

SOOD *Sandesh*

सूद सन्देश

SOOD BHAWAN

Sector 44-A, Chandigarh,
Ph.: 0172-2663408, 5083408

Website : www.soodsabhachandigarh.org



SOOD BHAWAN

Sector 10, Panchkula,
Ph.: 0172-2582964, 5028068

Email : soodsabhachandigarh@gmail.com



Members of Sood Sabha with newly elected President, General Secretary and Secretary (Finance).

• Sood Sandesh ₹ 500/-
(Membership for ten years)

• April to June 2017 Vol. 94

• Matrimonial : ₹ 100/-

Biennial General Body Meeting and Elections of the Sood Sabha, Chandigarh held on 21st May, 2017



President
Shashi Bhushan Sud



General Secretary
Umesh Sood



Secretary (Finance)
Ashwani Sood

Shri Bipin Chand Sood, Sr. most former President - garlanding newly elected team

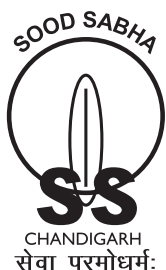


A view of the General Body Meeting



Newly elected committee with lady members of Sood Sabha

SOOD SANDESH



Editorial

**Shashi B. Sud
Rajinder Sood
Atul Sood
Ritu Sood
Dr. Ruchi Sood**

Apr-June 2017

Editorial



Shashi B. Sud

On behalf of newly elected Executive Committee of Sood Sabha Chandigarh we convey gratitude to all members for imposing confidence and unanimously electing the team for two years term. Unanimous election is our tradition and strength, it undoubtedly reflects the instinct of understanding amongst the members. We always wish that our Sabhas at other centers should also follow the same pattern.

Following our mission - “Service to the Community”, during the ongoing quarter – Sabha organized a Blood Donation Camp on **30th April, 2017** in association with Indian Dental Association (IDA) Mohali at Sood Bhawan, Chandigarh wherein 103 units of blood were collected. **On 4th June 2017**, Sood Sewa Bhawan Trust under the aegis of Sood Sabha Chandigarh donated a Mobile Van to Mansa Devi Bhandara Committee costing around Rs 4.00 lacs. The Mobile Van is fitted with stainless steel very hygienic containers for preserving food. The main purpose of this van is to carry langar to the various places in and around Chandigarh tricity to be distributed among poor and needy people.

Further, on **11th June 2017**, our Sabha organized a “Public Awareness Talk on Blood Pressure and Neurological Problems” by Dr. J.P. Singhvi, (renowned neurologist) at Sood Bhawan, Panchkula. All the above events organized by the Sabha were applauded by one and all and received wide coverage in the media.

In the words of Swami Vivekanand “ Service to humanity is the highest form of worship”. We feel proud that our Sabha has high sense of service towards humanity / community.

रक्तदान महादान

रक्तदान कभी व्यर्थ नहीं जाता। हमें रक्तदान सदैव करना चाहिए क्योंकि ज़रूरत पड़ने पर कार्ड दिखाकर हमें अपने अथवा अपने प्रियजनों के लिए रक्त कोष से रक्त मिल सकता है। इस प्रकार हम अपने पारिवारिक दायित्व के साथ सामाजिक दायित्व भी निभा सकते हैं।

इसी सकारात्मक सोच के चलते आईडीए मोहाली शाखा तथा सूद सभा, चंडीगढ़ ने वार्षिक रक्तदान शिविर का 30 अप्रैल, 2017 को सूद भवन, चंडीगढ़ में आयोजन किया। यह कार्यक्रम सूद सभा, चंडीगढ़ के तत्कालीन महासचिव श्री शशि भूषण सूद एवं डा. राजेंद्र कालरा जी के नेतृत्व में संपन्न हुआ। शिविर का उद्घाटन श्री बृज कृष्ण सूद सभा के पूर्व प्रधान द्वारा किया गया।



डॉ. गीता कालरा

सूद भवन के सभी कार्यकर्ताओं के सहयोग से हर प्रकार की सुविधा जैसे रक्तदान के लिए हाल, कर्मचारी व आर्थिक सहयोग व डाक्टरों के लिए स्थान प्रदान किया गया।

आईडीए मोहाली के प्रधान डॉ. रजत डांग, पूर्व प्रधान डॉ. विमल कालिया, सचिव डॉ. तरुण कालरा तथा कई सचिव इस मौके पर उपस्थित रहे। सभी ने इस कैंप को सफल बनाने के लिए सराहनीय सहयोग दिया।

रक्त कोष की तरफ से लोगों की टीम ने इसमें हिस्सा लिया व 103 यूनिट रक्त इकट्ठा किया गया। इसमें शामिल हर व्यक्ति का धन्यवाद।

यदि कुछ बहन-भाईयों के मन में अभी भी रक्तदान को ले कर कुछ भ्रांतियां हैं, तो समझिए क्यों ज़रूरी है रक्तदान ?

- दूसरे इंसान की जान बचाने के लिए।
 - रक्त का न कोई उत्पादन, न कोई विकल्प है।
 - देश में हर साल 250 सीसी की 4 करोड़ यूनिट रक्त की ज़रूरत पड़ती है। केवल 5,00,000 यूनिट ही मुहैया हो पाता है।
 - हमारे कुल वजन का 7 प्रतिशत हिस्सा रक्त है।
 - 25 प्रतिशत से अधिक लोगों को जीवन में रक्त की ज़रूरत पड़ती है।
 - रक्तदान से हार्ट अटैक की आशंका कम होती है।
 - शरीर के विषैले पदार्थ बाहर निकल जाते हैं तथा दूसरी बीमारियों का खतरा कम हो जाता है।
 - रक्तदान करने से रेड बोन मैरो सेल्स बनते हैं। इससे शरीर तंदुरुस्त होता है।
 - रक्तदान सुरक्षित व स्वस्थ परंपरा है। इसमें जितना खून लिया जाता है, वह 21 दिन में शरीर फिर बना लेता है।
- इसीलिए, इसे महादान कहा जाता है।

मेरा आप सभी पाठकों से विनम्र अनुरोध है कि स्वस्थ अवस्था में रक्तदान करें ताकि अस्वस्थ अवस्था में हम आपकी सहायता कर सकें। यकीन मानिए आप एक आत्मिक शांति का अनुभव करेंगे व चैन की नींद सो पाएंगे।

यह एक डाक्टर का निजी अनुभव है।

SOOD SABHA- CHANDIGARH (REGD)
OFFICE BEARERS & EXECUTIVE COMMITTEE – (2017- 2019)

SOOD BHAWAN, CHANDIGARH – 2663408/5083408 SOOD BHAWAN, PANCHKULA – 2582964 5028068

NAME	ADDRESS	RES.TEL	MOB.NO
SH. BIPAN CHAND SOOD (FORMER PRESIDENT)	139, SECTOR 28-A, CHD	2654777	9872888200
SH. BRIJ KRISHAN SOOD (FORMER PRESIDENT)	5833,DUPLEX, MMC,CHD	2731583 5017662(S)	9316117244
SH. ASHWANI DOEGAR (FORMER PRESIDENT)	1107, SECTOR – 7, PKL	4627769	8968719171
SH. SHASHI B. SUD (PRESIDENT)	3256, SECTOR -21-D, CHD	2770942	9988805165
SH. KAPIL GOEL (SENIOR VICE PRESIDENT)	624, SECTOR 16, PKL	5082624	9814636993
SH. RAJINDER SOOD (VICE PRESIDENT)	343, SECTOR 46-A, CHD	2632862	9417913343
SH. P.C. SOOD (VICE PRESIDENT)	923, SECTOR-9, PKL	2572127	9417609239
SH VINOD KUMAR SOOD (VICE PRESIDENT)	1012, Sector 44- B, CHD		9316131194
SH. UMESH SOOD (GENERAL SECRETARY)	139, SECTOR 28-A, CHD	2654788 2790403	9815412124
SH. ASHWANI SOOD (SECRETARY FINANCE)	1234, SECTOR 7, PKL	4607993	9872000137
SH. KHUSHVINDER SOOD (Jt. SECY. FINANCE)	5833. Duplex, MMC, CHD	2731583	9417205833
SH. SURINDER SOOD SECRETARY	1290, SECTOR 68, MOHALI	5091290	9815961290
SH. ATUL SOOD SECRETARY	5010-B, SECTOR 38(W),CHD	5045010	9779988133
SH. AMIT SOOD SECRETARY	3192 SECTOR 49-D, CHD	2675588	9646774690
SH. SUDHIR SOOD SECRETARY	501, GH- 33,SECTOR-20,PKL		8699065068
SH. ANIL SOOD (ORGANIZING SECRETARY)	684, SECTOR 7, PKL	4066336	9815113434
SH.LOKESH SOOD (SECRETARY PUBLICITY)	177, SECTOR 48-C, CHD	2210536	9814434554
EXECUTIVE COMMITTEE			
SH. SUDARSHAN SOOD	260. SECTOR 7, PKL		9501142628
SH. S.M. SOOD	289, SECTOR-6, PKL	2581989	9888220110
ER. BALRAJ SOOD	217, SECTOR12-A, PKL	2584007	9872821712
SH ASHWANI SOOD (L.I.C.)	5535, SECTRO 38(W) CHD	2688602	9417008134
SH. PAWAN SOOD	1315, SECTOR 68, MOHALI	5096315	9463188615
SH. SACHIN SOOD	104, SECTOR 12, PKL	2583841	9988240001
SH. RAJESH SOOD	165, SECTOR- 2 , PKL	2567879	9417374458
SH VIKAS GOEL	179, OLD DARSHANI BAGH, MMC, CHD	5077020	9876669175
SH. PARDEEP SOOD	156, SECTOR 44-A, CHD	2603858	9872420156
SH. SANJAY SOOD	420/2, SECTOR 45-A, CHD	5015082	9417515621
SH. SUMIT SOOD	1184, SECTOR 37- B, CHD	2690185	9872862886
SH. PARIKSHAT SOOD	HIG 1628, PH-9, MOHALI	5096389	9814954500
SH. SANDEEP SOOD	142, PH-1, MOHALI		9501744922
SH. JUGLESH SOOD	101, SHIV NAGAR- BALTANA	2270222	9888238000
SH. SUNIL SOOD	2336,SECTOR 38-C, CHD	2698894	9888902336

They said it

- * Don't be afraid to give up the good to go for the great – John D. Rockefeller
- * The best revenge is massive success – Frank Sinatra
- * Don't cry because it is over, smile because it happened – Dr. Seuss
- * You only live once, but if you do it right, once is enough – Mae West
- * Be to yourself as you would be to your friend – William Shakespeare

Laugh out Loud

1. What did the thermometer said to the graduated cylinder?
You may have graduated but I have many degrees.
2. A man arrived in a small town on Friday. He stayed for two days and left on Friday. How is this possible?
His horse's name is Friday.
3. Teacher : Class, give me a sentence with politics in it.
Student : My parrot poly ate a clock, and now poly(tics).

-Avishi Sood

Carmel Convent School
9-B, Chandigarh

India Shines

Aryabhata

He was the first in the line of great mathematicians & astronomers from the classical age of Indian mathematics and Indian astronomy. His works include Aryabhatiya (499 CE, when he was 23 year old) and the Aryasiddhanta.

The works of Aryabhata dealt with mainly mathematics and astronomy. His prominent contributions to the world of mathematics include place value system, zero, formula for the area of triangle, trigonometry, summation of series of squares and cubes and approximation of Pi. His work was translated in several languages across the world.

Dyuti Sood

Amity International School, Gurugram

Plan To Win

Despite all the sorrows, frustrations and failures of the past, the best thing you can do is start afresh as a better version of yourself. These are the habits you should cultivate.

Practice Gratitude :

You should not take your blessings for granted. Use a gratitude journal in which you can write three things you are grateful for every day.

Bring Addictions under control :

Whether it is sugar, television, internet or social media, each one of us is addicted to something. While some of them are helpful to an extent, there is a need to cut off the ones that have a negative impact on your life.

Let go off the past :

Emotional baggage wears you down, is tiring, stressful and invokes despair. Never brood over old losses and mistakes. You can alter the past but the present is under your control and whatever you do now, will decide your future.

Learn something new :

When you stop learning, you become obsolete as an individual. Take up new challenges like learning a language, craft, physical activity, gardening or anything that enhances your personality and keeps you relaxed and happy.

Learn to say "No" :

The ability to say 'no' is what shapes your life. Saying 'yes' to everyone can result in their priorities overriding yours. This could lead you to waste valuable time. And saying 'yes' to everyone will enable others to take you for granted, giving less importance to your time, space and goals.

Try self love :

Self love doesn't imply that you should be arrogant – it's an attempt to understand yourself, prioritizing your dreams and making an effort to do things you love, without awaiting anyone's approval.

**Dyuti Sood,
Amity International School,
Gurugram**

“Sweet Home”

Home is a four lettered beautiful and a melodious word. It is small but carries a significant entity relating to family and its ethics. It stands for comfort and coziness. The mere mention of home brings a smile on our face. Home does not mean a building made of bricks and stones. It consists of individuals who are very dear to us-may be grandfather, grandmother, father, mother, brothers, sisters, uncles, aunts etc. It is symbolic of rare emotions of love, patience, co-operation, courtesy and politeness which strengthen the chord of a family whereas petty quarrels weaken the thread of this divine mansion. Home, of course, gives us shelter but rooms of a hotel or an inn cannot be called home. These are mere lodgings for our temporary stay. Home provides us a permanent roof on our head. That is why we are always proud of our home and at times lovingly call it 'Sweet Home'.



Prof. (Dr.) Yogesh Chander Sood
Mehatpur, (H.P.)

In the past, there had been a tradition of joint homes. All brothers lived together along with their parents and children under one roof. They made sacrifices for one another. They shared joys and sorrows of life. They had no grievances or issues against each other. Men worked to earn bread and butter for the family and the women folk looked after the home. Though they lived in different rooms of their home, yet there was a common kitchen. It was a good economy measure too. At night, grand parents would tell children stories of kings and queens. But in the present scenario, the concept of joint homes is fast breaking up. Perhaps, it is not viable in the present day. No one is to be blamed. Realistically or practically speaking, it is not a bad thing to make progress in life. It is the need of the hour. Even then, we should try to maintain the dignity, sanctity and sacredness of our homes. It is only through our home which fetches us respect in society.

Only those people know the real importance of a home who stay away from them due to one reason or the other. That is why, students living in hostels are always very keen to go back home. A businessman who is on tour always desires to complete his assignment and reach back home as soon as possible. Those who live abroad always miss their homes. Even birds love their homes. After flying in the sky throughout the day, they return to their nests in the evening. Therefore, home is always dear to us.

Home is like a temple. We should respect our parents and elders at home. The blessings of God lies in the blessings of our parents and elders. We cannot please God by hurting the sentiments of our elders. We should shun our ego and try to understand the deep meaning of home. Honestly speaking, home is greater than all fortunes of the world. It is a heaven on earth. That is why, it is well said, “East or West, Home is the Best.”

DIABETES

Diabetes is not a disease but is a metabolic disorder in which there is an excessive amount of sugar present in the blood and urine due to defective metabolism of carbohydrates, fats or proteins and lack of insulin secretion.

Diabetes is different in each patient. The causes and the effects are different. The course is different and even the treatment is different for each patient but the diet remains the same for all diabetic patients.



Dr. Sukhbir Chopra,
Sood Bhawan, Chd.

In today's scenario, diabetic pills are doing more harm than good in patients which are suffering from diabetes, so they switch over to insulin. But insulin has its own side effects. The ultimate solution is to minimize the dose of medicines by balancing it with a diabetic diet.

Following are some guidelines which help to control diabetes:

- Instead of three heavy meals, take 4-5 small meals. Don't over eat or skip any meal. Eat food at fix hours. Do not eat immediately after a workout. Do not eat fast, masticate and munch the food well before swallowing.
- Drink a lot of water which will help to flush the toxins off the system.
- Have food rich in nutrition and low in calories. Use less oil for cooking. Oils low in saturated fat content should be preferred. Fish oil containing omega 3 fatty acids are also beneficial.
- Add wheat bran to wheat flour (50% wheat flour + 50% wheat bran) to increase fibre in diet. Include whole cereals (wheat, rice, jowar, bajra, maize, barley, etc.,) in diet to increase fibre intake.
- Prefer oatmeal or dalia in breakfast.

- Limit the consumption of simple carbohydrates (rice, potatoes etc.). Don't consume carbohydrates 2 hours before bed time.
- Consume raw fresh fruits and vegetables.
- Avoid fried food, milk cream or food items cooked in coconut milk. Fat free milk, yogurt and cheese to be taken.
- Avoid ready to eat preparation, sweets or sugary drinks.
- Avoid meat.
- Have nuts rich in mono unsaturated fats such as peanuts, walnuts and almonds.
- Eat pasta, leafy vegetables, beans, kidney beans and sprouts.
- Egg white to be included in diet.
- Have atleast 20-25 gms of raw onion daily.
- Intake of cinnamon, garlic, onion, bitter melon, guar gum is known to reduce blood glucose level.
- Limit the use of sauces such as ketchup, soya sauce, mustard, brine salad dressings and MSG as they are high in salt and sugar too.
- Rinse processed food in water before consumption.
- Alcohol indirectly increases the risk of diabetes. It should be avoided.
- Smoking, hypertension, elevated levels of cholesterol and triglycerides are the big risk factors which may lead to diabetes. These should also be avoided.
- Control obesity. Maintain ideal body weight.
- Exercise at about the same time each day.
- Maintain personal hygiene and take good care of skin.
- Take good sleep daily.

Public Awareness Talk on "Blood Pressure and Neurological Problems" on 11th June 2017 at Sood Bhawan, Panchkula



Dr. J.P. Singhvi, a renowned Neurologist of Chandigarh is being received by Senior Members of the Sabha.



Dr. Singhvi addressing the gathering.



A memento was presented by Sood Sabha to Dr. Singhvi.

"Blood Donation Camp" in association with Indian Dental Association, Mohali organised on 30th April 2017 at Sood Bhawan, Chandigarh



Shri Brij K. Sood (Former President, Sood Sabha) inaugurating the camp.



Members of Sabha with a member donor

BLOOD DONATION CAMP IN PROGRESS



A view of the camp.

शीर्षक (Caption) भेजें व इनाम पाइए



उपरोक्त फोटो को देखकर आपके मन में क्या विचार आते हैं ? हमें इसका सिर्फ एक शीर्षक (Caption) लिखकर भेजें, लेख की आवश्यकता नहीं है।

आपका शीर्षक (Caption) 31 अगस्त, 2017 तक निम्न पते पर हमें मिल जाना चाहिए। सभा द्वारा गठित कमेटी का निर्णय मान्य होगा। आप अपना पूरा पता, अपनी आयु व दूरभाष/मोबाईल नम्बर जरूर लिखें।
शीर्षक कम से कम शब्दों में हो।

शशि भूषण सूद, प्रधान, सूद सभा
सूद भवन, सेक्टर 44-ए, चण्डीगढ़ - 160047
दूरभाष : 0172-2663408, 5083408



प्रथम पुरस्कार रु 1000/-मात्र

द्वितीय पुरस्कार रु 500/-मात्र

त्रैमासिक सूद सन्देश (जनवरी-मार्च 2017)

Photo Caption Contest पर लिखे-

शीर्षक के लिये निम्न प्रतियोगी पुरस्कार के लिये चुने गए हैं:-

Pooja Karol
738-B-7,
Pinjore

{

“एक दिन भारतीय टीम में हम भी अपनी जगह बनाएंगे, मैदान नहीं मिला तो क्या हुआ रेल की पटरी के बीचों-बीच खेल कर दिखायेंगे।”

Dyuti Sood
809, Saraswati Bihar
Gurgoan

{

बचपन हमारा अनोखा है। गरीबी मगर धोखा है खेलने की इच्छा ने कभी न हमें रोका है।

“शंख का महत्त्व”

“स्वास्थ्य में”

1. शंख की आकृति और पृथ्वी की संरचना समान है। नासा के अनुसार— शंख बजाने से खगोलीय ऊर्जा का उत्सर्जन होता है जो जीवाणु का नाश कर लोगों में ऊर्जा व शक्ति का संचार करती है...!!
2. शंख में 100 प्रतिशत कैल्शियम है... इसमें रात को पानी भर के पीने से कैल्शियम की पूर्ति होती है...!!
3. शंख बजाने से योग की तीन क्रियाएं एक साथ होती हैं— कुम्भक, रेचक, प्राणायाम...!!
4. शंख बजाने से हृदयाघात, रक्तचाप की अनियमितता, दमा, मंदाग्नि में पूर्ण लाभ होता है...!!
5. शंख बजाने से फेफड़े पुष्ट होते हैं...!!
6. शंख में पानी रख कर पीने से मनोरोगी को लाभ होता है और उत्तेजना भी कम होती है...!!
7. शंख की ध्वनि से दिमाग व स्नायु—तंत्र सक्रिय रहता है...!!

“धार्मिक महत्व”

1. दक्षिणावर्ती शंख को लक्ष्मी स्वरूप कहा जाता है। इसके बिना लक्ष्मी जी की आराधना कभी पूरी नहीं मानी जाती है...!!
2. समुंद्र मंथन के दौरान 14 रत्नों में से यह एक रत्न है। सुख—सौभाग्य की वृद्धि के लिए इसे अपने घर में स्थापित करना चाहिए...!!
3. घर में शंख बजाने से नकारात्मक ऊर्जा का व अतृप्त आत्माओं का वास नहीं

होता...!!

4. दक्षिणावर्ती शंख से पितरों का तर्पण करने से पितरों की शांति होती है.. ..!!



सुरिंदर सूद,
सचिव

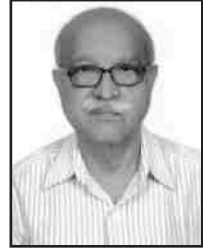
5. शंख श्री यंत्र अभिषेक करने से लक्ष्मी की प्राप्ति होती है...!!

“ज्योतिष में महत्व”

1. सोमवार को शंख में दूध भर कर शिवजी को चढ़ाने से चन्द्रमा ठीक होता है...!!
2. मंगलवार को शंख बजा कर सुंदर काण्ड पढ़ने से मंगल का कुप्रभाव कम होता है...!!
3. शंख में चावल भर के रखें और लाल कपड़े में लपेट कर तिजोरी में रखें मां अन्नपूर्णा जी की कृपा बनी रहती है...!!
4. बुधवार को शालिग्राम जी को शंख में जल और तुलसी जी डाल कर अभिषेक करने से ‘बुध ग्रह’ ठीक होता है...!!
5. शंख को केसर से तिलक कर पूजा करने से भगवान विष्णु व गुरु की प्रसन्नता मिलती है...!!
6. शंख को सफेद कपड़े में रखने से शुक्र ग्रह बलवान होता है...!!
7. शंख में जल डालकर सूर्य देव को अर्घ्य देने से सूर्य देव प्रसन्न होते हैं...!!

BEREAVEMENTS

Shri Ramesh Chand Sood (Bhagra) son of Late Shri Devi Saran Sood & younger brother of Shri Bal Krishan Sood left for his heavenly abode on 1st April 2017 at the age of 74 after a brief illness . He is survived by wife Smt Uma Sood, son and a daughter both married and well settled.



श्री रवि कुठियाला सुपुत्र स्व. लाला रोशन लाल कुठियाला का निधन दिनांक 9 अप्रैल, 2017 को हुआ। इनका जन्म 15 सितम्बर, 1939 को होशियारपुर में हुआ था। उनकी माता का नाम श्रीमती लीला देवी सूद था। वह अत्यंत प्रतिष्ठित, प्रतिभाशाली, गुणी और धार्मिक प्रवृत्ति के व्यक्ति थे जिन्होंने अपने जीवनकाल में अनेक परोपकार एवं नेक दृष्टिकोण से कार्य किए। परिवार के दो भाइयों में से यह अनुज थे। अपने पिता श्री रोशन लाल जी का व्यवसाय बखूबी संभालते हुए इन्होंने एक कुशल व्यवसायी होने का प्रमाण भी दिया और अपने पिता जी के जन्म दिवस के दिन अपने जे.एम.के. इंटरनेशनल विद्यालय की स्थापना की और यह मात्र विद्यालय उनके लिए विद्यालय ही नहीं अपितु यह उनके लिए विद्या का मंदिर था जिसे उन्होंने अपने पिता जी को सही अर्थों में श्रद्धांजलि स्वरूप अर्पित किया था।



Krishan Kishore Kuthiala son of Shri Hardyal Kuthiala left for his heavenly abode on 13th June, 2017 at Parwanoo after a prolonged illness at the age of 52. He was founder member of Sood Sabha and Bharat Vikas Parishad, Parwanoo. He is survived by wife, son and a daughter.



Sood Sabha Chandigarh prays to Almighty to bestow peace to the departed souls and give strength to the bereaved families to bear the great loss.

श्रद्धांजली

Smt. Sushila Doegar, Wife of Sood Rattan, Late Jagdish Ram Doegar, our founder member, Former President of Sood Sabha, Chandigarh left for her heavenly abode on 26th March, 2017 at Chandigarh.



Smt. Sushila Doegar

She was born on 2nd November, 1921 at Garli to Sh. Bholu Mall Mithoo and Smt Kaula Devi. She leaves behind a close knit well settled and happily married families of two sons and a daughter. She was the mother of our former President, Sh. Ashwani Doegar.

She was a very pious, gentle and a graceful lady who always extended a helping hand with affection to whosoever sought her help. A very devout person, she always stood by her husband Late Jagdish Ram Doegar in promoting the cause of the Sood Biradari and Sood Sabha. They were honoured with the best couple award by Sood Sabha in 1985. She always made it a point to attend the annual Sood Mela of Chandigarh every year. Even at the age of 95, she attended the last Sood Milan Mela held in Dec. 2016.

She had learnt Vedic medicine from her uncle and being a registered practitioner of Ayurveda medicine and used to distribute free medicines among the patients in her village.

She was always keen to learn new things with a sharp memory. She would always stay in step with the modern world, be it technology or medical science. She was an encyclopedia of the Sood Biradari.

She has been a guiding spirit to the Sood Biradari and an inspiration to all those who came in contact with her. We all pray that her soul may rest in peace and Almighty may grant the strength to the bereaved family to bear this unbearable loss.

Matrimonials

Membership for Sood Sandesh: Rs. 500/- (for 10 years)

For Matrimonial Adv. in Sood Sandesh/Website : Rs. 600/- (Includes membership of Sood Sandesh) Amount can be deposited in any branch of Union Bank Of India, in "Sood Sabha Chandigarh" Account number : 499602010001921 or send demand draft drawn in favour of "Sood Sabha Chandigarh".

To enable us to serve you better, please note the following:-

- (1) The advertisement is published in two consecutive issues only. Please contact directly the concerned party.
- (2) As and when a match is settled, please inform us immediately so that the adv. is withdrawn.

This is Important

ADVICE : These matrimonials are published on the basis of information given by the families of the boy/girl. Please make necessary enquiries before settling the alliance. Sood Sabha does not take any responsibility regarding correctness of the particulars.

Brides Wanted

7151 – Match for Sood (Fakke) boy. DOB 23-08-1987. Ht 5'6". B.Tech (Mechanical Engineering). Running own business. Father retired government official, mother running saloon. Preferred working girl. 09501174880.

7152 – Match for Himachali Sood (Saluria) boy. DOB 28-11-1985 (4.58 am / Dehra- Gopipur). Ht 5'8". MBA in Human Resources. Working in MNC near Chandigarh. Rs 8 Lpa. 09736060046, email at parveensood98@gmail.com

7153 – Match for Manglik Sood Maria) boy. DOB 16-09-1988 (7.53 am / Tanda Urmar). Ht 5'10". Engineer. Canada (PR). Doing job in a good company with handsome salary. Father businessman. Preferred well educated Manglik girl willing to settle in Canada. 09814207607, 09855014622, email at kusumsood58@gmail.com

7154 – Match for Manglik Sood (Maria) boy. DOB 18-04-1985 (8.08 am / Tanda Urmar). Ht 5'10". BCA. Doing job in a good company, Settled in USA with good salary. Father businessman. Preferred well educated Manglik girl willing to settle in USA. 09814207607, 09855014622, email at kusumsood58@gmail.com

7155 – Match for Sood (Kashap) boy. DOB 8-05-1986. Ht 5'10". B.E. (IT), MBA (MS), University of New York, Buffalo, USA. Senior Manager (Project Implementation) in a reputed Industrial House in Delhi. Rs 1.5 Lac / month. Father businessman. Preferred well educated match. 09218501001, 0177-2623193

7156 – Match for Anshik Manglik Himachali Sood (Maria) boy. DOB 24-09-1987 (4.55 pm / Chandigarh). Ht 5'11". B.Tech & MBA (IIT Khargpur). Working with Amazon as a Manager in Bangalore at Rs 24 Lpa. package. Preferred educated working girl. Mother working in State government as teacher. 09675230032, 09620131122, email at sood24akhil@gmail.com

7157 – Match for Sood (Karol) boy. DOB 25-04-1987 (2.52 pm / Palampur). Ht 5'7". B.Tech (ME). Deputy Manager with State Bank Group. Posted as Branch Manager at Sujampur Tira. Rs 9 Lpa. Father cloth merchant. 09816116412, 09805013473, email at ankitsood209@gmail.com

7158 – Match for Manglik Sood (Berry) boy. DOB 11-03-1989. Ht 5'9". B.Sc (IT). Own business of Designer Tiles. Father businessman. Preferred beautiful Manglik working girl. 09814148270

7159 – Match for Sood (Chimra) boy. DOB 24-07-1978 (7.40 am / Shimla). Ht 5'10". B.Com . Entrepreneur, income Rs 60000/- pm. Preferred simple, pleasant nature girl. Early marriage. 098174-26789, email at swastika.shimla@gmail.com

7160 – Match for Sood (Gondhal) boy. DOB 19-11-1985. Ht 5'8". D.Pharmacy and Graduate. Own business, earns Rs 20-25 thousand per month. Both parents retired 09417933099, 09646005532.

7161 – Match for Sood (Mohindra) boy. DOB 31-08-1988 (6.00 am / Ludhiana). BBA, Ht 5'11". Working as Sales Manager in Pvt. Bank. 094173-11464

7162 – Match for Sood boy. DOB 13-10-1985. B.Com, MBA, Ht 5'10". Own business. Father businessman. Preferred educated, homely girl from reputed family. 0985751111, 09459112345

7163 – Match for Khatri Manglik Sood (Bouri) boy. DOB 25-02-1988 (1.40 am / Ambala). Ht 5'8 ½". Working as an Auditor with private bank. Preferred working girl. 094164-64789

7164 – Match for Sood (Gajri) boy. DOB 4-06-1972 (10.40 pm). Ht 5'11". Graduate. Permanent German resident. Visiting India in August 2017. 090419-30596, 098888-24511.

7165 – Match for Sood (Dhup) boy. DOB 13-10-1979 (7.03 am). 10+2. Private job. Rs 10000/-pm. 084273-62064, 098552-21909.

7166 – Match for Ludhiana based Sood (Dosaj) boy. DOB 1-07-1979 (10.10 pm / Chandigarh). Ht 5'7". Graduate. Confectionery business in Ludhiana. Own house. 09781371728, 09888601193.

7167 – Match for Sood (Lamey) boy. DOB 30-06-1991 (7.22 pm / Hoshiarpur). Ht 5'10". D.Pharmacy. Own wholesale Pharmaceutical business. Preferred Himachali girl. Early marriage. 094175-02768.

7168 – Match for Sood (Garg) boy. DOB 25-10-1990. Ht 5'11". Merchant Navy Engineering. Father Shopkeeper. Preferred Himachali girl. 098164-52181.

7169 – Match for Manglik Sood (Baranwal) boy. DOB 24-09-1990 (12.15 pm / Mullanpur, Ludhiana). Ht 5'5". MBA. Doing job in private sector. Rs 25000/- pm. Father businessman. Preferred manglik beautiful, educated homely girl. 094636-39692.

7170 – Match for Sood (Beri) boy. DOB 27-11-1986 (9.56 am). Ht 5'7". Graduate. Diploma in (Electronics), course in Journalism. Working with IndusInd Bank as an Accountant for the last 3 years. Father retired Govt. official. Preferred well educated working/homely girl. 09888199288.

7171 – Match for Sood (Kaushal) boy. DOB 13-05-1990. Ht 5'10". Well settled reputed businessman. Preferred smart and educated girl. 09418000686, 09816100686.

7172 – Match for Sood (Palkaiye) boy. DOB 26-12-1980. Ht 6'. B.Com. Businessman. Rs 35000/- pm. Father cloth merchant. 09736273073.

7173 – Match for Sood (Madhudia) boy. DOB 22-09-1987 (12.27 hours). Ht 5'6". 10+1. Businessman. Rs 35000/- pm. Father owns orchard in Shimla district. 09418071585, 09736055252.

7174 – Match for Sood boy. DOB 8-04-1974. Ht 5'6". Engineer, MBA. Divorcee, having one daughter. Own business good income and have urban property. Preferred educated homely girl. 09915068655.

7175 – Match for Sood (Kansal) boy. DOB 9-08-1989. Ht 5'5". B.Tech(IT), MBA, PGDM (Fin). Assistant Manager Punjab & Sind Bank. Father Gazetted officer (DRDO). Preferred Himachali girl working in PSU bank. 09417702157

7176 – Match for Sood (Karol) boy. DOB 21-03-1984 (1.55 am / Kandaghat). B.Tech. LL.B. Working as partner in a law firm at Gurgaon. Rs 20.00 Lpa. Father reputed lawyer and mother retired principal. 09418285033, 01792-220633.

7177 – Match for Sood (Chimra) boy. DOB 23-07-1986 (5.50 am / Rajgarh, H.P.). BCA, MCSE + CCNA, MBA(IT). Working as Network Engineer at Mohali. Rs 35000/- pm. Father businessman. 09816450011, 09805486847, 01799-220347.

7178 – Match for Sood (Chimra) boy. DOB 22-05-1984. Ht 5'8". MBA (IT Professional). Own well settled IT Co. in Shimla. Teetotaler. Both parents retired Class-1 officers from H.P. Government service. Family well settled in Shimla. Preferred convent educated professional girl. 09882538218, 0177-2842680

7179 – Match for Sood (Karol) boy. DOB 13-10-1983 (Joginder Nagar). Ht 5'11". Under graduate, running his own business. Rs 40000/- pm. Preferred Himachali Sood girl. 09810314561, 09999502777.

7180 – Match for Sood boy. DOB 30-08-1984 (8.40 am / Jalandhar). Ht 5'11". B.Tech/ MBA. Business (Import Audiology, Medical Equipment) at Jalandhar. Rs 3.80 – 4.50 Lpa. Highly educated family. 0181-2261752, 08968666351, email at rakesh.profiit@gmail.com

7181 – Match for Sood (Doegar) boy. DOB 28-09-1989 (6.05 pm / Dharamsala). Ht 6'. Bachelor of Nautical Science. Senior officer in Merchant Navy. Father Bank Manager. Mother H.P. State Govt. officer. 09418027065, 09418456165.

7182 – Match for anshik Manglik Himachali Sood boy. DOB 18-05-1985 (Kullu). Ht 5'9". B.Com MBA (Finance). Senior Relationship Manager in Max Life Insurance. 09456516217, 07579005279.

7183 – Match for Sood (Gopal) boy. DOB 23-01-1990 (3.50 pm / Manimajra). Ht 5'6". Hotel Management from Australia. Motor Cycle Agency in Morinda. 09888332845.

7184 – Match for Sood (Mohindra) boy. DOB 19-08-1989 (12.42 pm). Ht 5'3". PGDM. Working with Deutsche Bank at Jaipur. Rs 31000/- pm. Father in service. 08979763807.

7185 – Match for Sood (Mithoo) boy. DOB 19-09-1990. Ht 5'8". B.Com (Hons), MBA. Running well settled family business. Preferred Himachali Sood girl. 09805269096.

7186 – Match for Sood (Dhiri) boy. 26 years. Ht 5'7". Worked with MNCs for 5 years. Pursuing Masters (Business) in Ireland. Father retired IRS officer, mother also government officer based in Ahmedabad. 09099948999, 9979944199

7187 – Match for Sood (Kuthiala) boy. DOB 21-09-1983. Ht 5'8". Graduate. Executive. Father retired official. Preferred educated homely girl. 09855342233.

7188 – Match for Sood (Kuthiala) boy. DOB 07-07-1982. Ht 5'10". Graduate. Assistant officer. Father retired official. Preferred educated homely girl. 09855342233.

7189 – Match for Sood (Saluria) boy. DOB 24-11-1987. Ht 6'1". B.Pharmacy. Senior Branch Manager in reputed Pharmaceutical company. Rs 40 to 50 thousand per month. Father businessman. 01882-229338, 09463306963.

7190 – Match for Sood (Fakkey) boy. DOB 26-11-1990 (6.20 am / Malerkotla). Ht 5'8". B.Tech (CSE). Working with MNC at Gurgaon. Rs 11.5 Lpa. Both parents State Govt. employees. Preferred well educated working girl. 09417857640, 09478660520.

7191 – Match for Sood (Beri) boy. DOB 26-02-1991 (9.20 am / Ludhiana). B.Tech (Banglore) & M.Tech (Canada). Software Development Engineer with IT Company in Canada. \$ 4000 (Canadian) per month. Father well established businessman. Kundli must. 08427648071, email at arun.sood01@gmail.com

7192 – Match for Sood (Gajri) boy. DOB 7-08-1990 (15.37 / Ludhiana). Ht 5'10". Bachelor in Nautical Science. Working as Second officer in Anglo Eastern Shipping Management. Rs 1.25 Lac per month. Father businessman. 09417311886, 09464643886.

7193 – Match for Sood (Beri) boy. DOB 19-09-1989 (4.35 pm / Lucknow). Ht 5'10". B.Tech (CSE). Senior Software Engineer with MNS in Bangalore. Rs 15 Lpa. Father officer in HAL. Lucknow. Preferred educated, smart and ambitious girl. 09415767375, 0522-4045192.

7194 – Match for Manglik Sood (Chimra) boy. DOB 31-07-1988. Ht 5'8". Chartered Accountant. Manager (Finance & Accounts). Rs 75000/- Father businessman. 09418055530, 09023626073.

7195 – Match for Sood boy. DOB 23-06-1981 (10.55 pm / Palampur). MABEd (English & Music). H.P. TET, CBSE – TET. CET cleared. Teacher in a Convent School. Rs 40000/- pm. 09418293150, 08261896250.

7196 – Match for Sood (Teji) boy. DOB 14-06-1987 (2.30 pm / Patiala). Ht 5'10". D.Pharmacy. Chemist shop. Father retired Govt. official. 09317713511.

7197 – Match for Sood (Dosajh) boy. DOB 16-12-1986 (3.31 am / Jagraon). Ht 5'10". B.Pharmacy and D.Pharmacy. Quality Control Manager in Cosmos Pharmaceuticals, Ludhiana. Father retired from PNB. 09464965441, 07009018165.

7198 – Match for Sood (Kuthiala) boy. DOB 22-07-1989 (00.35 am). Ht 5'2". B.E.(Biotechnology), M.A.(Social work). Working as Executive in Power grid Corporation (Navratan PSU) in Gurugram. Rs 14.5 Lpa. Parents well settled in Shimla. 09816040804, email at bhartikuthiala@yahoo.in

Grooms Wanted

3102 – Match for Sood (Goyal) girl. DOB 4-09-1994. Ht 5'2". B.Com (Hons). Father businessman. 08557962494.

3103 – Match for Sood (Fukkey) slim girl. DOB 26-10-1993 (5.30 am / Sidhwan-Distt. Kapurthala). Ht 5'3". BCA, M Sc (Computer Science). Father businessman. Preferred educated Govt. employee/well established businessman. Pure vegetarian. Kundali must. 09872937180

3104 – Match for (Agal) girl. DOB 30-07-1993(5.17 pm / Ajnala- Distt. Amritsar). Ht 5'1". Pursuing MA (History). Father retired Central Govt. (BSF) officer. Preferred educated Govt. Employee/well established businessman. Pure vegetarian. Kundali must. 09988558699, 08968277005. email at sanjusood23@gmail.com

3105 – Match for Sood (Kalandar) girl. DOB 9-09-1983 (9.15 pm / Kangra). Ht 5'6". B.Tech (Married for approx 10 months) issueless divorcee. Working as Business Manager (HCL America / World Bank) in USA. On H1B visa. (GC in process). Preferred professionally qualified well settled boy in USA. 0941811434, email at soodaks@gmail.com

3106 – Match for Sood (Bhaglas) girl. DOB 23-06-1992 (8.58 am / Bhuntar, Kullu) BBA, MBA from Chandigarh. Father businessman. 09816005048, 09816015048.

3107 – Match for Sood (Chimra) girl DOB 21-11-1985 (3.45 am / Shimla). MA (English), MA (Arch), B Ed. Faculty in MNC. Preferred well settled boy from reputed family. Early marriage. 09817426789, 0981605560, email at swastika.shimla@gmail.com

3108 – Match for Manglik Sood (Makora) girl. DOB 26-01-1975. Ht 5'. 10+2 . Courses done in Fashion Designing & Computers. Widow with no child. Parents well settled in dealership business. 094150-35452, email at vtsw11@gmail.com

3109 – Match for Sood (Kashyap) girl. DOB 10-02-1987 (10.54 pm / Shimla). Ht 5'2". MBA in advertising (EMPI B-School, Chhatarpur). Assistant Manager in INTEX Technologies at Delhi. Rs 8 Lpa. Father retired Govt. official, mother working in Postal department. 094184-88905, 094184-61878.

3110 – Match for Sood (Mohindra) girl. DOB 21-10-1983 (3.20 pm / Ludhiana). Ht 5' 3½". BAN TT, legally divorcee. Father businessman. 094173-11464.

3111 – Match for Sood (Chimra) girl. DOB 12-03-1989 (6.35 am / Shimla). Ht 5'4". M.A. (Economics). NET qualified. Manager in Punjab National Bank at Mandi. Mother retired from H.P. Government preferred educated boy. 09218762987, sud.shipra@yahoo.com

3112 – Match for Sood (Bowry) girl. DOB 06-09-1988. Ht 5'7". B.Tech (Electronics & Communication) & MBA from Oxford University (U.K). Presently working in top MNC in U.K. Boy should be professionally qualified from educated and respectful family preferably settled abroad. 099151-59100, poonamsood2016@gmail.com

3113 – Match for Sood (Langa) girl. DOB 14-02-1989 (5.24 pm / Kalka). Ht 5'5". B.Pharm, MBA (HR). Working HR officer in Mohali. Father Engineer. Looking for educated professional vegetarian boy. Preferred businessman or working boy. 09218532346, email at sumeetsood@yahoo.in.

3114 – Match for divorcee Sood girl. DOB 3-01-1981 (6.55 am / Delhi). Ht 5'3". B.Ed, MA (English), MBA (HR). Working with German Co. in Gurugram. Both parents retired Govt. officials. Preferred well educated professional/ businessman from cultured family. 09716176134, 09805148353, email at tamannasd@gmail.com

3115 – Match for Sood (Garg) girl. DOB 17-08-1989. Ht 5'2". MITN from Australia. Father shop keeper. Preferred Himachali boy. 098164-52181.

3116 – Match for Sood (Gargal) girl. DOB 30-12-1983. Ht 5'5". B Sc. LL.B. Associate in Law firm in Mumbai. Rs 15 Lpa. Father businessman. 09418051284, 0177-2651284.

3117 – Match for Sood (Beri) girl. DOB 16-02-1991 (3.30 pm / Jalandhar). Ht 5'2". M.Sc (Physics), BEd. C.Tet cleared. Executive in Trident Pvt. Ltd. Email at soodgeeta2271@yahoo.in

3118 – Match for Himachali Sood (Banta) girl. DOB 26-01-1987 (2.20 am / Shimla). Ht 5'2 ½" B Sc. PGDM (IITM - Gwalior). Working as Senior Business Analyst in MNC, Gurgaon. Both parents retired Govt. officials. 09816060120, 09459597224, email at kcsood1@gmail.com

3119 – Match for Sood (Gagal) girl. DOB 11-11-1986 (3.52 pm). Ht 5'3". Graduate and Diploma in Computer Applications. Working as Senior Manager with MNC at Hyderabad. Salary Rs 1.25 lac per month. Father tour and travel agent. Preferred suitable match from respectable family. 09805215010

3120 – Match for Sood (Gagal) girl. DOB 21-09-1984 (12.10 am). Ht 5'4". B.Tech. Working as Senior Manager with MNC at Bangalore. Salary Rs 1.10 lac per month. Father tour and travel agent. Preferred suitable match from respectable family. 09805215010

3121 – Match for Himachali Sood (Kalandar) girl. DOB 17-05-1992 (10.45 am / Palampur). Ht 5'2". M.Com from HPU Shimla. Mother doing business. Preferred educated well settled Himachali Sood boy. 09953130612, 09953130631, email at ritikasood028@gmail.com

3122 – Match for Sood girl DOB 29-04-1989. Ht 5'7". B.Tech (Hons – CSE). Doing M.Sc in GeoInformatics. Working as Senior Technical Associate. 09456516217, 07579005279.

3123 – Match for anshik Manglik Sood girl. Year of birth 1987. Ht 5'6". B.Com (Hons). Working with MNC in Gurgaon. Father businessman. 09818471731.

3124 – Match for Manglik Sood (Kashav) girl. DOB 9-12-1985 (11.15 pm / Thural, Palampur). B.Sc (Medical). Assistant Manager in State Bank of India. Rs 45000/- pm. Mother running small general store. Preferred graduate boy and doing good and decent job. 08725827214, 09805007769

3125 – Match for Sood (Chimra) girl. DOB 29-12-1975. Ht 5'. M.A.B.Lib. Working. Both parents retired Class-1 officers from H.P. Government service. Family well settled in Shimla. 09882538218, 0177-2842680

3126 – Match for Sood (Gondal) girl. DOB 12-09-1989 (1.35 pm / Chandigarh). Ht 5'3". MA (Punjab University) ETT. Teacher in a renowned private School in Chandigarh. Rs 2 Lpa. Father businessman. Looking for qualified, well settled boy from respectable family preferably tri-city. 09815218685

3127 – Match for Manglik Sood (Gagal) girl DOB 29-08-1980 (7.45 pm / Shimla). Ht 5'7". BDS, Diploma in Clinical Research. Divorce awaited. Father retired government official. 09418163865.

3128 – Match for Himachali Sood (Chimra) girl. DOB 27-01-1993 (10.10 am/Ludhiana). Ht 5'7". B.Tech (Electronics & Communication). Working. 094185-00675, 094180-80572.

3129 – Match for Sood (Mohindra) girl. DOB 28-10-1994. Ht 5'1". B.Com. Father in service. 08979963807.

3130 – Match for Sood (Bhagra) girl. DOB 6-11-1985 (5.23 pm / Shimla). Ht 5' Convent educated MSc (IT). After substantial working experience started own IT Co. in Mohali. Both parents retired from education department H.P. & now settled in Shimla. 09816414341, 09816591262.

3131 – Match for Sood (Langa) girl. DOB 5-12-1981 (9.10 pm / Chandigarh). Ht 5'4". Post graduate in Architect from Basolana (Spain). Working in Denmark as Architect. \$40,001 to \$60,000 per annum. Father businessman. 09418042541

3132 – Match for Sood girl. DOB 24-04-1988 (5.53 pm / Ludhiana). BCA, MCA. Computer teacher in a School. Father retired from private job and mother in government service. 08146274072, 08528542737.

3133 – Match for Sood (Phakey) girl. 26 years. Ht 5'3". M.Com MBA B Ed. Preferred vegetarian boy. 09810159184, email at sunit0808@yahoo.co.in

3134 – Match for Sood (Rorie) girl. DOB 16-08-1990. Ht 5'7". Convent educated. DVM from Europe. Father University Professor in Ludhiana. Looking for well qualified and cultured boy preferably settled in North America. 09501819167, email at petloveshumor@gmail.com

3135 – Match for Sood (Mahindra) girl. DOB 13-12-1993 (8.05 pm/ Moga). Ht 5'6". Post Graduate. Father businessman. Preferred businessman only. 09815476511, 07589454251.

3136 – Match for Manglik Sood (Cheemra) girl. DOB 4-04-1992 (4.14 am / Dehradun). Ht 5'6". B.Tech(ECE), MBA. Deputy Manager in a private Bank at Bengaluru. Father Gazetted officer in Punjab Govt. Mother post graduate. 09779988133, 09501588133 or e-mail at atulsood38w@yahoo.co.in

3137 – Match for Manglik Sood (Mahindra) girl. DOB 16-04-1991 (10.00 pm / Delhi). M.A.(English), PGDCA. Father businessman. Preferred educated well settled boy near Ambala Cantt. 09466069259, 09034969259.

3138 – Match for Sood (Goyal) girl. DOB 28-01-1992. Ht 5'. Post Graduate in Journalism & Mass Communication. Content Writer in IT Company. Rs 25000/- pm. Father retired Director from Central Govt. office. 09876735677, 08146123383, email at drishti1507@gmail.com

Sood Sabha Malerkotla



ਸੂਦ ਸਭਾ ਮਲੇਰਕੋਟਲਾ (ਰਜਿ.) ਨੇ 8 ਅਪਰੈਲ, 2017 ਦੇ ਦਿਨ ਨਿ:ਸ਼ੁਲਕ ਆਂਖਾਂ ਦੇ ਚੈਕਅਪ ਦਾ ਸ਼ਿਵੀਰ ਲਗਵਾਇਆ। ਸ਼ਿਵੀਰ ਮੇਂ 937 ਮਰੀਜ਼ਾਂ ਦਾ ਚੈਕਅਪ ਕੀਆ ਗਏ। 91 ਮਰੀਜ਼ਾਂ ਕੋ ਆਪ੍ਰੇਸ਼ਨ ਹੇਤੁ ਚਯਨਿਤ ਕੀਆ ਗਏ। ਸੂਦ ਸਭਾ, ਮਲੇਰਕੋਟਲਾ ਦੇ ਪ੍ਰਧਾਨ ਸ਼੍ਰੀ ਸੰਜੀਵ ਸੂਦ, ਚੇਅਰਮੈਨ ਹਰਿਨਦ੍ਰ ਸੂਦ, ਸਚਿਵ ਰਾਜੀਵ ਸੂਦ, ਮਹਾਸਚਿਵ ਮਨੋਜ ਸੂਦ, ਖਜ਼ਾਨੀ ਦੀਪਕ ਸੂਦ, ਸੰਪਾਦਕ ਅਨਿਲ ਸੂਦ ਆਦਿ ਸ਼ਿਵੀਰ ਸੰਚਾਲਕ ਸੰਦੀਪ ਸੂਦ ਆਦਿ ਅਜੀਤ ਸੂਦ ਦੇ ਨੇਤ੍ਰਤਵ ਮੇਂ ਯਹ ਆਂਖਾਂ ਦਾ ਨਿ:ਸ਼ੁਲਕ ਸ਼ਿਵੀਰ ਲਗਾਇਆ ਗਏ। ਇਸ ਸ਼ਿਵੀਰ ਮੇਂ ਪਟਿਆਲਾ ਦੇ ਡਾ. ਬਲਬੀਰ ਸਿੰਘ, ਡਾ. ਆਸ਼ਾ, ਪ੍ਰੀਤਪਾਲ ਕੌਰ, ਰਾਕੇਸ਼ ਅਰੋੜਾ ਆਦਿ ਡਾ. ਪੀ.ਐਸ. ਬਰਾਰ ਨੇ ਮਰੀਜ਼ਾਂ ਦੀ ਜਾਂਚ ਕੀ। ਯਹ ਸ਼ਿਵੀਰ ਗੁਪਤਾ ਪਰਿਵਾਰ (ਲੰਦਨ) ਦੇ ਸਹਯੋਗ ਦੇ ਕਾਲੀ ਮਾਤਾ ਮੰਦਿਰ ਮੇਂ ਲਗਵਾਇਆ ਗਏ ਤਥਾ ਆਂਖਾਂ ਦੀ ਸੰਭਾਲ ਦੇ ਬਾਰੇ ਮੇਂ ਵਿਸਤਾਰ ਦੇ ਜਾਨਕਾਰੀ ਦੀ ਗਈ।



SOOD SABHA PATHANKOT

On Ram Navami - 5th April, 2017 members of Sood Sabha Pathankot distributed Milk & Biscuits at Civil Hospital Pathankot.



Donation of Mobile Van to the Mansa Devi Mandir Bhandara Committee on 4th June, 2017



The Mobile Van was flagged off by Chairman SSBT and President, General Secy. of the Sood Sabha.

