

# लगातार

एकाएक  
अपने पैरों को देखा  
तो भर उठी दहशत से  
बरसों पहले  
जहाँ गाड़ा गया था  
वहीं खड़ी थी मैं  
जिसका  
जो मन आया  
टाँगता चला गया  
थैला, टोपी, अँगोछा  
या  
अपनी थकान  
और लगता रहा सारे वक्त  
कि मैं  
चलती रही हूँ  
लगातार ।

ज्योत्सना मिलन

# Constantly

Suddenly  
I looked at my feet  
and  
was filled with dread-  
I was still standing  
where years ago  
I had been planted  
Everybody  
hung on me  
whatever they fancied-  
a bag, a hat, a towel,  
or their tiredness  
And it seemed to me  
that all this while  
I was  
on the move  
constantly

**Jyotsna Milan (b. 1941)**

*Translated from the Hindi by Lucy Rosenstein*

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