



**Part 13**

**BEST  
TIPS AND TRICKS**

**TENSE**

**PRESENT PERFECT  
CONTINUOUS TENSE**



**BY POONAM SHA**



# PRESENT PERFECT CONTINUOUS TENSE

## Examples

Present Perfect Continuous Tense	Past Perfect Continuous Tense	Future Perfect Continuous Tense
<u>has/have</u> + <u>been</u> + <u>V<sub>1</sub> (ing)</u> + <u>since/for</u> + <u>time</u>	had + been + V <sub>1</sub> + (ing) + since/for + time	will/shall + have + been + V <sub>1</sub> (ing) + since/for + time
I have been watching Ummeed Classes.	I had been watching Ummeed Classes.	I will have been watching Ummeed Classes.
She has been watching Ummeed Classes	They had been watching Ummeed Classes	She will have been watching Ummeed Classes
You have been watching Ummeed Classes		





## Rule of using H.V. / Verb

He, She, It, Name and Singular	V <sub>1</sub> + s/es	Does
I, we, they, You and Plural	V <sub>1</sub>	Do
All subjects	V <sub>2</sub> / did	
I , we	Shall	
He, She, It, Name and Singular, You, they or Plural	Will	
I	am / was	
He, She, It, Name and Singular	is / was	
We, You, they or Plural	Are / were	
He, She, It, Name and Singular	Has	✓
I, we, they, You and Plural	Have	
All subjects	Had	



# PRESENT PERFECT CONTINUOUS TENSE

Identity	has / have + been + V <sub>1</sub> +(ing) + <u>since/for</u> +time
पहचान	क्रिया के अंत में [समय + से + ..... रहा / रही / रही + है / हूँ / हो ]

① मैं सुबह से अखबार पढ़ रहा हूँ ।

I have been reading newspaper since morning

② मैं अभी अखबार पढ़ रहा हूँ ।

I am reading newspaper now.

Pr. Cont.  
Tense



Use of Since / for → 'से'

Since

point of time (निश्चित समय)

वर्ष, दिन, महीने का नाम,  
दिनांक, घड़ी का समय,  
morning, evening;  
yesterday, noon

Name of day, year, month  
clock time.

for

period of time (समयावधि)

वर्षों की संख्या  
दिनों " ;  
महीनों " ;  
घंटों " ;  
मिनटों " ;

No. of years, hours, days,  
months.



eg Since (से)

- since morning
- since 3 o' clock
- since 2023
- since Monday
- since Thursday
- since 10 July 2023

eg for (ले)

- two days
- three weeks
- four months
- two years
- five hours



# PRESENT PERFECT CONTINUOUS TENSE

Sentence	Formula
<b>Affirmative Sentence</b>	Subject+ <u>has/have</u> + <u>been</u> + <u>V<sub>1</sub> (ing)</u> + obj +c.o.+ <u>since/ for</u> +time
<b>Negative Sentence</b>	Subject+ has/have + <u>not</u> + <u>been</u> + V <sub>1</sub> (ing) + obj +c.o. +since/ for +time
<b>Interrogative Sentence (HV.....?)</b>	Has/Have + +Subject+ (not)+ been + V <sub>1</sub> (ing) + obj +c.o.+since/ for +time ?
<b>Interrogative Sentence (Wh-word...?)</b>	Wh-word + has/have +Subject+ (not) + been+ V <sub>1</sub> (ing) + obj +c.o.+since/ for +time ?



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## PRESENT PERFECT CONTINUOUS TENSE

### Affirmative Sentence

Subject+ has/have+ been + V<sub>1</sub> (ing) + obj +c.o.+ since/ for +time

① मैं सुबह से अंग्रेजी पढ़ा रही हूँ।

I have been teaching English since morning.

② वह तीन घंटों से सो रहा है।

He has been sleeping for three hours.



③ वे जून से खेत जोत रहे हैं।

They have been ploughing field since June.

④ वह रात से इधर उधर भटक रहा है।

He has been wandering here and there since night.



## PRESENT PERFECT CONTINUOUS TENSE

### Negative Sentence

Subject + has/have + not + been + V<sub>1</sub> + (ing) + obj + c.o. +  
since/ for + time + ?

① तुम दो घंटे से नहीं बोल रहे हो।  
You have been talking for two hours



## **PRESENT PERFECT CONTINUOUS TENSE**

**Interrogative Sentence (HV.....?)**

**Has/Have + +Subject+(not) + been+ V<sub>1</sub> (ing) + obj +c.o.  
+since/ for +time ?**

① क्या तुम सोमवार से इस परीक्षा की  
तैयारी कर रहे हो?

Have you been preparing for this exam  
Since Monday.



② क्या सीता दो हफ्ते से ऑफिस नहीं आ रही है?

Has Seeta not have been coming to office  
for two weeks?

③ क्या वह २ बजे से उम्मीद क्लासेज देख रहा है?

Has he been watching Ummeed classes  
since 2 o'clock?



## Wh- word

<b>Who</b>	<b>कौन</b>	<b>How</b>	<b>कैसे</b>
<b>What</b>	<b>क्या</b>	<b>Where</b>	<b>कहाँ</b>
<b>Whom</b>	<b>किसे</b>	<b>Whose</b>	<b>किसका / किसकी</b>
<b>Which</b>	<b>कौनसा</b>	<b>How many</b>	<b>कितना</b>
<b>Why</b>	<b>क्यों</b>	<b>How much</b>	<b>कितना</b>
<b>When</b>	<b>कब</b>	<b>How far</b>	<b>कितनी दूर</b>



## PRESENT PERFECT CONTINUOUS TENSE

Interrogative Sentence (Wh-word.....?)

Wh-word + has/have + Subject + (not) + been + V<sub>1</sub> + (ing) + obj  
+ c.o. + since/ for + time ?

① श्याम २ घंटे से क्या बना रहा है ?

What has Shyam been making for two hours?



② बच्चे सुबह से शोर क्यों मचा रहे हैं?

→ Why have children been making a noise since morning?

③ तुम तीस मिनट से इसका इंतजार कर रहे हो।

Whom have you been waiting for thirty minutes.



④ सीता कल से पढ़ाई क्यों नहीं कर रही है?

Why has Seeta not been studying  
since yesterday?



# PRESENT PERFECT CONTINUOUS TENSE

Sentence	
Affirmative	<p>वह दो दिन से परेशान कर रहा है। He has been disturbing for two days.</p>
Negative	<p>वह दो दिन से परेशान नहीं कर रहा है। He has not been disturbing for two days.</p>
Interrogative (HV ....?)	<p>क्या वह दो दिन से परेशान कर रहा है? Has he been disturbing for two days?</p>
Interrogative (Wh-word ....?)	<p>वह दो दिन से परेशान क्यों कर रहा है? Why has he been disturbing for two hours?</p>





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**THANKING YOU**

**FOR**

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