

Sukh dukh ke dono paaon par
Insaan ye chalta jaata hai
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Insaan ye chalta jaata hai
Mann kaahe ko ghabhrata hai
Mann kaahe ko ghabhrata hai

Dukh jeevan ki ek kasauti
Dukh jeevan ki ek kasauti
Mann ko parkha jaata hai
Angaaro se tap kar sona
Nayi chamak le aata hai
Nayi chamak le aata hai
Sukh dukh ke dono paaon par
Insaan ye chalta jaata hai

Andhiyara aanchal mein apne
Chhipa ujaala laata hai
Dekho din ko jo raaton ka
Cheer kaleja aata hai
Cheer kaleja aata hai
Sukh dukh ke dono paaon par
Insaan ye chalta jaata hai

Jo dukh se ghabhra kar apna
Jo dukh se ghabhra kar apna
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Jeevan deep bujhaata hai
Wo kaayar apne hi haathon
Apne paap badhaata hai
Apne paap badhaata hai
Sukh dukh ke dono paaon par
Insaan ye chalta jaata hai.

More Lyrics from [Hanuman Janma \(1954\)](#)