Kon kehta ki mard rota nhi,

Kya rona rona sirf ladkiyon ka kam hai ?

Kya sach me mard ko dard hota nhi,

Kya ek aadmi ki yahi pehchan hai ?

Bachpan se ye sunte hai

Ki Ladke sher hote hai

Sher sirf dahad sakta hai

Kya sher bhi kabhi rote hai ?

Har mard ko rona aata hai

Jab usko koi jaata hai

Dard to use bhi bahot hota hai

Par wo samaj se sab chupata hai

Logo ke samne haste hai

Akele me gut gut kar marte hai

Nhi pata emotions kese share kare

Is judgemental duniya se darte hai

Is patriarchy wali duniya ne hamse bhi chhina

In responsibilities se dur hame bhi jeena hai

Hum apne mann se kuch kar nhi sakte

Kya sach me ye ladke ghar ka nagina hai ?

Arijit ke gaane, samaj ke taane , logo ke bahane sunkar aaj fir ek aadmi roya hai ,

Is duniya ki aasha ke niche dab kar usne

apni hassi , apna sukoon khoya hai

Har mard rojna rota hai

Use har dard ka ahsaas hota

Wo dusro ke dukh kam karke

Apni hasi me siskiya leta hai

Me movies dekh kar rota hu ,

kabhi kabhi teddy bear ke sath sota hu , cockroach se darta hu ,

apni wali pe bhi marta hu

Par ye baate kisi ki bata nhi sakta,

kisi ko apne emotions dikha nhi sakta ,

Ye kesi mardangi hai jisme ek insan jee nhi sakta, kabhi khul kar ro nhi sakta.

Hamesha se ye suna hai

You are a man , you don't cry

This is the thing, i don't wanna try

Being a man you have to save others

You are a macho not some features

Jake pucho apne pita, pati or bhai se

Use bhi dukh hota hai har choti ladai se

Par wo insaan kabhi bol pata nhi

Kya sach me mard kabhi rota nhi ??