

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	MR. NAGARAJU P SIVA SANKARA ✓
EC NO.	159995
DESIGNATION	SINGLE WINDOW OPERATOR A
PLACE OF WORK	HYDERABAD, AMEERPET
BIRTHDATE	21-10-1980
PROPOSED DATE OF HEALTH CHECKUP	16-10-2022
BOOKING REFERENCE NO.	22D159995100027984E

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 16-10-2022 till 31-03-2023. 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).)



భారత ప్రభుత్వం

GOVERNMENT OF INDIA

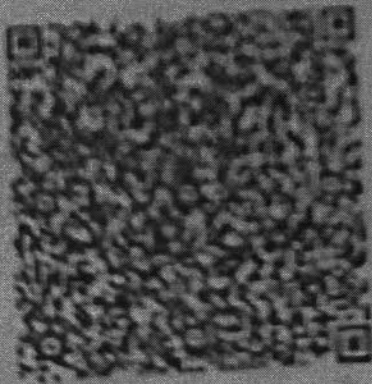
పొంతులా శివ శంకర్ నాగరాజు

Pontula Siva Sankar Nagaraju

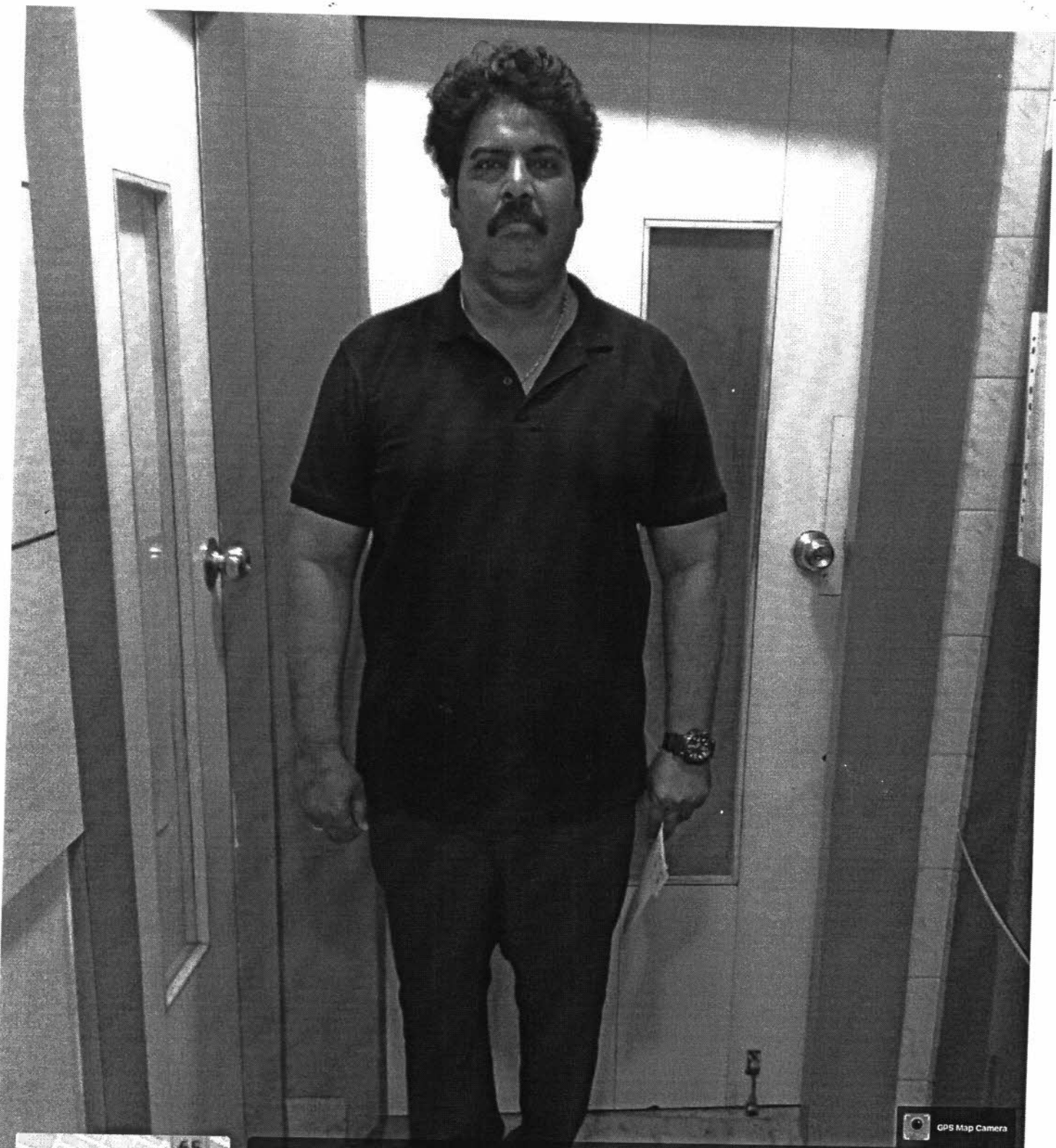


పుట్టిన సంవత్సరం / Year of Birth: 1980
పురుషుడు / Male

9720 3789 5657



ఆధార్ - సామాన్య నివాసాధి కార్డు



GPS Map Camera



Hyderabad, Telangana, India
LIG-384, K P H B Phase 1, Kukatpally, Hyderabad, Telangana
500072, India
Lat 17.492779°
Long 78.398065°
26/03/23 09:23 AM GMT +05:30



Name : MR. P SIVA SANKARA NAGARAJU
Age /Sex : 43 Y / M
Ref. By : BANK OF BARODA (MW)

Reg. No : O23-3718
Registration Date : 26-03-2023
Alt ID :

X-RAY CHEST PA VIEW

- Hilar regions are normal.
- Both C P angles are free.
- Domes of diaphragms are normal.
- Bony cage is normal
- Cardio thoracic ratio is normal.
- Lung - clear. No Evidence of any Signs of active Tuberculosis

IMPRESSION :

**** NORMAL STUDY**

Dr Ravi Krishna
Consultant Radiologist



Name : MR. P SIVA SANKARA NAGARAJU
Age /Sex : 43 Y / M
Ref. By : BANK OF BARODA (MW)

Reg. No : 023-3718
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Alt ID :

Investigation

Result

Normal Ranges

HAEMOGRAM

Investigation

Result

Normal Range

Haemoglobin	13.0 gm%	Male : 14.0 - 18.0 gm % Female : 11.5 - 16.0 gm % Children : 12 - 14 gm%
R B C mil/cmm	4.3 mil/cmm	Male : 4.5 - 6.5 mil/cmm Female : 4.0 - 5.5 mil/cmm
Packed Cell volume (PCV)	40 %	Male : 40 - 54 % Female : 36 - 49 %
MCV	75 Cubic microns	76 - 96 Cubic microns
MCH	24 Picograms	27- 32 Picograms
MCHC	31 gm%	30 - 36 gm%
WBC (Total)	6,100 cells/cmm	4,000 - 11,000 cells/cmm

DIFFERENTIAL COUNT

Neutrophils (Polymorphs)	74 %	Adults : 40 - 75 % Children : 36- 50 %
Lymphocytes	20 %	Adults : 20 - 40 % Children : 36- 50 %
Eosinophils	04 %	1 - 6 %
Monocytes	02 %	2 - 10 %
Basophils	00 %	00 - 01 %
Platelet count	1,98,000 cells/cmm	1,50,000 - 4,00,000 cells/cmm
ESR 1st Hour	05 mm/hour	Male : 0 - 10 mm / hour Female : 0 - 14 mm / hour
Reticulocyte count	0.8 %	0.5 - 1.0 %

PERIPHERAL SMEAR EXAMINATION

RBC's Morphology	Normocytic / Normochromic
WBC	With in normal limits
Plateletes	Adequate
Abnormal Cells	* Nil

Method : Automated Cellcounter&Microscopy

Dr Rajani Gutha, PhD
Chief Biochemist

* End of Report *
Verified by

Dr S Ramadevi, MD
Consultant Pathologist



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Registration Date : 26-03-2023
Alt ID :

Investigation

Result

Normal Ranges

Investigation

Result

Blood Group

"B"

Rh Typing (Anti-D)

POSITIVE

Dr Rajani Gutha, PhD
Chief Biochemist

* End of Report *

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Consultant Pathologist



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Investigation

Result

Reference Range

% HbA1c (Glycosylated Haemoglobin)
 (Method: HPLC-NGSP Certified)

7.1 %

< 6.0 : Pre Diabetic
 6-7 : Good Control
 7-8 : Weak Control
 > 8.0 : Poor Control

Intrepretation :

HbA1c is an indicator of glycemic control. HbA1c represents average glycemia over the past six to eight weeks. Glycation of hemoglobin occurs over the entire 120 day life span of the red blood cell, but within this 120 days. Recent glycemia has the largest influence on the HbA1c value. Clinical studies suggest that a patient in stable control will have 50% of their HbA1c formed in the month before sampling, 25% in the month before that, and the remaining 25% in months two to four.

Mean Plasma Glucose mg/dl = (HbA1c x 35.6) - 77.3)

Correlation between HbA1c and Mean Plasma Glucose (MPG) is not "perfect" but rather only .81 (1.0 would be a straight line, which has "perfect" correlation...) This means that to predict or estimate average glucose from Hb-A1c or vice-versa is not "perfect" but gives a good working ballpark estimate. Afternoon and evening results correlate more closely to HbA1c than morning results, perhaps because morning fasting glucose levels vary much more than daytime glucose levels, which are easier to predict and control.

* End of Report *

Dr Rajini G, PhD
 Chief Biochemist

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 Consultant Pathologist



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Investigation

Result

Reference Range

Fasting Plasma Glucose *
Blood Sugar
Method GOD-POD

149 mg/dl


70 - 110 mg/dl

Post Prandial Glucose *
(Blood Sugar)
Method GOD-POD


230 mg/dl

70 - 160 mg/dl

* End of Report *


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Investigation

Result

Reference Range

Liver Function Tests

Total Bilirubin (Method: Walter &Gerarde)	:	0.39 mg/dl	0.3 - 1.2 mg/dl
Direct Bilirubin (Conjugated) (Method: Walter &Gerarde)	:	0.11 mg/dl	0.0 - 0.2 mg/dl
Indirect Bilirubin (Unconjugated)	:	0.28 mg/dl	
Alkaline Phosphatase (Method: GSCC)	:	75 U/L	Male : 53 - 128 U/L Female : 42 - 98 U/L Children : 54 - 369 U/L
S G P T (Method: IFCC)	:	16 IU/L	UP TO 55 IU/L
S G O T (Method: IFCC)	:	19 IU/L	UP TO 55 IU/L
Total Proteins (Method: Biuret)	:	6.5 gm/dl	6.0 - 8.3 gm/dl
Albumin (Method: BCG)	:	3.9 gm/dl	3.5 - 5.2 gm/dl
Globulin (Method: Calculated)	:	2.6 gm/dl	
A/G Ratio		1.5	
Gamma GT IFCC Method		24 U/L	Male : 10 - 50 U/L Female : 7 - 35 U/L
Lab Incharge			

* End of Report *

Verified by

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Chief Biochemist

Dr S Ramadevi MD
Consultant Pathologist



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Investigation

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Reference Range

Serum Creatinine *
Method Enzymatic

0.9 mg/dl

Male : 0.7 - 1.3 mg/dl
Female : 0.6 - 1.1 mg/dl
New Born 1 - 4 days : 0.3 - 1.0 mg.dl
Infant (upto 1year) : 0.2 - 0.4 mg/dl
Children : 0.3 - 0.7 mg/dl

Blood Urea *
Method GLDH

22 mg/dl

10 - 50 mg/dl

Blood Urea Nitrogen *
Calculated

10.2 mg/dl

6 - 25.5 mg/dl

Serum Uric Acid *
Method:Uricase POD

6.8 mg/dl

Male : 3.5 - 7.2 mg/dl
Female : 2.6 - 6.0 mg/dl

* End of Report *

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Consultant Pathologist

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Investigation

Result

Reference Range

Lipid Profile

Total Cholesterol * Method CHOD-POD	156 mg/dL	Normal : < 200 mg/dL Borderline High : 200 - 239 mg/dL High : > 240 mg/dL
Serum Triglycerides * Method GPO - POD	153 mg/dL	Normal : < 150 mg/dL Borderline High : 150 - 199 mg/dL High : 200 - 499 mg/dL Very High : =/> 500 mg/dL
H D L Cholesterol * Method Direct CHOD-PAD	37 mg/dL	Low : < 40 High : > 60
L D L Cholesterol * Method Calculated	88.4 mg/dL	Optimal : < 100 Borderline High : 130 - 159 High : 160 - 189 Very High : =/> 190
V L D L Cholesterol * Method Calculated	30.6 mg/dL	10 - 30 mg/dL
TC / HDL Cholesterol Ratio * Method Calculated	4.22 Ratio	3.0 - 5.0 Ratio
LDL / HDL Ratio * Method Calculated	2.39 Ratio	1.5 - 3.5 Ratio

* End of Report *

Verified by

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Consultant Pathologist

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Chief Biochemist



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Alt ID :

Investigation

Result


Normal Ranges

Trilodothyronine Total (TT3)	111 ng/mL	60-200 ng/mL
Thyroxine - Total (TT4)	9.4 mg/dL	4.5-12 mg/dL
Thyroid Stimulating Hormone(TSH) Method: C.L.I.A	3.15 μ IU/ml	0.3-5.5 μ IU/ml

Interpretation

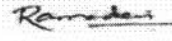
Primary malfunction of the thyroid gland may result in excessive (hyper) or below normal (hypo) release of T3 or T4. In addition, as thyroid function is directly affected by TSH. Diagnostically, T3 concentration is more sensitive to certain thyroid conditions than T4. While T4 levels are a sensitive (and superior) indicator of hypothyroidism, T3 blood levels better define hyperthyroidism. Because T3 concentration in serum changes faster and more markedly than T4, the T3 level is also an excellent indicator of the ability of the thyroid to respond to both stimulatory and suppressive tests. Under conditions of strong thyroid stimulation, the T3 level offers a good.

It is especially useful in the differential diagnosis of 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.


Dr Rajani Gutha, PhD
Chief Biochemist

*** End of Report ***


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Investigation

Result

Normal Ranges


Prostatic Specific Antigen(PSA)

0.11 ng/ml


Upto 4.0 ng/ml

Most men with an elevated PSA level turn out not to have prostate cancer; only about 25 percent of men who have a prostate biopsy due to an elevated PSA level actually have prostate cancer.

A single elevated PSA measurement in a patient who has a history of prostate cancer does not always mean that the cancer has come back. A man who has been treated for prostate cancer should discuss an elevated PSA level with his doctor. The doctor may recommended repeating the PSA test or performing other test to check for evidence of a recurrence. The doctor may look for a trend of rising PSA level over time rather than a single elevated PSA level.


Dr Rajani Gutha, PhD
Chief Biochemist

* End of Report *
Verified by 


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Investigation

Result

Complete Urine Examination

Investigation

Result

PHYSICAL EXAMINATION

Colour : Pale Yellow
Apperance : Clear
Reaction : Acidic
Specific Gravity : 1.030

CHEMICAL EXAMINATION

Albumin : Nil
Glucose : Nil

MICROSCOPIC EXAMINATION

Pus Cells : 1 - 2 /HPF
Epithelial Cells : 2 - 3 /HPF
RBC : Nil /HPF
Crystals : Nil
Casts : Nil
Bacteria : Nil
Others : Nil

** End of report **

Dr Rajani Gutha
Chief Biochemist

Verified by

D RS Ramadevi, MD
Consultant Pathologist



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Ultrasound Scan Abdomen

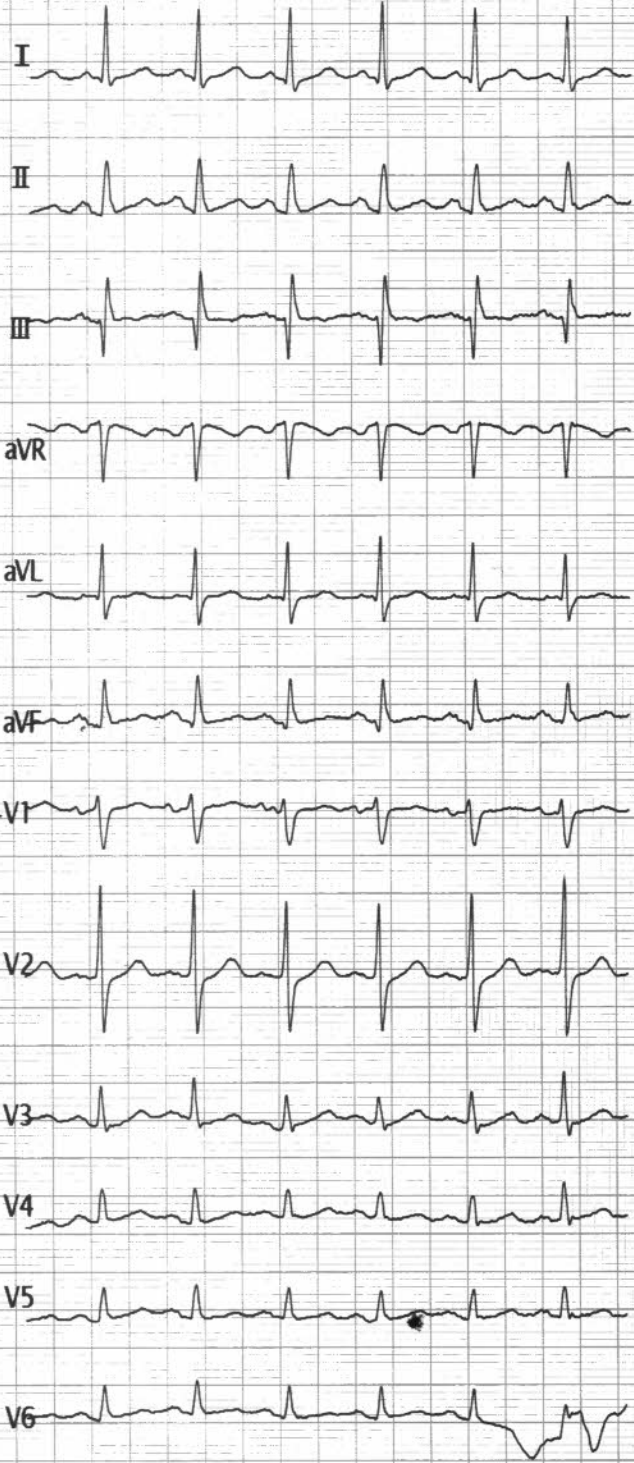
- Liver** Increased in Size (165 mm), shape, contour normal with increased echotexture. No localized mass lesions seen. Intrahepatic vascular system, Portal vein, C.B.D and biliary radicals are normal
- Gall Bladder** Contracted.
- Spleen** Size : 114 mm, Shape and echotexture normal, No abnormal calcifications seen.
- Pancreas** Head, body and tail echotexture are normal. Pancreatic duct normal. No mass or cystic lesions seen. No calcifications are seen.
- Kidneys** Right kidney Measures : 102 X 52 mm
Left kidney Measures : 106 X 55 mm.
Evidence of tiny calculus noted in the lower pole measuring ~ 3.4 mm.
Peri renal areas normal, Renal capsule normal, Cortical thickness, Cortical echopattern and corticomedullary differentiation are normal. Pelvicalyceal system normal. ~~No~~ ~~calculus~~ ~~or~~ ~~no~~ mass lesions are seen.
- Urinary Bladder** Partially distended, Normal wall thickness. No evidence of calculi. No focal lesions.
- Prostate** Size, Echotexture normal. No calcification seen.
Volume - 13 cc.
- Others** Aorta and IVC are normal. No lymphadenopathy. No ascitis.
- Impression** - Mild Hepatomegaly with Grade - I fatty liver.
- Left tiny renal calculus.
Advice - Correlate Clinically.

Dr. Azam
Radiologist

10mm/mV

TO BE CORRELATED CLINICALLY

<ECG Analysis Result>



Vent. Rate(BPM) : 117
 PR Int.(ms) : 124
 P/QRS/T Int.(ms) : 103 96 160
 QT/QTc Int.(ms) : 316 445
 P/QRS/T Axis(Deg.) : 23 47 35
 RV1/SV5 Amp.(mV) : 0.15 0.00
 RV5/SV1 Amp.(mV) : 0.37 0.44

800 Normal Sinus Rhythm ✓
 611 T Abnormality(Flat T)
 *** Borderline Abnormal ECG ***

N29
 Sinus tachy

Dr. V. HARIRAM
 MD, DM(Card)

HARI'S HEART CLINIC
 1st Floor, MIG-321, 4th Road,
 KPHB, Hyderabad-72. Ph.: 9800253911

V2.33 Technician :

Note: Unconfirmed Report Need

ST LEVEL(mV)

I	II	III	aVR	aVL	aVF
-0.00	+0.00	+0.00	+0.00	-0.01	+0.00
V1	V2	V3	V4	V5	V6
+0.01	-0.01	+0.00	+0.00	+0.00	+0.01

023-3718 M / 43 Y
 MR. P SIVA SANKARA NAGARA



Aditya Diagnostics 26-03-2023

> 000000000000 F 9Y / cm/Kg

233719 / M/P SIVA SANKARA NAGARAJU

43 Yrs / Male
97 Kg / 171 Cms
26-Mar-2023 11:43:08 AM

Protocol : BRUCE

Medication : SUGAR TABLETS

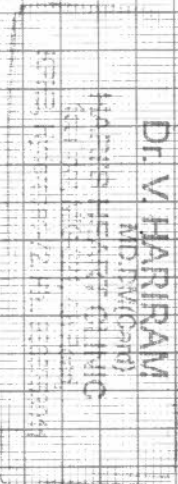
Ref By : BANK OF BARODA

Objective :
History : SUGAR

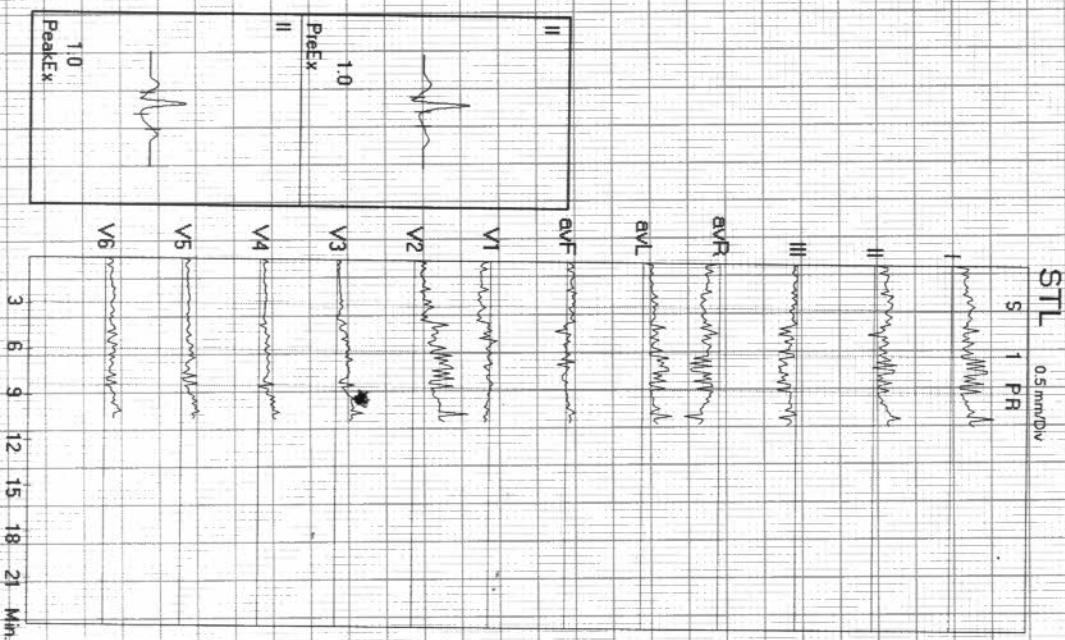
Stage	Stage Time (Min:Sec)	Phase Time (Min:Sec)	Speed (mph)	Grade (%)	METS	H.R. (bpm)	B.P. (mmHg)	R.P.P. (x100)	PVC	Comments
Supine					1.0	131	120/70	157	-	
Standing					1.0	133	120/70	159	-	
HV					1.0	133	120/70	159	-	
ExStart					1.0	133	120/70	159	-	
Stage 1	3:00	3:01	1.7	10.0	4.7	154	130/80	200	-	
PeakEx	2:24	5:25	2.5	12.0	6.6	171	140/90	239	-	
LegPain	0:40	5:26	1.1	0.0	1.0	167	140/90	233	-	
Dizziness	0:44	5:26	1.1	0.0	1.0	165	140/90	231	-	
Recovery	1:00		1.1	0.0	1.0	159	140/90	222	-	
Recovery	2:00		0.0	0.0	1.0	145	130/80	188	-	
Recovery	2:09		0.0	0.0	1.0	146	120/70	175	-	

Findings :

Exercise Time : 05:25
Max HR Attained : 171 bpm 97% of Target 177
Max BP : 140/90 (mmHg)
Max Workload attained : 6.6 (Fair Effort Tolerance)



TMT is Negative FOR INDUCIBLE ISCHEMIA



Advice/Comments:



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES
 MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.

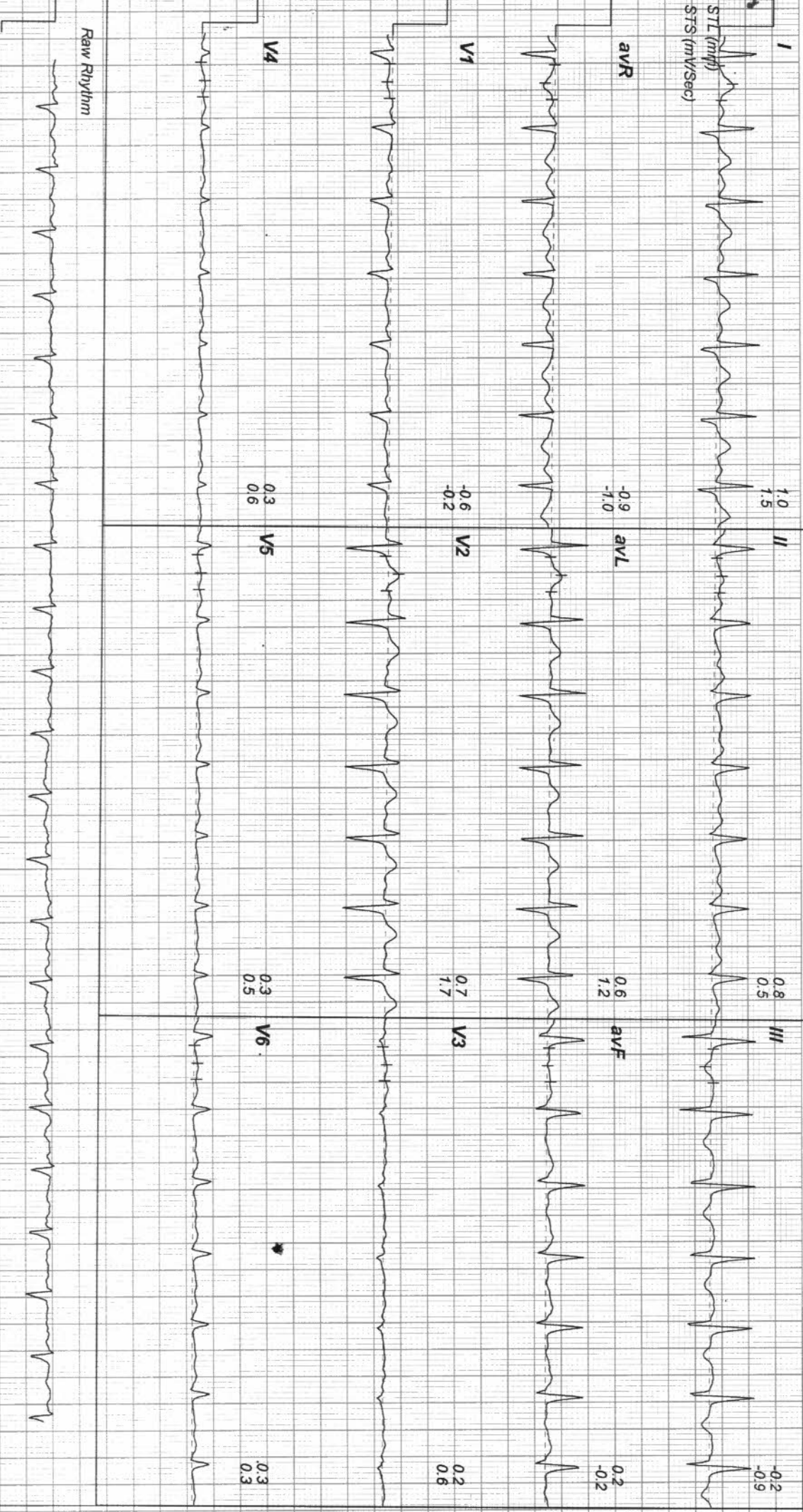
Linked Medians Report

233719 / MR P SIVA SANKARA NAGAPPA JBR bpm
 43 Yrs / Male
 METS: 1.0
 97 Kg / 171 Cm/
 Date: 26-Mar-2023 11:43:08 AM

Tgt HR: 74% of 177
 Speed: 11.0 mph,
 Grade: 0.0%

Ex Time 01:14
 BLC: Off
 Notch: On
 (0.05-100)Hz

SUPINE
 1.0 Cm/mV
 25 mm/Sec.



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES

MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.

233719 / MR P SIVA SANKARA NAGARRAJU

43 Yrs / Male

97 Kg / 171 Cm/

Date: 26-Mar-2023 11:43:08 AM

MEETS: 1.0

BP: 120/70

Grade: 0.0%

Tgt HR: 75% of 177

Speed: 11.0 mph,

Grade: 0.0%

Linked Medians Report

Ex Time 02:06

BLC: Off

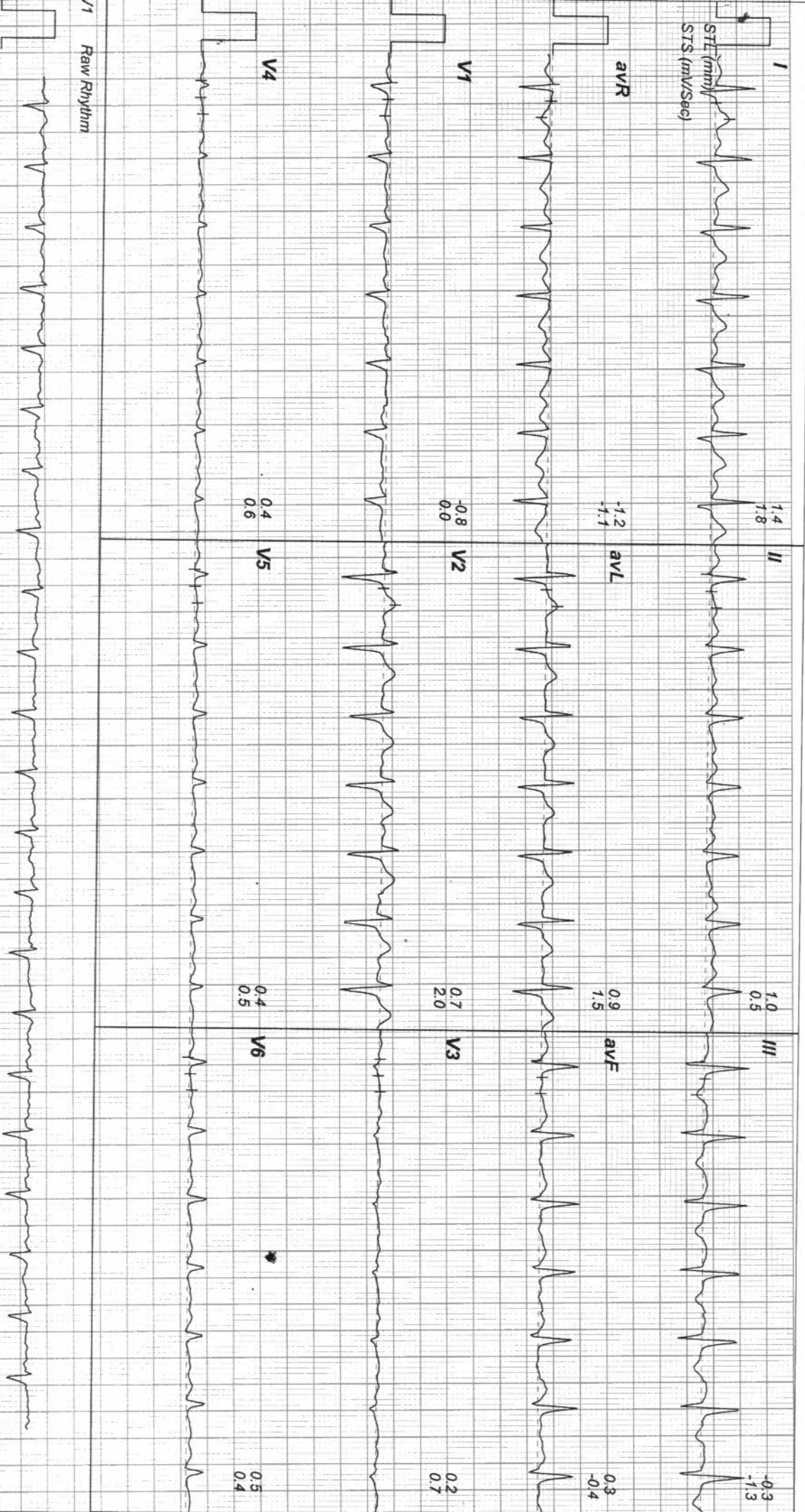
Notch: On

(0.05-100)Hz

STANDING

1.0 Cm/mV

25 mm/Sec.



Raw Rhythm

ADITYA DIAGNOSTIC & RESEARCH LABORATORIES
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Linked Medians Report

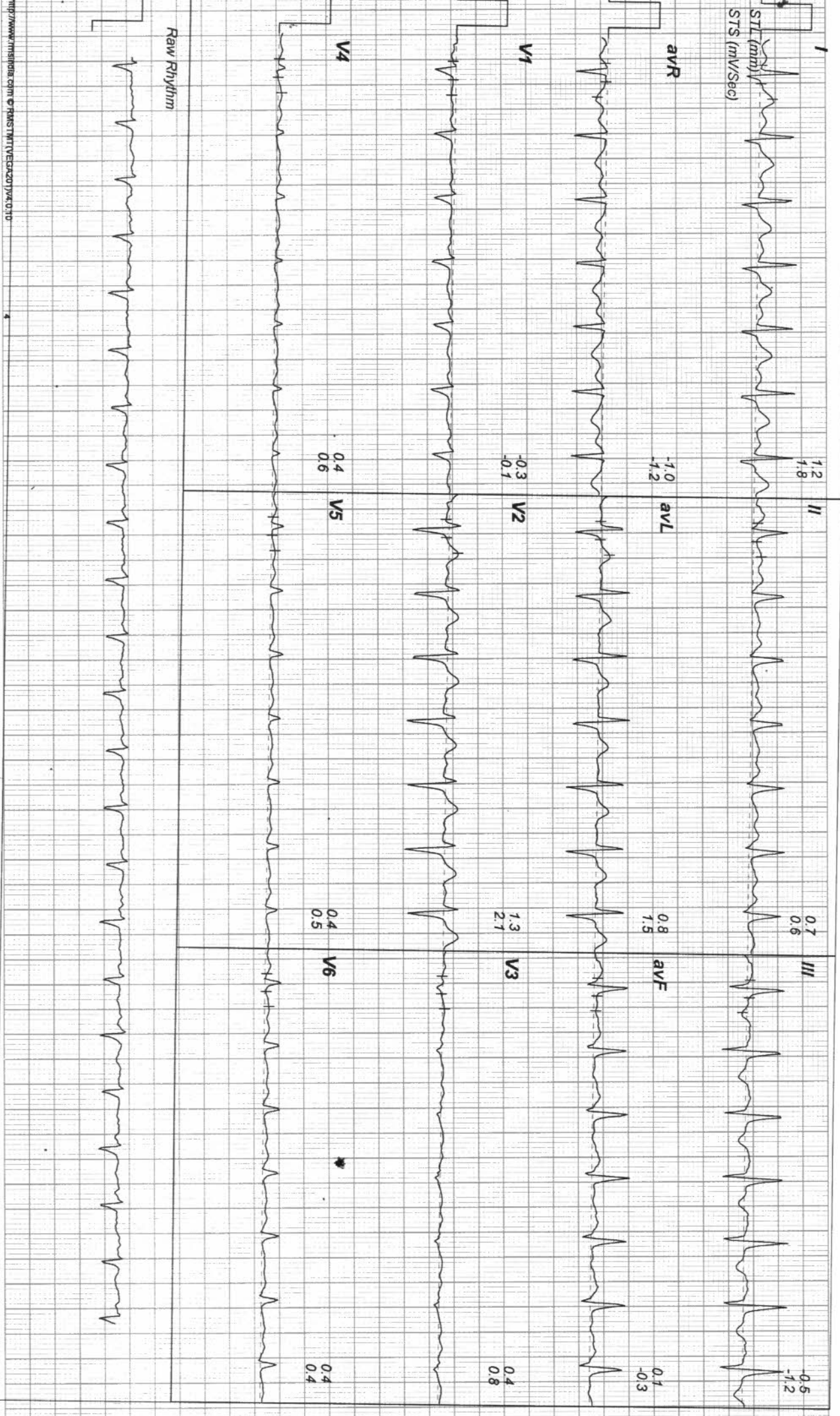
233719 / MR P SIVA SANKARA NAGARAJB bpm
 43 Yrs / Male
 METS: 1.0
 97 Kg / 171 Cm/
 BP: 120/70
 Date: 26-Mar-2023 11:43:08 AM

Tgt HR: 75% of 177
 Speed: 11.0 mph,
 Grade: 10.0%

(0.05-100)Hz

Ex Time 00:00
 BLC: Off
 Notch: On

ExStit
 1.0 Cm/mV
 25 mm/Sec.



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES

Linked Medians Report

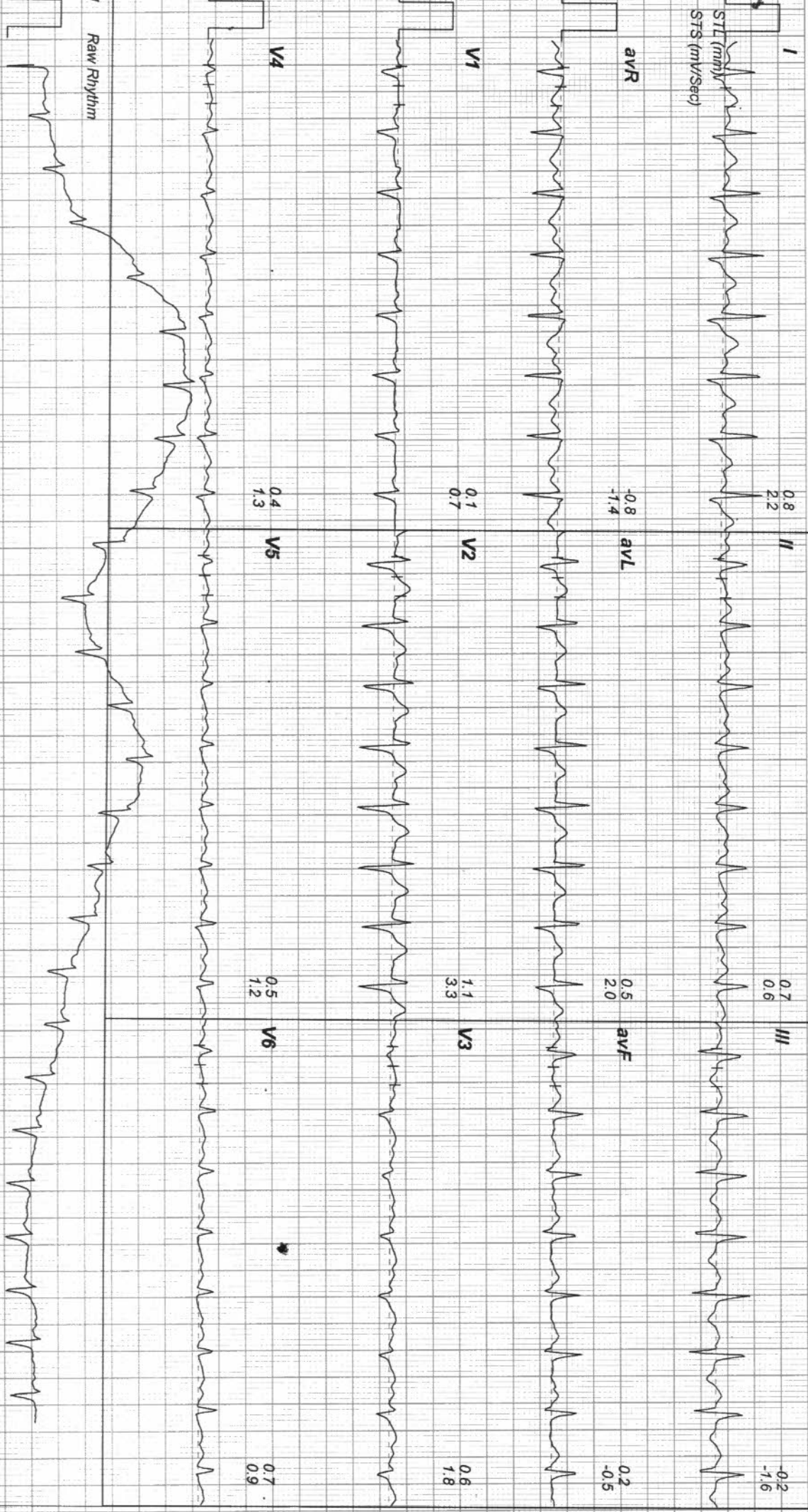
MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.
 233719 / MR P SIVA SANKARA NAGARAJU
 43 Yrs / Male
 97 Kg / 171 Cm
 Date: 26-Mar-2023 11:43:08 AM

Tgt HR: 87% of 177
 Speed: 17.0 mph,
 Grade: 10.0%

Ex Time 03:00
 BLC: Off
 Notch: On



Stage 1 (03:00)
 1.0 Cm/mV
 25 mm/Sec.



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES
 MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.

Linked Medians Report

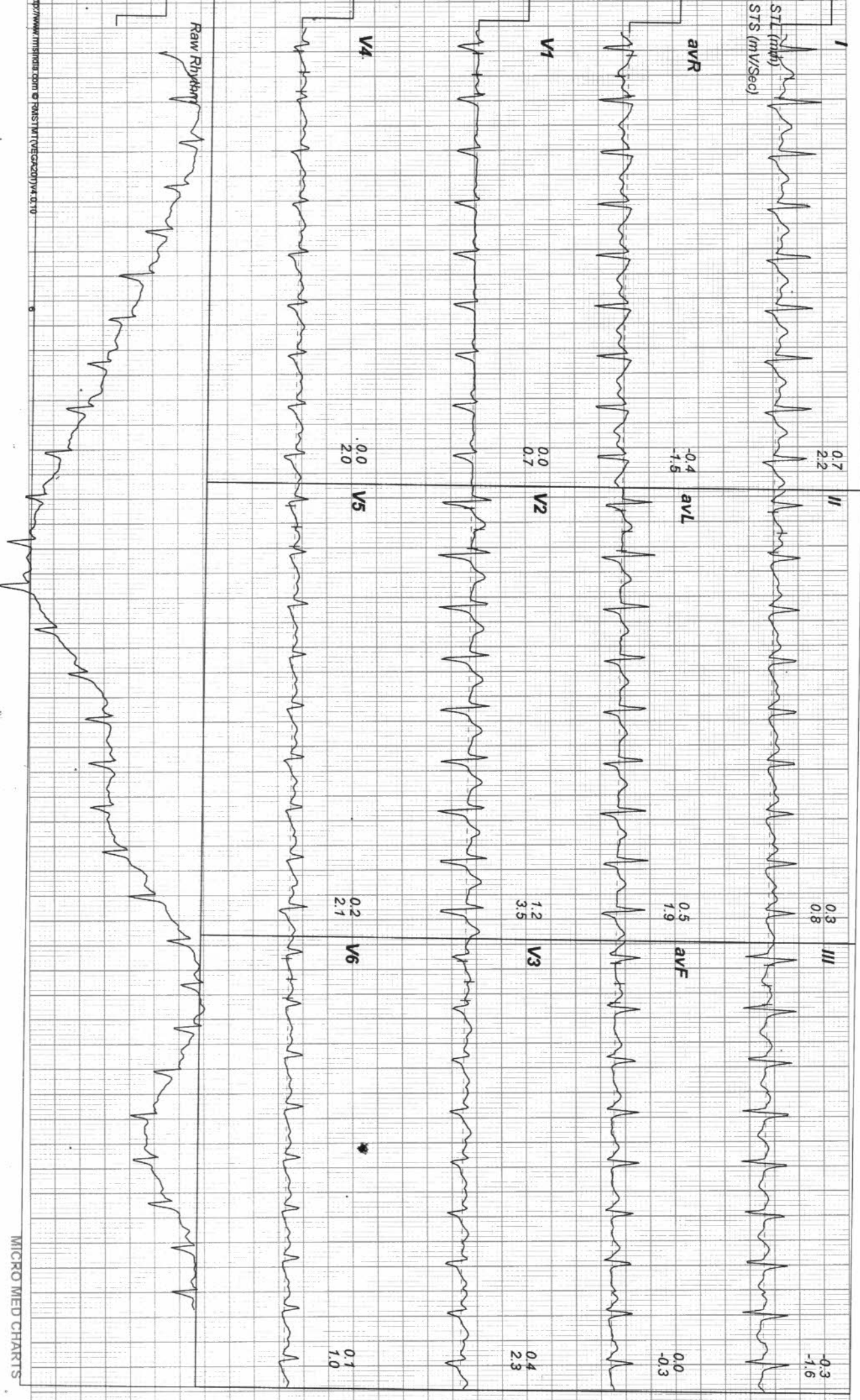
233719 / MR P SIVA SANKARA NAGARRAJU bpm
 43 Yrs / Male METS: 6.6
 97 Kg / 171 Cm/ BP: 140/90
 Date: 26-Mar-2023 11:43:08 AM

Tgt HR: 96% of 177
 Speed: 25.0 mph
 Grade: 12.0%

(0.05-100)Hz

Ex Time 05:24
 BLC: Off
 Notch: On

PeakEx
 1.0 Cm/mV
 25 mm/Sec.



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES
 MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.

Linked Medians Report

233719 / MR P SIVA SANKARA NAGARRAJU 65 bpm
 43 YRS / Male
 METS: 1.0
 BP: 140/90

Tgt HR: 93% of 177
 Speed: 11.0 mph,
 Grade: 0.0%

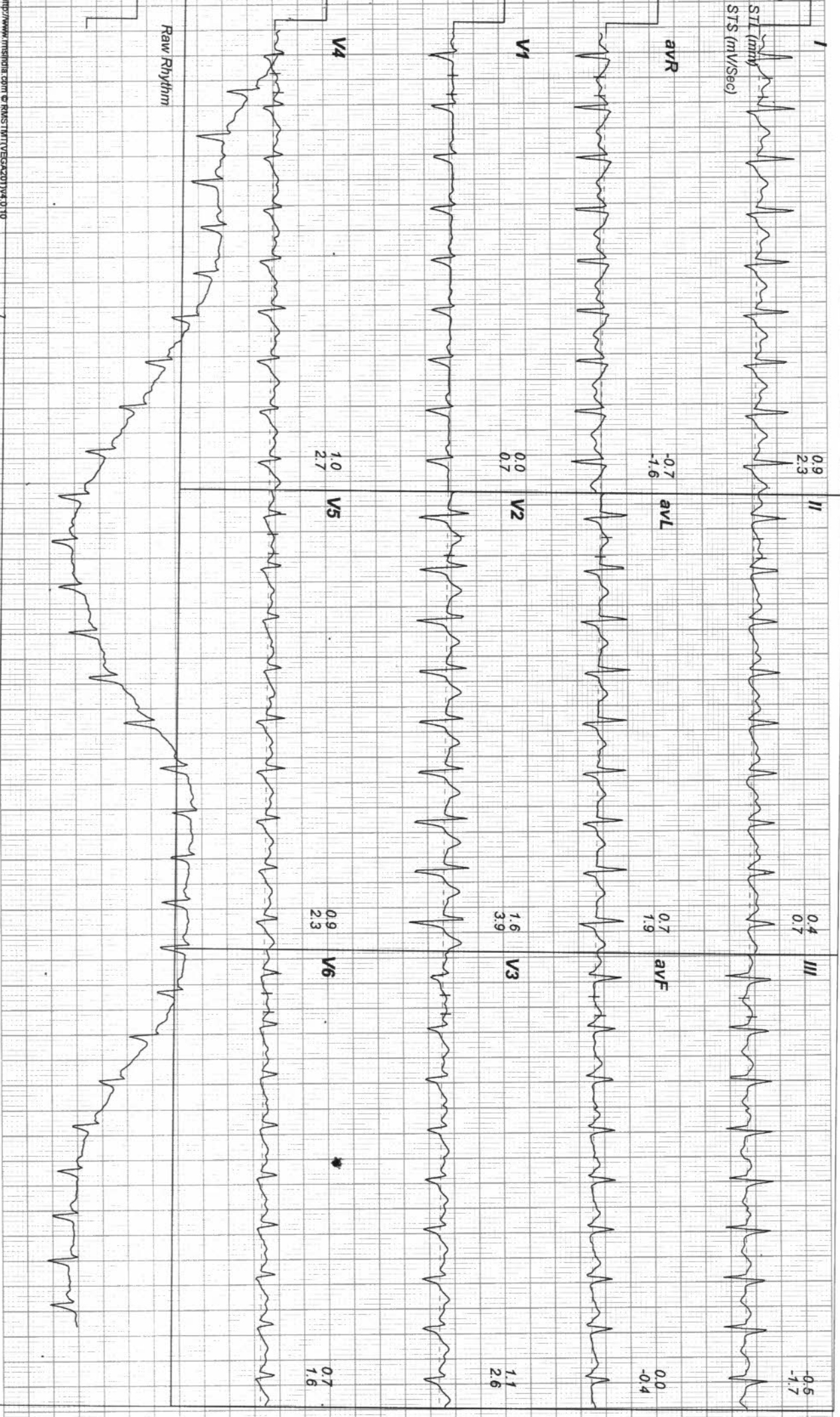
(0.05-100)Hz

Ex Time 05:24
 BLC: Off
 Notch: On

Recovery : (00:40)
 1.0 Cm/mV
 25 mm/Sec.



Date: 26-Mar-2023 11:43:08 AM



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES
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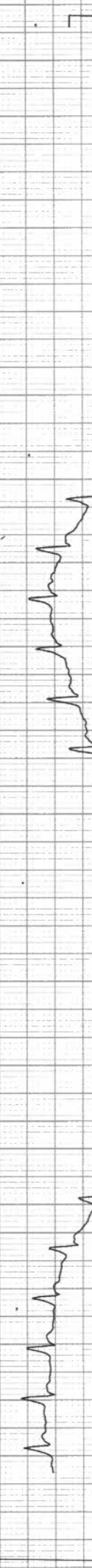
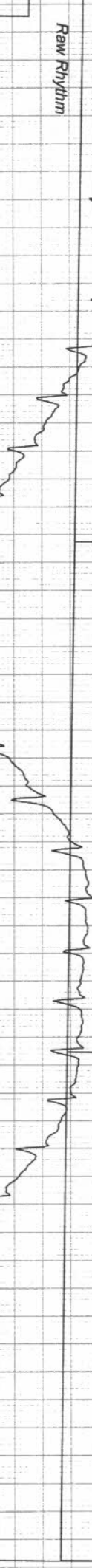
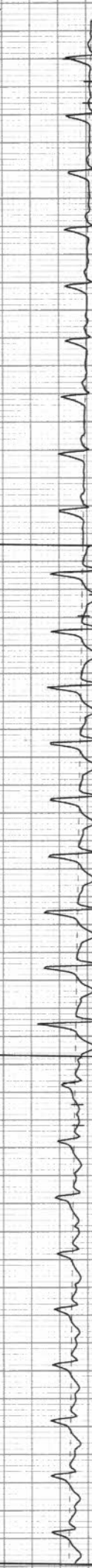
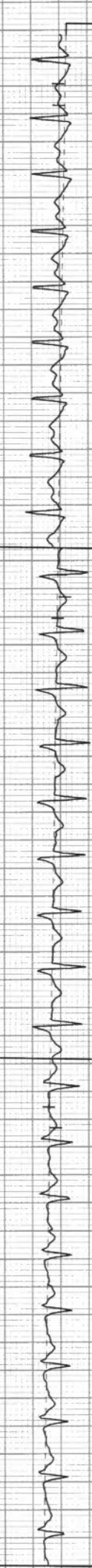
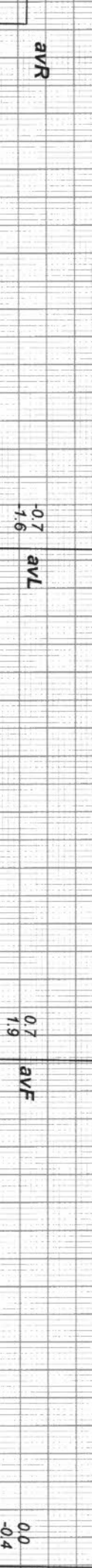
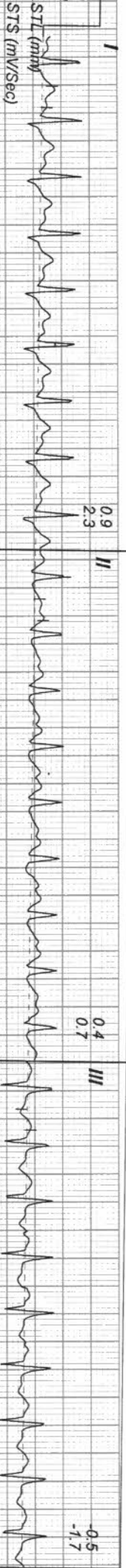
Linked Medians Report

233719 / MR P SIVA SANKARA NAGARAJ
 43 Yrs / Male
 97 Kg / 171 Cm
 Date: 26-Mar-2023 11:43:08 AM

MEETS: 1.0
 Trgt HR: 93% of 177
 Speed: 11.0 mph
 Grade: 0.0%

Ex Time 05:24
 BLC: Off
 Notch: On

Recovery : (00:44)
 1.0 Cm/mV
 25 mm/Sec.



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES

MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.

233719 / MR P SIVA SANKARA NAGARAJ 69 bpm

43 Yrs / Male

Date: 26-Mar-2023 11:43:08 AM

METS: 1.0
BP: 140/90

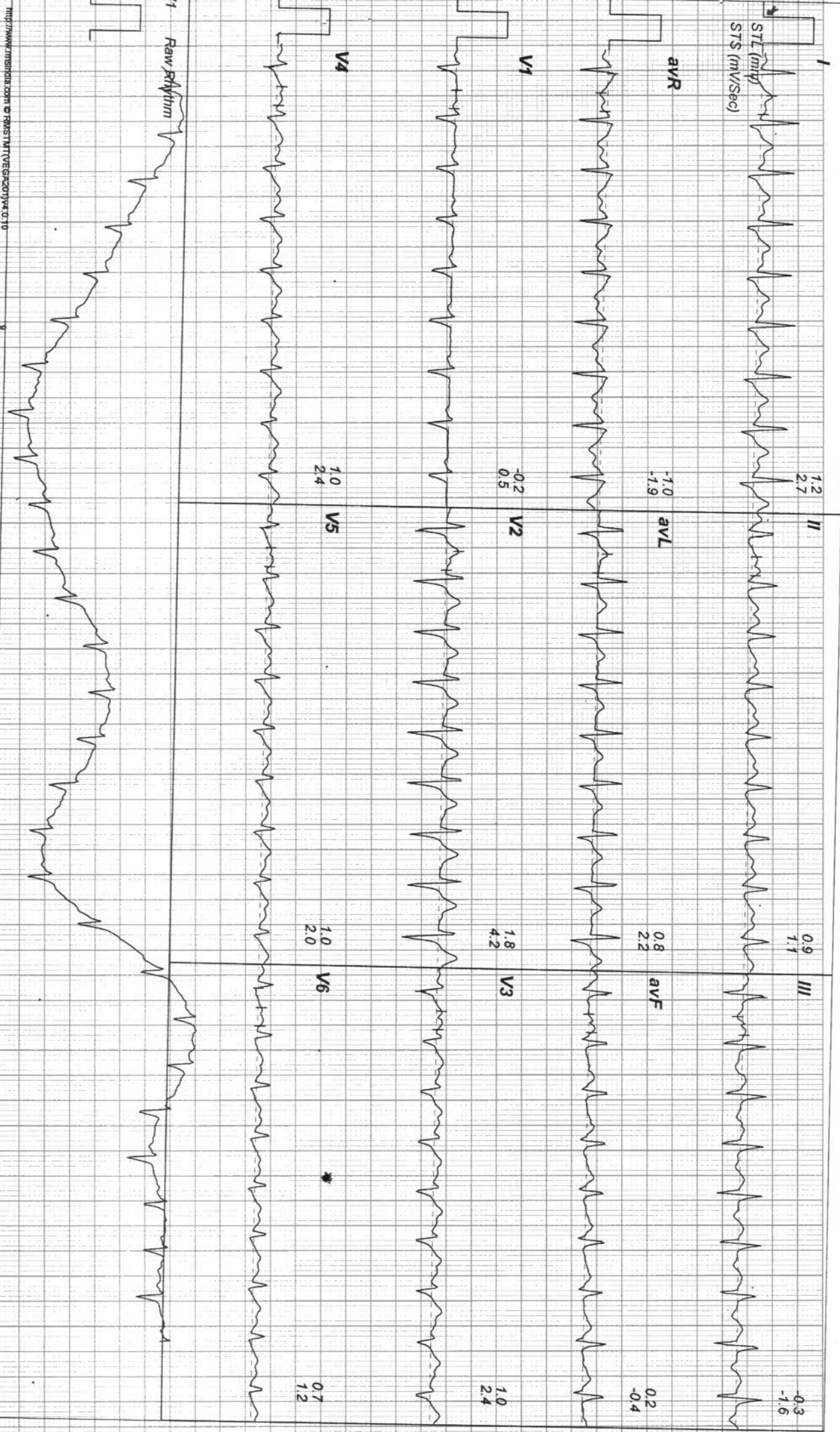
Tgt HR: 89% of 177
Speed: 11.0 mph,
Grade: 0.0%

Linked Medians Report

(0.05-100)Hz

Ex Time 05:24
BLC: Off
Notch: On

Recovery : (00:59)
1.0 Cm/mV
25 mm/Sec.



ADITYA DIAGNOSTIC & RESEARCH LABORATORIES

Linked Medians Report

MIG 256-258, S R TOWERS, ROAD NO 4, REMEDY LINE KPHB, HYD TS.

233719 / MR P SIVA SANKARA NAGARAJU 55 bpm
43 Yrs / Male
METS: 1.0

Tgt HR: 81% of 177
Speed: 0.0 mph,
Grade: 0.0%

BP: 130/80

(0.05-100)Hz

Ex Time 05:24
BLC: Off
Notch: On

Recovery : (01:59)
1.0 Cm/mV
25 mm/Sec.



Date: 26-Mar-2023 11:43:08 AM

