

FROM GENERAL SECRETARY

We are proud that we are the inheritors of the oldest civilization. We also feel proud that our scriptures –The Vedas, Ramayana and the Mahabharata are the oldest sacred Texts on earth. However when it comes to trace past history of our country, we find that it lacks authentic written contemporary records. Consequently we have to depend mostly on the writings of the foreign visitors, versions given by alien historians or inscriptions found on plaques or stones (*shila-lekh*) which were installed by various kings to glorify their achievements. When our ancient civilization was so developed and rich, it is unbelievable that our forefathers lacked vision and did not maintain historical record of the ancient period. Naturally a thought comes that the invaders and foreign rulers played havoc, destroyed and distorted our ancient history.



These thoughts came to my mind while going through the book 'Origin and History of Soods' written by Late Shri Madan Mohan Sood, founder member and General Secretary of Sood Sabha Chandigarh. There is no doubt that he put in lot of labour, time and energy in scanning old record, various history books and references before piecing together various events and facts to trace the origin of our community. The book makes an interesting reading and succeeds in establishing our heritage to the '*agnikul*' Rajputs.

Ever since the launch of our website www.soodsabhachd.org and our email contact: soodsabhachd@gmail.com, we have been receiving numerous inquisitive queries as to the origin of our Community and the meaning of the word 'Sood'. Is it in any way linked with the Urdu/Persian word 'sood'? Many would ask, particularly our younger generation. Definitely NO. Recently a Sood Brother from Rajasthan met me for publication of a matrimonial advertisement for his son in Sood Sandesh. I was shocked to know that his grand-father had started mentioning 'Gupta' as sub-caste because 'Soods' were considered as a low caste community. Now with the opening up of various communication channels, such misconceptions and myths should have no place and where-ever these exist, must be repelled.

In order to enlighten the younger generation about the origin of our community and our glorious past, Sood Sabha has brought out a small booklet '*हमारी गौरवमय अस्मिता*' – *Our Identity*. Alongwith the gist from 'Origin & History of Soods', the booklet contains several devotional Aarties. It has been done with a specific purpose to ensure that it is preserved like any other sacred book. This step has received wide spread appreciation. **The booklet is available at the offices of the Sood Sabha at Sood Bhawan, Chandigarh/Panchkula for all Sood Brothers.**

With warm greetings & good wishes for a Happy & Peaceful 2010

- SURINDER SOOD

हमारी गौरवमय अस्मिता

प्रत्येक समुदाय के लिए अपने उद्भव व इतिहास को जानना न केवल लाभकारी है अपितु आवश्यक भी है। अपने पूर्वजों के गौरवमय इतिहास व कुलीन वंश परम्परा को जान कर हमारा मस्तक भी गर्व से उन्नत रहता है। वैसे भी हमारी उत्कृष्ट वंश परम्परा हमारे जीवन में हमारा मार्ग-दर्शन करती है। हम उसे याद करके कभी भी पथभ्रष्ट नहीं होते तथा अपनी अगली पीढ़ी को भी सदाचार के मार्ग पर चलने के लिए प्रेरित करते रहते हैं।



भारतीय परिवेश में प्रयुक्त 'सूद' शब्द अति प्राचीन है और फारसी में प्रयुक्त इस शब्द के अर्थ से सर्वथा भिन्न है। वेदों में इस शब्द का प्रयोग अनेक बार किया गया है। संस्कृत के इस शब्द का अर्थ 'अमरकोष' में इस प्रकार दिया गया है : "वह जो साहसी है... पराक्रमी है... शत्रुओं पर विजय पाने वाला है... जो सुगमतापूर्वक प्रगति करने वाला है" भगवान श्रीकृष्ण के एक नाम 'मधुसूदन' में 'सूदन' शब्द भी मधु नाम के दैत्य के 'संहारक' के रूप में प्रयुक्त हुआ है। संस्कृत के विद्वान प्रोफेसर श्री रुलिया राम कश्यप द्वारा लिखित पुस्तक 'सूद योग' में इस शब्द के प्राचीन प्रयोग का वर्णन मिलता है। उन्होंने वेदों का गहन अध्ययन किया था। वेदों में 23 स्थानों पर 'सूद' शब्द का वर्णन है— 15 बार ऋग्वेद में, 6 बार यजुर्वेद में और 2 बार अथर्ववेद में। इन सभी स्थानों पर इस शब्द को सम्मानपूर्वक वीर, शत्रु का संहार करने वाले, सेवाभावी, प्रजा की रक्षा और उन्नति करने वाले, आत्मिक दुर्गुणों से मुक्त पुरुष के लिए प्रयोग किया गया है।

इतिहासकारों के अनुसार वैदिक धर्म के ह्रास से चिन्तित ब्राह्मणों द्वारा आबु पर्वत पर किए गए यज्ञ की पवित्र यज्ञाग्नि से वैदिक धर्म की पुनः स्थापना के लिए चार जातियों का आर्विभाव हुआ— परमार, परिहार, सोलंकी तथा चौहान। परमार वंश के दूसरे वंशज का नाम सूद था जहां से सूद समुदाय का उद्भव माना गया है। परमार के 44 वंशजों तथा 101 सूद राजाओं ने पट्टन, अलवर व अमरकोट सहित कई रियासतों पर राज्य किया। जिसके प्रमाण इतिहास में उपलब्ध हैं।

सिकन्दर के आक्रमण तथा उसके पश्चात मुगलों ने सारे भारत पर अपना प्रभुत्व स्थापित कर लिया। सूद राजा भी सूदपुर (जिसे बाद में सरहिन्द के नाम से जाना गया है) तक सीमित रह गए। जहां से अन्ततः वह उत्तरी भारत के कस्बों, शहरों व हिमाचल प्रदेश में कई स्थानों पर बस गए। उपरोक्त तथ्यों की पुष्टि सुप्रसिद्ध इतिहासकारों कर्नल जेम्स टाड (ऐतिहासिक पुस्तक 'टाडस राजस्थान') श्री आर.सी. दत्त, श्री डी.सी. गांगुली इत्यादि ने भी की है। इसके अतिरिक्त भविष्य पुराण, उपर्युक्त व अनेक शिलालेखों में सूद राजाओं के राज्य काल का विस्तृत वर्णन मिलता है। अग्निकुल के क्षत्रियों के इतिहास का उल्लेख महर्षि दयानन्द सरस्वती ने अपने प्रारंभिक 'सत्यार्थ प्रकाश' (जो दश समुल्लास का था) में भी किया है।

स्व० श्री मदनमोहन सूद द्वारा लिखित पुस्तक "Origin and History of Soods" पर आधारित। इस पुस्तक की भूमिका स्व० जस्टिस टेकचन्द सूद, प्रधान, सावर्देशिक सूद सभा द्वारा लिखी गई तथा इसे सूद सभा चण्डीगढ़ ने प्रकाशित किया।

यह पुस्तक सूद सभा की वैबसाईट पर उपलब्ध है : www.soodsabhachd.org

VOTE OF THANKS

47TH SOOD MELA – A GRAND SUCCESS

- Umesh Sood, Finance Secretary
Chairman, Orgn. Committee.

Our Society has always recognized the significance of holding fairs on various occasions and collectively celebrating various festivals. The underlying spirit running through them all is to enjoy together the joyous atmosphere and develop feelings of brotherhood. With this spirit in mind, Sood Sabha has been organizing Sood Milan Mela every year which has become an important event for Sood families residing in and around Chandigarh.



47th Sood Milan Mela was held on 16th November, 2009 at Sood Bhawan, Chandigarh. I was given the onerous responsibility to organize this event as Chairman of the Organizing Committee. First of all, I would like to thank all the members of the Biradari who attended this most sought after event of the year. I am also grateful to our esteemed Chief Guest Shri Brahm Mohindra, M.L.A. (Punjab) and Er. D. R. Sood, Guest Of Honour who graced the occasion and encouraged us by whole heartedly appreciating the role of the Sabha which is rendering service to the Society through various social projects. Successfully organizing such a big function is possible only through collective efforts made by all the members of the Executive Committee and the guidance provided by the senior members of the Sabha. Therefore, I shall be failing in my duty if I do not convey my gratitude to them. Besides, honouring toppers in academic and sports, the Sabha also honoured senior members above the age of 80 years who were present in the function. Our Sabha has done this for the first time and I feel that this tradition should be followed every year. Thus, we not only recognize their contributions, but also seek the blessings of our elders.

I appeal to all the members of the Sood families to atleast devote *ONE DAY* in the year when the Sabha organizes this function for the Biradari, which gives us our identity in the Society. On this day, you can meet, share your views on various problems and develop fellow feelings with those Sood Families whom you may not be able to meet on any other occasion. Your suggestions and proposals for the betterment of our Community are always welcome. The Community Lunch – which is a mixture of traditional Pahari delicacies and local items has its own taste and charm. Through this write-up I have shared my feelings with the members of our Biradari. In the end I appeal to you all to spare some thoughts for the Society. This can be done through :

- * **DONATE BLOOD – GIVE THE GIFT OF LIFE TO SOME ONE – THE BEST GIFT YOU CAN GIVE IN YOUR LIFE TIME.**
- * **PLEDGE ‘EYE DONATION’ – SO THAT SOMEONE MAY SEE THIS WORLD AFTER US.**
- * **FEMALE FOETICIDE IS A CRIME AGAINST HUMANITY - FIGHT THIS EVIL.**

Let us follow the rich traditions of our glorious past and be proud of being Sood. Wishing you all Happy new Year !.

Shri BRAHM MOHINDRA – CHIEF GUEST

Shri Brahm Mohindra who was the Chief Guest at 47th Sood Milan Mela held on 15th Nov., 2009 at Sood Bhawan, Chandigarh is a well known personality in this region. He has been elected to Punjab Vidhan Sabha in 1980, 1985, 1992 and again in 2009 and was Cabinet Minister during Congress Government. He also held several important portfolios such as Development Of Women & Children, Medical Education, Transport, Science and Technology and Welfare of SC & ST etc. Presently he is the member of All India Congress Committee.



Born on 28.4.1946 at Doraha (Ludhiana District), Shri Brahm Mohindra graduated from Punjabi University. As a student he was deeply involved in various Student Organizations and became President, Punjabi University Students Union. He also took keen interest in sports particularly Badminton and Table Tennis and various arts and cultural activities. Presently he is the Vice President, Punjab Olympics Association and his ambition is to see that the State of Punjab occupies number one position in the country in Sports also. During his students days he was inclined towards Indian National Congress and formally joined the Party as a Youth Leader. He firmly believes that political parties should play constructive role for solving the problems facing the country and their collective aim should be to make India a Super Power.

Shri Brahm Mohindra visited Sood Bhawan, Chandigarh for the first time and was highly appreciative of the social activities of Sood Sabha. He was particularly impressed after visiting Charitable Diagnostic Laboratory, Physiotherapy Centre and Homoeopathic Dispensary being run at Sood Bhawan. In his address as Chief Guest, Shri Mohindra exhorted Sood families residing in this region to strengthen Sood Sabha and become its member. He congratulated the members of the Sabha for completing 50 years and recalled that alongwith his father Shri M. R. Mohindra he used to come to Chandigarh to participate in Sood Melas. His father was a well known Income Tax Advocate. Shri Mohindra and his wife Mrs. Harpreet Mohindra are also associated with several social and religious organizations. He announced donation of Rs. 21,000 to the Sabha as his humble contribution towards social activities being undertaken at Sood Bhawan.

TALENT SEARCH

We are proud of our children who excelled in academics and sports and were honoured in 47th Sood Milan Mela held in Nov.,09. The Sabha now proposes to encourage Arts and Cultural activities. Those children residing in Chandigarh, Panchkula & Mohali and take interest in Arts and Cultural activities should give their names to :

Shri Shashi B. Sud, Vice President,

Sood Sabha, Sood Bhawan, Sector 44-A, Chandigarh. Ph: 2663408 Mob : 9988805165

The Sabha proposes to organize Cultural Programmes from time to time at Sood Bhawans, Chandigarh/Panchkula. If we receive encouraging response, the Sabha may hold such programme at some Auditorium also.

- Gen Secretary

Er. D. R. SOOD – GUEST OF HONOUR

Er. D.R. Sood, Guest of Honour at the Annual Function has a long association with the Sabha as he was the member of the Executive Committee about a decade back.

Born on 21st March, 1938. Er. Sood had a brilliant academic record. He passed his degree in Electric Engineering with distinction in 1960, and joined Himachal Pradesh State Electricity Board. Before retirement in 1996 he was the Chief Engineer for 6 years and for one year, he was the Technical Member of the Board. He was the first Officer from Himachal to be taken by the BBMB to establish the right of Himachal in the administration of Bhakra Beas Management Board.



Er. D.R. Sood is also widely travelled. During the course of his service he visited U.K., France, Hungary, Italy, Switzerland and several other countries in Europe to gain first hand knowledge how developed countries made tremendous progress by channelising Power Sector. After retirement he is undertaking high level Consultancy Services in Power Sector which is playing a crucial role in the country because all round development activities are directly affected by the Power Sector. Presently he is working on a prestigious assignment of Technical Consultant to the Uttar Haryana Bijli Vitran Nigam. Recently Er. Sood provided valuable technical advice to the Sabha for installation of separate Transformer at Sood Bhawan, Panchkula.

Er. Sood has also been associated with a large number of Social Organizations. He was President of the Rotary International in 1985 during his posting at Palampur. Presently he is the President of an NGO called Prayatan for the last six years which comprises of parents/guardians of the sick children from Chandigarh, Panchkula, Mohali and surrounding areas. This NGO is working for the welfare of sick children in association with the Govt. Medical College & Hospital, Sector 32, Chandigarh. Er. Sood has raised a sum of Rs. Two lacs single handedly to help the cause of this organization which provides free medicines to the serving poor families and works for the rehabilitation of the sick children.

In his address at the Sood Mela, Er.Sood recalled his association with Sood Sabha and was happy that the Sabha has expanded its area of activities and is functioning like a NGO. He announced donation of Rs. 11,000/- to the Sabha to help needy students and give them financial help. The Sabha highly appreciates the gesture of Er. Sood.

SOOD PRINCE – ISHAAN

SON OF Mr. MANU SOOD BORN on 20.03.2009

SOOD PRINCESS – AKSHITA

DAUGHTER OF Mrs. PARUL KUTHIALA – BORN on 31.07.2009

WE ARE PROUD OF OUR DAUGHTERS

The young budding and promising children excelling in different fields like academics and sports were honoured and awarded mementos at 47th Sood Milan Mela held at Chandigarh.

Ms. PREETI SOOD – Academic Record Par Excellence

Sh. Kapil Dev Sood & Mrs. Satish Bala Sood are the proud parents of Ms. Preeti Sood who has been awarded Scholarship of Rs. 1.5 Lacs by Indian School of Business, Hyderabad where she is doing her MBA (Executive). The scholarship is awarded to Merit List (Core) winners of the Institute. Ms. Preeti has a distinguished academic record. She stood 1st in 10th Class in Sector 20-D, Chandigarh Model School and was awarded National Merit Scholarship by CBSE. She added another feather in her cap when she stood 1st in UT Chandigarh in +2 Examination in 1999. She did her B.Tech (Chemical) from IIT Kanpur - prestigious Institute in India. In 2006 Ms. Preeti did MS from top Univ. of Texas at Austin and was granted University Fellowship which is one of the highest honours awarded to a graduate student. The proud parents are settled at Mohali. Her father Shri Kapil Dev Sood is Dy.CAO at PSTC Ltd. and her mother Mrs. Satish Bala Sood is Sr.Assistant BBMB, Chandigarh. Her elder brother is also IITian – B.Tech from IIT Kanpur.



Shivani Karol daughter of Sh. Ashwani Karol obtained 100% marks in Business Theory and Management (Operation Research), highest in the University and after adding 17 marks of assessment (Total 97 marks) she ranked 3rd highest in the University. Ms. Shivani is a fresh graduate in B.Com (Hons.) of Punjab Univ. and secured 76.71% marks in the final year with an aggregate of 73.11% in all 3 years. She has also cleared C.A. Inter Exam. In June 2009.



Kanika Doegar daughter of Sh. Kapil Sood who appeared for her ClassX CBSE Board examination has done tremendously well by topping in the State of Himachal and was ranked sixth in the region comprising Chandigarh, Mohali and Panchkula by securing 97.2% marks with distinction in all the subjects and secured 100% marks in Mathematics. Presently she has joined XI (Medical) at Chandigarh. Her grand parents are residing in Shimla. Her Grand Mother Smt. Sudershan Sood is a prominent social worker.



Parul Sood daughter of Sh. Parmod Kuthiala secured 96.67% (483/500) marks in her Matric Examination conducted by CBSE (2008-09) with 100% marks in Maths, 99% in Science and 98% in Social Science.



ACHIEVEMENTS IN SPORTS & CULTURAL ACTIVITIES



Neeti Sood daughter of Sh. Mukesh Sood participated (i) In 55th National School Games (Football) Games in November, 2009 under 19 years category. (ii) All India Foot Ball Federation Sub Junior National Football Championship in October, 2009 and (iii) All India Football Federation Festival in Sub Junior Category.



Urvashi Sood daughter of Sh. Sanjay Beri participated in 54th National Games Basket Ball under 14 years category in January, 2009.

Anchal Sood (class IV) – participated in International Informatics Olympiad 2007 and obtained 1st position.

Purva Sood daughter of Sh. Rajinder Sood won Gold and Bronze medals in State level Karate Championship.

Ms. NEHA SOOD & NIDHI SOOD – Exponents of Kathak

Kali Classical Dance. Kathak Kali form of dance has been associated with spirituality and practiced as a means of entering into divine consciousness. Ms. Neha & Ms. Nidhi, daughters of Smt. Anju Sood and Sh. Varinder Sood are learning Kathak Kali dance. They gave impressive dance performance at the 47th Sood Mela and earned cheers and applause from every one present. Neha is IIIrd year student of B.A. (Hons. Dance) and



her younger sister Nidhi is studying in B.Sc. (Bio-Tech) IInd year but taking inspiration from her elder sister, she is also learning Kathak Kali dance. Although both are students but have several achievements to their credit. Neha has participated in a number of state level dance competitions like DD Channel 2 Nachde Sitarey, Haryanvi Dance Competitions held at Kalagram, Delhi, Surajkund and Orrisa besides participating in Akhil Bhartiya Competition held at Allahabad where she won third prize. She also won third prize at State level Youth Festivals during 2003 and 2004. She also gave performance at a programme organized by Red Cross Society Chandigarh which was dedicated to cancer patients. Nidhi has also participated in several state level dance competitions and also won second prize in Youth Festival held at Saharanpur.

Ms. Surabhi Sood – At the age of 14, Surabhi is a versatile dancer and has attained mastery over Classical, Semi Classical and Punjabi Folk Dance which she performs with such a perfection as if dance naturally comes to Surabhi as swimming to a fish. She has given excellent dance performances in the last four Sood Melas and has captivated the audience. Whether it is Saraswati Vandana, Semi Classical dance or folk dance her performance as a child artist has been acclaimed by all. She has performed at various places including Dubai and Malaysia. Surabhi is studying in 10th Class in DAB Public School, Mohali and she is good in studies and also in sports. Recently she participated in Jr. International Table Folker Game in Nepal and won Silver Medal. Her parents Sh. Rakesh Sood and Mrs. Renu Sood are proud of Surabhi's achievements.



टॉपर बनने के लिए घंटे नहीं एकाग्रता रखती है मायने

मैट में पंचकुला सेक्टर-16 की श्रुति सूढ़ बनीं ऑल इंडिया टॉपर, हासिल किया 100 परसेंटाइल

नैराज मरियल | खंडी बड़

पढ़ाई में घंटे नहीं एकाग्रता रखने रखती है। यह कहना है मैनेजमेंट एप्टीट्यूड टेस्ट (मैट) में 100 परसेंटाइल हासिल करने वाली छात्रा श्रुति सूढ़ का। खेयवार को मैट के नतीजे पॉजिटिव हुए हैं और श्रुति ने इसमें ऑल इंडिया टॉप किया है। सेक्टर-16 पंचकुला की श्रुति सूढ़ के लिए यह उपलब्धि किसी सपने के साथ होने जैसा है। देशभर से करीब 50 हजार विद्यार्थियों ने यह टेस्ट दिया था।



श्रुति का स्कोर

रैंक	परसेंटाइल
मैनेजमेंट एप्टीट्यूड	99.99
मैनेजमेंट एप्टीट्यूड	99.99
मैनेजमेंट एप्टीट्यूड	99.99
मैनेजमेंट एप्टीट्यूड	99.99

7 से 8 घंटे पढ़ाई: श्रुति ने कहा टॉप करने के लिए मैंने से अक्टूबर तक इसने हर दिन 7 से 8 घंटे पढ़ाई की। इस दौरान

सिर्फ किताबें पढ़ने की हानि नहीं बल्कि बहिन अखबार और दूसरी किताबें भी पढ़ती रही, बल्कि पता चलता रहे कि किस

दुनिया में क्या हो रहा है। नवंबर में दिसंबर तक पढ़ाई से पांच घंटे ही पढ़ाई की। श्रुति के मुताबिक इसके पीछे बड़ा धी। क्योंकि एग्जाम के दो महीने पहले से ही वह स्टैम नहीं लेना चाहती थी। इसलिए इन दो महीनों में पढ़ाई के घंटे कम कर दिए। श्रुति ने बताया कि त्रिक अंगिका महीने में भी पढ़ाई ही कम नहीं आती, बल्कि ऐसे कॉपीरिटर में सरल होने के लिए आपको पूरे पढ़ने पढ़ना होता है, एकाग्रता बनाए रखने होती है, तभी काफ़ी होना है।

कैट के नतीजे का इंतज़ार: एग्जाम कॉलेज सेक्टर-32 में भी कॉमन परीक्षाएं दिए की इंटेंसिव श्रुति ने कहा कि उन्होंने सुकसम सेक्टर-8 से कॉपीरिटर ली। श्रुति ने कैट का एग्जाम भी दिया है। उन्हें इम्प्रीड है कि कैट के नतीजों में भी उनकी अच्छी रैंक आ सकती है और इसकी बचत अर्द्ध-एल में एडमिशन मिल सकती है। श्रुति काइनेस में एग्जाम करने की इच्छा है और अपनी इस कामकाजी का डेव अपने परिवार और टीचर्स को देती है।

MAT success: Hard work, focus is the key, say topper

HT Live Correspondent

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CHANDIGARH: City girl Shruti Sood scored 100 per cent marks in the Management Aptitude Test (MAT), results of which were declared recently. This means she is the All India MAT Topper.

MAT is one of the prestigious exams for M.B.A entrance. It is conducted four times a year but December MAT is the most popular with the students and highest numbers of students sit for the same. Around 250 institutes across India including some Government univer-

sities accept MAT scores. The next step after the written examination is group discussion and interview rounds.

Shruti Sood, a final year commerce student of S D College, Sector 32, said, "I am very happy with my score. 100 per cent is more like a dream come true."



1. Boys:- Achievements in Academics:-

Abhishek Sood son of Dr. Paramjit S. Sood obtained 94% marks in matriculation (10th class) CBSE examination in 2009 with 100% marks in mathematics and was placed in merit list of CBSE 2009. He was declared best athlete in 2007-2008 and 2008-2009 in Bhartiya Vidya Bhawan Sector 27, Chandigarh.



2. Achievements in Sports Activities:-

Jivesh Sood son of Sh. Verinder Kamal Sood participated in 54th National School Games (Hand Ball) in January, 2009 under 19 years category and was declared runner up.



Anuj Sood son of Sh. Vikas Sood is one of the best Skaters of Tricity. He participated in (i) Bhawan Hawk Skating Carnival September, 2009 (Rink Race); (ii) 3rd Open Roller Skating Carnival, Panchkula. on 25th October, 2008 (iii) 14th Panchkula Distt. Roller Skating Championship on 29, 30 November, 2008 and obtained 1st position in all these competitions. He also won two Bronze medals in Haryana Roller Skating Competition held at Yanumanager. till date Anuj has won more than twenty five medals and trophies in different competitions.

Dr. Brijendra K. Sood – A Living Legend

Dr. Brijendra K. Sood had a very brilliant and bright career. Born in India in 1927 in a family of Medical Professionals, he was brought up in Kenya where his father Sh. Faqir Chand Sood was also a doctor. After the retirement of his father the family shifted to Calgary (Canada). Dr. Brijendra Sood touched the glorious heights in his life and not only brought laurels to the family but also was a great genius and an asset to medical fraternity.



After attaining his degree in medical from Birmingham he joined Her Majesty's overseas Civil Services as a Medical Officer. He served and looked after the sick and the wounded in Mou Mou rebellion. He obtained fellowship from Royal College of Surgeons of Edinburgh and earned popularity in Deloraine, Manitoba. He provided leadership and boost to the Scout Movement also. After reaching Canada, he became the favourite of North American Indians. He also earned the distinction of Chief Rainbow and a blood brother of Banff, Stoney Indians.

He was decorated with several awards like the Order of St. John in 1984 and also by Her Majesty's Queen Elizabeth-Officer of the Order in 1995 and the Commander of the Order of St. John in 2002. He served as Medical Staff of Alberta, Chief of Staff, Treasurer of Archives and Museum Committee and President of Children Hospital in Calgary. He also entertained the audience at Society's Christmas Party with Magical Tricks for many years in Canada, India, Pakistan, U.K. U.S.A. and at Rideau Hall for the Governor General when he was admitted to the ORDER OF CANADA in 2003 the highest award ever bestowed upon any Indian in Canada.

Mrs. Narinder his wife was always a big support to him in his career. His two daughters Rupa a business woman and Veena as a TV actress while his son Manoj is also an actor. Dr. Sood turned Calgary General Hospital into a non smoking zone through his efforts and ingenuity.

During his air travels also he attended to medical emergencies on the plane and earned the distinction of first flying Doctor in the Province. Side by side his Medical practice and livelihood he worked for bringing harmony among different nationals and Indian migrants from Uganda to Canada. Through his efforts and initiative Canada was recognized as a Multicultural nation by Indian Govt. He delivered several lectures relating to Medical advice for Indian families in Canada on Television.

The period after assassination of Indira Gandhi, Dr. Sood became a controversial figure which affected his popularity and threat to his life. But by his utmost devotion, sincerity and his voluntary service in collecting relief (\$20,000) for earthquake victims in India in 1993 brought him on the same track and respect in the Indian community of Calgary. He was one of the trustees of Calgary Hindu Temple till recently.

He is one of the rare Indians to keep his popularity and respect along with his spirit of service and devotion for humanity in general and for Indian community in particular. He has been honoured with more than two dozen awards by many organizations of repute and also by the government of Canada for his meritorious services to the community at large in the field of medical and social work. Dr. Brijendra Sood is a living legend to follow and to emulate. Sood brotherhood is extremely proud of Dr. Brijendra Sood.

Mrs. MADHU SOOD – NEW MAYOR OF SHIMLA

It is a matter of great pleasure that our society has always recognized the important role our Ladies can play in public life, Diplomacy, Education, Medicine, as Entrepreneurs and in politics. In all fields, they have left indelible marks and have earned honour and recognition.



Mrs. Madhu Sood has been elected to the coveted post of Mayor, Municipal Corporation, Shimla. Born on 6th October, 1959, Mrs. Sood graduated from H.P. University and completed T.T.C. from St. Bede's College. She is actively involved in public life and is associated with various social organizations. She was a member of Lady Chelmsford Club and an active member of Inner Wheel Club since 1996 and served as Secretary and then as President of the Club. She is also the Executive Committee member of Women Council of India, Shimla Chapter.

Mrs. Madhu Sood decided to expand her area of activities and serve residents of the Capital City of Himachal Pradesh. In 2007 she was elected as Councilor, M.C. Shimla again in 2009. She won the election with the highest margin in all 25 wards.

Her husband Sh. Parmod Kumar Sood is a well known Builder and Contractor. He is also active in social life and was President, Rotary Club, Shimla. The couple is blessed with a son Mr. Gaurav and daughter Ms. Girija – both are MBA and well settled in their profession.

OUR CONGRATULATIONS AND BEST WISHES TO Mrs. MADHU SOOD

APPEAL FOR DONATION

**-Krishan Kant Sood,
President, Sood Sabha, Hoshiarpur**

Sood Sabha, Hoshiarpur (Regd.) termed as Non-Gezatted-Organization came into existence in 1966 for the welfare of the Society and to strengthen brotherly feelings amongst the members of various Communities. Since its formation, we have made various achievements. The Sabha has a sufficient donated land at its disposal for constructing Community Hall, Rooms, etc. to undertake various activities relevant to the present need to educate children and provide Health facilities. The Sabha has started construction work. The Community Hall has been completed for the use of general public. The remaining construction requires sufficient funds to achieve the target. The Sabha also helps Sood widows by giving them financial aid besides providing financial help to the needy and deserving Sood students and medical aid in exceptional circumstances. The members of Sood Sabha are well disciplined and dedicated.

On behalf of Sood Sabha Hoshiarpur, I make an earnest appeal to all the members of Sood Community to favour us with maximum help and donations which will help us to complete the construction of the prestigious Complex which will be remembered by the coming generations.

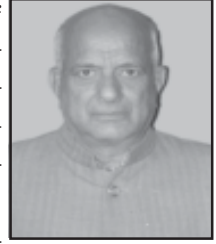
The Sabha will be grateful to the generous Donors.

हमारे बुजुर्ग अभिभावक

- विष्णु चन्द सूद

प्रधान, सावर्देशिक सूद सभा

हमारे ग्रन्थों में नर को नारायण की संज्ञा दी गई है। जिसका भाव है प्रत्येक प्राणी में परमात्मा का अंश विद्यमान है। हम एक दूसरे को प्यार करें आपस में भाईचारा हो, दूसरों की भावनाओं की कद्र करें— सभी धर्मों के ग्रन्थों में यही सन्देश दिया गया है। लेकिन दुःख का विषय है कि हम रिश्तों के पवित्र बन्धन की अहमियत को भूलते जा रहे हैं। जिसका परिणाम है परिवारों में कलह और समाज में अशान्ति। मुझे जब भी स्टेज पर कुछ कहने का अवसर मिला है मैंने हमेशा इस बात पर जोर दिया है कि हमें अपने बड़े बुजुर्गों का आदर करना चाहिए, उनकी भावनाओं को समझे। उनकी आवश्यकताओं को पूरा करने की कोशिश करें तथा उनका निरादर न करें। आज यदि हम अपने घर में बुजुर्गों का आदर करेंगे तो कल को हमारे बच्चे भी हमारा आदर करेंगे। मैंने पिछले दिनों एक कहानी पढ़ी जो मैं यहां लिख रहा हूं। कहानियां प्रतीक होती हैं तथा उनके द्वारा दिया गया सन्देश समझने की आवश्यकता है।



बहुत समय पहले की बात है। सेब का एक बहुत बड़ा पेड़ था। एक बच्चा हर रोज वहां आता और पेड़ के साथ खेलता रहता। सेब तोड़कर खाता और पेड़ की छांह में सो भी जाता। समय गुजरता रहा। बच्चा थोड़ा बड़ा हुआ, अब वह रोज-रोज पेड़ के पास नहीं आता। एक दिन वह आया, तो कुछ उदास दिख रहा था। पेड़ ने उसे खेलने के लिए बुलाया, तो कहने लगा कि अब मैं छोटा बच्चा नहीं रहा। मुझे अच्छे खिलौने खरीदने के लिए पैसे चाहिए। पेड़ ने कहा, 'तुम मेरे कुछ सेब तोड़ लो और उन्हें बेचकर पैसे कमा लो।' लड़के को बड़ी खुशी हुई। उसने सेब तोड़े और उन्हें बेचने निकल गया।

बहुत दिन गुजर गए। पेड़ अकेला और उदास था। एक दिन लड़का वहां आया, तो पेड़ को अच्छा लगा। पर लड़के ने उसके साथ खेलने की बजाय इस बार अपने बीवी-बच्चों के लिए घर बनाने की इच्छा जताई। पेड़ बोला, 'ठीक है, तुम मेरी टहनियां काटकर उनसे घर बना लो।' लड़के को अपनी समस्या का हल मिल गया। उसने टहनियां काटी और चला गया।

पेड़ फिर पहले की तरह अकेला हो गया। दिन बीतते रहे और बरसों में बदलते रहे। एक दिन जब लड़का आया, तो पेड़ ने देखा कि वह अब अघेड़ हो चुका था। उसने कहा, 'मैं काम करते-करते ऊब गया हूं। मुझे आराम की जरूरत है। मैं नाव पर बैठकर सैर करना चाहता हूं।' पेड़ ने जवाब दिया, 'तुम मेरे तने से अपने लिए नाव बना लो।' सो, उसने तना काटा और उसे गाड़ी पर लादकर ले गया।

वक्त बीतता रहा। एक दिन पेड़ के पास एक बुजुर्ग आया। यह वही लड़का था, जो उसके साथ खेला करता था। पेड़ बोला, 'मेरे बच्चे, अब तो तुम्हें देने के लिए मेरे पास कुछ भी नहीं है। सिर्फ मेरी सूखती जड़ें बाकी हैं, लेकिन वो तुम्हारे किस काम की?' बुजुर्ग ने उत्तर दिया, 'मुझे अब कुछ नहीं चाहिए, मुझे तो बस आसरा चाहिए। बीते बरसों में जिम्मेदारियों का बोझ उठाते हुए मैं थक चुका हूं। तुम्हारी बूढ़ी जड़ों के सहारे मैं आराम से पड़ा रह सकता हूं। अब मैं कहीं नहीं भटकूंगा।' यह सुनकर पेड़ को बहुत खुशी मिली।

आपको लग रहा होगा कि यह लड़का तो बड़ा स्वार्थी और क्रूर है। पर दरअसल, यह हमारी, हम सबकी कहानी है। हमारे अभिभावक ही पेड़ हैं। जब हम छोटे होते हैं, तो उनकी पीठ पर चढ़कर खेलते हैं, लेकिन बड़े होने पर उन्हें छोड़कर चले जाते हैं। जब हमें कोई जरूरत होती है या हम परेशान होते हैं, तभी हमें माता-पिता की याद आती है। और अभिभावकों की स्नेह भरी बांहें हमेशा हमारे लिए खुली होती हैं।

अपने अभिभावकों का महत्त्व समझिए, उनसे प्यार कीजिए। जानिए कि वे बच्चों के लिए कितने कष्ट सहते हैं, सब कुछ त्याग देने को तैयार रहते हैं।

जलवायु परिवर्तन

- कुलदीप राय सूद, उप प्रधान

ग्लोबल वार्मिंग आजकल बहुत ही महत्वपूर्ण तथा चर्चा का विषय है। विश्वभर के वैज्ञानिक, पर्यावरण विशेषज्ञ तथा अन्य संगठन जलवायु परिवर्तन के प्रति चिन्तित हैं। सर्वप्रथम हम यह जाने कि ग्लोबल वार्मिंग है क्या? पृथ्वी की ऊपरी सतह पर बहुत सारी गैसों उपस्थित हैं। इनमें से कुछ गैसों कार्बनडाईआक्साइड (CO_2), मिथेन (CH_4), नाइट्रसआक्साइड (N_2O) वातावरण को गर्म रखती है तथा पृथ्वी पर जीवन के लिए इनका महत्वपूर्ण योगदान है। इनको हरित गृह (Green House Gases) कहते हैं। पिछले 150 वर्षों में बढ़ते औद्योगिकरण, विकसित हो रहे कृषि उत्पादों, वनों के कटाव तथा जीवाश्मी ईंधनों (Fossil Fuel e.g. Coal and Petroleum) के अत्यधिक प्रयोग ने इन गैसों की मात्रा को बहुत अधिक बढ़ा दिया है। इन गैसों के अतिरिक्त एक्लष्ट (क्लोरो फ्लोरो कार्बन) गैसों हैं जो कि ए.सी. तथा फ्रिज आदि के उपयोग से बाहर निकलती हैं। इन सभी गैसों का एक निश्चित मात्रा से अधिक वातावरण में उपस्थित होने के कारण पृथ्वी के तापमान में लगातार वृद्धि हो रही है। इसे हम ग्लोबल वार्मिंग कहते हैं। ग्लोबल वार्मिंग से पृथ्वी के सभी जीवों पर कुप्रभाव पड़ रहा है।



ग्लोबल वार्मिंग को लेकर सारा संसार चिन्तित है। इसलिए दिसम्बर 2009 में डेनमार्क की राजधानी कोपेनहेगन में जलवायु परिवर्तन पर सम्मेलन किया गया। इस सम्मेलन में 192 देशों के प्रतिनिधियों ने हिस्सा लिया। जिनमें कई देशों के राष्ट्राध्यक्ष तथा प्रधानमन्त्री सम्मिलित हुए। इस सम्मेलन में भारत, चीन, ब्राजील तथा दक्षिणी अफ्रीका ने अमेरिका से राजनैतिक समझौता किया है। जिसके तहत— धरती के तापमान में 2°C की कमी लाने के लिए कार्बन उत्सर्जन में कमी करने का इरादा किया गया है। तथा ऐसे कदम उठाने का भी फैसला किया गया है जिससे वनों के कटाव को रोका जा सके।

यह समझौता भविष्य में होने वाले समझौतों की शुरुआत है तथा गरीब देशों के लिए लाभदायक भी है। सारा संसार इस ओर ध्यान दे रहा है। जलवायु परिवर्तन पर जहां सभी देशों की सरकारें विभिन्न कदम उठा रही हैं वही व्यक्तिगत स्तर पर जब तक हम भी मिलकर योगदान नहीं देंगे तब तक सकारात्मक परिणाम नहीं प्राप्त होंगे। अपनी आने वाली पीढ़ियों को सुखमय भविष्य के लिए हमारा कर्तव्य है कि इस ज्वलन्त विषय की जानकारी लें तथा निम्न सुझावों का पालन करने की चेष्टा करें :

- ❖ वाहन जैसे स्कूटर और गाड़ी का कम प्रयोग करें। इनके स्थान पर साईकल का प्रयोग करें या पैदल जाएं। स्कूल तथा दफ्तर जाने के लिए वाहनों का उपयोग मिलजुल कर करना चाहिए ताकि ईंधन की खपत कम हो।
- ❖ बिना नुक्स वाले उपकरणों का उपयोग करना चाहिए ताकि जीवाश्मी ईंधनों की खपत कम हो।
- ❖ रसोईघर में एल.पी.जी. का प्रयोग ध्यानपूर्वक करें। जब आवश्यकता हो तभी गैस को जलाएं।
- ❖ गांवों तथा कस्बों में गोबर गैस प्लांट को बढ़ावा दिया जाए।
- ❖ सौर ऊर्जा से चलने वाले उपकरणों जैसे सौर हीटर, सौर कुकर तथा सौर बॉयलर आदि को बढ़ावा देना चाहिए।
- ❖ सी.एन.जी. का प्रयोग अधिक से अधिक करना चाहिए।
- ❖ ट्रेफिक लाइटों पर वाहनों को बन्द कर देना चाहिए।
- ❖ ऐसे ए.सी. तथा फ्रिज का प्रयोग करना चाहिए जिसमें से सी.एन.जी. कम निष्कासित हो या क्लोरा, फ्लोरो कार्बन बिल्कुल ही न निकालता हो।
- ❖ अधिक से अधिक पेड़ पौधे लगाएं तथा वनों की रक्षा करें।

स्व० श्रीमती विमल मोहनी सूद द्वारा नेत्रदान

“हे प्रभु, इस जीवन में तुम्हारी दी हुई अमूल्य वस्तु को मैं तुम्हें ही समर्पित करती हूँ— इस पवित्र भावना से प्रेरित होकर स्वयं के नेत्रों को दान करके स्व. श्रीमती विमल मोहनी सूद ने अपना जीवन परोपकार की भावना से स्मृद्ध किया।”— माधव नेत्र बैंक, अम्बाला शहर द्वारा यह ‘स्मृति पत्र’ स्व. श्रीमती विमल मोहनी सूद के परिवार को दिया गया है।



अम्बाला निवासी स्व. श्रीमती विमल सूद पत्नी स्व. के.वी.एस. सूद का निधन 18-9-2009 को हुआ। अपनी पूज्य माता की इच्छा अनुसार उनके पुत्रों श्री सुशील सूद, श्री विजय सूद तथा श्री उमेश सूद ने ‘माधव नेत्र केन्द्र’ को सूचना दी तथा उनके नेत्रदान करवाए। नेत्रदान सब दानों में उत्तम तथा महादान माना जाता है। गीता में भी भगवान श्री कृष्ण ने आत्मा के अमरत्व तथा इस शरीर की नश्वरता का ज्ञान दिया है। मृत्यु के बाद यह शरीर अग्नि को समर्पित कर दिया जाता है। तो फिर इस शरीर से मोह कैसा? इन्हीं भावनाओं से प्रेरित होकर श्रीमती विमल सूद ने अपने जीवन काल में ही मृत्योपरान्त अपने नेत्रदान करने की इच्छा प्रकट की थी। उनके सुपुत्र श्री सुशील सूद के अनुसार कालेज में कुछ नेत्रहीन विद्यार्थी भी पढ़ते थे तथा वह उनके साथ घर भी आ जाते थे। उन नेत्रहीन विद्यार्थियों को माता जी अपने अन्य बच्चों की तरह ही प्यार करने लगी थी तथा उन्हें इस बात का अत्यन्त दुख होता कि वह नेत्रहीनता के कारण इस संसार को देख नहीं पाते।

उन्हीं दिनों माता जी ने नेत्रदान विषय पर लेख पढ़ा कि मृत्यु के बाद दान की हुई पुतली नेत्रहीन व्यक्ति को दृष्टि दे सकती है जिसके पश्चात वह भी भगवान की बनाई इस सृष्टि का आनन्द ले सकें। भारत में 30 लाख से अधिक व्यक्ति अन्धेपन के शिकार हैं जिनमें 10 लाख से अधिक बच्चे हैं। अज्ञानता तथा अन्धविश्वास के कारण अधिकतर लोग नेत्रदान करने से आनाकानी करते हैं।

स्व. श्रीमती विमल मोहनी सूद ने अपने नेत्रदान करके सराहनीय कार्य किया है। उनसे प्रेरणा लेकर उनके तीनों पुत्रों सर्वश्री सुशील, विजय, उमेश, उनकी पत्नियों श्रीमती कमलेश, रजनी, बिमलेश व बहन सुनीता ने शपथ पत्र भर कर मृत्योपरान्त अपने नेत्रदान देने का निर्णय लिया है। सच्चे अर्थों में दिवंगत आत्मा के प्रति यही सच्ची श्रद्धांजली है। परिवार को इस बात का सन्तोष है कि उनकी माता जी की आंखें किसी को रोशनी देती हुई आज भी जीवित है।

सूद सभा, चण्डीगढ़ विगत 3 वर्षों से नेत्रदान के प्रति जागरूकता लाने के लिए प्रयत्नशील है। अब तक 225 शपथ पत्र भरकर आई-बैंक, नेत्र विभाग, मेडिकल कालेज व हस्पताल, सैक्टर-32, चण्डीगढ़ में जमा करवाए जा चुके हैं।

सभी से अपील है कि ‘नेत्रदान-महादान’ में अपना योगदान दें। भगवान की इस अनुपम देन (नेत्रों) को मृत्यु के पश्चात राख न बनने दें बल्कि किसी की दुनिया को रौशन करने का पुण्य कमाएं।

Diabetes Management

- Deepthi Goel

It's alarming to know that India will soon become the Diabetics capital of the world. The most surprising fact is that, a disease known to be prevalent among rich has started taking its toll among middle and poorer section of the society.

With the ever changing food habits and improving lifestyle, we have to inherit few traits from our past generation and immediately should start to unlearn the new habits which we acquired in the recent past. The changes induced by the communication and information revolution in our lifestyle need to be introspected with immediate attention. Few lifestyle changing habits will help us to build stronger and healthier society without spending much.

I would like to share some points which I learned from a learned doctor recently

- Make sure you spend minimum 30 minutes in walking every day. Not necessarily you have to go to gym everyday for that. You can try using public transport 2 or 3 times in a week and make sure you walk to and fro from the boarding point.
- Climb stairs rather than using elevators.
- While at office, walk to a colleague's place rather than calling them in phone.
- While at home do household work instead of engaging domestic help.
- Cook at home and avoid eating watching TV or working in Laptop.
- Don't try to finish your meal just because you were served.
- Engage yourself in some kind of physical activity like gardening.
- Encourage and practise walking to nearest shops rather than using other forms of transport.
- Don't indulge in drinking every time when you spend time with friends.
- Avoid soft drinks and junk food.
- Eat pulses and vegetables instead of bread and sodium content food.

Small changes in our every day life will keep us active & also protect us from chronic diseases.



MUSIC CLASSES AT CHANDIGARH BHAWAN

Shri Vinod Sood, well known Artist who is taking classes at Pracheen Kala Kendra, Sector 35, Chandigarh has offered to take special Classes in Vocal and Instrumental Music for children of Sood Families at Sood Bhawan, Chandigarh. Interested parents should inform the names of their children to **Shri Shashi B. Sud, Vice President**
Mob : 9988805165. Further details about these classes will be intimated

- GENERAL SECRETARY

OSTEOPOROSIS CAMP AT SOOD BHAWAN

One in two women, in our country, above the age of 45 suffers from osteoporosis – a disease which affects joints and bones (particularly knee and hip joints) causing stiffness, pain in joints and disability. There has been significant increase in number of patients suffering from osteoporosis at our Physio-therapy Centres at Sood Bhawan, Chandigarh and Panchkula. Majority of the patients are women above the age of 45/50. The Sabha organized a



“SAVE BONE CLINIC’ at Sood Bhawan, Chandigarh on 8th Nov., 2009 and a Talk was given by Dr. Gurpreet Josan, M.S. (Ortho), Sr.Resident, GMCH, Sec.32, Chandigarh. Dr. Josan gave an elaborate presentation about the causes of this disease and attended to the queries from the audience also. He warned that osteoporosis is the worst enemy and a silent killer. Poor eating habits, underweight, smoking, alcoholism and obesity are the primary causes for bones decay. In the case of women after menopause, they lose bone mass much faster than men and hence more and more women become victim of this disease. 86 patients were examined in the Camp.

Another Camp “Nutritious Diet for Ortho Patients” was organized on 27th Dec., 2009 in which Prof. R. P. Batta, Consultant Dietetics, PGI (Retd.) delivered an informative talk emphasizing the necessity to change dietary habits by having a ‘Balanced Diet’ for daily meals, keeping in view the changing life style. He stressed the need to prefer additional consumption of Calcium rich food such as: —Low fat milk and milk products; —Green leafy vegetables which should be frequently and repeatedly consumed such as chana saag, methi leaves, muli top and shaljam top leaves, arvika patta, podina etc.

Prof. Batta warned that calcium in tablet forms should be taken strictly as per the advice of the Doctor. Both Dr. Josan and Prof. Batta said that this disease is preventable and treatable if proper care is taken at early stages through yoga and ‘balanced diet’. On this occasion Dr. Rajinder Kalra, and Dr. J. K. Kalra also addressed the audience. Dr. Sumit & Dr. (Mrs) Varinder, Physiotherapist at Sood Bhawan made all efforts for the success of these camps.

HEART CHECK UP CAMP AT PANCHKULA BHAWAN.

In association with Residents’ Welfare Association, Sector 10, Panchkula, Sood Sabha Chandigarh organized a special Heart Check Up Camp for Senior Citizens on 3rd Jan., 2010. A team of Doctors under well known Cardiologist Dr. Bali from FORTIS HOSPITAL, examined more than 250 senior citizens. Their blood tests, ECG and other tests were conducted. Later Dr. Bali also gave a Talk on the subject. ShriAshok Yadav, Director & Spl. Secy. (Agri) Haryana, was the Chief Guest.

Such Camps and Talks will be regular activity at Sood Bhawan, Chandigarh and Panchkula.

WHAT EVERY TEACHER NEEDS TO KNOW...

- Aarti Sood

My aim here is to review the fundamentals of learning how to learn. According to experts, 'for almost a century, students of education have suffered under the yoke of the behavioural psychologists, who see learning as synonymous with a change in behaviour.' I strongly believe that it is time to change and instead of causing learning in students, let our students cause learning by themselves. Today's teachers need to incorporate 'learning how to learn' in all teaching plans to acknowledge students' individual differences. Under the learning— how-to-learn concept, three components are covered : knowledge about learning, knowledge about learning styles and skills to improve learning proficiency.



Now let me throw some light on these components :

Knowledge about Learning Styles : When students understand the attributes of their own learning styles, they can seek out or ask for the instructions they need. It also gives the students the knowledge to try out some aspects of other learning styles which will help them to go beyond their comfort zones and thus, potentially broaden the ways they learn.

Skills to Improve Learning Proficiency : Each time teachers incorporate learning-how-to learn components into the curriculum, they are providing information and practice which increase their students' ability to learn that particular content as well as future content.

Thus learning how to learn is a continuous process, not a discrete event. What students already know about learning how to learn will contribute to their learning in a course. This strategy involves change. Students must adopt or change the ways they have gone about learning. Furthermore, they must trust that the new learning will help them to be successful. As teachers build learning how to learn into every course, they inevitably shift their role from that of content expert, source of all knowledge and centre of the universe to that of co-student, resource persons, facilitator and coach. A coach shares methods, approaches and strategies for learning the game plan— as well as the specific plays. While the expert knowledge is still of great value the coaching is what makes it possible for students to go out and play the game successfully, learning throughout their lifetime.

CONDOLENCE

We regret to inform that Shri P.D. Kashyap, left for his heavenly abode on 10th January, 2010 at the age of 82. Shri Kashyap had a long association with Sood Sabha, Chandigarh and was Vice President also. Before settling at Chandigarh, Shri Kashyap was associated with Sood Sabha, Kapurthala. He leaves behind his son Shri Gagan J. Kashyap (ED Pb. Agro), Shri Aman Kashyap (Advocate) and daughters Ms. Ritu and Ms. Anandita.

Sood Sabha Chandigarh, deeply mourns the sad demise of Shri Kashyap and prays to Almighty to bestow peace to the departed soul.

Congratulations

1. **Marriage of Sachin S/o Sh. S.K. Sud, Advocate, Trustee and Member of Sood Sabha, Chandigarh was solemnised with Swati of Solan on 27-11-09. Reception was held on 28-11-09. Prominent members of Sood Biradari blessed the newly wedded couple.**
2. Marriage of Sheenam D/o Mr. Varinder Sood of Sirhind was solemnised with Sachin S/o Mr. Nand Kishore Sood of Ambala on 27, November, 2009.
3. Marriage of Aman S/o Vijay Sood was solemnised with Shivani D/o Sh. Ramesh Sood on 10, Nov., 2009 at Ambala City.
4. **Marriage of Meenu niece of Sh. Bipan Chand Sood (President Sarvadeshik Sood Sabha) and D/o Smt. Nicky and Sh. Umesh Sood (Finance Secretary Sood Sabha) was solemnised with Sachin S/o Smt. Shanti Devi Suri W/o Late Sh. Inderjeet Suri on 10, Dec., 2009 at Nagpur. Chief Minister of Maharashtra, Chief Secretary and several prominent personalities attended the function to bless the couple.**
5. Marriage of Priya daughter of Smt. Jyoti and Parmod Sood was solemnised with Ankit S/o Smt. Sarita and Sh. Swaroop Krishan Sood at New Delhi on 11-10-2009. Mrs. Jyoti is grand neice of Sudarshan Sud, Secretary Sood Sabha, Chandigarh.
6. Marriage of Ankit Sood S/o Sh. Ashwani Sood was solemnised with Somya D/o Sh. Kiran Chand at New Delhi on 1, Nov., 2009.
7. Marriage of Dr. Nikhil Sood S/o Vinod K. Sood of Delhi was solemnised with Dr. Niti Sood D/o Sh. Sudhir Kumar Sood at Panchkula on 22-11-09.
8. Marriage of Pariyanka D/o Mr. Pardeep Sood of Ludhiana solemnised with Anil S/o Sh. Divendar K. Sood at Ludhiana.
9. Marriage of Aastha D/o Anoop Kumar Sood, G.M., grand daughter of Sudarshan Sood, Secretary Sood Sabha, Chandigarh was solemnised with Vicky S/o Mr. G.K. Batra, M.D. Electronic Corp. U.P. on 10-12-09.
10. Marriage of Ankur son of Mrs. Parveen and Sh. Ashwani Sood of Ludhiana was solemnised with Shivani d/o Dr. Chitrnanjan Vinayak of Panchkula on 11.12.2009.
11. Marriage of Priya daughter of Mrs. Daizy and Sh. Rakesh Sood of Ludhiana was solemnised with Dipinder s/o Sh. K.K. Sood of Ghannaur on 13.11.2009.

Bhagwati Jagran

1. To pay obeisance to Maa Bhagawati Sh. Kapil Goel (Vice President, Sood Sabha) and Mrs. Kamini Goel, held Bhagwati Jagran at their residence 624 Sector 16, Panchkula on 21.11.2009.
2. Bhagwani Jagran was also held by Shri Ashwani Sood, (Member EC) and Mrs. Sangeeta at their residence 5535 Sec.38 (W) Chandigarh on 26.12.2009.