

SOOD Sandesh

सूद सन्देश

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INAUGURATION OF MEDITATION CENTRE

by Smt. Sushila Doegar (Wife of Late Sh. Jagdish Ram Doegar)

Chief Guest : Justice N.K. Sud, (Lokayukt), Haryana

Sood Bhawan, Chandigarh - 19-7-2009

47वें सूद मिलन मेले का आयोजन रविवार दिनांक 15 नवम्बर, 2009
को सूद भवन सैक्टर 44-ए चण्डीगढ़ में किया जाएगा।
सभी सूद परिवार इस अवसर पर आमंत्रित हैं।

**SOOD BHAWAN,
SECTOR 44-A, CHANDIGARH**



Renovated Air-conditioned Hall Of Sood Bhawan



Shri Vinod Sood honoured by Justice N.K.Sud, Sh. K.R. Sood, President, Sh. Brij Sood & Sh. Hari Om Sood also in the picture.



A view of the distinguished audience.



Sh. Surinder Sood, General Secretary seeks blessings from Brahmishi Patriji, Founder, Pyramid Spiritual Society on his visit to Sood Bhawan. (Sitting) Sh. K.R. Sood, President, Dr. J.K. Kalra, Mrs. Santosh Kalra & Teacher Sh Raju. Disciples clapping with Brahmishiiji after meditation.



Bhandara at Sood Bhawan, Panchkula after the Havan Ceremony on 26.8.2009



**Smt. Sushila Doegar inaugurating Meditation Centre.
Justice N.K.Sud, Sh.V.K.Sood, Sh.Ashutosh Doegar & other
members also in the picture.**



**Hon'ble Justice N.K.Sud, Chief Guest welcomed
by Office Bearers and members of Sood Sabha.**



**A view of the distinguished gathering enjoying devotional songs in newly renovated
Air Conditioned Multipurpose Hall of Sood Bhawan, Chandigarh.**



Havan being performed at Multipurpose Hall, Sood Bhawan



Shri Vinod Sood and other artists presenting devotional songs

From General Secretary

MEDITATION CENTRE & LIBRARY AT SOOD BHAWAN

Our Sabha has taken a giant and a path breaking step by establishing a Meditation Centre and Library at Sood Bhawan Chandigarh which was inaugurated by Rev. Smt. Sushila Doegar wife of late Shri Jagdish Ram Doegar former President and Patron of the Sabha on 19th July, 2009. She represents those senior members of the Sood Community who, 50 years ago, took a thoughtful decision and laid the foundation of Sood Sabha in the then nascent city of Chandigarh. In the Golden Jubilee Year we paid tributes to all those stalwarts and sought their blessings by getting the Meditation Centre inaugurated at the gracious hands of Rev. Smt. Doegar. A Library has also been added to the Centre where inspirational and motivational books written by some of the eminent writers and thinkers are available for study. Besides, religious books will also be added. The main objective is that we make Sood Bhawan a place where such social activities are also undertaken which create harmony, brotherhood and peace in the Society. It will provide an opportunity to spend some time in the serene and calm environments. Establishing a Meditation Centre and Library are no doubt a positive step in that direction keeping in mind the over all objectives of the Sabha.



The Inaugural function was presided over by Hon'ble Justice N. K. Sud, Lokayukt, Haryana who is a beacon of inspiration for us. On this occasion one hour programme of devotional songs was presented by Shri Vinod Sood a well known singer at Chandigarh who kept the audience spell bound with his melodious presentation. Mrs. Santosh Kalra, Retired Principal Govt. College for Women Chandigarh emphasized the significance and benefits of meditation. Speeches of both Justice Sud and Mrs. Kalra are being published in this issue of Sood Sandesh.

Website of Sood Sabha (www.soodsabhachd.org) has become very popular. It is evident from the response the Sabha is receiving from members of the Sood community living not only in India but abroad also. Beside highlighting our activities, the 'matrimonial section' has become a useful mode for finding alliance for their children. The website is updated every fortnight. Members can also correspond with us at soodsabha@gmail.com. We shall be pleased to receive suggestions to make the website more informative and useful.

I have stressed earlier also that a living organization does not remain contented with its achievements. We must continue to move forward, strive for excellence and devote a part of our time and energy for making this Society a better place to live in. Small steps being taken by Sood Sabha Chandigarh will no doubt gladden the hearts of all those who believe that 'service to the society' is the ultimate form of pooja and our obeisance to the Almighty God and Creator of the Universe.

With greetings,

- SURINDER SOOD

MESSAGE FROM

Sh. BIPAN CHAND SOOD, President, Sarvdeshi Sood Sabha.

On the occasion of the GOLDEN JUBILEE of Sood Sabha Chandigarh, I convey my heartiest congratulations to the dedicated Team of the Sabha which has shown tremendous progress. 50 Years in the life of a social organization is a long period. Many organizations, Sabhas or Societies disintegrate or remain on the paper due to inner contradictions and petty ego clash of the functionaries. However, it is creditable that Sood Sabha Chandigarh has brought glory to the entire Sood Biradari.. The Sabha has constructed Bhawans at Chandigarh and Panchkula and more and more facilities like AC Rooms and AC Halls are being provided for the comfort of those who stay and arrange social functions at these Bhawans. But the Sabha is rendering real service to the society through Charitable Diagnostic Laboratories, Physiotherapy Centres and other medical facilities. Now a Meditation Centre & a Library has been started at Sood Bhawan, Chandigarh. Through their website, the Sabha is providing matrimonial service to the Soods living in India and Abroad. Once again I congratulate the entire team of Sood Sabha Chandigarh lead by Shri Kulwant Rai Sood, President and Shri Surinder Sood, General Secretary and all other Office Bearers for their devotion and selfless service to the Society.



I take this opportunity to appeal to Sood Sabhas at other places and members of the biradari to devote some time in the service of the Society also.

47TH SOOD MILAN MELA ON 15 NOV 2009

47वें सूद मिलन मेले का आयोजन रविवार दिनांक 17 नवम्बर, 2009 को सूद भवन सैक्टर 44-ए चण्डीगढ़ में किया जाएगा। सभी सूद परिवार इस अवसर पर आमंत्रित हैं।

47th SOOD MILAN MELA will be held on Sunday 15th Nov. 2009 at Sood Bhawan, Sector 44-A, Chandigarh. Sood families are cordially invited to participate in this Annual Get-together.

HONOURING THE TOPPERS

It has been decided to hold 47th Sood Milan Mela at Sood Bhawan, Sector 44A, Chandigarh on Sunday November 15, 2009.

Sood Sabha Chandigarh will honour those students who have topped in School/Board/University level examination (Session 2008-09). The Sabha will also honour those who have distinguished themselves in sports or in any other field. Eligible students/persons are requested to inform the General Secretary, Sood Sabha, Sood Bhawan, Sector 44-A, Chandigarh before 20th Oct. 2009 along with the requisite testimonials.

UMESH SOOD

CHAIRMAN, ORGANIZING COMMITTEE.

RENOVATION AND AIR CONDITIONING AT SOOD BHAWANS & SOCIAL ACTIVITIES.

- Kulwant Rai Sood, President

Our Sabha has made rapid progress since inception, but it gives me immense pleasure to say that during the Golden Jubilee Year we have undertaken such projects which will make this year really significant. It has always been the endeavour of the Sood Sabha to provide better and modern facilities at both the Sood Bhawans besides expanding social activities. Our Sabha has completed the following projects during the last about six months:



SOOD BHAWAN, CHANDIGARH

Multipurpose Hall has been renovated and given facelift. Two Air Conditioners of 8 Ton and 6 Ton each have been provided in the Hall. ACs have been installed in ten rooms. Besides, Dwarka Hall and Committee Room are already equipped with ACs.

MEDITATION CENTRE

19th July, 2009 became an auspicious day when Meditation Centre was inaugurated by Smt. Sushila Doegar, wife of Late Shri Jagdish Ram Doegar, former President and Patron. Sh. Ashwani Doegar Sh. Ashutosh Doegar & their sister Ms. Suchi Sood on behalf of their mother gave a donation of Rs. 11,000/- and announced that similar amount will be donated each year for the upkeep of the Meditation Centre. Shri Deepak Doegar son of Late Shri Hardyal Doegar also donated Rs. 10,000/-.

SOOD BHAWAN, PANCHKULA

To tide over the acute problem of power cut and power break down 70 KVA dry Kirloskar Gen-Set has been installed. ACs have been installed in 25 rooms including Physiotherapy Centre, Homoeopathic Dispensary and Doctor's Consultation Room. Now a major renovation work at the Multipurpose Hall is in progress and three Air Conditioners of the capacity of 8 Tons each have been installed.

OUR SOCIAL ACTIVITIES

- * Under de-addiction programme Alcohol Anonymous, Panchkula organized a Seminar at the Bhawan on 24.4.2009
- * Free Medical Check up Camp was held on 14.7.2009 at the Homoeopathic Dispensary which was a great success.
- * Artists of North Zone Cultural Centre from all over India stayed at Sood Bhawan from 16th to 21st July, 09. All facilities were provided to make their stay comfortable.
- * Blood Donation Camp was held on 10.8.2009 in association with Lions Club (Supreme) Chandigarh. Sh. Rohit Sharma was the driving force in organizing the camp. 27 Units of Blood was collected.

HAVAN & BHANDARA

To pay obeisance to the Almighty and seek HIS blessings, Havan was performed on 26th August, 2009 followed by Bhandara. Large number of members of biradari with their families and some distinguished personalities of the area participated in the Havan and joined Bhandara which was served to more than 400 persons.

I have no doubt that the Sabha will continue its march for excellence in all spheres with the active co-operation of members of the Managing Committee.

सूद भवन में मैडिटेशन सैन्टर के उद्घाटन समारोह के अवसर पर मुख्य अतिथि जस्टिस एन के सूद (लोकायुक्त) व विशेष रूप से आमन्त्रित अतिथि श्रीमति सन्तोष कालरा (रिटायर्ड) प्रिंसिपल द्वारा प्रस्तुत विचार ।

आज के इस समारोह में कुछ भाषण करने का विशेष प्रयोजन तो नहीं बनता पर निश्चय ही मैं सूदसभा के संचालकों को बधाई देना चाहता हूं कि जो एक के बाद एक कई प्रोजेक्ट करते चले आ रहे हैं। आज भी यहां ध्यान केन्द्र का उद्घाटन किया गया है। इस नए प्रोजेक्ट की आधी सफलता तो तभी हो गई जब माता सुशीला देवी जैसे सात्विक व्यक्तित्व ने अपने कर कमलों द्वारा इसका उद्घाटन कर अपना आशीर्वाद भी दे दिया। श्री विनोद सूद ने अपने सूफी संगीत तथा भजनों द्वारा जो समां बांधा वह बहुत अच्छा लगा।



जस्टिस एन के सूद

श्री सुरेन्द्र सूद ने जब यह कहा कि जो वह नहीं कह पाये वह मैं पूरा कर दूं। ऐसा तो कुछ मुझे नहीं सूझता जो मैं कह कर अपनी बात को पूरा करूं क्योंकि उन्होंने बड़े अच्छे शब्दों में सूद सभा के लक्ष्य तथा सभा द्वारा किए जाने वाले कार्यों का पूरा विवरण दिया है, परन्तु हाँ, मुझे एक बात याद आ गई जो मैं आपसे अवश्य कहना चाहूंगा। सुरेन्द्र जी ने कहा कि आज हम अपने उन सभी महान लोगों को याद कर रहे हैं जिन्होंने इस सभा को बनाने में अपना योगदान दिया। इसके अतिरिक्त एक बात और जो उन्होंने कही वह अत्यन्त महत्वपूर्ण है। सुरेन्द्र जी ने कहा कि हम स्व० श्री जोधामल जी कुठियाला को इसलिए नहीं याद करते हैं कि वह धनाइय थे या बहुत बड़े उद्योगपति थे। हम उन्हें समाज सेवा के लिए उनके द्वारा किए गए अनगिनत कार्यों के लिए याद करते हैं। इस संदर्भ में मुझे एक प्रसंग याद आ गया। अमेरिका में एक अरबपति व्यवसायी था, बहुत सी फैक्ट्रियां, कई प्रकार के बिजनेस, कई मकान, भारी संपत्ति उसके पास थी। कोई उसकी दौलत का हिसाब नहीं लगा सकता था। एक दिन एक पत्रकार ने उससे पूछा कि सर आपका मूल्य कितना होगा (Sir, what is your worth?)। व्यवसायी सोचने लगा, सोच कर बोला “कोई डेढ़ लाख डालर।” पत्रकार हँसने लगा, बोला, आप मुझसे मजाक कर रहे हैं, सिर्फ डेढ़ लाख डालर? आपकी संपत्ति तो बेहिसाब है। व्यवसायी ने कहा-आपका प्रश्न क्या था? यही न कि मेरी वर्थ कितनी है (What is my worth?) अर्थात् मेरा मूल्य कितना है? आपने यह तो नहीं पूछा कि मेरे पास धन कितना है? वर्थ (Worth) तो वही है जो मैंने समाज के लिए किया। शेष तो सब अपनी संपत्ति है वह किसी और के काम नहीं आ रही है। एक और प्रसंग मुझे याद आता है। एक बार रोटरी क्लब के एक समारोह में स्वामी सुबोधानन्द जी आए। हमारे यहां यह रिवाज है कि मुख्य अतिथि से सभी का परिचय कराया जाता है। उन्हें बताया गया कि ये गवर्नर हैं, ये वकील हैं, ये डॉक्टर हैं। स्वामी जी ने सब सुन कर कहा कि इस परिचय से मेरा कोई सरोकार नहीं। आप रूपवान हो सकते हैं, गुणवान हो सकते हैं, धनवान हो सकते हैं, पर इससे मुझे क्या लेना देना? मुझे तो यह बताइए कि आप मूल्यवान कितने हैं?

मुझे लगता है कि हम सभी को कभी न कभी अपनी अन्तरात्मा को इस सवाल का जबाब देना होगा कि हम कितने मूल्यवान हैं। हम इस दृष्टि से अपने जीवन को देखें कि हमने दूसरों के लिए किया क्या है? मैं इसी वजह से सूद सभा को फिर से बधाई देना चाहता हूँ कि वे बहुत अच्छी प्रवृत्ति के साथ सभा को चला रहे हैं। मैं दस सालों से इस सभा से जुड़ा हूँ और मैंने इस अरसे में देखा है कि वे निरन्तर नए नए प्रोजेक्ट शुरू करते हैं और फिर उसे पूरा भी करते हैं। कई समाज कल्याण के काम उन्होंने पूरे किए हैं जिससे सिर्फ सूद समाज को ही नहीं हर जाति और वर्ग के लोगों को लाभ पहुंचा है। जिस लगन के साथ सूद सभा के प्रबन्धक काम कर रहे हैं उसके लिए हमें गर्व है और मैं उन्हें बधाई देना चाहता हूँ। श्रीमती सन्तोष कालरा ने अपने वक्तव्य में एक बहुत अच्छी बात कही कि मैं सूद तो नहीं हूँ पर उनसे जुड़ अवश्य गई हूँ। समाज कल्याण की इस भावना ने सभी जाति व वर्ग के लोगों के साथ सूद समाज को जोड़ दिया है और इस लक्ष्य को पाने के लिए ही तो सूद सभा बनाई गई थी। हम केवल एक जाति के लिए नहीं पूरी मानवता के लिए काम करें यही हमारा लक्ष्य हो। कोई भी अच्छा काम करके हम एक उदाहरण प्रस्तुत करते हैं- मैं उम्मीद करता हूँ कि ऐसी संस्थाएं और भी बनेंगी जो समाज को उन्नत करने में अपना योगदान करेंगी। मैं एक बार फिर से सबको मुबारक देता हूँ और आशा करता हूँ कि इस मैडीटेशन सेंटर का सभी लोग लाभ उठायेंगे।

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आज के इस शुभ अवसर पर मैं आपको सबसे पहले मुबारकबाद देना चाहूंगी।

श्री सुरेन्द्र सूद जी ने बताया कि सूद सभा को आस्तित्व में आए पचास वर्ष हो गए हैं, कोई संस्था इतना समय क्रियाशील रह पाए बधाई की पात्र है। इसके अतिरिक्त यह भी बताया गया है कि सूद भवन का निर्माण कार्य बीस वर्ष पहले शुरू किया गया था। हम लोग मकान के निर्माण कार्य में पूरा होने पर मकान के स्वामी को बधाई देते हैं। मैं सूद सभा को आज इसलिए भी बधाई देना चाहूंगी कि वास्तव में सूद भवन के निर्माण का कार्य सही मायनों में आज पूरा हुआ है। घर का निर्माण करते समय हम इस बात का हमेशा ध्यान रखते हैं कि उसमें एक कोना, एक छोटा सा पवित्र स्थल हो जहां हम पूजा पाठ कर सकें जिससे पूरे परिवार को हमेशा शांति, आशीर्वाद, सुरक्षा और सुख मिलता रहे। सूद भवन में यही एक कमी रह गई थी लेकिन आज मैडीटेशन सेंटर की स्थापना के साथ वह भी पूरी हो गई है। मैडीटेशन सेंटर में पिरामिड लगाए गए हैं। यह मान्यता है कि इससे ब्रह्माण्डीय उर्जा का अधिक विकास होगा जिसका लाभ यहां बैठ कर मैडीटेशन करने वालों को अवश्य प्राप्त होगा।



श्रीमति सन्तोष कालरा

यहां एक पुस्तकालय भी बनाया गया है जहां विश्वप्रसिद्ध आध्यात्मिक पुस्तकें रखी गई हैं जिनके द्वारा हम अध्यात्म मार्ग के बारे में अनेक जानकारियां पा सकते हैं। शहर भर में यह पहला केन्द्र है जहां ध्यान के बारे में सब कुछ निःशुल्क समझाया जाता है।

मैडीटेशन या ध्यान के बारे में चर्चा तो हम बहुत सुनते रहते हैं पर यह वास्तव में क्या है और इसका लाभ क्या है, इस बारे में मैं थोड़ा प्रकाश डालना चाहूंगी। हम लोग मनुष्य जीवन पाकर धरती पर आए हैं। जो जगत हमें चारों ओर दिखाई देता है वह तो सभी देखते हैं पर हमारे अपने भीतर भी एक दुनिया है जो हम सबकी अलग-अलग प्रकार की है। उसे देखने के लिए हमें इन दोनों आंखों की जगह अपने भीतर की तीसरी आंख की आवश्यकता है। उस आंख को खोलने के लिए हमें अपने भीतर झांकना होगा, ध्यान के द्वारा विश्व ऊर्जा को संचित करके हमें अपनी भीतरी शक्ति को जगाना होगा। यह ध्यान ही हमें एक ऐसा ज्ञान देता है जो हमें अपने जीवन के वास्तविक लक्ष्य की पहचान कराता है और हम ईश्वर प्राप्ति की ओर बढ़ने लगते हैं।

ध्यान मार्ग भक्ति के सभी रूपों से सरल और प्रभावी है। हमें इसके लिए न तो किसी गुरु की आवश्यकता है, न समय निश्चित करने की। न किसी मंत्र जाप की, न यम-नियमों की। जब भी समय मिले, जितना भी समय मिले, शांतिपूर्वक बैठ जाएं, घर में कहीं भी जहां बहुत तेज प्रकाश न हो। श्वास पर ध्यान रखें, मन की भावनाओं और विचारों पर अंकुश लगाएं, मन को निर्विकार करें और फिर देखें कि समय के साथ-साथ आपको कैसे अनुभव स्वयं होने लगते हैं। धीरे-धीरे आप ईश्वर से एकाकार होने लगते हैं। अभूतपूर्व सुखशांति मिलती है।

एक प्रश्न अक्सर पूछा जाता है कि मैडीटेशन प्रतिदिन कितनी देर तक करनी चाहिए। मैं बताना चाहूंगी कि प्रत्येक व्यक्ति को जितनी उसकी आयु है उतने ही मिनट रोज ध्यान में बैठना चाहिए। ऐसा सोचना गलत है कि ध्यान केवल उम्रदराज लोगों के लिए है। सच पूछिए तो इससे बच्चों की स्मरण शक्ति बढ़ती है, उनकी एकाग्रता बढ़ती है, वे हर चीज जल्दी सीखते हैं। इससे पढ़ाई के दौरान उन्हें लाभ होता है।

हमारे शरीर और मन का सीधा संबंध है। ध्यान के प्रभाव स्वरूप जब शरीर स्वस्थ रहता है तो मन अपने आप स्वस्थ हो जाता है। हमारी नाड़ियां विश्वऊर्जा के कारण स्वच्छ हो जाती हैं, शरीर के अंग ठीक काम करते हैं इसलिए हम स्वस्थ रहते हैं। तनाव कम होता है, कार्यक्षमता बढ़ जाती है। यही कारण है कि आजकल कई अस्पतालों, फैक्ट्रियों, दफ्तरों आदि में ध्यान के लिए अलग समय रखा जाता है।

अन्त में मैं सूद सभा के संचालकों को धन्यवाद देना चाहूंगी कि उन्होंने समाज कल्याण का एक और प्रोजेक्ट पूरा किया है। न केवल सूद समाज के लिए या किसी एक जाति के लिए बल्कि समस्त मानवता के लिए उन्होंने एक ऐसा प्रशंसनीय काम किया है जिसकी सराहना होगी तथा शहर के अन्य लोग भी जिससे प्रेरणा लेकर अन्य क्षेत्रों में भी ऐसे केन्द्र बनाएं। आशा है आप इस केन्द्र से पूरा लाभ उठावेंगे।

♦♦

CONGRATULATIONS

Shri V.K. Sood, Chairman, Sood Sewa Bhawan Trust has also been elected President, International Roll Ball Federation representing about 25 countries. This game is a combination of Basket Ball, Net Ball and Hand Ball. It is played with a red and blue ball while wearing Roller Skates without stoppers. It is an exciting, fast, free flowing game requiring lot of stamina, skill and expertise and is a team game. The game was originally developed in India (Pune) in 2003 and has gained popularity at national as well as international level. At present 18 States in India are affiliated to IRBF. During the last three years India has played matches versus Pakistan, South Africa and Singapore at Pune and Jaipur. Shri V. K. Sood has told that efforts are being made to include the game in Olympics. Shri V.K. Sood, is the Chairman of Punjabi Bhaichara Maha Sabha, Panchkula. The main objective of the Sabha is to preserve and develop feelings of brotherhood and togetherness. Every year on Baisakhi, the Sabha organizes cultural programme.



Shri Brij Sood, former President Sood Sabha, has been made District. Chairperson, Pulse Polio Committee, Lions Club which covers State of Punjab and Chandigarh. The objective of the committee is to spread the message to the remote corners of the state, and also to ensure that the programme is implemented effectively. Shri Brij Sood is one of the oldest members of the Lions Club (321 F) and has been its President during the year 1990-91. He is associated with Sood Sabha Chandigarh and Sood Sewa Bhawan Trust for over four decades and provides guidance on all important matters. He is also associated with several other social organizations in Chandigarh.



Shri Shashi B. Sud, Vice President, Sood Sabha, Chandigarh, after putting in distinguished service of 35 years in State Bank of India, apex Bank of the country retired on 31st July, 2009. During his illustrious career he maintained an excellent record and worked with dedication and commitment which was adequately rewarded. When he retired he was heading the prestigious post of Assistant General Manager (Liaison) in one of the largest financial Organizations. In fact he successfully headed Liaison Department, which requires skill, expertise and perseverance. His understanding about men and matters, broad outlook and stress for excellence are the attributes which helped him in his successful career. *"Hard work and honesty will always remain cardinal principal in my life and to look after my parents is my duty"* he says with confidence. Such thoughts will, no doubt, inspire the younger generation to give respect to the elders. Now after retirement, he proposes to actively associate himself with the activities of Sood Sabha.



OUR LADIES WHO HAVE BEEN ACCLAIMED IN NEWSPAPERS

Ms. ROOPA SOOD (Dress Designing in Films) - “Main Bhathinde di kurhi han” this dialogue by carefree talkative heroin Kareena Kapoor attired in typical Punjabi salwar-kameez still makes us laugh long after we saw *Jab We Met* – a romantic comedy by Imtiaz Ali. We have another reason to feel happy as the dress and costume designing of this hit film was done by Mrs. Roopa Sood, wife of Mr. Surinder Sood and daughter-in-law of Shri B.K.Sood, former President Sood Sabha. Ms. Roopa Sood has been in the profession of Theater and Dress designing, including fancy dress and costumes for all occasions for over 15 years. Though she earlier assisted in a couple of films like Hashra and Apni Boli Apna Desh but *Jab We Met* was her first full independent assignment which brought her instant success, name and fame. She has several films in hand now prominent being *The Decent Arrangement* in English with Shabana Azmi and Hollywood star Lethia Nall, *Ek Onkar*, *London Dreams* and TV serials also. Dress and costume designing for a film is a specialized profession where minute details of the set, environments, situation, script and mood of the characters have to be kept in mind. Her Theater background has helped her in designing appropriate dresses for the characters. For Ms. Roopa it is the beginning of a new role in the film industry which is full of challenges and “challenges bring out the best out of you”, says Ms. Roopa with a confident smile on her face.



Ms. CHARU SOOD (Photography as Hobby) - “It is one thing to hold a costly and the latest camera in hand but to produce and capture an amazing view one needs sharp vision, aesthetic and creative mind. Each photo should tell its own story, this is the benchmark for a successful photographer”. This is how Ms. Charu Sood describes photography which is her prime passion besides managing her home. The Indian Express dated 30th July, 2009 carried a full feature titled ‘Picture Perfect’ about Ms. Charu’s and her love for newly acquired sophisticated camera with latest features which she handles with perfection. Besides clicking her 3.1/2 yr daughter Tvishaa in all her innocent and at times naughty moods which is a reminder of her own childhood, she likes to take photographs of different places as she has traveled a lot around the globe from Paris, Scotland to Spain as her husband Mr. Saurabh Sood’s professional assignments has taken her to places. Though after B.Com she did MBA, Ms. Charu is contented with her new role to look after her daughter and provide support to her husband. Presently Mr. Saurabh is posted at London. But her innate desire to do something purposeful for the society as well, has inspired her to work for two well known NGOs Cancer Research Charity and Omfam Charity based in London. Ms. Charu is daughter of Shri Shashi B. Sud, Vice President of the Sabha and daughter-in-law of Sh. Varinder Sood who is also actively associated with the Sabha.



श्रीमति मनोरमा सूद व श्रीमति श्रुति सूद

हमारे यहाँ त्योहारों का धार्मिक महत्व तो है ही, इस अवसर पर विभिन्न प्रकार के स्वादिष्ट व्यंजन व पकवान बनाने की भी परम्परा है। श्रीकृष्ण जन्माष्टमी के अवसर पर इस वर्ष अंग्रेजी समाचार पत्र The Tribune में एक लेख प्रकाशित किया गया “Fasts Feasts and Fanfare” इसमें श्रीमति मनोरमा सूद व श्रीमती श्रुति सूद द्वारा इस त्योहार पर बनाए जाने वाले हिमाचली व्यंजनों की उनके चित्र के साथ



विशेष चर्चा की गई। प्रस्तुत है उनके द्वारा भेजी गई स्वादिष्ट हिमाचली पत्तौड़े (पत्ता पकौड़े) बनाने की विधि :

सामग्री : अरबी के हरे पत्ते, नमक, जीरा, आजवायन, हरी मिर्च कटी हुई, लहसुन बारीक कटा हुआ, मीठी सोंफ, बेसन, सरसों का तेल, आम के आचार का मसाला तथा पिछली रात के भीगे हुए काले चने (थोड़े से)

विधि : अरबी के पत्ते पहले अच्छी तरह से दोनों तरफ से धो लें। एक बर्तन में बेसन व ऊपर लिखा हुआ सारा मसाला आदि डालकर बेसन का घोल बना लें, बहुत पतला न हो। अब साफ जगह पर अरबी के पत्ते उल्टे रखकर उन पर बेसन का बनाया हुआ घोल लेप दें। फिर पहिले लेप किए हुए पत्ते पर दूसरा पत्ता उल्टा रख कर वैसे ही लेप लगायें। बड़े पत्ते हों तो दो, छोटे हों तो तीन पत्ते लेप लगाकर एक दूसरे के ऊपर रखें फिर दोनों ओर से बराबर मोड़कर के उसे गोल-गोल लपेट दें व पतले धागे से बांध दें। एक कुकर में सब पत्तौड़े डाल दें व थोड़ा पानी व थोड़ा सरसों का तेल डालकर उसे गैस पर रख दें। तीन-चार प्रेशर लगा कर उतार लें। कुकर से निकाल कर काट कर छोटे-छोटे पीस कर लें व गर्मा-गर्म परोसें। बचे हुए टुकड़ों को फ्राई पेन में फ्राई कर के अगले दिन भी परोस सकते हैं।

मूंगफली दानों की चटनी सामग्री : 250 ग्राम मूंगफली के दाने, 2 बड़े चम्मच नींबू का रस, एक चम्मच चीनी, नमक, हरी मिर्च, हरा धनिया, पुदीना, सरसों एक छोटा चम्मच व कड़ी पत्ता।

विधि : मूंगफली के दानों को भून कर उपरोक्त सामग्री मिला कर सबको एक साथ पीस लें। उसके बाद सरसों व कड़ी पत्ते का तड़का लगाएं। चटनी बन कर तैयार है।

Ms. SRISHTI SOOD - “JOIN HANDS TO JOIN HEARTS” Joy of Ms. Srishti Sood a Class XII student of Springdales School, Dhaula Kuan, Delhi knew no bounds when she learnt from the Principal of the School that her slogan and logo have been adjudged the best in a Competition floated by the Delhi Police amongst school children of Delhi.



During recent times there has been alarming increase in violent incidents amongst school children and young adults which has become a cause of worry for the entire society. A student in Gurgaon shot dead his classmate and in another despicable incident recently a young player killed his friend who was also attending the same camp, on a petty issue while they were representing their school. To address this problem and to create awakening amongst the school children against such violent tendencies, Delhi police launched a “Logo and Slogan” competition amongst the school children. 255 entries were received and Ms. Srishti’s slogan ‘JOIN HANDS TO JOIN HEART’ alongwith the Logo with a title “Navchetna” were adjudged the best.

She received first prize (Laptop) from Hon’ble Justice Sh. Madan B. Lakur, Judge Delhi High Court and Chairman Juvenile Justice Committee and Shri Neeraj Kumar, IPS, Special Commissioner of Police Delhi.

Our heartiest congratulations to Ms.Srishti Sood and her proud parents Sh. Vipin Sood and Mrs. Neena Sood.

LALA AMAR CHAND SOOD PASSES AWAY

A well known philanthropist and octogenarian, distinguished legal illuminary, highly respected and a prominent member of Sood Biradari, Lala Amar Chand Sood who was conferred by Sood Sabha Chandigarh with prestigious award of “Sood Rattan” in 2004, left for his Heavenly Abode on 5th August, 2009 at Shimla at the age of 103 . The entire Sood Community will feel the vacuum created with the passing away of Rev. Lala Ji who was being looked upon as a guide and a benevolent social activist.



Born on 27th May, 1906 at Dehra Gopipur in Kangra Distt.(HP), after his primary education, Rev. Lala Ji passed B.Sc. from Pb.Univ. Lahore in 1927 and in 1930 completed his LL.B. He started his career in legal profession at Lahore and later at Shimla where he left indelible marks in the profession, got a plethora of case law settled particularly on civil side with more emphasis on land laws and it would not be an exaggeration to describe him as an authority in Revenue matters. During his long and distinguished career spread over five decades, he received numerous honours and awards. In 1974 he was designated as Senior Advocate by Chief Justice R.S. Pathak – a rare distinction. For a number of years he was the President of High Court Bar Association and also Chairman of Dist. Bar Association , Shimla . In 1986 he was made the Honorary Member and his services and contribution to the profession were officially recognized by the Chief Minister Virbhadr Singh who presented him a memento on behalf of the legal fraternity. On the occasion of 50th Anniversary of Indian Independence on 15th August, 1997 he was specially honoured by the High Court. In the 50th year of Supreme Court of India and the Year of the Aged, Her Excellency Ms.. V.S.Rama Devi, Governor, H.P. honoured him publicly on 1.12.1999 with a Commendation Certificate and cash award of Rs. 25,000/-.

Lala Amar Chand Sood was associated with several religious, charitable and educational institutions prominent being Arvindo Society and Chinmaya Mission. He regularly gave financial help to the needy students and T.B. Patients. Being a student of Botany, he had a great knowledge of herbs and their medicinal value and freely advised about the same to the people who came to him for advice which gave them immediate relief.

Lala Amar Chand Sood was highly respected in the society as a leading Advocate, Senior Citizen, Philanthropist and above all a noble human being. He leaves behind his son Shri Kapil Sood, senior Advocate of Shimla, who is also carrying forward the great ideals of his illustrious father.

Sood Sabha Chandigarh deeply mourns the passing away of Rev. Lala Amar Chand Sood and prays to God to bestow peace to the departed noble soul. There is no doubt that the ideals followed by Rev. Lala Ji will continue to guide us.

MEDITATION FOR HEALTHY LIVING

- **B.K. Sood**, Former President Sood Sabha

Good health makes us cheerful and happy. Similarly if we are happy we ensure good health. In fact health and happiness are inseparable - like two arms of a clock . We seek peace and harmony because this is what we lack in our lives. From time to time we experience agitation, irritation, disharmony. And when we suffer from these miseries, it not only becomes a cause of several diseases for us, we often distribute them to others as well, causing disharmony in our family as well as in social life. Therefore to remain happy and healthy we ought to live at peace with ourselves, and at peace with others.



We become unhappy when we find that someone is behaving in a way which we don't like or when we find something happening which is against our wishes. Unwanted things happen and we create tension. We start tying knots within. Throughout life, unwanted things keep on happening and this process of reaction, of tying knots, creates negativity disturbing our peace of mind and ultimately becoming a cause of several ailments and chronic diseases. What is negativity which disturbs our peace of mind ? Anger, jealousy and revengeful attitude. Whenever we are thinking of destroying, retaliating or setting a trap against someone, it requires our heart to pump more blood into our brain. Therefore, we overload the heart and face the consequences. We do more harm to ourselves rather than to the person against whom we are nourishing such thoughts. Now, one way to solve this problem is to ensure that everything keeps on happening exactly as we desire.....but this is impossible. There is no one in the world whose desires are always fulfilled, in whose life everything happens according to his or her wishes. Therefore we should stop reacting blindly when confronted with things that we don't like. We should, therefore, accept the fact that our mind is the cause for 80% of our illness.

For a disturbed mind, meditation is the best form of medication because it totally eliminates the restless waves of the mind. Through medical treatment and medication we may get relief but, illness recur because the cause still remains within our mind. Meditation will help us to eliminate restless waves of the mind. There are different ways to practice meditation. But it is always desirable to follow that form of meditation which suits us. Initially it should be started under some guidance. The best environment for the practice of meditation is a quiet place with minimum distractions. Sit comfortably, close your eyes and concentrate on your breath. Thoughts will come, repel negative thoughts and keep on concentrating on the breath. Constant practice, deep resolve and faith in God will help us in achieving a thought-less stage which is the basic aim of meditation and a sure way to achieve ultimate happiness and good health.

Rights & Liabilities of Seller & Purchaser of Properties

- Priyanka Sud,



There is an oft-quoted saying of Bentham that property and Law are born together and must die together. There are some duties and obligation which the law has laid down for the SELLER. These duties & obligations on his part have been imposed keeping in mind good conscience, equity and justice. These are statutory obligations and are always subject to the contract of the parties to the contrary. Thus, if the contract or the conveyance for that matter pertaining to a property is silent on a matter covered by the statutory obligation, then the statutory obligations shall apply in full measure and cannot be avoided by the seller. These statutory obligations on the seller are –

- (1) The seller is bound to disclose any material defect in the property or in the seller's title thereto, of which the seller is and the buyer is not aware.
- (2) Seller is bound to make available to the purchaser, on his request for examination all documents of title relating to the property which is in the seller's possession or power.
- (3) The seller is bound to answer all relevant questions put to him by the purchaser.
- (4) The seller is bound to execute a proper conveyance of the property.
- (5) Between the dates of the contract of sale and the delivery of the property the seller is bound to take care of the property and all documents.
- (6) The seller is bound to pay all public charges and rent accrued due in respect of the property up to the date of the sale and pay interest on all encumbrances.
- (7) The seller is bound to give warranty that the interest which the seller is professing at the time of sale of property to the buyer, subsists and that he has power to transfer the same.
- (8) Where the whole of the purchase money has been paid to the seller, he is bound to deliver to the buyer all documents of title relating to the property, which are in the seller's possession or power.

Rights of the Seller

- (1) Seller is entitled to the rents and profits of the property till the ownership passes to the buyer.
- (2) Seller is entitled, where the ownership of the property has passed to the buyer before payment of the whole of the purchase- money, to a "charge upon the property" in the hands of the purchaser, any transferee without consideration or any transferee with notice of the non payment.

Liabilities of purchaser

- (1) The purchaser is bound to disclose to the seller any fact as to the nature or extent of the seller's interest in the property.
- (2) The purchaser is bound to pay the purchase money to the seller or such person as he directs.
- (3) The purchaser is bound to pay all public charges and rent which may become payable.

Rights of purchaser

- (1) The purchaser is entitled, where the ownership of the property has passed to him to the benefits of any improvement in, or increase in value of, the property and to the rents and profits there of.
- (2) The purchaser is entitled, unless he has improperly declined to accept delivery of the property, to a charge on the property, as against the seller and all persons claiming under him.

Hence so long as the immovable property is valued by man, problem relating to its transfer will ever remain a vital area of human activity, which shall require acumen, expertise and specialization.

(The author is an Advocate, Punjab & Haryana High Court, #663, 1st Floor, Sec. 8, Panchkula. Mob : 09316527194)

HUMAN RELATIONSHIP KNOWS NO BORDERS.

"I earnestly request you to come to Pakistan and you will find the same intensity of love and affection amongst common Pakistanis which you have shown to me and my family during our stay at Sood Bhawan," said Mr. Paul while talking to the members of Sood Sabha viz. Shri Hari Om Sood, Sh. Rajinder Sood, Sh. Shashi B.Sud and Sh. Surinder Sood on 22nd August, 2009. It really sounds unbelievable particularly after 26/11's Mumbai massacre at the hands of terrorists from Pakistan. But ultimately fact remains that love begets love and hatred causes blood-shed and mass destruction



After a stay of about two months at Sood Bhawan, Chandigarh, Mr. Paul, his wife Mrs. Nasreen Paul, daughter Sasha and twin sons Aman and Omoon returned to Pakistan on 23rd August, 09. Mr. Paul was in Chandigarh for the heart surgery of his 13 year old daughter Sasha at Fortis Hospital, Mohali who was suffering from heart ailment. About three years ago, Sasha underwent a successful heart valve repair treatment in New Delhi but later the valve developed complications. Mr. Paul had visited Chandigarh for short durations last year also for consultation and treatment of his daughter and stayed at Sood Bhawan. Since there was not much improvement, Doctors advised heart surgery. According to Mr. Paul the treatment was not available in Pakistan. More so it required heavy expenses which were beyond his means. So with the efforts of his well wishers in Chandigarh, Rotary Club agreed to meet with the expenses of treatment. Sood Sabha extended all help and co-operation and arranged for their stay at Sood Bhawan. Mr. Paul alongwith his family came to Chandigarh on 24th June, 2009 and stayed at Sood Bhawan. The girl developed some complications causing delay in operation. To the delight and relief of all his well wishers surgery was successfully performed on 20th July, 2009 by Dr. T.S. Mahant, Heart Surgeon, Fortis. Mr. Paul is a Travel Agent in Taxila, Rawalpindi, Pakistan.

When Sasha left Sood Bhawan on the morning of 23rd August, 09 for Pakistan, she was quite normal and excited and repeatedly said that she would miss Chandigarh very much. The entire Paul family was in a festive mood – and time and again thanked all his well wishers in India and above all to the Almighty God for giving a new lease of life to their loving daughter.

Mrs. Hari Om Sood presented a ladies-suit to Sasha as a token of love and on behalf of Sood Sabha a Ladies Wrist Watch was presented to her – thus, signifying that like two moving arms of the watch, **LIFE MUST MOVE ON. Our blessings to SASHA, the brave little girl from Pakistan.**

अपने व अपने बच्चों के सुखद भविष्य के लिए पानी अवश्य बचाएं

— सुरेन्द्र मोहन सूद

क्या आप जानते हैं ?

1. भूमंडल का 70% क्षेत्रफल जल से घिरा है, जिसमें 97.5% नमकीन केवल 2.5% मीठा पीने योग्य है।
2. हिमालय ग्लेशियर पिघल कर सिकुड़ता जा रहा है, पहले प्रति व्यक्ति की उपलब्धता 1800 क्यूबिक मीटर से घटकर अब केवल 1000 क्यूबिक मीटर रह जाएगा।
3. दुनियाँ के एक अरब लोगों को स्वच्छ पेयजल उपलब्ध नहीं है।
4. 20 लाख लोग या तो पानी की कमी या उसके स्वच्छ न होने के कारण मर जाते हैं।
5. यदि हम एक नल से एक-एक बूंद पानी गिरने देते हैं तो 24 घंटे में कम से कम 20 लीटर पानी बर्बाद कर देते हैं।
6. यदि ब्रुश करते समय नल को खुला छोड़ देते हैं तो हम 8लीटर पानी खर्च कर देते हैं, अन्यथा, एक लीटर पानी से ब्रुश किया जा सकता है।
7. यदि हम नहाते समय लगातार नल खुला छोड़ते हैं तो 60 लीटर पानी खर्च करते हैं, अन्यथा, हम केवल 15-20 लीटर पानी बाल्टी में लेकर नहा सकते हैं।
8. जब हम पाईप से कारें धोते हैं तो 300 लीटर पानी बर्बाद कर देते हैं और यही काम बाल्टी-मग द्वारा करने से 15-20 लीटर पानी से हो सकता है।

हमारे लापरवाही एवं पानी बर्बाद करने के कारण देश के अधिकतर हिस्सों में जमीन में पानी का स्तर 1-3 मीटर प्रति वर्ष नीचे जा रहा है। यदि हम सबने मिलकर पानी बचाने के उचित उपाए न किए तो आने वाले समय में हमें पीने के लिए पानी उपलब्ध नहीं होगा।

Multi facet Personality

Sh. BISHAMBER LAL SUD

Shri Bishamber Lal Sud is amongst very few who are devoting their time and energy for highlighting various problems faced by the common man besides working for world peace, national integration and creating feelings of brotherhood in the society. . He started a local newspaper 'Parvat ki Goonj' from Shimla. He has written several books including 'Paigam Kaum Ke Namm', 'Chitra' and 'Nayay Aur Praschit'. He is also fond of writing poems which have been published in the form of a book titled 'Shanti Doot'. All his books deals with rural agony, social evils and role of women in the society. His most popular poems include Jakham, Asmanjus, Ibadat, Be-rooh Jism, Ghungroo ki Awaj.

Shri Bishamber Lal Sud is the founder President of World Peace Forum (Regd.) and also founder of Himachal Pradesh Laghu Patrakar Sangh. He does not miss any opportunity to approach the authorities seeking solution to the problems faced by the people. He has written letters to the world leaders expressing his views on international issues. Astrology and Palmistry are also his hobbies and he claims to have predicted several important events. He has firm belief that India will usher into an era of stability, economic prosperity and will become a super power in the world.

शेख का आदेश और लुकमान की समझदारी

प्राचीन काल में अरब में अमीर लोग निर्धनों

को खरीदकर गुलाम बनाकर रखते थे। ऐसा ही एक गुलाम था लुकमान। लुकमान अपने मालिक (जो एक शेख था) के प्रति अत्यंत वफादार था। वह अपने मालिक की हर प्रकार से सेवा करता। लुकमान बुद्धिमान भी था। यह बात शेख को भी पता थी और इसलिए वह लुकमान से जब-तब तर्कपूर्ण चर्चाएं करता था। वह अक्सर लुकमान से विचित्र प्रश्न पूछकर उसके ज्ञान की परीक्षा लेता और लुकमान भी उसे कभी निराश नहीं करता था। एक बार शेख ने उससे कहा—लुकमान! जाओ बकरे का जो श्रेष्ठ अंग हो, उसे काटकर ले आओ। लुकमान गया और तुरन्त बकरे की जीभ काटकर ले आया। शेख ने पुनः उसे आदेश दिया—अब जाकर बकरे का वह अंग लेकर आओ,

जो सबसे बुरा है। लुकमान तुरन्त गया और थोड़ी देर बाद एक अन्य बकरे की जीभ काटकर ले आया। यह देखकर शेख ने कहा—यह क्या, इस बार भी तुम बकरे की जीभ काट लाए? लुकमान ने जबाब दिया —मालिक! शरीर के अंगों में जीभ ही ऐसी है जो सबसे अच्छी भी है और बुरी भी। जीभ से उत्तम वाणी बोली जाए तो यह सभी को अच्छी लगती है और उसी से कटु वचन बोले जाएं तो यह सबको बुरी लगने लगती है। शेख एक बार फिर लुकमान की बुद्धि का कायल हो गया। सार यह है कि वाणी की मधुरता से हम दुश्मन को भी अपना बना सकते हैं, जबकि कर्कश वाणी के चलते अपनों को भी पराए होने में ज्यादा देर नहीं लगती। हमें कभी दूसरों के खिलाफ अपशब्दों का प्रयोग नहीं करना चाहिए।

साभार : दैनिक भास्कर

परोपकार में भी है भक्ति

नित पूजा करते हम शिव की,
पुकारते हैं उसे हम शंकर भोला
फिर क्यों बनते सदेव हम चतुर
नहीं बना पाते अपने आप को भोला
धर्म का आधार है त्याग, नेकी, दया और सच्चाई
फिर कैसे कहलाते हम धार्मिक,
जब नहीं करते हम कोई अच्छाई
नहीं रख पाते कोई संयम अपनी दिनचर्या में हम अपने कर्मों पर
फिर क्यों बन जाते हैं आलोचक, ध्यान कर दूसरों के कर्मों पर
सोचो क्यों सुख पाते हैं हम, दुखी कर दूसरों को,
इस पर चिन्तन करके देखो
सुख और आनन्द का आभास पाओगे,
जरा दूसरों के दुख बांट कर देखो।

वृक्षों की महिमा

घुटन होती है जब श्वासों में तब हमें शुद्ध हवा का फिफ्र सताता है
फिर क्यों नहीं उगाते कुछ पेड़ जो शुद्ध हवा का दाता है
वन रक्षक बन गये हैं वृक्ष भक्षक, है ना दुख की बात यह यारो
गुम हो गई है हरियाली चारों ओर, नंगे हो गये हैं पर्वत चारों ओर यारो
गर चाहते हो साफ वातावरण, कुछ तो तुम्हारा भी योगदान हो
लगाएँ और सम्भाले हर व्यक्ति एक वृक्ष,
सौ करोड़ पेड़ों का स्वतः ही योगदान हो
एक चौथाई धरती को हरा हमें बनाना है,
तभी गर्मी से निजात हम पायेंगे
करके हरा भरा पहाड़ों को,
पानी की तंगी का कुछ हल भी हम तब कर पायेंगे
वृक्षों की महिमा
परोपकार में भी भक्ति
शेख का आदेश और लुकमान की समझदारी

—सुरेन्द्र मोहन सूद

OUR VALUES & RELATIONSHIP

I ran into a stranger as he passed by, "Oh excuse me please" was my reply.
He said, "Please excuse me too; I wasn't watching for you."
We were very polite, this stranger and I.
We went on our way and we said good-bye.
But at home a different story is told, How we treat our loved ones, young and old.
Later that day, cooking the evening meal, My son stood beside me very still.
When I turned, I nearly knocked him down. "Move out of the way," I said with a frown.
He walked away, his little heart broken. I didn't realize how harshly I'd spoken.
While I lay awake in bed, God's still small voice came to me and said,
While dealing with a stranger, common courtesy you use,
But the children you love, you seem to abuse.
Go and look on the kitchen floor, You'll find some flowers there by the door.
Those are the flowers he brought for you.
He picked them himself: pink, yellow and blue.
He stood very quietly not to spoil the surprise,
You never saw the tears that filled his little eyes."
By this time, I felt very small, And now my tears began to fall.
I quietly went and knelt by his bed;
Wake up, little one, wake up," I said. Are these the flowers you picked for me?"
He smiled, "I found 'em, out by the tree.
I picked 'em because they're pretty like you.
I knew you'd like 'em, especially the blue."
I said, "Son, I'm very sorry for the way I acted today;
I shouldn't have yelled at you that way."
He said, "Oh, Mom, that's okay. I love you anyway."
I said, "Son, I love you too, and I do like the flowers,
especially the blue."

FAMILY

Are you aware that if we died tomorrow,
The company that we are working for could easily replace us in a matter of days.
But the family we left behind will feel the loss for the rest of their lives..
And come to think of it, we pour ourselves more into work than into our own family,
an unwise investment indeed, don't you think ?
So what is behind the story?
Do you know what the word FAMILY means?

FAMILY = F)ATHER (A)ND (M)OTHER (I) (L)OVE (Y)OU