

TIPS FOR GOOD HEALTH

- Hurry and rush will make your Blood gush.
After 40 years check your B.P quarterly.
- Vegetables in food can make life "Good"
- Exercise eight minutes a day to fight aches away.
- Blood Sugar Normal levels.

Age		Normal B.P.	
20 years	120/80	mm of Hg	
40 years	130/80	mm of Hg	
50 years	130/84	mm of Hg	
60 years	130/84	mm of Hg	

Height in inches / cms		Standard Weight	
4 feet 9 inches	153 cms	55 kgs	
5 feet 0 inches	153 cms	57 kgs	
5 feet 3 inches	160 cms	60 kgs	
5 feet 6 inches	168 cms	65 kgs	
5 feet 9 inches	173 cms	72 kgs	
5 feet 11 inches	181 cms	78 kgs	

Fasting sugar		After meal sugar	
Less than 110 mgms		Less than 140 mgms	

After the age of 40 years check your Sugar once a year.

- Lesser the "fried" food, lower is the cholesterol.
- Normal Cholesterol 140 - 180 mgms
- Avoid tobacco in any form.
- Health is Wealth to your Credit in the Bank Account.

MINIMUM REFERENCE TO DRUGS

MINIMUM BALANCE TO BE MAINTAINED IN SAVINGS BANK ACCOUNT			
	With cheque facility	Without cheque facility	Charges for non-maintenance of minimum balance
Rural & Semi-Urban branches	Rs. 500/-	Rs. 100/-	Rs. 5/- p.m.
Other branches	Rs. 1000/-	Rs. 500/-	Rs. 10/- p.m.
Pensioners' S.B. Account	Rs. 250/-	Rs. 5/-	As above

इण्डियन ओवरसीज़ बैंक

Indian Overseas Bank

Account No : 002804000014623
Scheme Cd : SB-PUB
Nomination : Available

GUNTUR (M CORP.) Tn GUNTUR Tk
GUNTUR - 522006 ANDHRA PRADESH



 Government of India
 Ministry of Education
 New Delhi

Account No: 14623

	तारीख Date	चेक नं. Cheque No.	विवरण Particulars	आवक Initial	प्रतिवेध Withdrawals	जमा Deposits	शेष Balance
1	02.02.13		TO SELF		375000.00		-373007.57
2	02.02.13		By c/c:190501:28:			374451.00	1743.43
3	03.09.13		Normal Interest	INT		103.00	1846.43
4	02.02.14		Normal Interest	INT		37.00	1883.43
5	12.03.14		Normal Interest	INT		38.00	1921.43
6			By Cash ANJA			500000.00	501921.43
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