

Dr. Vimmi Goel  
MBBS, MD (Internal Medicine)  
Sr. Consultant Non Invasive Cardiology  
Reg. No: MMC- 2014/01/0113

R/O → Nagpur  
**KIMS-KINGSWAY  
HOSPITALS**

Name: Mrs. Purnima Katangate Date: 19/11/22  
Age: 31y Sex: M/F Weight: 64.3 kg Height: 154.7 Inc BMI: 26.9  
BP: 110/60 mmHg Pulse: 72 bpm RBS: \_\_\_\_\_ mg/dl  
SPO2: 99% LMP: - 22/10/22

compl. heavy  
periods

Non HT  
Non DM

IM → wored

O/E

JVP°

Char  
L<sub>3</sub>  
PIA / N

Adv.

ct. as from Gynec

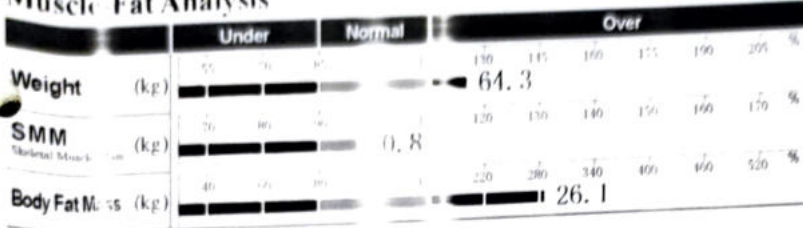
  
**Dr. VIMMI GOEL**  
MBBS, MD  
Sr. Consultant-Non Invasive Cardiol  
Reg.No.: 2014/01/0113

ID	Height	Age	Gender	Test Date / Time
125041	151.7 cm		Female	19.11.2022 11:16

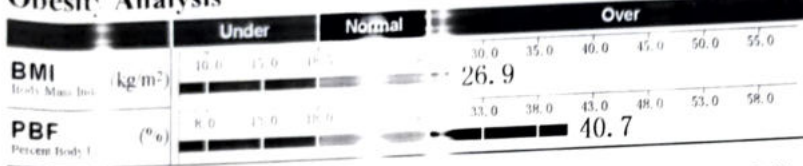
## Body Composition Analysis

Total amount of water in my body	Total Body Water	(L)	28.0	(26.2~32.0)
What I need to build muscles	Protein	(kg)	7.5	(7.0~8.6)
What I need for strong bones	Minerals	(kg)	2.66	(2.42~2.96)
Where my excess energy is stored	Body Fat Mass	(kg)	26.1	(10.3~16.5)
Sum of the above	Weight	(kg)	64.3	(43.8~59.2)

## Muscle Fat Analysis



## Obesity Analysis



## Segmental Lean Analysis

Left	2.70 kg	2.02 kg
	98.8%	99.8%
	Normal	Normal
Right	18.5 kg	13.4 kg
	101.1%	277.2%
	Normal	Over
Left	5.12 kg	3.9 kg
	91.1%	177.5%
	Normal	Over
Right	5.92 kg	3.9 kg
	92.6%	178.6%
	Normal	Over

## Segmental Fat Analysis

Left	1.8 kg	1.9 kg
	213.8%	214.7%
	Over	Over
Right	13.4 kg	13.4 kg
	277.2%	277.2%
	Over	Over
Left	3.9 kg	3.9 kg
	177.5%	178.6%
	Over	Over
Right	3.9 kg	3.9 kg
	178.6%	178.6%
	Over	Over

\* Segmental fat is estimated

## Body Composition History

Weight (kg)	64.3			
SMM (kg)	20.8			
PBF (%)	40.7			
Recent Total	19.11.22			

## InBody Score

64 / 100 Points

\* Total score that reflects the evaluation of body composition. A similar person may have a score of 100 points.

## Weight Control

Target Weight	51.5 kg
Weight Control	12.8 kg
Fat Control	14.3 kg
Muscle Control	+1.5 kg

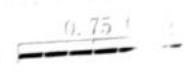
## Obesity Evaluation

BMI  Normal  Under  Over

PBF  Normal  Slightly Over  Over

## Waist-Hip Ratio

0.93



## Visceral Fat Level

Level 13



## Research Parameters

Fat Free Mass	38.2 kg
Basal Metabolic Rate	1194 kcal
Obesity Degree	125%
SMI	6.6 kg/m <sup>2</sup>
Recommended calorie intake	1572 kcal

## Calorie Expenditure of Exercise

Golf	13	Gateball	
Walking	29	Yoga	
Badminton	15	Table Tennis	
Tennis	93	Bicycling	
Boxing	93	Basketball	
Mountain Climbing	10	Jumping Rope	
Aerobics	25	Jogging	
Soccer	25	Swimming	
Japanese Fencing	22	Racketball	
Squash	22	Taekwondo	

\* Based on your current weight  
\* Based on 30 minute duration

## Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20kHz	405.2	111.6	28.5	308.1	318.1
100kHz	358.8	92.6	24.8	272.1	282.1

mt Name: Mrs Pournima Kotangale

UHID KH125041	Age Patient Type 31 Y -	Gender Female	Admission No OPRI-72197
Speciality	Registration No.	Created By Ashish Kamble	

**RIGHT EYE**

Sph	Cyl	Axis	Visual Acuity
00	00	00	6/6

**LEFT EYE**

Sph	Cyl	Axis	Visual Acuity
00	00	00	6/6

**Near: Addition**

**RIGHT**

N6

Printed By

**LEFT**

N6

19-11-2022 02:58 PM

Print Date & Time

*epan*

Name: Mrs. Pournima Kotangale DOB: \_\_\_\_\_ Date: 13/11/22

Age: 31 Sex: M/F Weight: \_\_\_\_\_ kg Height: \_\_\_\_\_ in BMI: \_\_\_\_\_

BP: \_\_\_\_\_ mmHg Pulse: \_\_\_\_\_ bpm

For Health Check up

H10 Reimbursement OTZ

OH: AIL, C LSCS  
TZ Not Done

M/H: LMP - 22/10/22  
PMC - 4-5d/28-30d/Reg.

PH: Nil

S/H: L LSCS

F/H: DM, HTN - grandmother

USG: ut (N), ET - 5mm.  
B/L ovaries (N)

Adv: PAP Smear Test - Taken on 13/11/22

Breast exam: WNL

Rx  
Tb. Pause - MF  
( ) x during heavy periods

P/A: Soft Nf

P/S: Mild white discharge (N)  
cx J Healthy

P.W.: ut (N) AVIAR  
B/L ovaries present

Monika



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 Maharashtra, India - 440 001

Dr. MONIKA KOTPALLIWAR  
 MBBS, MD, DNB, MNAMS, MRCOG  
 Consultant-Obstetrics and Gynecology  
 Reg. No.: MMC-2013/03/0477



UHID	KH125041	Order Date & time	19-11-2022
Patient Name	Mrs Pournima Kotangale	Sample Collection Date	19-11-2022 10:05 AM
Age/Gender	31 Y/Female	Acknowledge Date	19-11-2022 10:42 AM
Patient Type	OP	Visit No	OP-116300
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-298029	Accession Number	0149288

### Haematology

Service Name	Result	Unit	Reference Range	Method
<b>Haemogram (CBC with ESR), Whole Blood</b>				
<b>Erythrocytes</b>				
• Haemoglobin	11.8 L	gm/dl	12-15	Photometric Measurement
• RBC count	5.62 H	millions/cumm	3.8-4.8	Photometric Measurement
• Packed Cell Volume (PCV/HCT)	38.1	%	36-46	Calculated
• MCV	68 L	f	83-101	Calculated
• MCH	20.9 L	pg	27-32	Calculated
• MCHC	30.9 L	gm/dl	31.5-34.5	Calculated
• RDW	17.5 H	%	11.5-14.0	Calculated
<b>Leucocytes</b>				
• TLC (Total Leukocyte Count)	9100	/cumm	4000-10000	Flow cytometry
• Neutrophils	64.2	%	50-70	
• Lymphocytes	33.5 H	%	25-30	
• Eosinophils	1.0	%	1-5	
• Monocytes	1.3 L	%	5-10	
• Basophils	0.0 L	%	1-2	
• Large Immature Cells	0.0	%		
• Absolute Neutrophil Count	5842.20	/cumm	2000-7000	Calculated
• Absolute Lymphocyte Count	3048.50	/cumm	1000-4800	Calculated
• Absolute Eosinophil Count	91.00	/Cumm	20-500	Calculated
• Absolute Monocyte Count	118.30 L	/cumm	200-1000	Calculated
• Absolute Basophil Count	0.00 L	/cumm	20-100	Calculated
<b>Platelets</b>				
• Platelet Count	359	10 <sup>3</sup> /cumm	150-450	Impedance
• MPV	9.9 H	f	6.0-9.5	Calculated
• PCT (Platelet Hematocrit)	0.35	%	0.2-0.5	
• PDW (Platelet Distribution Width)	17.80 H	%	9-17	
<b>Peripheral Smear Examination</b>				
<b>RBC Morphology</b>				
• Hypochromia	++ (11%-20%)			
• Microcytosis	++ (11%-20%)			
• Anisocytosis	+	(Few)		
• WBCs	As Above			
• Platelets	Adequate			
• ESR (Westergren)	18	mm/hr	<20	Westergren
• Blood Grouping & RH Factor, Whole Blood & Serum	"B" Rh POSITIVE			Column agglutination test
• HbA1c (Glycosylated Haemoglobin), Blood	5.8 H	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC

### Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar, Plasma	93.0	mg/dL	<100	GOD/POD, Colorimetric

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Age/Gender	31 Y/Female	Acknowledge Date	19-11-2022 10:42 AM
Patient Type	OP	Visit No	OP-116300
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-298029	Accession Number	0149288

Service Name	Result	Unit	Reference Range	Method
* Post Prandial Blood Sugar, Plasma	85.0	mg%	<140	GOD/POD, Colorimetric
<b>Lipid Profile, Serum</b>				
* Cholesterol	163.00	mg/dL	<200 Normal Less than 150 mg/dl Borderline High 150 - 199 mg/dl	Enzymatic Method
* Triglyceride	64.0	mg/dL	High 200 - 499 mg/dl Very High More than 499 mg/dl	Enzymatic(Lipase/GK/GPO/POD)
* HDL Cholesterol Direct	34.0 L	mg/dL	Major risk factor for Heart disease <40 mg/dl (Males) Major risk factor for Heart disease <50 mg/dl (Female) Negative risk factor for Heart disease >60 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
* LDL Cholesterol (Direct)	113.1 H	mg/dL	Optimal <100 mg/dl Near optimal 100 - 129 mg/dl Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl	Enzymatic
* VLDL	13.00	mg/dL	<30	Calculated
* Cholesterol/HDL Ratio	5.00		3-5	Calculated
* Non HDL	129.00	mg/dL		Calculated
<b>Kidney Function Test (KFT), Serum</b>				
* Blood Urea	20.00	mg/dL	15-36	Urease with indicator dye Enzymatic (creatinine amidohydrolase)
* Creatinine	0.83	mg/dL	0.52-1.04	Calculated
* eGFR	93.96	mL/min/1.73m <sup>2</sup>		Direct ion selective electrode
* Sodium	140	mmol/L	136-145	Direct ion selective electrode
* Potassium	4.70	mmol/L	3.5-5.1	Urease with indicator dye
BUN (Blood Urea Nitrogen), Serum	9.34	mg/dL	7-17	
<b>Liver Function test, Serum</b>				
* Total Bilirubin	0.27	mg/dL	0.2-1.3	Azobilirubin/Dyphylline Calculated
* Bilirubin Direct	0.17	mg/dL	0.1-0.3	Dual wavelength Spectrophotometric
* Bilirubin Indirect	0.10	mg/dL	0.1-1.1	Kinetic with pyridoxal 5 phosphate
* SGOT (AST)	20	U/L	13-35	Kinetic with pyridoxal 5 phosphate
* SGPT (ALT)	14	U/L	13-45	Pnpp/AMP buffer Biuret(Alkaline cupric Sulfate)
* Alkaline Phosphatase	73.00	U/L	38-126	Bromocresol green dye binding
* Total Protein	7.75	gm/dl	6.3-8.2	Calculated
* Albumin	3.99	gm/dl	3.5-5.0	Calculated
* Globulin	3.76	gm/dl	2-4	Calculated
* Albumin/Globulin Ratio	1.06		12-43	Kinetic Method
* Gamma GT (GGT), Serum	19.0	U/L		

UHID	KH125041	Order Date & time	19-11-2022
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Patient Type	OP	Visit No	OP-116300
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-298029	Accession Number	0149288

Service Name	Result	Unit	Reference Range	Method
<b>Interpretation:</b>				
*A high fat meal may cause decreased bilirubin levels by interfering with the clinical reactions. GT activity is elevated in all forms of liver disease. This test is much more sensitive than either the alkaline phosphatase test or the transaminase test (i.e., SGOT, SGPT) in detecting obstructive jaundice, cholangitis, and cholecystitis. It is also indicated in the differential diagnosis of liver disease in children and pregnant women who have elevated levels of LDH and alkaline phosphatase.				
* Uric Acid, Serum	5.65	mg/dL	2.6-6.0	Uricase/Peroxidase (Colorimetric)
Thyroid Function Test (T3, FT4, TSH), Serum				
* T3	1.13	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.03	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	2.29	uIU/mL	0.5-4.8	Enhanced chemiluminescence

## Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
<b>Urine Routine and Microscopy, Urine</b>				
<b>Physical Examination</b>				
* Volume	30 ml			
* Appearance	Clear			
* Colour	Pale Yellow			
* PH	6.5			
* Specific Gravity	1.005 L			
<b>Chemical Examination</b>				
* Protein	Negative			
* Glucose	Negative			
* Ketone	Negative			
* Bilirubin	Negative			
* Urobilinogen	Normal			
* Nitrate	Negative			
<b>Microscopic Examination</b>				
* Pus Cells	0-1	/ hpf		
* Epithelial Cells	0-1	/ hpf		
* Red Blood Cells	Absent	/ hpf		
* Crystal	Absent			
* Cast	Absent	/hpf		
* Bacteria	Absent			
* Other	.			
Urine Sugar Fasting, Urine	Negative			GOD/POD

Disclaimer: Only Starred Parameters are under the Scope of NABL.

# KINGSWAY HOSPITALS

PERSONALISING HEALTHCARE

A Unit of SPANV Medisearch Lifesciences Pvt. Ltd.

CIN U74999MH2018PTC303510

Toll-free Number 1800 266 8346

Emergency No: 0712-6789200

Ambulance No: 60096 60098

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Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-298029	Accession Number	0149288

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Dr Vaidehee Naik  
Consultant Pathologist

2015/05/2163



Dr Gauri Hardas  
Consultant Pathologist

2011/06/1806





UHID	KH125041	Patient Name	Mrs Pournima Kotangale
Age	31 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	19-11-2022 12:00 AM	Acknowledge Date	19-11-2022 12:23 PM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-23113	DOB	
Patient Type	OP	Order Id	ODRID-298029

### X-Ray Chest AP

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

#### IMPRESSION -

No pleuro-parenchymal abnormality seen.



Dr Asawari S Lautre  
Consultant Radiologist  
MBBS,MD (Radio-Diag)

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**KINGSWAY**  
HOSPITALS

PERSONALISING HEALTHCARE

A Unit of SPANV Medisearch Lifesciences Pvt. Ltd.

CIN U74999MH2018PTC303510

UHID	KH125041	Patient Name	Mrs Pournima Kotangale
Age	31 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	19-11-2022 12:00 AM	Acknowledge Date	19-11-2022 12:18 PM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-23108	DOB	
Patient Type	OP	Order Id	ODRID-298029

### USG Whole Abdomen

LIVER is normal in size, shape and echotexture. No evidence of any focal lesion seen. Intrahepatic biliary radicals are not dilated. PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within it. Wall thickness is within normal limits.

PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in size shape and echotexture. No focal lesion seen.

Both KIDNEYS are normal in shape, size and echotexture. No evidence of calculus or hydronephrosis seen. URETERS are not dilated.

BLADDER is partially distended. No calculus or mass lesion seen.

Uterus is anteverted and normal. 8.2 x 3.5 x 4.1 cm. No focal myometrial lesion seen. Endometrial echo-complex appears normal. ET- 5 mm.

Both ovaries are seen. No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

#### **IMPRESSION:**

**No significant visceral abnormality seen.**

Suggest clinical correlation / further evaluation.

Dr Naveen Pugalia  
Consultant Radiologist  
MBBS,MD  
76125

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## 2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mrs. Pournima Kotangale  
Age : 31 years / Female  
UHID : KH125041  
Date : 19/11/2022  
Done by : Dr. Vimmi Goel  
ECG : NSR, Minor ST-T changes

### **Impression:**

#### **Normal 2D Echocardiography Study**

Normal chambers dimensions  
No RWMA of LV at rest  
Good LV systolic function, LVEF 69%  
Normal LV diastolic function  
E/A is 2.1  
Valves are normal  
No pulmonary hypertension  
IVC is normal in size and collapsing well with respiration  
No clots or pericardial effusion

### **Comments:**

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 69%. Normal LV diastolic function. E Velocity is 118 cm/s, A Velocity is 56 cm/s. E/A is 2.1. Valves are normal. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen.

### M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	34
Aortic root	20-37	7-28	22
LVIDd	35-55	8-47	49
LVIDs	23-39	6-28	30
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	69%
Fractional Shortening			38%

  
**Dr. Vimmi Goel**  
**MD, Sr. Consultant**  
**Non-invasive Cardiology**

P.T.O



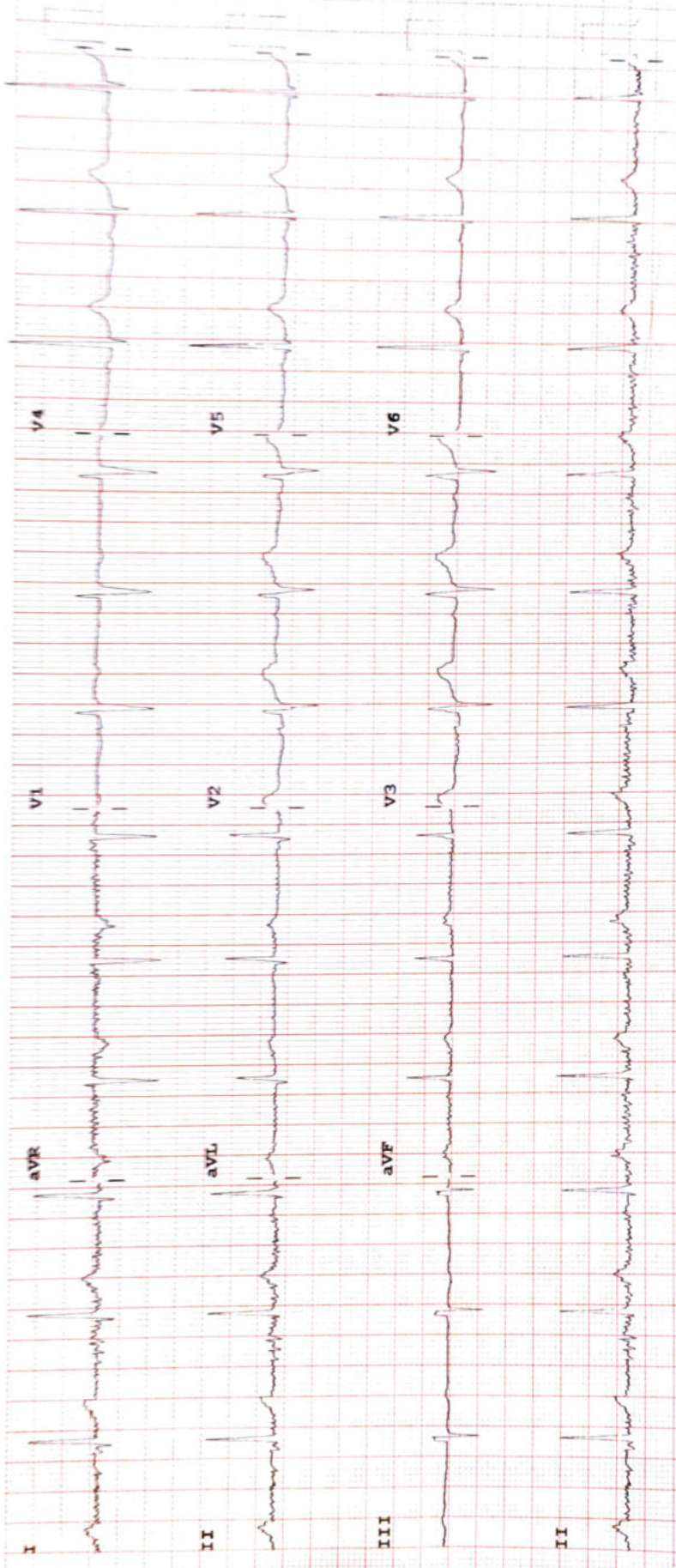
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Rate 74 Sinus rhythm.....normal P axis, V-rate 50-99  
 Baseline wander in lead(s) V5, V6

PR 134  
 QRSD 89  
 QT 361  
 QTC 401  
 --AXIS--  
 P 20  
 QRS 27  
 T 20  
 12 Lead: Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis



Device:

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.50-150 Hz W 100B CL P?