

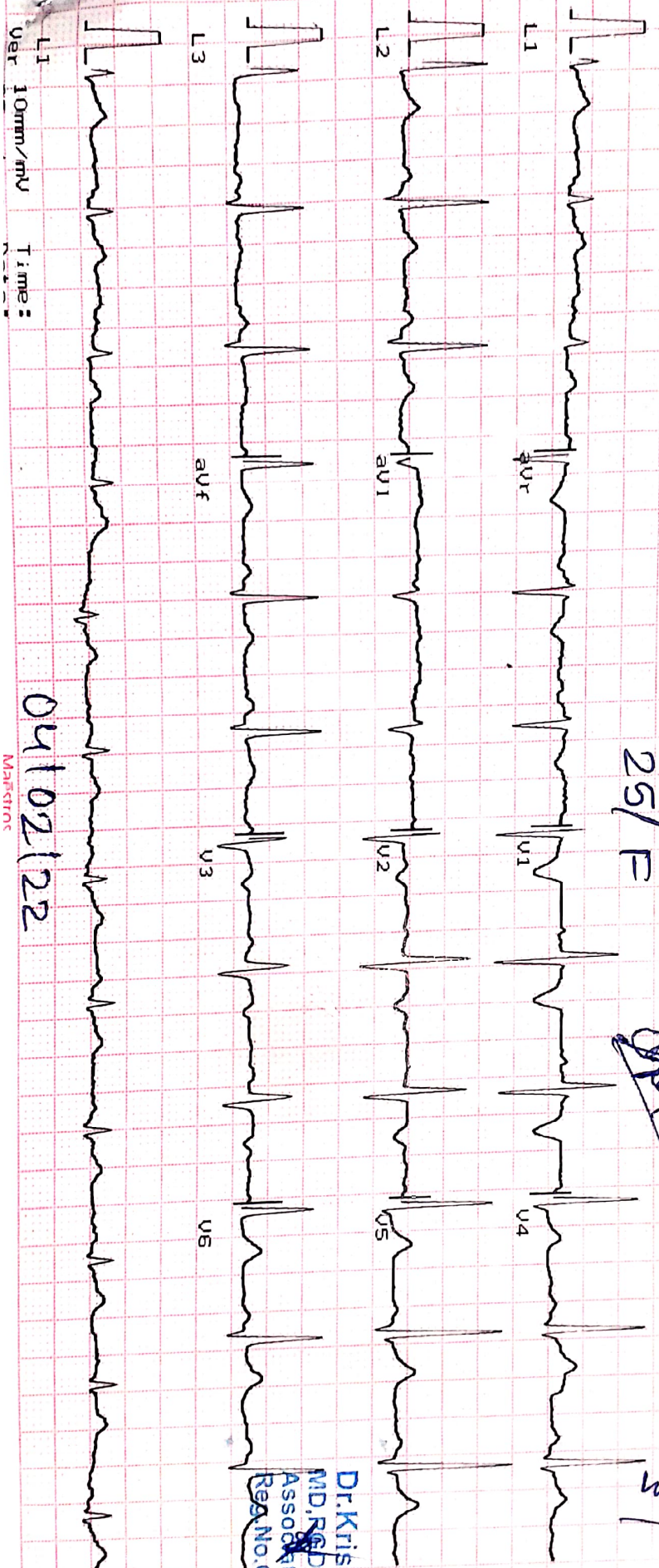
Ido HE perter tkha/S dema

Name: _____
 yrs _____ cm _____ Kg _____ BP _____

Kausiike *Aswa*
 25/F

Kausiike

mm



04/02/22

Masteroc

Heart Rate : 85

INTERVAL (ms)
 PR: 142 QRS: 52
 QT: 480 QTc: 576
 ST: 122

AXIS (deg)
 P : 61 QRS: 72
 T : 44

Dr. Krish P. Vaidya
 MD, RGDCC
 Associate Consultant-Cardio
 Reg. No. G-505401



Heart & General Clinic

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

:: PERSONAL HEALTH REPORT ::

NAME <u>Kenshik Ashel.</u>	DATE <u>04/03/22</u>
	SR. NO. SEX. <u>Female</u> AGE <u>25 ly.</u> HEIGHT <u>157cm</u> WEIGHT <u>49kg</u>

HISTORY

Present History : Back pain due to work stress
 Past Illness History : NO Diabetes/Hypertension/Tuberculosis/Asthma/Epilepsy
 Past Occupational History : NO
 Family History : Mother HCN & Father Heart expansion
 Personal History : Hip Pain radiates to both legs
 Addiction : NO Tobacco/Gutkha/Smoking/Alcohol

GENERAL EXAMINATION

T.P.R. : 16 min B.P. : 120/80 , mm Hg :
 Pallor/Icterus/Cyanosis/Varicosity/Lymph Nodes/Thyroid/Oedema/NVE/Other : NO

SYSTEMIC EXAMINATION

R.S. : NO
 C.V.S : NO
 C.N.S : NO
 A.S. : NO
 Musculo-skelet System :

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

REMARK

ADVICE

The Worker is FIT/UNFIT for the assigned job.



Dr. Krish P. Vaidya
 MD, DCC
 Associate Consultant-Cardiology
 Reg. No. G-50510
DR. KRISH VAIDYA

MD G-50510, CIM

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	MS. KAUSHIK ASHA RAGHUNATHRAI
EC NO.	181092
DESIGNATION	SINGLE WINDOW OPERATOR A
PLACE OF WORK	JAWAHARNAGAR
BIRTHDATE	23-01-1996
PROPOSED DATE OF HEALTH CHECKUP	02-02-2022
BOOKING REFERENCE NO.	21M181092100010308E

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 **01-02-2022** till **31-03-2022** 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))



बैंक ऑफ बड़ोदा
Bank of Baroda
 India's International Bank

नाम **आशा कौशिक**
 Name **ASHA KAUSHIK**

च.सं.कारी नम्बर
 E.C. No. **181092**



कारक के हस्ताक्षर
 Signature Holder's

जारीकर्ता प्राधिकारी
 Issuing Authority

x



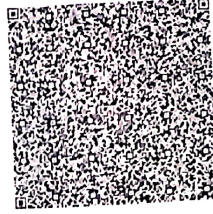
आयकर विभाग
INCOME TAX DEPARTMENT

भारत सरकार
GOVT. OF INDIA



स्थायी लेखा संख्या कार्ड
Permanent Account Number Card

IFCPK9001J



नाम / Name
ASHA KAUSHIK

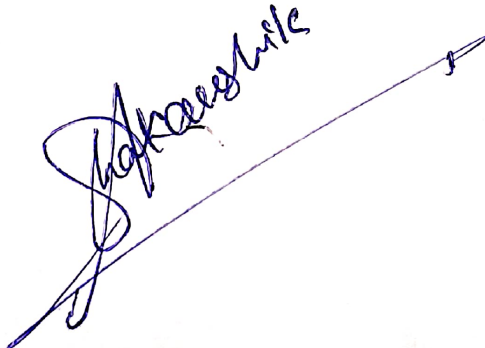
पिता का नाम / Father's Name
RAGHUNATH RAI

जन्म की तारीख
Date of Birth
23/01/1996


हस्ताक्षर / Signature

16032019

9







Signature

iCure heart and diet clinic

402, Epsilon Tower, Race Course Road, Vadodara

Y935 ASHA KAUSHIK
25 Yrs/ F Kg / Ht. cms Ref. No.:

Date: 04-02-2022 Ref By:
Time: 10:26 AM Protocol: Bruce

Summary

History:
Medication:

Stage	Sig Time min:sec	Speed km/h	Grade %	METs	HR bpm	BP mmHg	RPP	PVCs
Pre Ex				1	101	120/80	121	
Standing				1	102	120/80	122	
Supine				1	109	120/80	131	
Hyp Vent				1	101	120/80	121	
S1	03:00	2.7	10.0	4.8	150	120/80	180	
S2	01:35	4.0	12.0	6.9	166	130/90	216	
Peak Ex	00:06	5.4	14.0	9.5	169	140/100	237	
Post Ex 1	02:00			1	117	130/90	152	
Post Ex 2	00:30			1	111	120/80	133	
Finish				1	117	120/80	140	

Findings: Exercise Time : 04:41 mins

Max HR attained : 169 bpm 86 % of Target 195 bpm

Max BP : 140/100mmHg

Max Workload attained : 9.5 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.



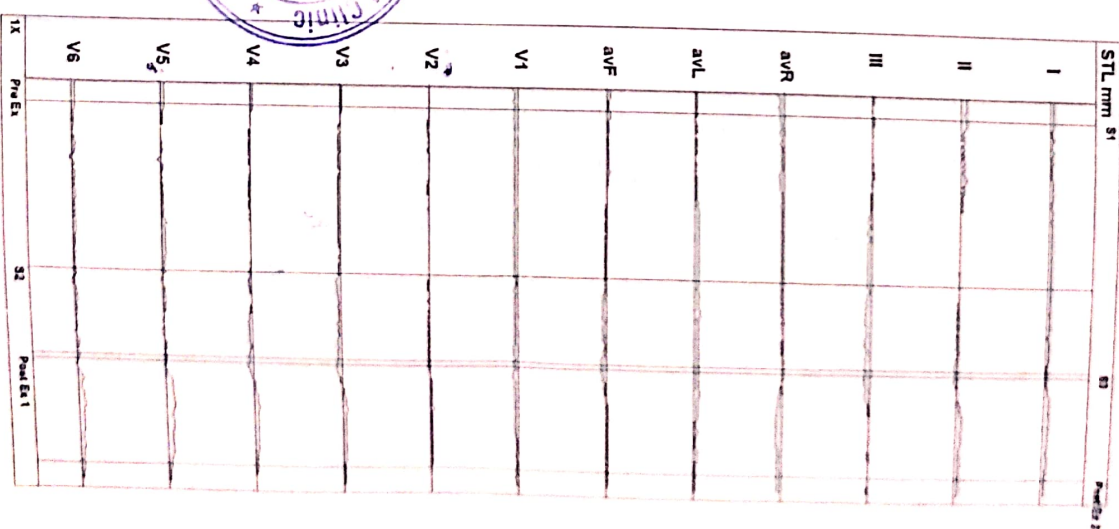
Dr. Krish P. Vaidya

MD, PGCC

Associate Consultant-Cardiology

Reg.No. G-50510

Reg No- 501055



Y935 ASHA KAUSHIK
25 Yrs/F Kg / Ht. cms
Date: 04-02-2022 Time: 10:26 AM
Post J 71 mS

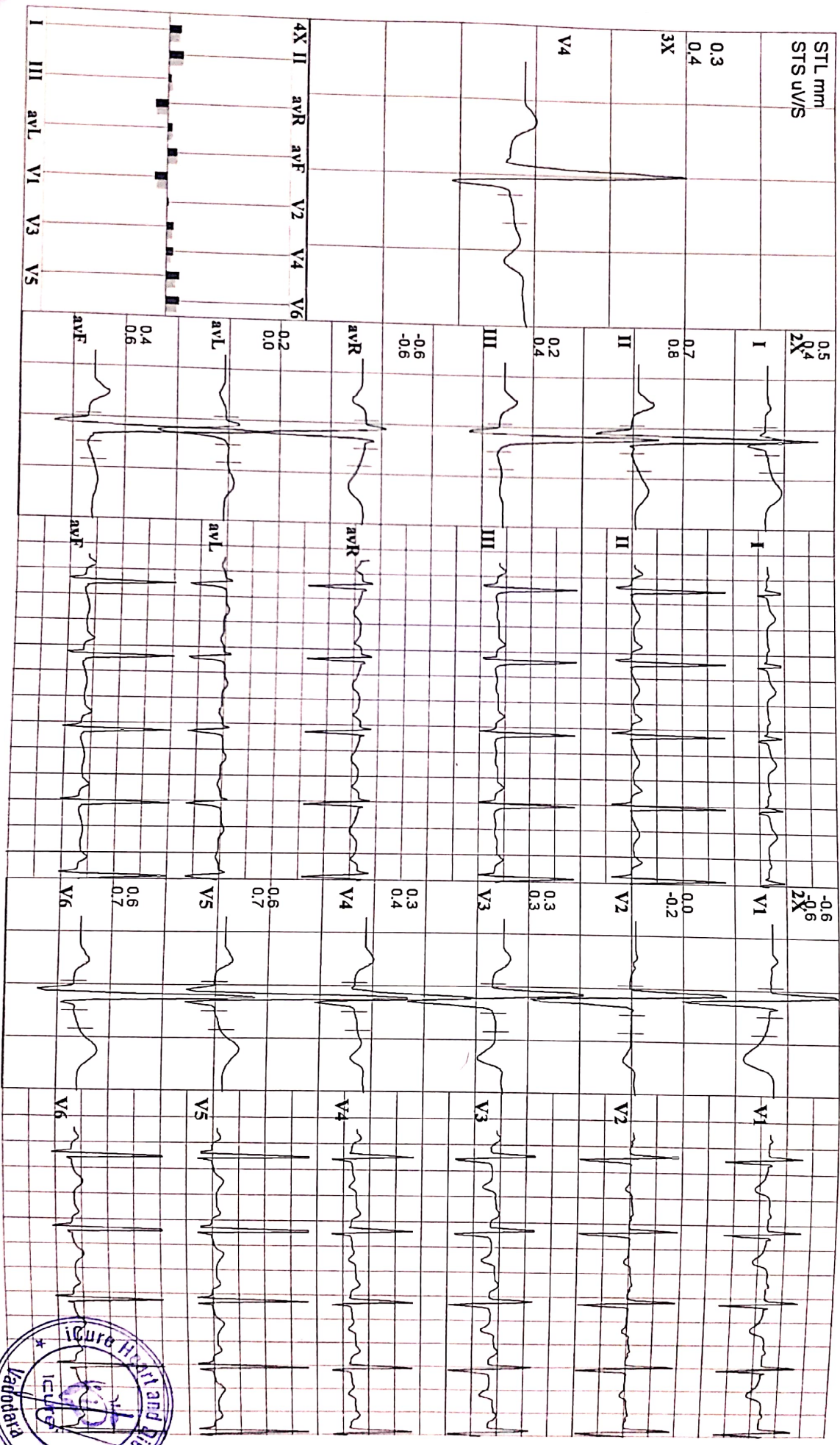
Ref.No.:

Speed: — km/h Hr: 102
Grade: — % Mts: 1
Protocol: Bruce BP: 120/80 mmHg

Target Hr: 52 % of 195 Filter: 0.1 - 100 Hz Gain:
Ex Time: — min:sec BLC: On
Cur Time: 00:08 Notch On

10 mm/mV
Sweep: 25 mm/s
Median Sweep 25 mm/s

Linked Medians
Pre Ex





iCure heart and diet clinic

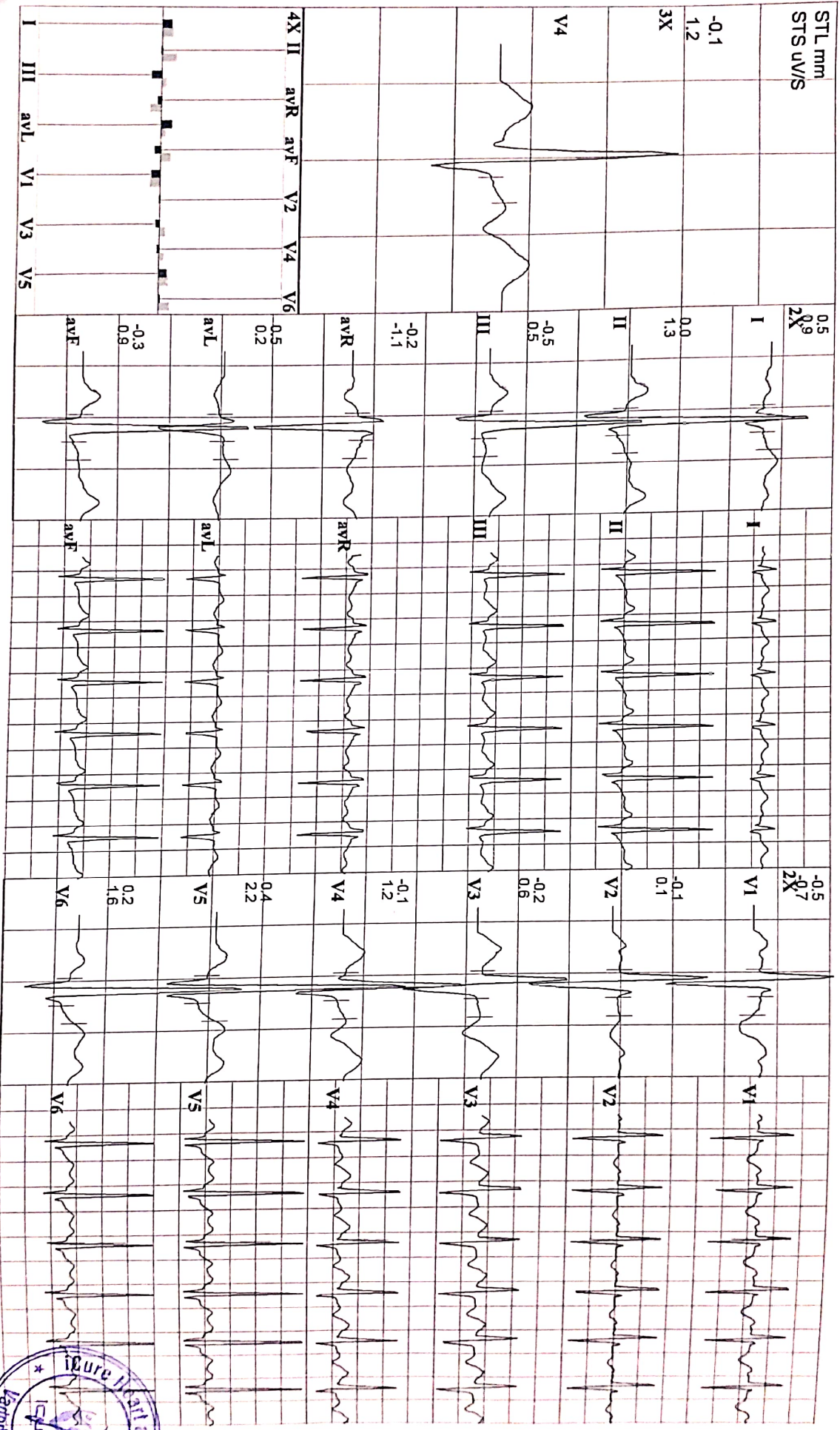
402, Epsilon Tower, Race Course Road, Vadodara

704ST 3.00

Y935 ASHA KAUSHIK Ref:No:
 25 Yrs/F Kg/Ht. cms
 Date: 04-02-2022 Time: 10:26 AM
 Post: J. 69 ms

Speed: 2.7 kmh Hr: 150 Target Hr: 76% of 195 Filter: 0.1 - 100 Hz Gain: 10 mm/mV
 Grade: 10% Met: 4.8 Ex Time: 03:00 BLC: On Sweep: 25 mm/s
 Protocol: Bruce BP: 120/80 mmHg Cur Time: 03:13 NotchOn Median Sweep 25 mm/s

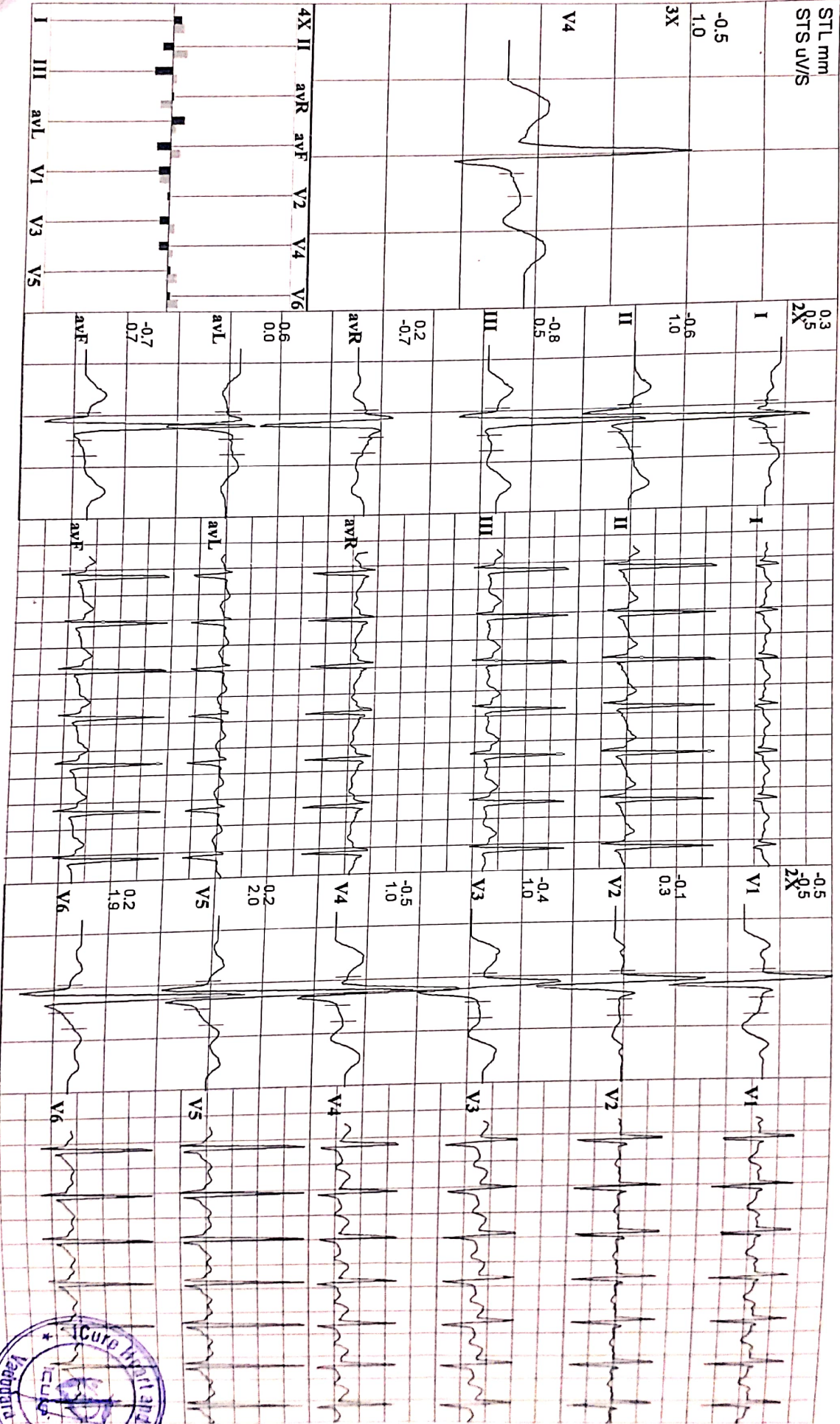
Linked Medians
 S1



Y935 ASHA KAUSHIK
25 Yrs/F Kg / Ht- cms Ref.No:
Date: 04-02-2022 Time: 10:26 AM
Post J.60 mS

Speed: 4 kmh Hr: 166 Target Hr: 85% of 195 Filter: 0.1 - 100 Hz Gain: 10 mm/mV
Grade: 12% Mets: 6.9 Ex Time: 04:35 BLC: On Sweep: 25 mm/S
Protocol: Bruce BP: 130/90 mmHg Curr Time: 04:48 Notch On Median Sweep: 25 mm/S

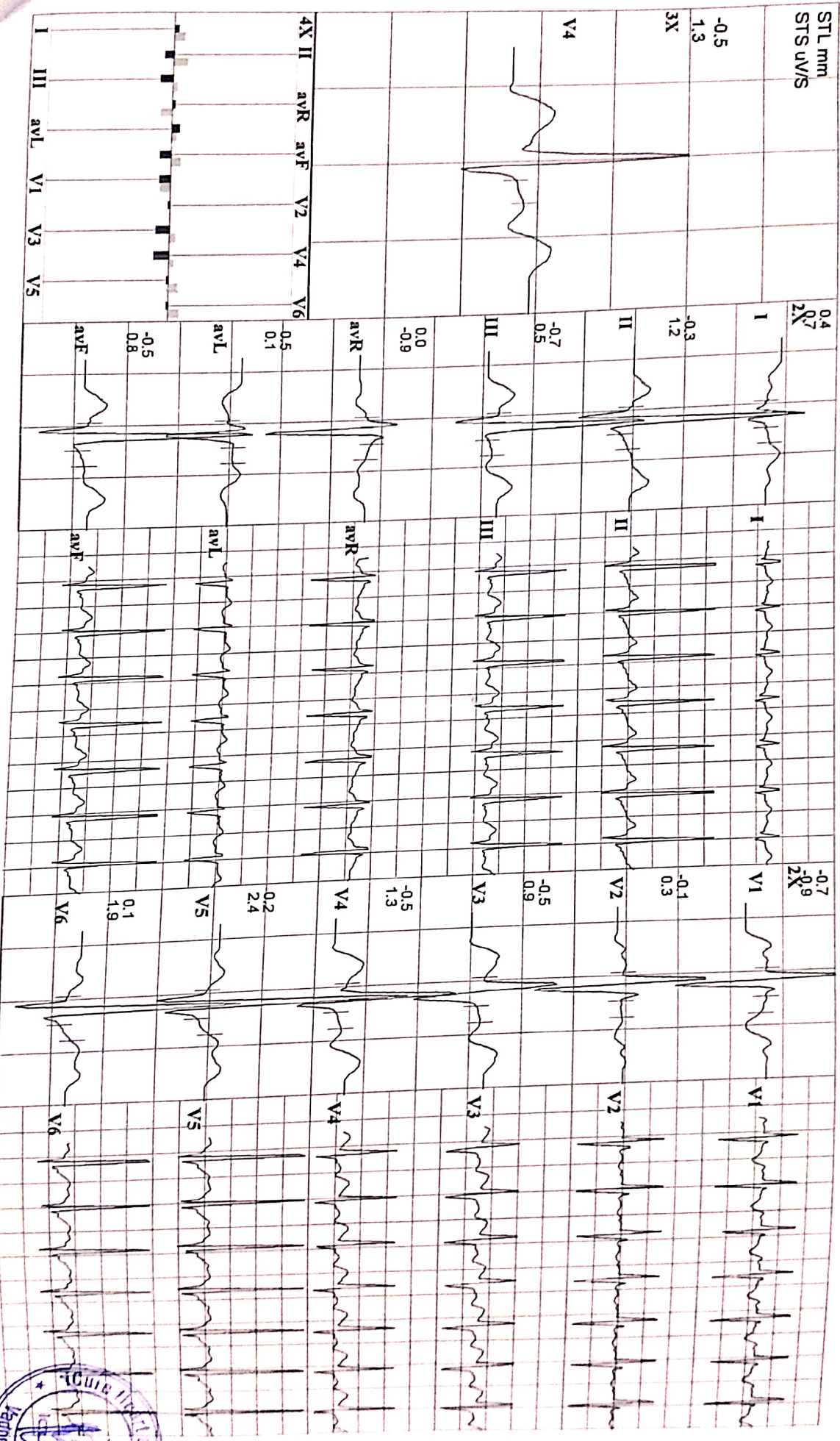
Linked Medians
S2



Y935 ASHA KAUSHIK
25 Yrs/F Kg/Ht: cms Ref.No:
Date: 04-02-2022 Time: 10:26 AM
Post J 60 ms

Speed: 5.4 km/h Hr: 166 Target Hr: 85% of 195 Filter: 0.1 - 100 Hz Gain: 10 mm/mV
Grade: 14% Mets: 1 Ex Time: 04:41 BLC: On Sweep: 25 mm/s
Protocol Bruce BP: 140/100 mmHg Curr Time: 05:04 Notch On Median Sweep: 25 mm/s

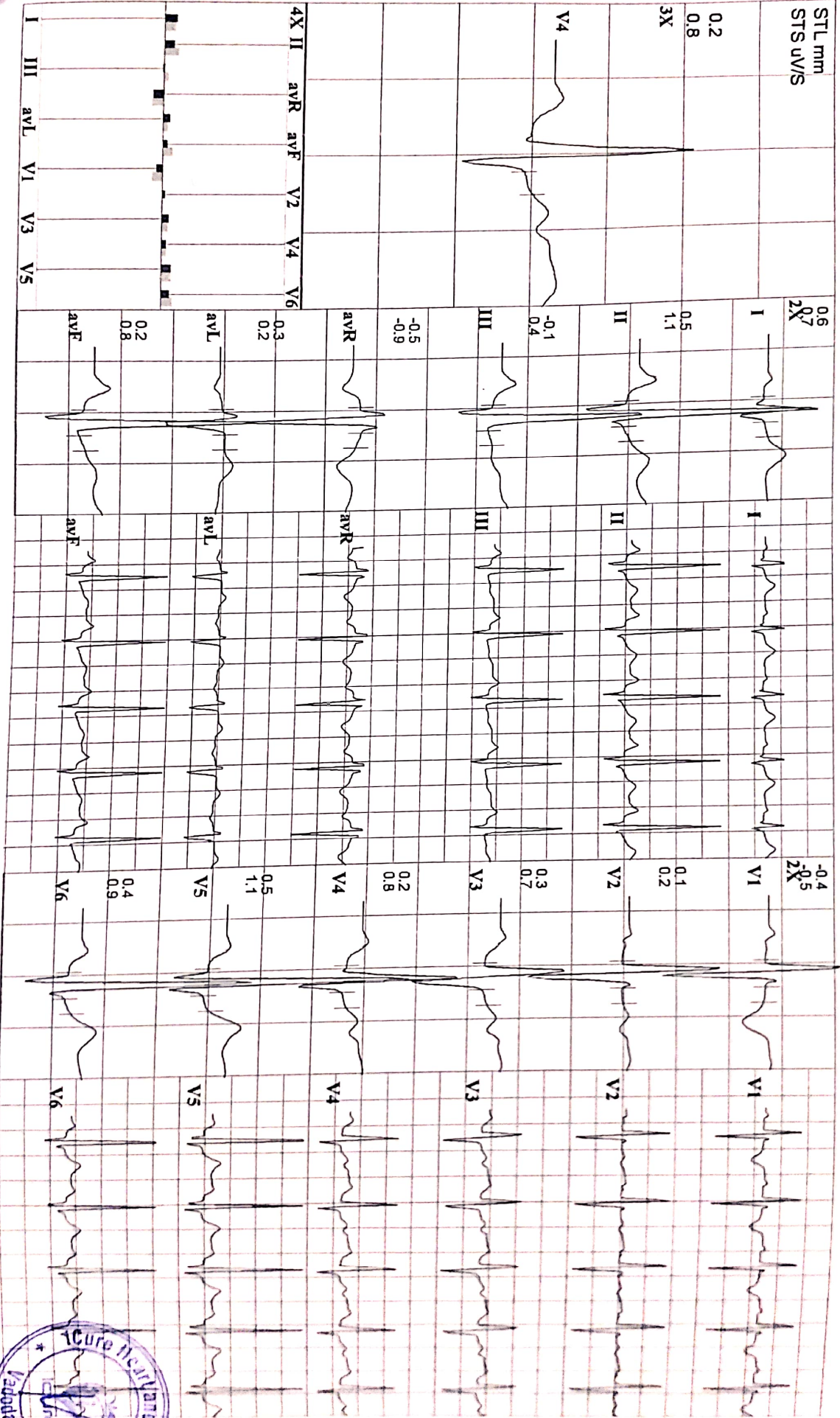
Linked Medians
Post Ex 1



Y935 ASHA KAUSHIK
25 Yrs/ F Kg/ Ht- cms Ref.No:
Date: 04-02-2022 Time: 10:26 AM
Post J 60 ms

Speed: — km/h Hr: 117 Target Hr: 60% of 195 Filter: 0.1 - 100 Hz Gain: 10 mm/mV
Grade: — % Mets: 1 Ex Time: 04:41 B.L.C. On Sweep 25 mm/s
Protocol: Bruce BP: 130/90 mmHg Cur Time: 06:54 Notch On Medan Sweep 25 mm/s

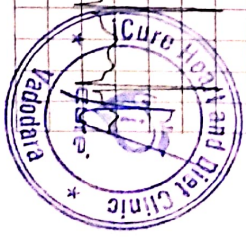
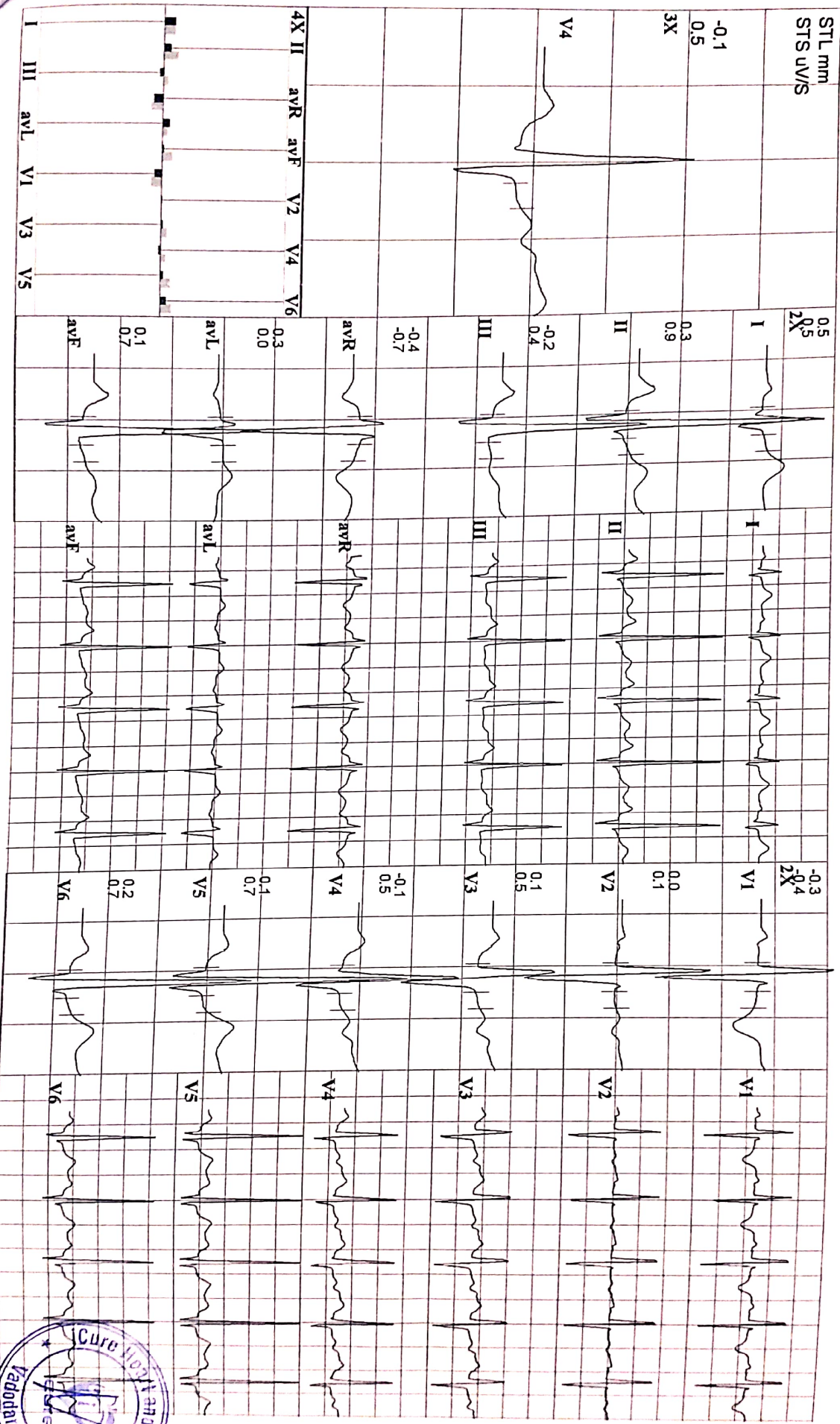
Linked Medians
Post Ex 1



Y935
25 Yrs/F
Date: 04-02-2022 Time 10:26 AM
Post J 66 ms

ASHA KAUSHIK
Kg / Ht: cms
Ref.No.:
Speed: — kmh Hr: 111 Target Hr: 56 % of 195 Filter: 0.1 - 100 Hz Gain: 10 mm/mV
Grade: — % Met: 1 Ex Time: 04:41 B.L.C. On Sweep: 25 mm/s
Protocol: Bruce BP: 120/80 mmHg Curr Time: 07:24 Notch: On Median Sweep: 25 mm/s

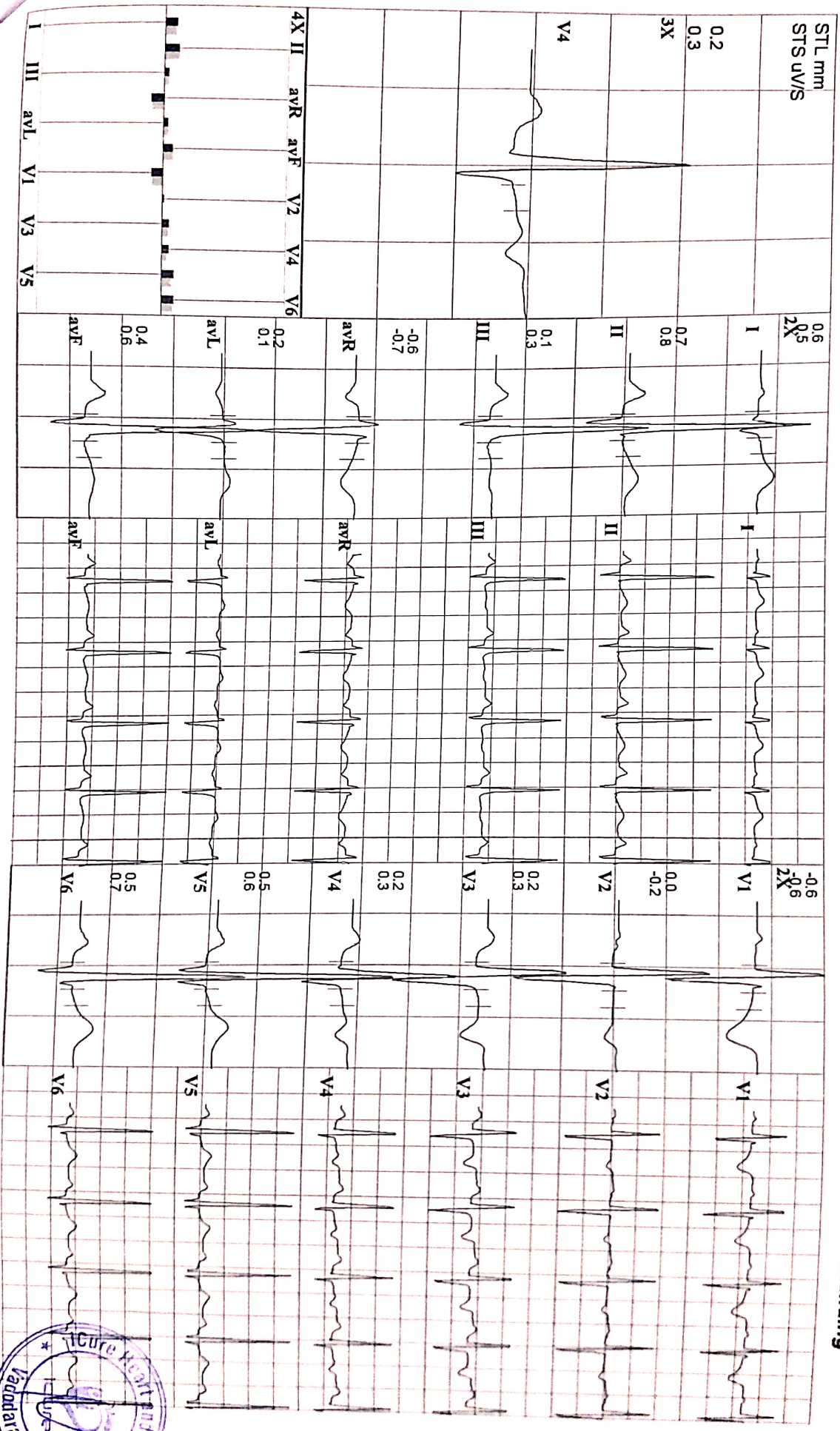
Linked Medians
Post Ex 2



Y935 ASHA KAUSHIK
25 Yrs / F Kg / Ht- cms Ref.No.:
Date: 04-02-2022 Time: 10:26 AM
Post J 66 ms

Speed: — km/h Hr: 107 Target Hr: 54 % of 195 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 Cur Time: 00:08 Notch On Median Sweep 25 mm/s

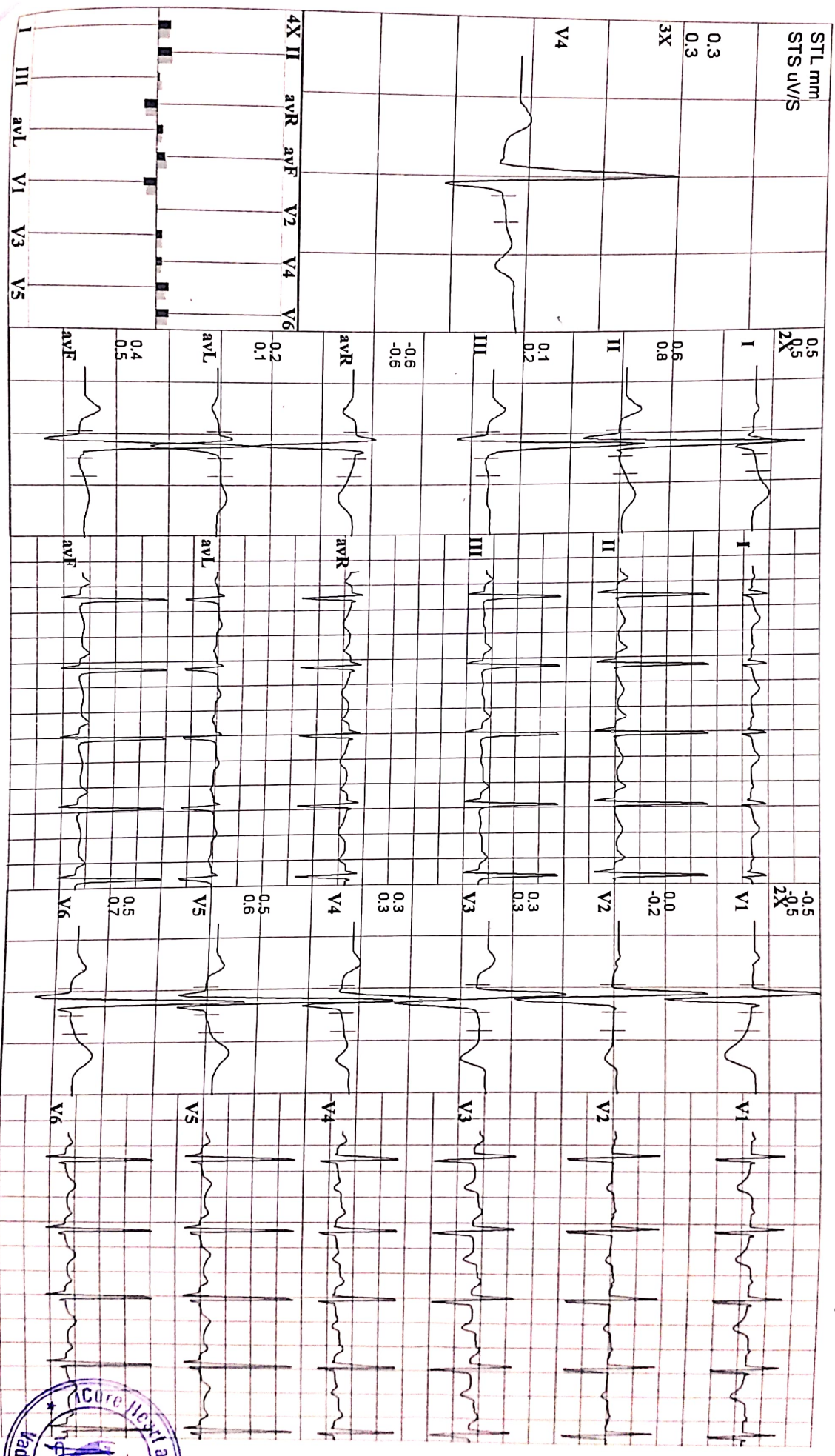
Linked Medians
Pre Ex
Standing



Y935
25 Yrs/F
Date: 04-02-2022 Time: 10:26 AM
Post: J:69 ms

ASHA KAUSHIK
Kg / Ht- cms Ref.No.:
Speed: — kmh Hr: 96 Target Hr: 49 % of 195 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 Cur Time: 00:10 NotchOn Median Sweep 25 mm/s

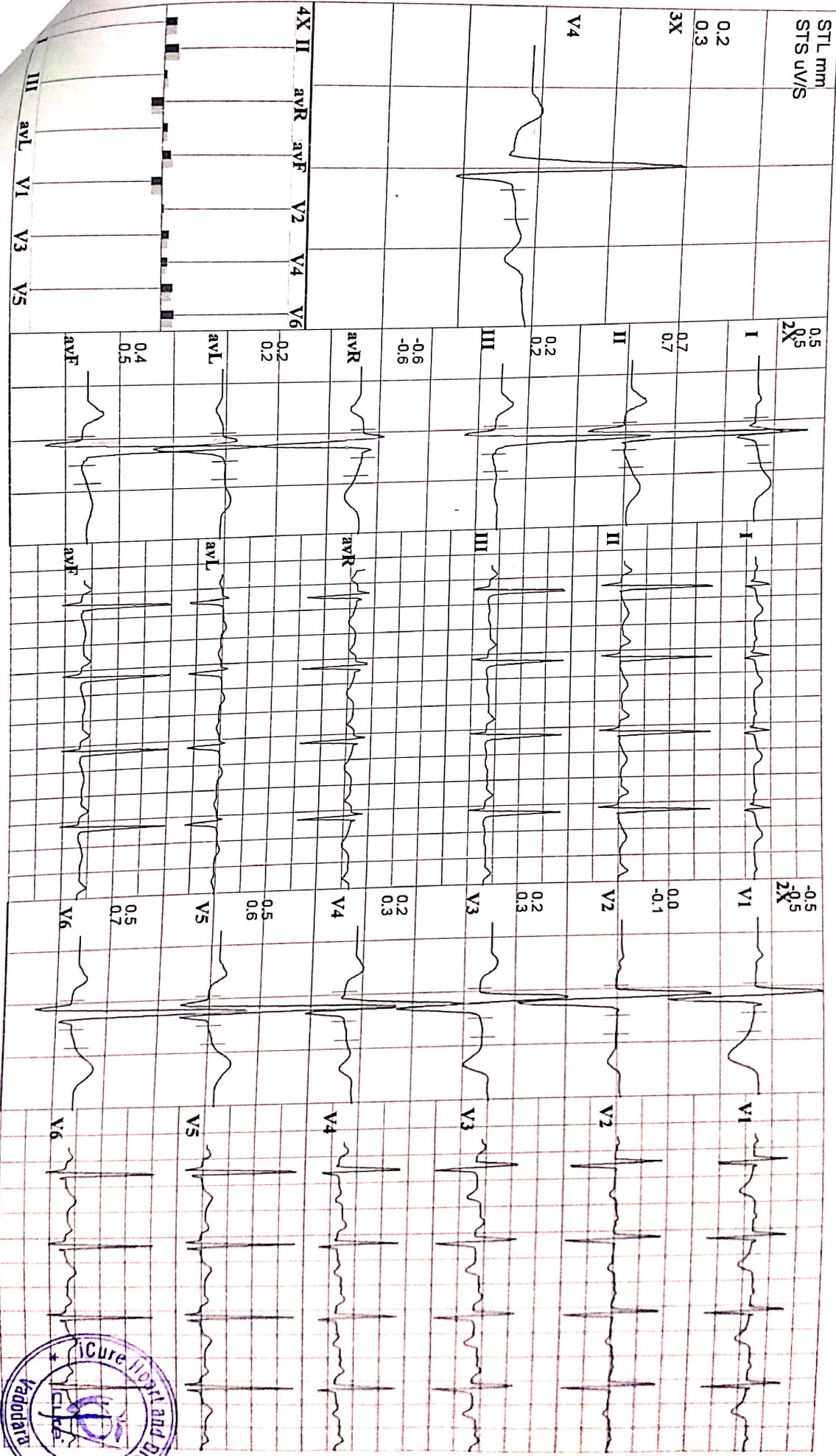
Linked Medians
Pre Ex
Supine



Y935
25 Yrs/ F
Date: 04-02-2022 Time: 10:26 AM
Post: J. 71 MS

ASHA KAUSHIK
Kg / Ht: cms
Ref: No.:
Speed: — km/h
Grade: — %
Protocol: Bruce
Hr: 101
Mets: 1
BP: 120/80 mmHg
Target Hr: 51 % of 195
Ex Time: — min:sec
Cur Time: 00:13
Filter: 0.1 - 100 Hz
BLC: On
Notch: On
Gain: 10 mm/mV
Sweep: 25 mm/s
Median Sweep: 25 mm/s

Linked Medians
Pre Ex
Hyp Vent





JKV LABORATORY



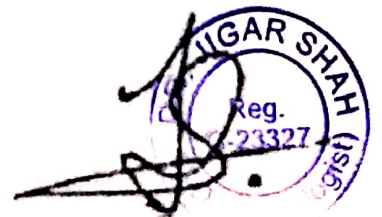
Name : ASHA KAUSHIK
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 25 Yrs./F
Date : 04/02/2022
Report ID. : 7

EXAMINATION OF URINE

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

END OF REPORT



DR JIGAR SHAH (G23327)
M.D. Pathologist



JKV LABORATORY



Name : ASHA KAUSHIK
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 25 Yrs./F
Date : 04/02/2022
Report ID. : 7

HAEMOGRAM PROFILE

<u>TEST</u>	<u>RESULT</u>
Blood Group	: " A "
Rh Factor (Anti D.)	: " POSITIVE "

BIOCHEMISTRY

<u>FASTING (FBS)</u>			
Blood Glucose	: 83.0	mg/dL	70.00 - 110.00 mg/dL
<u>POST-PRANDIAL</u>			
Blood Glucose	: 93.0	mg/dL	80 - 140 mg/dL

Done By Fully Auto Analyzer MIURA, A-1004

END OF REPORT



DR JIGAR SHAH (G23327)
M.D. Pathologist

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



J K V LABORATORY

FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303 | jkvlaboratory2021@gmail.com



Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

HEMOGRAM

Test Name	Result	Units	Biological Reference Interval
Hemoglobin :	14.5	g/dl	[12.0-16.0]
Total RBC Count :	5.66	mill/cmm	[4.2-5.4]
<u>Blood Indices</u>			
P.C.V :	45.1	%	[37-47]
M.C.V. :	79.68	femtolitre	[78-100]
M.C.H. :	25.62	pg	[27-31]
M.C.H.C. :	32.2	g/dl	[32-36]
R.D.W. :	13.6	%	[11.5-14.0]
Total WBC Count :	8600	/cmm	[4000-10000]
Platelet Count :	231000	/cmm	150000-450000
<u>Differential WBC Count</u>			
Polymorphs :	60	%	[60 - 70]
Lymphocytes :	30	%	[20 - 40]
Eosinophils :	04	%	[1 - 4]
Monocytes :	06	%	[2 - 6]
Basophils :	00	%	[0 - 1]
MPV :	8.1		
PDW-CV :	10.3		
PDW-SD :	11.2		
PCT :	0.34		
P-LCR :	25.1		
<u>Erythrocyte Sedimentation Rate</u> [Modified Westergren]			
After 1 hour :	07	mm	[M: 1 - 7 / F: 3 - 12]


DR. K. K. PATEL
MBBS (G-204768)
CONSULTANT PATHOLOGIST



JKV LABORATORY



FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303M jkvlaboratory2021@gmail.com

Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

LIVER FUNCTION TEST

Test Name	Result	Units	Biological Reference Interval
S.G.P.T. (ALT) :	22.1	U/L	30- 65
S.G.O.T. (AST) :	19.5	IU/L	[Female: 0 - 31] [Male: 0 - 35]
S. Alkaline Phosphatase :	78	IU/L	[upto 15 yrs Female 50-162] [>20 yrs Female 42 - 141] [>20 yrs Male 53 - 119]
S. Bilirubin (Total) :	0.92	mg/dl	[0.1 to 1.2]
S. Bilirubin (Direct) :	0.16	mg/dl	[0.0 to 0.3]
S. Bilirubin (Indirect) :	0.76	mg/dl	[0.0 to 0.9]
S. Proteins: (Total) :	6.92	gm/dl	[6.6 to 8.8]
S. Albumin :	4.22	gm/dl	[3.5 to 5.2]
S. Globulin :	2.7	gm/dl	[2.5 to 3.0]
A/G Ratio :	1.6		
G.G.T. : (Gamma-Glutamyl Transferase)	46.0	IU/L	[8 to 78]


DR K.K. PATEL
G-23327
MB (G-20476)
CONSULTANT PATHOLOGIST



J K V LABORATORY

FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303 | jkvlaboratory2021@gmail.com

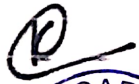


Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

BIOCHEMICAL TESTS

Test Name	Result	Units	Biological Reference Interval
Uric Acid :	6.14	mg/dl	3.4 - 7.0


DR. K. K. PATEL
MD (G-20476)
CONSULTANT PATHOLOGIST
(Pathology)



J K V LABORATORY



FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303M jkvlaboratory2021@gmail.com

Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

RENAL FUNCTION TEST

Test Name	Result	Units	Biological Reference Interval
Blood Urea :	31.2	mg/dl	[12.6 to 42.6]
Blood Urea Nitrogen :	14.3	mg/dl	[8 to 23]
Serum Creatinine :	0.90	mg/dl	[Male : 0.6 to 1.1] [Female : 0.5 to 0.9]


DR. K. K. PATEL
MD (G-20476)
CONSULTANT PATHOLOGIST



J K V LABORATORY



FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303M jkvlaboratory2021@gmail.com

Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

THYROID FUNCTION TEST

Test Name	Result	Units	Biological Reference Interval
Serum T3 :	0.82	ng/ml	[0.60 - 1.81]
Serum T4 :	5.55	µg/dl	[4.50 - 10.90]
Serum TSH : (CHEMILUMINESCENCE)	3.458	µIU/ml	[0.55 - 4.78]

Thyroid stimulating hormone (TSH) is synthesized and secreted by the anterior pituitary in response to a negative feedback mechanism involving concentrations of FT3 (free T3) and FT4 (free T4). Additionally, the hypothalamic tripeptide, thyrotropin-releasing hormone (TRH), directly stimulates TSH production. TSH stimulates thyroid cell production and hypertrophy, also stimulate the thyroid gland to synthesize and secrete T3 and T4. Quantification of TSH is significant to differentiate primary (thyroid) from secondary (pituitary) and tertiary (hypothalamus) hypothyroidism. In primary hypothyroidism, TSH levels are significantly elevated, while in secondary and tertiary hypothyroidism, TSH levels are low.

TSH levels During Pregnancy :

- First Trimester : 0.1 to 2.5 µIU/mL
- Second Trimester : 0.2 to 3.0 µIU/mL
- Third trimester : 0.3 to 3.0 µIU/mL

Reference : Carl A.Burtis,Edward R.Ashwood,David E.Bruns. Tietz Textbook of Clinical Chemistry and Molecular Diagnostics. 5th Edition. Philadelphia: WB Saunders,2012:2170



DR. K.K. PATEL

MD (G-20476)
(Pathologist)

CONSULTANT PATHOLOGIST



JKV LABORATORY



FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303M jkvlaboratory2021@gmail.com

Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

HBA1C [Glycosylated Haemoglobin]

Test Name	Result	Units	Biological Reference Interval
Glycosylated Haemoglobin : (HBA1C)	5.4	%	Excellent control: 4.2-6.2 Good Control : 6.3-7.2 Fair Control : 7.3-8.2 Poor Control : >8.3
Estimated Average glucose :	108.28	mg/dl	

Comment : *As per the new 2009 update of American Diabetes Association regarding HbA1C & Mean Blood Glucose relationship.

NOTE: This test is used to monitor diabetic patients compliance with the therapeutic regimen and long term blood glucose control. It's level is proportional to both the average blood glucose concentration and the life span of the red blood cells (RBC) in circulation. HbA1c values are free of day to day glucose fluctuations and are unaffected by exercise or recent food intake.


DR. K. K. PATEL
MD (G-20476)
CONSULTANT PATHOLOGIST



J K V LABORATORY

FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.
8320343731 / 9601969303M jkvlaboratory2021@gmail.com



Patient's Name : KAUSHIK ASHA
Referred by : I Cure Heart & Diet Clinic
Date : 04/02/2022 15:08

Ref. No. : 9087
Age : 25 Years
Sex : Female

LIPID PROFILE

Test Name	Result	Units	Biological Reference Interval
Cholesterol :	144.5	mg/dl	Desirable level/low risk : < 200 Borderline level/moderate risk : 200-250 Elevated level/ high risk : > 250
Triglyceride :	103.2	mg/dl	Normal : <150 Borderline high : 150-200 High : > 200
HDL Cholesterol :	59.1	mg/dl	Desirable level/low risk : >60 Borderline level/moderate risk : 35-60 Elevated level/ high risk : <35
LDL Cholesterol :	64.76	mg/dl	Desirable level/low risk : <130 Borderline level/moderate risk : 130-159 Elevated level/ high risk : >159
VLDL :	20.64	mg/dl	Upto 34
Chol./HDL Ratio :	2.4		
LDL/HDL Ratio :	1.1		Desirable level/low risk : 0.5-3.0 Borderline level/moderate risk : 3.0-6.0 Elevated level/ high risk : >6.0
Total Lipids :	592.2	mg/dl	400 - 1000


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