Reg. ID	: 254591	**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY	**Lab Request ID** : 230690028	
Age/Gender	: 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: EDTA	**Test Reported On** : Mar 10, 2023, 03:42 p.m.	
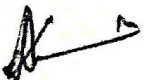
Test Description	Value	Unit	Biological Ref Interval
Complete Blood Count (CBC)			
Mediwheel metro full body health check up below 40 Male			
HAEMOGLOBIN (Hb)	**12.6 ▼**	gm/dl	13.00 - 17.00
Method : SLS			
TLC (Total Leucocyte Count)	4700	/cumm	4000.00 - 10000.00
Method : ELECTRIC IMPEDENCE			
DIFFERENTIAL COUNT			
NEUTROPHIL	65	%	40.00 - 70.00
LYMPHOCYTE	28	%	20.00 - 40.00
EOSINOPHIL	03	%	1.00 - 6.00
MONOCYTE	04	%	2.00 - 10.00
BASOPHIL	0	%	0.00 - 2.00
E.S.R.	12	mm/Ist hr.	0.00 - 15.00
Method : Westergen			
R B C (Red Blood Cell Count)	**4.3 ▼**	Millions/cmm	4.50 - 5.50
Method : Impedence			
PCV (Hematocrit)	**38.3 ▼**	%	40.00 - 50.00
M C V (Mean Corp Volume)	89.07	fL	83.00 - 101.00
Method : CALCULATED			
M C H (Mean Corp Hb)	29.3	pg	27.00 - 32.00
Method : CALCULATED			
M C H C (Mean Corp Hb Conc)	32.9	%	31.50 - 34.50
Method : CALCULATED			
MPV	**13.7 ▲**	fl	6.5-12
Method : Calculated			
PLATELET COUNT	**142000 ▼**	/cumm	150000.00 - 410000.00
Method : Impedence			
ABSOLUTE EOSINOPHIL COUNT	141	/cumm	40.00 - 440.00
ABSOLUTE LYMPHOCYTES COUNT	1316	/cumm	1000.00 - 3000.00
ABSOLUTE NEUTROPHIL COUNT	3055	/cumm	2000.00 - 7000.00
Method : MICROSCOPY			
RDW -CV	**15 ▲**	%	11.60 - 14.00
RDW -SD	**49.6 ▲**	fL	39.00 - 46.00
PDW	15.7		8.3 - 25

END OF REPORT

If tests results are alarming/unexpected,client is advised to contact the Lab immediately for possible remedial actions.

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

📞 8010689689
📱 +91 76699 89614

✉ info@lalchandanipathlab.com
📍 19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
📍 M-20, GK-1, New Delhi-110048

Scan Here!

Dr Lalchandani Labs Ltd.
lalchandanipathlab.com

CIN No : L85320DL2017PLC321605

MC-2471

Reg. ID	: 254591		Panel Company : MEDIWHEEL
Name of Patient	: MR. NEERAJ SWAMY		Lab Request ID : 230690028
Age/Gender	: 49 years / Male		Sample Collection Date : Mar 10, 2023, 10:46 a.m.
Refd by Dr.	: MEDIWHEEL		Sample Acknowledgment Date : Mar 10, 2023, 10:47 a.m.
Sample Type	: URINE		Test Reported On : Mar 10, 2023, 05:02 p.m.

Test Description	Value	Unit	Biological Ref Interval

URINE Examination R/M*

Mediwheel metro full body health check up below 40 Male

Physical Examination

Test Description	Value	Unit	Biological Ref Interval
Quantity	15ml		
Colour	Pale Yellow	.	Pale yellow
Appearance	Slightly Hazy		

Chemical Examination

Test Description	Value	Unit	Biological Ref Interval
Ph Method : Method : Dipstick Manual	6.0		5.0-8.0
Specific Gravity Method : Method : Dipstick Manual	1.015		1.005 - 1.030
Protein Method : Method : Dipstick Manual	Negative		Negative
Glucose Method : Dipstick/Manual	Negative		Negative
Bilirubin Method : Dipstick/Manual	Negative		Negative
Ketones Method : Dipstick/Manual	Negative		Negative
Nitrite Method : Dipstick/Manual	Negative		Negative
Urobilinogen Method : Dipstick/Manual	Normal		Normal

Microscopic Examination - Method "Microscopy"

Test Description	Value	Unit	Biological Ref Interval
Pus cells	1 - 2/ hpf	/hpf	0 – 4/hpf
Red Blood Cells	Absent	/hpf	Nil
Epithelial Cells	1 - 2 /hpf	/hpf	1 – 2/hpf
Crystals	Absent	.	Absent
Casts	Absent	.	Absent
Yeast	Absent	.	Absent
Bacteria	Absent	.	Absent

Note

Pus Cells are significant only in midstream sample. Important for interpretation in female patient as local contamination may occur.

A urine analysis alone usually doesn't provide a definite diagnosis. Depending on the reason your doctor recommended this test, you might need follow-up for unusual results. Evaluation of the urine analysis results with other tests can help your provider determine next steps.Getting standard test results from a urine analysis doesn't guarantee that you're not ill. It might be too early to detect disease or your urine could be too diluted. Tell your doctor if you still have signs and symptoms.
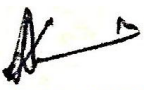
Dr. A. LALCHANDANI
M.D. (Pathology)

Reg. ID	: 254591	
Name of Patient	: MR. NEERAJ SWAMY	
Age/Gender	: 49 years / Male	
Refd by Dr.	: MEDIWHEEL	
Sample Type	: URINE	

Panel Company : MEDIWHEEL
Lab Request ID : 230690028
Sample Collection Date : Mar 10, 2023, 10:46 a.m.
Sample Acknowledgment Date : Mar 10, 2023, 10:47 a.m.
Test Reported On : Mar 10, 2023, 05:02 p.m.

Test Description	Value	Unit	Biological Ref Interval

END OF REPORT

If tests results are alarming/unexpected,client is advised to contact the Lab immediately for possible remedial actions.

Dr. A. LALCHANDANI
M.D. (Pathology)

Reg. ID	: 254591	**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY	**Lab Request ID** : 230690028	
Age/Gender	: 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: EDTA	**Test Reported On** : Mar 10, 2023, 04:55 p.m.	

Test Description	Value	Unit	Biological Ref Interval

Blood Group ABO & RH TYPING*

Mediwheel metro full body health check up below 40 Male

BLOOD GROUP ABO	B
RH Typing	Positive

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

8010689689
+91 76699 89614

info@lalchandanipathlab.com
19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
M-20, GK-1, New Delhi-110048

Scan Here!

Reg. ID : 254591	**Panel Company** : MEDIWHEEL
Name of Patient : MR. NEERAJ SWAMY	**Lab Request ID** : 01230690028
Age/Gender : 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.
Refd by Dr. : MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.
Sample Type : FLUORIDE-F	**Test Reported On** : Mar 10, 2023, 04:17 p.m.

Test Description	Value	Unit	Biological Ref Interval
BLOOD GLUCOSE FASTING			

Mediwheel metro full body health check up below 40 Male

BLOOD GLUCOSE FASTING	**106 ▲**	mg/dl	70 - 99

Method : HEXOKINASE

Comments

Fasting Blood Sugar: 70-99 mg/dl : Non Diabetic

100-125 mg/dl : Impaired Fasting Glucose

>125 mg/dl : Diabetic

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

8010689689
+91 76699 89614

info@lalchandanipathlab.com
19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
M-20, GK-1, New Delhi-110048

Scan Here!

Reg. ID	: 254591	**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY	**Lab Request ID** : 230690028	
Age/Gender	: 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: URINE	**Test Reported On** : Mar 10, 2023, 04:56 p.m.	

Test Description	Value	Unit	Biological Ref Interval

URINE SUGAR (FASTING)*

Mediwheel metro full body health check up below 40 Male

Urine Sugar (Fasting)	Absent		

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

8010689689
+91 76699 89614

info@lalchandanipathlab.com
19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
M-20, GK-1, New Delhi-110048

Scan Here!

Reg. ID	: 254591	**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY	**Lab Request ID** : 00230690028	
Age/Gender	: 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: SERUM	**Test Reported On** : Mar 10, 2023, 04:50 p.m.	

Test Description	Value	Unit	Biological Ref Interval

Thyroid Function Test (T3,T4,TSH)

Mediwheel metro full body health check up below 40 Male

Test Description	Value	Unit	Biological Ref Interval
TOTAL T3	1.16	ng/mL	0.60 - 1.83
Method : CLIA			
TOTAL T4	9.63	ug/dl	5.48 - 14.28
Method : CLIA			
Thyroid Simulating Hormone - TSH	3.96	uU/ml	0.35 - 5.50
Method : CLIA			

COMMENTS:-

A high TSH result often means an underactive thyroid gland caused by failure of the gland (Hypothrodism). Very rarely,a high TSH result can indicate a problem with the pituitary gland , such as a tumour , in what is known as secondary hyperthrodism . A high TSH value can also occur in people with underactive thyroid gland who have been receiving too little thyroid hormone medication.

A low TSH result can indicate an overactive thyroid gland (hyperthyroidism) or damage to the pituitary gland that prevents it from producing TSH . A low TSH result can also occur in people with an underactive thyroid gland who are receiving too much thyroid hormone medication .

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

NABL
Certificate No.: MC-2471

Reg. ID	: 254591	**Panel Company** : MEDIWHEEL
Name of Patient	: MR. NEERAJ SWAMY	**Lab Request ID** : 230690028
Age/Gender	: 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.
Refd by Dr.	: MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.
Sample Type	: EDTA	**Test Reported On** : Mar 10, 2023, 04:32 p.m.

Test Description	Value	Unit	Biological Ref Interval

GLYCOSYLATED HAEMOGLOBIN HbA1c*

Mediwheel metro full body health check up below 40 Male

Test Description	Value	Unit	Biological Ref Interval
HBA1C*	5.6	%	4.00 - 5.70

Method : HPLC - Ion Exchange

| MEAN BLOOD GLUCOSE LEVELMean Blood | 114 | mg/dL | 68 - 117 |

Glucose Level over past 60 days period

INTERPRETATION

According to recommendations of the American Diabetes Association (ADA)

Group	HbA1c in %
Non-Diabetic adults 18 year	4.5 - 5.6
At risk of developing diabetes	> 5.7 to < 6.4
Diagnosing of Diabetes mellitus	>= 6.5

Comments

- Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have q high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled.

- Diabetes patients with HbA1c levels below 7%(DCCT/NGSP) meet the goal of the ADA.

- HbA1c levels below the established reference interval may indicate recent episodes of hypoglycemia, the presence of Hb variants or shortened lifetime of erythrocytes.

- HbA1c Provides an index of average blood glucose levels over the past 8 -12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

  FACTORS THAT INTERFERE WITH HbA1C Measurement- Hemoglobin variants,elevated fetal hemoglobin (HbF) and chemically modified derivatives of hemoglobin (e.g. carbamylated Hb in patients with renal failure) can affect the with renal failure) can affect the accuracy of HbA1c measurements.

  FACTORS THAT AFFECT INTERPRETATION OF HBA1C RESULTS - 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

END OF REPORT

DrLalchandani
L A B S

8010689689
+91 76699 89614

info@lalchandanipathlab.com
19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
M-20, GK-1, New Delhi-110048

Scan Here!

Reg. ID	: 254591	**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY	**Lab Request ID** : 230690028	
Age/Gender	: 49 years / Male	**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL	**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: EDTA	**Test Reported On** : Mar 10, 2023, 04:32 p.m.	

Test Description	Value	Unit	Biological Ref Interval

Dr. A. LALCHANDANI
M.D. (Pathology)

Reg. ID	: 254591		**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY		**Lab Request ID** : 00230690028	
Age/Gender	: 49 years / Male		**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL		**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: SERUM		**Test Reported On** : Mar 10, 2023, 04:11 p.m.	

Test Description	Value	Unit	Biological Ref Interval

Lipid-Profile*

Mediwheel metro full body health check up below 40 Male

Test Description	Value	Unit	Biological Ref Interval
CHOLESTROL TOTAL Method : CHOD-POD	169	mg/dL	Desirable : < 200 Borderline: 200 - 239 High : > 240
T.G Method : ENZYMAYTIC (E.P)	75	mg/dL	Desirable < 150 Borderline High 150 - 199 High 200 - 499 Very High > 500
HDL Method : DCM	56	mg/dL	Male : 30 - 70 Female : 30 - 85
V L D L Method : Calculated	15	mg/dl	07 - 35
LDL CHOLESTEROL Method : Calculated	98	mg/dl	Desirable :- < 100 Border line: 130 - 159 High Risk : 160 - 189 Very High : > 190
LDL / HDL CHOLESTEROL Ratio Method : Calculated	1.75		2.5 - 3.5 High : > 3.5
TOTAL / HDL CHOLESTEROL Ratio Method : Calculated	3.02		Moderate Risk : 3.5 - 5.0 High Risk : > 5.0

Note

A Lipid Profile test panel measures the level of lipids, or fats, in your blood which essentially measures the following

1. **High-density lipoprotein (HDL) cholesterol -** referred to as "good" cholesterol because it helps remove LDL "bad" cholesterol from your blood.

2. **Low-density lipoprotein (LDL) cholesterol -** referred to as "bad" cholesterol. Too much of it can cause cholesterol to build up on the walls of your arteries. This raises your risk of heart attack, stroke, and atherosclerosis.

3. **Triglycerides -** When you eat, your body breaks down fats in your food into smaller molecules called triglycerides. High levels of triglycerides in your blood increase your risk of developing cardiovascular disease. Having obesity or unmanaged diabetes, drinking too much alcohol, and eating a high calorie diet can all contribute to high triglyceride levels.

Reg. ID	: 254591
Name of Patient	: MR. NEERAJ SWAMY
Age/Gender	: 49 years / Male
Refd by Dr.	: MEDIWHEEL
Sample Type	: SERUM

Panel Company : MEDIWHEEL
Lab Request ID : 00230690028
Sample Collection Date : Mar 10, 2023, 10:46 a.m.
Sample Acknowledgment Date : Mar 10, 2023, 10:47 a.m.
Test Reported On : Mar 10, 2023, 04:11 p.m.

Test Description	Value	Unit	Biological Ref Interval

4. **Very low-density lipoprotein (VLDL).** Your blood also contains another type of cholesterol linked to an increased risk of cardiovascular disease called VLDL. Your VLDL levels are not used to determine treatment for elevated cholesterol.

5. **Total cholesterol.** This is the total amount of cholesterol in your blood. It's the sum of your LDL, HDL, and VLDL cholesterol. If your cholesterol numbers are outside of the normal range, you may be at a higher risk of heart disease, stroke, and atherosclerosis.

Your doctor will consider other factors, such as your family history, weight, and exercise levels, to determine your risk.

If your test results are abnormal, your doctor may order a blood glucose test to check for diabetes. They might also order a thyroid function test to determine if your thyroid is underactive.

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
L A B S

8010689689
+91 76699 89614

info@lalchandanipathlab.com
19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
M-20, GK-1, New Delhi-110048

Scan Here!

Reg. ID : 254591

Name of Patient : MR. NEERAJ SWAMY

Age/Gender : 49 years / Male

Refd by Dr. : MEDIWHEEL

Sample Type : SERUM

Panel Company : MEDIWHEEL

Lab Request ID : 00230690028

Sample Collection Date : Mar 10, 2023, 10:46 a.m.

Sample Acknowledgment Date : Mar 10, 2023, 10:47 a.m.

Test Reported On : Mar 10, 2023, 04:12 p.m.

Test Description	Value	Unit	Biological Ref Interval
		Liver Function Test (LFT)*	
Mediwheel metro full body health check up below 40 Male			
BILIRUBIN TOTAL	0.4	mg/dL	0.3 - 1.2
Method : DIAZO			
BIL DIRECT	0.1	mg/dL	< 0.2
Method : DIAZO			
BIL INDIRECT	**0.3 ▼**		0.4-1.1
Method : CALCULATED			
AST/SGOT	26	μ/L	< 50
Method : UV WITHOUT P5P			
ALT/SGPT	17	μ/L	< 50
Method : UV WITHOUT P5P			
ALKALINE PHOSPHATE	72	IU/L	30-120
Method : PNPP, AMP BUFFER			
TOTAL PROTEIN	6.9	g/dL	6.6 - 8.3
Method : BIURET			
ALBUMIN	4.1	g/DL	3.5 - 5.2
Method : BCG			
GLOBULIN	2.8	g/dl	2.0-3.5
Method : Calculated			
A/G RATIO	1.46		0.9-2.5
Method : Calculated			
GGT	13	μ/L	< 55
Method : Glutamyl carboxy nitroanilide Glycylglycine			

END OF REPORT

If tests results are alarming/unexpected,client is advised to contact the Lab immediately for possible remedial actions

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

📞 8010689689
📱 +91 76699 89614

✉ info@lalchandanipathlab.com
📍 19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
📍 M-20, GK-1, New Delhi-110048

Scan Here!

Dr Lalchandani Labs Ltd.
lalchandanipathlab.com

CIN No : L85320DL2017PLC321605

MC-2471

Reg. ID	: 254591	
Name of Patient	: MR. NEERAJ SWAMY	
Age/Gender	: 49 years / Male	
Refd by Dr.	: MEDIWHEEL	
Sample Type	: SERUM	

Panel Company : MEDIWHEEL
Lab Request ID : 00230690028
Sample Collection Date : Mar 10, 2023, 10:46 a.m.
Sample Acknowledgment Date : Mar 10, 2023, 10:47 a.m.
Test Reported On : Mar 10, 2023, 04:11 p.m.

Test Description	Value	Unit	Biological Ref Interval
Kidney Function Test (KFT)*			

Mediwheel metro full body health check up below 40 Male

Test Description	Value	Unit	Biological Ref Interval
Urea	18	mg/DL	17 - 43
Method : UREASE-UV			
Creatinine	0.72	mg/DL	0.67 - 1.17
Method : ALKALINE PICRATE KINETIC			
URIC ACID	5.6	mg/DL	3.5 - 7.2
Method : URICASE CALORIMETRIC			
Blood Urea Nitrogen (Bun)	8.41	mg/dl	6-20
Method : Calculated			
BUN / CREATININE Ratio	11.68	mg/dl	5-20
Method : Calculated			
SODIUM	137	mEq/l	136 - 146
Method : ISE INDIRECT			
POTASIUM	4.1	mEq/l	3.5 - 5.1
Method : ISE INDIRECT			
CHLORIDE	103	mEq/l	101 - 109
Method : ISE INDIRECT			
CALCIUM	9.3	mg/dL	8.82-10.6
Method : Aresnazo III			
INORGANIC PHOSPHORUS	3.1	mg/dL	2.5-4.5
Method : Phosphomolypdate reduction			
Comments	-		

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

📞 **8010689689**
📱 **+91 76699 89614**

✉ info@lalchandanipathlab.com
📍 19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
📍 M-20, GK-1, New Delhi-110048

Scan Here!

Reg. ID	: 254591		**Panel Company** : MEDIWHEEL	
Name of Patient	: MR. NEERAJ SWAMY		**Lab Request ID** : 00230690028	
Age/Gender	: 49 years / Male		**Sample Collection Date** : Mar 10, 2023, 10:46 a.m.	
Refd by Dr.	: MEDIWHEEL		**Sample Acknowledgment Date** : Mar 10, 2023, 10:47 a.m.	
Sample Type	: SERUM		**Test Reported On** : Mar 10, 2023, 04:51 p.m.	

Test Description	Value	Unit	Biological Ref Interval

TOTAL PSA*

Mediwheel metro full body health check up below 40 Male

Test Description	Value	Unit	Biological Ref Interval
TOTAL PSA	0.5	ng/ml	< 4

Method : ENHANCED CHEMILUMINESCENCE

SUMMARY

PSA is localized in the cytoplasm of prostatic ductal epithelium and in secretions of the ductal lumina. Because PSA is a secretory protein of the prostate,it can be recovered and purified both from prostatic tissue and from seminal plasma. PSA has been found to be primarily associated with prostate tissue, and elevated serum PSA has been found in patients with prostate cancer,benign prostatic hypertrophy, and inflammatory conditions.

Serum PSA alone is not suitable as a screen for prostate cancer because elevated PSA concentrations are also observed in patients with benign prostatic hypertrophy (BPH), nor is it recommended as a guide in disease staging. The combination of PSA measurement and reactal examination with ultrasonography in the event of abnormal findings may provide a better method of detecting prostate cancer than rectal examination alone.PSA determinations can be useful in detecting metastatic or persistent disease in patients following surgical or medical treatment of prostate cancer.

END OF REPORT

Dr. A. LALCHANDANI
M.D. (Pathology)

DrLalchandani
LABS

8010689689
+91 76699 89614

info@lalchandanipathlab.com
19C, Club Rd., Punjabi Bagh (w), New Delhi -110026
M-20, GK-1, New Delhi-110048

Scan Here!