



The Year 2018 For You! -In Astrology



The debate whether ‘Achhe Din’ have arrived for the nation or not rages on, but ‘Achhe Din’ have certainly arrived for most of you in the year 2018 in many aspects of your life, maintains our celebrated resident astrologer, Dr. Prem Kumar Sharma.

ARIES the Ram (Mar 21-Apr 20)
The year 2018 for Aries is likely to have more pluses than minuses. You will be happily investing in various assets and will benefit out of them as well. First quarter of the year will bring in bright chances of acquiring a property in your name. Those planning to start a new business should seek an opinion from a good consultant first. A promotion or a salary hike is much indicated in the months of July or August. Health may require some attention after June. Romance that started giving you feelings of a stagnant relationship is now set to improve this year.
Lucky Months: January, February, July, August
Lucky Number: 5, 11, 4
Lucky Colour: Golden, Mauve, Maroon
Lucky Days: Tuesday & Thursday

TAURUS the Bull (Apr 21-May 20)
Year 2018 is likely to bring smile on the face of Taureans. Hurdles being faced from the last few months on the work place will start disappearing. Some major decisions can be taken during the June and July months which will elevate your overall graph. Differences among the family members will be sorted out amicably. Make sure you take personal interest in managing your finances than accounting on someone else. Health requires some attention. Romantic aspirations will be fulfilled as you write a new chapter on the love front.
Lucky Months: June, July, August, September
Lucky Number: 8, 17, 12
Lucky Colour: Beige, Dark Green, Rust
Lucky Days: Sunday & Wednesday

GEMINI the Twins (May 21-Jun 21)
Good news on most of the fronts is in store for the Geminians in the year 2018. Things that were left half way in the previous year will show tremendous progress now as you start taking personal interest in them. You will see your productiv-

ity multiplied especially in the first half of the year 2018. Wedding bells may ring for those eligible. A new addition to the family is possible between August to December. Travel stars burn bright in the months of July and August. Those ailing for some time now will start showing signs of healthy recovery.
Lucky Months: May, June, August, December
Lucky Number: 4, 6, 19
Lucky Colour: Royal Blue, Orange, Pink
Lucky Days: Saturday & Thursday

CANCER the Crab (Jun 22-Jul 22)
Stars promise fame and fortune for the Cancerians in year 2018. This is going to be one lucky year for you when things move as planned. Promotion prospects will turn brighter in the last quarter but the result will be worth the wait. Health requires attention especially between February to June. Family life will be satisfactory. Romance front brightens up as you make interesting efforts to reignite love and romance. Financially things may not go as planned in the second half but you will still be able to overcome the challenges.
Lucky Months: March, April, November, December
Lucky Number: 7, 9, 12
Lucky Colour: Sea Green, Red, Cream
Lucky Days: Tuesday & Friday

LEO the Lion (Jul 23-Aug 23)
Year 2018 promises to bring more achievements than you even would have thought of. Keep your travelling bag always handy especially in the first quarter as you will be mostly on the move. Career wise, things will start following an upward trend May onwards. Property related disputes or other litigation prone events will get sorted and settle in your favour between July and September. You need to be a little sensitive while handling relationship related problems. Those feeling not so good on the health front will start recovering June onwards.
Lucky Months: January, July, August, September
Lucky Number: 5, 7, 9

Lucky Colour: Peach, Off White, Lavender
Lucky Days: Monday & Wednesday

VIRGO the Virgin (Aug 24-Sep 23)
Virgos, you must keep your focus in tact on property and travel front in the year 2018. New career avenues open up for job seekers and students giving them an opportunity to showcase their skills and talents. Health will become your priority in the second half of the year. Financial stability assures you to take small risks with ease. Romantic bonds will grow strong with time. Family may not agree with your opinions; it will be better to maintain a low profile.
Lucky Months: March, August, September, October
Lucky Number: 14, 18, 22
Lucky Colour: Cyan, Pink, Yellow
Lucky Days: Friday & Tuesday

LIBRA the Scales (Sep 24-Oct 23)
The saying “slow and steady wins the race” will apply quite well to you in the year 2018, Libran! Your hard work at the work place will be noticed by those who matter. Singers, artists and stage performers get due recognition paving a way for reaching higher echelons. Those newly married may enjoy a good time in the company of the beloved. Those waiting for some news from abroad are likely to hear of the positive developments. You will get a chance to visit an out of town relative or a school friend and re-live some old memories.
Lucky Months: April, May, June, July
Lucky Number: 2, 12, 17
Lucky Colour: White, Red, Bottle Green
Lucky Days: Sunday & Saturday

SCORPIO the Scorpion (Oct 24-Nov 22)
Scorpions will find 2018 to be a year which will give them opportunities to realize their skills and talents. Your finance savvy nature will interest you to look out for various investment schemes. An inclination towards spirituality will usher more

positivity in you and help you get rid of the anxieties. April to June will be a period when you achieve what you thought was not possible or was beyond your capacity. Those planning to switch jobs are likely to hear of the opportunities between May to July. October and November may bring pleasant surprises for entrepreneurs.
Lucky Months: April, May, June, November
Lucky Number: 9, 16, 24
Lucky Colour: Plum, Sky Blue n Grey
Lucky Days: Sunday & Wednesday

SAGITTARIUS the Archer (Nov 23-Dec 21)
Sagittarians are set to grow stronger in the year 2018. Whatever you had invested your hard work and efforts in will start giving excellent results. Those aspiring for higher studies will hear from their choice of universities. Romance wise, you may not be on the same page with the one you admire. Family bliss can only be achieved by controlling your mood swings. Joining a fitness club will not only expand your social circle but also ensure all round health. Stars advise you to stay financially prudent and evaluate things that work or do not work for you.
Lucky Months: February, July, August, September
Lucky Number: 5, 8, 27
Lucky Colour: Dark Grey, Magenta, Lemon
Lucky Days: Monday & Thursday

CAPRICORN the Goat (Dec 22-Jan 21)
The year 2018 not only is going to fulfill your desires and aspirations but will also help you reach new heights. A league of positive events will follow you from May to July which will take you towards unprecedented success. The months of November and December will be exceptionally good for students as their hard work brings laurels and make their families proud. Stars advise you to start making some efforts on the health front especially in the second half. Staying in touch with your loved ones will strengthen

your emotional well being.
Lucky Months: May, June, November, December
Lucky Number: 4, 13, 9
Lucky Colour: Red, Purple n Sky Blue
Lucky Days: Sunday & Wednesday

AQUARIUS the Water Bearer (Jan 22-Feb 19)
2018 will put an Aquarian in the fast track mode. Not everyone will be able to match your energy levels but you will make sure you are amongst the leaders in whatever you do. You may get various opportunities in January and February to display your professional skills. March or April months will give you a chance to explore nature or go for a luxurious vacation. The last quarter of the year will prove to be beneficial for the educational pursuits. Your close proximity to a celebrity will help you big time. Steer clear any misunderstanding on the domestic front to maintain your peace of mind.
Lucky Months: March, April, September, October, November
Lucky Number: 19, 2, 10
Lucky Colour: Brown, Silver n Light Yellow
Lucky Days: Thursday & Saturday

PISCES the Fish (Feb 20-Mar 20)
Pisceans are likely to find the year extra rejuvenating as you overcome the setbacks of the past. You will shed off all disappointments that lowered your morale in the previous year and emerge stronger and more determined now.
Your educational aspirations will be much sought after as you achieve success in the various academic competitions. Relations with someone very close may not be the same now but family will remain supportive of the decisions you make over all this year. Enroll for some regular yoga or other health regime to stay fit and healthy.
Lucky Months: June, July, August
Lucky Number: 18, 6, 15
Lucky Colour: Aqua Blue, Parrot Green, Rosy Pink
Lucky Days: Monday & Friday

Yoga Among Top 10 Fitness Trends Worldwide

Yoga has emerged among the top 10 fitness trends worldwide for 2018, according to “Worldwide Survey of Fitness Trends for 2018” by American College of Sports Medicine (ACSM).
“The sustained popularity of yoga seems to be that it reinvents and refreshes itself every year making it an attractive form of exercise”, Survey points out.
“Based on ancient tradition, yoga utilizes a series of specific bodily postures practiced for health and relaxation. This includes Power Yoga, Yogalates, Bikram, Ashtanga, Vinyasa, Kripalu, Anurara, Kundalini, Sivananda and others”, ACSM release adds.
It reportedly surveyed over 4,000 fitness professionals from Mexico, Chile, Columbia, Venezuela, Portugal, Argentina, Ecuador, Brazil, Serbia, Japan, United Arab Emirates, Australia, United Kingdom, Canada, Germany, India, Italy, Taiwan, Switzerland, Jamaica, South Africa, Bermuda, Greece, Ireland, Finland, Kenya, New Zealand, China, Barbados, Romania, Singapore, South Korea, Israel, Lebanon, Egypt, Malaysia, Philippines, Thailand, Spain, Sweden, and the United States. Now in its twelfth year, this Sur-

vey provides 40 potential trends to choose from and claims to help the health and fitness industry make critical programming and business decisions.
Meanwhile, Hindu statesman Rajan Zed, in a statement in Nevada (USA) today, said that Hindus were highly pleased with the fast and tremendous growth of yoga worldwide.
Yoga, referred as “a living fossil”, was a mental and physical discipline, for everybody to share and benefit from, whose traces went back to around 2,000 BCE to Indus Valley civilization, Zed, who is President of Universal Society of Hinduism, noted.
Rajan Zed further said that yoga, although introduced and nourished by Hinduism, was a world heritage and liberation powerhouse to be utilized by all. According to Patanjali who codified it in Yoga Sutra, yoga was a methodical effort to attain perfection, through the control of the different elements of human nature, physical and psychical.
According to US National Institutes of Health, yoga may help one to feel more relaxed, be more flexible, improve posture, breathe deeply, and get rid of stress.

According to a “2016 Yoga in America Study”, about 37 million Americans (which included many celebrities) now practice yoga; and yoga is strongly correlated with having a positive self image. Yoga was the repository of something basic in the human soul and psyche, Zed added.
Besides ACSM, other participating or-

ganizations included American Council on Exercise, National Council on Strength and Fitness and The Cooper Institute. Dr. Walter R. Thompson, associate dean at Georgia State University, is the President of ACSM, which is headquartered in Indianapolis and claims to be “world’s largest sports medicine and exercise science organization”.




Gahir Law Office

Barristers, Solicitors, Mediators & Arbitrators

Services:

- Family**
Divorce, Custody & Access
- Immigration**
Sponsorships, Admissibility and Appeals
- Criminal**
Impaired Driving, Drug offenses etc.
- Civil Litigation and Business Law**
- Residential & Commercial Real Estate**
- CPP Disability Appeals**
- Will & Estate Planning**



Harinder Singh Gahir B.A., LL.B.

905-789-0585

373 Steels Avenue West, Suite 206 Brampton, Ontario L6Y 0P8