

MER- MEDICAL EXAMINATION REPORT

Date of Examination	10/2/24.	
NAME	Megha Kamdi	
AGE	Gender	F
HEIGHT(cm)	159 cm	WEIGHT (kg) 61.20
B.P.	110/70 mm Hg	
EKG	WNL	
X Ray	NAD.	
Vision Checkup / Dental / Chances /	Color Vision : Far Vision Ratio : Near Vision Ratio :	wal wal
Present Ailments	Nothing Specific	
Details of Past ailments (If Any)	NA	
Comments / Advice : She / He is Physically Fit	She is fit	
<p>CNS - Well oriented                  CVS - NAD                  RS - clear AEBE</p>		

  
 Signature with Stamp of Medical Examiner

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Megha Kamdi on 10/2/24

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1.....</p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

**EASYCARE®**  
If It's Healthy

**BODY COMPOSITION  
ANALYSER  
EC-3411-P**

Gender : Female  
 Body Age: 36  
 Height : 159.5 cm  
 Weight : 61.20kg ( 47- 61)  
 BMI : 23.9 (17--20)  
 BodyType: Overfat (healthy)  
 Fat : 30.2 % (21--35)  
 Water : 49.2 % (48--53)  
 Muscle : 26.5 % (30--45)  
 Bone : 2.3 kg (1.7-3.6)  
 BMR : 1328 kcal(1170-2440)

Dr. \_\_\_\_\_  
 Medical Officer  
 The Apollo Clinic, (Location)



*This certificate is not meant for medico-legal purposes*



सत्यमेव जयते  
भारत सरकार



आधार

भारतीय विशिष्ट पहचान प्राधिकरण

भारत सरकार

Unique Identification Authority of India

Government of India

नामांकन क्रम / Enrollment No.: 2085/27831/13001

To

मेघा प्रवीण कामठी

Megha Pravin Kamdi

W/O Pravin Rupchand Kamdi

plot no 49 new ambar nagar no 2 manewada ring road

besa pipla nagpur

Pipla

Pipla

Nagpur (rural) Nagpur

Maharashtra 440034

9561602913

17/07/2011

391635909



MA916359095FT



आपका आधार क्रमांक / Your Aadhaar No. :

**8804 8846 9385**

मेरा आधार, मेरी पहचान



भारत सरकार

Government of India

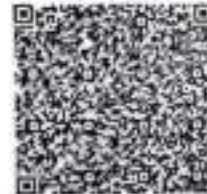


मेघा प्रवीण कामठी

Megha Pravin Kamdi

जन्म तिथि / DOB : 17/09/1990

महिला / Female



**8804 8846 9385**

मेरा आधार, मेरी पहचान

**Health Check up Booking Confirmed Request(bobS6960),Package Code-PKG10000475,  
Beneficiary Code-297537**

mediwheel <wellness@mediwheel.in>  
Dr. pra.kam123@gmail.com  
customercare@mediwheel.in

Tue, 30 Jan, 2024 at 4:18 pm



**011-41195959**

Dear **PRAVIN RUPCHAND KAMDI,**

We are pleased to confirm your health checkup booking request with the following details.

**Booking Date** : 29-01-2024  
**Hospital Package Name** : Mediwheel Full Body Health Checkup Female Below 40  
**Patient Package Name** : Mediwheel Full Body Health Checkup Female Below 40  
**Name of Diagnostic/Hospital** : ALOHA CLINICS  
**Address of Diagnostic/Hospital** : 46,VARTAK PRIDE RAJA MANTRI ROAD  
**City** : Pune  
**State** :  
**Pincode** : 411004  
**Appointment Date** : 10-02-2024  
**Confirmation Status** : Booking Confirmed  
**Preferred Time** : 8:00am  
**Booking Status** : Booking Confirmed

Member Information		
Booked Member Name	Age	Gender
Megha	33 year	Female

Note - Please note to not pay any amount.

**Instructions to undergo Health Check:**

- Please ensure you are on complete fasting for 10-To-12-Hours prior to check.
- During fasting time do not take any kind of medication, alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning.
- Bring urine sample in a container if possible (containers are available at the Health Check centre).
- Please bring all your medical prescriptions and previous health medical records with you.
- Kindly inform the health check reception in case if you have a history of diabetes and cardiac problems.

**For Women:**

- Pregnant Women or those suspecting are advised not to undergo any X-Ray test.
- It is advisable not to undergo any Health Check during menstrual cycle.

Request you to reach half an hour before the scheduled time.

In case of further assistance, Please reach out to Team Mediwheel.



Patient Name: MEGHA KAMDI

Referred Doctor : Dr.INSURANCE

Age: 33/FEMALE

Date: 10/02/2024

**2D ECHOCARDIOGRAPHY / DOPPLER REPORT**

Parameter	Value	Parameter	Value
LA	32 mm	LVPWd	12mm
AO	28 mm	LVIDs	25 mm
IVSd	12mm	LVEF	60%
LVIDd	44mm	IVC	Normal

**LEFT VENTRICLE :**

Mild concentric LVH  
Normal LV systolic function. LVEF =60%  
No RWMA.  
Normal diastolic function.

**AV VALVES:**

Mitral valve normal structure,  
Acceptable gradients across Mitral valves and Tricuspid Valves.  
Tricuspid valve regurgitation gradient is normal.  
Estimated PA pressure is Normal.

**SL VALVES :**


Acceptable gradients across Aortic Valve and pulmonary valves.

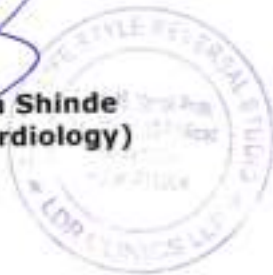
**IVC:**

No Pericardial effusion, thrombus, Vegetation  
IVC not dilated and shows near total collapse.  
Normal RA Pressure.

**IMPRESSION :**

Mild concentric LVH  
Normal LV systolic function. LVEF =60%  
No RWMA.  
Normal diastolic function.

  
**Dr. Rituparna Shinde**  
MD, DNB (Cardiology)



C-2022-0071  
Oct 14, 2022 - Oct 13, 2025





Patient Name- MR<sup>S</sup> MEGHA KAMDI

AGE-33YRS/FEMALE

Ref By- INSURANCE

Date: 10/02/2024

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**RADIOGRAPH OF CHEST – PA VIEW.**

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**Observation** : Both the lungs are clear and the hila appear normal.  
No obvious parenchymal lung lesion seen in either side.  
Both cost phrenic angles are clear.  
Cardio-aortic silhouette has normal appearance.  
No obvious bony abnormalities seen.

**Impression** : No significant abnormality noted.

Dr. Pranjali Joshi  
MD, DNB Consultant Radiologist  
Reg No.88803



G-2022-0071  
Oct 14, 2022 - Oct 13, 2025

**ALOHA LIFESTYLE REVERSAL STUDIO**

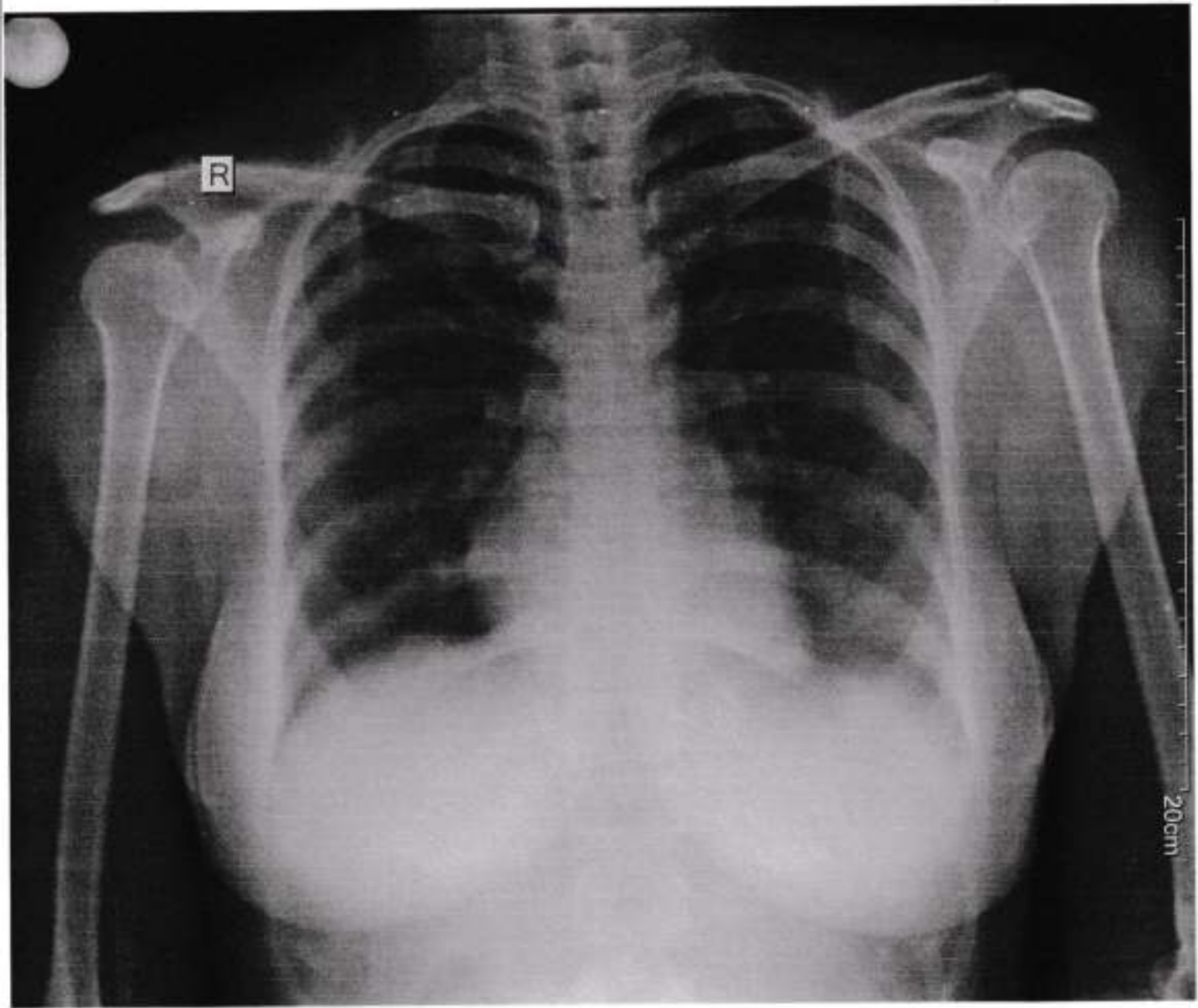
S. No. 46, Vastak Prithi, Rajawadi Road, Kaverlagar,  
Pune - 411004

94 22 33 44 22  
[www.alohaclinics.in](http://www.alohaclinics.in)



KAMDI, MEGHA,  
Sex:  
DOB: 09/17/1990  
ID: PAT001097

Acq. Date: 02/10/2024  
Acq. Time: 11:40:14 AM  
Exp. Index: 2048



CHEST  
PA  
W: 4096, L: 2048

Scale: 0.0  
LDR Clinic LLP

Registration Date : 10/02/2024  
**Patient Name** : MRS KAMDI MEGHA  
 Age / Gender : 33 Yrs / Female  
 Reference (Dr.) : Shinde Rituparna: MD DNB (Cardio) FACC  
 FSCAI(USA)  
 Sample Collected : From Ldr Clinics Llp (Aloha Lifestyle Reversal Studio)



Patient ID No : 1053272  
 Reg Date/Time : 10-02-2024 01:58pm  
 Sample Coll.Date/Time : 10-02-2024 01:58pm  
 Report Date/Time : 10-02-2024 03:09pm

### T3 (TOTAL), T4 (TOTAL) & TSH

Investigation	Result	Units	Reference Range
<b>T3 (Total), Serum</b> <i>(Method: CLIA)</i>	1.29	ng/mL	0.70 - 2.04 Pregnancy: 1st Trimester : 0.81 - 1.90 2nd Trimester: 1.00 - 2.60 3rd Trimester : 1.00 - 2.60
<b>T4 (Total), Serum</b> <i>(Method: CLIA)</i>	7.73	ug/dL	5.5 - 12.5
<b>Ultra TSH, Serum</b> <i>(Method: CLIA CLIA)</i>	1.790	uIU/mL	0.35 - 5.50 Pregnancy: 1st Trimester : 0.10 - 2.50 2nd Trimester: 0.20 - 3.00 3rd Trimester : 0.30 - 3.00

**NOTE :**

- 1) The TSH levels are subject to diurnal/circadian variation, reaching to peak levels between 2-4 a.m. and at a minimum between 6-10 p.m. The variation is to the order of 50%, hence the time when sample is collected has influence on the levels of TSH.
- 2) Many substances produced in central nervous system, even in healthy euthyroid individuals, may enhance or suppress TSH production in addition to the feedback effect of thyroid hormone.
- 3) Further more although TSH levels rise and fall in response to changes in the concentration of Free T4, individuals appear to have their own setpoints and factor such as race and age also contribute to variability in TSH levels.
- 4) Alterations of normal pituitary response are also common in patients with a variety of illnesses which can affect the levels of TSH.
- 5) Inter-assay variations are possible on different immunoassay platforms.

**CLINICAL USE:**

- 1) Diagnose Hypothyroidism and Hyperthyroidism.
- 2) Monitor T4 replacement or T4 suppressive therapy.
- 3) Quantify TSH levels in the subnormal range.
- 4) Increased levels of TSH are found in Primary hypothyroidism, Subclinical hypothyroidism, TSH dependent Hyperthyroidism, Thyroid hormone resistance.
- 5) Decreased levels of TSH are found in Grave's disease, Autoimmune thyroid hormone secretion, TSH deficiency.

(R = Rechecked, H = High, L = Low.)

-End Of Report-



Print Date : 10/02/2024 03:19PM

Test processed at "Dhonde Pathlab Diagnostics Pvt.Ltd." Pune

**Dr. Ashish N. Dhonde**  
M.D.(Path.)

**Dr. Nitin L. Dhonde**  
M.D.(Path.)

C-2022-0071  
Oct 14, 2022 - Oct 13, 2025







Name Mrs. Megha Kamdi Collected Time 10-02-2024 09:03 AM  
Age/Gender 33 Years / FEMALE Received Time 10-02-2024 09:03 AM  
PRN ALRS/102/2023-2024/3184 Reported Time 10-02-2024 12:35 PM  
Lab ID ALRS/D/23-24/3178  
Ref Doctor

Test Name	Result	Unit	Bio. Ref. Range
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#### Blood Group

ABO Type B  
Rh (D) Type Positive

#### Blood Sugar F and PP

##### Blood Sugar Fasting and Post Prandial

Blood Sugar Fasting 98.8 mg/dl 70 - 110  
Blood Sugar Post Prandial 115.8 mg/dl 70 - 140

Method GOD-POD  
Instrument Used ERBA EM-200 Fully automatic random access biochemistry analyzer.


#### Glycosylated Hb / HbA1c

HbA1c 5.6 %  
Below 6 (Normal)  
6 - 7 (Good Control)  
7 - 8 (Fair Control)  
8 - 10 (Unsatisfactory Control)  
Above 10 (Poor Control)

Method BORONATE AFFINITY  
Instrument Used Abbott-Affinion

#### ESR

ESR 25 \* A Below 20  
Unit mm after 1 hour  
Method Wintrobe method

  
Dr. Simi Athavale  
MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)

End Of Report

NOTE: \*A (Abnormal), \*C (Abnormal & Critical)

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C-2022-0071  
Oct 14, 2022 - Oct 13, 2025



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10-02-2024





Name Mrs. Megha Kamdi  
Age/Gender 33 Years / FEMALE  
PRN ALRS/102/2023-2024/3184  
Lab ID ALRS/D/23-24/3178  
Ref Doctor

Collected Time 10-02-2024 09:03 AM  
Received Time 10-02-2024 09:03 AM  
Reported Time 10-02-2024 12:35 PM

Test Name	Result	Unit	Bio. Ref. Range
<b>Uric acid</b>			
<b>Serum Uric Acid</b>			
Sr.Uric Acid	4.1	mg/dl	2.5 - 6.2
<b>Creatinine</b>			
Serum Creatinine	0.63	mg/dl	0.6 - 1.1
Method	Enzymatic		
Instrument Used	ERBA EM-200 Fully automatic random access biochemistry analyzer.		
<b>BUN</b>			
<b>Blood Urea Nitrogen</b>			
Blood Urea Nitrogen	10.26	mg/dl	5.0 - 21.0

**Dr. Simi Athavale**  
MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)

End Of Report



NOTE: \* (Abnormal), \*\* (Abnormal & Critical)



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Name Mrs. Megha Kamdi Collected Time 10-02-2024 09:03 AM  
Age/Gender 33 Years / FEMALE Received Time 10-02-2024 09:03 AM  
PRN ALRS/102/2023-2024/3184 Reported Time 10-02-2024 12:34 PM  
Lab ID ALRS/D/23-24/3178  
Ref Doctor

Test Name	Result	Unit	Bio. Ref. Range
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#### Liver Function Test

Sr Total Bilirubin	0.26	mg/dl	0.1 - 1.2
Sr Direct Bilirubin	0.13	mg/dl	0.0 - 0.4
Sr Indirect Bilirubin	0.13	mg/dl	0.1 - 1.2
Alkaline Phosphatase	77.0	IU/L	50 - 140
S.G.P.T	19.4	IU/L	Below 40
S.G.O.T	18.9	IU/L	Below 40
Sr Total Protein	6.34	mg/dl	6.0 - 8.0
Sr Albumin	3.93	mg/dl	3.7 - 5.3
Sr Globulin	2.41	mg/dl	2.3 - 3.6
A:G ratio	1.63	%	1.2:1 - 2:1

INTRUMENT USED Erba EM 200- Fully Automatic Random Access Chemistry Analyzer

#### Lipid Profile

S.Cholesterol	150.0	mg/dl	Below 200
S.Triglycerides	102.5	mg/dl	40 - 160
HDL Cholesterol	41.4	mg/dl	35.3 - 79.5
VLDL Cholesterol	20.5	mg/dl	Below 41 (Desirable)
LDL Cholesterol Direct	86.0	mg/dl	0.0 - 130
LDLC/HDLC Ratio	2.08		Below 3.4
S.Cholesterol/HDLC Ratio	3.62		Below 4.5

Instrument Used ERBA EM-200 Fully automatic random access biochemistry analyzer.

  
Dr. Simi Athavale  
MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)

End Of Report

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10-02-2024

G-2022-0071  
Oct 14, 2022 - Oct 13, 2025





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Age/Gender 33 Years / FEMALE Received Time 10-02-2024 09:03 AM  
PRN ALRS/102/2023-2024/3184 Reported Time 10-02-2024 02:48 PM  
Lab ID ALRS/D/23-24/3178  
Ref Doctor

Test Name	Result	Unit	Bio. Ref. Range
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#### Urine Analysis

##### Physical Examination

Quantity 30 ml  
Colour Pale Yellow  
Appearance Clear  
Specific gravity 1.020 1 - 1.03

##### Chemical Examination

Reaction (pH) Acidic  
Proteins Absent  
Glucose Absent  
Ketone Bodies Absent  
Bile Salts Absent  
Bile Pigments Absent  
Urobilinogen Normal

##### Microscopic Examination

Pus Cells 2 - 3 /hpf  
Epithelial Cells Occasional /hpf  
RBC Absent /hpf  
Casts Absent  
Crystals Absent

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MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)

End Of Report



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Report Generated by: Niramay Solutions

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10-02-2024

C-2022-0071  
Oct 14, 2022 - Oct 13, 2025





Registration Date : 10/02/2024  
**Patient Name** : MRS KAMDJI MEGHA  
 Age / Gender : 33 Yes / Female  
 Reference (Dr.) : Shinde Rituparna; MD DNB (Cardio) FACC  
 FSCAI(USA)  
 Sample Collected : From Ldr Clinics Llp (Aloha Lifestyle Reversal Studio)

Patient ID No. : 1053272  
 Reg. Date/Time : 10-02-2024 01:58pm  
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(H - Rechecked, H - High, L - Low.)

--End Of Report--



Dr. Ashish N. Dhande  
M.D.(Path.)

Dr. Nitin L. Dhande  
M.D.(Path.)



Print Date : 10/02/2024 03:19PM

Test processed at "Dhande Pathlab Diagnostics Pvt.Ltd." Pune

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PRN ALRS/102/2023-2024/3184 Reported Time 12-02-2024 03:24 PM  
Lab ID ALRS/D/23-24/3178  
Ref Doctor

Test Name	Result	Unit	Bio. Ref. Range
<b>Hemogram</b>			
Hemoglobin	8.6 * A	gm%	12.0 - 16.0
<b>WBC Count</b>			
Total WBC Count	7500	/cmm	4000 - 11000
<b>Differential count</b>			
Neutrophil	58	%	40 - 75
Lymphocytes	27	%	20 - 45
Eosinophil	11 * A	%	Below 6
Monocytes	04	%	Below 8
<b>RBC Indices</b>			
Haematocrit	30.0 * A	%	37 - 48
R.B.C Count	4.65	mil./cmm	3.8 - 5.2
M.C.V	64.5 * A	fL	76 - 96
M.C.H	18.5 * A	PG	27 - 32
M.C.H.C	28.7 * A	gm/dl	32 - 36
RDW-CV	16.7 * A	%	11.5 - 14.5
Platelet Count	323000	/cmm	150000 - 450000
<b>Comments on P.B.S</b>			
R.B.C Morphology	Microcytic moderate hypochromia		
W.B.C	Eosinophilia.		
Platelet	Adequate.		

Dr. Simi Athavale  
MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)

End Of Report



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12-02-2024

C-2022-0071  
Oct 14, 2022 - Oct 13, 2025

ALOHA LIFESTYLE REVERSAL STUDIO

S. No. 96, Vastak Hills, Rajawade Road, Kaverayage.

94 22 33 44 22

www.alohaclinics.in



25mm/s 0.5-25Hz  
10mm/mV

ID : 7058

Name: **Nedha**  
**Karnad**  
**M.D.**

Sex : **F**

Age : **33**

HR : 89  
R-R : 673  
P-R : 135  
QRS : 81  
QT/QTc : 358/436  
P/QRS/T : 54/69/53  
RV5/SVI : 1.180/0.73  
RV5+SVI : 1.910

— Sinus Rhythm

Unconfirmed report

Verified by:

