

SOOD *Sandesh*

ਸੂਦ ਸੰਦੇਸ਼

SOOD BHAWAN

Sector 44-A, Chandigarh,
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CHANDIGARH
ਸੇਵਾ ਪਰਮੋਧਮ:

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Dr. Harsimran Singh, Director (Orthopaedics & Jt Replacement) Fortis, Mohali delivering a "Public Awareness Talk" at Sood Bhawan, Chandigarh on "How to Preserve Knee Joint"

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

• Jan. to March 2017 Vol. 93

• Matrimonial : ₹ 100/-



Dr. Harsimran is being received



Dr. Harsimran with the Executive Members of Sood Sabha



Dr. Singh delivering a lecture



A memento being presented by Sood Sabha



Two rooms renovated were inaugurated by Sh. Bipin Chand Sood President, Sarvdeshi Sood Sabha

SOOD SANDESH



Editorial

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

Jan-Mar 2017

From General Secretary



Shashi B. Sud

It is my proud privilege to mention that Sood Sabha Chandigarh always remains in forefront for the service of biradari and humanity as a whole. The members put commendable efforts for the achievement of goals set by the Sabha. This spirit of understanding and togetherness helps us in rendering the service to the community more effectively.

Recently, on 12th March 2017, Sood Sabha - Chandigarh in association with Fortis Hospital, Mohali organized a “**Health Awareness Talk on How to preserve knee Joint**” for a healthier life style in old age. Dr. Harsimran Singh, renowned orthopedic surgeon, Director, Orthopedics & Joint Replacement, Fortis conducted the talk. The lecture was quite educative & informative and was attended by good number of people of vicinity. The efforts of Sabha were applauded by all present.

Further to it, our Sabha received a request from Shri Parveen Kumar Sharma of Chandigarh, undergoing treatment at Rajiv Gandhi Cancer Institute for Acute Myeloid Leukemia post Allogenic stem cell transplant. Taking into consideration the urgent need, Sabha acted spontaneously and through Sood Sewa Bhawan Trust contributed Rupees Fifty Thousand for this noble cause. This gesture of goodwill of Sabha was widely appreciated.

Let us dedicate ourselves in the service of community having this feeling that service to the society is above all the religions.

बसन्त के रंग.. सुरों के रंग...

अति सौम्य, सुन्दर.. 'देव भूमि हिमाचल', विशाल व्यास नदी का सुघट तट, तट पर बसा एक रमणीय स्थल, छोटा सा प्रान्त.. देहरा गोपीपुर और इसी नदी तीर हमारे गोविन्द जी का पौराणिक मन्दिर निर्मित है जो सन् १६०० से राधा-कृष्ण मन्दिर के नाम से विख्यात है। सचमुच, सत्यता से ओत-प्रोत राधा-कृष्ण की स्थापित मूर्ति मन्दिर की शोभा ही नहीं, विशेष लावण्य एवं आकर्षण मुक्त है।



वन्दना सूद
देहरा, गोपीपुर

कहा जाता है कि इसी मन्दिर में माँ कमलावती सूद, जिन्हें स्थानीय परिवेश में 'कमला भक्तनी' के नाम से जाना जाता है, ने सप्रेम ठाकुर जी की शरण में जाकर उनका साक्षात्कार प्राप्त किया। ठाकुर जी की विशिष्ट छवि के दर्शनों-परान्त माँ लक्ष्मी एवं सरस्वती के आशीर्वाद से उनका श्रृंगार हुआ एवं नित नूतन भजन-गायन उनके जीवन का अहम हिस्सा बन गया। सर्वगुण सम्पन्न उस वैदिक शक्ति-युक्त माँ का सम्पूर्ण जीवन प्रभु भक्ति में लीन रहा। माँ कमलावती सन् १९८८ में इस संसार से विदा ले गई।

उनके पुत्र श्री कपिल देव ने वकालत के गुण अपने पिता से प्राप्त किए और उच्च न्यायलय, शिमला में वरिष्ठ अधिवक्ता बन गए। वहीं दूसरी ओर मातृभूमि से प्रेम, सत्कर्म, समाज सेवा, कृष्णभक्ति, सुकृत्य, संस्कार एवं स्व-संस्कृति विरासत में माँ कमला भक्तनी से प्राप्त कर ली। परिणाम स्वरूप १९९७ में माँ कमला की पुण्य स्मृति में कमला-पुत्र ने अपनी जन्म स्थली देहरा में अन्तर्विद्यालय भजन प्रतियोगिता का आयोजन आरम्भ कर दिया जिसमें देहरा उपमण्डल के अधिकतर विद्यालयों ने अपनी रुचि दिखाई।

इसके बाद कान्हा जी की अटूट अनुकम्पा से सन् २००० में उन्होंने राधा-कृष्ण मन्दिर के साथ राधाकृष्ण कम्यूनिटी सैन्टर ट्रस्ट बनाकर एक विशाल सामुदायिक भवन देहरा वासियों को समर्पित किया। यहाँ सांस्कृतिक कार्यक्रमों के आयोजन हेतु विशाल 'कमलावती भवन' भी निर्मित हुआ और १० फरवरी २००० में सुखद बसन्त पंचमी की प्रातः शंख ध्वनि, भजन, गायन, मंगलाचरण एवं आरती वन्दन के साथ राधा-कृष्ण मन्दिर के स्वर्णिम शतक वर्ष का समारोह बड़ी धूम धाम से मनाया गया। उस समय भी मेरी लेखनी ने कुछ पंक्तियाँ कमला-पुत्र को सादर समर्पित की थी...

धन्य धन्य करें प्रभु का हम जो सत्कर्मों का दाता है,
मंगल प्रेरणा देकर हमें जो मंगल मार्ग दिखाता है।
प्रभु प्रेरणा से श्री कपिल जी आपने धर्म किए सत्कर्म किए,

देहरा को कर सामुदायिक भवन समर्पित आपने शुभकर्म किए।
सुख-सुविधा होगी अब सबको आज सभी आनन्दित हैं,
बसन्त ऋतु की पावन बेला पर सब आपके कारण हर्षित हैं।
देहरा प्रांत और कमला-कुटुम्ब से प्रभु का प्यारा नाता है,
मंगल प्रेरणा देकर हमें जो मंगल मार्ग दिखाता है।

इस वर्ष भी सुन्दर बसन्त की पावन प्रातः को सरस्वती वन्दना, नृत्य, हिमाचली नाटी एवं भजनों की स्वरलहरी के गुंजन से विभिन्न विद्यालयों की कुल २० प्रतिभागी टीमों ने कमलावती कक्ष को जीवन्त रूप देकर महका दिया।

उक्त कार्यक्रम की शिरकत मुख्य अतिथि श्री श्रीकान्त बाल्दी जी ने की जो एक आई.ए.एस. हैं एवं वर्तमान में प्रिंसीपल सैक्रेटरी फाइनेंस (हि.प्र.) हैं। श्री योगेन्द्र दीवान जी एवं श्रीमती विजयलक्ष्मी जी ने विशेष रुचि दिखाते हुए प्रतियोगिता को पूर्ण रूप दिया। इस कार्यक्रम के आयोजन हेतु अध्यक्ष श्री कपिल देव सूद जी के साथ ट्रस्टी श्री सुरेन्द्र मोहन सूद, ट्रस्टी श्री संजीव सूद एवं लेखिका वन्दना सूद उपस्थित थे।

कार्यक्रम के मध्य जहाँ अध्यक्ष महोदय द्वारा वार्षिक ब्योरा प्रस्तुत किया गया तथा संजीव सूद जी द्वारा स्वागत भाषण हुआ वहीं राधे-राधे की इस माला का अन्तिम मुक्तक... अर्थात् धन्यवाद ज्ञापन की औपचारिकता लेखिका द्वारा निभाई गई भर्तुःभाव कुछ इस प्रकार थे...

ऋणी हुए, कृतज्ञ हुए, करते हैं हम धन्यवाद,
उज्ज्वल हो संस्था का भविष्य रहे यह सदा आबाद,
बसन्त का रंग हो और भी बसन्ती बालवृंद आते रहें,
प्रभु का ध्यान करते हुए भजन यहां सब गाते रहें।

और इसी तरह व्यास तीर उमड़ी श्रोताओं, दर्शकों की भीड़ ने, विशिष्ट गणमान्य अतिथियों ने भक्तिरूपी गंगा लहरों के आनन्द के साथ कांगड़ी धाम का भी स्सास्वादन किया... और बसन्ती प्रातः का अद्वितीय सफर बसन्ती अपराह्न समाप्त हुआ।

बिरादरी के सूचनार्थ

सूद सभा चण्डीगढ़/पंचकूला से दूरभाष, पत्राचार सम्बन्धित नम्बर नीचे दिए जा रहे हैं:-

चण्डीगढ़ : 0172-2663408, 5083408, 9888503408

पंचकूला : 0172-2582964, 5028068, 9888523408

Library – A Bliss

“Freedom, Prosperity and the development of society and its individuals are fundamental human values. They will only be attained through the ability of well-informed citizens to exercise their democratic rights and to play an active role in the society. Constructive participation and the development of democracy depend on satisfactory education as well as on free unlimited access to knowledge, thought, culture and information.”



Dr. Ruchi Sood
Chandigarh

The “public library”, the local gateway to knowledge, provides a basic condition for lifelong learning, independent decision – making and cultural development of the individual and social groups.

A library can be considered a store – house of knowledge. In dictionaries the word “Library” has been defined as a “building or room containing a collection of books” which renders a great service to the society.

A public library is a place that is open to poor and rich alike. There are mainly two sections in a library. They are the lending section and the reference section. Any member can borrow books from the lending section. Non members too can use the reference section. In addition to these two sections, there is another section in the library. Here, any one can do his or her reading under a calm and a quiet environment. This section is called the “study room”.

For many people the word “Library” conjures up images of books and not much more. Although books remain a core feature and are beneficial in many more ways than commonly understood, libraries have a much wider and more significant reach than books alone.

Now-a-days facilities like free access to reference resources including online subscription services and free access to computers and internet for members are also available in the libraries.

A library is very useful for youth too. If they take to reading they will be able to refrain from evil habits such as loitering and gambling. There are not only books but also newspapers, magazines, periodicals and government gazette in a library.

In view of the above facts, it is apparent that a library holds a very important place in the society.

HEALTH TIPS

What is blood pressure?

Blood pressure is the force/ pressure of blood against the blood vessel walls. Blood pressure is written as two numbers. The upper value is called, systolic blood pressure while the lower value is called diastolic blood pressure.

What is high blood pressure / hypertension?

High blood pressure, also known as hypertension, is a condition in which the pressure in your arteries is higher than it should be i.e. pressure is > 140 systolic and / or > 90 diastolic.

What are the complications of hypertension?

- Stroke
- Heart attack, angina/chest pain or both
- Heart failure
- Kidney failure
- Peripheral arterial disease

How can you control high blood pressure?

As we just saw that high blood pressure can lead to various complications, mentioned below are some steps that can help to control your blood pressure and maintain it within the normal range.

- Take your medications as prescribed by the doctor
- Eat a healthy diet that includes vegetables and fruits
- Lower your salt intake. Limit it to <6 g salt per day
- Maintain normal cholesterol (Total cholesterol: <200 mg/dL) and glucose levels (Fasting : < 100 mg/dL, Post- meal: < 140 mg/dL)
- Quit smoking or use of other tobacco products
- Limit alcohol intake (Men: not more than two drinks a day. Women: one drink a day)
- Lose weight if you are overweight and maintain a healthy weight
- Exercise regularly (Get at least 150 minutes of moderate - intensify physical activity or 75 minutes of vigorous - intensify activity (or a combination) each week)

Make sure you get your blood pressure checked regularly and treat it the way your doctor advises.



Dr. J.K. Kalra
Sood Bhawan, CHD

Protect your child from Behavioral & Environmental Disorders

Days are gone when the children used to be unconcerned about the treatment meted out to them at home and also at the school. They are much sensitive and sentimental to their surroundings. This is a psychological rather a psychiatric subject. I have suggestions for both parents and teachers, which I think can go a long way in rearing and grooming your child well.



Bal Krishan Sood
Chandigarh

Treat your child with love and affection. We may not always point out his/her shortcomings every now and then on very minor trifles as the child may feel insulted and may become prey to depression. Now, what is depression? It is a kind of mental ailment which results in self dejection. It includes slackness, lowering of energy or activity - a sense of depredation and deprivation. You would appreciate that all this will make your child self-centered and secluded. He/she may feel discouraged to engage in a group and the child will imbibe habits which may not be congenial to his/her physical and mental health. He/she may feel dejected towards life and may be attracted to many bad habits, including attraction to drugs. These things if not checked promptly may enter into child's nimble mind during adolescence, which is very alarming and at the same time not easy to retract at puberty because he/she may become immune to advice at that age. To avoid such an undesirable situation, here is some advice.

- Never harp on the venial lapses of your child among others and more particularly in front of his/her friends and at the same time don't reprimand the child every now and then.
- The key to child's overall development is admiration and appreciation. In order to make the child positive and responsive, the elders and teachers should abandon their negativity. Instead, the soothing behavior of the parents at home and the teachers at the school is always an encouragement for the child, it is the 'sanjeevani' you can say.
- Encourage the child to do the odd jobs at home and school also and

imbibe in the child a sense of responsibility. He/she would feel pleasure and encouraged in carrying out the same. It will create miracles in increasing the self-confidence of the child. There is no substitute for self confidence in the all round positive development of the child.

- Involve the child in the relevant decisions and dialogues in the family and at the same time give due respect and weightage to his/her suggestions.

- Make the child feel important, relevant and respected. The positive behavior of the parent, elders and teachers will make the attitude of the child more positive and he/she will be more caring and responsive to the environments around him/her.

All the above things will infuse spirit of positivity in children towards life and they will be an asset to the family in particular and to the nation as a whole.

आपके लिए

सूद संदेश के सभी पाठकों को सूचित किया जाता है कि आगामी त्रैमासिक पत्रिका के अर्न्तगत, “नन्हें मुन्नों के संग” और “नारी शक्ति” खण्डों का प्रकाशन आरम्भ किया जा रहा है। सभी सूद परिवारों की माननीय महिलाओं एवं बच्चों से अनुरोध है कि वह मनोरंजन, नैतिक मूल्यों, भौतिक ज्ञान पर आधारित कविताएँ, कहानियाँ एवं लेख, खान-पान की विधियों पर आधारित आलेख भेजें ताकि यह पत्रिका सूद परिवारों में अपनी अमिट छाप छोड़ जाए।

This is to inform all the readers of Sood Sandesh that in the forthcoming issues of our quarterly magazine we are introducing special sections i.e. “नन्हें मुन्नों के संग” and “नारी शक्ति” related to all the children and ladies of Sood biradari, respectively. To inculcate the writing and reading habits amongst the youngsters we invite articles regarding general knowledge, entertainment, recipes, moral value based etc. for publication. This attribution of all the receiptes is sought for making the magazine a land mark in the biradari.

मेरी पुस्तक “आओ सोचें - मैं आप और हम” के कुछ छन्द

ए बन्दे दान देकर दाता बन कुछ लेने की न रख लालसा
धिक्कार है उस व्यक्ति पर जो सक्षम हो कर भी, रखता है लेने की लालसा।

अज्ञानता को छोड़ ज्ञान का दीप अपने अंदर तुम जला लो
दूसरों के दुखों को बाँट कर अपने जीवन को सफल बना लो।

माँ तू ही पहली गुरु है संतान की सदैव तत्पर रहती है उनके उत्थान में
तेरे ही शुभ विचारों से निखरता है उनका चरित्र बढ़ोतरी होती है उनके ज्ञान में।

पूछे एक युवती हमसे क्या है हया ? शर्म है किस वला का नाम ?
आज की असली जिंदगी में क्या है इनका काम ?

समाजवाद, भौतिकवाद के बाद बाजार वाद का है आज ज़माना
भूलकर नैतिकता और मन की शांति, इसके पीछे दौड़ रहा है ज़माना।

बड़ा ही स्वार्थमय और रूखा होता जा रहा है आज लोगों का व्यवहार
इंसान ही नहीं बन पाते जो खुद, चाहते हैं दूसरे देवता सा करें व्यवहार।

फैला कर हाथ खुदा के आगे बचाओ मेरी गद्दी नेता यह बोला
भूल गया वो, बन भेड़िया, कैसे नोचा जनता को, तभी तो उसका आसन डोला।

अपने अंदर के शैतान का करो संहार तब स्वतः खत्म होगा अत्याचार
कहीं तुम होते हो लाचार, सोचो, कभी कोई तुमसे न हो लाचार।

झूठ का रजवा है कुछ ऐसा है कि इसका गुलाम बन गया है इंसान
सच्चाई तो न देखी गई, न सुनी गई और न ही निभाई गई।

पीकर खून नेता का मच्छर कुछ देर ही ओर जिया
“गरीबी मिटा देंगे” “समाजवाद ले आयेंगे” यह ही चिल्लाता रहा जब तक जिया



सुरेन्द्र मोहन सूद
पंचकूला

‘वृक्ष की पुकार’

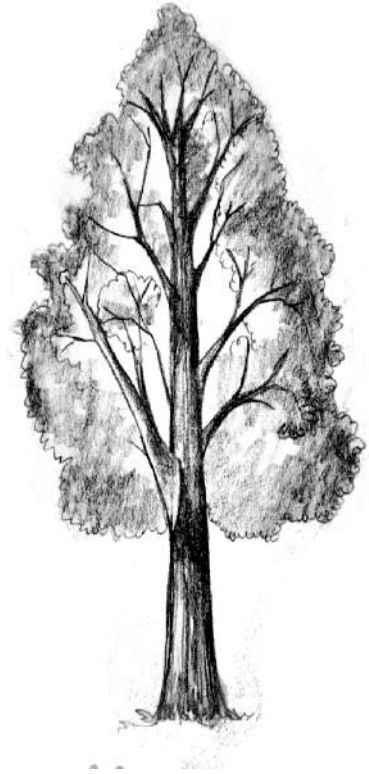
मुझे मत काटो हे मानव, मुझे जीने दो,
मैं तो जीवन देता हूँ, क्यों तुम मेरा जीवन लेते हो,
थोड़ी मुझ पर दया करो, थोड़ा उपकार करो,
मैं प्रकृति का सुंदर बालक हूँ हरियाली नाम मेरा,
वायु शुद्ध मैं करता हूँ, प्रदूषण दूर भगाता हूँ,
मैं सुख-समृद्धि का सूचक, वर्षा मैं ही लाता हूँ
धूप में खड़ा रह कर मैं, तुम्हें तो छाया देता हूँ
अपने फल स्वयं न खाता, तुम्हें फल मैं देता हूँ
तप तपस्या से मेरा नाता, मैं धर्म का केन्द्र बिन्दु हूँ
मेरी औषधि का सेवन कर मानव निरोग बन जाता है
ऋषि-मुनियों ने ध्यान लगाकर मेरा रहस्य पाया है
मुझे मत काटो हे मानव, मुझे जीने दो...

हम दोनों में बहती जीवन धारा, हमारा भाई-भाई का नाता
फिर क्यों तुम मुझे आघात पहुँचाते हो, तुम मुझे मार गिराते हो
तुम मेरी पीड़ा को जानों, तुम मेरी पुकार सुनो
मुझे मत काटो हे मानव, मुझे जीने दो....

बसन्त बहार का मौसम जब आता, तेज़ हवाएं चलती हैं
मेरे पत्ते सां सां करके गीत हर्ष के गाते हैं
पतझड़ की जब ऋतु है आती, मेरी शाखाएं गिर जाती हैं
तुम्हारा चुल्हा जलता रहे, वे अग्नि की भेंट चढ़ जाती हैं
अपना अस्तित्व खोकर भी मैं तुम्हारी भूख मिटाता हूँ
तुम मेरे बलिदान को समझो, मत मुझ पर प्रहार करो
मुझे मत काटो हे मानव, मुझे जीने दो...।



प्रो० योगेश चन्द्र सूद
मैहत्तपुर (हि. प्र.)



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) 25 अप्रैल, 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, महा सचिव, सूद सभा
सूद भवन, सैक्टर 44-ए, चण्डीगढ़ - 160047
दूरभाष : 0172-2663408, 5083408



प्रथम पुरस्कार रु 1000 /—मात्र

द्वितीय पुरस्कार रु 500 /—मात्र

त्रैमासिक सूद सन्देश (अक्टूबर-दिसम्बर 2016) Photo Caption Contest पर लिखे-

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

Mehak Sood
HIG-905/70,
Near Special Park
Mohali

{ “जिन नन्हें कन्धों पर होना चाहिए था
तिरंगे की लाज बचाने का भार
आज उन्हीं ने बना लिया
तिरंगा बेचने का रोज़गार”

Shashi Sood
Vill. & P.O.. Kandaghat
Distt. Solan (H.P.)

{ दे सलामी इस तिरंगे को,
जिससे तेरी शान है।
सर हमेशा ऊँचा रखना है इसका,
यही मेरा अरमान है॥

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

7122 – Match for Sood (Madhudia) boy. DOB 24-01-1990. Ht 5'9". B.Tech, pursuing MBA. Production Engineer in MNC at Noida. Rs 40000/- p.m. Father retired Grade-1 officer from H.P. government, mother teacher in government school. Preferred professionally qualified girl. 09418520893, 09418073401

7123 – Match for manglik Sood (Mandal) boy. Ht 5'7". DOB 21-01-1983 (8.00pm / Tarn Taran). Graduate. Own well settled and established two wheelers spare parts business. 09988831889.

7124 – Match for Sood (Nagal) boy. DOB 24-12-1986 (8.29 am / Jalandhar). Ht 5'7". B.Tech. IT Professional. Team Leader at Pune in German MNC. Father retired official. Preferred professionally qualified Himachali girl based at Chandigarh. 09417323776, 0172-2673704, mail id sood_chd@hotmail.com

7125 – Match for Sood (Badhu) boy. DOB 30-07-1985 (9.20 am / Taran Taaran). Ht 6'1". M.A (English) B.Ed. M.Phil (History). Teaching in a GNDU affiliated college. Salary Rs 30000/- pm. Both parents Govt. pensioners. Own properties at Tarn Taran. 09876054654, 09872164486.

7126 – Match for Sood (Palkaiya) boy. DOB 15-02- 1987 (7.08 pm / Jawalamukhi, H.P.) Ht 5'8". MCA. Working in I- Tax Department. Rs 4-5 Lpa. Father retired from SBI. Mother working with PNB. Preferred professionally qualified girl working in Govt. Department and willing to settle in H.P. Kundli must. 01970-223036, 09418205686

7127 – Match for Sood (Basanderu) boy. DOB 10-07-1990 (11.55 am / Sundernagar). Ht 5'9" B.Tech (ECE) and MBA from Symbiosis, Pune. Consultant with IBM. Rs 1 Lac pm. Father retired from SJVNL, Shimla. Mother School teacher. 09816028913, 0177-2842913.

7128 – Match for Sood (Baddu) boy. DOB 14-09-1989 (Ahmedabad). Ht 5'10". MBA (Finance). Working in Vodafone International. Rs 30000/ pm. Father businessman. 09687069800, 07927506460, email at sanketsood422@gmail.com

7129 – Match for Sood (Gondal) boy. DOB 30-01-1988 (10.45 am / Saharnpur). Ht 6'1". B.Com. Working with reputed company at Gurgaon as an Executive. Rs 3 Lpa. Father retired from ITC Saharanpur. Preferred working girl from simple Sood family. 08588856843, 09654411087.

7130 – Match for Sood (Gopal)boy. DOB 23-05-1987. Ht 5'10". BTech (IT). IT Analyst/Team Leader. Rs 50000/- pm. Preferred sweet Punjabi, Haryanavi, Himachali girl. 07589416018, 01636224149.

7131 – Match for Sood (Harloo) boy. DOB 5-03-1985. Ht 5'6". Pharmacist. Rs 60000/- pm. Father Accountant. 01882-502670, 01882-502680.

7132 – Match for Sood (Gaggal) boy. DOB 16-12-1983. B.Sc. IT professional in Singapore. Preferred professionally qualified homely girl. 09988429512.

7133 – Match for Sood (Gagal) boy. DOB 22-06-1988. Ht 5'7". B.Tech (Thapar University, Patiala) M.Sc. (USA). Electrical Engineer in USA. Rs 45 Lpa. Father Chartered Accountant. Preferred well educated, homely Sood girl willing to settle in USA. 01792-232158.

7134 – Match for Sood (Dhup) boy. DOB 14-04-1983. Ht 5'11". Bachelor in Fine Arts (PU). Self employed, earning Rs 40000/- pm. Father retired bank officer. 0172-4000417.

7135 – Match for Manglik Sood (Badhu) boy. DOB 7-08-1989. Ht 5'11". Graduate. Own Business. Rs 50000/- pm. Father businessman. 09815116020, 09915566052.

7136 – Match for Sood (Bhaddu) boy. DOB 28-06-1995 (7.07 pm / Amritsar). Ht 6'. Doing B.Com. Own business of Commission Agent at Naushehra Pannuan (Pb). 09815901255, 09417008972.

7137 – Match for Sood (Dosaj) boy. DOB 19-10-1987. Ht 6'2". M.Sc. B.Ed. Running own Institute. Father retired. 09878677787.

7138 – Match for Sood (Gajri) boy. DOB 14-06-1987. Ht 5'8". 10+2. Own shop in Noor Mahal. Rs 160000/- pm. 09465333374.

7139 – Match for Sood (Mahindra) boy. DOB 11-05-1986. Ht 5'6". B.Tech (PEC, Chandigarh). Customs Inspector. Rs 55000/- pm. Father businessman, mother in Government service. 09417423965.

7140 – Match for Sood (Tukhi) boy. DOB 21-09-1988. Ht 5'9". B.Com C.A. (Inter). Finance Executive in Schneider Electrical Ltd. Rs 25000/- pm. Father Retired SBI official. Preferred slim, good looking, well educated homely girl. 09878424294, 09780024294.

7141 – Match for Manglik Sood (Govind) boy. DOB 4-08-1986. Ht 5'10". B.Com MBA (Marketing). Senior Sales officer with Godrej. Rs 7 Lpa. Father retired. Preferred well groomed & convent educated girl. 9888740399, 09646732717.

7142 – Match for Sood (Chimra) boy. DOB 28-07-1986. Ht 5'8". MBA (IT). Network Administrator. Rs 20000/- pm. Father businessman. 09805486847, 01799-220347.

7143 – Match for Anshik Manglik Sood (Goel) boy. DOB 21-10-1989. Ht 5' 6 ½". B.A. LL.B. Practicing Advocate in Punjab & Haryana high Court, Chandigarh. Income in 6 figures from all sources. Father owns business. Own house in Chandigarh. Preferred professional girl from Chandigarh tricity. 0177-2653045, 0177-2658811, 098160-21000.

7144 – Match for Anshik Manglik Sood (Gajri) boy. DOB 29-05-1992. Ht 6'3". B.Tech (MMMIT – Gorakhpur). Captain in Indian Army. Rs 85000/- pm. Father in service and mother is a teacher. Girl should also be Anshik Manglik. 07275480200, 08960517655.

7145 – Match for Sood (Goel) boy. DOB 15-06-1981 (12.50 pm / Shimla). Ht 5'11". Graduate. Businessman. Father also a businessman. 09816087087, 0177-2621117.

7146 – Match for Sood (Dhiri) boy. DOB 01-08-1990 (10.05 am / Ahmedabad). B.Tech, Pursuing MS. Pure vegetarian. 09099948999, 09979944199.

7147 – Match for Sood (Langa) boy. DOB 23-09-1980 (7.42 am / Delhi). Ht 6'. B.Com. Working as a Manager in Gurugram. Rs 6 Lpa. Preferred suitable working girl. 011-28539116, 011-45506541, 09891937405.

7148 – Match for Sood (Teji) boy. DOB 14-06-1987 (2.30 pm / Patiala). Ht 5'10". D.Pharmacy. Own Chemist shop in Patiala. Father retired Govt. official. 09317713511.

7149 – Match for Sood (Chimra) boy. Age 30 years. Ht 5'9". BCA & PGDPM. Working with MNC at Chandigarh. Reputed family from Shimla. 09805569602.

7150 – Match for Anshik Manglik Sood (Nandu) boy. DOB 10-11-1988 (16.23 / Kurukshetra). Ht 5'8". B.Tech (I.T.). Working in MNC at NOIDA. Rs 10 Lpa. He has been to 5-6 countries for official assignments. In March he is going to join a Govt. Telecom Co. (Etisalat) in Dubai with Rs 42 Lpa package. He owns flat in NOIDA. 09896244388, 07206244388, email at satishsood00@gmail.com

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 for a boy from reputed family. 0985751111, 09459112345

7163 - Match for 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

Grooms Wanted

3064 – Match for Sood (Madhudia) girl. DOB 5-07-1988. Ht 5'4". M.Pharm and pursuing Ph.D from Punjabi University, Patiala. Rs 30000/- p.m. Father retired Grade-1 officer from H.P. government, mother teacher in government school. Looking for professionally qualified Doctor, Engineer, MBA, Ph.D or government officer. 09418520893, 09418073401

3065 – Match for Sood (Phakay) girl. DOB 21-09-1994. Ht 5'3". MBA. Father businessman. 098142-57019.

3066 – Match for Sood (Chimra) girl. DOB 23-01-1990 (6.45 am / Shimla) Graduate, 3 years Diploma in Retail Management. Working with S.P. Jain International University as Senior Marketing Executive. Father self employed. 09967763306, 0250-240931.

3067 – Match for Sood (Bhagra) girl. DOB 9-03-1990. Ht 5'6". M.Com, UGC. Teacher in a reputed School in Chandigarh. Father retired Army officer. 09888999566, mail-id: sanjeevsood1735@gmail.com

3068 – Match for Sood (Palkaiya) girl. DOB 30-07- 1988 (6.18 pm / Pathankot) Ht 5'3". B.Tech MBA. Working as Assistant Professor in Govt. College, Dharamsala on adhoc basis. Rs 20000/- pm. Father retired from SBI. Mother working with PNB. Preferred professionally qualified Himachali boy. Kundli must. 01970-223036, 09418205686

3069 – Match for manglik Sood (Mohindra) girl. DOB 16-10-1987. Ht 5'3". M.A(English). B Ed, M.Ed. Preferred educated well settled manglik boy. Kundli must. 09815337790.

3070 – Match for Sood (Bandal) girl. DOB 01-01-1990 (2.26 am / Shimla). Ht 5'4". M.Tech. Working as Software developer in MNC at Chandigarh. Preferred well qualified settled match from respectable family. 094180-20451

3071 – Match for Sood (Dhanda) girl. DOB 24-07-1989. Ht 5'6". BCA, MBA. Working as Assistant Manager with MNC at Delhi. Father working in Punjab National Bank. Mother (M.A., B.Ed). Self employed. 09915013224, 09876613224.

3072 – Match for Himachali Sood (Goyal) girl. DOB 9-03-1989 (7.40 am / Yamuna Nagar). Ht 5'1". M.Com. Doing B.Ed. Father working in private sector. Preferred Himachali, educated well settled Sood boy. 01732-s238338.

3073 – Match for Sood (Balas) girl. DOB 20-07-1989 (8.42 am). Ht 5'4". B.Tech (Non-IT). MBA. Serving with in Fidelity Investment, Bangalore. Rs 1.15 Lac pm. Father Chief Manager in PSU Bank. Looking for educated adjustable boy. 07060404078, 09410070407.

3074 – Match for Sood (Gaggal) girl. DOB 22-02-1978. Ht 5'3". M Sc. Web Designer. Rs 45000/- pm. Father retired. Boy from decent family preferred. 09988429512.

3075 – Match for manglik Sood (Galib) girl. DOB 19-11-1990. Ht 5'5". BSA BA LLB CS Company Secretary (Executive Trainee). Father self employed. 01792-232627, 01792-234627.

3076 – Match for Sood (Chimra) girl. DOB 8-08-1989. Ht 5'8". BA/Animation. Working with Concentric, IT Park Chandigarh. Rs 13000/- pm. Father retired from SBI. 08556062101.

3077 – Match for Sood (Karol) girl. DOB 11-11-1988 (6am / Chandigarh). Ht 5'1 1/2" BBA, MBE (PU, Chandigarh). Working in MNC at NOIDA. Father businessman. 01792-233358, 09816526638.

3078 – Match for Sood (Badhu) girl. DOB 15-07-1988, Ht 5'4". M.Com. Co-Coordinator. Rs 30000/- pm. Father businessman. 09815116020, 09915566052.

3079 – Match for Sood (Gajri) girl. DOB 24-08-1987. BSc B Ed. Working in Post office. Rs 25000/- pm. 09878647004.

3080 – Match for Sood (Mohmann) girl. DOB 21-06-1986. Ht 5'3". Graduate. Father businessman, mother teacher. 09915151491.

3081 – Match for Sood (Bhaddu) girl. DOB 20-10-1984 (12.00 pm/ Kot Ise Khan, Moga). Ht 5'2". MABEd MPhil and presently doing Ph.D. 09815901255, 09417008972.

3082 – Match for Sood (Mayur) girl. DOB 15-07-1992. Ht 5'4". B.Tech (Computer Science). R & D Engineer. Rs 60000/- pm. 09646175835.

3083 – Match for Sood (Didea) girl DOB 18-12-1989. Ht 5' 5 ½" BCom (Hons) LLB (PU, Chandigarh). Company Secretary. Advocate (Pb & Haryana high Courts) Rs 50000/- pm. Father Bank Manager, Mother in Govt. Service. Preferred Advocate, CA or Officer. 0172-4010352, 07696715951, 09815338899.

3084 – Match for Sood (Jari) girl. DOB 29-01-1990. Ht 5'4". M Phil. Father in transport business. 09417938279.

3085 – Match for Sood (Jari) girl. DOB 1989. Ht 5'4". MTech. Working with Punjab & Sind bank. Rs 25000/- pm. Father in transport business. 09417938279.

3086 – Match for Sood (Dhukhi) girl DOB 9-08-1994. Ht 5'6". MCA, doing M.Tech. Father in Punjab Police. 09914443533, 9855634331.

3087 – Match for Sood (Ugal) girl. DOB 28-09-1991. Ht 5'5". BCA. Teaching in a School Rs 10000/- pm. Father businessman. 09463817228.

3088 – Match for Sood (Ugal) girl. DOB 3-07-1989. Ht 5'5". D. Pharmacy. MCA. Father owns Medical Store. 09463817228, 09530582528.

3089 – Match for Sood (Ugal) girl. DOB 21-10-1990 (Nangal). Ht 5'4". B.Tech (CSE) MBA (Finance). Working with MNC. Rs 70000/- pm. Father businessman. Preferred MBA boy. 09779816875, 09815619518.

3090 – Match for Sood (Bandras) girl. DOB 18-11-1983 (12.15 am / Ropar). Ht 5'4". MABEd. Working as teacher in Himachal. Mother teacher. 09736443381.

3091 – Match for Sood (Bandras) girl. DOB 24-06-1986 (8.46 am / Ropar). Ht 5'3". BSc BEd. Teacher in Himachal Pradesh. Mother teacher. 09736443381.

3092 – Match for Manglik Sood (Dhiri) girl. DOB 3-11-1988. Ht 5'3". Diploma (GNM, Nursing). Father businessman. 09815338725.

3093 – Match for Manglik Sood (Dosaj) girl. DOB 3-03-1988 (3.15 am). Ht 5'2". MTech. Father Government officer. 094630-86403.

3094 – Match for Sood (Bhagra) girl. DOB 27-11-1991 (6.00 pm / Kangra). Ht 5'3". BCom MCom. Working as Assistant Professor in Private College at Solan. Mother working in a Private School. Preferred well settled boy from respectable family. 09129045313, e-mail id rajnisood32@gmail.com

3095 – Match for Sud (Bhagra) girl. DOB 6-11-1985 (5.23 pm / Shimla) Ht 5'. Convent educated. MSc (IT). Software Engineer in a company in Mohali. Both parents retired from Education department, settled in Shimla. 09816414341, 09816591262 08894682825 (WhatsApp Msg)

3096 – Match for Manglik Sood (Guccch) girl. DOB 31-01-1992 (6.03 am / Delhi). Ht 5'2". BJMS from JIMS, Rohini. French Certified (Beginners level). N.T.T. Father runs Hardware & Mill Store at Ajmeri Gate. Delhi. 011-27564131, 09811119014, email at aruna241@hotmail.com.

3097 – Match for Sood (Gagal) girl. DOB 5-09-1990 (10.38 pm / Pragpur). Ht 5'2". M Sc (Microbiology). Father businessman. 09459070748, 09871798161.

3098 – Match for Sood (Dhoop) girl DOB 17-07-1987 (13.22 / Faridabad). BDS. Father retired Superintending Engineer. 09530660975, 0172-4671517.

3099 – Match for Sood (Pheky) girl. DOB 20-05-1991 (10.53 pm). Ht 5'3". MBAM.Com, BEd. Working as teacher. Preferred good serviceman / businessman. 09810159184, 09910954775. email at sunitsood2016@gmail.com

3100 – Match for Sood (Karol) tall and beautiful girl. DOB 27-08-1992 (7.23 pm/ Ludhiana). Ht 5' 5 ½". B.Com (Hons) Delhi. Working with big Corporate House in Ludhiana, drawing CTC of Rs 9 Lacs. Father Vice President with reputed Company in Ludhiana. Preferred vegetarian and non-smoker. 09878642835, 09023766677.

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. 09418111434, 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' 3 ½". B.A., N.T.T. 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. Pharma, 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



Smt. Kamlawati Sood Memorial Bhajan Competition organised on 4th February, 2017 at Dehra (H.P.)



Cultural Programme



View of audience



Sood Sabha, Pathankot



Distributing fruit to patients



स्वच्छ भारत अभियान में कूड़ा कचरे दान में ।



कृप्या परिसर स्वच्छ रखें ।

सौजन्य :- सूद सभा चण्डीगढ़

उपर्युक्त Slogan सूद सभा, चण्डीगढ़ द्वारा बनाया गया व लोगों से स्वच्छता के बारे में जागरूकता लाने के लिये शहर में विभिन्न स्थानों पर बैनर लगाये गये ।



President & Members of Sabha celebrated Republic Day at Sood Bhawan, Panchkula



Resident Welfare Association Sect. 44A presented a memento to the Gen. Secy. of the Sabha for rendering excellent service to the Community



A meditation session arranged for public at Sood Bhawan, Chandigarh