



## Health Check up Booking Request(bobE36745), Beneficiary Code-63548

1 message

Mediwheel <wellness@mediwheel.in>  
To: solankikishor44@gmail.com  
Cc: customercare@mediwheel.in

Thu, 30 Mar, 2023 at 12:56



**Mediwheel**  
Your wellness partner

011-41195959

Email:wellness@mediwheel.in

Dear MR. SOLANKI KISHOR HIRALAL,

Thanks for booking Health Checkup and we have required following document for confirmation of booking health checkup.

### 1. HRM Letter

Please note following instruction for HRM letter.

1. For generating permission letter for cashless health check-up in the HR Connect, the path to be followed is given below:

a) Employee Self Service-> Reimbursement-> Reimbursement application ->Add New value ->Reimbursement Type: Mandatory Health Check-up " Click Add

b) Select Financial Year 2022-23, Self or Spouse, Claim Type - Cashless and Submit

c) After submission, click print button to generate Permission Letter

**Booking Date** : 30-03-2023

**Health Check up Name** : Medi-wheel Full Body Health Checkup Male Below 40

**Name of Diagnostic/Hospital** : Savaikar Hospital

**Address of Diagnostic/Hospital** : Warkhandem, Ponda -403401

**Appointment Date** : 08-04-2023 ✓

**Preferred Time** : 8:00am-9:00am

Member Information			
Booked Member Name	Age	Gender	Cost(In INR)
MR. SOLANKI KISHOR HIRALAL	25	Male	Cashless
<b>Total amount to be paid</b>			<b>Cashless</b>

We will get back to you with confirmation update shortly. Please find the package details as attached for your reference.

**Package Name** : Medi-wheel Full Body Health Checkup Male Below 40 - Includes (37)Tests

**Tests included in this Package** : Ecg, TSH, X-ray Chest, Stress Test (tmt)/ 2d Echo, Blood Sugar Postprandial, A:g Ratio, Blood Group, Total Cholesterol, Triglycerides, Fasting Blood Sugar, Ultrasound Whole Abdomen , Glycosylated Haemoglobin (hba1c), Hdl, Vldl, Urine Analysis, LDL, Total Protine, General Consultation, HDL/ LDL ratio,



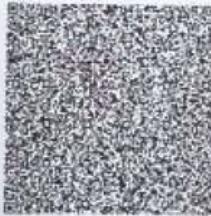
**भारत सरकार**  
**Government of India**

**भारतीय विशिष्ट पहचान प्राधिकरण**  
**Unique Identification Authority of India**

Enrolment No.: 0000/00302/40076

To  
Kishor Hiralal Solanki  
Flat No 302 3rd Floor Sawants Paradise  
Behind Municipal Market  
Upper Bazaar  
Ponda  
North Goa Goa - 403401  
9762322832

Signature valid



आपका आधार क्रमांक / Your Aadhaar No. :

**9403 4951 2334**

VID : 9130 0077 2366 8081

मेरा आधार, मेरी पहचान



**भारत सरकार**  
**Government of India**



Kishor Hiralal Solanki  
Date of Birth/DOB: 09/12/1995  
Male/ MALE

**9403 4951 2334**  
VID : 9130 0077 2366 8081  
मेरा आधार, मेरी पहचान

Issue Date : 01/03/2012



Government of India

**सूचना**

- आधार पहचान का प्रमाण है, नागरिकता का नहीं।
- सुरक्षित QR कोड / ऑफलाइन XML / ऑनलाइन ऑथेंटिकेशन से पहचान प्रमाणित करें।
- यह एक इलेक्ट्रॉनिक प्रक्रिया द्वारा बना हुआ पत्र है।

**INFORMATION**

- Aadhaar is a proof of identity, not of citizenship.
- Verify identity using Secure QR Code/ Offline XML/ Online Authentication.
- This is electronically generated letter.

- आधार देश भर में मालय है।
- आधार कई सरकारी और गैर सरकारी सेवाओं को पाना आसान बनाता है।
- आधार में मोबाइल नंबर और ईमेल ID अपडेट स्थूँ।
- आधार को अपने स्मार्ट फोन पर रखें, mAadhaar App के साथ।

- Aadhaar is valid throughout the country.
- Aadhaar helps you avail various Government and non-Government services easily.
- Keep your mobile number & email ID updated in Aadhaar.
- Carry Aadhaar in your smart phone – use mAadhaar App.

**भारतीय विशिष्ट पहचान प्राधिकरण**  
**Unique Identification Authority of India**



Address:

Flat No 302 3rd Floor Sawants Paradise,  
Behind Municipal Market, Upper Bazaar,  
Ponda, North Goa,  
Goa - 403401

Download Date : 01/03/2012



**9403 4951 2334**

VID : 9130 0077 2366 8081

1867 | [enquiry@uidai.gov.in](mailto:enquiry@uidai.gov.in) | [www.uidai.gov.in](http://www.uidai.gov.in)



बैंक ऑफ बडोदा  
Bank of Baroda

संग्रहीत

प्राप्ति

संग्रहीत करने का

प्राप्ति

Kishor H Solanki

121602



धारक के नाम  
Signature of Holder

संग्रहीत करने की स्वीकृति  
Issuing Authority  
Chief Manager (HRM)  
Pune Zone

मिलने पर, लिमिलिखित को जीता  
महाराष्ट्र महापरवाधक (सुरक्षा)  
बैंक ऑफ बडोदा, बडोदा कार्पोरेट सेन्टर  
सी-26, जी ब्लॉक, बांद्रा कुला कॉम्प्लेक्स, मुंबई - 400 051, भारत  
फोन 91 22 5698 5196 फैक्स 91 22 2652 5747

If found, please return to  
Asst. General Manager (Security)  
Bank of Baroda, Baroda Corporate Centre  
C-26, G-Block, Bandra-Kurla Complex, Mumbai 400 051, India  
Phone 91 22 5698 5196 Fax 91 22 2652 5747

रक्त संसूक्ष / Blood Group : B+ve

पहचान चिन्ह / Identification Marks.: Mole on neck



# SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : [www.savaikarhospital.com](http://www.savaikarhospital.com)

email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)



Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 09.04.2026

Ref. by : DR.MEGHA SAVAIKAR

Bill No : 9003

Print Date : 09.04.2023 08:03:44 AM

## HAEMATOLOGY REPORT

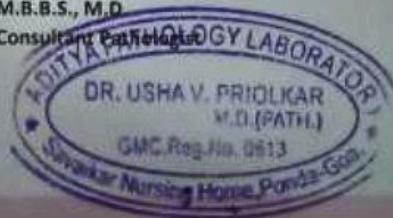
<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<b>COMPLETE BLOOD COUNT</b>		
HAEMOGLOBIN (HB)	11.6 g/dl	M: 13.5 - 19.5 g/dl, F: 11.5 - 16.5 g/dl
TOTAL WBC COUNT	5,700 Cells/cu mm	4,000-10,500 /cu mm
<b>DIFFERENTIAL COUNT</b>		
STAB CELLS (IMMATURE NEUTROPHILS)	02 %	0 - 5 %
NEUTROPHILS	61 %	40 - 70 %
LYMPHOCYTES	30 %	20 - 45 %
EOSINOPHILS	03 %	1 - 4 %
MONOCYTES	04 %	2 - 8 %
BASOPHILS	00 %	0 - 1 %
PLATELETS	3,52,000 /cu mm	1,50,000 - 4,00,000 /cu mm
RBC COUNT	4.61 millions/cu mm	4.5 - 6.5 / cu mm
HCT	34.4 %	40 to 54 %
MCV	84.6 fl	80 - 96 fl
MCH	25.1 pg	27 - 31 pg
MCHC	33.7 gms%	32 - 36 gms%

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<b>COMPLETE BLOOD COUNT</b>		
ESR	18 mm/hr	0 - 20 mm/hr

..... End of Report .....

CHECKED BY  
  
LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR  
M.B.B.S., M.D.  
Consultant Pathologist



*The Hospital for perfect health....*



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॥ अरोग्यम् वसत्पात् ॥



Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 09.04.2023

Ref. by : DR.MEGHA SAVAIKAR

Print Date : 09.04.2023 09:32:37 AM

Bill No : 9003

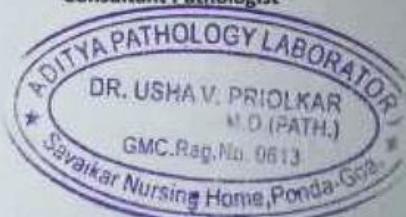
## HAEMATOLOGY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<b>PERIPHERAL SMEAR STUDY</b>		
RBC Morphology	Normocytic normochromic RBC's	
WBC Morphology	WBCs are normal in morphology	
PLATELET	Platelets are seen discretely & are adequate	

..... End of Report .....

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email : [drssavaikar@gmail.com](mailto:drssavaikar@gmail.com)

Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 09.04.2023

Ref. by : DR.MEGHA SAVAIKAR

Print Date : 09.04.2023 07:59:22 AM

Bill No : 9003



# SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



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Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870  
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email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)

Patient : MR. KISHOR HIRALAL SOLANKI  
UHID No : SHLC/29309  
Ref. by : DR.MEGHA SAVAIKAR  
Bill No : 9003

Age/Sex : 27/Male  
Date : 09.04.2023

Print Date : 09.04.2023 09:17:36 AM

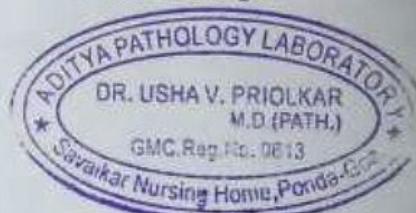
## BIOCHEMISTRY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<b>RENAL FUNCTION TEST</b>		
Blood Urea	37.1 mg/dl	15.0 - 40.0
BUN	17.3 mg/dl	5.0 - 21.0
CREATININE	0.86 mg/dl	0.5 - 1.5
URIC ACID	4.90 mg/dl	Male : 3.5 - 7.2, Female : 2.5 - 6.2

..... End of Report .....

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email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)



11 अप्रैल २०२३ ११:०९:५१ अ.स.

Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 09.04.2023

Ref. by : DR.MEGHA SAVAIKAR

Print Date : 09.04.2023 08:09:51 AM

Bill No : 9003

## BIOCHEMISTRY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<b>LIVER FUNCTION TEST WITH PROTEINS</b>		
SGOT	23.3 U/L	5 - 40
SGPT	20.7 U/L	7 - 50
<b>BILIRUBIN</b>		
TOTAL	0.64 mg/dl	0.1 - 1.2
DIRECT	0.21 mg/dl	0.058 - 0.3
INDIRECT	0.43 mg/dl	0.2 - 0.7
ALKALINE PHOSPHATASE	85.2 U/L	53 - 128
<b>SERUM PROTEIN</b>		
TOTAL PROTEINS	7.03 gms %	6.0 - 8.5
ALBUMIN	4.34 gms %	3.2 - 5.5
GLOBULIN	2.69 gms %	2.1 - 3.3
A:G RATIO	1.61	1.5 - 2.1:1

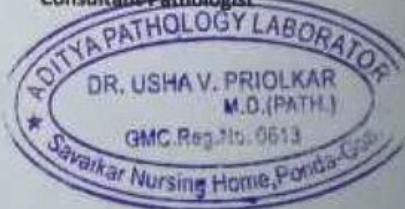
..... End of Report .....

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LAB TECHNICIAN

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Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 08.04.2023

Ref. by : DR.MEGHA SAVAIKAR

Print Date : 09.04.2023 07:57:48 AM

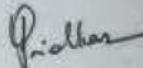
Bill No : 9003

## BIOCHEMISTRY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>LIPID PROFILE</u>		
SERUM CHOLESTEROL	160.6 mg/dl	130 to 240 mg/dl
HDL CHOLESTEROL	48.4 mg/dl	M:35-80,F:42-88
SERUM TRIGLYCERIDES	104.0 mg/dl	0 to 200
VLDL CHOLESTEROL	20.80 mg/dl	0 - 35
LDL CHOLESTEROL	91.40 mg/dl	0 - 160
LDL/HDL CHOLESTROL (R)	1.88	0.0 - 4.0
TOTAL CHOL / HDL CHO	3.32	0.0 - 4.5

..... End of Report .....

CHECKED BY  
A  
LAB TECHNICIAN

  
DR. MRS. USHA V. PRIOLKAR  
M.B.B.S., M.D.

Consultant Pathologist

ADITYA PATHOLOGY LABORATORY  
DR. USHA V. PRIOLKAR  
M.D.(PATH.)  
GMC Reg. No. 6813  
\* Savarkar Nursing Home, Ponda, GOA

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Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 09.04.2023

Ref. by : DR.MEGHA SAVAIKAR

Print Date : 09.04.2023 08:04:56 AM

Bill No : 9003

### Test Done

### Observed values

### Ref. Range

#### BLOOD GROUP RH TYPING

BLOOD GROUP RH TYPING

'A' Rh Positive

### SEROLOGY REPORT

### Test Done

### Observed values

### Ref. Range

#### HIV I & II

HIV I

NON - REACTIVE

HIV II

NON - REACTIVE

### Test Done

### Observed values

### Ref. Range

#### HBSAG / AUAG

HBSAG / AUAG

NEGATIVE

#### GAMMA GT (GGT)

GAMMA GT (GGT)

21.0 U/L

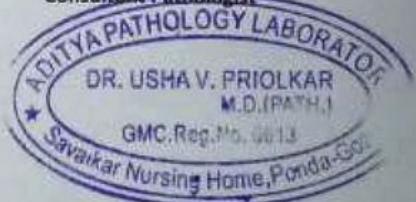
M - <49, F - <32

..... End of Report .....

CHECKED BY  
LAB TECHNICIAN

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email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)

Patient : MR. KISHOR HIRALAL SOLANKI

Age/Sex : 27/Male

UHID No : SHLC/29309

Date : 09.04.2023

Ref. by : DR.MEGHA SAVAIKAR

Print Date : 09.04.2023 09:22:54 AM

Bill No : 9003

## CLINICAL PATHOLOGY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
------------------	------------------------	-------------------

### URINE ROUTINE

### PHYSICAL EXAMINATION

Colour	Pale Yellow
Odour	Faintly Aromatic
Appearance	Clear

### CHEMICAL EXAMINATION

Reaction	6.0	5.5 - 7.5
Specific Gravity	1.015	1.010 - 1.025
Deposit	Absent	
Protein	Absent	
Sugar	Absent	
Ketones	Absent	

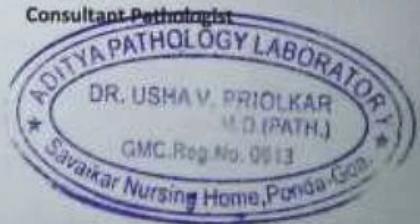
### MICROSCOPIC EXAMINATION

Pus Cells	0-1 /hpif	0 - 5 hpif
Epithelial Cells	1-2 /hpif	
RBC's	Nil /hpif	0 - 2hpif

..... End of Report .....

DR. MRS. USHA V. PRIOLKAR  
M.B.B.S., M.D.

Consultant Pathologist



CHECKED BY

CH  
LAB TECHNICIAN

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Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

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email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)



सावाईकर अस्पताल

Patient : MR. KISHOR HIRALAL SOLANKI  
UHID No : SHLC/29309  
Ref. by : DR.MEGHA SAVAIKAR  
Bill No : 9003

Age/Sex : 27/Male  
Date : 09.04.2023

Print Date : 09.04.2023 09:28:09 AM

## CLINICAL PATHOLOGY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
------------------	------------------------	-------------------

### STOOL REPORT

#### PHYSICAL EXAMINATION

Colour	Brownish Yellow
Consistency	Semi-Solid
Mucus	Absent
Blood	Absent

#### CHEMICAL EXAMINATION

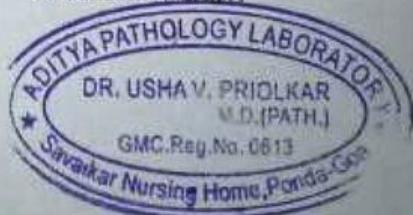
Reaction	6.5
Occult Blood	Negative
Reducing Substances	Absent

#### MICROSCOPIC EXAMINATION

Epithelial Cells	1-2 /hpf
Pus Cells	2-3 /hpf
RBCs	0-1 /hpf
Ova	Absent
cysts	Absent
veg. forms	Present
Bacteria	Absent

..... End of Report .....

DR. MRS. USHA V. PRIOLKAR  
M.B.B.S., M.D.  
Consultant Pathologist



CHECKED BY  
  
LAB TECHNICIAN

*The Hospital for perfect health....*



RR  
EE  
PP  
OO  
RR  
TT

CID : 2309823437  
 Name : MR.SOLONKI KISHOR HIRALAL  
 Age / Gender : 27 Years / Male  
 Consulting Dr. : -  
 Reg. Location : Margao, South Goa

Collected : 08-Apr-2023 / 12:22  
 Reported : 08-Apr-2023 / 16:38

Use a QR Code Scanner  
Application To Scan the Code

### THYROID FUNCTION TEST

PARAMETER	RESULTS	BIOLOGICAL REF RANGE	METHOD
Total T3, Serum	1.9	1.3-3.1 nmol/l	ECLIA

NOTE: The unbound fraction of total T3 concentrations, free triiodothyronine (FT3) is metabolically active hence, more useful than measuring total T3 as altered levels of total T3 occur due to changes in T3 binding proteins, especially TBG as in case of normal pregnancy and steroid therapy.

Total T4, Serum	147.9	66-181 nmol/l	ECLIA
-----------------	-------	---------------	-------

NOTE: T4 circulates in the blood as an equilibrium mixture of free and protein bound hormone. FT4 is a better indicator of thyroid hormone action than Total T4 because it is not affected by changes in Thyroxine Binding Globulin (TBG) or other Thyroxine Binding Proteins like in illness, drug intake or pregnancy.

sensitiveTSH, Serum	1.67	0.35-5.5 microlU/ml	ECLIA
---------------------	------	---------------------	-------



RR  
EE  
PP  
OO  
RR  
TT

CID : 2309823437  
 Name : MR.SOLONKI KISHOR HIRALAL  
 Age / Gender : 27 Years / Male  
 Consulting Dr. : -  
 Reg. Location : Margao, South Goa

Collected : 08-Apr-2023 / 12:22  
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**Interpretation:**  
 A thyroid panel is used to evaluate thyroid function and/or help diagnose various thyroid disorders.

**Clinical Significance:**

- 1) TSH Values between high abnormal upto 15 microlU/ml should be correlated clinically or repeat the test with new sample as physiological factors can give falsely high TSH.
- 2) TSH values may be transiently altered because of non thyroidal illness like severe infections, liver disease, renal and heart severe burns, trauma and surgery etc.

TSH	FT4 / T4	FT3 / T3	Interpretation
High	Normal	Normal	Subclinical hypothyroidism, poor compliance with thyroxine, drugs like amiodarone, Recovery phase of non-thyroidal illness, TSH Resistance.
Low	Low	Low	Hypothyroidism, Autoimmune thyroiditis, post radio iodine Rx, post thyroidectomy, Anti thyroid drugs, tyrosine kinase inhibitors & amiodarone, amyloid deposits in thyroid, thyroid tumors & congenital hypothyroidism.
Low	High	High	Hyperthyroidism, Graves disease, toxic multinodular goiter, toxic adenoma, excess iodine or thyroxine intake, pregnancy related (hyperemesis gravidarum, h;datiform mole)
Low	Normal	Normal	Subclinical Hyperthyroidism, recent Rx for Hyperthyroidism, drugs like steroids & dopamine, Non thyroidal illness.
Low	Low	Low	Central Hypothyroidism, Non Thyroidal Illness, Recent Rx for Hyperthyroidism.
High	High	High	Interfering anti TPO antibodies, Drug interference: Amiodarone, Heparin, Beta Blockers, steroids & anti epileptics.

**Diurnal Variation:** TSH follows a diurnal rhythm and is at maximum between 2 am and 4 am, and is at a minimum between 6 pm and 10 pm. The variation is on the order of 50 to 206%. Biological variation: 19.7% (within subject variation)

**Reflex Tests:** Anti thyroid Antibodies, USG Thyroid, TSH receptor Antibody, Thyroglobulin, Calcitonin

**Limitations:**

1. Samples should not be taken from patients receiving therapy with high biotin doses (i.e. >5 mg/day) until at least 8 hours following the last biotin administration.
2. Patient samples may contain heterophilic antibodies that could react in immunoassays to give falsely elevated or depressed results. This assay is designed to minimize interference from heterophilic antibodies.

**Reference:**

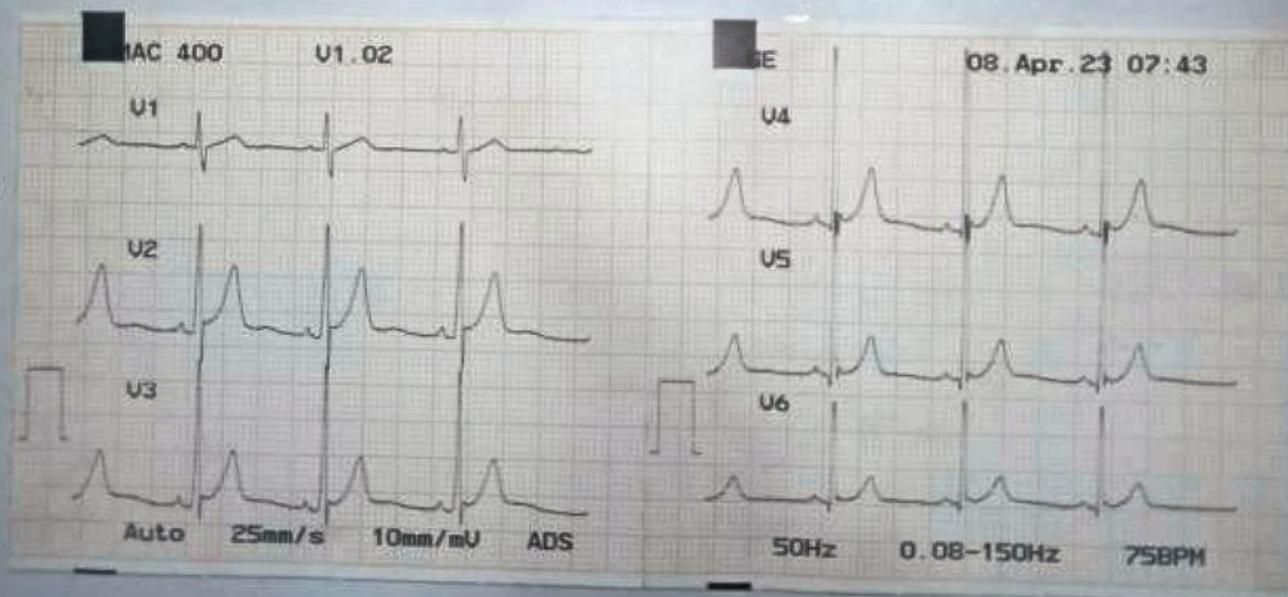
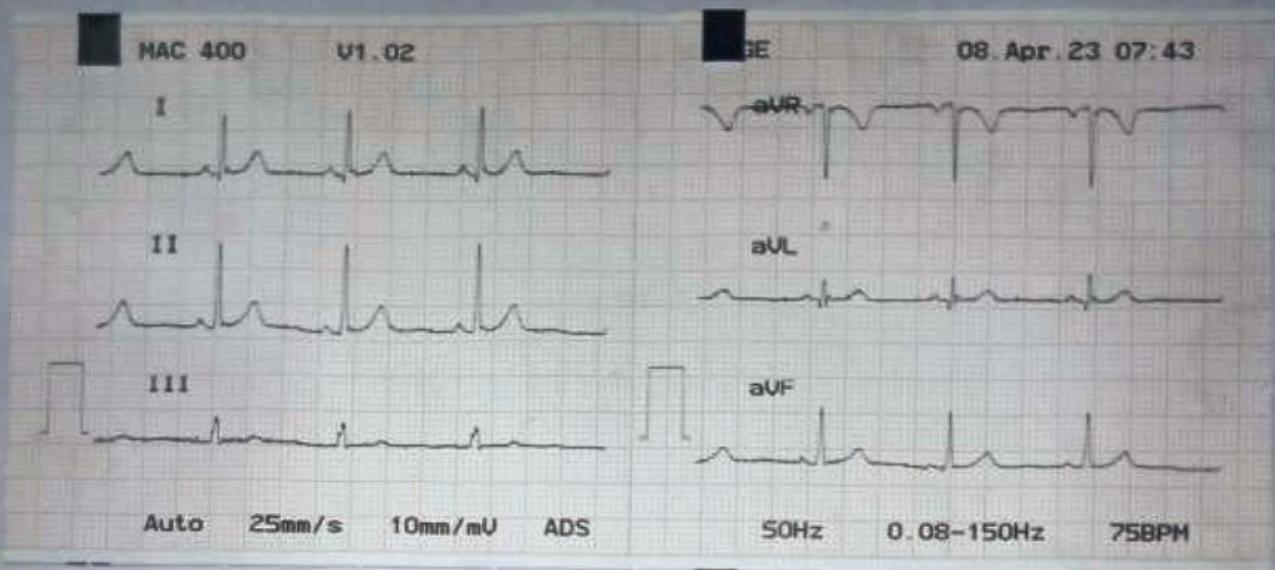
1. O.koulouri et al. / Best Practice and Research clinical Endocrinology and Metabolism 27(2013)
2. Interpretation of the thyroid function tests, Dayan et al. THE LANCET. Vol 357
3. Metz, Text Book of Clinical Chemistry and Molecular Biology -5th Edition
4. Biological Variation: From principles to Practice Callum G Fraser (AACC Press)

\*Sample processed at SUBURBAN DIAGNOSTICS (INDIA) PVT. LTD Goa Lab, Margao

\*\*\* End Of Report \*\*\*



**Dr. VINEETH NAIR**  
 M.D. (PATH)  
 Pathologist



Ecg without menstrual units

Kishore Solanki

Age - 27/M

Dinesh

DR(Mrs.) LALANA PAKHALK

Reg. No. GNC 0770

Consultant Physician & Cardiologist

Consultant Nursing Home,

Vivian Richards, Ponda-Goa

Bank of Baroda

Date - 08/04/2023



# SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : [www.savaikarhospital.com](http://www.savaikarhospital.com)

email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)

**KISHORE SOLANKI 27 / M**

## 2D ECHO SCREENING

GOOD BIVENTRICULAR SYSTOLIC FUNCTION

NO LV RWMA

ALL CARDIAC VALVES NORMAL. TRIVIAL TRICUSPID REGURGITATION.

IAS/IVS INTACT

NO CLOT/VEGETATION/PERICARDIAL EFFUSION

NO PULMONARY ARTERY HYPERTENSION

Dr. Ajaya Mundhekar  
MD (Medicine),  
DM (Cardiology).

*The Hospital for perfect health ...*



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NAME: **KISHOR SOLANKI**  
REF BY: HEALTH CHECK UP  
DATE: 08/04/2023

## RADIOGRAPH OF THE CHEST-PA VIEW

The trachea is central  
The lung fields are clear  
Both CP angles are clear  
Cardiothoracic ratio is within normal limits  
The rib cage is normal  
Both the diaphragm contours are normal

With warm regards.

  
Dr. RESHMA DALVI  
M.D, D.N.B (RADIO-DIAGNOSIS)

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email : drsavaikar@gmail.com



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**NAME: KISHOR SOLANKI**  
**HEALTH CHECK UP**  
**DATE: 08/04/2023**

## **ABDOMINO-PELVIC ULTRASONOGRAPHY**

Real time USG of the abdomen and pelvis was performed.

The **LIVER** – normal .

The **GALL BLADDER** – normal

**PANCREAS**-grossly normal

**SPLEEN** – normal .

Both **kidneys** are normal in size, position and contour

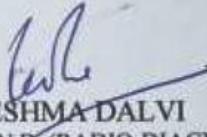
**RIGHT KIDNEY**- no calculus or hydronephrosis

**LEFT KIDNEY**- no calculus or hydronephrosis.

The **URINARY BLADDER** – empty

There is no free fluid in the abdomen or pelvis.

With warm regards.

  
**DR. RESHMA DALVI**  
M.D., D.N.B. (RADIO-DIAGNOSIS)

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email : [drsavaikar@gmail.com](mailto:drsavaikar@gmail.com)



Date:- 8/4/2023

NAME:- KISHOR HIRANJIT SOLANKI

AGE:- 27

SEX:- Male

COMPANY NAME:- BANK OF BARODA

## OPHTHALMIC EXAMINATION:

VISION	DISTANT		NEAR	
	RIGHT	LEFT	RIGHT	LEFT
VISUAL ACUITY				
WITH SPECTS	6/6	6/6	N/6	N/6
WITHOUT SPECTS				
COLOUR VISION	Normal			
SIGNS OF NIGHT BLINDNESS:- Yes / No			PHORIAS :- Nil	

SIGNATURE OF THE EMPLOYEE

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email : [dr.savaikar@gmail.com](mailto:dr.savaikar@gmail.com)

॥ अस्मिन् प्रवासेण ॥

Kishor

Exercise:- Gym / Walking

Water

Intake - 2 liters Per Day.

Age = 27  
Weight = 50 Kgs

7:30am:- Dates + 1 glass water  
(5 nos)

8:15am:- Veg Poha / Upma → 1 Bowl  
Milk (Ensure Protein) / Dryfrut Powder  
(2-3 Scoops)

11:00am:- Any 2 fruits

2:00 PM:- Chapatis → 3-4 nos [grain 2+3 p]  
Dal (Thick) / Massor / Panner  
curry / Biryani or  
Salad → 1 cup Sprouts → 1 cup

5:00PM:- Milk OR cheese → 2 slices  
1 glass OR VegSal → 2-3 nos

8:00PM:- Jowar Bhakri / Ragi Bhakri → 2 nos.  
Any seasonal Vegetable → 1 cup

The Hospital for perfect health....

Height :- 162 cm  
Weight :- 50 kg

### Savaikar Hospital Health Check Summary

Date :- 8/4/2023

Name :- KISHOR KIRAN SOLANKI

Age 27

Sex :- Male

Address :- Flat No 302 3rd floor Sawants Paradise Upper Bazaar  
Ponda Goa

Cont. No. :- 9762322832

Nil - relevant

Past History :-

Obstetric History :- → N/A

Menstrual History :-

N/A  
Appetite - less  
Urine - normal  
Menses - normal  
Sleep - normal  
Addiction - Nil.

Personal History :-

No health issues for  
family members

Family History :-

N/A

On Examination :-  
CVS :- P/S. normal no murmur  
R/S :- B/S. normal no added sounds  
CNS :- No deficit  
P/A :- Sogi - No tenderness  
Liver span R.P. No lumps  
Peristalsis normal  
No Hernia. Hydrocoele -

22

**Lab Investigations:-**

All within normal range

**Significant Findings:-**

**Resting ECG :-**

normal

**Ultrasound: -**

normal

**X-Ray:** chest

normal

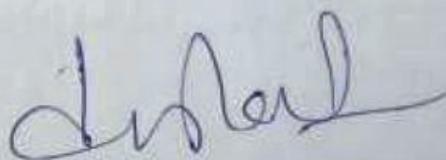
Echo →

normal

**Summary:-**

No abnormality detected  
on clinical examination  
Blood tests and radiological  
test

**Advice:-**



**Dr.(Mrs.) Lalana Bakhale  
M.B.B.S. , M.D.**

**DR(Mrs.) LALANA BAKHALE**  
Reg. No GMC 0920  
Consulting Physician & Cardiologist  
Savarker Nursing Home,  
Warkhadem, Ponda-Goa