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CITY VIBES Classifieds

CITY VIBES Govt. Jobs (Notifications)

CANADA STUDENT VISA REQUIREMENTS

Urgent Opening in CITY VIBES for Marketing Manager, Marketing Executives, Marketing Trainees, Circulation Manager, Circulation Trainees, Telecallers, Receptionist, Office Attendants, Field Executives and other media related jobs.

Vacancies exist all over district Nawanshahr, primarily in Nawanshahr, Banga, Balachaur, Garhshankar, Rahon and other places.

Any male/female with good personality, good communication skills, hardworking nature and devotional attitude may apply. For marketing and reporting jobs, minimum +2 is essential. Higher education and prior similar experience will ensure better remuneration for applicants. Interested candidates can

apply with detailed resume, containing a recent photograph, and a copy of Aadhar Card.

Resume may be forwarded on email cityvibesldh@gmail.com or sent through whatsapp on mobile number 98154-29998.

Urgent Opening in CITY VIBES for smart female candidates for taking interviews of prominent personalities of the region. Preferably graduates with excellent communication skills and a vibrant personality may forward their detailed resume on email cityvibesldh@gmail.com or sent through whatsapp on mobile number 98154-29998.

NOTE: NO CALLS WILL BE ENTERTAINED BEFORE GETTING RESUME

Punjab Pre Primary Teacher Recruitment 2021 – Name of the Post: School Education Dept, Punjab Pre Primary Teacher Online Form 2021 Post Date: 15-09-2021 Total Vacancy: 8393 Application Fee: For GEN & Other Categories: **Rs. 1000/-** For SC/ ST: **Rs. 500/-** For Ex-Servicemen: Nil **Important Dates** Last Date to Apply Online: **11-10-2021** **Age Limit (as on 01-01-2021) 18 – 37 Years Qualification** Sr Secondary school certificate/ Intermediate or its equivalent qualification with not less than 45% marks from a recognized board/ institution

Central Board of Secondary Education (CBSE) Central Teacher Eligibility Test December 2021 Application Fee For Gen/ OBC (Only Paper I or II): **Rs. 1000/-** For Gen/ OBC (Both Paper I & II): **Rs. 1200/-** For SC/ ST/ Differently Abled Person (Only Paper I or II): **Rs. 500/** For SC/ ST/ Differently Abled Person (Both Paper I & II): **Rs. 600/-** Starting Date for Apply Online: **20-09-2021** Last Date to Apply Online: **19-10-2021** Last date for submission of fee: **20-10-2021** Candidates should possess Diploma in Education/ Elementary Education/ B. Ed Degree etc.

Indian Oil Corporation Limited (IOCL) 500+ Vacancies 2021 Application Fee For General, EWS and OBC (NCL) Candidates: **Rs. 150/-** For SC/ ST/ PwBD/ ExSM Candidates: Nil **Payment Mode: Through SBI e-collect Important Dates** Starting Date to Apply Online: **21-09-2021 (10:00 Hrs.)** Last Date to Apply Online & Payment of Fee: **12-10-2021 (17:00 Hrs.)** Tentative Date for Written Test: **24-10-2021** **Age Limit (as on 30-09-2021) 18 -26 Years**

Union Public Service Commission (UPSC) Engineering Services (Prelims) Exam 2022 Application Fee For Female/ SC/ ST/ PWD: NIL For Others: **Rs. 200/-** **Important Dates** Starting Date to Apply Online: **22-09-2021** Last Date to Apply Online: **12-10-2021** Date for Preliminary Exam: **20-02-2022**

Those Candidates who are interested in the vacancy details & complete all eligibility criteria can read the Notification & Apply directly. Anyone needing support and guidance for application process or for exam coaching can contact CITY VIBES helpline service at cityvibesldh@gmail.com or send request at whatsapp 98154-29998

You will generally need the following for your CANADA Student Visa application:

- Valid Passport
- Attested copies of 10th, 12th and Degree certificates
- Academic references – 2
- Employer references – 2
- SOP (Statement of Purpose)
- Certificates of extracurricular achievements
- An acceptance letter from your educational institution
- Proof of payment
- Proof of financial funds
- Passport size photographs
- Study Permit and visa
- English Proficiency
- Your University will make you aware of additional requirements if any prior to your application

STEPS TO STUDY ABROAD IN CANADA:

- 1. Research Your Options:** Before you shortlist the universities, decide what you want to study, where you want to live, overall cost, various opportunities etc.
- 2. Select Universities:** Shortlist the universities (about 10 universities should do) & study programs

YOUR WEEKLY HOROSCOPE

19-09-2021 to 25-09-2021

September 14 onwards, the planet of Dharma & Karma will be together in Capricorn. This conjunction is likely to bring significant changes in your life.

Are you planning an important event this week? Check out your weekly horoscope for making the best arrangements for it. Know what to do and what not for enjoying a good and hassle-free week with no unpredictable issues. Look for the insights about the good or bad thing coming your way this

week using our free weekly horoscope. If needed, take our astrologer's advice to resolve the issues and acquire the most out of your week. Make sure to read your horoscope this week, to get all the highlights of your week in advance. Whether you have an important presentation or

conference to attend, know how it is going to be reading your weekly horoscope here. Prepare yourself for the upcoming challenges. Get an idea on what to avoid and not miss this week. You can also find your loved ones weekly astrology and help them make it better and fruitful week ahead.

Got a question you can't find the answer to? If you have got any pressing issues related to love, marriage, health, career, job, or anything that is not letting you sleep, ask our experts to get powerful insights and accurate answer at cityvibesldh@gmail.com.

ARIES: This week, you may face some challenges. You need to stay cautious in terms of your marriage relationship. Try to compromise and adjust to maintain harmony in your relationship. Don't always have a demanding attitude in the relationship. Try to spend quality time together and resolve your issues. You are likely to overcome the challenges with care and patience. Additionally, take care of your health.

TAURUS: This week may prove to be hectic for you. There may be a sudden rise in your work responsibility at your workplace. Try to avoid disagreement and argument with a colleague at the workplace, else it may put you in some trouble. There are chances of unplanned expenditure related to your business this week. You are likely to get rewards from foreign-related businesses.

GEMINI: The week may be tricky for you. You may get interested in getting your work done through others, which is not likely to work. You may not be happy with the way life may turn for you. You need to work hard and double your efforts to get the desired success and reach your goal. Don't feel embarrassed if you feel drawn towards a person who was never a person of interest for you. Hope for the best, as this may lead

LEO: This may be a progressive week for you. You are likely to be quite keen about enhancing your financial and career prospects, this week. You may be able to sort out some tricky issues and may also implement some pending plans to rejuvenate your relationship. This may enliven your spirits. In your career, you may now be better placed to successfully negotiate major deals. However, the negotiations may get dragged for some of the other reasons. You need to have patience.

CANCER: You may reach an important milestone in your professional life this week. You may be able to achieve the desired success and you may

VIRGO: This week may help you to consolidate your position. You may gain a greater understanding of the prevailing situation at your workplace. However, you may need to have your pawns ready to remove bottlenecks. The pace of your financial progress is likely to start picking up positive momentum during this week. It may also bring some good news regarding your money matters. The impact of planets may enhance your love life this week.

LIBRA: This week, you are likely to be witty, generous, endearing, and charming. These qualities may make you an amazing, always active and intensely alive personality for others to deal with. You may come across some challenges this week. But remember, emotional blow-ups may only create unending problems, better prepare yourself to face any situations calmly. Showing sympathy towards your near and dear ones may not harm.

AQUARIUS: This week may be a bit challenging for you. You need to be careful in terms of your family relationship. There are chances of miscommunication or disagreement with them. Don't get into argument with in-laws during this retrograde period of Saturn and Jupiter. Short distance traveling may take place this week. Writing mail and messages in the group is likely to play an important role in the workplace. You should have confirmation related to the details of the message

SCORPIO: Even though you may be hard-working, highly organized, and have a strong aptitude for money matters, you may find it difficult to attain your career goals easily, this week. You need to stay strong as emotional blow-ups may only create unending problems, better prepare yourself to face any situations calmly. Show gratitude towards little things and help your family to solve the issues, this may help you to attain peace of mind.

SAGITTARIUS: An act of virtue, forgiving a person for his mistake that hurt you a lot, may make you more respectable among people you love. You may get the desired support from your relatives. Your friends may shower as bliss for you to lay a strong base for your future. With this, your week is likely to start on a good note. Gradually, there may be an improvement in your love life, career, and even into finance. Although you know what you want

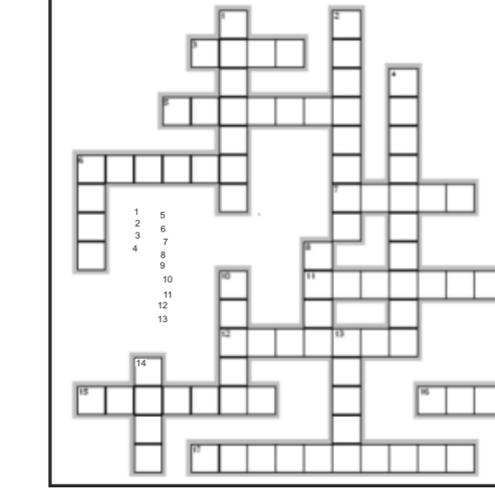
PISCES: This week your communication is likely to play an important role. If you are involved in writing or journalism work, then there are chances of success this week. Business-related wholesale or back end work is bringing some good news for you. However, you should plan your expenditure this week based on priority. There are chances of expenditure on health and family. Small celebrations at home and get-together with in-laws may also give a rise to your expenses.

CITY VIBES - BRAIN EXERCISES

CV SUDOKU - 1
Make a Total of 9 in Rows, Columns & Squares

						9	8	
2	4							
	3			6	7			
		1				2		7
		9		3		8		
		3		1				5
8	6							5
	7		2					
		4						1

CV CROSS WORD - 1
SUBJECT: ART & MEDIA



- ACROSS**
3. A group of musicians who play modern music together. (4)
 5. The collective term for music, art, theatre, literature, etc. (7)
 6. A large, printed picture or notice put on a wall, to decorate a place or to advertise something. (6)
 7. Several songs or pieces of music on a CD, a record, etc. (5)
 11. The people who sit and watch a performance at a cinema, theatre, etc. (8)
 12. A book, newspaper, etc. that is one of several that are the same and are produced at the same time. (7)
 15. A television or radio station (= broadcasting company). (7)
 16. A television or radio programme or performance. (4)
 17. A very popular book that many people have bought. (10)

- DOWN**
1. A room or building which is used for showing works of art. (7)
 2. A short period of time between the parts of a play, performance, etc. (8)
 4. When objects such as paintings are shown to the public. (10)
 6. The story of a book, film, play, etc. (4)
 8. A person in a play or a film. (4)
 9. A report in a newspaper, magazine or programme that gives an opinion about a new book, film, etc. (6)
 10. A view or picture of a film, play or show. (5)
 13. A picture, especially on film or television or on a screen. (5)
 14. All the actors in a film, a play or a show. (4)

10 THINGS YOU MUST CHECK BEFORE BUYING PROPERTY...



Girish Agarwal, 45, has been trying to sell his house since February. He had bought the property five years ago thinking real estate prices would continue to rise at a fast pace. After struggling to find a buyer, he recently reduced the asking price. Still, there are no takers. "Brokers say the sale may take some time as the market is going through a slowdown," he says. This is not the only issue he is grappling with. He is still to get the possession letter from the builder as the project has not got environmental clearances yet. The scenario was not so bleak when Girish had

bought the property in 2010. Prices then were rising at a fast clip, making real estate one of the most sought-after investments. Things would not have been so difficult if he had not taken a loan to buy this property. He also has to pay equated monthly instalments, or EMIs, for the house where he is living at present. With a major portion of his salary going towards paying EMIs, his finances are stretched. He wants to dispose of the second house as soon as possible. There are thousands of people like Girish who, in the hope of making a quick profit, buy a property without understanding their needs. Surabhi

Arora, Associate Director, Research at Colliers India, says, "Property transactions take time. Do not equate real estate with the stock market in terms of exiting."
1. APPROVAL AND LICENCES: Once you zero in on the property, check the builder's paperwork ranging from commencement certificate for work, environmental clearance and approved building plans. Also ask for the status of the land title and see if the builder has bought the land or has just development rights for it. Here is a list of documents you should check. (a). **Title Deed:**

Check whether the builder has a right over the property. While buying a plot, see the title deed of the land to confirm if the builder has the full right to it. You can also take help from a lawyer to get the deed examined. Divakar Vijayasathy, Co-founder, MeetUrPro.com, says, "A mere NOC (no-objection certificate) from the panchayat or the local body does not constitute approval by the authority." (b). **Release Certificate:** If you are buying a property in resale, remember that it may have been pledged to get a bank loan. In such a case, you will have to get a release certificate

from the bank, which will prove that the loan on the land has been repaid. **Check Encumbrance Certificate:** It is also important to verify that the land is free from all legal dues. (c). **Verify land use:** Verify the land-use zone as per the city master plan for the plot. You can get the plan from the local body office in your respective city. (d). **Approvals by Local Body:** Make sure that the entire layout has been approved by the development corporation and the local body of the city. (e). **Property Tax Receipts:** If you are buying a property in resale, ask for previous property tax receipts from the seller along with other bills. This way you can ensure there are no pending bills.
2. LIST OF BANKS FINANCING THE PROJECT: With real estate companies sitting on unsold inventory and not having enough cash to complete their projects, banks have become wary of financing them. There are many builders which do not get bank loans at all. So, once you finalise the property and confirm that all approvals are in place, find out banks which are ready to fund the project and go with the one offering you loan at the lowest rate.
3. CALCULATE THE TOTAL COST: Do not go by what the broker tells you. Many times brokers just mention the basic cost and not other

factors such as internal/external development fees, preferential location charges, parking/club/statutory charges, and service tax, which escalate the total cost. Ask for the final cost of the property.
4. VERIFY THE BUILDER: The piece of land in question may be under litigation. Hence, it is recommended that you do an extensive verification of the builder. You could verify its past or current projects or even post queries on the various online real estate forums.
5. BUY VS RENT: Many people buy a property thinking they will use rent to pay EMIs. Experts say it is a wrong approach. Surabhi says, "Do not over-leverage in hope that rental income will pay for the EMI. The rental yield on residential properties is generally only 2-3 per cent." Moreover, the property may remain vacant for months before you can find a tenant.
6. THE RIGHT PLAN: There are various payment options available in the market such as down-payment plan, flexi-payment plan, construction-linked plan and possession-linked plan. Experts say one must choose carefully, as generally there is a cost for every convenience. For example, in subvention schemes, the price is at least 10 per cent higher than what is charged

under regular schemes. Customers must also understand that any late payment or default on the part of the builder in such schemes will impact their credit history. Then, there are guaranteed rental schemes under which the developer either pays you rent for a fixed period during construction or for a certain period after possession. In the first scheme, the buyer gets regular payments from the developer during the construction of the house, which helps him offset a part of EMI or rent costs. In the latter scheme, generally for properties which are outside city limits, the developer offers rental income after possession. But the fine print is that there is no guarantee.
7. SIZE OF THE APARTMENT: Builders generally mention super built-up area in brochures. This includes common areas such as staircase, lobby, etc. The carpet area of the flat could actually be 30 per cent less than the super built-up area. For example, a two-BHK 1,000 square feet flat could actually be just 700-750 square feet. It is advisable to always go by the carpet area, the area enclosed within walls. Divakar says, "If you are looking to buy a plot for living at a later stage, it is advisable to first understand your requirement. Ensure that you check how much land (built-up area) you will need to build your dream home. Topography and soil are the other vital factors."

8. CHECK THE INFRASTRUCTURE PLANS: Metro connectivity or any other big infrastructure development in future linked to the location of the property you intend to purchase can boost the return on investment tremendously. Also ensure that the property is not close to any polluting industry.
9. CHECK THE SITE: The layout in the brochure could be different from the reality. So, do a thorough site visit before booking the property. Interact with people in the neighbourhood as they may know about any illegal occupation or other legal disputes related to the property.
10. REGISTER YOUR PLOT: After selecting the property, you have to register it with the authority concerned for you to become its lawful owner. Surabhi says, "Through registration of sale deed, a person is able to acquire the rights of the property from the date of the execution of the deed." Last, but not the least, do some research about the developer's record in terms of total square feet developed, market feedback and project delays. Also check the quality of its previous projects. Divakar says, "Be sure to search for any contingencies which may hinder the development of the property. For this, you can probably refer to or participate in various online real estate forums."

20 TIPS FOR HEALTHY LIVING

Healthy living is the essence of overall health – physical and mental. Following simple healthy living tips can take you a long way.

You don't have to worry about lifestyle diseases that plague every second person. Making small healthy additions, replacements and substitutes to your life can assure you happiness in mind and body. Here are top 20 healthy tips for healthy living that you can incorporate from today.

1) Live your life with a purpose: You are born for a purpose though we wait for divine intervention to tell us 'what is the purpose'. Enough of philosophy, but you need goals and mottos to live life to the fullest. Achieving these goals and living up to your motto will give you a sense of bliss and happiness. Achieving this bliss-like state is a step to healthy living.
2) Prepare your own

meal
Learning to cook with natural and fresh produce is a major leap towards healthy living. This healthy tip is a filter that helps you consume fresh vegetables, skip processed food, reduce salt and oil and find healthy ways of cooking. Preparing your meal will help you cut down on lifestyle diseases like heart problems and unhealthy weight gain.
3) Avoid sugary foods This is like taking candy from children. In hindsight, it's not a bad idea, especially with the increasing number of young adults developing diabetes. Refined sugar has no vitamins or minerals; it only adds sweetness to the dish.
4) Improve your posture
It is important to improve your posture; these are the health benefits for good posture:
- Helps the organs to function properly, especially digestion.
- Avoid back pain and neck pain
- Prevent a hunchback

- Improves concentration
5) Carry water and drink enough water
Your body needs water to function properly and efficiently. Water helps the body in a big way to flush out all the waste from the body. Water has several health benefits; it's as long as your shopping list. Stay hydrated with water than opting for packaged bottle of juices, energy drinks or aerated drinks.
6) Have a coloured diet
Include as many colours in your daily meals. With a coloured diet, you know you are getting all the nutrients and minerals. Different coloured pigments from fruit and vegetables has different chemical properties that caters to healthy living.
7) Practice dental hygiene
Oral health or dental hygiene is also important for healthy living. Regular visits to the dentist can avoid tooth decay and the dentist can suggest different ways to improve dental hygiene. Sadly, most of us only visit the dentist

when you have an ache, don't you agree?
8) Pick an exercise you love
It is important to select an exercise or workout routine that you enjoy, this will only help you stick to your fitness goals.
9) Exercise all muscle groups
When you exercise it is important to flex different muscle groups in your body. Most of us opt for cardio workouts which only has cardiovascular benefits. For example, running can burn calories, improve stamina in your legs and tone muscles. What about the rest of the body?
10) Improve your eating habits: While eating, there are few pointers that get sidelined but plays a vital role in healthy living. These are some of the healthy tips while eating for healthy living:- eat in small portions- eat in a smaller plate to reduce the consumption of food - eat slow, it will help in digestions and give you a satiated feeling - stop eat-

ing when you are full
11) Change your diet
A healthy diet or a healthy meal plan can help you towards meeting your healthy living goals:- have five servings of fruits and vegetables a day- cut out processed food- avoid foods that trigger you to eat more, especially for emotional eaters choose fresh produce
12) Get sufficient sleep
Sleep is important for healthy living. Lack of sleep is one of the causes for the onset of lifestyle diseases. Life is too short, but you need to sleep and get sufficient rest for your body is recuperating.
13) Take a deep breathe
A hectic schedule leaves no room for a breather. Stress can lead to lifestyle diseases like insomnia and cancer which can send your world spiraling out of control. When stressed, take a deep breathe, do this couple of times. Slow deep breathing exercises are a great way to pump up low energy levels and concentration.

14) Get out more often
Staying cooped up at home can make life boring, dull and make you a couch potato. Besides it can make you frustrated, no one likes a wet blanket! Make the most of life and get out there, you will definitely find something new.
15) Hang out with healthy people:
The friends you have will decide your eating habits which in turn will decide your healthy living habits. There are few criteria in place by what we mean by healthy people: they should have healthy food choices, eat sufficient amounts of food, and lead active instead of sedentary lifestyles.
16) Choose the right friends
If your friends make you sad and increase your negativity, you need to ditch them. Negative attitude will only ruin your health. Certain friendships are good for temporary benefits... get the hint! Healthy living is begotten from healthy and positive mind.

17) Quit smoking:
Smoking is just bad for health, although you may argue your grandfather smoked and lived a 100 years! But here's the catch, your lifestyle choices are not the same as your grandfather, case closed! Even secondhand smoke is equally unhealthy.
18) Cut out aerated and caffeinated rich drinks:
Most office goers are addicted to coffee and rarely drink water, time to turn the table. Even aerated drinks hamper the health of the body.
19) Don't drink alcohol
The truth is heavy consumption of alcohol actually destroys you and your family. In fact, an addiction can break down a family. Not to mention the ill effects of drinking on your health.
20) Try something new
Healthy living is also about exploring yourself and your skills. It could be a mental or physical achievement that will give you lifetime satisfaction. Go live!



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★ All Indian Armed Force : Army, Navy, Air Force

★ State Police : Punjab Police, Delhi Police, Railway Police

ਇਨ੍ਹਾਂ ਸਭ ਫੋਰਸਾਂ ਨੂੰ ਜੁਆਇੰਟ ਕਰਨ ਦੇ ਲਈ ਫਿਜੀਕਲ ਟੈਸਟ ਕਲੀਅਰ ਕਰਨ ਦੇ ਲਈ ਇਸ ਅਕੈਡਮੀ ਵਿੱਚ ਫਿਜੀਕਲ ਟ੍ਰੇਨਿੰਗ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਜਿਹੜੇ ਬੱਚੇ ਦਸਵੀਂ/ਬਾਰ੍ਹਵੀਂ ਪਾਸ ਹਨ ਅਤੇ **ARMED FORCE** ਵਿੱਚ ਨੌਕਰੀ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹਨ ਉਹ ਬੱਚੇ ਫਿਜੀਕਲ ਟ੍ਰੇਨਿੰਗ ਦੇ ਲਈ ਅਕੈਡਮੀ ਜੁਆਇੰਟ ਕਰ ਸਕਦੇ ਹਨ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਦੇ ਲਈ ਦਸਵੀਂ/ ਬਾਰ੍ਹਵੀਂ ਦਾ ਨੰਬਰ ਕਾਰਡ ਅਤੇ ਅਧਾਰ ਕਾਰਡ ਦੀ ਫੋਟੋ ਕਾਪੀ ਅਤੇ ਇੱਕ ਫੋਟੋ ਨਾਲ ਲੈ ਕੇ ਆਉਣ।

Physical Training in Academy : Running, High Jump, Long Jump, Pushup, Chinup, Ditch Cross ਦੀ ਟ੍ਰੇਨਿੰਗ ਕਰਵਾਈ ਜਾਂਦੀ ਹੈ।

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★ Special Training For Child Boy/Girl (Bhangra, Dance)

ਆਪਣੇ ਬੱਚਿਆਂ ਦੀ ਮੈਂਟਲੀ ਸਟਰੈਸ ਘਟਾਉਣ ਲਈ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਭੰਗੜਾ ਅਤੇ ਡਾਂਸ ਸਿਖਾਉਣ ਲਈ ਅਕੈਡਮੀ ਵਿੱਚ ਭਰਤੀ ਕਰੋ (ਕੁਲਜੀਤ ਸਿੰਘ ਭੰਗੜਾ ਕੋਚ)

ਅਕੈਡਮੀ ਵਿੱਚ ਖੇਡਾਂ ਦਾ ਸਮਾਨ ਅਤੇ ਖੇਡਾਂ ਵਾਲੀਆਂ ਡਰੈੱਸਾਂ Track Suit, Sports Shoes, Hand Grip, Skipping Rope, Round Kit Bag, T-Shirt Lower, Shorts, Etc. ਬਜ਼ਾਰ ਨਾਲੋਂ ਸਸਤੇ ਅਤੇ ਵਧੀਆਂ ਕੁਆਲਟੀ ਦੇ ਮਿਲਦੇ ਹਨ।

ਸਦਾ ਲਈ ਵਿਚਾਰ : ਮੋਟਾਪਾ ਅਤੇ ਵਧਦਾ ਵਜ਼ਨ ਆਪਣੇ ਨਾਲ ਕਈ ਬਿਮਾਰੀਆਂ ਲੈ ਕੇ ਆਉਂਦਾ ਹੈ ਜੋ ਜੀਵਨ ਦੇ ਸੁੱਖ ਚੈਨ ਨੂੰ ਖਤਮ ਕਰ ਦਿੰਦਾ ਹੈ ਮੋਟਾਪੇ ਅਤੇ ਵਧਦੇ ਵਜ਼ਨ ਨੂੰ ਕੰਟਰੋਲ ਕਰੋ ਜੀ ਇਸ ਲਈ ਆਪਣੇ ਆਪ ਨੂੰ ਹਮੇਸ਼ਾਂ ਫਿੱਟ ਰੱਖਣ ਦੇ ਲਈ ਕਸਰਤ ਕਰੋ ਜੇਕਰ ਤੁਸੀਂ ਆਪਣੇ ਸਰੀਰ ਨੂੰ ਫਿੱਟ ਰੱਖੋਗੇ ਤਾਂ ਹਮੇਸ਼ਾ ਖੁਸ਼ ਰਹੋਗੇ (ਪੰਨਵਾਰ)

ਜ਼ਿਲ੍ਹਾ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਨਗਰ ਦੀ
ਆਰਮੀ ਦੀ ਭਰਤੀ ਜਨਵਰੀ 2022 ਦੇ ਵਿੱਚ
ਜਲੰਧਰ ਕੈਂਟ ਵਿਖੇ ਹੋਵੇਗੀ

ਨਸ਼ਾ ਬਾਰ-ਬਾਰ ਹੋਣ ਵਾਲੀ ਸਰੀਰਿਕ, ਮਾਨਸਿਕ ਅਤੇ ਸਮਾਜਿਕ ਬਿਮਾਰੀ ਹੈ।
ਨਸ਼ਾ ਇਲਾਜ ਯੋਗ ਹੈ। ਨਸ਼ੇ ਤੋਂ ਬਚਿਆ ਜਾ ਸਕਦਾ ਹੈ।

ਏਕ ਪਰਿਆਸ ਨਸ਼ਾ ਛੁਡਾਊ (ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਕੇਂਦਰ)

ਨੇੜੇ ਬੀ.ਪੀ.ਸੀ.ਐਲ. ਪੈਟਰੋਲ ਪੰਪ, ਨਵਾਂਸ਼ਹਿਰ ਰੋਡ, ਗੜਸ਼ੰਕਰ

ਉਪਲੱਬਧ ਨਸ਼ਾ ਛੁਡਾਊ ਸੇਵਾਵਾਂ : ਸਮੈਕ, ਹੈਰੋਇਨ (ਚਿੱਟਾ), ਅਫੀਮ, ਭੁੱਕੀ, ਪੋਸਤ, ਡੋਡੇ, ਭੰਗ, ਚਰਸ, ਗਾਂਜਾ, ਹਸ਼ੀਸ, ਤੰਬਾਕੂ, ਬੀੜੀ, ਸਿਗਰੇਟ, ਸ਼ਰਾਬ, ਕੈਪਸੂਲ ਆਦਿ

ਪੰਜਾਬ ਦਾ ਸਭ ਤੋਂ ਸਸਤਾ ਅਤੇ ਆਧੁਨਿਕ ਇਲਾਜ ਕੇਂਦਰ।

ਇੱਥੇ ਮਰੀਜ਼ ਦਾ ਇਲਾਜ ਜੀਭ ਛੱਲੇ ਰੱਖਣ ਵਾਲੀ ਗੋਲੀ ਨਾਲ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।

ਮਰੀਜ਼ਾਂ ਨੂੰ ਦਾਖਲ ਕਰਕੇ ਜਾਂ ਬਿਨਾਂ ਦਾਖਲ ਕਰੇ ਵੀ ਨਸ਼ਾ ਛੁਡਾਉਣ ਦੀ ਸੁਵਿਧਾ ਉਪਲੱਬਧ ਹੈ।

ਦਵਾਈ ਲੈਣ ਦੌਰਾਨ ਮਰੀਜ਼ ਨੂੰ ਕੋਈ ਤੋੜ ਨਹੀਂ ਲੱਗਦੀ। ਮਰੀਜ਼ ਦੀ ਪਛਾਣ ਗੁਪਤ ਰੱਖੀ ਜਾਵੇਗੀ।

ਐਤਵਾਰ ਨੂੰ ਵੀ ਨਸ਼ਾ ਛੱਡਣ ਦੀ ਦਵਾਈ ਮਿਲਦੀ ਹੈ। (ਪੰਜਾਬ ਸਰਕਾਰ ਦੁਆਰਾ ਲਾਇਸੈਂਸਡ ਸੈਂਟਰ)

ਸੰਪਰਕ ਕਰੋ: 88470-23028, 01884-503207

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ਕਰਜ਼ਾ, ਰੋਗ, ਜਾਦੂ ਟੂਣਾ, ਕੀਤਾ ਕਰਾਇਆ, ਖਿਲਾਇਆ ਪਿਲਾਇਆ, ਪ੍ਰੇਮ ਵਿਆਹ ਦੇ ਲਈ ਵਧੀਕਰਨ, ਕਾਰੋਬਾਰ ਦੇ ਵਿੱਚ ਰੁਕਾਵਟ, ਘਰ ਕਲੇਸ਼, ਪਤੀ ਪਤਨੀ ਵਿੱਚ ਝਗੜਾ ਆਦਿ ਸਾਰੀਆਂ ਸਮਸਿਆਵਾਂ ਦਾ ਹਲ ਸਾਡੇ ਕੋਲ ਮਿਲੇਗਾ।

ਪਿਆਰ ਵਿੱਚ ਧੋਖਾ ਖਾ ਚੁੱਕੇ ਪ੍ਰੇਮੀ ਪ੍ਰੇਮਿਕਾ ਇਕ ਵਾਰ ਫੋਨ ਜ਼ਰੂਰ ਕਰੋ।

Pandit P. K. Shastri 98726-96472

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