LEARNING HUB
SHAHABAD MARKANDA
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- ALL COMPUTER COURSES
- ENGLISH LANGUAGE COURSES
- TUITION NURSERY TO 10TH (ALL SUBJECTS)
  WEBSITE: https://learninghubshahabad.in

PRESENT PERFECT CONTINUOUS

PRESENT PERFECT CONTINUOUS ka use tab karte hain jab koi action ya situation:

1. Past mein Shuru Hua aur Abhi Tak Chal Raha Hai
Jo action past mein shuru hua aur abhi bhi continue ho raha hai
- I **have been waiting** for you for 2 hours. (**Abhi bhi wait kar raha hoon**)
- She **has been working** here since 2010. (**Abhi bhi yahan kaam karti hai**)

2. Recent Actions jo Abhi-abhi Khatam Hue
Jo action abhi-abhi khatam hua hai aur uska result visible hai
- I **have been running** . (**Abhi khatam hua, paseene se bhara hua hoon**)
- He **has been crying** . (**Aankhen laal hain, abhi-ruka hua**)

3. Time Duration Highlight karna
Jab action ki duration par focus hona
- They **have been living** in Delhi for 10 years.
- We **have been studying** since morning.

4. Temporary Situations
Jo action temporary hai aur abhi bhi chal raha hai
- I **have been staying** with my parents lately.
- He **has been working** on a special project these days.

5. Repeated Actions over Time
Jo action repeatedly ho raha hai over a period

- **She has been calling me every day this week.**
- **I have been going to the gym regularly.**

Present Perfect Continuous ke Common Time Expressions:

- **For + period (for 2 hours, for 3 days)**
- **Since + point (since morning, since 2020)**
- **All day/week/month**
- **Lately, recently**
- **How long...?**

Formulas:

- **Positive: Subject + has/have + been + V1 + ing**
  - **I/We/You/They have been waiting .**
  - **He/She/It has been working .**
- **Negative: Subject + has/have + not + been + V1 + ing**
  - **I have not been sleeping well.**
  - **She has not been attending classes.**
- **Question: Has/Have + Subject + been + V1 + ing?**
  - **Have you been exercising ?**
  - **How long has she been learning English?**

Has/Have ka Correct Use:

- **Has: He, She, It ke saath**
- **Have: I, We, You, They ke saath**

Important Rules:

For vs Since:
- **For: Period of time (for 2 hours, for 5 years)**
- **Since: Point of time (since Monday, since 2018)**

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Stative Verbs   usually is tense mein nahi aate:

- ❌   I have been knowing him for years. (Incorrect)
- ✅   I have known him for years. (Correct)

Present Perfect vs Present Perfect Continuous:

Present Perfect: Result par focus
- I   have painted   the room. (Kamra paint ho chuka hai)

Present Perfect Continuous: Activity/Duration par focus
- I   have been painting   the room all day. (Din bhar yeh kaam chal raha tha)

Examples:

- "It   has been raining   since morning." √ (Abhi bhi ho raha hai)

- "You look tired. Have   you   been working   hard?" √ (Recent action with visible effect)

- "How long   have   you   been studying   English?" √ (Duration focus)

- "She   has been trying   to call you all day." √ (Repeated action)

Present Perfect Continuous   time duration aur ongoing nature   par focus karta hai - action kab shuru hua aur abhi tak jaari hai! ✅