



**ZENA HEALTHCARE SERVICES**  
(A Unit of Zena Enterprises)

**Patient Name :** MR. NARESH BARIK

**Age / Gender :** 32 years / Male

**Patient ID :** 15481

**Referral :** MEDI WHEEL

**Collection Time :** 11/03/2023, 01:55 PM

**Reporting Time :** 11/03/2023, 07:48 PM

**Sample ID :**



Test Description	Value(s)	Reference Range	Unit
<b><u>Glucose, Fasting (FBS)</u></b>			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	75.3	75 - 115	mg/dL
<b><u>Glucose, Post Prandial (PP)</u></b>			
Blood Glucose-Post Prandial Method : Hexokinase	95.2	70 - 140	mg/dL
<b><u>Creatinine</u></b>			
Creatinine Method : Serum, Jaffe	1.02	0.60 - 1.30	mg/dL
<b><u>BUN, Serum</u></b>			
BUN-Blood Urea Nitroge Method : Serum, Urease	18.2	10 - 50	mg/dL
<b><u>Uric acid, Serum</u></b>			
Uric Acid Method : Uricase, Colorimetric	3.74	3.4 - 7.0	mg/dL

\*\*END OF REPORT\*\*

Lab technician

Dr. Kundan Kumar Sahoo  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

For Home Collection Please Call at Number :

**Zena Healthcare Services**  
Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07  
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com  
Website : [www.zenacare.in](http://www.zenacare.in)

**Wishing Good Health**

Page 1 of 1



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Professional Accuracy Precision

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Regd. No. : 1834

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17814

Test Description	Value(s)	Reference Range	Unit
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**ESR, Erythrocyte Sedimentation Rate**

<b>ESR - Erythrocyte Sedimentation Rate</b>	11	0 - 15	mm/hr
Method : EDTA Whole Blood, Manual Westergren			

**Interpretation:**

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- 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 and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

**Blood Group ABO & Rh Typing, Blood**

Blood Group (ABO typing)	"B"
Method : Manual-Hemagglutination	
RhD Factor (Rh Typing)	Positive
Method : Manual hemagglutination	

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Test Description	Value(s)	Reference Range	Unit
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**Thyroid Profile ( T3, T4, TSH )**

T3-Total Method : CLIA	0.95	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	8.23	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	1.25	0.45 - 4.50	uIU/mL

**Interpretation**

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	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 14 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 14 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 & Range Range 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 Within Rang	Raised	Within range	T3 toxicosis •Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness In elderly the drop in 13 level can be upto 25%.

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**Collection Time :** 11/03/2023, 01:55 PM

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**Sample ID :**



Test Description	Value(s)	Reference Range	Unit
<b><u>LFT, Liver Function Test</u></b>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.64	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.16	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.48	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	12.3	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	27.1	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	10.2	< 55	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	113.6	53-128	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	6.95	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	3.65	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	3.30	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.11	1.2 - 2.2	

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17814

Test Description	Value(s)	Reference Range	Unit
------------------	----------	-----------------	------

**HbA1c, Glycosylated Hemoglobin**

HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD	5.84		%
Method : (HPLC, NGSP certified)			
Estimated Average Glucose :	120.91	-	mg/dL

**Interpretation**

As per American Diabetes Association (ADA)	
Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

**Note:**

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

**Comments**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

**ADA criteria for correlation between HbA1c & Mean plasma glucose levels.**

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212

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17814

Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		

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Age / Gender : 32 years / Male

Patient ID : 15481

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Collection Time : 11/03/2023, 01:55 PM

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Sample ID :



17814

Test Description	Value(s)	Reference Range	Unit
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**Urine(R/M) Routine Examination of Urine**

**General Examination**

Colour	PALE YELLOW	Pale Yellow	
Transparency (Appearance)	CLEAR	Clear	
Deposit	Absent	Absent	
Reaction (pH)	Acidic 6.0	4.5 - 7.0	
Specific gravity	1.015	1.005 - 1.030	

**Chemical Examination**

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Absent	Absent	

**Microscopic Examination**

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	2 - 4 /HPF	0-9	/hpf
Epithelial cells	1 - 2 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Amorphous deposits	Absent	Absent	
Bacteria	Absent	Absent	
Trichomonas Vaginalis	Absent	Absent	
Yeast cells	Absent	Absent	

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17814

Test Description	Value(s)	Reference Range	Unit
<b>Lipid Profile</b>			
Cholesterol-Total Method : Spectrophotometry	176	Desirable level   < 200 Borderline High   200-239 High   >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	88	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	41	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	117.40	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	17.60	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	4.29	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	2.86	2.5 - 3.5	

**Note:**  
8-10 hours fasting sample is required.

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Test Description	Value(s)	Reference Range	Unit
<b>Complete Blood Count</b>			
Hemoglobin (Hb)	15.0	13.5 - 18.0	gm/dL
Erythrocyte (RBC) Count	4.95	4.7 - 6.0	mil/cu.mm
Packed Cell Volume (PCV)	42.3	42 - 52	%
Mean Cell Volume (MCV)	85.45	78 - 100	fL
Mean Cell Haemoglobin (MCH)	30.30	27 - 31	pg
Mean Corpuscular Hb Conc. (MCHC)	35.46	32 - 36	g/dL
Red Cell Distribution Width (RDW)	12.4	11.5 - 14.0	%
Total Leucocytes (WBC) Count	9500	4000-10000	cell/cu.mm
Neutrophils	67	40 - 80	%
Lymphocytes	27	20 - 40	%
Monocytes	02	2 - 10	%
Eosinophils	04	1 - 6	%
Basophils	00	1-2	%
Platelet Count	310	150 - 450	10 <sup>3</sup> /ul
Mean Platelet Volume (MPV)	10.2	7.2 - 11.7	fL
PCT	0.32	0.2 - 0.5	%
PDW	17.0	9.0 - 17.0	%

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**MEDICAL CERTIFICATE**

NAME

Date :- 11.03.2023

Mr.NARESH BARIK

MEDICAL INFORMATION

Height:- 167cm	Age:-32yrs
Weight:- 76kg	Sex:- MALE
Blood Pressure:-99/64mmhg	Pulse:-67/min

Body Mass Index(BMI)

25.8

**Physical Fitness certificate**

This is to certify that Mr.NARESH BARIK, aged 32yrs, reports is Normal and I have found him FIT.

Signature



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# ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

NAME: NARESH BARIK  
AGE: -32YRS  
Patient ID: -4

REFERRAL: MEDIWHEEL  
DATE: -11.03.2023  
SEX: -MALE

CHEST X-RAY PA VIEW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION: -NORMAL STUDY.

*B. Pradhan*

Dr. Bhagaban Pradhan  
M.D. (Radio diagnosis)  
Consultant Radiologist

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U-147 CASE: SUNI

NARESH BARIK  
MALE

AGE: 32 Y M D  
Oms

11/03/2023 13:21:29  
ZENA HEALTHCARE  
PLOT-119, SAHIDNAGAR, BHUBANESWAR

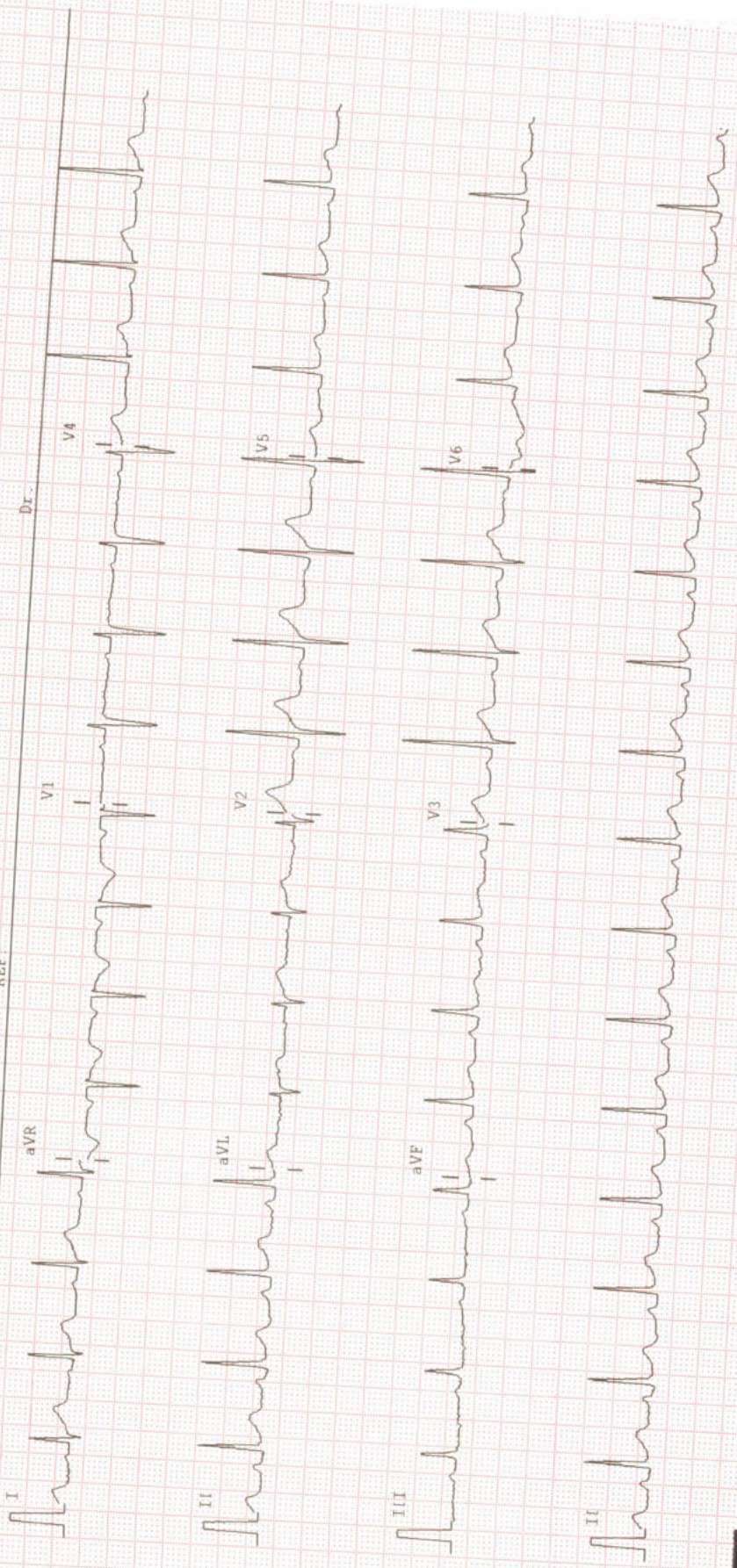
KG  
RATE : 93 bpm  
SINUS RHYTHM  
R-R : 639 ms  
P-R : 150 ms  
QRS : 74 ms  
QT : 338 ms  
QTc : 396 ms  
-AXIS-

P : 55°  
QRS : 62°  
T : 27°  
NORMAL ECG

12 SL. REPORT FORMAT: 3x4+1L SQ

REF

Dr.



25mm/sec, 10mm/mV Notch. ON

BLC ON

0.05 35Hz

ALLENGERS PISCES 1012(VER-1.9) CLINICALLY CORRELATE THE FINDINGS





511 / NARESH BARIK / 33 Yrs / M / 155 Cms / 64 Kg Date: 11-Mar-2023 Refd By : MEDIWHEEL Examined By :



Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	Rpp	PVC	Comments
Supine	00:19	0:19	00.0	00.0	01.0	090	48%	104/68	000	00	
Standing	00:36	0:17	00.0	00.0	01.0	089	48%	104/62	000	00	
HV	00:53	0:17	00.0	00.0	01.0	077	41%	102/63	000	00	
ExStart	01:09	0:16	00.0	00.0	01.0	079	42%	104/64	000	00	
BRUCE Stage 1	04:09	3:00	01.7	10.0	04.7	118	63%	102/66	120	00	
BRUCE Stage 2	07:09	3:00	02.5	12.0	07.1	140	75%	104/68	145	00	
PeakEx	08:15	1:06	03.4	14.0	08.3	155	83%	104/68	161	00	
Recovery	08:45	0:30	01.1	00.0	04.1	149	80%	104/68	154	00	
Recovery	09:15	1:00	01.1	00.0	01.1	141	75%	102/66	143	00	
Recovery	09:23	1:07	00.0	00.0	01.0	136	73%	102/66	138	00	

**FINDINGS :**

- Exercise Time : 07:06
- Max HR Attained : 155 bpm 83% of Target 187
- Max BP Attained : 104/68
- Max WorkLoad Attained : 8.3 Fair response to induced stress
- Test End Reasons : Test Complete, Test Complete, Test Complete, Test Complete, Test Complete

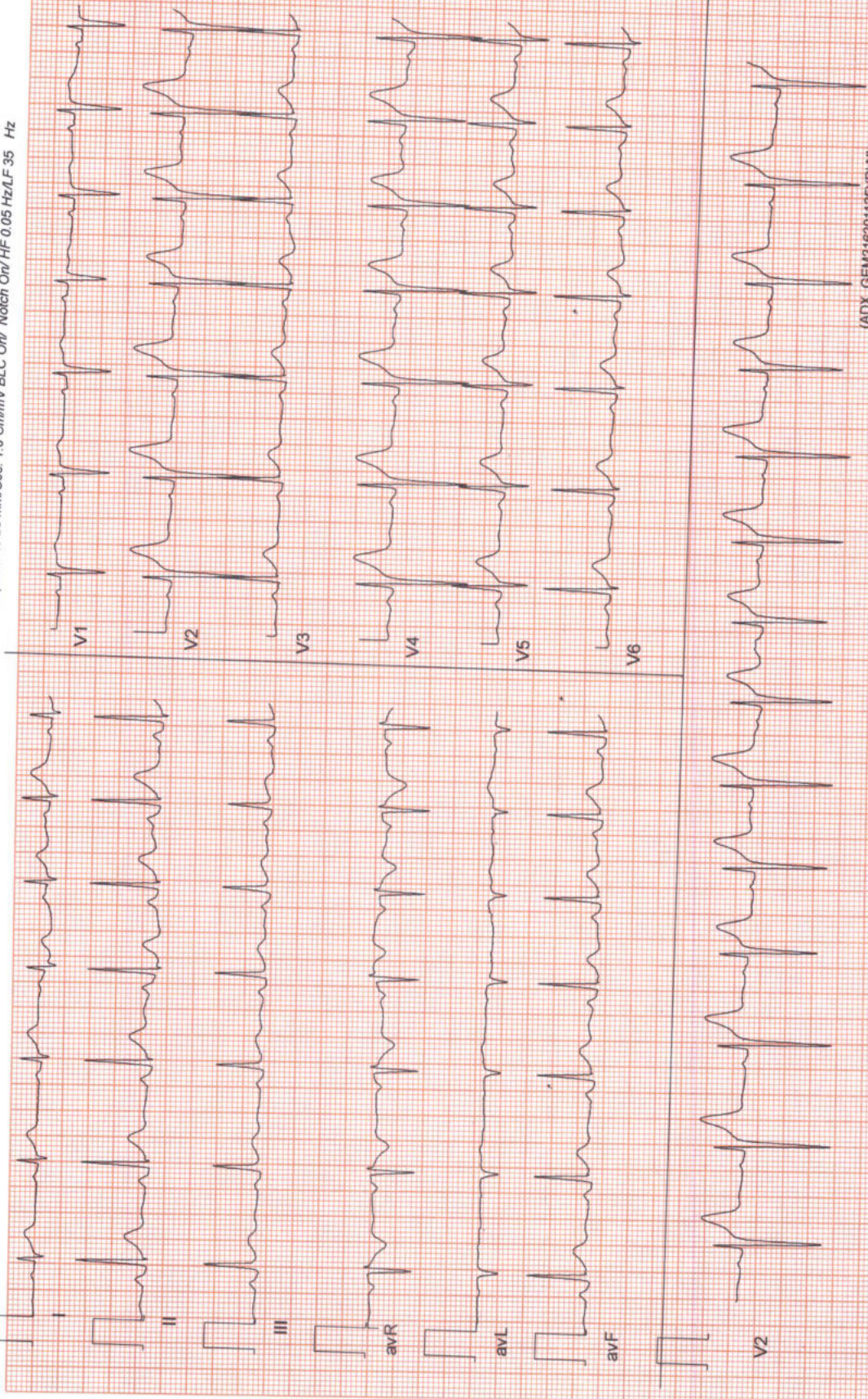
**REPORT :**





Date: 11 - 03 - 2023 01:11:04 PM METS : 1.0 HR : 90 Target HR : 48% of 187 BP : 00

Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/HF 0.05 Hz/LF 35 Hz



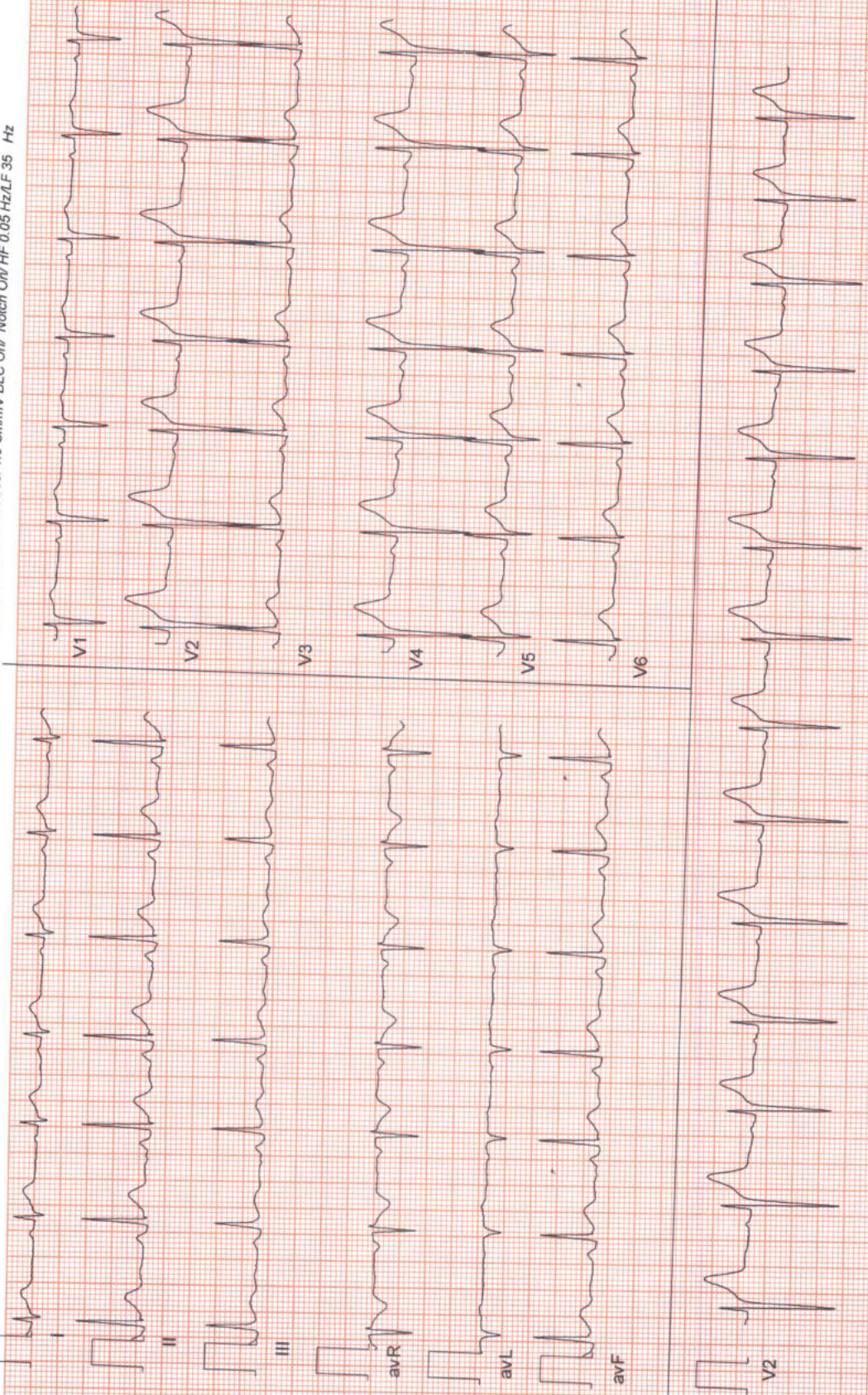
(ADX\_GEM216201125)(R)Allengers





Date: 11 - 03 - 2023 01:11:04 PM METs : 1.0 HR : 89 Target HR : 49% of 187 BP : 00

ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

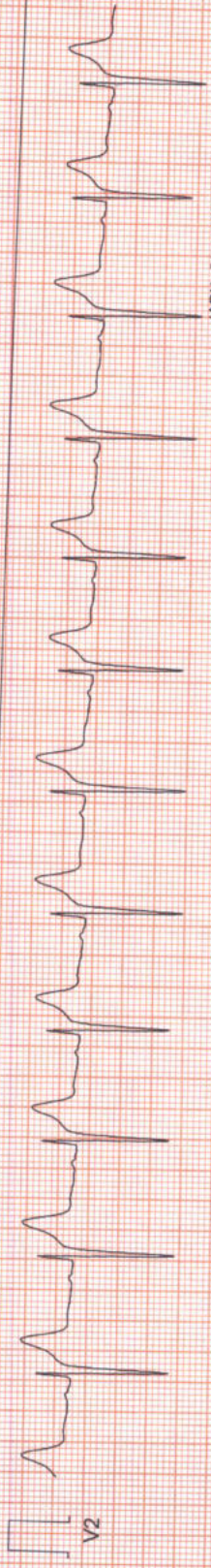
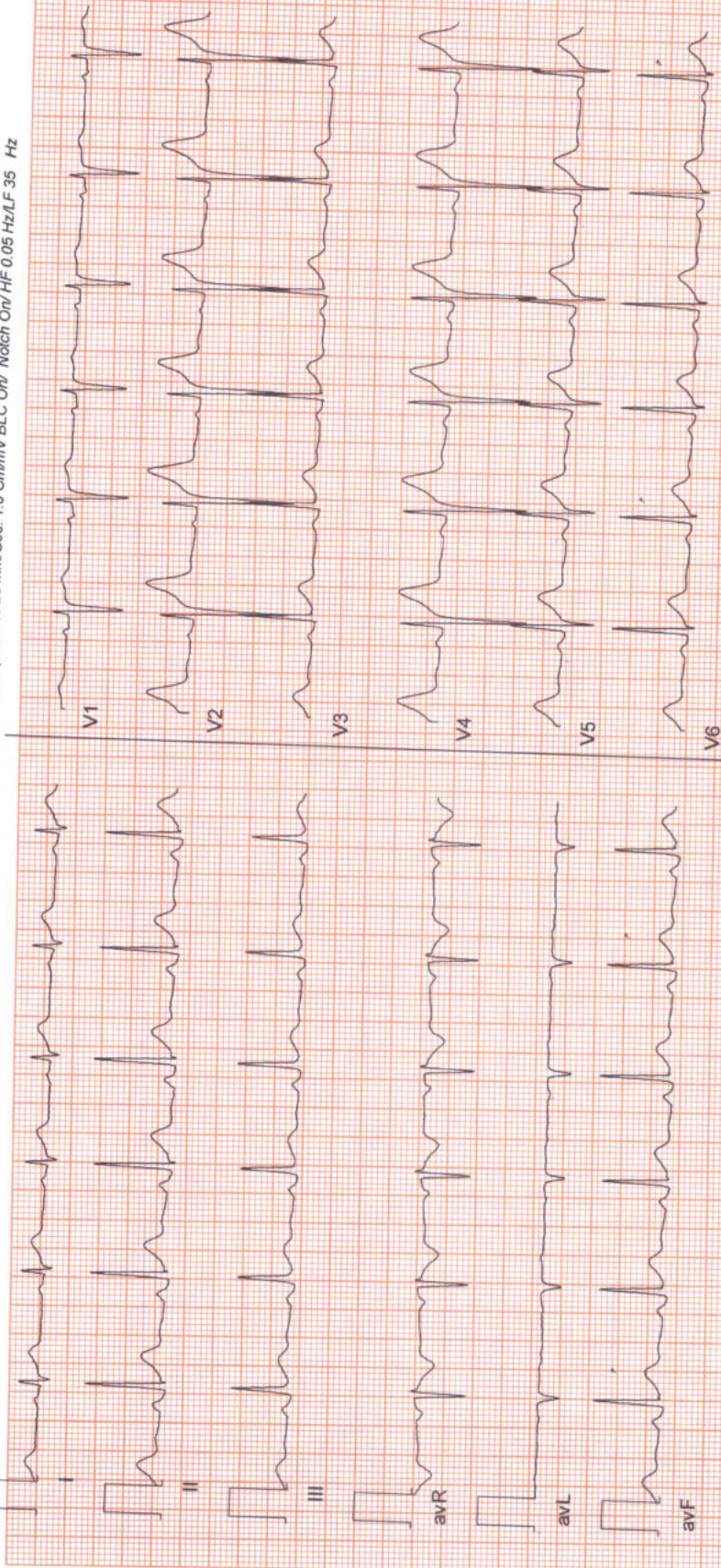






Date: 11 - 03 - 2023 01:11:04 PM METs : 1.0 HR : 77 Target HR : 41% of 187 BP : 00

ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



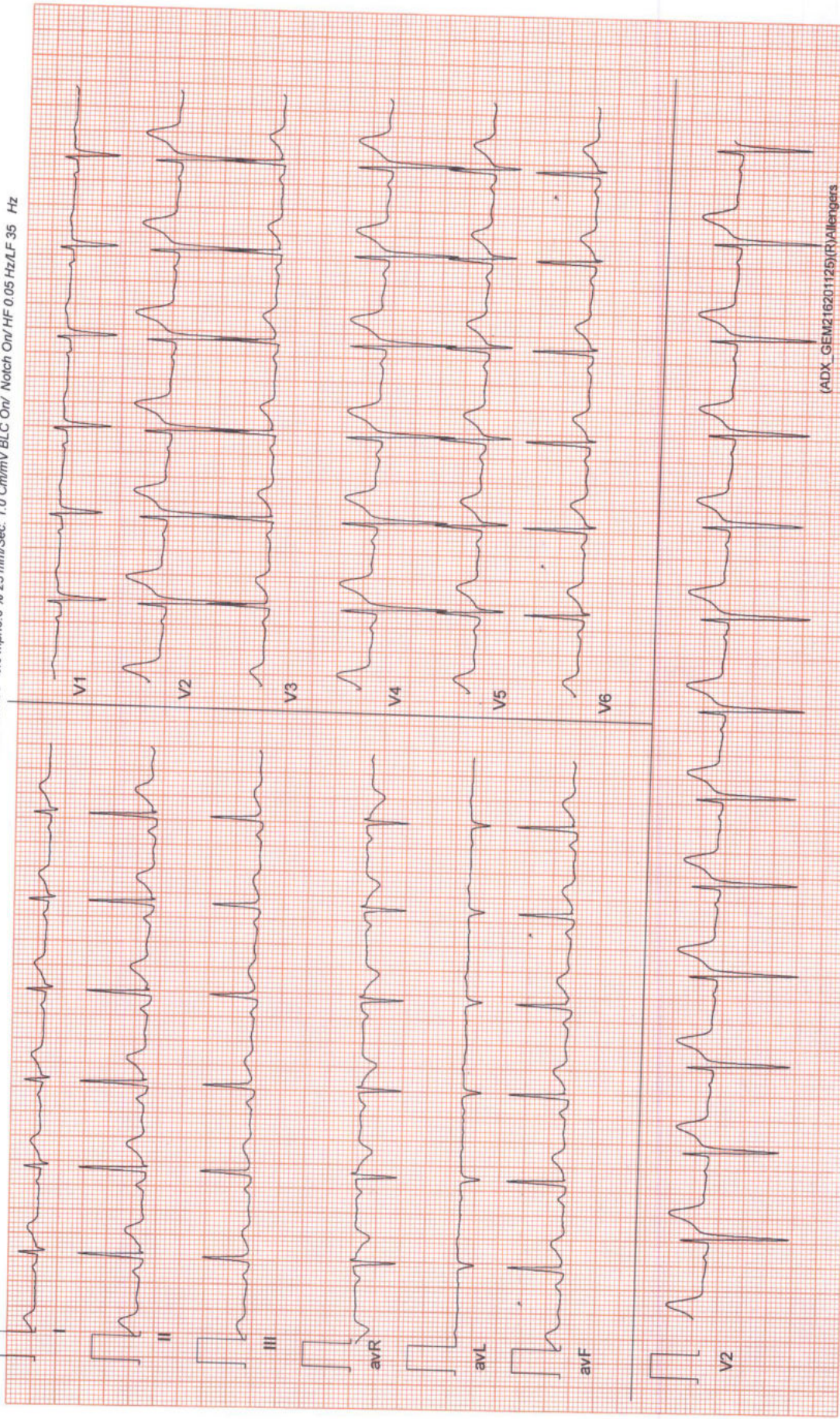
(ADX\_GEM216201125)(R)/Allengers





Date: 11 - 03 - 2023 01:11:04 PM METs : 1.0 HR : 79 Target HR : 42% of 187 BP : 0/0

ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

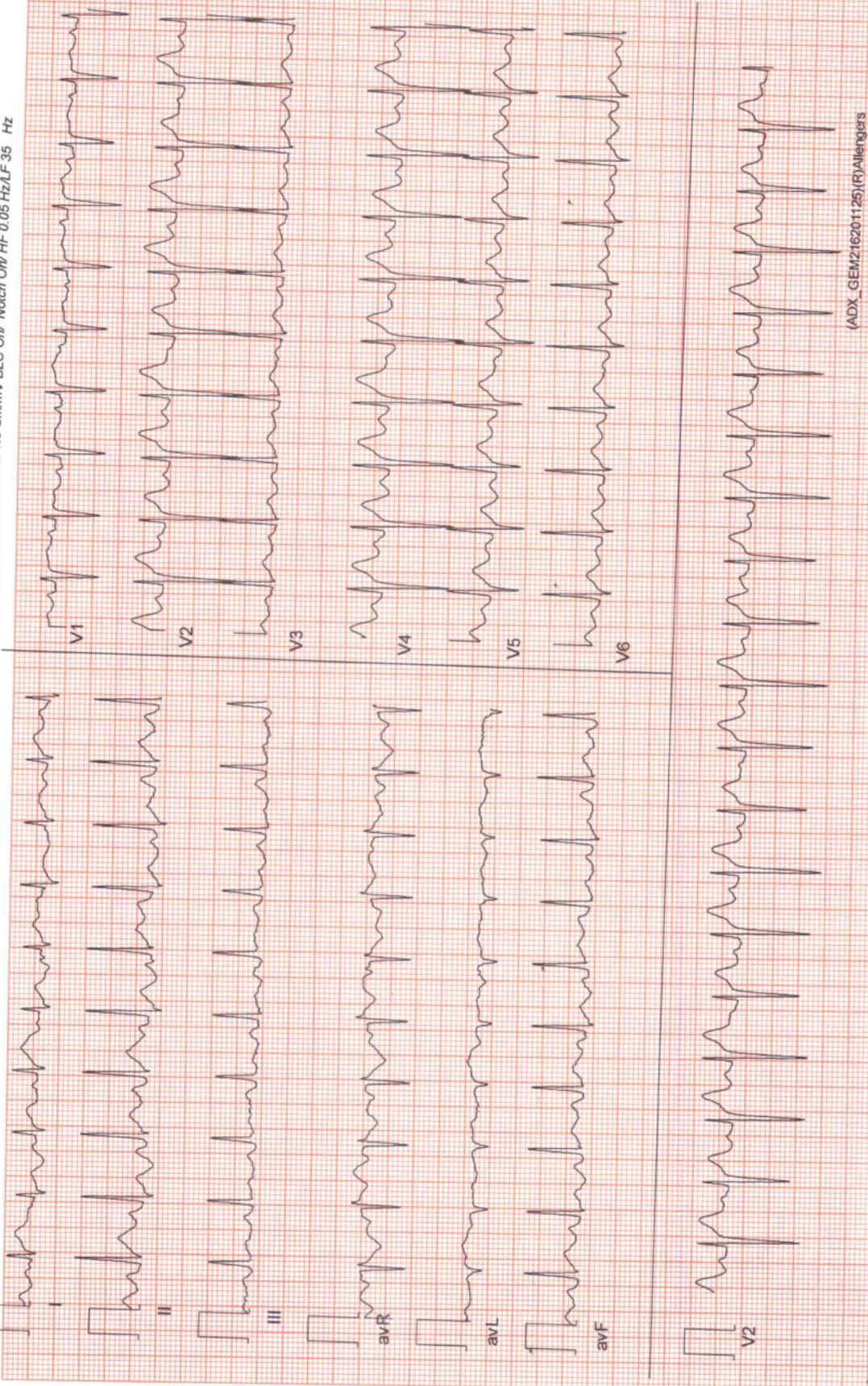






Date: 11 - 03 - 2023 01:11:04 PM METs : 4.7 HR : 118 Target HR : 63% of 187 BP : 102/66

ExTime : 03:00 1.7 mph 10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

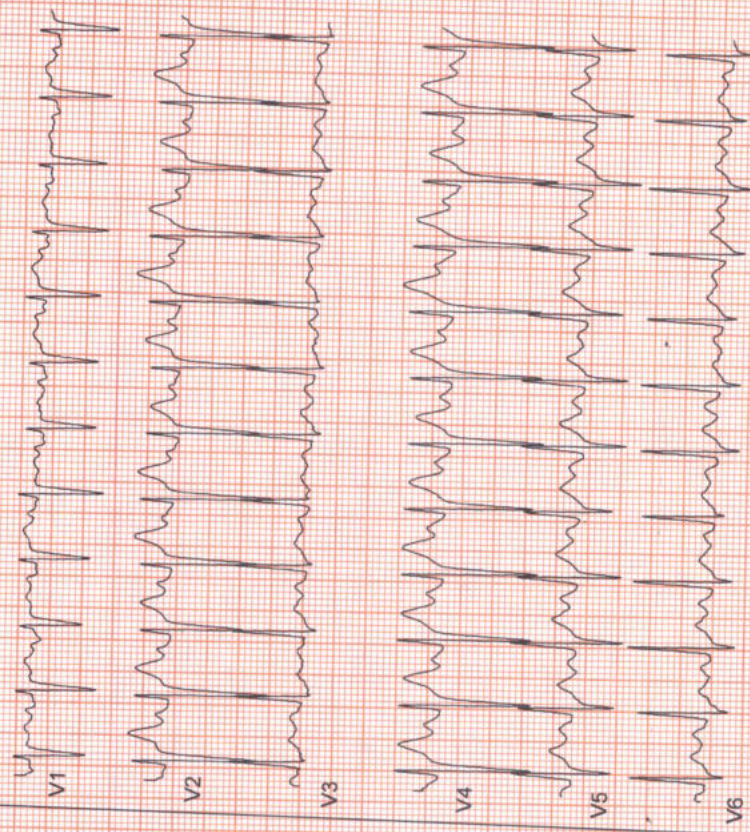
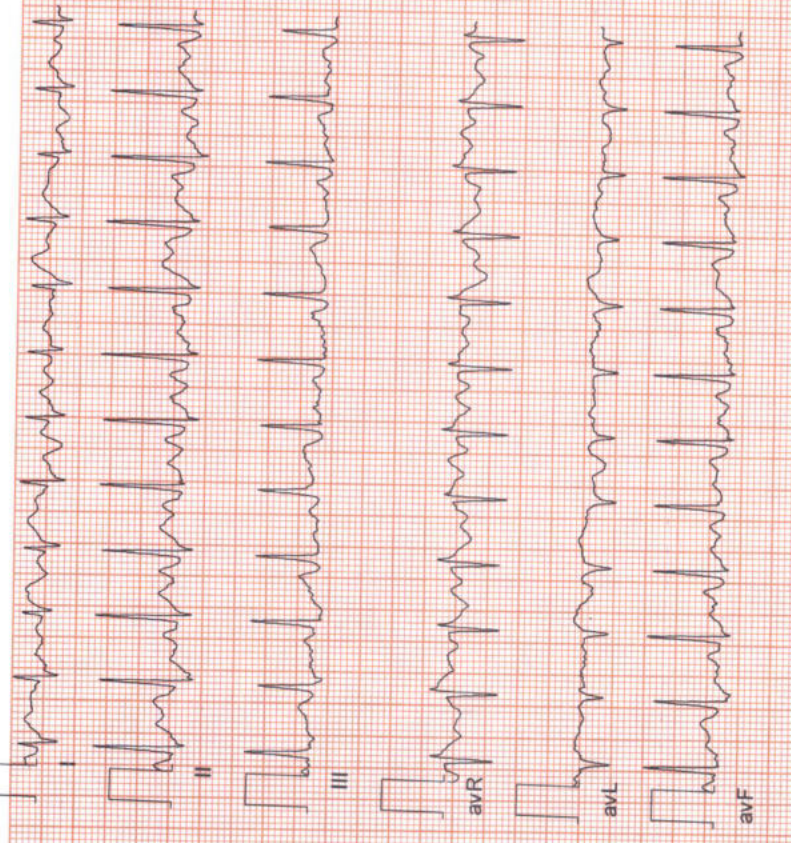






Date: 11 - 03 - 2023 01:11:04 PM METs : 7.1 HR : 140 Target HR : 75% of 187 BP : 104/68

Ex Time : 06:00 2.5 mph 12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

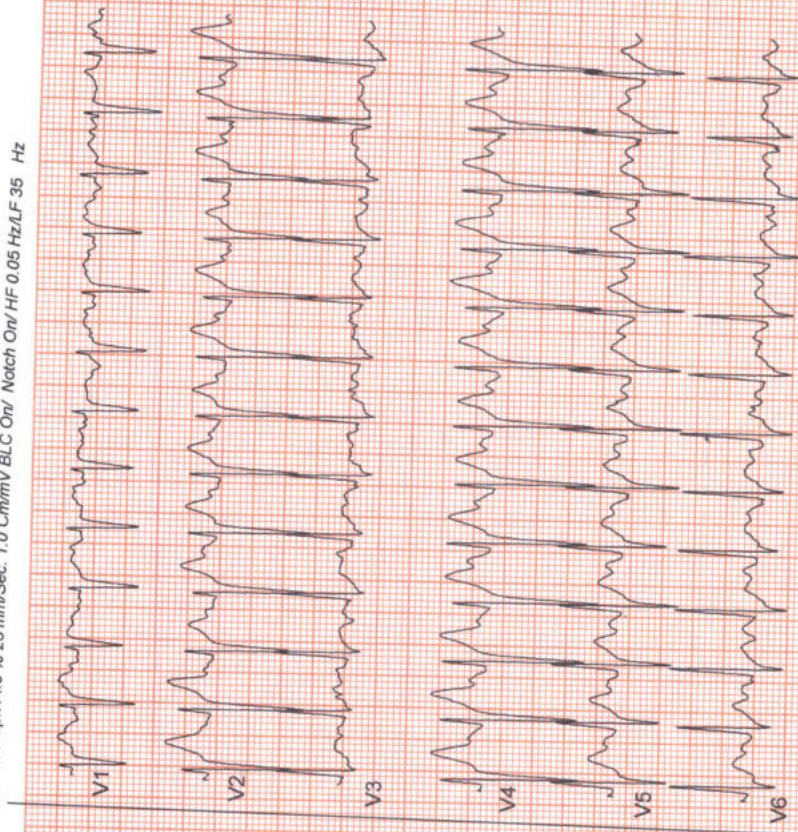
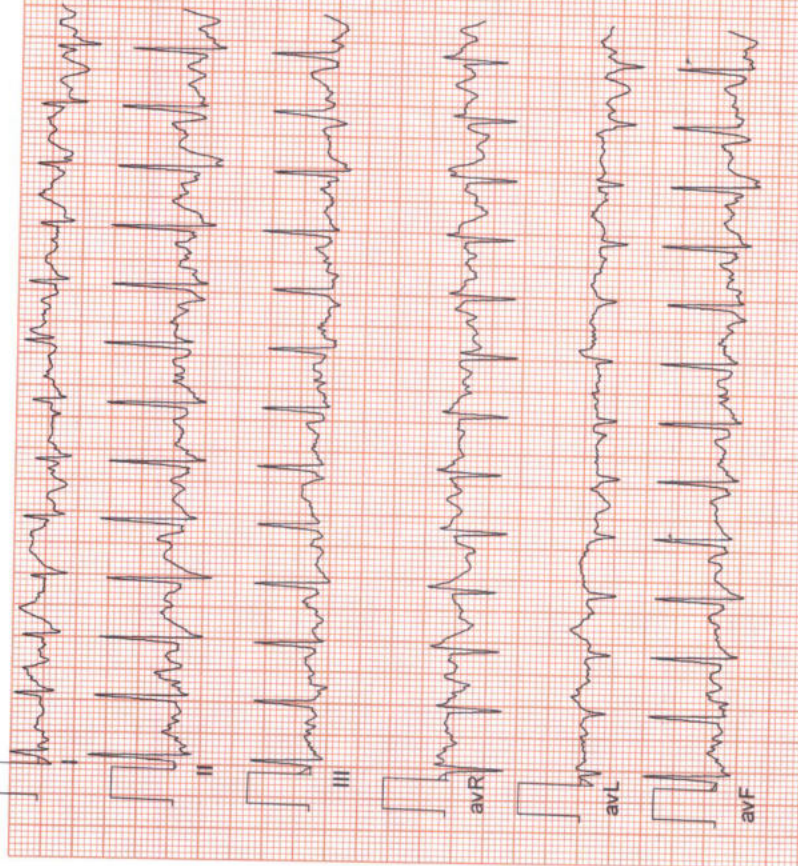






Date: 11 - 03 - 2023 01:11:04 PM METs: 8.3 HR: 155 Target HR: 83% of 187 BP: 104/68

ExTime: 07:06 3.4 mph 14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



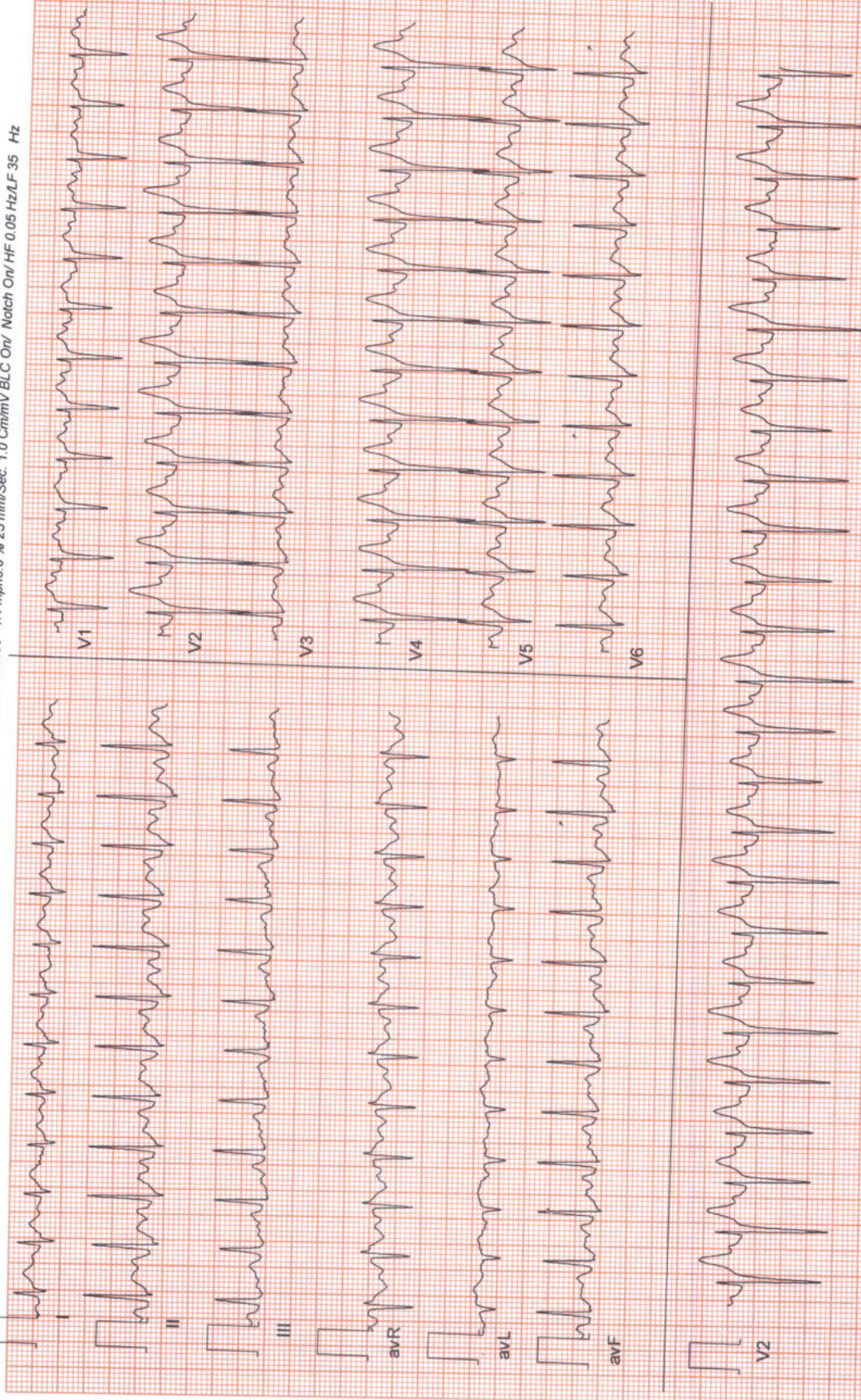


6 x 2 + Rhythm Recovery(0:30)



Date: 11 - 03 - 2023 01:11:04 PM METs : 4.1 HR : 149 Target HR : 80% of 187 BP : 104/68

ExTime : 07:06 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



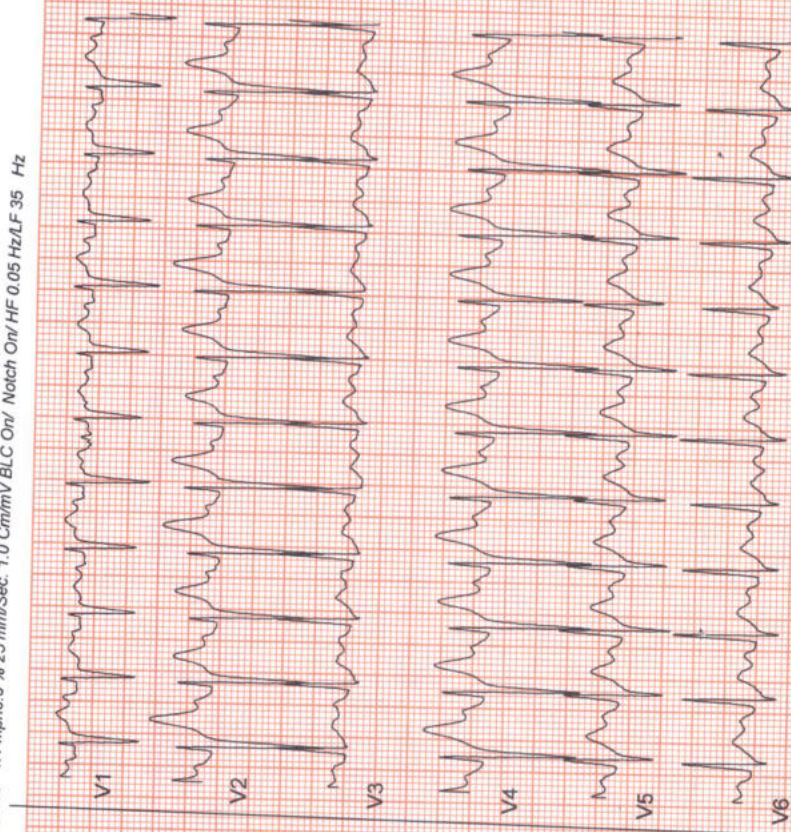
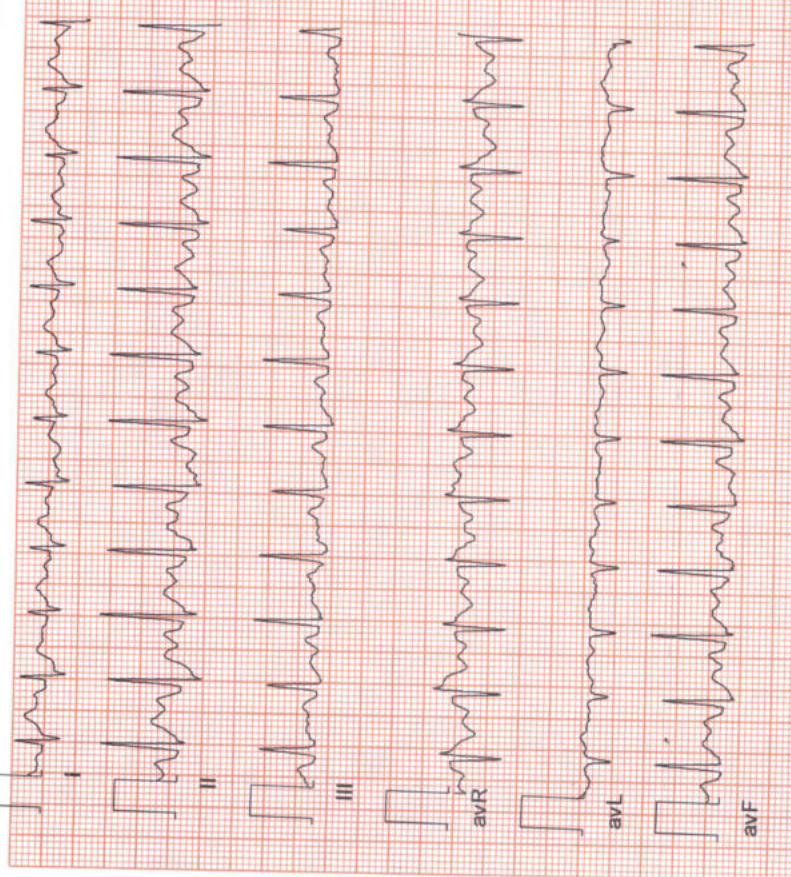


6 x 2 + Rhythm  
Recovery(1:00)



Date: 11 - 03 - 2023 01:11:04 PM METS : 1.1 HR : 141 Target HR : 75% of 187 BP : 102/66

Ex Time : 07:06 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz







**Patient Name :** MR. NARESH BARIK

**Age / Gender :** 32 years / Male

**Patient ID :** 15481

**Referral :** MEDI WHEEL

**Collection Time :** 11/03/2023, 01:55 PM

**Reporting Time :** 11/03/2023, 07:54 PM

**Sample ID :**



17814

Test Description	Value(s)	Reference Range	Unit
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**Routine Examination of Stool**

**Routine Examination of Stool**

PHYSICAL EXAMINATION	
COLOUR	Brown
CONSISTENCY	Semisolid
BLOOD	Nil
MUCUS	Absent
pH	7.0
MICROSCOPIC EXAMINATION	
OVA	Absent
CYSTS	Nil
RED BLOOD CELLS	Nil
PUS CELLS	6-8
VEGETABLE CELLS	++
BACTERIA	+++
Fat	Absent

\*\*END OF REPORT\*\*

Lab Technician

**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

For Home Collection Please Call at Number :

**Zena Healthcare Services**

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07  
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : [www.zenacare.in](http://www.zenacare.in)

**Wishing Good Health**

# MATERNITY CARE HOPITAL

NAME :NARESH BARIK

DATE : 11-03-2023

AGE-32Y/M

SONOGRAPHER : DR.MAYURI MOHAPATRA

## USG OF WHOLE ABDOMEN

**LIVER:** Normal in size, shape and parenchymal echotexture. No. SOL seen. Intrahepatic biliary channels normal in caliber and contains no echogenic structure. Portal and hepatic vascular systems within normal limits. P. V. measures 7.7 mm,

**GALL BLADDER:** normal in shape and size no sol ,no calculi seen **C.B.D.:** Common duct bile normal in calibre (3.4 mms).

**SPLEEN :** Normal in size, shape and parenchymal echotexture.

**PANCREAS:** Normal in size, shape and parenchymal echotexture. Pancreatic duct not dilated.

**KIDNEYS:** Both the kidneys are normal in size, shape and position. Rental cortical echotexture is within normal limits. Cortico medullary differentiation maintained. No evidence of my calculus or hydronephrosis on both sides. Pelvi-calyceal systems appear normal. No focal lesion seen.


- Right kidney measures : 8.8 x 3.5cms.
- Left kidney measures: 8.6 x 3.4cms.

**URETERS:** Both ureters not visualized (normal).

**URINARY BLADDER:** Symmetrical and normal in outline. Lumen clear. Walls normal in thickness

**Prostrate**-normal in size shape and echosructure .

**Impression:**Normal study of abdomen

  
Dr. Mayuri Mohapatra  
Regd. No.-16891  
MATERNITY CARE HOSPITAL  
Bhubaneswar



<b>Patient :</b> MR. NARESH BARIK	<b>Doctor :</b> Dr. SAUMENDU MOHANTY
<b>Age/Sex :</b> 32 Years /Male	<b>Facility :</b> Dr. Agarwal's Health Care Ltd, Bhubaneswar
<b>Contact :</b> 7978976514	<b>Appt. Dt :</b> 11 Mar'23
<b>MR No. :</b> BHU/34474/23	<b>Note Dt :</b> 11 Mar'23

OPD SUMMARY

**HISTORY**

**Chief Complaints :** patient has come for medical certification

**Ophthalmic History :**

- Glasses Left Eye since 22 years & Right Eye since 22 years - pgp 2 months
- Eye surgery Right Eye since 7 years - sx done ... reports not available  
K/C/O keratoconus RE

**Systemic History :** None

**Allergies :** None

**REFRACTION**

R/OD		
Keratometry:	Value	Axis
Kh	46.25	180
Kv	52.25	90

Avg. K: 49.25

Cyl: -6

**PGP :** Type of Lens- Single Vision - Distant

	Sph	Cyl	Axis	Vision
Distant	0.00	--	--	6/60p
Near	--	--	--	N6

**Auto Refraction:**

	Sph	Cyl	Axis
Dry	-9.75	-9.50	180
	--	--	--
	--	--	--

L/OS		
Keratometry:	Value	Axis
Kh	45.75	160
Kv	47.00	70

Avg. K: 46.375

Cyl: -1.25

**PGP :** Type of Lens- Single Vision - Distant

	Sph	Cyl	Axis	Vision
Distant	-2.00	-1.25	140	6/6
Near	--	--	--	N6

**Auto Refraction:**

	Sph	Cyl	Axis
Dry	-4.25	-1.50	160
	--	--	--
	--	--	--

**IN CASE OF EMERGENCY (UNUSUAL PAIN, WATERING, REDNESS, OR DECREASE IN VISION)**

**PLEASE CONTACT: MOBILE NO 8118052202**

କରୁଣା କାଳୀନ ପରିଚ୍ଛିନ୍ନ: ଯେପରିକି ଆଖି ଯନ୍ତ୍ରଣା, ଲୁହ ବୋହିବା, ଆଖି ଲାଲ ପଡ଼ିବା ଓ ଦୃଷ୍ଟି ଶକ୍ତି କମିଯିବା କ୍ଷେତ୍ରରେ ଦୟାକରି ଉକ୍ତ ନମ୍ବର କୁ (୮୧୧୮୦୫୨୨୦୨)