

OP Slip

UHID No :- UD-242501238 OP No :- OP-242503721 OP Date :- 27 Apr 2024
10:58AM

Pt. Name :- Mrs SONAM SAINI Age/Sex :- 29 Y/Female Mob. No :- 8422010001

Pay Type :- Emp. Credit Token No :- NOR. - 34 Paid :- 0.00 ✓

Deptt. :- GENERAL MEDICINE Consultant :- Dr ANURAG KAUSHAL (MD)

Address :- #1225, SECTOR 5, NEAR HUDA MARKET THANESAR, KURUKSHETRA Empanelment :- Mediwheel

Present Complaints:

Note kya any chronic illness
No fresh complaints

Past/Family History:

Drug Allergy (If any):

Examination (Vitals):

BP: 115/72 PR: 89 RR: _____
Temp: _____ SPO2: 100
Weight: _____ Height: _____

Investigations:

USG W/P: (R) Kidney Stones
3.2 X 3.0 mm
Urea 27 E → Pus cells 18-20

Diagnosis:

Treatment/Preventive Care/Nutrition Advised:

K

Cap. Pantex D EPS 1 →

Tab Levoflox 250 TDS 1 →

✓ Syf Potrate MB6 20g in glass water TDS 1 →

Plenty of oral fluids

Tab. Fluconazole 150mg OD x 7d

↓

flb every week x 6wk

Dr. Anurag Kaushal
MD (Medicine) INTENSIVIST
1504 Signatures

Out Time: _____

Clingen Myragon 500mg

Tab Edoxaban

Next Follow-up:

Nutritional Screening: Wt. Loss Loss of Appetite Muscle Wasting Delay Wound Healing Lethargy Decrease Mobility

Pain Scale



OPD Timing : 10:00 AM - 6:00 PM (Sunday Closed)

OP Slip

UHID No :- UD-242501238 **OP No** :- OP-242503720 **OP Date** :- 27 Apr 2024
10:58AM
Pt. Name :- Mrs SONAM SAINI **Age/Sex** :- 29 Y/Female **Mob. No** :- 8422010001
Pay Type :- Emp. Credit **Token No** :- NOR. - 13 **Paid** :- 0.00
Deptt. :- GYNAECOLOGY **Consultant** :- Dr NEHA KHANEJA (MS)
Address :- #1225, SECTOR 5, NEAR HUDA **Empanelment** :- Mediwheel
MARKET THANESAR, KURUKSHETRA

Present Complaints:

Diagnosis:

Past/Family History:

Treatment/Preventive Care/Nutrition Advised:

Drug Allergy (If any):

Tab. Fluconazole 150mg OD x 7d
↓
16 every week 16wk
Clingen M vaginal pessary PIVHS x 7d
Tab. Ecotas BV OD x 1mn.

Examination (Vitals):

BP: _____ PR: _____ RR: _____

Temp: _____ SPO2: _____

Weight: _____ Height: _____

Investigations:

Nehta

Dr. Neha Khaneja
M.S. (Obsit & Gynae)
HMC-5795

Out Time:

Doctor Signatures:

Next Follow-up:

Nutritional Screening: Wt. Loss Loss of Appetite Muscle Wasting Delay Wound Healing Lethargy Decrease Mobility

Pain Scale



OPD Timing : 10:00 AM - 6:00 PM (Sunday Closed)

mrs sonam saini
Female

27/04/2024 10:29:04

Rate 73 . Age not entered, assumed to be 50 years old for purpose of ECG interpretation
RR 82 . Sinus rhythm.....normal P axis, V-rate 60- 99
PR 132
QRSD 90
QT 361
QTc 398

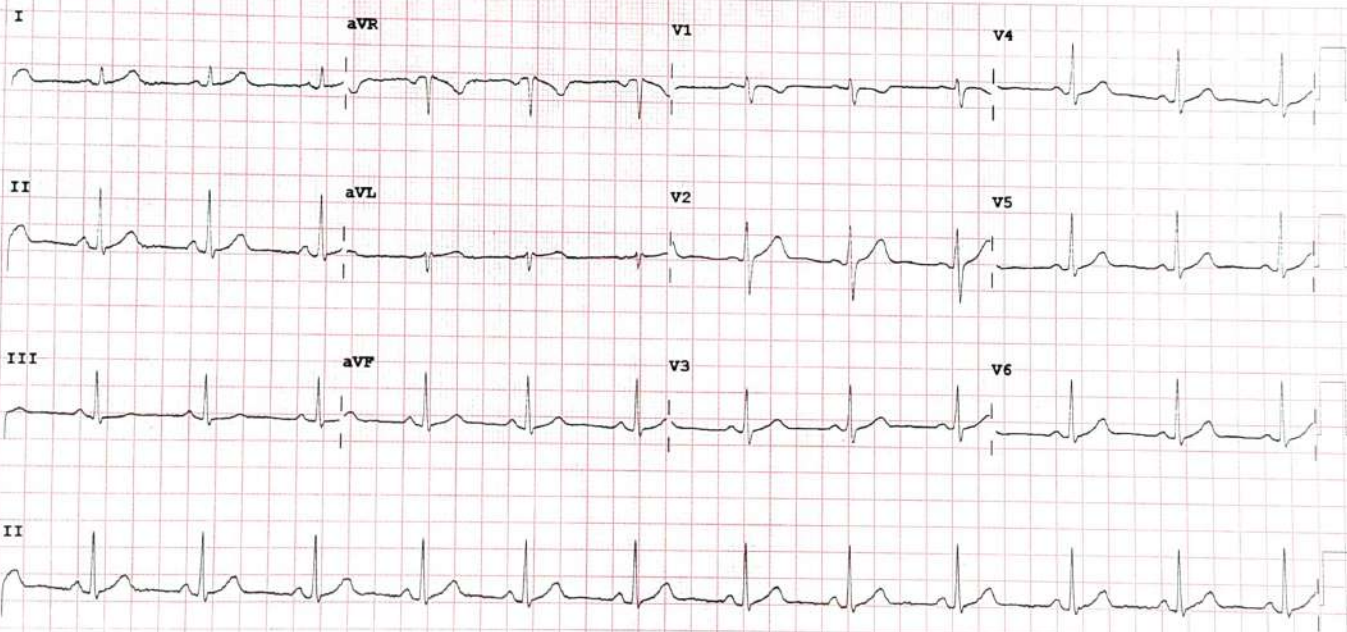
--AXIS--

P 74
QRS 65
T 41

- NORMAL ECG -

12 Lead; Standard Placement

Unconfirmed Diagnosis



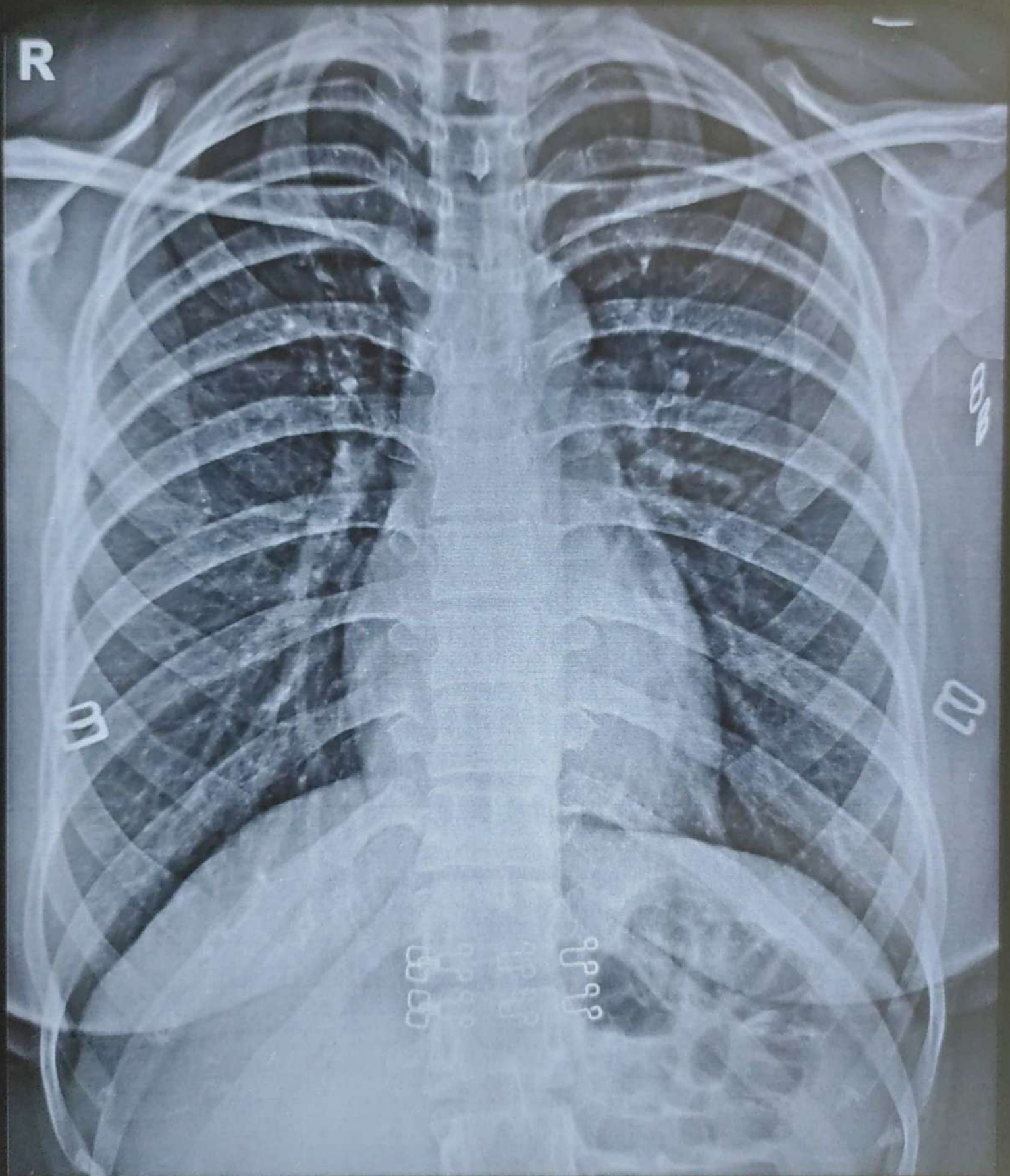
Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

50~ 0.15- 40 Hz

100B bCL

P?

(-)CARDIOPRINT®



SONAM SAINI 29/Y 1238 F CHEST PA 27-Apr-24 10:31 AM
SHRI BALAJI AAROGYAM HOSPITAL, KURUKSHETRA



SHRI BALAJI AAROGYAM HOSPITAL

KURUKSHETRA

Patient Demographics

SONAMSAINI 29YRS

Patient ID: 242501238

Gender: F

Performed By: DR RISHABH MARWAH

Comments

NORMAL CHAMBER DIMENSIONS
IAS/IVS INTACT
AORTIC ROOT/MPA NORMAL
NORMAL VALVE MORPHOLOGY
NO SIGNIFICANT REGURGITATION
NO RWMA
NORMAL SYSTOLIC FUNCTION
NORMAL DIASTOLIC FUNCTION
NO CLOT/VEG/PE
IVC- NORMAL

Adult Echo: Measurements and Calculations

2D

LV Mass (Cubed)	98.0 g	LA/Ao (2D)	121
LA Dimen (2D)	2.3 cm	AoR Diam (2D)	1.9 cm

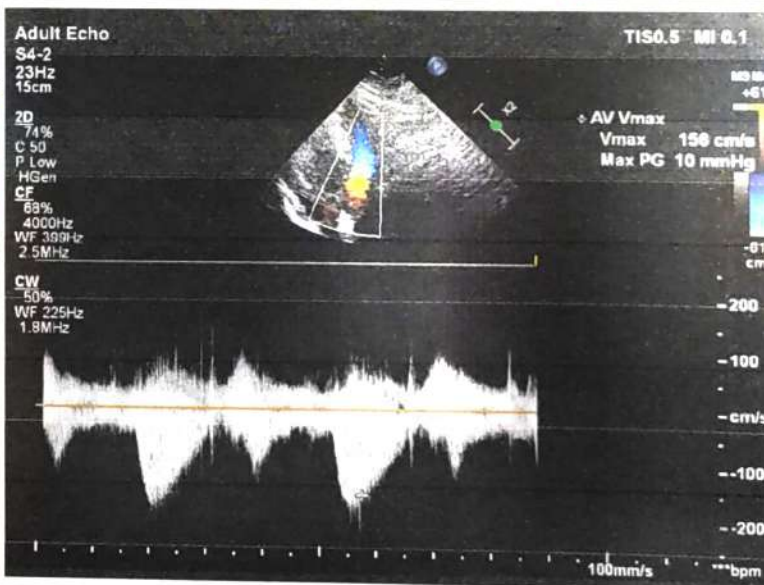
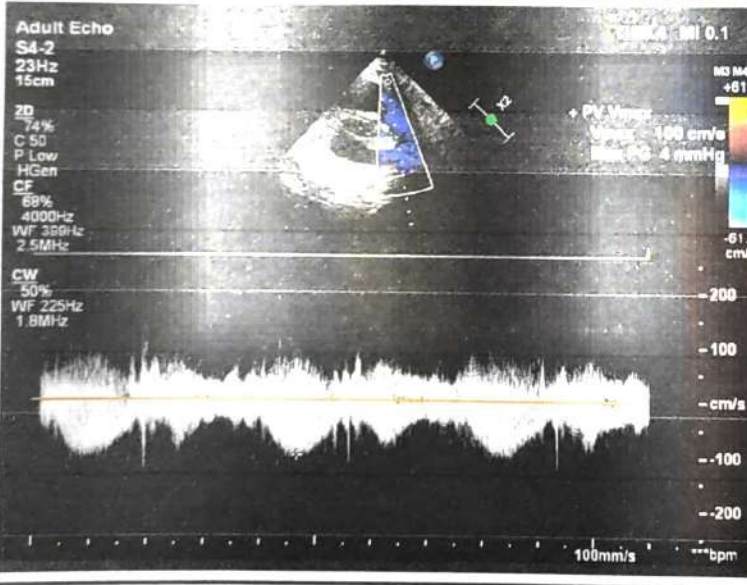
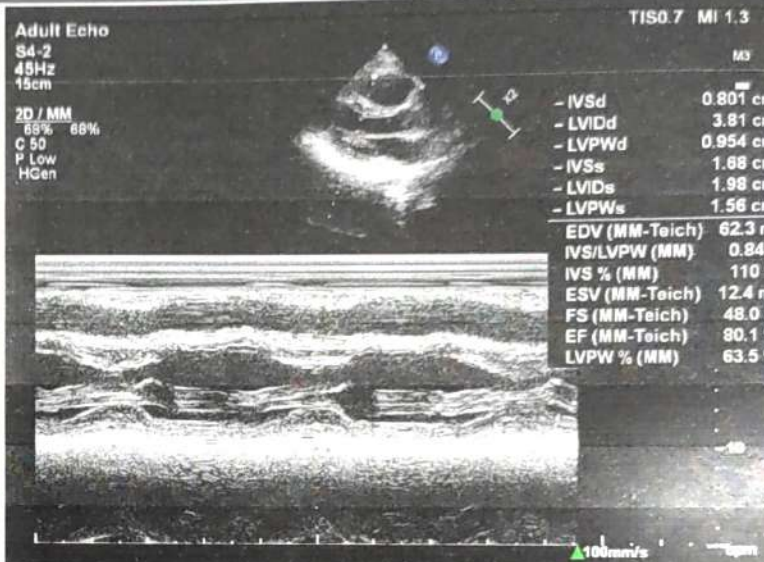
MMode

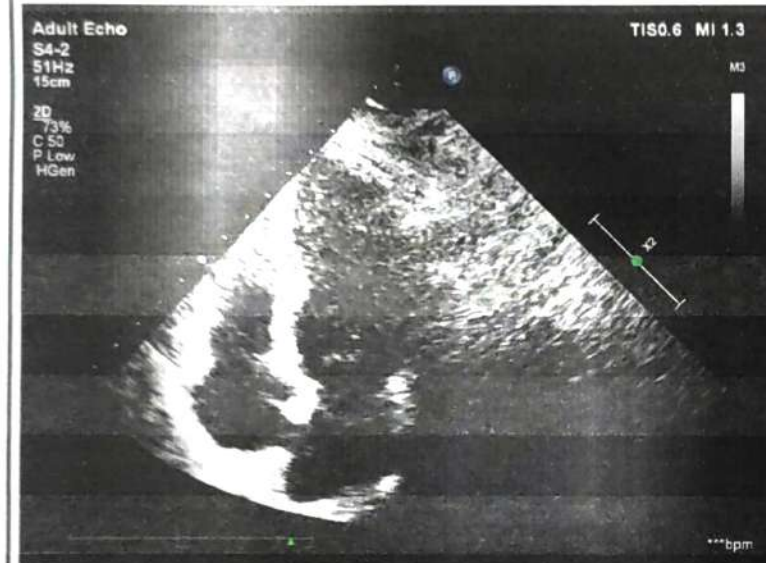
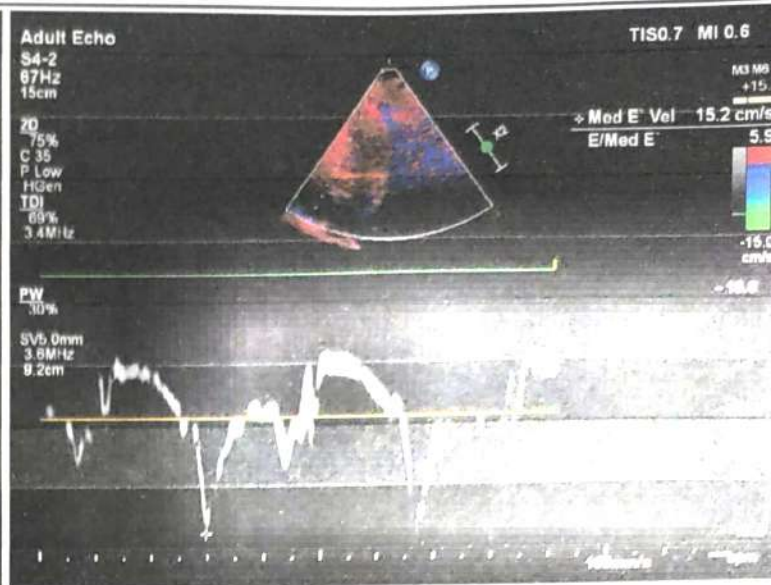
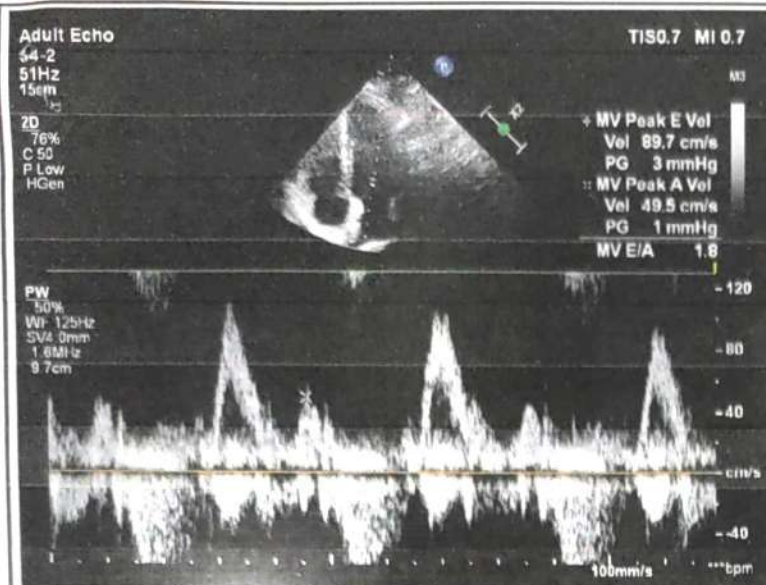
IVSd (MM)	0.801 cm	EDV (MM-Teich)	62.3 ml	SV (MM-Cubed)	47.5 ml
LVIDd (MM)	3.81 cm	ESV (MM-Teich)	12.4 ml	EF (MM-Cubed)	86.0 %
LVPWd (MM)	0.954 cm	SV (MM-Teich)	49.9 ml	FS (MM-Cubed)	48.0 %
IVSs (MM)	1.68 cm	FS (MM-Teich)	48.0 %	IVS % (MM)	110 %
LVIDs (MM)	1.98 cm	EF (MM-Teich)	80.1 %	LVPW % (MM)	63.5 %
LVPWs (MM)	1.56 cm	EDV (MM-Cubed)	55.3 ml		
IVS/LVPW (MM)	0.840	ESV (MM-Cubed)	7.76 ml		

Doppler

AV Vmax		MV E/A	1.8	PV Vmax	
Max PG	10 mmHg			Max PG	4 mmHg
Vmax	156 cm/s			Vmax	100 cm/s
MV Peak E Vel		Med E' Vel	152 cm/s		
Vel	89.7 cm/s				
PG	3 mmHg				
MV Peak A Vel		E/Med E'	5.9		
Vel	49.5 cm/s				
PG	1 mmHg				

Images





Signature

Signature:
Name(Print):

Dr. RISHABH MARWAH
MD DM Cardiology
Consultant Interventional
Cardiology
Shri Bala Ji Aarogyam Hospital,
Reg.No. HN8708

Date:

01744-270255
99926-30762
99964-44762



SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD



Regd. off.: BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkr@gmail.com

CIN : U93000HR2018PTC074193

Typed by: Varsha

PATIENT NAME	MRS. SONAM SAINI	AGE/SEX	29 Y / FEMALE
REFERRED BY:	SELF	DATE	27.04.2024

USG WHOLE ABDOMEN

LIVER:-Is normal in size measuring 12.3 cm **with increased echogenisity s/o fatty liver.** No focal lesion is seen in the liver parenchyma. IHBR's are not dilated. The PV is normal.

GALL BLADDER: - normal in size and distensibility. The wall thickness is normal. No evidence of any peri-cholecystic collection is seen. No evidence of calculus is seen.

CBD is normal in course and caliber.

PANCREAS:-Head and proximal body of pancreas are normal in outline and echotexture. Rest of the pancreas obscured by bowel shadows.

SPLEEN: - is normal in size measuring 9.6 cm and echotexture. No focal lesion is seen.

RIGHT KIDNEY:-It is normal in size measuring 9.2 x 3.6 cm, normal in position and echotexture. CMD is maintained. **Two echogenic foci with posterior acoustic shadowing measuring 3.2 mm and 3.0 mm are seen in the middle and lower calyces respectively - suggestive of calculi.** The pelvi-calyceal system is compact. No evidence of hydronephrosis is seen.

LEFT KIDNEY:-It is normal in size measuring 9.0 x 3.7 cm, normal in position and echotexture. CMD is maintained. The pelvi-calyceal system is compact. No evidence of calculus or hydronephrosis is seen.


URINARY BLADDER:- is partially distended. No calculus is seen in its lumen. The wall thickness is within normal limits.

VISUALIZED UTERUS: - is normal in size. Echotexture is normal. Both ovaries are normal in size & echotexture.

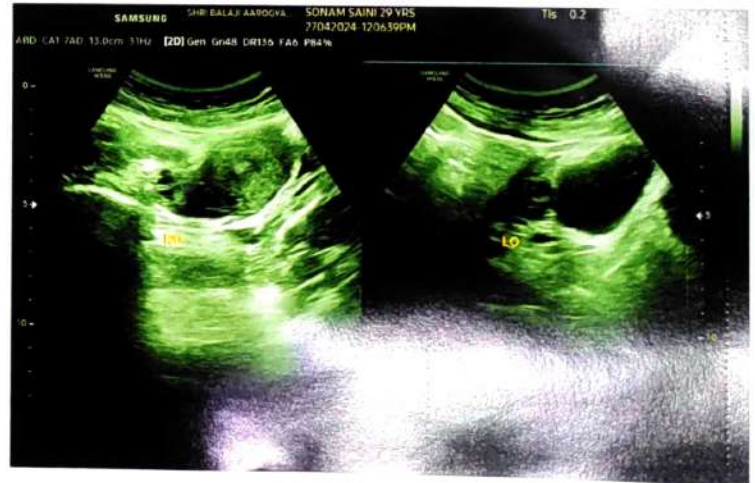
No free fluid is seen in abdomen and pelvis.
No evidence of any mesenteric lymphadenopathy noted.
Visualized bowel loops appear unremarkable.

IMPRESSION:

- > **FATTY LIVER GRADE I.**
 - > **NON- OBSTRUCTIVE RIGHT NEPHROLITHIASIS.**
- Please Correlate Clinically.


DR. ISHA GOYAL,
DMRD (CMC LUDHIANA)
Ex. Fortis Hospital Ludhiana
Consultant Radiologist

Not valid for Medico Legal Purposes. Advised further clinical correlations.





SBAH PATH LAB



INSIDE SHRI BALAJI AROGYAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkk@gmail.com

UHID No :- UD-242501238	Reg No :- 242501238	Print Date : 27-Apr-2024 01:53 PM
Receipt No :- 24250001661	Receipt Date :- 27 Apr 2024	
Patient Name :- Mrs SONAM SAINI	Husband :- VIJAY SAINI	Age/Sex :- 29 Y/F
Mobile No :- 8422010001		Consultant :- Dr ANURAG KAUSHAL (MD)
Address :- #1225, SECTOR 5, NEAR HUDA MARKET THANESAR , KURUKSHETRA		

Final Report

Investigations	Observations	Biological Reference Interval	Unit
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Sample No:24253643

Sample Gnt At: (27 Apr 2024 10:52 AM) , Sample Rvd At (27 Apr 2024 10:52 AM) , Report Gnt At : (27 Apr 2024 12:00 PM)

HAEMATOLOGY

CBC

WBC	8.31	4.00 - 11.00	10*3/mm3
RBC <i>Methology / Carm</i>	4.16	3.50 - 4.50	million/cumm
HAEMOGLOBIN	12.0	12.50 - 15.00	gm/dl
HCT <i>DefaultMethodTwo / test Machine</i>	36.7	35.00 - 50.00	%
MCV(MEAN CELL VOLUME)	88.22	83.00 - 101.00	fl
MCH(MEAN CELL HAEMOGLOBIN)	28.85	27.00 - 32.00	pg
MCHC	32.70	31.50 - 35.00	gm%
RDW-CV <i>Method1 / test Machine</i>	12.8	12.00 - 18.00	%
RDW-SD	43.0	37.00 - 56.00	fl
MIC <i>Methology / test Machine</i>	0.7	0.00 - 20.00	%
MAC	4.9	2.00 - 10.00	%
PLATELETS	250	150.00 - 450.00	×10 ³ /μL
MPV	8.52	7.40 - 11.00	fl
PCT <i>Test Method</i>	0.21	0.15 - 0.40	%
PDW	10.5	11.00 - 20.00	fl
P-LCC	55	44.00 - 140.00	10*/mm*3
P-LCR	22.02	18.00 - 50.00	%
DLC DIFFERENTIAL LEUCOCYTE COUNT			
NEUTROPHILS	58.3	40.00 - 75.00	%
LYMPHOCYTES	31.1	20.00 - 45.00	%
MONOCYTES	8.5	2.00 - 10.00	%
EOSINOPHILS	2.1	1.00 - 6.00	%
BASOPHILS	0.0	0.00 - 1.00	%

Remarks :-

Sample No:24253644

(Technologist)



Pap smear



Charu Sethi

Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861

Not valid for Medico Legal Purposes. Advised further clinical correlations



SBAH PATH LAB



INSIDE SHRI BALAJI AAROGYAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkkr@gmail.com

UHID No :- UD-242501238	Reg No :- 242501238	Print Date : 27-Apr-2024 01:53 PM
Receipt No :- 24250001661	Receipt Date :- 27 Apr 2024	
Patient Name :- Mrs SONAM SAINI	Husband :- VIJAY SAINI	Age/Sex :- 29 Y/F
Mobile No :- 8422010001		Consultant :- Dr ANURAG KAUSHAL (MD)
Address :- #1225, SECTOR 5, NEAR HUDA MARKET THANESAR , KURUKSHETRA		

Final Report

Investigations	Observations	Biological Reference Interval	Unit
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Sample Gnt At: (27 Apr 2024 10:52 AM) ,Sample Rvd At (27 Apr 2024 10:52 AM),Report Gnt At : (27 Apr 2024 12:00 PM)

HAEMATOLOGY

ESR	25	0.00 - 20.00	mm at 1 hr
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Remarks :-

Sample No:24253645

Sample Gnt At: (27 Apr 2024 10:52 AM) ,Sample Rvd At (27 Apr 2024 10:52 AM),Report Gnt At : (27 Apr 2024 1:53 PM)

BIOCHEMISTRY

BLOOD SUGAR FASTING & PP

BLOOD SUGAR FASTING	79	70.00 - 110.00	mg/dl
BLOOD SUGAR PP	89	70.00 - 150.00	mg/dl

COMPLETE LIPID PROFILE

TOTAL CHOLESTROL	144		mg/dl
TRIGLYCERIDES	110	35.00 - 160.00	mg/dl
HDL	50		mg/dl
LDL	72.00		mg/dl
VLDL CHOLESTEROL	22.00	0.00 -	mg/dL

BLOOD UREA

CREATININE	0.90	0.60 - 1.40	mg/dl
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LFT

TOTAL BILIRUBIN	0.61	0.30 - 1.00	mg/dl
DIRECT BILIRUBIN	0.16	0.00 - 0.30	mg/dl
INDIRECT BILIRUBIN	0.45	0.20 - 0.80	mg/dl
SGOT	28	0.00 - 40.00	U/L
SGPT	33	0.00 - 40.00	U/L
TOTAL PROTIENS	6.8	6.60 - 8.70	gm/dl
ALBUMIN	3.7	3.50 - 5.00	mg/dl
GLOBULIN	3.10	1.50 - 3.60	gms/dl
ALKALINE PHOSPHATE	89	57.00 - 111.00	U/L

HAEMATOLOGY

SERUM URIC ACID	4.2	2.50 - 6.00	mg/dl
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(Technologist)

Charu Sethi

Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861

Not valid for Medico Legal Purposes. Advised further clinical correlations



SBAH PATH LAB



INSIDE SHRI BALAJI AAROgyAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkk@gmail.com

UHID No :- UD-242501238	Reg No :- 242501238	Print Date : 27-Apr-2024 01:53 PM
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Patient Name :- Mrs SONAM SAINI	Husband :- VIJAY SAINI	Age/Sex :- 29 Y/F
Mobile No :- 8422010001		Consultant :- Dr ANURAG KAUSHAL (MD)
Address :- #1225, SECTOR 5, NEAR HUDA MARKET THANESAR , KURUKSHETRA		

Final Report

Investigations	Observations	Biological Reference Interval	Unit
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Remarks :-

Sample No:24253646

Sample Gnt At: (27 Apr 2024 10:52 AM) ,Sample Rvd At (27 Apr 2024 10:52 AM),Report Gnt At : (27 Apr 2024 12:00 PM)

URINE EXAMINATION

URINE ROUTINE

PHYSICAL EXAMINATION

COLOUR <i>Methology</i>	YELLOW	CLEAR YELLOW	
VOLUME	25		ML
SPECIFIC GRAVITY	1.010	1.00 - 1.03	

CHEMICAL EXAMINATION

PH	5.0	4.60 - 8.00	
PROTEIN.	Negative	NEGATIVE	
GLUCOSE	Negative	NEGATIVE	
KETONE	Negative	NEGATIVE	

MICROSCOPIC EXAMINATION

EPIITHELIAL CELLS	2-4		
PUS CELLS	8-10		
RBC <i>Methology / Carm</i>	4.5	2.00 - 3.00 3.50 - 4.50	/HPF million/cumm
CRYSTALS	ABSENT	ABSENT	
BACTERIA	ABSENT	ABSENT	
OTHERS	ABSENT		
MICROSCOPIC EXAMINATION			
CASTS	ABSENT	ABSENT	
AMORPHOUS DEPOSITS	ABSENT		

Remarks :-

Type of Sample :- SERUM,WHOLE BLOOD,URINE SPOT,

* END OF REPORT *

(Technologist)

Charu Sethi

Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861

Not valid for Medico Legal Purposes. Advised further clinical correlations

Name : Ms. SONAM SAINI
Lab No. : 464011417
Ref By : Dr. ANURAG KAUSHAL
Collected : 27/4/2024 1:14:00PM
A/c Status : P
Collected at : SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD
PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS
STAND Kurukshetra 136118
Age : 29 Years
Gender : Female
Reported : 27/4/2024 4:30:57PM
Report Status : Final
Processed at : Dr. Lal PathLabs Ltd.
Kurukshetra-136118, Haryana

Test Report

Test Name	Results	Units	Bio. Ref. Interval
BLOOD GROUP, ABO & RH TYPING (Tube & Slide Agglutination)			
ABO Group	A		
Rh Factor	Positive		

Note: 1. Both forward and reverse grouping performed
2. Test conducted on EDTA whole blood



Name : Ms. SONAM SAINI
 Lab No. : 464011417
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 Processed at : Dr. Lal PathLabs Ltd.
 Kurukshetra-136118, Haryana

Test Report

Test Name	Results	Units	Bio. Ref. Interval
HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD (HPLC)			
HbA1c	5.1	%	4.00 - 5.60
Estimated average glucose (eAG)	100	mg/dL	

Interpretation

HbA1c result is suggestive of non diabetic adults (≥ 18 years)/ well controlled Diabetes in a known Diabetic

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non diabetic adults ≥ 18 years	At risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in %	4.0-5.6	5.7-6.4	≥ 6.5	< 7.0

Note: Presence of Hemoglobin variants and/or conditions that affect red cell turnover must be considered, particularly when the HbA1C result does not correlate with the patient's blood glucose levels.

FACTORS THAT INTERFERE WITH HbA1C MEASUREMENT	FACTORS THAT AFFECT INTERPRETATION OF HbA1C RESULTS
Hemoglobin variants, elevated fetal hemoglobin (HbF) and chemically modified derivatives of hemoglobin (e.g. carbamylated Hb in patients with renal failure) can affect the accuracy of HbA1c measurements	Any condition that shortens erythrocyte survival or decreases mean erythrocyte age (e.g., recovery from acute blood loss, hemolytic anemia, HbSS, HbCC, and HbSC) will falsely lower HbA1c test results regardless of the assay method used. Iron deficiency anemia is associated with higher HbA1c



Name : Ms. SONAM SAINI
 Lab No. : 464011417
 Ref By : Dr.ANURAG KAUSHAL
 Collected : 27/4/2024 1:14:00PM
 A/c Status : P
 Collected at : SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD
 PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS
 STAND Kurukshetra 136118

Age : 29 Years
 Gender : Female
 Reported : 27/4/2024 4:30:57PM
 Report Status : Final
 Processed at : Dr. Lal PathLabs Ltd.
 Kurukshetra-136118,Haryana

Test Report

Test Name	Results	Units	Bio. Ref. Interval
THYROID PROFILE,TOTAL, SERUM (ECLIA)			
T3, Total	1.04	ng/mL	0.80 - 2.00
T4, Total	8.87	µg/dL	5.10 - 14.10
TSH	2.58	µIU/mL	0.27 - 4.20

Interpretation

PREGNANCY	REFERENCE RANGE FOR TSH IN µIU/mL (As per American Thyroid Association)
1st Trimester	0.100 - 2.500
2nd Trimester	0.200 - 3.000
3rd Trimester	0.300 - 3.000

Note

1. TSH levels are subject to circadian variation, reaching peak levels between 2 - 4.a.m. and at a minimum between 6-10 pm . The variation is of the order of 50% . hence time of the day has influence on the measured serum TSH concentrations.
2. Alteration in concentration of Thyroid hormone binding protein can profoundly affect Total T3 and/or Total T4 levels especially in pregnancy and in patients on steroid therapy.
3. Unbound fraction (Free,T4 /Free,T3) of thyroid hormone is biologically active form and correlate more closely with clinical status of the patient than total T4/T3 concentration
4. Values <0.03 uIU/mL need to be clinically correlated due to presence of a rare TSH variant in some individuals



Dr.Arshiya Bansal
 MD ,Pathology
 Chief of Laboratory
 Dr Lal PathLabs Ltd



Name : Ms. SONAM SAINI
Lab No. : 464011419
Ref By : Dr. NEHA KHANEJA
Collected : 27/04/2024 1:11:00PM
A/c Status : P
Collected at : SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD
PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS
STAND Kurukshetra 136118

Age : 29 Years
Gender : Female
Reported : 30/4/2024 3:28:19PM
Report Status : Final
Processed at : LPL-NATIONAL REFERENCE LAB
National Reference laboratory, Block E,
Sector 18, Rohini, New Delhi -110085



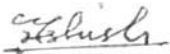
CYTOPATHOLOGY REPORT

CYTOPATH NO : [32641]
SPECIMEN : Cervical/vaginal cytology (LBC - Ezi Prep)
CLINICAL HISTORY : No history or clinical findings received.
MICROSCOPY : By Bethesda system terminology, 2014
A) Statement of adequacy : Smear is satisfactory for evaluation.
B) Microscopy : The smear shows mainly superficial and intermediate squamous cells with abundant polymorphs. No Trichomonas or fungal organisms seen.
C) Endocervical cells : Present
D) Koilocytotic cells : Absent
E) Dysplastic cells : Absent
F) Malignant cells : Absent
GENERAL CATEGORIZATION : Negative for intraepithelial lesion and malignancy.
IMPRESSION : **Negative for intraepithelial lesion and malignancy.**

ASCO/CAP GUIDELINES:

	<u>HPV unknown</u>	<u>HPV positive</u>	<u>HPV Negative</u>
- Unsatisfactory	Repeat cytology after 2-4 mths	Colposcopy	Repeat cytology after 2-4 mths
NILM with EC/TZ	Routine screening	HPV genotyping /repeat co-testing @ 1 year	Routine screening
NILM without EC/TZ	HPV testing	Repeat co-testing @1 year	Routine screening
ASCUS	HPV testing	Colposcopy	Repeat cotesting@3 year
LSIL	Colposcopy	Colposcopy	Cotesting @ 1 year
ASC - H	Colposcopy	Colposcopy	Colposcopy
HSIL	"Immediate LEEP"	"Immediate LEEP"	"Immediate LEEP"
AGC	<u>EB & Endocervical Bx</u>	<u>EB & Endocervical Bx</u>	<u>EB & Endocervical Bx</u>

SCREENING GUIDELINE: 21-29 years - Cytology only every 3 yrs ; 30-65 yrs - Cotesting every 5 years ; < 21 & > 65 yrs - Screening not recommended


DMC 87621

Dr. Ashish C Philip
MD, DNB (Pathology)
Consultant Pathologist - NRL


DMC 8741

Dr. Rajiv Tangri
MD, Pathology
Technical Director - Histopathology and
Cytopathology - NRL

Note: 1. Slides / Blocks can be issued only on advise of the referring consultant after a minimum of 48 hours.
2. Gross specimens will be retained only for a period of 1 month after the date of reporting.
3. Contact histopathology department for any clarification.





SHRI BALAJI AAROGYAM HOSPITAL PVT LTD

KARADA SCAN REPORT

Patient Name: Sonaw Saini Age/Sex: 29/F UHID/IP No. 242501238
Date of Scan: 27-04-2024 Weight (Kg): 60kg Height (cms): 159cm

Parameter	Measurement
Weight (in Kg)	60 KG.
Body Fat Percentage	27.9 %
Muscle Mass (in Kg)	—
Visceral Fat Level	3
Basal Metabolic Rate (kcal per day)	1318 KCAL
Body Age (in Years)	28 YEARS
BMI (Body Mass Index)	22.2 —
Bone Mass (in Kg)	—

Interpretation:

(The interpretation area is crossed out with a large blue diagonal line.)

Somam Saini Boy 1F Height: 159cm Weight: 60kg



SHRI BALAJI AROGYAM HOSPITAL PVT LTD

DIET CHART FOR HIGH PROTEIN DIET

6:00 AM : गिलास नींबू पानी + आंवला मुरब्बा - 1 glass

6:30 AM : बादाम + अखरोट + काजू + किशमिश + अंजीर + मूंगफली + 1/2 MILK [रात के शीघे हुए]

8:00 AM : सब्जी चपाती + 1 कटोरी दही / मिस्सी चपाती + 1 कटोरी दही

या

(2)

(2)

[1 bowl] सब्जी दलिया / सब्जी ओट्स / सब्जी पोहा / उबले अंडे का सफेद हिस्सा / बिना तेल का बेसन चीला / सेविया

10-12:00 AM : सेब / पपीता / संतरा / नाशपाती / अमरूद / अनार - Seasonal

12:00 AM : 1 प्लेट सलाद

(vegetable) चरसी + 1 bowl सलाद

2:00 PM : चपाती + दाल + दही - 150 G + 1 BOWL NUTRI KEEMA / PANEER BHURJI

5:30 PM : 1 गिलास दूध + भुना हुआ मखाना [u-s] (Dry Roast)

1/2 Hour :- Walla

7:00 PM : डोकला / भुने हुए चने / MIXED SEEDS (2 SPOON) / उबले हुए काले चने की चाट / BREAD PEANUT BUTTER

या

अंडे का सफेद हिस्सा / 100 ग्राम उबला हुआ चिकन / उबली हुई मछली

7-8:00 PM : चपाती + सब्जी [1 bowl]

या

(2)

सब्जी खिचड़ी / सब्जी दलिया / सब्जी ओट्स | खड़ी चीला | बेसन चीला.
(vegetable)

DIET GUIDELINES

- बेकरी आइटम (बिस्कुट, नमकीन, रस्क, पेस्ट्री) से बचें
- ठंडे पेय, डिब्बाबंद जूस, अन्य पेय पदार्थों से बचें
- तले हुए भोजन (मक्खन, पकौड़ा, पूड़ी, परांठा) से बचें
- शराब, सिगरेट से बचें

MILK - 500 ML [सुताड़े उतार हुआ]

OIL - 3-4 SPOONS

WATER INTAKE - 3 liter

PHYSICAL ACTIVITY - 1/2 Hour -

1 Hour

[नींबू पानी
नाशियल पानी]



Shri Balaji Aarogyam Hospital Pvt.Ltd.
Behind Old Bus Stand, Jyoti Nagar, Kurukshetra.
Ph:01744-270255,9992630762



Receipt

UHID No :- UD-242501238	Reg. No. :- 242501238
Patient Name :- Mrs SONAM SAINI	Receipt No/Date :- 24250001661 / 27 Apr 2024
Age/Sex :- 29 Y/F	Mobile No :- 8422010001
Address :- #1225, SECTOR 5, NEAR HUDA MARKET, THANESAR, KURUKSHETRA	Payment Via :- Emp. Credit
Claim ID :-	Empanelment :- Mediwheel

Service Type	Service Name	Serial No	Price	Emr. Chrg.	Dis.	Unit	Net Amt.
Urine examination	URINE ROUTINE		80.00	0.00	0	1	78.00
Haematology	CBC		120.00	0.00	0	1	117.00
	ESR		80.00	0.00	0	1	78.00
	BLOOD GROUP		50.00	0.00	0	1	49.00
	HBA1C(GLYCOSYLATED HAEMOGLOBIN)		250.00	0.00	0	1	244.00
	SERUM URIC ACID		50.00	0.00	0	1	49.00
Biochemistry	BLOOD SUGAR FASTING & PP		50.00	0.00	0	1	49.00
	COMPLETE LIPID PROFILE		150.00	0.00	0	1	146.00
	BLOOD UREA		50.00	0.00	0	1	49.00
	CREATININE		50.00	0.00	0	1	49.00
	LFT		150.00	0.00	0	1	146.00
Immunology	THYROID PROFILE (T3,T4,TSH)		150.00	0.00	0	1	146.00
Hospital Charge	ECG		100.00	0.00	0	1	98.00
X-RAYS	Chest X-RAY		100.00	0.00	0	1	98.00
Cardiology	ECHO		300.00	0.00	0	1	293.00
Ultrasound	Usg Whole Abdomen		250.00	0.00	0	1	244.00
Dietician	Dietitian Consultation		70.00	0.00	0	1	67.00
Total Amount							2050.00
Total Discount							50.00
Bill Credit Towards Mediwheel							2000.00

Remarks: MEDIWHEEL PACKAGE

Shri Balaji Aarogyam Hospital Pvt. Ltd.
Behind Old Bus Stand
Kurukshetra-136118



Shri Balaji Aarogyam Hospital Pvt.Ltd.
Behind Old Bus Stand, Jyoti Nagar, Kurukshetra.
Ph:01744-270255,9992630762



Receipt

UHID No :- UD-242501238
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Mobile No :- 8422010001
Payment Via :- Emp. Credit
Empanelment :- Mediwheel
Claim ID :-

Service Type	Service Name	Serial No	Price	Emr. Chrg.	Dis.	Unit	Net Amt.
Haematology	PAP SMEAR		300.00	0.00	0	1	300.00
			Total Amount				300.00
			Bill Credit Towards Mediwheel				300.00

Printed By : Ms. Garima

Created By : Ms. Vanshu

Authorized Signatory

Shri Balaji Aarogyam Hospital Pvt. Ltd.
Behind Old Bus Stand
Kurukshetra-136118

दिनांक 6:00 बजे तक
से शनिवार

HOSPITAL
PVT. LTD



GYNATRIC
GERY
SS SURGERY)



दर्द से मिलेगा निजात
अब हमारे पास है
ACCIDENT और
TRAUMA का
इलाज़!

SPECIALIZES
IN JOINT REPLACEMENT,
TRAUMA & SPORTS INJURIES

DR. R
EX. REG
OPD TIME

सभी सर्जरी के लिए छोटे चीरे वाली
तकनीक (Minimal Invasive
Technique) की सुविधा उपलब्ध है!

EMER
AI

ORTHO SPECIALITIES Available

- Treatment For Back Pain, Knee & दर्द का इलाज - कमर, घुटना एवं अन्य जोड़
- Knee, Shoulder and Hip Replacem घुटना, कन्धा एवं कूल्हा प्रतिस्थापन
- Fracture & Polytrauma फ्रैक्चर अवं पोलिट्रॉमा (हड्डियाँ टूटना)
- Backbone Pain or Sciatica शीर्ष की हड्डी में दर्द या टेढ़ापन
- Bones Weakness | PRP हड्डी की कमजोरी | PRP
- Intra- Articular इंटरा आर्टिकुलर इन्जेक्शन

GPS Map Camera

Kurukshetra, Haryana, India

Opd no 2, basement, shri balaji arogyam hospital Behind old Bus Stop,
Jyoti Nagar, Kurukshetra, Haryana 136118, India

Lat 29.973503°

Long 76.838246°

27/04/24 10:19 AM GMT +05:30



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