

SOOD *Sandesh*

सूद सन्देश

SOOD BHAWAN

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Ph.: 0172-2663408, 5083408

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SOOD BHAWAN

Sector 10, Panchkula,
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“Public-Awareness Talk” on “Neck Pain and Cervical Spondylosis” by Dr. J.P. Singhvi
at Sood Bhawan, Chandigarh on 8th July 2018.

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

• July to September 2018 Vol. 99

• Matrimonial : ₹100/-

"Public Awareness Talk" by Dr. J.P. Singhvi



Dr. Singhvi demonstrating exercises for prevention of "Neck Pain and Cervical Spondylosis"



Office bearers of Sood Sabha presented a memento to Dr. Singhvi

SOOD SANDESH



Editorial

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

July - Sept 2018

EDITORIAL



Atul Sood

"To me, the greatest pleasure of writing is not what it's about, but the inner music the words make."

In agreement with the above quote, I find writing as the most valuable literary expression. The inculcation of passion for creative thinking and writing amongst the Sood Biradari is one of the major objectives set by our predecessors.

Time flies. Another issue is on the roll. Two years have already passed since I have been inducted in the Editorial Board of Sood Sandesh. Several improvements have already been made and we will make many more in the coming issues in order to maintain the tradition of excellence set by our predecessors. Our magazine publishes articles under four umbrellas: Standalone, Featured Topics, Children's Corner, and Matrimonial. The magazine is now over 30 years old and it is of prime importance to constantly rejuvenate it. A lot has been done in this regard.

Sood Sandesh mirrors our community and highlights its Aims, Objectives, Events, Activities and Achievements. In this edition, we have tried to capture following months excitement and activities. It provides a platform to express our creativity.

I am thankful to all our esteemed writers who have responded and penned down their ideas for the magazine.

Finally, from the entire team of Sood Sandesh, I wish all our readers a **HAPPY READING !**

Invitation

It is a matter of great pleasure that our annual event 56th "SOOD MILAN DIVAS" is being organised on the 16th December, 2018 at Sood Bhawan, Sector-10, Panchkula.



Ashwani Sood

As we know, this Milan Divas is organised with a purpose to have a get together of Sood families living in tricity and its adjoining areas. Undoubtedly, participation of brethren other than tricity acts as a morale booster to the organisers as well to the Sood Sabha Chandigarh.

The annual event also helps a lot in creating affinity and understanding amongst Sood fraternity. The day also provides an opportunity to all young and old people to meet and interact. Our young team of ladies and gentlemen is always there to welcome you. For the children it will be a day full of fun and enjoyment. More so they are able to exhibit their talent in sports, cultural and other activities. The occasion also provides an opportunity for matrimonial alliances.

Being the Chairman of the Organising Committee I, on behalf of Sood Sabha, Chandigarh cordially invite all the members of Sood Biradari and their families to grace the occasion by their presence and make the day a grand success.

Chairman Organizing Committee
Sood Milan Divas

CHIEF GUEST

A man with integrity, vision, dedication, compassion, empathy, excellent organizer and performer is Sh. Ashish Sood, honoured to be the Chief Guest of forthcoming 56th Sood Milan Divas being organized by Sood Sabha Chandigarh on 16th December, 2018. He is a politician and very popular national leader of the Bhartiya Janta Party, based in New Delhi. He is considered to be a prominent personality amongst the core cadres of BJP who are inducted through the ideological channel of the organization— ABVP, BJYM and BJP.



Sh. Ashish Sood

Sh. Ashish Sood was born in Delhi on 2nd September 1966 to Sh. Madan Gopal Sood and Smt. Sushila Sood of Kapurthala. He did his schooling from Delhi and is a Commerce graduate from ARSD College, University of Delhi. He was highly influenced by the nationalist ideology of ABVP and later joined ABVP and rose to the ranks with his sincere and hard work. As a true leader, he spearheaded several movements against corruption in the high offices of the Central Government. Ashish Sood was inducted in BJP as Secretary of Delhi State in 2008. Ashish Sood was elected Councilor of South MCD in 2012 from Janakpuri ward in West Delhi. Being a man of visionary approach, he was appointed as the chairperson of the Remunerative Project Cell for two times and then chairperson of the Education Committee. He aims to build up Primary Schools for the slum kids and believes in their upliftment in totality. He also launched NEEV Project wherein schools were asked to conduct surveys in their adjoining areas and give 'on the spot' admission to the kids of poorest of the poor in the city.

He is married to Mrs. Anupam Sood. The couple has a son Shivansh and two daughters – Saumya and Aastha.

All the members of Sood Sabha Chandigarh and Sood Biradari congratulate him for his valuable achievements and wish him the very best for his future ventures.

Beauty of a woman

*A Woman is a life – giver,
She is pure and holds a strong personality,
A woman is a music of freedom,
She is a symbol of mesmerising beauty.*

*A woman is a flawless spirit,
She follows path of truth with devotion,
A woman is a biggest blessing,
She has a heart full of affection.*

*A woman is a powerful fighter,
she is a unique queen of dedication,
A woman very well known who she is,
She speaks what she wants to without hesitation.*



Jaya Sood
Mohali

“56वां सूद मिलन दिवस-2018”

विशेष आर्कषण

इस वर्ष सूद मिलन दिवस के अवसर पर महिलाओं के लिए विशेषतय कुछ प्रतियोगिताएँ आयोजित की जा रही हैं, जैसे कि मेंहदी लगाना, रंगोली, सलाद सजाना, थाली सजाना आदि। यह प्रतियोगिताएँ दिनांक 9-दिसम्बर-2018 को सुबह 11:00 बजे से आयोजित की जाएँगी। प्रतिभागियों से निवेदन है कि इनमें बढ़-चढ़ कर हिस्सा लें। प्रतियोगिता के लिए सामग्री सूद भवन, सैक्टर-10 पंचकूला में ही दी जाएगी।

आयोजन समिति

(समय: प्रातः 11:00 बजे से सांय 5:00 बजे तक)

GUEST OF HONOUR

Sood Community has made a huge effort for upliftment and betterment of society and one of the rising stars of Sood Fraternity is Sh. A.K.Sood, a practicing Senior Chartered Accountant of Chandigarh. Sh. Sood made immense contributions for the nation building and for the welfare of whole humanity. Sh. Sood graduated from Multani Mal Modi Degree College, Patiala in 1973 in medical stream and did his Chartered Accountancy from Chandigarh in 1977. Since then he is in private practice under the name of A.K. Sood & Associates in Chandigarh.



Sh. A.K. Sood

He belongs to a humble Dosajh family of Sh. Kundan Lal Sood originally from village Jadla, Nawan Shahr but his family settled in Patiala long back. Sh. Sood is settled in Chandigarh since 1977. His wife retired as Principal, Government Polytechnic for Women, Sector 10, Chandigarh. His son is also a Chartered Accountant and joined his father's venture. His daughter-in-law is a Civil Engineer. His daughter and son-in-law are well qualified and well settled. A rationalist and has been a keen observer of life processes is –Sh. A.K.Sood. He has rocked the accountancy field with his sheer dedication and hard work. He is an asset to Biradari who has achieved many milestones in life.

Sh.Sood has authored a book “Philosophy of Life Connecting Dots” which was released by Prof. Kaptan Singh Solanki, Hon'ble Governor of Haryana at the premises of Haryana Raj Bhawan last year. He believes that “Challenges makes life interesting and overcoming those makes life meaningful”. His sole motto in life is “Give, Share and Uplift”.

Sood Biradari & Sood Sabha Chandigarh is proud of him and sincerely wishes that Sh. Sood may achieve many more laurels in the times to come.

56th “SOOD MILAN DIVAS” 16th DECEMBER 2018 AT SOOD BHAWAN, SECTOR 10, PANCHKULA

HONOURING THE TOPPERS

SOOD SABHA will honour the meritorious / outstanding students who have achieved distinction in **Board / University** level examination during the **academic Session 2017-2018** only. Sabha will also honour those who have distinguished themselves in sports or in any other field at **District / State level**. Eligible candidates may send their supporting testimonials latest by 30th November, 2018 for enrolment.

CULTURAL PROGRAMME

Children who are interested to take part in the Cultural Programme / Fancy Dress competition(s) should also send their names along with details of the item(s) to be presented. In this connection, they are welcome to contact any of the following on or before 30th November 2018.

Manager

Sood Bhawan Chandigarh
0172-2663408, 9888503408

Manager

Sood Bhawan, Panchkula
0172-2582964, 9417426932

Final Rehearsal/Selection of the item(s) of Cultural programme and different competitions for Ladies will be organised at Sood Bhawan, Sector 10, Panchkula on Sunday the 9th Dec, 2018 at 11:00 am.

NOTE: NO ENTRY WILL BE ENTERTAINED ON THE DAY OF THE FUNCTION

ON THE SPOT COMPETITIONS FOR CHILDREN
(Painting, Slogan Writing, Story Writing etc.)

Participants of the these Competitions are requested to report at Sood Bhawan, Panchkula latest by 10.00 a.m. on 16th December, 2018.

Desirous participants are requested to be punctual and adhere to the above schedule. No entry will be entertained after the stipulated date/time.

YOUR ESTEEMED PRESENCE AND COOPERATION IS SOLICITED
TO MAKE THE PROGRAMME A GRAND SUCCESS.

Inauguration of three fully renovated rooms at Panchkula Bhawan



**Mango Party organised on 1st July, 2018
at Sood Bhawan Panchkula**



Mango party in progress



Tambola in Progress



Monthly Langar being served by the members of Sood Sabha, Chandigarh



समय

आज के ज़माने में हर कोई पैसा कमाने के लिए भाग रहा है परन्तु किसके लिए ? किसी को भी नहीं पता। परन्तु जिस शरीर से पैसा कमाया जा रहा है उसकी देखभाल के लिए समय का अभाव है। ज़िन्दगी के 50 वर्ष कमाने के लिए लगाए फिर जो कमाया शरीर की देखभाल के लिए व्यय किया। आखिर फिर खाली के खाली। दोस्तो इसलिए मेरी सभी से प्रार्थना है कि पैसा ज़रूर कमाएं परन्तु इतना कि मैं भी भूखा न रहूँ और जो अतिथी मेरे घर आए वो भी भूखा न जाए। अपने 24 घण्टों में से 10 प्रतिशत समय (दो से ढाई घंटे) शरीर की देखभाल के लिए जरूर लगाएँ। क्योंकि अगर शरीर स्वस्थ है तभी हर पल हम कुदरत के नज़ारों, व्यजनों, भोगों का आनन्द ले सकते हैं। इसलिए उठिए और कैसे भी समय निकाल कर शरीर को स्वस्थ रखने का प्रयत्न कीजिए। समय का सदुपयोग करने वाले व्यक्ति के जीवन में निम्नलिखित सुख निश्चित हैं :-

1. पहला सुख निरोगी काया
2. दूसरा सुख घर की माया
3. तीसरा सुख सुशील नारी
4. चौथा सुख पुत्र आज्ञाकारी

यदि हम समय का सदुपयोग करें तो हमारा समाज और देश जो खरबों रुपये स्वास्थ्य कर खर्च करता है छोटे से प्रयत्न से उसमें कुछ न कुछ कमी जरूर आएगी। वही रुपया किसी दूसरे विकास में खर्च किया जा सकता है। जिससे हमारा भारत फिर एक बार विश्व गुरु बनने की ओर अग्रसर हो।

जय हिन्द जय भारत

दिव्य दर्शी सूद
(सोलन)

पाठकों को सूचित किया जाता है कि वर्तमान श्रृंखला से हम “Caption Contest” बन्द कर रहे हैं क्योंकि हमें उचित प्रतिक्रिया प्राप्त नहीं हो रही है।

असुविधा के लिए खेद है।

— सम्पादक

It is informed that w.e.f. the current issue we are forced to discontinue our regular feature “Caption Contest” due to very poor response.

Inconvenience is regretted.

-Editor

हिंदू धर्म की परम्पराओं से जुड़े कुछ वैज्ञानिक तर्क

1. कान छिदवाने की परम्परा

वैज्ञानिक तर्क-दर्शन शास्त्री मानते हैं कि इस से सोचने की शक्ति बढ़ती है। जबकि डॉक्टरों का मानना है कि इससे बोली अच्छी होती है और कानों से होकर दिमाग तक जाने वाली नस का रक्त संचार नियंत्रित रहता है।

2. माथे पर कुमकुम/तिलक लगाना

महिलाएं एवं पुरुष माथे पर कुमकुम या तिलक लगाते हैं।

वैज्ञानिक तर्क- आंखों के बीच में माथे तक एक नस जाती है। कुमकुम या तिलक लगाने से उस जगह की ऊर्जा बनी रहती है। माथे पर तिलक लगाते वक्त जब अंगूठे या उंगली से प्रेशर पड़ता है, तब चेहरे की त्वचा को रक्त सप्लाई करने वाली मांस पेशी सक्रिय हो जाती है। इस से चेहरे की कोशिकाओं तक अच्छी तरह रक्त पहुंचता है।

3. ज़मीन पर बैठकर भोजन करना

भारतीय संस्कृति के अनुसार ज़मीन पर बैठकर भोजन करना अच्छी बात होती है।

वैज्ञानिक तर्क- पालती मार कर बैठना एक प्रकार का योग आसन है। इस आकार में बैठने से मस्तिष्क शांत रहता है और भोजन करते वक्त अगर दिमाग शांत हो तो पाचन क्रिया अच्छी रहती है। इस आकार में बैठते ही खुद-ब-खुद दिमाग से एक संदेश पेट तक जाता है, कि वह भोजन के लिये तैयार हो जाए।

4. हाथ जोड़ कर नमस्ते करना

जब किसी से मिलते हैं तो हाथ जोड़कर नमस्ते अथवा नमस्कार करते हैं।

वैज्ञानिक तर्क - जब सभी उंगलियों के शीर्ष एक दूसरे के संपर्क में आते हैं और उन पर दबाव पड़ता है, एक्यूप्रेशर के कारण उस का सीधा असर हमारी आंखों, कानों और दिमाग पर होता है, ताकि सामने वाले व्यक्तियों को हम लंबे समय तक याद रख सकें। दूसरा तर्क यह कि हाथ मिलाने (पश्चिमी सभ्यता) की अपेक्षा अगर आप नमस्ते करते हैं तो सामने वाले के शरीर के कीटाणु आप तक नहीं पहुंच सकते। अगर सामने वाले को स्वाइन फ्लू भी है तो भी वह वायरस आप तक नहीं पहुंचेगा।

5. भोजन की शुरुआत तीखे से और अंत मीठे से

जब भी कोई धार्मिक या पारिवारिक अनुष्ठान होता है तो भोजन की शुरुआत तीखे से और अंत मीठे से होता है।

वैज्ञानिक तर्क- तीखा खाने से हमारे पेट के अंदर पाचन तत्व एवं अम्ल सक्रिय हो जाते हैं। इस से पाचन तंत्र ठीक तरह से संचालित होता है। अंत में मीठा खाने से अम्ल की तीव्रता कम हो जाती है। इससे पेट में जलन नहीं होती है।



Atul Sood
Secretary
Sood Sabha

6. पीपल की पूजा करना करना

सभी लोग सोचते हैं कि पीपल की पूजा करने से भूत-प्रेत दूर भागते हैं।

वैज्ञानिक तर्क- इसकी पूजा इसलिये की जाती है, ताकि इस पेड़ के प्रति लोगों का सम्मान बढ़े और उसे काटे नहीं। पीपल एकमात्र ऐसा पेड़ है, जो रात में भी ऑक्सीजन प्रवाहित करता है।

7. दक्षिण की तरफ सिर कर के सोना

दक्षिण की तरफ कोई पैर कर के सोता है, तो लोग कहते हैं कि बुरे सपने आयेंगे, भूत प्रेत का साया आ जाएगा, आदि। इसलिये उत्तर की ओर पैर कर के सोया जाए।

वैज्ञानिक तर्क- जब हम उत्तर की ओर सिर कर के सोते हैं, तब हमारा शरीर पृथ्वी की चुंबकीय तरंगों की सीध में आ जाता है। शरीर में मौजूद आयरन यानी लोहा दिमाग की ओर संचालित होने लगता है। इससे अलजाइमर, परकिंसन, या दिमाग संबंधी बीमारी होने का खतरा बढ़ जाता है। यही नहीं रक्तचाप भी बढ़ जाता है।

8. सूर्य नमस्कार

हिंदुओं में सुबह उठकर सूर्य को जल चढ़ाते हुए नमस्कार करने की परम्परा है।

वैज्ञानिक तर्क- पानी के बीच से आने वाली सूर्य की किरणें जब आंखों में पहुंचती हैं, तब हमारी आंखों की रौशनी अच्छी होती है।

9. सिर पर चोटी

हिंदू धर्म में ऋषि मुनि सिर पर चुटिया रखते थे। आज भी लोग रखते हैं।

वैज्ञानिक तर्क- जिस जगह पर चुटिया रखी जाती है उस जगह पर दिमाग की सारी नसें आकर मिलती हैं। इससे दिमाग स्थिर रहता है और इंसान को क्रोध नहीं आता, सोचने की क्षमता बढ़ती है।

10. व्रत रखना

कोई भी पूजा-पाठ या त्योहार होता है, तो लोग व्रत रखते हैं।

वैज्ञानिक तर्क- आयुर्वेद के अनुसार व्रत करने से पाचन क्रिया अच्छी होती है और फलाहार लेने से शरीर का डीटॉक्सीफिकेशन होता है, यानी उसमें से खराब तत्व बाहर निकलते हैं। शोधकर्ताओं के अनुसार व्रत करने से कैंसर का खतरा कम होता है। हृदय संबंधी और मधुमेह, रोग भी जल्दी नहीं लगते।

11. चरण स्पर्श करना

हिंदू मान्यता के अनुसार जब भी आप किसी बड़े से मिलें, तो उनके चरण स्पर्श करें। यह हम बच्चों को भी सिखाते हैं, ताकि वे बड़ों का आदर करें।

वैज्ञानिक तर्क - चरण स्पर्श करने के उपरान्त मस्तिष्क से निकलने वाली ऊर्जा हाथों और सामने वाले के पैरों से होते हुए एक चक्र पूरा करती है। इसे कॉस्मिक एनर्जी का प्रवाह कहते हैं। इसमें दो प्रकार से ऊर्जा का प्रवाह होता है, या तो बड़े के पैरों से होते हुए छोटे के हाथों तक या फिर छोटे के हाथों से बड़ों के पैरों तक।

12. सिंदूर लगाना

विवाहित हिंदू महिलाएं सिंदूर लगाती हैं।

वैज्ञानिक तर्क - सिंदूर में हल्दी, चूना और मरकरी होता है। यह मिश्रण शरीर के रक्तचाप को नियंत्रित करता है।

कम्प्यूटर वरदान या अभिषाप

आजकल के आधुनिक वैज्ञानिक युग में मानव कम्प्यूटर रूपी कल्पवृक्ष की छाया के नीचे बैठकर आनंदित हो उठता है। जनसंचार का लोकप्रिय माध्यम इंटरनेट इस कल्पवृक्ष का तना है। वृक्ष की विभिन्न शाखाएँ जैसे की गूगल, फेसबुक, इन्स्टाग्राम मानव जाति के लिए वरदान साबित हो रहे हैं। क्या यह सत्य है ? जहाँ एक ओर कम्प्यूटर के उपयोग से मानव उन्नति कर रहा है तो दूसरी ओर युवा वर्ग इसके तनिक गलत उपयोग से सामाजिक दायित्वों से विमुख होता जा रहा है।

कम्प्यूटर जीवन के हर क्षेत्र में मदद करता है— चिकित्सा, मनोरंजन, खेल, शिक्षा आदि कोई भी क्षेत्र इससे अछूता नहीं रहता। विद्यार्थी जीवन भी अब कम्प्यूटर पर आश्रित है। इस कलियुगी मशीन का सावधानी से उपयोग करना आवश्यक ही नहीं अपितु अनिवार्य है।

कभी—कभी लगातार कम्प्यूटर पर काम करने से आँखों पर दबाव पड़ता है। बच्चे एकाकी प्रवृत्ति के हो जाते हैं। कम्प्यूटर एक जादूई पिटारा है जो आपकी समस्याओं का हल एक क्षण में ढूँढ लेता है। क्या यह उचित है ? नहीं, हम बिना अपने मस्तिष्क का प्रयोग किए ही हल ढूँढ लेते हैं। लेखन की प्रवृत्ति मानव छोड़ता ही जा रहा है। इसके प्रयोग के उपरान्त हम प्रायः अनावश्यक विषयों में उलझ जाते हैं जो कि समय का दुरुपयोग है। कम्प्यूटर का प्रयोग आवश्यकतानुसार करने पर ही यह एक वरदान साबित हो सकता है।

ऐशानी सूद
सैक्टर 44A, चण्डीगढ़

BEREAVEMENTS



Smt. Sushma Sood wife of Sh. Balraj Sood left for her heavenly abode on 23rd July 2018 at Panchkula after a prolonged illness leaving behind a well settled family.
Sh. Balraj is a very senior and dedicated member of Sood Sabha Chandigarh.

Sood Sabha Chandigarh prays to Almighty to bestow peace to the departed soul & strength to the bereaved family.

सूद-सभा तव जय हो

चिर-स्थाई हो, उत्थान हो, सदैव जय हो।
चिर-परिचित संवृद्ध 'सूद सभा' तव जय हो।।

स्व संस्कृति, दिव्य ज्ञान-ज्योति, अगम निश्चय देती है,
अपनी बिरादरी, अपनी धरोहर, का सुगम परिचय देती है,
सामाजिक संस्था शृंखला में यह अग्रिम आतुल्य हो.....
चिर-परिचित, संवृद्ध 'सूद-सभा' तव जय हो.....



वन्दना सूद
देहरा गोपीपुर

नैतिक मूल्यों और आदर्शों का यह जीवन्त उदाहरण है,
जो भी संलग्न होता इससे, पाता शुद्ध अन्तः करण है,
अभ्युत्थान हो सुभुज इसका कीर्ति सर्व व्याप्य हो.....
चिर-परिचित, संवृद्ध 'सूद-सभा' तव जय हो.....

अभ्यर्थी इस सभ्य सभा में, जो लीन है, शरणागत है,
अनुकरणीय सिद्धान्तों एवं संस्कारों में वो पूर्ण पारंगत है,
अद्वितीय, अनुपम, सौम्य उज्ज्वल इसका भविष्य हो.....
चिर-परिचित, संवृद्ध 'सूद-सभा' तव जय हो.....

अधिमय, कला, संस्कृति, विरासत की यह धरोहर है,
सुकृत्य इसके श्रेष्ठ, उत्कृष्ट, मन भावन, मन-मोहक है,
सुबह श्रुत कर्म, सेवाएं, अर्पण, सुकीर्ति अजय हो.....
चिर-परिचित, संवृद्ध 'सूद-सभा' तव जय हो.....

विभिन्न प्रान्तों में अपना आकर्षण, परचम पर लहराती है,
'सूद-सभा' से मार्गदर्शन, विश्व ख्याति यह पाती है,
प्रभु इतिमात्र अभिलाषा-वन्दन, यह तेजिष्ठ विजय हो....
चिर-परिचित, संवृद्ध 'सूद-सभा' तव जय हो.....

Matrimonials

IMPORTANT :-

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

7286 – Match for Sood (Goyal) boy. DOB 23-12-1989 (Hoshiarpur). Ht 5'8". Bachelor of Computing Tech. M.Sc (Computing Science) & Master in Big Data. Data Scientist (Artificial Intelligence & Machine learning) at Scotia Bank. Toronto. Monthly income (\$ 1 Lac to \$1.5). Father retired CMO, Gurdaspur. 09988985456

7287 – Match for Sood (Kashyap) boy DOB 6-04-1981. Ht 168cms. B.Com and PGDRM. Working with MNC. Rs 5L pa. Own House. Father retd Govt Officer. Issueless widows/divorcees can also apply. 09971835043, mail-id soodrkp@yahoo.com

7288 – Match for Sood(Chimra) boy DOB 15-01-1990 (1.05 am). Ht 5'7". B.Sc (Nautical Science). 2nd Officer in Merchant Navy. Rs 2 Lac per month. Father businessman. Preferred graduate homely girl. 09736066902.

7289 – Match for Sood (Mayor) boy. DOB 9-03-1992 (20.55 pm / Ludhiana). C.A. Rs 40000/- p.m. Mother self-employed. Preferred qualified working / non-working girl. 09814025868, 0161-2449674, mail id Prabha.sood 077@gmail.com

7290 – Match for Sood (Goel) boy. DOB 6-08-1990. Ht 6'1". MBA (Hotel Management). Manager with Zen Hospitality Services P.Ltd. Rs 9 Lpa. Father Senior Manager with PVR. Mother with Times of India. 09818554908, 09871558048.

7291 – Match for Sood (Saluria) boy. DOB 2-12-1988. Ht 5'6". B.Tech (Computers), Developer. Rs 23000/pm. Both parents retired. Preferred well educated working girl in Chandigarh tricity. 09915869884

7292 – Match for Sood (Chaujar) boy. DOB 17-08-1988. Ht 5'7". B.Tech (CSE). Working as Project Manager in IT Co. at Mohali. Rs 6 Lpa. Father retired businessman. Own house in Zirakpur. Preferred educated simple and educated girl. 09736123418, 09646665301.

7293 – Match for Sood (Dosanj) boy. DOB 10-12-1990. Ht 5'5". B.Sc (Animation). Own business at Machhiwara and Chandigarh. Rs 50000/- pm. Father agriculturist. 08872680068, 09815810099.

7294 – Match for Sood (Goel) boy. DOB 23-02-1988 (6.00 pm). B.Com. Govt. Contractor and businessman. Mother business woman. Preferred educated simple girl. 09418810000, 08410900001.

7295 – Match for Manglik Sood (Goel) boy. DOB 01-06-1989 (6.25 am/ Ludhiana). Ht 5'8". M.Sc.(Maths), B.Ed. Working as Maths Lecturer and running own coaching center. Rs 40000/- pm. 09780759909, 07355924213.

7296 – Match for Sood boy. DOB 11-04-1986. Ht 6'. Chartered Accountant. Working with a reputed integrated conglomerate at Mumbai. Parents well settled. Preferred qualified girl working in Mumbai. 08219661257, 09967793554.

7297 – Match for Sood (Maria) boy. DOB 18-10-1988 (11.40 am / Islamabad (Pakistan). Ht 6'. MBA (Chicago University). Consultant based in Chicago (USA). Father retired. Preferred girl with minimum height of 5'5", with good education and willing to move and work in USA. 08826683729, mail id akumar53@rediffmail.com

7298 – Match for Sood (Bhagra) boy. DOB 24-09-1989. Ht 5'5". Working with MNC at Mohali. Rs 11 Lpa. Father Manager in MNC. Himachal based family. 09872027802

7299 – Match for Manglik Sood (Gondaner) boy. DOB 11-10-1992. Ht 5'6". 10+2. Own sweet shop. Rs 25000/- pm. 09855210407.

7300 – Match for Sood (Washal) boy. DOB 31-10-1984. Ht 6'2". B.Sc (Hospitality in Airlines). Own business, Father is businessman. 09816220189, 09816187404.

7301 – Match for Sood (Goel) boy. DOB 15-06-1981. Ht 5'11". Graduate. Own business. Father also a businessman. 09816087089, 0177-2629117.

7302 – Match for Sood (Dussaj). 38 years. Ht 5'7". Hotel contractor. Divorced with 2 children. Own house in Pipli (Kurukshetra). 09017324754.

7303 – Match for Sood (Teji) boy. DOB 14-06-1987 (2.30am / Patiala). Ht 5'10". D.Pharmacy. Chemist shop in Patiala. Father retired from Govt. service. 093177-13511, 098778-34069.

7304 – Match for Sood (Nehra) boy. DOB 2-08-1988. Ht 5'9". Under graduate. Running own business. Rs 50000/- pm. Father also a businessman. Remain married for 15 days & divorce proceeding going on. 09464962961, 09417289386.

7305 – Match for Sood (Mithoo) boy. DOB 18-10-1982 (Shimla). Ht 5'10". B.Sc. (Hotel Management- IHM- PUSA). Handling family business of Real Estate & Horticulture at Shimla. 09816013131

7306 – Match for Sood (Dhulli) boy. DOB 16-06-1989. Ht above 6'. Graduate and Diploma (Fabric knitting textile). Working with Punjab Police, posted at Ludhiana. Father retired from PWD (B & R). Preferred Sood girl. 09888430990, 09463117182.

7307 – Match for Sood boy. DOB 8-11-1986. Ht 6'2". B.Tech (Mechanical). Settled in Canada. Pursued Business Management in Canada. Currently working for Canadian private Airlines. Preparing for CFA. 07018418635, email at aruti16@gmail.com, goyal.anuj1986@gmail.com

7308 – Match for Sood (Doegar) boy. DOB 28-09-1989 (6.05am/ Dharamsala). Ht 6'. Bachelor of Nautical Science. Senior officer in Merchant Navy. Father retired Bank Manager. Mother H.P. State Govt. officer. 09418027065, 09418456165.

7309 – Match for Himachali Sood (Maria) boy. DOB 24-09-1987 (4:55 pm / Chandigarh). Ht 5'11". B.Tech & MBA (IIT Kharagpur). Working with MNC as a Manager at Rs 30+ Lpa package. Mother retired from State govt as teacher. Father was a scientist in central govt. Preferred a simple educated girl. 09675230032, 0120-4903612, 09620131122, email sood24akhil@gmail.com

7310 – Match for Manglik Sood (Bhagra) boy. DOB 7-11-1987 (3:25 pm). Ht 5'9". B.Tech from BITS Pilani & M.Tech in Naval Architecture from University of Rostock. Presently working in United Heavy lift in Germany. Salary 35 LPA. Father businessman, mother MSC, BEd. 09997272579, 09568293355.

7311 – Match for Manglik Sood boy. DOB 23-06-1981 (10.55 pm / Palampur). M.A. (English/Music). B.Ed. H.P. (T.E.T & S.E.T.). School teacher, Rs 40000/- pm. 09418293150, 09805724181.

7312 – Match for Sood (Chaujar) boy. DOB 25-01-1986 (1.45 am / Shimla). Ht 5'10". Graduate. Own house & business in Chandigarh tricity and orchards in Himachal. Father businessman. 09216102701, mail id bhushansood46@gmail.com

7313 – Match for Manglik Sud (Mehdudia) boy. DOB 26-05-1986 (6.50 am / Shimla). Ht 5'8". Ph.D (Biotechnology). Working with MNC IT Co. at Chandigarh. Father Doctor. Hoshiarpur based reputed family. 9888822244. e-mail: sudnaresh@gmail.com

7314 – Match for Sood (Madhudia) boy. DOB 15-09-1989. Ht 5'8". Pursuing graduation from JMI, New Delhi. ME-1, Indian Navy. Rs 40000/- pm. Father in service. Preferred Himachal based girl. 08699715106

7315 – Match for Khatri Sood boy. DOB 30.09.1993 (4:35 PM). Ht 5'7". MCA and working with MNC Gurgaon. Punjabi MNC girl preferred. 9888456082.

7316 – Match for Sood (Mohindra) boy. DOB 3-02-1990. Ht 6'2". B.Sc. (IT), PGDM. Assistant Manager with OYO Rooms. Rs 40000/- pm. Father working with LIC. Preferred tall, beautiful employed girl. 09501385533, mail at soodrajesh.0560@gmail.com

7317 – Match for Sood (Nagal) boy. DOB 13-09-1985. Ht 5'10". ITI in Electronics. Own Shop. Rs 30000/- pm. Father Retired Inspector from HRTC (H.P. Govt.). 09418458595, 08219659625

7318 – Match for Sood (Karol) boy. DOB 28-02-1985. Ht 5'9". Graduate. Diploma in Animation ARENA, Delhi. Assistant Manager in Club Mahindra. Rs 40000/- pm. Father retired RSM. 09816393348

7319 – Match for Sood (Chaujar) boy. DOB 17-08-1988 (8.55 am). Ht 5'7". B.Tech (CSE). Working as project Manager in IT Co. in Mohali. Father retired businessman. Well settled in Zirakpur. Preferred educated, beautiful Himachali girl. 09736123418, 09646665301

7320 – Match for handsome Khatri Manglik Sood Boy, DOB 26.11.1990 (6:20 am / MALERKOTLA) Ht. 5'7" B.Tech. Working in MNC at Gurgaon. 12.4 LPA. Both Parents State Govt. employees residing in Jagraon (Ludhiana). Preferred well educated working girl. 09417857640, 09478660520

7321 – Match for Sood (DHIRI) boy, DOB 14.04.1993 (11:25 am / Ambala) Ht. 5'5" B.COM. Working With TOREX Pharma Ltd. 9896016011

7322 – Suitable Match for sood (Duli) boy. DOB 18.05.1990 (2.28 am Ludhiana) Ht. 5'8" B.Tech. MBA (Finance) Working as Branch Manager in Gujrat, earning Rs.10 lac/annum. Contact 9377482848. 9904078648

7323 – Match for Sood (Balas) boy B.Tech. D.O.B - 01.12.1988, Height - 5'9" working as Engineer earning 8 LPA. Father retired DGM Sales & Marketing. MNC Preferred Delhi based working girl willing to settle in Greater Noida. 9915889401

Grooms Wanted

3201 – Match for Sood (Dhoop) girl. DOB 28-01-1994 (1:45 pm Ludhiana) Ht.5'4" BCA, Diploma in Dress Designing & Parlour course. Father businessman. Preferred well settled boy. 09914022736,08427580118.

3202 – Match for Sood girl. DOB 6-07-1990. Ht 5'5". B.Tech and PGDM (Banking & Finance). Officer (Scale-2) in PSU Bank. Preferred Sood boy working in MNC or similar Govt. organization from reputed family. Father retired official from H.P. Govt. 9418633005.

3203 – Match for Sood (Mithoo) girl. DOB 23-06-1992. Ht 5'4". MBA. Father businessman.09816015048.

3204 – Match for Sood (Chimra) girl. DOB 11-03-1991 (12.15 p.m.). Ht 5'. MCA from Ryat Bahra University. Father businessman. 09736066902.

3205 – Match for Sood (Gajjari) girl. DOB 18-05-1991 (7.55 pm). Ht 5'4". M.A.(English) B Ed. Teacher in DAV School, Shimla. Father businessman. 09418028717

3206 – Match for Sood (Dosanj) girl. DOB 30-09-1993. Ht 5'3". M.Com B.Ed. Father agriculturist. 01628-250910, 09815810099, 08872680068

3207 – Match for Sood (Goyal) girl. DOB 6-11-1979. Ht 5'2". LL.B. Father retired professor. 09816087711, 08146123383

3208 – Match for Manglik Sood (Mahindra) girl. DOB 23-08-1994 (2.00 pm / Barnala). Ht 5'. BCA. Father businessman. Preferred qualified Govt employee or businessman. 09779295840.

3209 – Match for Sood (Chimra) girl. DOB 23-01-1990 (6.45 am / Shimla). Graduate from Mumbai University. 3 years Post Graduate Diploma in Retail Management. Working with S.P. Jain International University as a Senior marketing Executive. Father self-employed. 09967763306, 0250240930.

3210 – Match for Sood (Garg) girl. DOB 28-11-1984. Ht 5'3". BDS. Practicing dentist for the last 10 years in Hoshiarpur. 09815795140.

3211 – Match for Sood (Garg) girl. DOB 25-01-1987. Ht 5'7". MBA. Settled in Australia. Rs 50000/- pm. 09815795140.

3212 – Match for Sood (Cheemra) girl. DOB 27-01-1993. Ht 5'7". B.Tech (ECE). Senior Manager in reputed Co. Father businessman. 09418500675, 09805126069.

3213 – Match for Sood (Kuthiala) girl. DOB 3-12-1987. Ht 5'1". Master in Physiotherapy (Neurology). Working in AIIMS, New Delhi. Father businessman. Preferred a professionally qualified well settled boy. 09816170267

3214 – Match for Sood (Karol) girl DOB 16-01-1989 (10:30 PM) Ht 5'4". Fashion & Apparel Designer pass out from NIFT. Experience in fashion & lifestyle and interiors. Reputed Family from Himachal based in New Delhi. Preferred Good looking & well educated boy with good family values in India or abroad. 09821891579, 09417362305.

3215 – Match for Sood (Bhagra) girl. DOB 6-11-1985 (5.23 pm / Shimla). Ht 5'. M Sc (IT). Substantial working experience as Software Engineer. Presently running her own Software co. at Chandigarh. Father retired Principal Govt. College (H.P.). Mother retired teacher from private school. Preferred IT professional in and around Chandigarh. 09816414341, 09816591262.

3216 – Match for Sood (Ugal) girl. DOB 21-07-1994. Convent educated, M.Com. Father Govt. officer. Preferred Chandigarh based boy. 098767-16195.

3217 – Match for Sood girl. DOB 12-04-1991 (10.40 am / Shimla). Ht 168 Cm. B.Tech (ECE), MBA. Father Senior Doctor. Simple girl. Status family. 07018700045, 09418300888.

3218 – Match for Anshik Manglik Sood (Gajri) girl. August 92. Ht 5'7". Company Secretary, L LB. Working in Lucknow (U.P.). Father working with leading reputed PSU and mother doctor. Preferred CA/CS, PSU/PCS/Govt. job. 09415463355, 07376255900, email at alliance092@gmail.com

3219 – Match for Sood (Karol) girl. DOB 11-11-1988 (6.00 am / Chandigarh). Ht 5'2". MBE. HR department, Salary Rs 35000/ pm. Preferred boy working in NCR. 09816526638, 01792-23358

3220 – Match for Sood (Dosaj) girl. DOB 01-02-1989 (12.02 pm / Delhi). Ht 5'4". BE (Hons)–IT. Working with DXC Technologies (MNC). 08871881359, mail id sood10289@gmail.com

3221 – Match for Sood (Banta) girl. DOB 6-12-1987 (21.50/ Mattaur- Kangra). Ht 5'2". M.A. (Economics) B.Ed. Teacher in a School at Jawalaji. Preferred educated boy. 09805471491, mail id nagesh_ sood@yahoo.co.in

3222 – Match for Himachali Sood (Maria-Gobil) girl. DOB 15-09-1986 (8.20 am /Shimla). Ht 5.3". Convent educated. Graduation from St.Bedes College, Shimla. Working with MNC at Gurgoan. Rs 4.50 Lpa. Father retired bank officer. Preferred NCR based boy. 9805004444. e.mail vinodmaria3434@yahoo.com

3223 – Match for Sood (Dogar) girl. November 82. Ht 5'5". M.A. (Political Science). Billing Specialist. Working with MNC in NOIDA. Preferred boy settled in Chandigarh or Delhi NCR. 09888125720, meghna.sood@yahoo.in

3224 – Match for Manglik Sood (Cheemra) girl. DOB 2-05-1990 (11.55 hrs). Ht 5'5". MBE (Punjab University). Assistant Manager (Working in Delhi). Rs 30000/- pm. 08054171122.

3225 – Match for Manglik Sood (Dogar) girl. August 1985 born. Ht 5'2". MBA (HR). Working with MNC in Gurgaon. HR Operation specialist. Rs 78000/pm. Preferred boy settled in Delhi NCR. 09988216885, nishasood26@gail.com

3226 – Match for Sood (Banta) girl. DOB 27-01-1991. Ht 5'. M.Com, B.Ed. Coordinator. Rs 15000/- pm. Father Govt. employee. 09517702716, 07508186720.

3227 – Match for Divorcee Sood (Lamhey) girl. DOB 16-08-1980. Ht 5'5". Convent educated. M.A.(Economics). B.Ed. Teacher in British Council IELTS, Sector 35, Chandigarh. Rs 15000/- pm. Father businessman. 09417176241.

3228 – Match for Sood (Khatri) teetotaller boy, DOB 30 June 1988. Ht 5'4" Tricity (Chandigarh, Panchkula, Mohali) Preferred Lawyer, or in Govt. Service, Well educated 9855437281. 9855425286.

3229 – Suitable match for beautiful Sood (Maria) girl 26 years. 5'6" Convent Educated, B.Tech. DOB 16.12.1991. Working as Class-I Officer in Central Government. Contact - 9816083288, 9805132700

3230 – Match for Sood (Bhagra) girl, Public School educated, Ht. 5'7" DOB 10.05.1987 (11.38 PM / Shimla) B.COM CAMBA. Presently Consultant with World Bank. Father retired Executive Director Central PSU. Mother house wife. Sister appearing for CA final exam. 9717064391

3231 – Match for Sood (Bhagra) girl. D.O.B - 06.11.1985. Height 5 feet. After substantial experience in different companies, now started own IT Company at Chandigarh. Preference to Boy settled in and around Chandigarh upper cast acceptable. 09816414341, 09816591262



Flag hoisting on Republic Day at Sood Bhawan



A tree plantation campaign launched by Sood Sabha, Patiala on 5th August, 2018

SOOD FAMILIES ARE CORDIALLY INVITED

56th Sood Milan Divas

on Sunday, the 16th December, 2018
at Sood Bhawan, Sector-10, Panchkula

Registration 9.30 am

(For participation in Punctuality Draw-
Please register yourself before 11.00 AM)

On the Spot Painting Competition 10.00 am

Venue- Conference Hall at 1st Floor

Sports Activities

Venue- Community Centre Adjoining
Sood Bhawan

Sood Prince and Sood Princess

(In Doctor's Room near Lab)

Eligibility - Babies born on or after 1st Dec. 2017

11.00 am

**Special Attraction - Games for Children
and free coupons**

Inauguration by the Chief Guest

12.00 noon

- Welcome Address by the President
- Brief Report by the General Secretary
- Address by the Chief Guest
- Fancy Dress
- Tambola

Lunch

1.15 pm

- Cultural Programme
- Honouring the Toppers/Seniors/Guests
- Prize Distribution
- Punctuality Draw
- Lucky Draw

Tea

4.00 pm

**Vote of Thanks by Sh. Ashwani Sood, Chairman
Organising Committee "Sood Milan Divas"**

Printed at: Associated Printers, Cld. 9814125627

FREE BLOOD SUGAR TEST (RANDOM) FROM 9.00 AM to 11.00 AM
At Charitable Diagnostic Laboratory, Sood Bhawan, Sector-10, Panchkula