



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



Patient Name: MR KUMAR NIRAJAN

Age/Gender : 36 Yrs/Male

Ref. Dr. : Dr. APOLLO CLINIC

Center : INSURANCE

Registration Date : 25/08/2023 12:05 PM

Collection Date : 25/08/2023 12:07 PM

Report Date : 25/08/2023 03:48 PM



HAEMATOLOGY REPORT

Test Description	Result	Unit	Biological Reference Ranges
HbA1c Glycosilated Haemoglobin	5.3	%	Non-diabetic: <= 6.0 Pre-diabetic: 6.0-7.0
Estimated Average Glucose :	105	mg/dL	Diabetic: >= 7.0

Reference Range (Average Blood Sugar):

Excellent control

Average control

: 90 - 120 mg/dl

Good control : 121 - 150 mg/dl

: 151 - 180 mg/dl

Action suggested : 181 - 210 mg/dl

Panic value :> 211 mg/dl

Interpretation & Remark:

- 1. HbA1c is used for monitoring diabetic control. It reflects the estimated average glucose (eAG).
- 2. 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%.
- 3. Trends in HbA1c are a better indicator of diabetic control than a solitary test.
- 4. 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
- 6. Interference of Haemoglobinopathies in HbA1c estimation.
 - A. For HbF > 25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c.
 - B. Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring diabetic status
 - C. Heterozygous state detected (D10/ turbo is corrected for HbS and HbC trait).
- 7. 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 %.

Dr. Subhash Parmar Consultant Pathologist



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HAEMATOLOGY REPORT

Test Description Unit **Biological Reference Ranges** Result

BLOOD GROUP AND RH FACTOR

В **ABO** Type

Rh Factor POSITIVE(+VE)

CITI SPE

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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
RENAL FUNCTION TEST (RFT)			
Blood Urea	23.0	mg/dl	15 - 50
Serum Creatinine	0.84	mg/dl	0.7 - 1.5
EGFR	113	ml/min	
Blood Urea Nitrogen-BUN	10.75	mg/dl	<mark>7</mark> - 20
Serum Sodium	140.2	mmol/L	1 <mark>35 - 150</mark>
Serum Potassium	4.10	mmol/L	3.5 - 5.0
Ionic Calcium	1.24	mmol/L	1.10 - 1.35
Chloride	98.0	mmol/L	94.0 - 110.0
Uric Acid	5.0	mg/dl	3.2 - 7.0
NOTE: Please correlate with clinical con	ditions.		

Dr. Subhash Parmar Consultant Pathologist

Sister Concern: Citi Hospital, 115, Zone-II, M.P. Nagar, Bhopal - 462011. Ph.: 0755-4287772-73

SPE



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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
LIVER FUNCTION TEST (LFT)			
TOTAL BILIRUBIN	0.73	mg/dl	0 - 1.2
DIRECT BILIRUBIN	0.13	mg/dL	0 - 0.3
INDIRECT BILIRUBIN	0.60	mg/dl	0.1 - 0.8
SGOT (AST)	26.3	U/L	0 - 35
SGPT (ALT)	21.0	U/L	0 - 45
ALKALINE PHOSPHATASE	72.0	U/L	40 - 140
GAMMA GLUTAMYL	23.0	IU/L	15 - 45
TRANSFERASE			
TOTAL PROTEIN	6.98	g/dl	6.4 - 8.3
SERUM ALBUMIN	4.17	g/dl	3.5 - 5.2
SERUM GLOBULIN	2.81	g/dl	1.8 - 3.6
A/G RATIO	1.48		1.2 - 2.2
NOTE: Please correlate with clinical c	onditions.		

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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
LIPID PROFILE			
Cholesterol-Total	181.0	mg/dL	< 200 Desirable 200-239 Borderline High > 240 High
Triglycerides level	146.0	mg/dL	< 150 Normal 150-199 Borderline High 200-499 High > 500 Very High
HDL Cholesterol	42.0	mg/dL	< 40 Major Risk for Heart > 40 Normal
LDL Cholesterol	109.80	mg/dL	< 100 Optimal 100-129 Near/Above Optimal 130-159 Borderline high
			160-189 High > 190 Very High
VLDL Cholesterol	29.20	mg/dL	6 - 38
CHOL/HDL RATIO	4.31		3.5 - 5.0
LDL/HDL RATIO NOTE	2.61		2.5 - 3.5
8-10 hours fasting sample is required	d		

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SPECIALITY



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BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Ranges
Fasting Plasma Glucose	73.6	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.

Post-Prandial Plasma Glucose

91.0

mg/dl

After Taking

Meal

7 SPE

Interpretation:-

Normal: 70-140

Impaired Glucose Tolerance:140-200

Diabetes mellitus: >= 200 (on more than one occassion)

> Dr. Subhash Parmar **Consultant Pathologist**



Age/Gender

CITI MULTI SPECIALITY HOSPITAL

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IMMUNOASSAY REPORT

Test Description	Result	Unit	Biological Reference Ranges
TRI-IODOTHYRONIN, (T3)	1.77	ng/mL	0.69 - 2.15
THYROXIN, (T4)	89.3	ng/mL	52 - 127
Thyroid Stimulating Hormone(TSH)-Serum		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
1311	13/13	14/114	
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 TSHespecially 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)	1-2	/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. Pretest 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
·	resuit	- Onne	Diological Reference Ranges
COMPLETE BLOOD COUNT			
Haemoglobin	16.4	gm/dL	12.0 - 16.0
RBC Count	5.10	mil/cu.mm	4.00 - 5.50
Hematocrit HCT	46.6	%	40.0 - 54.0
Mean Corp Volume MCV	91.4	fL	80.0 - 100.0
Mean Corp Hb MCH	32.2	pg	27 .0 - 34.0
Mean Corp Hb Conc MCHC	35.2	gm/dL	32. <mark>0</mark> - 36.0
Platelet Count	1.56	lac/cmm	1. <mark>50</mark> - 4.50
Total WBC Count /TLC	6.73	10^3/cu.mm	4.0 - 11.0
DIFFERENTIAL LEUCOCYTE CO	UNT		
Neutrophils	70	%	40 - 70
Lymphocytes	25	%	20 - 40
Monocytes	03	%	02 - 10
Eosinophils	02	%	01 - 06
Basophils	00	%	00 - 01
Absolute Differential Count			
Absolute Neutrophils Count	4.7	thou/mm3	2.00 - 7.00
Absolute Lymphocyte Count	1.7	thou/mm3	1.00 - 3.00
Absolute Monocytes Count	0.2	thou/mm3	0.20 - 1.00
Absolute Eosinophils Count	0.1	thou/mm3	0.02 - 0.50

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Test Description	Result	Unit	Biological Reference Ranges
ESR - ERYTHROCYTE	14	mm/hr	0 - 09
SEDIMENTATION RATE			

Method: Wintrobes

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.

SPE

**** 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.

Dr. Subhash Parmar Consultant Pathologist

MER- MEDICAL EXAMINATION REPORT

Date of Examination	25-08-2023
NAME	Nilsonjan Kumal
AGE	36 Gender Hale
HEIGHT(cm)	\69 WEIGHT (kg) \ \\$ 6
B.P.	120/70
ECG	WHL
X Ray	Hound
Vision Checkup	Far Vision Ratio : * (Octube)
	Near Vision Ratio: Mount
Present Ailments	We and action Combosytis
Details of Past ailments (If Any)	the any fort History Ho is physically Fal
Comments / Advice : She /He is Physically Fit	Ho is physically Fal

Dr. Sabyas chi Gupta

MBBS (Gold Medalist Med.) RPGP (UK)

Reg No.: 11671

Signature with Stamp of Medical Examiner

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

t ne	e/she is	Tick
•	Medically Fit	
•	Fit with restrictions/recommendations	
	Though following restrictions have been revealed, in my opinion, these are not impediments to the job.	X
	1	`
	2	
	3	
	However the employee should follow the advice/medication that has been communicated to him/her.	
	Review after	
•	Currently Unfit. Review after	1
•	Unfit	×
	Dr. S. S. Laukta Medical Officer The Apollo Clinic, (Location)	_



-215 216,Gautam Nagar, Govindpura, Bhopal-462023 (M.P.)

Phone No.: 0755 - 4250134

Mobile No.: 7222909795, 7222909796, 9303135719

NAME;- MR.NIRANJAN KUMAR

AGE 35Y/M

REF BY;- HEALTH INSURANCE

DATE;-25/08/2023

2D- ECHO COLOUR DOPPLER EVALUATION:-

- All cardiac valves are normal
- Normal great vessel relationship
- ❖ Normal LV Four chambered heart.
- ❖ Normal LV size with normal LV function LVEF-60%
- No intracardiac shunt.
- No LV thrombus or clot seen
- No Pericardium effusion
- **❖** FINAL *IMPRESSION*
- NORMAL LV SIZE WITH NORMAL LV FUNCTION LVEF-60%

Dr. S S Gupta, MD

Consultant Echocardiologis

For Emergency Contact: 7771008660

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



SHIVAM HOSPITAL, MIG-215 GAUTAM NAGAR, BHOPAL

Name: MR NIRANJAN 35Y

Patient Id: 250823-123809PM

Date: 25/08/2023

Birthdate:

Sex: Male

Accession #:

Perf.Physician:

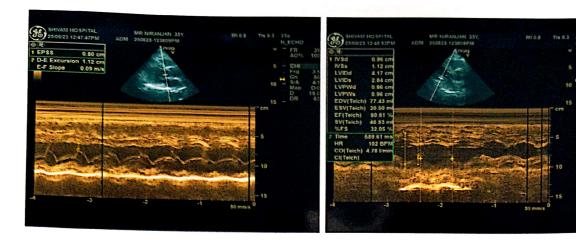
Ref.Physician:

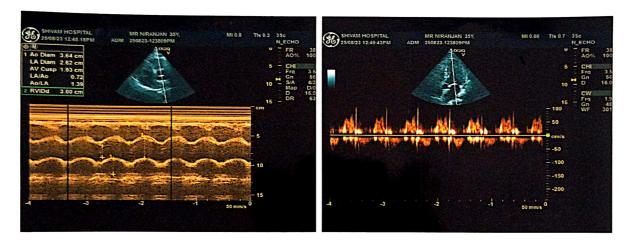
Operator: ADM

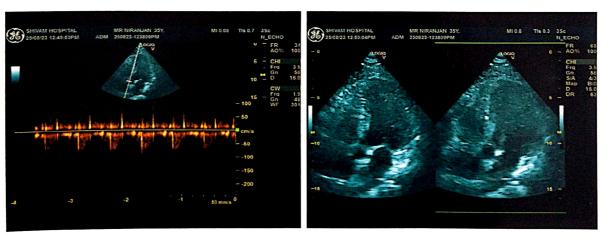
M-Mode & PW	
D-E Excursion	1.12 cm
E-F Slope	0.09 m/s
EPSS	0.80 cm
Ao Diam	3.64 cm
LA Diam	2.62 cm
AV Cusp	1.93 cm
LA/Ao	0.72
Ao/LA	1.39
RVIDd	3.00 cm
IVSd	0.96 cm
LVIDd	4.17 cm
LVPWd	0.86 cm
IVSs	1.12 cm
LVIDs	2.84 cm
LVPWs	0.96 cm
EDV(Teich)	77.43 ml
ESV(Teich)	30.50 ml
EF(Teich)	60.61 %
%FS	32.05 %
SV(Teich)	46.93 ml
Time	589.61 ms
HR	102 BPM
CO(Teich)	0.00 l/min

Print Date: 8/25/2023









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Patient's Name: MR .NIRANJAN KUMAR

Age/Sex

: 35years/M

Date

: 25/08/2023

USG ABDOMEN & PELVIS

<u>Liver</u>: Liver is enlarged in size and normal in shape and have smooth contour. Hepatic parenchyma is homogenous in echotexture. Intra and extra hepatic billiary and vascular channels are normal. No gross or diffuse mass lesions seen.

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

Spleen: Normal in size, shape and echotexture.

Pancreas: Normal in size, shape and echotexture.

;. Both the kidney are normal in size, shape axis and position. Cortico medullary differentiation are normal. No caliceal dilatation seen on either side.

<u>Urinary bladder</u>: Urinary bladder is normal and contents are echofree.

Prostate: Prostate is normal in size 23cc, shape, weight and echotexture.

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

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

IMPRESSION: grade I fatty liver.

CONSULTANT RADIOLOGIST

For Emergency Contact: 7771008660

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









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Mobile No.: 7222909795, 7222909796, 9303135719



DIET CHART FOR PATIENTS/ आहार ताल	ENTS/ आहार तालिके	PATIENTS/	FOR	CHART	DIET
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Date: 25.25:2023

Dietician Name: Ox. Onward horry Various Email:-citimultispecialityhospital@gmail.						
Patient Name: Har Miraniforn (Norman Diagnosis: Merle cal Chacks) Age/Sex: 35/M						
	Height (cm): 69 (104 Weigh	ht (Kg) 86 Kg BMI 30 1				
Type of Diet: High protein, I	Trought (only)					
Total Kcal: 1260-1	Total Protein:g/day					
Total Fat: 18 - 20	MooKcal/day g/day	Total Fluids: <u>4-5</u> Liter				
6-7 am	Tea चाय/ Milk दूध / coffee काफी / Bisc टोस्ट / Bread ब्रेड (गेहूं वार	cuit विस्किट/ Toast र्जिल्ला १५८ ली)				
8-9 aun	Milk दूध/ Soup सूप/ Poha पोहा/ Daliya र Egg अंडा / Idli इडली / Upma उपमा / र	अलू पराठा/ पनार				
2-2:30 PM	Roti रोटी / Rice चावल (माड रहित) / Khi सब्जी / Dal दाल / Curd दही (ताजा) /	chri खिचड़ी / Sabji Solof Solol Sol				
	Fruit फल / अंकुरित अनाज (मूंग/चना/मोढ) Chaat फ्रूट चाट / Coconut Water नारि Milk छांछ	/ Sattu सत्तू / Fruit यल पानी / Butter				
6-7 PM	Tea चाय/ Milk दूध / coffee काफी / Cha चना + मुरमुरा / Dhokla ढोकला / Uttapal चीला/ Green Chutney हरी चट	m उत्तपम / Cheela				
9-10 PP	Roti रोटी / Rice चावल / Khichri खिचड़ी दाल / Curd दही (ताजा) / Salad सलाव	/ Sabji सञ्जी / Dal Sowe of Lunch				
Bod Thus	سن Milk दूध/ Butter Milk छांछ / Dry fruit / शेक / Fruit फल / बादाम + ३	/ Milk Shake मिल्क अखरोट				
0.1.07.	ı gm/day Salt नमक: 2-3	gm/day Ghee : gm/day				
Only Oil :gm/day 5 gm = 1 चम्मच (छोटा)						
O 9						

संतुलित आहार व नियम

- आहार 2 बार के स्थान पर 4 से 6 भाग में विभाजित करके खायें, पेट भर न खायें तथा बहुत भूख लगाने की राह माँ देखें |
- भोजन हमेशा सीधे बैठकर धीरे धीरे अच्छे से चवाकर खायें तथा भोजन के समय टी.वी. न देखें |
- रात का भोजन सोने से लगभग 1 से 2 घंटे पहले कर लें तथा भोजन के बाद न तो आराम करें और न ही सीधे झुकें |
- यथा संभव सुबह एवं शाम दोनों समय कम से कम आधा घंटा पैदल चलें या हल्का व्यायाम करें।
- अपना वजन नियंत्रित रखें एवं मोटापे से बचें, फास्ट फ़ूड के स्थान पर संतुलित आहार लें |

लिवर के स्वास्थ्य हेतु भोजन का चयन:

- गेहूं के आटे में 1.3 के अनुपात में सोयाबीन आटा व चना आटा मिलाकर उपयोग करें।
- खाने के ऊपर से नमक का उपयोग न करें, चिप्स, प्रोसेस्ड चीज, कड़क चाय, काफी, आचार, पापड़,
 टमेटो केचप, कोक, कार्बोनेटेड ड्रिंक्स का सेवन कम करें एवं अल्कोहल, तम्बाकू का सेवन न करें |
- आहार में अंकुरित अनाज का उपयोग करें, सोया मिल्क तथा नारियल तेल को भोजन में शामिल करें |

नोट:

- 1. किसी भी चीज में ऊपर से नमक न डालें |
- 2. अत्यधिक तेज मसालों का उपयोग न करें |
- 3. अत्यधिक तली हुई चीजें जैसे समोसा,कचोरी,सेव,पपड़,भजिया, आदि का उपयोग न करें |
- 4. खाने में अंकुरित अनाज, सोयाबिन, पनीर, दालें, दूध व दूध से बने पदार्थ, सत्तू पाउडर, सिके चने आदि का उपयोग करें |



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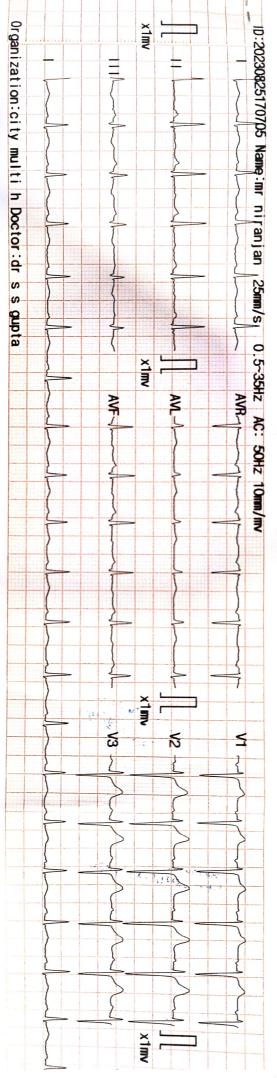
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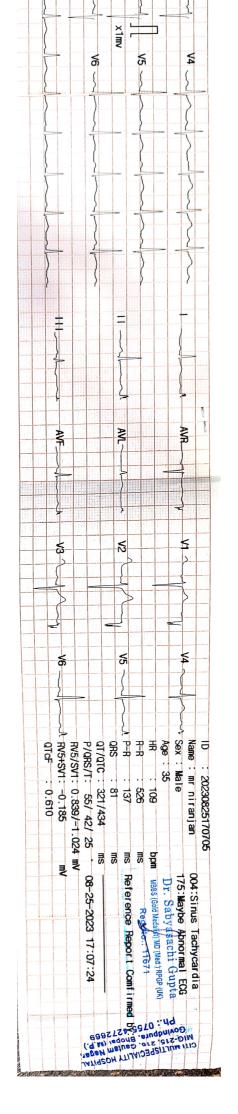
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