



Part 23

BEST

TIPS AND TRICKS

PRESENT PERFECT

CONTINUOUS

RULES

has/have + been + V₁ + ing

*since / for /
from / all + time*

(काम + है)

BY POONAM SHA



Since

point of time.

morning

Friday

March

2024

8:40 AM

since

forperiod of timeno. of day, hours,
months, years

3 hours, 4 years

2 days

3 weeks

Rule 1:- यदि sentence में since/for/all/from+time दिया तो Present Perfect Continuous Tense का use करेंगे।

* यदि sentence में static sence हो तो present perfect Tense का use करेंगे।

eg :- You have been learning (learn) this lesson
for two hours.

eg ★ I have known (know) him since
मे. उसे 2010 से जानता है। 2010.
(Static sense)

eg :- Rohit have been working (work) on this project
Since March 2020.

eg :- I have been (be) ^{*}here since
birth.

eg Children have been playing (play) football
in the ground for three hours.

Rule 2.

^{जब से} Since + S + V₂ + obj. + c.o. ; ^{न बसे} S + has/have
+ been + V₁ + ing + obj. + c.o.

OR.

S + has/have + been + V₁ + ing + obj. + Since
+ S + V₂ + o. + c.o.

॥ वह जब से मेरे पास आया है, तब से रो रहा है।

He has been weeping since he came to me.

eg → He has been boasting (सीता होकना
boast) of his
wisdom since he came.

eg → 3) Since he returned Jaipur, he has been
working (work) in this company.

eg:- Since he met her, he has been
doing (do) nothing.

eg:- ★ Since he came to me, he has
eaten (eat) nothing.

★ Since she met them, she has not
talked (not talk) with others.

eg: He is doing (do) his work. → pr Cont.

He has been doing (do) his work
Since morning
pr. perf Cont.

eg She is dancing (dance)

She has been dancing (dance) for two hours

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