


MER- MEDICAL EXAMINATION REPORT

Date of Examination	7/02/24		
NAME	MEHA TIWARI		
AGE	30	Gender	Female
HEIGHT(cm)	165	WEIGHT (kg)	63.2kg
B.P.	110/60		
ECG	RBBB Poor Progression of R waves		
X Ray	Not Done b/c Pregnancy		
Vision Checkup	Color Vision : Normal		
	Far Vision Ratio : Normal		
	Near Vision Ratio : Normal		
Present Ailments	NIL		
Details of Past ailments (If Any)	NIL		
Comments / Advice : She /He is Physically Fit	FIT		

  
**Dr. SUNIL TIWARI**  
 Signature with Stamp of Medical Officer  
 CGMC 1987-2007  
 Fellowship in Nephrology

Not  
 07-02-2024


# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination


of Neha Tiwari on 7/02/2024

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"><li>• Medically Fit</li></ul>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>• Fit with restrictions/recommendations</li></ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1.....</p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>• Currently Unfit.</li></ul> <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>• Unfit</li></ul>	<input type="checkbox"/>

Dr.  **Dr. SUNIL THAWAIT**  
Medical Officer MD Physician  
The Apollo Clinic (Local) 1997  
Fellowship in Nephrology

*This certificate is not meant for medico-legal purposes*

  
07-02-2024



Mrs NEHA TIWARI

Reference: SELF.

VID: 600100/3193

PID NO 20247218407

Sample Received on/at:

07/02/2024 10:51AM

AGE 30 Y / SEX Female

Reported on/at

07/02/2024 05:11PM

## HAEMATOLOGY

Investigation	Observed Value	Unit	Biological Reference Interval
<b>ESR- Erythrocyte Sedimentation Rate</b>			
ESR- Erythrocyte Sedimentation Rate (Citrate Blood)	13	mm/hr	0 - 15

Method: Westergren manual

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. Also increased in pregnancy, multiple myeloma, menstruation & hypothyroidism

### Blood Group ABO & Rh Typing

(EDTA Whole Blood)

Blood Group (ABO Typing)	"O"
RhD factor (Rh Typing)	Positive

### HbA1c (Glycosylated Haemoglobin)

HbA1C-Glycated Haemoglobin	5.0	%	Less than 5.7% Non-diabetic Prediabetes 5.7% to 6.4% Diabetes 6.5% or Higher 6.4 to 7% Excellent control 7 to 8% fair to good control 8 to 10% Unsatisfactory control
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Estimated Average Glucose (EAG) 96.80

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.

Checked By  
Sr. Technician

Page 7 of 9

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# RIDDHI

## DIAGNOSTICS PVT. LTD.

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### CBC Haemogram

Haemoglobin(Hb)	13.6	gm/dl	11-15
Erythrocyte (RBC) Count	5.1	mill/cu.mm.	3.0-6.0
PCV (Packed Cell Volume)	39.7	%	36-45
MCV (Mean Corpuscular Volume)	<b>77.8</b>	fL	78 - 92
MCH (Mean Corpuscular Haemoglobin)	<b>26.7</b>	pg	27 - 32
MCHC (Mean Corpuscular Hb Conc.)	34.3	g/dl	32 - 36
Total Leucocytes Count (TLC)	5900	cells/cu.mm.	4000 - 11000
Differential Leucocyte Count (DLC)			
Neutrophils	64	%	40-75
Lymphocytes	31	%	20-45
Monocytes	03	%	2 - 10
Eosinophils	02	%	1 - 6
Basophils	00	%	0 - 1
Absolute Neutrophil count	3776	/cu.mm	2000-7000
Absolute Lymphocyte count	1829	/cu.mm	1000-3000
Absolute Eosinophils Count	118	/cmm	20-500
Absolute Monocyte count	<b>177</b>	/cu.mm	200-1000
Absolute Basophil count	0	/cu.mm	0-200

### Platelets

PLT Count 239,000 /cmm 150,000- 450,000

### Remarks (CBC)

EDTA Whole Blood - Tests done on Automated Five Part Cell Cellenium 5D Retic.

(WBC, RBC Platelet count by impedance method, WBC differential by VCS technology other parameters calculated) All

Abnormal Haemograms are reviewed confirmed microscopically.

Differential count is based on approximately 10,000 cells.

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### BIOCHEMISTRY

Investigation	Observed Value	Unit	Biological Reference Interval
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#### BUN Urea Nitrogen Serum

##### BUN-Blood Urea Nitrogen

12.3

mg/dl

7 - 20

(Serum,Urease)

Remark: In blood, Urea is usually reported as BUN and expressed in mg/dl. BUN mass units can be converted to urea mass units by multiplying by 2.14.

#### FBS (Fasting Blood Sugar)

Glucose- Fasting

86

mg/dl

Normal: 70-99

Impaired Tolerance: 100-125

Diabetes mellitus: >= 126

(on more than one occasion) (American diabetes association guidelines 2018)

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### LFT-Liver Function Test

<b>Bilirubin - Total</b> (Serum,Diazo)	0.40	mg/dl	0.1 - 1.2
<b>Bilirubin - Direct</b> (Serum,Diazo)	0.18	mg/dl	0 - 0.2
<b>Bilirubin (Indirect)</b> (Serum,Calculated)	0.22	mg/dl	0 - 1
<b>Total Proteins</b> (Serum,Biuret)	7.11	g/dl	6.6-8.8
<b>Albumin</b> (Serum,Bromocresol green)	3.79	g/dl	3.5 - 5.2
<b>Globulin</b> (Serum)	3.32	g/dl	1.8 - 3.6
<b>A/G Ratio</b> (Serum)	1.14	%	1.1 - 2.2
<b>SGOT (AST)</b> (Serum,Enzymatic)	22	U/L	0 - 31
<b>SGPT (ALT)</b> (Serum,Enzymatic)	29	U/L	0 - 34
<b>Alkaline Phosphatase</b>	93	U/L	35 - 104
<b>Gamma-glutamyltransferase (GGT)</b>	24.2	U/L	<32

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### Lipid Profile

Cholesterol - Total	162	mg/dl	Desirable: < 200 Borderline High: 200-239 High: >= 240
Triglycerides level	117	mg/dl	40 - 140
HDL Cholesterol	46	mg/dl	Major risk factor for heart disease: < 35 Negative risk factor for heart disease :>800
LDL Cholesterol	92.60	mg/dl	Optimal:< 100 Near Optimal :100 – 129 Borderline High : 130-159 High : 160-189 Very High : >=190
VLDL Cholesterol	23.40	mg/dl	6 - 38
LDLC/HDLC Ratio	2.01		2.5 - 3.5
TCH/HDLC Ratio	3.52		0-5.0

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### PP (Glucose-Post Prandial)

Glucose -Post prandial	93	mg/dl	Normal: 70-139 Impaired Tolerance: 140-199 Diabetes mellitus: >= 200
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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.

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## RFT (Renal Function test)

Sodium (Na)	136	mmol/L	135 - 145
Potassium (K)	3.83	mmol/L	3.5 - 5.5
Urea Serum	24	mg/dl	21 - 43
Creatinine	0.7	mg/dl	0.6-1.2

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## Uric Acid

Uric Acid	3.81	mg/dL	2.6 - 6.2
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## IMMUNOASSAY

Investigation	Observed Value	Unit	Biological Reference Interval
Thyroid Panel-1(T3T4TSH)			
T3	1.93	ng/mL	0.69 - 2.15
T4	122	ng/ml	52 - 127
TSH	2.29	uIU/ml	0.3 - 4.5

Method: CLIA

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### CLINICAL PATHOLOGY

Investigation	Observed Value	Unit	Biological Reference Interval
<b><u>Urine Examination Routine</u></b>			
Volume	20	ml	
Colour	Pale yellow		Straw
Transparency	Clear		Clear
Reaction (pH)	5.5		5.0 - 8.0
Specific Gravity	1.014		1.010 - 1.030
<b><u>Chemical Examination</u></b>			
Urine Protein(Albumin)	Nil		Nil
Urine Glucose(Sugar)	Nil		Nil
<b><u>Microscopic Examination</u></b>			
Pus cells	1-2	/hpf	0 - 5
Red Blood Cells	Nil	/hpf	Nil
Epithelial Cell	1-3	/hpf	0 - 4
Crystals	Nil	/hpf	Nil
Casts	Nil	/hpf	Nil

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#### Urine - Sugar PP

Urine S(PP) Nil Nil

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#### Urine Sugar - Fasting

Urine - Glucose Nil Nil

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### Stool Routine Microscopic

Colour	Greenish Yellow	Straw
Consistency	Semisolid	
Reaction (pH)	5.5	5.0 - 8.0
Blood	Absent	Absent
Mucus	Absent	
Ova	Absent	Absent
Cyst	Absent	Absent
Fat Globules	Present	Absent
Pus Cell.	0-1	/hpf 1-5
RBCs (STOOL)	Nil	/ hpf
Bacteria	Present	Absent

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# डॉ. अनिरुद्ध कौशिक

एम.डी. (मेडिसीन), डी.एम. कार्डियोलॉजी (मुंबई)  
इंटरनैशनल कार्डियोलॉजी (हृदय रोग विशेषज्ञ)  
भूतपूर्व असि. प्रोफेसर जे.जे. हॉस्पिटल (मुंबई)



# श्री हरि हार्ट क्लीनिक

स्थान : महामाया ट्रेड सेंटर, प्रधान डाकघर के पास,  
वृहस्पति बाजार, विलासपुर (छ.ग.)  
फोन : 9406272512  
Email : shreehariheartclinic@gmail.com

## 2 D ECHO REPORT

Name:- MRS. NEHA TIWARI

Age/Sex:-30Y/F

Ref. By:- RIDDHI DIAGNOSTIC

Date:-07/02/2024

M Mode study ( Dimensions in cm)

DOPPLER STUDY FINDINGS

Ao = 2.3	LA = 3.0
IVSd = 0.9	LVPWd =0.7
LVIDd = 4.0	LVIDs= 2.7
EF =60 %	

NO Diastolic Dysfunction

NO AS/AR/MS/MR

NO PAH

### Description

Mitral valve Leaflets Normal, subvalvular apparatus Normal ,Mitral valve area Normal No e/o prolapse,calcification or vegetation

Aortic valve Trileaflet , Opening Amplitude is adequate ,NO significant AS/AR

Tricuspid Valve is normal ,No TR

Pulmonary Valve is normal

PA is normal in size

Normal chamber dimension,

NO Regional wall motion Abnormality

NO CLOT/VEGETATION/EFFUSION

**Impression Normal Study**

Good LV/RV function

DR.ANIRUDDHA KAUSHIK  
MD Medicine ,DM Cardiology

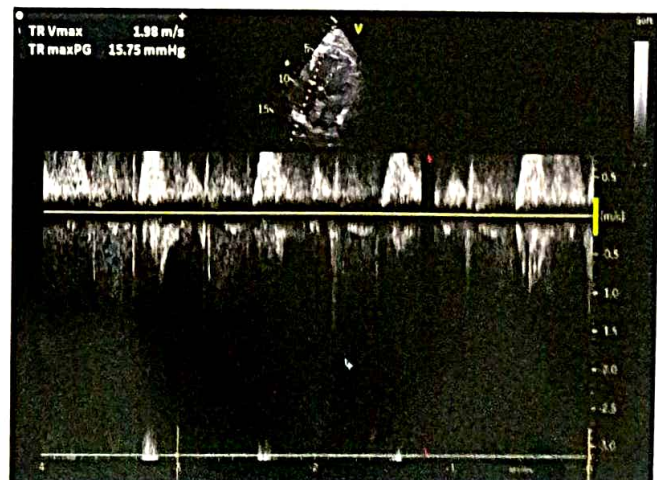
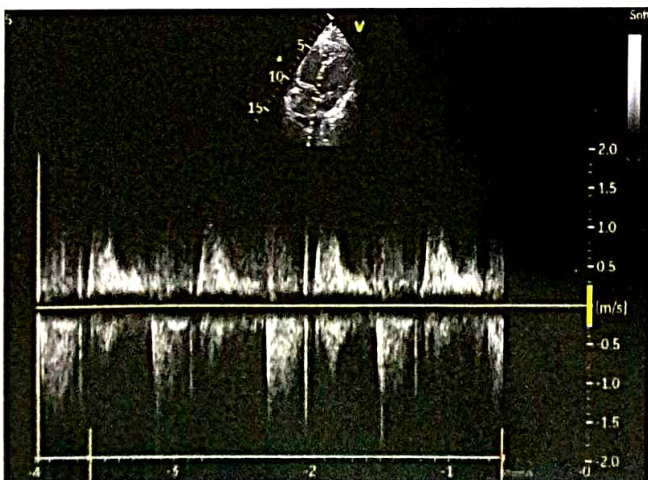
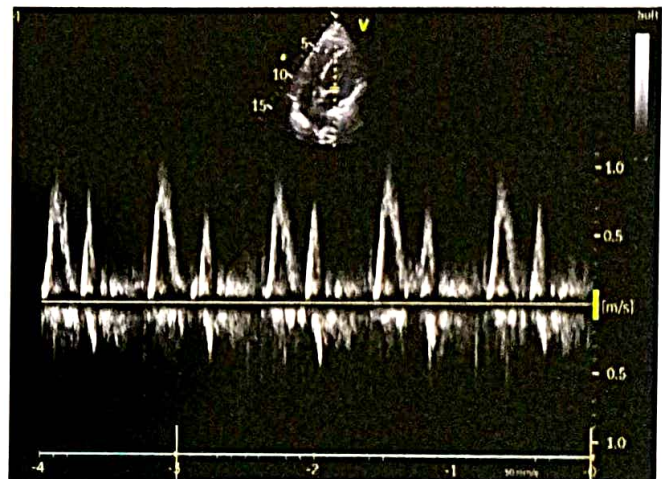
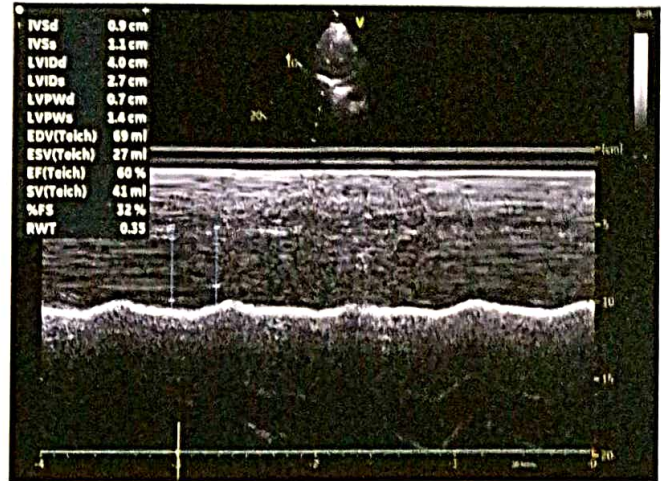
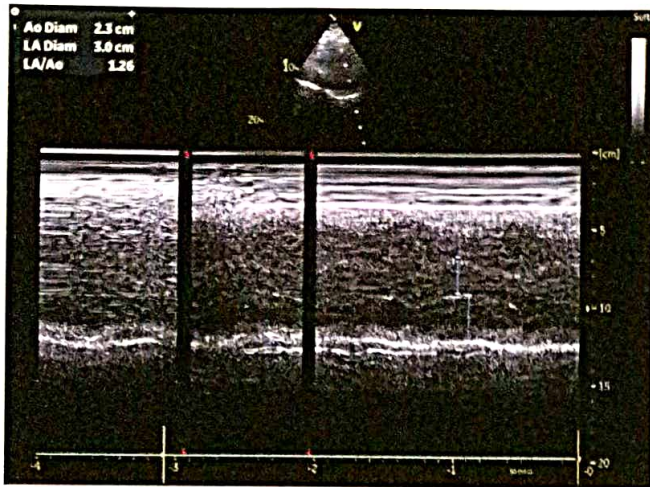
उपलब्ध सुविधाएँ : ♦ ई.सी.जी. ♦ टी.एम.टी. ♦ 24 घंटे बीपी मॉनिटरिंग ♦ 2 डी इको ♦ हॉल्टर मॉनिटरिंग

परामर्श समय : सुबह 11 बजे से सायं 5 बजे, सायं 7 बजे से रात्रि 9 बजे

# SHREE HARI HEART CLINIC

Name NEHA TIWARI, 30 Y/F

Date 07/02/2024



# ANUSHKA DIAGNOSTICS

**Dr. Prashant S. Barpande**  
Consultant Radiologist  
M.B.B.S, D.M.R.D  
D.N.B. (Radiodiagnosis), M.N.A.M.S.  
Reg. No. CGMC-3232/2010



**Dr. Chitragi P. Barpande**  
Consultant Pathologist  
MBBS, MD (Pathology)  
Msc. (Medical Biochemistry)  
Reg. No.: CGMC-3298/2011

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Nehru Nagar, Bilaspur (C.G.) Mobile : +91 7720044949, E-mail : anushka.diagnostics@gmail.com

NAME : NEHA AGE : 30 YEARS SEX : F  
REF.BY : RD . DATE : 07-02-2024


## UPPER ABDOMINAL SONOGRAPHY STUDY :

- LIVER** : Normal in Size- 14.1 cm, Normal in Shape.  
No Focal Or Diffuse Lesion Seen.  
IHBR's & CBD are Normal in Appearance.  
Portal vein appears normal in caliber.
- GALL BLADDER** : Lumen Is Well Distended & Echo free. No Calculus Or Sludge Is Seen.  
Wall thickness is normal(2 mm). No evidence of pericholecystic collection.
- SPLEEN** : Normal In Size- 9.5 cm, Normal In Shape & Echotexture.  
No Focal Lesion Seen. Splenic Vein – Normal.
- PANCREAS** : Pancreas Normal In Size And Echotexture.
- RIGHT KIDNEY** : Normal in size(9.2 x 4 cm) shape position and echotexture seen.  
Cortical Thickness & Corticomedullary Differentiation Normal.  
No Calculus Seen. No Hydronephrosis.
- LEFT KIDNEY** : Normal in size(8.9 x 4.2 cm) shape position and echotexture seen.  
Cortical Thickness & Corticomedullary Differentiation Normal.  
No Calculus Seen. No Hydronephrosis.
- No Evidence Of Lymphadenopathy Seen.
  - Visualized Bowel Loops Appears Normal. No Sonographic Evidence Of Appendicitis In Present Scan.
- URINARY BLADDER** : Empty.

## IMPRESSION :

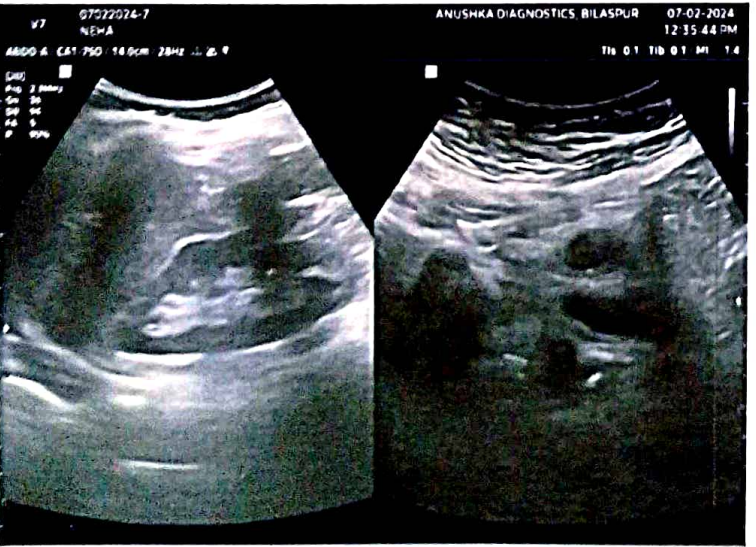
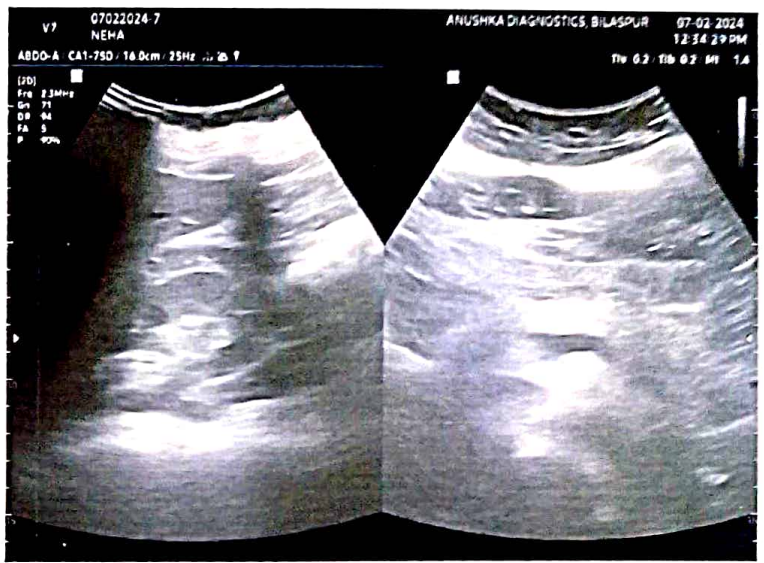
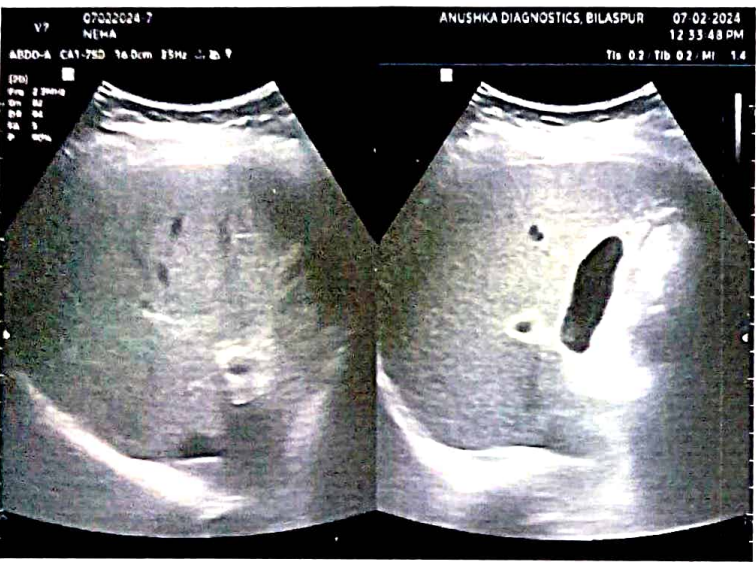
- No Abnormal Sonographic Finding Detected.
- Adv-USG for uterus with full bladder.

Thanks For Referral.

  
DR. PRASHANT S. BARPANDE  
MBBS, D.M.R.D, DNB (RADIOLOGIST)  
M.N.A.M.S., CONSULTANT RADIOLOGIST  
REG. NO.- CGMC-3232/10



बेटी बचाओ - बेटी पढ़ाओ



07-02-2024 11:33:52 AM

GPL

ID: 54

Neha  
Female 30Years  
Req. No. :

Diagnosis Information:

Sinus arrhythmia  
V1/V2 are at least one interspace too high and have been omitted from the analysis

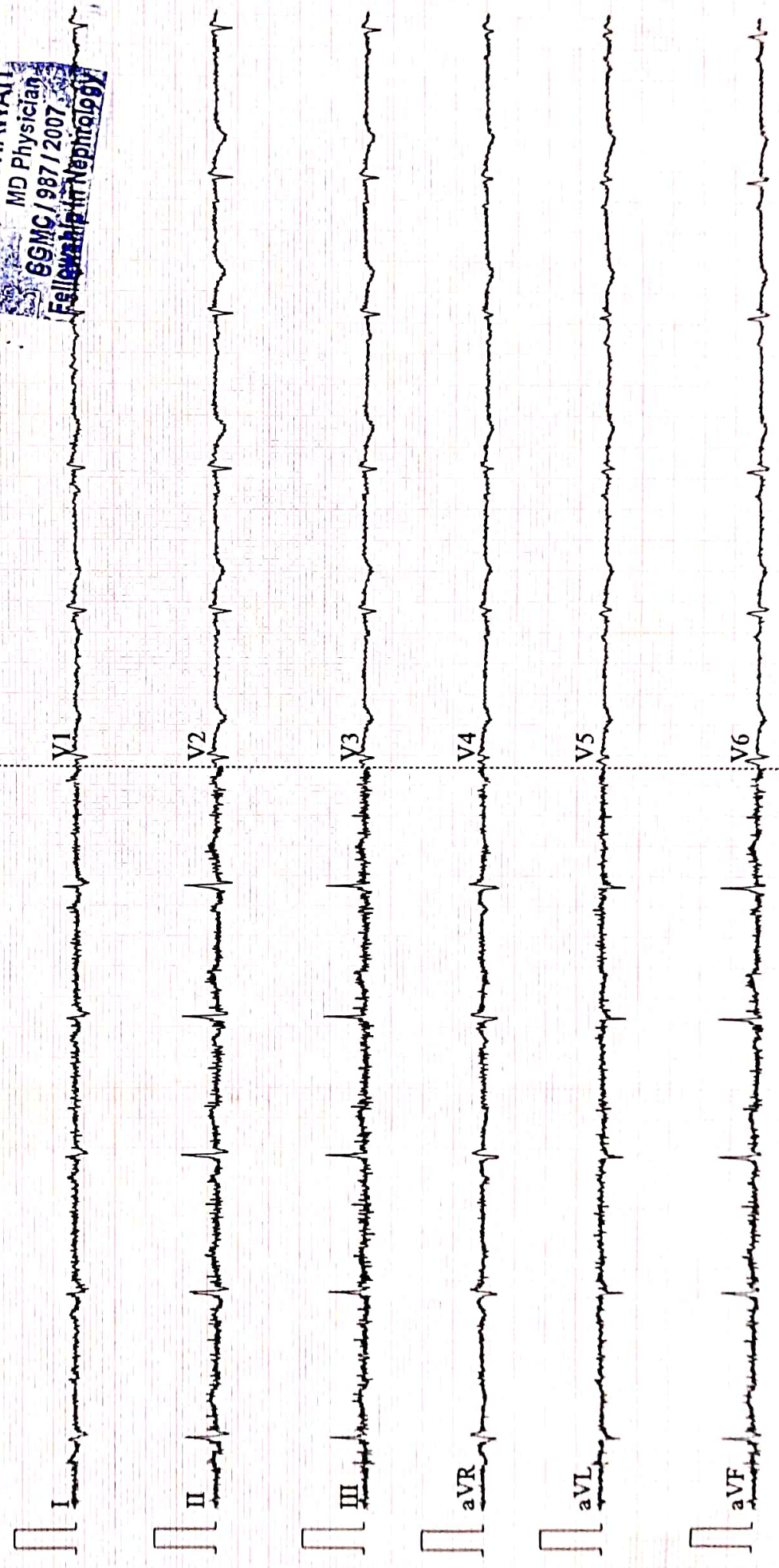
Rightward axis  
QRS changes V3/V4 may be due to LVH but cannot rule out anterior infarct

Lateral T wave abnormality is borderline for age and gender

Abnormal ECG

Report Confirmed by:

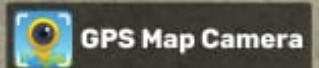
*Neha*  
Dr. SUNIL THAWAIT  
MD Physician  
69MC/1987/2007  
Fellowship in Nephrology  
07-02-2024







Nehe  
07-02-2024



## Bilaspur, Chhattisgarh, India

Vrindavan plaza, C-22, Nehru Chowk, near Bilaspur Post Office, Civil Lines, Bilaspur, Masanganj, Chhattisgarh 495001, India

Lat 22.086742°

Long 82.144049°

07/02/24 10:31 AM GMT +05:30







WAITING AREA



MAMI Narayana  
Subspecialty Hospital


GPS Map Camera

**Bilaspur, Chhattisgarh, India**  
Vrindavan plaza, C-22, Nehru Chowk, near Bilaspur Post Office, Civil  
Lines, Bilaspur, Masanganj, Chhattisgarh 495001, India  
Lat 22.086732°  
Long 82.144026°  
07/02/24 10:28 AM GMT +05:30



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### Bilaspur, Chhattisgarh, India

Vrindavan plaza, C-22, Nehru Chowk, near Bilaspur Post Office, Civil Lines, Bilaspur, Masanganj, Chhattisgarh 495001, India

Lat 22.086698°

Long 82.144053°

07/02/24 10:33 AM GMT +05:30