

Shreeyanta Healthcare & Diagnostics Pvt. Ltd,
212 to 217, Swanik Arcade, Pragatinagar,
Karapur, Ahmedabad-380013,
Regd. No.: 051902468

ID	Height	Age	Gender	Test Date / Time
7023104044	164cm	49	Male	24.06.2023 10:40

Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	34.0 (33.3~40.7)
What I need to build muscles	Protein (kg)	9.3 (8.9~10.9)
What I need for strong bones	Mineral (kg)	3.05 (3.08~3.76)
Where my excess energy is stored	Body Fat Mass (kg)	25.1 (7.1~14.2)
Sum of the above	Weight (kg)	71.4 (50.3~68.1)

Actual

InBody Score

70
60/100 Points

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

Weight Control

Target Weight	59.2 kg
Weight Control	-12.2 kg
Fat Control	-16.2 kg
Muscle Control	+4.0 kg

Nutrition Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Minerals	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient	
Body Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient	<input checked="" type="checkbox"/> Excessive

Body Balance Evaluation

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced

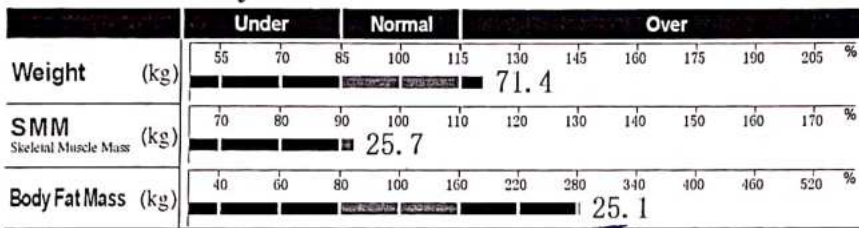
Waist-Hip Ratio

0.98 | 0.80 0.90

Visceral Fat Level

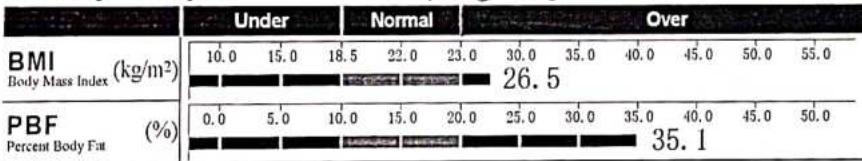
Level 12 | Low 10 High

Muscle-Fat Analysis

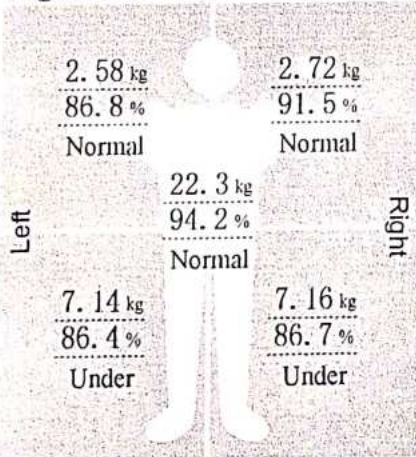


Obesity Analysis

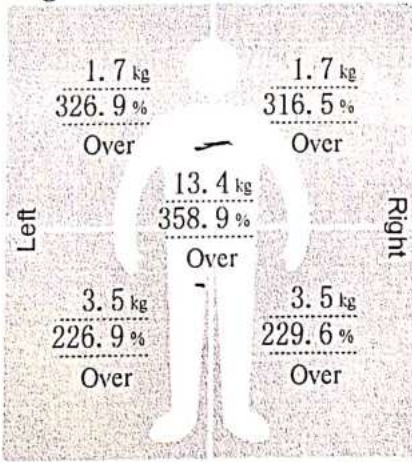
18.5-23.5



Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Research Parameters

Fat Free Mass	46.3 kg
Basal Metabolic Rate	1371 kcal
Waist-Hip Ratio	0.98 (0.80~0.90)
Waist Circumference	96.5 cm
SMI	7.3 kg/m²
Recommended calorie intake	1938 kcal

Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	143	Yoga	143
Badminton	161	Table Tennis	161
Tennis	214	Bicycling	214
Boxing	214	Basketball	214
Mountain Climbing	233	Jumping Rope	250
Aerobics	250	Jogging	250
Soccer	250	Swimming	250
Japanese Fencing	357	Racketball	357
Squash	357	Taekwondo	357

*Based on your current weight
*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	323.2	343.0	27.1	283.3	282.3
100 kHz	287.7	305.5	25.0	249.1	251.1

Body Composition History

Weight (kg)	71.4			
SMM (kg)	25.7			
PBF (%)	35.1			
Recent <input checked="" type="checkbox"/> Total <input type="checkbox"/>	24.06.23 10:40			

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

1.5 kg loss

Gayendra Mahur.

Age: 49

Height: 164 cms

Wgt: 71.4

On rising

1. glass warm water with
Aloevera Juice. 20 ml

3. Walnut, 2. Almond

2.5 kms walk.

1/2 cup of tea

7:30
to 8:00

20 ml Milk with cereals' OR
Veg. Poha / Veg upma / bowl

10:00
to 10:30

Fruit with Green tea OR
Sprout.

2:00

Roti. 3 & Sabzi, Pulses,
1. Katori
and.

5:00
to 6:00

Roasted chana. Buttermilk.

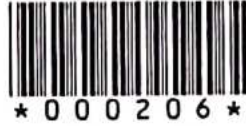
8:30

Roti. 2 & Sabzi with Soup OR

Rawer lettuce. 2 Scrambled OR

Masoor dal chilla. 3 Chutney.

Oil: 15-18 ml/day, M.M. Parikh



PATIENT'S NAME : GAJENDRA MAHUR LAB. NO : SY-573-23
AGE/SEX : 49 Years/Male SAMPLE NO : 206
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE\TIME : 24/06/2023\09:17
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

COMPLETE BLOOD COUNT

(PERFORM BY FULLY AUTOMATED SYSMAX-XP 100 CELL COUNTER)

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
Blood Counts			
Haemoglobin :	13.40	Gms%	13.5 - 18.0
Total R.B.C. :	4.95	mill/c.mm	4.7 - 6.0
Total W. B. C. :	10200	/cu mm	4000 - 11000
Platelet Count :	520000	/cu.mm	1,50,000 - 4,50,000
Differential Count			
	%	Expected Value (Absolute Count/uL)	
Neutrophils :	68	50 - 60	6936 1600 - 7000
Lymphocytes :	23	20 - 40	2346 1000-4000
Eosinophils :	04	1 - 4	408 40 - 400
Monocytes :	05	2 - 6	510 200 - 1000
Basophils :	00	0 - 01	00 0 - 100
Blood Indices			
P. C. V :	41.10	%	42 - 52
M. C. V. :	83.00	fl	78 - 100
M.C.H :	27.10	pg	27 - 32
M. C. H. C :	32.60	%	32 - 36
R.D.W :	13.20	%	11.5 - 14.0

Peripheral smear study

RBC's R.B.C -Normocytic Normochromic.
WBC's W.B.C -Normal in Number & DC As Given Above.
Platelets **Platelets are increased on Smear.**
PS FOR MP No Any Blood Parasites seen.

..... End Of Report

Dr. Jitendra N. Nayak
(M.D., Pathologist)

Regd. No. : G-14786
Shreeyanta Healthcare & Diagnostics

DR. JITENDRA NAYAK
M.D.(PATH)

DR. JANAK THAKKAR
M.B.DCP (PATH)

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Regd. No. : US1902408

Pathologist

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PATIENT'S NAME : GAJENDRA MAHUR
AGE/SEX : 49 Years/Male
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : SY-573-23
SAMPLE NO : 206
DATE/TIME : 24/06/2023\09:17
PT ID :

BIOCHEMISTRY

(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
Urea METHOD: Urease-GLDH	:12.8	mg/dL	12.6 - 42.6
Creatinine METHOD: Jaffe's Buffewr Kinetic	:0.97	mg/dL	0.7 - 1.4
BUN METHOD: UREASE ENZ	: <u>5.98</u>	mg/dL	7.94 - 20.1
S.G.P.T IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	: <u>46.6</u>	U/L	0 - 40
S.G.O.T IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:36.1	U/L	0-45
Alkaline Phosphatase METHOD: PNPP-AMP (IFCC), KINETIC ASSAY	: 62.2	U/L	30-120
Bilirubin - Total METHOD: DIAZO	:0.46	mg/dL	0.2 - 1.3
Bilirubin - Direct METHOD: DIAZO	:0.30	mg/dL	0 - 0.6
Bilirubin - Indirect METHOD: CALCULATED	:0.16	mg/dL	0.1 - 0.4
Total Protein METHOD: BIURET	:7.04	gm/dL	6.3 - 8.2
Albumin METHOD: BCG	:4.18	gm/dL	3.5 - 5.0
Globulin METHOD: CALCULATED	:2.86	gm/dL	1.9 - 3.5
Albumin/Globulin Ratio METHOD: CALCULATED	:1.46		0.9 - 2.9
ELECTROLYTE METHOD: ISE DIRECT			
Sodium	:138	mmol/L	137 - 145
Pottasium	:4.2	mmol/L	3.5-5.5
Chloride	:103	mmol/L	98 - 107
URIC ACID METHOD: URICASE	:4.3	mg/dL	3.4-7.0

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M.D. (Path)

Dr. Janak M. Thakkar
M.B.D.C.P. (Path)

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Laboratory



PATIENT'S NAME : GAJENDRA MAHUR
AGE/SEX : 49 Years/Male
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : SY-573-23
SAMPLE NO : 206
DATE\TIME : 24/06/2023\09:17
PT ID :


DR. JITENDRA NAYAK
M.D.(PATH)


DR. JANAK THAKKAR
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Dr. Jitendra N. Nayak
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AGE/SEX : 49 Years/Male
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LAB. NO : SY-573-23
SAMPLE NO : 206
DATE\TIME : 24/06/2023\09:17
PT ID :

HbA1C REPORT
(BY HPLC)


Test Name	Result	Units	Biological Reference Interval
HbA1C :	7.5	%	Non Diabetic Level : < 5.7 % Pre Diabetic : 5.7-6.4 % Diabetes : > (=)6.5% ADA Target for Diabetic Patient : 7.0 %
Estimated Average Glucose: (eAG)	168.55	mg/dl	

BLOOD GROUP

Sample Type: EDTA

Test Name	Result
ABO SYSTEM :	" B "
RH Typing :	POSITIVE

..... End Of Report


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LAB. NO : SY-573-23
SAMPLE NO : 206
DATE/TIME : 24/06/2023\09:17
PT ID :

E.S.R.(Westergren Method)

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
After one hour :	7	mm	[M: 1 - 7 / F: 3 - 12]

LIVER FUNCTION TEST

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
G.G.T :	70.7	U/L	F :5-32 M 10-45

Prostate specific antigen - PSA
(Chemiluminescence Immunoassay)

Sample Type:serum

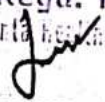
Test Name	Result	Units	Biological Reference Interval
PSA :	1.38	ng/ml	0.0-4.0


..... End Of Report

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AGE/SEX : 49 Years/Male SAMPLE NO : 206
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 24/06/2023\09:17
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

LIPID PROFILE

(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
S.Cholesterol (CHOD-POD ENZYMATIC METHOD)	:166.4	mg / dl	Desirable level/low risk : < 200 Borderline level/moderate risk : 200-239 Elevated level/ high risk : > 240
S. Triglyceride (GPO/PAP METHOD)	:66.6	mg / dl	Normal : <150 Borderline high :150-199 High : 200-499 Very High:>=500
S. HDL Cholesterol (IMMUNOINHIBITION)	:37.3	mg / dl	Low (High Risk) : <40 High (Low Risk) : >60
S. LDL Cholesterol (Direct)	:115.78	mg / dl	Optimal : <100 Near Optimal : 100-129 Borderline High : 130-159 High :160-189 Very High:> 190
S. VLDL Cholesterol (CALCULATED)	:13.32	mg / dl	Upto 34
Total Lipids (CALCULATED)	:599.4	mg / dl	400 - 1000
Chol./HDL Ratio (CALCULATED)	:4.46		0-5
LDL/HDL Ratio (CALCULATED)	:3.1		1-3.5

..... End Of Report

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REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 24/06/2023/09:17
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

URINE ANALYSIS

Sample Type: Urine

Test Name	Result	Units	Biological Reference Interval
Physical Examination			
Colour :	Pale Yellow		
Transparency :	Clear		
Chemical Examination (BY MISSION(ACON) U120 SMART AUTOMATED URINALYSIS)			
Specific Gravity :	1.025		
PH :	6		
Protein :	NIL		
Sugar :	Present (+)		
Ketone :	ABSENT		
Bile Salts :	Absent		
Bile Pigments :	Absent		
Urobilogen :	ABSENT		
Nitrites :	ABSENT		
Microscopic Examination (AFTER CENTRIFUGING AT 2000 RPM FOR 10 MINS)			
Red blood Cells :	NIL	/HPF	
Pus Cells :	Occasional	/HPF	
Epithelial Cells :	2-3	/HPF	
Amorphous :	ABSENT		
Bacteria :	ABSENT		
Crystals :	ABSENT		
Casts :	ABSENT	/LPF	
Fungus :	Absent		

..... End Of Report

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LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

BLOOD(PLASMA) GLUCOSE

(GOD-POD METHOD)

(DONE ON EM200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
Fasting(FBS)			
Blood Glucose :	117.7	MG/DL	70 - 110
Post Prandial (PP2BS)			
Post Prandial Blood Glucose After 2HRS. :	164.6	MG/DL	80-140


THYROID FUNCTION


(CLIA METHOD)

Sample Type:SERUM

Test Name	Result	Units	Biological Reference Interval
SERUM T3 :	0.60	ng/ml	0.6-1.81
SERUM T4 :	5.9	ug/dl	3.2-12.6
SERUM TSH :	2.33	µIU/mL	[2 to 12 Years 0.64 - 6.27] [12 to 18 Years 0.51 - 4.94] [> 18 Years 0.35 - 5.5]

..... End Of Report


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Dr. Jitendra N. Nayak
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Regd. No. : G-14706

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

Pathologist

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भारत सरकार
Government of India

गजेन्द्र माहुर
Gajendra Mahur
जन्म तिथि / DOB : 16/04/1974
पुरुष / Male

9286 1280 2867

मेरा आधार, मेरी पहचान

Issue Date: 23/09/2013

जांचर

Self Attested
T. S. D. S.
29/06/2023

Shreyanta Healthcare & Diagnostics Pvt. Ltd.
212 to 217, Swanik Arcade, Pragatinagar,
Naranpura, Ahmedabad-380013.
Regd. No. : 051902413

भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India

पता: S/O: मांगी लाल माहुर, 128, अजमेर रोड,
हथरोई बावडी, जयपुर, जयपुर, राजस्थान,
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road, hathrol bawari, Jaipur, Jaipur,
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Print Date: 02/01/2023

Dr. Maulik K. Kinariwala
(M.D. (Medicine), PGDDM (UK))
Regd. No. : C-14925
Shreyanta Healthcare & Diagnostics Pvt. Ltd.

Dr. Maulik K. Kinariwala
(M.D. (Medicine), PGDDM (UK))

NAME: GAJENDRA MAHUR	AGE: 49 YRS/MALE
REF BY : ACROFEMI	DATE: 24/06/2023

INVESTIGATION: X-RAY CHEST - PA VIEW

Both lung fields are normal.


No Koch's consolidation or pleural effusion is seen on either side.

Cardiac shadow appears normal.

Diaphragm and rib cage appear normal.

IMPRESSION: -

NORMAL X RAY CHEST PA VIEW


Dr. Jay Parikh
(M.S., Radiologist)
Regd. No. : G-20251
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

CONSULTANT RADIOLOGIST

R



GAJENDRA MAHUR AGE-48 Male Pat. ID.

REF DR:

Chest PA
24-06-2023 10:29:48 AM

NIYANTA DIABETES & METABOLIC CLINIC, AHMEDABAD

Save as New

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.
212 to 217, Swanik Arcade, Pragatinagar,
Karanpura, Ahmedabad-380013.
Regd. No. : 051902468

Kajendra Bhai Mahur

30/06/2025

- Δ KVO - DM type-II + Hypertension
- family history: father - DM type-II + Hypertension
- No any Surgical History on Rx,

- ① Tab Glyconorm & 2 fort 0-1-1
- ② Tab. Tazloc trio (40), 1-0-0
- ③ Tab. Rosuvast (10mg) 0-0-1.

F ⑮

P-

Spur 98 11.

BP-

KS } PAD
CNS }
CNS }

PIA: Soft

SB Dr. Maylic Singhwal

1/2 lower back pain

- left hand
numbness & pain.

- left foot
numbness pain

P. T. 03

① Tab Remylin Dx 0 - 1 - 0

(after lunch) _____ (30)

② Tab. Niradol I SOS _____ (10)
for Backpain

Dr. Maulik K. Kinariwala
(M.D. (Medicine), PGDDM (C.))
Regd. No. : G-14926
Shreyanta Healthcare & Diagnostics Pvt. Ltd.



GPS Map Camera



Ahmedabad, Gujarat, India
 21, Shastrinagar, Nirnay Nagar, Ahmedabad, Gujarat
 380013, India
 Lat 23.066982°
 Long 72.553175°
 24/06/23 11:35 AM GMT +05:30

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 Naranpura, Ahmedabad-380013.
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