

Log har mod pe ruk ruk ke  
Sambhalte kyun hain  
Log har mod pe ruk ruk ke  
Sambhalte kyun hain  
Itna darte hain to phir  
Ghar se nikalte kyun hain  
Log har mod pe ruk ruk ke  
Sambhalte kyun hain

Main na jugnu hoon diya  
Hoon na koi tara hoon  
Main na jugnu hoon diya  
Hoon na koi tara hoon  
Roshni waale mere naam  
Say jalte kyun hain  
Log har mod pe ruk ruk  
Ke sambhalte kyun hain

Neend se mera taalug  
Hi nahin barso sein  
Neend se mera taalug  
Hi nahin barso sein  
Khawab aa aa ke meri chhat  
Pe tehlte kyun hain  
Log har mod pe ruk ruk  
Ke sambhalte kyun hain

Mod hota hain jawaani ka  
Sambhalne ke liye  
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Mod hota hain jawaani ka  
Sambhalne ke liye  
Aur sab log yahin aake  
Fisalte kyun hain  
Log har mod pe ruk ruk  
Ke sambhalte kyun hain

Itna darte hain to phir  
Ghar se nikalte kyun hain  
Log har mod pe ruk ruk

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Ke sambhalte kyun hain.

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More Lyrics from [Beyond Time \(1987\)](#)

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