

SOOD SANDESH

Community | Culture | Service

सूद सन्देश

SOOD BHAWAN

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Serving humanity with compassion through the
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Sood Sandesh ₹ 500/-
(Membership for ten years)



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Matrimonial : ₹100/-



Contribution of essential items for Amarnath Yatra Pilgrims by Sood Sabha, Chandigarh.



World Environment Day Celebrations.



International Yoga Day and Chabeel at Sood Bhawans.

SOOD SANDESH



Editorial

Sudhir Sood
Sachin Sood
Kalika Sood
Munish Sood

April-June 2026

संपादकीय

प्रिय पाठकों,

संस्कारों से सुरक्षित होगा समाज

“यत्र नार्यस्तु पूज्यन्ते, रमन्ते तत्र देवताः।”

हमारी संस्कृति का यह अमर संदेश आज भी उतना ही प्रासंगिक है, जितना हजारों वर्ष पहले था। फिर भी विडम्बना देखिए कि आज वही समाज बेटियों, बालिकाओं और महिलाओं के विरुद्ध बढ़ते यौन अपराधों की खबरों से बार-बार शर्मसार हो रहा है। हर घटना केवल एक परिवार का दर्द नहीं होती, वह पूरे समाज के संस्कारों पर लगा एक प्रश्नचिह्न होती है।

हर बार हम कानूनों को कठोर बनाने की बात करते हैं, पुलिस व्यवस्था पर चर्चा करते हैं और अपराधियों को कड़ी से कड़ी सजा देने की मांग करते हैं। यह आवश्यक भी है। किंतु क्या हमने कभी स्वयं से यह प्रश्न पूछा है कि अपराधी पैदा नहीं होते, वे हमारे ही घरों में पलते-बढ़ते हैं।

समय आ गया है कि हम अपनी सोच बदलें। वर्षों से हम अपने बेटों को यह कहकर बड़ा करते आए हैं—“लड़के रोते नहीं हैं।” शायद इसी एक वाक्य ने अनजाने में उनकी संवेदनाओं पर पर्दा डाल दिया। अब उन्हें यह सिखाने का समय है कि “सच्चे लड़के किसी लड़की को रुलाते नहीं, उसका सम्मान करते हैं; उसकी स्वतंत्रता की रक्षा करते हैं; उसकी गरिमा के प्रहरी बनते हैं।”

एक सम्य समाज की पहचान उसकी ऊँची इमारतों, आधुनिक तकनीक या आर्थिक समृद्धि से नहीं होती। उसकी पहचान इस बात से होती है कि वहाँ की बेटियाँ कितनी निडर हैं और वहाँ के बेटे कितने संस्कारी हैं।

बेटियों को आत्मरक्षा का प्रशिक्षण देना आवश्यक है, पर उससे कहीं अधिक आवश्यक है बेटों को आत्मसंयम, संवेदनशीलता और सम्मान का प्रशिक्षण देना। जिस दिन हर परिवार अपने बेटे को यह सिखा देगा कि स्त्री सम्मान की पात्र है, अधिकार की नहीं; संरक्षण की पात्र है, उत्पीड़न की नहीं; समानता की अधिकारी है, उपेक्षा की नहीं, उसी दिन समाज में परिवर्तन की वास्तविक शुरुआत होगी।

माता-पिता बच्चों के प्रथम गुरु होते हैं। चरित्र का निर्माण किसी विद्यालय में नहीं, परिवार की गोद में होता है। जब संस्कार मजबूत होंगे, तब कानूनों पर निर्भरता स्वतः कम हो जाएगी। समाज का भविष्य अदालतों में नहीं, घरों की परवरिश में तय होता है।

आइए, हम एक नई परंपरा का आरम्भ करें। अपने बेटों से यह कहना बंद करें कि लड़के रोते नहीं हैं। “उन्हें यह कहना शुरू करें—

“लड़के महिलाओं का सम्मान करते हैं, लड़के महिलाओं की सुरक्षा करते हैं।

लड़के किसी भी स्त्री की गरिमा को ठेस नहीं पहुँचाते, यही सच्ची

मर्दानगी है, यही सच्चा पुरुषार्थ है।”

जब हर घर में ऐसे संस्कारों का दीप जलेगा, तब किसी बेटे की आँखों में भय नहीं, सपने होंगे; किसी माँ के मन में चिंता नहीं, विश्वास होगा और हमारा समाज केवल विकसित ही नहीं, संस्कारित और सुरक्षित भी होगा।

याद रखिए—समाज की सुरक्षा कानूनों से शुरू नहीं होती, वह माँ की गोद और पिता के संस्कारों से शुरू होती है।



Munish Sood

अन्य सूद सभाओं की गतिविधियाँ



सूद सभा चंडीगढ़ की ओर से सूद सभा (रजि.) मालेरकोटला की नवगठित कार्यकारिणी (2026-27) को हार्दिक बधाई एवं शुभकामनाएँ। सूद सभा आश्वस्ति है कि सूद सभा मालेरकोटला उनके अध्यक्ष श्री सजीव सूद के नेतृत्व में समाज सेवा, एकता एवं भाईचारे की भावना को और अधिक सुदृढ़ करते हुए नई ऊँचाइयों को प्राप्त करेगी।



सूद सभा चंडीगढ़ की ओर से आदरणीय श्री हरिंदर सूद जी को सूद सभा सिरहिंद के अध्यक्ष नियुक्त होने पर हार्दिक बधाई एवं शुभकामनाएँ। सूद सभा चंडीगढ़ उनके गौरवपूर्ण कार्यकाल की मंगलकामना करती हैं।

सूद सभा पालमपुर ने परिवार के मुखिया के निधन के बाद आर्थिक संकट से जूझ रहे एक गरीब परिवार की दसवीं कक्षा में पढ़ने वाली बेटी की शिक्षा हेतु आर्थिक सहायता प्रदान की तथा भविष्य में भी हर-संभव सहयोग का संकल्प लिया।

Congratulations



Shri Praveen Sood Ji on being granted another one-year extension as Director, Central Bureau of Investigation (CBI). This prestigious honour reflects his integrity,

professional excellence, and dedicated service to the nation.



Sh. Rohit Sud, Advocate, on being elected President of the Punjab & Haryana High Court Bar Association. This achievement is a testament to his professional excellence and the trust reposed in him by the legal fraternity.



Anika Sood, daughter of Sh. Sunil Sood and Smt. Priyanka Sood, on securing an outstanding 95% marks in the CBSE Class X Board Examination.



Divay Sud, son of Sh. Kapil Sud and Smt. Rupam Sud, on securing admission to IIT Delhi and achieving an outstanding 97.1% marks in the CBSE Class XII Board Examination.



Avishi Sood, daughter of Sh. Pardeep Sood and Smt. Ruchi Sood, on securing admission to IIT Ropar and achieving an outstanding 97% marks in the CBSE Class XII Board Examination.



Master Vivek Goel, son of Late Sh. Vikas Goel, Executive Member, Sood Sabha Chandigarh, on securing an outstanding 92.4% marks in the CBSE Class X Board Examination, bringing laurels to his family and Sood Sabha Chandigarh.

Kaashvi Sood, daughter of Sh. Kartik Sood and Smt. Aditi Sood, on achieving an outstanding 94% marks in the CBSE Class X Board Examination.



Sood Sabha Chandigarh congratulates all the achievers and wishes them a bright future.

A Message of Gratitude, Continuity & Commitment

A new Executive Committee of Sarvdeshik Sood Sabha has been constituted on 10th May, 2026 as follows:

- Sh. Umesh Sood – President
- Sh. Ashwani Sood – General Secretary
- Sh. Kapil Goel – Finance Secretary



The new Executive Committee reaffirms its unwavering commitment to the mission of Sarvdeshik Sood Sabha—to strengthen existing Sood Sabhas, encourage the formation of new Sabhas, and further unite the Sood fraternity across the country and abroad.

Following the inspiring legacy of the former Presidents of Sarvdeshik Sood Sabha—Sh. Bipin Chand Sood, Sh. Shashi Bhushan Sood, Sh. Brij Krishan Sood, and Sh. Ashwani Doegar—and guided by their

vision, dedication, and selfless service, we shall work with sincerity, commitment, and devotion to empower every Sood Sabha across the country and abroad.



Umesh Sood

We assure every Sood Sabha that Sarvdeshik Sood Sabha shall always stand with them. Whenever any Sood Sabha requires organisational guidance or coordination, we shall make every sincere effort to work together towards meaningful and practical solutions. Our strength lies in our unity, mutual trust, and collective responsibility.

We earnestly seek the wholehearted support and cooperation of every Sood Sabha. Together, with unity, dedication, and a shared vision, we can build a stronger organisation and take the Sood fraternity across the country and abroad to greater heights of progress, service, and excellence.

Sarvdeshik Sood Sabha expresses its sincere gratitude to Sh. Ashwani Doegar, who has voluntarily stepped down from the office of President due to health reasons. We sincerely thank him for his dedicated service and invaluable contributions to the organisation, and wish him good health, happiness, and a long, fulfilling life.

Together We Serve. Together We Grow. Together We Rise.

“मन का अंतर्द्वंद – मैं कौन हूँ”

सेवा निवृत्ति के बाद,
न कोई नौकरी,
न कोई दिनचर्या,
और एक शांत घर।
जो अब सिर्फ,
सन्नाटे की गूंज है!
मैंने अंततः,
अपने असली अस्तित्व को,
खोजना शुरू किया।।

मैं कौन हूँ?
मैंने बंगले बनवाए,
छोटे-बड़े कई निवेश किए।
पर आज चार दीवारों में,
सिमट गया हूँ।।

साइकिल से मोपेड,
मोपेड से बाइक।
बाइक से कार तक की रफ्तार,
और स्टाइल का पीछा किया।
पर अब धीरे-धीरे चलता हूँ,
वो भी अकेले,
अपने कमरे के भीतर।।

प्रकृति मुस्कराई और पूछा,
तुम कौन हो, प्रिय मित्र?
मैंने कहा –
मैं...! बस मैं हूँ...!।

राज्य देखे, देश देखे,
महाद्वीपों की सैर की।
पर आज मेरी यात्रा,
ड्राइंग रूम से
रसोई तक सीमित है।।

संस्कृतियाँ,
और परंपराएँ सीखीं।
पर अब केवल,
अपने ही परिवार को,
समझने की इच्छा है।।

प्रकृति फिर मुस्कराई,
तुम कौन हो, प्रिय मित्र?
मैंने उत्तर दिया,
मैं...! बस मैं हूँ...!!

कभी जन्म दिन,
सगाई, शादियाँ,
धूमधाम से मनाई।
पर आज,
सब्जियाँ खरीदने के लिए,
सिक्के गिनता हूँ।।

प्रकृति ने फिर पूछा,
तुम कौन हो, प्रिय मित्र?
मैंने कहा,
मैं...! बस मैं हूँ...!!

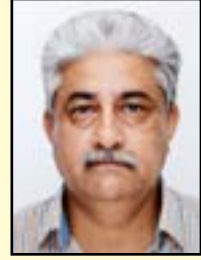
सोना, चाँदी, हीरे,
लॉकर्स में,
चुपचाप पड़े हैं।
सूट-ब्लेजर,
अलमारी में टंगे हैं,
बिना छुए।
पर अब मैं,
नरम सूती कपड़ों में,
जीता हूँ
सादा और आजाद।।

कभी अंग्रेजी, पंजाबी,
व हिंदी में दक्ष था।
अब माँ की बोली में,
सुकून मिलता है।।

काम के सिलसिलों में,
देश-देश घूमता रहा।
अब उन मुनाफों,
और नुकसानों को,
यादों में तौलता हूँ।।

व्यवसाय चलाया,
परिवार बसाया,
अनेक रिश्ते बनाए।
पर अब,
मेरे सबसे प्रिय साथी,
पड़ोस के,
वो स्नेही बुजुर्ग हैं।।

कभी नियमों का,
पालन किया।
शिक्षा में आगे बढ़ा।



Atul Sood

पर अब समझ आया,
कि वास्तव में,
मायने क्या रखता है?

जिंदगी की,
हर ऊँच-नीच के बाद।
एक शांत पल में,
मेरी आत्मा ने मुझसे,
फुसफुसा कर कहा —
हे यात्री,
बस अब तैयार हो जा,
अंतिम यात्रा की तैयारी कर।।

प्रकृति ने कोमलता से,
मुस्कराते हुए पूछा —
तुम कौन हो, प्रिय मित्र?
और मैंने उत्तर दिया —

हे प्रकृति,
तुम मैं हो और मैं तुम।
कभी मैं,
आकाश में उड़ता था।
अब जमीन को,
सम्मान से छूता हूँ।
मुझे क्षमा करो,
एक और मौका दो जीने का।
पैसा कमाने की मशीन नहीं,
एक सच्चा इंसान बनकर,
मृत्यों के साथ,
परिवार के साथ,
प्यार से जीने का।।

IF THE WORLD WAS CRAZY

If the world was crazy, you know what I'd eat?
A big slice of soup and a whole quart of meat,
An orange juice sandwich, and then I might try,
Some grilled ice cream or a bicycle pie.

A textbook salad, and a t-shirt roast,
An omelette of hats and some crisp cardboard toast,
A thick milkshake made of pencils and daisies,
And that's what I'd eat if the world was crazy!

If the world was crazy, you know what I'd wear?
A chocolate suit and a tie of éclairs,
Some marshmallow earmuffs, some licorice shoes,
And I'd read a paper of peppermint news.

I'd call the boys 'Suzy' and the girls 'Harry',
I'd talk through my ears, and I'd always carry
A paper umbrella for when it grew hazy,
To keep in the rain, if the world was crazy!

If the world was crazy, you know what I'd do?
I'd walk on the ocean and swim in my shoe,
I'd fly through the ground and I'd ship through the air,
I'd run down the bathtub and bathe in the stairs.

When I met somebody, I'd say "Goodbye, Joe,"
And when I was leaving, then I'd say "Hello."
And the greatest of men would be silly and lazy,
So I would become the king, if the world was crazy!



Anahita Sood
(Class 10th)

A Journey of Passion, Memories and Legacy

Some people capture photographs; others capture history.

Late Sh. Ashwani Sood (Ashu Sood), founder of Videocrafts, was one such person. For nearly two decades, he remained an integral part of Sood Sabha, Chandigarh—not only as a dedicated member but also as the person behind the lens who preserved its most cherished moments. From Sood Melas and Mango Melas to Annual General Meetings, elections, plantation

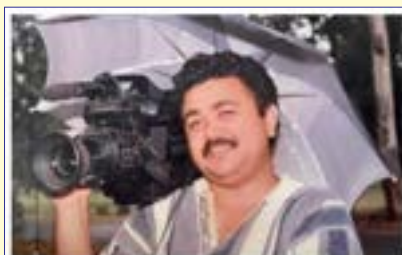
drives, and numerous community events, his photographs became the Sabha's priceless visual heritage.

Though he left for his heavenly abode in 2021, his vision, humility, and dedication continue to inspire.

Today, his son, Mr. Abhir Sood, proudly carries forward this remarkable legacy.

Having spent over 13 years mastering the craft under his father's guidance, he has led Videocrafts to national and international recognition. A WedMeGood Users' Choice Award winner for Best Wedding Photographer in 2024 and 2025, he has also been invited by Chandigarh University as a Guest of Honour to conduct a photography workshop. Most recently, Videocrafts proudly represented the Tricity by documenting a destination wedding in South Africa, taking its legacy to the global stage.

Sood Sabha, Chandigarh, fondly remembers the invaluable contributions of Late Sh. Ashwani Sood and extends its heartfelt blessings and best wishes to Mr. Abhir Sood and the entire Videocrafts family. May they continue to preserve memories, inspire generations, and carry this extraordinary legacy to even greater heights.



Guest of Honour presented at Chandigarh University, Mohali



खाना—खजाना

मीठे चावल

सामग्री

बासमती चावल – 2 कटोरी

चीनी – 2 कटोरी

घी – आधी कटोरी

मोटी सौंफ – 2 चम्मच

गिरी – लगभग 2½ इंच का टुकड़ा

ड्राई फ्रूट्स – थोड़े से (काजू, बादाम तथा किशमिश)

पानी – 4 कटोरी



Anupam Sood

विधि :

1. सबसे पहले चावलों को धोकर थोड़ी देर के लिए भिगो दें।
2. कुकर में घी गरम करें। इसमें आधा घी डालकर किशमिश छोड़कर सभी ड्राई फ्रूट्स हल्का लाल होने तक भून लें। फिर इन्हें अलग निकाल लें।
3. अब उसी कुकर में बचा हुआ घी डालें और उसमें मोटी सौंफ का तड़का लगाएँ।
4. भीगे हुए चावल डालकर धीमी आँच पर लगभग 2 मिनट तक भूनें।
5. अब 4 कटोरी पानी डालें।
6. भुने हुए ड्राई फ्रूट्स डाल दें तथा 2 चम्मच पानी में 8–10 बूंद ऑरेंज कलर घोलकर मिला दें।
7. एक सीटी आने तक पकाएँ।
8. लगभग 5 मिनट बाद कुकर खोलें और उसमें 2 कटोरी चीनी डालकर हल्के हाथ से मिलाएँ, ताकि चावल टूटें नहीं।
9. कुकर का ढक्कन बंद करके एक सीटी और लगाएँ। कुकर को ठंडा होने दें।
10. कुकर खोलें और स्वादिष्ट मीठे चावल का आनंद लें।

सेहतनामा

शरीर के दोस्त बनें, दुश्मन नहीं,
गंदगी निकालने के 9 तरीके



रोज 30-45 मिनट टहलें, दौड़ें
या ऐसा काम करें, जिससे
पसीना निकले।



अल्कोहल लेना बंद करें।
लिवर शरीर की साफ-सफाई
तेजी से करेगा।



8 घंटे की गहरी और टेंशन फ्री
नींद लें। बौड़ी फिर से
रिचार्ज होगी।



पानी ज्यादा पिएं।
कभी-कभी नींबू-पानी भी
ले सकते हैं।



खानपान से चीनी कम कर दें।
पिज्जा-बर्गर, नूडल्स जैसी
प्रॉसेस्ड चीजें न खाएं।



एंटी ऑक्सीडेंट वाली चीजें
जैसे फल, मेवे, सब्जियां,
ग्रीन टी का इस्तेमाल करें।



पेट के बैक्टीरिया को ताकतवर
बनाने के लिए दही, टमाटर,
केला, प्याज-लहसुन खाएं।



खानपान से नमक बिल्कुल
कम करें, क्योंकि ये किडनी
और लिवर पर असर डालता है।



आलू, बींस, केला और पालक
खाएं, जिससे शरीर को सोडियम
बैलेंस करने वाला पोटैशियम
मिलेगा।

SPOT 15 DIFFERENCES



सफलता के 7 नियम

- 1) छत कहता है: अपने गोल बड़े रखो
- 2) फैन कहता है: कूल रहो
- 3) घड़ी कहती है: हर मिनट इम्पोर्टेन्ट हैं
- 4) मिरर कहता है: खुद को बेस्ट समझो
- 5) विंडो कहती है: दुनिया देखो
- 6) कैलेंडर कहता है: अपडेट रहो
- 7) दरवाजा कहता है: खुद को पुश करो गोल के लिए



Matrimonials

IMPORTANT :-

For Matrimonial Adv. in Sood Sandesh/Website : Rs. 100/-

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 the concerned party directly.
- (2) As and when a match is settled, please inform us immediately so that the advertisement is withdrawn.

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

7977 – Suitable match for Sood (Goel) boy. DOB: 23/04/1999. Ht. 5'7". MBA Pharmaceutical Management). Business (Pharmaceutical Distributors). Monthly Income Rs. 2 lakh to 2.5 lakh. 9418086874

7978 – Suitable match for Sood (Bashal) boy. DOB: 10/10/1997. Ht. 5'10". B.Sc. (Nautical Science) from Indian Maritime University (IMU). Third officer (Merchant Navy). Monthly Income 2800 USD. 9805300072, 9418100072

7979 – Suitable match for Sood (Mehdudiya) boy. DOB: 18/06/1993. Ht. 5'8". PGPM in Finance from IBS Gurgaon. Manager in US Tax at Doloittle in Gurgaon. Annual Income Rs. 26 lakh. 9717027475

7980 – Suitable match for Sood (Barnbal) boy. DOB: 10/10/1996 (1:15am, Shimla). Ht. 5'10". B. Tech (Electronics) from Simon Fraser University, Vancouver. Working in Vancouver (Canada) with a French MNC in the IT field. Preference for girl already working/settled in Canada. 9819751255

7981 – Suitable match for Sood (Goel) boy. DOB: 01/05/1998. Ht. 5'8". Businessman. Monthly income Rs. 1,80,000/- 8219812575

7982 – Suitable match for Sood (Balas) boy. DOB: 03/07/1992. Ht. 5'9". Bachelor of Architecture, Chandigarh. Senior Architect. Working in South Delhi. Annual Income Rs. 11 lakhs. Preference for working girl or with transferable job. 9915889401

7983 – Suitable match for Sood (Khatri) boy. DOB: 01/08/2000 (6:59pm, Jaipur, Rajasthan). Ht. 5'10". BMS from Mumbai University & MSc. In strategic Management Dublin, Ireland. Own a Company the Oasis (Businessman). Annual Income Rs. 30,00,000. 9352187404, 9352237404. Family based in Rajasthan.

7984 – Suitable match for Sood (Mohindra) manglik boy. DOB: 23/11/1994. Ht. 5'8". Graduate in Arts with Math and ETT. Teacher in Punjab Govt. School. Monthly Income Rs. 50,000/-. Preference for Govt. job match in tricity or nearby. 9417333829

7985 – Suitable match for Sood (Ugal) boy. DOB: 05/05/1995. Ht. 5'7". B. Com Honors, CA (Inter). Clerk (Judicial Department) Mohali. Monthly Income Rs. 70,000/-. Preference for Govt. employee, nearby tricity or Ropar Fatehgarh Sahib. 9872459044.

7986 – Suitable match for Sood (Aiyl) boy. DOB: 08/06/1984. Ht. 5'4". Three years Diploma in Plastics from CIPET, Amritsar. Business Analyst & Marketing. Monthly Income Rs. 30,000/-. 9882129542, 9882716927.

7987 – Suitable match for Sood (Karol) boy. DOB: 23/07/1997. Ht. 5'11". B. Tech (Marine Engineer) from IMU, Mumbai. 2nd Engineer in the Merchant Navy. Monthly Income Rs. 4.5 Lakh. 9888340145

7988 – Suitable match for Sood (Ogal) boy. DOB: 03/01/1989. Ht. 5'7". BCA. Account/Billing Head (Amar Hospital, Patiala). Monthly income Rs. 50k. 9888723323, 9855598758

7989 – Suitable match for Sood (Bandal) boy. DOB: 16/04/1996. Ht. 5'10". B. Tech (Mechanical) from Lovely University, Phagwara Punjab. Assistant Manager (VArun Beverages (Pepsi). Monthly Income Rs. 85000/-.
9816045033, 9816366033

7990 – Suitable match for Sood Kashyap (Chimra) boy. DOB: 22/05/1984. Ht. 5'7". B.C.A., MBA, IT. Director of Own IT Company. Annual Income Rs. 28 Lakh. 9882538218

7991 – Suitable match for Sood (Goyal) boy. DOB: 15/10/1994. Ht. 5'6". B. Tech. Senior Consultant in Capgemini, Pune. Annual Income Rs. 20 lakh. 9317356799.

7992 – Suitable match for Sood (Uggal) boy. DOB: 30/07/1995. Ht. 5'10". M. Pharma from Punjab University. Manager. Monthly Income Rs. 1.5 lakh. 8847371903

7993 – Suitable match for Sood (Saul) boy. DOB: 25/07/1994. Ht. 5'10". M. Tech (IT) from Australia. Working in LPU as Asst. Professor. Monthly Income Rs. 55,000/- 9878690991.

7994 – Suitable match for Sood (Galib) boy. DOB: 29/03/1995. Ht. 5'8". B. Sc Orense's Science from London Metropolitan University, UK., MSC forensic Science Cranfield University, U.K. Working as Project Manager (IT). Monthly Income Rs. 95000/- 7009835046, 9478669470

7995 – Suitable match for Sood boy. DOB: 03/08/1999. Ht. 5'8". B. Com. Well settled business. 9815325479.

7996 – Suitable match for Sood (Goyal) boy. DOB: 16/09/1998. Ht. 5'10". MBA. Manager at Chitkara University. Monthly Income Rs. 90,000 including income from other sources. 9418028081, 9463974680.

7997 – Suitable match for Sood (Makora) boy. DOB: 08/10/1994 (3:16pm, Chandigarh). Ht. 6'. MBA (Finance). Running Pvt. Ltd company at Mohali. Chandigarh based family. 9815645566

7998 – Suitable match for Sood Kuthiala (Galab) boy. DOB: 07/03/1994. Ht. 5'10". B. Tech., M.S. from University of Colorado (USA). Senior Software Engineer with HIB Visa 1994. Annual Income Rs. 2 crores. 9877624988, 8360831307

7999 – Suitable match for Sood (Chaujadh) boy. DOB: 01/08/1996. Ht. 5'8". B. Tech., MBA. Product Manager (ICICI Bank, Mumbai. 9356819737, 9356819738.

8000 – Suitable match for Sood (Mayar) boy. DOB: 05/01/1996. Ht. 5'11". CA. Manager (Credit) ICICI Bank, Chandigarh. 9815583052.

8001 – Suitable match for Sood (Gajri) boy. DOB: 01/08/1996. Ht. 5'7". M.com (Finance) from Punjab University, Chandigarh. Secretary in Deptt. Of Rural Development, Punjab. Monthly income Rs. 75000/- 998885463, 9041768369.

8002 – Suitable match for Sood (Nehra) boy. DOB: 25/09/1987. Ht. 5'11". B.A. Own Business & Agriculture. Owner Red Tape Franchise at Devigarh. Monthly income Rs. 50,000/- Income from other sources, Agriculture. 9814057957

8003 – Suitable match for Sood (Galav) boy. DOB: 26/07/1988. Ht. 5'7". B. A. honors from Punjab University, Chandigarh. Self employed. Annual income Rs. 12 lakh, 9815390677, 9876934343

8004 – Suitable match for Sood (Uggal) boy. DOB: 26/04/1997. Ht. 5'11". B.A. Monthly Income Rs. 50,000 to 60,000/- 9781894594

8005 – Suitable match for Sood (Gagal) boy. DOB: 11/01/1993. Ht. 5'6". BCA, MCA, Ph.D. from Texas University of Austine. Sr. UX Designer. Monthly income Rs. 80,000/- 8427959771

8006 – Suitable match for Sood (Gondal) boy. DOB: 25/05/1976. Ht. 5'10". B. Com. Annual Income Rs. 50 lakh. 9216725000

8007 – Suitable match for Sood (Mayar) boy. DOB: 13/01/1981. Ht. 5'9". BA, Pharmaceutical/medical business. Owner of Alliance Medicaid. Monthly income Rs. 50K. 9872300555

8008 – Suitable match for Sood (Ugal) boy. DOB: 22/08/1996. Ht. 5'8". Master in commerce (Specialisation in Finance) from SD college Chandigarh. Finance (BMW Chandigarh). Monthly income Rs. 45,000/- 7889078217, 9877801809.

8009 – Suitable match for Sood (Goyal) boy. DOB: 22/09/1995. Ht. 5'8". B. Com from Punjab University Chandigarh. CPA Macquary (Sydney). Sr. Finance officer in Curtin University Perth. Monthly income Rs. 5.00 lakh. 0172-5062963, 9888541963.

8010 – Suitable match for Sood (Mithu) boy. DOB: 07/03/1996. Ht. 5'8". MBA. Manager. Monthly income Rs. 1.25 lakh. 8360304485

8011 – Suitable match for Sood divorcee (Kashyap) boy. DOB: 11/12/1987. Ht. 5'3". Settled abroad. 8054171122

8012 – Suitable match for Sood (Fakke) boy. DOB: 10/02/2000. Ht. 5'7". MBA. Scale-1 Officer in Punjab National Bank. Monthly income Rs. 1,50,000/-. 9781731352

8013 – Suitable match for Sood (Langa) boy. DOB: 05/10/1994. Ht. 5'10". B. Tech from N.I.T (Hamirpur), MBA from I.I.M (Mumbai). Self employed (Business). Monthly income Rs. 200000/-. Wants to settle in Shimla. 9816112677

8014 – Suitable match for Sood Kashyap (Chimra) boy. DOB: 25/05/1994. Ht. 5'5". B. Tech. Senior Application Technical Lead in MNC. 7888941385

8015 – Suitable match for Sood (Kashyap) boy. DOB: 15/03/1995. Ht. 5'8". B. Tech from Baddi University. Eng. II Congruex Mohali (PB). 8278857676

8016 – Suitable match for Sood boy. DOB: 28/06/1990. Ht. 5'8". Post Graduate from Queen's University Canada. Managerial Position (Abroad). Monthly income in six figures. 7807928743

8017 – Suitable match for Sood (Naranwal) boy. DOB: 10/12/1993. Ht. 5'11". B. Tech, Civil Engineer. Senior Section Engineer (SSE-Railway), Delhi. Monthly Income Rs. 90,000/- Preference for Employed. 7087388028, 9999968726

8018 – Suitable match for Sood Bandal (Chaujhar) boy. DOB: 22/08/1991. Ht. 5'7". BCA. Business in Mohali (PB). Monthly income Rs. 30,000/-. 9418079755, 8427257921

8019 – Suitable match for Sood (Gajri) boy. DOB: 11/02/1993. Ht. 5'11". B.C.A, Advanced Diploma in Computer Systems Technology. Systems Administrator University of Waterloo Canada. 9872209260

8020 – Suitable match for Sood (Padak) boy. DOB: 30/11/1986. Ht. 5'9". LLB from Punjab University, Chandigarh. Doing business with father in Sirhind. 9814364167, 9592301110

8021 – Suitable match for Sood (Mohindra) boy. DOB: 15/01/1994. Ht. 5'8". B. Tech (Mechanical). MBA(Marketing). Manager in MNC. Annual Income Rs. 18 lakh. 9888257517, 7814057517

8022 – Suitable match for Sood (Mohindra) boy. DOB: 21/07/1998. Ht. 5'5". B.A (Hons.). MBA. Works in Zomato, Gurgaon. Annual income Rs. 4 to 6 lakh. 9888257517, 7814057517

8023 – Suitable match for Sood (Mayor) boy. DOB: 21/01/1996. Ht. 5'11". B. Tech (Mechanical). Marine Engineering, AEMA, Pune. 3rd Engineer in the Merchant Navy. Monthly income Rs. 3 lakh. 9815112217, 8283099122

8024 – Suitable match for Sood boy. DOB: 04/12/1998(1:32am, Ludhiana). Ht. 6'2". B. Com, MBA (marketing). Family business. 9814167686

8025 – Suitable match for Sood (Kaunsal) Himachali boy. DOB: 29/01/1996(12:19pm, Palampur) Ht. 5'6". B. Tech VIT Vellore. Software Engineer at Bangalore MNC. Good package. Preference for girl from the same background. 6302297057

8026 – Suitable match for Sood (Garg) boy. DOB: 19/07/1996. Ht. 5'5.5". B. Tech (ECE), MBA (NMIMS Mumbai), Senior Consultant (Business Analyst) in MNC Mumbai. Preference for working in Corporate. 9873912848

8027 – Suitable match for Sood (Kuthiala) boy. DOB: 09/08/1995. Ht. 5'8". Lieutenant in the Indian Navy Posted in Kochi. Annual package 12-15 lakh. Family based in Yamuna Nagar. 9355338219

8028 – Suitable match for Sood (Kuthiala) boy. DOB: 27/03/1991. Ht. 5'10". B. Tech in Computer Science from H.P.U. Presently working in a reputed company in Bangalore. Monthly income Rs. 1,50,000/-. 9816132370, 8894455667.

8029 – Suitable match for Sud (Khatri) divorcee boy. DOB: 12/12/1989 (09:48am, Bareilly). Ht. 5'7". Runs two businesses on own property. 9872402242, 9872439788

8030 – Suitable match for Sood Phakke (Khatri) divorcee boy. DOB: 26/06/1983 (11.20am, Juhu, Mumbai. Ht. 5'11". Mechanical Engineering from Manipal Institute of Technology, Manipal, MBA (Finance) from SP Jain Centre of Management, Singapore/Dubai. Professional financial Course-FRM cleared, CFA Level 2 Candidate. Senior Relationship Manager, Corporate Banking Dubai, UAE. Monthly income Rs. 7 lakh. 91-9540011045, 91-8368188721. 91-8285147100

8031 – Suitable match for Sood Phakke boy. Born 1994. Ht. 6'0". B.Sc. Economics, MBA. Working as a consultant in MNC. Posted in Delhi and currently working with the Ministry of Rural Development, Govt. of India project. Annual Income Rs. 8 lakh. Preference for working girl from PB, Delhi/NCR and tricity. 9814995499

8032 – Suitable match for Sood (Salhan) boy. DOB: 01/02/1991. Ht. 5'9". B.A. Businessman. Monthly income Rs. 50,000/-. 9814031442, 9814031441

8033 – Suitable match for Sood (Moman) boy. DOB: 12/07/1996 (Guwahati). B.Com. Global Business Management & Digital Marketing from Ontario, Canada not yet PR has returned to India. (At present work from home from Dhakoli, Punjab) as Data Database Management Canadian Company. Annual Income Rs. 21 lakh. 7888550474

8034 – Suitable match for Sood (Makaydey). Ht. 5'11". 19/10/1996. MSC Tourism and Technology from Australia. Working as manager in luxury hotel in Australia. PR in process. 9891253061, 9899529694

8035 – Suitable match for Sood (Karol) boy. DOB: 21/12/1990. (12.38pm, Jaipur, Rajasthan) Ht. 5'10". M.Sc., in Economics from Symbiosis Institute, Pune. Working with a Finance company at Jaipur. 9413973112, 9460557869

8036 – Suitable match for Sood boy. DOB: 09/02/1993 (7:00pm, Shimla). Ht. 5'11". B. Com, MBA. Working with MNC at Chandigarh. Annual Income Rs. 23 lakh. 9418633005

8037 – Suitable match for Sood boy. DOB: 23/06/1999 (Roorkee), Uttarakhand. Ht. 5'10". B. Tech. Working in MNC, Noida. Annual Income Rs. 12 lakh. Own business of electric scooters. 9760006530

8038 – Suitable match for Himachali Sood (Maria & Gotra- Goyal) boy. DOB: 15/10/1994, Palampur(HP). Height-5'6". B. Tech. Working in MNC (Capgemini) at Pune. Preference for Himachali Sood girl. 9317356799

8039 – Suitable match for Sood (Mithu Bhoal) boy. DOB: 11/06/1992 (6:57am, Solan). Ht. 5'8". Ph. D. Organic Chemistry Research Scientist in Punjab University, Chandigarh. Monthly income Rs. 85000/-. 8894512650, 9805163168

8040 – Suitable match for Sood (Mithu Bhoal) boy. DOB: 13/10/1989 (Solan) Ht. 5'7". B.A., Diploma in Mechanical Engineering ITI in Electronics. Self Employment. Monthly Income Rs. 45000/-. 8894512650, 9805163168

8041 – Suitable match for Sood (Gajri) boy. DOB: 13/09/2000(11:05pm, Naraingarh, Haryana). Ht. 5'11". B. Com., MBA. Businessman, Packaging (Mustard Oil), Dealer FMCG Companies, Sugar wholesaler. 9729159599

8042 – Suitable match for Sood Khatri (Phassi) boy. DOB: 29/05/1998(7:50pm, Ahmedabad. Ht. 5'11". B. Pharm, Institute of Pharmacy from Nirma University, Ahmedabad., MBA (Double Gold Medallist) from Institute of Management, Nirma University. Director of Quality Assurance and Management at Kamal & Sons, India. 9825050070, 9925050070

8043 – Suitable match for Sood (Bauri) boy. DOB: 08/01/1996. Ht. 5'11". B. Tech (CSE). Working in a reputed MNC at Gurgaon. Annual package Rs. 22 lakh. 6280304569

8044 – Suitable match for Sood (Kashyap) boy. Ht. 5'10". DOB: 26/11/1994. B.Com., MBA. Business at Chandigarh, Whole sale/distributor electric and electronics. Monthly income Rs. 75,000/-. 9914867069

8045 – Suitable match for Sood Kuthiala (Galab) boy. DOB: 23/04/1990 (3:35pm, Shimla). Ht. 5'6". Post Graduate (MTA). Working in an advertising agency. 9816816751

8046 – Suitable match for Sood (Ugal) boy. DOB: 5/12/1997. Ht. 5'9". M.Com. IIT from Rupnagar. Accountant. Monthly income Rs. 20,000/-. 7719528846. Jatindersood5@gmail.com.

8047 – Suitable match for Sood (Banta) boy. DOB: 03/09/1993 (2:50pm, Chandigarh). Ht. 5'9". B. Tech (CSE), PGDM from York University, Canada. System Admin PGI Chandigarh (startup). Monthly Income Rs. 30,000/-. Preference for working around a tricity girl. 9417579787, 8360257963

8048 – Suitable match for a divorcee Sood (Gajri) boy. MCA/PGDBDA. DOB: 30/09/1993 (4:35pm, Jalandhar (PB)). Ht. 5'7". Working as a Software Developer in Air India. Annual income Rs. 10 lakhs. Also, Canada PR holder. Preference for married/unmarried girl. 9888456082, 9888076938

8049 – Suitable match for Sood (Gopal) boy. DOB: 5/8/1996 (4:35pm, Mohali). Ht. 5'8". B. tech in computer science and engineering, MSC in computer science and engineering Punjab State government employee regular job. Normal hearing problem. 9814378659, WhatsApp: 8557815253

8050 – Suitable match for Sood (Kashyap) boy. DOB: 13/06/1996 (11:10a.m., Palampur, HP). Ht. 5'6". M.E. (Civil-Highway). Running Tutorial/Coaching Institute in Mohali, Punjab. Annual Income Rs. 10,00,000 to 12,00,000/-. 9463205208, 7836868984

8051 – Suitable match for Sood (Gagal) boy. DOB: 22/07/1995 (12:55am, Rohru, (HP)). Ht. 6'1". MBBS. 3rd Year (Residency M.D U.S.A). Monthly income Rs. 5,00,000. 9816100073, 8360749471.

8052 – Suitable match for Sood (Chaujjar) boy. DOB: 4th May, 1994 (12:30pm, Kullu). Ht. 5'10". B.Tech., M.S. from Germany. Presently working in a MNC software company in Germany with annual income of Euro 65k and he is PR holder. Preference for IT professional working girl ready to move to Germany. 9493216485, 7619187534

8053 – Suitable match for Sood (Kashyap) boy. DOB: 17/06/1992 (Shimla). Ht. 5'7.5". MBA (Finance). Deputy Branch Manager Pvt. Bank, Panchkula. Preference for working girl in Tricity Chandigarh or nearby. 9418842753, 9736740232

8054 – Suitable match for Sood (Bouri) boy. DOB: 20/07/2000(9:27am). Ht. 5'6". B. Com from Macquarie University, Australia. Running industry of Men's wear knitted Fabric in Ludhiana. Monthly income Rs. 5 lakh. 9876134531

8055 – Suitable match for Sood (Banta) boy. DOB: 16/07/1996(11:58pm, Mahesana, Gujrat). Ht. 5'11". B. Tech + PGWP(Canada). Working as a safety officer in Canada. Annual income Rs. 35-40 lakh. Preference for a career-oriented girl open to move to Canada. 9638641488

8056 – Suitable match for Sood (Karol) boy. DOB: 23/01/1996. (3:40pm, New Delhi). Ht. 5'10". B. Tech IIT, Delhi. Masters in Finance from ESSEC, Paris France. Working with Black Rock, asset management company. 9910024734

8057 – Suitable match for Sood (Banta) widower boy. Blessed with one daughter of 5 years. DOB: 22/02/1977. Ht. 5'8" Junior Engineer (IT), PWD Dharamshala (Government). 9816068247

Grooms Wanted

3517 – Suitable match for Sood (Kuthiala) girl: DOB: 26/05/1994, Ht. 5'4". BBA, MBA in HR, Working in Chandigarh, Preference for Businessman, Engineer/Executive, 6284135109

3518 – Suitable match for Sood (Mehdudia) girl. DOB: 29/12/1995 (Chandigarh). Ht. 5'5". C.A. Working as senior consultant in PWC (Big Four) Mumbai. Annual Income Rs. 18 Lakh. 9418022971

3519 – Suitable match for Sood (Gondal) girl. DOB: 24/08/1999. Ht. 5'7". BVSC from GADVASU. Veterinary Doctor. Monthly Income Rs. 1,00,000/- Income from other sources Rs. 50,000/- 8567050505

3520 – Suitable match for Sood (Gol) girl. DOB: 19/03/1997. Ht. 5'3". B. Tech (C. Sc.) from Amity University. Lead Developer. 9459251978, 9418429190

3521 – Suitable match for Sood (Mohindra) girl. DOB: 24/02/1999. Ht. 5'4". B. Tech (FET) from PU. MBA, IIM Ahmedabad. 9530802463

3522 – Suitable match for Sood (Gagal) girl. DOB: 24/01/1999. Ht. 5'8". B. Com, MBA from Delhi University. Assistant Manager. Monthly Income Rs, 1,00,000/- 7524001091, 9911311411

3523 – Suitable match for Sood (Gagal) girl. DOB: 12/12/1997. Ht. 5'7". LLB in Intellectual Properties. Legal Associate (Client Counsellor). Annual Income Rs. 5 lakh. 9418084763, 8219825136

3524 – Suitable match for SOOD (Bouri) girl DOB: 08/03/1997. Ht. 5'5". B. Tech. Working with a MNC in Mohali. Senior Strategic Content Writer. Monthly Income Rs. 65000/- Preference for tricity boy. 9877181657, 9906036394.

3525 – Suitable match for Sood (Dosaj) girl. DOB: 27/11/1999. Ht. 5'4". Pursuing Degree in Commerce from NAIT Canada. 9872772251, 9988993477

3526 – Suitable match for Sood (Dhiri) girl. DOB: 10/09/1996. Ht. 5'1". M.Com. Junior Associate- SBI Ropar Branch. Monthly Income Rs. 30,000/- + 9872412457, 950138697

3527 – Suitable match for Sood (Daden) girl. DOB: 30/12/1998. Ht. 5'3". M. Sc. in Chemistry, MS in Nanotechnology, Flinders University Australia. 485 VISA (TR) LAB Scientist. Annual Income 70,000\$. Preference for Indian boy either living in Australia or willing to come to Australia. 9878198956

3528 – Suitable match for Sood (Bandeas) girl. DOB: 25/7/1996. MTTM (Masters in Travel and Tourism from Punjab University Chandigarh. Operation Executive. Monthly Income Rs. 25,000/- 9418033669

3529 – Suitable match for Sood (Fakey) girl. DOB: 03/12/1996. Ht. 5'3". MD from PGI Chandigarh. MBBs from GMCH, Sector- 32 Chandigarh. Senior Resident, PGI Chandigarh. Monthly Income 1,40,000/- 9417031046

3530 – Suitable match for Sood (Gopal) girl. DOB: 02/04/1999. Ht. 5'0". B.Sc. in Non -Medical & B. Ed. 9872623345

3531 – Suitable match for Sood girl. DOB: 19/09/1991. Ht. 5'7". B.A. Govt. Job. Inspector in Punjab Police. 9781894594.

3532 – Suitable match for Sood (Goel) girl. DOB: 09/01/1995. Ht. 5'2". B. tech IT. Software Engineer, IT professional in MNC. Annual Income Rs. 25 lakh +. 7018157363, 9418470006.

3533 – Suitable match for Sood (Palkayias) girl. DOB: 14/09/1997. Ht. 5'4". B. Tech, MBA. Income Rs. 40,000/- from other sources. 9464785145.

3534 – Suitable match for Sood manglik (Gagal) girl. DOB: 24/11/1999. Ht. 5'5". Canadian PR holder for 3 years. Supervisor/ Manager. 8284942169, 7696072150

3535 – Suitable match for Sood (Udhaid) girl. DOB: 02/01/2003. Ht. 5'3". MBA. Product Manager in Gurgaon. Monthly Income Rs. 70,000/-. 7681972489

3536 – Suitable match for Sood (Kashyap) Chimra girl. DOB: 29/07/1996. Ht. 5'. Ph. D. (Music). 7018588863.

3537 – Suitable match for Sood (Chimra) girl. DOB: 28/8/1992. Ht. 5'6". LLB PGIP (Bankruptcy Law). Annual income Rs. 50-60 lakhs. 9816218892.

3538 – Suitable match for Sood (Cheemra) girl. DOB: 02/03/2001. Ht. 5'8". MBA in Finance. Hero Future Energies in Project Finance Division. 9816257333, 9816156430.

3539 – Suitable match for Sood (Goyal) banta girl,. DOB: 16/09/1986. Ht. 5'2". Architecture. Designing Architect. Preference for a tricity boy. 9418686115, 9418071576, 9418989188.

3540 – Suitable match for Sood (Dosaj) girl. DOB: 03/03/1988. Ht. 5'2". M. Tech (IT). Project Manager in an IT Company. Currently doing work from home. 7508064233.

3541 – Suitable match for Sood (Gagal) girl. DOB: 18/03/1993. Ht. 5'9". MBA IHM Hyderabad. Cluster Manager (Accure Group). Monthly Income Rs. 1,00,000. 9418175178

3542 – Suitable match for Sood (Goyal) girl. DOB: 27/02/1999. Ht. 5'2". MBBS. Present doing MD. 7347573544.

3543 – Suitable match for Sood (Karol) girl. DOB: 29/10/1995. Ht. 5'4". B. Com, MBA from HP University. Currently working in PSU at Shimla. Preference for Sood Himachali boy. Having job in Shimla. 9418482032

3544 – Suitable match for Sood (Gagal) girl. DOB: 09/12/1999 (3:05pm, Palampur, HP). Ht. 5'6". B.A. (Hons.) in English from Lady Sri Ram College Delhi. Post Graduate in Public Relations & Corporate from Xavier Institute of Communications Mumbai. Presently working as Associate Manager (Corporate Affairs) with Amway India in Gurugram. 9418222623

3545 – Suitable match for Sood Gaghal (Langa) girl. DOB: 08/07/1997/ Ht. 5'7". Bachelors from NIFT, Mumbai. Masters from the United Kingdom. Planner. Annual Income Rs. 58,00,000/-. Preference for well settled boy in the Netherlands, Europe or willing to relocate to the Netherlands from within Europe. 9459755555

3546 – Suitable match for Sood (Phakke) girl. DOB: 04/02/1996 (08:09am, Patiala, Punjab). Ht. 5'. B. Tech (C.S.E.). Lead Software Developer in ITC Infotech (Gurgaon). Annual income Rs. 17 lakh. 9501252989.

3547 – Suitable match for Sood (Dhoop) girl. DOB: 29/10/2000 (00:23am, Ambala, Haryana). Ht. 5'5". MCA. Currently working with an MNC in Gurugram with a good package. 8570998468. Soodkk2000@gmail.com

3548 – Suitable match for Sood (Mahindra) girl. DOB: 07/09/2002 (3:47pm, Ropar, Punjab). Ht. 5'5". D. Pharma & Pursuing B Pharma (Final year). 9872845114, 9872665214

3549 – Suitable match for Sood (Chimra) girl. DOB: 20/12/1998. Ht. 5'7". Studied Medical from Convent School (I.C.S.E Board), D Pharmacy, B.S.C, M.S.C Chemistry (Honors), Pursuing PhD. from L.P.U Jalandhar. 9876946009

3550 – Suitable match for Sood (Karol) girl. DOB: 12/01/1997(Faridabad). Ht. 5'1". MBBS from AIIMS, BHOPAL. Medical writing (Self Employed). Annual income Rs. 20 lakh. 9910024734

3551 – Suitable match for Sood (Dhiri) girl. DOB: 27/11/1994. Ht. 5'7". M.Com. Assistant Manager in a Bank. 0172-2707839

3552 – Suitable match for Sood (Gopal) girl. DOB: 09/02/1997(3:25am, Patiala Punjab). B.Sc., B.Ed. Teaching. 7973570380, 7347269210

"A Moment of Pride"



Sood Sabha Chandigarh launched Yuva Manch-II to inspire youth leadership and community service on 12th April, 2026.



Honouring leadership celebrating Success, Congratulations to Mayor Smt. Radha Sood of Palampur.



Congratulations to Mrs. Upasana Sood on her election as Councillor at Dehra (H.P.)

Sood Sabha congratulates all achievers on their accomplishments and wishes them continued success ahead.

Empowering Young Minds : Sood Sabha Chandigarh's Educational Material Distribution Drive Across Tricity Schools.

