

January to March 2026

Vol. 123

SOOD SANDESH

सूद सन्देश

Community | Culture | Service

SOOD BHAWAN

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Website : www.soodsabhachandigarh.org



SOOD BHAWAN

Sector 10, Panchkula,

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Ceremonial Unfurling of the National Flag —

77th Republic Day Celebrations-2026 at Sood Bhawan, Chandigarh



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



January to March 2026
Vol. 123



Matrimonial : ₹100/-



Ceremonial Unfurling of the National Flag — 77th Republic Day Celebrations-2026 at Sood Bhawan, Panchkula.



Sood Sabha Chandigarh joins in the Spirit of Unity at Sood Parivar Milan Divas Hosted by Sood Sabha, Hoshiarpur on 18th January, 2026.



Editorial

Sudhir Sood
Sachin Sood
Kalika Sood
Munish Sood

January-March 2026

Editorial

Empower Women, Empower the Future



Kalika Sood

Today, we are surrounded by a dynamic environment—one that is in a constant state of flux and transition. The winds of change are continuously carving out new contours in our society and cultural environment. Change is an integral and essential component of our lives, and the intensity and spectrum of its impact depend upon our ability to harness the opportunities that accompany it.

This brings to mind the well-known proverb: “When the winds of change blow, some people build walls while others build windmills.” Hence, it is very important that we step forward and build a fair and equal society by empowering women with freedom, power, and opportunities to make their own decisions and live with dignity and respect.

Empowered women can contribute actively to the development of their families, communities, and the nation. When girls receive proper education, they become more confident and capable of facing challenges in life.

Education also helps them understand their rights and responsibilities.

However, in many parts of the world, women are still facing problems such as discrimination, violence, and lack of opportunities. We must all work together to remove these barriers and ensure safety, respect, and equality for women.

In conclusion, women’s empowerment is essential for our community, society, and country. By empowering girls, we can build a stronger, more just, and more prosperous world.

Sood Sabha Activities



सूद सभा पालमपुर ने मानवता का उदाहरण प्रस्तुत करते हुए एक जरूरतमंद दिव्यांग व्यक्ति को उपचार हेतु ₹ 21,000 की सहायता प्रदान की। यह सराहनीय पहल समाज में संवेदनशीलता और सेवा भाव को दर्शाती है।

शिमला में राम नवमी 2026 पर सूद सभा शिमला द्वारा भव्य शोभा यात्रा एवं प्रभात फेरी का आयोजन श्रद्धा और उत्साह के साथ किया गया। "जय श्री राम" के उद्घोष से शहर भक्तिमय हो उठा। यह आयोजन समाज में एकता, आस्था और सांस्कृतिक मूल्यों को सुदृढ़ करने का प्रेरणादायक उदाहरण रहा।



सूद सभा (रजि.), होशियारपुर द्वारा दिनांक 18 जनवरी, 2026 को "सूद परिवार मिलन दिवस-2026" का आयोजन बड़े ही उत्साह, प्रेम और भाईचारे के साथ किया गया। इस भव्य कार्यक्रम में सूद बिरादरी के सम्मानित सदस्यों ने सपरिवार भाग लेकर एकता और अपनत्व का सुंदर संदेश दिया।

Sood Sabha Activities



चैत्र नवरात्रि एवं राम नवमी के पावन अवसर पर सूद सभा लुधियाना वेलफेयर एसोसिएशन द्वारा "सूद समाज के गौरव" स्वामी नलिनानंद जी महाराज को मानवता के प्रति उनके अमूल्य योगदान हेतु सम्मानित किया गया।

सूद सभा परवाणू ने अंतरराष्ट्रीय महिला दिवस उत्साहपूर्वक मनाते हुए समाज को नारी सशक्तिकरण का सशक्त संदेश दिया। कार्यक्रम के माध्यम से महिलाओं के सम्मान, अधिकारों और आत्मनिर्भरता को बढ़ावा देने का प्रेरणादायक प्रयास किया गया।



सूद सभा, चंडीगढ़ ने सूद बिरादरी के सदस्य, ज्वालाजी निवासी श्री अमित सूद, जो मोहाली में घायल हुए थे, के उपचार हेतु ₹1,00,000 (एक लाख रुपये) की उदार आर्थिक सहायता प्रदान की। सूद सभा का ये संदेश है कि संकट की घड़ी में हम सब एक-दूसरे के साथ मजबूती से खड़े हैं।

FROM SERVICE TO SACRIFICE – HIS LIGHT LIVES ON

The life of Sh. Surender Mohan Sood reflects resilience, integrity, and selfless service. Rising above early hardships through sheer determination, he built a life defined by humility, honesty, and generosity—truly, an unshakable will.

Supported by a devoted life partner, he served with distinction at Indian Oil Corporation, earning respect for his diligence and character. Beyond his profession, his true commitment lay in serving society through organizations like Nishkam Seva Parishad, Arya Samaj, and Sood Sabha.

His deep-rooted association with Sood Sabha Chandigarh, where he served as Vice President till his last days, stands as a testament to his unwavering dedication towards strengthening the Sood Biradari. His valuable contributions over the years shall forever be a

source of inspiration to us.

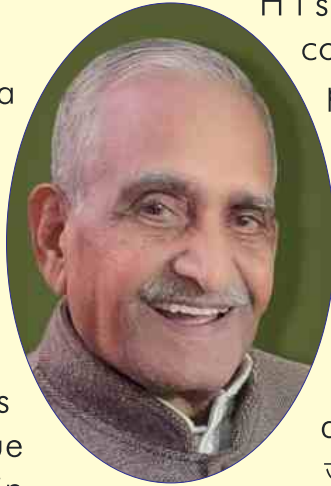
He uplifted the underprivileged by promoting education, supporting schools, and empowering workers by helping them secure financial stability.

His environmental commitment led to the planting of nearly 1,500 trees—a living legacy in green.

A thoughtful author, he shared wisdom through his books—“हम”, “घरेलू नुस्खों में छिपा सेहत का रहस्य”, and “कहावतों और मुहावरों में छिपा जीवन का रहस्य”—reflecting his belief in knowledge as empowerment.

In his final act of generosity, he donated his vital organs and pledged his body to medical research at PGI, inspiring many even beyond his lifetime—giving beyond life, inspiring beyond time.

His life remains a beacon—reminding us that true greatness lies in service, compassion, and the courage to give beyond oneself.



Late Sh. S. M. Sood
31/01/1943 - 07/01/2026

इक दिव्य, इक मंगल दीप

तिमिराकुल हृदय के कोने में, इक दिव्य, इक मंगल दीप जलाएँ ।
एकाग्रचित हो सब नव वर्ष में कुछ नूतन परिवर्तन ले आएँ ॥

हे ईश्वर करवद्ध प्रार्थना इक अदभुत ज्योतिं पुंज दिखला दो,
सुषुप्त, मौन, मनुः झुरमुट को जागृत कर पुनः इक वार हिला दो,
जन मानस, मन बगिया के समस्त सौम्य प्रसून खिला दो,
आर्शिवाद वृष्टि कर सर्वत्र जीवन प्रारूप में सुगन्ध मिला दो,
अति शुद्ध हो हृदय सभी का निश्चल प्रेम व सद्भावना सजाएं ।
तिमिरा कुल हृदय के कोने में, इक दिव्य, इक मंगल दीप जलाएं ॥



वन्दना सूद
देहरा, गोपीपुर

नव पौरुष, नव निखार आए, जाग उठे अर्न्तमन जन-जन का,
दीपान्वित हो समस्त भूमण्डल शुद्ध भावना से हो रक्षण जीवन का,
नव शौर्य सुफल हो, नवनिधि, नवतिका सा रूप निखरे क्षण क्षण का,
भ्रष्टाचार मिथ्या मिट जाए प्रभु, फेरें सब जन शुद्ध मन-का 'मनका',
घनघोर अंधकार को चीर कर, स्वर्णिम वसुन्धरा पर अवलोकन लाएँ ।
तिमिराकुल हृदय के कोने में, इक दिव्य, इक मंगल दीप जताएँ ॥

शपथ ले शुभकर्मों की हम, धर्म ध्वजा जग में फहराएँ,
उत्कृष्ट स्वर्णाक्षरी ग्रन्थों की ऋचाएँ विश्व पटल पर अंकित करवाए,
'सोने की चिड़िया' बन दमके भारत, विश्व गुरु की पुनः गरिमा पाएं,
रामराज्य का पुनः सृजन हो स्वर्ग सौम्य वसुधा पर लाएँ,
अंतः करण हो आलौकिक समग्र, माँ भारती की ओढ़नी सजाएं ।
तिमिरा कुल हृदय के कोने में, इक दिव्य, इक मंगल, दीप जलाएँ ॥

अटूट दृढ़ता: संघर्षों से जन्म लेती महानता की असली पहचान

जब जीवन की राहें आसान होती हैं, तब हर कोई आगे बढ़ता है। लेकिन जब रास्ते कठिन हो जाएँ, जब परिस्थितियाँ विपरीत हो जाएँ, जब हर दिशा में निराशा घेर ले—तभी तय होता है कि आप वास्तव में कौन हैं। यहीं से शुरू होती है दृढ़ता की असली परीक्षा।

दृढ़ता कोई साधारण गुण नहीं, यह वह आंतरिक अग्नि है जो इंसान को हर बार टूटकर भी फिर से जुड़ने की शक्ति देती है। यह वह विश्वास है जो कहता है— **‘अभी नहीं तो कभी नहीं, और मैं हार नहीं मानूँगा।’**



Munish Sood

जीवन में असफलताएँ रुकावट नहीं, बल्कि दिशा बदलने के संकेत होती हैं। वे हमें गिराने नहीं, बल्कि उठाने आती हैं—ताकि हम पहले से ज्यादा मजबूत, ज्यादा समझदार और ज्यादा तैयार बन सकें। जो लोग हर ठोकर के बाद भी आगे बढ़ते हैं, वही इतिहास रचते हैं।

सोचिए, अगर हर कठिनाई के सामने हम हार मान लें, तो क्या हम कभी अपनी असली क्षमता को पहचान पाएँगे? नहीं। क्योंकि असली शक्ति तब सामने आती है, जब परिस्थितियाँ हमारे खिलाफ होती हैं।

दृढ़ व्यक्ति वही है, जो अंधेरों में भी उम्मीद की लौ जलाए रखता है। वह हार को अंत नहीं, बल्कि एक नए आरंभ के रूप में देखता है।

आज के समय में, जब प्रतिस्पर्धा तीव्र है और दबाव लगातार बढ़ रहा है, दृढ़ता ही वह आधार है जो हमें मानसिक रूप से मजबूत बनाता है। यह हमें सिखाती है कि सफलता केवल प्रतिभा से नहीं, बल्कि निरंतर प्रयास और अडिग विश्वास से मिलती है।

जब आप थक जाएँ, रुकें नहीं—बस थोड़ा ठहरें। जब आप गिर जाएँ, हार मानें नहीं—बस फिर से उठें। क्योंकि हर बार उठना ही आपको उस ऊँचाई तक ले जाएगा, जहाँ पहुँचने का आपने सपना देखा है।

याद रखिए—

तूफान हमेशा पेड़ों को नहीं गिराते, बल्कि उनकी जड़ों को और मजबूत बना देते हैं।

इसी तरह, जीवन के संघर्ष आपको तोड़ने नहीं, बल्कि गढ़ने आते हैं।

और जो व्यक्ति इन संघर्षों को स्वीकार कर लेता है, वही एक दिन अपने जीवन की सबसे ऊँची चोटी पर खड़ा होता है।

दृढ़ता ही वह शक्ति है, जो असंभव को संभव में बदल देती है—और एक साधारण इंसान को असाधारण बना देती है।

Things to Let Go for Happiness



Complaining



Limiting beliefs



Blaming others



Negative self-talk



Living in the past



Needing to be right



Resisting change



Trying to impress



Seeking approval

SPOT 5 DIFFERENCES



रंग भरो



सेहतनामा

भोजन में पर्याप्त फाइबर क्यों है जरूरी



खाना पचाने में बहुत मददगार है।

कैलोरी का स्रोत नहीं, जिससे
वजन घटाने में मदद मिलती है।



फाइबर शरीर में बैड कोलेस्ट्रॉल
लेवल को कम करता है।

दिल की बीमारियों का खतरा
कम करता है।



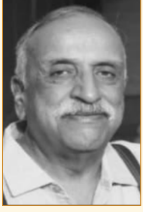
हेल्दी गट बैक्टीरिया की संख्या
बढ़ाता है।

इंफ्लेमेशन को कम करता है।



सोर्स- डॉ. कौशिकी गुप्ता (डायटिशियन)

BEREAVEMENTS



Justice Dev Darshan Sud
left for his heavenly
abode on 9th Dec 2025.
He is survived by 2 sons
and grandchildren.



Sh. Kishore Lal Sood
of Hoshiarpur left for
his heavenly abode on
27th Jan. 2026. He is
survived by 2 sons.



Mrs. Sudarshan Sood
retired principal W/o Lt.
Sh. Gulzari Lal Sood Ex.
President Sood Sabha
Ludhiana left for her
heavenly abode on 3rd
Feb. 2026.



Sh. Arun Sood
S/o Lt. Sh. P.C. Sood
of left for his
heavenly abode on
12th Feb. 2026.



Mrs. Madhu Sood
W/o Lt. Sh. Yashpal
Sood of New Shimla left
for her heavenly abode
on 13th Feb 2026.



Smt. Shashi Kanta Sood
W/o Ashok Sood of Sector
15-B, Chandigarh left for
her heavenly abode on
25th Feb 2026. She is
survived by 2 son.



Smt. Pramila Sud
W/o Sh. O.P. Sud left for
her heavenly abode on
18th Feb. 2026. She is
survived by a son and a
daughter.



Sh. Ashok Kumar Sood
S/o Lt. Sh. Balak Ram
Sood of Shimla left for his
heavenly abode on 27th
Feb. 2026. He is survived
by his wife and a son.



Mr. R.P Sood
Ex AGM, FCI left for
his heavenly abode
on 23rd Feb. 2026.



Smt. Jayshree Sood
W/o Lt. Sh. Rajinder Pal
Sood of Shimla left for her
heavenly abode on 2nd
March 2026. She is survived
by a son & 3 daughter.

*Sood Sabha Chandigarh prays to the Almighty
to bestow peace to the departed souls*

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

7966 – Suitable match for Sood boy (Doegar). DOB: 20/11/1995 (12:50am, Dariwal, Punjab). Ht. 5’7”. BBA. Govt. Job in SBI. 8219685597, 9418967244

7967 – Suitable match for Sood boy. DOB: 09/02/1993. Ht. 5’11”. Working as Area Manager in MNC at Chandigarh with a handsome package. Preference for working girl. Family from Palampur. 9418633005

7968 – Suitable match for Sood (Teji) boy. DOB: 28/ 08/1993(7:40pm, Ludhiana). Ht. 5’10. B.Com.(Hons.). Handling Hosiery Business. Annual Package 15 lakh. 9417090866, 7015953891

7969 – Suitable match for Sood (Goel) divorcee boy. DOB: 05/12/1988. Ht. 5’10”. BCA. Global Contract Manager, EXOS IT Management Solution. Monthly income Rs. 100000/-. Preference for Himachali girl. 8558881996.

7970 – Suitable match for Sood teetotaler divorcee boy with a 9 year old son. DOB: 02/10/1984 (6:35am, Chandigarh). Ht. 5’7.5”. B.E., MBA IIM. Working Master card India (Manager in Gurugram). 9876778822

7971 – Suitable match for Sood (Gopal) divorcee boy. DOB: 16/09/1991 (12:00am, Chandigarh). Ht. 5’7”. M. Tech in computer science and engineering. Currently working as assistant professor in Chandigarh group of college university. Monthly income Rs. 1,50,000. 9814378659, 8557815253

7972 – Suitable match for Sood (Mehdudia) boy. DOB: 02/12/1991. Ht. 5’10”. MCA. Senior Software Engineer in MNC. 9418695091, 8091774587

7973 – Suitable match for Sood (Bajwaria) boy. DOB: 08/06/1993. Ht. 5’10”. MSC (IT). Monthly income Rs. 1,25,000. Mob:8727082280.

7974 – Suitable match for Sood (Kashyap) boy. DOB: 26/01/1996 (7:10am, Shimla). Ht. 5’7”. B. Tech (CSE) from IIIT Noida. Annual Income Rs. 35 lakhs. 7018816843, 8894125885

7975 – Suitable match for Sood (Goyal) boy. DOB: 13/01/1997. Ht. 6’2”. B. Com, M. Com. Home Loan Executive in ICICI bank. Monthly Income Rs. 34,000/- . 8734082002

7976 – Suitable match for Sood (Phakka) boy. DOB: 21/12/1998. Ht. 5’11”. B. Tech from NIT Kurukshetra. Senior Data Scientist. Annual income Rs. 50 lakh. Match preferably from the IT Sector. 9416499388

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 Caggemini, 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/- . 9988885463, 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 Macquiry (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

Grooms Wanted

3512 – Suitable match for Sood (Ugal) manglik girl. DOB: 01/02/1994. Ht. 5'4". M.Sc. Math. Asst. Prof. in Private University. 9464144380

3513 – Suitable match for Sood Chaujjar (Bandal) girl. DOB: 23/08/1994 (anshik manglik). Ht. 5'2". Masters (Comparative Literature). Works as SEO strategist in a US-based firm. Annual package 12+ lakh. 9810192525.

3514 – Suitable match for Sood (Garg) girl. DOB: 07/05/1997 (7pm, New Delhi). Ht. 5'3". MBA, IIM Sambalpur. HR Manager in UAE, Viking Shipping, Ex-Vedanta resources. Annual income Rs. 30 lakh. Residing in UAE. 8851893606

3515 – Suitable match for Sood (Kuthiala) girl. DOB: 03/12/1987. Ht. 5'1". Masters in Physiotherapy in Neurology from Delhi University and Masters in Public Health from Alberta University, Canada. Working as Physio administration assistant in Edmonton, Canada. 9418400367, 9816170267

3516 – Suitable match for Sood girl. DOB: 10/11/1992 (08:07pm, Chauntra). Ht. 5'2". Bachelor's in Journalism and mass communications. 8278780791

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 NIIFT, 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

“A Moment of Pride”



Sh. Raman Sood summited Mount Mera (6,476 m, Nepal) on 25th March, becoming the first Indian septuagenarian and oldest Indian to achieve this feat at 73 years and 7 months—an inspiring example of courage and determination.



Sh. Sudhir Sood, General Secretary, Sood Sabha Chandigarh, has secured the Runner-up position in the Senior Citizens Council Panchkula Tournaments 2026 in Snooker (Doubles) and 8 Ball Pool (Singles). His achievement reflects not only his skill and dedication but also his strong spirit, discipline, and enthusiasm.



Sh. Munish Sood, Organizing Secretary of Sood Sabha Chandigarh, was honoured by the Director General of Police, Haryana, on the occasion of Republic Day 2026 at the State-level function. The recognition was bestowed in appreciation of his outstanding work, unwavering dedication, and consistent commitment to excellence.

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

Divine Monthly Bhandara Seva Across Chandigarh, Panchkula & Mohali – A Mission of Compassion & Devotion

