



SWAMINARAYAN HOSPITAL

HEART & DIABETES CLINIC NCD COUNSELLING CENTRE

MER- MEDICAL EXAMINATION REPORT

Date of Examination	08/03/2025		
NAME - Hina Ranjit Parmar			
AGE - 32 years	32	GENDER	Female
HEIGHT(cm) - 153.1 cms.	153.1	WEIGHT (kg)	77.4 kg
B.P.	128/85		
ECG	NSR		
X-Ray	Normal		
Vision Checkup	Color Vision: No colour vision defect. Far Vision Ratio: 6/6 (with glasses) Near Vision Ratio: N/6		
Present Ailments	Nil		
Details of Past ailments (If Any)	Nil		
Comments / Advice: She /He is Physically Fit	FIT		

Dr. Jagdish Dhanji Halai
MBBS, D. CARDIOLOGY & DIABETOLOGY
CLINICAL CARDIOLOGIST
Reg No G 42676 IG 27-200355/Sr. No. D-19188

Dr. Jagdish Dhanji Halai

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IG 27-200855/Sr. No. D-19188

Dr. Ninad J. Gor

MBBS, F. Diab (Dr. V. Mohan Chennai) CCEBDM, CCGDM
CONSULTANT DIABETOLOGIST
Reg. No. G 64033

Signature with Stamp of Medical Examiner

नाम नोद्याया भाटे Appointment : 74074 98098

Education is Foundation For Prevention, Prevention is better than cure

स्वतःस्फुर्णा : स्वाह आजादीनो

Heena Rajnikant Parmar

Age: 32 Years

Sex: Female

PID: 5668



Sample Collected At:

Plot no 17, swaminarayan hospital, Engineering college road, Bhuj.

Ref. By: **Dr. Jagdish Halai Sir**



Registered: 08 Mar, 25 09:19 AM

Investigation	Value	Reference Interval	Unit
ESR			
Erythrocyte Sedimentation Rate (ESR) Capillary photometry	10	0 - 11	mm/hr
Fasting Blood Glucose			
Fasting Blood Glucose Hexokinase	89.5	70 - 120	mg/dL
Post Prandial Blood Glucose Hexokinase	100.4	70 - 140	mg/dL

Dr. Mansi T. Ramani

M.D. Pathology

For, Ved Lab.

Thanks for Ref.

Plot No. 17, Swaminarayan Hospital, Shivam Nagar,
Engineering Colleges Road, Bhuj-Kutch.

Sample Collection +91-99883 32662

vedlabbhuj@gmail.com

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COMPLETE BLOOD COUNT (CBC)

Investigation	Value	Reference Interval	Unit
HEMOGLOBIN			
Hemoglobin (Hb)	12.6	12 - 15	g/dL
RBC COUNT			
Total RBC Count	4.45	3.9 - 4.8	mill/cumm
BLOOD INDICES			
Packed Cell Volume (PCV)	38.0	36.0 - 44.0	%
Mean Corpuscular Volume(MCV)	85.39	78.2 - 97.93	fL
Mean Corpuscular Hemoglobin (MCH)	28.31	27 - 33	pg/cell
Mean Corpuscular Hemoglobin Concentration (MCHC)	33.16	31.5 - 34.5	g/dL
Red cell Distribution Width (RDW)	13.7	11.5 - 14.5	%
WBC COUNT			
Total WBC Count	7260	4000 - 11000	cumm
DIFFERENTIAL WBC COUNT			
Neutrophils	72	High 40 - 70	%
Lymphocytes	23	20 - 45	
Eosinophils	02	1 - 6	%
Monocytes	03	1 - 4	%
Basophils	00	Low 0 - 1	%
PLATELET COUNT			
Platelet Count	281000	150000 - 450000	/cumm

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Blood Group, ABO & RH Typing

Investigation	Value	Reference Interval	Unit
BLOOD GROUP, ABO & RH TYPING			
ABO Group	"B"		
RH Factor	POSITIVE		

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HBA1C

Investigation	Value		Reference Interval	Unit
HBA1C				
Glycosylated Hemoglobin(GHb/HbA1c)	5.7	Low	5.7 - 6.4 <5.7 Non Diabetic 5.7-6.4 Borderline >6.4 Diabetic	%
Mean Blood Glucose	116.89		90 - 210 90-120 Excellent Control 121-150 Good Control 151-180 Average Control 181-210 Action Suggested >210 Panic Value	mg/dL

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Kidney Function Test (KFT)

Investigation	Value	Reference Interval	Unit
KIDNEY TESTS			
Blood Urea Nitrogen Urease UV	12.00	10 - 20	mg/dL
Serum Urea Urease UV	25.7	15 - 40	mg/dL
Serum Creatinine Compensated Jaffe's reaction, IDMS traceable	0.78	0.50 - 1.50	mg/dL
Serum Calcium Arsenazo III	8.89	8.50 - 10.5	mg/dL
Serum Uric Acid Uricase	4.23	2.5 - 7.0	mg/dL
RATIO			
Urea / Creatinine Ratio Calculated parameter	32.95		
BUN / Creatinine Ratio Calculated parameter	15.38		

ADVICE: CKD RISK MAP

KDIGO guideline, 2012 recommends Chronic Kidney disease (CKD) should be classified based on cause, GFR category and albuminuria (ACR) category. GFR & ACR category combined together reflect risk of progression and helps clinician to identify individuals who are progressing at more rapid rate than anticipated.

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Liver Function Test (LFT)

Investigation	Value	Reference Interval	Unit
BILLIRUBIN			
Total Bilirubin DPD	0.62	0 - 1.2	mg/dL
Direct Bilirubin DPD	0.25	0.1 - 0.6	mg/dL
Indirect Bilirubin Calculated parameter	0.37	0.1 - 0.4	mg/dL
LIVER ENZYMES			
SGPT (ALT) IFCC without P5P	25.3	0 - 40	U/L
SGOT (AST) IFCC without P5P	21.7	0 - 40	U/L
Alkaline Phosphatase IFCC	88.5	70 - 320	IU/L
Gamma Glutamyl Transferase (GGT)	40.3	15 - 73	U/L
SERUM PROTEINS			
Total Serum Protein Spectrophotometry	7.02	6.3 - 7.9	g/dL
Serum Albumin BCG	4.23	3.0 - 4.5	g/dL
Serum Globulin Calculated	2.79	2.5 - 3.5	g/dL
A/G Ratio Calculated parameter	1.52	1.1 - 2.1	

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LIPID PROFILE

Lipid Profile

Investigation	Value	Reference Interval	Unit
LIPID PROFILE			
Total Cholesterol CHO-POD	188.2	150 - 250	mg/dL
Serum Triglycerides GPO	125.4	70 - 160	mg/dL
HDL Cholesterol Homogeneous Assay	49.3	30 - 63	mg/dL
LDL Cholesterol Enzymatic Selective protection	113.82	0 - 130	mg/dL
VLDL Cholesterol	25.08	23 - 45	mg/dL
RATIO			
LDL HDL Cholesterol Ratio Calculated parameter	2.31	1.5 - 3.5	
Total-HDL Cholesterol Ratio Calculated parameter	3.82	3.5 - 5	
Triglycerides HDL Ratio Calculated parameter	2.54		

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Thyroid Function Test (TFT)

Investigation	Value	Reference Interval	Unit
THYROID SERUM HORMONS			
Serum Triiodothyronine (T3) CLIA	0.98	0.69 - 2.15	ng/mL
Serum thyroxine (T4) CLIA	6.45	5.2 - 12.7	ng/mL
Thyroid Stimulating Hormone (TSH) CLIA	2.48	0.5 - 5	μIU/mL

*****END OF REPORT*****

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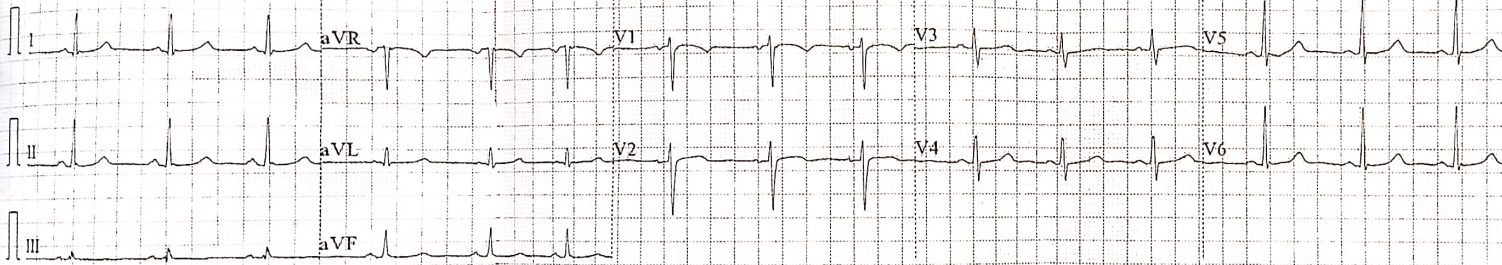
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ID: 08-03-2025 09:16:21 AM



0.5-100Hz AC50 25mm/s 10mm/mV ♥71 V1.0 SEMIP: V1.7 DR_JAGDISH_HALAI

ID:

19-29Y
cm

HR : 71 bpm
P : 100 ms
PR : 131 ms
QRS : 79 ms
QT/QTc : 399/434 ms
P/QRS/T : 49/44/28 °
RV5/SV1 : 1.188/0.886 mV

Diagnosis Information:
Sinus Arrhythmia
Normal ECG

/ mmHg
kg

Name = HEENA R. PARMAR

Age = 32 year

NJK *Waz*

Report Confirmed by:



SWAMINARAYAN HOSPITAL

NCD CLINIC & COUNSELLING CENTER

NAME	Hina-Ranjit Parmar <i>Rajnikant</i>	HEIGHT	153 cms
AGE	32 / F	WEIGHT	77.4 kgs
SPECIAL CONCERN	Diabetes	BMI	33.0 kg/m ²
Time	Diet Prescribed		
વહેલી સવારે	1 ગ્લાસ પાણી + 1 ચમચી મેથી + 4-5 બદામ + 1 અખરોટ		
સવારનો નાસ્તો	1 પ્લેટ પોવા / 1 વાટકી ઉપમા / 1 પ્લેટ વગારેલ રોટલો + 1 કપ ચા (ખાંડ વગર)		
મધ્ય સવાર	1 પ્લેટ સલાડ (કાકડી/ટમેટા) / 1 ફળ / 1 વાટકી પલાડેલા મગ + ચણા / 1 કપ દહીં		
બપોરનું ભોજન	½ ચમચી એપલ સાઇડર વીનેગર + 1 વાટકી કરુંબર (કાકડી + ટમેટા + કોળી) + ½ રોટલો (બાજરી તથા જુવાર) + 1 વાટકી શાક + 1 વાટકી દાળ + 1 ગ્લાસ છાશ અથવા		
મોડી સાંજે	પલાડેલા કઠોડ (મગ + ચણા + સીંગદાણા + કાબુલી ચણા) + 1 વાટકી 1 મુઠ્ઠી દાડિયા / 1 વાટકી મમરા / 1-2 ખાખરા / 1 વાટકી પોપકોર્ન / 1 વાટકી મખાના / 1 ફળ / મમરા ની લેળ		
રાત્રિભોજન	1 વાટકી ખીચડી + 1 વાટકી શાક/કઢી + 1 ગ્લાસ છાશ + 1 પ્લેટ સલાડ રવા (2 વેજિટેબલ ઉત્તપમ / 1-2 સાદા ઢોસા / 2 ઇંડલી / ઢોકળા / હાંડવો) + 1 કટોરી સાંભર (નારિયેળ ની ચટણી વગર) + 1 વાટકી દાળઢોકળી / 2 થેપલા / 1 પ્લેટ પોવા / 1 વાટકી ઉપમા / 2 મૂંગદાળ ચિલ્લા / 1 વાટકી ભેડકી / 1 વાટકી ઓટ્સ / 1 વેજિટેબલ પરોઠા + 1 કપ દહીં સાથે.		
સૂવાના સમય	1 કપ દૂધ 100 ml / ફળ (ફરજિયાત નથી)		
Note:	<ol style="list-style-type: none">1. તમારા ભોજન ને નિયમિત સમય પર ખાવું, થોડા થોડા સમાયાંતરે ખાવું, સંપૂર્ણ પેટ ભરીને ન ખાવું.2. તમારા ખોરાક ને નિયંત્રિત કરવું જેમ કે... પ્લેટ પદ્ધતિનો ઉપયોગ કરો: તમારી અડધી પ્લેટને બિન-સ્ટાર્ચી શાકભાજીથી ભરો, ઓછા પ્રોટીન સાથે ¼ (પા ભાગ) અને અનાજ અથવા સ્ટાર્ચી ખોરાક ¼ (પા ભાગ).3. જ્યુસ અથવા સોડાને બદલે પાણી નો વપરાશ વધુ રાખવું.4. ઓછામાં ઓછું 45 મિનિટ કસરત કરવી અથવા ચાલવું આવશ્યક છે.5. ખાઈ શકાય તેવા ફળ: સફરજન, જાબું, જામફળ, દાડમ, કીવી, સ્ટ્રોબેરી, ડ્રેગન ફ્રુટ, નારંગી, મોસંબી, સ્ટાર ફ્રુટ, શેતૂર, ચકોતરું6. રાગી, સોયાબીન, જુવાર, બજારો, જવ, અને તેની અંદર 10% ઘઉં ઉમેરી શકાય છે અને તે લોટને વપરાશ માં લેવો ફાયદા કારક છે.7. ખાઈ ન શકાય તેવા ફળ: અનાનસ, ખારેક, કેરી, તરબૂચ, શક્કરટેટી, કેળા, ચીકુ, સીતાફળ, દ્રાક્ષ, શેરડી.8. ટાળો: બટાકા, ચોખા, ગોળ, સીંગદાણા, બીટરૂટ, ગાજર, ઘી, તેલ અથવા તેલયુક્ત ખોરાક, મકાઈ, પાપડ, અથાણું, નારિયેળ, ખજૂર, ટોસ, ખારી, બિસ્કિટ, મેંદો અને મેંદા થી બનતી વિવિધ જેમ કે સફેદ બ્રેડ અથવા સમોસા, કચોરી વગેરે...		

Dt. Prachi Mehta



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NAME : HINA RAJNIKANT PARMAR

AGE/SEX : 32/F

DATE : 08-03-25

REF BY. MEDIWHEEL

2D ECHO AND COLOUR DOPPLER STUDY

MITRAL VALVE	: NORMAL.
AORTIC VALVE	: NORMAL.
PULMONARY VALVE	: NORMAL.
TRICUSPID VALVE	: NORMAL.
AORTA	: ROOT: 24.00 MM AND AORTA ST JUNCTION: 23.00 MM. NORMAL ARCH AND WHOLE AORTA FROM ORIGINE TO BIFURCATION. LT ARCH NO C ₀ -A.
LA	: 33 MM
LV- D/LV-S	: 36/21 MM.
LVEF	: 64.00 %, NO RWMA AT REST.
IVS	: INTACT, IVS: 10.00 MM.
IAS	: INTACT, PW: 10.00 MM.
AOVP	: 1.60 M/S, PVP: 0.76 M/SEC.
RA AND RV	: NORMAL, PA: NORMAL.
RVSP	: TR JET + RA MEAN PRESSURE: 29 MM HG TAPSE: 21.00 MM
COLOR DOPPLER STUDY	: TRIVIAL MR, TRIVIAL TR, PR : NO, TRIVIAL AR. NO AS, NO MS, NO TS/PS. ALL VALVES ARE NORMAL WITH NORMAL HEMODYNAMIC.
MVIS	: MV A/E > 1 NO E/O PE, PTE, AD. NO VSR, NO SCAR, NO CLOT, NO VEGETATION. NO THROMBUS IN LV/LVA.

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नाम नोधावा माटे Appointment : 74074 98098

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स्वतःस्फुर्णा : स्वाद आझादीनो

॥ Jay Shree Swaminarayan ॥

॥ शरीरमायं खलु धर्मसाधनम् ॥



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AGE/SEX : 32/F

DATE : 08-03-25

REF BY. MEDIWHEEL

2D ECHO AND COLOUR DOPPLER STUDY

FINAL IMPRESSION:

- NORMAL LV SYSTOLIC FUNCTION WITH NORMAL LV SIZE..
- LVEF : 64.00 %, NO RWMA AT REST.
- TRIVIAL MR. TRIVIAL TR, TRIVIAL AR/ TRIVIAL PR,
NO MS , NO AS, NO PS, NO TS, NO LVOTO/RVOTO.
- NO PAH. RVSP : 29.00 MM HG.
- NORMAL RV SYSTOLIC FUNCTION, NORMAL RA/RV/LA.
NORMAL LV COMPLIANCE.
- NO ASD, NO VSD, NO PDA. NO PE.
- IVC : NORMAL AND REACTIVE.
- NO CHD, NO SHD.
NO E/O DCMP, PTE, PE, AD, CHD, SHD, VHD.

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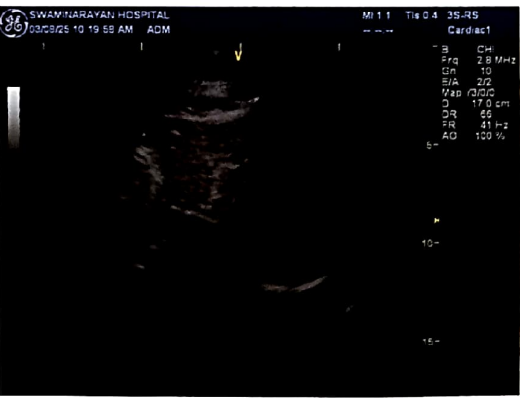
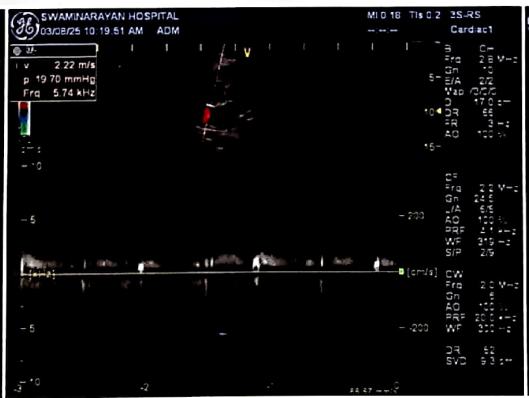
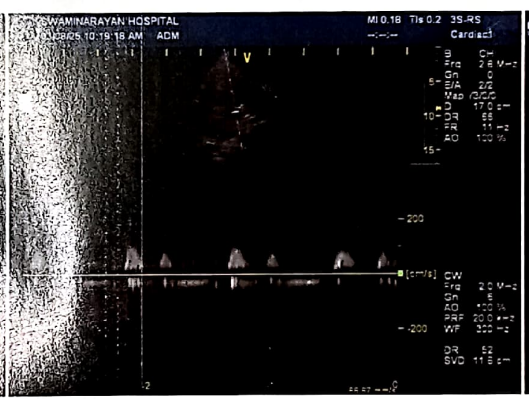
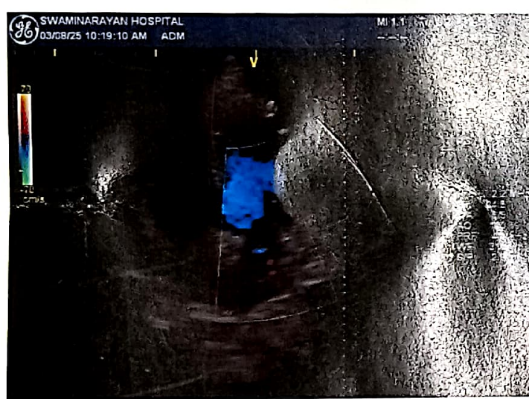
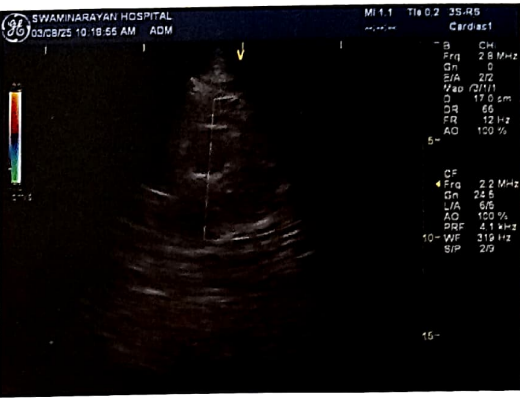
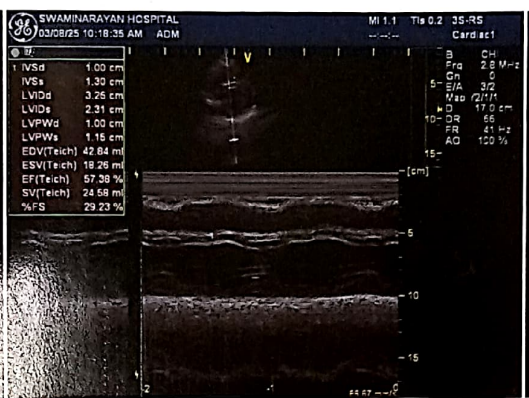
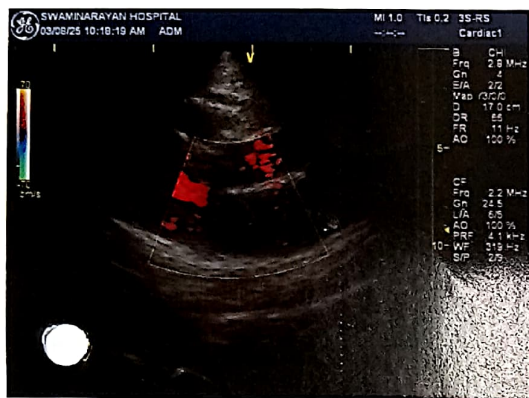
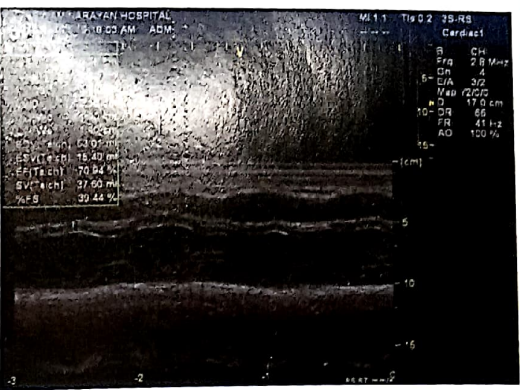
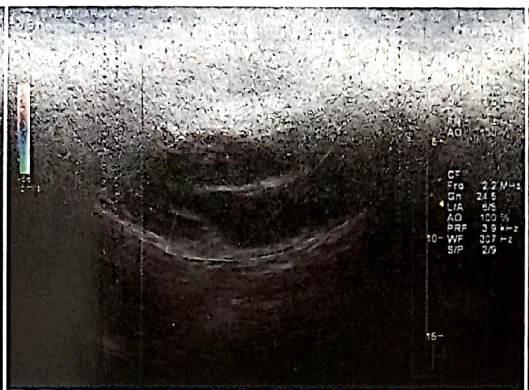
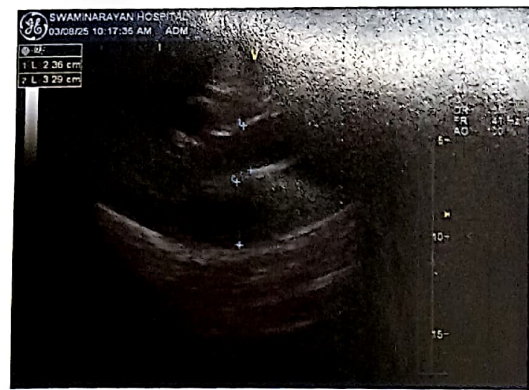
Reg. No. G 64033

नाम नोधाया माटे Appointment : 74074 98098

Education is Foundation For Prevention, Prevention is better than cure

स्वतःस्फुर्शा : स्वाह आजादीनो

Not for Medico Legal purposes





KUTCH

RADIOLOGY & IMAGING CENTRE

(A Division of KRIC Radio Diagnostic Pvt. Ltd.)

• Email : kric2008@gmail.com • Website : www.kric.in

Dr. Kripalsinh Jadeja

M.B., D.M.R.E.

Consultant Radiologist

Dr. Bhaven Shah

M.D.

Consultant Radiologist

Patient Name : HEENA RAJNIKANT PARMAR

MR No : E33218

Modality : US

Gender : F

Age: 32YY

Date : 08/03/2025

Referred By : SWAMINARAYAN HOSPITAL

USG ABDOMEN & PELVIS.

LIVER : Appears normal in size and echotexture. No e/o focal or diffuse lesion seen. No evidence of dilated IHBR. PV and CBD appear normal in calibre.

GALL BLADDER : Appears normal. No evidence of stone or cholecystitis seen.

PANCREAS : Appears normal in size and echotexture. No focal mass lesion or changes of pancreatitis seen.

SPLEEN : Appears normal in size and echotexture. No evidence of focal or diffuse lesion.

BOTH KIDNEYS : Appear normal in size and echotexture with preservation of corticomedullary differentiation. No evidence of calculus, hydronephrosis or mass lesion involving Either kidney.

RK:10.7 x 4.2 cm LK:10.1 x 4.7 cm

URINARY BLADDER : appears normal. No intrinsic lesion seen.

UTERUS: Appears normal in size and echotexture. Endometrial thickness is 5.0 mm.

Both adnexa appear normal. No e/o adnexal mass lesion.

No evidence of ascites or paraaortic lymphadenopathy.

CONCLUSION:

*** NORMAL SONOGRAPHY STUDY OF LIVER, GB, PANCREAS, SPLEEN, BOTH KIDNEYS, U.BLADDER, UTERUS AND BOTH ADENEXA.**

ADV: Clinical correlation and further investigation.Thanks for ref...

Dr.BHAVEN SHAH

M.D

RADIOLOGIST

KRICBHUJ

1.5 TESLA 196 CHANNEL MRI | 16 SLICE MDCT SCAN | 3D & 4D USG | COLOUR DOPPLER | DIGITAL X-RAY | MAMMOGRAPHY | CBCT | OPG

"KRIC", PLOT NO. 76/B, BANKER'S COLONY, MUNDRA ROAD, OPP. JUBILEE GROUND, BHUJ - KUTCH. PINCODE - 370001.

Mob. : ☎ 84870 22178, AMBULANCE : 81281 99249.



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Modality : CR

Gender : F

Age: 32YY

Date : 08/03/2025

Referred By : SWAMINARAYAN HOSPITAL

X RAY CHEST (PA)

Both the lung fields do not reveal any parenchymal abnormality.

No evidence of active pulmonary TB.

Mediastinal shadow and hila appears normal.

Heart and aorta appears normal.

No evidence of pleural effusion is seen.

Dome of diaphragm appears normal.

Bones under view appears normal.

CONCLUSION:

*** NO SIGNIFICANT ABNORMALITY DETECTED.**

ADV: Clinical correlation and further investigation.Thanks for ref...

Dr.BHAVEN SHAH

M.D

RADIOLOGIST

KRICBHJ

1.5 TESLA 196 CHANNEL MRI | 16 SLICE MDCT SCAN | 3D & 4D USG | COLOUR DOPPLER | DIGITAL X-RAY | MAMMOGRAPHY | CBCT | OPG

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Mob. : ☎ 84870 22178, AMBULANCE : 81281 99249.



Reg. No. : V2146

Date : 08/03/2025

Name : HINA PARMAR

Female /32 Yr(s) (Approx)

Address :

'''

B.P. : 110/70 mm of Hg

Complain :

• CHIEF COMPLAINTS :

NIL

repeatedly infection and uti

• MENSTRUAL HISTORY: : 1 st day

• BREASTS: : noemal

• OBS HISTORY :

LSCS 1

Examination :

• P/S FINDING: : pt is in menses

Handwritten note:
P.S.
-cervix normal
-ovary normal

DR. VINKAL DHANANI
BHUU, GUJARAT

HEENA.RAJNIKANT.PARMAR
32 Years
Female
MRN: E33218

KUTCHRADIOLOGY & MAGNIG CENTRE-BHUJ
X RAY CHEST PA
Study ID: 860
Ac. No: 2503081114150471
Study Date: 8 Mar, 2025
Study Time: 11:14:15

R

70 cm

Frame: (1) 1 of 1
Zoom: 17.55%
Window/Level: 4000/1000
Pixel:
CR (2752x3264)

Series No: 1
Laterality: U
CHEST PA
Series Time: 11:15:35

