

Name: \_\_\_\_\_  
yrs \_\_\_\_\_ cm \_\_\_\_\_ Kg BP \_\_\_\_\_

Poomam Gruffu

32/F

*Dr. Vaidya*

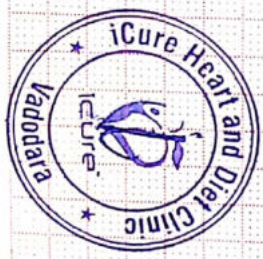
*Dr. Vaidya*

Heart Rate : 58 bpm

INTERVAL (ms)  
PR: 112 QRS: 45  
QT: 687 QTc: 688  
ST: 612

AXIS(deg)  
P : 36 QRS: 35  
T : 29

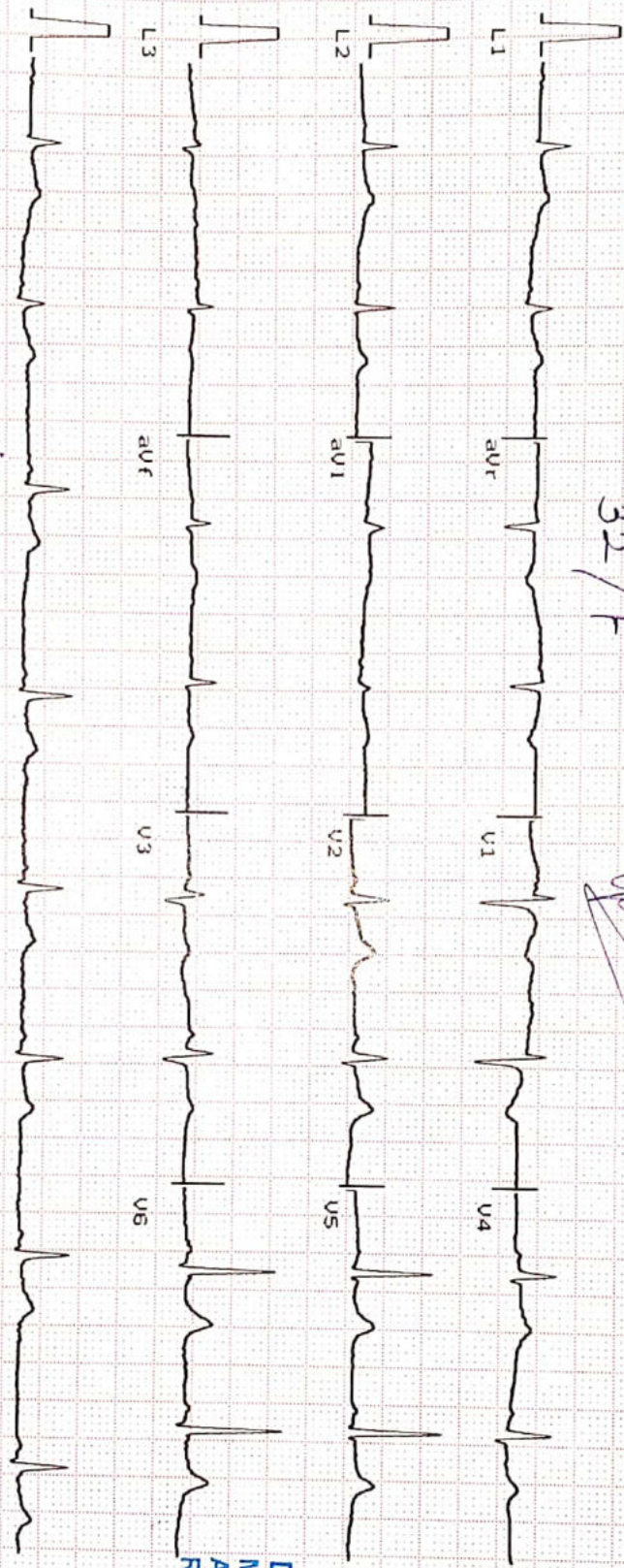
**Dr. Krish P. Vaidya**  
MD, PhD  
Associate Consultant-Cardiology  
Reg. No. G-50510



Mediatrix

Mediatrix

L1 10mm/mV Time: 22/01/22  
Ver 25mm/sec Date: 22/01/22  
1.9





# Heart & General Clinic

iCure Heart & Diet Clinic, 402, Epsilon tower, opp Pasha bhai park, Race course, Vadodara

## :: PERSONAL HEALTH REPORT ::

NAME <u>Poonam Gupta</u>	DATE <u>23/01/22</u>
	SR. NO.
	SEX. <u>F</u>
	AGE <u>32</u>
	HEIGHT <u>- 155</u>
	WEIGHT <u>- 65 kg</u>

### HISTORY

Present History : NA  
 Past Illness History : Diabetes/Hypertension/Tuberculosis/Asthma/Epilepsy  
 Past Occupational History : NA  
 Family History : NA  
 Personal History : NA  
 Addiction : NA Tobacco/Gutkha/Smoking/Alcohol

### GENERAL EXAMINATION

T.P.R. : B.P. : 125/85 mm Hg :  
 Pallor/Icterus/Cyanosis/Varicosity/Lymph Nodes/Thyroid/Oedema/NVE/Other :

### SYSTEMIC EXAMINATION

R.S. :  
 C.V.S :  
 C.N.S :  
 A.S. :  
 Musculo-skelet System :

	ACUITY OF VISION		RT EYE	LT EYE
	E.N.T. Ex.	Without Glass	DISTANT	6/ <u>6</u>
Dental Ex.		Near	6/ <u>6</u>	6/ <u>6</u>
Skin Ex.	With Glass	DISTANT	6/ <u>-</u>	6/ <u>-</u>
Psychic Ex.		Near	6/ <u>-</u>	6/ <u>-</u>
COLOUR BLINDNESS				

### REMARK

### ADVICE

The Worker is FIT/UNFIT for the assigned job.

Dr. Krish P. Vaidya

MD PGDCC

Dr. KRISH VAIDYA  
Associate Consultant-Cardiology

Reg. No. G-50510





नाम पूनम गुप्ता  
 Name Poonam Gupta  
 कर्मचारी कूट क्र  
 E.C. No. 118898

*[Signature]*  
 जारीकर्ता प्राधिकारी  
 Issuing Authority

*[Signature]*  
 धारक के हस्ताक्षर  
 Signature of Holder

*Opus*  
*Provided medical*



भारत सरकार  
 GOVERNMENT OF INDIA

पूनम गुप्ता  
 Poonam Gupta  
 पिता : भवानी शंकर  
 Father : Bhawani Shanker  
 जन्म वर्ष / Year of Birth : 1989  
 महिला / Female

8514 1885 6479

आधार — आम आदमी का अधिकार



# PARAMOUNT DIAGNOSTIC & RESEARCH CENTRE

( A Unit of Paramount Charity Trust )

Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : POONAM GUPTA	AGE : 32 Y/F	DATE : 22/01/2022
---------------------	--------------	-------------------

## X RAY CHEST (PA)

### OBSERVATIONS:

Both the lung fields and apices appear clear.

Both the hilar shadow appears normal.

Cardiac silhouette appears normal.

Both the costophrenic sinuses are clear.

Mediastinal and tracheal shadows are normal.

Both the domes of diaphragm are normal.

Visualized rib cage and clavicle are normal.

### COMMENTS:

- No significant abnormality is seen.



DR. MEHUL PRAJAPATI  
CONSULTANT RADIOLOGIST

24 hours Emergency Service Available for CT Scan / MRI / Pathology AMBULANCE SERVICE AVAILABLE

Main Branch : Paramount Complex, Gotri Road, Race Course, Vadodara. Ph.: 0265 - 2395772, 2397438, 6647222, +91 - 6352731483,

Path. Lab : 0265 - 6603900/901/902/903, +91 - 8160225911, +91 - 9099066029

City Branch : Opp. Brahman Sabha Hall, Pratap Road, Dandiabazar, Vadodara. Ph.: 0265 - 2423233, +91 - 6352734810

# PARAMOUNT DIAGNOSTIC & RESEARCH CENTRE

( A Unit of Paramount Charity Trust )

Radiology = Pathology = Histopathology = Molecular Biology

NAME : POONAM GUPTA	AGE : 32 Y/F	DATE : 22/01/2022
---------------------	--------------	-------------------

## ULTRASONOGRAPHY OF WHOLE ABDOMEN (Screening Only)

**Liver** is normal in size and echotexture and shows normal parenchymal reflectivity. No focal lesion is seen. Hepatic veins appear normal. There is no evidence of any dilated intra hepatic biliary radicals.

**Portal Vein** appears normal in diameter.

**Common Bile Duct** is of normal diameter.

**Gallbladder** is physiologically distended with normal wall thickness. There is no evidence of gallstones. No evidence of peri-cholecystic fluid or probe tenderness.

**Pancreas** is normal in size and shows homogenous reflectivity. There is no evidence of any calcification or ductal dilatation.

**Spleen** is normal size and shows a homogenous echotexture. There is no evidence of any focal lesion.

**Both Kidneys** are normal in position and size. They show normal cortical reflectivity and cortico-medullary distinction. Right kidney measures 98x39mm. Left kidney measures 84x35mm. There is no evidence of renal calculi, hydronephrosis or mass seen.

**Bladder** is minimally distended and shows normal wall thickness. No evidence of intra-luminal mass or calculi.

**Uterus** appears normal in size. Uterine myometrial echotexture is homogeneous. No focal lesion is seen.

**Both Ovaries** appears normal in size & reflectivity. No evidence of any adnexal mass.

There is no evidence of ascites.

No evidence of any gross bowel mass seen.

No evidence of any aorto-caval or mesenteric root lymphadenopathy.

No mass or collection in right iliac fossa.

**CONCLUSION:** No sonographic abnormality is seen.



*Mehul Prajapati*

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# JKV LABORATORY



Name : POONAM GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 32 Yrs./F  
Date : 23/01/2022  
Report ID. : 1

## Hb A1C REPORT

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Hb A1C - Glycated Hb Glycated Haemoglobin	: 5.2	%	Non Diabetic : 4.3 - 6.3 % Good Control : 6.4 - 7.5 % Moderate Control : 7.5 - 9.0 % Poor Control : 9.0 % & Above
Avg. Blood Glucose Level	: 108	mg/dL	
Estimated Average Glucose eAG	: 103	mg%	

## EXAMINATION OF URINE

Sample	: FASTING
<b><u>PHYSICAL EXAMINATION</u></b>	
Quantity	: 10 mL
Colour	: PALE YELLOW
Transparency	: CLEAR
Specific Gravity	: 1.003
Reaction	: ACIDIC
Deposits	: ABSENT
<b><u>CHEMICAL EXAMINATION</u></b>	
Albumin	: NIL
Sugar	: NIL
Acetone	: ABSENT
Bile Salts	: ABSENT
Bile Pigments	: ABSENT
Urobilinogen	: NORMAL : ~ < 1.0 mg/dL
Occult Blood	: ABSENT
Nitrate	: ABSENT
<b><u>MICROSCOPIC EXAMINATION</u></b>	
Pus Cells	: 0-1 / hpf
RBC	: NIL
Epithelial Cells	: NIL
Crystals	: NIL
Amorphous Phosphate	: NIL
Cast	: NIL



**DR JIGAR SHAH (G23327)**  
**M.D. Pathologist**

Time : 7 a.m. to 9.00 p.m. • Emergency 24 Hrs.

FF-5, Pancham Elite, Khodiyar Nagar, New V.L.P. Road, Vadodara-390 022.

8320343731 / 9601969303 jkvlaboratory2021@gmail.com

Test Report are subject to technical limitations & should be clinically correlated. Laboratory may be contacted whenever required.

Free Home Service



# JKV LABORATORY



Name : POONAM GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 32 Yrs./F  
Date : 23/01/2022  
Report ID. : 1

## BIOCHEMISTRY

TEST	RESULT	UNIT	REFERENCE INTERVAL
Blood Urea	: 22.00	mg/dL	10 - 50 mg/dL
Serum Creatinine	: 1.11	mg/dL	0.6 - 1.4 mg/dL
Serum Uric Acid	: 3.67	mg/dL	2.4 - 5.7 mg/dL
<b>SERUM PROTEIN</b>			
Serum Protein Total	: 7.30	g/dL	6.6 - 8.3 g/dL
Albumin	: 4.50	g/dL	3.50 - 5.00 g/dL
Globulin	: 2.80	g/dL	2.3 - 3.5 g/dL
A/G Ratio	: 1.6	: 1	1.5 - 2.5 : 1
Bilirubin - Total	: 0.5	mg/dL	0.00 - 1.00 mg/dL
Bilirubin - Direct	: 0.1	mg/dL	Upto 0.30 mg/dL
Bilirubin - Indirect	: 0.4	mg/dL	0.1 - 1.0 mg/dL
SGPT	: 28.0	IU/L	10 - 40 IU/L
SGOT	: 31.0	IU/L	Upto 40 IU/L
Serum Alkaline Phosphatase	: 132.0	U/L	37 - 147 U/L
<b>LIPID PROFILE</b>			
Serum Cholesterol	: 165.00	mg/dL	130 - 200 mg/dL
Serum Triglyceride	: 127.00	mg/dL	60 - 165 mg/dL
HDL Cholesterol	: 42.00	mg/dL	30 - 70 mg/dL
LDL Cholesterol	: 97.60	mg/dL	Upto 150 mg/dL
VLDL	: 25.40	mg/dL	Upto 30 mg/dL
<b>FASTING (FBS)</b>			
Blood Glucose	: 92.0	mg/dL	70.00 - 110.00 mg/dL
<b>POST-PRANDIAL</b>			
Blood Glucose	: 129.0	mg/dL	80 - 140 mg/dL

Done By Fully Auto Analyzer MIURA, A-1004

END OF REPORT



**DR JIGAR SHAH (G23327)**  
**M.D. Pathologist**

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# JKV LABORATORY



Name : POONAM GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 32 Yrs./F  
Date : 23/01/2022  
Report ID. : 1

## HAEMOGRAM PROFILE

TEST	RESULT	UNIT	METHOD	REFERENCE INTERVAL
<b><u>BLOOD COUNTS &amp; INDICES</u></b>				
Haemoglobin	: 15.20	gm%		12.0 - 16.0 gm%
Total RBC	: 5.20	mill/cmm		4.2 - 5.4 mill/cmm
PCV	: 42.00	%		37 - 47 %
MCV	: 80.76	fL		80 - 96 fL
MCH	: 29.23	pg		27 - 31 pg
MCHC	: 34.00	%		32 - 36 %
RDW	: 14.00	%		10 - 15 %
Total WBC	: 6,300	/cmm		4,000 - 11,000/cmm
Platelet Count	: 2,74,000	/cmm		1.5 - 4.0 Lac/cmm.
<b><u>DIFFERENTIAL LEUCOCYTES COUNT</u></b>				
Band Cells	: 00	%		00 - 06 %
Neutrophils	: 62	%		55 - 70 %
Lymphocytes	: 32	%		20 - 40 %
Eosinophils	: 03	%		01 - 06 %
Monocytes	: 03	%		02 - 08 %
Basophils	: 00	%		00 - 01 %
Platelet In Smear	: ADEQUATE			
<b><u>ERYTHROCYTES SEDIMENTATION RATE</u></b>				
ESR After 1st Hour	: 5	mm	Westergren	03 - 12 mm
Blood Group	: "O"			
Rh Factor (Anti D.)	: " POSITIVE "			

(By Fully Automated Cell Counter Sysmex KX- 21, Japan)

END OF REPORT



**DR JIGAR SHAH (G23327)**  
**M.D. Pathologist**

Time : 7 a.m. to 9.00 p.m. • Emergency 24 Hrs.

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☎ 8320343731 / 9601969303 ✉ jkvlaboratory2021@gmail.com

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Free Home Service



Y388 POONAM GUPTA  
32 Yrs/ F Kg / Ht- cms Ref. No.:

Date: 12-02-2021 Ref By:  
Time: 10:25 AM Protocol: Bruce

*Krone*

**Summary**

Stage	Stg Time min:sec	Speed kmh	Grade %	METS	HR bpm	BP mmHg	RPP	PVCs
Pre Ex				1	93	120/80	112	
Standing				1	94	120/80	113	
Hyp Vent				1	93	120/80	112	
Supine				1	93	120/80	112	
S1	03:00	2.7	10.0	4.8	107	120/80	128	2
S2	03:00	4.0	12.0	6.9	127	130/90	165	4
S3	03:00	5.4	14.0	9.5	151	140/100	211	8
Peak Ex	00:40	6.7	16.0	12.1	160	140/100	224	8
Post Ex 1	02:00			1	110	130/90	143	8
Post Ex 2	01:46			1	99	120/80	119	8
Finish				1		120/80		18

**Findings:** Exercise Time : 09:40 mins

Max HR attained : 160 bpm 85 % of Target 188 bpm

Max BP : 140/100mmHg

Max Workload attained : 12.1 METs ( Good Effort Tolerance )

Reason for Test Termination: Patient Completed Test

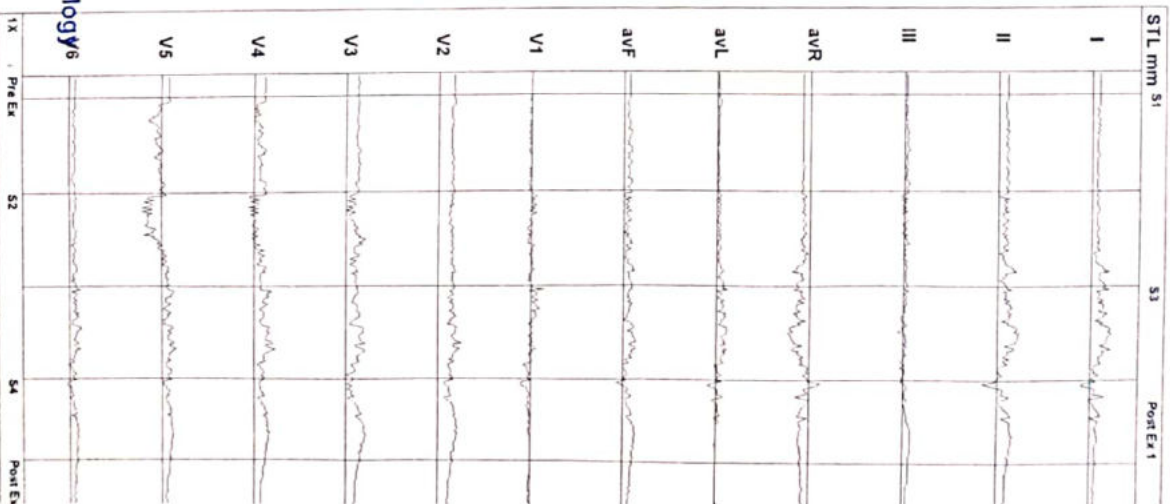
No significant ST segment changes noted during exercise or recovery stages.

No Angina / Arrhythmia / S3 / Murmur

Final Impression : Test is negative for inducible ischaemia.



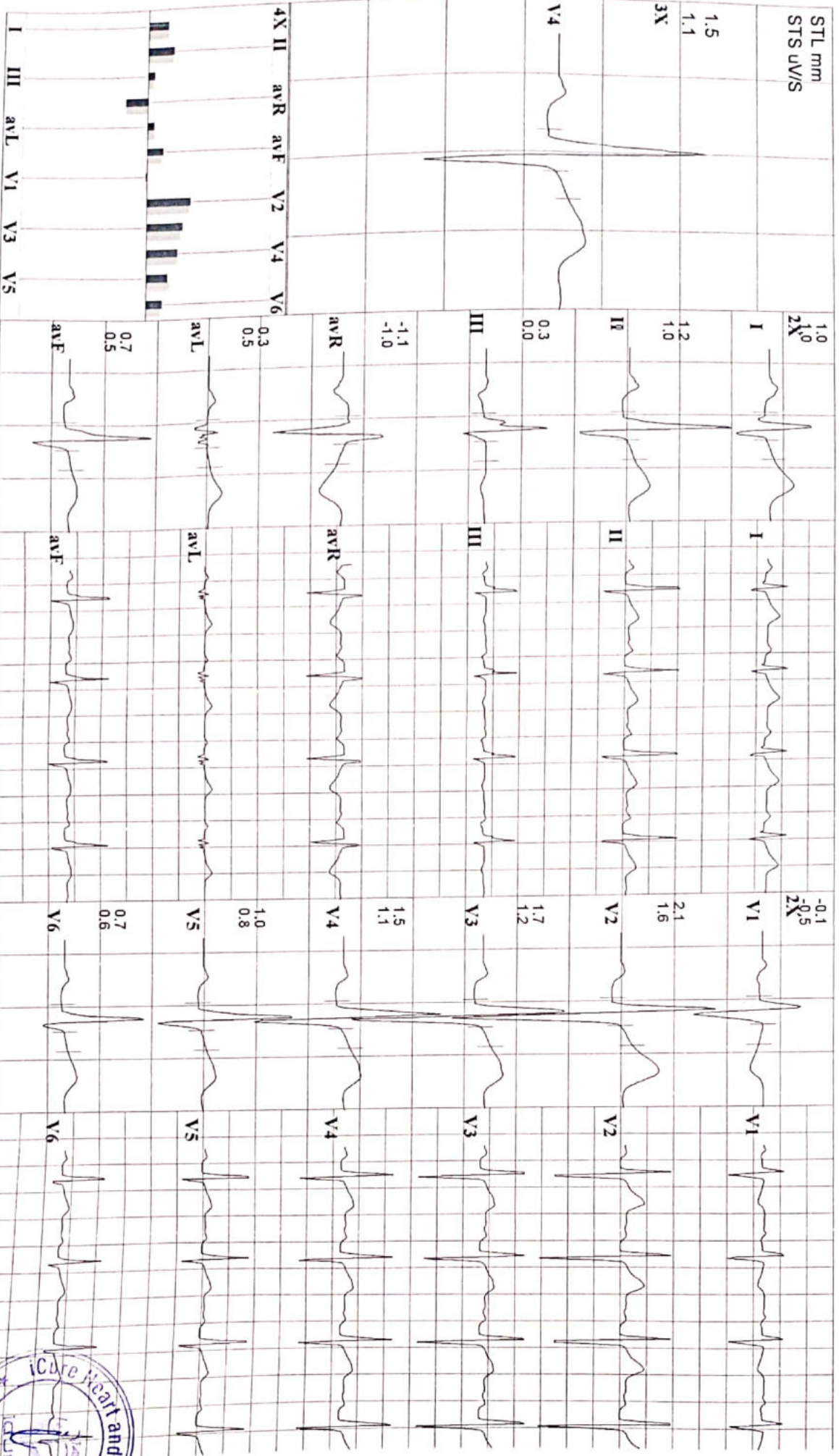
**Dr. Krish P. Vaidya**  
M.D, PGDCC  
Associate Professor  
Department of Cardiology  
Reg. No. RA50510 501055



Y388 POONAM GUPTA  
32 Yrs/F Kg / Ht- cms RefNo:  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 73 ms

Speed: — km/h Hr: 94 Target Hr: 48 % of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: — % Mets: 1 Ex Time: — min:sec BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 120/80 mmHg Curr Time: 00:08 NotchOn Median Sweep: 25 mm/s

Linked Media  
Pre Ex



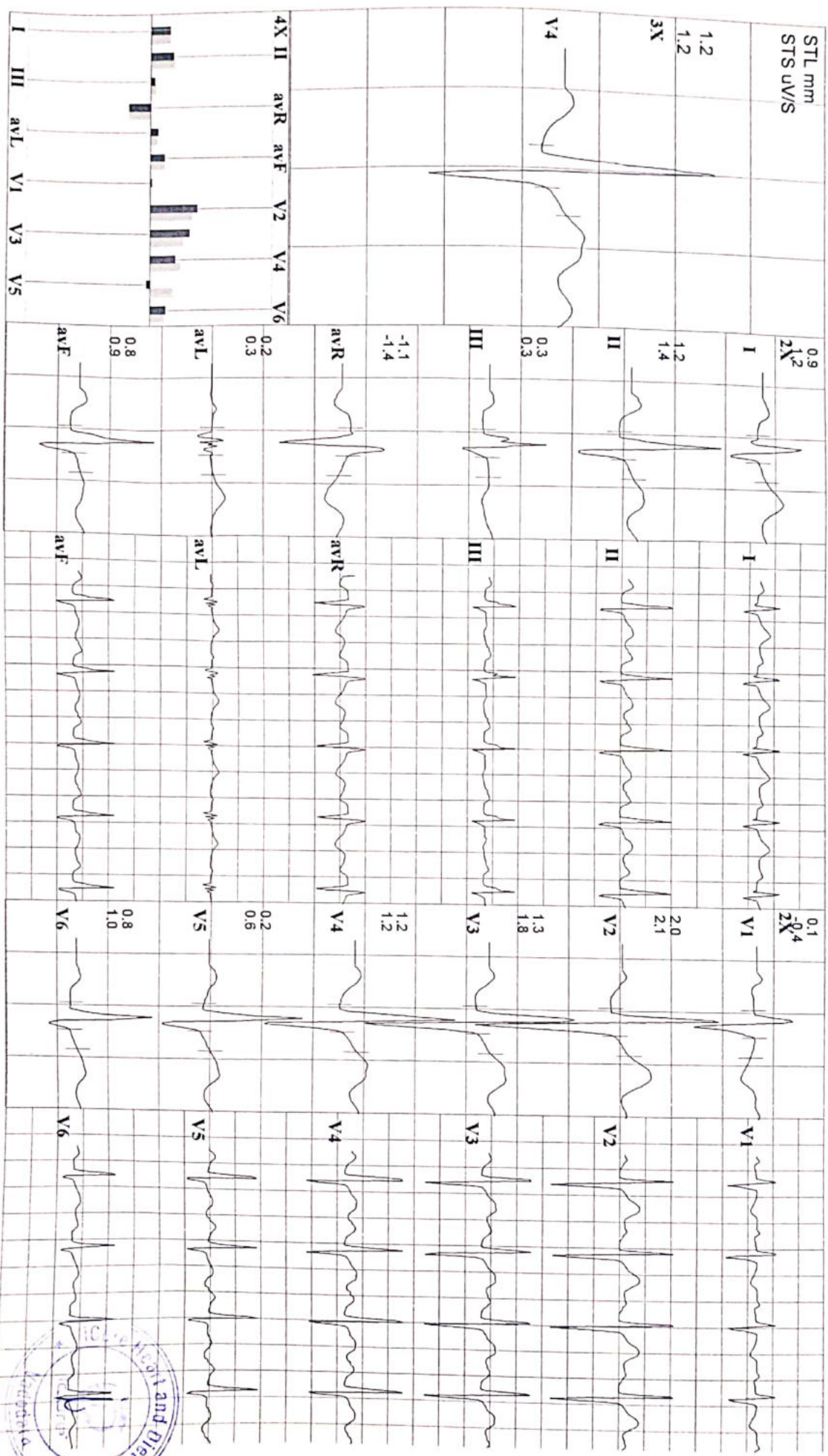


**iCure heart and diet clinic**  
402, Epsilon Tower, Race Course Road, Vadodara

Y388  
32 Yrs/ F  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 73 ms

**POONAM GUPTA**  
Kg / Ht- cms  
Ref/No.:  
Speed: 2.7 kmh Hr: 107  
Grade: 10 % Mets: 4.8  
Protocol: Bruce BP: 120/80 mmHg  
Target Hr: 55 % of 192  
Ex Time: 03:00  
Curr Time: 03:32  
Filter: 0.1 - 100 Hz  
Gain: 10 mm/mV  
BLC: On  
Sweep: 25 mm/S  
Median Sweep: 25 mm/S

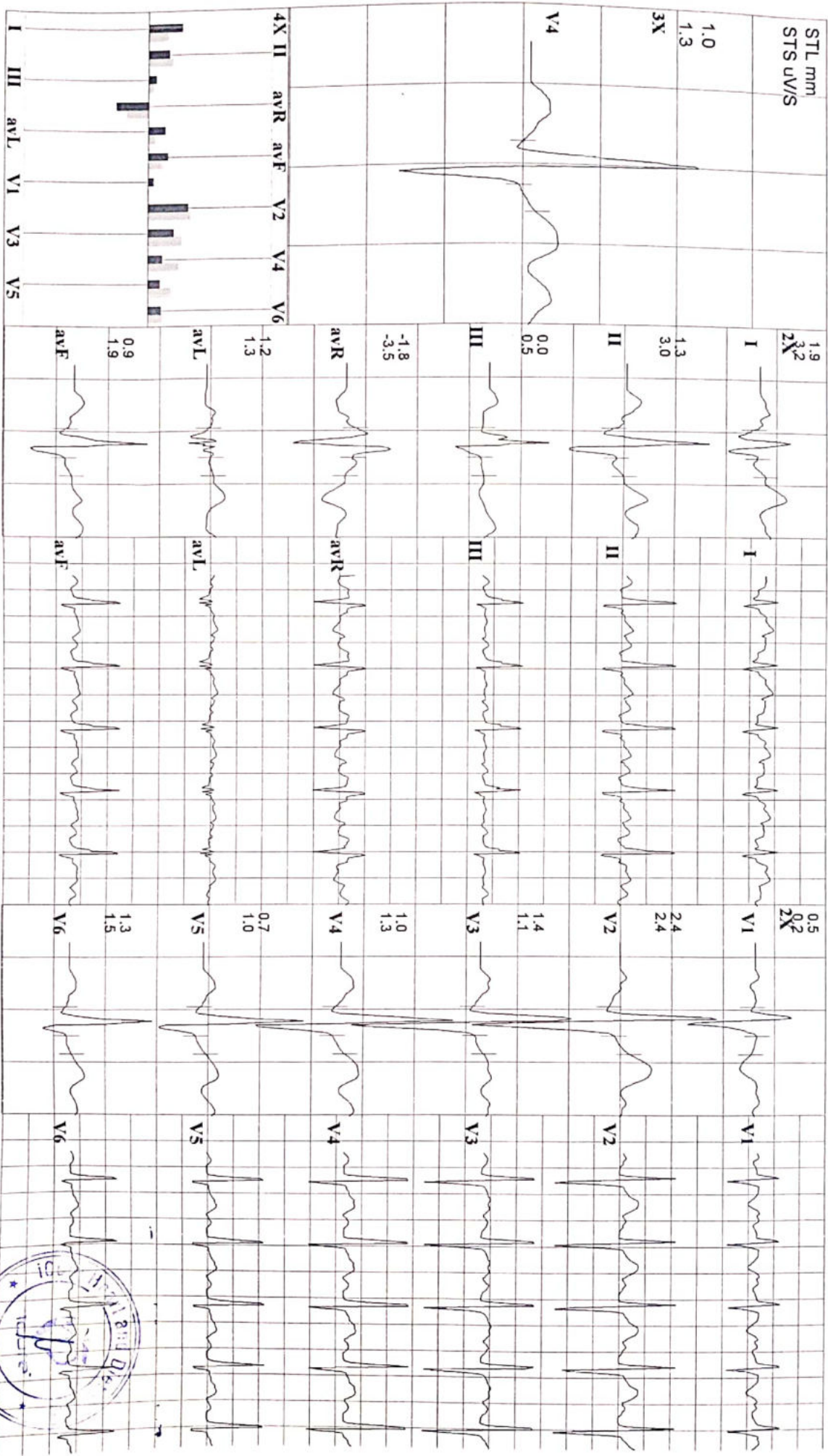
**Linked Media**  
S1



Y388      **POONAM GUPTA**  
32 Yrs/ F      Kg / Ht-      cms      Ref.No.:  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 69 ms

Speed: 4 kmh      Hr: 127      Target Hr: 66 % of 192      Filter: 0.1 - 100 Hz      Gain: 10 mm/mV  
Grade: 12 %      Mets: 6.9      Ex Time: 06:00      BLC: On      Sweep: 25 mm/S  
Protocol: Bruce      BP: 130/90 mmHg      Cur Time: 06:32      Notch On      Median Sweep: 25 mm/S

**Linked Media**  
S2





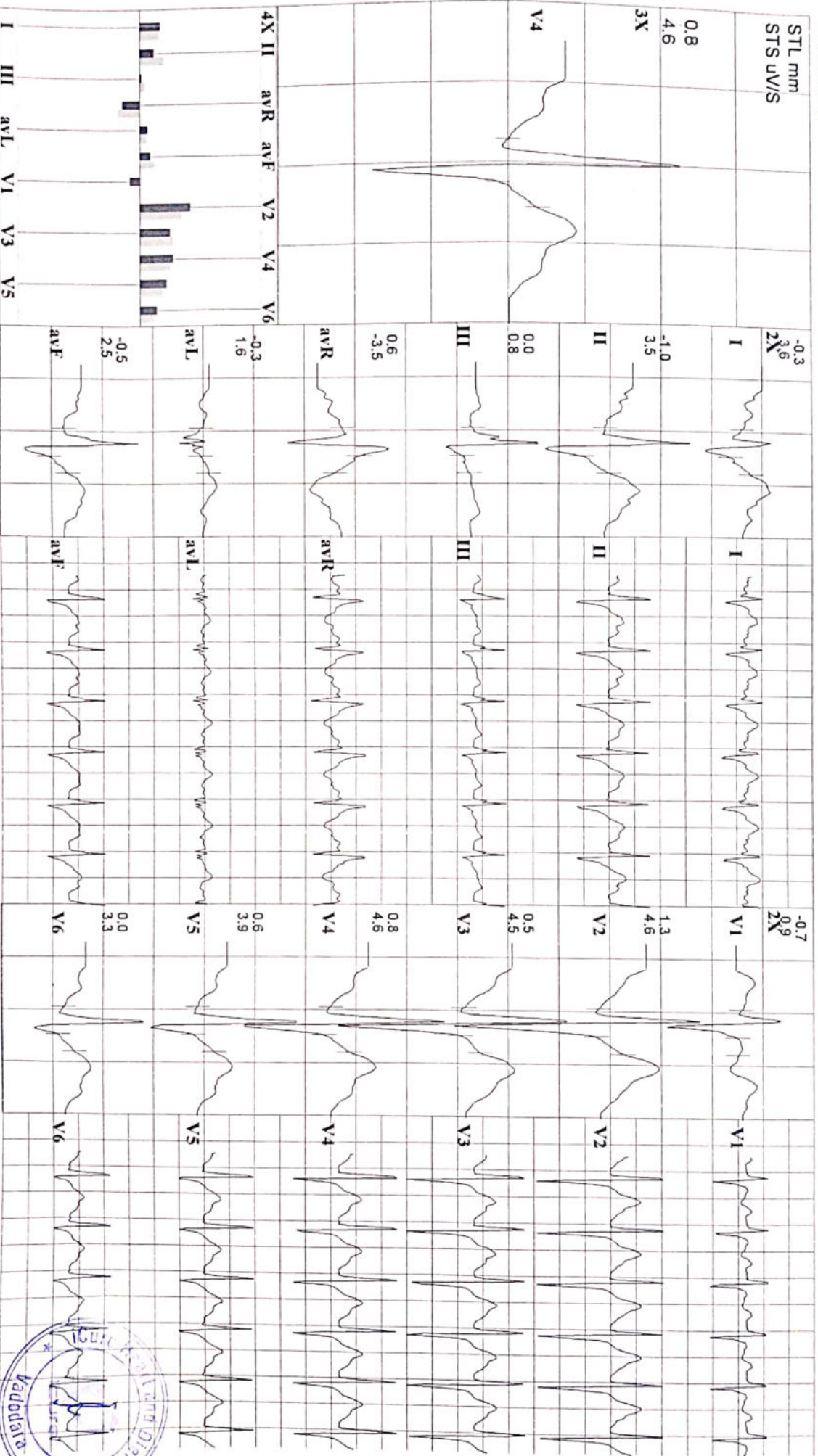
# iCure heart and diet clinic

402, Epsilon Tower, Race Course Road, Vadodara

Y388 POONAM GUPTA  
32 Yrs/ F Kg/ Ht- cms Ref.No.:  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 64 ms

Speed: 5.4 km/h Hr: 151 Target Hr: 78 % of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: 14 % Mts: 9.5 Ex Time: 09:00 BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 140/100 mmHg Cur Time: 09:32 Notch On Median Sweep: 25 mm/s

Linked Media  
S3





# iCure heart and diet clinic

402, Epsilon Tower, Race Course Road, Vadodara

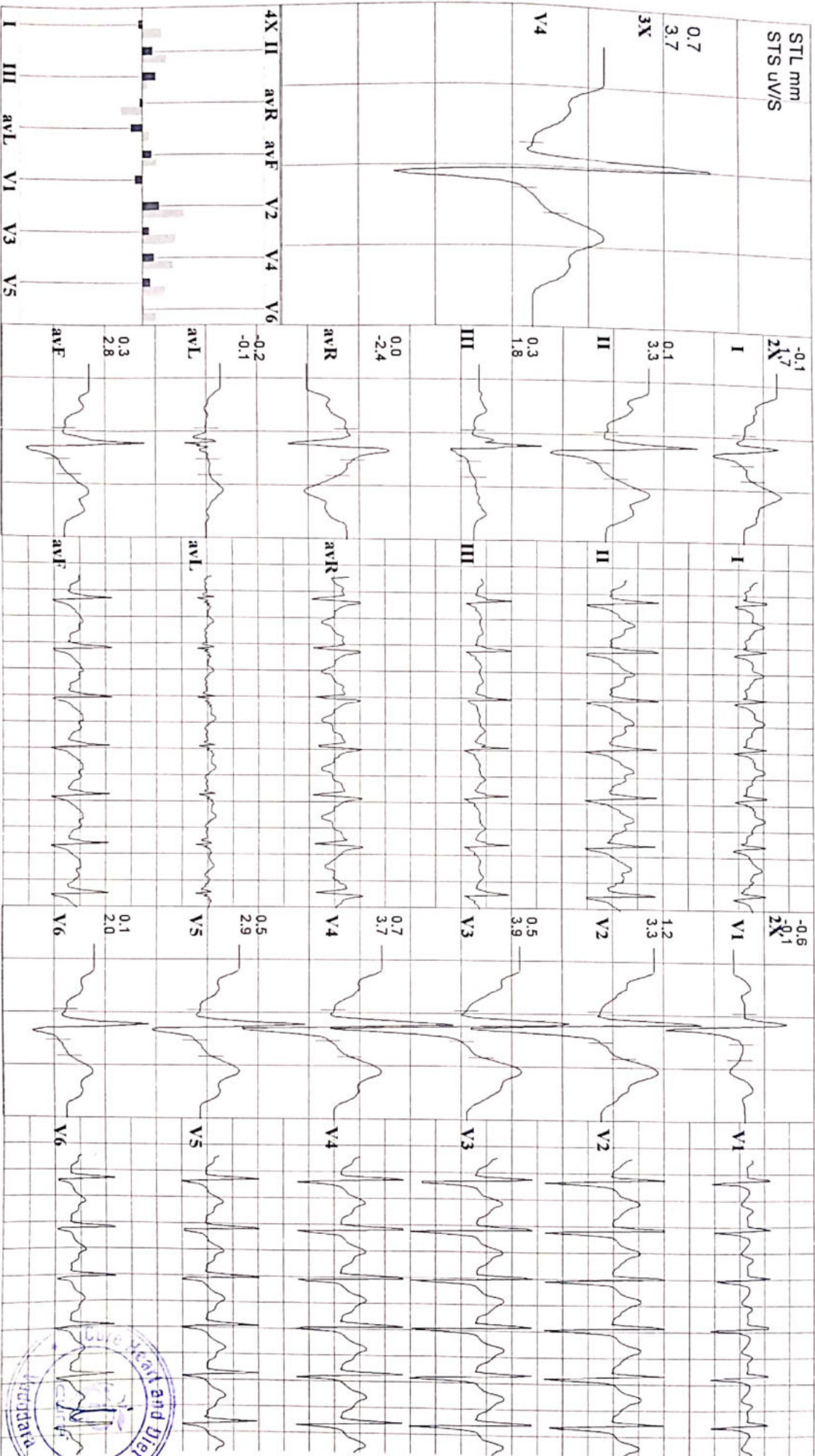
Y3SS POONAM GUPTA  
32 Yrs/F Kg/Hr- cms  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 60 mS

Speed: 6.7 kmh Hr: 160  
Grade: 16 % MetS: 12.1  
Protocol: Bruce BP: 140/100 mmHg

Target Hr: 83 % of 192  
Ex Time: 09:40  
Filter: 0.1 - 100 Hz  
Gain: 10 mm/mV

BLC: On  
Notch On  
Sweep: 25 mm/s  
Median Sweep 25 mm/s

Linked Media  
Peak Ex

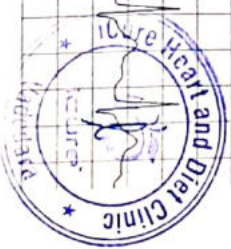
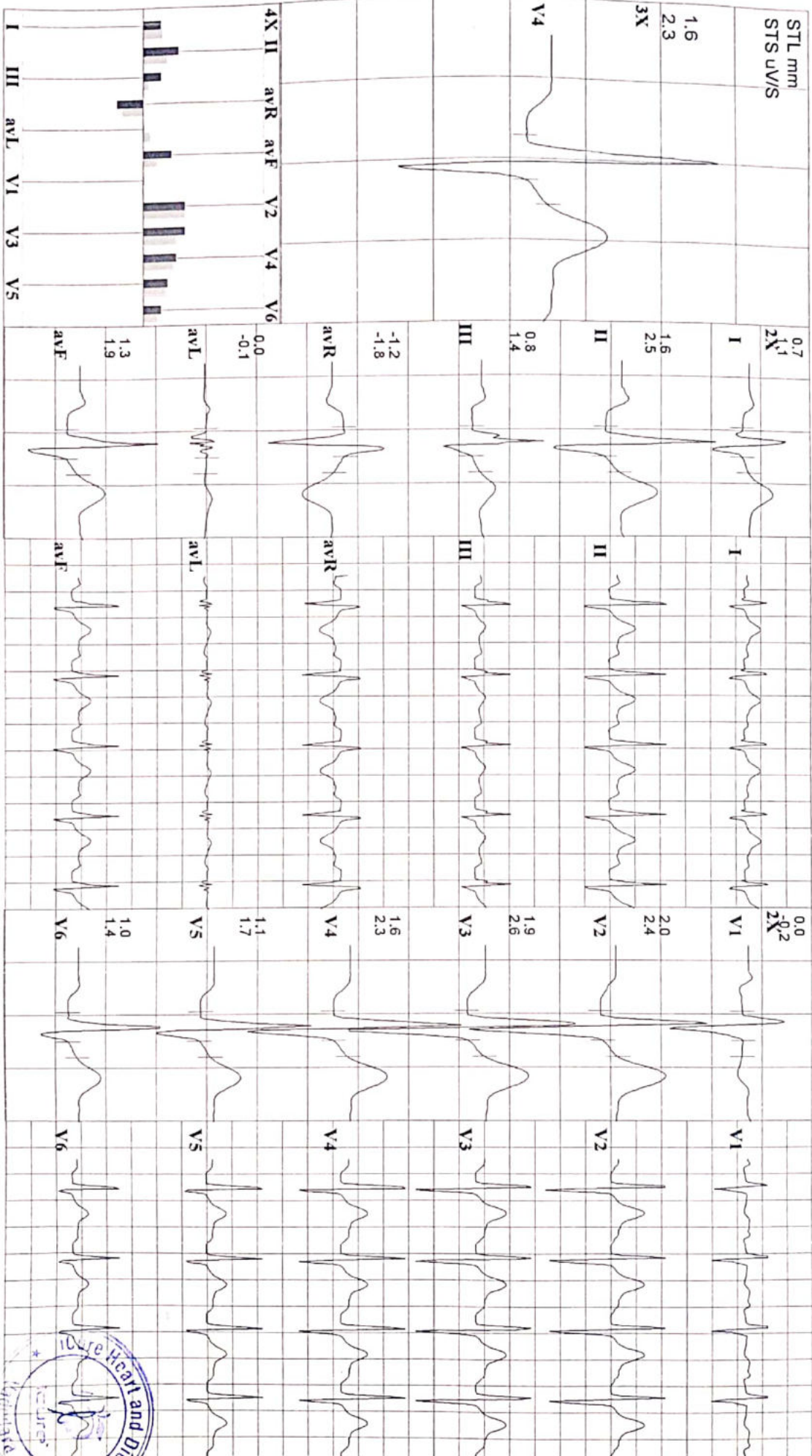


Y388 POONAM GUPTA  
32 Yrs/ F Kg/ Ht- cms RefNo:  
Date: 12-02-2021 Time: 10:25 AM

Speed: -- kmh Hr: 110 Target Hr: 57% of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: -- % Met: 1 Ex Time: 09:40 BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 130/90 mmHg Curr Time: 12:12 Notch On Median Sweep: 25 mm/s

Linked Media  
Post Ex 1

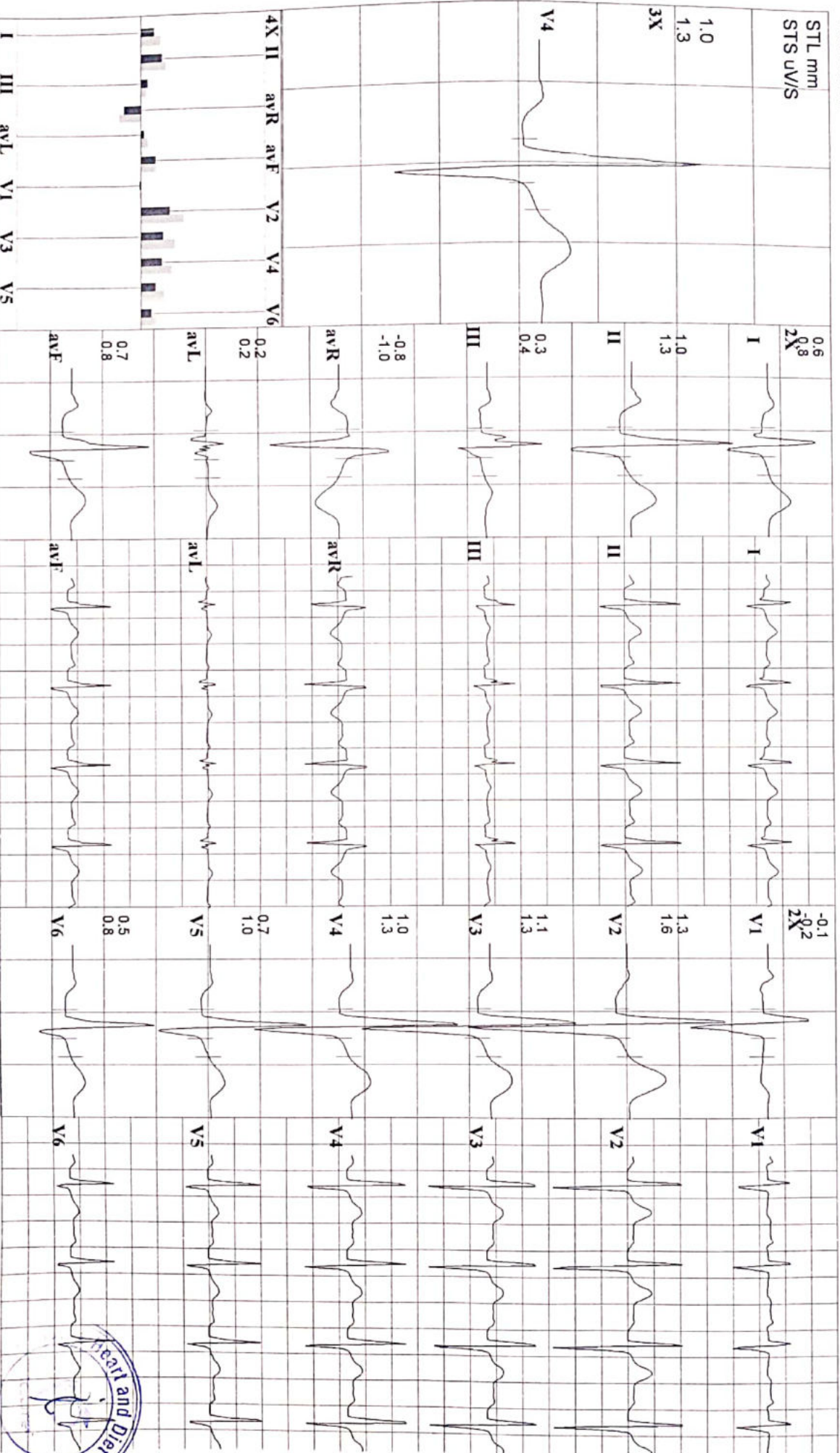
Post J: 60 ms



Y388 POONAM GUPTA  
32 Yrs/F Kg / Ht- cms RefNo.:  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 68 mS

Speed: — kmh Hr: 99 Target Hr: 51 % of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: — % Mets: 1 Ex Time: 09:40 BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 120/80 mmHg Curr Time: 13:58 Notch: On Median Sweep: 25 mm/s

**Linked Media**  
**Post Ex 2**

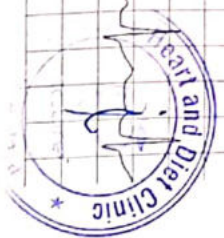
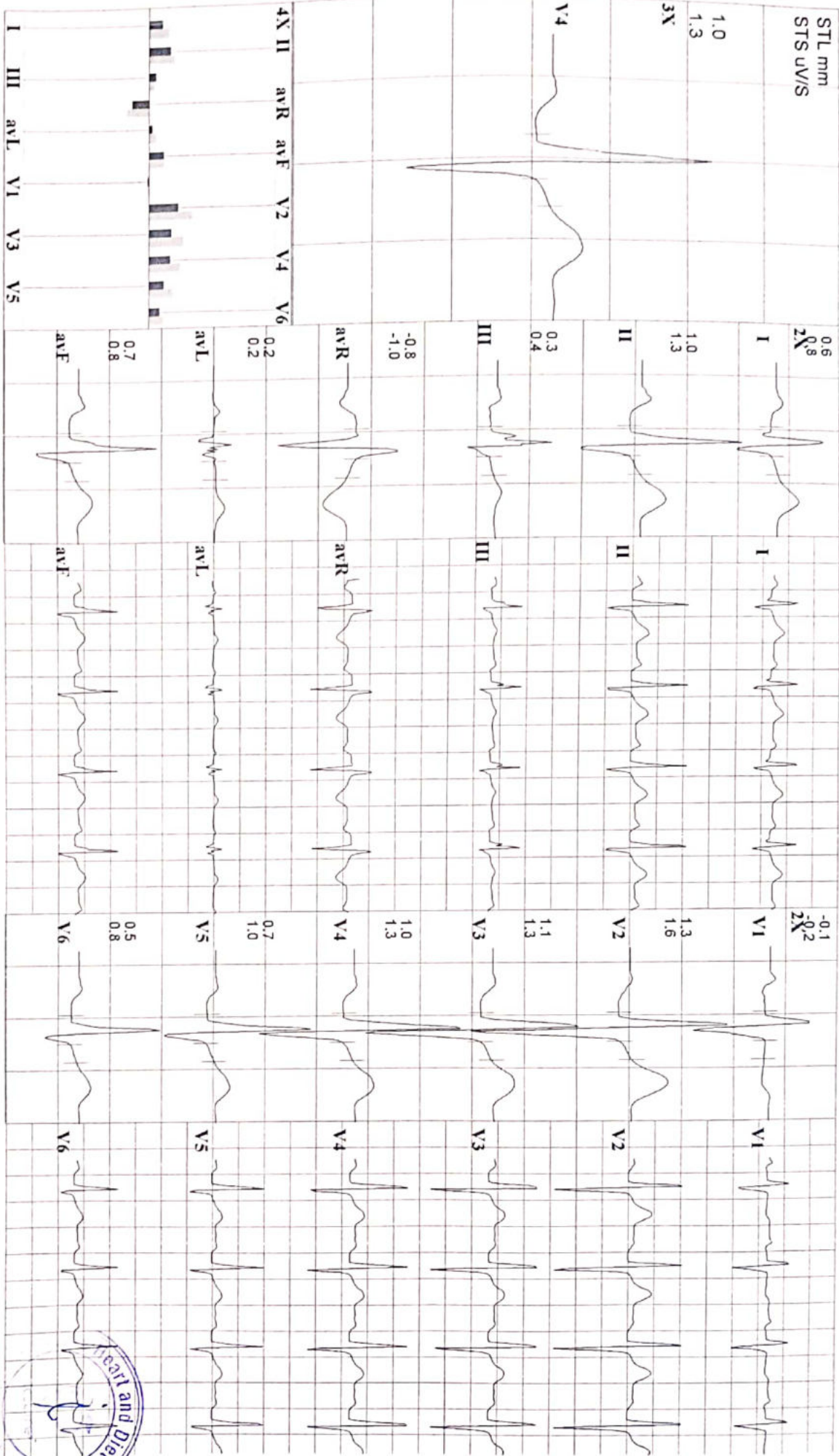




Y388 POONAM GUPTA  
32 Yrs/F Kg / Ht- cms Ref/No.:  
Date: 12-02-2021 Time: 10:25 AM  
Post J: 68 ms

Speed: — km/h Hr: 99 Target Hr: 51 % of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: — % Mts: 1 Ex Time: 09:40 BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 120/80 mmHg Cur Time: 13:58 Notch on Median Sweep 25 mm/s

Linked Media  
Post Ex 2

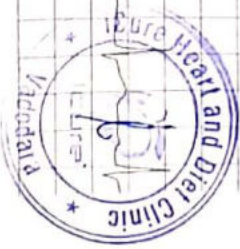
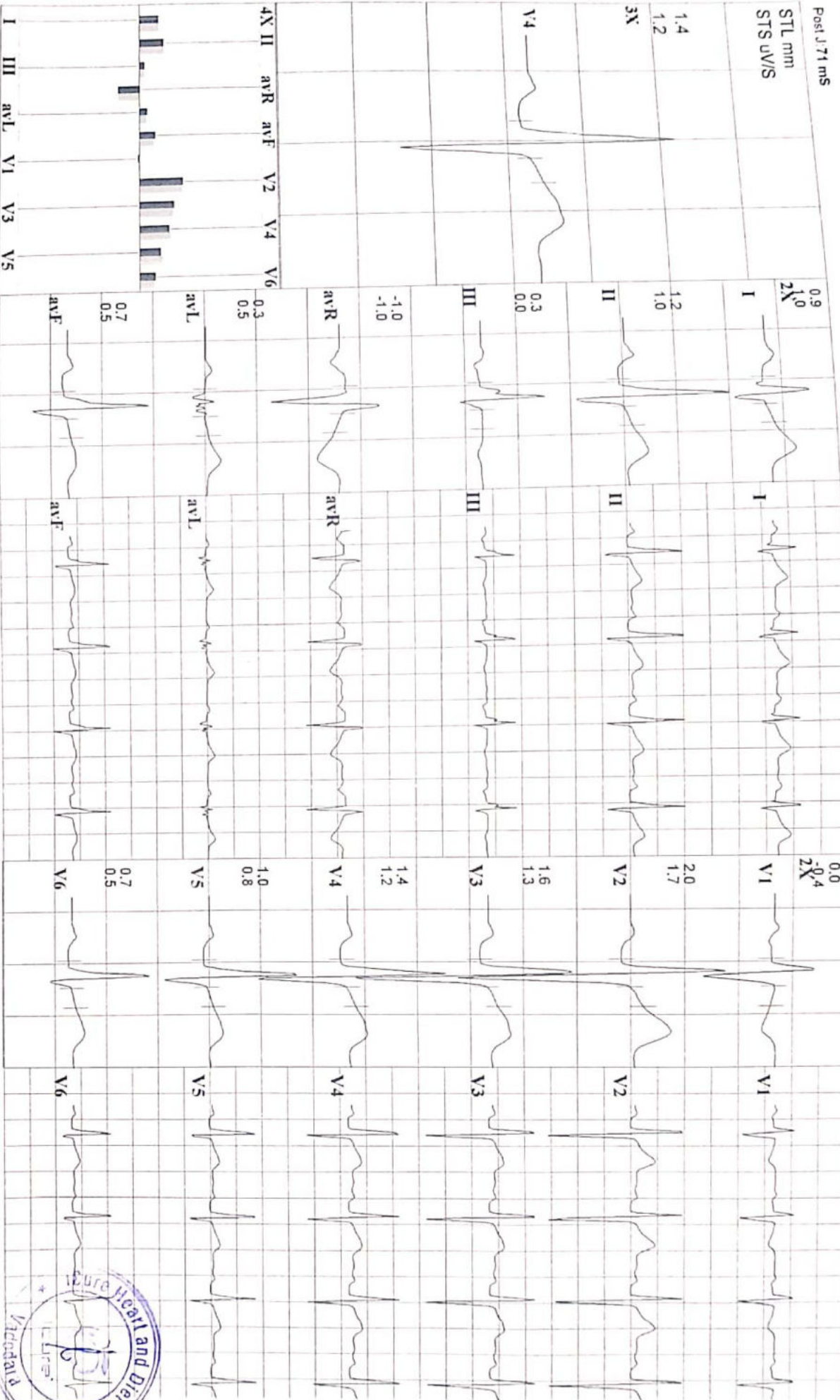




V388 POONAM GUPTA  
 32 Yrs/F Kg / Ht. cms Ref/No.:  
 Date: 12-02-2021 Time: 10:25 AM

Speed: -- km/h Hr: 93 Target Hr: 48 % of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
 Grade: -- % Mels: 1 Ex Time: -- min:sec BLC: On Sweep: 25 mm/s  
 Protocol: Bruce BP: 120/80 mmHg Cur Time: 00:17 Notch: On Median Sweep: 25 mm/s

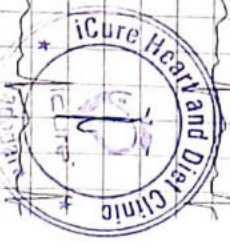
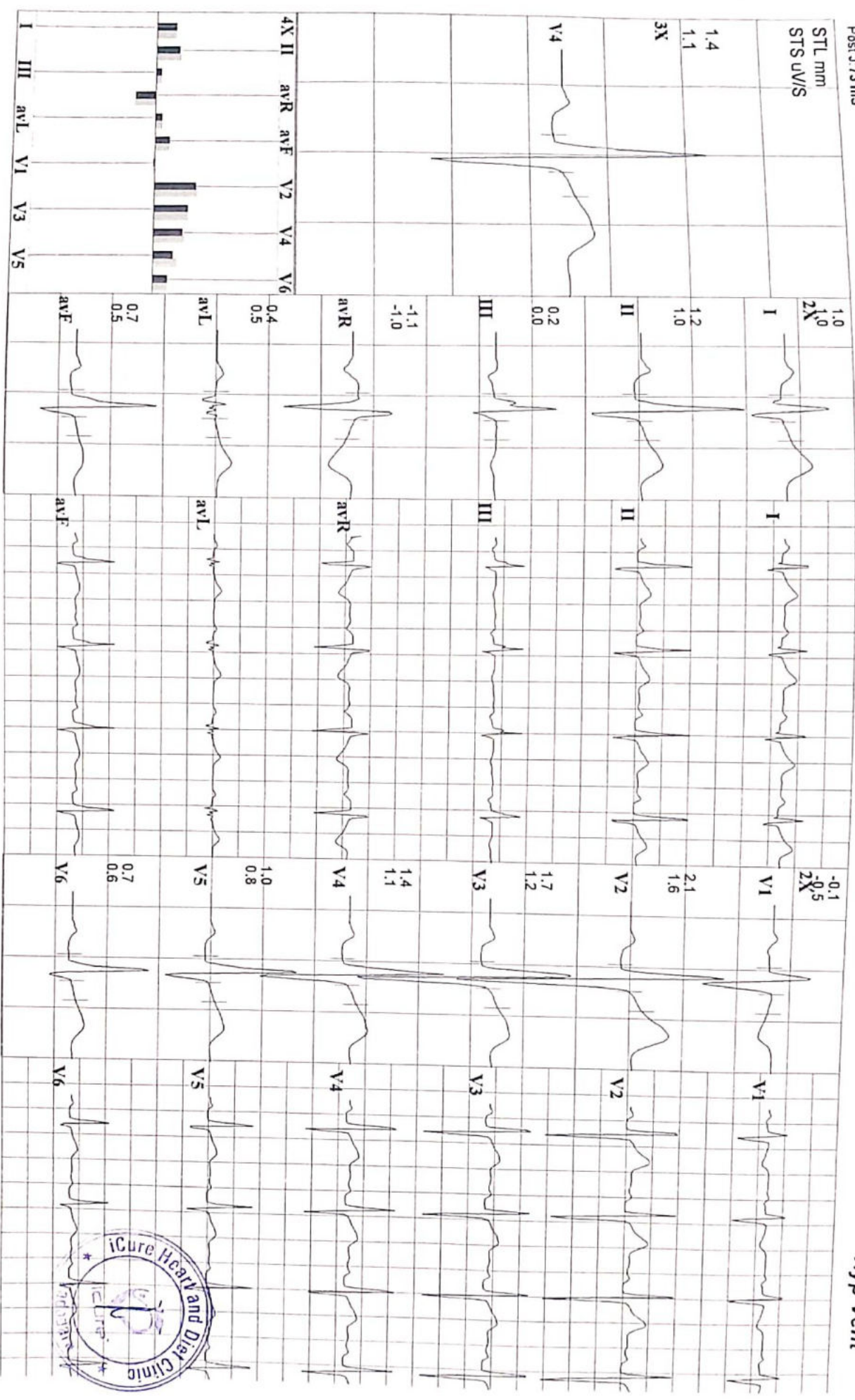
Linked Media  
 Pre Ex  
 Standing



Y368 POONAM GUPTA  
32 Yrs/F Kg/ Ht- cms Ref.No.:  
Date: 12-02-2021 Time: 10:25 AM

Speed: — kmh Hr: 93 Target Hr: 48 % of 192 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: — % Mets: 1 Ex Time: — min:sec BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 120/80 mmHg Curr Time: 00:23 Notch On Median Sweep: 25 mm/s

Linked Media  
Pre Ex  
Hyp Vent





POONAM GUPTA  
 Kg / Ht- cms  
 Ref.No:  
 Date: 12-02-2021 Time: 10:25 AM

Speed: --- km/h Hr: 93 Target Hr: 48 % of 192  
 Grade: --- % Mets: 1 Ex Time: --- min:sec Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
 Protocol: Bruce BP: 120/80 mmHg Curr Time: 00:32 BLC: On Sweep: 25 mm/s  
 Notch: On Median Sweep: 25 mm/s

Linked Media  
 Pre Ex  
 Supine

