

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mrs Kamini devi on 30/3/23.

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

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

Dr. Saurabh Agarwal  
Medical Officer  
Apollo Clinic,

*This certificate is not meant for medico-legal purposes*

Dr. Saurabh Agarwal  
MBBS, MD, FIDM (UK), FAGE  
Reg. No. 68395  
Apollo Clinic Hazratganj

**Licensee: TECHNO MEDICALS INDIA**

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Email : [hazratganj.lko@apolloclinic.com](mailto:hazratganj.lko@apolloclinic.com)

TO BOOK AN APPOINTMENT

 **7897 123 777**

Patient Name- Mrs. Kamini devi	Date- 30/3/23
Age- 32	Sex- F.
B P - Systolic 99      Diastolic 66 mmHg.	R.B.S.-
Pulse- 88/Min.	SPO2- 98.1.
Temp- 96.4.	Height-
Weight- 58.6 Kgs	BMI-
Consultant- Dr. Saurabh Agarwal	Fat-

- Grade I fatty liver  
- Anemia

Rx ① Tab Ferricip XT 0-1-0 X 1 month  
(after lunch)

Advice: Avoid oily spicy food  
Diet modification  
Eat iron rich fruits  
Eat green leafy vegetables  
Exercise 30 min/day

Inw: USG Abdomen after 6 months  
CBC after 3 months

*Saurabh Agarwal*  
Dr. Saurabh Agarwal  
MBBS, DM (G.I.), FAGE  
68395  
Hazratganj

Patient Name- Mrs. Kamini devi	Date- 30/5/23
Age- 32	Sex- F
B P - Systolic 99      Diastolic 56 mmHg	R.B.S.-
Pulse- 83 b/min	SPO2- 98%
Temp- 96.4 F	Height-
Weight- 58.6 KGS .	BMI-
Consultant- Dr. meena Pandey.	Fat-

No complaint

V. weight UA

Old P2 + OTH  
 . Both UR  
 . 2b - 6 yls.  
 Comp - 22/03/1  
 - P1A no Tachy  
 P1V - UR  
 P1B NA 1/2



Valid for 7 Days

<b>Patient Name-</b> Mrs. Kamini devi	<b>Date-</b> 30/8/23
<b>Age-</b> 32	<b>Sex-</b> F.
<b>B P – Systolic</b> <b>Diastolic</b>	<b>R.B.S.-</b>
<b>Pulse-</b>	<b>SPO2-</b>
<b>Temp-</b>	<b>Height-</b>
<b>Weight-</b>	<b>BMI-</b>
<b>Consultant-</b> Dr. Sanwita Sinha	<b>Fat-</b>

*Valid for 7 Days*

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PATIENT NAME :MRS KAMINI DEVI

AGE / SEX: 32 YRS/F

UHID :4054

DATE : 30 , MAR, 2023

## 2-D ECHO& M-MODE EXAMINATION VALVES

### 1.MITRAL VALVES STUDY:

a)**Motion:** Normal      b) **Thickness:** Normal      c)**Calcium-** none

### 2. AORTIC VALVE STUDY

a) **Aortic root** 2.7cm.                      b)**Aortic Opening** 2.0cm.      c)**Closure:**Central  
d)**Calcium-**none                      e)**Eccentricity Index** 1      f) **Vegetation-** none  
g) **Valve Structure** : Trileaflet

### 3.PULMONARY VALVE STUDY    Normal

a)**EF Slope**                      Normal                      b)**A Wave** +  
c)**Thickness**                      Normal                      d)**Others** –

### 4.TRICUSPID VALVE                      Normal.

### 6. AORTIC MITRAL CONTINUITY: maintained

<b>Left Atrium</b>	4.1x4.1cm.	Clot	: none	Others:
<b>Right Atrium</b>	Normal	Clot	:none	I.A.S.: intact
<b>IVC</b>	10mm with normal respiratory variation			

(Cont .....2)

(...2)

### VENTRICLES

<b>RIGHT VENTRICLE:</b>	Normal	Ejection fraction: 59%
<b>LEFT VENTRICLE :</b>		Fractional Shortening 31%
IVS (D) 0.8cm.(S)	1.1 cm.	LV mass:126g
LVID(D) 4.26cm.(S)	2.92 cm.	
PW (D) 0.9cm (S)	1.2 cm	
RWMA: None		
IVS: Intact		

### **TOMOGRAPHIC VIEWS**

#### **PARASTERNAL LONG AXIS VIEW:**

Normal

Good LV contractility

#### **SHORT AXIS VIEWS:**

Aortic Valve Level	AOV- Normal MV-Normal PV-Normal TV-Normal
--------------------	--

Mitral Valve Level

Papillary Muscle Level:

#### **APICAL 4 CHAMBER VIEW**

No clot / vegetation

#### **OTHER SPECIAL VIEWS:**

(Cont.....3)

(.....3)

**PERICARDIUM**  
Normal  
**DOPPLER STUDIES**

	Velocity (m/ sec)	Flow Pattern	Regurgitation	Gradient mmHg
<b>MITRAL</b>	E=0.67;A=0.52 E/A=1.2;E/e'=5.6	Normal	Nil	-
<b>AORTIC</b>	1.3	Normal	Nil	6.9
<b>TRICUSPID</b>	1.9	Normal	Mild	15
<b>PULMONARY</b>	1.2	Normal	Nil	5.8

PASP=15+RAP

**CONCLUSIONS:**

- No RWMA
- LVEF = 59%
- Mild TR
- IAS/IVS intact
- No MR/AR
- No clot / vegetation.
- No pericardial effusion.
- No Diastolic Dysfunction

*A.K.*  
**DR. A.KSINGH**  
MD,DM(Cardiology)

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TO BOOK AN APPOINTMENT



<b>NAME</b> : MRS. KAMINI DEVI	<b>RT NO</b> : 4054
<b>DATE</b> : 30.MAR.2023	<b>AGE</b> : 32 Y
<b>REFERRED BY</b> : PAN INDIA	<b>SEX</b> : F

### ULTRASOUND OF WHOLE ABDOMEN

- **LIVER:** is normal in size (14.4 cms) with normal shape & **increased echogenicity**. Biliary radicals are not dilated. No obvious focal lesion. Portal & hepatic veins are normal in caliber.
- **GALL BLADDER:** is partially distended. Wall thickness is normal. No pericholecystic fluid collection noted. CBD is not dilated.
- **PANCREAS:** is normal in size and contour. Parenchyma shows normal echotexture. No pancreatic duct dilatation is seen. No peri-pancreatic fluid collection seen.
- **SPLEEN:** is normal in size (10.2 cms), shape & position. Parenchyma shows normal echotexture. Splenic veins are not dilated.
- **B/L KIDNEYS:**
  - Both kidneys are normal in size, site, shape, position. Cortical echoes are normal. Cortico-medullary differentiation is maintained. Pelvicalyceal system are not dilated. No obvious calculus / mass / cyst seen.
- **URINARY BLADDER:** is well distended with normal contour. Wall appears regular. No evidence of any calculus /mass lesion is seen.
- **UTERUS:** It is anteverted with normal size measuring 94x51x38 mm. Myometrial & endometrial echoes are normal. **IUD is seen in situ**. No obvious fluid collection seen with in endometrial canal. No focal mass lesion seen. Cervix appears normal.
- **RIGHT OVARY:** is normal in size, shape and echotexture.
- **LEFT OVARY:** is normal in size, shape and echotexture.
- No fluid in POD.

### IMPRESSION:

- **GRADE I FATTY LIVER.**

ADV: Please correlate clinically

Note:- discrepancies due to technical or typing errors should be reported for correction for seven days. No compensation liability stands.



Dr. Priyank K.S. Chaudhary

MBBS, DMRD, DNB (Radiodiagnosis)

Reg. No. - 12345

Reg. No. - 12345

Typed by

Poonam Tiwari

Dr. Priyank K.S. Chaudhary

MBBS, DMRD, DNB (Radiodiagnosis)

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TO BOOK AN APPOINTMENT





Patient Name	: MRS. KAMINI DEVI
Age/ Gender	: 32 Y/F
UHID/ MR No	: FHAZ.0000004054
Ref Doctor	:

Reported	: 30.mar.2023
Status	:
Client Name	:
Patient Location	: LUCKNOW

### X-RAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

OPINION: **NORMAL STUDY.**

*Please correlate clinically*



Dr. PRIYANK CHAUDHARY  
(RADIOLOGIST)

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TO BOOK AN APPOINTMENT



Report Doc No.: 4789  
Name : **Mrs. Kamini Devi / 32 Year / Female**  
Referred By : **ARCOFEMI HEALTHCARE LIMITED**

Patient No.: 3714-3704  
Collected On : 30-03-2023  
Report On: 30-03-2023 05:40 PM

**ARCOFEMI MEDIWHEEL FEMALE HEALTH PACKAGE**

**CBC (Complete Blood Count)**

<b>Hemoglobin</b> Method : (Cyanmethemoglobin)	9.4 gm%	Normal 12-15 gm%
<b>Hematocrit (PCV)</b> Method : (Calculated parameter)	27.0%	Normal 36-45 %
<b>RBC Count</b> Method : (Electrical Impedence)	3.19 million/cmm	Normal 3.7-5 million/cmm
<b>MCV</b> Method : (Calculated parameter)	84.6 fl	Normal 83-101 fl
<b>MCH</b> Method : (Calculated parameter)	29.5 pg	Normal 27-32 pg
<b>MCHC</b> Method : (Calculated parameter)	34.8 g/dl	Normal 31-37 g/dl
<b>RDW-CV</b> Method : (Electrical Impedence)	20.8 %	Normal 11.6-14 %
<b>TLC (Total Leucocyte Count)</b> Method : (Electrical Impedence)	6500 cells/cu.mm	Normal 4000-10000 cells/cu.mm
<b>DLC (Differential Leucocyte Count)</b> Method : (Electrical Impedence)		
Neutrophil	52 %	40-80
Lymphocyte	42 %	20-40
Eosinophil	02 %	1-6
Monocyte	04 %	2-10
Basophil	00 %	0-1
<b>ABSOLUTE LEUCOCYTE COUNT</b> Method : (Electrical Impedence)		
NEUTROPHILS	3380 cells/cu.mm	2000-7000
LYMPHOCYTES	2730 cells/cu.mm	1000-3000
EOSINOPHILS	130 cells/cu.mm	20-500
MONOCYTES	260 cells/cu.mm	200-1000
<b>Platelet Count</b> Method : (Electrical Impedence)	239 thousand/mm <sup>3</sup>	Normal 150-450 thousand/mm <sup>3</sup>

**GBP (Peripheral Blood smear )**

RBC : Show mild anisopoikilocytosis and are predominantly microcytic hypochromic with few Normocytic normochromic cells seen.

WBC : Total leucocyte count and differential leucocyte count as given.

Platelets : Platelets are adequate in number.

No hemoparasite or immature cells seen .

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Report On: **30-03-2023 05:40 PM**

**ESR ( Wintrobs )** 16 mm/h Normal 0-20 mm/h

**Blood Grouping/ABO RH Typing**

Blood Group : **"B"**  
Rh Factor : **POSITIVE**

**Blood Sugar (Fasting)** 80 mg/dl Normal 70-110 mg/dl  
Method : (GOD-POD)

**Blood Sugar (PP)** 96 mg/dl Normal 80-160 mg/dl  
Method : (GOD-POD)

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Report On: **30-03-2023 05:40 PM**

**Kidney Function Test (KFT)**

<b>Serum Urea</b> Method : <i>(UREASE)</i>	20 mg/dl	Normal 10-50 mg/dl
<b>Serum Creatinine</b> Method : <i>(Creatinine amidohydrolase)</i>	0.6 mg/dl	Normal 0.6-1.4 mg/dl
<b>Serum Sodium</b> Method : <i>(Direct ISE)</i>	137 mmol/L	Normal 135-146 mmol/L
<b>Serum Potassium</b> Method : <i>(Direct ISE)</i>	3.9 mmol/L	Normal 3.5-5.1 mmol/L

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Patient No.: 3714-3704  
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Report On: 30-03-2023 05:40 PM

### Liver Function Test (LFT)

<b>Serum Bilirubin - Total</b> Method : <i>(Diazo sulfanilic)</i>	0.6 mg/dl	Normal 0.2-1.2 mg/dl
<b>Serum Bilirubin - Direct</b> Method : <i>(Diazo sulfanilic)</i>	0.3 mg/dl	Normal 0-0.3 mg/dl
<b>Serum Bilirubin-Indirect</b> Method : <i>(Calculated parameter)</i>	0.3 mg/dl	Normal 0.3-1 mg/dl
<b>Serum SGOT/AST</b> Method : <i>(UV with P-5-P)</i>	21 U/L	Normal 10-46 U/L
<b>Serum SGPT/ALT</b> Method : <i>(UV with P-5-P)</i>	19 U/L	Normal 10-49 U/L
<b>Serum Alkaline Phosphatase (SALP)</b> Method : <i>(p-nitrophenyl phosphate)</i>	81 U/L	Normal 35-104 U/L
<b>Serum Gamma-Glutamyltransferase (GGT)</b> Method : <i>(IFCC)</i>	29 U/L	Normal 0-38 U/L

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Patient No.: 3714-3704  
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Report On: 30-03-2023 05:40 PM

### Lipid Profile

<b>Serum Cholesterol -Total</b> Method : <i>(CHE/CHO/POD)</i>	124 mg/dl	Normal < 200
<b>Serum Triglyceride</b> Method : <i>(Enzymatic)</i>	115 mg/dl	Normal < 150
<b>Serum Cholesterol VLDL</b> Method : <i>(Calculated parameter)</i>	23 mg/dl	Normal < 30
<b>Serum Cholesterol HDL</b> Method : <i>(Polymer-Detergent)</i>	32 mg/dl	Normal > 40
<b>Serum Cholesterol LDL</b> Method : <i>(Calculated parameter)</i>	69 mg/dl	Normal < 100
<b>Total Cholesterol/HDL Ratio</b> Method : <i>(Calculated parameter)</i>	3.88	Normal 0-4.5
<b>LDL/HDL Ratio</b> Method : <i>(Calculated parameter)</i>	3.06	Normal 0-3

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**HbA1c**

TEST NAME	RESULT	UNIT	BIO. REF. RANGE	METHOD
HBA1C, GLYCATED HEAMOGLOBIN, WHOLE BLOOD EDTA	4.5	%		TURBIDIMETRIC

Comment:

Reference range 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
DIABETICS	
EXCELENT CONTROL	6-7
FAIR TO GOOD CONTROL	7-8
UNSATISFACTORY CONTROL	8-10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

- A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control).
- Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
- Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present. Fructosamine may be used as an alternate measurement of glycemic control.

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**T3 T4 TSH**

<b>Serum T3</b> Method : <i>(Chemiluminescence Immunoassay)</i>	1.01 ng/ml	Normal 0.7-2 ng/ml
<b>Serum T4</b> Method : <i>(Chemiluminescence Immunoassay)</i>	6.36 µg/dl	Normal 6.1-12.2 µg/dl
<b>Serum Thyroid Stimulating Hormone (TSH)</b> Method : <i>(Chemiluminescence Immunoassay)</i>	6.37 uIU/ml	Normal 0.3-5.6 uIU/ml

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Urine R/M

DEPARTMENT OF CLINICAL PATHOLOGY			
URINE EXAMINATION REPORT			
TEST NAME	VALUE	UNIT	NORMAL VALUE
<b>PSYSICAL EXAMINATION:-</b>			
Urine Color	Pale Yellow		Pale yellow
Reaction	Acidic		Acidic/Alkaline
Appearance	Clear		Clear
Specific Gravity	1.005		1.010-1.025
<b>CHEMICAL EXAMINATION:-</b>			
Albumin	Absent		Trace/Nil
Glucose	Absent		Absent
Ketone	Absent		Absent
Blood	Absent		Absent
Bilirubin	Absent		Absent
Urobilinogen	Absent		Absent
Nitrite	Absent		Absent
<b>MICROSCOPIC EXMINATION:-</b>			
Pus Cells(WBC)	0-2	Cells/hpf	
Red Blood Cells (RBC)	Nil	Cells/hpf	
Epithelial Cell	2-3	Cells/hpf	
Casts	Nil	Nil	
Bacteria	Nil		
Crystals	Nil	Nil	

End of Report



Checked By 

  
Dr. Divya Mehdiratta  
MBBS, MD (Pathologist)

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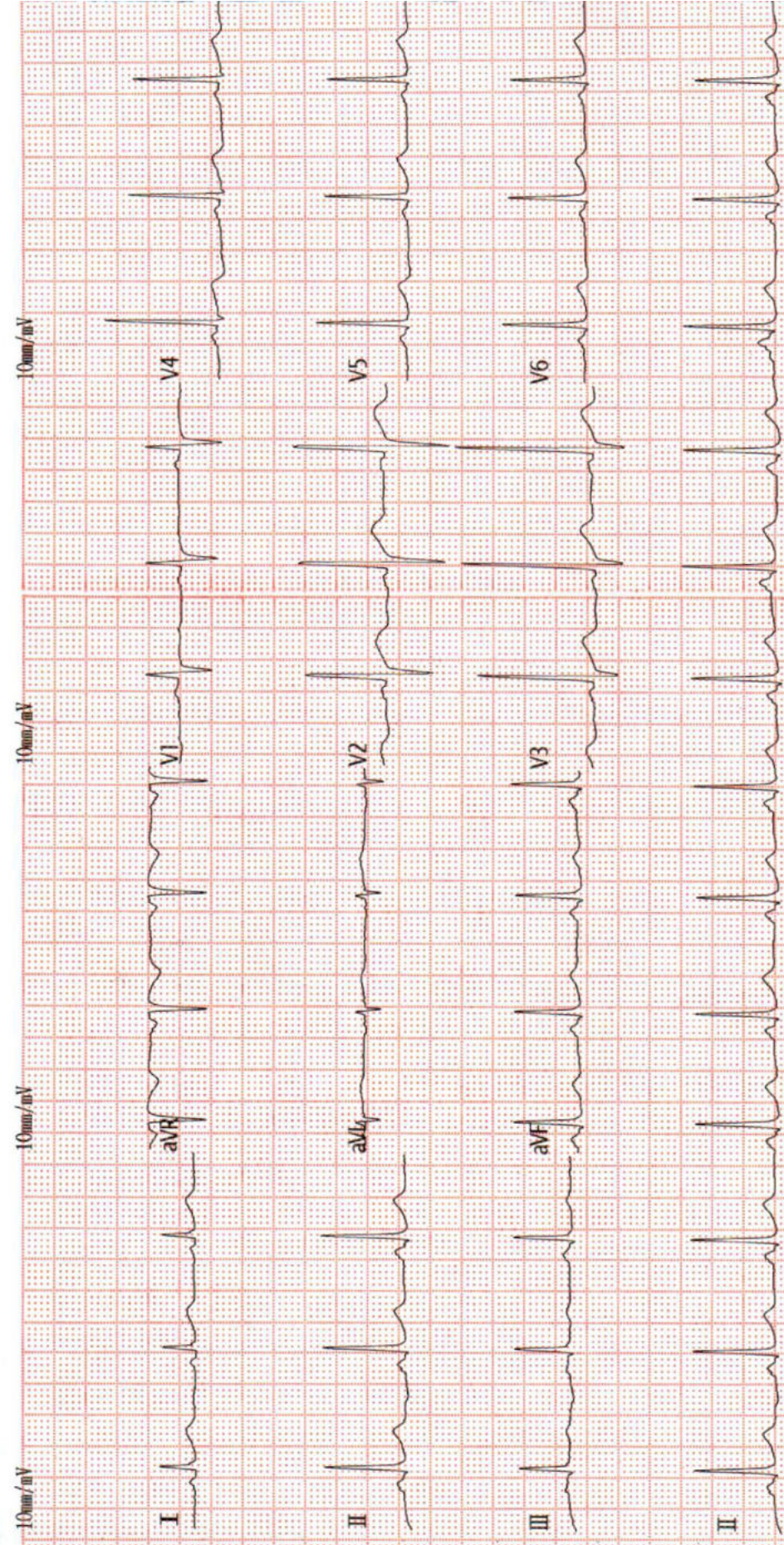
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<ECG Analysis Result>

Vent. Rate(BPM) : 79  
 PR Int.(ms) : 125  
 P/QRS/T Int.(ms) : 92  
 QT/QTc Int.(ms) : 369 / 479  
 P/QRS/T Axis(Deg.) : 71  
 RV1/SV5 Amp.(mV) : 0.45  
 RV5/SV1 Amp.(mV) : 1.27

		ST LEVEL(mV)					
I	II	III	aVR	aVL	aVF		
+0.00	-0.03	-0.03	+0.01	+0.01	-0.03		
V1	V2	V3	V4	V5	V6		
-0.03	-0.02	-0.02	-0.02	-0.01	-0.01		

Note: Hic confirmed Report Need to Review

V2 33 Technician



Kamini Devi 32/F

C/C - regular dental checkups

O/E - stains ++

calculus ++

dental caries  $\frac{5}{+}$

Adv - ① oral prophylaxis

②. restorations  $\frac{5}{+}$

*Sati*

Dr. ROHIT MADAN  
MDS (Periodontist & Oral Implantologist)  
Consultant Dentist  
DCI Reg. No. 002259  
Apollo Clinic, Hazratganj



30.3.23.

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Address: TECHNO HERITAGE, Jehangirabad Palace,  
Next to DM Residence, 12, Rani Laxmi Bai Marg,  
Hazratganj, Lucknow 226001

Online appointments: [www.apolloclinic.com](http://www.apolloclinic.com)

Email: [hazratganj.lko@apolloclinic.com](mailto:hazratganj.lko@apolloclinic.com)

TO BOOK AN APPOINTMENT



<b>Patient Name-</b> Mrs. Kamini devi	<b>Date-</b> 30/1/23
<b>Age-</b> 32	<b>Sex-</b> F
<b>B P - Systolic</b> 99 <b>Diastolic</b> 56 mmHg	<b>R.B.S.-</b>
<b>Pulse-</b> 83/min	<b>SPO2-</b> 98%
<b>Temp-</b> 96.4°F	<b>Height-</b>
<b>Weight-</b> 58.6 kgs	<b>BMI-</b>
<b>Consultant-</b>	<b>Fat-</b>

No complaint

V. weight UA

O/H P2+O+H1  
 . Both H. UR2  
 25 - 6 yls.  
 Comp - 22/03/1  
 P1A No Tendr  
 P1V - UR2  
 P1B NA 1/2



Valid for 7 Days

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TO BOOK AN APPOINTMENT


**7897 123 777**



Mrs. Kamini Devi  
Age - 32 Y / F



clo - how

Vm < 6/6  
6/6

Nvm < N/6  
N/6

(Vm < 38/38 } WNL  
38/38

\* No need to glass.

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GST : 09ADNPA2038G1Z5

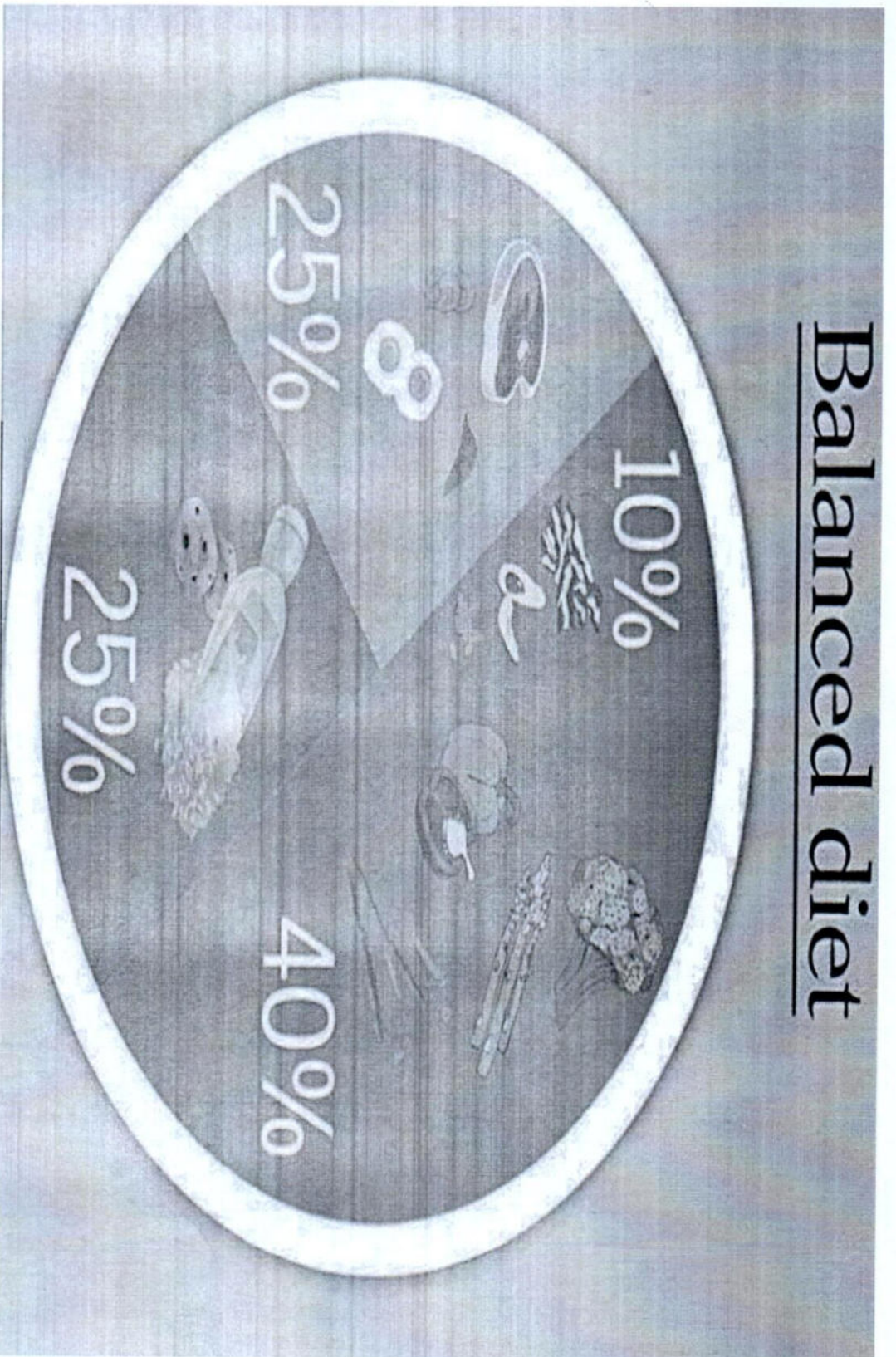
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TO BOOK AN APPOINTMENT



# Balanced diet



● Fruits and vegetables

● Protein

● Fibre-rich carbohydrates

● Fats



1  
Morning (7:00 am)

Flax Seeds (roasted)(1tsp) + 1/4<sup>th</sup> Lemon + 1 glass Luke warm water / Apple cider vinegar (1/4<sup>th</sup> tsp) + a pinch of cinnamon powder in a glass of luke warm water

1st (9:30 to 10:00 am)

Open paneer sandwich with mint chutney / 2-3 idlis (sautéed with veggies) / 2 egg omelette with 2 whole grain bread slices / 2 small multigrain mixed vegetable or Dal stuffed parathas  
Oats porridge with nuts (1 bowl) / Dalia Veg Poha (1 bowl)

2nd (12:00 pm)

Mattha (butter milk) (150ml) / A fruit (papaya, Guava, Apple, orange, Pear, kiwi)

3rd (2:00 pm)

2 multigrain roti + 1 bowl vegetable subji / non-veg subji + 1 bowl boiled pulse (rajma, kad chana, black chana, green moong etc) / 1 bowl brown rice + 1 bowl mixed vegetable subji + dal (1 bowl)

4th (5:00 pm)

2 multigrain flour khakras / mixed seeds / Roasted makhana (25gm) + Tea / green tea

5th (8:00 Pm)

Lauki Curry / Turai / Matar Mushroom / matar nutrella chunks + 2 multigrain chapati + Salt  
Lemon rice with Coconut chutney + Fruit Yogurt

6th (if you are up late)

1 cup turmeric milk



**K 2**

7 morning (7:00)

10 ml aloe vera + wheatgrass juice / luke warm water

breakfast (9:30 – 10:00pm)

2 medium vegetable uthappam / 1 bowl vegetable upma + chutney / 2 medium paneer, oats and ragi cheela with green chutney / 1 bowl fruit, flaxseed and oats porridge

-Noon (12:00 pm)

Yakult (sugar Free) / a fruit + multiseeds (10gms)

lunch (2:00 pm)

Dosa (1) + sambhar (1 bowl) / missi roti (2) + paneer curry / veg pulao + tomato chutney / dal Baati (2) chokha

Evening Tea (5:00 pm)

Tea + Marigold biscuits / Roasted Chana, laiyya

dinner (8:00pm)

Bhelpuri (150-200gm) / Chickpea salad / Veg salad (paneer broccoli, bell pepper, beans) / egg salad + Soup

-dinner (if you are up late)

1 glass turmeric milk





### WEEK 3

Early morning (7:00 am)

1 tsp Chia seeds (soaked in 1 cup water) + Luke warm water (1 glass) + ½ lemon

Breakfast (9:30am to 10:00am)

Paneer prantha with curd (1) / Moong dal veggie cheela / cucumber, tomato, onion club sandwich / Egg poached (2) + nuts (1 walnut, 5 almonds)

Mid-Noon (12:00pm)

fistful of Assorted nuts + 100ml coconut water

Lunch (2:00 pm)

2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick dal / 1 bowl brown rice + 1 bowl mixed vegetable sambhar + 1 bowl subji + 1 bowl low-fat curd

Evening tea (5:00pm)

2-3 dhokla / 2 Atta matthi (homemade) + tea

Dinner (8:00 pm)

1 bowl fruit and veggie mixed salad of choice + 2 bran rotis (wheat roti or oat bran) + 1 bowl of subji / Palak dal / idli Sambhar

post-dinner (if you are up late)

1 cup turmeric milk





## WEEK 4

Early morning (7:00 am)

10 ml Amla juice + 1 glass luke warm water / 3-4 walnuts and almonds + water.

Breakfast (9:30 – 10:00am)

2 medium dal paranthas (less oil) (made from leftover dal if any) + 1 bowl low-fat curd / Steamed sprouts (100gm) with a papaya / apple, almond smoothie (150ml)

Mid-Noon (12:00pm)

Granola bar / Mattha (butter milk) (150ml) / A fruit (papaya, Guava, Apple, orange, Pear, kiwi)

Lunch (2:00 pm)

1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai / 2 multigrain roti + 1 bowl non-veg subji or egg bhurji or paneer bhurji/ 2 vegetable millet uttapams + 1 bowl sambhar / kalbi chana with wheat kulcha

Evening Tea (5:00 pm)

Tea with rusk (1) / roasted peanut makhana + tea

Dinner (8:00 pm)

Veg pasta (wheat) (150gm) / paneer tikka with bell peppers (200gm) / veg frankie (2) / soy Manchurian + veg pulao (150gm)

Post-dinner (if you are up late)

1 glass warm milk / fruit pudding

## Do's

1. Have plenty of water throughout the day.
2. 15 minutes of breathing exercise is advisable (specially deep breathing and anulom vilom)
3. Try to include more fibre in ur diet. (green veggies)
4. fruits and whole grains)
5. Chew your food properly, eat slowly.
6. Take sound sleep, stress less.
7. Be more active throughout the day.
8. Include ,Aam panna
9. Make fix time for eating.
10. Avoid meal gaping.
11. Prefer cooked food.
12. Have fresh,hot, home cooked meals.
13. Have small portion of meals in frequent intervals.
14. Have more fermented food items.

## Don't

- 1.Avoid raw foods. (pulses, beans, sprouts, salads)
- 2.Avoid excessive coffee and tea.
- 3.Avoid banana, cheeku, and custard apple
- 4.don't sleep just after having meals.
- 5.Avoid bakery, packed, processed and canned foods.
- 6.Avoid pickle, papad, and tomato ketchup, mayonnaise etc.
- 7.Reduce juices carbonated drinks and sodas.
- 8.Avoid stale food.
- 9.Avoid sweets and salty foods, (all junk)
- 10.Avoid fatty and fried food



## Notes:

- Go for Daily Exercise (60 mins - 90 mins.)
- Avoid extra salt and salted foods like Pappad, Pickle, Sauce, ketchup,
- Salted snacks and namkeens.
- 100 gm. of any leafy vegetables (Coriander leaves, Meethi, Bathua, and
- Spinach) include in diet daily.
- Avoid all fried foods, bakery foods, Rusk, Biscuits, and Ready to eat
- Cornflakes, masala oats, Maggie, food made of Maida, Sweets, Ice cream, Cake, Pastries, Pizza, Burger, Soft drinks, Soda water ,Chips,
- Pao, Bhatura, Paratha, White Bread, Maida noodles, Samosa, Patties,
- Package snacks.
- Oil -Use Mustard oil, Olive oil, Rice bran oil, and Ground nut oil. (Cold
- Pressed).
- Have 4 varieties of fruits daily. (Prefer Seasonal, Citrus fruits)
- Drink 2.5-3.5 litre of water per day. Prefer warm water.
- Take small bites and chew the foods properly.
- Prefer low sodium iodized salt. Avoid Extra salt and salted Foods.



## Weight loss tips to consider while following the above diet chart

- Superfoods are the biggest key to quick and healthy weight loss. **Superfoods** are nothing regular foods that have concentrated with nutrients. They could be millets, seeds, certain varieties, or even fiber-rich foods. Consume them in measured amounts every day and see weight melting.
- Always drink enough water. Many times thirst is masked as hunger. So when you are hungry, drinking water first. It is a proven natural way to fill up the stomach and preventing yourself from gorging later.
- Always preclude lunch with salads or chewy soups. You will be tempted to eat less rice or roti whatever is for lunch.

all your meals have a protein source. If any meal is lacking in it, throw in an egg or dal to  
protein.

One day in the week can be designated as a cheat day. It will help you to manage cravings and get  
back on your Indian diet chart for weight loss.

On a cheat day, do not overindulge in sweets or fried items. If you feel like it, have a small bite-sized  
portion to simply curb the craving.

Never at any point during the diet, starve yourself. There is evidence that starvation, in fact, leads to  
overeating.

Remember, the short-term goal is not going to yield results. Hence, always focus on clean, healthy  
eating that promotes weight loss and at the same time can be adopted throughout your life.