



LETTER OF APPROVAL / RECOMMENDATION

To,

The Coordinator,  
Mediwheel (Arcofemi Healthcare Limited)  
Helpline number: 011- 41195959

Dear Sir / Madam,

**Sub: Annual Health Checkup for the employees of Bank of Baroda**

This is to inform you that the following employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS	EMPLOYEE DETAILS
NAME	MR. YADAV DINESH KUMAR
EC NO.	121614
DESIGNATION	AGRICULTURE ADVANCES
PLACE OF WORK	ALIGANJ
BIRTHDATE	07-05-1992
PROPOSED DATE OF HEALTH CHECKUP	30-03-2023
BOOKING REFERENCE NO.	22M121614100054562E

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from **29-03-2023** till **31-03-2023** The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.

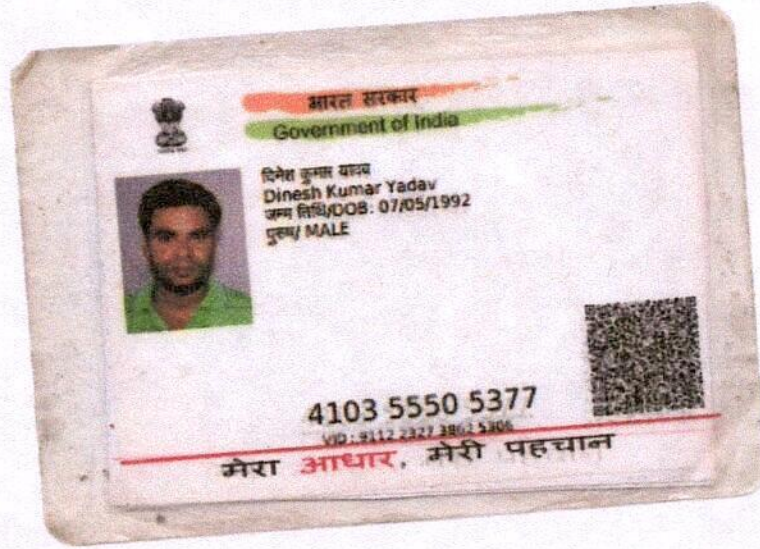
Yours faithfully,

Sd/-

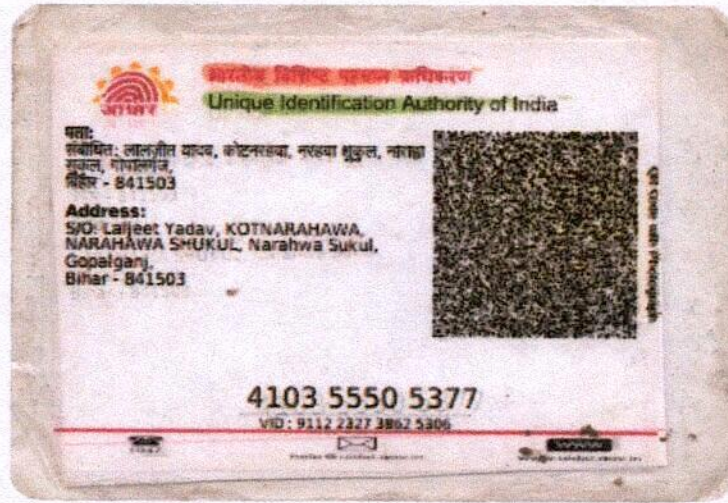
**Chief General Manager**  
**HRM Department**  
**Bank of Baroda**

(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi Healthcare Limited))

*Dr. Pawan Kumar Singh*  
M.B.B.S., DNB (Medicine)  
UPMCI-61330  
Director & Consultant Physician  
JPK Clinic & Diagnostics  
(A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)



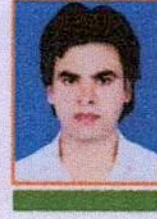
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**Dr. Pawan Kumar Singh**  
M.B.B.S., DNB (Medicine)  
UPMCI-61330  
Director & Consultant Physician  
JFK Clinic & Diagnostics  
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नाम- दिनेश कुमार यादव  
Name - DINESH KUMAR YADAV  
कर्मचारी कूट क्र- 121614  
E.C.No. - 121614



जारीकर्ता प्राधिकारी  
Issuing Authority

धारक के हस्ताक्षर  
Signature of Holder

*Dinesh*

*Dr. Pawan Kumar Singh*  
M.B.B.S., DNB (Medicine)  
UPMCI-67330  
Director & Consultant Physician  
JFK Clinic & Diagnostics  
(A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)

MR DINESH KUMAR YADAV

30.03.2023 9:49:13  
JPK CLINIC AND DIAGNOSTICS  
NORMAL COMPOUND, SUPER MARKET  
SULTANPUR

AmoW CE

Location:  
Room:  
Order Number:  
Indication:  
Medication 1:  
Medication 2:  
Medication 3:

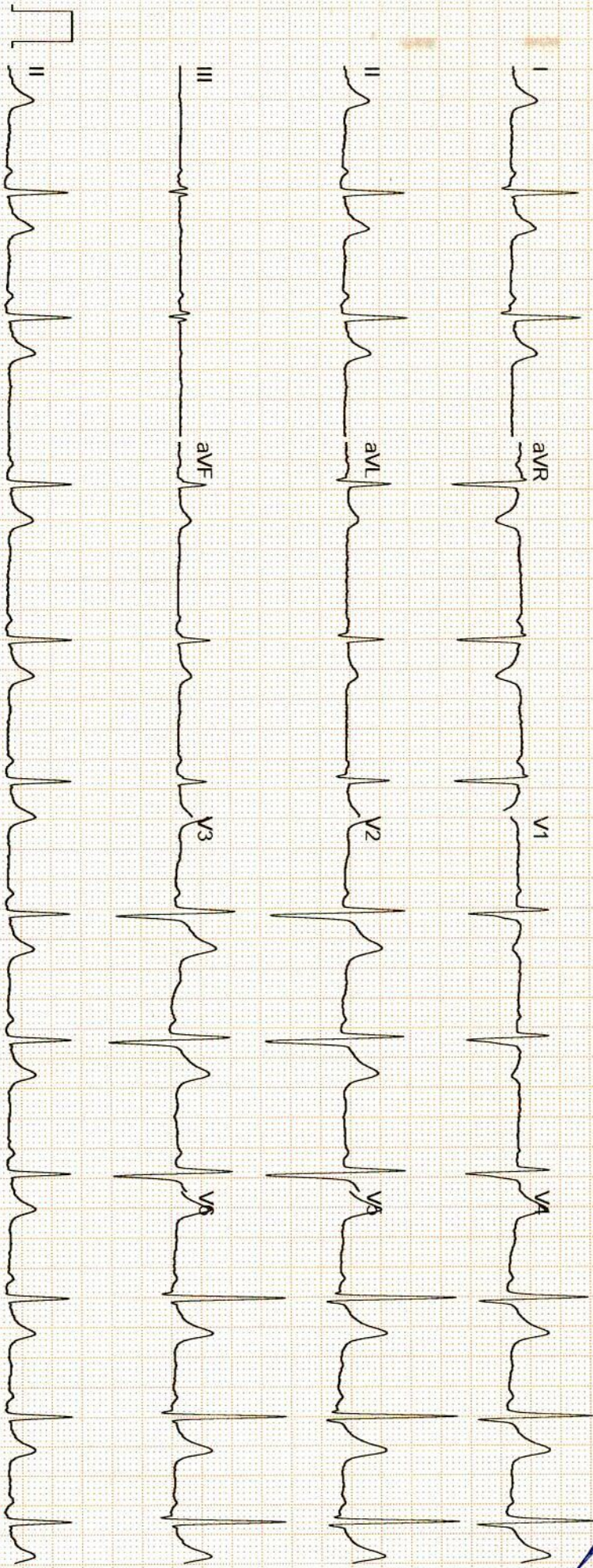
Technician:  
Ordering Ph: DR J P SINGH  
Referring Ph:  
Attending Ph:

68 bpm  
-- / -- mmHg

QRS : 86 ms  
QT / QTcBaz : 372 / 395 ms  
PR : 124 ms  
P : 70 ms  
RR / PP : 888 / 882 ms  
P / QRS / T : 46 / 29 / 29 degrees

Sinus rhythm with marked sinus arrhythmia  
Moderate voltage criteria for LVH, may be normal variant  
Borderline ECG

*Pawan Singh*



**Dr. Pawan Kumar Singh**  
M.B.B.S., DNB (Medicine)  
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GE MAC2000 1:1 12SL™ V241 25 mm/s 10 mm/mV ADS 0.56-20 Hz 50 Hz 4X2.5X3\_25\_R1 1/1

Unconfirmed



सर्वे सन्तु निरामया

# राज डायग्नोस्टिक एण्ड मेडीकेयर

डिजिटल एक्सरे, पैथॉलाजी, अल्ट्रासाउण्ड

ठाकुर प्रसाद काम्प्लेक्स, निकट NY माल, गल्ला मण्डी मोड़, जिला अस्पताल रोड-सुलतानपुर

Report No : 18,439  
 Patient Name : Mr. DINESH KUMAR YADAV  
 Age (Y-M-D) : 30 - 0 - 0  
 Sex : Male  
 Referred By : DHS



Bill No. / Day Sr.: 30-Mar-23 12  
 Receiving Date : 30-Mar-23 12  
 Reporting Date :

## ULTRASONOGRAPHIC FINDINGS OF WHOLE ABDOMEN MALE.

- LIVER** : Liver is normal in size and echogenicity .  
 No focal or diffuse mass lesion seen.No IHBD dilatation seen.
- GALL BLADDER** : Gall bladder is normal in distension & shows echofree lumen. Wall thickness is within normal limit. No obvious GB calculus / sludgeness noted.
- PV/CBD** : Portal vein and CBD are normal in their course and calibre.
- PANCREAS** : Pancreas is normal in size, contour & echotexture.
- SPLEEN.** : Spleen is normal in size mm and echogenicity.  
 No focal or diffuse mass lesion seen.
- KIDNEYS** : Both kidneys are normal in size, contour and echopattern. Cortico medullary differentiation is normally preserved. No calculus or mass lesion is seen.No hydronephrosis is seen.
- URETER** : B/L ureters are normally visualized.
- U.BLADDER** : Urinary Bladder is normal in wall thickness with evidence of anechoic lumen. No calculi or mass lesion seen.
- PROSTATE** : Prostate is normal in size,shape & echo-texture.  
 No mass lesion is seen .
- POST VOID** : Not done.
- BOWEL** : Gaseous Bowel loops are normal in calibre & wall thickness.No dilated loops are seen.No ascitis or fluid collection seen in abdominal cavity.  
 No obvious lymphadenopathy noted.
- IMPRESSION** : **NORMAL FINDINGS**

*Dr. Pawan Kumar Singh*  
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 UPMCI-61330  
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*Dr. Amit Kumar*  
 M.B.B.S.MS  
 Reg.No.-29176  
 Dr. Amit Kumar  
 (Sonologist.)



Timings : 8.30 AM to 7.30 PM, Sunday, 9.00 AM to 2.00 PM.

This is Profession opinion clinicians are requested to correlate pathological finding with clinical feature.

If there is any doubt please repeat test free of cost.

{ NOT FOR MEDICO LEGAL PURPOSE }



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Report No : 18,450  
 Patient Name : Mr. DINESH KUMAR YADAV  
 Age (Y-M-D) : 30 - 0 - 0  
 Sex : Male  
 Referred By : DHS



Bill No. / Day Sr.: 3/30/2023 12  
 Receiving Date : 3/30/2023 12  
 Reporting Date :

## X-RAY CHEST P.A.

TRACHEA- : Trachea is central,  
 CARDIAC SHADOW- : The cardiac size and silhouette is normal.  
 ANGLES- : Both costophrenic angles are clear.  
 PARRENCHYMA- : Both lung fields are clear & have normal volume bronchovascular pattern.  
 C / T RATIO- : Normal  
 MEDIASTINUM- : no mediastinal shift is seen.  
 DOME OF DIAPHRAGM- : Both domes of the diaphragm are normal in position, outline & curvature.  
 IMPRESSION- : NORMAL FINDING

*Dr. Pawan Kumar Singh*  
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 UPMCI-61300  
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 (Sonologist.)



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An ISO 9001:2015 Certified Center

Super Market, Sultanpur -228 001 (U.P.)

Ph. : 05362-241192, 9196008963

www.jpkhospitals.com



Patient ID : 044509  
Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

## INVESTIGATION

## RESULT

## REFERENCE RANGE

LRN-010242

### BIO-CHEMISTRY

#### Gamma Glutamyl transferase (GGT)

GGT

24.1 U/L

5-36 U/L (Female)

8-61 U/L (Male)

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03

LRN-010242

#### PSA Total

PSA TOTAL

0.32 ng/mL

<4.00 ng/mL

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03

LRN-010243

#### Blood Urea Nitrogen (BUN)

Blood Urea Nitrogen (BUN)

12.3 mg/dL

5-18 mg/dL Infant/Child

6-20 mg/dL Adult

8-23 mg/dL Adult >60Yr

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03

LRN-010242

#### Serum Creatinine

Serum Creatinine

0.8 mg/dL

Male 0.9-1.3 mg/dL

Female 0.6-1.1 mg/dL

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03

LRN-010243

#### Lipid Profile

Total Cholesterol

219.3 mg/dl

Desirable < 200 mg/dL

Borderline 200-239 mg/dL

High > 240 mg/dL

Triglycerides

154.6 mg/dL

Normal < 150 mg/dL

Borderline High 150-199 mg/dL

High 200-499 mg/dL

Very high > 500 mg/dL

Rakesh Sharma  
Lab Technician

*Dr. Pawan Kumar Singh*

M.B.B.S., DNB (Medicine)  
UPMCI-61330

Director & Consultant Physician  
JPK Clinic & Diagnostics

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*Dr. SHIWANGI*

MBBS, D.P. (DNB)

Consultant Pathologist

JPK Clinic & Diagnostics

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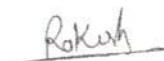
Ph. : 05362-241192, 9196008963

www.jpkhospitals.com



Patient ID : 044509  
Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

INVESTIGATION	RESULT	REFERENCE RANGE
HDL	58.8 mg/dL	Low < 40 mg/dL Normal 40 -60 mg/dL High > 60 mg/dL
LDL	101.0 mg/dL	Optimal <100 mg/dL Near Optimal 100-129 mg/dL Borderline high 130-159 mg/dL High 160-189 mg/dL Very high >190 mg/dL
VLDL	30.9 mg/dL	15-30 mg/dL Desirable < 20 mg/dL Borderline High 21-39 mg/dL High > 40 mg/dL
TC/HDL Ratio	3.7	( Less than 5.0 )
LDL/HDL	1.7	UPTO 3.5
Sample Collection Time 30 Mar 2023 / 15:01 Result Approval Time 30 Mar 2023 / 16:03		
LRN-010242	<b>Fasting blood sugar</b>	
<b>Fasting Blood Sugar</b>	92.0 mg/dL	70-110 mg/dl
Sample Collection Time 30 Mar 2023 / 15:01 Result Approval Time 30 Mar 2023 / 16:03		
LRN-010244	<b>HbA1C</b>	
<b>Glycosylated Haemoglobin</b>	4.1 %	4-6% - NON-DIABETIC 6-7% - GOOD CONTROL 7-8% - FAIR CONTROL >8% - ACTION SUGGESTED
Sample Collection Time 30 Mar 2023 / 15:01 Result Approval Time 30 Mar 2023 / 16:03		
LRN-010242	<b>Uric Acid</b>	
<b>Uric Acid</b>	5.1 mg/dL	Male 4.0-8.5 mg/dL Female: 2.7-7.3 mg/dL
Sample Collection Time 30 Mar 2023 / 15:01 Result Approval Time 30 Mar 2023 / 16:03		

  
Rakesh Sharma  
Lab Technician

  
**Dr. Pawan Kumar Singh**  
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Patient ID : 044509  
Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

## INVESTIGATION

## RESULT

## REFERENCE RANGE

LRN-010243

### Liver Function Test (LFT)

<b>Bilirubin Total</b>	0.18 mg/dL	10.0 - 14.0 mg/dL 3-5 Days (Premature) 4.0 - 8.0 mg/dL 3-5 Days (Full Term) 0.0 - 1.0 mg/dL (Adult)
<b>Bilirubin Direct</b>	0.10 mg/dL	0.0 - 0.2 mg/dL
<b>Bilirubin Indirect</b>	0.08 mg/dL	0.0 - 0.8 mg/dL
<b>SGOT</b>	32.0 U/L	upto 40 U/L (Males) upto 32 U/L (Females)
<b>SGPT</b>	25.8 U/L	upto 41 U/L (Males) upto 33 U/L (Females)
<b>Alkaline Phosphatase</b>	95.6 U/L	UPTO 125 U/L
<b>Total Protein</b>	6.87 g/dL	6.0 - 8.0 g/dL
<b>Albumin</b>	4.28 g/dL	3.5 - 5.2 g/dL
<b>Globulin</b>	2.59 g/dL	1.5 - 3.0 g/dL
<b>A/G</b>	2.6	1 - 2

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03

*Rakesh*

Rakesh Sharma  
Lab Technician

*Dr. Pawan Kumar Singh*  
M.B.B.S., DNB (Medicine)  
UPMCI-61330  
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JPK Clinic & Diagnostics  
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Patient ID : 044509  
Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

INVESTIGATION	RESULT	REFERENCE RANGE
<b>HAEMATOLOGY</b>		
<b>Blood grouping and Rh typing</b>		
LRN-010241		
<b>Blood Group</b>	O	
<b>RH Typing</b>	POSITIVE (+)	
Sample Collection Time 30 Mar 2023 / 15:01 Result Approval Time 30 Mar 2023 / 16:03		
<b>Complete Blood Count</b>		
LRN-010239		
<b>Haemoglobin</b>	13.7 g/dL	13-18g/dL(>15yr Adult Male) 12-15g/dL(>15yrAdult Female)
<b>WBC Count</b>	<b>12920</b>	4000-11,000/cumm
<b>Differential Count</b>		
<b>Neutrophils</b>	54 %	40-75 %
<b>Lymphocytes</b>	38 %	20-45 %
<b>Eosinophils</b>	01 %	01-08 %
<b>Monocytes</b>	08 %	02-10 %
<b>Basophils</b>	00 %	00-01 %
<b>RBC Count</b>	4.72 million/cumm	4.5-6.0 million/cumm (Male) 4.0-5.5 million/cumm (Female)
<b>PCV</b>	39.7 %	40-54 % (>15yr Adult Male) 34-48 % (>15yr Adult Female)
<b>MCV</b>	84.2 fl	75-95 fl
<b>MCH</b>	28.9 pg	26-32 pg
<b>MCHC</b>	34.4 %	30-35%
<b>Platelet Count</b>	184000 cells/cumm	150000 - 400000 cells/cumm
<b>Mean Platelet Volume(MPV)</b>	10.6 fL	7.5-11.5 fL
<b>RDW-CV</b>	13.0 %	11-16 %
<b>RDW-SD</b>	43.6 %	35-56 %
Sample Collection Time 30 Mar 2023 / 15:01 Result Approval Time 30 Mar 2023 / 16:03		
<b>Erythrocyte sedimentation Rate (ESR)</b>		
LRN-010240		
<b>Erythrocyte sedimentation Rate (ESR)</b>	10 mm/hr	Male : 0 - 10 mm/hr

*Rakesh*

Rakesh Sharma  
Lab Technician

*Dr. Pawan Kumar Singh*  
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Patient ID : 044509  
Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

## INVESTIGATION

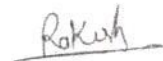
## RESULT

## REFERENCE RANGE

Female : 0 - 20 mm/hr

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03



Rakesh Sharma  
Lab Technician

  
**Dr. Pawan Kumar Singh**  
M.B.B.S., DNB (Medicine)  
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### Facilities Available

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- ECG
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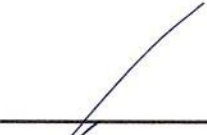
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Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

INVESTIGATION	RESULT	REFERENCE RANGE
<b>Clinical Pathology</b>		
<b>URINE - ROUTINE/MICROSCOPY</b>		
LRN-010245		
<b>PHYSICAL EXAMINATION</b>		
Quantity in ml	20 ML	
Urine Color	PALE YELLOW	
Reaction	ACIDIC	
<b>CHEMICAL EXAMINATION</b>		
Leukocytes	NEGATIVE	
Nitrite	NEGATIVE	
Urobilinogen	NEGATIVE	
pH	6.0	
Blood	NEGATIVE	
Sp.Gravity	1.020	
Ketone	NEGATIVE	
Bilirubin	NEGATIVE	
Glucose	NEGATIVE	
Protein	NEGATIVE	
<b>MICROSCOPIC EXAMINATION</b>		
Epithelial Cells	2-3/HIGH POWER FIELD	
RBC	NIL	
Pus Cells	1-2/HIGH POWER FIELD	
Casts	NOT SEEN	
Crystals	NOT SEEN	
Sample Collection Time 30 Mar 2023 / 15:01		
Result Approval Time 30 Mar 2023 / 16:03		
 Rakesh Sharma Lab Technician	 <b>Dr. Pawan Kumar Singh</b> M.B.B.S., DNB (Medicine) UPMCI-61330 Director & Consultant Physician JPK Clinic & Diagnostics (A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)	 <b>Dr. SHIWANGI</b> MBBS, DCP. (DNB) Consultant Pathologist JPK Clinic & Diagnostics (A Unit of JPK Hospitals & Trauma Center Pvt. Ltd.)

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Name : Mr. DINESH KUMAR YADAV  
Age/Gender : 30Y/M  
Date/Time : 30-03-2023/14:40  
Referred By : SELF

INVESTIGATION	RESULT	REFERENCE RANGE
<b>CHEMILUMINESCENCE IMMUNOASSAY</b>		
<b>Thyroid Function Test (T3, T4, TSH)</b>		
LRN-010246		
<b>T3</b>	1.24 ng/mL	0.69-2.15
<b>T4</b>	87.6 ng/mL	52-127
<b>TSH</b>	4.66 $\mu$ IU/mL	21 weeks- 20 years: 0.7-6.4 $\mu$ IU/mL 21-54 years: 0.4 - 4.2 $\mu$ IU/mL 55- 87 years: 0.5 - 8.9 $\mu$ IU/mL Pregnancy: 1st Trimester: 0.24 - 2.99 $\mu$ IU/mL 2nd Trimester: 0.46 - 2.95 $\mu$ IU/mL 3rd Trimester: 0.43 - 2.78 $\mu$ IU/mL

Sample Collection Time 30 Mar 2023 / 15:01

Result Approval Time 30 Mar 2023 / 16:03

— End of Report —

  
Rakesh Sharma  
Lab Technician

  
**Dr. Pawan Kumar Singh**  
M.B.B.S., DNB (Medicine)  
UPMCI-61330  
Director & Consultant Physician  
JPK Clinic & Diagnostics  
(A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)

  
**Dr. SHIWANGI**  
MBBS, DCP. (DNB)  
Consultant Pathologist  
JPK Clinic & Diagnostics  
(A Unit of JPK Hospitals & Trauma Center Pvt. Ltd.)

This is an Electronically Generated Report. This report is based on the specimen/s received. The report may need to be correlated clinically as laboratory investigations are dependent on multiple factors. This report should not be reproduced in part.

- ECG ● PFT ● Endoscopy ● Hematology ● Biochemistry ● Microbiology ● FNAC ● Histopathology  
● Sample Collection from Home & Online Delivery of Reports ● ABP ● TMT ● Echocardiography ● Ultrasound

# JPK CLINIC & DIAGNOSTICS

( A unit of JPK Hospitals & Trauma Center Pvt. Ltd. )

An ISO 9001:2015 Certified Center

Super Market, Sultanpur -228 001 (U.P.)

Ph. : 05362-241192, 9196008963

www.jpkhospitals.com



Patient ID : 044507  
Name : Mr. ANOOP KUMAR VERMA  
Age/Gender : 38Y/M  
Date/Time : 30-03-2023/14:36  
Referred By : SELF

## INVESTIGATION

## RESULT

## REFERENCE RANGE

LRN-010233

**BIO-CHEMISTRY**

**Total Cholesterol** 142.2 mg/dl

Desirable level that puts a person at a lower risk of coronary heart disease .  
A cholesterol level of ?200 mg/dL raises the risk.  
Borderline high  
High blood cholesterol .

Sample Collection Time 30 Mar 2023 / 15:02  
Result Approval Time 30 Mar 2023 / 15:55

LRN-010235

**LDL CHOLESTEROL** 85.6 mg/dl

Optimal <100 mg/dL  
Near Optimal 100-129 mg/dL  
Borderline high 130-159 mg/dL  
High 160-189 mg/dL  
Very high >190 mg/dL

Sample Collection Time 30 Mar 2023 / 15:02  
Result Approval Time 30 Mar 2023 / 15:55

LRN-010233

**Serum Protein** 6.95 g/dL 6.0 - 8.0 g/dL

**Serum Albumin** 4.25 g/dL 3.5 - 5.2 g/dL

**Serum GLOBULIN** 2.70 g/dL 1.5 - 3.0 g/dL

**A/G. Ration** 2.5 1 - 2


Sample Collection Time 30 Mar 2023 / 15:02  
Result Approval Time 30 Mar 2023 / 15:55

LRN-010235

**Alkaline Phosphatase (ALP)** 85.6 U/L

40 - 129 U/L Male  
35 - 104 U/L Female

Sample Collection Time 30 Mar 2023 / 15:02  
Result Approval Time 30 Mar 2023 / 15:55



Rakesh Sharma  
Lab Technician

  
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- ECG ● PFT ● Endoscopy ● Hematology ● Biochemistry ● Microbiology ● FNAC ● Histopathology  
● Sample Collection from Home & Online Delivery of Reports ● ABP ● TMT ● Echocardiography ● Ultrasound



Patient ID : 044509  
 Name : Mr. DINESH KUMAR YADAV  
 Age/Gender : 30Y/M  
 Date/Time : 01-04-2023/14:05  
 Referred By : SELF

INVESTIGATION	RESULT	REFERENCE RANGE
---------------	--------	-----------------

LRN-010318  <b>Post Prandial Blood Glucose</b>	<b>BIO-CHEMISTRY</b> <b>Post Prandial Blood Glucose</b> 108.0 mg/dL	90 - 140 mg/dL
--	---	----------------

Sample Collection Time 01 Apr 2023 / 14:06  
 Result Approval Time 01 Apr 2023 / 14:06

----- End of Report -----

*Rakesh*  
 Rakesh Sharma  
 Lab Technician

*Dr. Pawan Kumar Singh*  
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This is an Electronically Generated Report. This report is based on the specimen/s received. The report may need to be correlated clinically as laboratory investigations are dependent on multiple variables. These results should not be reproduced in part.

- Facilities Available**
- ECG
  - PFT
  - Endoscopy
  - Hematology
  - Biochemistry
  - Microbiology
  - FNAC
  - Histopathology
  - Sample Collection from Home & Online Delivery of Reports
  - ABP
  - TMT
  - Echocardiography
  - Ultrasound



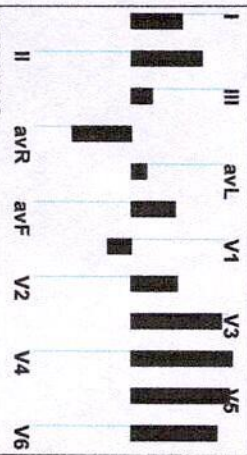
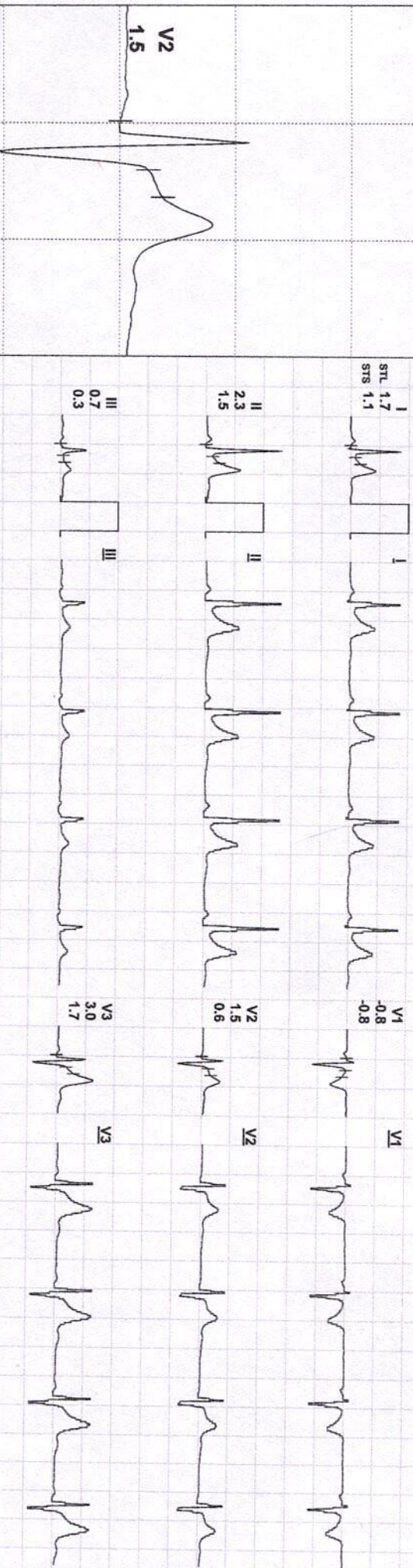
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 81

Date: 30 / 03 / 2023 10:30:38 AM METS: 1.0/ 81 bpm 43% of THR BP: 120/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 mph, 0.0%

4X 80 ms Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

Dr. Pawan Kumar Singh  
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JPMCH-61330

Dr. SHIWANGI  
M.B.B.S., D.P. (DNB)  
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(A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)

(ADX\_GEM217220330)(R)Allengers





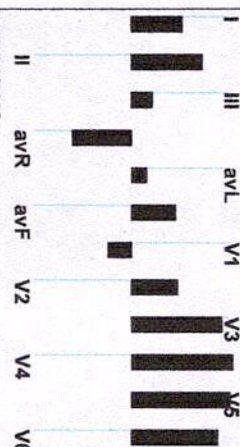
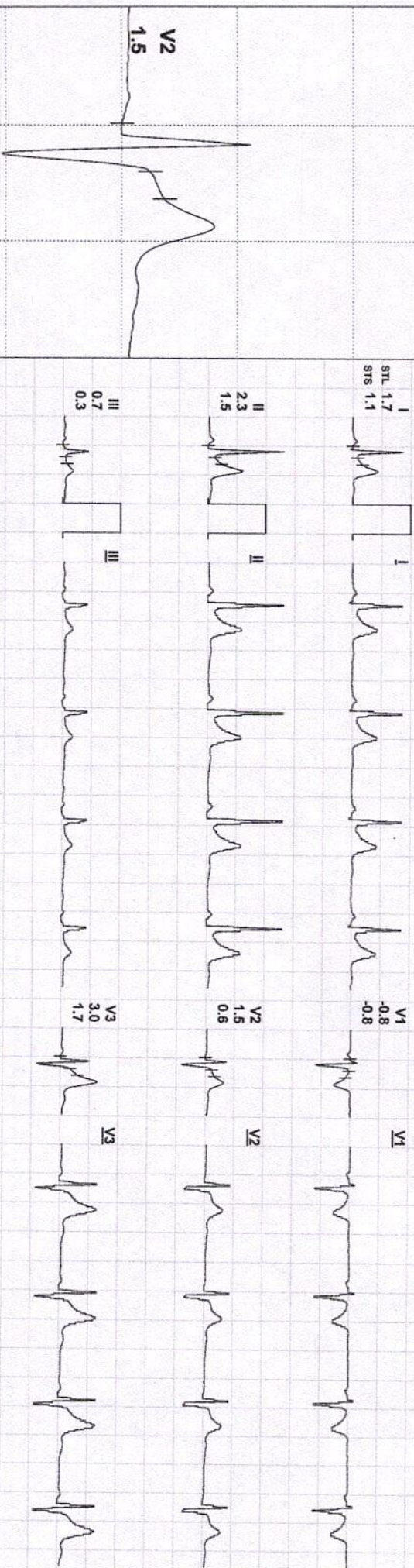
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 81

Date: 30 / 03 / 2023 10:30:38 AM METS: 1.0/ 81 bpm 43% of THR BP: 120/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 00:00 0.0 mph, 0.0%

4X 80 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

*Dr. Pawan Kumar Singh*  
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(ADX\_GEM217220330)(R)Allergens



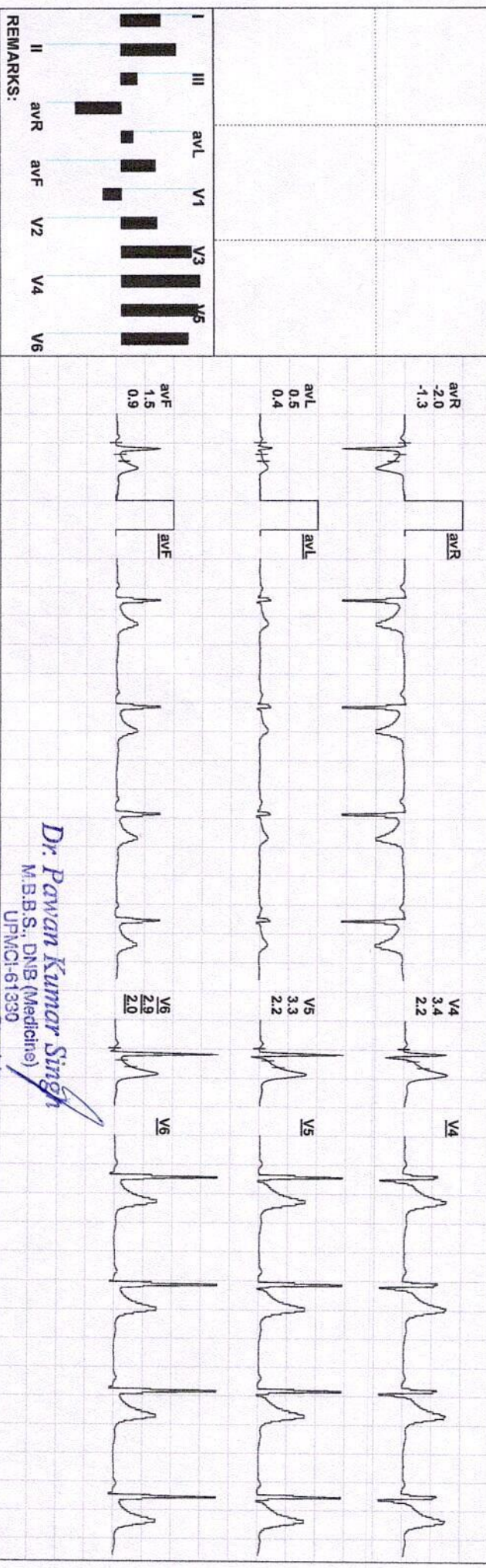
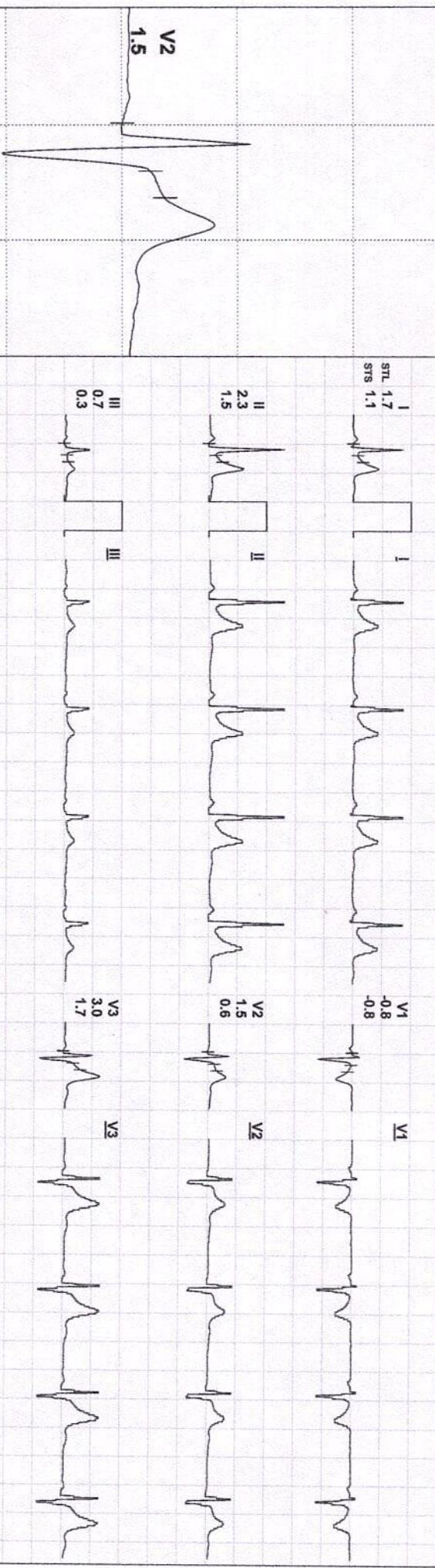
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 76

Date: 30 / 03 / 2023 10:30:38 AM METS: 1.0/ 76 bpm 40% of THR BP: 120/80 mmHg Combined Medians/ BLC Orv Notch Orv HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 mph, 0.0%

4X 80 mS Post J

25 mm/Sec. 1.0 Cm/mV



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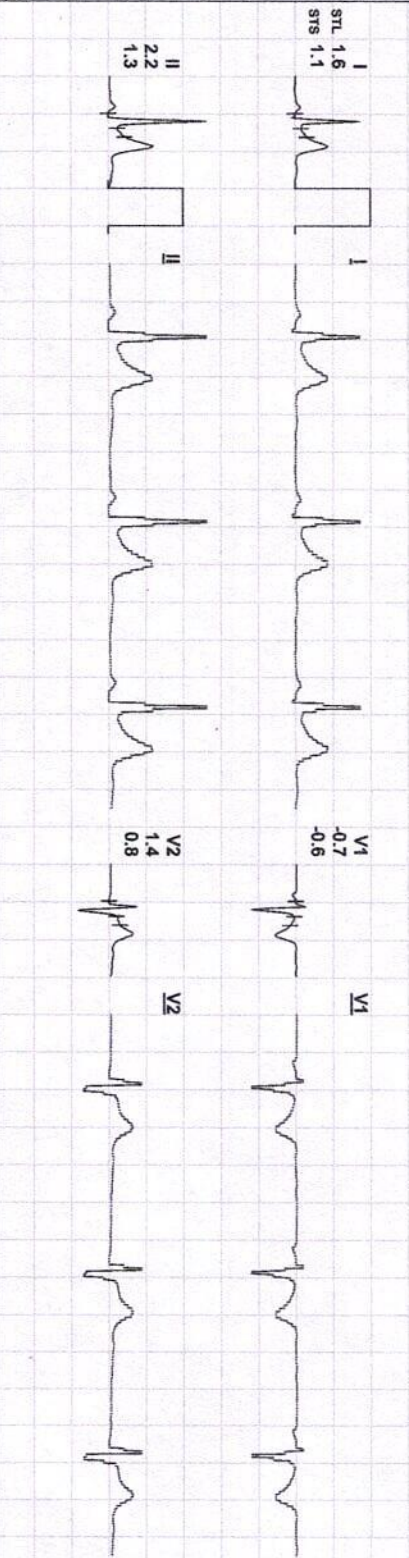
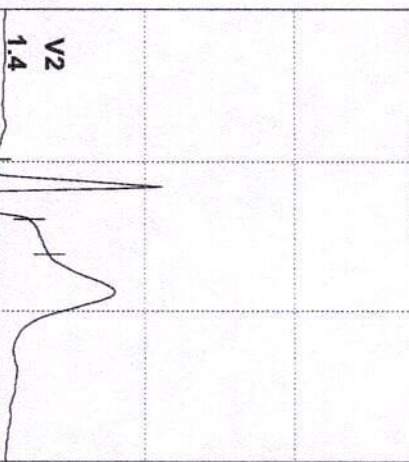
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 61

Date: 30 / 03 / 2023 10:30:38 AM METS: 1.0/ 61 bpm 32% of THR BP: 120/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 00:00 0.0 mph, 0.0%

4X 80 mS Post J

25 mm/Sec. 1.0 Cm/mV



I 1.6

STL 1.6

STS 1.1

II 2.2

III 0.5

avR -1.9

avL 0.6

avF 1.4

V1 -0.7

V2 1.4

V3 2.7

V4 3.1

V5 3.2

V6 2.8

avR -1.2

avL 0.4

avF 0.8

V1 -0.6

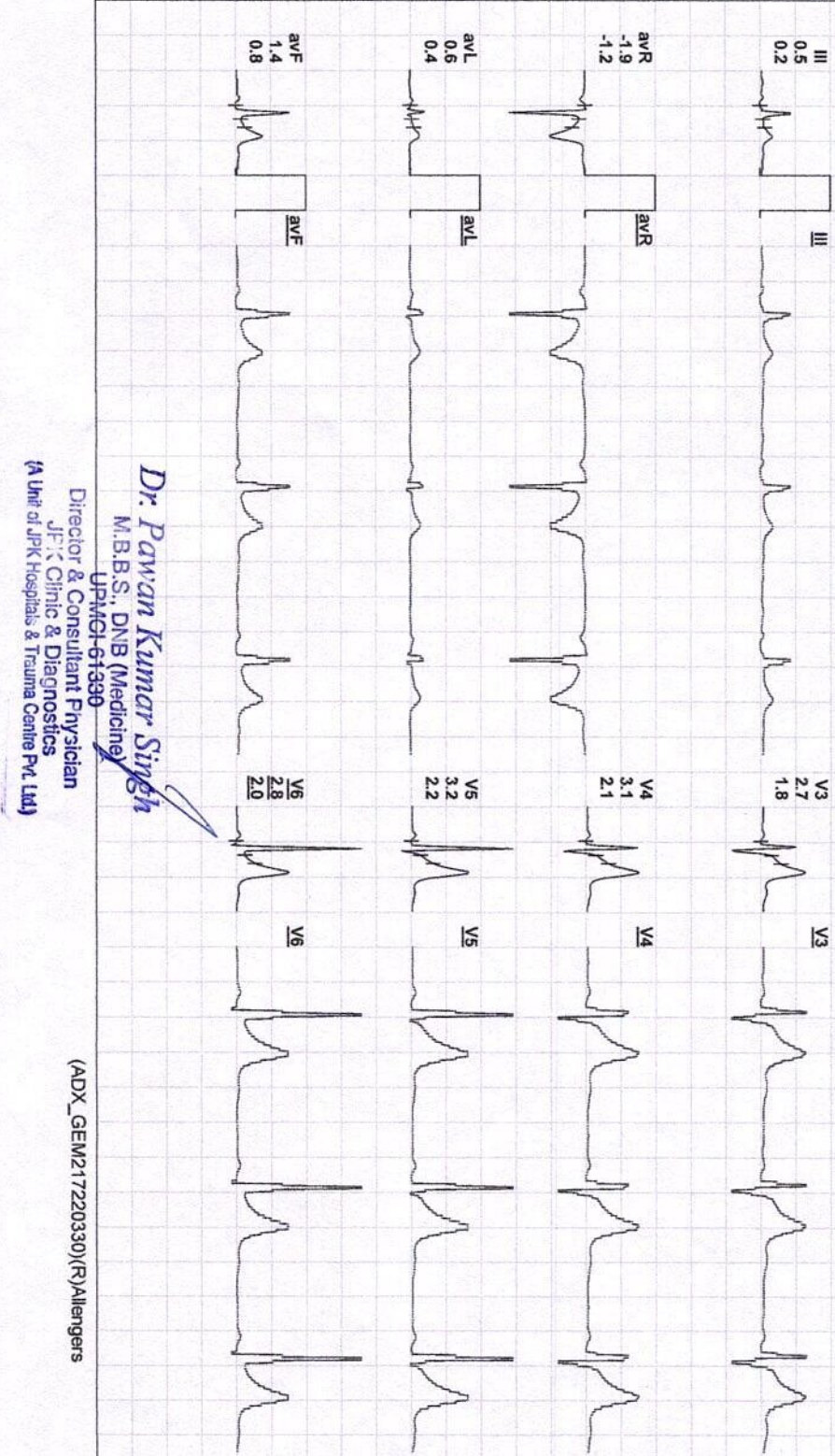
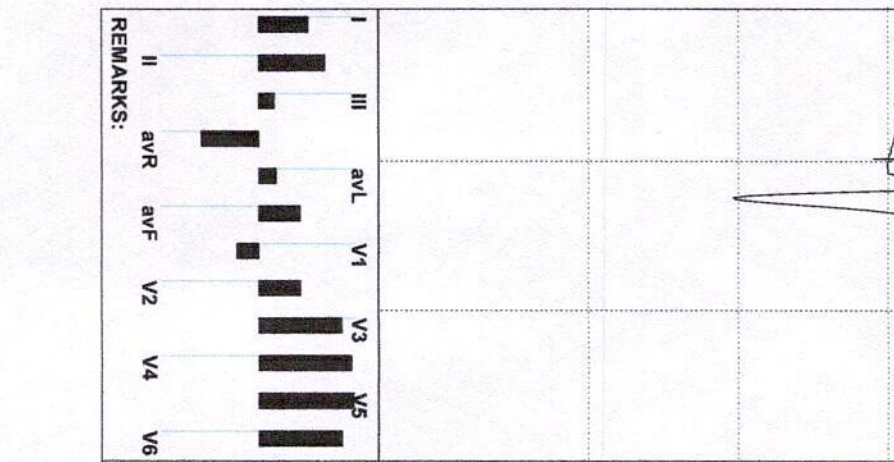
V2 0.8

V3 1.8

V4 2.1

V5 2.2

V6 2.0



REMARKS:

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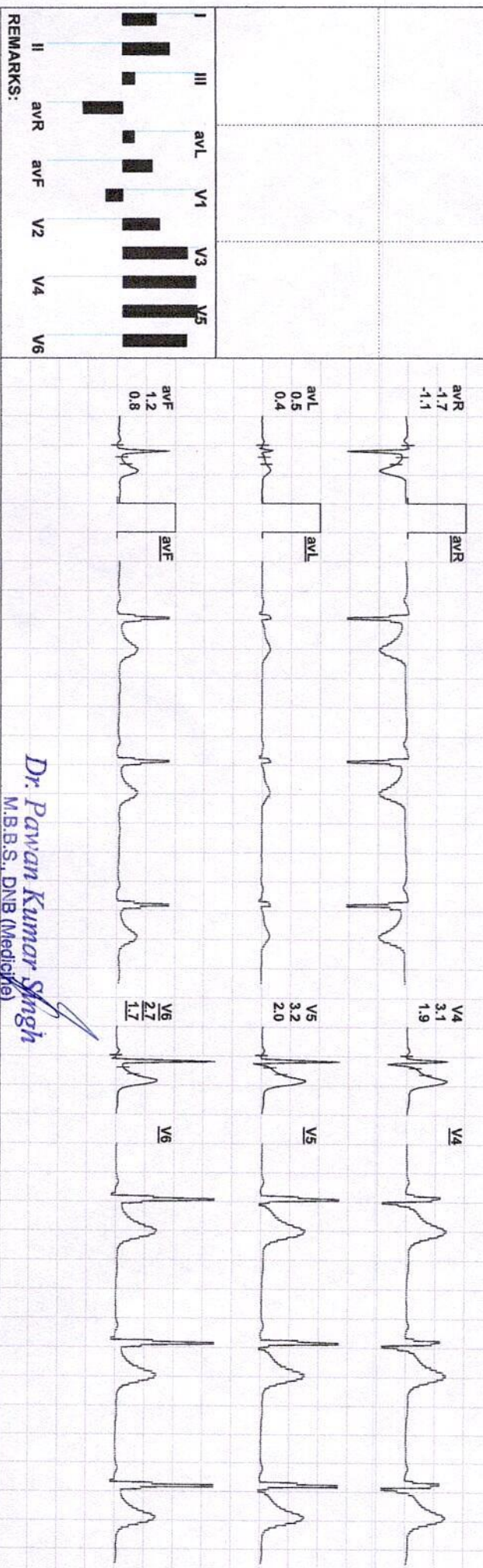
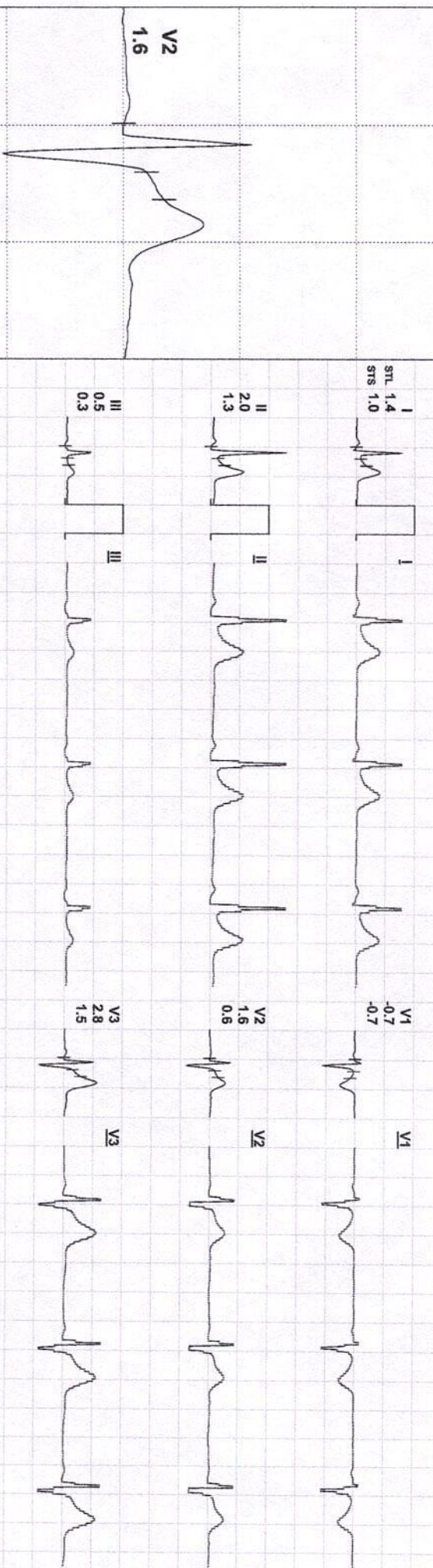
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 61

Date: 30 / 03 / 2023 10:30:38 AM METS: 1.0/ 61 bpm 32% of THR BP: 120/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 mph, 0.0%

4X 80 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

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(ADX\_GEM217220330)(R)Allengers



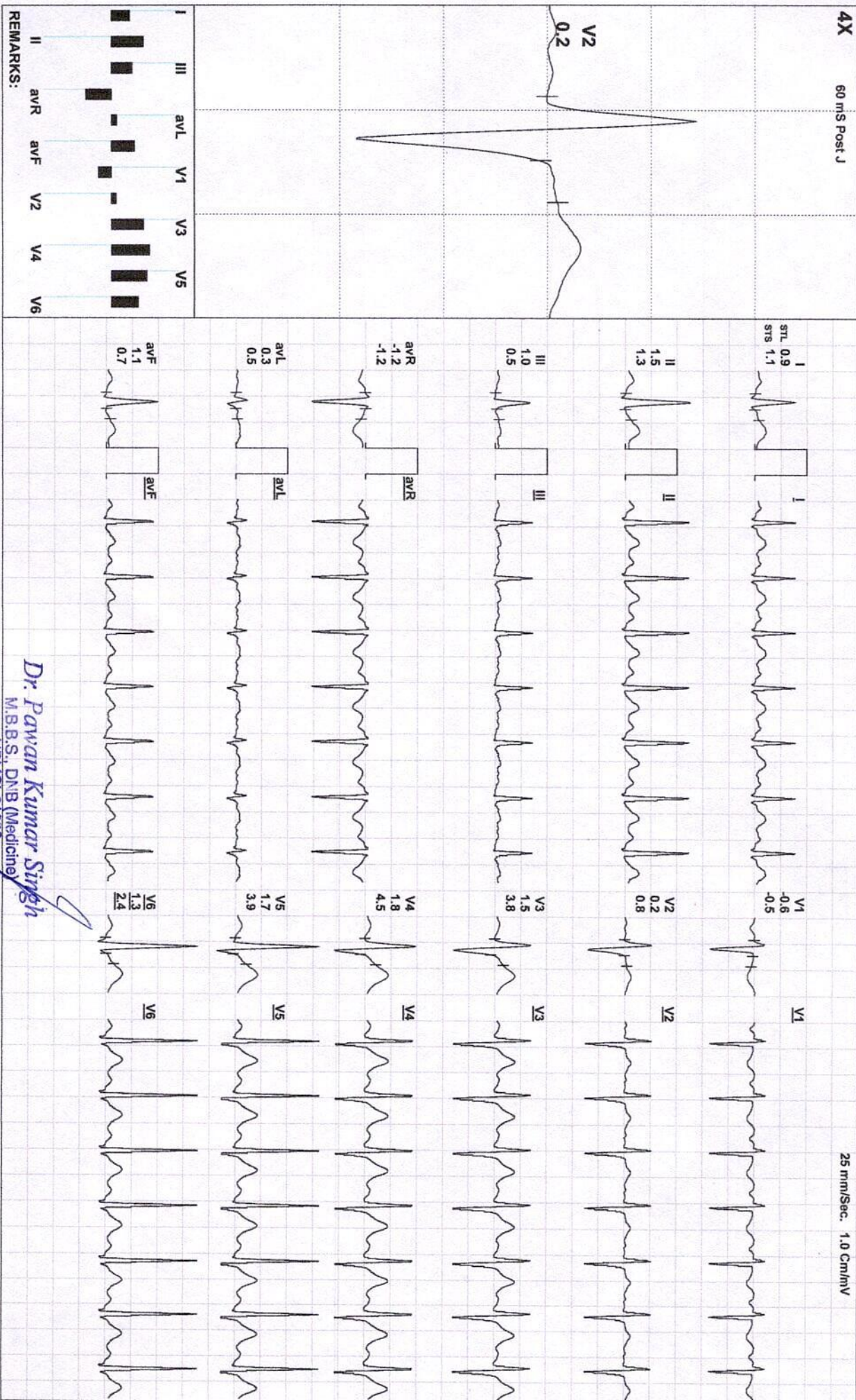
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 136

Date: 30 / 03 / 2023 10:30:38 AM METS: 4.71 / 136 bpm 72% of THR BP: 122/82 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 03:00 1.7 mph, 10.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

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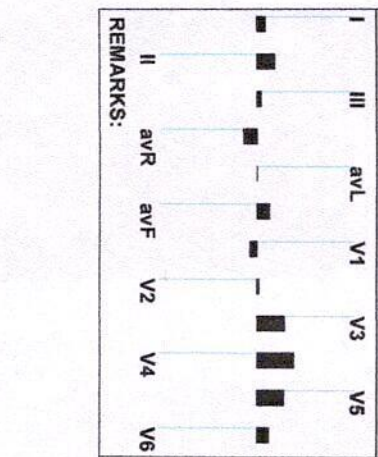
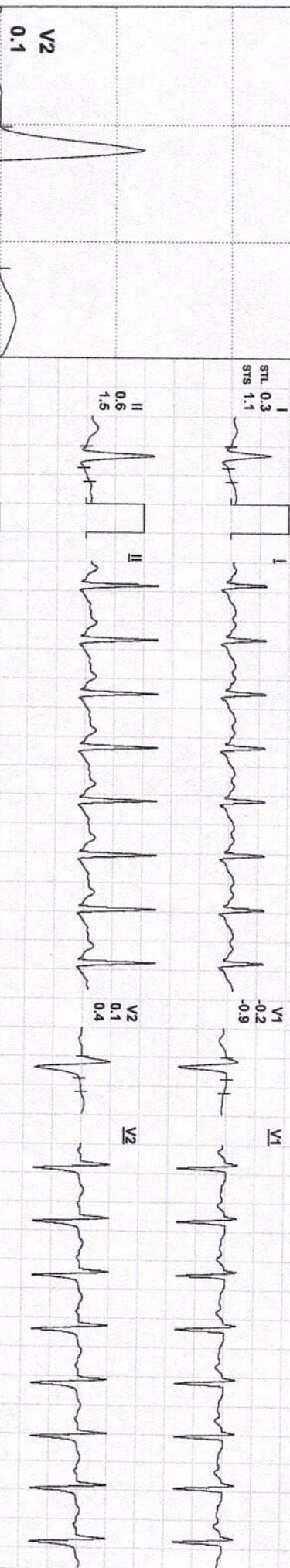


Date: 30 / 03 / 2023 10:30:38 AM METS: 7.1/ 156 bpm 82% of THR BP: 124/84 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 HZ/LF 35 HZ

ExTime: 06:00 2.5 mph, 12.0%

4X 60 ms Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

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 (A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)

(ADX\_GEM217220330)(R)Allengers



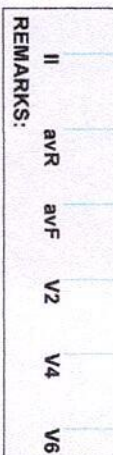
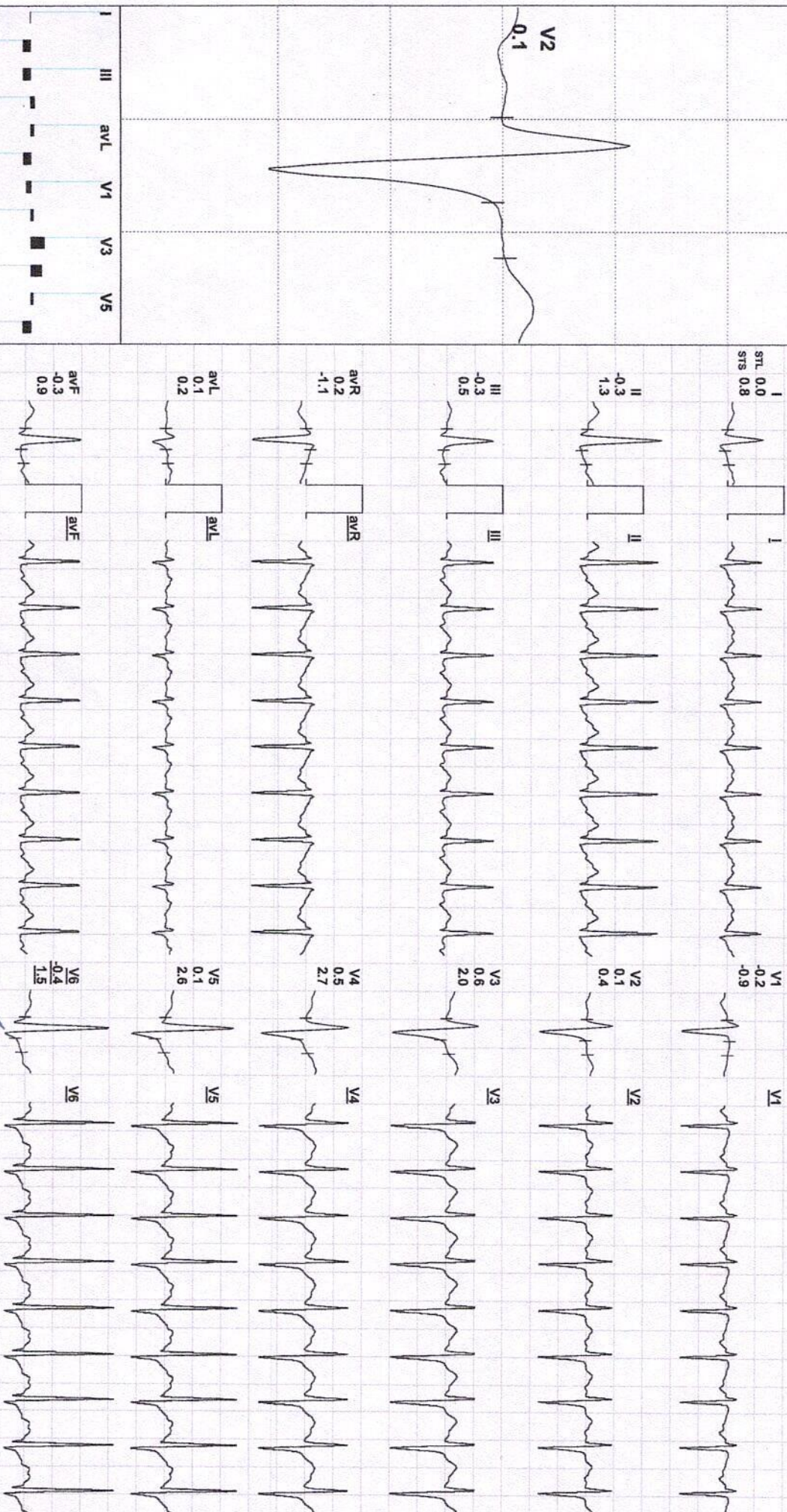
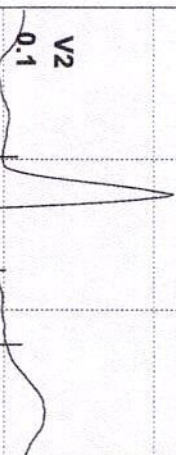
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 168

Date: 30 / 03 / 2023 10:30:38 AM METS: 10.2/ 168 bpm 88% of THR BP: 126/85 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 09:00 3.4 mph, 14.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

*Dr. Pawan Kumar Singh*

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(ADX\_GEM217220330)(R)Allengers

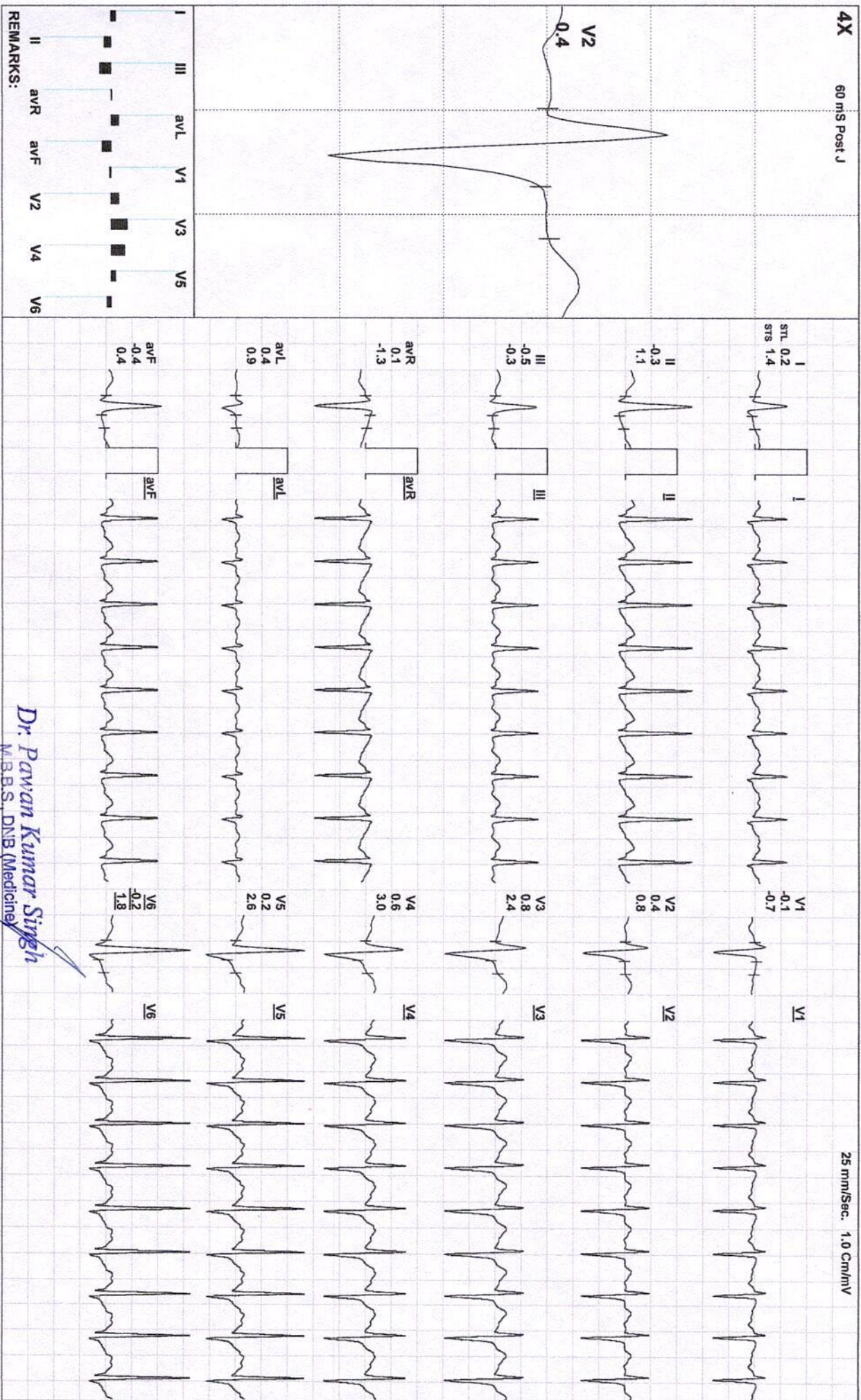
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 170

Date: 30 / 03 / 2023 10:30:38 AM METS: 10.4/ 170 bpm 89% of THR BP: 126/85 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LE 35 Hz

EXTime: 09:10 4.2 mph, 16.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

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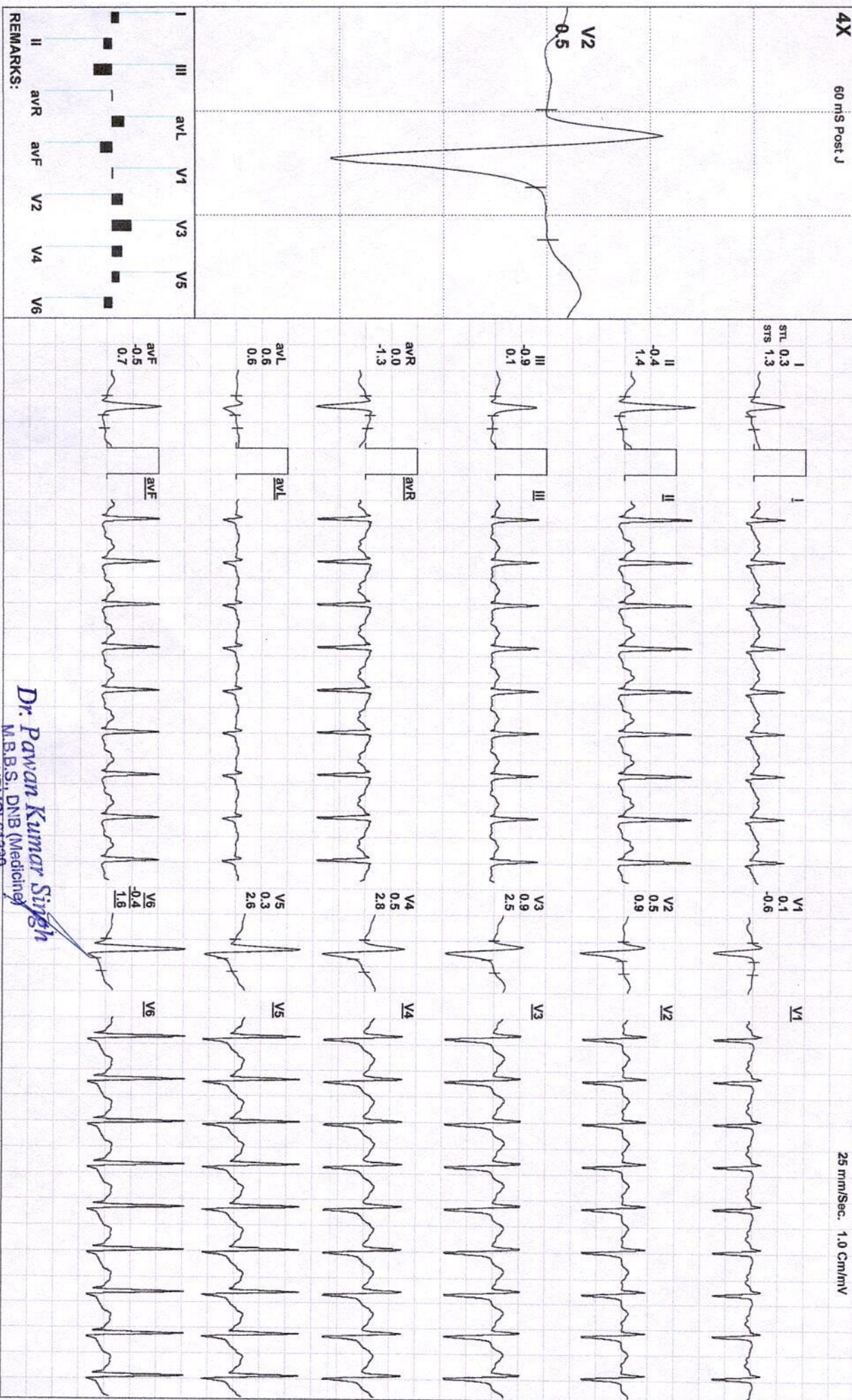
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 162

Date: 30 / 03 / 2023 10:30:38 AM METS: 7.3/ 162 bpm 85% of THR BP: 126/85 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 09:10 1.1 mph, 0.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



**Dr. Pawan Kumar Singh**  
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(ADX\_GEM217220330)(R)Allengers



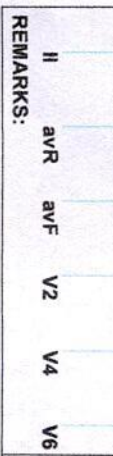
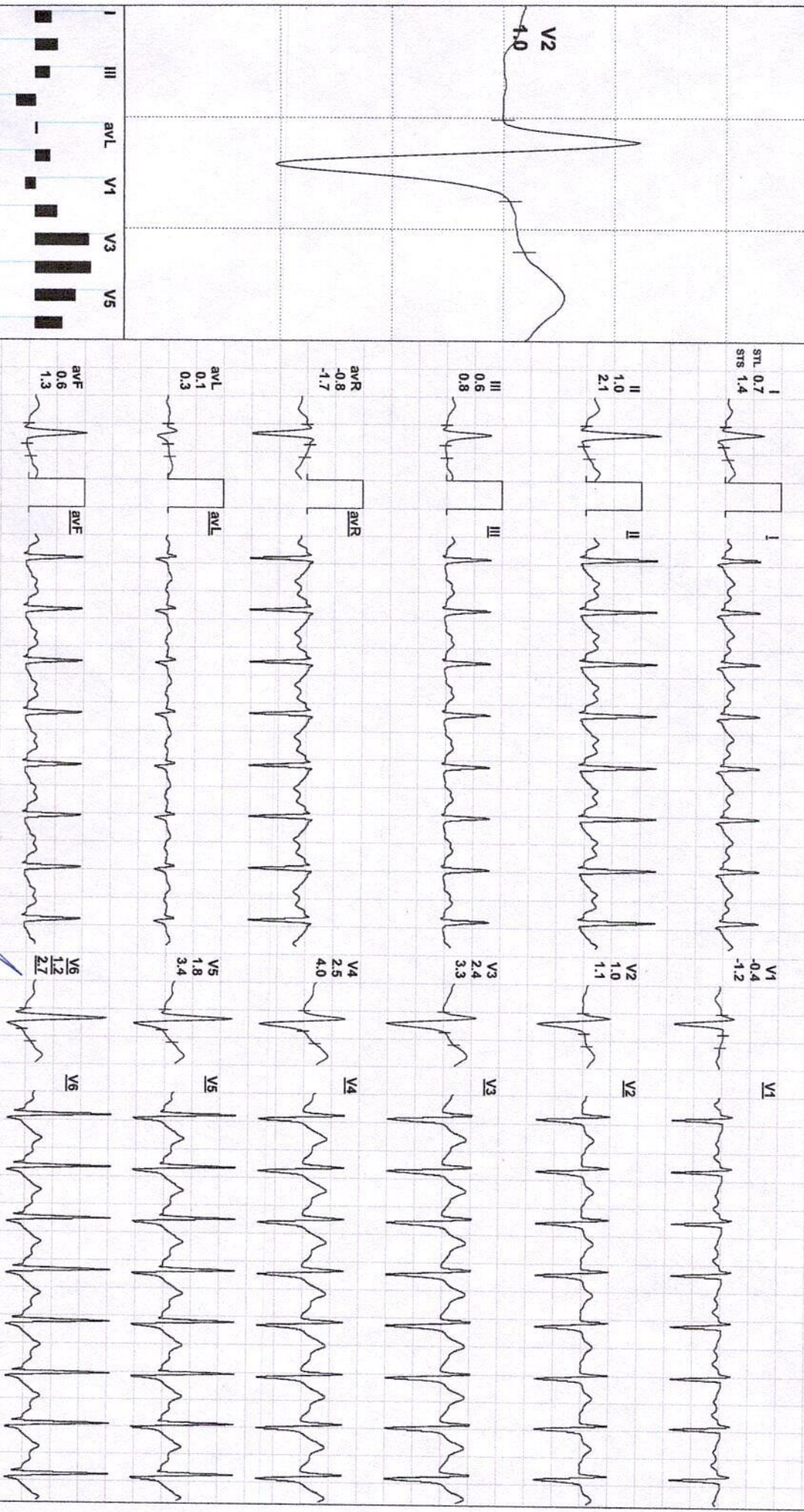
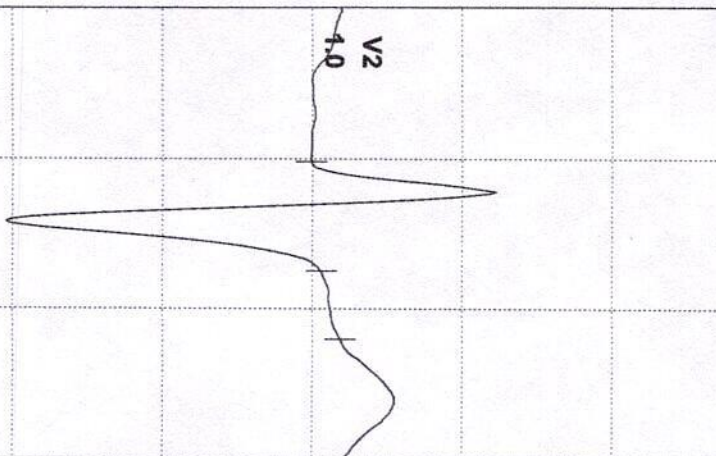
DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 143

Date: 30 / 03 / 2023 10:30:38 AM METS: 4.3/ 143 bpm 75% of THR BP: 128/87 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 09:10 1.1 mph, 0.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

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Unit of JPK Hospitals & Trauma Centre Pvt Ltd

(ADX\_GEM217220330)(R)Allengers



DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg / HR : 136

Date: 30 / 03 / 2023 10:30:38 AM

METS: 3.5/ 136 bpm 72% of THR

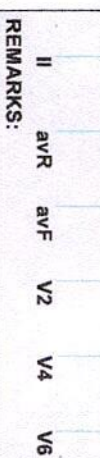
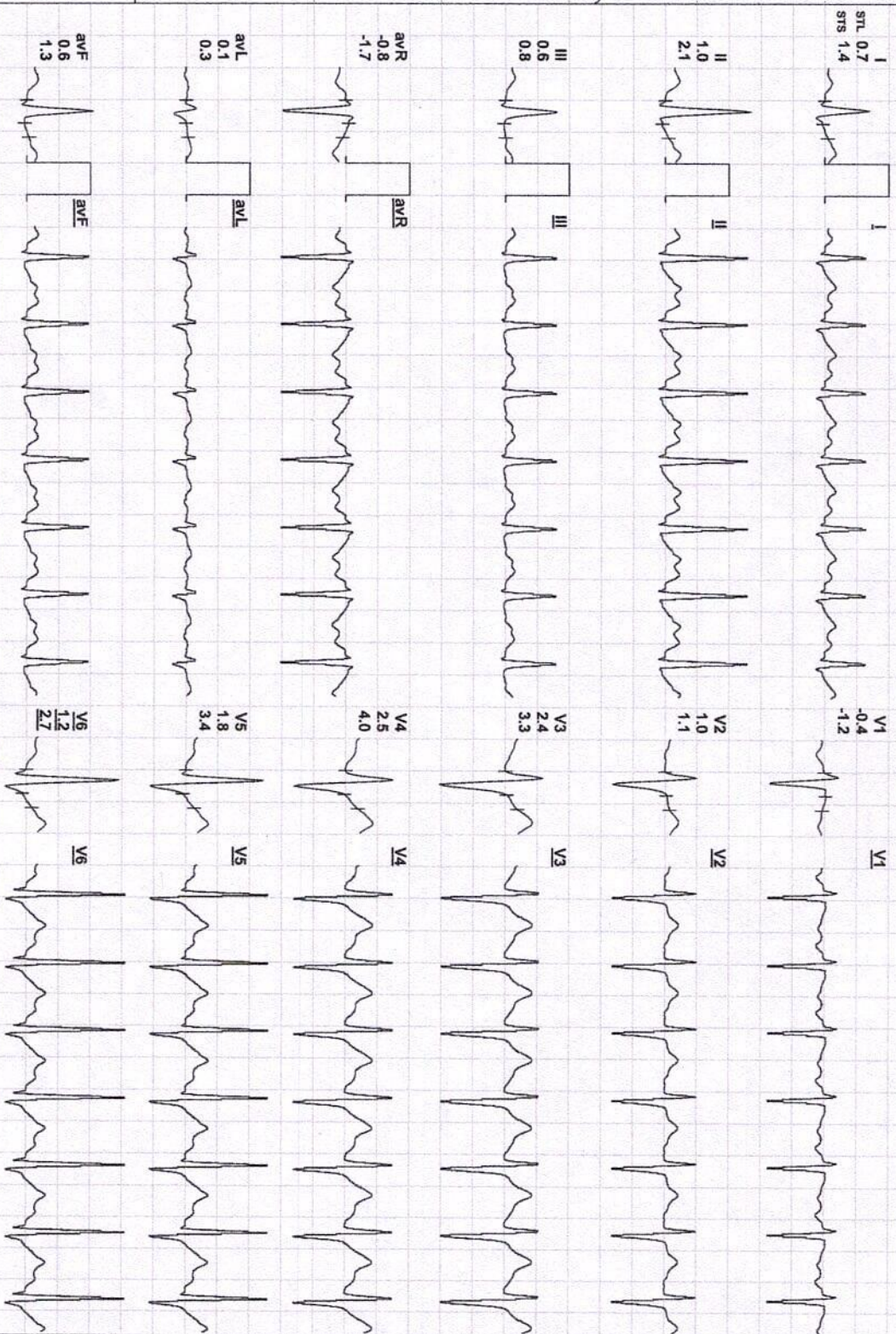
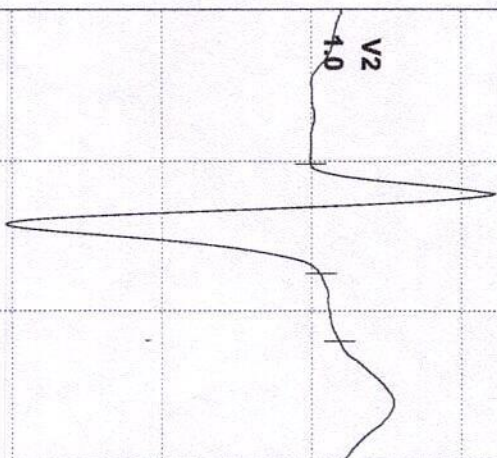
BP: 128/87 mmHg

Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 09:10 0.0 mph, 0.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

Dr. Pawan Kumar Singh

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JPK Clinic & Diagnostics

(A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)

(ADX\_GEM217220330)(R)Allengers

**JPK HOSPITAL AND TRAUMA CENTER**

**SUPER MARKET SULTANPUR Email:**

Report



**DINESH KUMAR YADAV / 30 Yrs / M / 166 Cms / 79 Kg**  
**Date: 30 / 03 / 2023 10:30:38 AM Refd By : SELF Examined By: DR PAWAN KUMAR SINGH**

Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:08	0:08	00.0	00.0	01.0	081	43 %	120/80	097	00	
Standing	00:12	0:04	00.0	00.0	01.0	081	43 %	120/80	097	00	
HV	00:17	0:05	00.0	00.0	01.0	076	40 %	120/80	091	00	
Warm Up	00:22	0:05	00.0	00.0	01.0	061	32 %	120/80	073	00	
ExStart	00:31	0:09	00.0	00.0	01.0	061	32 %	120/80	073	00	
BRUCE Stage 1	03:31	3:00	01.7	10.0	04.7	136	72 %	122/82	165	00	
BRUCE Stage 2	06:31	3:00	02.5	12.0	07.1	156	82 %	124/84	193	00	
BRUCE Stage 3	09:31	3:00	03.4	14.0	10.2	168	88 %	126/85	211	00	
PeakEx	09:41	0:10	04.2	16.0	10.4	170	89 %	126/85	214	00	
Recovery	10:11	0:30	01.1	00.0	07.3	162	85 %	126/85	204	00	
Recovery	10:41	1:00	01.1	00.0	04.3	143	75 %	128/87	183	00	
Recovery	10:48	1:07	00.0	00.0	03.5	136	72 %	128/87	174	00	

**FINDINGS :**

**Exercise Time** : 09:10  
**Initial HR (ExStrt)** : 61 bpm 32% of Target 190  
**Initial BP (ExStrt)** : 120/80 (mm/Hg)  
**Max WorkLoad Attained** : 10.4 Good response to induced stress  
**Max ST Dep Lead & Avg ST Value** : V6 & -0.8 mm in Recovery  
**Duke Treadmill Score** : 09.2  
**Test End Reasons** : Test Complete  
**VO2Max** : 36.4 ml/Kg/min (Fair)


**REPORT :**

TEST OBJECTIVE : ROUTINE CHECK UP  
 RISK FACTOR : NONE

**Dr. Pawan Kumar Singh**  
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 (A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)

**Doctor : DR PAWAN KUMAR SINGH**

ACTIVITY	:	VERY ACTIVE
MEDICATION	:	NONE
BRIEF HISTORY	:	NOT SIGNIFICANT
REASON FOR TERMINATION	:	TEST COMPLETE
EXERCISE TOLERANCE	:	GOOD
EXERCISE INDUCED ARRHYTHMIAS	:	NO
HAEMODYNAMIC RESPONSE	:	NORMAL
CHRONOTROPIC RESPONSE	:	NORMAL
FINAL IMPRESSION	:	STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE

  
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