

**दूसरी Class**

# Spoken English

बिल्कुल Basic से



पहले दिन से ही **English** बोलना शुरू

Sr. no.	Phrase	English	Sentence
1.	अलार्म बजना	Alarm goes off	My alarm goes off at 6 am.
2.	जागना	Wake up	I wake up at 6 am.
3.	अलार्म बंद करना	Turn off alarm	I turn off my alarm.
4.	खींचना	stretch	Then I stretch my body.
5.	उठना	Get up	I get up around 6:10 am.
6.	बिस्तर बनाना	Make bed	I make my bed.
7.	पानी पीना	Drink water	I drink a glass of lukewarm water.
8.	शौचालय जाना	Go to bathroom	After that I go to bathroom.
9.	दांत साफ़ करना	Brush the teeth	I brush my teeth.
10.	सैर करना	Go for a walk	Then I go for a walk.

Sr. no.	Phrase	English	Sentence
11.	व्यायाम करना	Exercise/yoga	I do yoga for 15 to 20 minutes.
12.	वापिस आना	Come back	I come back home before 7 a.m
13.	नहाना	Take a bath/shower	Then I take a bath.
14.	तैयार होना	Get dressed	I get dressed for school/college.
15.	बालों में कंघी करना	Brush hair/Comb hair	I comb my hair.
16.	श्रृंगार करना	Put make up	I put on some make up.
17.	नाश्ता करना	have breakfast	I have breakfast at 8 a.m.
18.	निकलना	leave	I leave home at 8:20 a.m.
19.	बस लेना	Take bus	I take bus for college at 8:30
20.	शुरू होना	start	My school start at 9 a.m.

<b>Sr. no.</b>	<b>Phrase</b>	<b>English</b>	<b>Sentence</b>
<b>21.</b>	<b>कक्षा लेना</b>	<b>Attend classes</b>	<b>I attend classes in college.</b>
<b>22.</b>	<b>काम करना</b>	<b>Do work</b>	<b>I do work in office.</b>
<b>23.</b>	<b>लंच करना</b>	<b>Take lunch</b>	<b>I take lunch at 1 pm.</b>
<b>24.</b>	<b>बात करना</b>	<b>Talk to friends</b>	<b>After lunch I talk to friends.</b>
<b>25.</b>	<b>पुस्तकालय जाना</b>	<b>Go to library</b>	<b>Then we go to library.</b>
<b>26.</b>	<b>अखबार पढ़ना</b>	<b>Read newspaper</b>	<b>We read newspaper there.</b>
<b>27.</b>	<b>इंतजार करना</b>	<b>Wait for bus</b>	<b>There we wait for the bus.</b>
<b>28.</b>	<b>बस पकड़ना</b>	<b>Catch the bus</b>	<b>I catch the bus.</b>
<b>29.</b>	<b>गाना सुनना</b>	<b>Listen to music</b>	<b>I listen to music on the way.</b>
<b>30.</b>	<b>पहुंचना</b>	<b>reach</b>	<b>I reach home at 4 p.m.</b>

<b>Sr. no.</b>	<b>Phrase</b>	<b>English</b>	<b>Sentence</b>
<b>31.</b>	<b>खरीददारी करना</b>	<b>Do shopping</b>	<b>I do shopping on way back home.</b>
<b>32.</b>	<b>सहायता करना</b>	<b>Help</b>	<b>I help my mother in household chores.</b>
<b>33.</b>	<b>देखभाल करना</b>	<b>Look after</b>	<b>I look after my grandparents.</b>
<b>34.</b>	<b>टीवी देखना</b>	<b>Watch TV</b>	<b>Then we watch TV together.</b>
<b>35.</b>	<b>होमवर्क करना</b>	<b>Do Home Work</b>	<b>After that I do my homework.</b>
<b>36.</b>	<b>बाहर घूमने जाना</b>	<b>Go out</b>	<b>Then I go out with my friends.</b>
<b>37.</b>	<b>गिटार बजाना</b>	<b>Play the guitar</b>	<b>I play the guitar for sometime.</b>
<b>38.</b>	<b>सफाई करना</b>	<b>Clean room</b>	<b>I clean my room in the evening.</b>
<b>39.</b>	<b>चाय पीना</b>	<b>Take/have tea</b>	<b>I take tea with my family.</b>
<b>40.</b>	<b>इंटरनेट पर ढूंढना</b>	<b>Browse/surfing internet</b>	<b>I browse internet for a while.</b>

Sr. no.	Phrase	English	Sentence
41.	जिम जाना	Go to gym	I go to gym in the evening.
42.	बाइक चलाना	Ride a bike	I ride bike to go there.
43.	पैदल जाना	Go on foot	I go to temple on foot.
44.	सब्जियां काटना	Chop the vegetables	I chop vegetables for dinner.
45.	खाना बनाना	Cook dinner	Then I cook dinner.
46.	खाना खाना	have dinner	We have dinner together.
47.	बर्तन साफ़ करना	Do dishes	I do dishes before sleeping.
48.	अलार्म लगाना	Set alarm	I set alarm for morning.
49.	बेड पर लेटना	Go to bed	Then I go to bed.
50.	सो जाना	Fall asleep	I fall asleep.

**Thanks for Watching**

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