

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 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 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. 7/- p.m.
Other branches	Rs. 1000/-	Rs. 500/-	Rs. 14/- p.m.
Pensioner's S.B. Account	Rs. 250/-	Rs. 5/-	As above
No Frills S.B. Account	NIL	Rs. 5/-	NIL

F69-A (EH) (011686) 8,00,000 Bks x 16P Formum 10/11



इण्डियन ओवरसीज बैंक
Indian Overseas Bank

[3072] AHAMA MAU

IFSC: IOBA0003072

TEL: 0712-

eMAIL : iob3072@iob.in

Account No : 307201000001616 Opened On : 22/04/2015

Scheme Cd : SB-PUB CustomerId : 41735697

Nomination : Available OperatedBy : Self Operated

KAMNA SINGH
VILL-KULLI KHERA
PO-ARJUNGANJ ARJUNGANJ
LUCKNOW (CB) Tn LUCKNOW Tk
LUCKNOW - 226002 UTTAR PRADESH



इण्डियन ओवरसीज बैंक Indian Overseas Bank

Account No: 1616

Account No: 307201000001616

क्र.सं.	तारीख Date	चेक सं. Cheque No.	ब्योरे Particulars	आद्यक्षर Initial	निकासियाँ Withdrawals	जमाएँ Deposits	शेष Balance
1	22.04.15		By Cash KAMNA SIN			500.00	500.00
2	01.06.15		By PMSBY:124:prem		12.00		488.00
3	20.06.15		By Cash KAMNA			5000.00	5488.00
4	06.08.15		Normal Interest INT			28.00	5516.00
5	10.09.15		By Cash KAMNA SIN			150000.00	155516.00
6							
7							
8							
9	2-01-2016		BALANCE TRANSFER			30516.00	30516.00 Cr
10	10-02-2016		SB Interest Appl			505.00	31021.00 Cr
11	15-05-2016		PMSBY Renewal -		12.00		31009.00 Cr
11	06-08-2016		SB Int:1-02-2016			619.00	31628.00 Cr
12							
13	06-09-2016		3072045115000050		14695.00		16933.00 Cr
14	08-02-2017		SB Int:1-08-2016			405.00	17338.00 Cr
15	01-03-2017		CHRGs- SMS ALERT		20.93		17318.07 Cr
16	05-04-2017		TDS Refund for [1079.00	18397.07 Cr
17	02-05-2017		SB Int:1-02-2017			172.00	18569.07 Cr
18	15-05-2017		PMSBY RENEWAL 20		12.00		18557.07 Cr
19	09-06-2017		CHRGs- SMS ALERT		17.24		18539.83 Cr
20	21-08-2017		SB Int:1-05-2017			187.00	18726.83 Cr
21							
22							
23	09-09-2017		CHRGs- SMS ALERT		17.70		18709.13 Cr
24	06-11-2017		SB Int:1-08-2017			181.00	18890.13 Cr
25							
26							

इण्डियन ओवरसीज बैंक Indian Overseas Bank

1	2	3	4	5	6	7	8
Date	Cheque No	Particulars	Initial	Withdrawal	Account	Deposits	Balance
25-12-2017		CHRGs- SMS ALERT		17.70			18872.43 Cr
01-02-2018		SB Int:01-2018:3				167.00	19039.43 Cr
01-03-2018		CHRGs- SMS ALERT		17.70			19021.73 Cr
05-05-2018		SB Int:04-2018:3				162.00	19183.73 Cr
07-05-2018		PMSBY RENEWAL 20		12.00			19171.73 Cr
11-08-2018		SB Int:07-2018:3				169.00	19340.73 Cr
11-11-2018		SB Int:10-2018:3				171.00	19511.73 Cr
02-02-2019		SB Int:01-2019:3				173.00	19683.73 Cr
05-05-2019		SB Int:04-2019:3				168.00	19851.73 Cr
13-05-2019		PMSBY RENEWAL 20		12.00			19839.73 Cr
05-08-2019		SB Int:07-2019:3				175.00	20014.73 Cr
12-12-2019		SELF		1000.00			19014.73 Cr
13-12-2019		CASH			100000.00		41914.73 Cr
14-01-2020		CHRGs- SMS ALERT		17.70			41914.73 Cr
15-07-2020		SB Int:06-2020:3				2744.00	42188.73 Cr
16-03-2020		CHRGs- SMS ALERT		17.70			42171.03 Cr
17-05-2020		SB Int:04-2020:3				1636.00	42537.03 Cr
18-05-2020		PMSBY RENEWAL 20		12.00			42425.03 Cr
19-05-2020		BY CASH BY CASH			1000.00		42525.03 Cr
20							
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Print Statement

इण्डियन ओवरसीज बैंक Indian Overseas Bank

तारीख Date	चेक नं. Cheque No.	ब्यारे Particulars	आवक Branch	आवक Code	निकासियाँ Withdrawals	जमाएँ Deposits	शेष Balance
Date	Cheque No.	Particulars	Branch	Code	Withdrawals	Deposits	Balance Initials
							3072001616
03-07-2020		CHRGs- SMS ALERT			17.70		425976.13 Cr
07-08-2020		SB Int:07-2020:3				3504.00	429480.13 Cr
30-09-2020		TO CASH SELF			5000.00		424480.13 Cr
10-09-2020		307204511500050			206310.00		218170.13 Cr
24-09-2020		CHRGs- SMS ALERT				17.70	218152.4
01-10-2020		CHRGs- SB Int:10-2020:3			17.70		218134.7
01-11-2020		SB Int:11-2020:3				2489.10	220623.8
18-12-2020		SELF			10000.00	23.00	210641.4
01-01-2021		CHRGs- SMS ALERT			17.70		121946.7
03-01-2021		SB Int:01-2021:3				23.00	121929.03 Cr
08-01-2021		CHRGs- SMS ALERT			17.70		122836.03 Cr
08-01-2021		SB Int:04-2021:3				907.00	123336.03 Cr
11-01-2021		BY CASH CASH				500.00	123336.03 Cr
18-05-2021		PMSBY RENEWAL 20			12.00		123324.03 Cr
06-06-2021		CHRGs- SMS ALERT			17.70		123306.33 Cr
07-06-2021		SELF			20000.00		103306.33 Cr
12-08-2021		SB Int:07-2021:3				896.00	104202.33 Cr
13-09-2021		CHRGs- SMS ALERT			17.70		104184.63 Cr
14-11-2021		SB Int:10-2021:3				801.00	104985.63 Cr
15-11-2021							
16-11-2021							
17-12-2021		BY CASH CASH				1000.00	105985.63 Cr
18-12-2021		CHRGs- SMS ALERT			17.70		105967.93 Cr
19-02-2022		SB Int:01-2022:3				800.00	106767.93 Cr
20-03-2022		CHRGs- SMS ALERT			17.70		106750.23 Cr
21-05-2022		SB Int:04-2022:3				732.00	107482.23 Cr
22-06-2022		PMSBY RENEWAL 20			12.00		107470.23 Cr
23-06-2022		PMSBY REVERSAL 2				12.00	107482.23 Cr
24-06-2022		UPI/216508502042				1.00	107483.23 Cr
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26							

इण्डियन ओवरसीज बैंक Indian Overseas Bank

Indian Overseas Bank		ब्यारे	Branch	आयुक्त	निकासियाँ	Account No	307201000001616
Date	Cheque No.	Particulars	Initial	Withdrawals	Deposits	Balance	Balance
Date	Cheque No.	Particulars	Initial	Withdrawals	Deposits	Balance	Balance Initials
1							
21	06-2022	UPI/216508503390			100.00	107583.23	Cr
31	06-2022	PMSBY RENEWAL 20		20.00		107563.23	Cr
43	06-2022	CHRGs- SMS ALERT		17.70		107545.53	Cr
50	08-2022	SB Int:07-2022:3			745.00	108290.53	Cr
64	09-2022	CHRGs- SMS ALERT		17.70		108272.83	Cr
70	11-2022	SB Int:10-2022:3			751.00	109023.83	Cr
8	20-12-2022	BY CASH BY CASH			20000.00	129023.83	Cr
9	11-2022	CHRGs- SMS ALERT		17.70		128806.13	Cr
10	01-2023	SB Int:01-2023:3			100.00	128906.13	Cr
11	03-2023	CHRGs- SMS ALERT		17.70		128728.43	Cr
11	03-2023	SB Int:04-2023:3			751.00	129479.43	Cr
12	03-2023	PMSBY RENEWAL 20		20.00		129259.43	Cr
13	07-2023	UPI/110866583243			100.00	129359.43	Cr
12	08-2023	SB Int:07-2023:3			823.00	130182.43	Cr
13	09-2023	SELF		15000.00		115182.43	Cr
14	06-11-2023	SB Int:10-2023:3			823.00	107587.43	Cr
15	06-12-2023	SELF		30000.00		77587.43	Cr
16	08-12-2023	SELF		70000.00		7587.43	Cr
17						7587.26	Cr
18	20-12-2023	CHRGs- SMS ALERT		0.17		7587.09	Cr
19	31-01-2024	BY TRF-RDP 30720			480658.00	488245.26	Cr
20	01-01-2024	SELF		150000.00		338245.26	Cr
21	02-02-2024	SELF		50000.00		288245.26	Cr
22							
23							
24							
25							
26							