

TIPS FOR GOOD HEALTH

1. 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

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

Fasting

Less than 110 mgs% Less than 140 mgs
After the age of 40 years check your sugar
once a year

5. Lesser the "fried" food, lower is the cholesterol
Normal Cholesterol 140-180 mgs%
6. Avoid tobacco in any form.
7. 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



Pandyan Grama Bank
பாண்டியன் கிராம வங்கி

NALATINPUTHUR

கிளை / Branch

[5105] - Branch

Nomination Registered

வாரிசு நியமனம்

Y

N

Telephone No.

தொலைபேசி எண்

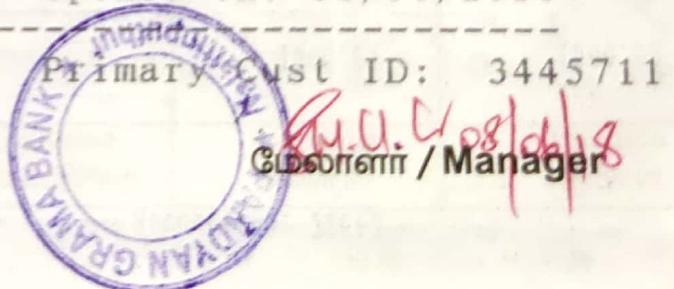
IDIBOPLB001

IFS Code - ~~SBPUB~~

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

Carried Forward

20784.00 Cr

Pandyan Grama Bank பாண்டியன் கிராம வங்கி

	நாள் Date	காசோலை எண் Cheque No.	விபரங்கள் Particulars	இப்பும் Initial	பணம் எடுத்தல் Withdrawals	வைப்பு Deposits	இருப்பு Balance
1	05/11/23	ATM WDL		9000.00	Brought Forward	20784.00 Cr	
2	20/11/23	ATM WDL		9500.00		11784.00 Cr	
3	22/12/23	SARAVANA STORES MRM 99642600015			24792.00	22076.00 Cr	
4	05/12/23	ATM WDL		1000.00		26076.00 Cr	
5	05/12/23	ATM WDL		4000.00		22076.00 Cr	
6	05/12/23	ATM WDL		4000.00		18076.00 Cr	
7	05/12/23	ATM WDL		4000.00		14076.00 Cr	
8	06/12/23	POS ATM PURCH		6315.00		7761.00 Cr	
9	06/12/23	UNCL-AMT: 0.00	CLR-BAL: 7761.00 Cr;MOD-BAL: 0.00 Dr;				
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Government e-District

User Name:CSC

Last Login | 01-Jan-2024 12:24:52

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- [Returned Application](#)
- [Check Status](#)
- [Reprint Receipt](#)

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- [Submitted Application](#)
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- [TANGEDCO Bill payment](#)

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

Application Number

From date* To date *

Applicant Name District

Application Number	TN-420240101443
Applicant Name	Yuvusri
Service Name	Income Certificate
View Application	
Current Status	Application Submitted to VAO(Verifier) (Office Name : Nalattinputturai Village)
Comment	Submitted

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