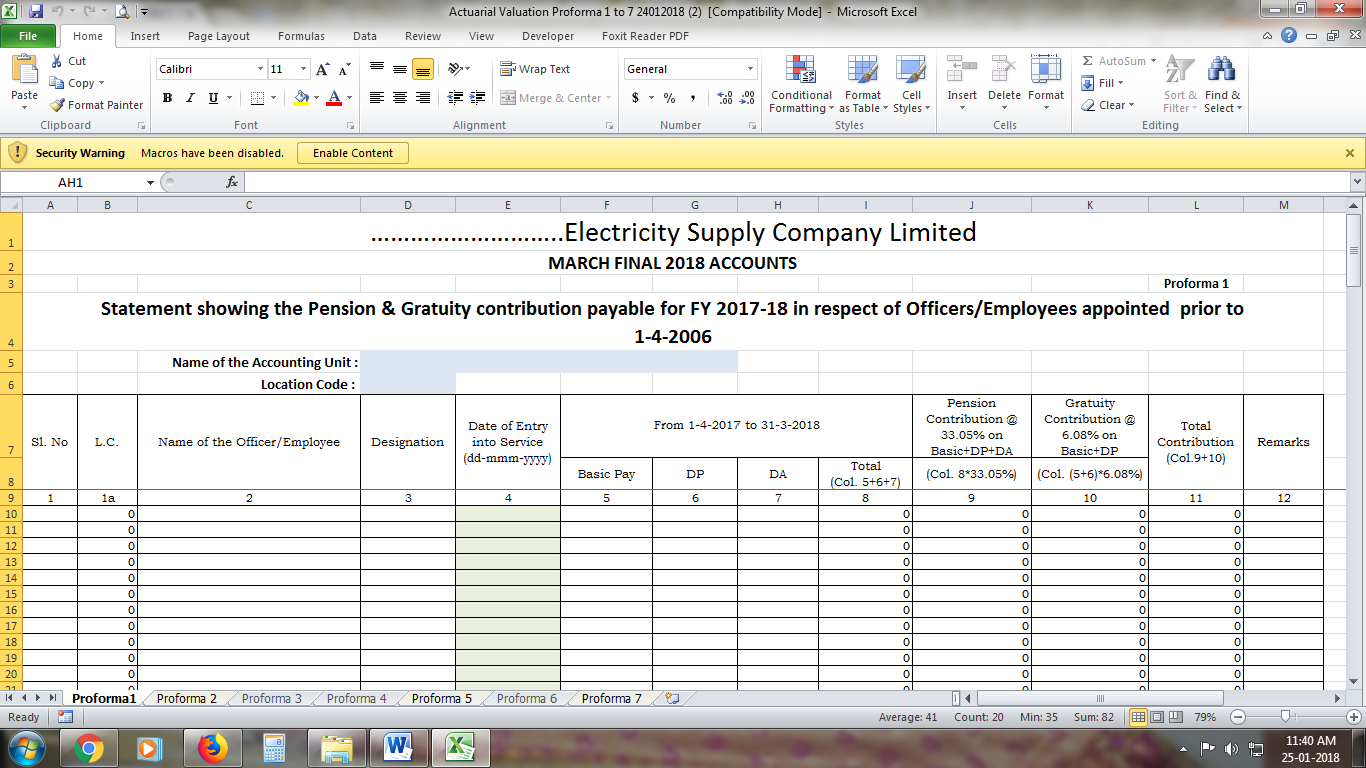
**Instructions**

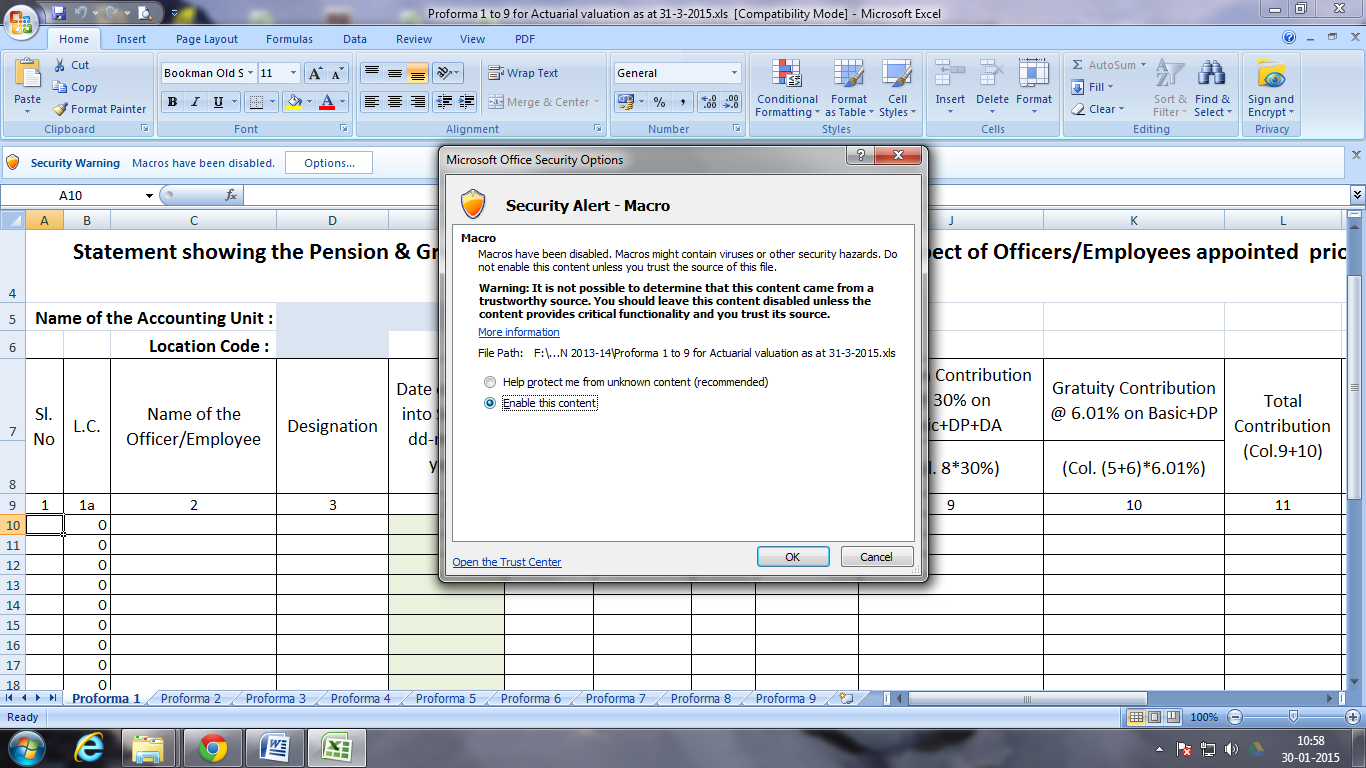
1. Proforma 1 to 7 for Actuarial Valuation as at 31.03.2020.xls is Macro-enabled, on opening the file, the user will be prompted as follows:

Option……..

Security Warning Macros have been disabled



1. Each time the user opens the file, he has to click the options and then Enable Macros by clicking Enable Content.



1. There is a button “INSERT ROWS” on all the sheets (Proforma 1 to 7). The user will have to enter the number of rows required in Cell YELLOW COLOURED in the respective pages and click on the INSERT ROWS button.