

## 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
40 years	130/80 mm of
50 years	130/84 mm of
60 years	130/84 mm of Hg

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

Fasting sugar	After meal sugar
Less than 110 mgs%	Less than 140 mgs%

After the age of 40 years check your Sugar once a year.  
 Assess the "fried" food, lower is the cholesterol.  
 Normal Cholesterol 140-180 mgs%  
 Avoid tobacco in any form.  
 Wealth is your Credit in the Bank Account.

<b>MINIMUM BALANCE TO BE</b>		<b>IN SAVINGS BANK ACCOUNT</b>	
	With cheque facility	Without cheque facility	Charges for non-maintenance of minimum balance
Rural & Semi-Urban branches	Rs. 500/- Rs. 1000/- Rs. 250/-	Rs. 100/- Rs. 500/ Rs. 5/- Rs. 5/-	Rs. 7/- p.m. Rs. 14/- p.m. As above
Other branches Pensioner's S.B. Account No Fills S.B. Account	NIL		

*சுவல் துயல்*

Fees (HTT/186) 8,00,000 Bks x 16P Fernun 07/12



**இந்தியன் ओवरसीज बैंक [1604] Azamgarh, U.P**  
**Indian Overseas Bank IFSC: IOBA0001604**

**TEL: 05462-246017**

EMAIL : azamgarhbhr@iucsc.co.jobnet.co.in

Account No : 160401000050312 Opened On : 29/08/2013

Scheme Cd : SB-CORP CustomerId : 32601596

Nomination : Available OperatedBy : Self Operated

MOHAN KUMAR

DISTRICT COURT AZAMGARH

AZAMGARH (NPP) TN AZAMGARH TK  
 276001 UTAR PRADESH



Manager



# इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक सं. Cheque No.	व्योरे Particulars	आदेश Initial	निकासियाँ Withdrawals	जमाएँ Deposits	शेष Balance
1 05.09.13		BY NEFT-UTR-SBINH AECNS280RUDRAPUR-		7000.00	61312.00	61312.00
2 11.09.13		AECNS280RUDRAPUR-		8000.00		54312.00
3 19.09.13		AECNS280RUDRAPUR-		6000.00		46312.00
4 26.09.13		00014003SBI AZA-		9000.00		40312.00
5 07.10.13		00014001SBI AZA-			61312.00	31312.00
6 08.10.13		BY NEFT-UTR-SBIN3			92624.00	92624.00
7 09.10.13		00014003SBI AZA-		10000.00		82624.00
8 09.10.13		00014003SBI AZA-		10000.00		72624.00
9 12.10.13		BY NEFT-UTR-SBIN1			32450.00	105074.00
10 16.10.13		AECNS280RUDRAPUR-		8000.00		97074.00
11 22.10.13		BY NEFT-UTR-SBIN3			12930.00	110004.00
12 24.10.13		00014003SBI AZA-		5000.00		105004.00
13 31.10.13		00014001SBI AZA-		10000.00		95004.00
14 02.11.13		00014001SBI AZA-		10020.00		194984.00
15 06.11.13		By NEFT-UTR-SBIN2		10000.00	61312.00	156296.00
16 16.11.13		00014003SBI AZA-		18000.00		148296.00
17 29.11.13		00014001SBI AZA-		8000.00		140296.00
18 01.12.13		00014003SBI AZA-		10000.00		130296.00
19 03.12.13		AECNS280RUDRAPUR-		5000.00	42605.00	125296.00
20 10.12.13		BY NEFT-UTR-SBIN5		6000.00	61312.00	186608.00
21 12.12.13		AECNS280RUDRAPUR-		16000.00		180608.00
22 15.12.13		00014003SBI AZA-		10000.00		190608.00
23 15.12.13		AECNS280RUDRAPUR-		10000.00		180608.00
24						180608.00
25						180608.00
26						180608.00



इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक सं. Cheque No.	व्यो Particulars	आदेश Initial	निकासियां Withdrawals	जमाएं Deposits	शेष Balance
21.12.13		Balance b/f				180608.00
25.12.13		AECN5280RUDRAPUR-		10000.00		170608.00
25.12.13		00014003SBI AZA-		10000.00		160608.00
01.01.14		00014003SBI AZA-		10000.00		150608.00
03.01.14		00014003SBI AZA-		6000.00		144608.00
06.01.14		By NEFT-UTR-SBINZ		2000.00	45802.00	190410.00
17.01.14		00014003SBI AZA-		10000.00		180410.00
18.01.14		00014003SBI AZA-		10000.00		170410.00
18.01.14		00014003SBI AZA-		10000.00		160410.00
25.01.14		00014003SBI AZA-		10000.00		150410.00
25.01.14		00014003SBI AZA-		10000.00		140410.00
25.01.14		00014003SBI AZA-		20.00		140390.00
29.01.14		CMAC3770FAIZABAD-		10000.00		130390.00
129.01.14		CMAC3770FAIZABAD-		20.00		130370.00
1301.02.14		D1608400KARRIRAM-		10000.00		120370.00
1404.02.14		Normal Interest	INT		2033.00	122403.00
1505.02.14		00014003SBI AZA-		10000.00		112403.00
1605.02.14		AECN5280RUDRAPUR-		10000.00		102403.00
1722.02.14		00014001SBI AZA-		10000.00		92403.00
1805.03.14		00014001SBI AZA-		6000.00		86403.00
1907.03.14		By NEFT-UTR-SBIN9			77367.00	163770.00
2008.03.14		00014003SBI AZA-		8000.00		155770.00
21.02.14		10 212		2000.00		135770.00
22.02.14						115770.00
23.02.14						95770.00
24.02.14						75770.00
25.02.14						55770.00
26.02.14						35770.00



# इण्डियन ओवरसीज़ बैंक Indian Overseas Bank

तारीख Date	चेक सं. Cheque No.	व्योरे Particulars	आणखर Initial	निकासियाँ Withdrawals	जमातें Deposits	शेष Balance
1 15.03.14		TO SLF		7000.00		148770.00
2 15.03.14		00014003SBI AZA-		8000.00		140770.00
3 17.03.14		By NEFT-UTR-SBIN9			43815.00	184585.00
4 17.03.14		By NEFT-UTR-SBIN9			15774.00	200359.00
5 21.03.14		00014003SBI AZA-		7000.00		193359.00
6 27.03.14		00014003SBI AZA-		10000.00		183359.00
7 29.03.14		By NEFT-UTR-SBIN8		10000.00	36664.00	220023.00
8 29.03.14		By NEFT-UTR-SBIN9			3076.00	223099.00
9 29.03.14		By NEFT-UTR-SBIN9			11815.00	234914.00
10 30.03.14		00014003SBI AZA-		10000.00		224914.00
11 30.03.14		00014003SBI VTB-		50.00		224864.00
12 30.03.14		00014003SBI AZA-		20.00		224894.00
13 04.04.14		By NEFT-UTR-SBIN4			2974.00	227868.00
14 09.04.14		00014003SBI AZA-		10000.00		217868.00
15 10.04.14		00014003SBI AZA-		10000.00		207868.00
16 18.04.14		By NEFT-UTR-SBIN8			73457.00	281325.00
17 25.04.14		00014003SBI AZA-		10000.00		271325.00
18 01.05.14		00014001SBI AZA-		10000.00		261325.00
19 08.05.14		By NEFT-UTR-SBIN2			77410.00	338735.00
20 07.05.14		00014003SBI AZA-		10000.00		328735.00
21 07.05.14		00014001SBI AZA-		10000.00		318735.00
22 07.05.14						
23 07.05.14						
24 07.05.14						
25 07.05.14						
26 07.05.14						



# इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक नं. Cheque No.	व्यक्ति Particulars	आधार Initial	निकास Withdrawals	जमा Deposits	शेष Balance
06.08.14		TOSIF By NEFT-UTR-SBIN7		30000.00	77410.00	288735.00
02.06.14		00014001SBI AZA-		10000.00		366145.00
03.06.14		D1608400KURIRAM-		10000.00		356145.00
08.06.14		00014001SBI AZA-		10000.00		346145.00
27.06.14		00014001SBI AZA-		10000.00		336145.00
01.07.14		By NEFT-UTR-SBIN4			77410.00	326145.00
02.07.14		00014003SBI AZA-		10000.00		403555.00
07.07.14		SELF		10000.00		393555.00
07.07.14		00014003SBI AZA-		20000.00		373555.00
09.07.14		00014003SBI AZA-		10000.00		363555.00
20.07.14		00014003SBI AZA-		10000.00		353555.00
20.07.14		00014003SBI AZA-		10000.00		343555.00
28.07.14		00014003SBI AZA-		10000.00		333555.00
31.08.14		self		10000.00		323555.00
01.08.14		Normal Interest		63000.00		328741.00
08.14		By NEFT-UTR-SBIN4			5186.00	394863.00
08.14		00014001SBI AZA-		10000.00	66122.00	384863.00
08.14		00014003SBI AZA-		10000.00		374863.00
08.14		00014003SBI AZA-		10000.00		364863.00
08.14		TO SELF		20000.00		344863.00
08.14		TO ANNUAL FEE CAR CHG		112.36		344750.64
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# इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख 02.09.14	चेक सं. Cheque No.	व्यो Particulars	आद्यक्षर Initial	निकासियाँ Withdrawals	जमाएँ Deposits	शेष Balance
09.09.14		TO SELF			66122.00	410872.64
10.09.14		00014001SBI AZA-		7000.00		403872.64
26.09.14		00014003SBI AZA-		10000.00		393872.64
22.09.14		By NEFT-UTR-SBIN1		10000.00		383872.64
29.09.14		AECN5280RUDRAPUR-			7009.00	390881.64
03.10.14		00014003SBI AZA-		10000.00		380881.64
05.10.14		By NEFT-UTR-SBIN1		10000.00		370881.64
17.10.14		AECN5280RUDRAPUR-			66122.00	437003.64
28.10.14		By NEFT-UTR-SBIN9		6000.00		431003.64
9					22153.00	453156.64
10						
11						
20.10.14		By NEFT-UTR-SBIN9			19852.00	473008.64
20.10.14		00014003SBI AZA-		10000.00		463008.64
20.10.14		00014003SBI AZA-		10000.00		453008.64
23.10.14		By NEFT-UTR-SBIN2			882.00	453890.64
30.10.14		self			77410.00	496300.64
03.11.14		By NEFT-UTR-SBIN8				456300.64
19.11.14		self				421300.64
22.11.14		SLF				427300.64
04.12.14		By NEFT-UTR-SBIN8			6000.00	492898.64
04.12.14		By NEFT-UTR-SBIN8			65598.00	
20						
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# इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक सं. Cheque No.	ब्योरे Particulars	आरम्भ Initial	निकासियाँ Withdrawals	जमाएँ Deposits	शेष Balance
08.12.14		AECN5280RUDRAPUR- SELF		6000.00		486898.64
12.12.14		SELF		10000.00		476898.64
20.01.15		By NEFT-UTR-SBIN3			70520.00	547418.64
31.01.15		SELF		10000.00		537418.64
4.01.15		SELF		40000.00		497418.64
5.01.15		to self		40000.00		457418.64
24.01.15		By ACH:BLPGCM1020			353.68	457772.32
30.01.15		By ACH:BLPGCM0D12			568.00	458340.32
30.01.15	510381	TO UMASHANKAR		30000.00		428340.32
31.01.15		By NEFT-UTR-SBIN5		10000.00	70520.00	498860.32
05.02.15				10000.00		
10.02.15						
11.02.15						
12.02.15		00014001SBI AZA-		10000.00		488860.32
13.02.15		00014001SBI AZA-		10000.00		478860.32
14.02.15		By NEFT-UTR-SBIN7			8176.00	487036.32
15.02.15		00014003SBI AZA-		10000.00		477036.32
16.02.15		00014003SBI AZA-		10000.00		467036.32
17.02.15		Normal Interest	INT		8875.00	475911.32
18.02.15		By NEFT-UTR-SBIN6			87311.00	563222.32
19.02.15		00014001SBI AZA-		10000.00		553222.32
20.02.15		By NEFT-UTR-SBIN9			1848.00	555070.32
21.02.15		AECN5280RUDRAPUR-		8000.00		547070.32
22.02.15				10000.00		
23.02.15						
24.02.15						
25.02.15						
26.02.15						



# इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक नं. Cheque No.	व्यक्ति Particulars	आरम्भ Initial	निकास Withdrawals	उपार्ज Deposits	शेष Balance
04.03.15		self		10000.00		537070.32
12.03.15		By NEFT-UTR-SBIN5		10000.00	1605.00	538675.32
24.03.15		self		10000.00	1849.00	528675.32
18.03.15		to umashankar		10000.00		518675.32
19.03.15		By NEFT-UTR-SBIN4			20640.00	539315.32
25.03.15		By NEFT-UTR-SBIN2			24790.00	564105.32
28.03.15		00014001SBI -NFSO		10000.00		554105.32
28.03.15		00014001SBI -NFSO		10000.00		544105.32
03.04.15		00014003SBI -NFSO		10000.00		534105.32
09.04.15		00014001SBI -NFSO		7000.00		527105.32
10.04.15		00014001SBI -NFSO		10000.00		517105.32
11.04.15		00014001SBI -NFSO		10000.00		507105.32
12.04.15		By NEFT-UTR-SBIN5			70520.00	597625.32
22.04.15		00014001SBI -NFSO		10000.00		587625.32
26.04.15		00014001SBI -NFSO		10000.00		577625.32
01.05.15		00014003SBI -NFSO		10000.00		567625.32
04.05.15		By-ACH-BLPGCM3043			265.68	567891.00
05.05.15		By NEFT-UTR-SBIN9			70520.00	638411.00
05.05.15		By PMSBY:100:prem		12.00		638399.00
06.06.15		By NEFT-UTR-SBIN2			70520.00	708919.00
06.06.15		By NEFT-UTR-SBIN2			96891.00	805810.00
06.06.15		By NEFT-UTR-SBIN2			46478.00	852288.00



# TIPS FOR GOOD HEALTH

1. Hurry and rush will make your Blood gush.

After 40 Years Check your B. P. Quarterly

**Age** Normal B. I

20 Years 120/80 mm of H

40 Years 130/80 mm of H

50 Years 130/84 mm of H

60 Years 130/84 mm of H

**Height in Inches / cms** Standard Weight

4 Feet 9 inches 145 cms 55 kg

5 Feet 0 inches 153 cms 57 kg

5 Feet 3 inches 160 cms 60 kg

5 Feet 6 inches 168 cms 65 kg

5 Feet 9 inches 176 cms 72 kg

5 Feet 11 inches 181 cms 76 kg



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

**Fasting Sugar** After Meal Sugar

Less than 110 mgs % 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		LIMITED IN SAVINGS BANK ACCOUNT	
	With Cheque Facility	With Cheque Facility	Charges for non-maintenance of minimum balance
Rural & Semi-Urban Branches	Rs. 500/-	Rs. 100/-	Rs. 7/- p.m.
Other Branches	Rs. 1000/-	Rs. 500/-	Rs. 20/- p.m.
Pensioners' S. B. Account	Rs. 250/-	Rs. 5/-	As above
No Frills S.B. Account	NIL	NIL	NIL

[1604]Azamgarh, U.P

MIRB 276000100002 TFCSC: 108A0001604 TEL: 05462-246019

Indian Overseas Bank

Account No : 160401000050312 Opened On : 29/08/2013

Scheme Cd : SB-CORP Customer Id : 32601596

Nomination : AVALIABLE Operated by : Self Operated

MOHAN KUMAR

DISTRICT COURT AZAMGARH

03.05.12

AZAMGARH (NPP) TH AZAMGARH TK

AZAMGARH - 276001 UTTAR PRADESH





इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक सं० Cheque No.	व्यक्ति Particulars	आधार Initial	विकसिया Withdrawals	जमा Deposits	शेष Balance
12.06.15	510382	heft fav OM PRAKA		600.00		851688.00
03.07.15		By NEFT-UTR-SBINS			72501.00	924189.00
09.07.15		By-ACH-BLPGCH7119			259.68	924448.68
08.08.15		By NEFT-UTR-SBINI			59552.00	984000.68
07.08.15		Normal Interest INT			✓13169.00	997169.68
19.08.15	510383	satender kumar		8000.00		989169.68
21.08.15		RECNS280RUOR-NFSO		10000.00		979169.68
29.08.15		M458100KSET-NFSO		8000.00		971169.68
08.09.15		By-ACH-BLPGCH1019			207.68	971377.36
10.09.15		00014003S81 -NFSO		10000.00		961377.36
13.09.15	510384	to heft rtgs fav		50000.00		911377.36
12.						
13.						
14.09.15		By NEFT-UTR-SBINS			13986.00	925363.36
15.09.15		00014003S81 -NFSO		10000.00		915363.36
103.10.15		00014003S81 -NFSO		10000.00		905363.36
107.10.15		00014003S81 -NFSO		7000.00		898363.36
186.10.15		self		10000.00		888363.36
194.10.15		00014009S81 -NFSO		10000.00		878363.36
204.11.15		00014003S81 -NFSO		10000.00		868363.36
209.11.15		00014001S81 -NFSO		10000.00		858363.36
228.11.15		self		15000.00		843363.36
23.11.15		By NEFT-UTR-SBINS		10000.00	253527.00	1096890.36
02.12.15		By NEFT-UTR-SBINS			55882.00	1152772.36
11.12.15		By NEFT-UTR-SBINS			400000.00	1552772.36



इण्डियन ओवरसीज बैंक Indian Overseas Bank

Account No: 50312  
Account: No : 160401000050312

तारीख Date	चेक सं० Cheque No.	व्यक्ति Particulars	आधार Initial	निकासियाँ Withdrawals	जमा Deposits	शेष B/S Balance
23-11-15		Balance b/f BY NEFT-UTR-SRTMS			22885.00	1119775.36
106-12-15		00014003S81 -NFS0		10000.00		1109775.36
221-12-15		00014009S81 -NFS0		10000.00		1099775.36
321-12-15		NEFT FAV TO GUJAR BY NEFT-UTR-S81N6		6006.00		1093769.36
421-12-15		BY ACH-BLPGCM1664		10000.00	84509.00	1178278.36
522-12-15		BY ACH-BLPGCM1664		10000.00	253.24	1178531.60
6-10-12		BY ACH-BLPGCM1664		10000.00		
7-10-12		BY ACH-BLPGCM1664		10000.00		
83-07-12		BY ACH-BLPGCM1664		10000.00		
90-12-2015		00014621-NFSS2174		10000.00		1168531.60
106-01-2016		00014621-NFSS5597		10000.00		1158531.60
12-01-2016		SRTF		20000.00		1138531.60
18-02-2016		SRTF		20000.00		1118531.60
18-02-2016		SR Interest. Appl			20299.00	1138830.60
140-02-20 510385		LTC OF TNDIA BY CLG/ZN SBIECC		32000.00		1106830.60
15-02-2016		TO AMT AS CTG RR		26919.00		1133749.60
16-02-2016		SRTF		26919.00		1106830.60
179-02-2016		SRTF		30000.00		1076830.60
18-02-2016		SRTF		20000.00		1056830.60
18-03-2016		SRTF		10000.00		1046830.60
20-03-2016		00014621-NFSS0265		10000.00		1036830.60
20-03-2016		00014621-NFSS2133		10000.00		1026830.60
20-03-2016		TO SRTF		30000.00		1006830.60
02-03-2016		BY CLG/ZN			26919.00	1033749.60
05-03-2016		SRTF		40000.00		993749.60
08-03-2016		SRTF		10000.00		
08-03-2016		SRTF		10000.00		
02-03-2016		SRTF		10000.00		







इण्डियन ओवरसीज बैंक Indian Overseas Bank

क्र.सं.	दिनांक	चेक नं.	विवरण	प्रतिफल	जमा	बैलेंस
23	05-06-2016	23	PMISHY Hanawa 1 CR. NKPP SHI	12.00	89301.00	866327.00 CR
21	06-2016	21	VA197701-NPS27775	10000.00	89301.00	955628.00 CR
21	06-2016	21	VA197701-NPS4739	10000.00	89301.00	945628.00 CR
22	06-2016	22	WCKR1010-NPS0941	10000.00	89301.00	935628.00 CR
22	06-2016	22	WCKR1010-NPS3283	10000.00	89301.00	925628.00 CR
23	06-2016	23	DAKM0460-NPS3867	10000.00	89301.00	915628.00 CR
23	06-2016	23	TO CASH / SOL	21023.00	89301.00	905628.00 CR
24	06-2016	24	DAKM0480-NPS9720	10023.00	89301.00	854605.00 CR
24	06-2016	24	DAKM0480-NPS1416	10023.00	89301.00	844582.00 CR
10				10023.00	89301.00	102300.00
11				10023.00	89301.00	102300.00
06	06-2016		CAG8001-NPS59227	10023.00	89301.00	834559.00 CR
07	06-2016		TNAGK18-NPS5581	10023.00	89301.00	824536.00 CR
14	06-2016		02558001-NPS0966	10023.00	89301.00	814513.00 CR
14	06-2016		02558001-NPS2890	10023.00	89301.00	804490.00 CR
15	06-20 510387		TO CASH / SOL	75000.00	89301.00	729490.00 CR
15	06-20 510386		NKPP PMPP IOH	75000.00	89301.00	654490.00 CR
16						
17						
18						
19	06-20 510388		NKPP PMPP IOH	80000.00	89301.00	574490.00 CR
20						
21						
22						