

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. DALVI NIVRUTI PANDURANG
EC NO.	164694
DESIGNATION	SINGLE WINDOW OPERATOR A
PLACE OF WORK	MAPUCA RESIDENCY
BIRTHDATE	15-12-1989
PROPOSED DATE OF HEALTH CHECKUP	31-03-2023
BOOKING REFERENCE NO.	22M164694100056340E

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 **31-03-2023** 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))

Fwd: Health Check up Booking Confirmed
Request(bobE37076),Package Code-PKG10000227,
Beneficiary Code-70068

Inbox



Nivruti Dalvi <nivruti.dalvi416@gmail.com> 5:39 PM (0 minutes ago)
to me

----- Forwarded message -----

From: **Nivruti Dalvi** <nivruti.dalvi416@gmail.com>
Date: Thu, 13 Apr, 2023, 5:35 pm
Subject: Fwd: Health Check up Booking Confirmed Request(bobE37076),Package
Code-PKG10000227, Beneficiary Code-70068
To: <shiddhidriving@gmail.com>

----- Forwarded message -----

From: **Mediwheel** <wellness@mediwheel.in>
Date: Wed, 12 Apr, 2023, 1:02 pm
Subject: Health Check up Booking Confirmed Request(bobE37076),Package Code-
PKG10000227, Beneficiary Code-70068
To: <nivruti.dalvi416@gmail.com>
Cc: <customercare@mediwheel.in>



Mediwheel
...your wellness partner



011-

41195959 Email: wellness@mediwheel.in



बैंक ऑफ़ बड़ौदा
Bank of Baroda



नाम

Name : **Nivruti P Dalvi**

कर्मचारी कूट क्र.

E.C.No. : **164694**



जारीकर्ता प्राधिकारी

Issuing Authority
Chief Manager (Security)
Pune Zone

Dalvi
धारक के हस्ताक्षर
Signature of Holder

Dalvi



भारत सरकार
Government of India



निवृती पांडुरंग दळवी
Nivruti Pandurang Dalvi
जन्म तारीख / DOB : 15/12/1989
पुरुष / Male



6992 8152 7878

आधार - सामान्य माणसाचा अधिकार



भारतीय विशिष्ट ओळख प्राधिकरण
Unique Identification Authority of India

पत्ता कळसगादे ता-चंदगड,
कालासगाडे, कोल्हापूर, तील्लारीनगर,
महाराष्ट्र, 416527

Address: kalasagade tal-chandgad,
Kalasgade, Kolhapur, Talannagar,
Maharashtra, 416527

6992 8152 7878

1947
1800 300 1947

help@uidai.gov.in

www
www.uidai.gov.in

Dalvi



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

॥ अस्मिन्मयं प्रसन्नं ॥

Patient : MR. NIVRUTI P DALVI

UHID No : SHLC/29545

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 9129

Age/Sex : 34Y 3M 29D/Male

Date : 14.04.2023

Print Date : 14.04.2023 01:32:05 PM

HAEMATCLOGY REPORT

CBC

Test Done

Observed values

Ref. Range

HAEMOGLOBIN (HB)

13.8 g/dl

M: 13.5 - 19.5 g/dl, F: 11.5 - 16.5 g/dl

TOTAL WBC COUNT

6,400 Cells/cu mm

4,000-10,500 /cu mm

DIFFERENTIAL COUNT

STAB CELLS (IMMATURE NEUTROPHILS) 02 %

0 - 5 %

NEUTROPHILS 55 %

40 - 70 %

LYMPHOCYTES 36 %

20 - 45 %

EOSINOPHILS 03 %

1 - 4 %

MONOCYTES 04 %

2 - 8 %

BASOPHILS 00 %

0 - 1 %

PLATELETS 2,40,000 /cu mm

1,50,000 - 4,00,000 /cu mm

RBC COUNT 4.93 millions/cu mm

4.5 - 6.5 /cu mm

HCT 37.8 %

40 to 54 %

ESR 18 mm/hr

0 - 20 mm/hr

..... End of Report

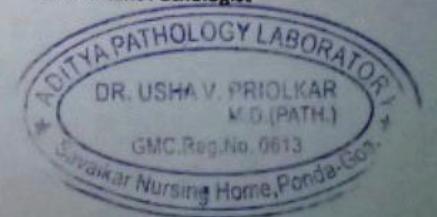
CHECKED BY

LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

Patient : MR. NIVRUTI P DALVI
UHID No : SHLC/29545
Ref.by : DR.MEGHA SAVAIKAR
Bill No : 9129

Age/Sex : 34Y 3M 29D/Male
Date : 14.04.2023
Print Date : 14.04.2023 01:36:46 PM

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>FASTING BLOOD SUGAR</u>		
FASTING BLOOD SUGAR	273.4 mg/dl	60 to 110
<u>BLOOD SUGAR POST PRANDIAL</u>		
BLOOD SUGAR POST PRANDIAL	309.9 mg/dl	70 to 150 mg/dl
<u>HBA1C</u>		
HBA1C	>15.00 %	Normal 0.0-6.0% Good Control 6.0-7.0% Fair Control 7.0-8.0% Poor Control 8.0-10.0% Unsatisfactory c

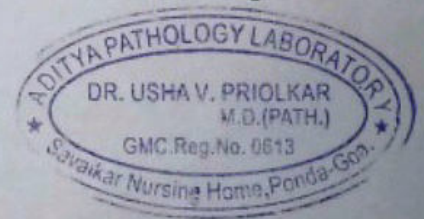
<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>HBA1C</u>		
Mean Blood Glucose	>383.80 mg%	100-140

..... End of Report

CHECKED BY

LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR
M.B.B.S., M.D.
Consultant Pathologist





SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401
 Hosp. Reg. No. T/0/412
 Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870
 website : www.savaikarhospital.com
 email : drsavaikar@gmail.com

॥ अस्मिन् भवनस्य ॥

Patient : MR. NIVRUTI P DALVI Age/Sex : 34Y 3M 29D/Male
 UHID No : SHLC/29545 Date : 14.04.2023
 Ref.by : DR.MEGHA SAVAIKAR
 Bill No : 9129 Print Date : 14.04.2023 01:40:13 PM

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
BLOOD GROUP RH TYPING		
BLOOD GROUP RH TYPING	'B' Rh Positive	

BIOCHEMISTRY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
RENAL FUNCTION TEST		
Blood Urea	50.1 mg/dl	15.0 - 40.0
BUN	23.39 mg/dl	5.0 - 21.0
CREATININE	0.99 mg/dl	0.5 - 1.5
URIC ACID	4.61 mg/dl	Male : 3.5 - 7.2, Female : 2.5 - 6.2

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
GAMMA GT (GGT)		
GAMMA GT (GGT)	24.0 U/L	M - <49, F - <32

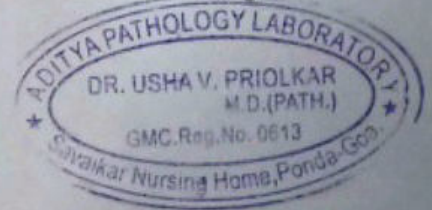
..... End of Report

CHECKED BY

LAB TECHNICIAN

Priolkar

DR. MRS. USHA V. PRIOLKAR
 M.B.B.S., M.D.
 Consultant Pathologist



The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

॥ आरोग्यं धनमेवम् ॥

Patient : MR. NIVRUTI P DALVI

Age/Sex : 34Y 3M 29D/Male

UHID No : SHLC/29545

Date : 14.04.2023

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 9129

Print Date : 14.04.2023 01:41:11 PM

BIOCHEMISTRY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>LIPID PROFILE</u>		
SERUM CHOLESTEROL	181.7 mg/dl	130 to 240 mg/dl
HDL CHOLESTEROL	51.4 mg/dl	M:35-80,F:42-88
SERUM TRIGLYCERIDES	120.0 mg/dl	0 to 200
VLDL CHOLESTEROL	24.00 mg/dl	0 - 35
LDL CHOLESTEROL	106.30 mg/dl	0 - 160
LDL/HDL CHOLESTROL (R)	2.06	0.0 - 4.0
TOTAL CHOL / HDL CHO	3.54	0.0 - 4.5

..... End of Report

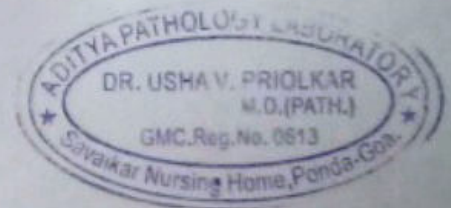
CHECKED BY

LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE

Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com



॥ आरोग्यम् धनसंपदा ॥

Patient : MR. NIVRUTI P DALVI

Age/Sex : 34Y 3M 29D/Male

UHID No : SHLC/29545

Date : 14.04.2023

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 9129

Print Date : 14.04.2023 01:42:37 PM

BIOCHEMISTRY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>LIVER FUNCTION TEST WITH PROTEINS</u>		
SGOT	20.7 U/L	5 - 40
SGPT	21.4 U/L	7 - 50
<u>BILIRUBIN</u>		
TOTAL	0.65 mg/dl	0.1 - 1.2
DIRECT	0.20 mg/dl	0.058 - 0.3
INDIRECT	0.45 mg/dl	0.2 - 0.7
ALKALINE PHOSPHATASE	61.1 U/L	53 - 128
<u>SERUM PROTEIN</u>		
TOTAL PROTEINS	7.21 gms %	6.0 - 8.5
ALBUMIN	4.08 gms %	3.2 - 5.5
GLOBULIN	3.13 gms %	2.1 - 3.3
A:G RATIO	1.30	1.5 - 2.1:1

..... End of Report

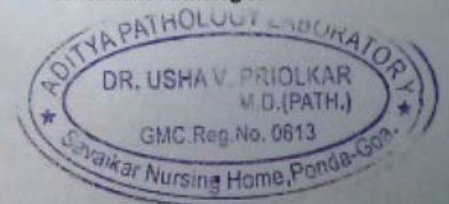
CHECKED BY


LAB. TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

॥ अस्मिन्पद्मं धनसंपदा ॥

Patient : MR. NIVRUTI P DALVI

Age/Sex : 34Y 3M 29D/Male

UHID No : SHLC/29545

Date : 14.04.2023

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 9129

Print Date : 14.04.2023 01:33:35 PM

CLINICAL PATHOLOGY REPORT

Test Done

Observed values

Ref. Range

URINE ROUTINE

PHYSICAL EXAMINATION

Colour	Pale Yellow
Odour	Fainty Aromatic
Appearance	Clear

CHEMICAL EXAMINATION

Reaction	6.0	5.5 - 7.5
Specific Gravity	1.020	1.010 - 1.025
Deposit	Absent	
Protein	Absent	
Sugar	Present (+++)	
Ketones	Absent	

MICROSCOPIC EXAMINATION

Pus Cells	3-4 /hpf	0 - 5 hpf
Epithelial Cells	2-3 /hpf	
RBC's	Nil /hpf	0 - 2hpf

..... End of Report

CHECKED BY

LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

Patient : MR. NIVRUTI P DALVI

Age/Sex : 34Y 3M 29D/Male

UHID No : SHLC/29545

Date : 14.04.2023

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 9129

Print Date : 14.04.2023 01:35:38 PM

CLINICAL PATHOLOGY REPORT

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>STOOL REPORT</u>		
<u>PHYSICAL EXAMINATION</u>		
Colour	Brownish	
Consistency	Semi- Solid	
Mucus	Absent	
Blood	Absent	
<u>CHEMICAL EXAMINATION</u>		
Reaction	6.0	
Occult Blood	Negative	
Reducing Substances	Absent	
<u>MICROSCOPIC EXAMINATION</u>		
Epithelial Cells	1-2 /hpf	
Pus Cells	2-3 /hpf	
RBCs	Nil /hpf	
Ova	Absent	
cysts	Absent	
veg. forms	Present	

..... End of Report

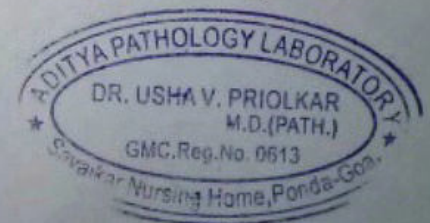
CHECKED BY

LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



CID : 2310419999
Name : MR. NIVRUTI DALVI
Age / Gender : 33 Years / Male
Consulting Dr. : MEGHA SAVAIKAR
Reg. Location : Margao, South Goa

Collected : 14-Apr-2023 / 16:1
Reported : 14-Apr-2023 / 18:0

Use a QR Code Scanner
Application To Scan the Code

THYROID FUNCTION TEST

<u>PARAMETER</u>	<u>RESULTS</u>	<u>BIOLOGICAL REF RANGE</u>	<u>METHOD</u>
Total T3, Serum	1.9	1.3-3.1 nmol/l	ECLIA
NOTE: The unbound fraction of total T3 concentrations, free triiodothyronine (FT3) is metabolically active hence, more than measuring total T3 as altered levels of total T3 occur due to changes in T3 binding proteins, especially TBG as in normal pregnancy and steroid therapy.			
Total T4, Serum	106.2	66-181 nmol/l	ECLIA
NOTE: T4 circulates in the blood as an equilibrium mixture of free and protein bound hormone. FT4 is a better indicator thyroid hormone action than Total T4 because it is not affected by changes in Thyroxine Binding Globulin (TBG) or other Thyroxine Binding Proteins like in illness, drug intake or pregnancy.			
sensitiveTSH, Serum	2.49	0.35-5.5 microIU/ml	ECLIA

ADDRESS: Margao - Costa Factory Road, Aquem, Margao, Goa - 403601 | Porvorim - Techno Park, Chogm Road, Porvorim, Goa - 403521.

CENTRAL REFERENCE LABORATORY: Shop No. 9, 101 to 105, Skyline Wealth Space Building, Near Dmart, Premier Road, Vidyavihar (W), Mumbai - 400086.

REGD. OFFICE: Suburban Diagnostics (India) Pvt. Ltd., 2nd Flr., Sunshine Bldg., Opp. Shastri Nagar, Nr. Lokhandwala Circle, Andheri (W), Mumbai - 400053.

HEALTHLINE: 022-6170-0000 | E-MAIL: customerservice@suburbandiagnosics.com | WEBSITE: www.suburbandiagnosics.com



CID : 2310419999
Name : MR.NIVRUTI DALVI
Age / Gender : 33 Years / Male
Consulting Dr. : MEGHA SAVAIKAR
Reg. Location : Margao, South Goa

Collected : 14-Apr-2023 / 16:1
Reported : 14-Apr-2023 / 18:0

Use a QR Code Scanner Application To Scan the Code

Interpretation:

A thyroid panel is used to evaluate thyroid function and/or help diagnose various thyroid disorders.

Clinical Significance:

- 1)TSH Values between high abnormal upto 15 microIU/ml should be correlated clinically or repeat the test with new sample as physiologic factors can give falsely high TSH.
- 2)TSH values may be transiently altered because of non thyroidal illness like severe infections, liver disease, renal and heart severe burns, trauma and surgery etc.

TSH	FT4 / T4	FT3 / T3	Interpretation
High	Normal	Normal	Subclinical hypothyroidism, poor compliance with thyroxine, drugs like amiodarone, Recovery phase of thyroidal illness, TSH Resistance.
High	Low	Low	Hypothyroidism, Autoimmune thyroiditis, post radio iodine Rx, post thyroidectomy, Anti thyroid drugs, kinase inhibitors & amiodarone, amyloid deposits in thyroid, thyroid tumors & congenital hypothyroidism.
Low	High	High	Hyperthyroidism, Graves disease, toxic multinodular goiter, toxic adenoma, excess iodine or thyroxine pregnancy related (hyperemesis gravidarum, hydatiform mole)
Low	Normal	Normal	Subclinical Hyperthyroidism, recent Rx for Hyperthyroidism, drugs like steroids & dopamine), Non thyroidal illness.
Low	Low	Low	Central Hypothyroidism, Non: Thyroidal illness, Recent Rx for Hyperthyroidism.
High	High	High	Interfering anti TPO antibodies, Drug interference: Amiodarone, Heparin, Beta Blockers, steroids & anti epileptics.

Diurnal Variation: TSH follows a diurnal rhythm and is at maximum between 2 am and 4 am, and is at a minimum between 6 pm and 10 pm. The variation is on the order of 50 to 206%. Biological variation: 19.7% (within subject variation)

Reflex Tests: Anti thyroid Antibodies, USG Thyroid, TSH receptor Antibody, Thyroglobulin, Calcitonin

Limitations:

1. Samples should not be taken from patients receiving therapy with high biotin doses (i.e. >5 mg/day) until at least 8 hours following the last biotin administration.
2. Patient samples may contain heterophilic antibodies that could react in immunoassays to give falsely elevated or depressed results. This assay is designed to minimize interference from heterophilic antibodies.

Reference:

1. O. Koulouri et al. / Best Practice and Research clinical Endocrinology and Metabolism 27(2013)
2. Interpretation of the thyroid function tests, Dayan et al. THE LANCET. Vol 357
3. Tietz, Text Book of Clinical Chemistry and Molecular Biology -5th Edition
4. Biological Variation: From principles to Practice - Callum G Fraser (AACC Press)

*Sample processed at SUBURBAN DIAGNOSTICS (INDIA) PVT. LTD Goa Lab, Margao
*** End Of Report ***



Handwritten signature

SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE

Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com



॥ ज्ञानं धनं संपदा ॥

ECHOCARDIOGRAPHY REPORT

Name: Nivruti Dalvi 33Y/M

Date: 14th April, 2023

Referred by:

M Mode Measurements :

IVSd (cms) = 1.06	LVsD (cms) = 2.43
LVdD (cms) = 3.66	Aorta (cms) = 3.2
PWd (cms) = 1.06	LA (cms) = 3.5
EF (%) = 65%	RVD (cms) =

Doppler Data :

Mitral Valve :

E (m/s) = 0.80

A (m/s) = 0.58

Regurgitation : nil

Stenosis : nil

MVA –

Tricuspid Valve :

Regurgitation - nil

PASP = + RAP mmHg

Stenosis : Nil

Aortic Valve :

Peak velocity (m/s+) = 1.26

Gradient (mmHg): PG/MG = nil

Regurgitation : nil

Stenosis : nil

Pulmonary valve :

Peak velocity (m/s) 1.36

Gradient (mmHg): PG/MG = normal

Regurgitation : nil

Stenosis : Nil

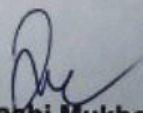
Regional Wall Motion Abnormality (RWMA) : nil

FINAL IMPRESSION :

NORMAL SIZE ALL 4 CARDIAC CHAMBERS

NORMAL STRUCTURE/FUNCTION ALL 4 VALVES

NO RWMA, IAS/IVS INTACT,
NORMAL LV FUNCTION(EF= 65%)
NO CLOT/VEGETATION/PE


Dr. Sabyasachi Mukhopadhyay
Consultant Cardiologist

The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

NAME: NIVRUTI PANDURANG DALVI
HEALTH CHECK UP
DATE: 14/04/2023

ABDOMINO-PELVIC ULTRASONOGRAPHY

Real time USG of the abdomen and pelvis was performed.

The **LIVER** – normal .

The **GALL BLADDER** – normal

PANCREAS-grossly normal

SPLEEN – normal .

Both kidneys are normal in size, position and contour

RIGHT KIDNEY- no calculus or hydronephrosis

LEFT KIDNEY- no calculus or hydronephrosis.

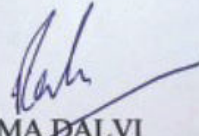
The **URINARY BLADDER** – not adequately full, grossly normal

The **PROSTATE** is normal in size . volume- 12 cc

There is no free fluid in the abdomen or pelvis.

OPINION: No significant abnormality was seen in this study

With warm regards.


DR.RESHMA DALVI
M.D., D.N.B. (RADIO-DIAGNOSIS)



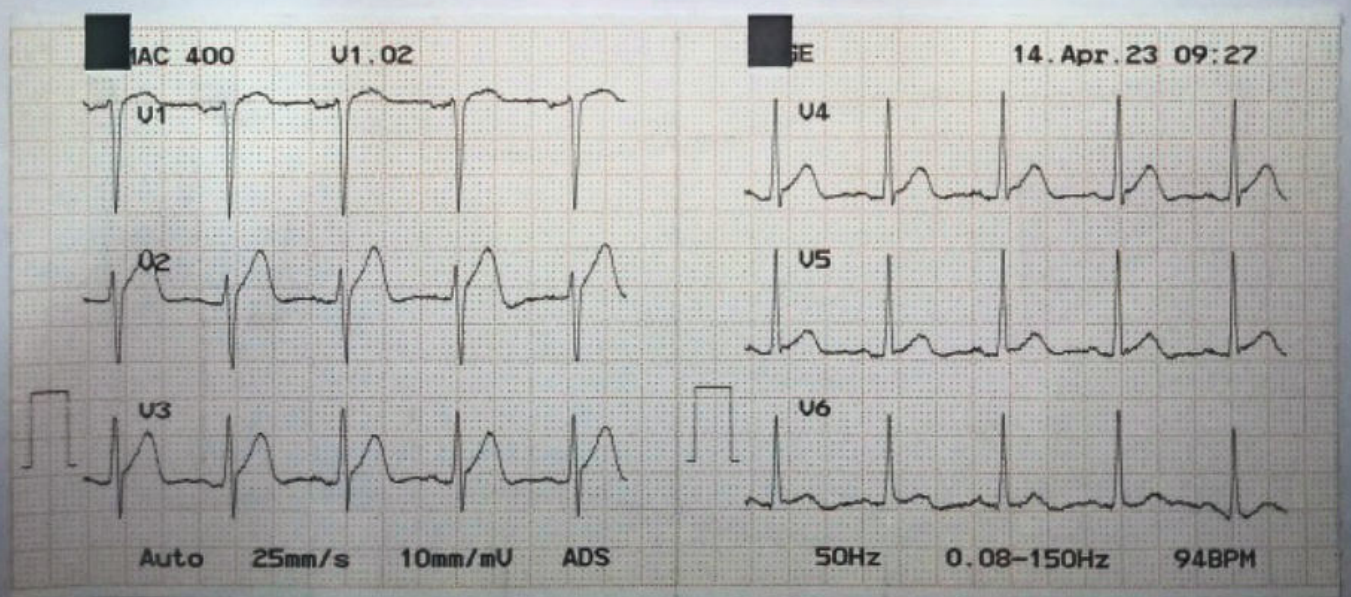
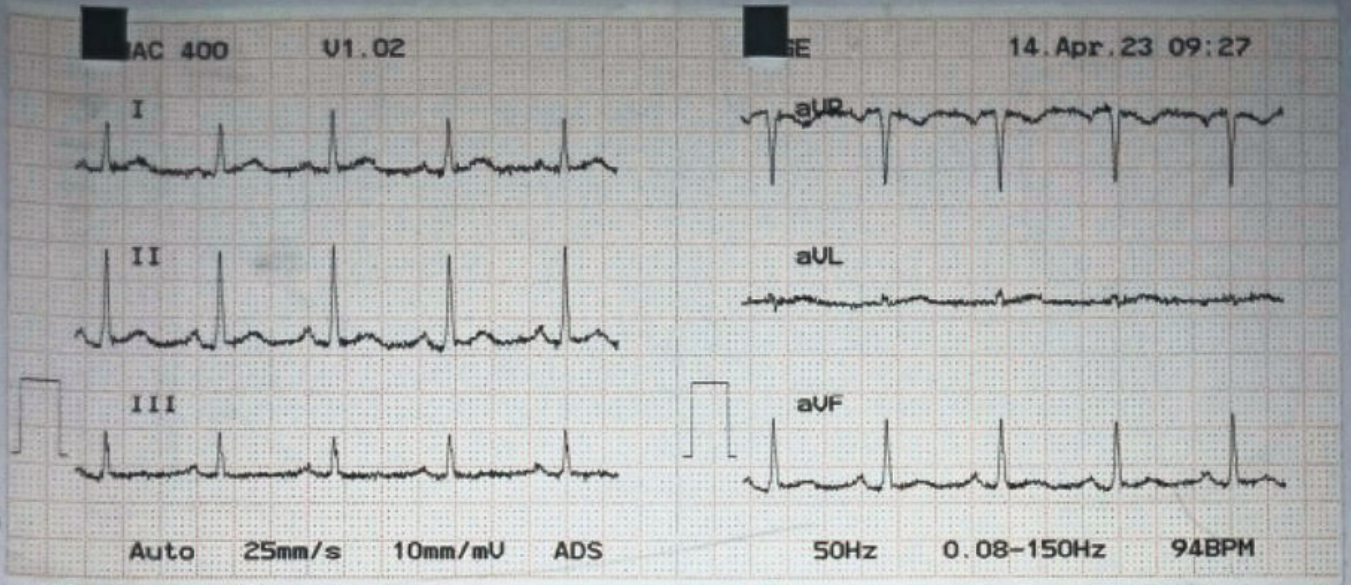
NAME : NIVRUTI DALVI
REF BY: HEALTH CHECK UP
DATE: 14/04/2023

RADIOGRAPH OF THE CHEST-PA VIEW

The trachea is central
The lung fields are clear
Both CP angles are clear
Cardiothoracic ratio is within normal limits
The rib cage is normal
Both the diaphragm contours are normal

With warm regards.

Dr. RESHMA DALVI
M.D, D.N.B (RADIO-DIAGNOSIS)



REPORT

Dr. (Mrs.) LALANA V. BAKHALE
M.B.B.S., M.D. (BOM)
Consultant Physician Regd. No. 0920
Ponda - Goa

ELECTRO CARDIOGRAM

Patient's Name NIVRUTI PANDURANG DALVI

Age 33 Clinical Diagnosis _____

Sex M Drug _____ B.P. _____

Address _____ Date 14/4/23

Referred By Dr. Lib. Reg. No. _____

A trial rate _____ Voltage _____
Ventricular rate _____ Electrical Position _____
Axis Deviation _____ Rhythm _____
P. Wave _____ PR _____
O R S Interval _____
ST Segment _____
Transition _____
T. Wave _____
Q.T. Interval _____

Ecc within normal limits

Impression limits



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE



Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com

॥ अरोग्यं भवति ॥

Date:- 14/04/2023

NAME:- MIVRUTI PANDURANG DALVI

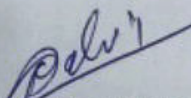
AGE:- 33

SEX:- MALE

COMPANY NAME :- _____

OPHTHALMIC EXAMINATION:

VISION	DISTANT		NEAR	
	RIGHT	LEFT	RIGHT	LEFT
VISUAL ACUITY				
WITH SPECTS	6/6	6/6	N/6	N/6
WITHOUT SPECTS	6/36	6/36	N/36	N/36
COLOUR VISION	NORMAL			
SIGNS OF NIGHT BLINDNESS:- Yes/No	Yes/No		PHORIAS :- Nil	


SIGNATURE OF THE EMPLOYEE

The Hospital for perfect health



SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE

Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com



॥ आरोग्यम् धनसंपदा ॥

Nivritti

Exercise:- walking 1 hour.

Water intake:- 2-3 litres Per Day .

Age = 33
Weight = 57.5 kgs

6:00am:- Methi Kinnamoni
(1/2 tsp) + 1 glass water.

9:00am:- Oats Porridge (Bair Oats
+ 150ml Milk
water) → 1 Bowl.

11:00am:- Methi water → 1 glass.

2:00pm:- Ragi
Rotis → 2 nos. ↓
Dal (Methi) / Palak → 1 Bowl
Panner

Pear
Guava
Orange
Water.

Salad → 1 Bowl ✓

5:00pm:- Green tea → 1 cup + Makhana → 1 cup.
+ Yeardnuts → 1 cup.

8:00pm:- Egg omelette / Dal → 1 Bowl
(2 nos)
+ Ragi / Dhani Roti → 1 no.

Savaikar Hospital Health Check Summary

Name :- Nivrathi Paudyal Date :- 14/4/23

Age 33 ym

Sex :- male

Address :- Mapusa - Goa

Cont. No. :-

Past History :- Nil. No H/O HTN, DM, IHD
no other major illness in the past

Obstetric History :- N.A.

Menstrual History :- N.A.

Personal History :-
Appetite good,
breath - normal,
mood - regular
sleep - normal,
Addictions - Nil.

Family History :-
→ Father & Mother have HTN.

On Examination :-
No anaemia. No icterus.
Pulm - clear BP - 130/80 mmHg.
No edema No lymphadenopathy

CVS :- H's normal. No murmur No cardiomegaly
R/S :- Lungs clear. No added sounds
CNS :- → No deficit
P/A :- → soft. No tenderness. Liver spleen N.P.
No mass. No hernia. Hydrocoel.
Pain & tenderness in Lt heel & back
No deformity

Urine sugar + + +

Lab Investigations:-

FBS 238
PP - 309
HbA1c > 15
MBSL - 383

Significant Findings:-

Resting ECG :- ECG - normal

Echo - normal

Ultrasound: - normal

X-Ray:- normal

Summary:- Pt. detected to have Diabetes (newly)

Adv. Diet
Exercise
Medicines

Advice:- Diabetic Diet
- walk 1 hr daily

Tqts before noon
Sitalambic 100/500 =
neurokin.

Regular check up
U - Bl. Tests

Dr. (Mrs.) Lalana Bakhale
M.B.B.S. , M.D.