

Meditation

R/O Nagpur

Dr. Vimmi Goel

Head - Non Invasive Cardiology

Incharge - Preventive Health Care

MBBS, MD (Internal Medicine)

Reg. No: MMC-2014/01/0113

Date: 25/02/23

Name: Miss Komal Bhongade

Age: 29y Sex: M/F Weight: 73 kg Height: 166.6 in BMI: 26.3

BP: 100/70 mmHg Pulse: 92bpm RBS: \_\_\_\_\_ mg/dl

SpO2: 99%

LMP: 12/02/23



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CIN U74999MH2018PTC303510

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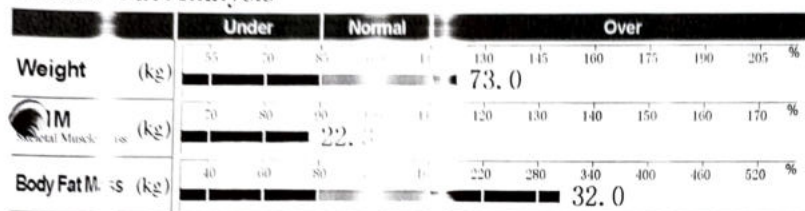


ID 22223137583	Height 166.6cm	Age 25	Gender Female	Test Date / Time 25.02.2023 09:51
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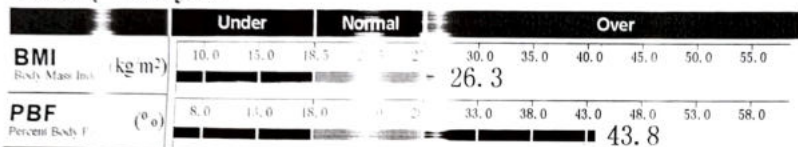
## Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	29.9	(30.4~37.2)
What I need to build muscles	Protein (kg)	8.1	(8.2~10.0)
What I need for strong bones	Minerals (kg)	2.99	(2.81~3.43)
Where my excess energy is stored	Body Fat Mass (kg)	32.0	(11.9~19.1)
Sum of the above	Weight (kg)	73.0	(50.7~68.7)

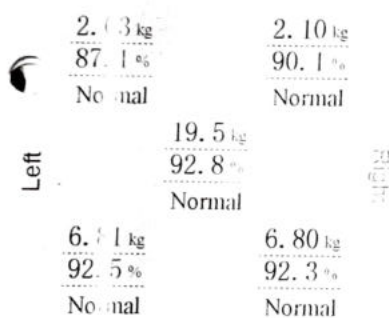
## Muscle Fat Analysis



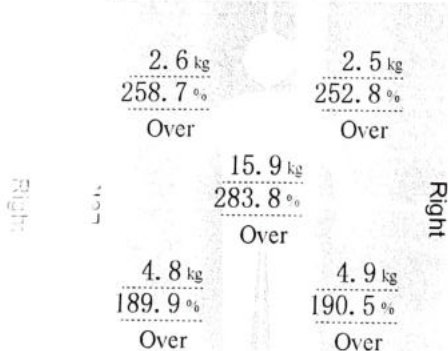
## Obesity Analysis



## Segmental Lean Analysis



## Segmental Fat Analysis



\* Segmental fat is estimated

## Body Composition History

Weight (kg)	73.0				
SMM (kg)	22.3				
PBF (%)	43.8				
Recent Total	25.02.2023 09:51				

## InBody Score

57/100 Points

\* Total score that reflects the evaluation of body composition. A normal person may score 100 points.

## Weight Control

Target Weight	59.6 kg
Weight Control	-13.4 kg
Fat Control	-18.3 kg
Muscle Control	+4.9 kg

## Obesity Evaluation

BMI  Normal  Under  Over

PBF  Normal  Slightly Over  Over

## Waist-Hip Ratio

0.98 (0.75-0.95)

## Visceral Fat Level

Level 17 (Low 10)

## Research Parameters

Fat Free Mass	41.0 kg
Basal Metabolic Rate	1256 kcal (1400~1700)
Obesity Degree	122 % (100~140)
SMI	6.4 kg/m²
Recommended calorie intake	1774 kcal

## Calorie Expenditure of Exercise

Golf	228	Gateball	141
Walking	146	Yoga	141
Badminton	165	Table Tennis	141
Tennis	119	Bicycling	141
Boxing	119	Basketball	141
Mountain Climbing	138	Jumping Rope	141
Aerobics	156	Jogging	141
Soccer	156	Swimming	141
Japanese Fencing	165	Racketball	141
Squash	165	Taekwondo	141

\*Based on your current weight

\*Based on 30 minute duration

## Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20kHz	463.1	482.0	30.8	341.1	339.1
100kHz	417.7	437.7	27.3	303.1	302.1

Miss. Komal Blangade 29yrs/A 25/2/23

Cl<sub>2</sub> Dysmenorrhoea

OH: Unmarried

MMT: LMP - 10/2/23

PMC - 4-5cl / 28-30cl/kg

PH: Still AS Pattern (Sickle)

Sx/Hx: Nil

PH: Bilateral parents AS Pattern

Paternal Father, Maternal - Uterine Ca.

CSG: PCO - Bil bulky ovaries  
UT - ⊕ AN, ET - 9mm

P/A: Soft NT

Adv: Weight  
Reduction &  
Maintenance

Monika

Dr. MONIKA KOTPALLIWAR  
MBBS, MD, DNB, MNAMS, MRCOG,  
Consultant-Obstetrics and Gynecologist,  
Reg. No.: MMC-2013/03/0477



**DEPARTMENT OF PATHOLOGY**

**Patient Name** : Miss. KOMAL BHONGADE  
**Age / Gender** : 29 Y(s)/Female  
**Bill No/ UMR No** : BIL2223018528/UMR2223135883  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 25-Feb-23 09:26 am  
**Report Date** : 25-Feb-23 12:03 pm

**HAEMOGRAM**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Haemoglobin	Blood	<b>10.8</b>	12.0 - 15.0 gm%	Photometric
Haematocrit(PCV)		<b>33.5</b>	36.0 - 46.0 Vol%	Calculated
RBC Count		4.59	3.8 - 4.8 Millions/cumm	Photometric
Mean Cell Volume (MCV)		<b>73</b>	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		<b>23.5</b>	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		32.2	31.5 - 35.0 g/l	Calculated
RDW		<b>18.6</b>	11.5 - 14.0 %	Calculated
Platelet count		410	150 - 450 10 <sup>3</sup> /cumm	Impedance
WBC Count		8300	4000 - 11000 cells/cumm	Impedance
<b>DIFFERENTIAL COUNT</b>				
Neutrophils		64.8	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes		30.8	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils		1.2	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes		3.2	2 - 10 %	Flow Cytometry/Light microscopy
Basophils		0.0	0 - 1 %	Flow Cytometry/Light microscopy
Large Immature cells		0.0		Flow Cytometry/Light microscopy
Absolute Neutrophil Count		5378.4	2000 - 7000 /cumm	Flowcytometry
Absolute Lymphocyte Count		2556.4	1000 - 4800 /cumm	Calculated
Absolute Eosinophil Count		99.6	20 - 500 /cumm	Calculated



MC-4807



**DEPARTMENT OF PATHOLOGY**

<b>Patient Name</b> : Miss. KOMAL BHONGADE	<b>Age / Gender</b> : 29 Y(s)/Female
<b>Bill No/ UMR No</b> : BIL2223018528/UMR2223135883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 25-Feb-23 09:26 am	<b>Report Date</b> : 25-Feb-23 12:03 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Absolute Monocyte Count		265.6	200 - 1000 /cumm	Calculated
Absolute Basophil Count		0	0 - 100 /cumm	Calculated

**PERIPHERAL SMEAR**

Microcytosis	Microcytosis +(Few)
Hypochromasia	Hypochromia +(Few)
Anisocytosis	Anisocytosis +(Few)
WBC	As Above
Platelets	Adequate

**E S R**

**22**                      0 - 20 mm/hr

Automated  
Westergren's Method

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

Verified By : : 11100731

Test results related only to the item tested.

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**Dr. VAIDEHEE NAIK, MBBS,MD**

**CONSULTANT PATHOLOGIST**



MC-4807

**CLINICAL DIAGNOSTIC LABORATORY**

**DEPARTMENT OF BIOCHEMISTRY**

**Patient Name** : Miss. KOMAL BHONGADE  
**Age /Gender** : 29 Y(s)/Female  
**Bill No/ UMR No** : BIL2223018528/UMR2223135883  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 25-Feb-23 09:24 am  
**Report Date** : 25-Feb-23 12:00 pm

Parameter	Specimen	Results	Biological Reference	Method
Fasting Plasma Glucose	Plasma	98	< 100 mg/dl	GOD/POD,Colorimetric

**Interpretation:**

Clinical Decision Value as per ADA Guidelines 2021

- Diabetes Mellites If,
- Fasting  $\geq$  126 mg/dl
- Random/2Hrs. OGTT  $\geq$  200 mg/dl
- Impaired Fasting = 100-125 mg/dl
- Impaired Glucose Tolerance = 140-199 mg/dl

**GLYCOSYLATED HAEMOGLOBIN (HBA1C)**

HbA1c	5.0	Non-Diabetic : $\leq$ 5.6 % Pre-Diabetic : 5.7 - 6.4 % Diabetic : $\geq$ 6.5 %	HPLC
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**COMMENT**

In view of S-window of 37.1% in HbA1c graph, advised HPLC to rule out hemoglobinopathy.

**RFT**

Blood Urea	14	15.0 - 36.0 mg/dl	Urease with indicator dye
Creatinine	0.7	0.52 - 1.04 mg/dl	Enzymatic ( creatinine amidohydrolase)
GFR	120.0		Calculation by CKD-EPI 2021
Sodium	138	136 - 145 mmol/L	Direct ion selective electrode
Potassium	5.13	3.5 - 5.1 mmol/L	Direct ion selective electrode

**LIVER FUNCTION TEST(LFT)**

Total Bilirubin	0.44	0.2 - 1.3 mg/dl	Azobilirubin/Dyphylline
Direct Bilirubin	0.30	0.1 - 0.3 mg/dl	Calculated
Indirect Bilirubin	0.14	0.1 - 1.1 mg/dl	Duel wavelength spectrophotometric
Alkaline Phosphatase	89	38 - 126 U/L	pNPP/AMP buffer
SGPT/ALT	24	13 - 45 U/L	Kinetic with pyridoxal 5 phosphate
SGOT/AST	25	13 - 35 U/L	Kinetic with pyridoxal 5 phosphate
Serum Total Protein	7.07	6.3 - 8.2 gm/dl	Biuret (Alkaline cupric sulphate)
Albumin Serum	4.00	3.5 - 5.0 gm/dl	Bromocresol green dye
Globulin	3.07		Binding
A/G Ratio	1.3	2.0 - 4.0 gm/	Calculated

**THYROID PROFILE**



**CLINICAL DIAGNOSTIC LABORATORY**

**DEPARTMENT OF BIOCHEMISTRY**

<b>Patient Name</b> : Miss. KOMAL BHONGADE	<b>Age /Gender</b> : 29 Y(s)/Female
<b>Bill No/ UMR No</b> : BIL2223018528/UMR2223135883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 25-Feb-23 09:26 am	<b>Report Date</b> : 25-Feb-23 12:00 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
T3		1.08	0.55 - 1.70 ng/ml	Enhanced chemiluminescence
Free T4		0.66	0.80 - 1.70 ng/dl	Enhanced Chemiluminescence
TSH		<b>8.681</b>	0.50 - 4.80 uIU/ml	Enhanced chemiluminescence

\*\*\* End Of Report \*\*\*  
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 Phone: +91 0712 6789100  
 CIN: U29304MH2018PTC303510

Suggested Clinical Correlation \* If necessary, Please discuss

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*(Signature)*

**Dr. VAIDEHEE NAIK, MBBS,MD**  
CONSULTANT PATHOLOGIST



**DEPARTMENT OF BIOCHEMISTRY**

<b>Patient Name</b> : Miss. KOMAL BHONGADE	<b>Age /Gender</b> : 29 Y(s)/Female
<b>Bill No/ UMR No</b> : BIL2223018528/UMR2223135883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 25-Feb-23 09:26 am	<b>Report Date</b> : 25-Feb-23 12:00 pm

**LIPID PROFILE**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
Total Cholesterol	Serum	190 < 200 mg/dl	Enzymatic(CHE/CHO/POD)
Triglycerides		99 < 150 mg/dl	Enzymatic
HDL Cholesterol Direct		51 > 50 mg/dl	(Lipase/GK/GPO/POD)
LDL Cholesterol Direct		<b>112.80</b> < 100 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
VLDL Cholesterol		20 < 30 mg/dl	Enzymatic
Tot Chol/HDL Ratio		4 3 - 5	Calculated
			Calculation

<u>Intiate therapeutic</u>	<u>Consider Drug therapy</u>	<u>LDC-C</u>
CHD OR CHD risk equivalent	>100	>130, optional at 100-129
Multiple major risk factors conferring 10 yrs CHD risk >20%		<100
Two or more additional major risk factors, 10 yrs CHD risk <20%	>130	10 yrs risk 10-20 % >130
No additional major risk or one additional major risk factor	>160	10 yrs risk <10% >160
		>190, optional at 160-189
		<160

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. VAIDEHEE NAIK, MBBS,MD**  
**CONSULTANT PATHOLOGIST**





**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF PATHOLOGY**

<b>Patient Name</b> : Miss. KOMAL BHONGADE	<b>Age / Gender</b> : 29 Y(s)/Female
<b>Bill No/ UMR No</b> : BIL2223018528/UMR2223135883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 25-Feb-23 11:14 am	<b>Report Date</b> : 25-Feb-23 12:35 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
<b>URINE MICROSCOPY</b>			
<b><u>PHYSICAL EXAMINATION</u></b>			
Volume	Urine	30 ml	
Colour.		Pale yellow	
Appearance		Clear	
<b><u>CHEMICAL EXAMINATION</u></b>			
Reaction (pH)	Urine	5.0	4.6 - 8.0 Indicators
Specific gravity		1.010	1.005 - 1.025 Ion concentration
Urine Protein		Negative	protein error of pH indicator
Sugar		Negative	GOD/POD
Bilirubin		Negative	Diazonium
Ketone Bodies		Negative	Legal's est Principle
Nitrate		Negative	
Urobilinogen		Normal	Ehrlich's Reaction
<b><u>MICROSCOPIC EXAMINATION</u></b>			
Epithelial Cells	Urine	<b>5-10</b>	0 - 4 /hpf Manual
R.B.C.		Absent	0 - 4 /hpf Manual
Pus Cells		0-1	0 - 4 /hpf Manual
Casts		Absent	Manual
Crystals		Absent	Manual
Others		Budding yeasts are seen.	
<b>COMMENTS</b>			
<b>USF(URINE SUGAR FASTING)</b>			
Urine Glucose	Urine	Negative	GOD/POD

**SPANV Medisearch Lifesciences Private Limited**  
\*\*\* End Of Report \*\*\*  
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Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. VAIDEHEE NAIK, MBBS,MD**  
**CONSULTANT PATHOLOGIST**



**DEPARTMENT OF IMMUNO HAEMATOLOGY**

**Patient Name** : Miss. KOMAL BHONGADE  
**Age / Gender** : 29 Y(s)/Female  
**Bill No/ UMR No** : BIL2223018528/UMR2223135883  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 25-Feb-23 09:26 am  
**Report Date** : 25-Feb-23 12:35 pm

**BLOOD GROUPING AND RH**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	
BLOOD GROUP.	EDTA Whole Blood & Plasma/ Serum	" A "	Gel Card Method
Rh (D) Typing.		" Positive "(+Ve)	

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

Verified By : : 11100731

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**Dr. VAIDEHEE NAIK, MBBS,MD**  
**CONSULTANT PATHOLOGIST**



**DEPARTMENT OF BIOCHEMISTRY**

<b>Patient Name</b> : Miss. KOMAL BHONGADE	<b>Age / Gender</b> : 29 Y(s)/Female
<b>Bill No/ UMR No</b> : BIL2223018528/UMR2223135883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 25-Feb-23 01:47 pm	<b>Report Date</b> : 25-Feb-23 02:39 pm

**URINE SUGAR**

Parameter

Urine Glucose

Result Values

Negative

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

Verified By : : 11100400

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**Dr. VAIDEHEE NAIK, MBBS,MD**  
**CONSULTANT PATHOLOGIST**

**DEPARTMENT OF RADIOLOGY & IMAGING SCIENCE**

NAME	KOMAL BHONGADE	STUDY DATE	25-02-2023 10:07:38
AGE/ SEX	29Y 7M / F	HOSPITAL NO.	UMR2223135883
ACCESSION NO.	BIL2223018528-10	MODALITY	DX
REPORTED ON	25-02-2023 10:31	REFERRED BY	Dr. Vimmi Goel

**X-RAY CHEST PA VIEW**

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

**IMPRESSION** -No pleuro-parenchymal abnormality seen.



**DR. ASAWARI. S. LAUTRE**  
MBBS (KEM HOSPITAL),  
MD RADIODIAGNOSIS (TMH MUMBAI)  
CONSULTANT RADIOLOGIST.

NAME OF PATIENT:	MISS. KOMAL BHONGADE	AGE & SEX:	29 Y / FEMALE
REG NO	UMR2223135883	BILL NO	2223018528
REF BY:	DR. VIMMI GOEL	DATE:	25/02/2023

USG ABDOMEN AND PELVIS

LIVER is normal in size (12.3cm) and mildly increased parenchymal echotexture. No evidence of any focal lesion seen. Intrahepatic billiary radicals are not dilated. PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within. Wall thickness is within normal limits.

Visualized head and body of PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in size , shape and echotexture. No focal lesion seen.

Both KIDNEYS are normal in size, shape and echotexture. No evidence of calculus or hydronephrosis seen. URETERS are not dilated.

URINARY BLADDER is well distended. No calculus or mass lesion seen.

Uterus is anteverted and normal. No focal myometrial lesion seen. Endometrial echo-complex appear normal. ET – 9mm.

Right ovary measures 1.9 x 2.9 x 3.7 cm (Vol = 10.4cc).

Left ovary measures 1.7 x 2.7 x 3.2 cm (Vol = 8cc).

Both ovaries shows multiple tiny peripherally arranged follicles with central echogenic stoma. No dominant follicle is seen in either ovary.

No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

**IMPRESSION:** USG reveals,

- Polycystic appearance both ovaries – hormonal assay and clinical correlation suggested.
- Grade I fatty liver.

  
DR. ASAWARI LAUTRE  
MBBS,MD(Radio-Diag), (2016083313)  
CONSULTANT RADIOLOGIST

**2D ECHOCARDIOGRAPHY REPORT**

Patient Name : Ms. Komal Bhongade  
 Age : 29 years / Female  
 UHID : 2223135883  
 Date : 25/02/2023  
 Done by : Dr. Vimmi Goel  
 ECG : NSR, WNL

**Impression: Normal 2D Echocardiography Study**

**Normal chambers dimensions**  
**No RWMA of LV at rest**  
**Good LV systolic function, LVEF 66%**  
**Normal LV diastolic function**  
**E/A is 1.8**  
**Valves are normal**  
**No pulmonary hypertension**  
**IVC is normal in size and collapsing well with respiration**  
**No clots or pericardial effusion**

**Comments:**

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 66%. Normal LV diastolic function. E Velocity is 88 cm/s, A Velocity is 49 cm/s. E/A is 1.8. Valves are normal. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen.

**M Mode echocardiography and dimension:**

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	31
Aortic root	20-37	7-28	26
LVIDd	35-55	8-47	41
LVIDs	23-39	6-28	26
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	66%
Fractional Shortening			36%

  
**Dr. Vimmi Goel**  
**MD, Sr. Consultant**  
**Non-invasive Cardiology**

P.T.O

29 Years

MISS KOMAL BHONGADE  
Female

25-Feb-23 9:28:27 AM

KIMS-KINGSWAY HOSPITALS

PBC DEPT.

Rate 81 . Sinus rhythm.....normal P axis, V-rate 50- 99

PR 133  
QRSD 74  
QT 387  
QTc 450

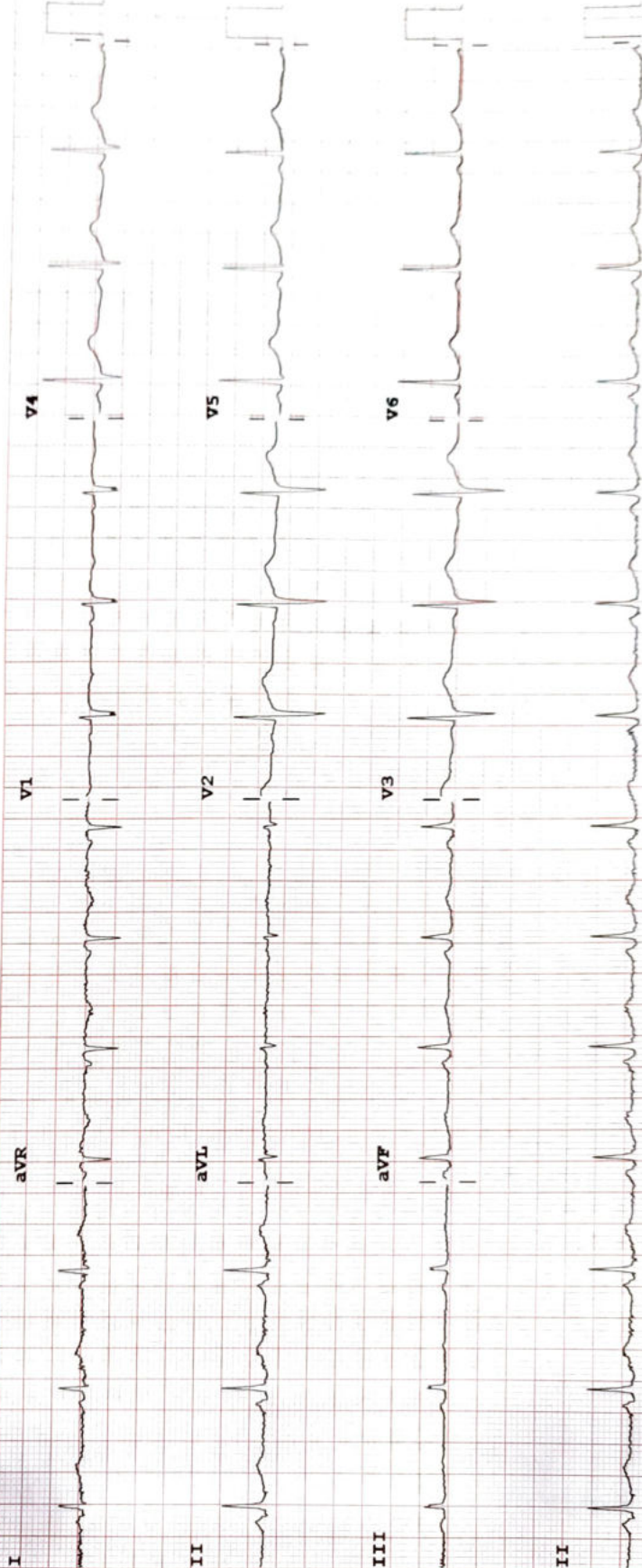
--AXIS--

P 68  
QRS 60  
T 36

12 Lead; Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis



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

F 50- 0.50-150 Hz W 100B CL P?