



भारत सरकार

Government of India



अशरफउन्नीशा अंसारी

Ashrafunnisha Ansari

जन्म तिथि / DOB: 16/01/1987

महिला / Female



4969 8615 4417

मेरा आधार, मेरी पहचान

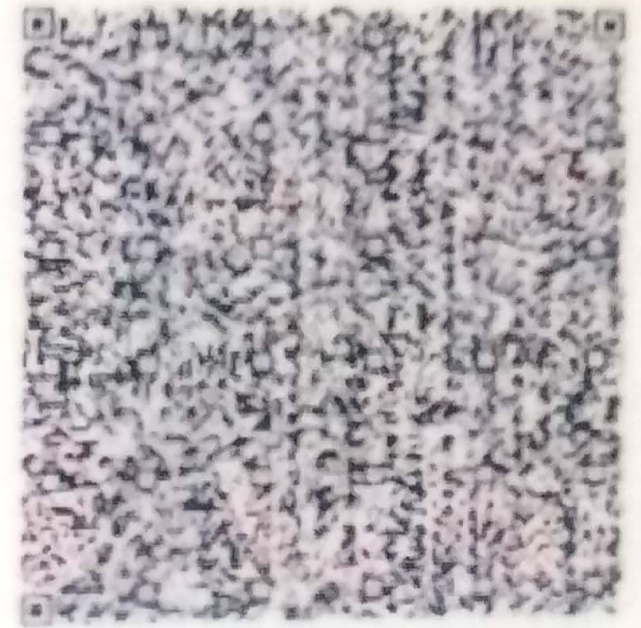




भारतीय विशिष्ट पहचान प्राधिकरण

Unique Identification Authority of India

पता: C/O मो शाहिद अंसारी, एच-52, सिद्धार्थ नगर, नरेला
शंकरी, हुजुर, भेल, भोपाल, मध्य प्रदेश, 462022



Address: C/O Mohd Shahid Ansari, H-52,
Siddharth Nagar, Narela shankri, Huzur, Bhel,
Bhopal, Madhya Pradesh, 462022

4969 8615 4417



1947



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Laboratory Report

Patient Name : MRS ASHRAF ANSARI



CPL24/21741

Age/Gender : 37 Yrs/Female

Registration Date : 24/08/2024 01:49 PM

Ref. Dr. : Dr. BOB

Collection Date : 24/08/2024 01:51 PM

Center : CMH OPD

Report Date : 24/08/2024 06:24 PM



HAEMATOTOLOGY REPORT

Test Description	Result	Unit	Biological Reference Ranges
HbA1c Glycosilated Haemoglobin	5.4	%	Non-diabetic: <= 6.0 Pre-diabetic: 6.0-7.0 Diabetic: >= 7.0
Estimated Average Glucose :	108	mg/dL	
Reference Range (Average Blood Sugar):			
Excellent control	: 90 - 120 mg/dl		
Good control	: 121 - 150 mg/dl		
Average control	: 151 - 180 mg/dl		
Action suggested	: 181 - 210 mg/dl		
Panic value	: > 211 mg/dl		

Interpretation & Remark:

- HbA1c is used for monitoring diabetic control. It reflects the estimated average glucose (eAG).
- HbA1c has been endorsed by clinical groups & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point of 6.5%.
- Trends in HbA1c are a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anaemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases. Clinical correlation suggested.
- To estimate the eAG from the HbA1C value, the following equation is used: $eAG(mg/dl) = 28.7 * A1c - 46.7$
- Interference of Haemoglobinopathies in HbA1c estimation.
 - For HbF > 25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c.
 - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring diabetic status
 - Heterozygous state detected (D10/ turbo is corrected for HbS and HbC trait).
- In known diabetic patients, following values can be considered as a tool for monitoring the glycemic control. Excellent Control - 6 to 7 %, Fair to Good Control - 7 to 8 %, Unsatisfactory Control - 8 to 10 % and Poor Control - More than 10 % .




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M.D (Pathology)
Consultant Pathologist
Reg. No.-MP-30165

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HAEMATOLOGY REPORT

Test Description	Result	Unit	Biological Reference Ranges
BLOOD GROUP AND RH FACTOR			
ABO Type	O		
Rh Factor	POSITIVE(+VE)		

Peripheral Blood Smear

RBC Morphology	Rbcs are normocytic normochromic mild aniso and poikilocytosis seen
WBC Morphology	no immature cells of WBC series seen
Platelets	platelets are adequate
Parasites	No Parasite Seen.

BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
RENAL FUNCTION TEST (RFT)			
Blood Urea	20.5	mg/dl	15 - 50
Serum Creatinine	0.70	mg/dl	0.6 - 1.5
eGFR	121	ml/min	
Blood Urea Nitrogen-BUN	9.58	mg/dl	7 - 20
Serum Sodium	139.2	mmol/L	135 - 150
Serum Potassium	4.18	mmol/L	3.5 - 5.0
Chloride	102.0	mmol/L	94.0 - 110.0
Ionic Calcium	1.16	mmol/L	1.10 - 1.35
Uric Acid	4.1	mg/dl	2.6 - 6.0

NOTE : Please correlate with clinical conditions.



NABL-M(EL)T-02622



9001:2015



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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
LIVER FUNCTION TEST (LFT)			
TOTAL BILIRUBIN	0.61	mg/dl	0 - 1.2
DIRECT BILIRUBIN	0.15	mg/dL	0 - 0.3
INDIRECT BILIRUBIN	0.46	mg/dl	0.1 - 0.8
SGOT (AST)	58.0	U/L	0 - 35
SGPT (ALT)	62.5	U/L	0 - 45
ALKALINE PHOSPHATASE	124.0	U/L	64 - 147
TOTAL PROTEIN	6.62	g/dl	6.4 - 8.3
SERUM ALBUMIN	3.91	g/dl	3.2 - 5.2
SERUM GLOBULIN	2.71	g/dl	1.8 - 3.6
A/G RATIO	1.44		1.2 - 2.2

NOTE : Please correlate with clinical conditions.



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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
<u>LIPID PROFILE</u>			
Cholesterol-Total	134.0	mg/dL	< 200 Desirable 200-239 Borderline High > 240 High
Triglycerides level	128.0	mg/dL	< 150 Normal 150-199 Borderline High 200-499 High
HDL Cholesterol	38.1	mg/dL	> 500 Very High < 40 Major Risk for Heart > 40 Normal
LDL Cholesterol	70.30	mg/dL	< 100 Optimal 100-129 Near/Above Optimal 130-159 Borderline high 160-189 High
VLDL Cholesterol	25.60	mg/dL	> 190 Very High
CHOL/HDL RATIO	3.52		6 - 38 3.5 - 5.0
LDL/HDL RATIO	1.85		2.5 - 3.5

NOTE

8-10 hours fasting sample is required




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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
Post-Prandial Blood Sugar <i>Method : Hexokinase</i>	94.0	mg/dl	70 - 140
Interpretation:- Normal: 70-140 Impaired Glucose Tolerance:140-200 Diabetes mellitus: >= 200 (on more than one occassion)			
Gamma Glutamyl Transferase (GGT)-Serum	32.7	IU/L	12 - 43

CLINICAL BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
Fasting Blood Sugar <i>Method: GOD-POD</i>	81.0	mg/dl	Normal: 70-110 Impaired Fasting Glucose(IFG): 100-125 Diabetes mellitus: >= 126

Note:- An individual may show higher fasting glucose level in comparison to post prandial glucose level due to following reasons. The glycaemic index and response to food consumed, Changes in body composition, Increased insulin response and sensitivity, Alimentary hypoglycemia, Renal glycosuria, Effect of oral hypoglycaemics & Insulin treatment.




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IMMUNOASSAY REPORT

Test Description	Result	Unit	Biological Reference Ranges
TRI-iodothyronin, (T3)	1.15	ng/mL	0.69 - 2.15
THYROXIN, (T4)	97.3	ng/mL	52 - 127
Thyroid Stimulating Hormone(TSH)- Serum	2.54	μIU/mL	0.3-4.5 Pregnancy (As per American Thyroid Association)

First Trimester : 0.1-2.5
Second Trimester : 0.2-3.0
Third trimester : 0.3-3.0

Method : CLIA

INTERPRETATION

TSH	T3 / FT3	T4 / FT4	Suggested Interpretation for the Thyroid Function Tests Pattern
Within Range	Decreased	Within Range	• Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness. In elderly the drop in T3 level can be upto 25%.
Raised	Within Range	Within Range	• Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. • Subclinical Autoimmune Hypothyroidism • Intermittent T4 therapy for hypothyroidism • Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	• Chronic Autoimmune Thyroiditis • Post thyroidectomy, Post radioiodine • Hypothyroid phase of transient thyroiditis"
Raised or within Range	Raised	Raised or within Range	• Interfering antibodies to thyroid hormones (anti-TPO antibodies) • Intermittent T4 therapy or T4 overdose • Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics"
Decreased	Raised or within Range	Raised or within Range	• Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & associated with Non-Thyroidal illness • Subclinical Hyperthyroidism • Thyroxine ingestion"
Decreased	Decreased	Decreased	• Central Hypothyroidism • Non-Thyroidal illness • Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	• Primary Hyperthyroidism (Graves' disease), Multinodular goitre, Toxic nodule • Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased or within Range	Raised	Within Range	• T3 toxicosis • Non-Thyroidal illness




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URINE EXAMINATION REPORT

Test Description	Result	Unit	Biological Reference Ranges
URINE ROUTINE			
General Examination			
Colour	Pale Yellow		Pale Yellow
Transparency (Apperance)	Clear		Clear
Deposit	Absent		Absent
Reaction (pH)	Acidic		5.0-8.5
Specific Gravity	1.020		-1.005-1.030
Chemical Examination			
Urine Protein	Absent		Absent
Urine Ketones (Acetone)	Absent		Absent
Urine Glucose	Absent		Absent
Bile pigments	Absent		Absent
Bile salts	NIL		NIL
Urobilinogen	Normal		Normal
Nitrite	Negative		Negative
Microscopic Examination			
RBC's	NIL	/hpf	NIL
Leukocyte (Pus cells)	2-4	/hpf	0-5/hpf
Epithelial Cells	1-2	/hpf	0-4/hpf
Crystals	Absent		Absent
Casts	Not Seen		Not Seen
Amorphous deposits	Absent		Absent
Bacteria	Not seen		Not seen
Yeast Cells	Not seen		Not seen

Note : 1. Chemical examination through Dipstick includes test methods as Protein (Protein Error Principle), Glucose (Glucose oxidase-Peroxidase), Ketone (Legals Test), Bilirubin (Azo- Diazo reaction), Urobilinogen (Diazonium ion Reaction) Nitrite (Griess Method). All abnormal results of chemical examination are confirmed by manual methods. 2. Pre-test conditions to be observed while submitting the sample- First void, mid-stream urine, collected in a clean, dry, sterile container is recommended for routine urine analysis, avoid contamination with any discharge from vaginal, urethra, perineum, as applicable, avoid prolonged transit time & undue exposure to sunlight. 3. During interpretation, points to be considered are Negative nitrite test does not exclude the urinary tract infections, Trace proteinuria can be seen with many physiological conditions like prolonged recumbency, exercise, high protein diet. False positive reactions for bile pigments, proteins, glucose and nitrites can be caused by peroxidase like activity by disinfectants, therapeutic dyes,




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Test Description	Result	Unit	Biological Reference Ranges
COMPLETE BLOOD COUNT			
Haemoglobin	9.3	gm/dL	11.0 - 15.0
RBC Count	3.18	mil/cu.mm	3.50 - 5.50
Hematocrit HCT	27.9	%	37.0 - 47.0
Mean Corp Volume MCV	87.7	fL	80.0 - 100.0
Mean Corp Hb MCH	29.2	pg	27.0 - 34.0
Mean Corp Hb Conc MCHC	33.3	gm/dL	32.0 - 36.0
Platelet Count	2.89	lac/cmm	1.50 - 4.50
Total WBC Count /TLC	7.5	10 ³ /cu.mm	4.0 - 11.0
DIFFERENTIAL LEUCOCYTE COUNT			
Neutrophils	65	%	40 - 70
Lymphocytes	29	%	20 - 40
Monocytes	04	%	02 - 10
Eosinophils	02	%	01 - 06
Basophils	00	%	00 - 01
Absolute Differential Count			
Absolute Neutrophils Count	4.9	thou/mm ³	2.00 - 7.00
Absolute Lymphocyte Count	2.2	thou/mm ³	1.00 - 3.00
Absolute Monocytes Count	0.3	thou/mm ³	0.20 - 1.00
Absolute Eosinophils Count	0.1	thou/mm ³	0.02 - 0.50

EDTA Whole Blood - Tests done on Automated Three Part Cell Counter. (WBC, RBC Platelet count by impedance method, WBC differential by VCS technology other parameters calculated) All Abnormal Haemograms are reviewed confirmed microscopically.




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Test Description	Result	Unit	Biological Reference Ranges
ESR - ERYTHROCYTE SEDIMENTATION RATE	14	mm/hr	0 - 20

Method: Wintrob's

INTERPRETATION :

1. It indicates presence and intensity of an inflammatory process, never diagnostic of a specific disease. Changes are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

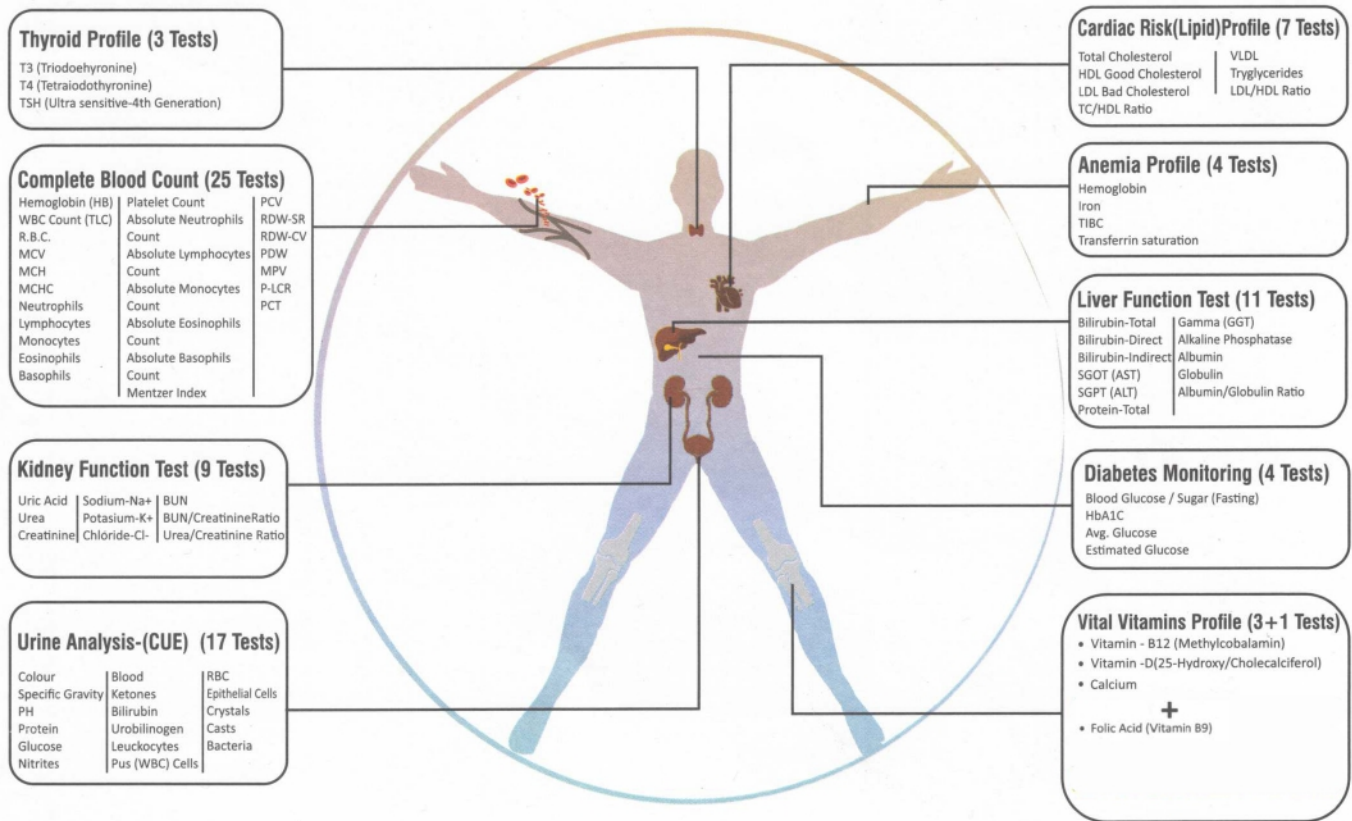
**** End of the report****

This report is not valid for medico legal aspects. This is just a professional opinion not the final. Kindly correlate clinically because of technical, lack of clinical information and physical findings, if any disparity noted please inform.




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BODY CARE



CONDITIONS OF REPORTING

- Individual laboratory investigations should not be considered as conclusive and should be used along with other relevant clinical examinations to achieve the final diagnosis. Therefore these reported results are for the information of referring clinician only
- The values of a laboratory investigation are dependent on the quality of the sample as well as the assay procedures used. Further all samples collected outside Citi Pathlabs labs / patient centers are required to be prepared, stored, labelled and brought as per the guidelines of Citi Pathlabs. Citi Pathlabs cannot be held liable for incorrect results of any samples which are not as per the guidelines issued
- Electronic images in the report are created by electronic processing . Citi Pathlabs makes no expressed or implied warranties or representations with respect to it and takes no responsibility for the authenticity , quality and size of the image , affected possibly due to a computer virus or other contamination
- Citi Pathlabs confirms that all tests have been carried out with reasonable care, clinical safety & technical integrity
A. However due to certain factors such as reagent inconsistency , machine breakdown etc. beyond its control which could affect the testing , it does not make any representation or give any warranty about the accuracy of the reported results
B. The test results are to be used for help in diagnosing / treating medical diseases & not for forensic applications. Hence these results cannot be used for medico - legal purposes
- Partial representation of report is not allowed.
- All dispute / claims concerning to this report are subject to Bhopal jurisdiction only.

For Any Enquiry

Citi Pathlabs
 Flat No. 004, Shivaay South City Complex,
 Phase-2, G-3 Gulmohar Colony, Bhopal (M.P.)
 citipathlabs@gmailcom
 9454786340, 9407658222

MER- MEDICAL EXAMINATION REPORT

Date of Examination	24-08-24		
NAME	ASHRAF		
AGE	37	Gender	F
HEIGHT(cm)	158	WEIGHT (kg)	78
B.P.	110 / 70		
ECG	WNL		
X Ray	NORMAL		
Vision Checkup	Color Vision : NORMAL		
	Far Vision Ratio : No		
	Near Vision Ratio : No		
Present Ailments	No. Any present ailments.		
Details of Past ailments (If Any)	No. Any past ailments.		
Comments / Advice : She / He is Physically Fit	She is physically fit.		

Dr. SABYASACHI GUPTA
 MBBS (Gold Medalist), MD (Med.), RCGP, (U.K.)
 Reg. No. 11671

Signature with Stamp of Medical Examiner

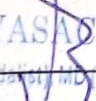
CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of MRS. Ashraj Ansari on 24-8-24

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

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


Dr. Sabyasashi Gupta
MBBS (Gen. Med. & Med. Med.), RCGP (U.K.)
 Reg. No. 11671

Dr. _____
 Medical Officer
 The Apollo Clinic, (Location)

This certificate is not meant for medico-legal purposes



CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7771008660, 8319214664, 9303135719



Patient Name :	MRS.ASHRAF ANSARI	Age /sex :	37 Y/F
Referred .By:	INS	Date	24.08.2024

X-RAY CHEST PA VIEW

- Bilateral Lungs Fields Appear Clear .
- Bilateral Hilar Shadows Appear Clear .
- Bilateral CP Angels Appear Clear .
- Both The Domes of Diaphragm Appear normal in Shape and position
- Visualized bony cage and soft tissue appear normal .

IMPRESSION

NO Significant Abnormality Seen.

Prinal

DR DADHANIA PRINALBEN
MD RADIODIAGNOSIS
CONSULTANT RADIOLOGIST

Empanelled with : State Government, M.P.Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat



RT

PA

Name: MRS.ASHRAF ANSARI 37Y/F
Sex: F

24.08.2024



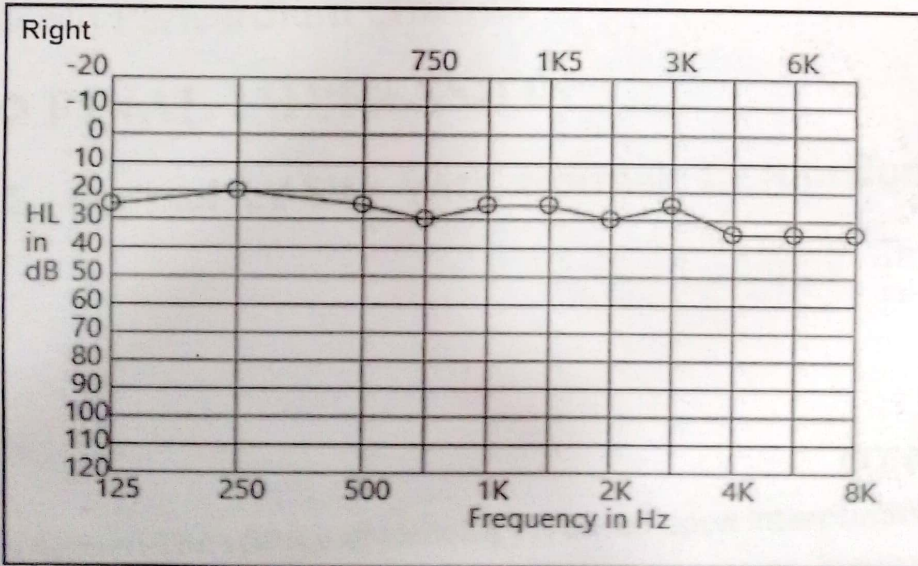
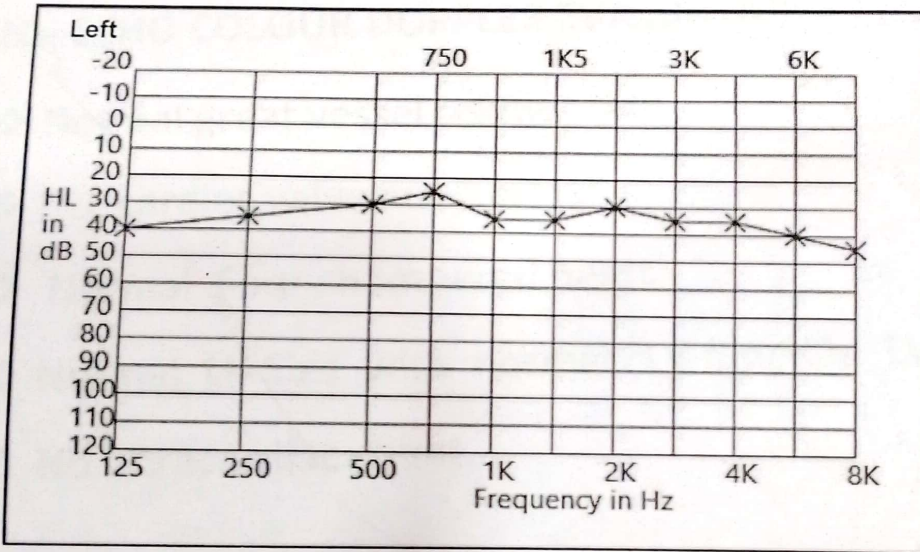
CITI MULTISPECIALITY HOSPITAL

MIG 216, Gautam Nagar

BHOPAL

462023

Name	Case No.	Age	Sex	Phone No.
MRS. ASHRAF ANSARI	24/8	37	Fema	9340469426
Address	Referred By	Date & Time		
NIJAMUDDIN COLONY NEAR PIPLANI BHEL BHOP.	HEALTH ASSURE	24/08/2024		



Interpretation

NORMAL HEARING STUDY

Dr. SABYASACHI GUPTA
Doctor/Audiologist
MBBS (Gold Medalist), MD (Med.), RCGP (U.K.)
DR. S. S. GUPTA [M.D.] No. 11671



CITI MULTI SPECIALITY HOSPITAL

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Phone No. : 0755 - 4250134
Mobile No. : 7771008660, 8319214664, 9303135719



NAME – MRS. ASHRAF ANSARI

AGE /SEX– 37Y/F

REF:BY- HEALTH ASSURE

DATE- 24/08/2024

2D- ECHO COLOUR DOPPLER EVALUATION:-

- ❖ Normal great vessel relationship
- ❖ ALL cardiac valve are Normal
- ❖ Normal Four chambered heart
- ❖ Normal LV Size with normal LV function LVEF- 71%
- ❖ No intracardiac shunt.
- ❖ No Pericardium effusion

❖ FINAL IMPRESSION

- ❖ Normal LV Size with Normal LV function LVEF- 71%

Dr. SBYASACHI GUPTA
MBBS (Gold Medalist), MD (Med.), RCGP (U.K.)

Reg. No. 14871

DR. S. S. GUPTA (M.D.)

CONSULTANT ECHOCARDIOLOGIST

Disclaimer:-The science of radiology is based upon interpretation of shadows of normal and abnormal tissue. This is neither complete nor accurate, hence, findings should always be interpreted in to the light of clinic-pathological correlation. This is a professional opinion, not a diagnosis. In case of any discrepancy a review can be asked

For Emergency Contact: 7771008660

Sister Concern: Citi Hospital, 115 Zone II MP Nagar, Bhopal 462011, Ph: 0755-487772- 73

Empanelled with : State Government, M.P.Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat



CITI MULTI SPECIALITY HOSPITAL
MIG-215-216 GAUTAM NAGAR GOVINDPURA, BHOPAL
MOB-7987913713

Name: ASHRAF ANSARI 37Y

Patient Id: 240824-131000

Date: 24/08/2024

Birthdate:

Sex: Female

Accession #:

Perf.Physician:

Ref.Physician:

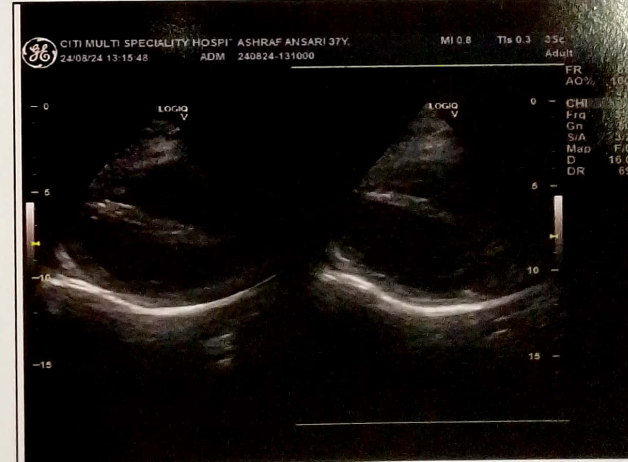
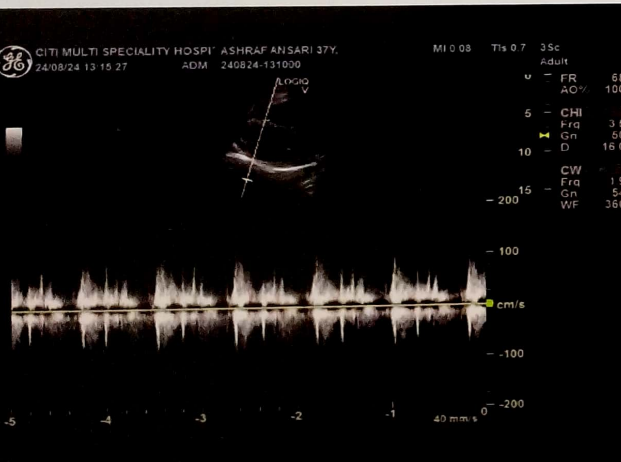
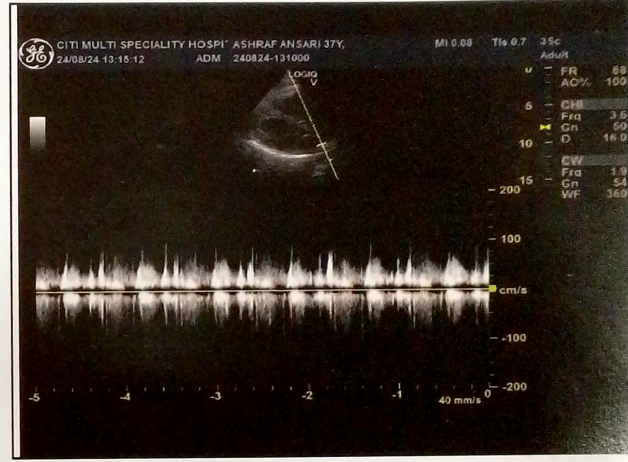
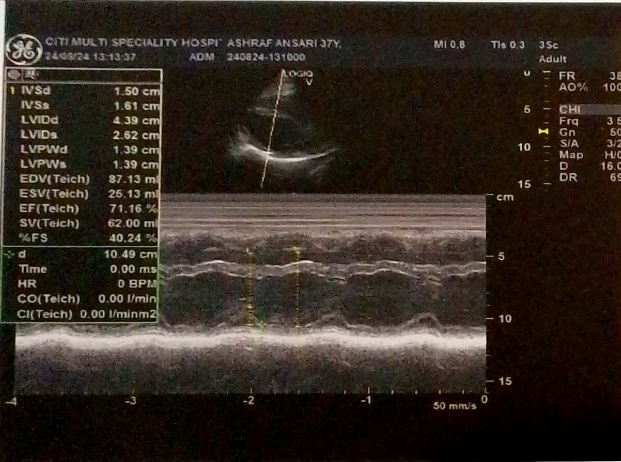
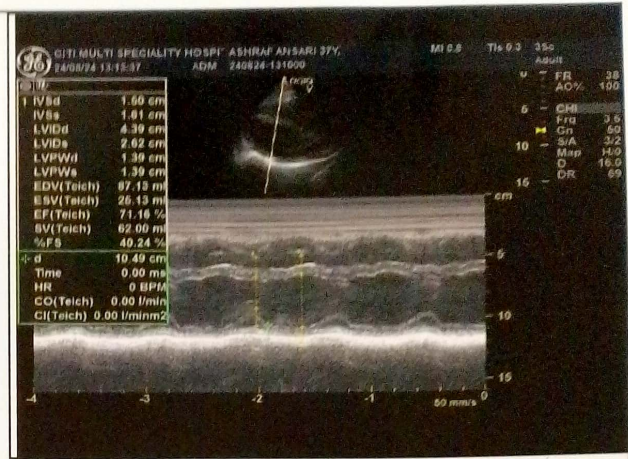
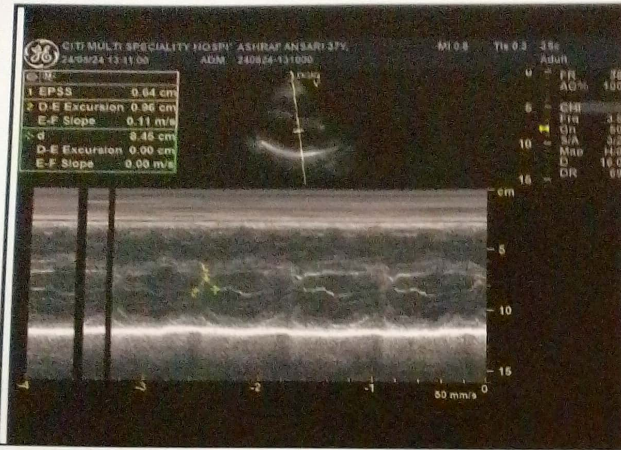
Operator: ADM

M-MODE & PW

D-E Excursion	0.96 cm
E-F Slope	0.11 m/s
EPSS	0.64 cm
IVSd	1.50 cm
LVIDd	4.39 cm
LVPWd	1.39 cm
IVSs	1.61 cm
LVIDs	2.62 cm
LVPWs	1.39 cm
EDV(Teich)	87.13 ml
ESV(Teich)	25.13 ml
EF(Teich)	71.16 %
%FS	40.24 %
SV(Teich)	62.00 ml

Print Date: 8/24/2024







CITI MULTI SPECIALITY HOSPITAL

MIG -215 216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755 - 4250134
Mobile No. : 7771008660, 8319214664, 9303135719



Name of Patient : MRS. ASHRAF ANSARI
Age/Sex : 37YEAR/F
Date : 24/08/2024

USG ABDOMEN

Liver : The liver is normal in size, shape, and normal in echogenecity. No intra hepatic biliary radical dilation seen.

Gall Bladder : Gall bladder Normal in size shape and echotexture .

Spleen . Normal in size, shape and echotexture.

Kidneys : Both the kidneys are normal in size, shape,axis and position. Cortico medullary differentiation are both kidney fine concretion .

Urinary bladder : Normal size, shape and echotexture.

Uterus & Ovaries: Normal in size, shape and echotexture

Pancreas : Normal in size, shape and echotexture.

IVC & ABDOMINAL AORTA:-IVC and abdominal aorta are normal.

Retroperitoneum: No lymphadenopathy seen. No free fluid or ascites seen.

IMPRESSION:

NORMAL STUDY


CONSULTANT RADIOLOGIST

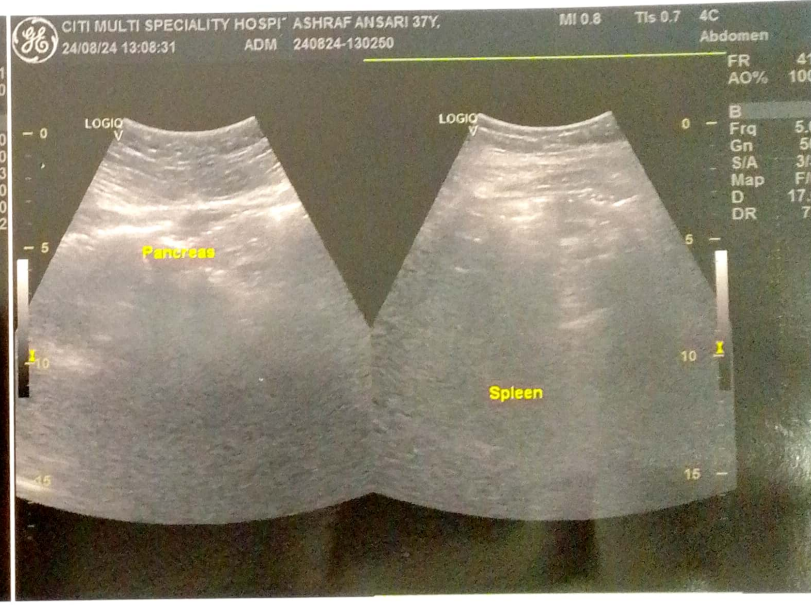
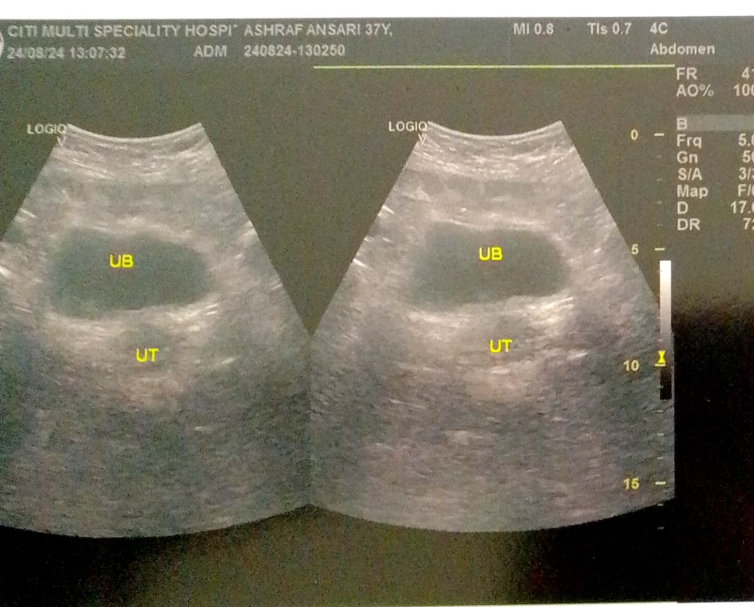
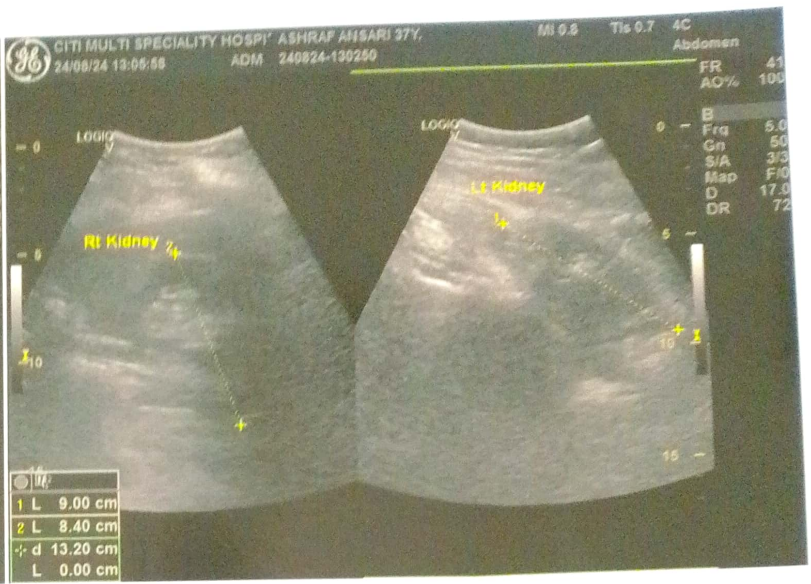
Disclaimer:-The science of radiology is based upon interpretation of shadows of normal and abnormal tissue. This is neither complete nor accurate, hence, findings should always be interpreted in to the light of clinic-pathological correlation. This is a professional opinion, not a diagnosis. In case of any discrepancy a review can be asked

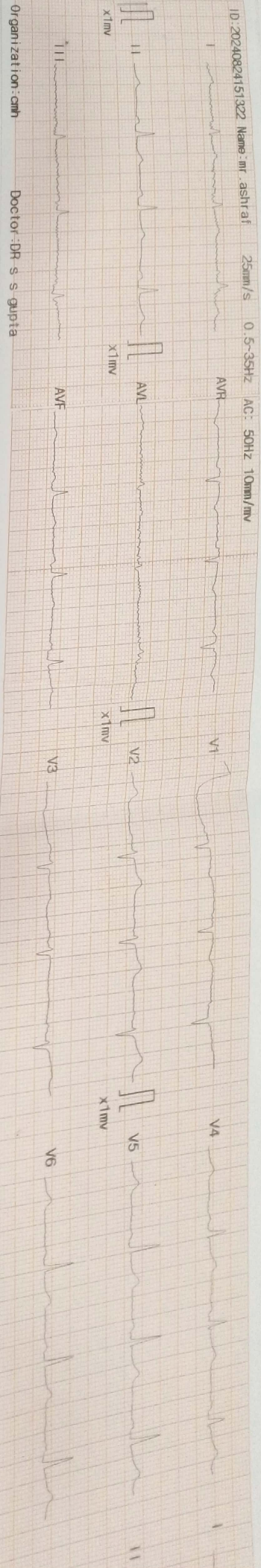
For Emergency Contact: 7771008660

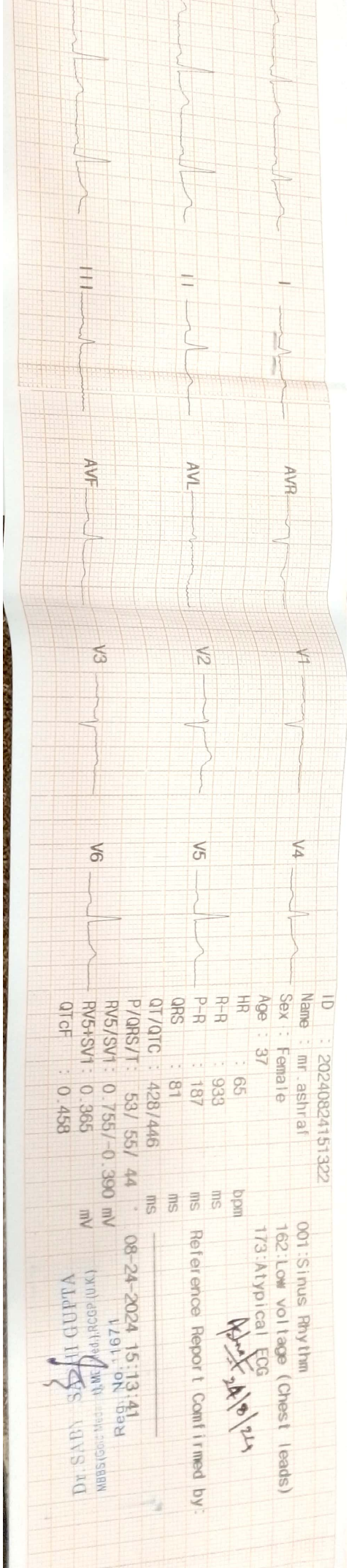
Sister Concern: Citi Hospital, 115 Zone II MP Nagar, Bhopal 462011, Ph: 0755-487772- 73

Empanelled with : State Government, M.P.Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat









ID : 20240824151322
 Name : mr. ashrif
 Sex : Female
 Age : 37
 HR : 65 bpm
 R-R : 933 ms
 P-R : 187 ms
 QRS : 81 ms
 QT/QTc : 428/446 ms
 P/QRS/T : 53/ 55/ 44 °
 RV5/SV1 : 0.755/-0.390 mV
 RV5+SV1 : 0.365 mV
 QTcf : 0.458 mV

001: Sinus Rhythm
 162: Low voltage (Chest leads)
 173: Atypical ECG

24/8/24

Reference Report Confirmed by:

08-24-2024 15:13:41

1.791 ON Day

(K) (M) dggdr (f) (p) (a) (m) (n) (c) (g) (s) (b) (b) (n)
 VLDND II (S) (S) (S) (S) (S) (S) (S) (S) (S) (S) (S) (S)



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I am willingly not doing
this PAP Smear test.

Ashraf



Empanelled with : State Government, M.P. Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat



	NURSING STAFF/ OPERATION MANAGER/ GUARD	IMMEDIATELY
FIRE	MS/ OPERATION MANAGER ADMINISTRATOR/ GUARD/ FLOOR INCHARGE/ MAINTENANCE	CODE RED - FIRE DETECTED AT "LOCATION" PLEASE ACTIVATE EMERGENCY RESPONSE TEAM
DISASTER	MS/ ADMINISTRATOR/ NURSE/ OPERATION MANAGER/ GUARD/ MAINTENANCE	CODE YELLOW ACTIVATE CENTRAL COMMAND CENTER
GRIEVANCE/ DISCIPLINARY ACTION	MS/ ADMINISTRATOR/ HR MANAGER/DNS	CODE PURPLE ACTIVATE IMMEDIATE
CHILD ABDUCTION	ADMINISTRATOR/ NURSE/ OPERATION MANAGER/ GUARD/ MAINTENANCE	CODE PINK ACTIVATE IMMEDIATE
BOMB THREAT	MS/ ADMINISTRATOR/ NURSE/ OPERATION MANAGER/ GUARD/ MAINTENANCE	CODE BLACK ACTIVATE CENTRAL COMMAND CENTER

3. Call for help

- Complete annual blood borne pathogen training.
- Get your hepatitis B vaccines.
- Report all sharp related injuries to your supervisor to insure appropriate follow-up.
- For BBPE Program information, contact the office of occupational health and safety.



Bhopal, Madhya Pradesh, India
M216, Gautam Nagar, Housing Board Colony, Bhopal, Madhya Pradesh 462024, India
Lat 23.235053°
Long 77.441106°
24/08/24 03:33 PM GMT +05:30

GPS Map Camera



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DIET CHART FOR PATIENTS/ आहार तालिका

Date: 24-8-24

Dietician Name: DR. OM. PRAKASH VERMA Email: - citimultispecialityhospital@gmail.com
Patient Name: Ashraf Ansari Diagnosis: _____ Age/Sex: 37/F
Height (cm): 158 Weight (Kg) 78 BMI 31.2 Kg/m²
Type of Diet: High protein, Low salt
Total Kcal: _____ Kcal/day
Total Fat: _____ g/day
Total Protein: _____ g/day
Total Fluids: _____ Liter

Tea चाय/ Milk दूध / coffee काफी / Biscuit बिस्किट/ Toast टोस्ट / Bread ब्रेड (गेहूं वाली)	7:30 AM
Milk दूध/ Soup सूप/ Poha पोहा/ Daliya दलिया/ bread ब्रेड + Egg अंडा / Idli इडली / Upma उपमा / आलू पराठा/ पनीर	9:00 AM
Roti रोटी / Rice चावल (माड रहित) / Khichri खिचड़ी / Sabji सब्जी / Dal दाल / Curd दही (ताजा) / Salad सलाद	11:30 - 12:00 PM
Fruit फल / अंकुरित अनाज (मूंग/चना/मोड) / Sattu सत्तू / Fruit Chaat फ्रूट चाट / Coconut Water नारियल पानी / Butter Milk छांछ	4 PM
Tea चाय/ Milk दूध / coffee काफी / Chana +Puffed Rice चना + मुरमुरा / Dhokla डोकला / Uttapam उत्तपम / Cheela चीला/ Green Chutney हरी चटनी/ मखाने	6:00 PM
Roti रोटी / Rice चावल / Khichri खिचड़ी / Sabji सब्जी / Dal दाल / Curd दही (ताजा) / Salad सलाद/ Daliya दलिया	9:00 PM
Milk दूध/ Butter Milk छांछ / Dry fruit / Milk Shake मिल्क शेक / Fruit फल / बादाम + अखरोट	Bed time.

Only Oil : _____ gm/day Salt नमक: 2-3 gm/day Ghee : _____ gm/day
5 gm = 1 चम्मच (छोटा)

Empanelled with : State Government, M.P. Police, ESIC, HPCL, Punjab National Bank, Indian Bank
Food Corporation of India, Ayushman Bharat





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MIG-215,216, Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)
Phone No. : 0755-4272669, 4250134
Mobile No.: 7222909795, 7222909796, 7222909800, 9303135719



Dr. Sabyasachi Gupta
M.B.B.S., M.D.
Reg. No. 11671

Ashraf Ansari 37-11

Dr. Oujwal Gupta
M.B.B.S.
Reg. No. MP-23369

24/08/2027

Both Eye Normal
No glasses Required.

Both Eye no tears

Both Eye no itching

Sister Concern: Citi Hospital, 115, Zone-II, M.P. Nagar, Bhopal-462011, Ph.: 7771008660

