EMP NO 
HINI 823 
EMP NAME 
PAN 
SNEHA CHELLADCR' 
BIJPC3337G 
Doc Status 
Status Date 
SOC - Payment of Life Insurance Premium (For self: spouse & children) 
SOC - Contribution to Unit Linked Insurance Scheme - UI-IP (For self: spouse & children) 
80CCC - Contribution to Pension Plans (Self) 
soc 
soc 
soc 
- Deposit in Public Provident Fund-PPF (For self: spuse & children) 
- Purchase of National Saving Certificates - NSC (Self) 
- Contribution to Equity Linked Savmgs Scheme - ELSS - TAX SAVER-MF (Self) 

80CCD - 
• Eligible beneficiaries - Self ONLY. 
• Subscription eligible only if the same is purchasa 
current F inane lat Year. 
Contribution to National Pension Scheme U s SOCCD 
• ELSS is eligible only if it is a Tax Saver Scheme. 
All Mutual Fund Schemes are not Tax Saver Sche 
• Maximum Limit under Section SOC Rs_ 150,000. 
SOD - Mediclaim Policy Premium (For Self, spouse, children) 
80DP - Mediclaim Policy Premium (For Dependent parents) 
SODS - Mediclaim Policy Premium (For Senior Citizens) 
80DDB - Treatment of specified diseases for self'dependent 
80DDBS - Treatment of specified diseases for self/ dependent (Sr. Citizen) 
SODD - Medical treatment of handicapped dependent 
80U - Deduction in case of self being totally blind or physically handicapped 
80E - Payment of interest on loan taken for higher education for a full time course 
80EEA - Interest On Housing Loan taken after 1st April, 2019 for self-occupied property [UIs SOEEA] 
80EEB - Interest On Electric Vehicle Loan taken after I st April: 201 g [ws SOEEB] 
• Interest On On 1st Self-occupied House Property)_[u/s 24] 
Loan Sanctioned Date 
Interest Amount On Housing Loan : 
Possession Taken Date : 
Housing G•ar-, Account Number : 
Type of Lender 
Name Of Lender : 
—Select— 

What I have declared

0 StockHolding@ 
Introducing online on-boarding to make your investment experience easier 
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PERSONAL DETAILS 
ADDITIONAL DETAILS 
BANK DETAILS 
NOMINEES DETAILS 
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YOUR STOCKHOLDING NPS ACTIVATION IS JUST ONE STEP AWAY! 
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1 1016640507 
Thank You for Choosing StockHoIding to open your NPS Account. Your PRAN No. is 
Your NPS account will be verified & activated post, employment details confirmation by your employer. 
You will receive NPS credentials on registered email Id after NPS account activation. 

BLOG idea

1. No medicine ( English as welll as ayouvedic
2. Packed contain food include bisket , pizza, soft drink,  only HOME MADE food
3. Healthy plate method (), one spoon ghee ( cow ghee) or along with food
4. Idlli ( fermented foood
5. Lot of water
6. Seasonal fruit
7. Meditaiton. Yoga , exercise 20 min morning and evenging whole body
8. Pelvic region exersice
9. Butterfuly excersic
10. Fapid bread excersie
11. Quality of sleep , regular sleep ,  same time sleep
12. Avoid plastic
13. Glass  steel stainless steel  brass
14. Connection with moon  moon charged water
15. Phone vibration no

* Sugary drinks
* Fried foods
* Processed meats (ex. sausages, hamburgers, and hot dogs)
* Refined Carbohydrates (ex. white bread, pasta, and pastries)
* Processed food (ex. cakes, candy, sweetened yogurt, ice creams with excess sugar)

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* Fatty fish (ex. tuna, sardines, mackerel, and salmon)
* Broccoli and cauliflower
* Legumes and lentils
* Leafy greens (ex. spinach, kale, and artichokes)
* Nuts& seeds (
* Dark chocolate in moderate quantities
* Berries
* Spices (ex. turmeric and cinnamon

1. Papaya
2. Gauva
3. Promogranet   fiber fruit
4. Orange
5. banana

|  |  |  |  |
| --- | --- | --- | --- |
| Organe    satucku d |  | Fibre | Sucrose |

Watermelon

For taste

1. Avocado
2. kiwi

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How to overcome PCOD

This I'm specially writing for women who facing this issue for  a very long period of time. Who is tried of taking pills after pills.

For women/girlz who has as very normal period but suddently after sometime or after lockdown or after some change in path of your life.  This is just due to your sudden life change of due to suddent change in life style

This section is for women is has irrugular period ever since the beginging. Again I recommned to to read this blog only if you are any one of the below mention person if now you can stop reading this block and go and consult a good gynac

So yes, the list is as below

If you sleep for a longer period of time

you sleep very later and get up later

you sleep early and get up later

you sleep late and getup later

You have night shift

You are overweight

You eat unhealty food or more of procees food, or you diet include only food of white color( like rice, flour, noodles, milk)

1. Go for a blood checkup

Check for harmonal imbalance

Check for insulin level

* Avoid sugar in coffee/tea and replace it with jaggery
* Limit the intake of white food, ;like rice, white bread

Diet plan

Try to getup between 5-6.30am

Do some exercise or just have a bath inorder to not to go to sleep again

List down all the item where you spend most of your time

1. Work
2. Rest
3. Eat
4. Have bath
5. Instagram
6. Netflix
7. Amazon Prime
8. Hotstar

Join Gym , drink lot of water, in that way you getup more offen from the place where you are make it warn

Avoid taking birth control pill

Rember these 3 seeds for life

1. Pumkin seeds
2. Sesame seeds
3. Sunflower seeds
4. Flax seeds

Start from day1

 Day 1-14 :  Pumkin and Flax seeds

Day 15-28: Sesame and sunflower seeds

Continue this for 2-6 month according to your issue

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Hi there,

**Intro**

First check online for near by dentist, if they give free consultant go and check

Get a free consultant from min 2 dental

Ask review from you friends or know person who have already vististed that place

After for type of bracel they give

Check if they give any discount

If you choosing metal and ceramic

Cross check with a3-4 denta main thign is explanation they give

Check for cleaniness and also are the thing which they put inside your mouth are well sterlised

If you don’t think so confirm with the doctor

**Items to buy**

Get a soft brush

Take mouth wash

Have a good tooth paster

**Question to ask your dentish**

Eat healty

Check if he is MDS, normaly sometime people

You should see a movent in your teeth right after 2-3 sitting

Try to sleep facing the cealing

Do not figit the string with your toungue

Try not to pull the rubber band or the string

Do not eat hard food

Appling bracels is the best way of reducing weight

--------Dandruff

If you have very think patching harir

1. Try to keep hair dry
2. Use anti dandruff shampoo
3. Try to wah hair alternat days
4. Do oil uour hair more than 1 hr