



**BEST**  
**TIPS AND TRICKS**

**PAST CONTINUOUS**  
**RULES**

→ was/were  
+ing



**BY POONAM SHA**

R-2 यदि sentence में Those days, at that time दिया हो तो Past Continuous Tense का use करेंगे।

eg:- Rohan was working (work) in that company.



eg At that time, they were living (live)  
in Delhi.

eg:- He was studying (study) with me  
those days.

eg:- We were playing (play) cricket in  
school days

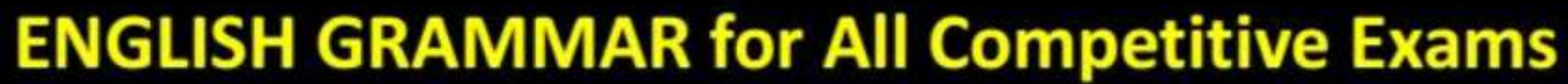


R.2 :- यदि वाक्य when/while से जुड़ा हो और  
I clause Past Indefinite हो तो दूसरे  
Clause में Past Continuous का use  
करेंगे।

\* When + Past Indefinite, Past Cont.

\* While + Past Continuous (दो कार्य साथ-२  
हो)





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eg:- I was taking (take) food when she came.

eg → When I was helping (help) my mother,  
Neena came to me.

eg While She was washing (wash) clothes,  
Children were playing in the garden.



eg :- I was sweeping (sweep) the floor when  
the bell rang.

eg :- I was learning (learn) English  
when she came to me.



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