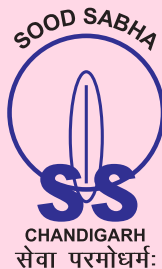


# SOOD Sandesh

# सूद सन्देश

## SOOD BHAWAN

Sector 44-A, Chandigarh, Ph. : 2663408  
website : [www.soodsabhachandigarh.org](http://www.soodsabhachandigarh.org)



## SOOD BHAWAN

Sector 10, Panchkula, Ph. : 2582964  
email : [soodsabhachandigarh@gmail.com](mailto:soodsabhachandigarh@gmail.com)



Dr. Jagmohan Varma, Director (Cardiology) Fortis Mohali delivering a awareness talk on "How to Prevent Heart Diseases" at Sood Bhawan, Chandigarh

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

• July-Sept. 2015 Vol. 87

• Matrimonial : ₹ 100/-





Inauguration of "Heart Check-up Camp" by Sh. Brij K. Sood (Former President Sood Sabha).



Dr. Rajinder Kalra & Dr. Jagmohan Varma.



Doctors examining the patient during the camp.



Sood Sabha presented a memento to Dr. Jagmohan Varma.



President Sood Sabha Chandigarh along with General Secretary and Jt. Secretary (Finance) presenting a draft of Rs. 1.00 lac to Sh. Vijay Kumar Dev, Adviser, Chandigarh Administration for Prime Minister relief fund (Nepal Earthquake).

# SOOD SANDESH



## **Editorial Board-**

**Shashi B. Sud**  
**Kuldip Rai Sood**  
**Rajinder Sood**  
**S.M. Sood**  
**Ritu Sood**

JULY - SEPTEMBER 2015

## *From General Secretary*



**Shashi B. Sud**

Sood Sandesh published by Sood Sabha Chandigarh is considered to be a family magazine and suggestions / comments received by us regarding the contents go a long way to improve upon it.

It is a tradition of Soods to always remain in forefront to help the needy/ marooned people affected by natural calamities. Last year, when nature played havoc at Srinagar, our Sabha came forward and sent 250 bags of rice of 10 Kg each to help the displaced persons. Now again when tragedy in the shape of earth quake struck in Nepal – our Executive members again came forward and collected an amount of Rs 49,800/- and a similar amount was contributed by Sood Sabha Chandigarh. Our Managing Committee members presented a draft of Rs 1.00 Lac to Mr Vijay Kumar Dev, Adviser to the Administrator, Chandigarh Administration towards Prime Minister Relief Fund (Nepal). The gesture of Soods was applauded by the local administration.

Further to serve and apprise the local residents, senior citizens and Biradari brethren/ sisters, Sabha in association with Fortis, Mohali organized free heart Check-up Camp and an awareness talk on “How To Prevent Heart Diseases.” A team of competent doctors headed by Dr. Jagmohan Varma, renowned Cardiologist, Director. (Cardiology) Fortis, Mohali apprised the gathering about the preventions restricting heart diseases. The lecture of Dr. Varma was very informative & awakening. The Auditorium of Sood Bhawan was jam packed and the event arranged by Sood Sabha was appreciated by local populace.

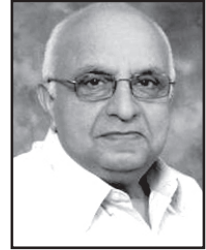
Sood Sabha Chandigarh is committed to serve the community and will undertake more such activities for the benefit of the community as a whole in the times to come.

Lastly, I on behalf of Sood Sabha, Chandigarh would like to inform the Sood families that our Annual event 53rd “Sood Milan Divas” is being organised on 20th December, 2015 at Sood Bhawan, Sector-44, Chandigarh. We seek your blessings and suggestions to make the event a grand success. Your presence on the occasion is humbly solicited.



## *Invitation*

It gives me immense pleasure to invite Sood Brethren of Tricity (Chandigarh, Panchkula & Mohali) and adjoining places to the forthcoming 53<sup>rd</sup> **“Sood Milan Divas”** to be held on Sunday December 20th 2015 at Sood Bhawan sector 44-A, Chandigarh.



Sh. Vinod Kumar Sood

Soods have always played leading and distinguished role in all walks of life such as Administration, Defence Services, Judiciary, Trade, Industry, Medical & Engineering. Sood community has a high sense of service & duty towards the mankind. Our Sabha is fulfilling these ideals by providing services to the society from our two Bhawans at Chandigarh & Panchkula, by giving its utmost best to maintain standards of excellence to further dignify our community.

We request you to inform all other members and your acquaintances of the Sood community about this annual event and make it a grand success.

Change is the essence of life. In this earnest endeavour we seek your valuable suggestions for further improvements to make this & future annual events enjoyable & memorable. We welcome your suggestions through our email: [soodsabhachandigarh@gmail.com](mailto:soodsabhachandigarh@gmail.com)

Managing committee members & office bearers of Sood Sabha Chandigarh look forward to welcome you all.

With warm greetings & good wishes

**Chairman, Organising Committee  
Sood Milan Divas**



## CHIEF GUEST

Born on 31<sup>st</sup> May, 1955 in a respectable phacca family of medical background at Dhariwal, Distt. Gurdaspur (Punjab). His father Kaviraj Vaidya Omprakash Phacca was President of Vishwa Hindu Parishad (Haryana ) and was an activist of Sood Biradari. Dr. Sunandan had his schooling in Dhariwal up to 6th standard and later in Panipat. Joined Medical College Rohtak in 1973 and completed MBBS in 1978 and MS Ophthalmology in 1982. Thereafter, joined as Faculty in the same Medical College in 1985. Subsequently joined as Prof. & Head, Eye Deptt., Govt. Medical College & Hospital, Sector -32, Chandigarh in 1999 and recently promoted as Dean of the College.



Dr. Sunandan Sood

His field of speciality is vitreoretina in eye, after having done fellowship in the field of vitreo-retina from Doheny Eye Institute, University of Southern California, Los Angeles and from Henry Ford Hospital, Detroit in USA in 1996. Apart from training students of MBBS and MS and providing state of the art tertiary eye care services to the people of Chandigarh and adjoining three states, He has been actively participating in the organization of eye camps for public , school children, disabled and for the promotion of eye donation.

In view of his services to the humanity the National Society of Prevention of Blindness decorated him with a national award for outstanding services to the people of India in the field of community Ophthalmology for the year 2006-07. Subsequently in the year 2009, he was awarded fellowship of International Medical Science Academy. Later, in July 2013, conferred “Award of Honour” by Desh Bhagat University Chandigarh and “Excellent award” by Regional Institute of Ophthalmology Pt. B.B. Sharma, PGIMS, Rohtak in 2011.

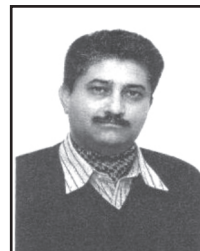
He had been holding various prestigious positions such as Secretary and later President of North Zone Ophthalmological Society, President of Chandigarh Ophthalmology Society. He has more than hundred publications and presentations in the field of ophthalmology and travelled widely and participated in International and National level Conferences. Above all he is a very humble person always keeps the welfare of the needy/poor on priority.

Sood Biradari is proud of Dr. Sunandan Sood and wishes him many more laurels in the times to come.

## **HOW SPIRITUALITY CAN BE SHOCK ABSORBER IN LIFE**

*As one leaves adolescence and becomes an adult, one starts learning that life is full of ups and downs. Then comes the feeling of happiness as well as of despair. We all experience these things when we look forward to a happy, carefree and a good life. Then something comes in our way and one starts experiencing the rough and tumble of life. These can be compared to the feeling one gets when while driving a car one suddenly comes upon a road full of obstacles. In the same way when things turn unpleasant, the pleasure of being alive almost vanishes. Each day becomes a burden.*

*It is at this junction of life when one turns to spiritualism and starts grappling the truth and reality and one gets a bit of tranquillity. All this can be compared to an old car that has worn shock absorbers to a new one with strong equipment; the ride in the new car is smoother even if the road is bumpy. So, there is a need to develop shock absorbers in mind.*



**Atul Sood**  
Secretary

*On the path of spiritualism, one has to give up materialistic pursuits. This certainly does not imply that one must stop using material objects but dependence on material things must be curtailed. One should be equally comfortable sitting on a stone and a cushion, staying in a five-star hotel and a hut. The key to this is detachment.*

*The constant practice of insulating one's mind from external forces and connecting with God can help one elevate oneself to a state where pain and pleasure are the same. It is a blissful state of mind. After having attained a spiritual height, constant efforts are required to keep oneself at that level. The moment material attraction increases, spirituality diminishes.*

***This is the law of nature.***

### **“सूचना”**

बिरादरी व पाठकों को सूचित किया जाता है कि वर्ष 2015 से  
**“सूद मिलन मेला”** का नया शीर्षक **“सूद मिलन दिवस”** किया जा रहा है।



## YES, I HAVE AGED... SO WHAT!

As I've aged, I've become kinder to myself and less critical of myself. I've become my own friend.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM or sleep until noon? I will dance with myself to those wonderful tunes of the 60 & 70's and if I, at the same time, wish to weep over a lost love... I will.

I will spend time in a park, sitting on a bench just enjoying sunshine or the cool breeze or strolling in a busy market... sometime aimlessly... with abandon if I choose to, despite the pitying glances.

They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one or when a child suffers or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore.

I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever but while I am still here. I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

**MAY THIS FRIENDSHIP NEVER APART ESPECIALLY WHEN IT IS STRAIGHT  
FROM THE HEART!**

— from his collections



Late Surinder Sood  
Our former President

# बेटी बचाओ-केवल नारों से नहीं हमें अपने रिवाज़ और व्यवस्था बदलनी होगी

नीला सूद

प्रधान मन्त्री नरेन्द्र मोदी ने बहुत जोर-शोर से बेटी बचाओ नारा दिया है। बहुत से लोग सोचते हैं कि केवल भ्रूण हत्या के विरुद्ध कड़े कानून बनाने से यह उद्देश्य प्राप्त हो जाएगा। पर यह समस्या को खत्म नहीं कर सकता। आवश्यकता है उन कारणों को जानने की कि क्यों जनसाधारण बेटी के जन्म से खुश नहीं, क्यों उस को एक बोझ समझा जाता है और इस भ्रूण हत्या जैसे पाप को करने से भी व्यक्ति परहेज़ नहीं करता।

यदि हमने इस के कारण को समझ कर, सदियों से चल रही प्रथाओं को तोड़ कर एक नया रास्ता अपना लिया, तो कोई ऐसा कारण नहीं कि लोग कन्याओं के जन्म से भी वैसे ही खुश हों जैसे कि बेटे के जन्म से होते हैं। यहां यह समझना आवश्यक है कि जो पहले की प्रथाएँ थी उनकी अपनी भूमिका थी पर इस तेज़ी से बदलते हुए समय में वह भूमिका बदल गई है।

मैं आप को विश्वास के साथ कह सकती हूँ कि लड़की के माता पिता कभी यह नहीं महसूस नहीं करते कि वे किसी भी रूप में लड़के वाले से छोटे हैं, यह बात भारतीय समाज उन्हें तब महसूस करवाता है जब वह लड़की की शादी के लिये कदम उठाते हैं। इस समस्या की जड़ है शादी जैसे पवित्र बन्धन को लेकर हमारे समाज द्वारा बनाये गए गलत रिवाज़। आईए इसे समझें, आज हमारे मध्यम और उच्च आय वर्ग की बेटियाँ भी वैसे ही पढ़ लिख कर नोकरी व्यवसाय कर रहीं हैं जैसे कि हमारे बेटे कर रहे हैं। लड़कियाँ भी डाक्टर, इंजिनियर, जज, निजी और सरकारी क्षेत्र में अफसर व कर्मचारी, प्रोफ़ेसर, अध्यापक, I.A.S बन रही हैं जैसे की लड़के बन रहे हैं। पर समझना यह होगा कि जैसे लड़के के पढ़ाने में खर्च आता है वैसे ही लड़की के पढ़ाने में भी। लड़की मुफ्त में डाक्टर, इंजिनियर, MBA, जज, या अफसर नहीं बन जाती, जैसे की कई व्यक्तियों की, खास कर जिनके लड़के ही होते हैं, सोच देखी गई है। चाहे हम जितनी भी उन्नति कर गए हैं, पढ़ लिख गए हैं और अपने आप को प्रगतिशील बताने का ढोंग रचते हैं, पर सच्चाई यह है कि हमारी सोच अभी भी रूढ़ियों से ग्रसित है।

अगर हम चाहते हैं कि इस समाज में लड़कियों को भी वही आदर मिले जो लड़कों को मिलता है तो हमें इन शादी विवाह की परम्पराओं को बदलना होगा और रूढ़ीवाद से बाहर निकलना होगा। अगर हमने इस शादी समारोह को बदल दिया तो सब कुछ बदल जाएगा।

## संसार के बारह सत्य

1. सर्वोत्तम दिन	—	आज
2. सबसे उपयुक्त समय	—	अभी
3. सबसे खतरनाक वस्तु	—	घृणा
4. सबसे बुरी भावना	—	ईर्ष्या
5. सबसे बड़ा पाप	—	झूठ बोलना
6. सबसे बड़ी आवश्यकता	—	सामान्य ज्ञान
7. सबसे बड़ी बाधा	—	अधिक बोलना
8. सबसे बड़ी भूल	—	समय नष्ट करना
9. सर्वोत्तम भाषा	—	राष्ट्र भाषा
10. सबसे बड़ा दीवालिया	—	उत्साहिन मनुष्य
12. सबसे सरल काम	—	दूसरों की त्रुटि निकालना

— ऋतु सूद



# टूटते परिवार टूटते संस्कार

आज भारतीय समाज पाश्चात्य संस्कृति की चपेट में अपनी मौलिकता खो रहा है। परम्पराओं के टूटते के साथ परिवार टूट रहे हैं तथा पारिवारिक सदस्यों व पति पत्नी के बीच दूरियाँ बढ़ रही हैं। समय हमेशा गतिशील रहा है और समय में परिवर्तन विकास का रूप है। विकास की इस गति के साथ हम अपनी परम्पराओं व संस्कारों को भूलते जा रहे हैं। सारी परम्पराएँ अतीत की बात हो गई है। संयुक्त परिवार ही टूट रहे हैं तो परम्पराओं या संस्कारों की बात कठिन लगती है। सिर्फ अपने बारे में सोचना व खान पान, रहन सहन में बदलते विचारों का बोलबाला बढ़ रहा है। आज गृह स्वामी व गृहस्वामिनी दोनों के काम पर जाना व संयुक्त परिवार में न रहने से बच्चों पर भी विपरीत असर पड़ा है। दादा—दादी व नाना—नानी के साथ न रहने से बच्चे उच्छ्वेल व असुरक्षित हो गए हैं। रामायण व महाभारत, गीता की कहानियाँ, सुनाने वाली दादी या नानी घरों में सुन्दर काण्ड या रामायण का पाठ, जन्मदिवस पर कोई धार्मिक अनुष्ठान यह सब बातें हमारी पारिवारिक संस्कृति से गायब होती जा रही है। मौसा—मौसी, बुआ, मामा—मामी के रिश्ते ही घरों से गायब होते जा रहे हैं। पारिवारिक आयोजनों में परोस कर खाना खिलाने के साथ—साथ “बफे सिस्टम” पनप चुका है। परिवारों में 10—12 रिश्तेदारों से अधिक मेहमान आ जाए तो बाहर से खाना मंगवा कर “बफे सिस्टम” प्रयोग में लाया जाता है। आज समाज का हर वर्ग अपने आपसे आधुनिक चकाचौंध में शामिल करना चाहते हैं। हमारे समाज में संयम उदारता, बड़ों के प्रति आदर, पारिवारिक आत्मीय रिश्ता, शान्ति, सद्गुणों व संस्कारों की सहज सीख देने वाली अद्भुत संयुक्त परिवार की प्रथा लुप्त होती जा रही है।

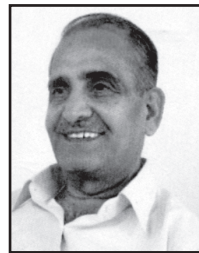


संजय सूद, प्रधान  
सूद सभा, शिमला

परिवार है तो संस्कार है हमें गर्व है अपनी सूद बिरादरी पर जो आज भी संयुक्त परिवार की परम्पराओं, संस्कारों को संजोए रखने के लिए प्रयत्नशील है। सूद सभा, शिमला सूद सन्देश के माध्यम से संयुक्त परिवार की परम्पराओं व संस्कारों को जन—जन तक पहुँचाना चाहती है व सूद सन्देश के अंक के सफल प्रकाशन की कामना करती है।

# अंध विश्वास

विश्वास का हमारे जीवन में विशेष महत्व है, यह हमें शक्ति, साहस और उत्साह प्रदान करता है। इनके सहारे हम अपने जीवन की बड़ी से बड़ी चुनौतियों का सामना करने में सफल होते हैं। साधारणतः काफी संख्या में लोग स्वास्थ्य, पारिवारिक एवं आर्थिक समस्याओं से निराश होकर मानसिक रोगों से ग्रसित हो जाते हैं, ऐसे में वे अपने मित्रों एवं सगे संबंधियों से सहायता की उम्मीद करते हैं। जो सदैव नहीं मिल पाती क्योंकि कम ही लोग दूसरों के संकट में उन्हें वास्तव में इस स्थिति के लिए हम स्वयं ही जिम्मेदार हैं क्योंकि हम अपनों को भी छल-कपट, झूठ-फरेब तथा धोखा देने में जरा भी संकोच नहीं करते, परिणाम स्वरूप हम अपनों के मन में भी घृणा और बदले की भावना भर देते हैं, जिसके कारण हम संवेदनहीन होते जा रहे हैं। इसी कारण हममें यह धारणा बन गई है और आवश्यकता पड़ने पर किसी की मदद करते समय हम यह सोचने लगते हैं कि “हमें क्या लेना” हम क्यों संकट में पड़ें “हम क्या कर सकते हैं,” ऐसे में हमें सदैव यह याद रखना होगा कि यदि आज आपके पास अपने शुभचिंतकों (परिजनों मित्रों रिश्तेदारों) आदि के लिए समय नहीं है तो एक दिन मुसीबत में आपका साथ देने वाला कोई नहीं मिलेगा।



सुरेन्द्र मोहन सूद

उपरोक्त वर्णित स्थितियों के कारण बने माहौल से न केवल हमारी पूरी पारिवारिक, सामाजिक व्यवस्था डगमगा गई बल्कि एक दूसरे के प्रति अविश्वास की भावना भी प्रबल हो गई है। यह एक वास्तविकता है कि हममें से अधिकतर लोग स्वास्थ्य, पारिवारिक अथवा आर्थिक समस्याओं से ग्रसित हैं। आज सहायता मिलना तो दूर की बात है किसी को आश्वासन देने में आना-कानी करते हैं। अतः हम परेशान होकर अपनी समस्याओं से निदान पाने के लिए ज्योतिषियों, तांत्रिकों तथा देश में फैले अनेक धार्मिक गुरुओं की शरण में जाने के लिए विवश हो जाते हैं। यही से हमारा अंधविश्वास शुरू होता है। ऐसे में ये ढोंगी लोग हमारी अज्ञानता, कमजोरियों एवं मजबूरियों को भांप कर हमें डरा कर, पूजा-पाठ, तंत्र-मंत्र, भेंट और बलि देने तक के लिए तैयार कर लेते हैं। यहीं से हमारा मानसिक, आर्थिक, एवं अन्य प्रकार का शोषण शुरू होता है।

उचित यही होगा कि हम अपनी पारिवारिक समस्याओं का समाधान स्वयं मिलकर ढूँढने का प्रयास करें। स्वास्थ्य संबंधित समस्याओं के निदान के लिए हमें आहार, व्यायाम-सैर आदि को अपनी दिनचर्या में उचित स्थान देना चाहिए। शुभ कर्म करके उनसे शुभफल मिलने में विश्वास करके संयम और विवेक को अपने जीवन में उचित स्थान देंगे तो समाज में फैले भ्रमों एवं अंधविश्वासों से हम सदैव बच सकते हैं।

## Congratulations

Nidhi and Nikhil Doegar were blessed with a baby girl ANAAYA on 30th July, 2015. ANAAYA is a grand daughter of Mrs. & Mr. Ashwani Doegar (Dadi-Dadu) & Mrs. & Mr. Sudhir Sood ( Nani- Nanu). Mr Ashwani Doegar donated Rs. 2100/- to the Sood Sabha on this occasion.



**Ankita Sood** d/o Sh Rajesh Sood of Sacred Heart Sr. Sec. School, Chandigarh Secured CGPA – 10 in 10th Class exam Conducted by CBSE Board.

### DONATION

Sh. Ashok Sud Son of Late Hanwant Dass Sud of Cliffend Estate, Shimla donated Rs. 5,100/- to Sood Sabha, Chandigarh on 25th September, 2015. Sood Sabha applaud the noble gesture of Sh. Ashok.



## **“53rd SOOD MILAN DIVAS” 20th DECEMBER 2015** **AT SOOD BHAWAN, SECTOR 44, CHANDIGARH**

### **HONOURING THE TOPPERS**

SOOD SABHA will honour the meritorious / outstanding students who have achieved distinction in Board / University level examination during the Session 2014-2015. 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, 2015 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 2015.

**Mr. P.K. Bhardwaj (Manager)**

Sood Bhawan Chandigarh

0172-2663408, 9888503408

**Mr. C.L. Batra (Manager)**

Sood Bhawan, Panchkula

0172-2582964, 9888523408

**Final Rehearsal/Selection of the participants of Cultural programme will be held at Sood Bhawan, Sector 44-A, Chandigarh on Sunday the 13 Dec, 2015 at 11:00 am, for the final selection of the item(s).**

**PLEASE NOTE NO ENTRY WILL BE ENTERTAINED ON THE DAY OF  
FUNCTION**

### **ON THE SPOT PAINTING COMPETITION**

Participants of the Painting Competition are requested to report at Sood Bhawan, Chandigarh latest by 10.30 a.m. on 20th December 2015.

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.**

# 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 होगी।

आपका शीर्षक (Caption) 31 अक्टूबर, 2015 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



प्रथम पुरस्कार रु 1000 / - मात्र

द्वितीय पुरस्कार रु 500 / - मात्र

## त्रैमासिक सूद सन्देश (अप्रैल - जून 2015) Photo Caption Contest पर लिखे -

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

Vandana Sood  
Dehra Gopipur  
Distt.-Kangra (H.P.)

{ "पर हित सेवा का ऐ ! मनु,  
साथ लिया जो योग।  
अन्न निवाला दरिद्र का,  
बने प्रभु का भोग।"

Yogesh Chander Sood  
Mehatpur,  
Distt.-Kangra (H.P.)

{ "भूखो को खाना खिलाना  
जैसे भगवान को भोग लगाना"



# मंगल-प्रेरणा

धन्यवाद करें प्रभु का हम, जो सत्कर्मों का दाता है।  
मंगल-प्रेरणा देकर हमें, जो मंगल मार्ग दिखाता है॥



वन्दना सूद  
देहरा गोपीपुर (कांगड़ा)

शुभ प्रेरणा मिले प्रभु से हमको, धर्म करें, सुकर्म करें,  
आर्यव्रत और आर्यजनों हेतु, हम सब मिल सत्कर्म करें,  
स्वयं बने हम श्रेष्ठ, सभी को श्रेष्ठ, करें यह विचार है।  
भारत भविष्य उज्ज्वल हो, बस यही हमारा नारा है,  
वरदान प्रभु से हम सब पाएं जो सबका भाग्य विधाता है।  
मंगल-प्रेरणा देकर हमें जो...

धर्म-रूचि दृढ़ करके हमको पर हितकारी बनना है,  
सत्संगति और पुण्य वचन से सत्मार्ग पर चलना है,  
मानव रूप मिला है हमको सफल इसे बस करना है,  
देव तो न बन पाएंगे पर मनु-रूप तो धरना है,  
हृदय में सुविचार हों तो प्राणी प्रभु प्रेम को पाता है।  
मंगल-प्रेरणा देकर हमें जो...

हम वेद पढ़ें और यज्ञ करें त्रिभुवन शांति का अर्चन हो,  
हाथ जोड़ हो नतमस्तक हे दयनिधे! यह अराधन हो,  
प्रभु जी वर दो मातृ-वंदना, शांति, प्रेम व समर्पण का,  
भारतीयता का हो प्रचार, सर्वत्र, हो शुभ जड़-चेतन का,  
भारत-भूमि की पावन स्थली से प्रभु का प्यारा नाता है  
मंगल-प्रेरणा देकर हमें जो...

सुकृत्य अपने रूकें नहीं यह वंदन हम सब करते हैं  
मातृभूमि के गौरव का तो ध्यान सदा ही धरते हैं  
'आर्यता' की है आन यही और 'मानवता' का मान यही  
'स्वःहित से परहित सर्वोपरि' अपना गौरव है गान यही  
परहित-कारी मनु सदा ही प्रभु के मन को लुभाता है  
मंगल प्रेरणा देकर हमें जो...

## 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

6959 – Match for Sood (Chimra) boy. DOB 22-05-1984. Ht 5'8". MBA (IT - Professional). Own well settled IT Company 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.

6960 – Match for Sood (Mehdudia) boy. Oct, 1979 born (Shimla). Ht 5'11". MCA. Business family. Looking for an educated, tall and homely girl with family values, willing to settle in Shimla. Mehdudia and Doegar please excuse. 09817062276, email at sooddeshbandhu@gmail.com

6961 – Match for Sood (Saluria) boy. DOB 28-11-1985 (04.58 am / Dehra Gopipur). Ht 5'8". MBA (HR). Working as HR Executive in Baddi. Only son. 09736060046, email at parveensood98@gmail.com

6962 – Match for Sood (Goel) boy. DOB 02-02-1988 (13.32 pm / Delhi). Ht 5'7". MBA. Employed in a reputed Co. in Delhi as marketing Executive (Digital Marketing). Salary Rs 4.50 Lpa. Father retired Under Secretary and mother Lecturer in a Government School. Own house. Preferred working girl. 09540288432, email at sood1052@yahoo.com

6963 – Match for Sood (Kalander) boy. DOB 23-05-1987 (Shimla) Ht 5'11". BCA, MBA. Working with MNC in Chandigarh. 10 Lpa. Preferred working professional girl. 09418760808, 07838736535.

6966 – Match for Sood (Bhagra) boy. DOB 02-05-1987 (2.14 am / Hoshiarpur). Ht 5'10". B.Tech (Computer Science). Teetotaler and vegetarian. Own business at Hoshiarpur. Looking for beautiful homely sweet girl. 098153-80823.

6967 – Match for Sood (Gajri) boy. DOB 12-02-1987 (5.00am / Amritsar). Ht 5'8". Post graduate, working with HDFC bank, Rs 15000/- pm. Own house and residential plots. Preferred well educated and cultured girl. 09478497000. 09041697102. email at ramansood84@yahoo.in

6968 – Match for manglik Sood (Karol) boy. DOB 22-06-88 (11.50pm/Shimla). Ht 5'7". Masters in Electricals from USA. Presently working in a reputed Co. in USA. Father practicing Chartered Accountant. Family well settled in Parwanoo(H.P). Preferred well educated, beautiful, sober, cultured and family oriented girl. 01792-232158, 09218631031, 09816082890, email at ksoodco@yahoo.com or ksoodco@gmail.com.

6970 – Match for Sood (Phassi) boy. DOB 15-07-1987(3.40 pm / Jabalpur(M.P). Ht 5'10". B.Tech(Mechanical). serving in Armed Forces (India Navy) as Lieutenant. Non smoker and teetotaler.Rs 10 Lpa. Father retired from Central government. 09970286941,099702086942,09970656687. email at rohit8787@gmail.com.

6971 – Match for Sood (Mahdhudia) boy. DOB 26-11-1984 (3.15 pm / Amb) Law graduate, doing his own practice in Civil Courts in H.P Father businessman. Preferred well educated Himachali Sood girl doing government service. 01976-260273, 09805060273. email at rohit8787@gmail.com.

6972 – Match for manglik Sood (Balagan) boy. DOB 31-12-1991 (10.22 pm / Patiala). Ht 5'11". Graduate. Doing his own business. 07696116424.

6973 – Match for Sood (Agal) boy. DOB 20-12-1985 (2.12 am / Sirhind). MCA, Diploma in Computer Hardware & Networking. Working as System Engineer in RMT College, Mandi- Gobindgarh. Also doing CCTV camera & computers installation and repair business. Rs 38000/ pm. Father retired BSF officer. 08968277005.

6974 – Match for manglik Sood (Mohindra) boy. DOB 6-08-1984 (12.21 pm / Doraha). Ht 6'. Own business. 098721-26551.

6975 – Match for Sood (Mariya) boy. DOB 10-08-1985 (3.50 am). Ht 5'11". B.Com. Masters in Fashion Designing from NIFD, Chandigarh. Running his own business. Preferred girl with height ranging 5'3" to 5'7" and age between 26 to 30 years, with good family values. 098768-20055.

6976 – Match for Sood (Phassi) boy. DOB 11-09-1988. Ht 5'8". B.Tech (Elec. & Comm.). Software Development. Father in service. Simple & pure vegetarian family. 08699331222, 09217771777.

6977 – Match for Sood (Gopal) boy. DOB 25-05-1986 (00.50am / Chandigarh). Ht 6'2" MCA. Owner of Gymnasium in Chandigarh. Both parents retired government officials. 09780205715, 9888433635 email at varunsood25@gmail.com

6978 – Match for Sood boy. DOB 14-08-1985 (11.50 pm / Kotkhai). Ht 5'10". M.Tech (Computer Science). B.Sc, M.Sc. Gold Medalist. Working as a Lecturer in H.P Govt. 09857578472, email at ramkrishansood@gmail.com

6979 – Match for anshik manglik Sood boy. DOB 18-05-1985. Ht 5'9". B.Com. MBA (Finance). Working as Assistant Manager in Bajaj Capital. 09456516217

6980 – Match for Sood (Dodsaj) boy. DOB 24-07-1988 (12.02 am / Ludhiana). Ht 5'10". B.Sc (IT). Doing own family business. Preferred educated homely girl from respectable family. 098140-67910.

6981 – Match for divorcee Sood (Karol) boy. DOB 21-03-1984 (1.55 am / Kandaghat). Ht 5'9" B.Tech, LL.B. Working at NCT Delhi. Rs 15 Lpa. Father advocate and mother class- 1 officer in H.P Govt. 01792-220633, 094180-20633.

6982 – Match for Sood (Karol) boy. DOB 10-07-1988(6.17 pm / Shimla). Ht 6'1". B.Com, Gemologist. Jewelers. Father also businessman. 0177-2653912, 07831012252.

6983 – Match for Himachali Sood (Yell) boy. DOB 26-09-1983. Ht 5'11". B.Com. Front office Manager @ Ascotia Auckland. \$4000 pm. 098160-39035, saurabhsood83@yahoo.co.nz

6984 – Match for Sood (Agal) boy. DOB 24-04-1981 (4.36 am). Graduate. Own business in D.C. Complex, Mohali. Rs 35000/- pm. Preferred educated , qualified girl. 08968277005

6985 – Match for legally divorced Sood ( Garg) boy. DOB 10-03-1983. Ht 5' 8 ½" . B.Tech and MBA. Marketing Executive, working in Gurgaon. Rs 80000/- pm. Own house in Chandigarh

6986 – Match for Sood boy. DOB 4-01-1985( Hoshiarpur). Ht 5'8". Schooling from Embassy of Jeddah

School, Saudi Arabia. S M K Fomra Institute Chennai. MBA ( Marketing) from IMT, Dubai. Marketing Manager with Zee TV at Dubai Media City since 2009. Salary AED 16500 pm. Pahari Sood family. 971 50 476 1577, 971 55 314 6061. email at reli\_dxb@eim.ae

6987 – Match for Divorcee Sood (Goel) boy. DOB 10-07-1978. Ht 5'5". MBBS, doing MD in Nuclear Medicine from PGI, Chandigarh. M.O. in Health Department, H.P. govt. Rs 70000/- pm. 09816087711, 01894-248686

6988 – Match for Sood (Kuthiala) boy. DOB 16-07-1985 (5.17 am / Delhi). Ht 5'9". Graduate, Diploma in Mass Communication. Working as Video Journalist in Mint (Hindustan Times Group) getting handsome package of Rs 6 Lpa. Father retired from Sahara News Channel. Preferred well educated, beautiful, sober, cultured and family oriented girl from Himachal. Contact after matching the Horoscope. 09999500998, email at kuthiala@gmail.com, kuthialarg62@gmail.com

6989 – Match for Sood (Madhudia) boy. DOB 12-09-1985. Ht 5'8". B.Tech. Captain in Indian Army. Rs 75000/-. Father in banking sector. 011-23516175, 09654592402, email at sood\_vks@yahoo.co.in.

6990 – Match for Sood (Doegar) boy. DOB 16-08-1983 (6.20 am / Nagrota). Ht 5'8". Self employed earning Rs 50000/- pm. Preferred educated, homely and well cultured girl. 09816127834, 09816463889.

6991 – Match for Sood (Doegar) boy. DOB 16-08-1983 (6.20 am / Nagrota). Ht 5'8". Self employed earning Rs 50000/- pm. Preferred educated, homely and well cultured girl. 09816127834, 09816463889.

6992 – Match for Sood (Bhagra) boy. DOB 11-11-1989 (2.00 am / N.Delhi). Ht 5'4". B.Com. Mechanical Engineer from Alwar. Senior Executive in Future Generali Insurance Co. Rs 5 Lpa. Father retired person. Preferred girl working with NCR Delhi. 08800241690.

6993 – Match for Sood (Cheemra) boy. DOB 18-06-1987 (00.30 hrs / Dharamsala). Ht 5'7 1/2". B.Tech (Electronics & Telecommunication). PGD in IT. Working in MNC at Pune. Father retired Principal from Himachal Government and mother retired bank officer. Preferred IT professional working girl from respectable family. 09805372388 / 09418121046.

6994 – Match for Sood (Mehdoodia) boy. DOB 15-06-1981 (12.50 pm / Shimla) Ht 5'11". Graduate. Own business. Preferred educated, beautiful, homely girl. 0177-2629117, 09816087089.

6995 – Match for Sood (Teji) boy. DOB 14-06-1987 (2.30 pm / Patiala) Ht 5'10". D. Pharmacy. Father retired from Government service. 093177-13511, email at jatinsood47@gmail.com.

6996 – Match for Sood boy. DOB 02-01-1989 (7.06pm). Ht 5'10". B.Tech (ECE) & MBA (International Business). Worked with Infosys Pune for 3 years. Presently working with Airtel Gurgaon as Project Manager. Teetotaler. Both parents Doctors, well settled in private practice. Own house and Clinic in East Delhi. Preferred professionally qualified girl from reputed family. 09810495756 and email at dranjalisood32@yahoo.com.

6997 – Match for Sood (Nehra) boy. DOB 28-06-1988 (Patiala). Ht 5'11 1/2" Software Engineer. Working at Delhi. Rs 5 Lpa. Father has agricultural land at Sirhind. 09855761993, 0172-2590211.

6998- Match for Sood (Govil) boy. DOB 4-08-1986 (10.00 am / Chandigarh). Ht 5'10". B.Com, MBA. Senior Sales officer with Godrej. Rs 50000/- pm. Father retired. Beautiful, educated girl from decent family preferred. 09828014120, 09646732717.

6999- Match for Sood (Maria) boy. DOB 19-01-1978. Ht 5'11". B.Com (Delhi University). Independently running his own garment-manufacturing unit in Delhi. Rs 1 Lac. pm. Father retired businessman. 09810843015, 011-26183726.

7000 – Match for Sood (Chimra) boy. DOB 30-04-1985 (11.3.0 am / Jubbal). Ht 5'8". Own business and apple orchards. Graduate and Ex – Merchant officer. Preferred well educated, homely girl.



## Grooms Wanted

2925 – Match for Sood (Chimra) girl. DOB 29-12-1975. Ht 5'. MA B(Lib). Working. Both parents retired Class-1 officers from H.P government. Settled in Shimla. 09882538218, 0177-2842680.

2926 – Match for manglik Sood (Dodsaj) girl. DOB 01-02-1989 (12.02pm / Delhi) Ht 5'4". BE(Hons)IT. Software professional. Working with CSC (MNC). Father Engineer in a Pvt. Co. Settled in Indore. 09630096360, 07312486304, email at rajansoodindia@gmail.com

2927 – Match for Himachali Sood (Bandal) girl. DOB 01-09-1988. Ht 5'2". Birth time 00.28 am / Solan, B.Com, MBA. Assistant Manager in GMR, Hyderabad. Rs 40,000/- pm. Father businessman. 094183-83700, 098576-41525, email at anchitsood@live.com.

2928 – Match for Sood (Kuthiala) girl. DOB 12-03-1990 (9.37 am / Shimla). Ht 5'5". MBA. Father in Chemist business. 09816187756.

2929 – Match for Sood (Kalander) girl. DOB 12-08-1986 (2.20 am / Kullu). Ht 5'3". Masters of Design (NIFT – Delhi). Zonal Head with private Co. in Delhi/NCR. Father businessman. Preferred well educated and reputed Himachali family. 09816024893, email at soodghanshyam@gmail.com.

2930 – Match for Sood (Gupta) girl. DOB 14-03-1990 (9.28 am). Ht 5'2". M.Pharmacy serving in reputed Pharmaceutical Co. in Mumbai. Parents Associate Professors in H.P Govt. Preferred boy settled in Mumbai or Bangalore. 09418385036, 09418169430. 01892-223472, email at gashok196132@yahoo.com.

2931 – Match for Sood (Banta) girl. DOB 6-12-1987(9.50pm / Mattaur near kangra). Ht 5'2". M.A. (Economics), B.Ed. Preferred well educated settled boy anywhere in North India. 09817301763, 09459132110.

2932 – Match for Sood (Ugal) girl. 1992 born. Ht 5'5 1/2". Diploma in Co. Law, pursuing M.Com ( Final) & UGC. Preferred Engineer / Army officer/Businessman/ Industrialist from status family. 098881-27357.

2933 – Match for Himachali Sood (Chimra) girl. DOB 09-08-0988 (8.18 am / Delhi). Ht 5'2". LL.M (Corporate law). Working with MNC in NOIDA. Preferred well-settled boy. Maria please excuse. 09303353444, email at 1962sunitaud@gmail.com.

2935 – Match for Sood (Ugal) girl. DOB 15-11-1995 (6 am / Chudiala Sudan(Mohali). Ht 5'. 10th pass has done parlour course. 09878935398.

2936 – Match for Sood (Phakke) girl. DOB 15-06-1989 (7.25 am / Chandigarh). Ht 5'8". B Sc (Hotel Management) Ambedkar Institute, Chandigarh, PGDBA from Symbiosis, Pune. Working in British High Commission, Chandigarh as Office Administrator. Rs 20000/ pm. Mother Senior Assistant in PSIEC. Preferred well-qualified settled boy. 09872830369.

2937 – Match for manglik Sood (Mahendra) girl. DOB 16-04-1991 (10.00 pm / Delhi). Ht 5'4". Graduate, PGDCA presently doing M.A. (English) Father businessman. Preferred educated, well-settled boy. 09466069259.

2938 – Match for manglik Sood (Bhoil) girl. DOB 26-08-1985 (7.22 am / Chandigarh) Ht 5'5". B.Com, MBA. Working at Delhi as an Assistant Manager. Rs 6.50 Lpa. Father retired. 09805343459.

2939 – Match for Sood (Dusaj) girl. DOB 21-03-1991 (07.10 am / Mhow). Ht 5'5". B.E.(Electronics), Mumbai University. Working at Pune with Software MNC for the last 2 years. Father retired (Lt. Colonel). Currently at Senior Management level with leading MNC at Mumbai. Mother ex KV and Army School

teacher. 07506274583, email at soodpk.kumar@gmail.com

2940 – Match for Sood (Tagale) anshik manglik girl. DOB 30-12-1990 (10.20 am / Mandi Gobindgarh). Ht 5'5". M.Tech (Computer Science). Self employed. Father businessman. 09914000950.

2941 – Match for Sood (Gopal) girl. DOB 27-12-1987 (10.50 am / Chandigarh). Ht 5'5". M.SC (Bio-Tech). Analyst in a IT Co. at Chandigarh. Both parents retired government officials. 09780205715, 0172-2710066, email at varunsood25@gmail.com

2942 – Match for Sood girl. DOB 29-04-1989. Ht 5'7". B.Tech (Computer Science & Engineering). Working as Senior Technical Associate. 09456516217

2943 – Match for Sood (Karol) girl. DOB 27-07-1986 (9.27 pm / Chandigarh). Ht 5'. Chartered Accountant. Internal Auditor in Corporate Sector. 01792-233358.

2944 – Match for Sood (Karol) girl. DOB 21-02-1989 (2.10 am / Garli). Ht 5'3". M.Sc.(IT). Father businessman. 01970-245284.

2945 – Match for Sood (Bhagra) girl. DOB 6-11-1985(5.23 pm/ Shimla).Ht 5'.Convent educated, M Sc (IT). Working as Software Engineer in MNC at Mohali. Father retired from Education Department, settled in Shimla. 09816591262, 09816414341, email at suresh.sud@gmail.com.

2946 – Match for manglik Sood (Goel) girl. DOB 6-11-979. Ht 5'2". LL.B. Private Practitioner. 09816087711, 01894-248686.

2947- Match for Sood (Kuthiala) girl. DOB 17-08-1980(6.56 am / Shimla). MBA, BCA. Senior Software Engineer with US based IT Co. in Mohali. 3.04 Lpa. Father retired government official. 0177-2860871, 09805951010, email at meetruchika@yahoo.com.

2948- Match for Himachali Sood girl. DOB 6-08-1987.B.Com (Hons). Working with U.S. MNC at Gurgaon. 09818471731, amrishsood2010@yahoo.in.

2949 – Match for Sood (Chimra) girl. DOB 12-08-1989.Ht 5'4". M.A. ( Psychology). PGD (Guidance and Counseling). Father retired OS (Defence) WC, Chandigarh. Mother Sr. Assistant HPTDC, Hotel Yamuna , Poanta Sahib. Own house at Baddi.08988460437, 09878742611.

2950 – Match for Sood (Beri) girl. DOB 17-09-1989(4.20 pm).Ht 5'1". M.Com., B ed. Father businessman. Middle class family. 09463467637, 099143447931.

2951 – Match for Sood (Gopal) girl. DOB 31-01-1990 (12.15 pm / Ludhiana). Ht 5'9". Father businessman. Middle class family. 099143447931, 09211203472.

2952 – Match for manglik Sood ( Ugaal) girl. DOB 07-07-1990( 11.30 am / Jagraon). Ht 5'2 ½". M Sc (Maths) , B ed. Working in a private School in Mohali. Mother govt. teacher. Preferred well settled boy of a reputed family. 09417857640, email at rohit.jagraon@gmail.com.

2953 – Match for Sood (Maria) girl. DOB 22-04-1982(Shimla). Ht 5'3". M.A. , PGDCA, NTT and B ed. Preferred professionally qualified Himachali boy. 0177-2621619, 09816137631.

2954 – Match for Sood ( Karol) girl. DOB 6-06-1987. Ht 5'4". MBA. Father retired ADGP , Shimla. Looking for established businessman or gazetted officer. 09818095600, 09418460217.

2955- Match for Sood (Mehdoodia) girl. DOB 11-07-1989 (12.03 pm / Chandigarh). Ht 5'9". M. Pharmacy. Assistant Professor. Father businessman. Preferred boy from reputed family in Tricity. 09872000137.

2956 - Match for Sood ( Gopal) girl . DOB 29-07-1994(00.30 am / Amritsar). Ht 5' 8". 10 + 2. 09416681818.

2957 – Match for Sood (Banta)girl. DOB 12-03-1989(6.35 am / Shimla). Ht 5'5". Graduate from Hindu College , Delhi University. M.A. (Economics) from H.P.University.UGC NET qualified. Manager with PNB at Regional office , Mandi. 09218762987, email at sud.shipra@yahoo.com .



## Mango Party held at Sood Bhawan Chandigarh on 12th July, 2015



Mango Eating Competition

Seniors ↑



Juniors ↑





**SOOD FAMILIES ARE CORDIALLY INVITED**

# **53rd Sood Milan Divas**

**on Sunday, the 20th December, 2015  
at Sood Bhawan, Sector-44, Chandigarh**

---

## **Registration**

**9.30 am**

(for participation in Punctuality Draw-  
please register your name before 11.00 AM)

## **On the Spot Painting Competition**

**10.30 am**

Venue- Conference Hall on 2nd Floor

## **Sood Prince and Sood Princess**

**11.00 am**

(In Doctor's Room near Lab)

Eligibility - Babies born on or after 1st Dec. 2014

**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. Vinod Kumar Sood, Chairman  
Organising Committee "Sood Milan Divas"**

**FREE BLOOD SUGAR TEST (RANDOM) FROM 9.00 AM to 11.00 AM**  
**At Charitable Diagnostic Laboratory, Sood Bhawan, Sector-44 A, Chandigarh**