



SUNDAY OBSERVER



21 April 2024



Looking for a
Car ?

**YOU NAME IT
WE HAVE IT**

Visit **adz.lk**

It's Simple, Trusted & Fast



The **Trusted** Marketplace for Buying & Selling

adz.lk
it's what you want



time to buy as
the **PRICE** is
RIGHT

Art & Collectables
Sale
21st April to 28th April
10am to 7pm daily
379 R A De Mel Mawatha
(Duplication Road - Colombo 08)
at the Yamaha School of Music premises

21st April to 28th April
10am to 7pm daily

379 R A De Mel Mawatha,
(Duplication Road - Colombo 03)
at the Yamaha School of Music premises

100's of beautiful Paintings, Prints, Statues, Books and Collectables priced to clear. Do visit the sale, view the items and make your offers. You could well end up with superb bargains!



For more information

076 488 0683

379 R A De Mel Mawatha,
(Duplication Road - Colombo 03)
at the Yamaha School of Music premises

ADVERTORIAL

Art and Collectables

Rarely do we see a wide and varied collection of art and collectables on display at a venue outside a museum or gallery. But on display right now are paintings, prints, sculptures, Ceylon collectables related to currency, stamps, colonial photographs and militaria.

Interesting collections from the Koggala Air Base, Royal Ceylon Air Force, Ceylon Mounted Rifles could be viewed and purchased.

The collection of paintings and prints covers many eras and subjects.

The collectables on display are as varied and interesting as the

collection of art and of particular interest is an antique dual lidded inlaid wooden box. Brass and silver plated items and statues and figurines are also on display.

Historical items related to the Ceylon Turf Club, autographed pieces by legends such as Sir Donald Bradman, the '96 World Cup, Lester Piggott, Vincent O'Brien, George Best complement the sporting memorabilia items.

A collection of books including a collection of books on art are also available.

The sale is on from the 21st to the 28th of April 2024 at 379, R A De Mel Mawatha, Colombo 03



4

OBSERVER



21 April 2024

Tuition

ENGLISH

English Language and Literature (London / Local) home visiting by an English Instructor (B.Edu).

0718 079 947

025802

ENGLISH

English language / Literature, Edexcel / Cambridge / any syllabus / exam (CIS, British School, Stafford, Elizabeth Moir, Wycherly specialized) qualified lady lecturer for group / individual / home visits for Colombo (Centre only).
Negotiable rates.

020700

077-5507358

ENGLISH

From 1 1/2 years spelling without learning by heart English, Literature, French ICT, German, Russian, Japanese, Chinese, Korean, Spanish IELTS, TOEFL, SAT GMAT, GRE, JLPINAT Cambridge University qualified teacher.

025931

0702 522 494

IELTS

Lady Teacher visits online. IELTS, spoken English, Sinhala, Tamil & other subjects. English all Grades.

023360

0778 135 914

ADVERTISE HERE

TUITION SECTION

Smart 5.8cm x 8 cm

COLOUR Rs. 2000/- +VAT

RAKITHA: 0777 278 952

KUMARA 0777 270 683

Hotline: **2429369**

Email: adzso@gmail.com

IELTS

spoken English PTE academic Australia qualified well experienced lady teacher best results guaranteed online & physical.

022197

0716 656 325

OBSERVER



21 April 2024

Home Appliances

QUICK REPAIR & SERVICES

Air Conditioner (A/C)
Washing Machine
Fridge
Microwave
Four Burner Cookers
Freezers



Cool Air Services

102B, Saranankara Road, Dehiwala.

Call - 0774087779 | 011 236 0559 | 0721366999

ADVERTISE HERE HOME APPLIANCES

5.8 cm x 16.3 cm

Rs. 4,000/- +VAT

Ajith: **0772871916**

Hotline: **011 2429369** Email: adzso@gmail.com



OBSERVER



Pink Pages

21 April 2024

HAIR DRESSING & BEAUTY THERAPY

- Daily & Weekend Classes
- City & Guilds (London) Approved Training Centre
- TVEC Accredited Training Centre
- Lecoiffeur Hair Dressing & Beauty Therapy (Theory & Practical)
- NVQ Level 4 Hair Dressing & Beauty Therapy (Theory & Practical)

NVQ
(LEVEL 4) City Guilds

LECOIFFEUR
THILAQUE
ACADEMY OF HAIR & BEAUTY

 Hot line
0759 40 30 40

 # 27, School Lane, Colombo 03. Tel 2 584 827, 2 597 647
E-mail - lecoiffeurthilaque@stmail.lk Web - www.salonlecoiffeurthilaque.lk

REPAIRS/ SALE

Grandfather Clocks

D.M.D. Roanos 18 Years of Excellent service.

 Service, Repairs, Replacement of
"GRANDFATHER"
and Wall Clocks undertaken.

WATCH
Repair & Service

 We Undertake any Condition
of your Antique Clocks.

- Original German Grand Father Clock FOR SALE
 - Brand New Cases of Grandfather Clocks also available undertaken in Colombo and any outside places.
 - Damaged cases of Grandfather Clocks are Newly made by us
- 0777 658 621/ 0717 371 122/ 0112 754 545**
No:620B, Highlevel Road, Wijerama, Nugegoda.

PINK
PAGES
SMART Colour
Rs.2000/=
(5.8cm x 8.0cm)

 To advertise in the **PINK PAGES**

Contact:

0112429369 E-mail: adzsu@gmail.com

The 8 Biggest Spring Summer 2024 Trends



How green is your catwalk? How sustainable is your vision? How circular is your economy? All were questions that proved more potent than any of the myriad spring/summer 2024 trends on trial during the biannual show season, as one of the most polluting industries on the planet struggled to get with the climate crisis programme.

@ Internet



Raffle Draw



Free 5 Days tour to
MALAYSIA
with Hotel Accomodation



Name :-
Address :-
NIC Number :-
Contact Number :-

Raffle Draw on :
29th MAY 2024

Note :- * You have no rights to convert this offer into money or transfer to another person.
* The coupon appeared on ADZ Magazine is only eligible for raffle draw

Please send completed coupon to us:- 'Raffel Draw - Travel Sensate',
P. O. Box 2222, Lake House, Colombo 10.



Sponsored by : Travel with Ranjith | Sensate Tours | info@sensatetours.com | 0777 36 38 67

* Conditions Apply

ADVERTISE HERE

TOURS & TRAVELS



Kumara:

0777 270683

Asela:

077 3130150

11.9 cm x 8.0 cm
Colour
Rs. 4000/=+VAT

Hotline: 011 2429369 E-mail: adzsuo@gmail.com

Victoria Peak

Hong Kong

Standing at 552m, Victoria Peak is the highest point on Hong Kong Island. It is also one of the most visited spots by tourists, and it's not hard to see why. Sweeping views of the metropolis, verdant woods and easy but spectacular walks are all reachable in just eight minutes from Central via Hong Kong's 125-year-old, gravity-defying Peak Tram. Predictably, it's become a money-making circus with restaurants and two shopping malls, but there's still magic up here if you can get past that.

The Peak Tram's upper terminus spits you out at the Peak Tower. Ascend to Level 5 and you'll reach the Sky Terrace 428, so named because

it stands at 428 metres above sea level. In Hong Kong terms, this is the top of the world and you'll be greeted with panoramic 360-degree views of Hong Kong's forest of skyscrapers, the harbour and Kowloon beyond (if you can dodge the Instagrammers and official photographer touting for business in front of the best framed view).

If you're not bothered about the highest point, and even if you are, it's worth seeking out the Lions View Point Pavilion – a far more charming lookout with a cute Chinese pagoda and gate, bristling with lion statues. This is where elderly locals come to sit and enjoy the view. It's a signposted two-minute walk from the tram's upper terminus.

Some 500m to the northwest of the upper terminus, up steep Mt Austin Rd, is the site of the old governor's summer lodge, which was burned to the ground by Japanese soldiers

during WWII. The beautiful gardens still remain, however, and have been refurbished with faux Victorian gazebos, sundials, benches and stone pillars. They are open to the public; it takes about 30 minutes to get up here and your reward is that it's blissfully peaceful. Head past the gardens and you'll find a second lookout point with island and sea views.

For longer walks, including the 3.5km Morning Trail, pick up maps from the Hong Kong Visitor Centre in the disused tram beside the Peak Tower, or download the Enjoy Hiking Hong Kong app.

@ Internet



Size - 11.8cm X 8cm

**Grab this space to
promote your Business**

Contact
Ushantha - 0777 270 718

KASHMIR**8 DAYS****LKR. 420,000/-**
PER PERSON (TWIN SHARE BASIS)**22 MAY 2024**

- Srinagar | Pahalgam
- Wagah Border
- Tulip Garden | Saffron Fields
- Sonmarg | Gulmarg
- Amritsar | Golden Temple

INCLUDES :**Sashini - 077 007 7785**

* Conditions Apply

THIRUPATI**4 DAYS****LKR.136,500/-**
PER PERSON (TWIN SHARE BASIS)**03 MAY 2024**

- Tirumale
 - Tirupathi Darshan with Ticket
 - Govinda Balaji Temple
 - Except Shopping
 - Maha Valipuram Vishnu Kovil
- 1 Day Tour (Entrance Ticket Not Included)

INCLUDES :**Ranjith - 077 736 3867**

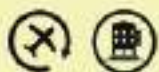
* Conditions Apply

**Travel Sensate (Pvt) Ltd.****TRAVEL WITH RANJITH**

No.40/B1, Main Street, Wennappuwa.
Tel: +94 31 22 567 00, +94 31 22 574 00
Hotline : +94 777 363 867
info@sensatetours.com

**DUBAI VIP****6 DAYS****LKR.315,000/-**
PER PERSON (TWIN SHARE BASIS)**22 MAY 2024**

- 2 Nights in Queen Elizabeth Cruise
- 3 Nights 5* Hotel Accommodation
- Marina Dinner Cruise
- Dubai Frame | Global Village
- Desert Safari | Miracle Garden

INCLUDES :**Mishen - 077 007 7781**

* Conditions Apply

VIETNAM**LKR.440,000/-**
PER PERSON (TWIN SHARE BASIS)**7 DAYS****16 SEP 2024****LKR.478,500/-**
PER PERSON (TWIN SHARE BASIS)**9 DAYS****08 MAY 2024**

- Danang
- Halong Bay Cruise
- Cat Ba Island
- Ho Chi Minh
- Hanoi City Tour | Mekong Delta
- Cat Ba National Park | Cu Chi Tunnels
- Love Bridge | Dragon Bridge
- Golden Hand Bridge

INCLUDES :**Hashini- 077 338 8900**

* Conditions Apply



21 April 2024

Vehicle Rent

DJ Lanka Tours & Travels
FOR HIRE
 Luxury Dual A/C
 Buses
 For Your Tours
 28,37,45 and 52 Seaters
 With Driver

Round Tours, Local
 Trips & Day Hires
 Starting Rs.160/- per km

Contact
0714 450 204

ADVERTISE HERE

VEHICLES FOR RENT/ WANTED ON RENT

SMART (5.8 CM X 8.0 CM)

COLOUR - Rs. 2,000/- +VAT**HOTLINE : 011 2 429 369**

E-Mail : adzsuo@gmail.com

DIL Lanka Tours and Travels Luxury Buses for Hire



Starting
from Rs. 160
per KM



Tel: 076 5 476 756
071 4 457 248

Luxury AC Buses
 for hire Local Trips,
 Company Day Tours,
 Round Trips. 29, 33,
 41, 45 and 49 seater
 buses available.

ALL MODELS

All models and makes of cars, vans, jeeps,
 cabs are required immediately to be mobilized
 in Govt and private sector use. Lump sum
 payments and number of concessionary
 packages. Govt registration number - WC 18880
 Panniptiya - Kandy Matara.

011-2 846 026

VESEL

A Suv or high end car is required
 for a General Manager in a leading
 business conglomerate latest Vesel,
 Premier, Audi, Outlander, Hilux X
 trail, etc.

0713616281

Sunday Observer

Photo Classifieds



21 April 2024

**REGISTERED**

Nissan AD Wagon year
 1985 for sale due to
 urgent requirement 6
 lakhs Pannipitiya Road,
 Battaramulla. 071-0
 554 525. 025957

**REGISTERED**

Excellent condition
 Toyota (KG- LH-172V)
 diesel van manufactured
 in the year 2001 is
 for sale to the highest
 offer - Colombo 0777
 766 928 023939-rpt

OTHERS

REGISTERED

A Suv or high end car is
 required for a General
 Manager in a leading
 business conglomerate
 latest Vesel, Premier,
 Audi, Outlander,
 Hilux X trail, etc.
 0713 616 281. 020730

OTHERS

REGISTERED

Sports racing 12 - 1400
 cc Lancer 825,000/=

16-850cc auto course

850,000/= 14-1000cc

Charade 675,000/=

Nugegoda. 0722 8417

86,0718 262 853. 020730

OTHERS

REGISTERED

All models and makes of
 cars, vans, jeeps, cabs
 are required immediately
 to be mobilized in Govt
 and private sector use.
 Lump sum payments and
 number of concessionary
 packages. Govt
 registration number -
 WC 18880 Pannipitiya
 - Kandy Matara. 011-
 2 846 026. 019043

Visit -

adz.lk
 it's what you want

Sunday Observer

**LATEST DISPLAY CLASSIFIED GUIDE****PHOTO
CLASSIFIED**

Toyota Vitz, 2010, Full Option,
 Auto, 12000km done, Mint Condition,
 Tel: 0777 xxxx.

PHOTO + TEXT @ RS. 600/-**HOTLINE : 2429369**

Email : adzsuo@gmail.com

OBSERVER



21 April 2024

Auto Focus

Purchasing of Vehciles

Honda Vezel, Suzuki Wagon R, Toyota Axio, Toyota Aqua, Toyota Prius & Honda Fit expected to be Sold by you will be purchased for ready cash at reasonable prices after inspection.

Contact us with the deatils.

0776 146 969

NISSAN AD WAGON

Nissan AD Wagon year 1985 for sale due to urgent requirement 6 lakhs Pannipitiya Road, Battaramulla.

071-0 554 525

FODUS GARAGE



FORD VEHICLE REPAIRING & COMPLETE RANGE OF SPARE PARTS



- Engine Parts
- Electrical Parts
- Brake Parts
- Body Parts
- Clutch Kits
- ABS and Dual Clutch repair
- Suspension Parts
- Engine Cooling System
- Repair kits
- Trims
- Universal & Wheels

Tel : **0722 228 444**

AUTO A/C

Specialized in Auto Air Conditioning Repairing & Installation



RANCO AIR CONDITION
Wimala Road, Dehiwala.



www.rancoaircond.com

0777 48 77 88

ADVERTISE HERE

AUTO FOCUS



5.8 cm x 8 cm

Rs. 2,000/- + VAT

Hotline: **2429369**

Email: adzsuo@gmail.com

Kumara: **0777270683**

Amal: **0777270443**

ADVERTISE HERE

Autofocus Section

5.8 cm x 16.3 cm **Rs. 4,000/- + VAT**

To advertise in the Autofocus Section.

Contact: **Ajith : 0777278979**

Amal: **0777270443**

Hotline: **2429369** Email: adzsuo@gmail.com

LANCER

Sports racing 12 - 1400 cc
Lancer 825,000/= 16-850cc
auto course 850,000/= 14-
1000cc Charade 675,000/= Nugegoda.

0718 262 853



Sunday Observer



Apartment

What Seniors
Should Look
for While



Apartment Hunting

Moving to an apartment is a big change for any senior. But if you keep an eye out for some key features during your apartment search, you will find an apartment you love.

Why an Apartment?

Many modern seniors are trading in their single-family home for an apartment all their own. A big house can feel empty if you're by yourself, and it can be a lot to take care of. Here are some of the perks of renting an apartment:

1. It frees up equity to help pad your pockets and supplement your current funds.
2. Things to do, places to go, and people to see. One of the best things about apartment living is that there are so many people to meet. Your new neighbors might become your new best friends!
3. Your landlord will take care of the building. In an apartment, it isn't your job to clean the gutters or replace the roof.
4. No more yard work. Goodbye lawnmower! You can always create a small indoor garden if you miss getting your hands dirty.

So now that you've made your decision, what should you be looking for in your new apartment?

Location is Everything

Everyone knows the realtor's motto: "Location, location, location." And if you don't want to drive everywhere, it should be your motto too.

Think about everywhere you like to go on a regular basis. See how close each apartment you look at is to everything you need, including:

- Grocery stores
- The library
- Convenience stores
- Your pharmacy
- Your doctor
- Medical facilities
- Parks

If your doctor is too far away to walk to, how will you get there? See what it would be like to take public transit there and back. If you are looking at a senior community, ask if they provide transportation.

What Amenities Does the Building Have?

You will be happiest if there are fun activities to do and plenty of places to meet up with friends. You should keep an eye out for these amenities:

- A pool
- On-site laundry facilities
- Fitness center
- Medical personnel on site
- Outdoor areas
- A café
- Dining room
- Computer rooms

You love your house, but you're ready to move on. You dream of a small apartment, with less upkeep. You imagine spending more time with friends and no longer needing to drive to get everywhere. But how can you make that dream a reality, without sacrificing your quality of life?

You need to eat, exercise, and do laundry. You want all of those things nearby, preferably within the building itself.

And don't forget that you need to have fun. Is there a clubhouse where you can play games? A sitting room where you can knit and talk with others? If you have a hobby that you love, be sure to find a place to do it.

Is the Apartment Safe and Easy to Live In?

Your apartment should be a comfortable place for you as you age. Look for:

- A one-level apartment. It should either be on the first floor or in a building with an elevator. You don't want to deal with stairs.

- Grab bars in the bathroom. You will need permission to have these installed. They will help you stay balanced if the floor gets slippery.

- A safe neighborhood. You need to feel comfortable walking around outside.

- A secure building. Do residents need a key card to enter the building? You don't want strangers wandering around. Make sure each apartment has a secure lock and deadbolt.

What is it Really Like to Live There?

Nobody can answer that question better than your future neighbors. Talk with them and learn what it's really like to live there. Think about asking them:

- Do they like living there?
- Is the landlord good at fixing problems with the building?
- Is it quiet at night?
- What is the neighborhood like?
- Do the neighbors get along?

If you decide to move in, you will already know your neighbors. And if they turn out to be rude and unlikeable people, you know to keep looking.

Home Sweet Home

Remember when all you needed to do was look in the newspaper for available apartments? Things have certainly changed. But that change means you have more options. Now you can look at pictures of apartments without leaving your house!

In your search, don't overlook senior apartments that are designed with older adults in mind. They will have a thriving community and they specialize in the amenities you're looking for. Some senior apartments have flexible levels of care so if you ever need more help, it's available.

OBSERVER



21 April 2024

APARTMENTS



PANNIPITIYA

Close to Pannipitiya, 10.8 perch 6000 sq.ft. full furniture with luxury house 5 bedrooms, 2 bathrooms, modern kitchen and CCTV, Solar Power Bio Gas, hot water, A/C rooms, Mini Bar, 2 parking available.

019981

0718 008 019

MOUNT LAVINIA

1st Floor Apartment 1 large bedroom fully furnished and equipment 1 vehicle parking separate electricity from Galle Road 650 m land side rent 100,000/=.

024886

0777 725 348

COLOMBO 05

Fully furnished 3 bed penthouse apartment for rent at Spathodea Residences, Thimbirigasyaya, Havelock Road, Colombo 05. 03 bedrooms, 02 bathrooms, 1600 sq.ft. elegant furniture domestic Quarters, two entrance, top floor, sea view, parking slot 1, pool gym. Monthly rent 275,000/= . Convenient location, close to all amenities. judedevapriya@gmail.com

023429

077-3 185 946

ADVERTISE *HERE* APARTMENTS

Sunday Observer



DOUBLE SMART
(5.8cm x 16.3cm)

COLOUR **Rs. 4,000/-** + VAT

KUMARA 0777 270 683 USHANTHA 0777 270 718

Hotline: 0112429369 Email: adzsuo@gmail.com



EMPIRE RESIDENCIES

Apartment available for rent. * 2700 square feet * 3 and half bedrooms * Staff quarters * Utility area * No furniture * Fully equipped modern kitchen with fridge, dish washer, washing machine, micro and oven * 4 bedrooms * 2 parkings * Block A, 12th floor, flat 1. Suitable for expats. Brokers not allowed.

026392

0716 805 314

**FOR VEHICLES,
PROPERTY, ELECTRONICS,
LEISURE & SPORTS, JOBS &
WHAT YOU WANT**

It's Simple, Trusted & Fast...

**ANYTHING YOU WANT,
WHENEVER YOU WANT...**

adz.lk
it's what you want

adz.lk
it's what you want

THE **TRUSTED** MARKETPLACE FOR BUYING & SELLING





21 April 2024

COMMERCIAL PROPERTY



**ADVERTISE
HERE** ▶

BRONZE (11 9 CM X 8 0 CM)
BRONZE
11.9cm x 8cm

Colour - Rs. 4,000/-
+ VAT

COMMERCIAL PROPERTY

CONTACT: Ushantha 0777 270 718
Kumara 0777 270 683

Hotline : 011 2429369 E-Mail : adzsuo@gmail.com

COLOMBO 5

fully air-conditioned upstairs luxury house 3800 square feet with private parking for four vehicles in very close proximity to Nawala Road, Narahenpita.

0766 778 494

023431

MEEGODA

13,500 sq.ft. warehouse for rent in Meegoda Entrance from High Level Road. Office room, electricity, washroom, security room. Secure and clean environment. No brokers. Contact Chamila on

023832

0717 829 018



Daily News



உதிகை



தினகரன்

Save your precious time, Walk in to our nearest

Branch Office
and hand over the
**Classified/ Matrimonial/ Obituaries
Advertisements**

Anuradhapura - Harischandra Mawatha, Anuradhapura.

TEL : 025 22 22 370 FAX : 025 22 35 411

Kandy - No. 99, D. S. Senanayake Veediya, Kandy.

TEL : 081 22 34 200 FAX : 081 22 34 200

Kataragama - Pussadewa Mawatha, Kataragama.

TEL : 047 22 35 291

Maradana - D. R. Wijewardene Mawatha, Colombo 10.

TEL : 011 2 429 336 FAX : 011 2 429 335

Matara - No. 29, Bus Stand Shopping Complex, Matara.

TEL : 041 22 35 412 FAX : 041 22 29 728

Nugegoda - No. 802, 4th Floor, Sausiri Building, Highlevel Road, Nugegoda.

TEL : 011 2 828 114 FAX : 011 2 828 114

Jaffna - No. 6, Srimbiyadi Lane, Off-Stanley Road, Jaffna.

TEL : 021 22 25 361 FAX : 021 22 25 361



No. 35, D.R.Wijewardene Mawatha, Colombo 10.

BUILDING SPACE FOR RENT

(Ideal for a PUB)

at
No.68 W.A. Silva Mw, Colombo 06.
Wellawatte.

Tel: **0777 311 110**

**UNIQUE STYLED,
CONTAINER CONVERTED
FOOD STALLS, SHOP, PLAY
AREA, CAFE. RESTAURANT
SPACES AVAILABLE
AT PELWATTE PRIME
LOCATION.**

0706 811 988

CABANA HOTEL FOR SALE

CLOSE TO PERADENIYA

4 guest rooms/att. bathrooms,
security, office, dining rooms,
kitchen. Furnished and equipped
with all amenities 20.4 perches,
situated in a calm location by a
stream On site parking, fenced



Contact : **0768 040 598**

ADVERTISERS / BROKERS MUST NOT CONTACT

OFFICE SPACE FOR LEASE

SINO LANKA TOWER,

No. 1090, Sri Jayawardenapura Mawatha, Rajagiriya
[Facing to Main Road]

- 45,000 Sq.ft. for Rentable area
- 10,000 Sq.ft for Common area including car parking (50 parking slots)
- Stand by Generator Available
- 3 Elevators Available
- ISO 41000 (Expecting from 1st April 2024 onward)

Contact

Sampath (0779615226), Vasanth (0777925215)

SUNDAY OBSERVER



Promotional Rates for Classified Advertisements

(Only 15 Words)

| Any Single Newspaper | Two Newspapers | Three Newspapers |
|--|--|--|
| Rs. 800/- (Expect Thinakaran Vaaramanjari) | Rs. 1,000/- (Expect Thinakaran Vaaramanjari) | Rs. 1,300/- (Expect Thinakaran Vaaramanjari) |

Gampaha District

Gampaha - 033 22 23 464

1602 - A. L. T. L. Liyanarachchi - Hemas Bookshop, No. 12, Orutota Road, Gampaha.

Wattala - 011 2 937 989

1522 - K. Dharmadasa - Dasa Brothers, Supermarket Building, Hendala Junction, Wattala.

Nilpanagoda - 077 8 627 321

1570 - K. L. Somasiri - 233/5, Diyulapitiya Road, Nilpanagoda.

Wattala - 011 2 932 511

1589 - J. A. Ranil Virendra Anthony Rodrigo - 660/12, Mabola Wattala.

Kochchikade - 031 22 78 359

1606 - M. S. A. Chaminda Fernando - Vinoda Advertising, No. 119/A, Chilaw Road, Kochchikade.

Batuwatta - 071 8 921 271

1626 - H. D. George - Renuka Grocery, No. 118/1, Station Road, Batuwatta.

Dunagaha - 077 3 517 752

1637 - H. Guththila Sarathchandra - Nelligaha Niwasa, Dunagaha.

Ja-Ela - 011 2 947 379

1659 - K. Dharmadasa - Dasa Brothers, No. 73, Main Street, Ja-Ela.

Negombo - 071 480 43 55

1684 - J. A. Kulasinghe Perera - No. 152/C, Greens Road, Udara Newspaper Agent, Negombo.

Katunayake - 077 4 115 998

1920 - S. M. N. Dinesha Fernando - No. 350, Colombo Road, Katunayake.

Kandana - 011 2 233 651

1927 - Y. A. D. Rajapaksha - Jayabima Stores, No. 105, Station Road, Kandana.

Minuwangoda - 011 2 297 881

1935 - K. L. Somasiri - No. 233/5, Diulapitiya Road, Minuwangoda.

ADZ HOTLINE - 011 2 429 369

CALL - 011 2 429 342/ 343

COLOMBO 06

Shop Premises opposite to
Manning Market at Manning
Place, Colombo 06, very close to
Galle Road. (1.32 P, 2 storey, 28
million, negotiable).

0778 730 707

KANDY

Mahanuwara Dharmasoka
Mawatha close to "Maha
Wanguwa", a shopping stall
available on rent

0779 132 034

**ADVERTISE
HERE**

Colour - Rs.4,000/-

+ VAT
DOUBLE SMART (5.8 CM X 16.3 CM)

COMMERCIAL PROPERTY

CONTACT: Ushantha **0777 270 718** / Kumara **0777 270 683**

Hotline : 011 2429369 E-Mail : adzsuo@gmail.com



21 April 2024

House/ Lands Rent or Lease - Wanted



Property Sale / Rent / Lease Colombo Wanted

300 - 400 perch land wanted.
Pepiliyana, Pannipitiya,
Thalawathugoda,
Battaramulla

Contact : 0772899941

COLOMBO 06

Building space for rent
(Ideal for Pub) at No. 68,
W.A. Silva Mw,
Colombo 06.

0777 311 110

COLOMBO 9

Mahawila Gardens bordering Baseline
Road within Colombo city limits. Prime
location. House with 3 rooms, inner
and outer bathrooms, parking space.
For lease. No brokers. Contact:

077-145-4520

WATTALA

Hekitta large 1053 sq.ft. house
with 3 rooms, dining room,
bathroom, pantry, sitting room
and parking for 03 vehicles.

076-8 492 493

KATUBEDDA

Lakshapathiya upstairs with
separate entrance. 2 bedrooms 1
bathroom, toilet sitting and pantry.
Rs. 25,000/- 6 months advance.

0777 583 194

MAHARAGAMA

Temple Road two roomed complete
ground floor of two storeyed house
with water electricity and telephone
facilities for lease.

0768 351 520

PITAKOTTE

Thalawathugoda Road three
bedrooms two bathrooms
servants bathroom with
parking for two vehicles.

0704 500 750

ADVERTISE HERE

Sunday Observer



DOUBLE SMART
(5.8cm x 16.3cm)

COLOUR **Rs.4,000/-** + VAT

Houses
Let or Lease/ Wanted



KUMARA 0777 270 683 USHANTHA 0777 270 718
Hotline: 0112429369 Email: adzsuo@gmail.com

OBSERVER



21 April 2024

House For Sale



SUPER LUXURY HOUSE FOR SALE

KOTTE

Large living @ garden, 9 bedrooms, 6 bathrooms, 7000 sq.ft. Air conditioned house with 30 perches land. Easily could use as 3 independent units, servant's area, Remote gate, hot water, open modern pantry, 3 phase electricity, local authority approvals, clear deeds, Kotte best residential area.

160 Million

PRICE NEGOTIABLE, AFTER INSPECTION

INSPECTION CALL : 0769 618 777

NEWLY BUILT TWO STOREY VILLA FOR SALE IN

KUNDASALE - KANDY

PROPERTY TYPE : VILLA

FULLY FURNISHED BEDROOMS - 03, BATHROOMS - 03

Area of land - 20.3 perches, House floor area - 1470 sq.ft.



02 storey house with 03 bedrooms, 1 Servant room, 01 servant bathroom with imported bathroom fittings and other accessories kitchen consists of two pantry cupboards

AMENITIES : GATED COMMUNITY, GYM, MAIN SWIMMING POOL, BABY POOL, BILLIARD TABLE

Contact No : 0772 243 802



Price
55 Million
Negotiable

HOUSE FOR SALE RATHMALANA

TO PURCHASE

UP STAIR HOUSE FOR SALE

4 Bedrooms, 3 Bathrooms,
1 Servent bathroom, 2 Pantries,
2 Balconies Parking for two vehicles
100m from Galle Road

0775 931 766

TWO STOREY HOUSE FOR SALE IN NAWINNA



2 storey 3000 sq. ft. house built on 11.5 perches. Walking distance to Nawinna Ayurveda Hospital. Double garage parking and 20 feet road access and ample parking for visitors. 5 bedrooms with 2 downstairs and 3 upstairs. Large terrace with additional separate access. Spacious office room with bathroom. Servants room with bathroom, Architecturally designed for maximum natural light and ventilation with cooling floors with cut cement of earth colours. Solar hot water, jacuzzi from Foster and Reed, and luxury bath fittings, Teak doors and windows. Semi furnished including Master bedroom suite and Teak dining table and chairs.

Telephone : 0761 928 455

ADVERTISE HERE ➤ HOUSES FOR SALE



SMART
(5.8cm x 8.0cm)

COLOUR

Rs. 2000/-
+ VAT

Hotline:

2429369



Ushantha: 0777270718

Kumara: 0777270683

Email:adzso@gmail.com



21 April 2024

Land For Sale

BATTARAMULLA

Battaramulla Malabe near Pelawatta town facing the main road 24 perch land ideal for business or investment is for sale.

071-4290392

025638

DEHIWALA

Dehiwala near the Zoo - 11 perch bare land is for sale. Clear deeds, 50 lakhs per perch.

075-0 372 760

025721

MALABE

From Malabe town in an excellent neighbourhood 8 perch land facing a 20ft wide road is for sale, 12 lakhs only per perch.

0770 673 171

025637

KOSGAMA

exclusive blocks with all the facilities near 603 Bus Route (Kosgama - Kadugoda Road) starting from Rs. 140,000/= per perch now with up to 10% special discount.

0703 777 888

023639

MALABE

Suhada Mawatha exclusive blocks available close to SLIIT, Horizon Campus & Nevil Fernando Hospital with up to 20% discount. Call on

0717 999 222

023631

MALABE

Welivita exclusive land blocks with up to 20% discount, 18 months interest free easy payment schemes and bank loan facilities. Close to Kaduwela Highway entrance. Reserve your block today. Call on

0717 999 222

023632

MALABE

Malabe 9.5 perches very secured by full private access adjoining 22 ft road. 500 metres to SLIIT. 5km to Parliament Junction.

0771 671 136

023880

ADVERTISE HERE LAND FOR SALE

DOUBLE SMART
(5.8cm x 16.3cm)

COLOUR **Rs.4,000/-** + VAT

KUMARA 0777 270 683 USHANTHA 0777 270 718

Hotline: 0112 429 369 Email: adzsuo@gmail.com

Sunday Observer



OBSERVER



21 April 2024

Housing Products

ගමගේ කන්සල්ටන්සන්ස්
අඟුරුගිරිය

▶ අමුද්‍රව්‍ය සහිතව හෝ රහිතව නිවාස නිම කිරීම
▶ අඩක් නිම කළ නිවාස අංශ සම්පූර්ණව නිම කිරීම
▶ පැරණි නිවාස අලුත්වැඩියා කිරීම

වැඩි ආරම්භක කිරීමට කිසිදු අත්තිකාරම් මුදලක් අය නොකරයි

✓ අඩුමාන් වැඩි පිළු
✓ පිහිටිත් වියළු
✓ පැරවු සමඟි
✓ අත් වැඩි
✓ සියලු සම්ප්‍රති පරිම

0775 82 89 45 / 0704 22 18 18

අමානෝ වැහිපිළි සහ සෙවිලි

දිවයිනේ අඩුම මිල ගණන් යටතේ විවිධ වර්ණයෙන් විවිධ කැඩුණු ලක්ෂ්‍යවලට අවශ්‍ය සංස්කරණයන්, දැවුණු කොට්ඨාසවල ආරක්ෂක කරන ලද වැහිපිළි සහ සෙවිලි

0777 394 679 | 070 663 33 88

ADVERTISE HERE

HOUSING PRODUCTS

5.8 cm x 8.0 cm
Rs. 2,000/-
+VAT

Hotline: **011 2429369**
Email: adzuo@gmail.com

Rakitha: **0773727051**
Ushantha: **0777270718**

IS KITCHEN WASTE A PROBLEM FOR YOU?
INDOOR BOKASHI SYSTEM
One Solution for Many Problems!!

Biokings Bokashi System

No Bad Smell
No Maggots
No Flies & Rats
Compost in 6 Weeks

Ideal for :

- Home Gardeners
- Factories
- Schools
- Flats/ Apartments
- Working mothers
- Restaurants
- Canteens
- Offices

SAY NO TO GLOBAL WARMING FROM METHANE PRODUCING LANDFILLS

(+94) 757 188 288
(+94) 757 188 289

Advance Japanese Technology

biokings bokashi system

Project By: Biokings Environmental Solutions

වේග්‍ය
මර්ධනයට විසඳුම

Solution to Get rid of Termites
Pre & Post Construction treatments For Termites

RODENT CONTROL To Minimize the Pest Attack & Usage of Pesticide
Keep Your environment Clean

COCKROACHES, FLIES
MOSQUITOES, ANTS
BED BUGS, WOOD BORES

Hotline: 074 031 5517
Licence No - RP/PCR/WP/100, Approved by Registrar of Pesticides

Leemaka Industries (Pvt)Ltd.
No. 374/5, Robert Gunawardana Mw, Battaramulla.
Tel - 0112 785344, Email - Leemakaindustries@gmail.com

ARIYARATHNE CONSTRUCTIONS

දිවයිනේ සීමාසහිත පුද්ගලයෙකු

- අමානෝ වහල
- සාපර වහල
- සියලුම ජලාශ්‍රය පද්ධති අලුතින් දැමීම සහ අලුත්වැඩියාව
- විදුරු වහල
- විනිවිදු වහල සහ සැකැස්ම

අත්තිකාරම් සිටි සියලුම නිවාස ඉදිකිරීම්

සියලුම ඇලුමිනියම් වැඩ

POLYCARBONATE

අමානෝ පිළි 0.47 (mm)
කවීන් විලාසිතාවේ ලිපි, හේට්ට්ට්, අත්වැල්

විශ්වාසයෙන්, වගකීමෙන් හා උසස් නිමාවෙන්...

0777 24 23 19 / 0711 24 23 19

senakaariyarathne@yahoo.com
www.ariyarathneconstructions.com
www.facebook.com/ariyarathneconstruction

Creating the perfect home office



A home office is many an adult's dream a place to be creative, escape the nuances of family life, and earn a living. Designing the perfect office is a challenging balance of organization, storage, and design. You want to be comfortable but also productive.

1. Perfecting your desk/chair partnership

Whether it's a repurposed kitchen table or a traditional desk, be choosy when deciding on your desk. Once you've found the one (perfect height, plenty of workspace), play around with positioning. Do you want to stare out the window while brainstorming about a project? Put it there. Should your computer screen be visible to those standing in your doorway, or do you prefer a more private arrangement? Situate your desk accordingly. As far as your chair goes, make sure you're sitting in an ergonomic position, knees bent at 90 degrees when your feet are planted on the floor, and your arms can rest easy on your desk.

2. Get the lighting right

Don't skimp on shopping for the perfect desk lamp and/or a corner floor lamp.

Experiment with different light bulbs to cast a warm or cool glow over your workspace. Try different wattages to make sure you have proper lighting so you're not straining your eyes. Take your overhead lighting into account as well; will it cast shadows on your workspace?

3. Clear the clutter

Since your boss won't be popping in for random office chats, you may be tempted to let clutter pile up on your workspace. Maintaining some sense of order will help you be more efficient. Consider organizational systems for your at-home office, such as wire bins or shelves. But before you hit the store and get tempted by all of those enticing file folders, first think about how you work. Do you tend to make piles, or do you file things and come back to them as needed? Cater your organizational needs to fit your individual style. Colorful folders can organize those scattered piles, while floating wall shelves are optimal for standing binders.

4. Select a suitable wall color

This is your space, right? So there's no need to compromise with anyone about

décor. Feel free to choose a wall color that suits you and only you. "I'm a big fan of neutrals," Erickson says, "especially for spaces that you'll be spending a lot of focused time in. Bright yellow might seem like a good idea, but how will you really feel about it after hours and hours of time spent in there? Warm greys are easy on the eye." Do what feels right. Whether it's a bright pop of color that will continue to inspire you, or something that fades to the background to let you work in peace, the choice is yours.

5. Tame your technology

Which devices will play a critical role in your day-to-day work? A computer, perhaps a phone, possibly a printer or a desktop calculator. Set up your workstation close to an outlet so power

cords are securely plugged in and not dragging across the floor. Do your best to make your devices readily accessible, but also avoid having them become the room's main focal point. "Command hooks are fabulous for routing cords along the back of furniture to reduce visibility," says Erickson.

One more thing. Erickson says home office decorators shouldn't get reeled in by pictures they see in magazines. The desk is often in the middle of the room for photo shoots, she points out, but in real life that's often an impractical arrangement. Do what works for you, and don't worry about what the décor mags say. After all, you're the one working in your office.

Automotive



Nissan Cars

For sale

Nissan AD Wagon year 1985 for sale due to urgent requirement 6 lakhs Pannipitiya Road, Battaramulla. 071-0554525. 025957



Budget Vehicles

For sale

Sports racing 12 - 1400 cc Lancer 825, 000/= 16-850cc auto course 850,000/= 14-1000cc Charade 675,000/= Nuge-goda. 0722841786, 0718262853. 020730

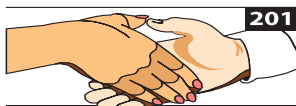


Vehicles Wanted

All models and makes of cars, vans, jeeps, cabs are required immediately to be mobilized in Govt and private sector use. Lump sum payments and number of concessionary packages. Govt registration number - WC 18880 Panniptiya - Kandy Matara. 011-2846026. 026338

A Suv or high end car is required for a General Manager in a leading business conglomerate latest Vesel, Premier, Audi, Outlander, Hilux X trail, etc. 0713616281. 026281

Business



Business Opportunities

Need partners / Investors for an innovative concepted agriculture / cultivation project, high benefits available. 0701852563. 025633



Business Premises

For sale

Shop Premises opposite to Manning Market at Manning Place, Colombo 06, very close to Galle Road. (1.32 P, 2 storey, 28 million, negotiable). 0778730707, 2- 712846. 026080



Business Premises

To Let or Lease

Mahanuwara Dhar-masoka Mawatha close to "Maha Wanguwa", a shopping stall available on rent 0779132034 / 0713442349. 025954

Employment



Employment

Services

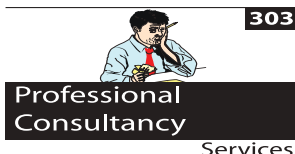
Aishan Enterprise - Attendants, Nannies, Drivers, Cooks, housemaids also dailies available, 296/2, High Level Road, Kottawa near Arpico. 076-4783400, 077-6967440, 0772096555. 025896



Domestic Aides

Services

Able Drivers Stay-maids Dailymaids Cooks Gardeners, Houseboys Attendants available. Super-shine Service, Boralesgamuwa. 0777473694, 0775822976. 026034



Professional Consultancy

Services

Painting, Plumbing, Carpentry work, tiling, roofing, water leak problems and repairs to house with reasonable charges. Contact :- 0777 683 785. 025848

Study in leading UK universities. Contact Bestway Consultants. enquiries@bestwayconsultants.co.uk 026121



Positions Vacant

Medical

Wanted registered Doctor to work in the OPD section of a small western medical center. Dolawatta Private Hospital, Kawdana Road, Attidiya. 0777698966. 025987



වාහනයක්

විශ්වාසයෙන් යුතුව

මිලට ගන්න

It is simple
trusted
& fast

The Trusted Marketplace for Buying & Selling




Positions Vacant

Legal/Administration

We seek Junior lawyers for our Gampaha Law office. Call: 0718562370. 026236



Positions Vacant

Marketing

Leading public quoted company in Colombo is in search for exceptional individual to join their team as Sales Managers. Age 35-55. Experience in Sales / Administration Advantageous. Attractive income packages. Send your CV: upliftlife13@gmail.com or WhatsApp: Call 0768011186. 024828



Positions Vacant

Accounts/Finance

Wanted Accounts Assistant (Female) for an office at Imbulgoda. 182, Kandy Road, Imbulgoda. 077-8009958, 074-3872601. 026244



Positions Vacant

Clerical/Secretarial

Doctor is seeking an assistant for Clerical and documentation duties good skills in computing and English is essential flexibility to work primarily from home (Recent school leavers also can apply). WhatsApp or Email your CV 0718127949 / dilhansv@yahoo.co.uk 026253

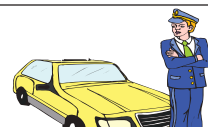


Positions Vacant

Educational

Qualified Shadow Teacher needed - Looking for an English speaking shadow teacher to support our 5 year old son in his upper KG class at a nursery in Malabe. Hours: Weekdays 8.30 a.m. - 12.00 p.m. Competitive monthly pay provided. Please Call/WhatsApp and send your CV: 0702668688. 025977

Teacher vacancy - We urgently require the service of a qualified Physics, Biology and Commerce Teachers for O/L & A/L (Cambridge syllabus). Contact - Kingston College International, 84, De La Salle Road, Colombo 15. Tel. 0112527111, 0719991052, E-mail - kingstoncollege15@gmail.com 018314



Positions Vacant

Drivers/Chauffeurs

Kandy Dharmashoka Mawatha, close to "Maha Wanguwa" Shopping stall is available on rent. 0779132034, 071-3442349. 025854





Promotional Rates for Classified Advertisements

(Only 15 Words)

| Any Single Newspaper | Two Newspapers | Three Newspapers |
|--|--|--|
| Rs. 800/- (Expect Thinakaran Vaaramanjari) | Rs. 1,000/- (Expect Thinakaran Vaaramanjari) | Rs. 1,300/- (Expect Thinakaran Vaaramanjari) |

Gampaha District

Gampaha - 033 22 23 464

1602 - A. L. T. L. Liyanarachchi - Hemas Bookshop, No. 12, Orutota Road, Gampaha.

Wattala - 011 2 937 989

1522 - K. Dharmadasa - Dasa Brothers, Supermarket Building, Hendala Junction, Wattala.

Nilpanagoda - 077 8 627 321

1570 - K. L. Somasiri - 233/5, Diyulapitiya Road, Nilpanagoda.

Wattala - 011 2 932 511

1589 - J. A. Ranil Virendra Anthony Rodrigo - 660/12, Mabola Wattala.

Kochchikade - 031 22 78 359

1606 - M. S. A. Chaminda Fernando - Vinoda Advertising, No. 119/A, Chilaw Road, Kochchikade.

Batuwatta - 071 8 921 271

1626 - H. D. George - Renuka Grocery, No. 118/1, Station Road, Batuwatta.

Dunagaha - 077 3 517 752

1637 - H. Guththila Sarathchandra - Nelligaha Niwasa, Dunagaha.

Ja-Ela - 011 2 947 379

1659 - K. Dharmadasa - Dasa Brothers, No. 73, Main Street, Ja-Ela.

Negombo - 071 480 43 55

1684 - J. A. Kulasinghe Perera - No. 152/C, Greens Road, Udara Newspaper Agent, Negombo.

Katunayake - 077 4 115 998

1920 - S. M. N. Dinesha Fernando - No. 350, Colombo Road, Katunayake.

Kandana - 011 2 233 651

1927 - Y. A. D. Rajapaksha - Jayabima Stores, No. 105, Station Road, Kandana.

Minuwangoda - 011 2 297 881

1935 - K. L. Somasiri - No. 233/5, Diulapitiya Road, Minuwangoda.

Katana - 031 2 241 687

1938 - W. N. D. Agosthinu Appuhami - No. 124/D, Kaluwarippuwa West, Katana.

Ja-Ela - 071 8 571 713

1943 - Gamini Arambawatta - No. 28, Old Negombo Road, Kanuwana, Ja-Ela.

Kotugda - 011 2 290 815

1944 - M. K. Melcolm Silva - 'Jayamal' Kasagahawatta, Kotugoda.

Negombo - 071 552 22 40

1944 - H. A. S. Pushpalatha Rosairo - Rosairo Newspapers and Advertising, Negombo.

ADZ HOTLINE - 011 2 429 369

CALL - 011 2 429 342/ 343



319

Positions Vacant

Domestic

Cook/House Manager - 40 to 60 years age male Cooks, Western and Sri Lankan kitchen stock maintenance, grocery purchases, meal planning cleaning of kitchen service areas, walk two friendly dogs daily, feed two friendly dogs daily. 80,000/= plus salary (depending on experience) added advantages worked in Hospitality, can speak English, Tamil and Sinhala, has had prior experience training dogs. 0773833605 Hari. 026367

Housemaids, Nannies, female attendants now can be obtained from our Govt registered institution. Reasonable charges. 0763-406457. 026235

Nanny (Battaramulla) full time/stay-in female age 30-50 years, minimum 05 years of experience as a Nanny in Colombo. Care for a 2 year old (feeding, playing and bathing). Cleaning and laundry. Experience with expats and western cuisine is a plus. Salary :- 60,000-90,000 LKR (based on experience). 0773833605 (Hari). 026368

Now you can get down housemaids female attendants & nannies required by you from our institution with assurance. Concessionary rates (Govt registered institute). 0776942615. 026238



320

Positions Vacant

Hotel & Bakery

Female Officer with 2 years experience in guest inquiries and reservations is required with computer literacy and English knowledge. Office based in Jaela. email - wdphr1@gmail.com 025966

Homagama, Godagama, family restaurant to be opened newly requires Manager, Chef, Stewards, Kitchen Helpers and Cleaners. Please call over experienced personnel with certificates. Call 070-7100444. 026335

Person is required to serve in a three roomed holiday resort bungalow in Ratnapura cooking and room arrangement knowledge is required. Required additional support will be provided. Residents in and around Ratnapura are more desirable. Telephone Number: 0773113567. Contact only between 9.00 a.m. and 5.00 p.m. 026334

Prestigious Family Restaurant in Dehiwela urgently requires: Restaurant Manager, Telephone Food Order takers, Restaurant Captain, Waiters. Attractive salary package, meals, and career advancement opportunities. Contact - 0741482049. 025980

Prestigious Family Restaurant in Dehiwela urgently requires: Sous Chef, Chinese Cooks, Kitchen Helpers, Cleaners. Attractive salary package, meals, and career advancement opportunities. Contact - 0741482049. 025986

321

Positions Vacant

Estate

Wanted Estate Conductors, Security Officers & Watchers, 24.04.2024, Wednesday from 10.00 a.m. to 5.00 p.m., National Identity Card, Grama Niladhari Certificate including all the original certificates, call over to the following address. Janaka Bogollagama & Company, No. 65/1, Colombo Road, Kurunegala. Tel. 077 108 2523. 025851



325

Positions Vacant

General

Assistant Accountant, Wharf Clerk and Trainees, Customs entry framers, Marketing Executive and Trainees, Transport Executive, Warehouse Operations Executive and Trainees, Management Trainees, Riders trainees with motorcycle license, Heavy vehicle drivers, Transport Maintaining Executive, Diesel heavy vehicle Mechanic. Email : afa.wexp@yahoo.com Please apply Air & Sea Logistics (Pvt) Ltd., No. 14, Sri Dharmakeerthiyarama Road, Colombo 03. Tel. 011 2342807. 025918

Dog walker - Looking for someone to walk two friendly dogs daily in the Battaramulla area. Paid weekly for grooming, walking and meal prep for dogs. 3 hours a day. Dog training experience is a must. Rate per hour / per week negotiable. 0773833605 Hari. 026369

Hiring to answer calls. Please send infos to sanbalasankar@gmail.com 026405

Prestigious Family Restaurant in Dehiwela urgently requires: Purchasing and Store-keeping Executive. Attractive salary package, meals, and career advancement opportunities. Contact - 0741482049. 025983

327

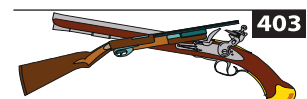
Positions Wanted

Late 60s, healthy ex-Administration Manager looking for suitable job outside Colombo with food and lodging provided, skilled in correspondence and preparing feasibility reports for any project. Majeed at 0776056576. 025715

Looking for part-time work for a female. Monday to Friday 8.30 a.m. to 1.15 p.m. around Nugegoda and Boralesgamuwa area for data entry, Email/letter writing, etc. Tel: 0777292943. 024889

Retired Ministerial experienced Personal Assistant with typing skills seeks part-time job. 0718079947. 025804

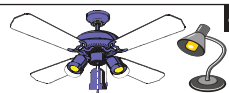
46 years old person with 15 yrs experience seeks short-term or long-term employment as a driver. 0773827176 / 0711121260. 026315



403

Arms & Ammunition

W. Thomas & sons importers and manufacturers of Air-rifles. Professionals in repairing shot guns and manufacturers of excellent air-rifles to suit the needs of local farmers from Rs. 42,500/- upwards without agents air-rifles with guarantee to customers at affordable rates. 011-4361961, 0115737777, WhatsApp: 0777319250, 0777079250. 020157



Household Items & Elect. Appliances

For sale

Garage Sale! Nearly new ladies and gents clothes accessories jewellery glassware crockery and electrical items. 51/52, Swarna Road, Colombo 6. Sunday 21st April 10 a.m. onwards. 025535



Tuition Available

English Language and Literature (London / Local) home visiting by an English Instructor (B.Edu). 0718079947. 025802

English language / Literature, Edexcel / Cambridge / any syllabus / exam (CIS, British School, Stafford, Elizabeth Moir, Wycherly specialized) qualified lady lecturer for group / individual / home visits for Colombo (Centre only). Negotiable rates. 077-5507358. 020700

From 1 1/2 years spelling without learning by heart English, Literature, French ICT, German, Russian, Japanese, Chinese, Korean, Spanish IELTS, TOEFL, SAT GMAT, GRE, JLPINAT Cambridge University qualified teacher. 0702522494. 025931

IELTS / spoken English PTE academic Australia qualified well experienced lady teacher best results guaranteed online & physical. 0716656325, 0726468061, 0768632275. 022197

Lady Teacher visits online. IELTS, spoken English, Sinhala, Tamil & other subjects. English all Grades. 0778135914. 023360

Looking for home visiting teachers for a grade 4 student in an international school, specialized teachers in Science, English and Sinhala also any teacher could generally support all subjects as a shadow teacher, location Kelaniya. Contact number 0703370057. 025864

Spoken English 6 months course no age barrier new international methods unfailing high-quality results. Palitha Jayasinghe. 0710104703, 0771671136. 026134

Miscellaneous

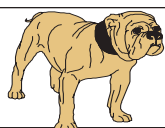
For sale

BMW / Peugeot / Benz, alloy wheel, all spare parts, buffers / AMP, grill / machine / sewing machine, washing machine, bicycle. 0763887008, 0701119166. 025893

Industrial sewing machine spare parts accessories all types of needles tag gun machines cutting blades abrasive belts and many other items for apparel industry for sale at very cheap price. Contact 0777321295. 025635



Personal



Kennel Notices

For sale

American Fully XL puppies for sale 03 months, parents can be seen. 0777800128 Borella. 025665

Two months old female poodle puppies for sale. Parvo given. Mother can be seen. Call: 0741971819 or 0784561551. 025973



Kennel Notices

Services

Golden Retriever (KASL), male puppies for sale. Price 65,000. Price can be negotiated. Contact number 0704328881. 026056

Board & Lodging

Available

Colombo 6 - Furnitured small room with attached toilet / pantry. Rent 25,000/= (Young working gent). Including cleaning weekly. Two months advance. 071-8855764. 023361

For ladies Colombo 4 - small room with separate entrance, conveniently located on main road. Call 077 306 7450. 026395



Luxury Apartments/ Houses / Condominiums

For sale

Close to Pannipitiya, 10.8 perch 6000 sq.ft. full furniture with luxury house 5 bedrooms, 2 bathrooms, modern kitchen and CCTV, Solar Power Bio Gas, hot water, A/C rooms, Mini Bar, 2 parking available. 0718008019, 0712529564. 019981



සිහින නිවස

විශ්වාසයෙන් යුතුව

මිලට ගන්න



The Trusted Marketplace for Buying & Selling

adZ.IK

it's what you want



Luxury Apartments/ Houses / Condominiums

To Let / Lease

Empire Residencies - Apartment available for rent. * 2700 square feet * 3 and half bedrooms * Staff quarters * Utility area * No furniture * Fully equipped modern kitchen with fridge, dish washer, washing machine, micro and oven * 4 bedrooms * 2 parkings * Block A, 12th floor, flat 1. Suitable for expats. Brokers not allowed. Contact - 0716805314. 026392

Fully furnished 3 bed penthouse apartment for rent at Spathodea Residencies, Thimbirigasyaya, Havelock Road, Colombo 05. 03 bedrooms, 02 bathrooms, 1600 sq.ft. elegant furniture domestic Quarters, two entrance, top floor, sea view, parking slot 1, pool gym. Monthly rent 275,000/= . Convenient location, close to all amenities. judedeva priya@gmail.com 077-3185946. 023429

Mount Lavinia 1st Floor Apartment 1 large bedroom fully furnished and equipment 1 vehicle parking separate electricity from Galle Road 650 m land side rent 100,000/= . 0777725348, 0742661419. 024886

House & Property

COLOMBO District

For sale

Attidiya Land for sale 06 perch square land at 2nd Lane, Parakum Mawatha for sale. Price Rs. 18 lakhs / perch. Call: 0702799494. 026027

Battaramulla Malabe near Pelawatta town facing the main road 24 perch land ideal for business or investment is for sale. 071-4290392. 025638

Dehiwala near the Zoo - 11 perch bare land is for sale. Clear deeds, 50 lakhs per perch. 075-0372760. 025721

From Malabe town in an excellent neighbourhood 8 perch land facing a 20ft wide road is for sale, 12 lakhs only per perch. 0770673171. 025637

Half Km to the flyover in Dehiwala nearly ten perches including a house only for land value, 10' road, vehicle parking available. No brokers. 0772354548. 025837

Hokandara 8.3 perches land for sale 5.8 km to Thalawathugoda Junction, 2 km to Athurugiriya Highway Interchange tap water Rs. 1, 100,000 per perch. 077-7078557. WhatsApp - 00393881968493. 026066

Homagama High Level Rd 7 perch two storey house is for immediate sale. Can be used as two houses. 145 lakhs. A work in a section to be completed. 0702576572. 026213

Homagama - Magammana facing Homagama - Kiriwaththuduwa 128 bus route 11.7 perch land is for sale. 2.5 km to Homagama Town. Land is suitable for residential or commercial purposes. TP: 0773778736. 026217

House for sale five bedrooms (upstairs) at Robert Gunawardena Mawatha Battaramulla (no brokers). 0706460720, 7.8 perches. 42 million. 025953

House for sale in Ratmalana 5.1 perch tiled hall 3 bedrooms, 2 bathrooms 1 kitchen parking available. Clear documents. Price 165 lakhs. Phone 0777 800 346. 026398

Kosgama exclusive blocks with all the facilities near 603 Bus Route (Kosgama - Kadugoda Road) starting from Rs. 140,000/= per perch now with up to 10% special discount. Call 0703 777 888. 023639

Kottawa Siddamulla Aluth Mawatha ten perch land and nine point five perch land for immediate sale. Owner going abroad. 0781292904, 0727807364. 026309

Malabe - Welivita exclusive land blocks with up to 20% discount, 18 months interest free easy payment schemes and bank loan facilities. Close to Kaduwela Highway entrance. Reserve your block today. Call on 0717 999 222. 023632

Malabe - Suhada Mawatha exclusive blocks available close to SLIIT, Horizon Campus & Nevil Fernando Hospital with up to 20% discount. Call on 0717 999 222. 023631

Malambe 9.5 perches very secured by full private access adjoining 22 ft road. 500 metres to SLIIT. 5km to Parliament Junction. 0771671136, 0710104703. 023880

Meepe - Exclusive land blocks facing High-Level Road starting from Rs. 200,000/= per perch with up to 20% discount. Call today 0717777888. 023623

Pelawatta Battaramulla land for sale. 17.6 perches of bare land. Urgent selling due to migration. 0778336141. 026203

Piliyandala - Kahathuduwa, exclusive land plots overlooking paddy field starting from 39 Lakhs with all facilities. 05 min. to Kahathuduwa Highway Entrance, close to 120 Bus Route. Up to 20% discounts and easy payment schemes. Call 0706008877. 023679

Rajagiriya. Swimming Pool with the house 5 BR 23p. Contact: 0777357555. 025696

Thalawathugoda Temple Road, 50m to 174 bus route 10 perches (without valuing the house). 25 millions selling immediately. 0773257975 (lawyer). 0718152488. 025955

Type : sell, land extent 32.5 perch, district - Colombo, city - Battaramulla. Price : negotiable, land for sale in Battaramulla 32.5 perch land with parapet walls and gate Bodhi Road Thalangama North, Battaramulla, quiet and decent neighbourhood, ideal for construction of a large family house individual villa type houses or an apartment block. Close to all amenities quick sale for the best price. Contact 0777363845. 025958

140 perch land for sale with all facilities suitable for any project 200m to Ganemulla Town. 0772757998. 026317

617
House & Property
GAMPAHA
District
For sale

Dungalpitiya - Negombo 5.5 acre land / 1.2 million per perch bordering Negombo Lagoon and Pitipana, Jaela Road. Close to Nilakma Lagoon and Villa Hundira / Call 071-5296340. 026063

Exclusive residential and commercial land plots for sale in Katana, Kandawala, closer to Negombo town, with all facilities. Call 0710 333 111. 023625

Gampaha - Udugampola exclusive land blocks, close to Airport with all facilities per perch Rs. 455,000/= onwards. 0711243243. 023629

Kadawatha - Exclusive land blocks 03 minutes to Kandy Road and 5 minutes to Highway. Plot itself from 39 Lks. 0711243243. 023612

Kadawatha - upstairs house 6.52 perches, 1 km to highway, CCTV, AC, highly residential area. 0764121024. 026378

Katunayake exclusive land blocks close to Katunayake Expressway Entrance and Airport. 1 min. to Airport. BOI Zone, Major Banks and Supermarkets within walking distance, wide carpeted roads, security walls, with piped water and electricity, 18 months interest free payment method call today 0715226666. 023694

Kiribathgoda - 13.5 perch land with house for sale. For further inquiries please contact: 077-3569733. 025158

Malwana - exclusive land blocks close to Kaduwela Highway entrance with now up to 20% discounts. Entire block starting from Rs. 2.4 million upwards. Call on 0710 888 777. 023641

Meerigama - Exclusive 2 blocks of land close to Meerigama Town. 05 minutes to Highway Entrance. 12.5 P land block for 12 Lks. 0711243243. 023608

Nittambuwa 1km off Kandy Road 41 perches going cheap. 0771671136, 0710104703. 020689

Residential and commercial plots for sale close to Kochchikade, Negombo and Katana. per perch Rs. 330,000/= . Call 0710 333111. 023627

Thalahena - Negombo 250 perch / Rs. 7 lakhs per perch close to main road. Call 071 529 6340. 026060

Thalahena - Negombo 3.5 acre land / Rs. 9 lakhs per perch bordering Negombo lagoon. Close to Jetwing Lagoon, Arie Lagoon, Nilakma lagoon for appointment. 071-5296340. 026058

Urapola 16.75 perches 500 metres to Central. Clear deeds, nice, quiet surrounding. 0710104703, 0771671136. 020675

Wattala Alwis Town 6.54P and Nagoda 14.5P lands for sale. Contact 0775577139 Priyantha 0740326314 Hemantha. 025959

8 minutes to Ragama town, 39 perch block of land near Leeson's Hospital is for sale. 077 9823262 / 0112959821. 025634

618
House & Property
KALUTARA
District
For sale

Bandaragama - Colombo near 162 Bus Route, has rolled out an exquisite 20 land blocks opportunity for you with up to 18 months interest free payment schemes. Call us on 0711888777. 023688

Bandaragama, Raigama 10-perch land for quick sale. 340,000/- per perch, clear deeds, 5 minutes to expressway. 0716408831 / 0740071612. 025426

Horana Ballapitiya - land plots available, with up to 20% discount and easy payment scheme, starting Rs. 140,000/= per perch & upwards, pipe borne water, 20 minutes to Highway entrance. Call on 0717 999 222. 023646

Kahathuduwa - Gonalpala. Exclusive land blocks with all facilities. Now with up to 20% discounts and easy payment plans. 05 minutes to 120 Main Road and 10 minutes to Southern Highway. Call today. 0717999222. 023683

619
House & Property
KURUNEGALA
District
For sale

Ibbagamuwa Batalagoda valuable commercial and residential plots bordering Tavulla. With children's parks and walking paths. Per perch Rs. 450,000/= upwards. Facing Batalagoda Lake and beautiful fields. 0710999222. 023685

Ibbagamuwa - Best blocks of land close to Ibbagamuwa Town. Per perch Rs. 109,500 with electricity and special discount. Bank loan and interest free easy payment schemes. Call today 0702111333. 023621

Kuliyapitiya - Exclusive land blocks for residential close to Kuliyapitiya Medical Faculty. Per perch Rs. 111,500/= onwards. With pipe borne water & electricity. With special discount, easy payment scheme & Bank loan facility. 0702777888. 023690

Kuliyapitiya - Pannala at Weralugama Junction, 38.5 perch land is for immediate sale. 077 915 9386. 025951

Kurunegala - Mallowapitiya. Exclusive land blocks for commercial and residential facing Kurunegala - Kandy Main Road. With pipe borne water. Per perch Rs. 309,700/= upwards. 0703111333. 023681

Kurunegala - Maspotha house for sale. New house on 30 perch land. 05 km to Kurunegala city. Ground floor fully completed. Price: 215 lakhs. Call: 0702799494. 026023

Kurunegala - Pothuhera, best land blocks close to Colombo 6 Road and Railway Station. 05 minutes to Highway Entrance. Per perch Rs. 189,700 onwards. 0703111666. 023619



SUNDAY OBSERVER



Highlight your Classified
Advertisement to get more
attraction



Additionally pay only **Rs. 100/-**

classified@lakehouse.lk

011 2 429 383

011 2 429 347

011 2 429 342

011 2 429 343

Fax - 011 2 429 375/380

Conditions Apply



Kurunegala - Uhumia, best land blocks for commercial and residential, facing Kurunegala - Negombo main road with pipe borne water per perch Rs. 222,000/= onwards. 0703111555. 023628

Narammala, Kadahapola - Best blocks of land. 10 minutes to Highway Exit. Per perch Rs. 81,500/= onwards. With pipe borne water. 0711999888. 023606

Wariyapola last 01 block of land. Per perch Rs. 91,700/= onwards. With pipe borne water. 0703111555. 023600

620

House & Property

PUTTALAM

District
For sale

Land for Sale - An uncultivated land in an extent of 5 acres with some coconut trees and palmyrah trees is for sale. Almost bare land situated at a distance of 1 kmtr interior from the Palavi - Kalpitiya Road which is 1 Kmtr behind the Kalpitiya Courts. This land is suitable for repairing boats and even for a boat yard. Also suitable for poultry farm. Call: 0773204876. 025519

Sandalankawa - Best land blocks for commercial and residential facing Negombo - Kuliyapitiya Main Road. Perch Rs. 170,000/= upwards. For residence and investment with convenient payment methods. 0703222888. 023648



House & Property

KANDY

District
For sale

10 minutes from Gampola town, located at Ambuluwawa near the proposed Cable Car Project, with a beautiful 360° scenic view of the natural surrounding area this 200 perch land is suitable for any tourism project. All facilities inclusive. Rs. 150,000/= per perch. 0707199999. 025862

622

House & Property

MATALE

District
For sale

Dambulla - exclusive land blocks with all urban facilities, each block for 27 lks with special discount, bank loan facility and easy payment scheme. Call today 0715 228 888. 023630

Matale - North - Best 30 blocks of land with all facilities. Per perch Rs. 115,500/= onwards. Bank loan and easy payment scheme available. Call 0719444666. 023615

623

House & Property

NUWARA ELIYA

District
For sale

Land for sale in the heart of Nuwara Eliya town. Only 34 blocks, perch price starting from 2.2. million. Call 0719 333 444. 023644

628

House & Property

KEGALLE

District
For sale

Kegalle - Exclusive last block of land with all facilities. 0711623623. 023617

House & Property

GALLE

District
For sale

Best 100 blocks of land for residential. Facing Uragasmanhandiya Main Road. Entire block Rs. 1,000,000/= . 0719111222. 023591

Exclusive 15 blocks of land at Baddegama very close to Baddegama town & Highway entrance, facing a beautiful paddy field, per perch Rs. 185,000/= onwards. 20 % discount for outright purchase. 0711 480 480. 023647

Galle - Akuressa exclusive 10 blocks of land in 10th Mile Post Junction. Two minutes to Southern Highway Entrance. With special discount. Call 0711154154. 023624

Galle - Hapugala, exclusive 10 blocks of land close to International Schools and Engineering College. 0711444999. 023695

Galle - Pinnaduwa exclusive 100 blocks of land, close to Highway. Per perch Rs. 195,000/= onwards. 20 % discount for outright purchase. 0711480480. 023692

Galle - Udugama exclusive 8 blocks of land in Udugama Road, close to Jayanthi Junction. 8 km to Karapitiya General Hospital. Limited plots blended in Urban and Rural environment. Call today. 0711154154. 023687



Easiest way to publish your
Classified Advertisement while staying at home..

SUNDAY OBSERVER



For 15 Words

Rs. 800/-

Each Additional word Rs 20/-



For 15 Words

Rs. 800/-

Each Additional word Rs 20/-

To publish at both Papers
Rs. 1,000/- (Only for 15 Words)

Green Light for Online Transfer
Acc. No. 000000377 - Corporate Branch



Email - classified@lakehouse.lk

☎ - 077 7 270 067

077 7 278 948/ 011 2 429 347

011 2 429 383 | 011 2 429 342/ 343

Hikkaduwa Fieldview
Estate few blocks available 200m to Highway link road 20ft road. 077 806 9180. 025857

631

House & Property

MATARA

District
For sale

Best 05 blocks of land with all facilities at Kamburugamuwa New City, close to Labeema Junction. Per perch Rs. 280,000/= only. 0711444999. 023610

641

House & Property

COLOMBO

District
To let or lease

Building space for rent (Ideal for Pub) at No. 68, W.A. Silva Mw, Colombo 06. Tel. 0777 311110. 025822

Colombo 9, Mahawila Gardens bordering Baseline Road within Colombo city limits. Prime location. House with 3 rooms, inner and outer bathrooms, parking space. For lease. No brokers. Contact: 077-145-4520. 025975

Katubedda Lakshapathiya upstairs with separate entrance. 2 bedrooms 1 bathroom, toilet sitting and pantry. Rs. 25,000/- 6 months advance. 0777583194. 025430

Maharagama Temple Road two roomed complete ground floor of two storeyed house with water electricity and telephone facilities for lease. 0768351520 / 0771093025. 024722

Pitakotte, Thalawathugoda Road three bedrooms two bathrooms servants bathroom with parking for two vehicles. 0704500750. 026344

Wanted rent house Colombo 4/5 Nawala Nugegoda Kirulapone rent 50,000 - 200,000. Contact: 0777357555. 025693

House & Property

GAMPAHA

District
To let or lease

Wattala Hekitta large 1053 sq.ft. house with 3 rooms, dining room, bathroom, pantry, sitting room and parking for 03 vehicles. 075-7640844, 076-8492493. 025712

646

House & Property

KANDY

District
To let or lease

On Peradeniya - Katugastota Road near Haloluwa Bus stand house with 3 bedrooms and garage for rent / lease. 0777 493180. 025860

adZ.lk
it's what you want



The
Trusted
Market
place for
Buying &
Selling

Contact Us:-

☎ - 011 2 429 369

☎ - 077 7 270 067

☎ - 077 7 270 845

✉ - adzsuo@lakehouse.lk





21 April 2024

Miscellaneous

පරණ බඩු

පරණ සාර්, පරණ නේට්ටු, හවඩ් මැණික්
ගල් කැලි, මාත්තු බඩු, පරණ පුවරු,
පරණ රිදී කප්පි, අර්පෙන්නො වැඩිම මිලට
මිලදී ගනු ලැබේ.

උකස් රත්තරං වලටද ඉහල මිලක්
(පවුමක් 160,000/-)

විශ්වාසනීය සේවාව

0776 608 634, 0771 230 122

R.C. No. 2024/JL5149

ADVERTISE HERE

Sunday Observer



MISCELLANEOUS

DOUBLE SMART (5.8 CM X 16.3 CM)
COLOUR

RS. 4,000/- +VAT

HOTLINE : 0112 429 369

E-Mail : adzsuo@gmail.com

7 Foods to Get Rid of **Pain** Naturally

All pain is based on inflammation and the inflammatory response. Chronic inflammation plays a huge role heart disease, arthritis, asthma, cancer, and dementias.

By controlling inflammation, we should be able to control our pain and lessen chances of developing diseases.



Did you know that foods can increase inflammation? Sugar and white flour are huge culprits. The good news is that foods can also decrease inflammation, chronic inflammation, and fight cancers and other diseases.

ws is that all these foods taste good! And they are easy to add to your diet. Except number 2, if you are a werewolf. Everyone will enjoy sipping on number 4 and number 9 may remind you that mom is always right!

Omega-3 Fatty Acids

Here's one very healthy fat found in a lot of sources. Omega-3 rich foods are known to fight inflammation. In fact, studies show that mice fed extra virgin olive oil have stopped arthritis development and reduces joint swelling. Inflammatory markers decreased between 1/3 and 1/2.

Garlic

Garlic, onions, and leeks contain an

antioxidant, quercetin, that may relieve inflammation. Garlic is particularly effective. You can take about 4 cloves of raw garlic or used powdered or an aged supplement. Since that much raw garlic can upset your stomach, most experts recommend aged garlic. You'll get the benefits without breathing and sweating garlic.

Green Tea

Green tea is an anti-inflammatory super food. It is so good for every part of your body that you should drink it even if you aren't in pain! Green tea contains antioxidants that reduce inflammation. And other healthy properties include preventing cancer, melting belly fat, helping hangovers, and lessening depression.

Whole Grains and Beans

Whole grains and beans fight inflammation, while their cousins, white flour and white rice, may increase chronic inflammation. Foods like oatmeal, chia seeds, oatmeal, and brown or wild rice lower levels of C-reactive

protein (CRP). These proteins are "markers" for inflammation associated with heart disease, diabetes and rheumatoid arthritis.

Turmeric

Turmeric is a spice with a long history in folk medicine for warding off inflammatory diseases. There is now research to back up the claims. Turmeric is high in curcumin, an antioxidant and anti-inflammatory.

Since you probably can't eat enough turmeric to get the benefit, take supplements with a pinch of black pepper or enjoy turmeric tea. Add one teaspoon of ground turmeric to boiling water, simmer for 10 minutes. Add a bit of lemon juice and a pinch of black pepper and enjoy.

Broccoli, Brussels Sprouts and Cabbage

Broccoli, Brussels sprouts and cabbage might not be everyone's favorite foods, but they are really healthy. These cruciferous vegetables are rich in antioxidants that protect cells from

free radicals suspected in the development of chronic inflammation. It's easy to add broccoli to stir fries and salads.

Ginger

Another spice, ginger, is a powerful anti-inflammatory. You can enjoy it as a tea, in food, or snack sparingly on candied ginger. One study found that ginger extract helped 63% of participants with osteoarthritis knee pain. Two grams of ginger a day has been shown to reduce muscle pain. If you've overdone a workout, ginger may just help you feel better.

Conclusion

Research indicates that pain comes from inflammation and some really unpleasant diseases comes from chronic inflammation. You can ease pain and fight chronic diseases by eating foods that decrease inflammation. Avoiding foods that cause inflammation, like sugars and white flour, helps as well.

@ Internet

OBSERVER



21 April 2024

Health & Beauty

A Luxury Care Home for Senior Citizen



Mount Lavinia Branch, which is located on a one & half acre land 400 meters from Galle Road and close to Mount Lavinia Beach is comparable to 4-Star Luxury hotel. our medical doctors, chief nursing officers, & nurses will assist you and your beloved parents 24/7 to spend their golden years safely, in good health, & with dignity.

Non A/C Ward Bed Rs.95,000 Per Month

Air Conditioner Luxury Ward Room Rs.115,000 Per Month

Individual Luxury Rooms With Attached Bathrooms Rs.190,000 Upwards Per Month
Including All Meals, Resident Doctors', General Nursing Care, & Laundry Included

No Admission, No Deposit, No Hidden Charges

Ministry of Health Approved No PHSRC/OMI/235, PHSRC/AS/021

European Care Home standard best for spend your evening life feel in the maximum satisfaction



Royal Nursing Home(Pvt)Ltd.

52 De Saram Road, Mount Lavinia

Tel : 0718 711 711, 0711 600 600

mail@royalnursinghome.com, Web : www.royalnursinghome.com

ADVERTISE HERE HEALTH & BEAUTY

DOUBLE SMART

5.8cm x 16.3cm

Colour **Rs.4,000/-** +VAT

Contact:

Ajith 0772 871 916 Rakihta 0777 278 952

Hotline: **011 2429369** | adzsu@gmail.com



ADVERTISE HERE

Health & Beauty

SMART

(5.8cm x 8.0cm)

Colour **Rs. 2000/=** +VAT

Contact:

Ajith 0772 871 916

Rakihta 0777 278 952

011 2429369 E-mail: adzsu@gmail.com

PANNIPITIYA
New Order

සුවා පියාසා රෝගී සහ වයස්ගත අයෙකුගේ ප්‍රතිකර්ම මධ්‍යස්ථානය

ආදරණීය දෙමව්පියන්, වැඩිහිටියන්ගේ
සෞඛ්‍ය සත්කාරය, ආරක්ෂාව සිදුකිරීම සහ සම්බන්ධ

ඔබේ සහකරුවෙක් ද?

පිහිටි 15 ක් වැඩිවියට පත්වූ සුවා පියාසා රෝගී සහ වයස්ගත අයෙකුගේ ප්‍රතිකර්ම මධ්‍යස්ථානය.

සුවා පියාසා රෝගී සහ වයස්ගත අයෙකුගේ ප්‍රතිකර්ම මධ්‍යස්ථානය.

SUWA PIYASA PATIENT & SENIOR CARE HOMES

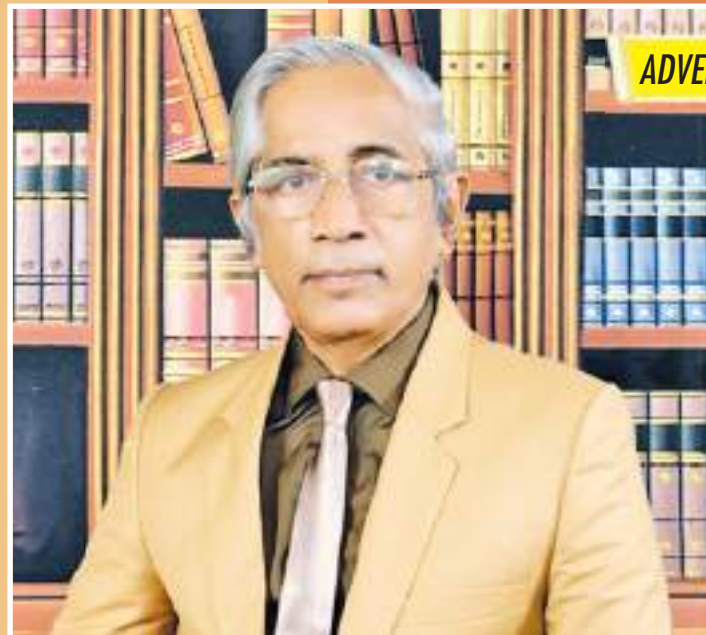
දැන්ම අපට අමතන්න.

0772 900 756 | 0776 227 243 | 0777 401 851

Continued from the article on
24th March 2024

Sri Lanka

Integrated Medicine



ADVERTORIAL

Dr. Hemachandra Pathirathna

Chairman - National Medical Foundation

Expert Integrated Medicine Certified by Academic Council II M, Colombo University,
Expert on I K medicine Listed in Nuffic, Netherlands Organization for Higher Education,
Expert on I K Medicine Listed in MOST programme Unesco,
Chairman Graduate Association of Integrated Medicine, Chairman - Council of Integrated
Medicine, Director - Institute of Theoretical Research on Medicine

We are holding the flag they raised and serve the nation.

Why not, the government harness the benefit of this. While we are having the capacity to meet the necessity of combating much chronic diseases as well as methods to safeguard the whole country from falling into to a Diabetic country. When the main stream of health adduced by the colonial system fails and also silent about it, we are ready to take the responsibility if the government supports us. More than that we can develop medicinal tourism by using our practitioners and opening clinics at hotel premises or in a much feasible way. Obviously tourists will come and stay here for a while to get the treatments for Diabetes as there is no successful way to get out of them in European countries.

Integrated Medicine and our practitioners were well received during British period. Mr. S.W.R.D. Bandaranayaka as the health minister in 1941 gave us a separate identity in the constitution by putting under a separate ordinance. The name of it was Indigenous Medicine Ordinance.

That was to keep this in a safety region to get it out Ayurveda Medicine Council Ordinance and the Medical Ordinance. That brought up a jealousy and the practitioners of those ordinance made an academic coup, since then.

Under the British rule we were praised at the State Council about the part we

played in the Malaria Eradication. It was said when Quinine failed we could cure those patient as the member of state council for Kegalle said in the house.

At the debate of the Council of Ceylon Hansard (February 1935 page 579) will show you the advantage of developing this medical chapter Mr.E.A.P.Wijerathne and Mr.J.L.Kothalawala as members of state council praised our work in Malaria Eradication. Also Mr.S.W.R.D. Bandaranayaka has praised highly in a lengthy speech.

We invite politicians today to have a retrospection to the medical field here in Sri Lanka, and with an introspection to see how we should develop the medical field. avoiding the neocolonialism that exist. We accept the challenge on behalf of the public using the thrust upon greatness they owed from foreign domination along the constitutional array, and some are trying hamper the progress of Integrated Medicine.

**Now we can cure
Diabetes. That is to bring
a patient to a state
that he or she can live
with no treatment to
keep the blood glucose
level within limits. It
comes to normal within
a certain period by
taking treatments under
Integrated Medicine.
This is a kind of glandular
enhancement and comes
under regenerative
medicine.**

Very eminent people of the health field, Professor C.C. De Silva, Prof. Nandadasa Kodagoda, Prof. Carlo Fonseka, Prof. Priyani De Zoysa were with us in the decade of 1970-1980. They gave us a limitless effort to bring up Integrated Medicine. But not

the GMOA. They only harassed the progress of it. Many others helped us in many occasions. Here we do not mention their names for the safety of them. They helped us teaching modern medical science to make a much fertile ground to evolve this Integrated Medicine. We do not regret about GMOA. They are with the mentality of professional jealousy. They are in a fear of losing the ground. But it would not happen if they develop further more their scientific venture. Instead of thinking about

separation. We invite even GMOA to come with us to keep the health of the country on a better place. As qualified medical practitioners, it is our duty to safeguard the people from illhealth.

Freedom in the health field can only be attained through integrated medicine while other systems should prevail on their best to meet with their own specialities. We do not compete with other systems but compete the medical science in Sri Lanka.

we did not march on road asking more benefit for us. Instead we did the necessary research as WHO indicates to meet the need of the country today.

Now we can cure Diabetes. That is to bring a patient to a state that he or she can live with no treatment to keep the blood glucose level within limits.

It comes to normal within a certain period by taking treatments under Integrated Medicine. This is a kind of glandular enhancement and comes under regenerative medicine.

Diabetes is a disease with a multitude of complications. We can avoid it by early treatments. Those with complications can also be cured under Integrated Medicine. Diabetes is a major problem in the country also it will cause a big financial stress to the country.

Genetic approach in caring disease is in the science of the east. Tribasic biological balance in the molecular activity can be achieved with collective action of drugs. it is a nature induced methods to overcome diseases. Integrated Medicine use that knowledge.

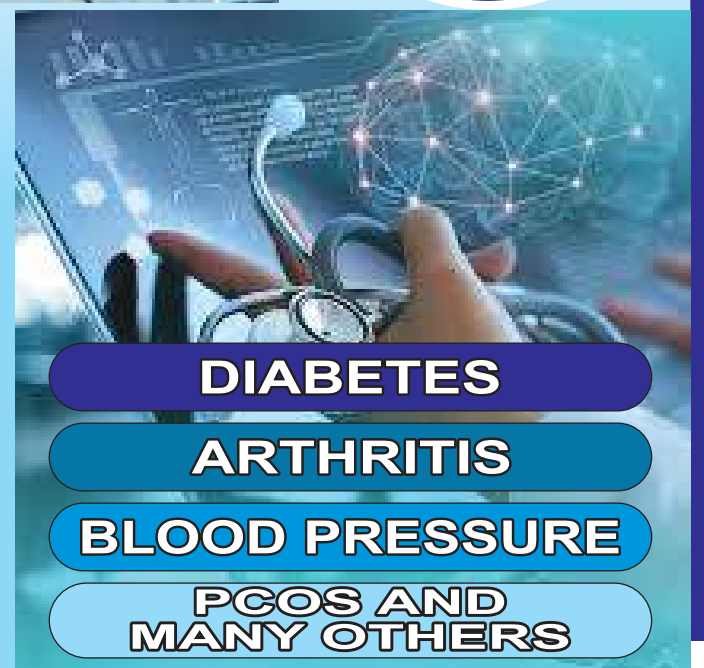
DIABETES CAN BE CURED UNDER INTEGRATED MEDICINE

INTEGRATED MEDICINE

The best available method to cure the so-called incurable diseases
Diabetes, Arthritis, Blood Pressure, PCOS and Many Others.



**Integrated Medicine is the brain child
of the National movement of Ceylon.
Now comes in colours to serve you
with the institute of theoretical
research on medicine. The chronic
kidney disease state after diabetes,
can be brought to normal by
Integrated Medicine**



DIABETES

ARTHRITIS

BLOOD PRESSURE

**PCOS AND
MANY OTHERS**

**DR. HEMACHANDRA
PATHIRATHNA**

**0718 287 540
0718 384 875**

තාර දැමීම

සියලුම අමුද්‍රව්‍ය සමඟ

ලංකාවේ අඩුම අයකිරීම

තාර දැමීම, කාසට් කිරීම, බොරළු යොදා පාරවල්
සකස්කිරීම, වී වේලන කමත් තාර දැමීම, බෝක්ක,
සහ කාණු සකස් කිරීම, ඉන්ටර්ලොක් ගල් ඇතිකිරීම.



**ආර් කැඩ්ලිද ?
විසඳුම අපෙන්**

කර්මාන්ත ශාලා,
හෝටල්
රෙසෙයාර් කිරීම
සහ පින්තාරු
කිරීම

APSARA GLOBAL HOLDINGS

ඔබගේ නිවසේ හෝ ආයතනයේ සියලු ඉදිකිරීම් එකම තැනකින්...

දිවයිනේ ඕනෑම ප්‍රදේශයකට පැමිණ සිදුකරදෙනු ලැබේ.

Email. asankasameera417@gmail.com

0778 383 834



KATARAGAMA



No matter whether you are on pilgrimage, holiday or business, the Lake House Lodge in the City of God Skanda is your ideal place to stay for a few days with your whole family. Inviting and affordably priced (rates start from just Rs. 1,500/- during the non-peak season), the Lake House Lodge is centrally located in the heart of Kataragama with easy access to the Kiri Vehera, Kataragama Devalaya and the Central Bus Stand.

Air Conditioned Rooms with Hot Water

Double Room - Rs. 5,800/- | Luxury Room - Rs. 6,800/-

Rates start from just Rs. 1,500/- during the non-peak season.

* 10% Discount will be offered only for Double Rooms and Luxury Rooms



0112429429 / 0472235291 / Priyantha - 0778666743