

## HILARIOUS MOMENTS AT THE MAGIC SHOW WHICH KEPT THE AUDIENCE SPELL BOUND



Fance dress competitors



Sood Prince &amp; Sood Princess of 2011

# SOOD Sandesh

SOOD BHAWAN  
Sector 44-A Chandigarh Ph. : 2663408  
website : soodsabhachandigarh.org



सेवा परमोधर्मा :

# सूद सन्देश

SOOD BHAWAN  
Sector 10 Panchkula Ph. : 2582964  
email : soodsabhachandigarh@gmail.com

## 49th SOOD MILAN MELA



## GLIMPSES OF COLOURFUL PRESENTATION BY CHILDREN



## GLIMPSES OF 49TH SOOD MILAN MELA HELD ON 18TH DECEMBER 2011



Chief Guest Sh.Krshan Kant Sood & delegation from Hoshiarpur welcomed on arrival



Chief Guest Sh. Krishan Kant Sood lights Deepshikha. Also in the picture : S/Sh.Rajinder Sood, Surinder Sood, K.R. Sood, Bipan Chand Sood & V.K. Sood



Sh.K. R.Sood presenting memento to the Chief Guest. Office Bearers of Sood Sabha Hoshiarpur also in the picture



Sh.Krishan Kant Sood, Chief Guest releasing a book "Gharailu Nuskhe(Home Remedies)" written by Sh. S.M. Sood



Sh. Bal Krishan Sood, former President honoured by Sood Sabha for his contribution to the Sabha



Members of Sood Yuva Manch with Sh. Shashi B.Sud, Vice President & Co-ordinator and Sh. Brij K Sood, Former President.

## LOHRI CELEBRATIONS AT SOOD BHAWAN, CHANDIGARH



Sh. Arun Sood newly elected Councilor, MC, Chandigarh was honoured. S/Sh.Surinder Sood, Shashi B. Sud, S.K. Sood, K.R.Sood, Umesh Sood and Mrs.Arun Sood also in the picture.



Sh.Arun Sood, Sh.Kulwant Rai Sood and Sh.Shashi B.Sud & other members lit the lohri.



Members of Sood Yuva Mancha offering 'prasad' at Lohri



A view of the large gathering enjoying game of tambola.



## TOPPERS IN ACADEMICS AND SPORTS HONOURED



## INAUGURATION OF LIFT (ELEVATOR) AT SOOD BHAWAN, CHANDIGARH ON 1st APRIL 2012



Sh. Bipan Chand Sood presenting a bouquet to Mrs. Shashi Harish Sood.



Mrs. Shashi Harish Sood inaugurates lift at Sood Bhawan, Chandigarh.  
Also seen in the picture senior members of the Sabha.



Pooja was performed before inauguration of the lift.



Ceremonial coconut offering before operating the lift.



Senior Members had the first ride of the Lift with Mrs. Shashi Harish Sood



A view of the gathering on the occasion..



## FELICITATION OF SENIOR MEMBERS OF BIRADARI DURING SOOD MILAN MELA



Family of Late Sh. K.C. Mehdoodia, Former President



Family of Late Sh. Lt Col Sham Lal Sood, Former Sr. Vice President



Family of Late Sh. Vikram Sood, Former Secretary



Oldest couple present in the function honoured



Senior members above 80 present in the function were also felicitated



## GLIMPSES OF 49th SOOD MILAN MELA



From L to R : S/Sh SM Sood, Jugesh Sood, Bhupinder Sood, R.K. Sood, P.C. Sood and Shashi B. Sud



Shikha Sood & Ritu Sood compering the programme



Audience enjoying tambola



Winners of Lucky Draw



# SOOD SANDESH



सेवा परमोधर्म :

**VOLUME - 74**

## EDITORIAL BOARD

**Surinder Sood**

**Kuldeep Rai Sood**

**Ashwani Doegar**

**Shashi B Sud**

**Rajinder Sood**

**JAN. - MAR. 2012**

## From the Editor's Desk...

**A man is but the product  
of His thoughts.  
what he thinks,  
He becomes.**

**- Mahatma Gandhi**



Self determination is a great motivation. A determined person will set goals for himself and let nothing stop or deter him from reaching his goal. The human mind can do anything it wants to do, but it needs the strength, self belief and confidence to reach the goal, it has chosen.

One should not be afraid of difficulties and challenges in life. Face them with courage "where there is will there is way". It is only when you determine something and when you put your mind & heart into it you achieve success. Believe in yourself, self determination is a key factor in achieving set goals, Failure will never overtake, if determination to succeed is strong enough. One needs to take action to achieve a particular goal in one's life.

The same was visible during 49<sup>th</sup> SOOD MILAN MELA, where every Sood Member demonstrated team work to meet the results of making the event a success. Fancy Dress, On-the-spot Painting Competition, Magic Show, Cultural Programme, Dance Competition, Tambola and selection of Sood Prince and Princess were the major highlights of the Programme. Meritorious students who excelled in academics and sports were honoured.

On the auspicious Ram-naumi Day i.e. Sunday April 1, 2012 LIFT (Elevator) was installed at Sood Bhawan, Chandigarh. It was inaugurated by Mrs. Shashi Sood, wife of Late Shri Harish Sood, Ex-General Secretary, Sood Sabha at a solemn but impressive function in the presence of Life Members and Members of Managing Committee and Sood Yuva Manch.

SOOD SANDESH is an important source of communication for Sood Sabha, Chandigarh to highlight it's various activities. This magazine has also been adopted as an official organ by the Sarvdeshik Sood Sabha. Therefore efforts are made to publish various news items about the Biradari. Besides, the magazine also serves a very useful purpose by publishing matrimonial of the Biradari.

SOOD SANDESH is your family magazine. I would appreciate comments and suggestions of our readers, in the form of e-mail to : [linktokamini@gmail.com](mailto:linktokamini@gmail.com)

**- Kamini Goel**

## OUR SOCIAL ACTIVITIES – A brief report.

**BLOOD DONATION CAMP ON 29th APRIL, 2012** - Sood Yuva Manch has decided to organize second Blood Donation Camp on 29<sup>th</sup> April, 2012. While we appreciate the decision of the young members of the Yuva Manch, we request members of Sood Community residing at Chandigarh, Panchkula and Mohali to participate in this noble cause by making this precious gift to save a life and make the Camp a grand success.

**PHYSIO-THERAPY CENTRES** - So far our Physio-therapy Centre at Sood Bhawan, Panchkula was functioning during morning hours from 9 AM to 1 PM. However, keeping in view the increase in number of patients it has been decided to open the Physio-therapy Centre for two hours in the afternoon also.

At Sood Bhawan, Chandigarh the Centre is already functioning both in the morning and evening. Recently additional machines with latest features viz IFT, Ultrasonic and 8 Channel TENS have been installed to cope up with the rush of patients. Number of beds has also been increased from five to eight.

**LIBRARY AT SOOD BHAWAN, CHANDIGARH.** Books are our best companions and it is rightly said that reading makes the man perfect.. We not only get knowledge and enlarge our vision but also get solution to our emotional problems in the hour of need. Keeping these facts in mind, we have opened a Library at Sood Bhawan, Chandigarh. Several new books by prominent authors on different subjects including some Hindi fictions have been added in the Library. The membership to Library is open for all.

**ADDITION OF A DIETICIAN** – Ms. Pooja Malhotra, M.Sc. ( Food & Nutrition) has joined Sood Bhawan, Chandigarh as Dietician and is available for consultation and counseling daily from 9 AM to 12 noon ( except Sunday and holidays ). She is well qualified and has also got training at AIIMS, and Apollo Hospital, Delhi. Due to rapid changes in our work habits and life style, we have not changed our dietary habits resulting in increasing number of diabetics, hypertension, thyroid and ortho related cases. Therefore, at Diet Clinic one can have proper guidance.

**SPECIAL CONCESSION AT DIAGNOSTIC LABS** – Doctors recommend that after the age of 40, one must have annual medical check up. Special concession of 25% is given to all members of Sood Community who opt for complete package of 27 blood tests ( Lipid profile, renal and kidney tests etc. ) at Janhit Diagnostic Laboratories at Sood Bhawans, Chandigarh/Panchkula. Already the charges are on 'no profit no loss' basis and additional concession is given so that we develop the habit of annual medical check up.

**DR. SHIKHA SHARDA** Incharge, Homoeopathic Dispensary, Sood Bhawan, Panchkula has been honoured with SAFE HANDS AWARD by EXPERT HEALTH SOLUTIONS -A Unit of Dr. Lal's Expertise (An ISO 9001: 2008 Certified Co.) in recognition of her "high degree of knowledge, skill and experience in the Science and Art of Homoeopathy and her skills in patient management". Ever since Dr. Shikha Sharda has taken charge of Dispensary at Sood Bhawan, there is appreciable increase in number of patients and the Dispensary has become quite popular in the area.

## FROM GENERAL SECRETARY

Whether we accept it or not but it is a fact that we all have a secret craving for appreciation. A word of appreciation inspires and encourages one who is appreciated and motivates him to do still better and the other person also has the satisfaction of developing a positive relationship. The same is true about social organizations who selflessly and sincerely work to render service to the Society without expecting any reward in return. But their work does not go unrewarded. Through the columns of this magazine, we have always highlighted social activities and medical facilities being provided by the Sabha



to the general public at both the Sood Bhawans. I have the pleasure to share with you some of the appreciative comments made by members of other communities/organizations:

\* I am personally tempted to say that I have been visiting Sood Bhawan, Chandigarh for treatment of my wife at Physio-therapy Centre. We have been sincerely welcomed and given a very homely treatment. All the functionaries are doing an excellent social service. "Service to Humanity is Service to God" This proverb is entirely fitted to your Organisation.  
**-Darshan Singh, Dy. Programme Adviser NSS (Retd.), GOI**

\* I want to express my deep gratitude to you and members of your organization who have arranged a Blood Donation Camp with the Deptt. Of Transfusion Medicine, Govt. Medical College & Hospital, Chandigarh. I am indeed grateful to each and every donor who has come forward to donate this precious gift of life.  
**-Dr.Sabita Basu, Prof.& Head, Deptt. of Transfusion.**

\* **Mrs. Bimla Mehra** resident of Sec.44-A Chandigarh is donating Rs.500/- every month for the last about seven years, towards medicines for poor patients, in the memory of her husband Dr. Ram Nath Mehra who died in 2004. She says that it is her humble contribution for a social cause through the Sabha which is doing yeoman's service to the Society.

\* Members of Central Govt. Pensioners Welfare Society (Regd.) Chandigarh are grateful to Sood Sabha for providing them place and other facilities for holding monthly meetings at Sood Bhawan, Chandigarh without any charges.  
**-M.M.S.Walia, General Secretary.**

\* The Management of Sood Bhawan has given permission to hold monthly meetings of Defence Accounts Pensioners Welfare Association on first Sunday of each month. Our Association places on record our sincere thanks for the kind gesture towards Senior Citizens and old pensioners. **-D.C.Gupta, President.**

\* CHANDIGARH TELECOM PENSIONERS ASSOCIATION has been holding monthly meetings at Sood Bhawan, Chd. for the last several years for which the Management of Sood Sabha provides all facilities without any charges. Members of our Association are highly grateful to the management of the Sabha for this noble gesture. Selfless service to Society is a true 'sadhna' and 'thro' its various social projects, the Sabha is truly serving the society.  
**-D.P. Aggarwal, General Secretary**

\* We feel indebted to Sood Sabha for showering kindness and love to us and our family during our stay at Sood Bhawan. The way Sabha helped us during the treatment of our daughter who was suffering from heart ailment, we can never pay back. Thanks a lot  
**-Earnest Paul from Pakistan.**

**We feel over-whelmed when we receive such accolades. It is our humble contribution to the Society and a sincere effort to truly follow the dictum "SEWA PARMODHARMA which the Sabha has incorporated in its logo.**

With greetings,

**SURINDER SOOD**

## 49<sup>th</sup> SOOD MILAN MELA – A REPORT

**Rajinder Sood**

Chairman, Organizing Committee.

Ever since the formation of Sood Sabha, year after year a Get-together of Sood families is being organized by the Managing Committee. Despite it being an annual feature, it has not lost its significance and we all eagerly look forward to this day with enthusiasm.

49<sup>th</sup> Sood Milan Mela was held on 18<sup>th</sup> December, 2011 at Sood Bhawan, Chandigarh and I was given the privilege to co-ordinate various activities as a Chairman of the Organizing Committee. Sub-Committees were constituted to ensure that all activities are held in a systematic manner. I am happy that with the co-operation and active participation of all the members of the Managing Committee, the event was a grand success. For the first time, members of Sood Yuva Manch were assigned the responsibility to over look various arrangements and I am happy to say that they put in their best efforts and performed their job quite admirably under the over all guidance of Shri Shashi B. Sud.



Shri Krishan Kant Sood, President, Sood Sabha, Hoshiarpur was the Guest of Honour at this function. He was accompanied by Sh. Arvind Sood, Secretary and other leading functionaries. Their participation was highly appreciated. The Sabha is constructing a Sood Bhawan at Hoshiarpur. Shri Krishan Kant Sood in his address made a fervent appeal for funds.

Shri Bal Krishan Sood, former President and one of the founder member of Sood Sabha was honoured and presented with a memento in recognition of his long and dedicated service to the Sabha. On this occasion families of Late Sh. Kishore Chand Mehdoodia, former President, Late Lt. Col. Sham Lal Sood, former Sr. Vice President and Late Sh. Vikram Sood, former Secretary were also honoured and rich tributes were paid to them. Their services will continue to inspire us. The Sabha also honoured senior members of the biradari – 80 years and above by presenting Shawls to them. Besides, students who performed admirably well in the previous academic year in studies and sports were also given Award of Excellence.

Other highlights of the function were graceful dance items by young girls and fancy dress show by tiny tots who presented themselves in various characters like Jhansi Ki Rani, Meera Bai, and Young Krishana, An impressive Magic Show kept the audience spell bound for almost one hour which was liked by all. Sumptuous Lunch consisting of Pahari dishes was served which has become another attraction of the Mela. I am grateful to all the members of the Managing Committee who left no stone unturned to make this annual feature successful.








### NOBLE GESTURES

*During 49<sup>th</sup> Sood Milan Mela held on 18<sup>th</sup> Dec., 2011, Shri Raghbir Dhanda handed over 12 post dated cheques of Rs.1100/- each towards donation to Sood Sabha as his humble contribution for social activities. The cheques are encashable on first of every month starting from Jan, 2012. - The Sabha highly appreciates this gesture of Sh. Dhanda.*



## **49<sup>Th</sup> ANNUAL FUNCTION OF SOOD SABHA CHANDIGARH (18-12-2011)**

### **LIST OF AWARDEES (SPORTS)**

	<b>Abhay Sood</b> S/o Mr. Dinesh Sood	Squash	P.U. Inter College	Outstanding player of squash. Achieved so many distinctions in Junior competition as well. Played in IIT Roorkee and IIT Pillani
	<b>Poornima Sood</b> D/o Mr. S.K. Sood	Badminton	CBSE (North Zone- Under 14 Category) Inter School Tournament	1 <sup>st</sup> Position with Gold medal  2 <sup>nd</sup> Position in North Zone Championship
	<b>Mehak Sood</b> D/o Mr. S.K.Sood	Badminton	CBSE (North Zone) (Under 17 Category)	1)1 <sup>st</sup> Position Gold medal in inter school tournament.. 2) 1 <sup>st</sup> position gold medal in N. Zone B'minton. Championship. 3) 1 <sup>st</sup> position gold medal in mini Olympics held in Chandigarh
	<b>Anuj Sood</b> S/o Mr. Vikas Sood	Skating	State level & CBSE North Zone.	1)Gold & Silver medal in Haryana. State level school games In 2011-2012 2)Gold & Bronze In CBSE North Zone.
	<b>Bisaj Sood</b> S/o Mr V.K. Sood	Basket -Ball	56 <sup>th</sup> National school (27 <sup>th</sup> Dec To Jan 2011) under 14 championship fro Sub Junior boys held from 24 <sup>th</sup>	Participation
Name : <b>Anshul Sood</b> S/o Mr. Pankaj Sood		Skating	World Record (Continuous skating for 31 hours)	1) Outstanding merit certificate from D.C. Panchkula. 2) Name entered in Limca Book
Name : <b>Aneesh Sood</b> S/o Mr. Pankaj Sood		Skating	World Record (Continuous skating for 31 hours)	Outstanding merit certificate from D.C Panchkula.



## समाज सेवा का अनोखा प्रयास

गत वर्षों की भान्ति इस वर्ष भी सूद मेले के इस शुभ अवसर पर हमारी सभा के वरिष्ठ सदस्य श्री सुरेन्द्र मोहन सूद द्वारा रचित (संग्रह) पुस्तक “घरेलु नुस्खों में छिपा सेहत का रहस्य” का विमोचन किया गया। यह पुस्तक हर व्यक्ति एवं परिवार के लिए बहुत उपयोगी है। इसीलिए समाज के प्रत्येक वर्ग के लोगों ने इस पुस्तक को पसन्द किया है और इसे उपलब्ध कराने की इच्छा व्यक्त की है, श्री सुरेन्द्र मोहन सूद का हमेशा यह प्रयास रहता है कि वे अपने लेखन द्वारा सामाजिक चेतना समाज सेवा भारतीय संस्कृति के उत्कृष्ट स्वरूप को समाज के सामने प्रस्तुत करें। अपने इन उद्देश्यों को प्राप्त करने के लिए उन्होंने अपनी पुस्तक “आओ सोचें मैं, आप और हम” में अपनी कविताओं द्वारा सामाजिक समस्याओं और विसंगतियों को उजागर करने का अच्छा प्रयास किया है। इसी तरह दूसरी पुस्तक “कहावतों और मुहावरों में छिपा जीवन का रहस्य” में हमें हमारी संस्कृति का दार्शनिक स्वरूप देखने को मिलता है। आपको यह जान कर हैरानी होगी कि इन्होंने अपनी पुस्तकों को स्वैय प्रकाशित करवा कर जन-साधारण को विभिन्न सामाजिक संस्थाओं से जुड़ कर मुफ्त वितरण किया है। हम आशा करते हैं कि वे भविष्य में भी इसी प्रकार समाज सेवा के इस उत्कृष्ट प्रयास को जारी रखेंगे।



सुरेन्द्र मोहन सूद



## पाप और पुण्य

आज जब हमारे जीवन में भोग-विलास महत्वपूर्ण स्थान लेता जा रहा है, और हम न्याय संगत और संवेदनशील न होकर स्वार्थी बनते जा रहे हैं। आज नैतिक मूल्यों का हमारे जीवन में कोई स्थान नहीं रहा। ऐसे में पाप और पुण्य जैसे मुद्दे पर विचार करना हम धीरे-धीरे छोड़ते जा रहे हैं। लोगों का नजरिया इतना बदल गया है कि वे ऐसे विषय पर चर्चा करना भी उचित नहीं समझते, हाँ धार्मिक अथवा सामाजिक समागमों में जहाँ कोई प्रसिद्ध धार्मिक गुरु या सामाजिक नेता द्वारा इस विषय पर चर्चा अवश्य होती है, व्याख्यान दिये जाते हैं, वहाँ पर उपस्थित श्रोताओं में कुछ लोग ही घर आकर इस पर विचार करके इन पर आचरण करने का प्रयास करते हैं। कल तक हम जिन कर्मों को पुण्य के रूप में देखते थे वे आज के दौर में बहुत से लोगों के लिए बेकार और अव्यवहारिक बातें हैं। आज तो लोग अपने निजी जीवन में व्याभिचार, अत्याचार और भ्रष्टाचार जैसे मुद्दों पर तभी गम्भीर होते हैं जब वे स्वयं ही किसी न किसी रूप में इनके शिकार होते हैं। कल तक घर में माता-पिता, दादा-दादी आदि और स्कूल में अध्यापक अक्सर सामाजिक अच्छाइयों, बुराइयों पाप एवं पुण्य के बारे समय-समय पर चर्चा करके बच्चों को इनके प्रति सचेत करते रहते थे जिससे हमारे विचारों और व्यवहार का स्वतः ही शुद्धिकरण होता रहता था। इसी विधि से एक स्वच्छ एवं उत्तम समाज का निर्माण होता रहा।

हम भली-भान्ति जानते हैं कि पाप पुण्य का सीधा सम्बन्ध हमारी धार्मिक आस्था पर निर्भर करता है। हमारी धार्मिक आस्था हमारे विचारों को काफी हद तक प्रभावित करती है। हिन्दू धर्म को मानने वाले गाय को एक माँ के रूप में देखते हैं। मास मदिरा से दूर रहते हुए अच्छे संस्कारों से प्रभावित रहते हैं। यही निश्चित है कि हमारे विचार ही हमारे आचरण का रूप लेते हैं। जब हमारे विचारों और आचरण में नैतिक मूल्यों का महत्व बढ़ जाता है तो हमारी आत्मशक्ति और हमारा विवेक प्रबल हो जाता है। विवेकशील व्यक्ति किसी भी कर्म करने से पहले उस पर विचार अवश्य करता है जिसके फलस्वरूप ऐसे लोगों के कर्म शुभ और न्यायसंगत होते हैं जब हम न्यायसंगत बन जाते हैं तो पाप कर्मों और व्यवहार ही इंसानियत का उत्तम स्वरूप है और इन्सानियत सभी धर्मों का मूल वास्तविकता है। आओ अपनी धार्मिक आस्था को मानते हुए इन्सानियत को कभी भी न भूलने का अपने आप से संकल्प लें। ये हमें पुण्य पथ पर अग्रसर होने के लिए हमारा पथप्रदर्शन करेगा।

सुरेन्द्र मोहन सूद



## ध्यान (Meditation) - एक अभूतपूर्व अनुभव

शशि भूषण सूद  
उप प्रधान



कौन नहीं चाहता कि हमारा जीवन चिंता रहित व तनावमुक्त हो, कौन नहीं चाहता कि जीवन में जब भी कोई परेशानी आये तो हम विचलित न हों और उसका बड़ी आसानी से व धैर्य से सामना करें? आज के भाग-दौड़ भरे जीवन में इस (materialistic life) में सब कुछ इन्सान को किसी न किसी तरह मिल जाता है-- लेकिन जो आसानी से नहीं मिलता वह है मन की शांति व दिमाग का सुकून। आज के युग में अधिकतर लोग तनाव (stress) में रहते हैं। आप चाहें तो अपने इर्द गिर्द देख सकते हैं यही कुछ दिखेगा।

मैं आपको एक छोटा सा उदाहरण अपना ही देता हूँ। मैं 37 वर्ष की सर्विस के बाद 2009 में सेवा निवृत्त हुआ- एक दम से जीवन में परिवर्तन आया- 35 साल का एक रूटीन बना था। वैसे तो मैं और साथियों के मुकाबले सेवा निवृत्ति के लिए अधिक तैयार था। लेकिन फिर भी थोड़ा सा दबाव आया। जुलाई में सेवा से निवृत्त हुआ और सितम्बर 2009 में सूद सभा चण्डीगढ़ द्वारा सैक्टर 44 भवन में ध्यान योग केन्द्र की स्थापना पिरामिड स्पिरिच्युअल सोसायटी द्वारा की गई। शुरु में तो हमने इसमें कोई रुचि नहीं दिखाई लेकिन सूद सभा का पदाधिकारी होने के नाते मैं शुरु से ही सभा के सभी कार्यों में, विशेषकर धार्मिक व आध्यात्मिक कार्यों में विशेष रुचि रखता था। ऐसे ही एक कार्यक्रम में पिरामिड स्पिरिच्युअल सोसायटी के संस्थापक आदरणीय ब्रह्मर्षि पत्नी जी चण्डीगढ़ पधारे व भवन में ध्यान योग पर उनका एक प्रबचन आयोजित किया गया। ध्यान की उपयोगिता पर विस्तृत चर्चा हुई व उन्होंने ध्यान करने की विधि भी समझाई। उस संध्या पर हमने निश्चय कर लिया कि हम नियमित रूप से ध्यानाभ्यास करेंगे?

शुरु-शुरु में तो अपने निवास पर ही समझाई गई विधि के अनुसार ध्यानाभ्यास करने लगे लेकिन कुछ सन्तुष्ट नहीं हुए हमारे भवन के ही डाक्टर जे.के. कालरा ध्यान योग केन्द्र का संचालन कर रहे थे -- उनसे इस संदर्भ में चर्चा हुई तो उन्होंने समझाया कि (Group Meditation) से सामूहिक रूप से ध्यान पर बैठने से ऊर्जा का प्रवाह अधिक होने से अधिक लाभ की प्राप्ति होगी। उन्होंने बताया कि नियमित रूप से ध्यानयोग केन्द्र में आकर ध्यान पर बैठने से अधिक लाभ व ऊर्जा प्राप्त हो सकती है। बस, फिर क्या था, मैंने और मेरी धर्म पत्नी ने नियमित रूप से शाम को निश्चित समय पर ध्यान पर बैठना शुरु कर दिया। आज स्थिति यह है कि ध्यान योग के बिना दिनचर्या अधूरी लगती है। इसकी आदत सी हो गई है। अलग सा नशा है ध्यान योग। अब शाम को हमारा कोई कार्यक्रम नहीं होता--प्राथमिकता ध्यान योग को ही देते हैं। क्या अपने चैन, दिल, दिमाग, सुख के लिए 24 घण्टे की दिनचर्या में से 60 मिनट अपने लिये नहीं निकाल सकते।

अब ऐसा हो गया है कि यदि शाम को ध्यान योग केन्द्र न जा पाएं या शहर से कहीं बाहर गये हों तो हम जहां पर भी हों, वहीं ध्यान के लिये बैठते जरूर हैं। जीवन है - इस दौरान कुछ समस्याएं भी आईं। कई प्रकार के उतार-चढ़ाव, चिन्ता तो अवश्य हुई लेकिन उतनी नहीं। शायद ध्यान योग से प्राप्त की हुई ऊर्जा ही हमारा बचाव करती रही। बड़े सहज भाव से समस्याओं को हम झेल गये। अब मन इतना शान्त हो गया है कि उतार-चढ़ाव मन को उद्विग्न नहीं करते बल्कि मन केन्द्रस्थ हो चुका है। एक शक्ति मिली है ध्यान योग से, लगता है छोटी-छोटी बातों को नकार देता है। अधिक किसी से नहीं जुड़ना-अलगाव materialistic life से nature से, attachment बढ़ना। आध्यात्मिक बातों में रुचि होना सबसे बढ़कर हर माहौल में सामान्य होने की क्षमता को बढ़ाना। ऐसे अनुभव होता है कि कोई विराट शक्ति हमें खुद संभाल रही है।

ध्यान की अनुभूति एक अलग सी अनुभूति है। कभी किसी वजह से सुबह आंख जल्दी खुल जाये तो हम ध्यान में बैठ जाते हैं--कई बार ध्यान करते हुए नींद भी आ जाती है। मन शान्त रहता है। मैं सभी पाठकों से कहना चाहूंगा कि आज की भागमभाग वाली दिनचर्या में तनावरहित होने के लिए ध्यान meditation एक बहुत ही बढ़िया तरीका है। अपनी सारी चिन्ताएं छोड़कर ध्यान करें, पुराना सब भूल कर नया जीवन शुरु करें, सोच को सकारात्मक रखें। बस फिर जीवन शान्ति, सुख व आनन्द से भी जायेगा।



# THE MOST IMPORTANT THING IS LIFE

Contributed by - Kapil Goel, Vice President

A professor stood before his class with some items on the table in front of him, when the class began, he picked up a very large and empty Jar and proceeded to fill it with rocks. "He then asked the students if the jar was full. They agreed that it was." The professor then picked up a box of pebbles and poured them into the same jar. He shook the Jar tightly. The pebbles of course rolled into the open areas between the rocks.

"He again asked the students if the Jar was full. They again agreed that it was." The professor again picked up a box of sand and poured it into the Jar. Of course, the sand filled up every thing else. He then asked the students again if the Jar was full. The students responded with a unanimous "YES". Now said the professor "I want you to recognise that this Jar represents your life. The rocks are the important things your family, your parents, your partner, your health, your children.

Pebbles are the other things that matter like your Job, your house and your car. The sand is everything else, "The small stuff". If you put the sand into the Jar first, he continued, there will be no room for pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff. You will never have room for the things that are most important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. So take care of the rocks first. The things that really matter. Set your priorities. The rest is just pebbles and sand.

## Imagine this ?

One day you came out from your house and all you see is a big puffs of smoke and no trees !"  
All you see the cars and no birds ! All you smell is gasoline .  
No flowers! What kind of life is that ? So go Green  
Save tree, fuel and Environment control population growth.



## LIFT AT SOOD BHAWAN CHANDIGARH

On the auspicious Ram-naumi Day i.e. Sunday April 1, 2012 LIFT ( Elevator ) installed at Sood Bhawan, Chandigarh was inaugurated by Mrs. Shashi Sood, wife of Late Shri Harish Sood, Ex-General Secretary, Sood Sabha at a solemn but impressive function in the presence of life members and members of Managing Committee and Sood Yuva Manch. Before inauguration, pooja was performed by Sh. Bipan Chand Sood, President Sarvadeshik Sood Sabha and leading functionaries of the Sabha including Shri V.K. Sood and former Presidents S/Sh. Hari Om Sood, Bal Krishan Sood and Brij Krishan Sood. Late Shri Harish Sood had played a pivotal role in the allotment of plot and also in the construction of first phase of the Bhawan. Thus, the inauguration of Lift at the gracious hands of Mrs. Shashi Sood was a tribute to the memory of Shri Harish Sood. On this occasion Mrs. Shashi Sood made a donation of Rs. 21,000/- to the Sabha.

# MINERALS AND HEALTH

**N.K. Sood - Director Geological Survey of India(Retd.)**

One cannot imagine universe without minerals. Utility of these minerals goes beyond the space and time than our mind can comprehend. The entire earth today we inhabit evolved from just few basic substances including minerals. For more than 100 elements found in nature just 4 namely oxygen, carbon, hydrogen and nitrogen make up our 96 percent of our body. Minerals make the remaining 4 percent, but just lack of one of them make life miserable.

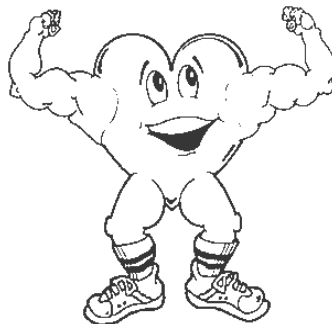
(a) Sodium and potassium regulate water balance. Otherwise, we would swell up with water or dry out and die.

(b) Iron is part of a substance called hemoglobin, which carries life-sustaining oxygen to body cells.

(c) Sulfur combines with nitrogen, carbon, hydrogen and oxygen to build protein, the stuff of muscles, skin and organ.

(d) Calcium, too, is a builder. It gives bones and teeth their strength and rigidity, and also helps nerves to function properly.

(e) Copper, zinc and cobalt, among other minerals, are necessary for enzyme activities, such as food digestion.



Carbon is the most versatile element in the universe. Its combination with varying proportions of oxygen, hydrogen, nitrogen, and other elements forms the nutrients essential to life ; proteins, carbohydrates, fats and vitamins. 96% of our body is made of carbon and its sister elements, hydrogen, oxygen and nitrogen. These are known as Organic from a very old Greek word meaning tool or instrument. All substances starting from potatoes to people that contain these compounds are called Organic.

Present day world is steering through changes brought in by advancement of technology. The refined method of agriculture of modern day has changed the minerals content of soils. Soils is not made up of minerals only it contains humus, a blend of fungi, bacteria and many other things. Humus rich soil provides perfect balance of essential minerals to plants, grass and to crops and trees. The health of mankind, wild animals depend upon health of soil. Remember it takes millions of years to generate few centimeter thick layers of soil. Our main link with the minerals is through this very soil. Cycle of passage of minerals is from rocks-to-soil-plants-to people. The modern food technology has disturbed this important chain thus resulting in loss of many minerals along the way. The fabricated food is not only different in taste but also contain less minerals. Result, People are going back to organic food and have started disliking the one's grown with chemical fertilizers.



## वृद्धावस्था में पूर्ण सन्तोष कैसे प्राप्त करें

यूनान के प्रसिद्ध दार्शनिक सुकरात भ्रमण करते हुए शहर में पहुँचे। वहाँ उनकी भेंट एक वृद्ध से हुई। दोनों काफी घुल-मिल गए। सुकरात ने उनके जीवन के बारे में काफी बातें की। फिर पूछा, 'आपका गत जीवन तो बड़े शानदार ढंग से बीता है लेकिन यह तो बताइए कि वृद्धावस्था कैसी बीत रही है?'

वृद्ध का जवाब था, 'जनाब, मेरी वृद्धावस्था बड़ी अच्छी बीत रही है। मैं अपने पारिवारिक उत्तरदायित्व अपने पुत्रों को देकर निश्चित हूँ। वे जो कहते हैं, कर देता हूँ, जो खिलाते हैं, खा लेता हूँ और पौत्र-पौत्रियों के साथ हँसता-खेलता रहता हूँ। बच्चे कुछ भूल करते तो हैं, लेकिन फिर भी मैं चुप रहता हूँ। मैं उनके कार्यों में बाधक नहीं बनता। लेकिन जब कभी वे परामर्श लेने आते हैं, तो मैं अपने जीवन के सारे अनुभवों को उनके सामने रख देता हूँ और की गई भूलों के दुष्परिणामों से उन्हें सचेत भी कर देता हूँ। वे मेरी सलाह पर कितना अमल करते हैं, ये देखना मेरा काम नहीं है। वे मेरे निर्देशों पर चलें, यह भी मेरा आग्रह नहीं है। परामर्श देने के बाद भी यदि वे भूल करते हैं, तो मैं चिंतित नहीं होता। इसके बाद भी वे यदि मेरे पास आते हैं, तो उनके लिए सदैव दरवाजा खुला रहता है। मैं उन्हें पुनः सलाह देकर विदा कर देता हूँ।'

वृद्ध की बात सुनकर सुकरात बहुत प्रसन्न हुए। उन्होंने कहा, इस आयु में भी जीवन सुंदर ढंग से कैसे जिया जाए, यह आपने बखूबी समझ लिया है। इसलिए आपकी वृद्धावस्था अच्छी बीत रही है।

संतोष खुशियों की कुंजी है। यदि आप अपने जीवन से संतुष्ट हैं, तो किसी तरह का दूख या चिंता आपको परेशान नहीं कर सकती।

साभार- दैनिक भास्कर



### क्रोध

मिन्नी सूद

मनुष्य के संस्कार, विचार, रुचियों और प्रवृत्तियों पर कुछ हद तक वातावरण और परिवेश का प्रभाव पड़ता है। कई बार सामाजिक परिस्थितियाँ भी मनुष्य के स्वभाव पर प्रभाव डालती हैं।

काम, क्रोध, लोभ, मोह तथा अहंकार मन के विकार हैं। क्रोध एक प्रबल मनोविकार है जिससे हमारा कर्म सबसे अधिक प्रभावित होता है। क्रोधित व्यक्ति जब अपना मुँह खोलता है तो उसकी आंखें बंद हो जाती हैं। क्रोध वह हवा है जो बुद्धि के दीप को बुझा देती है। अधिकतर प्रवचनों व धार्मिक सभाओं में यही बताया जाता है कि क्रोध नहीं करना चाहिए। क्रोध साक्षात् यमराज के समान है। लेकिन क्रोध क्यों आता है? इस प्रश्न पर विचार करना अत्यन्त आवश्यक है। वास्तव में सभी को जीवन में कभी न कभी क्रोध जरूर आता है। विवेक की कमी के कारण क्रोध आता है। सच तो यह है कि क्रोध और विवेक एक-दूसरे के ठीक उसी प्रकार विरोधी हैं जैसे अंधकार और प्रकाश। प्रकाश की एक किरण फैलते ही अंधकार दूर हो जाता है उसी प्रकार विवेक की कमी होते ही हमें क्रोध आ जाता है। जब हमारी इच्छाओं के अनुरूप कोई कार्य नहीं हो पाता, तब मन में तनाव, कुंठा, संघर्ष व असंतोष की स्थिति बन जाती है।



कुछ सीमा तक हमारा विवेक ऐसी स्थिति को शान्त करने का प्रयास करता रहता है, परन्तु जब इन मनोभावों पर नियंत्रण की कोशिश सफल नहीं हो पाती तो हमें क्रोध आ जाता है। ऐसा क्रोध बुरा नहीं जिससे दूसरों का भला हो। जिस क्रोध से किसी व्यक्ति का दुर्गुण समाप्त हो जाए, वह दया, उदारता और परोपकार में प्रवृत्त हो जाए, वह क्रोध बुरा नहीं है।

कभी-कभी क्रोध हिंसा का भी रूप ले लेता है। आतंकवादी घटनाएँ क्रोध का परिणाम होती हैं। आतंकवादियों की बुद्धि भ्रष्ट हो जाती है और क्रोध में उन्हें किसी का अनिष्ट करने या जान लेने में कोई हिचकिचाहट नहीं होती है। कई बार कार्यस्थल पर अपने को सर्वश्रेष्ठ साबित करने की होड़ में व्यक्ति तनाव व निराशा से घिर जाता है परिणामस्वरूप क्रोध का शिकार हो जाता है।

क्रोध को नियंत्रित करने के लिए व्यक्ति श्रुता के स्थान पर प्रेम, द्वेष के स्थान पर आत्मीयता का भाव पैदा करना चाहिए। क्रोध को दबाने से क्रोध का अन्त नहीं हो जाता इसलिए इसे दबाने का प्रयत्न नहीं करना चाहिए, बल्कि मन में ऐसे भाव लाने चाहिए जिससे कि हम दबाव की स्थिति में भी प्रसन्न रह सकें तथा व्यक्ति पर किसी भी परिस्थिति का कोई प्रभाव न पड़े। काम के दौरान सकारात्मक रवैया व्यक्ति को न सिर्फ क्रोध को काबू रखने में सहायता करेगा बल्कि व्यक्ति की अलग पहचान बनाने में भी मदद करेगा। कार्यक्षेत्र में शारीरिक, मानसिक और भावात्मक रूप से अपनी पहचान बनाने के लिए स्वस्थ रहना जरूरी है। इसके लिए व्यक्ति को पौष्टिक आहार, नियमित व्यायाम और पूरी नींद लेनी चाहिए। ऐसा करने से व्यक्ति का दिमाग शांत रहेगा और क्रोध को काबू करने में सहायता मिलेगी। अहंकार त्याग कर तथा वाणी को नियंत्रित करके क्रोध जैसे प्रबल मनोविकार पर काबू पाना आसान हो जाता है।

## बदलते मौसम के घरेलु नुस्खे

राजकुमार मड़िया, प्रचार सचिव

1. 5 पत्ते तुलसी के 3 दाने काली मिर्च, 2 लौंग, 3 ग्राम अदरक। इसे एक गिलास पानी में उबाल कर रख लें। दो-दो घूंट पानी के रूप में पीते जाईए। आप खांसी जुकाम से छुटकारा पाओगे।
2. मीठी कड़वी सोंफ दोनों के दो चम्मच छोटी इलायची दो दाने, दाल चीनी, छोटा टुकड़ा काली मिर्च तीन दाने, सौंजी (दाख लाल) 10 दाने। इन्हें उबाल कर बिना दूध के चीनी डाल कर रात को पीयें। ऐसा तीन दिन करने से जुकाम, खांसी बुखार से छुटकारा पाओगे।
3. मीठी सोंफ देसी घी में भून कर डिब्बी में रख लें। दिन में तीन चार बार चूसने से बंद गला खुल जाएगा। घी उतना डालें की सोंफ सूखी न रहे।
4. 5 तुलसी के पत्ते, 5 काली मिर्च, थोड़ा सा अदरक डाल कर दिन में दो बार इनकी चाय पीने से जुकाम ठीक हो जाएगा।
5. एक गिलास गुनगुने पानी में एक निम्बू निचोड़ दीजिए। शुद्ध शहद मिला कर अच्छी प्रकार मिला लें। सोते वक्त इसे पीकर सो जायें। तेज से तेज जुकाम भी ठीक हो जायेगा?
6. बड़ी इलायची-1 तोला, वंशलोचन 1 तोला, दालचीनी 3 माशे, मिसरी 3 तोले। इन्हें पीस छान कर तीन माशे मधु के साथ चाटने से खांसी समाप्त हो जाती है। यह बच्चों के लिए बहुत उपयोगी है।
7. जीरा पिसा एक चम्मच, सोंठ पीसी एक चम्मच इन्हें चार चम्मच शहद में मिला कर रख लें। सुबह शाम चाटने से खांसी ठीक होगी।
8. बनक्शा-5 ग्राम, गुलाब फूल 5 ग्राम, काली मिर्च 5 दाने, मुल्लठी 5 ग्राम इन्हें दो प्याली पानी डाल कर उबालें। चीनी मिला कर सोते समय तीन दिन पियें। जुकाम खांसी ठीक होगा।
9. मुलेठी, मीठी सोंफ, पोस्त डोडी, बड़ी इलायची सोंठ, काली मिर्च यह थोड़ी-थोड़ी बराबर मात्रा में लेकर एक गिलास पानी में उबालें। आधा गिलास रह जाये तो रात सोते समय पीकर रजाई ओढ़ कर सो जायें। जुकाम, खांसी से राहत मिलेगी।
10. बहेड़ा 50 ग्राम, पिपला मूल 50 ग्राम मंगा (पिपली) 50 ग्राम इन सबको बारीक पीस छान कर रख लें। जरूरत पड़ने पर आधा छोटा चम्मच चार चम्मच शहद में मिला कर रखें। इसे तीन दिन थोड़ी-थोड़ी चाटते रहें। खांसी बलगम सब ठीक होगा?
11. एक शलगम साबुत कोमल पत्तों समेत धोकर उबाल लें। चाकू बिल्कुल न लगायें। छिलका भी साथ ही रहने दें। गल जाने पर खाली जीरा का तड़का दें। साथ में नमक हल्दी डालें। भरथे की तरह बन जाएगा। इसे रात को खाने के साथ सबसे पहले खायें। बाद में खाना खायें। 10 दिन ऐसा करने से खांसी बलगम जुकाम पेट की बीमारियां सब ठीक होंगी। आजमा कर देखिए।



## CONGRATULATIONS

- Once again Neha Mayor d/o Sh. Rajinder Mayor and Smt. Saru Mayor (Grand daughter of Sh. B.K. Sood, Ex-President) exhibit the outstanding performance. She was given a cash prize of Rs. 10,000 for attaining the top position in P.U in M.Sc (IT) (2nd Year).
- Neha d/o Smt. Bina & Sh. Anoop Sood married Munish s/o Smt. Kamini & Sh. Bramh Parkash Sharma on 16th Feb., 2012 at Ludhiana.
- Sugandha d/o Smt. Ritu & Sh. Parkash Sood married Varun s/o Smt. Multi & Sh. Sajiv Gopal Sood on 24th Feb, 2012.
- Maj. (Dr.) Karan s/o Smt. Ruby & Maj Sushil Kumar Sud and grandson of Bipan Chand Sood, Former President, Sood Sahba, married Capt. (Dr.) Mansi d/o Smt. Chitra & Sh. Mukul Sharma on 27th Feb., 2012.
- Vartika d/o Smt. Meenakshi Sood & Late Brij Bhushan Sood married Savrabh s/o Smt. Preeti Sachdeva and Late Sh. Sudhir Sachdeva on 26th Feb. 2012 at Delhi. Vartika is a niece of Vice President Shashi B. Sud.
- Suhail s/o Smt. Kusum Sood & Dr. K.C. Sood married Divya d/o Smt. & Sh. Krishan Kumar Sood on 10th Feb., 2012 at Panchkula.





# HOMAGE

## Shri Arjman Chand Goel



Shri Arjman Chand Goel, elder brother of Shri Kapil Goel, Vice President, Sood Sabha Chandigarh left for his Heavenly abode on 29 March 2012 . Though he was 84 years old but till he breathed his last, he was quite active and lead a pious, comfortable and contended life.

Born on 6<sup>th</sup> March, 1927 at Vill: Kohla (HP) Shri A.C. Goel was the second child of Late Smt. Lilavati and Late Shri Baboo Ram Sood. He was quite brilliant in academics and after his early schooling at Sud Anglo Sanskrit High School, Garli, he passed his Matriculation Examination in 1943 from Pb.Univ., Lahore in the First Division. After completing his Intermediate from U.P. Board, he acquired Technical Diploma in Printing Technology. In view of his immense interest in this field Sh. Goel adopted it as his career. He served as Lecturer at Northern Regional Institute of Printing Technology, Allahabad before joining as Post Graduate Teacher at Punjab Agriculture University, Ludhiana where he served till 1987. He was also a visiting Lecturer at Punjabi University, Patiala. He has to his credit several innovative inventions relating to the printing techniques. Besides authoring several books viz. Theory & Practice of Composition and 'Writing, Print Media Planning and Publishing' he also regularly contributed articles in different printing magazines including 'Printing Times'. In his books he emphasized on basic principles of writing and fine art of publication and designing to make the printed material easy to grasp and pleasant for the readers.

Sh. A.C. Goel also wrote several religious books containing different ritual instructions for performing Havan and other religious ceremonies according to Vedic traditions. Original Sanskrit Mantras are written in Devanagari script so that persons knowing English can also recite the mantras and perform Havan themselves. These books are useful for Indian community and their children living abroad so that they could follow their religious faith.

The contribution of Shri Goel will always be remembered not only by the Print fraternity but also by those having deep faith in the rich ancient Indian traditions.



## Mrs. Kanta Sood



Mrs. Kanta Sood left for her heavenly abode on 12-11-2011. She was simple and religious lady. Throughout her life she worked for social cause and set a great example by donating her eyes after her death. According to her wishes her eyes were transplanted to a needy, who is now seeing this world through her eyes.

Her husband Sh. Narinder Sood donated Rs. 11,000/- to Sood Sabha Chandigarh in the memory of his wife. Mr. Narinder Sood was also associated with Sood sabha Delhi and was senior executive member. He was also member of Sood Cheritable Trust. At present after his retirement he settled in civil lines Ludhiana.

Mrs. Kanta Sood is survived by one son and two daughters.

**Sh. Arun Sood (Advocate) who is elected as counselor from Municipal Corporation, was honoured by Sood Sabha, Chandigarh. He assured that he will do his best for the general public as well as for the Sood Community.**



## MORAL VALUES

**Contributed by B.K. Sud, Ex- President**

As one lamp lights another it does not glow less so nobleness in kindness nobleness.

1. Prayer is a virtue that prevails against all temptations.
2. More things are wrought by prayer than the world dreams of
3. Hard work never goes unrewarded.
4. God dwells far off from us but prayer brings him down to earth and links his power with our efforts.
5. Nothing is so strong as gentleness. Nothing so gentle as real strength.
6. Very fortunate is the one who has learned to admire but not to envy.
7. Honour parents even though you may disagree with them.
8. Prayer as if everything depended upon God and work as if everything depended on me.
9. Animals are such agreeable friends, they ask no questions and pass no criticism.
10. Selfish thoughts and bad deeds will not produce a useful and beautiful life.
11. You should always pray for health, happiness and togetherness for your precious parents and your family.
12. Admonish your friends privately but praise them openly.
13. A good clean minded person sees the good points of others. A dirty minded person is always looking for dirt.
14. Victory attained by violence tournaments to a defeat for it is momentary.
15. Life is full of difficulties. The difficulties which God sends us, are few but what we create for ourselves are plenty and without any purpose.



## SOUL PILLS

**Contributed by Sh. R. K. Sood, Secretary**

- TRUTH** : This world is indeed mixture of truth and make believe, discard the make believe and take the truth.
- DISEASE** : It is the tax which the soul pays for the body, as the tenant pays house rent for the use of house.
- NURSE** : In a wealthy family a Nurse brings up his master's child, love him as if it were her own, Knowing fully well that she has no claim upon it, Similarly you too should think that you are the Trustee and guardian of your children whose real father is the **Lord Himself**.
- MAYA** : Man's ego itself is Maya. It is the veil that shuts the light.
- PRESENCE OF GOD** : When the Sun rises can you say, that there are no stars in the heaven in the day, so O Man as you behold not God in the days of your ignorance you don't say there is no god.
- PRAYER** : Pray with a sincere simple heart and your prayer will be heard by **Lord**



# Don't Say No

"To bring the best of life why should we doing?

There is no short cut to success ; only hard works pays yourself. Don't Say No.

No success holds value without taking up challenges. Take courage Don't Say No.

If you find to path with No obstacles ; It is probably does not lead anywhere.

"Keep moving on". **Don't Say No.**

All Journeys have secret destination of which traveler is unaware.

Just take the step. **Don't Say No.**

Life gives Everyone its share of happiness and Luck to make the best.

Take your share. Don't Say No.

The secret to a rich life is to have more beginnings than endings."

Unfold the unknown. **Don't Say No.**

The only competition worthy a wise man is with himself.

Best the rest. **Don't Say No.**

There is no security of this Earth, there is only opportunity. Grab opportunity. **Don't Say No.**

Goal 'only those who will risk going too far can possibly find out how far one can go.

Carry on. **Don't Say No.**

You must welcome change as the rule but not as your ruler make the change. **Don't Say No.**

You have to risk going to far to discover, Just how far you really go. Believe in yourself. **Don't Say No.**



## CONDOLENCES

- \*\* Young son of Shri J.K. Beri left for his Heavenly Abode in the prime of his youth. His Kirya Ceremony was performed at Sood Bhawan, Chandigarh on 29.12.2011. In the sacred memory of his young son, Shri J.K.Beri donated Rs.5000/- to Sood Sabha.
- \*\* Chowarkha of Late Sh. Krishan Kumar Sood who expired on 21.3.2008 was solemnised at Sood Bhawan on 8.3.2012. Smt.Sumedha Sood wife of Sh.Krishan Kumar Sood donated Rs.11,000/- to Sood Sabha on this occasion.
- \*\* We regret to inform the sad demise of **Sh. Sunil Sood President Sood Sabha**, Solan (s/o Late Lala Janan Nath Sood ) on 12th, March 2012 due to heart attack. He was only 54 year old. Therefore, his passing away at a young age is a great loss not only the family but also to the Sood Community. He was very social and was always ready to help the needy in the biradari and in the society as a whole. Shri Sunil Sood played important role in organizing first Sood Milan Mela at Solan two years back. **Shri Bipan Chand Sood, President, Sarvadeshik Sood Sabha** condoled the sudden passing away of Sh. Sunil Sood and said that he was a pillar of Sood Sabha Solan and his dynamic personality will be missed by all. Sood Sabha ,Solan and Sood Sabha Chandigarh express deep condolences and pray to Almighty to give courage to the bereaved family and give peace to the departed soul.
- \*\* Shri Rajesh Sood son of Late Sh. Sadhu Ram Sood of Tapa Mandi left for his Heavenly Abode on 30.3.2012 at Chandigarh at a young age of 48. He was younger brother of Sh. Juglesh Sood, E.C. Member & nephew of **Sh. Kulwant Rai Sood, President, Sood Sabha.**