

ADORE FITNESS
272/1, SEC-G, SAINIK COLONY, 9796248441
AEROBIC FITNESS CENTRE
REHARI CHK, JMU.....9596889343
AESTHETICS FITNESS STUDIO
N-H, SAINIK COLONY, JMU.....9103278138
ANYTIME FITNESS CLUB
JMU.....9055064477
ASHHISH SHARMA (OBESITY FREE INDIA)
JMU.....9419780982
999 FITNESS CLUB
NR. TOYOTA BATHIND RD, JMU...9858111999
SHIVAJI CHOWK, NANA NGR.....9070990999
ADDICTION
SEC-4, CHANNI HIMMAT, JMU.....9419189556
BHAGWATI CHAMBERS
SUNDER SINGH ROAD, JMU.....2546865
BODY CRAFT FITNESS REDESIGNED
SHASTRI NGR., JMU.....9796499994
BODY LIFE GYM EQUIPMENTS
GANGYAL, JMU.....9858104988
BURN A TON
23/C, SHASTRI NAGAR, JMU...9906376758
CERAGEM
SAINIK COLONY, JMU.....2467952
AKHNOOR ROAD, JMU.....9697515867
CHAMPION GYM
PURANI MANDI, JMU.....9419175279
CHOUDHARY GYM
PURSHOTAM SHARMA (X MR. J&K)
MOTI BZR., JMU.....9419175279
COUNT FITNESS GYM & SPA
1ST FLOOR, SHANTI CPLX., NR. HINDUSTAN
PENCIL, AKHNOOR RD., JMU.....7006800776
CUTS 'N' CURVES (GYM & SPA)
KUNJWANI, JMU.....9086898882
DR. RISHAD BANO
MAHARISHI DYANAND HOSPITAL, 228 BC
ROAD, REHARI COLONY, JMU.....8803128996
DRAGON MMA CLUB
216/5, TRIKUTA NGR., JMU.....9858249924
EQUINOX
1, EAST EXTN., TRIKUTA NGR.....9796696422
EXODUS UNISEX GYM
RAMA LANE TALAB TILLO.....9419117088
FIGURE & GYM
TALAB TILLO, JMU.....2505310
FITNESS BOX
CHANNI HIMMAT, JMU.....9906174151
FITNESS GURU
216/5, TRIKUTA NGR., JMU.....9858249924
FITNESS FIRST
387-A GANDHI NAGAR, JMU...9796223344
FITNESS FIRST GYM
CANAL RD., JMU.....9469131650
FITNESS FIRST GYM
SUTHRA, PACCA DANGAJMU...9469131650
FITNESS HEALTH CLUB
NANAKNAGAR, JMU.....9796025144
FITNESS POWER
SEC-3, TRIKUTA NGR, JMU.....919694074
(See Colour Advt. On Page No. 271)
FUSION FITNESS
CHANNI HIMMAT, JMU.....9796000579
GEET'S NUTRITION CLUB
GANDHI NGR, JMU.....9906312436
GLAM SPA & BEAUTY STUDIO
SEC-2, TRIKUTA NGR, JMU.....9596876991
GOLD FUSION GYM
F.PARCADE, MAINROAD, SUBASHNAGAR, JMU
.....9419121151
GOLD FUSION GYM
JMU.....9419121251
GOLD'S GYM
IIND FLOOR, VISHAL MEGA MART, BAHU
PLAZA, JMU.....8713977777
GOVINDAS CARDIO & GYM
SHASTRI NAGAR, JMU.....2439439
GOVINDAS GYM
SHASTRI NAGAR, JMU.....9419275425
GOVINDAS WELLNESS SPA
250-A, SHASTRI NGR., JMU.....2439439
GOOD LIFE
TRIKUTA NAGAR, JMU.....9419191668
HEALTH HUB (HH)
585-A, GANDHI NGR., JMU...9469478331
HEALTH FOR U
103 A/D, GANDHI NGR, JMU...9419135678
INTERNATIONAL GYM
245 REHARI COLONY, JMU...9419124126
IRON MAN FITNESS WORLD
NH-BARI BRAHAMANA, JMU.....222890
IRON RUSH
KUNJWANI BYE PASS RD, JMU.....2481003
JK SPA
NAI BASTI, JMU CANTT.....9906097062
KAPIL POWER GYM
SUBASH NGR, JMU.....2570841
KHOOSORAT A WOMENS WORLD

BAKSHI NGR., JMU.....2580480
KING'S BODY CONCEPTS (KBC)
H. NO 1004, JAWAHAR NAGAR, T.TILLO,
JMU.....9419130279
LADIES GYM
8-A.(P)GANDHI NGR, JMU.....2430865
LEO GYM
GANDHI NGR., JMU.....9419198787
LION FITNESS GYM & SPA
GANDHI NAGAR, JMU.....9796612552
MAHAVIR DHAUNTHLI AKHARA
SUSHIL GUPTA/SHASHTRUGAN
TAWI WATER BOX POINT, PANJTIRTHI,
JMU.....9419694074
MASTER INDIA HEALTH CLUB
GANDHI NAGAR., JMU.....908022065
MEGA PHYSICAL GYM
DODHADARI.MANDIR, JMU...9419792249
MUSCLE FUEL
DIGIANA CAMP, JMU.....9419779030
MUSCLE TECH
JMU.....9419182982
NATIONAL BODY FITNESS GYM
132-DOGRAHALL, JMU.....2576569
NEW GOLD GYM
TALAB TILLO JMU.....9596712378
NEW SPECTRUM BEAUTI
GANDHI NAGAR., JMU.....9796818134
NISUS FITNESS CENTRE
19A/C, G.NGR, JMU.....2450262
NUTRITION HEART
CHANNI HIMMAT, JMU.....2466050
OLYMPIA GYM
SECT 2 CHANNI HIMMAT, JMU...2463659
PANCHMUKHI MAHAVIR
GYM & AKHARA
PANJTIRTHI, JMU.....9419694074
PERSONAL POINT
47/7, TRIKUTA NGR, JMU.....2471617
PHYSIQUE THE GYM
693-A, G. NGR, JMU.....2433749
PLANET FITNESS
TRIKUTA NGR., JMU.....9419140112
PLANET HEALTH CLUB
TPT. NGR., JMU.....9419174605
PLANET NUTRITION
KARAN BAGH, JMU.....9697129292
PRABHAT'S HEALTH AND FITNESS CLUB
52 D/C, GANDHI NGR., JMU...9796491319
PUMPING IRON
513- SUBASH NGR, JMU.....9419141340
RELIANCE HEALTH CLUB
14/6 NANAK NAGAR, JMU.....2434004
R.K.M GYM
UPPER GUMMAT, JMU.....9419128283
SIZE ZERO
SEC.5, TRIKUTA NGR., JMU.....2479984
SHAPE AND CURVE HEALTH CLUB
JMU.....2530318
SHAPE N SMILE
30/3 CHANNI HIMMAT, JMU...9419236324
SIZE ZERO
87/5 TRIKUTA NGR, JMU.....2479984
SPARADISE
47/7, TRIKUTA NGR, JMU.....2471163
SPYM HEALTH CLINIC
TRANSPORT NAGAR, JMU.....2475373
STARK & SHASH ENTERPRISES
LOWER ROOP NAGAR, JMU...9018178787
STEPS AEROBIC CENTRE
76-A.II EXT.GANDHI NGR, JMU...2434080
STRONG MUSCLE UNISEX GYM
MAIN STOP, JANIPUR.....9797630990
TELLIC FITNESS POINT
463-A GANDHI NGR, JMU.....2450298
THE GRAVITY GYM
167/A, SEC-1, NANAK NGR...9796263244
THE HEADMASTERS
SHOP 362, GANDHI NAGAR, JMU...8082110453
THE HEADMASTERS GYM AND SPA
354, BAKSHI NGR., JMU.....9419138644
T.H.E. GYM
BAKSHI NAGAR, JMU.....9906173516
TRANSFORM FITNESS
SEC-2, CHANNI HIMMAT, JMU...8494015066
UNIQUE GYM
BAKSHI NAGAR, JMU.....9419780982
VLCC
20 C/C, GANDHI NGR., JMU.....2450422
VLCC
1ST FLOOR, GD PARADISE, AKHNOOR RD.,
JMU.....9419010408
WAVES THE GYM
29 D/C, GANDHI NGR., JMU.....2430101
WEIGHT LOSS CENTRE
JMU.....9906312436
WOMEN ALIVE
203, CHANNI HIMMAT, JMU...9419104585
YORKS GYM

UPER LAXMI NGR SARWAL, JMU...2574165

SRINAGAR

BINDROO BROTHERS
H.S.H., SGR.....2313803
ELEMENTS FITNESS CAFE
SANAT NGR, SGR.....2432345
ELEMENTS FITNESS CAFE
SANAT NAGAR, SGR.....9419193349
FITNESS CLUB
RAJBAGH, SGR.....2474787
FITLINE FITNESS SHOPEE
HYDERPORA BYEPASS, SGR...2441099
HEALTH BAY
BISMILLAH CPLX., KARAN NGR., NR.
PETROL PUMP, SGR.....9419006604
LIFE SPRING FITNESS CENTRE
BOLEVARD RD., SGR.....990643170
MAXXPRT FINEST FITNESS SOL.
WAZIR BAGH, SGR.....2311296
QAMAR'S HEALTH CENTRE
MAIN CHOWK, HYDERPURA NEAR J&K
BANK, SGR.....7298310023
RAMASS WELLNESS CENTRE
JAWAR NGR, SGR.....9419001472

UDHAMPUR

FITNESS PLANET
DHAR RD., UDH.....9622777887
MUSCLE WORLD
DHAR RD., UDH.....8803642225

HAIR WEAVING CENTRES

JAMMU

16 CLINIC LASIR HAIR
JMU.....9697354561
AESTHETICA CLINIC
NR.WAVE MALL, NARWAL, JMU...9906114094
DERMAWAVE HAIR TRANSPLANT
436 A GANDHI NAGAR, JMU.....2459967
DR. PARYESH GUPTA
358/A, OPP. PEER BABA, GANDHI NAGAR,
JMU.....9419029200
INDIRA HAIR WEAVING
SHASTRI NGR., JMU.....2430898
INDIRA HAIR WEAVING CENTRE
GANDHI NGR., JMU.....9906086214
KHTC INDIA
JMU.....9596850066
MAGIC HERBS.
GREATER KAILASH, JMU.....2480858
MAXX HAIR WEAVING
SH-40, NR. BUS STAND, JMU...2563923
STUDIO 6
26 B/C GANDHI NGR., JMU.....9682171652

SRINAGAR

86 HAIR WEAVING CENTRE
M.A. LINKRD., MUNAWARABAD, PULLO CPLX.,
NR. PETROL PUMP, SGR.....9469666444
HANDSOME LOOK
KARAN NGR., SGR.....250348
INDIRA HAIR WEAVING CENTRE
POLO VIEW MKT., SGR.....9796096214

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AMIT TRADING CO.
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BHARAT ART EMPORIUM
SHOP-17, RLWY ST.N JMU...9086260612
BHARAT SHAWL EMPORIUM
LOWER R.N. BZR., JMU.....9858639999
BHAWNA HANDLOOM
KANAK MANDI, JMU.....2520023
DATTI HANDLOOMS
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DAYAL SHAWL EMPORIUM

LINK RD, JMU.....2572337

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NEAR GURDWARA JMU.....9797675536

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PACCA DANGA, JMU.....9419204710
GANESH HANDLOOM
NR. B.N. COLLEGE, SUNJWAN (NAWABAD)
JMU.....9796894055
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PATEL BZR., PURANI MANDI, JMU...2549564
GULSHAN HANDLOOM
D-34, KARAN MARKET, JMU.....2560694
HANDLOOM CORNER
SHOP-30-31, RLY STATION, JMU...2470977
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HARMUKH SHAWL EMPORIUM
SUBASH NAGAR, JMU.....9419136743
HARYANA HANDLOOM HANDCRAFT
PRADE GROUND, JMU.....2561983
HARYANA HANDLOOM
PRADE, JMU.....9906093005
HASTKALA EMPORIUM
RAGHUNATH BAZAR, JMU.....9419188113
HIMALAYAN HANDLOOM W.I.C.S LTD.
EXCHANGE RD., JMU.....9419307527
I & G BROTHER HANDLOOM
SHASTRI NGR, JMU.....9802003321
IQRA HANDICRAFT
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J. K. HANDLOOM CENTER
HARI MARKETS, JMU.....2573333
JK LADAKH KASHMIR ART EMPORIUM
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J&K HANDLOOM ARTS EMPORIUM
RANBIR MKT., JMU.....9796438700
J&K HANDLOOM UDYOG CORP.
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JAI DURGA KASHMIR ART EMPORIUM
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JAMMU CO OP RATIVE WHOLESAL LTD.
SUPER BZR, JMU.....2544180
JAMMU KASHMIR HANDLOOM EMPO.
35-D KARAN MARKET, JMU.....2576295
K L SONS
RAJINDER BZR, JMU.....2546956
K P INDUSTRY
L-3, ANAND VIHAR BOHRI, JMU...9797427711
KAMESHWAR KASHMIR ART EMPORIUM
RLY STATION, JMU.....2470081
KAILASH EMPORIUM
PURANI MANDI, JMU.....2100303
KASHMIR GOVT. ARTS EMPORIUM
VEER MARG, JMU.....2542946
KASHMIR HANDLOOM HADCRFEXPORT
HARI MKT., JMU.....2544314
KASHMIR HANDLOOM HOUSE
RAGHUNATH BZR, JMU.....2520466
KASHMIR HANDLOOM HOUSE
33, RANBIR MKT, JMU...2520445
KASHMIR HANDLOOM INDS.
94-95, PH II, GANGYAL, JMU...2480646
KASHMIR HERITAGE ART GALLERY
17-18, HARI MKT, JMU...2562636
KASHMIR INNOVATIVE CRAFTS
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PLAZA, JMU.....9419143626
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RLY STATION, JMU.....9797455223
LADAKH KASHMIR HANDICRAFT EMPO.
RLY STATION, JMU.....2470812
LADAKH & TIBET SHAWL EMPORIUM
BUS STAND, JMU.....2571025
LAXMI SHAWLS EMPORIUM
RLY STATION, JMU.....9205436261
MAHAJAN CLOTH HOUSE & HANDLOOM
SH-6, SHASTRI NGR., JMU...9469163423
MALLU RAM SATPAL
RAJINDER BAZAR, JMU.....2579667
MANIK LADAKH KASHMIR ART EMPORIM
JMU.....2580384
MICRO BASKET MFG CO
SHOP 11, FRUIT MKT, JMU TAWI...2547210
NATRAJ KASHMIR ART EMPORIUM
SHIVMKT, RLY STAT, JMU...2473130
NATRAJ SHAWLS ART EMPORIUM
SHIVMKT, RLY STAT, JMU...9858910585
NEW TRIKUTA KASHMIRI ART EMPORIUM
SHOP-13, SHIVMKT, RLY STN...9419191807
NEW JAI DURGA HANDLOOM EMPO.
582-A, GANDHI NGR, JMU.....9419202174