



भारत सरकार

GOVERNMENT OF INDIA



सविता कुमारी

Savita Kumari

जन्म तिथि/ DOB: 28/01/1996

महिला / FEMALE

3912 3670 0897



मेरा आधार, मेरी पहचान



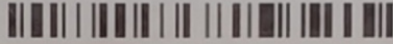
भारतीय विशिष्ट पहचान प्राधिकरण
UNIQUE IDENTIFICATION AUTHORITY OF INDIA

पता:


अर्धांगिनी: निरंजन कुमार,
मोहल्ला झिंग नगर, पोस्ट-
बिहार शरीफ, दिस्त-
नालंदा, बिहार, बिहार,
नालंदा,
बिहार - 803101


Address:


W/O: Niranjan Kumar, Mohalla
Jhing Nagar, Post- Bihar Sharif,
Distt- Nalanda, Bihar, Bihar,
Nalanda,
Bihar - 803101




1947
1800 300 1947


help@uidai.gov.in


www.uidai.gov.in


P.O. Box No.1947,
Bengaluru-560 001



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI



CMSH23/18953

Age/Gender : 27 Yrs/Female

Registration Date : 25/08/2023 11:59 AM

Ref. Dr. : Dr. APOLLO CLINIC

Collection Date : 25/08/2023 12:02 PM

Center : INSURANCE

Report Date : 25/08/2023 03:48 PM



HAEMATOLOGY REPORT

Test Description	Result	Unit	Biological Reference Ranges
HbA1c Glycosilated Haemoglobin	5.1	%	Non-diabetic: <= 6.0 Pre-diabetic: 6.0-7.0 Diabetic: >= 7.0
Estimated Average Glucose :	100	mg/dL	

Reference Range (Average Blood Sugar):

Excellent control	: 90 - 120 mg/dl
Good control	: 121 - 150 mg/dl
Average control	: 151 - 180 mg/dl
Action suggested	: 181 - 210 mg/dl
Panic value	: > 211 mg/dl

Interpretation & Remark:

- HbA1c is used for monitoring diabetic control. It reflects the estimated average glucose (eAG).
- HbA1c has been endorsed by clinical groups & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point of 6.5%.
- Trends in HbA1c are a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anaemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases. Clinical correlation suggested.
- To estimate the eAG from the HbA1C value, the following equation is used: $eAG(mg/dl) = 28.7 * A1c - 46.7$
- Interference of Haemoglobinopathies in HbA1c estimation.
 - For HbF > 25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c.
 - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring diabetic status
 - Heterozygous state detected (D10/ turbo is corrected for HbS and HbC trait).
- In known diabetic patients, following values can be considered as a tool for monitoring the glycemic control. Excellent Control - 6 to 7 %, Fair to Good Control - 7 to 8 %, Unsatisfactory Control - 8 to 10 % and Poor Control - More than 10 % .

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI



CMSH23/18953

Age/Gender : 27 Yrs/Female

Registration Date : 25/08/2023 11:59 AM

Ref. Dr. : Dr. APOLLO CLINIC

Collection Date : 25/08/2023 12:02 PM

Center : INSURANCE

Report Date : 25/08/2023 03:48 PM



HAEMATOLOGY REPORT

Test Description	Result	Unit	Biological Reference Ranges
------------------	--------	------	-----------------------------

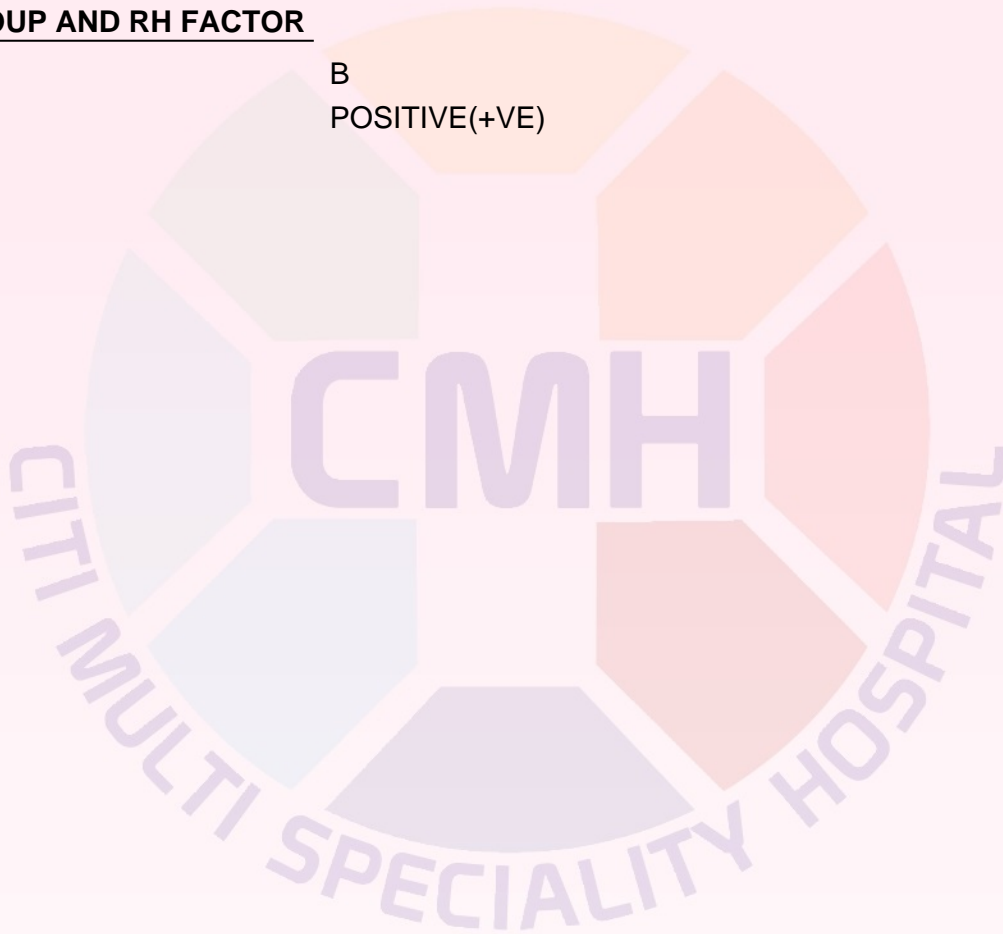
BLOOD GROUP AND RH FACTOR

ABO Type

B

Rh Factor

POSITIVE(+VE)



Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI

Age/Gender : 27 Yrs/Female

Ref. Dr. : Dr. APOLLO CLINIC

Center : INSURANCE



CMSH23/18953

Registration Date : 25/08/2023 11:59 AM

Collection Date : 25/08/2023 12:02 PM

Report Date : 25/08/2023 03:48 PM



BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
RENAL FUNCTION TEST (RFT)			
Blood Urea	21.0	mg/dl	15 - 50
Serum Creatinine	0.74	mg/dl	0.6 - 1.5
EGFR	111	ml/min	
Blood Urea Nitrogen-BUN	9.81	mg/dl	7 - 20
Serum Sodium	139.8	mmol/L	135 - 150
Serum Potassium	4.10	mmol/L	3.5 - 5.0
Ionic Calcium	1.20	mmol/L	1.10 - 1.35
Chloride	99.0	mmol/L	94.0 - 110.0
Uric Acid	5.1	mg/dl	2.6 - 6.0

NOTE : Please correlate with clinical conditions.

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI

Age/Gender : 27 Yrs/Female

Ref. Dr. : Dr. APOLLO CLINIC

Center : INSURANCE



CMSH23/18953

Registration Date : 25/08/2023 11:59 AM

Collection Date : 25/08/2023 12:02 PM

Report Date : 25/08/2023 03:48 PM



BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
LIVER FUNCTION TEST (LFT)			
TOTAL BILIRUBIN	0.71	mg/dl	0 - 1.2
DIRECT BILIRUBIN	0.11	mg/dL	0 - 0.3
INDIRECT BILIRUBIN	0.60	mg/dl	0.1 - 0.8
SGOT (AST)	25.0	U/L	0 - 35
SGPT (ALT)	21.0	U/L	0 - 45
ALKALINE PHOSPHATASE	61.0	U/L	40 - 140
GAMMA GLUTAMYL TRANSFERASE	23.0	IU/L	12 - 43
TOTAL PROTEIN	7.11	g/dl	6.4 - 8.3
SERUM ALBUMIN	4.23	g/dl	3.2 - 5.2
SERUM GLOBULIN	2.88	g/dl	1.8 - 3.6
A/G RATIO	1.47		1.2 - 2.2

NOTE : Please correlate with clinical conditions.

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI



CMSH23/18953

Age/Gender : 27 Yrs/Female

Registration Date : 25/08/2023 11:59 AM

Ref. Dr. : Dr. APOLLO CLINIC

Collection Date : 25/08/2023 12:02 PM

Center : INSURANCE

Report Date : 25/08/2023 03:48 PM



BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
LIPID PROFILE			
Cholesterol-Total	175.7	mg/dL	< 200 Desirable 200-239 Borderline High > 240 High
Triglycerides level	136.2	mg/dL	< 150 Normal 150-199 Borderline High 200-499 High > 500 Very High
HDL Cholesterol	42.4	mg/dL	< 40 Major Risk for Heart > 40 Normal
LDL Cholesterol	106.06	mg/dL	< 100 Optimal 100-129 Near/Above Optimal 130-159 Borderline high 160-189 High > 190 Very High
VLDL Cholesterol	27.24	mg/dL	6 - 38
CHOL/HDL RATIO	4.14		3.5 - 5.0
LDL/HDL RATIO	2.50		2.5 - 3.5

NOTE

8-10 hours fasting sample is required

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI



CMSH23/18953

Age/Gender : 27 Yrs/Female

Registration Date : 25/08/2023 11:59 AM

Ref. Dr. : Dr. APOLLO CLINIC

Collection Date : 25/08/2023 12:02 PM

Center : INSURANCE

Report Date : 25/08/2023 03:48 PM



BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
Fasting Plasma Glucose	78.0	mg/dl	Normal: 70-110

Impaired Fasting
Glucose(IFG):

100-125

Diabetes mellitus: ≥ 126

Note:- An individual may show higher fasting glucose level in comparison to post prandial glucose level due to following reasons.

The glycaemic index and response to food consumed, Changes in body composition, Increased insulin response and sensitivity,

Alimentary hypoglycemia, Renal glycosuria, Effect of oral hypoglycaemics & Insulin treatment.

Post-Prandial Plasma Glucose

99.0

mg/dl

70 - 140

After Taking

Meal

Interpretation:-

Normal: 70-140

Impaired Glucose Tolerance:140-200

Diabetes mellitus: ≥ 200

(on more than one occassion)

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI



CMSH23/18953

Age/Gender : 27 Yrs/Female

Registration Date : 25/08/2023 11:59 AM

Ref. Dr. : Dr. APOLLO CLINIC

Collection Date : 25/08/2023 12:02 PM

Center : INSURANCE

Report Date : 25/08/2023 03:48 PM



IMMUNOASSAY REPORT

Test Description	Result	Unit	Biological Reference Ranges
TRI-iodothyronin, (T3)	1.89	ng/mL	0.69 - 2.15
Thyroxin, (T4)	87.3	ng/mL	52 - 127
Thyroid Stimulating Hormone(TSH)- Serum	1.52	μIU/mL	0.3-4.5 Pregnancy (As per American Thyroid Association) First Trimester : 0.1-2.5 Second Trimester : 0.2-3.0 Third trimester : 0.3-3.0

Method: CLIA

INTERPRETATION

TSH	T3 / FT3	T4 / FT4	Suggested Interpretation for the Thyroid Function Tests Pattern
Within Range	Decreased	Within Range	• Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness. In elderly the drop in T3 level can be upto 25%.
Raised	Within Range	Within Range	• Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. • Subclinical Autoimmune Hypothyroidism • Intermittent T4 therapy for hypothyroidism • Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	• Chronic Autoimmune Thyroiditis • Post thyroidectomy, Post radioiodine • Hypothyroid phase of transient thyroiditis"
Raised or within Range	Raised	Raised or within Range	• Interfering antibodies to thyroid hormones (anti-TPO antibodies) • Intermittent T4 therapy or T4 overdose • Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics"
Decreased	Raised or within Range	Raised or within Range	• Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & associated with Non-Thyroidal illness • Subclinical Hyperthyroidism • Thyroxine ingestion"
Decreased	Decreased	Decreased	• Central Hypothyroidism • Non-Thyroidal illness • Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	• Primary Hyperthyroidism (Graves' disease), Multinodular goitre, Toxic nodule • Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased or within Range	Raised	Within Range	• T3 toxicosis • Non-Thyroidal illness

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI



CMSH23/18953

Age/Gender : 27 Yrs/Female

Registration Date : 25/08/2023 11:59 AM

Ref. Dr. : Dr. APOLLO CLINIC

Collection Date : 25/08/2023 12:02 PM

Center : INSURANCE

Report Date : 25/08/2023 03:48 PM



URINE EXAMINATION REPORT

Test Description	Result	Unit	Biological Reference Ranges
------------------	--------	------	-----------------------------

URINE ROUTINE

General Examination

Colour	Pale Yellow		Pale Yellow
Transparency (Apperance)	Clear		Clear
Deposit	Absent		Absent
Reaction (pH)	Acidic		5.0-8.5
Specific Gravity	1.025		-1.005-1.030

Chemical Examination

Urine Protein	Absent		Absent
Urine Ketones (Acetone)	Absent		Absent
Urine Glucose	Absent		Absent
Bile pigments	Absent		Absent
Bile salts	NIL		NIL
Urobilinogen	Normal		Normal
Nitrite	Negative		Negative

Microscopic Examination

RBC's	NIL	/hpf	NIL
Leukocyte (Pus cells)	2-4	/hpf	0-5/hpf
Epithelial Cells	1-2	/hpf	0-4/hpf
Crystals	Absent		Absent
Casts	Not Seen		Not Seen
Amorphous deposits	Absent		Absent
Bacteria	Not seen		Not seen
Yeast Cells	Not seen		Not seen

Note : 1. Chemical examination through Dipstick includes test methods as Protein (Protein Error Principle), Glucose (Glucose oxidase-Peroxidase), Ketone (Legals Test), Bilirubin (Azo- Diazo reaction), Urobilinogen (Diazonium ion Reaction) Nitrite (Griess Method). All abnormal results of chemical examination are confirmed by manual methods. 2. Pre-test conditions to be observed while submitting the sample- First void, mid-stream urine, collected in a clean, dry, sterile container is recommended for routine urine analysis, avoid contamination with any discharge from vaginal, urethra, perineum, as applicable, avoid prolonged transit time & undue exposure to sunlight. 3. During interpretation, points to be considered are Negative nitrite test does not exclude the urinary tract infections, Trace proteinuria can be seen with many physiological conditions like prolonged recumbency, exercise, high protein diet. False positive reactions for bile pigments, proteins, glucose and nitrites can be caused by peroxidase like activity by disinfectants, therapeutic dyes,

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI

Age/Gender : 27 Yrs/Female

Ref. Dr. : Dr. APOLLO CLINIC

Center : INSURANCE



CMSH23/18953

Registration Date : 25/08/2023 11:59 AM

Collection Date : 25/08/2023 12:02 PM

Report Date : 25/08/2023 03:48 PM



Test Description	Result	Unit	Biological Reference Ranges
------------------	--------	------	-----------------------------

COMPLETE BLOOD COUNT

Haemoglobin	12.6	gm/dL	11.0 - 15.0
RBC Count	4.40	mil/cu.mm	3.50 - 5.50
Hematocrit HCT	36.0	%	37.0 - 47.0
Mean Corp Volume MCV	81.8	fL	80.0 - 100.0
Mean Corp Hb MCH	28.6	pg	27.0 - 34.0
Mean Corp Hb Conc MCHC	35.0	gm/dL	32.0 - 36.0
Platelet Count	1.63	lac/cmm	1.50 - 4.50
Total WBC Count /TLC	8.72	10 ³ /cu.mm	4.0 - 11.0

DIFFERENTIAL LEUCOCYTE COUNT

Neutrophils	60	%	40 - 70
Lymphocytes	35	%	20 - 40
Monocytes	03	%	02 - 10
Eosinophils	02	%	01 - 06
Basophils	00	%	00 - 01

Absolute Differential Count

Absolute Neutrophils Count	5.2	thou/mm ³	2.00 - 7.00
Absolute Lymphocyte Count	3.1	thou/mm ³	1.00 - 3.00
Absolute Monocytes Count	0.3	thou/mm ³	0.20 - 1.00
Absolute Eosinophils Count	0.2	thou/mm ³	0.02 - 0.50

Dr. Subhash Parmar
Consultant Pathologist



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134



Patient Name : MS SAVITA KUMARI

Age/Gender : 27 Yrs/Female

Ref. Dr. : Dr. APOLLO CLINIC

Center : INSURANCE



CMSH23/18953

Registration Date : 25/08/2023 11:59 AM

Collection Date : 25/08/2023 12:02 PM

Report Date : 25/08/2023 03:48 PM



Test Description	Result	Unit	Biological Reference Ranges
ESR - ERYTHROCYTE SEDIMENTATION RATE	36	mm/hr	0 - 20

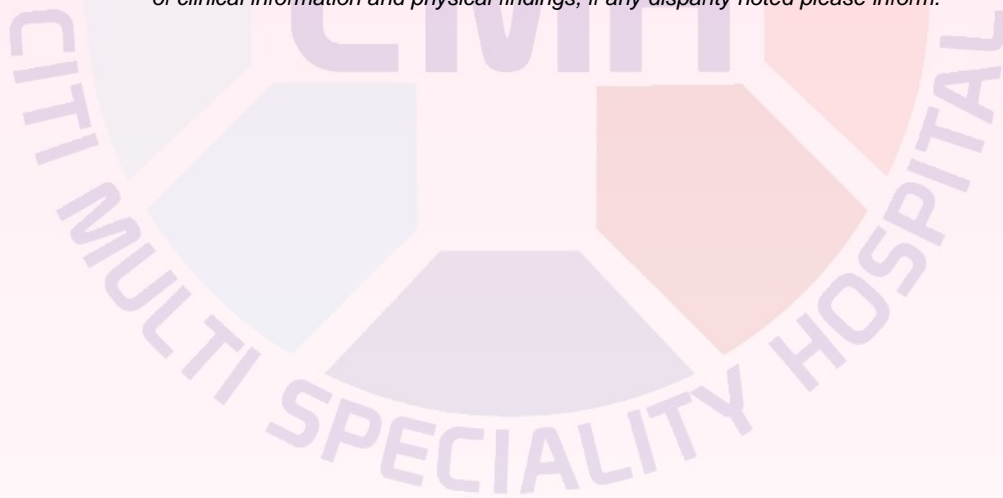
Method: Wintrobess

INTERPRETATION :

1. It indicates presence and intensity of an inflammatory process, never diagnostic of a specific disease. Changes are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

**** End of the report****

This report is not valid for medico legal aspects. This is just a professional opinion not the final. Kindly correlate clinically because of technical, lack of clinical information and physical findings, if any disparity noted please inform.



Dr. Subhash Parmar
Consultant Pathologist

MER- MEDICAL EXAMINATION REPORT

Date of Examination	25-08-2023		
NAME	Mrs. Savita Kumari		
AGE	28	Gender	Female
HEIGHT(cm)	149	WEIGHT (kg)	53 kg
B.P.	110/70		
ECG	NIL		
X Ray	Normal		
Vision Checkup	Color Vision : Normal		
	Far Vision Ratio : Normal		
	Near Vision Ratio : Normal		
Present Ailments	No any active Complaints		
Details of Past ailments (If Any)	No any past History		
Comments / Advice : She / He is Physically Fit	She is physically Fit		

Dr. Sabyasachi Gupta
 MBBS (Gold Medal) MD (Med.) RPPG (UK)
 Reg No. 11671

Signature with Stamp of Medical Examiner

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ms. Savitri Kumar on 25-8-2023

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

	Tick
<ul style="list-style-type: none"> • Medically Fit 	✓
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <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"> • Currently Unfit. Review after _____ recommended 	✗
<ul style="list-style-type: none"> • Unfit 	✗

Dr. S. S. Gupta
Medical Officer
The Apollo Clinic, (Location)

Dr. Babysachi Gupta
MBS (Gold) (ist) MD (Med.) RCP (UK)
 Reg No.: 11671

This certificate is not meant for medico-legal purposes



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7222909795, 7222909796, 9303135719



Plas. Service Khamari 28/F 25-8-2023

Pls. No any other Compliments

Q/E

BP- 110/70 mm/Hg

Pulse- 80/min

SpO2- 99%

RR- 20/min

Temp- 98.2 °F

CNS- Focals

PIA- Soft

RIS- BIL-Clear

Candidate is physically fit


CITI MULTISPECIALITY HOSPITAL
MIG-215, 216, Gautam Nagar,
Govindpura, Bhopal (M.P.)
Ph.: 0755-4272669

E(P- Brownest-At)

Empanelled with : State Government, M.P. Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat



CITI MULTI SPECIALITY HOSPITAL

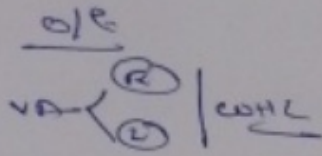
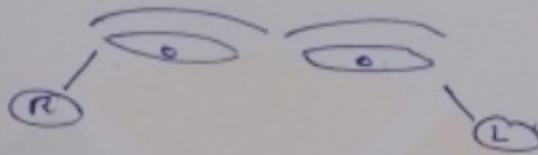
MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7222909795, 7222909796, 9303135719



Sanita Kumari
28/6

25/8/23

C/O
210-complect in BOTH eye
2



• NO. ANY-PRESH-COMPLECT in BOTH eye !

• NO WATER-DISCHARGE in eye

• clear vision in Both eye

CITI MULTISPECIALITY HOSPITAL
MIG-215, 216, Gautam Nagar,
Govindpura, Bhopal (M.P.)
Ph.: 0755-4272669



CITI MULTI SPECIALITY HOSPITAL

MIG-215,216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134
Mobile No. : 7222909795, 7222909796, 7222909800, 9303135719



Dr. Sabyasachi Gupta
M.B.B.S., M.D.
Reg. No. 11671

Dr. Ujwal Gupta
M.B.B.S.
Reg. No. MP-23369

Savitā

k - (N) Normal

N - (N) Normal

T - (N) Normal



CITI MULTISPECIALITY HOSPITAL
MIG-215, 216, Gautam Nagar,
Govindpura, Bhopal (M.P.)
Ph.: 0755-4272669

Sister Concern: Citi Hospital, 115, Zone-II, M.P. Nagar, Bhopal-462011, Ph.: 7771008660



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7222909795, 7222909796, 9303135719



DIET CHART FOR PATIENTS/ आहार तालिका

Date 25.8.22

Dietician Name: A. Gopalakrish Varma Email: citimultispecialtyhospital@gmail.com
 Patient Name: Ms. Swita Diagnosis: Health Checkup Age/Sex: 28/F
 Height (cm): 150 Weight (Kg) 53 BMI 23.6
 Type of Diet: High protein, Low salt
 Total Kcal: 1200-1400 Kcal/day
 Total Fat: 20-22 g/day
 Total Protein: 50-60 g/day
 Total Fluids: 2-3 Liter

6-7 AM	Tea चाय/ Milk दूध / coffee काफी / Biscuit बिस्किट/ Toast टोस्ट / Bread ब्रेड (गेहूं वाली)	1 cup 2 slice
7-8 AM	Milk दूध/ Soup सूप/ Poha पोहा/ Daliya दलिया/ bread ब्रेड + Egg अंडा / Idli इडली / Upma उपमा / आलू परांठा/ पनीर	1 Glass / 1 Bowl
2-2:30 PM	Roti रोटी / Rice चावल (माद रहित) / Khichri खिचड़ी / Sabji सब्जी / Dal दाल / Curd दही (ताजा) / Salad सलाद Fruit फल / अंकुरित अनाज (मूंग/चना/मोद) / Sattu सतू / Fruit Chaat फ्रूट चाट / Coconut Water नारियल पानी / Butter Milk छाछ	Dal 1 Bowl Sabji - 1 Bowl Roti - 3-4 Salad - 1 Bowl
6-7 PM	Tea चाय/ Milk दूध / coffee काफी / Ghana + Puffed Rice चना + मुरमुरा / Dhokla डोकला / Uttapam उत्तपम / Cheela चीला/ Green Chutney हरी चटनी/ मथाने	1 cup
9-10 PM Dinner	Roti रोटी / Rice चावल / Khichri खिचड़ी / Sabji सब्जी / Dal दाल / Curd दही (ताजा) / Salad सलाद/ Daliya दलिया	Same as Lunch
Bed Time	Milk दूध/ Butter Milk छाछ / Dry fruit / Milk Shake मिल्क शेक / Fruit फल / बादाम + अखरोट	1 cup
Only Oil : _____ gm/day Salt नमक: 2-3 gm/day Ghee : _____ gm/day 5 gm = 1 चम्मच (छोटा)		

CITI MULTISPECIALITY HOSPITAL
MIG-215, 216, Gautam Nagar,
Govindpura, Bhopal (M.P.)
Ph.: 0755-4272669

Empanelled with : State Government, M.P. Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat

संतुलित आहार व नियम

- आहार 2 बार के स्थान पर 4 से 6 भाग में विभाजित करके खाएँ, पेट भर न खाएँ तथा बहुत भूख लगाने की राह माँ देखें।
- भोजन हमेशा सीधे बैठकर धीरे – धीरे अच्छे से चबाकर खाएँ तथा भोजन के समय टी.वी. न देखें।
- रात का भोजन सोने से लगभग 1 से 2 घंटे पहले कर लें तथा भोजन के बाद न तो आराम करें और न ही सीधे झुकेँ।
- यथा संभव सुबह एवं शाम दोनों समय कम से कम आधा घंटा पैदल चलेँ या हल्का व्यायाम करें।
- अपना वजन नियंत्रित रखें एवं मोटापे से बचें, फास्ट फूड के स्थान पर संतुलित आहार लें।

लिवर के स्वास्थ्य हेतु भोजन का चयन :

- गेहूँ के आटे में 1.3 के अनुपात में सोयाबीन आटा व चना आटा मिलाकर उपयोग करें।
- खाने के ऊपर से नमक का उपयोग न करें, चिप्स, प्रोसेस्ड चीज, कड़क चाय, काफी, आचार, पापड़, टमेटो केचप, कोक, कार्बोनेटेड ड्रिंक्स का सेवन कम करें एवं अल्कोहल, तम्बाकू का सेवन न करें।
- आहार में अंकुरित अनाज का उपयोग करें, सोया मिल्क तथा नारियल तेल को भोजन में शामिल करें।

नोट :

1. किसी भी चीज में ऊपर से नमक न डालें।
2. अत्यधिक तेज मसालों का उपयोग न करें।
3. अत्यधिक तली हुई चीजें जैसे समोसा, कचोरी, सेव, पपड़, भजिया, आदि का उपयोग न करें।
4. खाने में अंकुरित अनाज, सोयाबिन, पनीर, दालें, दूध व दूध से बने पदार्थ, सत्तू पाउडर, सिके चने आदि का उपयोग करें।

CITI MULTISPECIALITY HOSPITAL
MIG-215, 216, Gautam Nagar,
Govindpura, Bhopal (M.P.)
Ph.: 0755-4272669



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7222909795, 7222909796, 9303135719



Name of Patient : MRS. SAVITA KUMARI
Age/Sex : 28 years/F
Date : 25/08/2023

USG ABDOMEN AND PELVIS

Liver : The liver is normal in size, shape, and increase in echogenicity. Intra and extra hepatic biliary and vascular channels are normal. No gross or diffuse mass lesions seen.

Gall Bladder : Normal in size, shape and echotexture .

Spleen . Normal in size, shape and echotexture

Pancreas : Normal in size, shape and echotexture.

Kidneys : Both the kidneys are normal in size, shape, axis and position. Cortico medullary differentiation are normal.

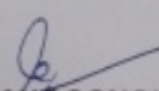
Urinary bladder : : Urinary bladder is normal and contents are echofree

Uterus & Ovaries : Normal size, shape and echotexture

IVC & ABDOMINAL AORTA :- IVC and abdominal aorta are normal.

Retroperitoneum : No lymphadenopathy seen. No free fluid or ascites seen.

IMPRESSION :- NORMAL STUDY


CONSULTANT SONOLOGIST

For Emergency Contact: 7771008660
Sister Concern: Citi Hospital, 115 Zone II MP Nagar, Bhopal 462011, Ph: 0755-487772- 73

Empanelled with : State Government, M.P. Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat





CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7222909795, 7222909796, 9303135719



NAME;- MRS. SAVITA KUMARI

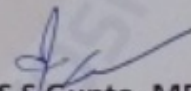
AGE 28Y/F

REF BY;- HEALTH INSURANCE

DATE;-25/08/2023

2D- ECHO COLOUR DOPPLER EVALUATION:-

- ❖ All cardiac valves are normal
- ❖ Normal great vessel relationship
- ❖ Normal LV Four chambered heart.
- ❖ Normal LV size with normal LV function LVEF-75%
- ❖ No intracardiac shunt.
- ❖ No LV thrombus or clot seen
- ❖ No Pericardium effusion
- ❖ **FINAL IMPRESSION**
- ❖ **NORMAL LV SIZE WITH NORMAL LV FUNCTION LVEF-75%**


Dr. S S Gupta, MD

Consultant Echocardiologis

For Emergency Contact: 7771008660

Sister Concern: Citi Hospital, 115 Zone II MP Nagar, Bhopal 462011, Ph: 0755-487772- 73

Empanelled with : State Government, M.P.Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat

SHIVAM HOSPITAL, MIG-215 GAUTAM NAGAR, BHOPAL

Name: MRS SAVITA 28Y

Patient Id: 250823-115615AM

Date: 25/08/2023

Birthdate:

Sex: Female

Accession #:

Perf.Physician:

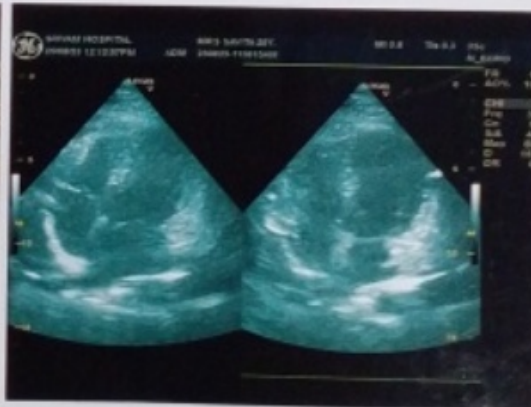
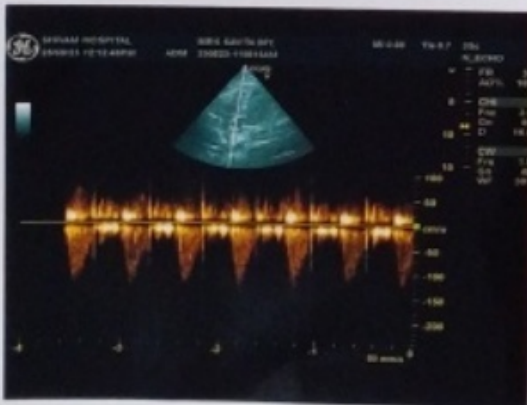
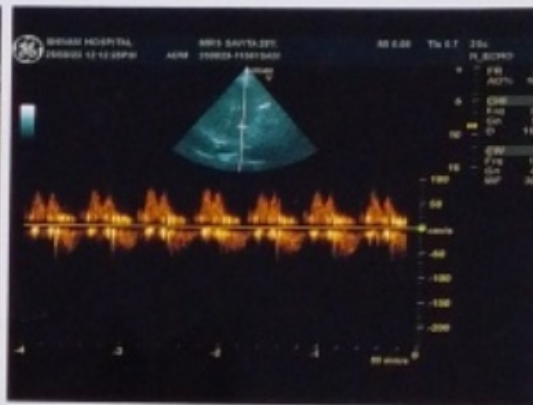
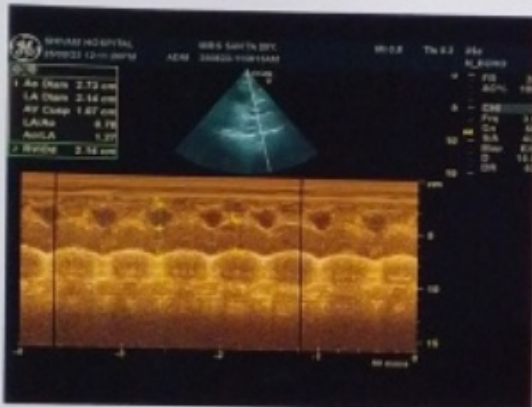
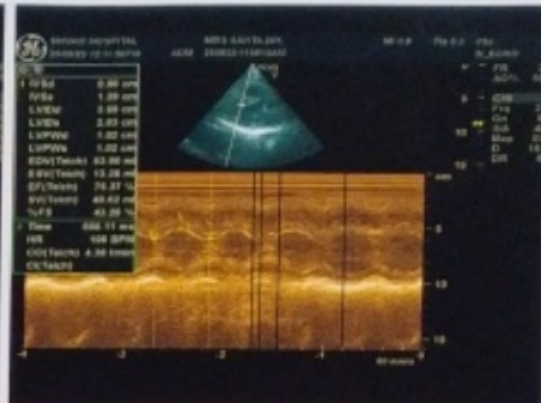
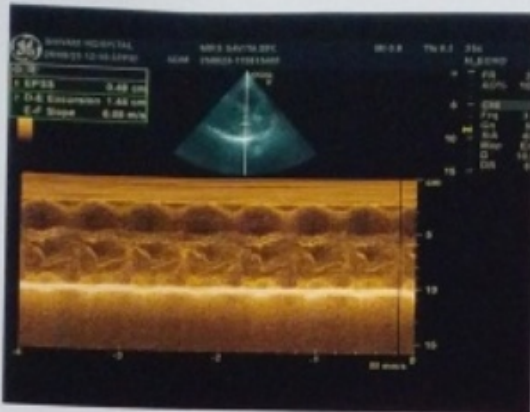
Ref.Physician:

Operator: ADM

M-Mode & PW

D-E Excursion	1.44 cm
E-F Slope	0.08 m/s
EPSS	0.48 cm
Ao Diam	2.73 cm
LA Diam	2.14 cm
AV Cusp	1.07 cm
LA/Ao	0.78
Ao/LA	1.27
RVIDd	2.14 cm
IVSd	0.96 cm
LVIDd	3.59 cm
LVPWd	1.02 cm
IVSs	1.39 cm
LVIDs	2.03 cm
LVPWs	1.02 cm
EDV(Teich)	53.90 ml
ESV(Teich)	13.28 ml
EF(Teich)	75.37 %
%FS	43.28 %
SV(Teich)	40.62 ml
Time	556.11 ms
HR	108 BPM
CO(Teich)	0.00 l/min

Print Date: 8/25/2023





Dr. Prashant Tripathi
 Professor, MDS (Endodontist) College of Dental Sciences
 Implantologist, Digital & LASER Smile Design Expert,
 Motivational Speaker, Social Influencer, Celebrity Dentist
 # +91 8120202052

Dr. Pooja Tripathi
 MDS (Pedodontist) Child Dental Specialist
 Director (Admin.) Denasia | Reader - R.K.D.F. Dental College
 # +91 8120202014



Denasia

Central India's Biggest Dental Chain
 Reg. No. CL/3631/DEC-2016

Empaneled with CGHS, CAPF, ESIS, ECHS, BSNL & CPRI

CBCT / OPG Diagnostic Centre
 For Appointment : #+91 9111111023
 www.denasia.org | www.denasia.in

Time : 9.00 am to 10.00 pm

BEST MEDICAL STUDENT AWARD BY MAHARASHTRA GOVERNMENT BEST DENTIST AWARD BY SHRI PRAMOD SAWANT HON. CHIEF MINISTER, GOA

Bhopal • Raipur • Narsinghgarh • Bhaora • Rajgarh • Indore

Name : Shavita Kumari Age / Sex : 28/f Date : 25/8/23 O.P.D. No. : 0164

C/C pt want to clean her teeth.

M / DH : -

C/E Stain ++, calculus ++.

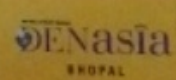
Rx
 mw - Chlorhexidine mouthwash.

- INVESTIGATION ADVISE
- X-Ray / OPG / CBCT
- DENTAL TREATMENT PLANNING
- Oral Prophylaxis
- Filling
- Extraction
- R.P.D. or F.P.D.
- RCT
- Scaling or Flap Surgery
- Ortho Treatment
- Denture
- Implant
- LASER
- Teeth Whitening
- AESTHETIC TREATMENT
- PRP
- Peeling
- Botox
- Filler
- LASER

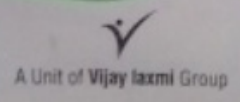
Adv. Scaling

Dr. Jayant

Emergency No. : +91 9200200300




INDORE : SFS-2, Tatragni Square, Above Central Bank, Indore | Patil Hospital, Patil Pump, Raipur Road, Bhopal, M. | +91 8120020300
DENA BHATTI : 45-4, Janki Nagar, Gupta Hospital, Chandra Bhatt Kalya Road, Bhopal, M. | +91 796-2443945, M. | +91 8120048404
INDRAPUR : 180-1, S-Sector, Indrapur, Anandhi Road, Bhopal, M. | 9705-421114, 8120096638
PATEL MARKET : Plot No. 1, Behind of Patel Market, Bhaora, Indira Road, Bhopal, M. | +91 8111111024
GRITAM NAGAR : City Multipurpose Hospital, Gaudan Nagar, Bhopal, M. | +91 8120202012
Sawdhya Kalyan : Prakash Hospital, Zone-13, Ward-52, North Side City Road, Opposite of Shalivahan Vihar, Sawdhya Kalyan Colony, Bhopal-462005, M. | +91 8120096647
J.K. Road : 35-36, Dinn Bazaar, Muzam Road, Bhaora, J.K. Road, Chhannagar, Bhopal, M. | +91 8120048404



*Not for Medical legal Purpose



 **GPS Map Camera**

Bhopal, Madhya Pradesh, India

M-160, M-160, Gautam Nagar, Housing Board Colony, Gautam Nagar,
Housing Board Colony, Bhopal, Madhya Pradesh 462023, India


Lat 23.235108°

Long 77.44116°

25/08/23 01:43 PM GMT +05:30





 **GPS Map Camera**

Bhopal, Madhya Pradesh, India

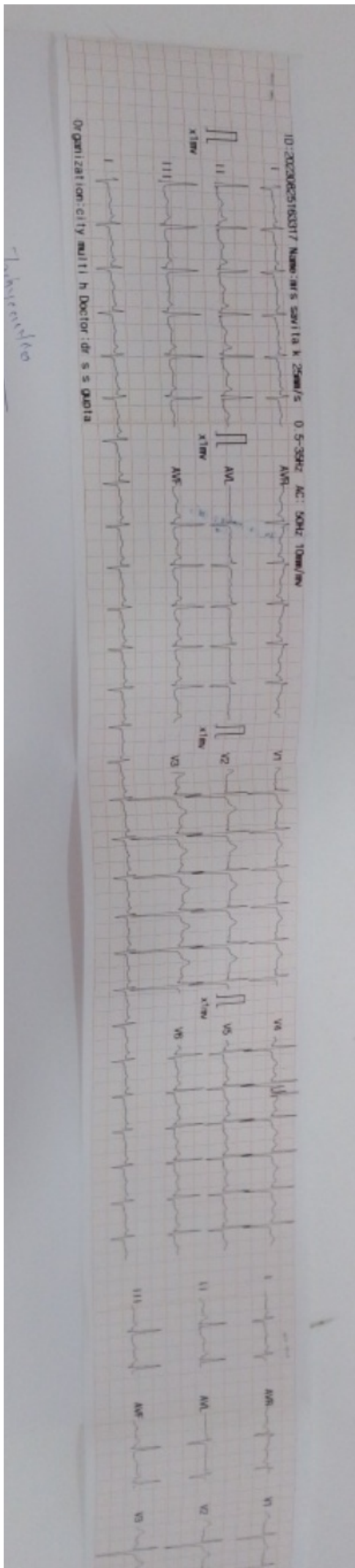
M-160, M-160, Gautam Nagar, Housing Board Colony, Gautam Nagar,
Housing Board Colony, Bhopal, Madhya Pradesh 462023, India

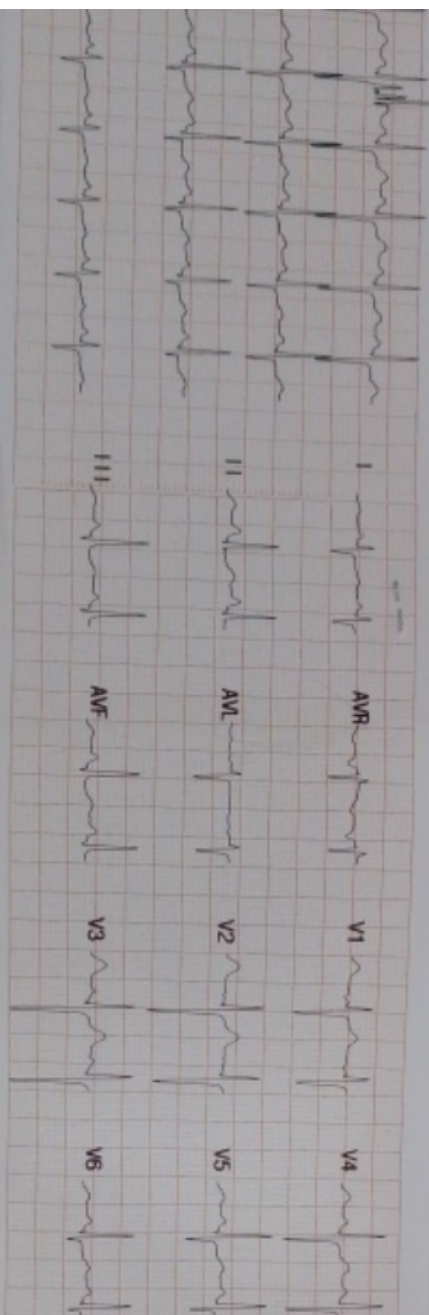
Lat 23.235108°

Long 77.44116°

25/08/23 01:43 PM GMT +05:30







ID : 20230825163317
 Name : m/s savita k
 Sex : Female
 Age : 28
 HR : 118 bpm
 R-R : 512 ms
 P-R : 118 ms
 QRS : 90 ms
 QT/QTc : 320/449 ms
 P/QRS/T : 66/102/ 69 ms
 RV5/SV1 : 0.910/-0.876 mV
 RV5+SV1 : 0.034 mV
 QTcf : 0.625 ms

004: Sinus Tachycardia
 157: Right Axis Deviation
 175: Maybe Abnormal ECG
 Dr. Savyasakhi Gadgil
 Reg No. : 11671
 Reference Report Confirmed by

08-25-2023 16:33:36
 Citi Multispecialty Hospital
 MG-215, 216, Gautam Nagar,
 Govindpura, Bhopal (M.P.)
 Ph: 0755-4272669

