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+ Body Mass Index

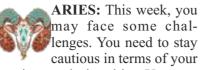
+ Visceral Fat

+ Body Fat %

+ Metabolic Age

YOUR WEEKLY HOROSCOPE 31-10-2021 to 06-11-2021

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.



marriage relationship. You are likely to overcome the challenges with care and patience. Additionally, take care of your health.

.TAURUS: Try to avoid disagreement and argument with a colleague at the workplace, else it may put you in some trouble. You are likely to get rewards from foreign-related businesses.

GEMINI: The week may be tricky for you. You need to work hard and double your efforts to get the desired success and reach your goal.

CANCER: You may be able to achieve the desired success and you may expect the much-

desired advantage owing to the planetary support. **LEO:** You may be able to

sort out some tricky issues and may also implement some pending plans to rejuvenate your relationship. You need to have patience.

VIRGO: You may gain a greater understanding of the prevailing situation at your workplace. The impact of planets may enhance your

love life this week.

LIBRA: This week, you are likely to be witty, genwerous, endearing, and charming. Showing sympathy towards your near and dear

ones may not harm. **SCORPIO:** You may be

hard-working, highly organized, and have a strong aptitude for money matters, but emotional blow-ups may create unending problems,

SAGITTARIUS: An act of virtue, forgiving a person for his mistake that hurt you a lot, may make you more respectable among people

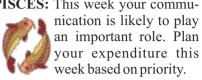
you love.

CAPRICORN: This week, you may feel that you lack the power for analysing to reach an intelligent decision. Try to be more communicative with those you

deal with.

AQUARIUS: You need to be careful in terms of your family relationship. There are ances chances miscommunication or dis-

agreement with them. **PISCES:** This week your commu-



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

*Valid Passport

*12th and Degree certificates

*Academic references – 2 *Employer references – 2 *SOP (Statement of Purpose)

extracurricular achievements *An acceptance letter from etc.

your education institution *Proof of payment *Proof of financial funds

Your University will make to apply for.

*Attested copies of 10th, requirements if any prior to exams: your application

*Study Permit and visa

*English Proficiency

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*Passport size photographs should do) & study requirements. Every programs that meet your university has its own requirements and you want admission requirements. you aware of additional 3. Prepare for entrance well before deadlines and send them.

Prepare for the Step 6: Steps to study abroad in standardized tests like Confirm admission:

T O E F L / Once you get your 1. Research Your Options: GRE/GMAT/IELTS etc. acceptance letters from the Before you shortlist the based on the requirements universities that you have universities, decide what of the universities & applied to, choose the * Certificates of you want to study, where collages. Register for these university you would like to you want to live, overall tests in advance. While study at. The next step is to cost, various opportunities applying for the tests you pay a non-refundable should also plan for the deposit to the university to time required in case you confirm your admission. Shortlist the universities need to retake the test. You **Step 7:** should complete these tests Get Student Visa: before September of the Once you get admission year you wish to apply.

Step 4: **Finance your studies:**

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Step 5: Apply to university:

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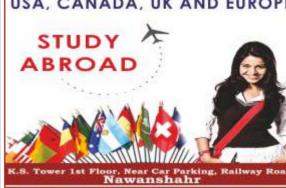
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5. The collective term for music, art, theatre,

performance at a cinema, theatre, etc. (8)

broadcasting company). (7) 16. A television or radio programme or performance. (4)

showing works of art. (7) 2. A short period of time between the parts of

4. When objects such as paintings are shown

7. Several songs or pieces of music on a CD, a 6. The story of a book, film, play, etc. (4) 8. A person in a play or a film. (4)

> programme that gives an opinion about a new book, film, etc. (6)

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.

CV CROSS WORD - 1 ACROSS 3. A group of musicians who play modern CV SUDOKU - 1 have bought. (10) **DOWN** music together. (4) 1. A room or building which is used for **SUBJECT: ART & MEDIA**

6. A large, printed picture or notice put on a wall, to decorate a place or to advertise something. (6)

11. The people who sit and watch a

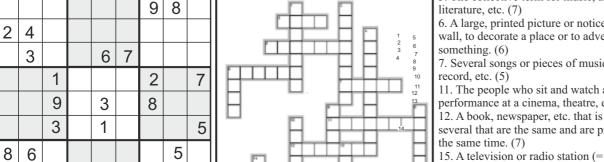
12. A book, newspaper, etc. that is one of several that are the same and are produced at

17. A very popular book that many people

a play, performance, etc. (8) to the public. (10)

9. A report in a newspaper, magazine or

10. A view or picture of a film, play or show.



registered (RNI Regn. No. since 1998.

CITY VIBES for Nawanshahr and surrounding towns and villages within Shaheed Bhagat Singh Nagar district (including the neighbouring town of Garhshankar).

CITY VIBES is primarily launched here as an Advertising paper to provide High Quality -Low Cost - High Circulation advertising facility to the entrepreneurs of this region.

This is an effort by our paper

CITY VIBES is a Govt. business community the most concerned effective print media advertising 69862/98) weekly newspaper tool, a low cost local paper, the absence of which compels a thank all This is the first edition of majority of them to go for the lesser favoured options.

CITY VIBES is also c o m e available online on our websitecityvibesindia.com and major reading platforms. Social media promotions will be available Free to all our clients.

by CITY VIBES to bring to times to come. Nawanshahr, the prevailing trend of present times all over Metros and western countries and we need whole-hearted

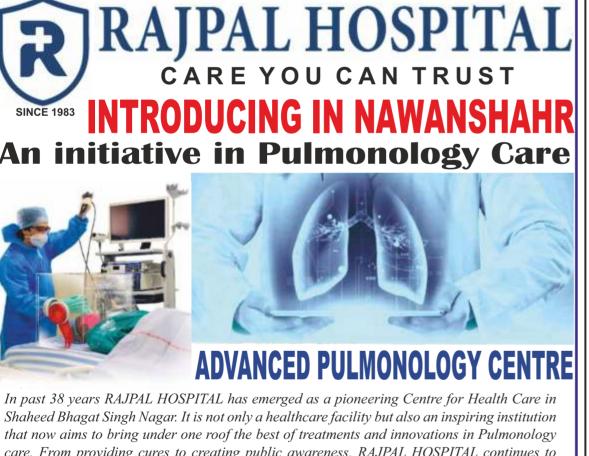
I sincerely the patrons

who have

forward to support us in our first edition for this region and genuinely hope that this support will continue and expand to include the total business This is a very genuine effort community of this region in the

> Thanks & Regards C. M. Sharma **Editor**





care. From providing cures to creating public awareness, RAJPAL HOSPITAL continues to break new grounds so that distressed families can breathe a sigh of relief

"A journey of thousand miles begin with a single step. Awaiting your blessings for a New Beginning...



CONSULTATION AVAILABLE: Covid 19 **Allergy Post Covid TMT Asthma** TB

Bronchoscopy Lung Cancer Sleep Apnoea

COPD **PFT** ILD



OPD Timing: 9:00am - 2:00pm & 5:00pm - 7:00pm Clinical Cardiologist & Puln

EMERGENCY 24 HOURS

VIKAS NAGAR, RAHON ROAD, NAWANSHAHR-144 514 PUNJAB MOBILE: 84377 21057

City VIBES YOU MAY LIKE TO K

THE THINGS

FREQUENTLY ASKED QUESTIONS

cost; High circulation; Advertise in any language of your choice OR in multiple Q: I wish to advertise languages as you wish

this paper? s ANS: CITY VIBES is distributed FREE. To ensure that you get every Edition of this paper, you can either Edition or can read it online on our website

To ensure that you ask your hawker to

advertise in CITY your doorstep every V I B E S ? Sunday. Alternatively ANS: low advertising you may send us your premises address. Quality at par with Charges apply for regional media; certain regular delivery of Print Edition.

in CITY VIBES? ANS: You will get all Q: Where can I get services at your door t e Contact us at 98154-29998 and our

Representative will contact you at your premises. subscribe to our email Alternatively, you may Edition or Whatsapp send the required advertisement material online, we will design www.cityvibesindia.co the advertisement and publish accordingly

receive every Print Q: Is this paper Edition of this paper, distributed in my

distributed all over the district of Shaheed Bhagat Singh Nagar including all villages and towns like Banga, Balachaur, Rahon, Aur, Jadla etc. and to the neighbouring town of Garhshankar as well. You may ask your local hawker or call us.

Q: Do I get any advantage if I advertise in CITY **VIBES regularly?**

ANS: CITY VIBES has special discounted rates for advertisers who go for larger size advertisements, and also for those who advertise on regular basis. You get upto 50% rebate as the size of your advertisement become big. And there is an additional

Q: Why Should I deliver CITY VIBES at ANS: CITY VIBES is discount package of upto 40% depending upon how often do you repeat your advertisements.

Q: Do I need to send you designed

advertisement? ANS: We provide designing service to our clients free of cost. You may avail our services and we will feel honoured to serve.

Q: I want to work in media. May I work with You? I am a fresher for this industry?

ANS: CITY VIBES is constantly looking for people to work with us. We do provide on the job training and also offer certificate courses for fresh boys

ਾਇਕ ਲੰਮ ਵਿੱਚ ਇੱਕ ਹੀ ਸਕੀਮ ਲਾਗੂ ਹੋਵੇਗੀ

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



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

ਸਮੈਕ, ਹੈਰੋਇਨ (ਚਿੱਟਾ), ਅਫੀਮ, ਭੁੱਕੀ, ਪੋਸਤ, ਡੋਡੇ, ਭੰਗ, ਚਰਸ,

ਗਾਂਜਾ, ਹਸ਼ੀਸ, ਤੰਬਾਕੁ, ਬੀੜੀ, ਸਿਗਰੇਟ, ਸ਼ਰਾਬ, ਕੈਪਸੂਲ ਆਦਿ ਪੰਜਾਬ ਦਾ ਸਭ ਤੋਂ ਸਸਤਾ ਅਤੇ ਆਧਨਿਕ ਇਲਾਜ ਕੇਂਢ ਇੱਥੇ ਮਰੀਜ਼ ਦਾ ਇਲਾਜ਼ 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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