "Give up" का अर्थ 'छोड़ देना' होता है/ जो "Give" (देना) और "Up" (ऊपर) के व्यक्तिगत अर्थों से अलग है।

महत्त्व

- **अभिव्यक्ति में सुधार:** Phrasal Verbs भाषा को अधिक स्वाभाविक और प्रभावी बनाती हैं।
- **शब्दावली समृद्ध करना:** इनका प्रयोग लेखन और बोलचाल को बेहतर और अधिक आकर्षक बनाता है।

नीचे कुछ सामान्य Phrasal Verbs दिए गए हैं/ जो इस अवधारणा को समझने में मदद करेंगे-

Phrasal Verb	Meaning in English	Meaning in Hindi
Break down	To stop working (machine)	खराब हो जाना
Bring up	To raise a topic	चर्चा करना/ पालना-पोसना
Call off	To cancel	रद्द करना
Look after	To take care of	देखभाल करना
Run out of	To exhaust the supply	समाप्त हो जाना

संदर्भ का महत्त्व (Importance of Context):

Phrasal Verbs का सही प्रयोग संदर्भ पर निर्भर करता है। एक ही Phrasal Verb का अर्थ अलग-अलग संदर्भों में भिन्न हो सकता है।

"Take off"

- विमान उड़ान भरना: The plane took off.
- कपड़े उतारना: He took off his jacket.

Phrasal Verbs Beginning with 'A'

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Abide by	पालन करना	To follow or accept a rule/law/promise	You must abide by the rules of the organisation.	Follow, Obey
Absorbed in	लीन होना	To be fully engaged or engrossed	She was so absorbed in her book that she didn't notice the time.	Engrossed, Immersed
Act on	प्रभाव डालना/के आधार पर कदम उठाना	To take action based on something	The lawyer acted on the evidence presented in court.	React, Follow
Act out	प्रदर्शन करना	To perform or express emotions	The children acted out the story in class.	Enact, Portray
Act up	खराब व्यवहार करना	To behave badly or malfunction	My laptop is acting up again; I need to get it fixed.	Misbehave, Malfunction

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Act upon	कार्यवाही करना	To take action based on advice	The company acted upon the consultant's recommendations.	Implement, Execute
Add on	कुछ अतिरिक्त जोड़ना	To include something extra	We can add on more options to your subscription if needed.	Attach, Append
Add up	समझ में आना	To make sense	His story doesn't add up; something feels off.	Calculate, Make sense
Adhere to	पालन करना	To follow or obey	The staff must adhere to the company's safety policies.	Follow, Abide by
Agree on	सहमत होना	To come to a decision together	The team agreed on the final strategy after much discussion.	Decide, Concur
Agree to	सहमति देना	To consent to a proposal or request	They agreed to the terms of the new contract.	Consent, Accept
Aim at	लक्ष्य बनाना	To target or direct towards	The new policy aims at improving literacy rates in rural areas.	Target, Focus on
Allow for	ध्यान में रखना	To take into consideration	You should allow for delays when planning your schedule.	Consider, Include
Allow of	अनुमति देना	To permit or make possible	The rules don't allow of any exceptions.	Permit, Enable
Amount to	बराबर होना	To be equivalent or result in something	❑ The charges amount to \$500, including taxes. ❑ His achievements amount to a remarkable contribution to the field of science.	Equal, Add up to
Answer back	जवाब देना (ढिठाई से)	To reply rudely	The student answered back to the teacher, which was disrespectful.	Retort, Respond rudely
Appeal to	अपील करना	To attract or request earnestly	The advertisement appealed to younger audiences.	Attract, Request
Apply for	आवेदन करना	To make a formal request	She applied for the scholarship last week.	Request, Enroll
Approve of	मंजूरी देना	To agree with or support something	Her parents approved of her decision to study abroad.	Endorse, Accept
Argue over	बहस करना	To have a disagreement about	They argued over the distribution of the inheritance.	Dispute, Debate
Arise from	उत्पन्न होना	To occur as a result of something	The conflict arose from a misunderstanding between the two parties.	Stem from, Originate
Ask about	पूछताछ करना	To inquire	She asked about the status of her application.	Inquire, Query

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Ask after	कुशल-क्षेम पूछना	To inquire about someone's health	He asked after your well-being during the meeting.	Inquire, Care about
Ask around	पूछताछ करना	To inquire by asking many people	I asked around to find the best mechanic in town.	Inquire, Seek
Ask for	माँगना	To request	She asked for a raise during the performance review.	Request, Demand
Ask in	अंदर बुलाना	To invite someone inside	She asked the courier person in for a glass of water.	Invite, Welcome
Ask out	मुलाकात के लिए बाहर चलने का न्योता देना	To invite someone on a date	He finally asked her out for dinner.	Invite, Propose
Avail of	लाभ उठाना	To make use of something	He availed himself of the opportunity to improve his skills through training.	Utilise, Benefit from
Phrasal Verbs Beginning with 'B'				
Back down	हार मान लेना	To stop opposing or fighting	She refused to back down in the argument.	Surrender, Relent
Back off	दूर हटना	To stop being involved or move away	The protesters refused to back off despite warnings from the authorities.	Recede, Withdraw
Back out	वादे से मुकरना/इनकार करना	To withdraw from an agreement	The company backed out of the deal at the last minute.	Reneg, Default on
Back up	समर्थन करना	To support or confirm	The evidence backed up his claims in court.	Support, Reinforce
Bail out	मुसीबत से बचाना	To rescue someone from a problem	The bank decided to bail out the company to prevent it from going bankrupt.	Save, Rescue
Bank on/upon	भरोसा करना/निर्भर करना	To rely on or depend upon	You can bank on her to complete the project on time.	Rely, Depend
Bargain for	उम्मीद करना	To expect or anticipate	We didn't bargain for such a large crowd at the event.	Expect, Anticipate
Bear down on	दबाव डालना	To put pressure on	The company bore down on employees to meet the deadline.	Pressure, Force
Bear out	पुष्टि करना	To confirm or support	Her research bears out the initial hypothesis.	Confirm, Validate
Bear with	सहन करना	To be patient or tolerate	Please bear with me while I explain the procedure.	Tolerate, Endure
Beat up	पिटवाई करना	To assault violently	The gang beat up the man for his wallet.	Assault, Attack

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Beef up	मज़बूत बनाना	To strengthen or improve	The company plans to beef up security measures.	Fortify, Strengthen
Belong to	संबंधित होना	To be owned by or connected to	This book belongs to the library.	Relate to, Be owned by
Blow apart	उड़ा देना	To destroy completely	The explosion blew apart the entire building.	Destroy, Shatter
Blow away	चकित कर देना	To impress or surprise greatly	Her singing performance blew the judges away.	Impress, Amaze
Blow out	बुझाना	To extinguish or burst	She blew out the candles on her birthday cake.	Burst, Extinguish
Blow up	गुस्सा करना/ विस्फोट करना	To explode or become very angry	❑ The bomb blew up before anyone could disarm it. ❑ He tends to blow up over small issues that can easily be avoided.	Detonate, Erupt
Boil down to	संक्षेप में मुख्य बात कहना	To be essentially about	It all boils down to how much effort you're willing to put in.	Simplify, Reduce
Book up	पूरी तरह से आरक्षित करना	To make all reservations complete	The hotel is booked up for the summer season.	Reserve, Occupy
Bounce back	फिर से उभरना	To recover quickly	He bounced back from his illness in no time.	Recover, Rebound
Break apart	तोड़ देना	To separate into pieces	The chair broke apart under his weight.	Split, Disintegrate
Break away	अलग हो जाना	To escape or separate from a group	The prisoner broke away during the transport.	Escape, Flee
Break into	जबरन घुसना	To enter forcibly	❑ Thieves broke into the house last night.	Burgle, Intrude
Break off	तोड़ देना	To end or stop suddenly	❑ She broke off her engagement last month.	End, Terminate
Break out	फैल जाना/ छिड़ जाना	To start suddenly (usually something unpleasant)	❑ A fire broke out in the kitchen last night. ❑ That a war broke out between India and Pakistan in 1971.	Escape, Erupt
Break through	आर-पार निकलना	To much through difficulties	Demonstrators broke through the barriers.	Overcome, Push past
Break up	अलग होना	To end a relationship or fight	They decided to break up after years of being together.	Separate, Split
Bring about	लाना	To cause something to happen	The new policy brought about significant changes in the education system.	Cause, Generate

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Bring along	साथ लाना	To take someone or something along	Don't forget to bring your sister along.	Carry, Accompany
Bring around	सहमत करना	To persuade someone to agree	He managed to bring her around to his point of view.	Persuade, Convince
Bring back	वापस लाना	To return something	This book brings back memories of my childhood.	Return, Retrieve
Bring down	गिराना	To reduce or lower	The government aims to bring down inflation rates.	Reduce, Diminish
Bring forth	पेश करना	To produce or create	The experiment brought forth surprising results.	Produce, Generate
Bring forward	प्रस्तुत करना	To suggest something for discussion	He brought forward a brilliant idea during the meeting.	Propose, Suggest
Bring home	स्पष्ट करना	To make someone understand	His story brought home the seriousness of the situation.	Clarify, Illustrate
Bring in	लाभ कमाना	To earn profit/ to introduce	❑ The company brought in an expert to resolve the issue. ❑ Her online business brings in a significant amount of revenue every month.	Introduce, Include
Bring off	सफल बनाना	To achieve something successfully	The team brought off an incredible victory despite the odds.	Achieve, Succeed
Bring out	प्रकट करना/प्रकाशित करना	To highlight or make something visible/to publish	1.This colour brings out the beauty of your eyes. 2.The author has just brought out a thrilling novel.	Highlight, Reveal
Bring round	होश में लाना	To revive someone who has fainted	The doctor brought him round with smelling salts.	Revive, Resuscitate
Bring up	पालन-पोषण करना	To raise or care for a child	Her grandmother brought her up after her parents passed away.	Raise, Nurture
Brood over	चिंता करना	To think deeply about something, often with worry	She spent the entire evening brooding over her mistakes in the exam.	Worry, Ponder
Brush up (on)	सुधार करना	To improve or refresh knowledge	I need to brush up (on) my communication skills for the job.	Refresh, Revise
Bubble over	उमंग में आना	To be full of excitement	The children bubbled over with joy during the festival.	Overflow, Exuberate
Buck up	उत्साहित करना	To cheer up or make someone lively	Buck up! We can still finish the project on time.	Cheer, Energise
Build up	बनाना या बढ़ाना	To increase or develop gradually	They worked hard to build up their reputation in the market.	Strengthen, Develop

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Bump into	अचानक से मिलना	To meet by chance	I bumped into an old friend at the mall yesterday.	Encounter, Meet
Burn down	जलाकर नष्ट करना	To destroy by fire	They attempted to burn the hotel down by setting fire to various items.	Incinerate, Ruin
Burn out	थकान से चूर होना	To become exhausted	She burned out after working nonstop for two weeks.	Exhaust, Deplete
Burn up	जलकर खाक होना	To be destroyed by heat	The satellite burned up upon re-entering the Earth's atmosphere.	Incinerate, Destroy
Burst into laughter	जोर से हँस पड़ना	To start laughing suddenly and loudly	The audience burst into laughter at the comedian's joke.	Chuckle, Laugh aloud
Burst into tears	फूट-फूट कर रोना	To start crying suddenly and intensely	She burst into tears after hearing the bad news.	Sob, Weep
Burst out	अचानक से चिल्लाना	To suddenly express something	She burst out laughing at his joke.	Exclaim, Erupt
Butt in	हस्तक्षेप करना	To interrupt a conversation	Stop butting in when others are talking.	Intervene, Interrupt
Buzz off	दूर चले जाना	To go away quickly	He told the salesman to buzz off and stop wasting his time.	Leave, Depart
Phrasal Verbs Beginning with 'C'				
Call back	वापस फोन करना	To return a phone call	I will call you back as soon as I finish the meeting.	Return, Redial
Call for	मांग करना	To demand or require	This situation calls for immediate action.	Demand, Require
Call forth	उत्प्रेरित करना	To evoke or bring something into action	The speech called forth an enthusiastic response from the crowd.	Evoke, Elicit
Call in	बुलाना	To summon or request	The manager called in the team for a meeting.	Summon, Invite
Call off	रद्द करना	To cancel something	The workers called off the strike after their demands were accepted.	Cancel, Abort
Call on	दौरा करना	To visit someone formally	The principal called on the parents to discuss the issue.	Visit, Approach
Call up	फोन करना	To telephone someone	I called up my old friend to catch up on life.	Phone, Dial
Call upon	अनुरोध करना	To formally ask someone to do something	The manager called upon the staff to give their suggestions.	Request, Ask

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Calm down	शांत होना	To become or make someone calm	Please calm down and explain what happened.	Relax, Settle
Care about	परवाह करना	To feel concern	She really cares about the environment.	Value, Concern
Carry forward	आगे बढ़ाना	To move something to the next stage	We need to carry forward the progress made on this project.	Advance, Progress
Carry on	जारी रखना	To continue doing something	She carried on with her work despite the interruptions.	Continue, Persist
Carry out	योजना / आदेश को पूरा करना	To perform or execute	The engineers carried out the project within the deadline.	Execute, Implement
Carry over	आगे बढ़ाना	To transfer or continue something	The unused budget will be carried over to next year.	Transfer, Extend
Cast away	त्याग देना	To throw away or discard	❑ He cast away his old belongings before moving to the new house. ❑ The ship was wrecked and cast away during the severe storm.	Discard, Abandon
Cast out	निकाल देना	To expel or banish	The tribe cast out the traitor from their community.	Expel, Eject
Catch on	समझ में आना	To understand or become popular	This new trend is quickly catching on among teenagers.	Comprehend, Gain popularity
Catch up	बराबरी पर आना	To reach the same level	He worked hard to catch up with his classmates.	Match, Equalise
Catch up on	अधूरा काम पूरा करना	To do something not done earlier	I need to catch up on my reading before the exam.	Complete, Resume
Chalk out	योजना बनाना	To plan something in detail	They chalked out a strategy for the upcoming campaign.	Plan, Outline
Chalk up	श्रेय लेना	To achieve or attribute something	He chalked up his success to hard work and persistence.	Attribute, Achieve
Check in	पंजीकरण करना	To register or arrive at a place	He checked in at the hotel around noon.	Register, Log in
Check on	देखभाल करना	To verify or ensure someone's wellbeing	Can you check on the kids while I prepare dinner?	Verify, Ensure
Check out	स्थान छोड़ना	To leave or examine	They checked out of the hotel early in the morning.	Depart, Examine
Check over	ध्यान से जाँचना	To examine something carefully	Please check over the report for any errors before submission.	Inspect, Review

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Cheer up	खुश करना	To make someone happy	A surprise gift was enough to cheer her up.	Uplift, Encourage
Chew over	विचार करना	To think about something deeply	Let's chew over the proposal before making a decision.	Ponder, Reflect
Chill out	आराम करना	To relax completely	Let's chill out this weekend at the beach.	Relax, Unwind
Chop down	काट देना	To cut something, like a tree, completely	The workers chopped down the old tree in the backyard.	Fell, Cut down
Chop off	काट देना	To remove something by cutting	The chef chopped off the top of the carrot.	Cut, Slice
Churn out	बड़ी संख्या में बनाना	To produce something in large quantities	The factory churns out thousands of toys every day.	Produce, Manufacture
Clamp down on	सख्ती करना	To take strict action	The government is clamping down on illegal activities in the area.	Suppress, Restrict
Clear out	साफ करना	To remove things or people	We need to clear out the garage this weekend.	Empty, Vacate
Clear up	स्पष्ट करना	To clarify something	Can you clear up this misunderstanding?	Clarify
Climb down	झुकना/पीछे हटना	To concede or give in	The company had to climb down on its strict policies.	Concede, Yield
Cling to	चिपके रहना	To hold onto something tightly	The child clung to his mother during the storm.	Hold, Stick
Close down	बंद करना	To shut permanently	The factory was forced to close down due to financial issues.	Shut, Cease
Come about	घटित होना	To happen	How did this misunderstanding come about?	Happen, Occur
Come across	संयोग से मिलना	To find or meet by chance	I came across an old friend while shopping yesterday.	Encounter, Discover
Come along	साथ आना	To accompany	Would you like to come along with us to the concert?	Accompany, Join
Come around	होश में आना	To regain consciousness or change opinion	She fainted but soon came around after a few minutes.	Recover, Change mind
Come forward	सामने आना	To volunteer or offer help	Many people came forward to help during the crisis.	Volunteer, Offer
Come in	अंदर आना	To enter	Please come in and have a seat.	Enter, Arrive
Come on	जल्दी करना	To hurry up or make progress	Come on, we're getting late for the show!	Hurry, Proceed

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Come out	प्रकट होना	To become known or published	His new book came out last month.	Appear, Publish
Come over	आना	To visit	Why don't you come over for dinner tonight?	Visit, Drop by
Come up with	प्रस्तुत करना	To create or think of an idea	She came up with a brilliant plan to save money.	Propose, Suggest
Cope with	सामना करना	To manage or deal with a difficult situation	She is trying to cope with the loss of her property.	Manage, Handle
Cordon off	चारों ओर घेरा बनाना	To block or seal off an area	The police cordoned off the crime scene.	Block, Seal
Count down	उलटी गिनती करना	To count backward to an event	Let's count down the days until the big festival.	Await, Anticipate
Count in	शामिल करना	To include someone or something	If you're going to the party, count me in!	Include, Add
Count on	भरोसा करना	To rely on someone	You can count on me for support during difficult times.	Rely, Depend
Count out	बाहर करना	To exclude someone or something	You can count me out of this weekend's trip.	Exclude, Omit
Cover up	छिपाना	To hide or conceal	They tried to cover up their mistakes during the audit.	Conceal, Hide
Crack down on	कार्यवाही करना	To enforce laws strictly	Authorities are cracking down on drug trafficking in the city.	Enforce, Suppress
Crop up	अचानक प्रकट होना	To appear or happen unexpectedly	A new issue cropped up during the discussion.	Arise, Emerge
Cry down	आलोचना करना	To belittle or disparage	He tends to cry down any suggestions that aren't his own	Criticize, Censure
Cry out	चिल्लाना	To shout loudly	She cried out in pain when she slipped.	Scream, Shout
Cut down	कम करना	To reduce	We need to cut down on unnecessary expenses.	Reduce, Decrease
Cut off	अलग करना	To disconnect or isolate	The village was cut off due to heavy flooding.	Disconnect, Isolate
Cut out	हटा देना	To remove or eliminate	She completely cut out sugar from her diet.	Eliminate, Remove
Phrasal Verbs Beginning with 'D'				
Deal in	व्यापार करना	To trade or engage in something	He deals in rare antiques.	Trade, Sell

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Deal with	निपटना	To handle or manage a situation	She knows how to deal with difficult customers.	Handle, Manage
Die for	तरसना/ इच्छुक होना	To strongly desire something	I'm dying for a cup of coffee right now.	Crave, Long for
Die out	समाप्त हो जाना	To become extinct	Many ancient species have died out over time.	Vanish, Extinct
Dig into	गहराई में जाना	To investigate thoroughly	She dug into the company's financial records.	Investigate, Probe
Dig out	निकालना	To find or remove something	He dug out an old photo album from the attic.	Unearth, Retrieve
Dig up	खोद निकालना	To discover hidden information	The journalist dug up facts about the politician's past.	Discover, Unearth
Dine out	बाहर खाना खाना	To eat a meal at a restaurant	We decided to dine out for her birthday celebration.	Eat out, Feast
Dispose off	हटा देना	To get rid of or throw away	Please dispose off the old newspapers in the recycling bin.	Discard, Eliminate
Do away with	समाप्त करना	To get rid of	The college has done away with the uniform rule.	Abolish, Eliminate
Do in	मार डालना	To kill or exhaust	The long hike really did me in.	Exhaust, Kill
Do without	के बिना काम चलाना	To manage without	We'll have to do without electricity until the repair is done.	Forego, Endure
Doze off	झपकी लेना	To fall asleep briefly	I dozed off while watching the movie.	Nap, Snooze
Drag on	लंबा खिंचना	To last longer than expected	The meeting dragged on for hours without any conclusion.	Prolong, Extend
Drag out	खींचना	To make something last longer unnecessarily	Don't drag out the argument; let's end it here.	Prolong, Lengthen
Draw back	पीछे हटना	To move backward or hesitate	She drew back in fear when the dog barked.	Recoil, Retreat
Draw in	आकर्षित करना	To attract or involve	The event drew in a large crowd of spectators.	Attract, Engage
Draw into	खींच लाना	To involve in something	He was drawn into the debate despite his reluctance.	Involve, Entangle
Draw on	उपयोग करना	To use a resource or experience	She drew on her experience to solve the problem.	Utilise, Employ
Draw up	तैयार करना	To prepare a plan or document	They drew up a contract before starting the project.	Draft, Prepare

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Dress up	सजना-संवरना	To wear formal or special clothes	She dressed up for the party in her best gown.	Adorn, Embellish
Drive away	दूर भगा देना	To chase or force someone or something to leave	The loud noise drove the birds away from the trees.	Disperse, Push away
Drive off	भगा देना	To force something or someone to go away	The guard drove off the trespassers with a warning.	Repel, Dismiss
Drive out	बाहर निकालना/खदेड़ देना	To force someone or something to leave	The villagers drove out the wild animals from the fields.	Expel, Evict
Drop in	बिना बुलाए आना	To visit casually	Why don't you drop in for coffee sometime?	Visit, Stop in
Drop off	छोड़ना	To leave someone or something somewhere	Can you drop me off at the station?	Deliver, Leave
Drop out	बाहर निकलना	To leave or withdraw	He dropped out of college after the first semester.	Withdraw, Quit
Dry off	सुखाना	To make something dry	She dried off the dishes after washing them.	Wipe, Towel
Dry out	सूखा देना	To remove moisture completely	The sun dried out the wet clothes quickly.	Dehydrate, Parch
Dry up	समाप्त हो जाना	To cease or run out	Their funding dried up after the pandemic.	Exhaust, Deplete
Duck out of	बच निकलना	To avoid or evade	He ducked out of the meeting without being noticed by anyone.	Evade, Escape
Dwell on	बार-बार सोचना	To think or speak a lot about something	She tends to dwell on past mistakes too much.	Ruminate, Reflect

Phrasal Verbs Beginning with 'E'

Ease off	कम करना	To reduce intensity or pressure	The pain eased off after taking the medicine.	Lessen, Reduce
Ease up	धीमा पड़ना	To relax or become less strict	The coach asked them to ease up during practice.	Relax, Soften
Eat away	खत्म करना	To erode or gradually destroy	Rust is eating away the metal pipes.	Corrode, Erode
Eat out	बाहर खाना	To eat at a restaurant	We decided to eat out to celebrate her birthday.	Dine out, Feast
Eat up	पूरा खा लेना	To consume entirely	The kids quickly ate up the snacks.	Devour, Consume

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Edge out	बाहर कर देना	To gradually push someone or something out	The new player edged out the older competitor in the race.	Displace, Replace
Egg on	उकसाना	To encourage or provoke	His friends egged him on to try the dangerous stunt.	Provoke, Incite
Embark on	शुरू करना	To begin a new project or journey	She embarked on a new career in teaching.	Start, Initiate
Empty out	खाली करना	To remove all contents	He emptied out the drawer to find the missing keys.	Vacate, Clear
End in	में समाप्त होना	To result in	The argument ended in a peaceful resolution.	Conclude, Result
End up	समाप्त होना	To finally be in a certain situation	He ended up staying at home due to bad weather.	Conclude, Land up
End up with	के साथ समाप्त होना	To finally have something	He ended up with more tasks than he expected.	Result in, Conclude with
End with	पर समाप्त होना	To conclude at a specific point	The speech ended with a motivational quote.	Conclude, Finish
Engage in	शामिल होना	To participate or get involved	They engaged in a heated discussion.	Participate, Involve
Enlarge on	विस्तार से बताना	To explain or elaborate further	He enlarged on the topic during the seminar.	Expand, Elaborate
Enter into	में प्रवेश करना	To begin an agreement or discussion	1.They entered into a contract with the company. 2.The two countries decided to enter into a dialogue to resolve the border dispute.	Start, Undertake
Enter on/ upon	आरंभ करना	To begin formally	He entered upon his duties as the new director yesterday.	Start, Undertake
Entrust with	सौंपना	To assign responsibility to someone	She was entrusted with organising the annual conference.	Assign, Delegate
Eye over	ध्यानपूर्वक देखना	To examine thoroughly	The manager eyed over the report before approving it.	Inspect, Examine

Phrasal Verbs Beginning with 'F'

Face up to	सामना करना	To confront something unpleasant	It's time to face up to the challenges ahead.	Confront, Address
Fade away	धीरे-धीरे गायब होना	To disappear gradually	The sound of the music began to fade away.	Disappear, Vanish
Fall apart	बिखरना	To break into pieces	The chair will fall apart if you sit on it.	Break, Collapse
Fall back	पीछे हटना	To retreat	The soldiers were forced to fall back during the attack.	Withdraw, Recede

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Fall back on	सहारा लेना	To rely on in times of need	When the plan failed, they had to fall back on savings.	Depend, Count on
Fall behind	पीछे रह जाना	To fail to keep up	He fell behind in his studies after being sick.	Lag, Delay
Fall down	गिर जाना	To collapse or trip	The child fell down while playing in the park.	Collapse, Stumble
Fall for	आकर्षित होना/मुग्ध होना	To be deceived or attracted	She fell for his lies and believed his story.	Love, Believe
Fall in	निश्चित स्थान में आना	To line up	The soldiers were asked to fall in before the drill started.	Align, Join
Fall into	में फँसना	To enter unintentionally	He fell into bad company during his college days.	Land, Enter
Fall off	गिरना	To decrease or drop	Sales have started to fall off this quarter.	Decline, Drop
Fall out	झगड़ना	To have a disagreement	The friends fell out over a small misunderstanding.	Argue, Disagree
Fall under	श्रेणी/दायरे में आना	To belong to a category	This topic falls under the field of economics.	Belong, Categorise
Fall upon	अचानक हमला करना	To suddenly attack or come upon	The robbers fell upon the travellers in the dark forest.	Assault, Descend
Feed on	पर निर्भर होना / से पोषण लेना	To sustain oneself on something	Some animals feed on plants, while others feed on insects.	Depend, Nourish
Feel for	सहानुभूति रखना	To sympathise with	I really feel for those who were affected by the earthquake.	Sympathise, Empathise
Feel like	मन करना	To want to do something	I feel like going for a long walk today.	Want, Desire
Figure out	समझना	To understand or solve	She's trying to figure out how to operate the new software.	Solve, Comprehend
Fill in	भरना	To complete a form	Please fill in the application form with your details.	Complete, Enter
Fill out	पूरा करना	To complete a document	You need to fill out this form before submitting it.	Complete, Sign
Fill up	भर देना	To fill completely	The water tank needs to be filled up before the summer.	Replenish, Load
Find out	पता लगाना	To discover	I need to find out the train timings for tomorrow.	Discover, Learn
Finish up	खत्म करना	To finalise	He finished up his presentation just before the meeting.	Conclude, Finalise
Fit in	सामंजस्य बैठाना	To feel part of a group	It took her some time to fit in with the new team.	Belong, Integrate

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Fit in with	मेल खाना	To be suitable or compatible	Her ideas fit in well with the overall vision of the project.	Match, Align
Fix on	तय करना	To decide on something	We finally fixed on a date for the wedding.	Decide, Finalise
Fix up	व्यवस्थित करना	To arrange or repair	We need to fix up the old house before moving in.	Repair, Arrange
Flag down	रुकने का संकेत देना	To signal to stop	He flagged down a taxi to get to the airport.	Signal, Stop
Fold up	बंद करना	To close or collapse	The shop folded up due to a lack of customers.	Close, Collapse
Follow on	अनुसरण करना	To continue or develop	The team was forced to follow on after failing to reach the opponent's score in the first innings.	Continue, Proceed
Follow up	अनुवर्ती कार्रवाई करना	To continue or review	The doctor promised to follow up with the patient after the surgery.	Continue, Pursue
Follow up on	अनुवर्ती कार्रवाई करना	To pursue further	I need to follow up on the job application I submitted last week.	Continue, Pursue
Freak out	डराना	To become or make someone extremely upset	The sudden power outage freaked her out.	Panic, Terrify
Phrasal Verbs Beginning with 'G'				
Gear up	तैयारी में तेजी लाना	To prepare	The students are gearing up for their final exams.	Prepare, Ready
Get along	मिलजुलकर रहना	To have a good relationship	The siblings get along very well despite their differences.	Cooperate, Harmonise
Get away	भाग जाना	To escape	The thief managed to get away before the police arrived.	Escape, Flee
Get away with	बिना सजा बच जाना	To avoid punishment	He got away with breaking the rules because no one noticed.	Evade, Avoid
Get back	लौटना / वापिस आना	To return	He promised to get back to me after reviewing the documents.	Return, Regain
Get by	गुज़र-बसर करना	To manage to survive	It's difficult to get by on such a small salary.	Survive, Manage
Get down	नीचे उतरना / उदास करना	To descend or depress	The bad news really got him down.	Descend, Depress
Get in	प्रवेश करना	To enter	She got in through the side gate.	Enter, Arrive
Get in touch	संपर्क करना	To contact	I'll get in touch with you after the meeting.	Contact, Communicate

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Get into	शामिल होना/में पड़ना	To become involved or enter	He got into trouble for skipping class.	Involve, Enter
Get off	उतरना	To disembark	We need to get off the bus at the next stop.	Disembark, Alight
Get on	चढ़ना / आगे बढ़ना	To board or progress	She got on the train just in time.	Board, Advance
Get out	बाहर निकलना	To leave or escape	They told him to get out of the house immediately.	Exit, Escape
Get over	उबरना	To recover	It took him weeks to get over the flu.	Recover, Overcome
Get rid of	छुटकारा पाना	To eliminate	She wants to get rid of the old furniture.	Eliminate, Remove
Get through	पूरा करना / सफल होना	To complete or succeed	She worked hard to get through her final exams.	Complete, Survive
Get together	इकट्ठा होना	To meet or gather	Let's get together for lunch this weekend.	Gather, Meet
Get up	उठना	To rise from bed or a sitting position	I usually get up at 6 AM for my morning walk.	Rise, Awaken
Give away	दान करना	To distribute or reveal	She gave away all her old clothes to charity.	Distribute, Reveal
Give in	हार मान लेना	To yield or surrender	After hours of argument, he finally gave in to her demands.	Surrender, Yield
Give in to	झुक जाना	To succumb	He gave in to temptation and ate the cake.	Surrender, Yield
Give off	उत्सर्जित करना	To emit	The flowers gave off a pleasant fragrance.	Emit, Radiate
Give out	बाँटना / खत्म हो जाना	To distribute or exhaust	The teacher gave out the test papers to the students.	Distribute, Exhaust
Give rise to	कारण बनना	To cause	The heavy rains gave rise to flooding in the area.	Cause, Lead to
Give up	छोड़ देना / हार मान लेना	To stop trying or surrender	He gave up smoking to improve his health.	Quit, Surrender
Give way to	रास्ता देना / छोड़ देना	To yield or surrender	The old building gave way to a modern skyscraper.	Yield, Surrender
Glance over	जल्दी देखना	To quickly review	She glanced over the report before the meeting.	Review, Skim
Go after	पीछा करना / लक्ष्य करना	To pursue	The detective went after the suspect.	Pursue, Chase

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Go against	विरोध करना	To oppose	His decision to drop out went against his parents' wishes.	Oppose, Contradict
Go ahead	आगे बढ़ना	To proceed	The manager permitted us to go ahead with the plan.	Proceed, Advance
Go along	सहमत होना / साथ जाना	To agree or accompany	She decided to go along with the group's decision.	Agree, Accompany
Go away	दूर जाना	To leave	They went away for a vacation last week.	Leave, Depart
Go back	वापिस जाना	To return	She decided to go back to her hometown.	Return, Revisit
Go by	गुज़रना / मानना	To pass (time) or follow	As the years go by, technology becomes more advanced.	Pass, Follow
Go down	गिरना / कम होना	To decrease or sink	The temperature went down significantly last night.	Decrease, Sink
Go in	अंदर जाना	To enter	They went in through the main door.	Enter, Access
Go on	जारी रखना	To continue	He went on speaking despite the interruptions.	Continue, Persist
Go out	बाहर जाना	To leave home socially	They went out for dinner last night.	Socialise, Depart
Go over	ध्यान से जाँचना	To review	Please go over your answers before submitting the test.	Review, Examine
Go through	अनुभव करना / जाँचना	To experience or examine	She went through a lot of challenges during the project.	Experience, Examine
Goof up	गड़बड़ी करना	To make a mistake	He goofed up the presentation by forgetting the main points.	Mess up, Blunder
Grapple with	जूझना / निपटना	To struggle or deal with	She is grappling with a difficult decision about her career.	Struggle, Tackle
Grow apart	अलग हो जाना	To become distant	Over the years, they grew apart due to differences.	Separate, Drift
Grow on/ upon	धीरे-धीरे पसंद आना	To become more appealing over time	This new song is starting to grow on me.	Influence, Affect
Grow up	बड़ा होना	To mature	He grew up in a small village.	Mature, Develop
Phrasal Verbs Beginning with 'H'				
Hack into	घुसपैठ करना	To access illegally	The hackers tried to hack into the company's database.	Infiltrate, Break into
Haggle over	मोलभाव करना	To negotiate or bargain	They haggled over the price for several minutes before agreeing.	Bargain, Negotiate

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Hammer out	सहमति पर पहुँचना	To reach an agreement after discussion	They hammered out a deal after long negotiations.	Negotiate, Resolve
Hand down	विरासत में देना	To pass something to someone	The family heirloom was handed down to the next generation.	Pass on, Bequeath
Hand in	जमा करना	To submit something	Please hand in your assignments before the deadline.	Submit, Turn in
Hand out	बाँटना	To distribute	She handed out flyers for the event in the market.	Distribute, Dispense
Hand over	सौंपना	To give control or possession	The keys were handed over to the new owner of the house.	Surrender, Transfer
Hang around	समय बिताना	To spend time idly	They were just hanging around the park after school.	Loiter, Linger
Hang on	इंतजार करना	To wait or persevere	Hang on a minute, I'll be with you shortly.	Wait, Persist
Hang out	मिलकर समय बिताना	To spend time casually	They often hang out at the café on weekends.	Socialise, Relax
Hang up	फोन काट देना	To end a phone call	She hung up abruptly after the argument.	Disconnect, Terminate
Happen along	अचानक आना	To appear unexpectedly	A kind stranger happened along and offered help when my car broke down.	Appear, Turn up
Harp on	बार-बार बात करना	To repeatedly talk about something	He keeps harping on about the same mistakes.	Reiterate, Nag
Hassle over	विवाद करना	To argue or dispute over something	They hassled over the terms of the agreement for hours.	Argue, Dispute
Hatch out	योजना बनाना	To plan or devise	They hatched out a clever plan to increase sales.	Plan, Devise
Have a go at	प्रयास करना	To try or attempt something	Let me have a go at solving this puzzle.	Attempt, Try
Have an eye on	नज़र रखना	To watch or monitor something	I have an eye on that dress for the party.	Monitor, Observe
Have on	पहने हुए होना	To wear something	She had on a beautiful red dress for the party.	Wear, Put on
Head up	नेतृत्व करना	To lead or manage	She was chosen to head up the marketing team.	Lead, Manage
Heap up	ढेर लगाना	To pile something up	They heaped up the firewood for the winter.	Pile, Accumulate

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Hear of	सुनना	To know or learn about something	Have you heard of this new book?	Learn, Discover
Hear out	ध्यान से सुनना	To listen to someone completely	Please hear me out before making a decision.	Attend, Consider
Heat up	गरम करना	To make something warm	Please heat up the soup before serving it.	Warm, Reheat
Help out	मदद करना	To assist someone	Can you help out with the arrangements for the wedding?	Assist, Aid
Hinge on	निर्भर होना	To depend on	The success of the project hinges on timely funding.	Depend, Rely
Hit back	जवाबी हमला करना	To retaliate	The boxer hit back after taking a hard punch from his opponent.	Retaliate, Respond
Hit on	किसी चीज़ का पता लगाना	To discover or realise	They hit on a brilliant idea to solve the problem.	Discover, Realise
Hit the road	यात्रा शुरू करना	To begin a journey	We need to hit the road early to avoid traffic.	Depart, Leave
Hold back	रोकना	To restrain or prevent	❑ He couldn't hold back his tears during the farewell speech. ❑ The fear of failure held him back from pursuing his dreams.	Restrain, Prevent
Hold on	इंतजार करना	To wait	Hold on, I need to find my phone before we leave.	Wait, Pause
Hold onto	पकड़े रखना	To retain or keep	Hold onto your hat; it's very windy outside.	Retain, Grasp
Hold up	रोकना या बाधित करना	To delay or obstruct	Traffic was held up due to an accident on the highway.	Delay, Obstruct
Hold with	सहमत होना	To agree or support something	I don't hold with lying to get ahead.	Agree, Endorse
Hook into	जोड़ना या लगाना	To attach or connect	The technician hooked the new software into the system to improve it.	Connect, Attach
Hook up	जोड़ना	To connect or associate	They hooked up the TV to the new sound system.	Connect, Link
Hook up with	सहयोग करना	To join or collaborate	She hooked up with her old friends during the reunion.	Collaborate, Meet
Hunt down	खोज निकालना	To search and find with effort	The police are working hard to hunt down the suspect.	Track, Pursue
Hunt for	तलाश करना	To actively search for something	She is hunting for her lost keys.	Search, Seek

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Hurry up	जल्दी करना	To do something faster	Hurry up, or we'll miss the train!	Speed up, Rush
Hush up	छुपाना	To conceal something	The company tried to hush up the scandal to protect its reputation.	Suppress, Cover up
Hustle up	जल्दी करना	To do something quickly	Let's hustle up and finish the task before the deadline.	Hurry, Rush
Phrasal Verbs Beginning with 'I'				
Identify with	पहचान बनाना	Relate to or empathise	Many teenagers identify with the character in the movie.	Relate, Connect
Immerse in	लीन होना	Fully involve oneself	He immersed himself in his studies for the exam.	Absorb, Submerge
Impact on	प्रभाव डालना	Affect strongly	The new law will impact local businesses.	Affect, Influence
Impart to	प्रदान करना	Give or communicate	The teacher imparted wisdom to her students.	Convey, Share
Impede in	बाधा डालना	Hinder or obstruct	The lack of funding impeded progress in the project.	Hinder, Obstruct
Impose on	थोपना	Force something upon	The new rules were imposed on all employees.	Enforce, Dictate
Impress with	प्रभावित करना	Make a positive impression	She impressed everyone with her singing talent.	Amaze, Inspire
Incorporate into	समाहित करना	Include as part of something	They incorporated new features into the software.	Integrate, Include
Indulge in	लिप्त होना	Participate in something pleasurable	During the holidays, many people indulge in rich desserts and festive drinks.	Engage, Partake
Infer from	से निष्कर्ष निकालना	Draw a conclusion based on evidence	We can infer from his speech that he is supportive.	Deduce, Conclude
Infiltrate into	घुसपैठ करना	Gain access secretly	Spies infiltrated into enemy territory.	Penetrate, Invade
Inflict on	थोपना	Impose something unpleasant	The hurricane inflicted severe damage on the town.	Impose, Cause
Infringe on	अतिक्रमण करना	Violate or encroach	This law infringes on personal freedoms.	Violate, Trespass
Inquire about	पूछताछ करना	Ask for information	She inquired about the job opening at the office.	Ask, Investigate
Inquire into	जाँच करना	Investigate	The police inquired into the mysterious incident.	Investigate, Examine
Insist on	जोर देना/आग्रह करना	Demand or emphasise firmly	She insisted on paying for the meal.	Demand, Persist

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Insulate from	अलग रखना	Protect from something	The house was insulated from the cold.	Shield, Protect
Insure against	बीमा कराना	Protect financially from loss	She insured her car against theft.	Protect, Safeguard
Integrate into	सम्मिलित करना	Combine into a whole	Immigrants were successfully integrated into society.	Merge, Combine
Intend for	के लिए बनाना	Have as a purpose	This gift is intended for my best friend.	Design, Aim
Interfere with	बाधा डालना /दखल देना	Obstruct or meddle	The loud noise interfered with our conversation.	Disrupt, Hinder
Interpret as	व्याख्या करना	Understand or explain the meaning	His silence was interpreted as agreement.	Explain, Decipher
Intervene in	हस्तक्षेप करना	Interfere to alter a result	The government intervened in the labour dispute.	Mediate, Interfere
Introduce to	परिचय कराना	Make someone known to another	She introduced me to her colleagues at the party.	Present, Acquaint
Intrude on	दखल देना	Encroach upon	He intruded on their private conversation.	Interrupt, Invade
Invest in	निवेश करना	Allocate money or effort to something	She invested in stocks to grow her wealth.	Allocate, Spend
Involve in	शामिल होना	Engage actively	He was deeply involved in the charity project.	Engage, Include
Iron out	सुलझाना	Resolve or settle problems	We need to iron out the details of the contract.	Resolve, Fix
Isolate from	अलग करना	Separate completely	The patient was isolated from the rest of the ward.	Separate, Segregate

Phrasal Verbs Beginning with 'J'

Jack up	बढ़ाना	To increase or raise something	They plan to jack up the prices next month.	Raise, Boost
Jog on	चलते रहना	To ask someone rudely to go asking	He told me to jog on when I asked for more details.	Bog off, Clear off
Join in	शामिल होना	To participate	We asked her to join in the discussion.	Participate, Engage
Join up	जुड़ना	To enlist or become a member	He joined up with the team for the competition.	Enlist, Unite
Jot down	जल्दी नोट करना	To write something quickly	Please jot down the address before you forget it.	Note, Record
Juice up	ऊर्जा देना	To make more lively or exciting	The presenter juiced up the meeting with games.	Energise, Revitalise

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Jumble up	गड़बड़ करना	To mix up or make disorderly	The strong wind jumbled up the papers on the desk.	Mix, Disorganise
Jump at	लपक कर अवसर लेना	To eagerly accept an opportunity	She jumped at the chance to work in Europe.	Seize, Accept
Jump in	भाग लेना	To participate or intervene spontaneously	He jumped in to help when he saw the accident.	Intervene, Participate
Jump off	से कूदना	To leap from a high place	He decided to jump off the rock into the lake.	Leap, Dive
Jump on	जल्दी आलोचना करना	To criticize or take advantage of	Please don't jump on him for making a mistake.	Criticise, Attack
Phrasal Verbs Beginning with 'K'				
Keep an eye on	ध्यान देना	To watch or monitor	Please keep an eye on the kids while I'm away.	Watch, Oversee
Keep at	लगे रहना	To persist in doing something	If you keep at it, you'll master the skill.	Persist, Stick to
Keep away	दूर रहना	To maintain distance	Please keep away from the fire.	Avoid, Steer clear
Keep down	दबाकर रखना	To control or suppress	The government tried to keep down inflation rates.	Suppress, Control
Keep from	रोकना	To prevent	She couldn't keep from laughing at the joke.	Prevent, Refrain
Keep on	जारी रखना	To continue doing something	She kept on studying despite being tired.	Continue, Persist
Keep pace with	गति बनाए रखना	To maintain the same speed	He struggled to keep pace with the fast runners.	Match, Keep up
Keep up	बनाए रखना	To maintain	You need to exercise regularly to keep up your fitness level.	Maintain, Sustain
Kick against	विरोध करना	To resist	He kicked against the new regulations imposed at work.	Resist, Oppose
Kick off	शुरू करना	To start something	The football match will kick off at 3 PM.	Begin, Start
Kick out	बाहर निकाल देना	To expel	He was kicked out of the club for breaking the rules.	Expel, Remove
Knock down (Something)	गिरा देना/ध्वस्त करना	To demolish or knock over	The storm knocked down several trees last night.	Demolish, Overturn
Knock off	बंद करना	To stop work	Let's knock off early today and go home.	Stop, Cease

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Knock out	प्रतियोगिता में हराना / बेहोश कर देना	To render unconscious or eliminate	The boxer knocked out his opponent in the second round.	Eliminate, Defeat
Knuckle down	मेहनत से लग जाना	To apply oneself seriously	She finally knuckled down to writing her thesis after weeks of procrastination.	Work hard, Concentrate
Phrasal Verbs Beginning with 'L'				
Lash out	अचानक हमला करना	To attack suddenly	She lashed out at her colleague in anger.	Attack, Strike
Lay claim to	अधिकार जताना	To assert ownership	He laid claim to the abandoned property.	Claim, Assert
Lay down	त्याग देना	To establish rules or surrender	❑ He laid down his arms after the war. ❑ They decided to lay down the foundation stone for the temple during the auspicious ceremony.	Establish, Surrender
Lay off	निकाल देना	To dismiss from a job	The company had to lay off several workers.	Dismiss, Terminate
Lay out	व्यवस्थित करना	To explain something clearly	He laid out his argument clearly.	Clarify, Describe
Lean against	टेक लगाना	To rest against something for support	He leaned against the wall while waiting.	Rest, Recline
Lean on	निर्भर रहना	To depend on or rely on	You can lean on me for support during tough times.	Rely, Depend
Leave out	छोड़ देना	To omit	Don't leave out important details.	Omit, Exclude
Let down	निराश करना	To disappoint	He let down his team by missing the goal.	Disappoint, Fail
Let in	अंदर आने देना	To allow entry	She let her friend in through the back door.	Admit, Permit
Let off	छोड़ देना	To excuse from punishment	The judge let him off with a warning.	Excuse, Release
Let out	बाहर जाने देना	To allow to leave	She let the dog out into the garden.	Release, Free
Lie on/ upon	निर्भर करना/निहित होना	To rest on or depend on	The success of the project lies on everyone's contribution.	Depend, Rest on
Light up	चमक उठना	To illuminate or brighten	Her face lit up with excitement.	Illuminate, Brighten

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Line up	कतार बनाना	To form a queue	The students lined up for lunch.	Queue, Align
Link up	जोड़ना	To connect	The two systems are linked up seamlessly.	Connect, Join
Live by	जीवन यापन करना	To follow or abide by	She lives by her principles of honesty and integrity.	Follow, Abide
Live it up	मजे करना	To enjoy life extravagantly	They decided to live it up on their vacation.	Enjoy, Celebrate
Live on	जीवनयापन करना	To depend on for livelihood	They live on a small pension.	Survive, Depend
Live up to	उम्मीद पर खरा उतरना	To fulfil expectations	She worked hard to live up to her parents' expectations.	Fulfil, Satisfy
Look after	देखभाल करना	To take care of	She looks after her younger siblings.	Care for, Tend
Look ahead	भविष्य की ओर देखना	To plan for the future	It's important to look ahead and prepare.	Plan, Anticipate
Look alike	समान दिखना	To resemble	The twins look alike but have different habits.	Resemble, Appear similar
Look back	पीछे मुड़कर देखना	To reflect on the past	When you look back, do you have regrets?	Reflect, Recall
Look beyond	आगे देखना	To consider a wider perspective	We need to look beyond short-term gains.	Broaden, Envision
Look down on	नीचा समझना	To regard with disdain	He looks down on people who don't work hard.	Scorn, Despise
Look for	तलाश करना	To search for	She is looking for her lost keys.	Search, Seek
Look forward to	आशा करना	To anticipate something eagerly	I look forward to meeting you soon.	Anticipate, Await
Look into	जाँचना	To investigate	The police are looking into the matter.	Investigate, Examine
Look out	चौकसी रखना	To be alert	Look out for traffic when crossing the road.	Beware, Watch
Look out for	ध्यान रखना	To take care or be alert	☐ Look out for your little brother.	Care, Protect
Look over	निरीक्षण करना	To quickly examine	She looked over the contract carefully.	Review, Scan
Look through	ध्यान से देखना	To examine closely	I looked through the documents last night.	Browse, Inspect

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Look up	खोजना	To search for or improve	Can you look up the address of the restaurant online?	Search, Improve
Look upon	समझना	To regard	They look upon her as a role model.	Regard, Consider
Phrasal Verbs Beginning with 'M'				
Make away	भाग जाना	To escape or steal	The burglar made away with the jewels.	Escape, Abscond
Make do	काम चला लेना	To manage with what is available	We had to make do with the limited resources.	Manage, Adapt
Make fun of	मज़ाक उड़ाना	To mock or ridicule	They made fun of his old shoes.	Ridicule, Tease
Make into	बदलना	To transform into	The artist made the old barn into a studio.	Convert, Transform
Make it up to	मुआवज़ा देना	To compensate	I'll make it up to you for missing your party.	Compensate, Amend
Make off	भाग जाना	To leave quickly	The thief made off before the police arrived.	Escape, Flee
Make off with	लेकर भाग जाना	To steal	Someone made off with my wallet at the party.	Steal, Snatch
Make out	समझ पाना	To understand or discern	I couldn't make out what he was saying.	Comprehend, Discern
Make over	परिवर्तन करना	To renovate or transfer	She made over her old room completely.	Transform, Renovate
Make up	मनाना/सुलह करना	To cover or reconcile	1.She decided to make up with her friend after their argument. 2.He worked overtime to make up for the hours he missed.	Reconcile, Compensate
Make up for	मुआवज़ा देना	To compensate for something lost or missed	He worked extra hours to make up for his absence.	Compensate, Rectify
Measure up	योग्य होना	To meet expectations	He didn't measure up to the company's standards.	Qualify, Fulfil
Meddle in	हस्तक्षेप करना	To interfere in someone else's matters	You shouldn't meddle in their private affairs.	Interfere, Intrude
Meet up	मिलना	To gather or meet	Let's meet up at the cafe tomorrow.	Gather, Assemble
Meet with	सामना करना/ज़रूरत आदि पूरा करना	To experience or encounter	She met with an accident while driving to work yesterday.	Encounter, Face

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Mellow out	शांत होना	To relax or calm down	He needs to mellow out after a stressful day.	Relax, Calm
Merge into	विलीन हो जाना	To combine or blend	The smaller company merged into the larger one.	Combine, Integrate
Mess up	गड़बड़ करना	To make a mistake or ruin something	He messed up the project by missing deadlines.	Ruin, Spoil
Mingle with	घुल-मिल जाना	To socialise	She mingled with the guests at the party.	Socialise, Mix
Mix up	गड़बड़ करना	To confuse	I mixed up the dates for our meeting.	Confuse, Jumble
Mock up	नकली बनाना	To create a model	They mocked up a prototype for the presentation.	Model, Prototype
Mop up	साफ करना	To clean or finish	She mopped up the spilled coffee quickly.	Clean, Tidy
Move in	शिफ्ट होना	To begin living in a new place	We're planning to move in to our new house next week.	Relocate, Shift
Move on	आगे बढ़ना	To continue or advance	After the failure, she decided to move on.	Advance, Proceed
Move up	पदोन्नति करना	To advance to a higher position	She moved up the ranks very quickly.	Promote, Advance
Mull over	गहराई से विचार करना	To think about something deeply	She decided to mull over the job offer before accepting.	Ponder, Deliberate
Muster up	जुटाना	To gather strength or courage	She mustered up the courage to speak out.	Gather, Summon
Phrasal Verbs Beginning with 'N'				
Nail down	तय करना	To finalise or confirm	Let's nail down the date for the meeting.	Finalise, Confirm
Name after	के नाम पर रखना	To name someone after another	The child was named after his grandfather.	Designate, Call
Name drop	प्रभाव डालने के लिए नाम लेना	To mention famous people to impress others	She always name-drops celebrities she has met.	Mention, Cite
Narrow down	सीमित करना	To reduce options or choices	We need to narrow down the candidates for the job.	Shortlist, Limit
Negotiate with	बातचीत करना	To discuss to reach an agreement	The union negotiated with the management for better pay.	Bargain, Confer
Nip in the bud	शुरुआत में रोक देना	To stop something early	The problem should be nipped in the bud before it grows.	Halt, Prevent

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Nod off	झपकी लेना	To fall asleep briefly	She nodded off during the lecture.	Doze, Drift off
Nose out	खोज निकालना	To discover or find something	The journalist managed to nose out the hidden facts.	Detect, Discover
Phrasal Verbs Beginning with 'O'				
Ooze out	रिसना / बाहर आना	To slowly leak or emerge from something	The syrup oozed out of the bottle when it was tilted.	Leak, Seep
Open up	खोलना/प्रकट करना	To share feelings	She finally opened up about her challenges.	Reveal, Disclose
Opt for	चुनना	To choose or decide for something	She opted for a career in teaching over corporate jobs.	Choose, Select
Opt out	बाहर निकलना	To choose not to participate in something	He opted out of the project due to time constraints.	Withdraw, Decline
Order in	घर पर मँगवाना	To order food to be delivered at home	We decided to order in pizza for dinner.	Request, Arrange
Own up	स्वीकार करना	To admit	He owned up to his mistake in the report.	Confess, Admit
Phrasal Verbs Beginning with 'P'				
Pass away	निधन होना	To die	Her grandfather passed away peacefully last night.	Die, Expire
Part from	अलग होना	To separate from someone	It was hard to part from his childhood friends.	Separate, Depart
Part with	अलग करना	To give up something valuable	He was reluctant to part with his old car.	Give up, Relinquish
Pass by	निकल जाना	To go past without stopping	She waved at her friends as they passed by her house.	Go by, Move past
Pass on	देना / भेजना	To give or transmit	Please pass on the message to everyone in the group.	Transfer, Convey
Pass out	बेहोश होना	To lose consciousness/ complete a course	He passed out due to the intense heat.	Faint, Collapse
Patch up	सुधार करना	To repair or resolve	❑ They patched up their differences after the argument. ❑ They called in a contractor to patch up the cracks in the walls.	Repair, Mend

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Pay back	चुकाना / बदला लेना	To repay or retaliate	I will pay back the loan by the end of the month.	Repay, Reimburse
Pay off	भुगतान करना	To settle a debt	She paid off her car loan early.	Clear, Settle
Pick out	चुनना	To select	She picked out a red dress for the party.	Choose, Select
Pick up	उठाना / सीखना	To lift or acquire a new skill	Can you pick up some groceries on your way home?	Collect, Gather
Pile up	इकट्ठा होना	To accumulate	The work on his desk keeps piling up.	Accumulate, Gather
Pin down	स्पष्ट करना	To define or identify something precisely	The committee struggled to pin down the exact cause of the problem.	Specify, Identify
Play along	सहयोग करना	To agree temporarily or pretend	She decided to play along with the prank to avoid suspicion.	Cooperate, Pretend
Play off	प्रतियोगिता कराना	To resolve through a contest	The two teams will play off for the championship title.	Compete, Challenge
Play with	खेलना	To manipulate or handle something casually	The kids were playing with blocks on the floor.	Manipulate, Handle
Plough back	पुनः निवेश करना	To reinvest profits	The company decided to plough back its profits into the business.	Reinvest, Allocate
Point out	संकेत करना	To indicate	She pointed out the errors in the report.	Indicate, Show
Pop in	अचानक आना	To visit briefly	She popped in to say hello on her way to work.	Drop by, Visit
Pop up	अचानक दिखना	To appear suddenly	A new message popped up on my screen.	Appear, Emerge
Pour in/ into	अंदर डालना	To flow in large quantities	☐ The chef poured in the sauce while stirring the pasta. ☐ She poured the juice into a glass for breakfast.	Flow, Fill into
Pour out	बाहर निकालना	To express feelings freely	She poured out her frustrations to her best friend.	Spill, Release
Pull away	दूर जाना	To start moving away	The train pulled away from the station slowly.	Depart, Leave
Pull back	पीछे हटना	To retreat	The troops were ordered to pull back.	Retreat, Withdraw
Pull down	तोड़ना / गिराना	To demolish	The authorities decided to pull down the old building.	Demolish, Tear down

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Pull out	बाहर निकालना / वापस बुलाना	To withdraw or remove	❑ The dentist had to pull out the decayed tooth. ❑ He had to pull out of the race due to an injury.	Withdraw, Extract
Pull over	गाड़ी रोकना	To stop a vehicle at the side of the road	The police officer signalled the car to pull over.	Halt, Stop
Push forward	प्रगति करना	To advance or promote	The new strategy pushed forward the project's completion.	Advance, Promote
Push off	रवाना होना	To leave or depart	It's time for us to push off and head home.	Leave, Depart
Push on	आगे बढ़ना	To continue with determination	Despite the setbacks, they decided to push on with their plans.	Continue, Persevere
Push over	गिरा देना	To topple	The wind was strong enough to push over the fence.	Topple, Overturn
Push up	बढ़ाना	To increase or raise	High demand has pushed up the price of gold.	Increase, Raise
Put across	स्पष्ट रूप से समझाना	To explain or communicate clearly	He struggled to put his ideas across in the meeting.	Communicate, Explain
Put aside	बचाना/रखना	To save or set aside	She put aside some money for her daughter's education.	Save, Reserve
Put away	वापस रखना	To store or tidy something	Please put away your toys after playing.	Store, Organise
Put down	नीचे रखना / अपमान करना	To place something down / to suppress	❑ She put down the book and went to sleep. ❑ The police used tear gas to put down the rioting crowd.	Place, Suppress
Put forward	सुझाव देना	To propose	They put forward a new plan to increase sales.	Propose, Suggest
Put in	डालना / देना	To invest or contribute	She put in a lot of effort to make the project successful.	Contribute, Invest
Put off	स्थगित करना / टालना	To postpone	The meeting was put off due to bad weather.	Postpone, Delay
Put on	पहनना / बढ़ाना	To wear / to gain	He put on his coat before leaving the house.	Wear, Gain
Put out	बुझाना	To extinguish	❑ The firefighters put out the fire quickly. ❑ He passed out in November 1924 and was assigned to No. 24 Squadron.	Extinguish, Quench

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Put up	ठहरने देना / लगाना	To provide accommodation or display	☐ They put up posters for the event all over the city. ☐ Please put up the file on the shared drive for everyone to access. ☐ Where do you put up?	Accommodate, Display
Put up with	सहन करना	To tolerate	She had to put up with his rude behaviour for years.	Tolerate, Endure
Phrasal Verbs Beginning with 'Q'				
Quarrel over	झगड़ना	To argue about something	They often quarrel over trivial matters.	Argue, Dispute
Quarrel with	झगड़ना / बहस करना	To argue or fight with someone	She often quarrels with her brother over household chores.	Argue, Dispute
Queue up	कतार में लगना	To stand in a line	People queued up outside the store for the new product launch.	Line up, Wait
Quicken up	तेज़ी लाना	To make something faster	☐ The coach asked them to quicken up their pace during practice.	Accelerate, Speed up
Quieten down	शांत होना/करना	To become or make quiet	☐ The teacher asked the students to quieten down before the lecture began.	Calm down, Silence
Quit on	छोड़ देना	To abandon or give up on someone	She felt betrayed when her team quit on her during the project.	Abandon, Desert
Quote from	उद्धृत करना	To cite a passage or reference	He quoted from a famous speech in his presentation.	Cite, Refer to
Phrasal Verbs Beginning with 'R'				
Ramp up	तेज़ी से बढ़ाना	To increase quickly	The company ramped up production to meet the demand.	Increase, Boost
Reach out	संपर्क करना	To make contact	She reached out to her mentor for advice.	Contact, Approach
Read out	जोर से बोलकर पढ़ना	To read aloud	The teacher read out the instructions for the exam.	Recite, Speak out
Rein in	काबू पाना	To control or restrain	The government is trying to rein in inflation with strict policies.	Control, Curb
Rely on	निर्भर करना	To depend on	You can always rely on your best friend for support.	Depend, Count on
Resort to	सहारा लेना	To turn to or adopt as a solution	When negotiations failed, they had to resort to legal action.	Fall back on, Turn to
Rest on/upon	निर्भर करना	To rely on or be based on	The success of the project rests on the team's hard work.	Depend on, Lean on

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Revive up	पुनर्जीवित करना	To energise or restart	The speech revived up the crowd's enthusiasm.	Energise, Reinvigorate
Revolve around	केंद्रित होना	To focus on or be about	The story revolves around a young girl's journey to find her family.	Focus on, Center on
Ride out	सहना	To endure or survive something difficult	The ship managed to ride out the violent storm.	Endure, Withstand
Ride up	ऊपर चढ़ जाना	To move upward (clothes)	The dress kept riding up whenever she sat down.	Move up, Shift upward
Ring up	कॉल करना	To call or record a sale	❑ I'll ring you up after I finish my meeting. ❑ The cashier rang up the items quickly.	Call, Register
Rip up	टुकड़े-टुकड़े करना	To tear into small pieces	She ripped up the old photographs she no longer wanted.	Tear apart, Shred
Roll around	आना (समय या घटना)	To occur or happen again	The festival will roll around next month.	Arrive, Come
Roll back	वापस लेना	To reduce or reverse	The government decided to roll back the tax increases.	Reverse, Reduce
Roll out	पेश करना	To launch something new	The company rolled out its latest product last week.	Launch, Introduce
Roll up	लपेटना	To wrap or arrive (informally)	Please roll up the mat after practice.	Wrap, Bundle
Root out	समाप्त करना	To eliminate completely	The new policy aims to root out corruption.	Eliminate, Eradicate
Rope in	शामिल करना	To persuade someone to join	We roped him in to help us with the decorations.	Enlist, Recruit
Round off	पूरा करना	To complete or finish something	The host rounded off the evening with a thank-you speech.	Wrap up, Conclude
Round up	इकट्ठा करना	To gather people/ things together	❑ The teacher rounded up the students for assembly. ❑ The police managed to round up the suspects involved in the robbery.	Gather, Collect
Rub off	असर डालना	To influence	His enthusiasm rubbed off on everyone in the team.	Influence, Affect
Rub out	मिटाना	To erase or remove	Please rub out the pencil marks before submitting the drawing.	Erase, Remove

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Rule out	अस्वीकार करना	To exclude as a possibility	The doctor ruled out any serious illnesses after the tests.	Exclude, Eliminate
Run after	पीछा करना	To chase	The dog ran after the thief down the street.	Chase, Pursue
Run against	विरोध करना	To oppose or compete with	He ran against his rival in the elections.	Oppose, Compete
Run away	भाग जाना	To escape	The boy ran away from home due to family issues.	Escape, Flee
Run down	आलोचना करना	To criticise/ Lose power or energy/ hit with a vehicle	❑ She's always running down her colleagues behind their backs. ❑ My phone's battery ran down while I was on an important call. ❑ The cyclist was run down by a speeding car on the highway.	Criticise, Belittle
Run into	टकरा जाना	To encounter	She ran into her professor at the bookstore.	Encounter, Meet
Run out	समाप्त होना	To use up completely	We ran out of sugar, so I had to go to the store.	Deplete, Exhaust
Run over	कुचल देना	To drive over something	The dog was run over by the car.	Crush, Overrun
Run through	जल्दी से देखना	To review quickly	Let's run through the presentation one more time.	Review, Go through
Run up	इकट्ठा करना	To accumulate	He ran up a huge credit card bill after the shopping spree.	Accumulate, Pile up
Phrasal Verbs Beginning with 'S'				
Sail through	आसानी से पार करना	To succeed easily	She sailed through the interview with confidence.	Pass, Overcome
Scale down	घटाना	To reduce in size or scope	Due to budget cuts, the company scaled down its expansion plans.	Reduce, Decrease
Scrape by	मुश्किल से गुज़ारा करना	To manage with difficulty	Many families scrape by on very low incomes.	Manage, Survive
See off	विदा करना	To accompany someone to say goodbye	We went to the airport to see off our friend.	Escort, Farewell
See through	भांप लेना	To understand the truth about something	She could see through his lies instantly.	Detect, Discern
Sell out	बिक जाना	To sell all available items	The concert tickets sold out within an hour.	Exhaust, Finish
Send for	बुलवाना	To request someone to come	The manager sent for the technician to fix the computer.	Summon, Call

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Set apart	अलग करना	To make someone or something different	Her unique skills set her apart from other candidates.	Distinguish, Separate
Set aside	अलग रखना	To save or reserve for a purpose	She set aside some money for her daughter's education.	Reserve, Save
Set back	देरी करना	To delay progress	The heavy rains set back the construction by a few weeks.	Delay, Hinder
Set in	शुरू होना	To begin or start (unpleasantly)	The rainy season has set in earlier than expected this year.	Begin, Start
Set off	प्रस्थान करना	To begin a journey	They set off early in the morning to avoid traffic.	Depart, Leave
Set up	स्थापित करना	To establish or arrange	The organisation plans to set up a new branch in the city.	Establish, Create
Settle down	स्थायी होना	To become stable or comfortable	After travelling for years, he decided to settle down in a small town.	Stabilise, Reside
Settle in	नई जगह पर अभ्यस्त होना	To become comfortable in a new place	It took her a week to settle in after moving to the new city.	Adjust, Acclimatise
Settle up	हिसाब करना	To pay what you owe to someone	I need to settle up with the landlord before moving out.	Clear, Pay
Shake off	छुटकारा पाना	To get rid of	He worked hard to shake off his bad reputation.	Get rid of, Eliminate
Show down	निर्णायक लड़ाई	To confront someone in a conflict	The debate ended in a dramatic showdown between the two leaders.	Confrontation, Duel
Show off	दिखावा करना	To display something proudly	He loves to show off his new car to his neighbours.	Flaunt, Exhibit
Shut down	बंद करना	To cease operations	The factory shut down due to environmental violations.	Close, Cease
Sign off	हस्ताक्षर करना	To approve or formally end	The manager signed off on the project budget.	Approve, End
Sign up	नामांकन करना	To register or enroll	She signed up for a yoga class this weekend.	Enroll, Register
Sit down	बैठ जाना	To take a seat	Please sit down; the meeting is about to begin.	Take a seat, Rest
Size up	परखना	To evaluate or assess	She sized up the competition before making her decision.	Assess, Evaluate
Sleep in	देर तक सोना	To sleep longer than usual	On weekends, I like to sleep in until 10 a.m.	Oversleep, Rest longer
Snap off	अचानक टूटना	To break suddenly	A branch snapped off the tree during the storm.	Break, Detach

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Soak up	अवशोषित करना	To absorb	The sponge soaked up all the water on the table.	Absorb, Assimilate
Sort out	सुलझाना	To resolve or organise	The manager asked them to sort out the misunderstandings.	Resolve, Arrange
Speak out	खुलकर बोलना	To express an opinion openly	She spoke out against the unfair policies at work.	Protest, Declare
Speak up	स्पष्ट बोलना	To talk louder or express an opinion	Please speak up; I can't hear you.	Express, Raise voice
Spice up	रोचक बनाना	To make something more interesting	He added jokes to spice up his presentation.	Enliven, Enhance
Spill out	बाहर गिरना	To overflow or come out suddenly	The contents of her bag spilled out onto the floor.	Overflow, Emerge
Spin out	खींचना	To extend something unnecessarily	The director spun out the movie to two and a half hours.	Stretch, Prolong
Square up	हिसाब बराबर करना	To settle accounts	Let's square up the bill before we leave the restaurant.	Settle, Balance
Squeeze out	बाहर निकालना	To force out or expel	The company squeezed out smaller competitors from the market.	Expel, Remove
Stamp out	समाप्त करना	To eliminate completely	The government launched a campaign to stamp out corruption.	Eradicate, Eliminate
Stand by	साथ देना	To support or remain ready	❑ She stood by her friend during the tough times. ❑ The troops were ordered to stand by until further instructions.	Support, Back up
Stand for	प्रतीक होना	To represent or support	The symbol stands for freedom and justice.	Represent, Support
Stand off	टकराव	To keep a distance	The two players had a standoff during the match.	Stalemate, Deadlock
Stand out	अलग दिखना	To be noticeable	His bright red jacket made him stand out in the crowd.	Distinguish, Be prominent
Stand up for	समर्थन करना	To defend or support	He stood up for his friend during the heated debate.	Defend, Advocate
Start over	फिर से शुरू करना	To begin again	After the computer crashed, I had to start over with my work.	Restart, Begin anew
Stay in	अंदर रहना	To remain indoors	It's raining, so let's stay in and watch a movie.	Remain, Stay home
Stay out	बाहर रहना	To remain outside	I decided to stay out late with my friends.	Remain, Keep away

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Step down	इस्तीफा देना	To resign from a position	The CEO decided to step down after 20 years of service.	Resign, Retire
Step in	हस्तक्षेप करना	To intervene or enter into a situation	The teacher had to step in to resolve the argument between students.	Intervene, Mediate
Step out	बाहर जाना	To leave or go outside	He stepped out to take a phone call during the meeting.	Exit, Leave
Step over	पार करना	To cross over something	She had to step over the broken glass scattered on the floor.	Cross, Pass
Step up	तेज करना/मजबूत करना	To increase effort or action	❑ The company decided to step up its marketing efforts. ❑ The airport authorities decided to step up security after receiving a threat.	Boost, Increase
Stick out	बाहर निकलना	To be noticeable or protrude	His humour made him stick out in the meeting.	Protrude, Be noticeable
Stick to	टिके रहना	To adhere to	It's important to stick to your principles in challenging situations.	Adhere, Follow
Stick with	साथ रहना	To remain loyal or consistent	I will stick with my current job for now.	Stay, Continue
Stir up	उकसाना	To provoke or cause trouble	His comments stirred up a lot of controversy.	Provoke, Agitate
Stop over	ठहरना	To stay briefly during travel	We stopped over in Dubai on our way to Europe.	Layover, Stay
Strike down	खत्म करना	To abolish or declare invalid	The court struck down the unfair law.	Abolish, Nullify
Strike off	हटाना	To remove someone or something	His name was struck off the list due to non-payment of fees.	Remove, Eliminate
Strike up	शुरू करना	To start a conversation or friendship	He struck up a conversation with the stranger on the bus.	Initiate, Begin
Sum up	सारांश प्रस्तुत करना	To summarise	At the end of the presentation, he summed up the key points.	Conclude, Summarise
Swear by	विश्वास करना	To have great confidence in something	My grandmother swears by this herbal remedy for cold.	Trust, Rely on
Sweep up	साफ करना	To clean or gather by sweeping	After the party, we swept up the scattered trash.	Clean, Gather
Switch off	बंद करना	To turn off or stop thinking about	Please switch off the lights before leaving the room.	Turn off, Disconnect

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Switch on	चालू करना	To turn on	He switched on the fan as the room was getting warm.	Turn on, Activate
Switch over	बदलना	To change or shift	We switched over to a new software last month.	Change, Shift
Phrasal Verbs Beginning with 'T'				
Take after	समान होना	To resemble someone in appearance or behaviour	He takes after his father in his calm demeanour.	Resemble, Mirror
Take apart	अलग करना	To dismantle or disassemble something	He took apart the machine to repair it.	Disassemble, Dismantle
Take away	हटा देना	To remove or carry	The waiter took away the empty plates after the meal. She took away a lot of new ideas from the meeting.	Remove, Withdraw
Take back	वापस लेना	To retract or reclaim	She had to take back her words after realising her mistake.	Retract, Reclaim
Take down	नीचे उतारना/लिख लेना	To lower or write something	He took down the notes during the lecture.	Record, Remove
Take in	ग्रहण करना	To absorb or understand something	It was hard to take in all the information at once.	Absorb, Understand
Take off	उड़ान भरना/उतारना	To leave the ground (plane) or remove	☐ The plane took off on time. ☐ Please take off your shoes before entering the house.	Depart, Remove
Take on	चुनौती स्वीकार करना	To accept responsibility or a challenge	She took on the responsibility of organising the event.	Accept, Undertake
Take out	बाहर निकालना	To remove	He took out his wallet to pay for the meal.	Remove, Extract
Take over	प्राधिकार में लेना	To assume control	☐ The new CEO will take over next month. ☐ The company plans to take over a smaller rival to expand its business.	Control, Dominate
Take up	अपनाना	To start a hobby or activity	She has recently taken up painting.	Start, Begin
Talk about	चर्चा करना	To discuss	We need to talk about your progress.	Discuss, Converse
Talk back	पलटकर जवाब देना	To reply rudely	Children should not talk back to their elders.	Retort, Reply

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Talk down to	अपमानजनक बात करना	To speak condescendingly	He always talks down to his juniors, which makes them uncomfortable.	Belittle, Patronise
Tangle with	उलझना	To get involved in a conflict	He didn't want to tangle with the security guards over a small issue.	Clash, Dispute
Tear apart	धज्जियाँ उड़ाना	To criticise harshly	The critics tore apart the new movie.	Criticise, Destroy
Think ahead	आगे की योजना बनाना	To plan for the future	It's wise to think ahead before making investments.	Plan, Foresee
Think of	के बारे में सोचना	To consider or imagine	I can't think of a better solution to this problem.	Imagine, Consider
Think over	विचार करना	To consider carefully	Let me think over your proposal before making a decision.	Contemplate, Reflect
Throw off	छुटकारा पाना	To get rid of	He threw off his old habits to lead a healthier life.	Shed, Eliminate
Throw up	उल्टी करना	To vomit or abandon	The passenger threw up during the turbulent flight.	Vomit, Abandon
Tie up	बांधना	To secure or restrain	Please tie up the package tightly.	Bind, Secure
Tip off	सूचना देना	To give a warning or hint	The police were tipped off about the robbery.	Warn, Inform
Touch up	सुधारना	To improve slightly	She touched up her painting before displaying it in the gallery.	Improve, Refine
Track down	पता लगाना	To locate after searching	The police tracked down the suspect after weeks of investigation.	Locate, Find
Tread on	कदम रखना	To step or walk on	Be careful not to tread on the flowers.	Step, Walk
Tug at	खींचना	To pull strongly	☐ The child tugged at his mother's sleeve. ☐ He had to tug at the door handle because it was jammed.	Pull, Yank
Tumble over	गिरना	To fall or collapse	The stack of books tumbled over when the table shook.	Fall, Collapse
Tune in	सुनना	To watch or listen to a broadcast	Tune in to the news at 8 p.m.	Watch, Listen
Tune up	सुधार करना	To adjust or improve	The mechanic tuned up the car engine before the trip.	Adjust, Improve
Turn against	खिलाफ हो जाना	To oppose or betray	The allies turned against each other.	Oppose, Betray
Turn around	पलट जाना	To reverse or improve	She turned around to see who was calling her name.	Reverse, Improve

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Turn away	लौटाना	To refuse entry	The guard turned away visitors without tickets.	Refuse, Reject
Turn back	लौट जाना	To return	We had to turn back due to the heavy rain.	Reverse, Retreat
Turn down	अस्वीकार करना	To reject	She turned down the job offer because it was too far.	Reject, Decline
Turn in	सुपुर्द करना	To submit	Please turn in your assignments by Friday.	Submit, Surrender
Turn into	में बदलना	To transform or become	The caterpillar turned into a butterfly.	Transform, Become
Turn off	बंद करना	To deactivate or switch off	Please turn off the lights before leaving the room.	Deactivate, Stop
Turn on	चालू करना	To activate or switch on	She turned on the TV to watch the news.	Activate, Start
Turn up	उपस्थित होना	To appear	She turned up late to the meeting.	Appear, Arrive

Phrasal Verbs Beginning with 'U'

Update on	जानकारी देना	To provide the latest information	The manager updated us on the progress of the project.	Brief, Inform
Urge on	प्रेरित करना	To encourage or drive someone to act	The coach urged on the players to give their best during the finals.	Motivate, Push
Use over	पुनः उपयोग करना	To utilise something again	They used over the leftover materials for the new project.	Recycle, Repurpose
Use up	समाप्त करना	To consume completely	We used up all the milk, so we need to buy more.	Exhaust, Deplete

Phrasal Verbs Beginning with 'V'

Vamp up	सुधार करना/संवर्द्धन करना	To improve or enhance something	The team vamped up the presentation to make it more appealing to the clients.	Improve, Enhance
Vanish into	गायब हो जाना	To disappear completely	The thief vanished into the darkness before anyone could catch him.	Disappear, Evaporate
Veg out	आराम करना/आराम से रहना	To relax and do nothing	After a long day, I just want to veg out in front of the TV.	Relax, Unwind
Venture out	बाहर निकलना (साहस करना)	To step out of a place, often boldly	Despite the heavy rain, they ventured out to attend the meeting.	Step out, Dare

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Vote down	अस्वीकृत करना	To reject something via voting	The committee members voted the proposal down due to its impracticality.	Reject, Disapprove
Vouch for	गवाही देना/प्रमाणित करना	To confirm or guarantee something	I can vouch for his honesty; he has always been reliable.	Guarantee, Confirm
Vow to	प्रतिज्ञा करना	To make a solemn promise	She vowed to complete the project before the deadline.	Pledge, Promise
Phrasal Verbs Beginning with 'W'				
Waive off	माफ करना	To cancel or remove a requirement or fee	The bank waived off the late payment charges as a goodwill gesture.	Forgive, Cancel
Wake up	जागना	To stop sleeping or become alert	She woke up early to prepare for her exam.	Awaken, Rouse
Walk away	छोड़ देना	To leave a situation voluntarily	He walked away from the deal as it was too risky.	Leave, Depart
Walk in	अंदर आना	To enter a place casually or unexpectedly	He walked in late for the meeting and apologised.	Enter, Step in
Walk into	प्रवेश करना	To enter a place or situation unintentionally	He walked into a heated argument at the office.	Enter, join inadvertently
Walk off with	चुराना या ले जाना	To steal or take away something easily	Someone walked off with my phone from the table.	Take away, Steal
Walk out	बाहर निकलना	To leave abruptly, often in protest	The employees walked out during the meeting to show their disagreement.	Exit, Depart
Warm up	गरम करना/तैयार करना	To prepare for an activity	The athletes warmed up before starting the game.	Prepare, Stretch
Wash away	बहा देना	To carry something away with water	The rain washed away all the dirt on the roads.	Erode, Sweep
Wash out	खराब करना/नष्ट करना	To ruin or spoil	The heavy rain washed out the cricket match.	Spoil, Destroy

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Watch out	सावधान रहना	To be careful or alert	Watch out for cars when crossing the road.	Beware, Look
Wave off	विदा करना	To say goodbye by waving	She waved off her friend as the train started moving.	Bid farewell, Say goodbye
Wear out	थकाना/घिस देना	To become exhausted or deteriorated	The constant walking wore out his shoes completely.	Exhaust, Deplete
Whip up	प्रेरित करना	To incite or arouse	The politician whipped up the crowd with his fiery speech.	Incite, Rouse
Whittle down	कम करना	To reduce gradually	They whittled down the list of candidates to just five.	Reduce, Narrow
Wind up	समाप्त करना	To conclude or end	We need to wind up the meeting before 5 PM.	Conclude, Finish
Wipe off	मिटाना	To remove or erase something	He wiped off the dust from the old photograph.	Clean, Erase
Wipe out	नष्ट करना	To destroy completely	The flood wiped out the entire village.	Erase, Destroy
Work on	काम करना	To put effort into improving something	She is working on improving her communication skills.	Improve, Develop
Work out	हल निकालना/व्यायाम करना	To solve or calculate/to do physical exercises	❑ I work out on my treadmill regularly. ❑ They worked out the budget for the next financial year.	Solve, Calculate
Wrap up	समाप्त करना	To finish or conclude	Let's wrap up the discussion and finalise our decision.	Conclude, Finish
Wriggle out of	बच निकलना	To avoid doing something	He tried to wriggle out of his responsibilities at work.	Avoid, Escape
Write down	लिख लेना	To note something	Please write down the important points discussed in the meeting.	Record, Note
Phrasal Verbs Beginning with 'Y'				
Yank off	उतार फेंकना	To remove something quickly	He yanked off his wet jacket after the rain.	Pull off, Remove
Yank out	जोर से खींचना	To pull something out forcefully	He yanked out the plug from the socket.	Pull out, Extract
Yawn through	ऊबते हुए पूरा करना	To go through something with boredom	He yawned through the lengthy meeting.	Endure, Sit through

Phrasal Verb	Meaning in Hindi	English Meaning	Use in Sentence	Alternative Verbs (English)
Yearn for	तड़पना/लालसा करना	To long or desire deeply	She yearned for her childhood days.	Crave, Desire
Yell at	पर चिल्लाना	To shout angrily at someone	The teacher yelled at the student for being late.	Scold, Rebuke
Yield back	लौटाना	To return something	The company yielded back the unused funds.	Return, Restore
Yield to	झुकना/सामने हार मानना	To surrender or give way to something	He finally yielded to the demands of the protesters.	Surrender, Submit
Yield up	सौंपना	To surrender or reveal something	The treasure chest yielded up its secrets.	Give up, Release
Yoke together	एक साथ बांधना	To join or connect closely	The two ideas were yoked together in the presentation.	Combine, Unite
Phrasal Verbs Beginning with 'Z'				
Zero in on	ध्यान केंद्रित करना	To focus on something	The team zeroed in on the main issue during the discussion.	Focus, Target
Zero out	शून्य पर लाना	To eliminate or reset to zero	The accountant zeroed out the incorrect entries.	Eliminate, Reset
Zone out	ध्यान भटकना	To lose focus or become distracted	I tend to zone out during long meetings.	Space out, Lose focus
Zoom in	जूम करना	To magnify or focus more closely	He zoomed in on the image to see the details.	Magnify, Enlarge
Zoom out	दूर से देखना	To reduce magnification	The photographer zoomed out to capture the full view.	Reduce, Widen