

OP Slip

UHID No :- UD-232416922 **OP No** :- OP-232441008 **OP Date** :- 10 Feb 2024
10:43AM
Pt. Name :- Mrs PRITI **Age/Sex** :- 30 Y/Female **Mob. No** :- 9468190306
Pay Type :- Emp. Credit **Token No** :- NOR. - 7 **Paid** :- 0.00
Deptt. :- GYNAECOLOGY **Consultant** :- Dr NEHA KHANEJA (MS)
Address :- 783/21, NEW HOUSING BOARD COLONY ,Jind **Empanelment** :- Mediwheel

Present Complaints:

Diagnosis:

Treatment/Preventive Care/Nutrition Advised:

Past/Family History:

Drug Allergy (If any):

Examination (Vitals):

BP: 110/70 PR: 80 - RR: _____

Temp: _____ SPO2: 96%

Weight: 67kg Height: _____

Investigations:

Pap smear

*Adio
• Reports - Neemaal -*

Dr. Neha Khaneja
M.S.(Obst. & 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)

OP Slip

UHID No :- UD-232416922 **OP No** :- OP-232441007 **OP Date** :- 10 Feb 2024
10:42AM
Pt. Name :- Mrs PRITI **Age/Sex** :- 30 Y/Female **Mob. No** :- 9468190306
Pay Type :- Emp. Credit **Token No** :- NOR. - 22 **Paid** :- 0.00
Deptt. :- GENERAL MEDICINE **Consultant** :- Dr ANURAG KAUSHAL (MD)
Address :- 783/21, NEW HOUSING BOARD COLONY ,Jind **Empanelment** :- Mediwheel

Present Complaints:

Diagnosis:

Treatment/Preventive Care/Nutrition Advised:

Past/Family History:

Drug Allergy (If any):

Examination (Vitals):

BP: 103/73 mmHg RR: 80 BPM
Temp: _____ SPO2: 96%
Weight: 67kg Height: _____

Investigations:

Dr. Anurag Kaushal
MD (Medicine)
HMC-1504

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)



SHRI BALAJI AAROGYAM HOSPITAL

KURUKSHETRA

Patient Demographics

PRITI 30 YRS

Patient ID: 232416922

Gender: F

Performed By: DR RISHABH

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

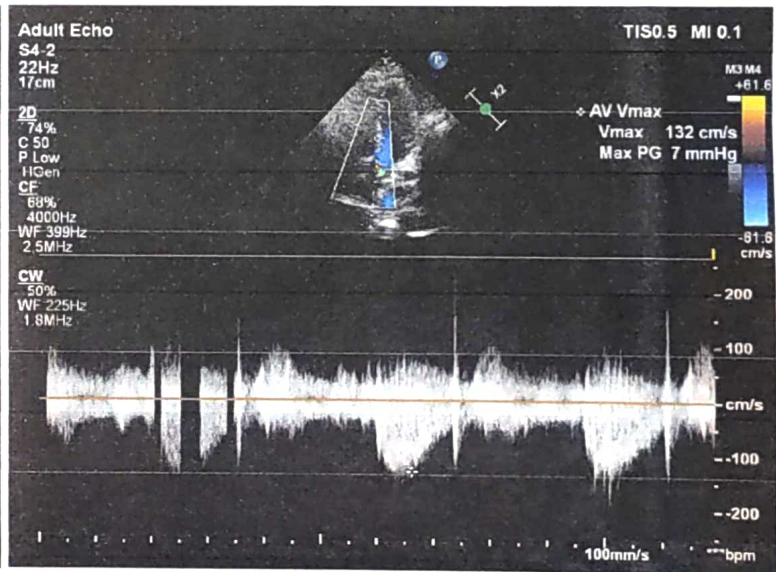
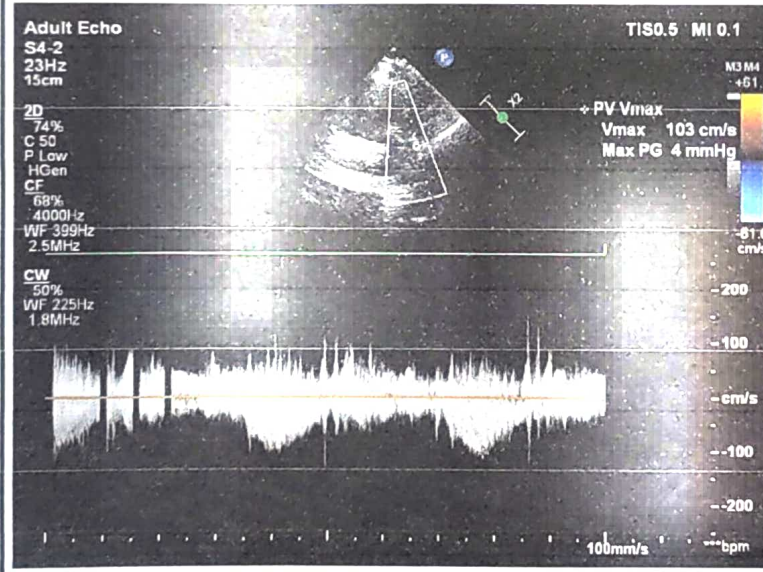
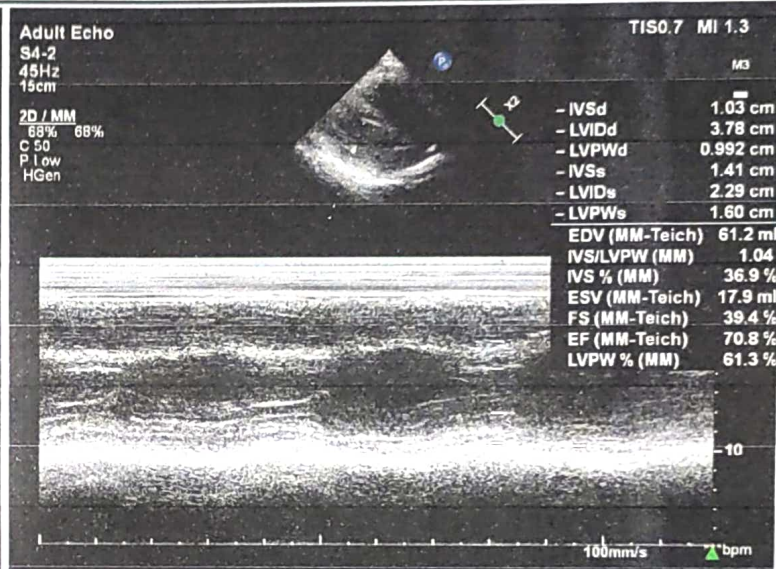
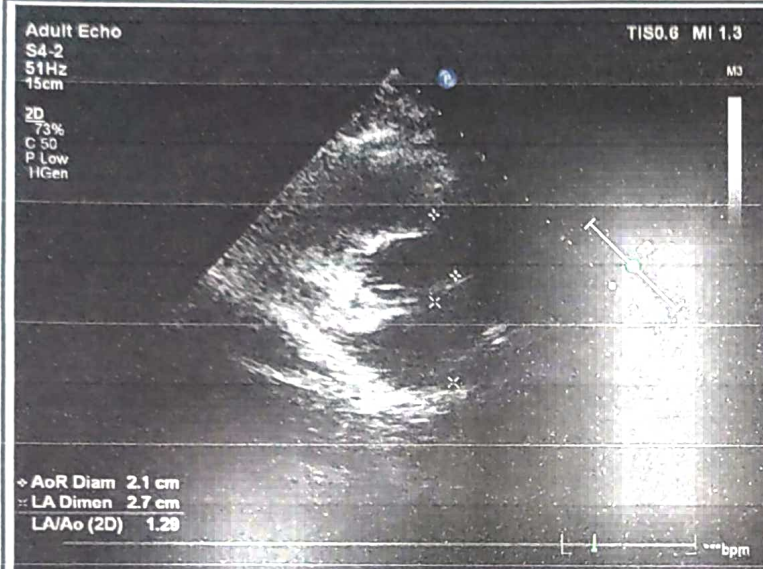
| | | | |
|-----------------|--------|---------------|--------|
| LV Mass (Cubed) | 118 g | LA/Ao (2D) | 1.29 |
| LA Dimen (2D) | 2.7 cm | AoR Diam (2D) | 2.1 cm |

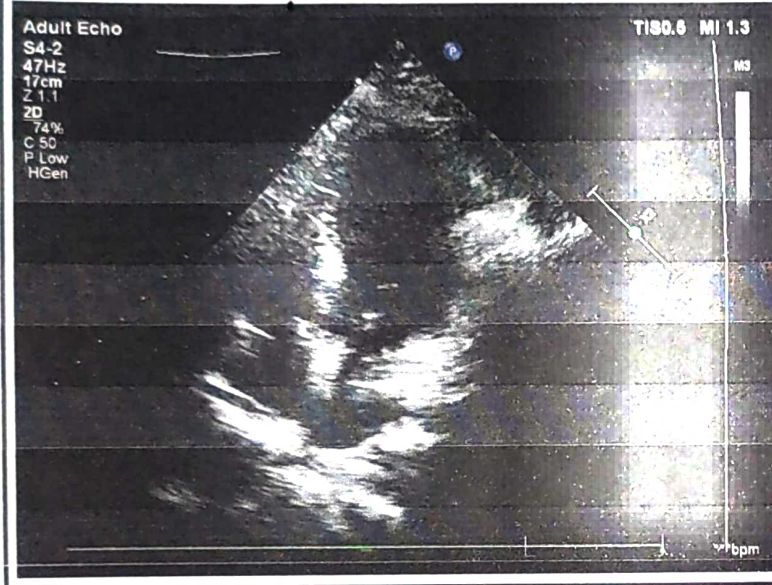
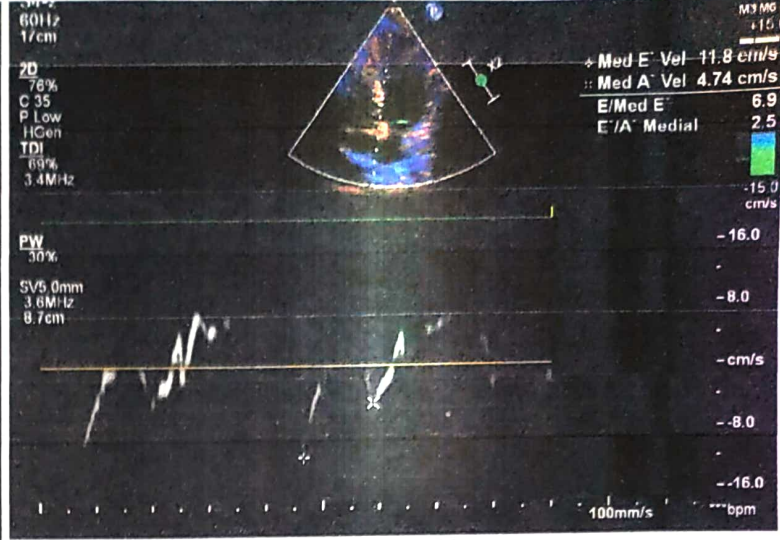
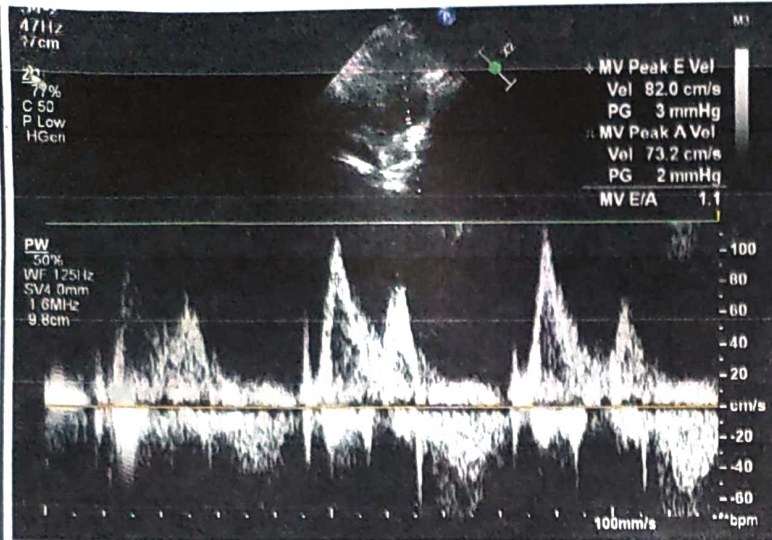
MMode

| | | | | | |
|---------------|----------|----------------|---------|---------------|---------|
| IVSd (MM) | 1.03 cm | EDV (MM-Teich) | 61.2 ml | SV (MM-Cubed) | 42.0 ml |
| LVIDd (MM) | 3.78 cm | ESV (MM-Teich) | 17.9 ml | EF (MM-Cubed) | 77.8 % |
| LVPWd (MM) | 0.992 cm | SV (MM-Teich) | 43.3 ml | FS (MM-Cubed) | 39.4 % |
| IVSs (MM) | 1.41 cm | FS (MM-Teich) | 39.4 % | IVS % (MM) | 36.9 % |
| LVIDs (MM) | 2.29 cm | EF (MM-Teich) | 70.8 % | LVPW % (MM) | 61.3 % |
| LVPWs (MM) | 1.60 cm | EDV (MM-Cubed) | 54.0 ml | | |
| IVS/LVPW (MM) | 1.04 | ESV (MM-Cubed) | 12.0 ml | | |

| | | | | | |
|---------------|-----------|------------|-----------|--------------|-----------|
| AV Vmax | | MVE/A | 1.1 | Med A` Vel | 4.74 cm/s |
| Max PG | 7 mmHg | | | | |
| Vmax | 132 cm/s | | | | |
| MV Peak E Vel | | Med E` Vel | 8.85 cm/s | E`/A` Medial | 1.9 |
| Vel | 82.0 cm/s | | | | |
| PG | 3 mmHg | | | | |
| MV Peak A Vel | | E/Med E` | 9.3 | PV Vmax | |
| Vel | 73.2 cm/s | | | Max PG | 4 mmHg |
| PG | 2 mmHg | | | Vmax | 103 cm/s |

Images





Signature

Signature:
Name(Print):

Date: 27-01-2024.

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



SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD



Regd. off.: BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkk@gmail.com

CIN : U93000HR2018PTC074193

Typed by: Kajal

| | | | |
|--------------|------------|---------|---------------|
| Patient Name | MRS. PRITI | Age/Sex | 30 Y / FEMALE |
| Referred By: | SELF | Date | 27.01.2024 |

USG WHOLE ABDOMEN

LIVER:-Is normal in size measuring 13.0 cm and is **mildly coarse in echotexture** with normal outline. 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 is normal in outline and echotexture. Rest of the pancreas obscured by bowel shadows.

SPLEEN: - is normal in size measuring 9.1 cm and echotexture. No focal lesion is seen.

RIGHT KIDNEY:-It is normal in size measuring 9.3 x 3.2 cm, normal in position and echotexture. CMD is maintained. The pelvi-calyceal system is compact. No evidence of calculus or hydronephrosis is seen.:

LEFT KIDNEY:-It is normal in size measuring 9.5 x 3.0 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 and normal in size and capacity. No calculus is seen in its lumen. The wall thickness is within normal limits.

UTERUS: - is normal in size. Endometrial stripe measures 7.9 mm. Echotexture is normal.

ADENEXA:-Both ovaries are bulky in size (Right ovary having an approximate volume of 9.2 cc and left ovary having an approximate volume of 11.5 cc), and shows multiple small follicles 5-8 mm sized arranged peripherally with increased echogenicity of central stroma.


No free fluid is seen in abdomen and pelvis.

No evidence of any mesenteric lymphadenopathy noted.

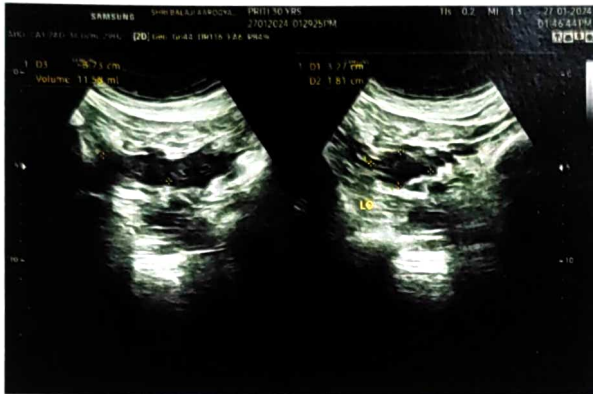
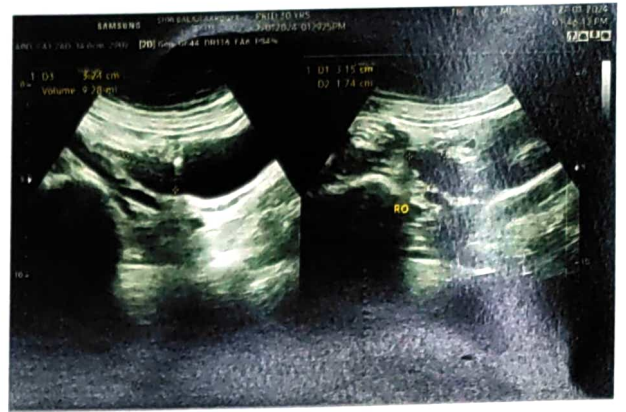
Visualized bowel loops appear unremarkable.

IMPRESSION:

- **MILD COARSELY ECHOTEXTURED LIVER (SUGGESTED: LFT CORRELATION).**
 - **FEATURES ARE SUGGESTIVE OF POLYCYSTIC OVARIAN DISEASE (PCOD).**
- 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 AAROGYAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkk@gmail.com

462775993

UHID No :- UD-232416922 **Reg No** :- 232416922 **Print Date** : 27-Jan-2024 02:38 PM
Receipt No :- 23240022262 **Receipt Date** :- 27 Jan 2024
Patient Name :- Mrs PRITI **Husband** :- BALRAJ **Age/Sex** :- 30 Y/F
Mobile No :- 9468190306 **Consultant** :- Dr ANURAG KAUSHAL (MD)
Address :- 783/21, NEW HOUSING BOARD COLONY , Jind

Final Report

| Investigations | Observations | Biological Reference Interval | Unit |
|----------------|--------------|-------------------------------|------|
|----------------|--------------|-------------------------------|------|

Sample No:232442662

Sample Gnt At: (27 Jan 2024 12:44 PM) ,Sample Rvd At (27 Jan 2024 12:44 PM) ,Report Gnt At : (27 Jan 2024 2:38 PM)

HAEMATOLOGY

CBC

| | | | |
|---|--------------|-----------------|----------------------------------|
| WBC | 6.51 ✓ | 4.00 - 11.00 | 10 ³ /mm ³ |
| RBC <i>Methology / Carm</i> | 4.17 | 3.50 - 4.50 | million/cumm |
| HAEMOGLOBIN | 12.5 ✓ | 12.50 - 15.00 | gm/dl |
| HCT <i>DefaultMethodTwo / test Machine</i> | 40.7 | 35.00 - 50.00 | % |
| MCV(MEAN CELL VOLUME) | 97.60 | 83.00 - 101.00 | fl |
| MCH(MEAN CELL HAEMOGLOBIN) | 29.98 | 27.00 - 32.00 | pg |
| MCHC | 30.71 | 31.50 - 35.00 | gm% |
| RDW-CV <i>Method1 / test Machine</i> | 14.8 | 12.00 - 18.00 | % |
| RDW-SD | 66.7 | 37.00 - 56.00 | fl |
| MIC <i>Methology / test Machine</i> | 1.3 | 0.00 - 20.00 | % |
| MAC | 7.6 | 2.00 - 10.00 | % |
| PLATELETS | 255 ✓ | 150.00 - 450.00 | ×10 ³ /μL |
| MPV | 9.6 | 7.40 - 11.00 | fl |
| PCT <i>Test Method</i> | 0.24 | 0.15 - 0.40 | % |
| PDW | 13.2 | 11.00 - 20.00 | fL |
| P-LCC | 87 | 44.00 - 140.00 | 10 ⁶ /mm ³ |
| P-LCR | 34.15 | 18.00 - 50.00 | % |
| DLC DIFFERENTIAL LEUCOCYTE COUNT | | | |
| NEUTROPHILS | 45.0 | 40.00 - 75.00 | % |
| LYMPHOCYTES | 45.7 | 20.00 - 45.00 | % |
| MONOCYTES | 7.8 | 2.00 - 10.00 | % |
| EOSINOPHILS | 1.5 | 1.00 - 6.00 | % |
| BASOPHILS | 0.0 | 0.00 - 1.00 | % |

Remarks :-

Sample No:232442663

(Technologist)

Charu Sethi

Not valid for Medico Legal Purposes. Advised further clinical correlations

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



SBAH PATH LAB



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

E-mail : aarogyamkk@gmail.com

UHID No :- UD-232416922 **Reg No** :- 232416922 **Print Date** : 27-Jan-2024 02:38 PM
Receipt No :- 23240022262 **Receipt Date** :- 27 Jan 2024
Patient Name :- Mrs PRITI **Husband** :- BALRAJ **Age/Sex** :- 30 Y/F
Mobile No :- 9468190306 **Consultant** :- Dr ANURAG KAUSHAL (MD)
Address :- 783/21, NEW HOUSING BOARD COLONY , Jind

Final Report

| Investigations | Observations | Biological Reference Interval | Unit |
|----------------|--------------|-------------------------------|------|
|----------------|--------------|-------------------------------|------|

Sample Gnt At: (27 Jan 2024 12:45 PM) ,**Sample Rvd At** (27 Jan 2024 12:45 PM) ,**Report Gnt At** : (27 Jan 2024 2:38 PM)

HAEMATOLOGY

| | | | | |
|-----|----|---|--------------|------------|
| ESR | 12 | ✓ | 0.00 - 20.00 | mm at 1 hr |
|-----|----|---|--------------|------------|

Remarks :-

Sample No:232442664

Sample Gnt At: (27 Jan 2024 12:45 PM) ,**Sample Rvd At** (27 Jan 2024 12:45 PM) ,**Report Gnt At** : (27 Jan 2024 2:38 PM)

HAEMATOLOGY

| | | | | |
|-----------------|-----|---|-------------|-------|
| SERUM URIC ACID | 3.7 | ✓ | 2.50 - 6.00 | mg/dl |
|-----------------|-----|---|-------------|-------|

BIOCHEMISTRY

COMPLETE LIPID PROFILE

| | | | | |
|------------------|-------|---|----------------|-------|
| TOTAL CHOLESTROL | 135 | ✓ | | mg/dl |
| TRIGLYCERIDES | 67 | ✓ | 35.00 - 160.00 | mg/dl |
| HDL | 48 | ✓ | | mg/dl |
| LDL | 73.60 | ✓ | | mg/dl |
| VLDL CHOLESTEROL | 13.40 | ✓ | 0.00 - | mg/dL |

BLOOD UREA

| | | | | |
|------------|----|---|---------------|-------|
| BLOOD UREA | 21 | ✓ | 12.00 - 40.00 | mg/dl |
|------------|----|---|---------------|-------|

CREATININE

| | | | | |
|------------|------|---|-------------|-------|
| CREATININE | 0.87 | ✓ | 0.60 - 1.40 | mg/dl |
|------------|------|---|-------------|-------|

BLOOD SUGAR FASTING & PP

| | | | | |
|---------------------|-----|---|----------------|-------|
| BLOOD SUGAR FASTING | 81 | ✓ | 70.00 - 110.00 | mg/dl |
| BLOOD SUGAR PP | 102 | ✓ | 70.00 - 150.00 | mg/dl |

LFT

| | | | | |
|--------------------|------|---|----------------|--------|
| TOTAL BILIRUBIN | 0.60 | ✓ | 0.30 - 1.00 | mg/dl |
| DIRECT BILIRUBIN | 0.20 | ✓ | 0.00 - 0.30 | mg/dl |
| INDIRECT BILIRUBIN | 0.40 | ✓ | 0.20 - 0.80 | mg/dl |
| SGOT | 30 | ✓ | 0.00 - 40.00 | U/L |
| SGPT | 18 | ✓ | 0.00 - 40.00 | U/L |
| TOTAL PROTIENS | 7.2 | ✓ | 6.60 - 8.70 | gm/dl |
| ALBUMIN | 5.5 | ✓ | 3.50 - 5.00 | mg/dl |
| GLOBULIN | 1.70 | ✓ | 1.50 - 3.60 | gms/dl |
| ALKALINE PHOSPHATE | 104 | ✓ | 57.00 - 111.00 | U/L |

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations

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



SBAH PATH LAB



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

E-mail : aarogyamkk@gmail.com

| | | |
|---|------------------------------------|---|
| UHID No :- UD-232416922 | Reg No :- 232416922 | Print Date : 27-Jan-2024 02:38 PM |
| Receipt No :- 23240022262 | Receipt Date :- 27 Jan 2024 | |
| Patient Name :- Mrs PRITI | Husband :- BALRAJ | Age/Sex :- 30 Y/F |
| Mobile No :- 9468190306 | | Consultant :- Dr ANURAG KAUSHAL (MD) |
| Address :- 783/21, NEW HOUSING BOARD COLONY , Jind | | |

Final Report

| Investigations | Observations | Biological Reference Interval | Unit |
|----------------|--------------|-------------------------------|------|
|----------------|--------------|-------------------------------|------|

Remarks :-

Sample No:232442665

Sample Gnt At: (27 Jan 2024 12:45 PM) ,Sample Rvd At (27 Jan 2024 12:45 PM) ,Report Gnt At : (27 Jan 2024 2:38 PM)

URINE EXAMINATION

URINE ROUTINE

PHYSICAL EXAMINATION

| | | | |
|----------------------------|--------|--------------|----|
| COLOUR <i>Methology</i> | YELLOW | CLEAR YELLOW | |
| VOLUME | 25 | | ML |
| SPECIFIC GRAVITY | 1.02 | 1.00 - 1.03 | |

CHEMICAL EXAMINATION

| | | | |
|----------|----------|-------------|--|
| PH | 6.0 | 4.60 - 8.00 | |
| PROTEIN. | Negative | NEGATIVE | |
| GLUCOSE | Negative | NEGATIVE | |
| KETONE | Negative | NEGATIVE | |

MICROSCOPIC EXAMINATION

| | | | |
|--------------------------------|----------|-------------|--------------|
| EPIITHELIAL CELLS | Negative | | |
| PUS CELLS | 2-4 | 2.00 - 3.00 | /HPF |
| RBC <i>Methology / Carm</i> | Negative | 3.50 - 4.50 | million/cumm |
| CRYSTALS | Negative | ABSENT | |
| BACTERIA | Negative | ABSENT | |
| OTHERS | Negative | | |

MICROSCOPIC EXAMINATION

| | | | |
|--------------------|----------|--------|--|
| CASTS | Negative | ABSENT | |
| AMORPHOUS DEPOSITS | Negative | | |

Remarks :-

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

* END OF REPORT *

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations
Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861

Name : Mrs. PRITI
 Lab No. : 462775993
 Ref By : SHRI BALAJI AAROGYAM HOSPITAL
 Collected : 27/1/2024 2:07:00PM
 A/c Status : P
 Collected at : SHRI BALAJI AAROGYAM HOSPITAL
 C/O Aarogyam Hospital, Behind Old Bus Stand
 Thanesar, Kurukshetra-136118
 Age : 30 Years
 Gender : Female
 Reported : 27/1/2024 3:46:15PM
 Report Status : Final
 Processed at : Dr. Lal PathLabs Ltd.
 Kurukshetra-136118, Haryana

Test Report

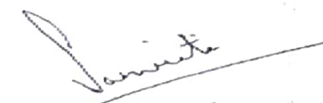
| Test Name | Results | Units | Bio. Ref. Interval |
|--|---------|--------|--------------------|
| THYROID PROFILE, TOTAL, SERUM (ECLIA) | | | |
| T3, Total | 1.35 | ng/mL | 0.80 - 2.00 |
| T4, Total | 8.89 | µg/dL | 5.10 - 14.10 |
| TSH | 2.99 | µIU/mL | 0.27 - 4.20 |

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

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 |



Dr. Samriti Gupta
 MBBS, MD (Pathology)
 Chief of Lab



Name : Ms. PRITI
Lab No. : 462768569
Ref By : DR NEHA KHANEJA
Collected : 10/02/2024 11:31:00AM
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 : 30 Years
Gender : Female
Reported : 13/2/2024 12:18:29PM
Report Status : Final

Processed at : LPL-NATIONAL REFERENCE LAB
National Reference laboratory, Block E,
Sector 18, Rohini, New Delhi -110085



CYTOPATHOLOGY REPORT

CYTOPATH NO : [9749]
SPECIMEN : Cervical/vaginal cytology (Thin 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 intermediate and superficial squamous cells with few polymorphs.
No Trichomonas or fungal organisms seen.
C) Endocervical cells : Absent
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 coltesting@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 - Coltesting every 5 years ; < 21 & > 65 yrs - Screening not recommended


DMC-38834

Dr Priyanka Chand
MD, Pathology
Senior Consultant Pathologist - NRL


DMC-3841

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.



Priya

30
30y F

Weight 64kg Height 5'5"

24kg/m²



SHRI BALAJI AAROGYAM HOSPITAL PVT LTD

DIET CHART FOR HIGH FIBER DIET

7:30 AM : मिलास नींबू पानी + 1 glass गरम पानी

Dry fruits - 1 मोठी [भीषे हरे]

6:30 AM : बादाम + अखरोट + काजू + किशमिश + अंजीर +

8:00 AM : 1 गिलास दूध + 1 BOWL

① Apple (सेब) | केला | अमरूद | संतरा

या

② Oats | अदिस

सब्जी दलिया / सब्जी ओट्स / सब्जी पोहा / उबले अंडे का सफेद हिस्सा /

10-11:00 AM : सेब / पपीता / संतरा / नाशपाती / अमरूद / अनार - ①

मारियत सिरी

12:00 AM : 1 प्लेट सलाद [श्वीश + मूली + गाजर + शलवास + चुकंदर]

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

5:00 PM : 1 गिलास दूध + भुना हुआ मखाना [4-5] + 1/2 glass दूध =
(फ्रिज) 6-7

7:00 PM : ~~ठोकला / 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 7:00 PM : 2 bowl सब्जी | Vegetable Soup | Tomato Soup

सब्जी खिचड़ी / सब्जी दलिया / सब्जी ओट्स

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

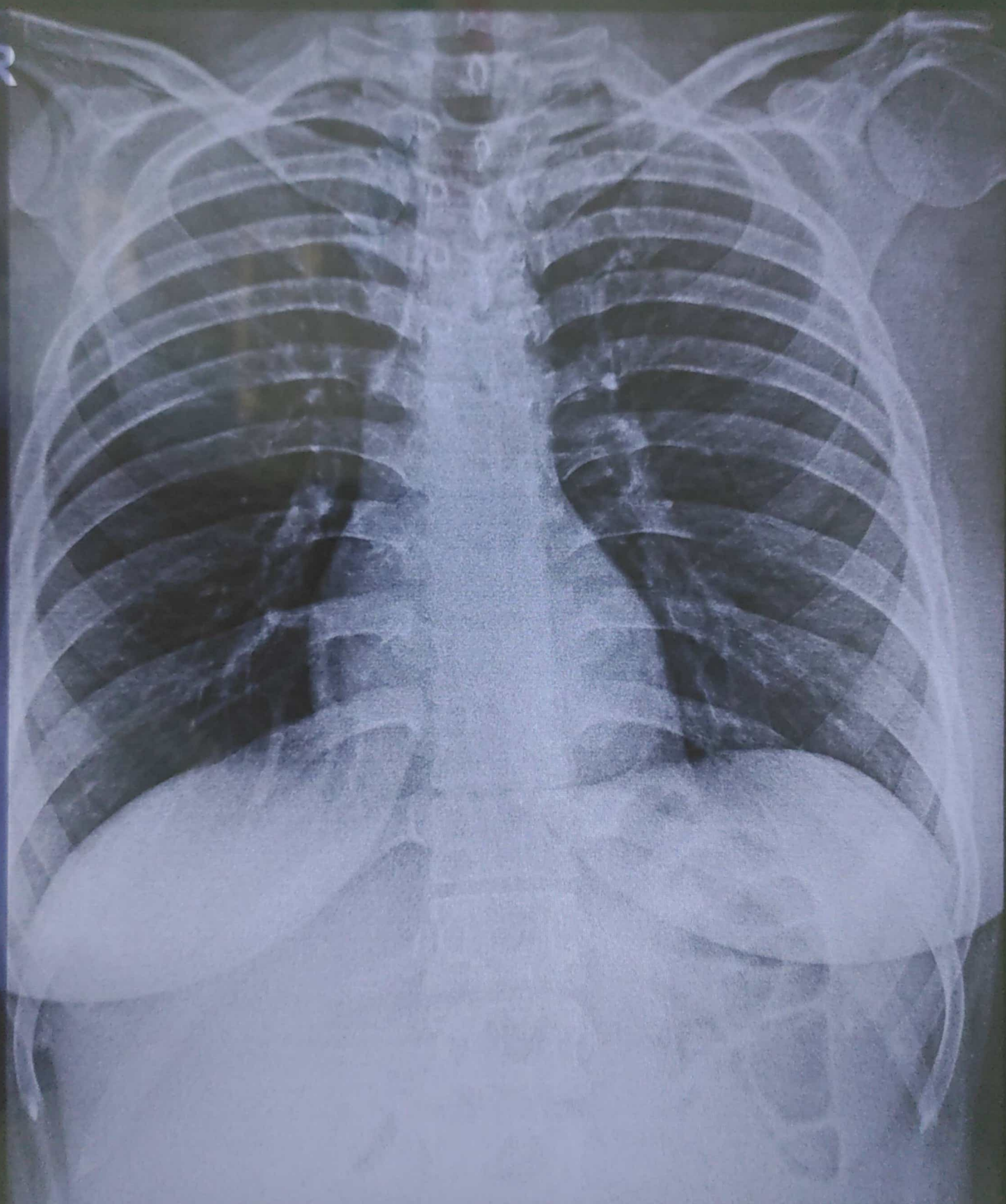
MILK - 500 ML [सताउ उतर हुआ] =

OIL - 3-4 SPOONS

WATER INTAKE - 2-3 liter =

PHYSICAL ACTIVITY - 1 Hour =

R

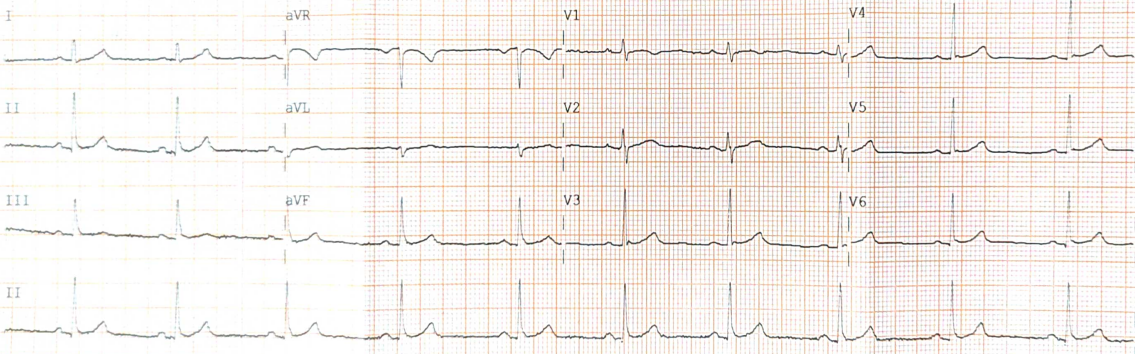


PRITI 30/Y 22261 F CHEST PA 27-Jan-24 12:22 PM
SHRI BALAJI AAROGYAM HOSPITAL, KURUKSHETRA

12 Lead; Standard Placement

Exeti 27-02-24

| | | | | |
|------|-----|-----|-----|-----|
| PR | 155 | QTc | 374 | P |
| QRSD | 80 | | | QRS |
| | | | | T |



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 mm/mV F 60~0.15-100 Hz PH10 CL P? PH10 CL P?