

SOOD *Sandesh*

सूद सन्देश

SOOD BHAWAN

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Ph.: 0172-2663408, 5083408

Website : www.soodsabhachandigarh.org



SOOD BHAWAN

Sector 10, Panchkula,
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• Sood Sandesh ₹ 500/-
(Membership for ten years)

• April to June 2019 Vol. 102

• Matrimonial : ₹ 100/-

Biennial General Body Meeting and Elections of the Sood Sabha, Chandigarh held on 26th May, 2019



Outgoing President Shashi B Sood congratulating newly elected President Sh. Umesh Sood

Office bearers of Sood Sabha Chd. (2019-2021)
(L to R) Amit Sood, Secy. (Fin.) Sh. Umesh Sood (President) and Sh. Ashwani Sood (Gen. Secy.)



↑ Office bearers of Sood Sabha with Patrons, Executive members & lady members ↓



SOOD SANDESH



Editorial

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

April - June, 2019

Editorial



**Umesh Sood
President**

On behalf of newly elected Executive Committee of Sood Sabha, Chandigarh, I thankfully acknowledge your support. It is a matter of great pleasure conveying our gratitude to all the members for imposing confidence and unanimously electing the office bearers for two years 2019-21. Unanimous election is our tradition and strength and we can only achieve the goals set if we are united.

Our main aim is to render excellent service to the mankind. In fulfilling our commitment during the quarter we have carried out the following activities :-

- On 14th April 2019, organized a General Medical Check-up Camp at Panchkula Bhawan in association with Ojus Hospital, Panchkula. Well experienced and specialised team of doctors dealing with different diseases examined the patients.
- On 24th April 2019, Sood Sabha in association with Sood Sewa Bhawan Trust distributed school uniforms to one hundred students of Saraswati Shiksha Kendra Peermuchhala adjoining Sector 20, Panchkula.
- On 9th June 2019, Sabha organised a Blood Donation Camp in association with Indian Dental Association, Mohali at Sood Bhawan, Chandigarh. 124 units of blood was collected during the camp. Sabha honoured donors with mementos.
- Serving Langar every Month at various places in the tricity is our ongoing activity. These langars are organized mostly near hospitals. Most of our members and their families involve themselves.

"Service to the humanity is the highest form of worship". We feel proud that our sabha is a part of it.

SOOD SABHA - CHANDIGARH (REGD)

OFFICE BEARERS & EXECUTIVE COMMITTEE - 2019-2021

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

S.No.	NAME	POSITION	ADDRESS	TEL	MOB.NO
1	SH. BRIJ KRISHAN SOOD	PATRON	# 5833,DUPLEX, MHC,CHD	2731583 5017662(s)	9316117244
2	SH. ASHWANI DOEGAR	PATRON	# 1107, SECTOR – 7, PKL	4627769	8968719171
3	SH. SHASHI B. SUD	PATRON- CUM- ADMINISTRATOR	# 943, PHASE 4, MOHALI	2260943	9988805165
4	SH. UMESH SOOD	PRESIDENT	# 139, SECTOR 28-A, CHD	2790403	9815412124
5	SH. KAPIL GOEL	SENIOR VICE PRESIDENT	# 624, SECTOR 16 PANCHKULA	5082624	9814636993
6	SH. RAJINDER SOOD	VICE PRESIDENT	# 343, SECTOR 46-A, CHD	2632862	9417913343
7	SH. P.C. SOOD	VICE PRESIDENT	# 923, SECTOR-9, PKL	2572127	9417609239
8	SH VINOD K SOOD	VICE PRESIDENT	# 1513 SECTOR 34 - B CHD	4029486	9316131194
9	SH. ASHWANI SOOD	GENERAL SECRETARY	# 241 SECTOR 7, PKL	4607993	9872000137
10	SH. AMIT SOOD	SECRETARY FINANCE	# 3192 SECTOR 49-D, CHD	4185588	9646774690
11	SH. KHUSHVINDER SOOD	Jt.Secy. (Finance)	# 5833,DUPLEX, MHC,CHD	2731583	9417205833
12	SH. SURINDER SOOD	SECRETARY	# 1290, SECTOR 68, MOHALI	5091290	9815961290
13	SH. ATUL SOOD	SECRETARY	# 1-1/901,MAYA GARDEN CITY ZIRAKPUR MOHALI	2217667	9779988133
14	SH. SUDHIR SOOD	SECRETARY	# 501, GH- 33,SECTOR-20 PKL		8699065068
15	SH. ANIL SOOD	Organising Secy.	# 683, SECTOR 7, PKL	4066336	9815113434
16	SH. PARIKSHAT SOOD	Jt.Organising Secy.	HIG 1628, PH-9, MOHALI	5096389	9814954500
17	SH. LOKESH SOOD	Secretary (Publicity)	# 177, SECTOR 48-C, CHD	2210536	9814434554
18	SH. RAJESH SOOD	Jt. Secy. (Publicity)	# 165, SECTOR- 2 , PKL	2567879	9417374458

EXECUTIVE COMMITTEE

1	SH. S.M. SOOD		# 289, SECTOR-6, PKL	2581989	9888220110
2	ER. BALRAJ SOOD		# 217, SECTOR 12-A, PKL	2584007	9872821712
3	SH. PAWAN SOOD		# 1315, SECTOR 68, MOHALI	5096315	9463188615
4	SH. SACHIN SOOD		# 104, SECTOR 12, PKL	2583841	9988240001
5	SH VIKAS GOEL		# 179, OLD DARSHANI BAGH, MM, CHD	5077020	9876669175
6	SH. PARDEEP SOOD		# 156, SECTOR 44-A, CHD	2603858	9872420156
7	SH. SANJAY SOOD		# 420/2, SECTOR 45-A, CHD	5015082	9417515621
8	SH. SUMIT SOOD		# 1184, SECTOR 37- B, CHD	2690185	9872862886
9	SH. SANDEEP SOOD		K.NO 142, PH-1, MOHALI		9501744922
10	SH. JUGLESH SOOD		# 101,GILL COLONY PEER BAWA ROAD -BALTANA	2270222	9888238000
11	SH. SUNIL SOOD		#:2336,SECTOR 38-C, CHD	2698894	888902336

Thank You

After holding various important positions in Sood Sabha, Chandigarh, I have relinquished my charge to Sh. Umesh Sood, newly elected President who is a very senior and an experienced stalwart of the Sabha. I am confident that he alongwith his dynamic and energetic team will take our Sabha to new heights.

I extend my gratitude to all the Executive Committee Members of Sabha to honour me by elevating to the newly created position of Administrator of the Sood Sabha, Chandigarh.

Rightly said "*A quitter never wins and a winner never quits*"

With warm regards



Shashi B. Sud



BEREAVEMENTS



Sh. Kulraj Sood son of Late Rabbal Ram Sood of Fagu (H.P.) left for his heavenly abode on 11th June, 2019 at Shimla at the age of 64 years. He is survived by wife Mrs. Anupam Sood and well settled family.

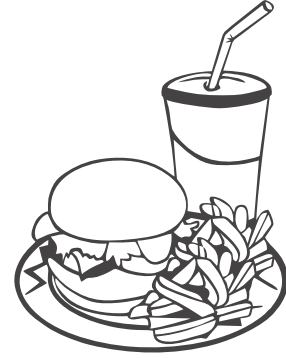
छपते-छपते

Naresh Sood Ji, a very Senior member and former General Secretary, Sood Sabha Solan (H.P.) left for his heavenly abode on 7th July 2019

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

Junk Foods vs Healthy Food

Food is very cool,
When hungry its the best tool;
It's aroma is the best,
It is mostly cooked by the one whose abilities are blessed;
While talking about healthy food,
At times to me its very rude;
When spinach with mushrooms are creamed on the toast,
I'm dreaming of a chicken which is roast ;
Zucchini, egg plant, bottle and bitter guard by the ton,
Are always sure to make me run;
Junk food is what I mostly adore,
Whenever you see me I'm asking for more;
But I'll make sure to eat less of junk food as its not healthy,
And can every day only be bought by a person who's wealthy!



Urja Sood

'SOLDIER'

If I die in a war zone,
Box me up and send me home.
Put my medals on my chest,
Tell my mom, I did my best,
Tell my dad not to bow,
He won't get tension from me now,
Tell my brother to study perfectly,
Keys of my bike will be his permanently,
Tell my sister not to be upset,
Her bro will not rise after this sunset,
Tell my love not to Cry,
'Because I am a 'Soldier' born to die!!!

Vivek Goel

मेरी प्यारी भाषा हिंदी

विषयों में विषय, है हिंदी
जिसके ऊपर चमकती है, छोटी सी बिंदी।
इसमें भावों को प्रकट करना, कितना आसान है,
शायद यह हिन्दी भाषा का,
हम सब पर अहसान है।
शिव जी की जटा से निकली,
गंगा की धार है,
भाषाओं की जननी संस्कृत,
हिंदी का आधार है।
वीर शहीदों की गाथाओं की
बढ़ती जिससे शान है,
ये मधुर वाक्य रचनाएँ,
हिंदी का ही ज्ञान है।
हिंदी भाषा को विश्व में,
सम्मान दिलाना है,
हिंदी दिवस के उपलक्ष्य में आज
मैंने यह ठाना है।

सुदिती सूद

“एक दुनिया”

धरती है हम सबकी एक
आसमान हम सबका एक,
सूरज है हम सबका एक
चंद्रा है हम सबका एक,
पानी है हम सबका एक,
और पवन है सबकी एक,
है दुनिया में लोग अनेक
लेकिन सबकी दुनिया एक।

सुकांत महिन्द्रा सूद

Bread and Butter Pudding

Ingredients:

Butter : 2tsp (10g) Milk : 3/4 Cup
Bread : 1 Big Slice Egg : 1
Currants : 10 g Nutmeg (grated) : a pinch
Sugar : 1-1/2 tsp

Method :

1. Butter the slice of bread and cut into neat strips 1/2" wide and lay these in a greased pie dish with their buttered side up.
2. Sprinkle each layer with dry fruit (currants) and sugar, omitting the fruit on the top layer.
3. Heat milk slightly and pour it on beaten egg.
4. Pour this custard mixture into the layered pie-dish very carefully so as not to disturb the bottom layer of bread.
5. Sprinkle nutmeg and stand aside for half an hour to let the bread swell.
6. Bake in moderate oven (375°F) for about half an hour or until set and lightly browned on top.
7. Serve hot or cold.

Dry Arbi (Fried)

Ingredients:

Arbi : 100 g Oil for frying
Oil : 1-1/2 tsp Cumin seeds : 1/4 tsp
Onion : 30g Turmeric pd : 1/4 tsp
Ginger : 5 g (1/2" piece) Red chili powder : 1/4 tsp
Garlic : 2 cloves Salt : 1/2 tsp
Tomato : 15 g Water : 2 tsp

Method :

1. Wash, peel and slice arbi, either longitudinally or in small rounds and dry a little.
2. Fry to a golden brown colour.
3. Grind onion, ginger and garlic. Fry in oil to a brown colour and add a little water at a time if required. Add chopped tomato and the condiments, and cook covered till it leaves the sides of the pan.
4. Add fried arbis and steam for about 10-15 minutes and add about 2tbs of water.
5. Garnish with chopped coriander and serve hot.

***tsp - Tea Spoon**

***g - gram**

-Sukirti Goel-

अपरिग्रह सुखी जीवन जीने का रहस्य

अपरिग्रह का अर्थ है— अनावश्यक वस्तुओं का संग्रह न करना, भौतिक वस्तुओं से लगाव न होना तथा अपने लिए कम से कम सुख सुविधाओं की प्राप्ति करना ।

आज के भौतिकतावादी युग में मनुष्य ने मान सम्मान पाने का एक मात्र साधन धन कमाना तथा उस से प्राप्त विलासिता की वस्तुओं का दिखावा समझ लिया है। परन्तु वास्तव में जितने साधन एकत्र करो, इच्छा उतनी ही बढ़ती जाती है— एक इच्छा पूरी करते ही दूसरी प्रबल हो उठती है, उस की पूर्ति करते ही एक और इच्छा बल पकड़ लेती है— इस प्रकार यह चक्र अनवरत चलता रहता है। इच्छा का कोई पार नहीं है, तृष्णा अनन्त है और हर इच्छा के साथ—साथ लोभ और अहंकार, क्रोध और तनाव भी चलते हैं। फिर इन भौतिक साधनों से हमें कैसा सुख और कितना आनन्द मिल सकता है? देखा जाए तो धन का और वस्तुओं का यही संग्रह मनुष्य के लिए अशान्ति और बेचैनी का कारण बनता है जो उस के जीवन को सुचारु रूप से नहीं चलने देता है। यदि हम सुखी होना चाहते हैं तो इस से मुक्त होना होगा। परन्तु इस का तात्पर्य यह नहीं है कि हम सभी सुविधाओं का त्याग कर दें। जीवन की न्यूनतम अनिवार्य, आवश्यक वस्तुओं को तो प्राप्त करना ही चाहिए।

भगवान श्री कृष्ण ने गीता में अर्जुन को यही संदेश दिया है कि किसी से कोई आशा न रखो, अपने पुरुषार्थ पर विश्वास करो, मनोकामनाओं के पीछे मत भागो तथा साधनों को पाने की प्रवृत्ति से दूर रहो। कामना कभी किसी की पूरी होती ही नहीं है, सदा अधूरी ही रहती है। कामना कभी किसी को प्रसन्न भी होने नहीं देती है। वास्तविक सुख हमें तब तक नहीं मिल सकता है जब तक हम कामना से मुक्त न हो जाएं। जीवन का सच्चा सुख पाने के लिए हमें धीरे धीरे धन तथा वस्तु संग्रह की प्रवृत्ति को कम करने की चेष्टा करनी होगी।

अपरिग्रह एक मानसिक गुण है और जब यह स्वभाव बन जाता है तो मन इतना सशक्त हो जाता है कि कम से कम सुविधाओं से भी संतुष्ट रहता है। अपरिग्रह के पालन से जीवन में सरलता आ जाती है और त्याग की भावना जागृत होती है। इस से मन विनम्रता, धैर्य और करुणा से भर जाता है जिस से व्यक्ति की जीवन धारा ही बदल जाती है। इस लिए हमें न्यूनतम एवं आवश्यक सुविधाओं से ही संतोष करना होगा तथा स्वीकार करना होगा कि परमात्मा ने जो दिया है बहुत दिया है और आवश्यकता से अधिक दिया है।

जीवन में संतोष के क्षण आने दो, परमात्मा के लिए धन्यवाद का स्वर उठाने दो, तृप्ति की बंसी बजने दो फिर देखना कि हम भी सुखी और प्रसन्न होंगे और हमारा जीवन स्वर्ग तुल्य बन जाएगा।

प्रेम चन्द सूद, उप प्रधान
सूद सभा चंडीगढ़

रक्तदान, पुण्य का काम

चलो मिलकर कुछ अच्छा सोचते हैं,
चलो एक काम अच्छा करते हैं।



ईश्वर करे कि कभी किसी को अतिरिक्त खून की ज़रूरत ही न पड़े सब तंदरुस्त रहें, खुशहाल रहें। पर सब कुछ वैसा तो होता नहीं जैसा हम सोचते हैं क्योंकि सर्वव्यापी क्या सोचता है और क्यों सोचता है, उसकी लीला वो ही जाने। अगर किसी को खून की ज़रूरत पड़ ही जाए, तो क्यों नहीं हम ही वो पहले इन्सान हों जो इस नेक काम को अन्जाम दें।

रक्त दान सबसे बड़ा दान है और ईश्वर की नज़र में भी इसे उत्तम दानों में गिना जाता है और इस दान के बाद जो चैन मिलता है, उसकी कल्पना मात्र ही दिल को खुश कर देती है।

खुद को दी गई सुई की एक छोटी सी चुभन किसी की ज़िन्दगी में सवेरा कर सकती है। तो फिर क्यों नहीं हम एक कदम बढ़ाएँ इस सुबह की ओर?

ज़्यादा नहीं, तो हर एक किसी एक को, और वो एक किसी और एक को प्रेरित करे इस नेक काम के लिए, तो देखते ही देखते कारवाँ बनता जाएगा।

किसी ने क्या खूब कहा है,—

“ अकेला चला था इस सफर में, लोग मिलते गए, और कारवाँ बनता गया।”

कितने खुशनसीब होते हैं वे लोग जिन्हें ईश्वर इस नेक काम को करने का मौका देता है। ज़रा सोचिए उनके बारे में जो रक्त दान करना चाहते हैं, पर किसी न किसी वजह से नहीं कर पाते। तो ईश्वर द्वारा दिए गए इस वरदान को हम उसका प्रसाद समझें और हर तीन महीने में एक बार इस नेक काम को अन्जाम दें।

रक्त दान करने से न सिर्फ रक्त पाने वाला ज़िन्दगी का सवेरा देखता है, अपितु रक्त देने वाला उस सवेरे का सूत्रधार होता है। आपके द्वारा दिया गया रक्त किसी माँ, किसी बेटे, किसी बेटे, किसी दोस्त या किसी बाप की जान बचा सकता है।

तो फिर देर किस बात की ?.....

बस एक कदम रक्त दान महादान की ओर ।

डा. अशोक वढेरा
(वरिष्ठ दंत चिकित्सक)

Blood Donation Camp - 9th June 2019



Sh. M.S. Sandhu, President RWA, Dr. Rajinder Kalra and Dr. Ashok Wadhwa inaugurating the Blood Donation Camp.



Dr Rajinder Kalra and Dr. Vimal Kalia lighting the inaugural candles.



Members of Sood Sabha lighting the inaugural candles.

Blood Donation Camp - 9th June 2019



Blood Donation Camp - 9th June 2019



Glimpses of Free medical multi speciality camp organised at Sood Bhawan, Panchkula on 14th April, 2019

SOOD SABHA CHANDIGARH
in association with
OJAS SUPER SPECIALITY HOSPITAL
is organizing
**Awareness Health Talk
& Free Multispeciality Camp**

Date : 14th April 2019 (Sunday) | Time : 9.30 am to 2.00 pm
Venue : Sood Bhawan, Sec-10, Panchkula

SOOD SABHA
SS
सेवा परमोद्यमः

OJAS
The Super Speciality Hospital
Holistic Healthcare



Ladies Wing

A woman is like a tea bag, you never know how strong she is until she gets in hot waters. When we do the best we can, we never know what miracle is wrought in our life, or in the life of another. Words of encouragement for woman are extremely important and vital for constructing a healthy and happy society. If women living next to us are diffident, unempowered and unhappy, then without a doubt, the society is going to the way of self-destruction.

Sood Sabha Chandigarh has taken a new step forward by the introduction of the " LADIES WING" w.e.f. 9th June 2019. Nearly eighteen ladies have already enrolled till now. The presiding head of this group is Ms Shama Sood. Under her guidance our Sood ladies will work on projects related to social upliftment. Let us come together and work to make a happy society.



फूल गुलाब का...

दोस्तो! आपने भी बाग में, फूल गुलाब का देखा,
जिसकी सुंदरता की कोई, सीमा है न रेखा।

लाल, पीला, गुलाबी श्वेत कई रंगों में रंग जाता,
और अपने रूप की चाहत सहस्र दिलों में पाता।

कभी सौम्य पवन की लहर, इसके तन को छू जाती,
इसकी हर पंखुड़ी बेचारी, सिमट सिकुड़ रह जाती।

फिर भी पवन के सारे द्वेष पल भर में हर लेता,
विस्तृत आंचल में उसके, स्व-सुगंधी भर देता।

महसूस की मैंने इस पुष्प में, इक अद्भुत, अनोखी अदा,
लहराता गाता डाली से, देता रहता सबको सदा।

कभी वायु का तीक्ष्ण झोंका, कर देता इस पर प्रहार,
अपनी ही कंटीली टहनियाँ, कर देती जब इस पर वार।

आह! कभी न निकली फिर भी, कभी न निकली अश्रुधार,
स्वयं को उनके मध्य खिलाया, कांटों में लिया जीवन गुजार।

आंधी, तूफान या बरखा हो, मुस्काए ये प्रति पल, प्रतिक्षण,
आजीवन मुस्काना सीखो, देता सबको ये पुष्प प्रशिक्षण।

दुख में है सुख की ज्योति, ये प्रसून संदेशा देता है,
शत्रु को भी नेह-प्यार दो, नित फूल गुलाब का कहता है।

दोस्तो! आप भी जीते हो तो, फूल गुलाब का बनकर जीयो,
स्नेह, प्यार, सुवास, दो सबको, सारे गम बस हंसकर पीयो।



वन्दना सूद
देहरा गोपीपुर (हि.प्र.)

“Technology in Education”

In the world that we currently live in, technology is a very vital factor. With each passing day a new software or gadget is being brought into the market that serves to improve our lives in one way or another and make it much easier and also to advance an already existing software or gadget. It is important to note that technology plays a vital role in making our lives easier.

The more technology advances, the more benefits it provides for students at every education level. Today technology has been incorporated into a good number of curriculum, even those that do not belong to the technology and computer classes. With the continuing advances in the technological world, students are getting improved access to such educational opportunities. There are a number of people who are of the opinion that technology spoils children. For instance as opposed to sitting down and getting to know how to count, they will opt to get a calculator. By introducing it into our schools and classrooms we ensure that they are equipped with much better tools and knowledge to make their transition from school to the work place a very easy one. We need to face the truth as it has become necessary in each and every aspect of our lives and education has without doubt not been left behind.

-Rishabh Sood

NEVER GIVE UP

There are many ups and downs in our lives but it is up to us, how we tackle the difficult situations. We should be confident in our difficult times and always try rather than quitting. As it is said that, “The winners never quit and quitters never win.” We have to decide ourselves whether we have to become winners or quitters. Will power should be kept strong and take every problem in your life as a challenge. Treat every problem as a challenge as this is best way to overcome every problem no matter how big or small the problem is. You might have heard the saying that “difficult roads often lead to beautiful destinations”. One should never stop trying as the success or failure at any situation in life depends on how badly you want it. In our life we should wait with patience. Giving up is failures' way of approaching which could never lead to success. For example, Indian athlete Milkha Singh didn't achieve success in one day. He had to face many obstacles but he never gave up. He tried and tried until he succeeded. Hard work pays for sure. Success can't be attained in one day. We have to make many attempts. True efforts never get wasted, sooner or later it pays off. As it is also written in the holy book “Gita” that never worry for the end result, instead we should focus on putting our best foot forward with all our efforts. Success not only depends on our efforts but also on the confidence we have in ourselves. So whatever you do, do it with confidence and success will automatically come to you as we all know that failure is the stepping stone towards success.

-Ankita Sood

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 IFSC Code : UBIN0549967 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

7360 – Match for Sood (Khatri / Fakke) boy. DOB 23-08-1987. Ht 5'5" B.Tech. Self employed. Monthly income 45000/- having own salon and distributorship in MDC-5, required smart working girl. 9988088684.

7361 – Match for Sood (Bhagra) boy. DOB 19-02-1984. Ht 5'10" MS Computer Science and pursuing Ph.D in Computer Science in USA. Teaching while pursuing Ph.D Annual income \$30,000. 9560088224.

7362 – Match for Sood (Gaggal) boy. DOB 04/01/1985, Ht.5'4" MBA B.Tech Managing Director, Monthly Income Rs. 35000/- M :-9256092345.

7363 – Match for Sood (Banta) boy. DOB 20-12-1987 Ht. 5'8" Graduate Fair Complexion, Business, orchard. M :-9418686115.

7364 – Match for Sood (Mithoo) boy. DOB 18-10-1982 (Shimla). Bachelor in Hotel Management from IHM PUSA. Worked with duty free IGIA New Delhi, Now working with father based at Shimla. 9816013131.

7365 – Match for Sood (Chamb) boy. DOB 19-02-1992, Ht. 5'6" B.Tech (Kurukashetra) Monthly income 40000/- 9418566194, 8219969342.

7366 – Match for Sood (Karol) boy. DOB 19-12-1990 (Palampur) Ht. 5'11" BA LLM. Preferred professionally qualified CA girl. 09418030806, 09816030807.

7367 – Match for Sood (Gajri) boy. DOB 03-08-1989 (7:45 PM) Ht. 5'9" B.Sc. Electronics. Pilot in Air India. Monthly income in 6 figures. Required smart looking and professional girl from high status family. 9873038616, 9654549429.

7368 – Match for Sood (Karol) boy. DOB 10/07/1990. Ht. 5'6" MSc (IT). Settled in London, only son, Chandigarh resident own house. Job in IT Company, Monthly income 40000/- 9914116180.

7369 – Match for Sood (Phakke) boy. DOB 13/04/91 (3:40 PM Moga). Ht. 5'8" B.Tech Pb Govt employee PSEB, Father Retd. Bank Manager, well settled, Monthly income 35000/- 9779586485, 6280668204.

7370 – Match for Sood (Ogal) boy. Age 26 ½ years. Ht. 5'11", +2 Doing Business. 62394-47836.

7371 – Match for Sood boy DOB 18/05/1985 (Kullu) Ht. 5'9" B.Com MBA (Finance). Working as Business Development Manager in Insurance Company. 09456516217. 08077705996.

7372 – Suitable match for Sood (Gaggal) handsome convent educated boy, well settled B.Tech (Mechanical), DOB (8/11/1989 09:30 a.m.) Height 6' Looking for a simple & educated girl. 8054403510.

7373 – Match for Sood (Garg) fair handsome boy. DOB 30/07/1987 Ht. 5'10" B.Com (Hons), Business, Leather Goods, Handicraft Trader & Exporter, Monthly income 200,000/- approx & rental Income. 9899811142, 9999090979.

7374 – Match for Sood (Chimra) good looking boy. DOB 22/05/1984, Ht. 5'8" BCA, MBA (IT) running own Company in Shimla. Preferred professionally qualified girl. 9882538218, 7018467404.

7375 – Beautiful, slim, professionally qualified and preferably software engineer match for handsome Sood (Beri) boy. DOB 2/6/1992 (11.45 pm, Sirsa), 5'8" BTech (CS) NIT Kurukshetra, M Tech (CS) IISc Bangalore and MNC employed at Bangalore. Rs. 36+ lacs per annum. Parents Central Govt. employees. 09896390700. raghavsood33@gmail.com

7376 – Match for Sood (Agal) boy. DOB 17/08/1991. Ht. 5'8" M Com. Private job. 9878097993.

7377 – Match for handsome Himachali Sood (Maria) boy, DOB 13/08/1990 (10.50 PM, Delhi), 5'7" B.Tech (CS). Working with Multi-National company at Delhi. Father in business and mother home maker. Preferred professionally qualified and working Himachali Sood girl. 9999458437, sahilsood34@gmail.com

7378 – Match for Sood (Nehra) boy. DOB 30-04-1993 (5.33 PM Ahmedgarh) Ht 5'7" Graduate (B.Pharmacy). Own business in Ludhiana. Father also a businessman. 8847310886, 8837500031, 8168456254.

7379 – Suitable match for Sood (Dhoop) boy, DOB 27/07/1992, H. 5'10" Plus 2. Own business (Marketing). Looking for homely simple and educated girl. 7973262657.

7380 – Match for Sood handsome (Dhir) boy, DOB 22/01/1992 (09:25 AM, Panchkula), 5'10" MBA from Petroleum University, Dehradun, TSO at Asian Paints, Salary 10 lakhs PA, bears good moral character, Father well settled businessman, own Jewellery showroom, having good property, brother doing M.S. in USA, no demand. Preferred beautiful, tall, educated girl. 8146188479.

7381 – Match for good looking, professionally qualified non-manglik Sood boy 5'11" DOB 17/9/1990 (7.38 AM Pimpri, Pune). B.E. (Electronics & Telecommunications) Pune University. Presently serving at Pune at one of the top IT Company as Senior Developer on a fixed package of 11 Lacs per annum. Father (Baddhu) retired. Mother (Gopal) housemaker. Brother married, in USA at present. 09850904609, 09822665609 sanjeevsood8@gmail.com

7382 – Match for Sood (Maria) boy. DOB 18/10/1988 (11.40 AM, Islamabad (Pakistan)). Ht.6'1" MBA (Chicago University). Consultant based in Chicago (USA). Father retired. Preferred girl with minimum height of 5'5" either already working or studying in USA. 08826683729, akumar53@rediffmail.com

7383 – 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.

7384 – Match for Sood boy. DOB 17/7/1990 (9:31 PM Ludhiana). Ht 5'8" Under Graduate, well settled business. Required educated Sood girl. 9217946267, 9256864944.

7385 – Looking match for Sood (Chabhal) boy, gotra (Gondal), having own business (Owns Bajaj Bikes Showroom). Very smart and handsome Ht. 5'10' DOB 7/10/1990 (10:40 PM, Amritsar). 9876520060.

7386 – Match for Sood boy, DOB 05/08/1990 (08:25 AM, Amritsar). Non-manglik Ht 5'10" B.Tech (ECE). Income 12+ LPA. Self-employed. Professionally qualified working girl. 9815122973, 9356151999.

7387 – Match for Punjabi Sood boy (Mahyer) 5'11", DOB 9/7/1991 (Solan (HP), 12.20 PM), in Business at Noida with elder brother (married), in partnership having respectable income. Eldest is sister and is married. Parents in Solan (HP) having own business. Looking for a Punjabi Sood, beautiful, educated, homely girl. 9816022255, 9218615222.

7388 – Professionally qualified, handsome, Hindu Khatri boy, 30 years, Ht 6' BE (Chem Engineer) from Chandigarh University and MBA from IIM-A, working in American MNC in Delhi NCR with handsome package. Before doing MBA from IIM-A, served for 5 Years abroad. Father is CA in leadership position in MNC. South Delhi based upper middle class family. WhatsApp profile and photo at 9013360470.

7389 – Match for Punjabi Sood boy (Gopal), Ht 5'5" DOB 06/07/1990, monthly income Rs 10,000 pm. Looking for a homely Sood girl. 9530787994, 9988246067. soodchetan2@gmail.com.

7390 – Match for Sood boy (Gopal), Ht 5'5" DOB 15/07/1992, own business. Looking for a homely Sood girl. 8054508903, 9530787994. soodchetan2@gmail.com.

7391 – Match for Sood boy (Chimra) boy. DOB 07/08/1989, Ht. 5'8" M Tech. (IT), own business, well settled family, preferred graduate, homely girl. 9418088387, 7018043927.

7392 – Match for Sood (Makoda) boy. DOB - 05/08/1989, Ht 5'8" 10+2, Computer Diploma, Monthly income Rs.15000/- plus increment. Looking for a suitable match within Sood Community. 7888859030, 8847481826.

7393 – Match for Sood (Karol) boy, DOB - 30/12/1989, (2:37 AM, Shimla), Height 5'10" BE (IT) & MBA from Punjab University. Presently, working at Himachal Pradesh University Shimla as JOA (IT). 9418163865.

7394 – Match for Sood boy DOB - 16/06/1980 (10:25 AM, Gopalpur (Palampur)), Ht. 5'4" BSc LLB, own business Hotel industry and green tea buds factory. Boy settled in Dharmshala. 9459143050, 8219835983.

7395 – Match for Sood slim handsome boy DOB - 26/01/1982 (10:55 AM), Ht. 5'11" BA Part-1. 9256271044, 0812280563.

7396 – Match for Sood (Chojo) boy. DOB 13/06/1979, Ht 5'4" BSc, LLB. Handsome & attractive personality, looking for qualified Himachali girl who can equally participate in business. 9459143050, 8894436280.

7397 – Match for Sood boy. DOB 23/02/1990 (3.25 AM, Rajpura), Height- 5'11" B.Com (H), M.Com. Working profile - Revenue Accountant PSPCL. Father businessman, mother homemaker, elder sister (married) - Deputy Manager in SBI. Preference for working girl. 9815477533.

7398 – Match for Sood (Cheemra) smart handsome boy. DOB 09/11/1989 (08:00 PM Sarhan Bushar, Shimla), Ht. 5'9" B.Com MBA (HR), working as Manager (HR) in IT Company at Gurugram, Package 8.00 lakh pa. Family well settled at Ambala. He is only child, Father Sr. Accounts officer in Central Govt, mother home maker. 9034862811, 9416553271.

7399 – Match for Sood (Jadi) boy. DOB 12/02/1993 (07:15 PM Patiala), Ht. 5'7" BA own cloth shop. Father Army Rtd. mother home maker, all family Radha Swami, preferred beautiful and qualified girl. 9779476933

7400 – Match for Sood (Chimra) boy DOB - 17/08/1988 (08:55am). Ht 5'7" B.Tech (CSE), working as Project Manager in IT Company in Mohali. Well settled in Zirakpur. Preferred educated, beautiful, slim Himachali Sood girl. 9736123418, 9646665301.

7401 – Match for Sood (Salan) boy. DOB - 21/01/1991 Ht. 5'7" B.Sc (IT), Family Business. 9417260360, 9517000398.

7402 – Match for Sood (Goyal) boy. DOB. 24/02/1982, Ht. 6', Divorced, employed as manager in Goa, Looking for a simple homely girl. Simple marriage preferred. 9891172472.

7403 – Match for Sood smart, handsome, pure vegetarian (Mayor) boy, DOB 05/04/1993 (12:50 PM, Nakodar), Height - 6', B.COM, MBA. Own business, Status family, preferred educated and good looking girl. 62805 30886, 75088-30083.

Grooms Wanted

3260 – Match for Sood (Jari) girl. DOB 13.11.1990 Ht 5'6" B.Tech M.Tech. Govt. job in Punjab and Sind Bank, preferred match in Punjab and Chandigarh only. 8146371919.

3262 – Match for Sood (Goyal) girl. DOB 29/12/1992 Ht.5'2" M.Sc. (Microbiology), Lab technologist PGI, Monthly Income Rs. 50,000/- 7018516580, 7018446348.

3263 – Match for Sood (Banta) Girl. DOB 16/09/1986 Ht. 5'2½" Wheatish complexion B.Architecture. 9418686115.

3264 – Match for Sood (Kashyap) girl. Age 25 yrs. Ht. 5 ft. M.Sc. Nursing Jaipur University. 9417059249.

3265 – Suitable match for Sood Girl, MBA DOB 10/04/1985 (02.50 PM Shimla). Working in HP Government Department at Solan. 94181-26980, rameshsood2010@gmail.com

3266 – Suitable match for South Delhi based Sood (Makore) girl, DOB 11/3/1992 (17:30 hour Rajpura), 5'7" slim, good looking, M. Tech (Electrical), working girl, father in Govt. sector, mother in private sector. Well settled Delhi/NCR boy preferred (non drinking and non smoking). vijaysood123@gmail.com, 9650998616 & 9650990616

3267 – Match for Sood (Bhaka) girl. DOB 09/08/1990. Ht. 5'4" MBBS. Worked as a Lady Medical Officer (LMO) at Govt. Medical SuperSpeciality College (GMSH), Sec-16, Chandigarh for 2 years in the department of Obs & Gynae. Pursuing Post Graduation - DA (Diploma Anaesthesia) at Dayanand Medical College and Hospital (DMCH), Ludhiana. 9872120056.

3268 – Suitable match for Sood (Maria) girl. DOB 07/10/1992 (8:25 PM, Shimla) Studied Loreto Convent Tara Hall Shimla. Graduation (Economics), Punjab University, Chandigarh. Presently Working with Antilog Vacations as Travel Specialist. 9817745212, 9817845212.

3269 – Match for Sood (Chimra) girl. DOB 21/11/1985 Ht. 5'3" M.A. (English) M.A. (Interior Designing) B.Ed. Working in MNC as Faculty. Required well settled match from Tricity or Metro/NCR. Early decent marriage. 9817106789, 9817426789.

3270 – Match for Sood (Bhagra) girl. DOB 16/08/1994 (1:34 PM Hoshiarpur). Height 5'1" B.Tech (Computer Science). Working in MNC at Hyderabad. 9464609132, 9464057370.

3271 – Match for Sood (Bhagra) girl. DOB 06/11/1985. Height 5' 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.

3272 – Match for Sood (Baranwal) girl. DOB 18/12/1993 (10:38 PM Chandigarh). Height 5'3.5" M.A. (English), B.Ed. (English). Private teacher in Chandigarh. Preferred boy from Chandigarh / TriCity. 9780558271.

3273 – Match for Sood (Chaujar) girl. DOB (12/5/1992) Ht. 5'2" B.Tech (Electronics and Instrumentation). Presently, working with Central Govt. as Assistant Manager, earning 7.50 LPA. Mother Class I Officer. Father was Senior Medical Officer. 9882234394, anuraddhasood67@gmail.com

3274 – Match for Sood (Goyal) girl. DOB 04/07/1990 (Shimla, 03:49 PM). Ht. 5'3" BA, LLB, MBA from HP University. Presently, working with HP Government as senior Clerk (Shimla). Earning Rs 35000/- pm. Father retired from HP Govt. Looking for Himachali Sood boy from Shimla in preference or from Himachal. 8894642908, 8219638851.

3275 – Match for Sood (Gagal) girl. DOB 18/02/1990. Ht 5'1". MBBS from CMU. Medical Officer at HP Government. Monthly income Rs. 52000/- 9418663966, 9418613666.

3276 – Match for Sood (Mithoo) girl. DOB - 23/06/1992. Ht 5'4" MBA. Father businessman. 9816015048, 9816005048.

3277 – Match for beautiful Himachali Sood girl, DOB 06/04/1990 (01:45 AM, Palampur (HP)) Ht. 5'5" B.Tech (ECE), working in PSU (Bank) as scale-2 officer. Presently in Chandigarh. Family from Palampur (HP). Father retired from H.P State Govt. as Senior Officer, mother homemaker. Looking for a well settled and educated match. 9418633005, 7018415691

3278 – Match for Sood (Karol) girl DOB - 01/07/1989, Ht. 161 cm, B.Tech (Electronics) Masters M.F.T. Production, Merchandiser + pic in Fabric. 9418106272, 8421100005.

3279 – Match for Sood (Phakke) girl DOB - 06/10/1992, Ht. 5'1" Graduation & Computer Diploma, fair complexion with long hair, teacher in private school. Monthly income Rs. 10000/- Looking for a suitable match in Sood Community. 8847481826, 9256870790.

3280 – Match for Sood beautiful (Langa) girl DOB - 14/02/1989 (5:24 PM, Kalka (HR)), Ht. 5'5" MBA, working as Assistant Manager (HR) in Chandigarh, call or WhatsApp. 9218532346, 9805507857.

3281 – Match for fair complexion Sood girl DOB - 30/11/1986, Ht. 5'2" (6.40 PM, Shimla). MBBS, MD (DERMATOLOGY) 2015. Worked as SR and AP in Medical College. Now working in Delhi. Father Consultant (Medicine) Mother (Gynae) and whole of family in medical line with reputed concerns. 9816146860.

3282 – Match for Sood (Kashyap) girl. DOB - 26/03/1991. Ht. 5'4 ½" 10th & 12th (ISCE), B.Tech (ECE) M.Tech (Signal Processing). Working in MNC (USA Company) in Bangalore. Monthly Income Rs. 1 Lakh. 8219802074, 9418066105.

3283 – Match for Sood beautiful (khatra) girl. DOB - 22/11/1985 (11:10 AM Shimla (H.P)), Ht. 5'1" B.Tech MBA. Working as Project Manager in Chandigarh. 9736114992, 7807821092.

3284 – Match for Sood girl DOB - 28/06/1975 (05:35 PM), Ht. 5'3" MA B.Ed, slim, looks very younger. 9256271044, 0812280563.

3285 – Match for Sood (Phake) girl. DOB 11/09/1993 (11:55 AM), Ht. 5'6" M.A. (Hindi) N.T.T. fashion designing, Father Central Govt. employee, mother homemaker. 7986964596.

3286 – Match for Sood (Goyal) girl. DOB 15/08/1993, Ht. 5'3" B.Com (Hons) MBA (Finance), Income INR 12-15 lakh per annum, partner preferences Himachali Sood, vegetarian, preferably Mumbai / Delhi, with a minimum height 5'8" 9810389248.

3287 – Match for Sood (Banta) issueless divorcee girl. DOB 10-02-1989 (11.15 pm / Kangra) Ht 5'4". Gazetted Class-I Officer, HP Government, Suitable match preferably from Shimla. 9418137676, vibhor.pmidc@gmail.com

3288 – Match for Sood (Chimra) girl, height 5'2" DOB 23/1/1990 (6.45 AM / Shimla). BA (English), PGDM Retail Management. Residing and working at Mumbai as head of Admission Dept. in Russell Square International College. Father businessman, mother house maker, brother studying Masters in IT. 99677-63306 / 0250-2340931.

3289 – Suitable match for Sood (Maria) girl DOB 07/10/1992, (8:25 PM / Shimla). Ht 5'3" Studied in Loreto Convent Tara Hall School, Shimla. Masters in Economics (PU) Chandigarh. Presently, working as associate Sales Executive at ease my trip in Noida. 98162-45212.

3290 – Suitable qualified match for beautiful, convent educated Karol Sood girl (Gaggal gotra), DOB 19/07/1986, Ht 5' 5" , B.A.L.L.B (Hons), working in Shimla at a Gazetted post. Earning well. 94180-01980, 0177-2802100

3291 – Professionally qualified match for slim, beautiful non-manglik Sood (Beri) girl, 5'1" DOB 14/06/1991 (04:10 PM, Sirsa Haryana), MTech (CS) IIT Dhanbad & MNC employed at Pune 9+ LPA. Parents central government employees. 098963-90700, Raghavsood33@gmail.com

3292 – Suitable Match for Sood (Phassi) girl, DOB 29/3/1990, Ht 5'3", MSc Biotech, Doing PhD from JIPMER Pudicherry. Monthly income Rs 27,000 pm. Preferred teetotaller and well qualified match . 99887-72595, 0172-2666533.

3293 – Match for Sood (Bhagra) girl, BDS, DOB 03/08/1989 (01:35 PM, Shimla), Ht: 5'5" Working as Associate Team Manager at IT Park Chandigarh. 89880-83889.

3294 – Match for Himachali Sood girl. DOB 09/07/93 (4:53 PM) Ht. 5'5". Masters In Maths & Finance. Working for MNC in Gurgaon. Earning INR 12 LPA. Kundli match must. Whatsapp 98059-92997.

3295 – Suitable match for Sood (Kashyap) girl, DOB 27/2/1985 (10:00 AM, Pathankot), Ht 5'5". B Ed, Bachelors degree in Psychology. Working as Special educator in Sardar Patel school, New Delhi. 98911-85432, 98180-85432

Sood Sabha in association with Sood Sewa Bhawan Trust distributed school uniforms to one hundred students of Saraswati Shiksha Kendra, Peermuchhala (near Panchkula)



Sh. Khuswinder Sood, Jt. Secy. (Finance) 3rd from left honoured by Senior Members of Sood Sabha for topping the attendance of Executive Committee Meetings.



Sh. Kapil Dev Sood, Sr. Advocate Shimla bagged many prizes in flower show arranged by Shimla Amateur Garden & Environment Society at Shimla.

Langar Sewa By Sood Sabha, Chandigarh

