



2021

Vocabulary of Thoughts and Notions (book) with Pashto and Dari meanings plus examples

Munawardin Lakanwal

Strengthen your word using capacity

Vocabulary of Thoughts and Notions (reading book) with Pashto meanings and examples

Numbers	Words	Forms	Pashto meanings	Examples
1.	Interior	Noun	داخلي برخه/ داخل	The interior of your home is really amazing.
2.	Turn into	Phrasal verb	كېدل، جوړېدل تری	After really working hard in grammar, he turned into a great grammar lecturer.
3.	Aborigine	Noun	د استراليا د پو قوم مربوط كس يا شخص	I really want to kill all those aborigines who are not conforming to the rules.
4.	Build	Verb	جوړول، ابادول	I will build a nice castle in the capital of Afghanistan with the financial help of Ashraf Ghani.
5.	Choose	Verb	انتخابول	I am going to choose the upcoming athletes very carefully for opening as a captain.
6.	Expedition	Noun	سفر	My expedition to North was limitlessly risky.
7.	Supply	Verb	اماده كول، تهيه كول	WHO supplies Covid-19 vaccines to the people of Afghanistan.
8.	Hemisphere	Noun		
9.	Order	Noun	امر	You should follow my orders if you want to work here.
10.	Finally	Adverb	بالاخره	He finally accepted my proposal for founding DEL Department in Spin Ghar Institute of Higher Education.
11.	Base	Noun	بنېاد، اساس تداو	The base of this lamp seems to be very heavy.
12.	Halfway	Adverb	نېم كې	It was a terrible movie; I left it through halfway.
13.	Search party	Noun	د پلټنې ډله	My search party works really hard.
14.	Loneliness	Noun	پوازېتوب	Sometimes, loneliness is really enjoyable.
15.	Get along	Idiom	، وخت تېرول گوزاره كول	I can get along with anyone who is somewhat dependable.
16.	Hero	Noun	اتل، قهرمان	I couldn't find a hero in my life; So, I became one.
17.	Exploration	Noun	څېړنه، وړپسې گرځېدنه	The exploration of black hole will take years.
	Second reading: Alexandra David Neel: A French woman in Tibet			
18.	Secret	Noun	راز	The sole secret is hard work if you want to be successful.

19.	Surround	Verb	اپسارول، راچاپيرول	Anyone who is hungry of success should surround himself/herself with people of productive habits.
20.	Border	Noun	سرحد	The border between Afghanistan and Pakistan is the center of death.
21.	Article	Noun	عنوان	I have read a lot of articles related to business administration.
22.	Childhood	Noun	ماشومتوب	Childhood memories never fade away.
23.	Escape	Verb	تېښېدل	The teacher escaped from the school with his students because of tough rules and regulations.
24.	Run away	Phrasal verb	تېښېدل	Don't run away from your problems; Face them if you want to be successful.
25.	Journalist	Noun	ژورنالېست	I really respect honest journalist.
26.	Support	Verb	ملا تړ کول	I have supported all my brothers in peaking success.
27.	Details	Noun	جزیات، تفصیلات	Tell me the main points, skip the details.
28.	Real	Adj	حقیقی، رېښتیني	Real people are available in numbers.
29.	Cave	Noun	مغاره، غار	The cave of that mountain which we saw yesterday was thoroughly amazing.
30.	Adopt	Verb	په زویتوب یا لورتوب نیول بو پردي ماشوم	I was adopted when I was three years old.
31.	Remain	Verb	پاتي کېدل	The questions is still remaining to be answered.
32.	Remote	Adj	لري	I don't going to remote places in tours.
33.	Civil war	Noun	مدنی جنگ	The civil war of Europe destroyed many cities.
34.	Temperature	Noun	د تودوخي درجه	The temperature is boiling hot in Afghanistan these days.
35.	Beggar	Noun	سوالگر	Don't be a beggar of love. If you deserve, you will get it.
36.	Research	Noun	پلټنه	The research about Saddam Hussain is still in continuation by military forces of USA.
37.	Like	Verb	خوښبول	I like cricket very much when it comes to sports.
	3 Reading: Vitus Bering: Across Siberia to North America			
38.	Join	Verb	بو خاي کېدل	I joined an organization which is aimed to the rights of women.

39.	Geography	Noun	جغرافيه	The geography of Afghanistan is really tough to be explained.
40.	In order to	Conj	ترخو	In order to succeed in exam, he needs to study a lot.
41.	Include	Verb	شاملول	I included 20 questions in each conversation.
42.	Skilled	Adj	ماهر	If you want to blossom in IELTS, you had better hire highly skilled lecturers.
43.	Soldier	Noun	عسکر	I am soldier when it is about the defense of my country.
44.	Ton	Noun	ټن	We bought two tons of wheat for the upcoming three years in drought.
45.	Delay	Verb	خندول	The meeting is delayed for the president.
46.	Prove	Verb	ثابتول	I will prove it that she made a big mistake leaving.
47.	Separate	Adj	جدا	We suggest separate classes both for boys and girls.
48.	Ashore	Adverb	غاري ته	Several dead birds have been washed ashore.
49.	Lack	Noun	كموالى، كمبودى	There is lack of humanity in so-called humans in Afghanistan.
50.	Vitamin	Noun	ويټامين	Vitamin really plays a vital role in the development of a person's body.
51.	Fresh	Adj	تازه	You can join this class if you want to, because it is a fresh class.
52.	Decade	Noun	لسيزه	Afghanistan has been suffering from fatal and deadly war for three decades because of number of barbarous presidents.
53.	Realize	Verb	پوهېدل	I realized that you have never loved me! You were just pretending.
54.	Gather	Verb	راتولول، راجمع كول	I gathered the data for the upcoming meeting.
55.	Remind	Verb	ورپادول	I reminded her the promise of her that she would never leave me alone.
	4 reading: Robert Scott: A Race to the south pole			
56.	Organization	Noun	سازمان، اداره	International English Language Institute is a unique organization.
57.	Weak	Adj	ضعيف	I become really weak when she cries in front of me.
58.	Extremely	Adv	بي حده، بي اندازي	Her breakup with me in last quarantine was extremely painful.
59.	Blizzard	Noun	د واورې طوفان	The blizzard is dangerous; go to homes.

60.	Edge	Noun	څنډه	The edge of the knife is very sharp. Be careful.
61.	Inland	Adj	داخلي	We have to first consider solving inland problems.
62.	Break down	Phrasal verb	خرابېدل	My car broke down while I was going to the city.
63.	Uneven	Adj	کنډکېر	The road is uneven and that's the reason you should be careful.
64.	Mistake	Noun	غلطي	It is a big mistake that you committed.
65.	Fuel	Noun	د سونگ مواد	We have satisfactory fuel for our country.
66.	Provide	Verb	اماده کول، تهيه کول، وړاندي کول	Afghanistan is going to provide supplies to the poor people of Herat.
67.	At times	Adverb	بعضی وخت	At times I feel that you have never really loved. I feel that all those promises and words you told me were fictitious.
68.	Blind	Adj	ړوند	I got blind in loving you.
69.	Exhausted	Adj	ستړي	I am not exhausted and I never will.
70.	Endanger	Verb	په خطر کې اچول	Ashraf Ghani endangered the future of Afghanistan because his calamitous leadership.
71.	Body	Noun	بدن	I am just a dead body without you.
72.	Belonging	Noun	مربوط شپان؛ کالی او نور سامان	Take care of my belongings. I am just going get a glass of water for myself.
73.	Live on	Phrasal verb	ژوندی پاتې کېدل، یا اوسېدل	Your memories will live on with me till my death.
	5 reading: Into the deep ocean exploration			
74.	Roughly	Adverb	تقریباً	I bought roughly 120 books for the upcoming 12 months.
75.	Surface	Noun	د خمکې پاسنی سطحه	The surface of this floor is really smooth. I love it!
76.	Network	Noun	شبکه	You don't have a strong network. Otherwise, there would have been a lot of people to support you.
77.	Rather	Adv	زبات، ډېر	I was rather surprised to see her standing in front of me and begging for my love.
78.	Creature	Noun	مخلوق	The most dangerous creature of the world ever available is human.
79.	Incentive	Noun	انگېزه، تشویق	Ustad. Bahar gave me a lot of incentives for a great future.
80.	Hamper	Verb	مخنیوی کول	We were hampered not to open a center by offering high-paying jobs.

81.	Pressure	Noun	فشار	The overload and pressure which are on you are signs of development.
82.	Crush	Verb	ماتپدل، كېده كېدل	His hand was crushed very badly in the car accident.
83.	Enclose	Verb	بندول، رالېسارول	I enclosed the dog a big box.
84.	Cylinder	Noun	سلنډر	The cylinder is really heavy. I can't lift it.
85.	Helmet	Noun	د اوسپني خولي، كاري خولي	I need a helmet for working in this project.
86.	Decent	Adj	شه، ملايم	Mike is really a decent guy.
87.	Density	Noun	گنټوب، غلېظوالي	These are areas of high population density.
88.	Species	Noun	قسم، نوع	Seven species of birds are living in Amazon jungle.
89.	Hollow	Adj	سوري، خالي، مېنځ كې خالي	There are a lot of kinds of hollow trees in Afghanistan.
90.	Diameter	Noun	قطر	The diameter of the Earth is about 13000 km.
91.	Diversity	Noun	توپير، فرق، تنوع	Talking about the diversity and variety of a language is tough thing to be considered.
92.	Expert	Noun	منخصص	He is an expert in criminal law in Afghanistan.
	6 th reading: World Population growth			
93.	Gradually	Adverb	په تدريجي توگه	The situation is gradually eradicating the beauty of this place.
94.	Predict	Verb	وړاندوينه كول	No one can predict the future. It is unpredictable.
95.	Natural resources	Noun	طبيعي منبې	The natural resources of Afghanistan can last for millenniums but the point is to protect them from others.
96.	Depend on	Phrasal verb	باور كول، اعتماد كول	I depended on someone and she killed my feelings.
97.	Standard of living	Expression	د ژوند كولو معيار	The standard of living in USA is very high.
98.	Technology	Noun	تكنالوژي	In 21th century, camera man and pilot both lost their jobs. Technology is rapidly updating.
99.	Available	Adj	موجود	Be valuable, but no always available.
100.	Limited	Adj	محدود	The internet data is limited with me.

101.	Crucial	Adj	مهم	It is really crucial to enhance your skills day and day out. Otherwise, you are going to expire.
102.	Demand	Noun	غوښتنه	The demand is greater than the supply of water in many countries in the world.
103.	Chronic	Adj	شديد، جدي	We have chronic problems in 21th century.
104.	Already	Adv	مخکې	I have already invested some money in bitcoins.
105.	Combine	Verb	پو ځای کول	I don't really have any clue how to combine these two rooms.
106.	Threaten	Verb	،اخطار ورکول په خطر کې اچول	The government of Afghanistan has a become a great terrorist. It threatens Afghans on daily basis.
107.	Effect	Noun	تاثير، اغيزه	The effect of alcohol is very much on digestive system.
108.	Source	Noun	منبع	I don't have any source for passive income. I need to find out.
109.	Commercial	Adj	تجارتی	It is a commercial building.
110.	Nonrenewable	Adj	غېر نوی کیدونکی لکه تېل چې ختم شول بېا نه رازی خو لمر ما بشام سخته شی سهار بېا پورته کېږي	Afghanistan is not lacking any sort of nonrenewable energy.
111.	Develop	Verb	،وده ورکول ابجدول	We developed 15 habits which we are going to explain in the fore coming video.
112.	Last	Verb	دوام کول	The movie lasted for approximately three hours.
	7 th reading: Changes in the family			
113.	Nuclear	Adj	وروی	I have a lovely nuclear family.
114.	Consist of	Phrasal verb	شامل کېدل	My family consists of my 3 brothers, one sister and my lovely parents.
115.	Grow up	Phrasal verb	لوېدل، غټېدل	Munawardin Lakanwal grew up in Khost province.
116.	Extended	Adj	لوی	I really loathe extended family because it is always in quarrels.
117.	Married couple	Noun	،محتله جوړه بنځه او خاوند	We are a lovely married couple. We love each other very much.
118.	Household	Noun	د کور غړي	My households are very loving people.
119.	Relatives	Noun	خپلوان	I don't have any relatives In Kabul city.

120.	Take care of	Idiom	ساتنه ڪول حفاظت ڪول	You should take care of your parents if you want them to love you.
121.	Task	Noun	موخه، دنده	The task submitted to me is as simple as ABC.
122.	Industrialization	Noun	صنعتي ڪپڻه؛ ڪله ڇي ٻو خاي ڪي ڊپري زبات صنعتي ڪارونه پيل شي او ڊپري توڃو ٻي په صنعت وي نو هغه ته صنعتي ڪپڻه واپي	Industrialization will cause radical changes in the near future.
123.	Majority	Noun	اڪثريت	Majority of people find it difficult to deal with sicknesses.
124.	Afford	Verb	وس درلودل	I can afford to buy a good phone, but I won't because I don't like buying liabilities.
125.	Emphasize	Verb	تاكيد ڪول	We emphasized the perspective of Bahar very much, but no one accepted.
126.	Financially	Adv	په اقتصادي توڳه	We will support you both financially and emotionally.
127.	Emphasis	Noun	تاكيد	The emphasis is very much on strengthening professional writing.
128.	Opportunity	Noun	فرصت	Opportunities come and go. Only the wise knows how to use them.
129.	Tremendously	Adv	بي حده	The future is tremendously in risk if we don't plan today.
130.	Sociologist	Noun	د اجتماعياتو عالم	He is a very informative sociologist.
131.	Divorce	Noun	طلاق	Divorce is a very big matter in Islamic law.
132.	Stabilize	Verb	با ثباته ڪول	Taliban are not letting the government of Afghanistan to stabilize because they know that if it stabilized, they will no more be available.
	8 th reading: Women and change			
133.	Publish	Verb	نشرول، چاپ ڪول	We published a new book about strategic marketing.
134.	Throughout	Adv	سرتاسر، پرخاي ڪي	Our business serves throughout the world.
135.	Positive	Adj	مثبت	The outcome of the scheme we made for digital marketing was completely positive.
136.	Official	Adj	رسمي	He is an official officer.

137.	Pass	Verb	تیرول	We passed all our lives serving mankind.
138.	Especially	Adv	خاصتاً	Ali is very good in English, especially in speaking section.
139.	Negative	Adj	منفي	Don't believe negative words someone tells you about someone else. They could be fabricated.
140.	Nearly	Adv	تقريباً	We had nearly 20000 soldiers in district of Sheegal in Kunar, Afghanistan.
141.	Domestic	Adj	کورني، داخلي	Ghani can't solve domestic problems; how will he be able to connect us to the world?
142.	Workforce	Noun	کاری کسان	The workforce should be happy if a firm wants its success.
143.	Of course	Expression	بلکل	Of course, I will cooperate you in building a better Afghanistan.
144.	Position	Noun	مقام، موقعیت	The position that you have had since 3 hours will cause head and body ache after 20 minutes.
145.	Illiterate	Adj	بي سواده	More than 30% population of Afghanistan is estimated to be illiterate.
146.	Agricultural	Adj	کرنيز، زراعتي	We will provide agricultural amenities for the people of Afghanistan.
147.	Field	Noun	چمن	It is good field for playing football in afternoons.
148.	As well as	Adv	همدغه شان	He is very intelligent, as well as very polite.
	9 th reading; Rain forests			
149.	Region	Noun	منطقه	Most of the people of Afghanistan live in mountainous regions.
150.	Branch	Noun	څانگه	We have 3 branches of IELI.
151.	Humidity	Noun	رطوبت، لوندوالي	Humidity is usually expected in fall.
152.	Moisture	Noun	نمجنوالي	I definitely know that the moisture which is here will cause problems.
153.	Such as	Adv	مثالن	I have quite a few books. Such as Comprehensive and Coherent which are grammar books.
154.	Nutrients	Noun	تغذي مواد	The nutrients available in Ginseng Energy are not that much harmful.
155.	Through	Prep	په وسيله	Water will be piped through a pump.
156.	Root	Noun	رېښه	The roots of trees are very strongly rooted.
157.	Path	Noun	لاره	This path leads to Almadina Market.

158.	Destruction	Noun	تباہی، بربادی	The destruction triggered by that nuclear bomb will have its signs for years.
159.	Remaining	Adj	پاتی	Could you tell us about the remaining investments in your company done by startup investors.
160.	Clear	Adj	واضح	It is crystal clear that all will die someday.
161.	Surprising	Adj	حیرانوںکی	The surprising thing about you for me was that you never have never loved.
162.	Leaf	Noun	پانہ	The leaf looks very nice which is on the road.
163.	Carpet	Noun	قالین	The carpet for the hall of the house costed us more \$2000 dollars.
164.	No longer	Adv	نور نہ	He is no longer with us.
165.	Unsuccessful	Adj	ناکام	Unsuccessful people talk about people on the other hand, successful people talk about ideas.
166.	Empty	Adj	خالی	The class is empty.
167.	Matter	Noun	موضوع، مشکل	This matter should be discussed right now. Otherwise, it will create problems for us.
168.	Oxygen	Noun	اکسیجن	Oxygen is really important for life.
	10 th reading: The garbage project			
169.	Archaeologists	Noun	لرغون پوهان	The archaeologists studied this house for more than ten times and each time they discovered something to be valuable.
170.	Garbage	Noun	کثافات	Don't throw away the garbage on the road. If you do so, you should know that you are no longer a faithful patriot.
171.	Investigate	Verb	خبرل، پتل	We had investigated his case 10 times before ISI did.
172.	Modern	Adj	عصری	Modern art is completely connected to money.
173.	Landfills	Noun	دہران	In Afghanistan, every place is considered a landfill for Afghans.
174.	Reveal	Verb	بشکاره کول	I revealed the truth to her that why I left her.
175.	Actually	Adv	پہ حقیقت کی	He is actually a great pal.
176.	Disposal	Noun	ترتیبونہ، خای پر خای کومہ	The disposal of garbage needs special methods and techniques which we have no clue about.
177.	Hazardous	Adj	خطر ناک	Investing so much in startup could very hazardous.
178.	Recyclables	Noun	د ترمیم ور توکی	Mention a few recyclables before explaining process of that.

179.	On the other hand	Transition	له بل اړخه	I am very tired, on the other hand, I have a lot of things to do.
180.	Waste	Noun	کثافات	Waste should be thrown with great care.
181.	Battery	Noun	بېټري	I really love the batter of my phone because it lasts for very long time.
182.	End up	Phrasal verb	اخيري نتيجه راوتل، خاتمه معلوميدل	I wonder where this guy will end up because his reckless actions and deeds.
183.	Rechargeable	Adj	د چارج وړ	I purely like to use rechargeable batteries.
184.	Deep	Adj	ژور	The deep reality about is you that you destroyed me, you killed my heart.
	11 th reading: Roadrunners			
185.	Zone	Noun	ساحه، سېمه	The zone which Afghanistan is located in is landlocked.
186.	Straight	Adj	مستقيم، سېده	Go straight and then turn right.
187.	Stick out	Phrasal verb	راباسل، را بېنکاره کيدل، بېرون راوتل	Her nose has stuck out because of being very long.
188.	Diet	Noun	خوراک	I am gym boy should be very much careful with my diet.
189.	Snack	Noun	ناشته	I usually have snacks in different times.
190.	Spider	Noun	غڼه، جولا	Spider can kill if it is venomous.
191.	Once in a while	Adv	کله، کله	I go to gym once in a while.
192.	Carry	Verb	وړل	Carry the books and bring me a notebook.
193.	Mate	Noun	ملګري	I have a lot of mates. I have a different opinion about each. I love and respect them all from different angles in different ways.
194.	Present	Noun	تحفه	I am going to buy a nice present for my mom for her Day.
195.	Nest	Noun	خاله	Never ever destroy the nest of a bird, if you do so, you should know that you have committed a crime.
196.	Knock	Verb	ټکول	Someone knocked the door. Go and open it.
197.	Whistle	Noun	شپيلک	Children usually like to whistle the whistle.
198.	Shy	Adj	شرمناک	I don't like shy people. In this world, you should be very smart to use the cunning people and love the honest people.
199.	Lift	Verb	پورته کول	I can lift 100 kilos with my body power.

200.	Spot	Noun	خاي	The spot you have specified for the building to construct could result positively after some years.
201.	Maybe	Adv	شاپد	Maybe, she has never loved me!
202.	Even though	Conj	که څه هم	Even though I have told her nothing negative, she still left me.
203.	Fit	Adj	برابر	If you are willing to be fit, you had better start going to a gym.
	12 th reading: Afraid to fly			
204.	Terrifying	Adj	ډارونکي	This was a terrifying movie!
205.	Fear	Noun	ډار	Fear is fear when you think it is fear.
206.	Logical	Adj	منطقي	Give me one logical reason for leaving me please!
207.	Harmless	Adj	بي ضرره	I am very harmless person if you do not harm me. But if you harm me, then I will teach you how to harm someone.
208.	Phobia	Noun	ډار	Phobia is a type of unreasonable fear. For example, when you are afraid of ants.
209.	Hide	Verb	پټول	Hide your feelings if you want yourself not be ridiculed in this society.
210.	Crash	Verb	پېښه کول	We crashed very seriously with a car.
211.	Tunnel	Noun	تونل	The tunnel is very dark; if I cry here, nobody will notice my tears.
212.	Bother	Verb	خورول	She bothered me limitlessly by leaving me. I will prove it that she has made a big mistake leaving me alone.
213.	Loss	Noun	تاوان	The loss of your father saddened all of us.
214.	Situation	Noun	حالت	The situation is getting complicated day by day in quarantine in Afghanistan.
215.	Accident	Noun	پېښه	The accident killed four people in that bus in highway.
216.	Traffic	Noun	حمل و نقل، وسايط او خلک بيرويار، ترافیک	If you want to see crazy traffic, come to Afghanistan!
217.	General	Adj	عمومي	I don't like general ideas. Be specific if you want to give me an idea.
218.	Instructor	Noun	بنوونکي	My instructor is Allah (SWT). I need no one to help me.
219.	Psychologist	Noun	روان شناس	The psychologist told me to forget her. He doesn't know that she is the

				heart in my body; If I want to forget her; the way is to kill my heart.
	13th reading: Language and Language diversity			
220.	System	Noun	سپستم	We have four systems for updating the level of Speaking of English.
221.	Character	Noun	شخصیت، خوی	His character is completely unique.
222.	Meaningful	Adj	با معنا	It was really meaningful for me to be honest with her and I was.
223.	Form	Verb	جورپدل، رامپنخته کپدل	If tears are formed in the eyes of a boy for a girl, the girl should know that the boy loves her unconditionally.
224.	Borrow	Verb	په قرض اخیستل	Can I borrow your heart?
225.	Specialist	Noun	متخصص	I am a specialist in killing hearts.
226.	Refer to	Phrasal Verb	اشاره کول	I will never ever refer to my feelings again about her.
227.	Divide	Verb	تقسیم کول	My father wanted to divide the property among brothers. I avoided him.
228.	Brain	Noun	ماغزه، ذهن	Brain is the most important organ of everyone's body.
229.	Bilingual	Adj	په دوو ژبو غږېدونکی	I can love you in two languages. I am a bilingual. One is verbal and the other is sign language.
230.	Past	Noun	تیر	You are my past; people tell me to forget my past. I try to bring my past to my future.
231.	Rate	Noun	اندازه	At the rate you love her, you will lose her.
232.	Estimate	Verb	اتکل کول	It is estimated that a boy can forget a girl in 5 months. I couldn't.
233.	Linguist	Noun	ژب پوه	I am a good linguist.
	14th reading: Skyscrapers			
234.	Steal	Verb	غلا کول	You stole my heart and chopped it up. I will never ever forgive you.
235.	Title	Noun	عنوان	The title that will suit you is treacherous.
236.	Skyscraper	Noun	جگ تعمیر	A skyscraper is a very high building, but my feelings for you are touching the sky.
237.	Storey	Noun	منزل	I and you will live together on third floor of our castle made from our love.
238.	Advancement	Noun	پرمختگ	You are the advancement in my life, you are the demotion in my life; if

				you are here, it is advancement, if you are not, it is demotion.
239.	Beam	Noun	گدر	I am the room. You are the three beams in me; if you are not available. I will fall down.
240.	Architect	Noun	مهندس	You are great architect. You designed the structure of my heart amazingly.
241.	Advantages	Noun	کتبه	If you are with me, I have all the advantages a person wants to have.
242.	Pleasant	Adj	خوشحاله	I can never be pleasant without you.
243.	Public	Adj	عام	I will hold your hand tightly in public so that everyone know that you are mine.
244.	In addition	Transition	همدغه شان	I will respect you. In addition, I will love you.
245.	Design	Noun	دېزاین	The design you gave me for my home was very impressive because it was full of love.
246.	Immigrants	Noun	مهاجر	Without you, I am an immigrant having no country.
247.	Center	Noun	مرکز	You are the center of my life. Simply saying the heart of my life.
248.	Bomb	Noun	بم	A bomb exploded in my life when you left me.
249.	Exactly	Adv	دقیقا	I remember all the words exactly as you told you.
250.	Earthquake	Noun	زلزله	You were a very strong earthquake that came on the structure of my heart and collapsed it to the hilt.
251.	Space	Noun	خالپگاه، تش خای	I will always have space in my heart for you if you want to come.
	15 th reading: Left-handedness			
252.	Force	Noun	قوه	You are the force and the weakness in my life.
253.	Necessary	Adj	ضروري	Your existence is necessary in my life because without you I really don't have any life.
254.	Memorize	Verb	حفظ کول	I memorized all those sentences you told me by repeating them every day for 100 times.
255.	Broad	Adj	پراخه	My heart is very broad when you are there, otherwise there is no heart at all.
256.	Respond	Verb	جواب ورکول	You responded negatively to me, I started crying in front of you.
257.	Sense	Noun	حس، احساس	I had five senses. You left me and made me senseless.

258.	Likely	Adv	احتمالن	It is likely that if you leave me, I will die. Not that death which people consider it. This death will kill me internally.
259.	Adjust	Verb	برابر پدل	I can adjust in any situation with you no matter what.
260.	Backwards	Adv	شاته	I can go forward and backwards for you and I will never ever regret it.
261.	Stutter	Verb	لر زیدل خبرو کی، بند، بند کپدل	When you come in front of me, hahahaha, I stutter. I don't know why.
262.	Anthropologist	Noun	انسان شناس	I am good anthropologist, but when it comes to you. I know nothing about anthropology.
263.	Tool	Noun	الہ، وسیلہ	I need some tools for fixing the cupboard darling!
264.	Education	Noun	تعلیم	You are my education. I want to get PHD Degree studying your love.
265.	Permit	Verb	اجازہ ورکول	I will never ever permit you to cry because if you cry, you may only cry. I will die.
266.	Opposite	Adj	ضد	Do you know what is the opposite of life? It is death. You are my life. Your non-existence is my death.
267.	Clockwise	Adj	پہ بنی طرف	Move clockwise.
268.	Counterclockwise	Adj	پہ چپ طرف	The other five students are advised to move counterclockwise.
269.	In good company	Idiom	شہ کس یا کسانو سرہ	I just want your company. And I don't care what others say or think. If I have your company that means that I am in a good company.
	16 th reading: Biosphere in Space			
270.	Planet	Noun	سپارہ	This planet will collapse on me if you are beside me.
271.	Colony	Noun	تولنہ، استوگنخی	I may live in a big colony, but without you, there is no colony at all.
272.	Science fiction	Noun	ساینسی افسانہ	People read science fiction. Historians read history. I just want to look to your face and read your eyes.
273.	Consider	Verb	پہ نظر کی نیول	I can't consider you my life because you are not an option, but rather you are a necessity.
274.	Laboratory	Noun	لابراتوار	I went to the laboratory and tested my blood group. My blood group came out to be your name!

275.	Balance	Noun	توازن، مناسیوالی	I can't keep balance when it comes to you. I want you unconditionally.
276.	Element	Noun	برخه	You are not an element in my life. You are the life.
277.	Complex project	Noun	سختہ پروژہ	People have different complex projects. My sole complex project is to find out 1000 ways for loving you.
278.	Create	Verb	خلق کول، ابجادول	People create good feelings doing different things, but I have only one feeling and that is your love. So, if I want to create good feeling or situation, I need you.
279.	Bacteria	Noun	بکتریا	You are both a useful and harmful bacteria in my life.
280.	Physicist	Noun	فزیک پوه	Ali is a physicist.
281.	Satellites	Noun	ستالائٹ	People can't live such small satellites. I will live with you in hell.
282.	Solar	Adj	شمسی	People use solar system for electricity.
283.	So far	Conj	تراوسہ	So far, I could even just stunt to form the capacity just to think that I can live without you.
284.	Keep from	Phrasal verb	لری ساتل تری	My mother keeps me from you. She doesn't know that heart can't be separated from the body.
	17 th reading: Earthquakes			
285.	Layer	Noun	طبفہ	The layer of the land is very rough.
286.	Mile	Noun	میل	If you are just one meter away from me, it feels as if you are miles away from me.
287.	Epicenter	Noun	د زلزلی مرکز	The center of earthquake is called epicenter. You are the epicenter of my heart.
288.	Vibration	Noun	لرزہ	I like the vibrations of sound and also vibration of your love in my heart.
289.	Roll	Verb	تاوویدل، لغریدل	The ball is rolling slowly towards you.
290.	Seismic	Adj	زلزلی پیژندنہ پوری ارونہ	It was seismic prediction.
291.	Flood	Noun	سپلاب	Flood destroys cities. Your breakup could be a big flood in my life.
292.	Scatter	Verb	شیندل	You smashed my heart and scattered it around. I will never forgive you.
293.	Range	Noun	لری، سطحہ	The range of epidemics in second millennium.

294.	Volcano	Noun	آتش فشان، اور غورخونی	Volcanoes are very dangerous. If you leave me, you will drop me to a volcano.
295.	Erupt	Verb	چاوردل، داری وہل	The volcano erupted very badly.
296.	Unique	Adj	بی مثالہ، بی ہمتا	Be unique if you want to be successful.
297.	Victim	Noun	قربانی	A lot of people were victims of that bomb blast yesterday in city.
298.	Crush	Verb	رسبل، مبدہ مبدہ کول	I crushed the tomato very tightly.
299.	Thunder	Noun	تندر	Thunder is something very strong.
300.	Burst	Verb	انفار بدل	The bomb burst and killed 15 people.
301.	Lightning	Noun	برہیننا، اسمانی پرکا	He was struck by lightning and got killed.
302.	Cope with	Phrasal verb	زغمل	I can cope with problems in such situations.
303.	Debris	Noun	کثافات	Debris rained down around them.
304.	Float	Verb	د مایع بہ سر پراتہ پاتی کپدل یا اوختل او راوختل	A group of swans floated by.
305.	Melt	Verb	ویلی کپدل	The ice melted very soon.
306.	Property	Noun	چا پداد	Ali has much more property.
307.	Seismology	Noun	د زلزلی پہ ارہ پوہ	Seismology is found in a few universities in the world.
308.	Observe	Verb	کتل، لپدل پوہ پدل	Have you observed any changes lately?
309.	Geothermal	Adj	د خمکی داخلی کرمی پوری اروند	Geothermal energy
	18 th reading: Snow and Hill			
310.	Occur	Verb	واقع کپدل	Something unexpected occurred.
311.	Snowflake	Noun	د واورې خپری	A single snowflake landed on her nose.
312.	Astonishing	Adj	ہبرانوونکی	Fast and Furious is really an amazing video.
313.	Fingerprint	Noun	د گوتی نینہ	His fingerprints were all over the gun.
314.	Microscopic	Adj	وړوکی	We can't see these microscopic cells without a microscope.
315.	Trip	Noun	سفر	We had a good to London.
316.	Atmosphere	Noun	فضا، هوا	Pollution of the atmosphere.
317.	Simple	Adj	سادہ	I found the work fairly simple.
318.	Mathematician	Noun	ریاضی پوہ	He is one of the greatest mathematician.

319.	So	Conj	نو	It was still painful so I went to see the doctor.
320.	Alternative	Adj	بل	I have an alternative solution to this problem.
321.	Multiple	Adj	خو	I have multiple copies of the document
322.	Ordinarily	Adv	په عادی توگه	We ordinarily do not carry out this type of work.
323.	Up to	Preposition	تر	I work up to 6:00 pm.
324.	Maid	Noun	دانیی	There is a maid to do the housework.
	19 th reading: Photo voltaic cells: Energy source of the future			
325.	Magic	Noun	جادو	Do you believe in magic?
326.	Inexhaustible	Adj	نه ختمېدونکي، نه ستري کېدونکي	His energy is inexhaustible.
327.	Exist	Verb	موجود کېدل	There is a fire exit on each floor.
328.	Transparent	Adj	صفا، سپين	The insect's wings are almost transparent.
329.	Silicon	Noun	سليکون	We need a piece of silicon for this experiment.
330.	Boundary	Noun	سرحد	National boundaries.
331.	Semi conductor	Noun	نيمه چارج انتقالونکي	Semiconductor helps in conducting electricity.
332.	Conductor	Noun	چارج انتقالونکي	Wood is a poor conductor.
333.	Convert	Verb	اړول	The pub is converted to a warehouse.
334.	Solid state	Noun	قوی حالت	A solid-state radio.
335.	Since	Conj	راهسي	She has been off work since Tuesday.
336.	Efficiently	Adv	په موثره توگه	Very efficiently organized event.
337.	Reasonable	Adj	مناسب	The market gives reasonable rates of the goods.
338.	Export	Verb	صادرول	The island exports sugar and fruit.
339.	Raw material	Noun	خام مواد	The lack of raw material causes problems.
340.	Import	Verb	واردول	They import food from abroad.
341.	Reluctant	Adj	مخالف	She was reluctant to admit that she was wrong.
	19 th reading; Biological clocks			
342.	Jet lag	Noun	د سفر ستريا	I am still suffering from jet lag after my journey to Canada.
343.	Wide awake	Phrasal verb	پوره وېښ	He is wide awake.
344.	Biological	Adj	بيولوژيکي	The biological science.

345.	Rhythm	Noun	وزن, قافیه	To dance to rhythm of the music.
346.	Temperate	Adj	معتدل	A country with a temperate climate.
347.	Signal	Noun	اشاره	They tried to give us danger signals.
348.	Dawn	Noun	سهار وختي	He works from dawn to dusk.
349.	Migrate	Verb	هجرت كول	They migrated to Canada after the death of their father.
350.	Tide	Noun	خپه	The tide is in/out.
351.	Alarm	Noun	د خطر زنگ	She decided to sound the alarm.
352.	Heartbeat	Noun		A rapid heartbeat.
353.	Attack	Verb	د زړه درزا	The Russian forces attacked us.
354.	Lessen	Verb	کمېدل	The noise lessened.
355.	Loose	Adj	ازاد	A loose button/tooth.
356.	Feast	Noun	تجلیل، جشن	The wedding feast was excellent.
357.	Fast	Adj	تېز	The car is really fast.
358.	Caffeine	Noun	کفېن	The tea contains a lot of caffeine.
359.	Active	Adj	فعال	People had active lifestyle before.
	20 th reading; headaches			
360.	Hammer	Verb	ختک	I need a hammer.
361.	Pound	Verb	وهل	He pounded the nail with the hammer.
362.	headache	Noun	د سر درد	Hearing music can cause a severe headache.
363.	Arteries	Noun	شرپان	Blocked arteries.
364.	Swell	Verb	پرسېدل	His arm began to swell.
365.	Pain	Noun	درد	I feel a severe pain.
366.	Vision	Noun	د سترگو لېد	His vision got weakened.
367.	Warning	Noun	اخطار	This is the last warning.
368.	Migraine	Noun	شدید سردرد	I am getting a severe migraine.
369.	Vomit	Verb	اسفراغ كول	The smell made him want to vomit.
370.	Blurred	Adj	خړ، نت	She suddenly felt blurred in sight.
371.	Cluster	Noun	غنچه، گډي	A cluster of stars.
372.	Steady	Adj	ثابت	She kept steady and solved all the problems.
373.	Sore	Adj	درد کوونکي	My stomach is still sore.
374.	Forehead	Noun	تندی	He has a black dot on his forehead.
375.	Tension	Noun	انديبننه	Quarantine caused tension all around the country.
376.	Aspirin	Noun	پو ډول درمل دي	I would like to take an aspirin.
377.	Analyze	Verb	تحليل كول	He tried to analyze his feelings.
378.	Patient	Adj	صابر	Be patient, this the start of troubles.
379.	Lifestyle	Noun	د ژوند طریقه	He has a comfortable and healthy lifestyle.
380.	Physical	Adj	فزيکي	He has avoided all physical contacts.
381.	Recurring	Adj	بار بار واقع کېدونکي	This is a recurring illness.
	21 th reading; sleep and dreams			

382.	A great deal	Expression	ڊير زياد	We had a great deal.
383.	Stage	Noun	مقام، حالت	This technology is still in its early stages.
384.	blank	Adj	خالي	A blank CD.
385.	Confused	Adj	گنڻڻ	I am so confused today.
386.	Sweating	Noun	خوله	Her face was sweating.
387.	Concentrate	Verb	توجه ڪول	I decided to concentrate all my efforts on finding somewhere to live.
388.	Period	Noun	وخت، لڙي	This a period of the silly quarantine.
389.	Intense	Adj	شديد	Intense heat/cold/pain.
390.	Nightmare	Noun	بد خواب	He still has nightmare about the accident.
391.	Relief	Noun	ارام، آرامش	A sense of relief.
392.	Adolescent	Noun	ڇوان ڪس	The attitude of adolescent boys.
393.	Habit	Noun	عادت	Smoking is a habit hard to stop.
394.	Snoring	Noun	خرپدل	I could hear Ali snoring.
395.	Block	Verb	بندول	The snow blocked all the roads.
396.	Permanent	Adj	تل پاتي	Suicide is a permanent solution of the temporary problems.
397.	Apparent	Adj	شڪاره، واضع	Their devotion was apparent.
398.	Addictive	Adj	معتاد ڪوونڪي، روڀدي ڪوونڪي	Smoking is a really addictive habit.
	21th reading; health care and epidemics			
399.	Epidemic	Noun	ساري مرض	The vaccine may stop the epidemic.
400.	Antibiotic	Noun	انٽيبيوٽيڪ	The doctors put her on antibiotics.
401.	Virus	Noun	وڀروس	The virus spread all over his body.
402.	Cruel	Adj	ظالم	The dictator was badly cruel.
403.	Fire	Noun	اور	The apartment is on fire!
404.	Service	Noun	خدمت	We should provide unique services.
405.	Plague	Noun	ساري مرض	The plague of Corona.
406.	Effort	Noun	هڻه	He put more effort into his work.
407.	Tuberculosis	Noun	تبيبي	He has been given the vaccine against tuberculosis.
408.	Sneeze	Verb	پرانجي ڪول	I have been sneezing all morning.
409.	Cough	Verb	توخي ڪول	He is coughing severely.
410.	Pick up	Phrasal verb	نڀول	I picked up flu yesterday.
411.	Mosquito	Noun	ماشِي	A mosquito bite.
412.	Tick	Noun	وڙوڪي اواز ڪول لڪه د ساعت ستنہ	We could hear the clock ticking.
413.	Influenza	Noun	زڪام	Do you have influenza?
414.	Fever	Noun	تبه	He has a high fever.
415.	Pregnant	adj	امڀد واره، حامله	She is pregnant.
416.	Vaccination	Noun	واڪسين ڪونه	The vaccination process is going well.

417.	Injected	Adj	داخل شوي	Adrenaline was injected into the muscle.
418.	Boil	Verb	جوش ڪيڊل	Water boils at 100 centigrade.
419.	Miserable	Adj	ڊپر بد	He made life miserable for his family.
420.	Supervise	Verb	اداره ڪول	He supervises the building work.
421.	Meanwhile	Adverb	په عين حال ڪي	Meanwhile, he prepared to be off.
	Medicine: From leeches to lasers			
422.	Leech	Noun	پو اله ده چي وپنه اخلي	Leeches were used for removing blood.
423.	Improve	Verb	وده ڪول	His condition does not improve.
424.	Evidence	Noun	ثبوت	Do you have any evidence that he stole your car?
425.	Surgery	Noun	جراحي	We have to through a surgery to reduce the swelling in his brain.
426.	Moldy	Adj	قات ڪيڊونڪي	Moldy bread/cheese.
427.	Sanitation	Noun	پاڪوالي	Disease resulting from poor sanitation.
428.	Elaborate	Verb	په دقت تشریح ڪول	She went on and elaborated her argument.
429.	Sewerage	Noun		A sewerage system.
430.	Conclude	Verb	پاي ته رسول	She concluded her topic.
431.	Prescribe	Verb	نسخه لپڪل	The doctor prescribed several doses of medicine.
432.	Needle	Noun	سنته	A needle and thread.
433.	Menial	Adj	بي خونده، خسته ڪن	Menial job/work.
434.	Fatal	Adj	مرگين	This is a fatal disease.
435.	Drawing	Noun	نقاشي	A pencil drawing.
436.	Remarkable	Adj	فوق العاده	This is a remarkable achievement.
437.	Diagnose	Verb	تشخيص ڪول	Steve Jobs was diagnosed with cancer
	22th reading; cholesterol level and heart disease			
438.	Cholesterol	Noun	د ويني غور	What is the normal cholesterol level?
439.	Risk factor	Noun	د خطر عامل	Tension is a risk factor of committing suicide.
440.	Exaggerated	Adj	زياد شوي	Deaths from corona virus are exaggerated.
441.	Substance	Noun	ماده	Keep the substance safe.
442.	Inherit	Verb	په ميراث اخيستل	He inherited a lot of property from his father.
443.	Circulating	Noun	جرپان	The condition avoids blood from circulating freely.
444.	Valves	Noun	د زره دوال	You need some special tools to open the valves.

445.	Angiograms	Noun	پو ډول اڪسري ده	
446.	Deposits	Noun	د پيسو وصول	All deposits are non-refundable.
447.	Reduction	Noun	كموالي	This is just a slight reduction in rates.
448.	Aerobic	Noun	تمرين	You need to do aerobics a lot if you want your good health.
449.	Recipe	Noun	د آشپزی لارښوود	I really like the recipes of my mother when it comes to cooking.
450.	Unfamiliar	Adj	نا آشنا	The idea you have is completely unfamiliar for me.
451.	Complain	Verb	شكايت كول	He always complains about the teacher.
452.	Anxiety	Noun	انديبننه	He is in deep anxiety.
453.	Deal with	Phrasal verb	معامله كول	You have to deal with these conditions.
454.	Herb	Noun	بوتي	A herb garden.
455.	Encourage	Verb	تشويق	She encourages her students to work hard.
456.	Personal	Adj	شخصي	That is his personal problem.
457.	Confident	Adj	مطمئن	Don't be so confident you failed the test.
458.	Attractive	Adj	جذاب	He has attractive haircut.
459.	Stare	Verb	په خبر كتل	I screamed and everyone stared at me