

## TIPS FOR GOOD HEALTH

- Hurry and rush will make your Blood gush.  
After 40 years check your B.P. quarterly.

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	145 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	176 cms	72 kgs
5 feet	11 inches	181 cms	78 kgs

- Vegetables in food can make life "Good"
- Excise eight minutes a day to fight aches away
- Blood Sugar Normal levels.

### Fasting

Less than 110 mgs%

### After meal sugar

Less than 140 mgs%

After the age of 40 years check your sugar once a year

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



## MINIMUM BALANCE TO BE MAINTAINED IN SAVINGS BANK ACCOUNT

	With cheque facility	With cheque facility	Charges for non - maintenance of minimum balance
S.B.Account No Frills S.B. Account	Rs.500/- NIL	Rs.100/- Zero Balance	with out cheque facility - Rs. - NIL with cheque facility - Rs.6/- Per Occasion



**Pandyan Grama Bank**

பாண்டியன் கிராம வங்கி

NALATINPUDUR

[5105]-Branch

கிளை / Branch

**Nomination Registered**

☒ Y ☐ N

Telephone No.

தொலைபேசி எண்

IDI B O P L B 001

IFS Code - ~~10062370340~~

**Nominee Name**

வாரிசுதாரரின் பெயர்

SB-PUB-ACCOUNT NO - 10062370340  
IFSC CODE - IDIBOPLB001

Opened on: 08/06/2018

KARTHIKEYAN S S/O SUNDARAMURTHY  
92D/1

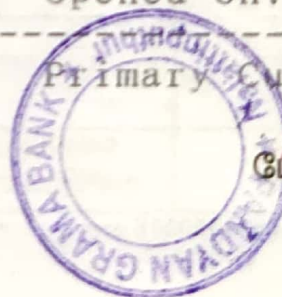
NORTH STREET NALATINPUDUR

KVP NALATINPUDUR Tn KVP TK

THOOTHUKUDI - 628716 TAMIL NADU

AC/NO

10062370340



Primary Cust ID: 3445711

மேலாளர் / Manager

# Pandyana Grama Bank பாண்டியன் கிராம வங்கி

	நாள் Date	காசோலை எண் Cheque No.	விபரங்கள் Particulars	ஒப்பம் Initial	பணம் எடுத்தல் Withdrawals	வைப்பு Deposits	இருப்பு Balance
1					Brought Forward	20784.00 Cr	
05/11/23		ATM WDL		9000.00		11784.00 Cr	
20/11/23		ATM WDL		9500.00		2284.00 Cr	
32/12/23		SARAVANA STORES			24792.00	27076.00 Cr	
4		MM 996426000015					
05/12/23		ATM WDL		1000.00		26076.00 Cr	
05/12/23		ATM WDL		4000.00		22076.00 Cr	
05/12/23		ATM WDL		4000.00		18076.00 Cr	
05/12/23		ATM WDL		4000.00		14076.00 Cr	
06/12/23		POS ATM PURCH		6315.00		7761.00 Cr	
06/12/23		UNCL-AMT: 0.00	CLR-BAL: 7761.00 Cr; MOL-BAL: 0.00 Dr;				
9							
10							
11							
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25							
26							





# Government e-District

User Name: CSC

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- [TANGEDCO Bill payment](#)

Revenue Department [REV-101 Community Certificate](#)



Check Status

Application Number TN-420240101443

From date\*

To date \*

Applicant Name

District

-Select-

Search

Application Number	TN-420240101443
Applicant Name	Yuvasri
Service Name	Income Certificate
View Application	<a href="#">View Application</a>
Current Status	Application Submitted to VAO(Verifier) (Office Name : Nalattinputtur Village)
Comment	Submitted

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