

Metro Hospital & Heart Institute, Haridwar

Health Check-up Certificate

COMPANY..... Medi Wheel (BOS) Haridwar Main

EMPLOYEE NO. 1035415 DEPTT. Operator DATE 09-12-23

NAME Mr. Kundan Singh AGE/SEX 46y/M DOB 21-7-1977

DESIGNATION SWA MOBILE NO 8535038677

CHEST (INSP) 106 cm. CHEST (EXP) 99 cm. CHEST EXPANSION 07 cm

HEIGHT 179 cm. WEIGHT 83 Kg. BMI 25.90 (overwht)

P/R 83 per mt. BP 135/92 mmHg SIGN OF EMP [Signature]

EXAMINATION/INVESTIGATIONS

No	Investigations	Room No	Result
✓1	LAB INVESTIGATIONS	Path Lab	Hb <u>14.2 gm/l</u> TLC <u>5700</u> / DLC <u>60/30/10/6</u>
✓2	BLOOD SUGAR F/PP/RANDOM	Path Lab	F <u>159</u> / PP <u>226</u> / RBS <u>HbA1c 7.1 %</u>
✓3	BLOOD GROUP	Path Lab	<u>B+</u>
✓4	URINE	Path Lab	Alb <u>NIL</u> Sugar <u>+</u>
✓5	STOOL	Path Lab	<u>RNR</u>
✓6	X RAY CHEST PA	Radiology	<u>OTA</u>
✓7	ULTRASONOGRAPHY (Whole Abd)	Radiology	<u>Hepato megaly with mild fatty liver</u> <u>Small umbilical Hernia - herniation of mesenteric fat.</u> <u>Multiple subcut lipomas</u>
✓8	ECG	Health check up	<u>Normal</u>
✓9	ECHO	Radiology	<u>Normal study</u>
10	TMT	Radiology	
11	PFT	Health check up	
12	AUDIOMETRY	25	
13	ENT EXAM	25	
✓14	DENTAL EXAMINATION	24	<u>Status - Normal / Hygienic</u>
✓15	ACUITY OF VISION/COLOUR VISION	13	<u>Dr 6/6 NVX NT/6 cvl ev (N)</u>
✓16	EXAMINATION BY PHYSICIAN	23	<u>NAD</u>
✓17	<u>PSA</u> <u>Thyroid Profile</u>	<u>030 ng/ml</u>	<u>[Signature]</u>

Observations - KFT
LFT
Lipids - TRGT
SGOT/SGPT / Bil. 2.10 mg/dl

DR. ANIL SINGH
MBBS, AFH, DHA
Consultant Occupational Health
Reg No - UKMC-2831
Metro Hospital & Heart Institute
BIOCUL, Haridwar-249403 (U.K.)

△ SMT2 - Dyslipidemia



LETTER OF APPROVAL / RECOMMENDATION

To,

The Coordinator,
Mediwheel (Arcofemi Healthcare Limited)
Helpline number: 011- 41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS	EMPLOYEE DETAILS
NAME	MR. SINGH KUNDAN
EC NO.	103545
DESIGNATION	SINGLE WINDOW OPERATOR A
PLACE OF WORK	HARDWAR, HARDWAR MAIN
BIRTHDATE	21-06-1977
PROPOSED DATE OF HEALTH CHECKUP	13-05-2023
BOOKING REFERENCE NO.	23J103545100058100E

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from **19-04-2023** till **31-03-2024**. The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.

Yours faithfully,

Sd/-

Chief General Manager
HRM Department
Bank of Baroda

(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi Healthcare Limited).)

SUGGESTIVE LIST OF MEDICAL TESTS

FOR MALE	FOR FEMALE
CBC	CBC
ESR	ESR
Blood Group & RH Factor	Blood Group & RH Factor
Blood and Urine Sugar Fasting	Blood and Urine Sugar Fasting
Blood and Urine Sugar PP	Blood and Urine Sugar PP
Stool Routine	Stool Routine
Lipid Profile	Lipid Profile
Total Cholesterol	Total Cholesterol
HDL	HDL
LDL	LDL
VLDL	VLDL
Triglycerides	Triglycerides
HDL / LDL ratio	HDL / LDL ratio
Liver Profile	Liver Profile
AST	AST
ALT	ALT
GGT	GGT
Bilirubin (total, direct, indirect)	Bilirubin (total, direct, indirect)
ALP	ALP
Proteins (T, Albumin, Globulin)	Proteins (T, Albumin, Globulin)
Kidney Profile	Kidney Profile
Serum creatinine	Serum creatinine
Blood Urea Nitrogen	Blood Urea Nitrogen
Uric Acid	Uric Acid
HBA1C	HBA1C
Routine urine analysis	Routine urine analysis
USG Whole Abdomen	USG Whole Abdomen
General Tests	General Tests
X Ray Chest	X Ray Chest
ECG	ECG
2D/3D ECHO / TMT	2D/3D ECHO / TMT
Stress Test	Thyroid Profile (T3, T4, TSH)
PSA Male (above 40 years)	Mammography (above 40 years) and Pap Smear (above 30 years).
Thyroid Profile (T3, T4, TSH)	Dental Check-up consultation
Dental Check-up consultation	Physician Consultation
Physician Consultation	Eye Check-up consultation
Eye Check-up consultation	Skin/ENT consultation
Skin/ENT consultation	Gynaec Consultation



भारत सरकार
Government of India



कुन्दन सिंह
KUNDAN SINGH
जन्म तिथि/DOB: 21/06/1977
पुरुष/ MALE



3752 5558 8827
VID : 9134 8895 3236 7275

मेरा आधार, मेरी पहचान

Kundan Singh



भारतीय विदेशी मुद्रा प्रणाली
Reserve Bank of India

पता:
S/O वीरेंद्र सिंह, 431-432, पी3बी डीप गंगा अपार्टमेंट,
सिडकुल, हरिद्वार, हरिद्वार,
उत्तराखण्ड - 249403

Address:
S/O Virendra Singh, 431-432, p3b deep
ganga apartment, sidcul, Haridwar,
Haridwar,
Uttarakhand - 249403



QR Code with Photograph

3752 5558 8827

VID - 9134 8895 3236 7275

1047

Help @ uidai.gov.in

www.uidai.gov.in

Mr Kundan Singh
4681M

HR 65 bpm

9-12-23



Interpretation:

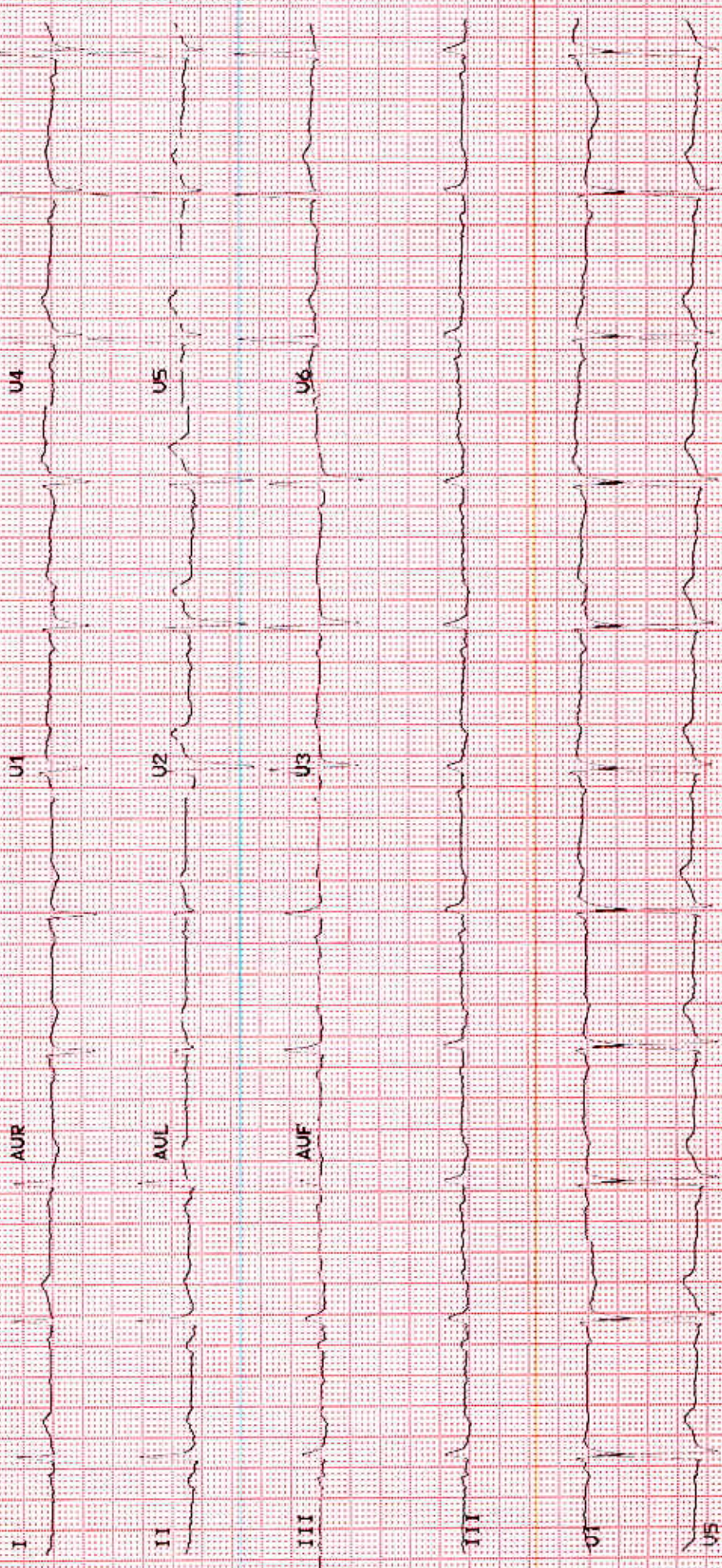
normal ECG



Measurement Results:

QRS	108 ms
QT/QTcB	392 / 411 ms
PR	166 ms
P	126 ms
RR/PP	912 / 905 ms
P/QRS/T	65 / 45 / 25 degrees
QT/QTcBD	80 / 84 ms
Sokolow	2.3 mV
NK	9

Unconfirmed report





METRO

HOSPITAL & HEART INSTITUTE

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(NABH & ISO 9001: 2008 Certified)



we treat...HE CURES

Metro Hospital & Heart Institute

(A unit of Sunhill Hospital Private Limited)

OPD CONSULTATION

Patient Name Mr. Kundan Singh Age/Sex 46/M Reg. No. _____

Doctor's Name Dr. Sushil Kumar & Nmay

Date 9/12/23 Time 12:30 PM

OPHTHALMIC EXAMINATION

VISION

DISTANCE VISION-

Rt 6/6

Lt 6/6

NEAR VISION-

Rt N/6

Lt N/6 glass

COLOUR VISION : Normal BE

EYE EXAMINATION

Cornea

Ant Chamber

Pupil

Fundus Examination

ADVICE-

Dr. Sushil Kumar, MBBS, DNB (Ophtho)
Consultant Ophthalmologist
Metro Hospital & Heart Institute
Sidel, Haridwar. [Signature]
Signature _____ (U)

Plot No. F-1, Sector-6A, SIDCUL, Haridwar - 249 403

Emergency : +91 8191902600, Phone : 01334 - 239040 / 42 / 43, Fax : 01334 - 239043

E-mail : metroharidwar@metrohospitals.com, Website: www.metrohospitals.com

Regd. Office : 21, Community Center, Preet Vihar, New Delhi-110092

CIN No.: U33201DL2006PTC156918

MHHI/CL/0115/Rev. No. 01

DR NAMAN AGGARWAL
B.D.S
SENIOR DENTAL CONSULTANT
Reg. No.-UK-1203
Metro Hospital & Heart Institute
Sidcul Haridwar, UK, Pin No.- 249403



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Patient Name... Ma. Kundan Singh Age/Sex... 46y/M Reg. No. MHWID/2023021825

Doctor... Dr. Naman Aggarwal

Date... 9/12/2023

Time... 10:01

DENTAL EXAMINATION

➤ **TEETH STATUS** = Normal

• MISSING - N.R.

• DECAYED - R.S. +5

➤ **ORAL HYGIENE STATUS** = Fair

• STAINS - ++

• CALCULUS - +++

Adv. - oral prophylaxis
- P.A.H. 12 +5

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Radiology Investigation Report

Name	: Mr. Kundan Singh	Age/Sex	: 46 Y/M
Ref. By	: Dr. ANIL SINGH	UHID NO	: 2023021825
IP/OP	: OP/202313917	Request No	: 70244637
Date	: 09/12/2023		

USG WHOLE ABDOMEN

The diaphragm is normal in contour & respiratory excursion. There is no ascitis or lymph node mass.

Liver is enlarged in size 15.5 cm, shape, outline & raised echotexture. No focal area of abnormal echogenecity is seen in liver. Intrahepatic biliary radicles are not dilated. Portal vein & portal venous radicles are normal.

Gall bladder is normal in shape & size. Gall bladder wall is not thick. No mass lesion / calculus is seen in gall bladder. Common bile duct is normal in course & caliber. No calculus is seen in its lumen.

Spleen & pancreas appears normal in shape, size, outline & echotexture.


Both the kidneys are normal in shape, size, outline & echotexture. Renal parenchymal thickness is normal. Corticomedullary junction is defined & is normal. There is no hydronephrosis. No echogenic renal calculus is seen.

Urinary bladder is normal in contour & capacity. Bladder wall is not thick. No pathological filling defect / vesical calculus is seen in bladder. Ureterovesical junctions appear normal.

Prostate is normal in shape, outline & echotexture. Prostatic capsule & periprostatic facial planes appear normal.

Multiple small subcutaneous lipoma antetrior abdominal wall.
Small umbilical hernia with defect measuring approx 4.0 cm with herniation of mesenteric fat as content.

IMPRESSION : Hepatomegaly with grade II fatty liver.
Multiple small subcutaneous lipoma antetrior abdominal wall.
Small umbilical hernia with herniation of mesenteric fat as content.


DR. PRAKASH CHANDRA PANDEY
MBBS, DMRD
CONSULTANT RADIOLOGIST

Note:

- (1) Not valid for medical-legal purposes.
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Pathology Report

Name : Mr. Kundan Singh
Ref. By : Dr. ANIL SINGH
IP/OP : OP/202313917
Sample Date : 09/12/2023
Reporting Date: 09/12/2023

Age/Sex : 46 Y/M
UHID : 2023021825
Request No. : 10384287
Sample Time : 10:36
Reporting Time : 20:50

Test	Result	Unit	Bio. Ref.	Inter. Test Method
------	--------	------	-----------	--------------------

Hematology

BLOOD GROUP

ABO

B

Rh

POSITIVE

CBC (COMPLETE BLOOD COUNT/HAEMOGRAM)

HB

14.2

gm/dl

M - 13-18

TLC

5790

/cumm

4000-11000

DLC (WBC DIFFERENTIAL)

NEUTROPHILS

60

%

45-75

LYMPHOCYTES

30

%

25-45

EOSINOPHILS

04

%

1-6

MONOCYTES

06

%

2-8

BASOPHILS

00

%

--<2

RBC

4.97

million

3.5-5.5

PCV

47.1

%

36-52

MCV

94.8

fL

80-100

MCH

28.6

PG

27-32

MCHC

30.1

gm/dl

31-37

PLATELET COUNT

2.21

lakh/cumm

1.5-4.5

RDW

13.8

%

11.5-15

ESR

17

mm/hr

20

Serology & Immunology

PSA TOTAL

0.38

ng/mL

0.0-4.0

THYROID PROFILE

T3

1.70

nmol/L

1.70-3.10

T4

8.29

µg/dl

5.95-15.4

TSH

1.81

µIU/L

0.46-4.68

*** End of Reports ***

Dr. Vishal Arora
MBBS, DCP
(Consultant Pathologist)



Note:

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Biochemistry

HB1AC	7.1	%	4.5-6.3	
BLOOD SUGAR -PP	226.0	mg/dl	70.0-140.0	
BLOOD SUGAR -FASTING	159.0	mg/dl	70.0-110.0	
LIPID PROFILE				
TOTAL CHOLESTEROL	226.0	mg/dl	00-250.0	
HDL-CHOLESTEROL	37.0	mg/dl	00-50.0	
LDL	127.0	mg/dl	00-150.0	
TRIGLYCERIDES	575.0	md/dl	30-150	
VLDL	15.5	mg/dl	0-50	
CHOL/HDL Ratio	6.1		<4.5	
LFT (LIVER FUNCTION TEST)				
BILIRUBIN INDIRECT	0.60	mg/dl	0.2-0.8	
SGOT	48.0	U/L	10-42	
SGPT	55.0	U/L	10-42	
BILIRUBIN TOTAL	2.10	mg/dl	0.2-1.0	
ALKALINE PHOSPHATASE	67.0	IU/L	28-111	
BILIRUBIN DIRECT	1.50	mg/dl	0.1-0.4	
TOTAL PROTEIN	7.5	gm/dl	6.4-8.2	
ALBUMIN	4.0	g/dl	3.5-5.0	
GLOBULIN	3.5	gm/dl	2.0-4.0	
AG RATIO	1.1			
KFT (KIDNEY FUNCTION TEST)				
UREA	21.3	mg/dl	15-45	
SODIUM	151.0	mmol/L	135-155	
CREATININE	0.76	mg/dl	0.6-1.3	
URIC ACID	3.5	mg/dl	3.0-7.6	
BUN	10.1	mg/dl	05-20	
POTTASSIUM	5.5	mmol/L	3.5-5.5	
CALCIUM	8.7	mg/dl	8.5-10.5	

*** End of Reports ***

Dr. Vishal Arora
MBBS, DCP
(Consultant Pathologist)



Note:

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UHID : 2023021825
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Test	Result	Unit	Bio. Ref.	Inter.	Test Method
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Urine Examination

URINE SUGAR	++				
URINE ROUTINE ANALYSIS					
PHYSICAL EXAMINATION					
COLOUR	PALE				
	YELLOW				
TRANSPARENCY	CLEAR				
S. GRAVITY	1.020				
CHEMICAL EXAMINATION					
ALBUMIN	NIL				
SUGAR	++				
pH	6.5				
BLOOD	NIL				
KETONE	NIL				
MICROSCOPIC EXAMINATION					
PUS CELLS	2-3				
EPITHELIAL CELLS	1-2				
RBC	NIL				
CRYSTALS	NIL				
CAST	NIL				
BACTERIA	NIL				
AMORPHOUS PHOSPHATE	NIL				
AMORPHOUS URATES	NIL				

*** End of Reports ***

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UHID NO : 2023021825
Request No : 70244637

X-RAY CHEST PA View

Cardiac contour & size are normal.
Trachea is central.
Lung fields are clear.
Hilar shadows are normal.
Costophrenic angles are clear.
Bony rib cage is normal.

IMPRESSION: NORMAL CHEST.


DR.PRAKASH CHANDRA PANDEY
MBBS, DMRD
CONSULTANT RADIOLOGIST

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2D ECHOCARDIOGRAPHY

Name:	Mr. Kundan Singh	UHID No:	2023021825
Age/Sex:	46Y/M	Ward:	OPD
Referred by:	Dr. Anil Singh	Date:	09.12.2023

ACOUSTIC WINDOW: Normal

MEASUREMENTS AND CALCULATIONS

Measurements	Observed Value	Reference Value
IVS (ED)	1.3	(0.6 – 1.1 cm)
LVPW (ED)	1.2	(0.6 – 1.1 cm)
LVID (ED)	4.2	Male (3.7 – 5.5 cm) Female (3.7 – 5.2 cm)
Aortic root diameter	3.2	(2.0 – 3.7 cm)
LA dimension	3.5	Male (1.9 – 4.0 cm) Female (1.7 – 3.8 cm)
LV EF	55% ✓	(55 – 75%)

MORPHOLOGICAL DATA

Mitral valve	Normal	Right Atrium	Normal
Aortic valve	Normal	Right Ventricle	Normal
Tricuspid valve	Normal	PA	Normal
Pulmonary valve	Normal	IVS	Intact
		IAS	Intact

DOPPLER STUDY

Valve	Regurges	Velocities (cm/s)	Gradients (mmHg)
Mitral	Mild	E – 55, A – 68, E/A<1	
Aortic	Nil	Vel – 108	
Tricuspid	Trace	Vel – 244	PASP – 28
Pulmonary	Nil	Vel – 108	

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FINAL IMPRESSION

- Normal Acoustic Window
- Normal Chambers Dimensions
- Mild concentric LVH
- No RWMA
- LVEF~55%
- Grade I LVDD
- Trace TR, Mild MR, PASP 28 mmHg
- No pericardial effusion
- No Intracardiac clot

Dr. Krishna CK

MD, DNB (Medicine), DNB (Cardiology)
Consultant Interventional Cardiology
UKMC Reg. No: 12883



Dr. Ajit Kumar*

MBBS, PGDCC
Associate Consultant, Cardiology
UKMC Reg. No: 7569

(Note: This document is not for medico-legal purpose)

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