

- Collect photocopy of employee ID proof if health check is through an employer.
- Collect photocopy of personal ID proof if health check is for insurance.
- Collect MER as per package details & that company's format (already shared).
- By 12 noon of appointment date, share Work order number & visit status (Show/No show).
- Upload reports in Adhikaran portal as per specifications given earlier.

Company Name	Employee Name	Package Name	Package Description	Gender	Age	DOB	Height	Weight	Visit Date	Visit Time	Visit Status	Visit Report	Visit Date	Visit Time	Visit Status	Visit Report
ARCOFEM HEALTHCARE LIMITED	ARCOFEM MEDIWHEEL FEMALE AHC CREDIT PAN INDIA OP AGREEMENT	ARCOFEM - MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCED - FEMALE - 2D ECHO - PAN INDIA - FY2324	Renal Function Test,GGTP: Gamma Glutamyl Transpeptidase - Serum,Ultrasound - Whole Abdomen,Ophthal by General Physician,URINE GLUCOSE(FASTING),Urine Routine (CUE),Blood Grouping And Typing (Abo And Rb),BMI,URINE GLUCOSE(POST PRANDIAL),LBC PAP SMEAR,ECG,Package Gynaecological Consultation,Lipid Profile (all Parameters),SONO MAMOGRAPHY - SCREENING,Consultation - Dental,GLUCOSE - SERUM / PLASMA(FASTING AND POST PRANDIAL,THYROID PROFILE - (T3,T4 AND TSH),Glycosylated Hemoglobin (HbA1C) - Whole Blood,HEMOGRAM (CBC+ESR),LIVER FUNCTION TEST (PACKAGE),X-Ray Chest PA,Package Consultation - ENT,Fitness by General Physician,2 D ECHO,Dietician consultation,Doctor, GLUCOSE FASTING,LIPID PROFILE,BODY MASS INDEX (BMI),GAMMA GLUTAMYL TRANSFERASE (GGT),COMPLETE URINE EXAMINATION,RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT),BLOOD GROUP ABO AND RH FACTOR,HbA1c, GLYCATED HEMOGLOBIN,SONO MAMOGRAPHY - SCREENING,DIET CONSULTATION,HEMOGRAM + PERIPHERAL SMEAR,LBC PAP TEST, PAPSURE,THYROID PROFILE (TOTAL T3, TOTAL T4, TSH),PERIPHERAL SMEAR, GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL),LIVER FUNCTION TEST (LFT)	himna bishno	male	Self	30	N/A	hanumangodara0580@gmail.com	9660231955	20:					

NAME: JHIMNA BISHNOI	DATE: 18 / 12 / 2023
AGE: 51 YEARS SEX: FEMALE	REF. DR.SELF

INVESTIGATION : USG NECK

Both lobes of thyroid appear normal in size, shape and echopattern.

Evidence of 6x5mm size cystic calcification colloid nodule seen right lobe thyroid .

Bilateral parotid and submandibular gland appears normal.

Neck vessels appear normal.

Evidence of bilateral few non necrotic discrete lymph node noted level III and IV , largest 13x5mm left sided and right sided 12x4mm , s/o non specific cervical lymphadenopathy .

No evidence of hematoma or abscess is seen.

Dr. MITUL MEVADA

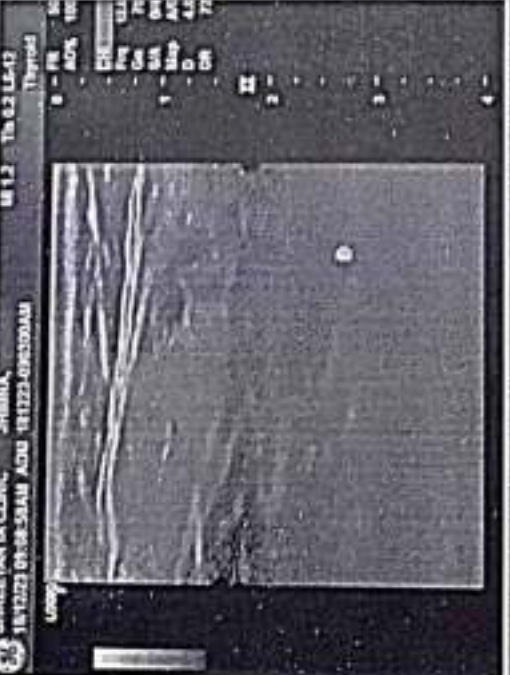
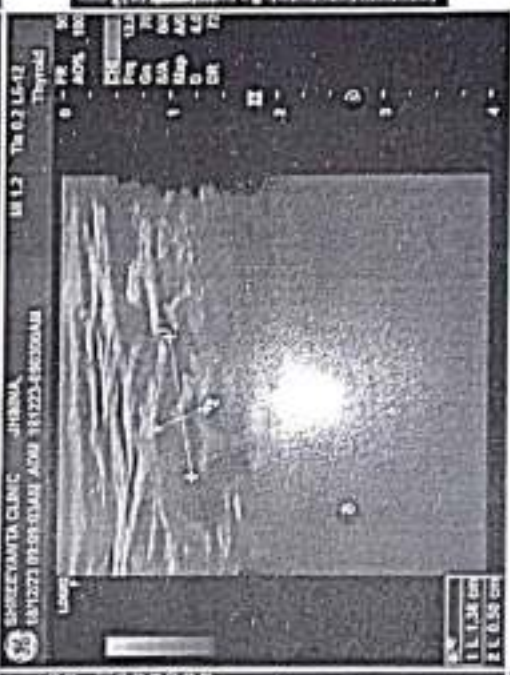
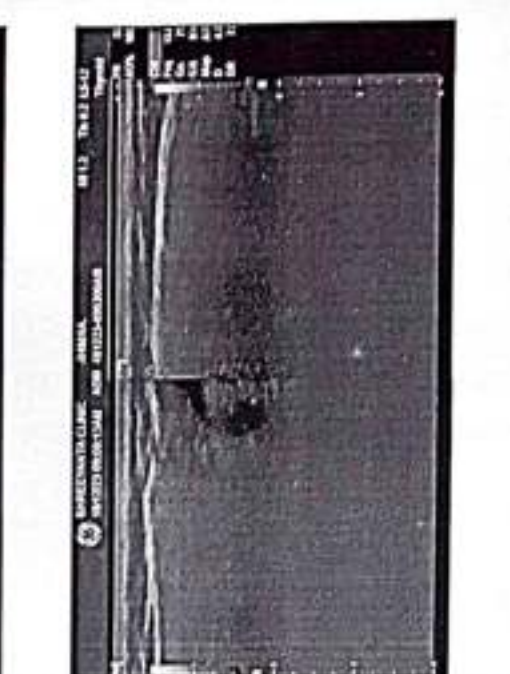
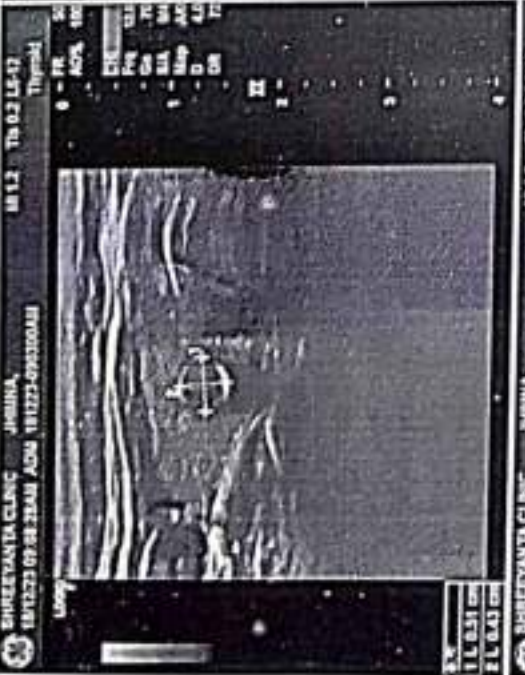
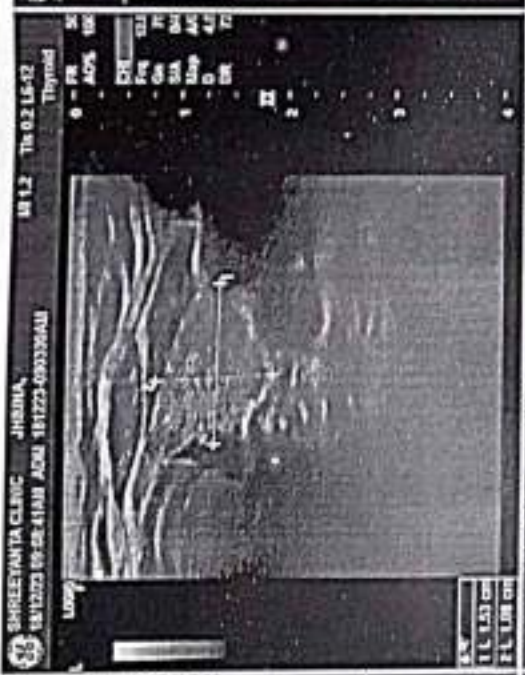
CONSULTANT RADIOLOGIST.

Dr. Mitul Mevada

MD. DMRE.

Reg. No. (G-0152)

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.



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

NAME: JHIMNA BISHNOI	DATE: 18 / 12 / 2023
AGE: 51 YEARS SEX: Female	REF.DR. ARCOFEMI

INVESTIGATION : USG ABDOMEN & PELVIS

LIVER appears normal in size and shows increased echopattern. No evidence of focal mass lesion. No evidence of dilated intrahepatic biliary radicals noted. Portal vein and hepatic veins are unremarkable. Common bile duct appears normal.

GALL BLADDER appears normal distended. No cholecystitis.

PANCREAS appears normal in size and echopattern.

SPLEEN appears normal in size and echopattern. No evidence of mass lesion seen.

KIDENYS:

Both kidneys appear normal in size, shape and position. No evidence of mass lesion or hydronephrosis seen on either side. Both Kidneys show normal cortical echogenicity well preserved cortico-medullary differentiation.

URINARY BLADDER is partially distended. No evidence of vesical mass or calculus is seen.

Uterus appears normal in size, position and echopattern. Endometrium thickness measures and appear normal.

Both ovaries appear normal. No gross adnexal mass lesion seen.

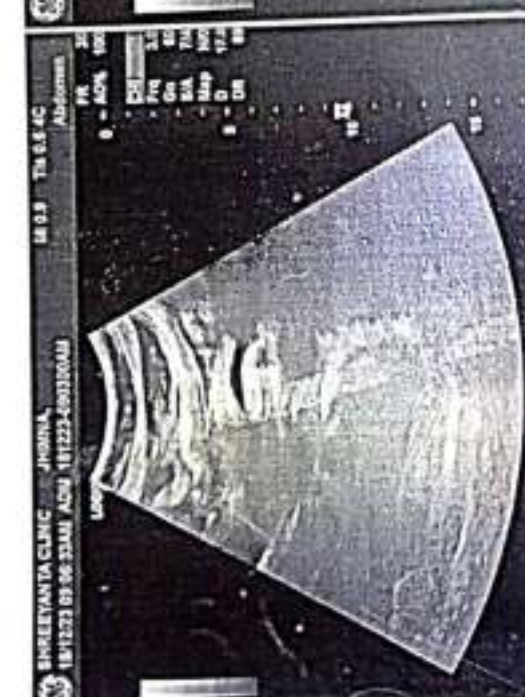
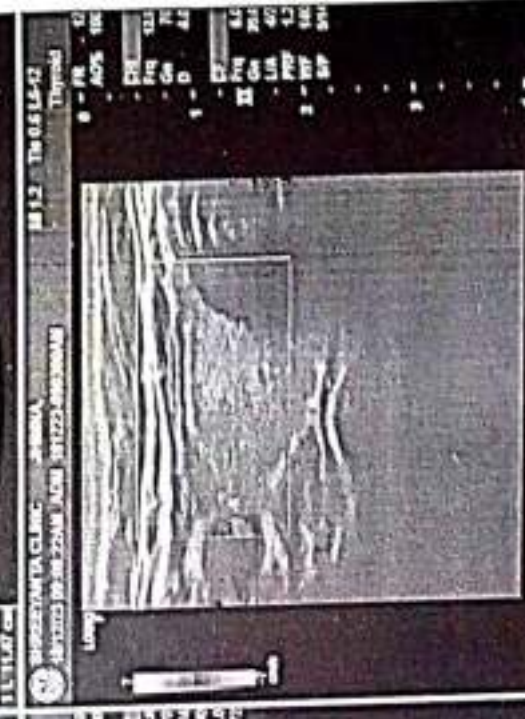
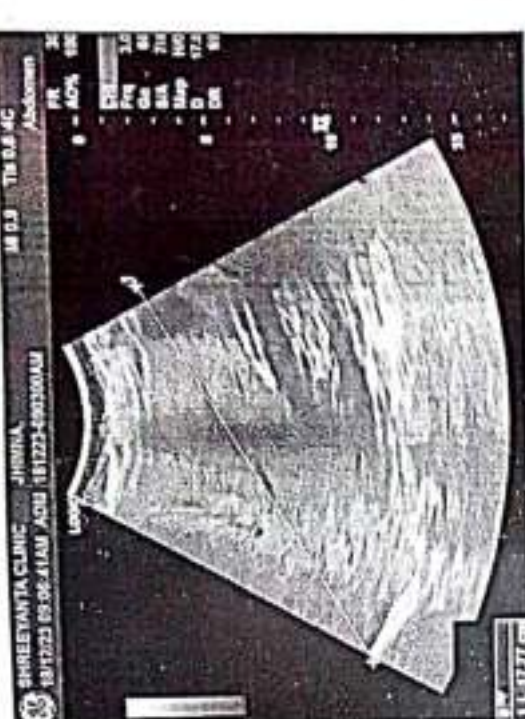
Small and large bowel loops are unremarkable.

No evidence of ascites or lymphadenopathy is seen.

IMPRESSION:-

=Fatty liver grade I.


Dr. MITUL MEVADA
Dr. Mitul Mevada
M.D. DMRE.
Reg. No. (G-0152)
CONSULTANT RADIOLOGIST. Healthcare & Diagnostics Pvt. Ltd.



Shreevanta Clinic, Jhinja, 212 to 217, Ganga Road, Narayang, Jhinja, Dist. - 387123, Jhaja, Dist. - 387123.

18-12-2023 05:24:45

ID: 6460
Name: bishnoi, jhimna
Age: 30yrs
Sex: Female
Hospital:
Department:

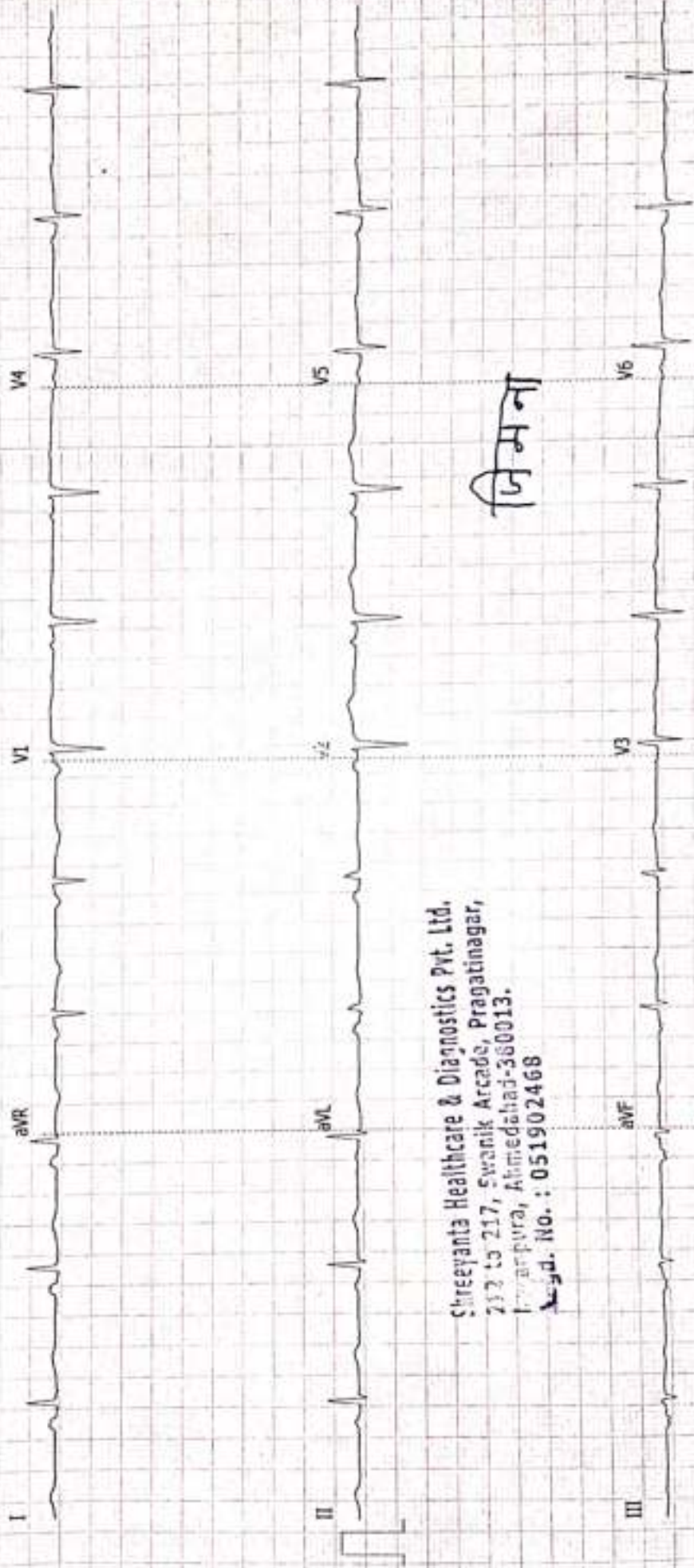
HR : 68 bpm
PR : 148 ms
QRS : 84 ms
QT/QTc : 404/430 ms
P/QRS/T : -6/16/31 deg
RV5/SV1 : 0.442/-0.854 mv
RV5+SV1 : 1.296 mv

<< Analysis Result >>
** borderline ECG **
Sinus rhythm

Dr. Manoj Kumar Kinarwala
(M.D. (General Medicine) PGDDM (UK))
Regd. No. : G-14926
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

Need to be confirmed by doctor. Doctor Name: _____

0.67Hz - 35Hz AC OFF 25 mm/s 10 mm/mv



जिमना

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

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Patient Details Date: 18-Dec-23 Time: 12:20:34 PM
Name: JHIMNA BISHNOI ID: 854
Age: 54 y Sex: F Height: 161 cms Weight: 67 Kgs
Clinical History: NO
Medications: NO

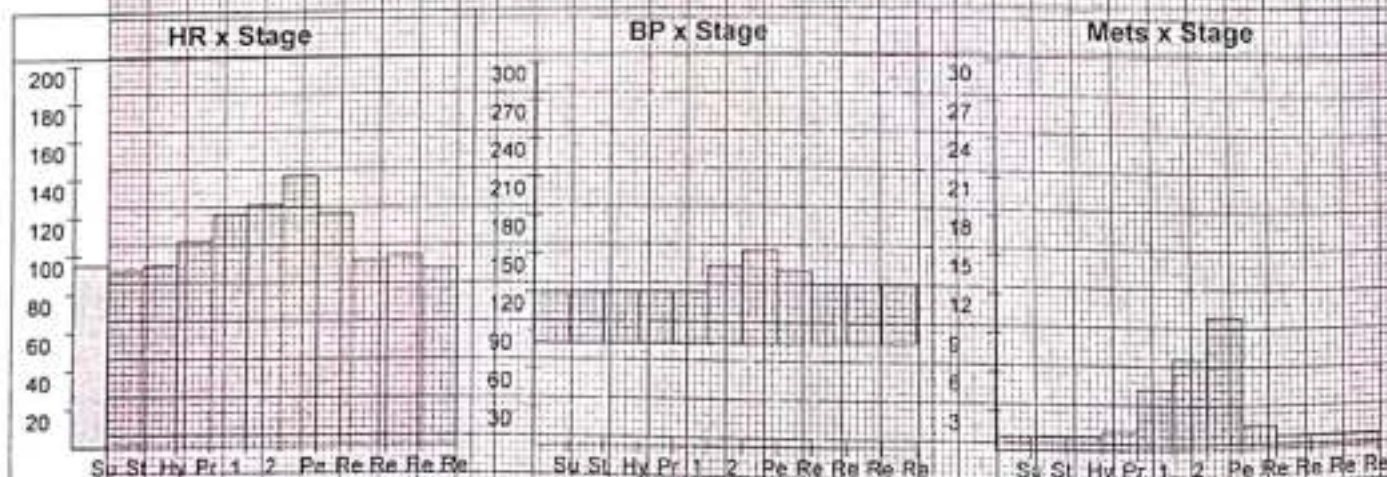
Test Details

Protocol: Bruce Pr.MHR: 166 bpm THR: 149 (90% of Pr.MHR) bpm
Total Exec. Time: 7 m 3 s Max. HR: 142 (86% of Pr.MHR) bpm Max. Mets: 10.20
Max. BP: 152/80 mmHg Max. BP x HR: 21584 mmHg/min Min. BP x HR: 7360 mmHg/min
Test Termination Criteria: ACHIEVEMENT OF THR

Protocol Details

Stage Name	Stage Time (min : sec)	Mets	Speed (mph)	Grade (%)	Heart Rate (bpm)	Max. BP (mm/Hg)	Max. ST Level (mm)	Max. ST Slope (mV/s)
Supine	0 : 44	1.0	0	0	95	120/80	-0.21 I	1.06 II
Starting	0 : 6	1.0	0	0	92	120/80	-0.21 aVR	1.06 II
Hyperventilation	0 : 11	1.0	0	0	95	120/80	0.00 I	1.06 II
1	3 : 0	4.6	1.7	10	122	120/80	-0.64 I	1.42 II
2	3 : 0	7.0	2.5	12	127	140/80	-0.85 II	1.77 II
Peak Ex	1 : 3	10.2	3.4	14	142	152/80	-2.55 V6	1.77 II
Recovery(1)	1 : 0	1.8	1	0	122	136/80	-1.05 II	2.48 II
Recovery(2)	1 : 0	1.0	0	0	97	126/80	-0.42 II	1.77 II
Recovery(3)	1 : 0	1.0	0	0	100	126/80	-0.42 I	1.42 II
Recovery(4)	0 : 1	1.0	0	0	93	126/80	-0.21 I	1.42 II

जिमना



SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Patient Details **Date:** 18-Dec-23 **Time:** 12:20:34 PM
Name: JHIMNA BISHNOI ID: 854
Age: 54 y **Sex:** F **Height:** 161 cms **Weight:** 67 Kgs

Interpretation

GOOD EXERCISE TOLERANCE
NORMAL HAEMODYNAMIC AND CHRONOTROPIC RESPONSE
NO SIGNIFICANT ST-T CHANGES ARE SEEN DURING EXERCISE AND RECOVERY
RECOVERY UNEVENTFUL
NO ANGINA, GALLOP, ARRHYTHMIA
TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHEMIA DURING EXERCISE AND RECOVERY AT MODERATE WORKLOAD

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.
212 to 217, Swatik Arch, Pragati Nagar,
Naregaon, Jaipur - 302013.
Regd. No.: 0519024GB
Ref. Doctor: MEDIWHEEL

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

(Summary Report edited by user)

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

JHIMNA BISHNOI (54 F)

ID: 854

Date: 18-Dec-23

Exec Time : 0 m 0 s

Stage Time : 0 m 38 s HR: 91 bpm

Protocol: Bruce

Stage: Supine

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 120 / 80

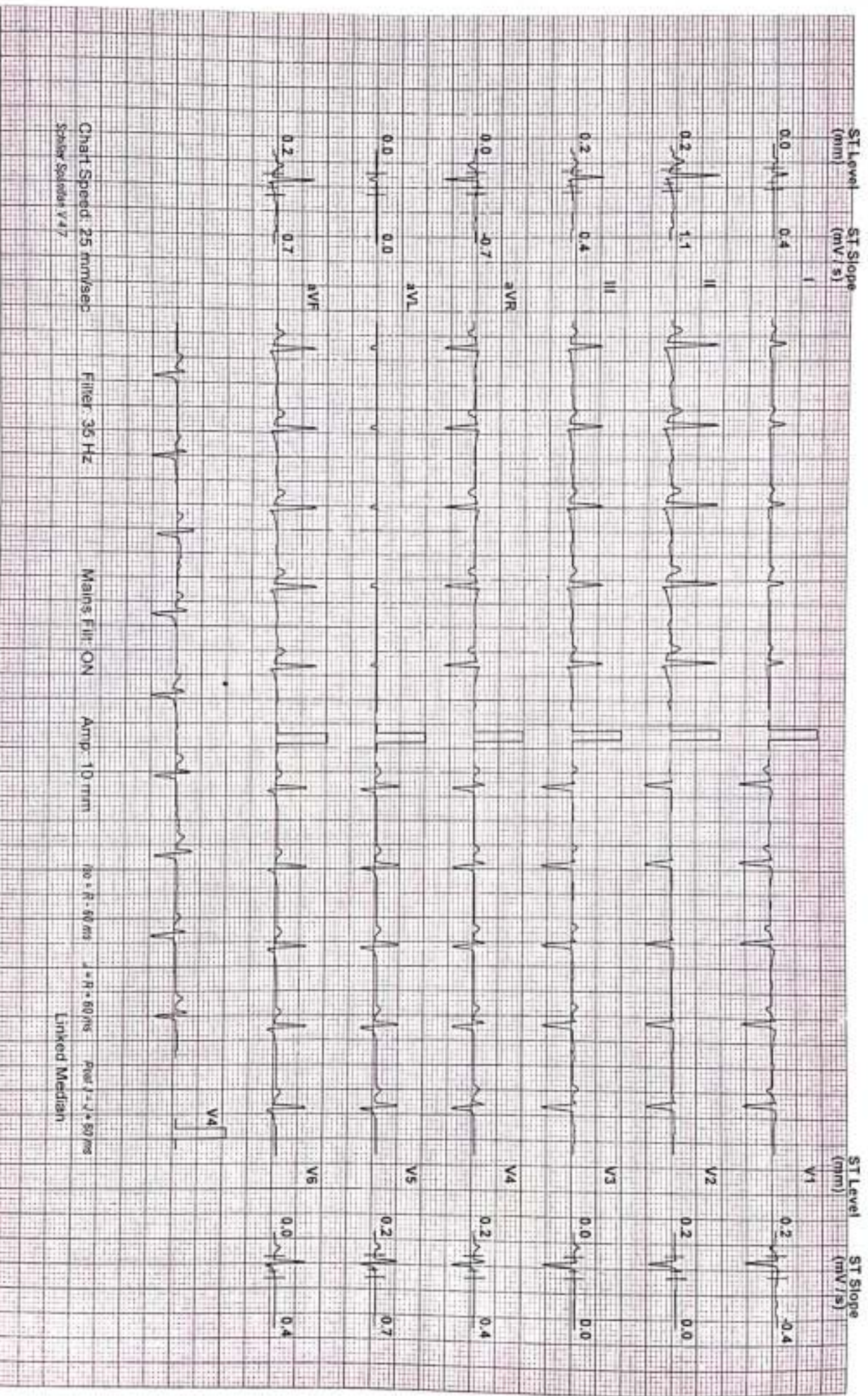


Chart Speed: 25 mm/sec
Speaker Solution v 4.7

Filter: 36 Hz

Main: Filter ON

Amp: 10 mm

P - R - S - T - U

P - R - S - T - U

Print J - U + 50 ms

Linked Median

JHIMNA BISHNOI (54 F)

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

ID: 854

Date: 18-Dec-23 Exec Time : 0 m 0 s Stage Time : 0 m 0 s

HR: 95 bpm

Protocol: Bruce

Stage: Standing

Speed: 0 mph Grade: 0 %

(THR: 149 bpm)

B.P: 120 / 80

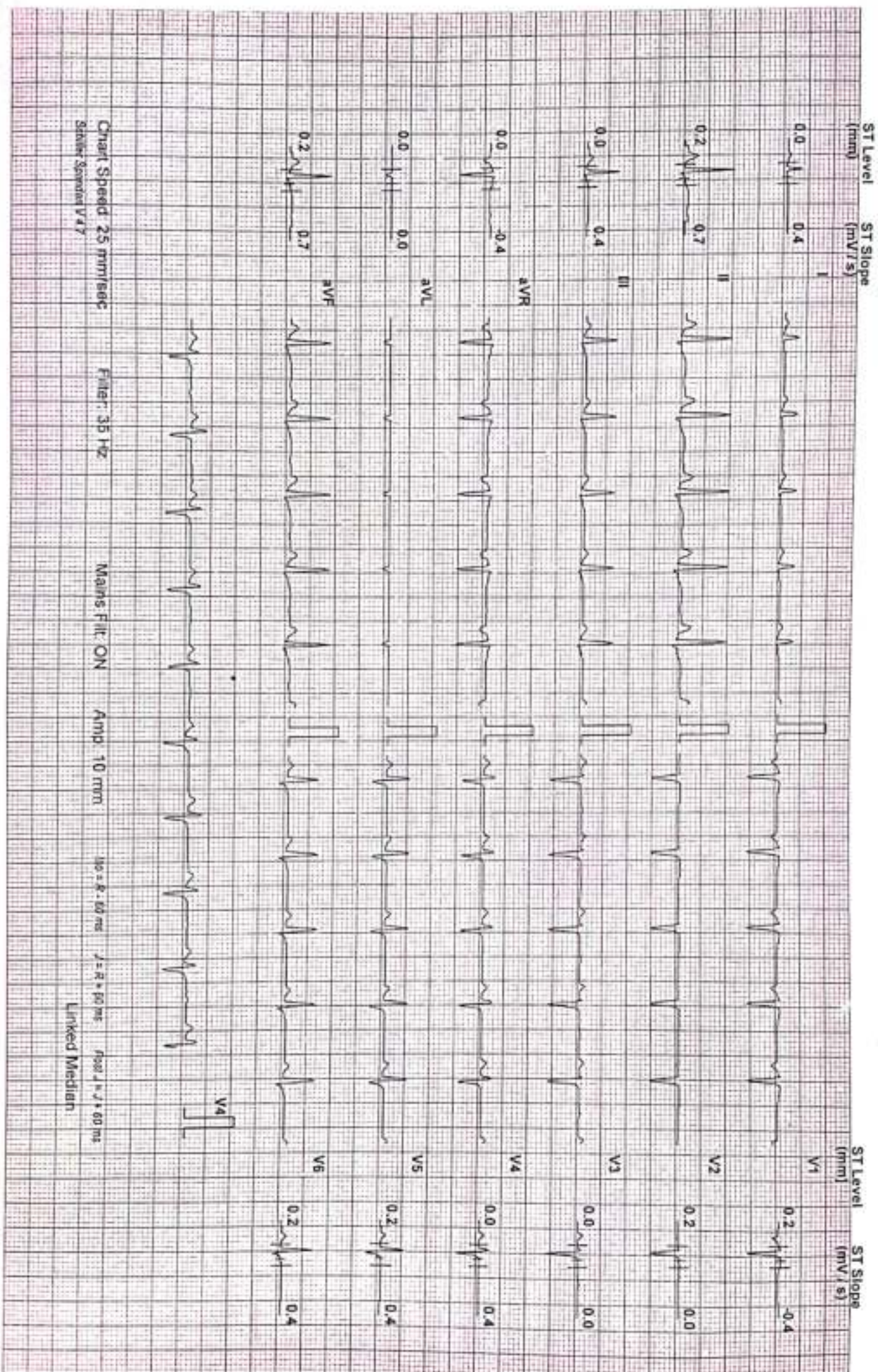


Chart Speed 25 mm/sec
Stable Standard V47

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

10 = R - 60 ms

J = R + 60 ms

Lead J = J + 60 ms

Linked Median

JHIMNA BISHNOI (54 F)

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

Protocol: Bruce

ID: 854

Date: 18-Dec-23

Exec Time : 0 m 0 s

Stage Time : 0 m 5 s

HR: 94 bpm

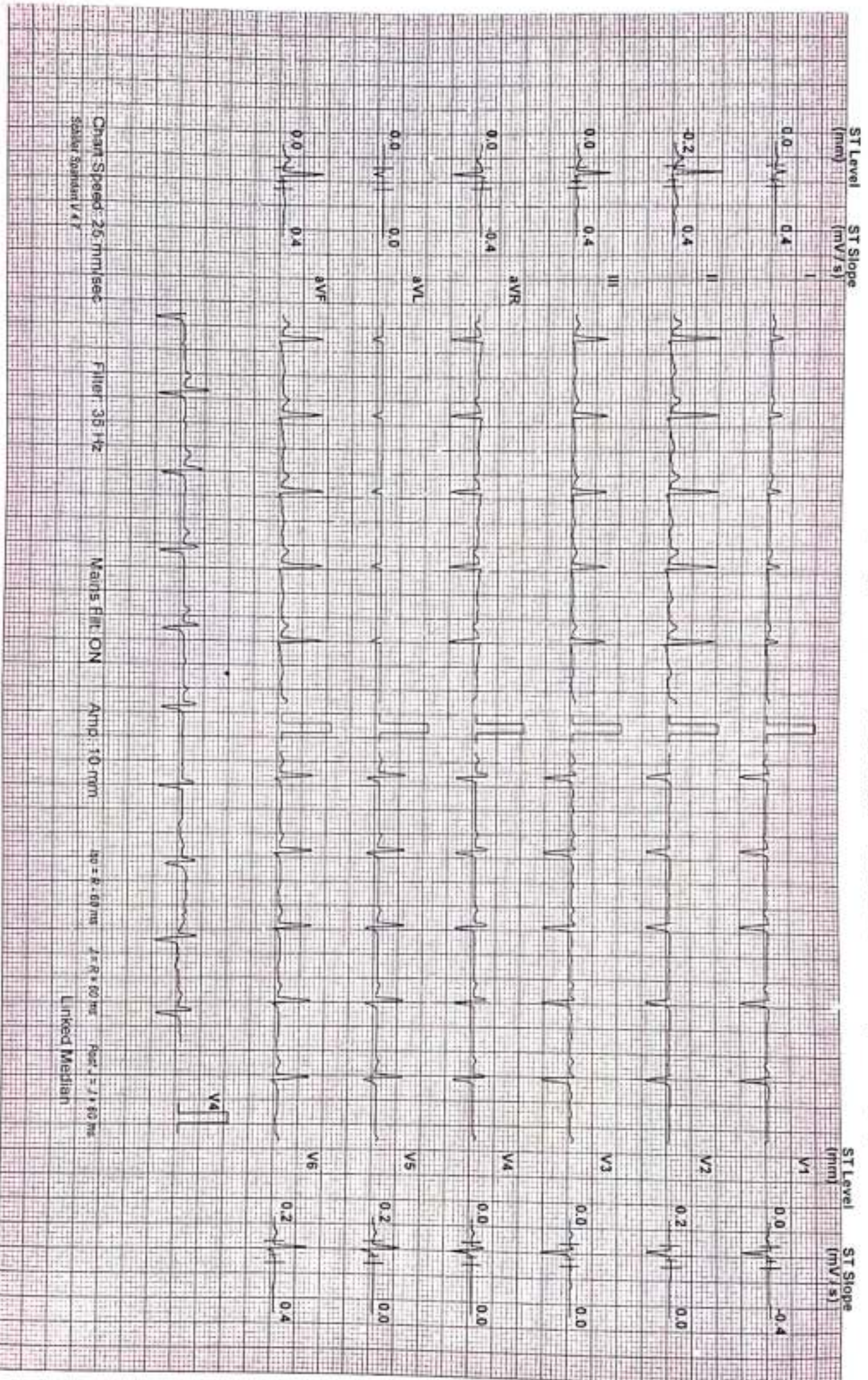
Stage: Hyperventilation

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 120 / 80



JHIMNA BISHNOI (54 F)

ID: 854

Date: 18-Dec-23 Exec Time : 2 m 54 s Stage Time : 2 m 54 s HR: 122 bpm

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

Protocol: Bruce

Stage: 1

Speed: 1.7 mph Grade: 10 % (THR: 149 bpm) B.P: 120 / 80

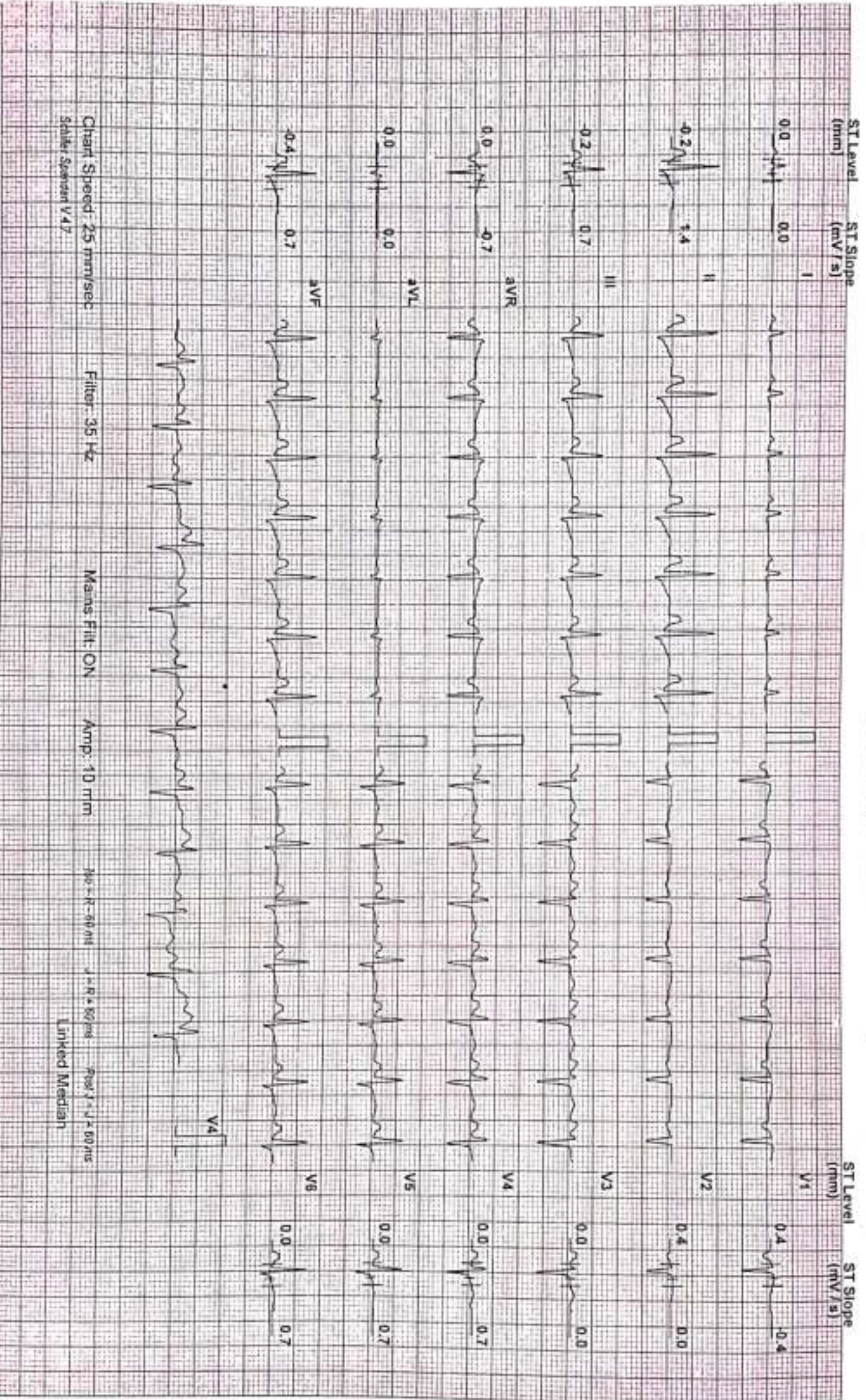


Chart Speed: 25 mm/sec
Spike Sensitivity V47

Filter: 35 Hz

Main Filter: ON

Amp: 10 mm

MR - R - 20 mV

J - R - 50 mV

PR - J - J - 50 mV

Linked Median

ID: 854

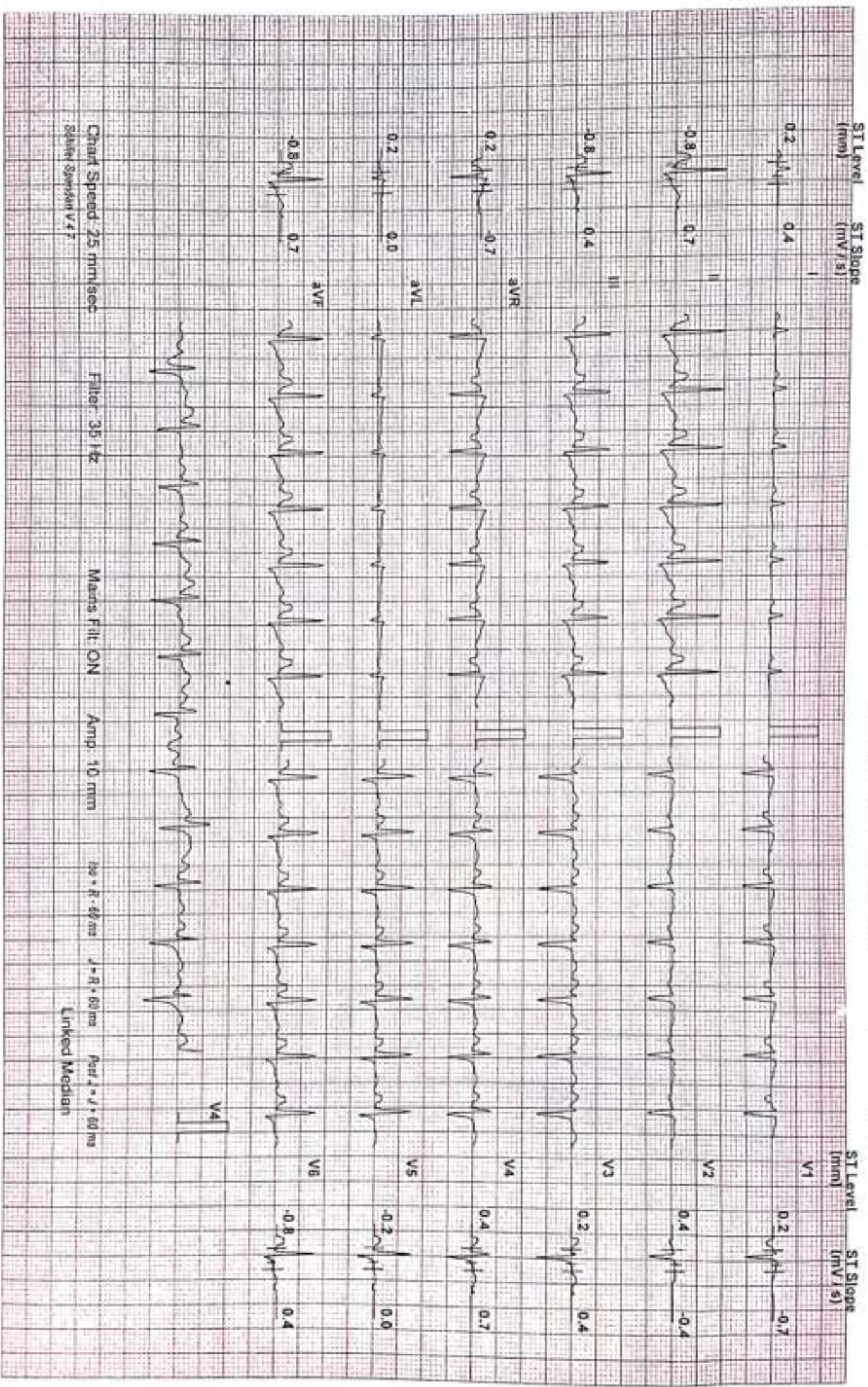
Date: 18-Dec-23 Exec Time : 5 m 54 s Stage Time : 2 m 54 s HR: 128 bpm

Protocol: Bruce

Stage: 2

Speed: 2.5 mph Grade: 12 % (THR: 149 bpm)

B.P: 140 / 80



SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

JHIMNA BISHNOI (54 F)

ID: 854

Date: 18-Dec-23

E.P: 140 / 80

Protocol: Brude

Stage: 3

Speed: 3.4 mph

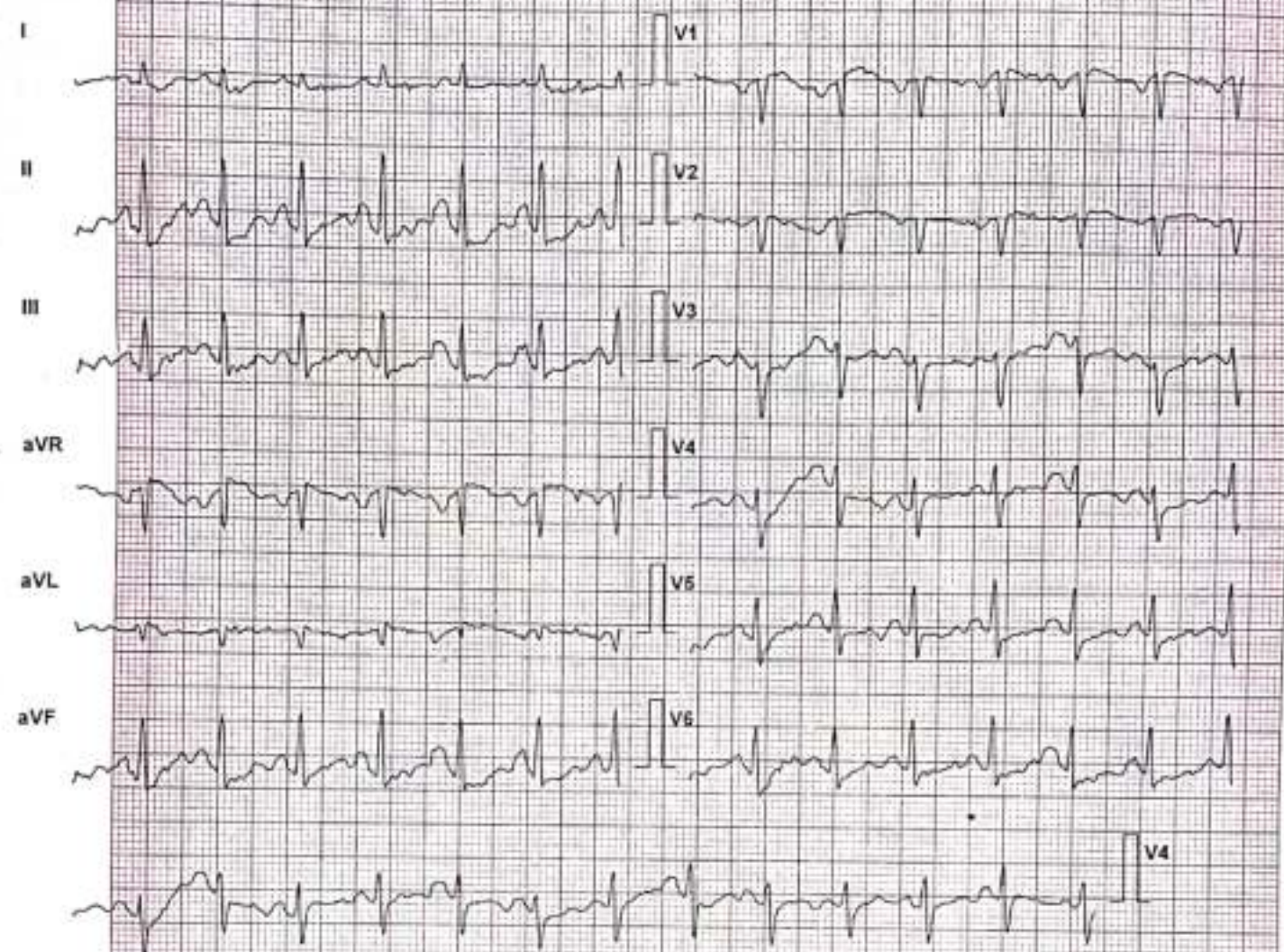
Grade: 14 %

Exec Time: 6 m 7 s

Stage Time: 0 m 7 s

HR: 130 bpm

(THR: 149 bpm)



Lead	ST Level (mm)	ST Slope (mV/s)
I	0.2	0.4
II	0.4	1.1
III	0.4	1.1
aVR	0.2	0.2
aVL	0.4	1.1
aVF	0.2	1.8
V1	0.4	0.4
V2	0.0	0.0
V3	0.0	0.4
V4	0.2	1.1
V5	0.0	0.4
V6	0.0	1.8

Chart Speed: 25 mm/sec
Schiller Spandax V4.7

Filter: 35 Hz
No - R - 60 ms J - R - 60 ms

Mains Filtr. ON
Pent J - J - 50 ms

Amp: 10 mm

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

JHIMNA BISHNOI (54 F)

ID: 854

Date: 18-Dec-23 Exec Time : 6 m 57 s Stage Time : 0 m 57 s HR: 143 bpm

Protocol: Bruce

Stage: Peak Ex

Speed: 3.4 mph

Grade: 14 %

(THR: 149 bpm)

B.P: 152 / 80

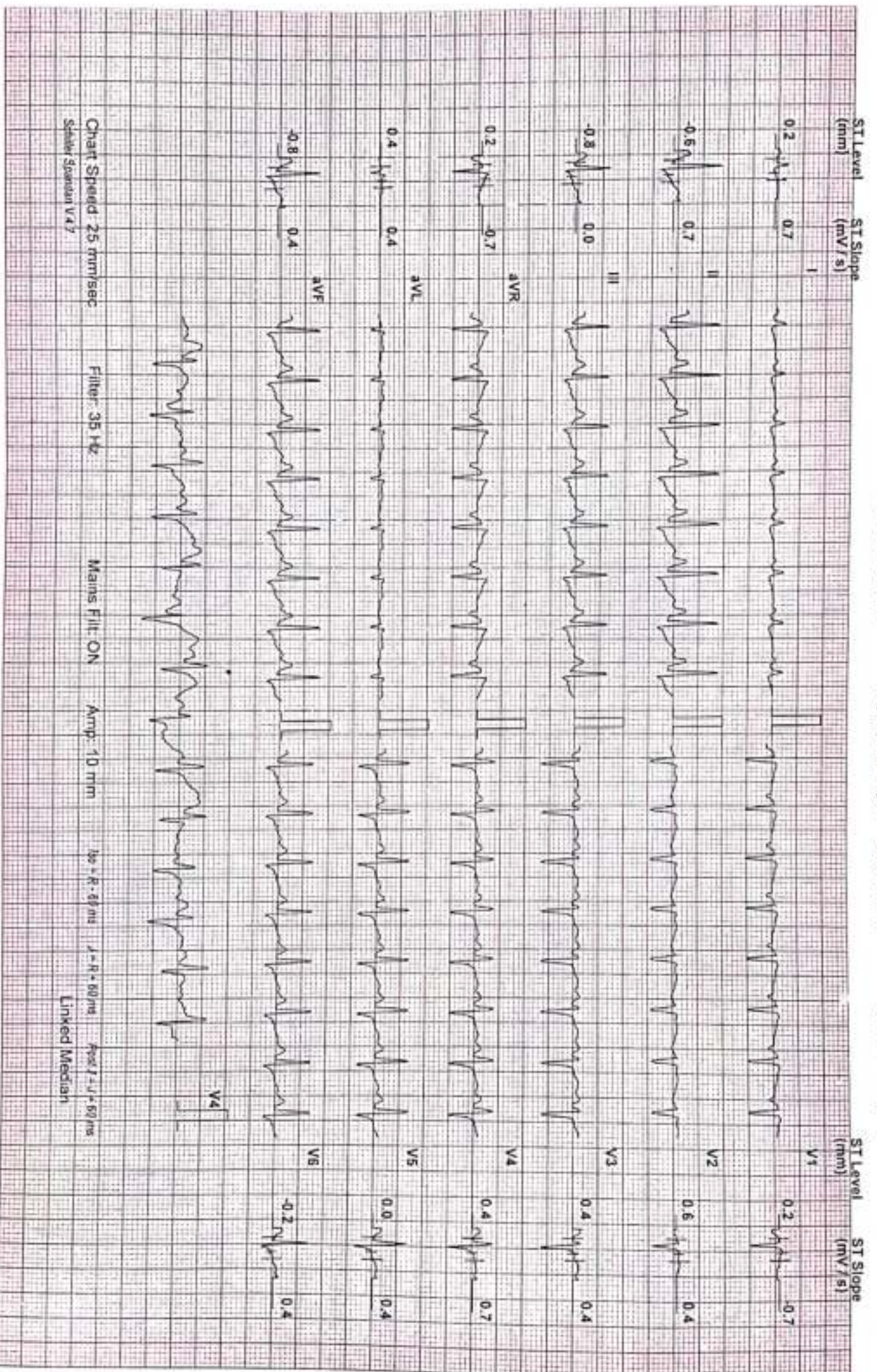


Chart Speed: 25 mm/sec
Scale: Standard V4.7

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

P₁₂ - R: 68 ms

Q - R: 80 ms

Post J - J: 60 ms

Linked Median

JHIMNA BISHNOI (54 F)

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

Protocol: Bruce

ID: 854

Date: 18-Dec-23

Exec Time : 7 m 3 s Stage Time : 0 m 54 s HR: 121 bpm

Stage: Recovery(1)

Speed: 1 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 136 / 80

ST Level (mm) ST Slope (mV/s)

ST Level (mm) ST Slope (mV/s)

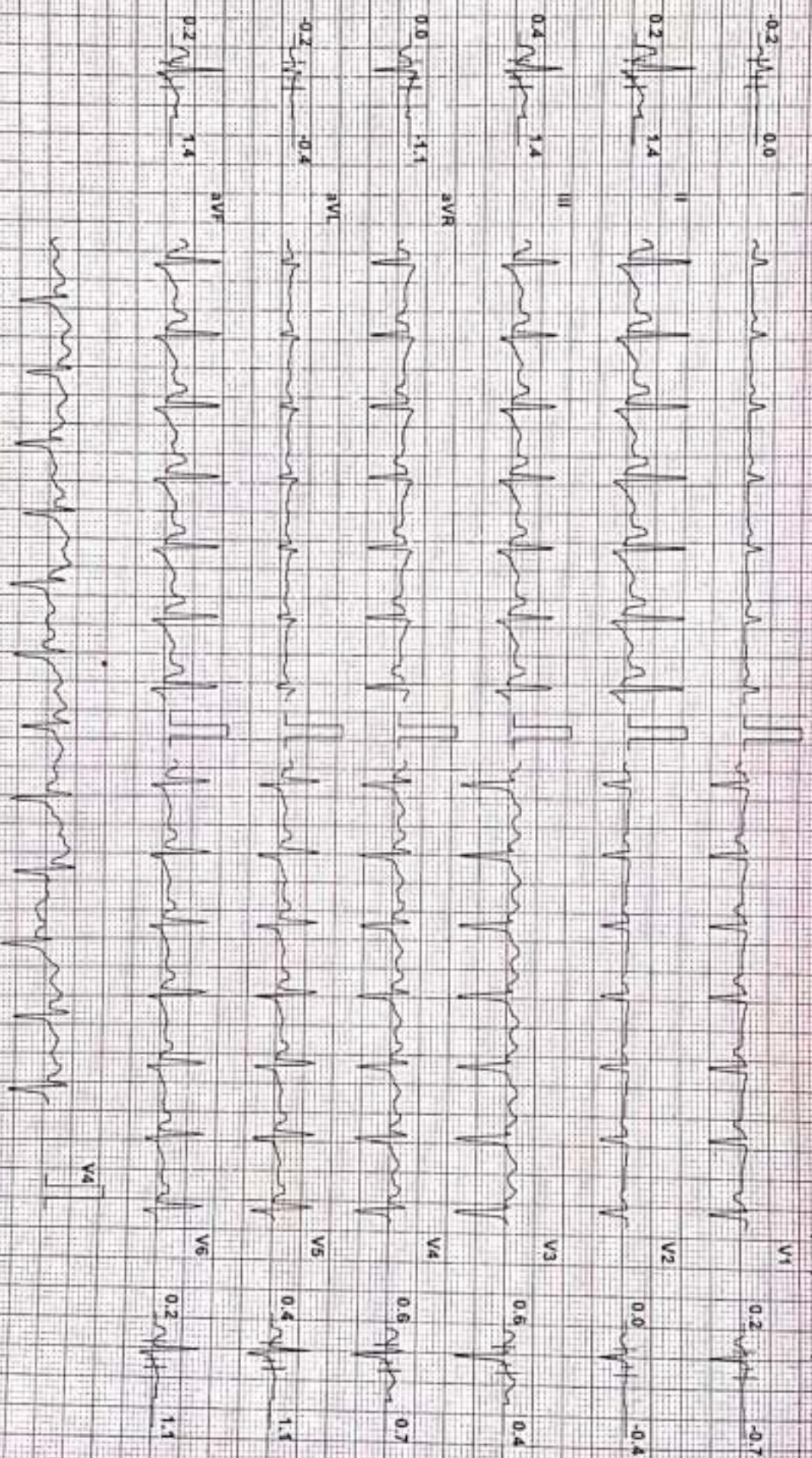


Chart Speed: 25 mm/sec
Scale: Standard V47

Filter: 35 Hz

Mains Filter: ON

Amp: 10 mm

top = R = 50 ms

J = R = 50 ms

Post J = J = 50 ms

Linked Median

SHREYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

JHIMNA BISHNOI (54 F)

ID: 854

Date: 18-Dec-23 Exec Time : 7 m 3 s

Stage Time : 0 m 54 s HR: 101 bpm

Protocol: Bruce

Stage: Recovery(2)

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 126 / 80

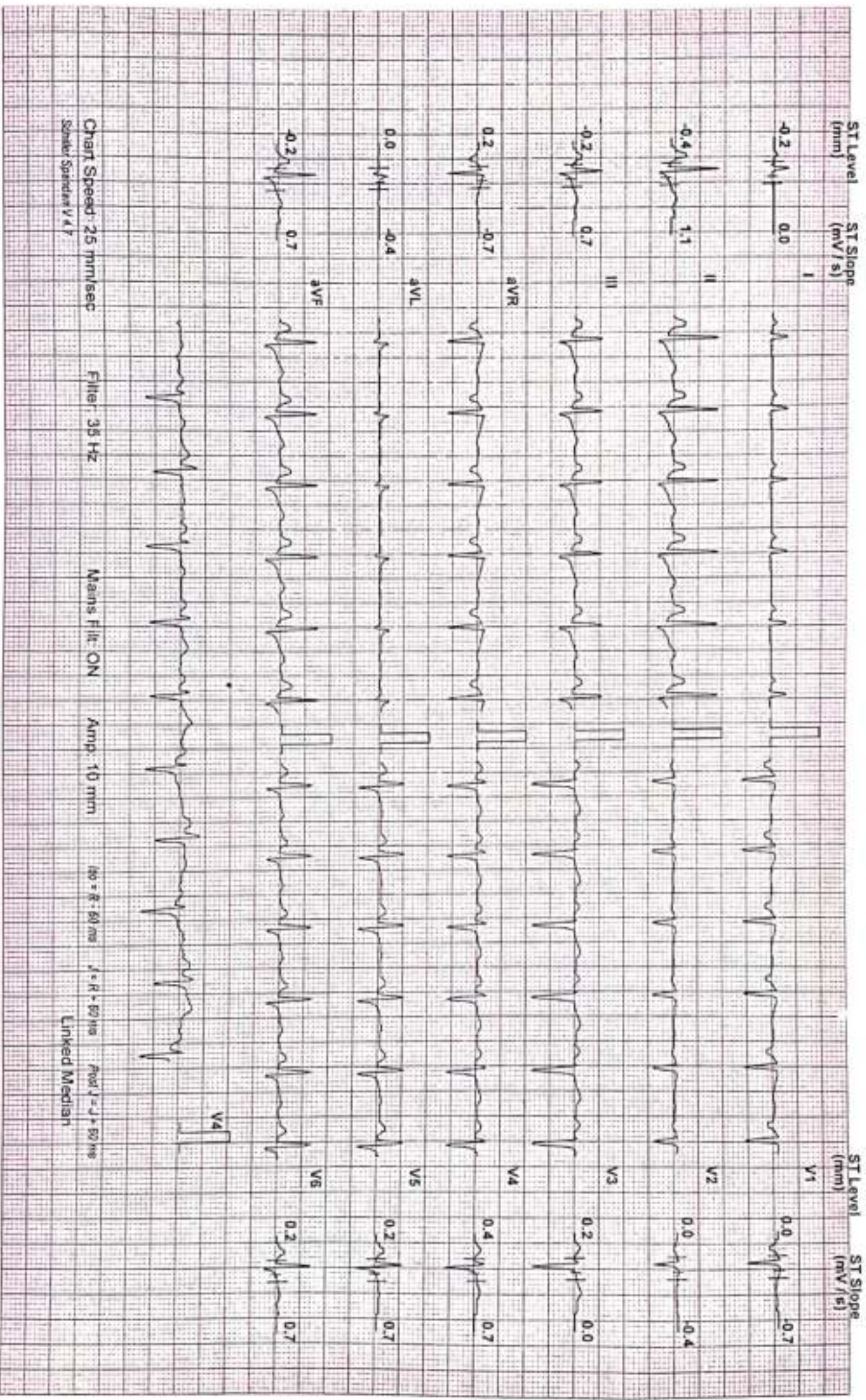


Chart Speed: 25 mm/sec
Scale: Standard V & T

Filter: 35 Hz

Main: Filtr. ON

Amp: 10 mm

40 = R - 60 ms

f = R - 50 ms

Prod J - J - 50 ms

Linked Median

SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

JHIMNA BISHNOI (54 F)

ID: 854

Date: 18-Dec-23 Exec Time : 7 m 3 s Stage Time : 0 m 54 s HR: 93 bpm

Protocol: Bruce

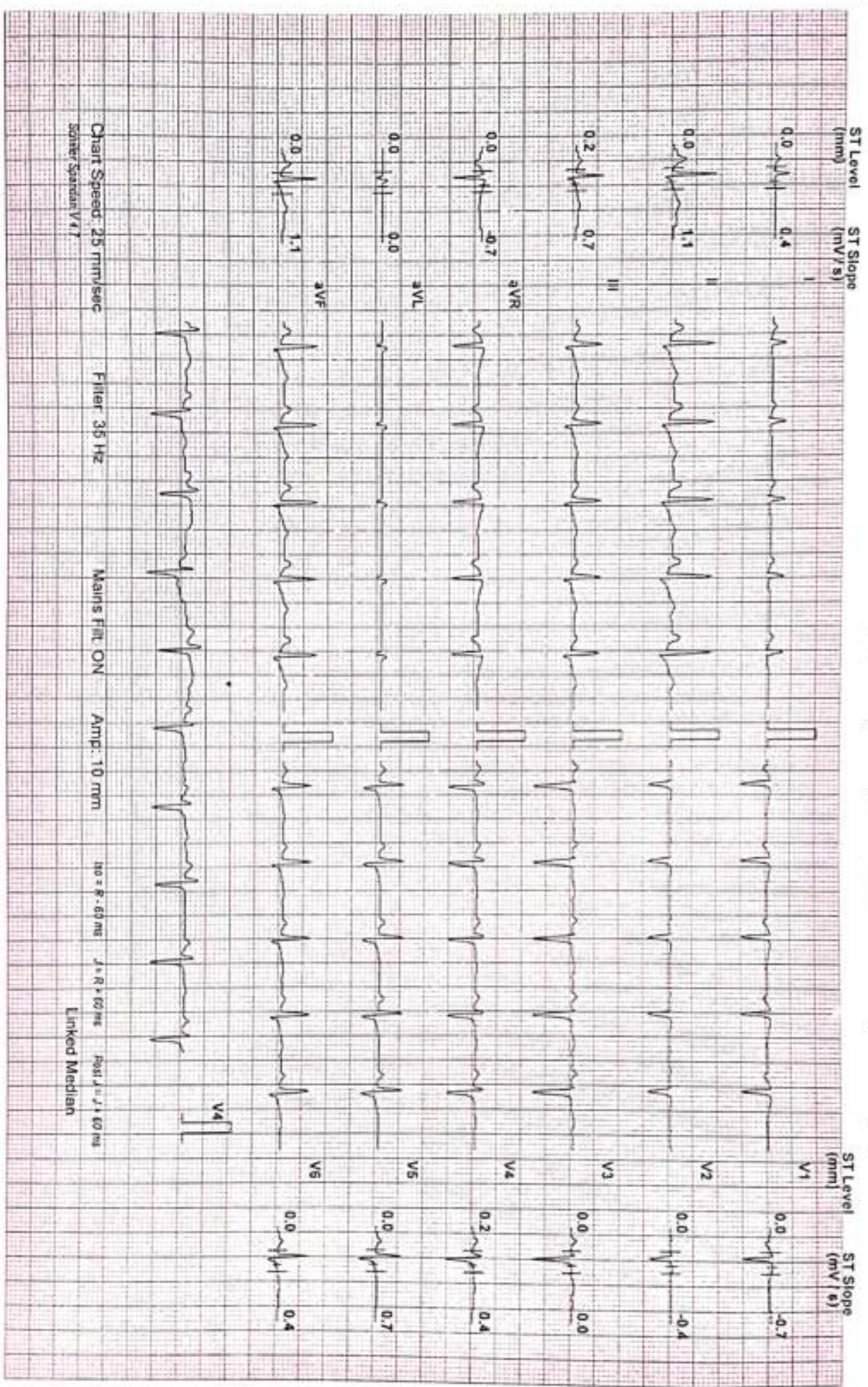
Stage: Recovery(3)

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 126 / 80



JHIMNA BISHNOI (54 F)

SHREYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

Test Report

Protocol: Bruce

ID: 854

Date: 18-Dec-23 Exec Time : 7 m 3 s Stage Time : 0 m 55 s HR: 93 bpm

Stage: Recovery(4)

Speed: 0 mph Grade: 0 %

(THR: 149 bpm)

B.P: 126 / 80

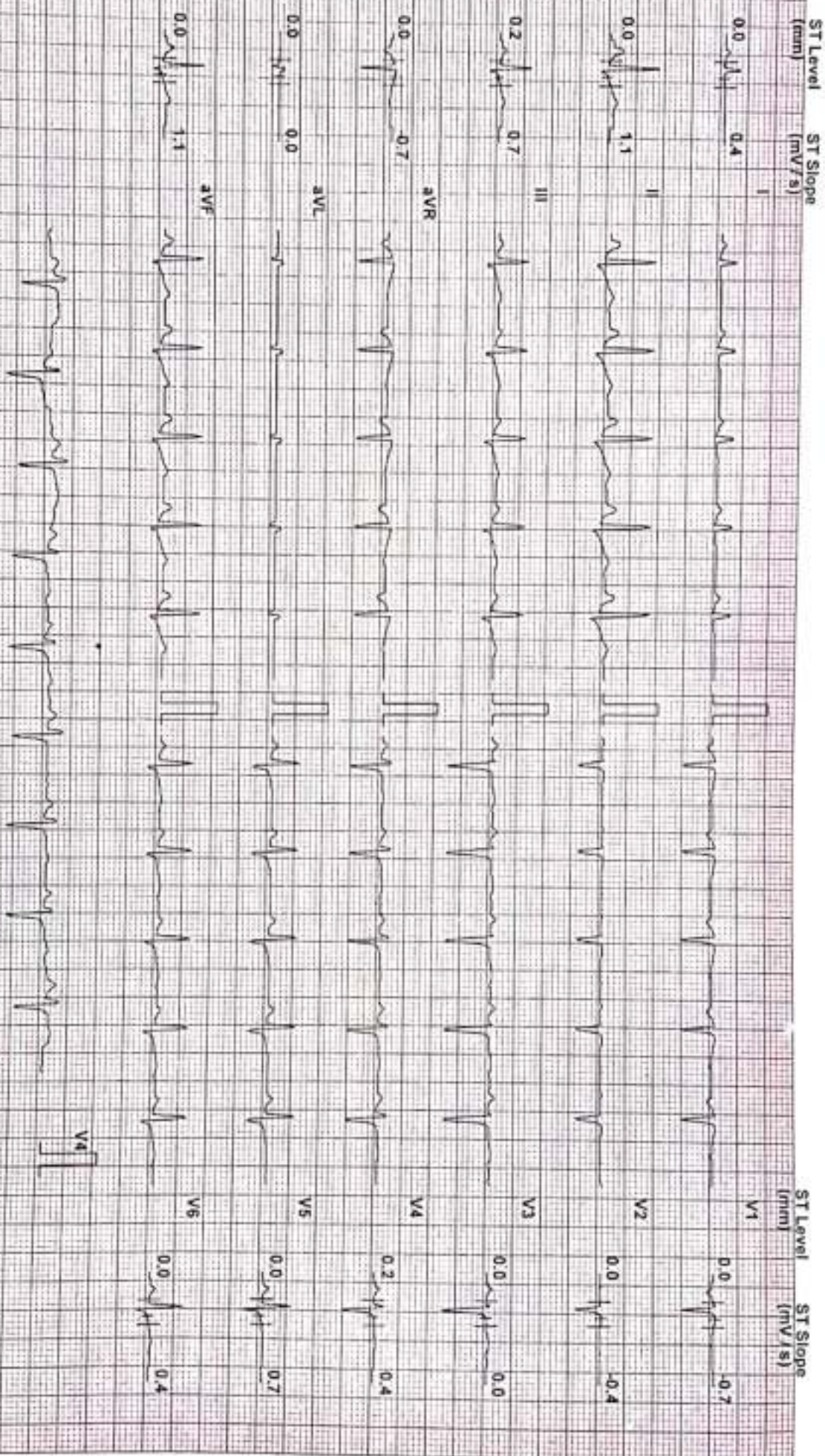


Chart Speed: 25 mm/sec
Saber Sparden V17

Filter: 35 Hz

Main's Fil: ON

Amp: 10 mm

50 x A - 60 ms

J = R - 60 ms

Post J = J - 60 ms

Linked Median

MEDICAL HISTORY

- Obesity Hypertension
 CHD Nephropathy
 Hyperuricemia Hypothyroidism
 Chronic Liver disease

Shreyanta  **Diabetes**
 & Metabolic Clinic
 Advance Diagnostic Center

DIET PLAN

Name : Jhimma Bishnoi Date : 18/12/23

Age : 51 Years Height : 161 cms. Weight : 67.2 kg. B.M.I. : 25.9

Carbohydrates : 50.1 Protein : 30 % Fats : 15 % Fibers : 25 gms.

Salt : 5.8 gms. Oil : 10 ml. Ghee : 10 ml. Kcal : 1450 kcal

सुबह : 5:30 बजे
20 मि.ली. गुलगुला पानी
1/2 चम्मच मेथी दाना / अलौवेरा
1 कप चाय / कोफी बीना शक्कर कम दूध
10 Minth Walk

नास्ता : 7:30 बजे
20 मि.ली. दूध / दही
3 बादाम / अखरोट
2 चपाती (आटा 40 ग्राम) OR
1 वेज पराठा / (Non Stick) OR
1 स्लाईस ब्रेड (गेहु की) OR
1 कटोरी उपमा / पोहा / दलीया / आट्स OR
2 नंग इडली / ढोसा OR
1 कटोरी मूंग, मूंग मोठ, सलाड OR
1 उबला हुआ अन्डा (बिना जरी) OR
2 खाखरा मुंग / मूठ

देर सुबह नास्ता : 10:00 बजे
1 कटोरी सलाड
1 ग्लास छाछ
1 कटोरी सुप
150 ग्राम फुट (सेव, पपीता, संतरा, खरबुजा, तरबुच,
 मोसमी अनार, अमरुद पाइनेपल, जामुन)

दोपहर भोजन : 12:30 बजे
2 चपाती (आटा 40 ग्राम)
1 कटोरी हरी सब्जी
1 कटोरी दाल
1 सलाड
 (सलाडमें गाजर, टमाटर, मूली, ककडी,
 प्याज, पत्ता गोबी आदी अधिक मात्रा में)
1 रायता 1 ग्लास छाछ
1 कटोरी चावल / खीचडी मुठिया
 ग्राम चिकन / मछली

शाम चाय : 4:00 बजे
1 कप चाय / कोफी बीना शक्कर कम दूध
2 मेरी गोल्ड बीस्कूट
1 कटोरी मुरमुरे / पोहा / चिचडा
30 ग्राम भुने चने
100 ग्राम फुट

रात्री भोजन : 9:30 बजे
1 कटोरी सुप
1 कप सलाड
2 चपाती (आटा 40 ग्राम)
1 कटोरी हरी सब्जी
1 कटोरी दाल / कढी / सांभार
1 कटोरी चावल / खीचडी / दलीया खीचडी

रात को सोते समय : 10:00 बजे
150 मिली दूध (बीना शक्कर और मलाई)

Shreyanta Healthcare & Diagnostics Pvt. Ltd.
 212 to 217, Swanik Arcade, Pragadnagar,
 Iarapura, Ahmedabad-380013.
 Regd. No. : 051902468

Diet Recall

Breakfast : Snaks :
Lunch : Dinner :
Total kcal Intake : kcl requirment :

खानपान सूचीका

सेवन करे

- नीबु पानी (बिना शक्कर के), चाय एवं कोफी (बिना दूध एवं शक्कर की), छाछ, सोडा पानी, कच्ची हरी सब्जियों का मलाद, वेजीटेबल सूप, अचार (बिना तेल का), टमाटर का जूस
- दूध "ए" (ज्यादा भी खा सकते है!) १०० से १५० ग्राम - ५० केलौरी ✓
पता गोभी, फुल गोभी, करेला, बैंगन, टिन्डा, मूली, टमाटर, पालक, पुदीना, मेथी, ककडी (खीरा), कंदु, भिन्डी, लौकी, शिमला मिर्च
- गुप "बी" कम खाये ४० से ७० ग्राम - ५० केलोरी ✓
मटर, गाजर, प्याज, आलु, जिमीकन्दा (सूरन), अरबी, शकरकन्द, चुकन्दर

मधुमेहग्रस्त व्यक्ति आहार में "क्या खाएँ" और "क्या न खाएँ"

- इन खाद्य पदार्थों का सेवन न करे। जैसे की शक्कर, आईसक्रीम, होलिवक्स, गुड बोनविटा, शहद, जैली, ड्रिंकिंग चोकलेट, स्लुकोज, मिठाईयाँ, सॉफ्ट ड्रिंक्स, तेलयुक्त अचार, चोकलेट, केन्डी, चटनी, पेस्ट्रीज, केक, वीट वाईन।
- खाना पकाते समय सब्जी व दाल में गुड या शक्कर न डाले।
- भजिया, पकौड़े, समोसे, वेफर्स, चकली, चिचडा, फरसाण आदी जैसी तली तीजे न खाएँ।
- अपने आहार में मक्खन / चीज / पनीर आदि शामिल न करे। मुंगफली तेल / शुद्ध घी / नारियल तेल का इस्तेमाल केवल फोडनी वघार / तडका लगाने के लिये ही करे। मधुमेहग्रस्त व्यक्तियों के लिये सरसों का तेल (सफोला) सुरजमुखी के तेल के बदले ज्यादा उत्तम होता है। कोई भी तेल खाने में ले सकते है पर मात्रा ३ चम्मच से ज्यादा नहिं।
- आलु, शकरकन्द, अडयी, सूरन, साबूदाना, वेसी चीजे न खाएँ।
- मटर, या चीकन के बदले सीमित मात्रा में मछली का सेवन ज्यादा उत्तम होता है। लेकिन इसमें नारियल का उपयोग न करे।
- मीठे फल के साथ खट्टे फल भी १ या २ खाएँ वह भी दो भोजन के बीच में लेना अधिक बेहतर है।
- कृत्रिम शर्करा (सेकरीन) का सेवन सीमित मात्रा में करे।
- भोजन को हमेशा पक करके, बोईल करके, देकर या माईक्रोवेव में ही पकाएँ।
- चिप्स, नमकयुक्त पोपकोर्न का रोजाना सेवन न करे।
- चपाती के आटा में सोयाबीन, जव, चना, मिलाके बनाने से फाइबर की मात्रा बढ़ा सकते हैं। ✓
४०० ग्राम गेहूं, २०० ग्राम सोयाबीन, २०० ग्राम जव, १०० ग्राम रागी, १०० ग्राम चना
- एक साथ भरपेट खाने के बदले थोडा थोडा बारबार खाएँ।

M. N. Pandey

Dt. NIDHI PARIKH
M.Sc. Food Science Nutrition
Diabetes Educator
Time : 10:30 am to 1:30 pm

Dt. AVANI KHATRI
M.A. Advance Nutrition
Gold Medalist
Time : 5:00 am to 8:00 pm

Human Body Composition Monitoring Report of Analysis and Suggestion

Name	Gender	Age	Height	Time of Measurement
Jhimma	Female	52	161cm	2023-12-18 11:19

Total Score 60.9

Bio-Age 58

Indicators of Body Composition

Indicators	Results	Ideal Range	Condition Judgement				
			Lower	Low	Normal	High	Higher
Weight(kg)	67.2	48 ~ 62					
BMI(kg/ m ²)	25.9	18.5 ~ 23.9					
TBF%	38.6	19 ~ 31					
VFI	13.4	2.1 ~ 9					
TBW%	46	45 ~ 65					
SM%	28.8	31.5 ~ 45.5					
BMC(kg)	2.3	2.2 ~ 2.8					
BMR (KCal/d)	1261	999 ~ 1277					

Weight Control Advice

Reduce Fat Enhance Muscle Maintain the status

Reduce Weight	5.2 ~ 19.2 kg
Increase Muscle	1.8 ~ 11.2 kg
Reduce Fat	5.1 ~ 13.2 kg
Maintain Water	30.2 ~ 43.7 kg
Maintain Minerals	2.2 ~ 2.8 kg

Recommended daily calorie intake

1329

KCal/day

Fat-Free Mass and Fat Mass Analysis

Focus	Results	Ideal Range
Fat Mass FM(kg)	25.94	9.11 ~ 19.2
Fat Mass Index FMI	10.01	3.51 ~ 7.41
Fat-Free Mass FFM(kg)	41.26	38.84 ~ 42.75
Fat-Free Mass Index FFMI	15.92	14.98 ~ 16.49
Ratio of Fat to SM	1.34	0.6 ~ 0.68



Body Composition Balance Analysis

Upper limb balance 1

Symmetrical Enhance Left Enhance Right

Body balance 1.108

Symmetrical Enhance Left Enhance Right

Lower limb balance 0.453

Symmetrical Enhance Left Enhance Right

Body Composition and Health Evaluation

Low muscle content caused by too little exercise. Calories can not be consumed effectively which convert to fat. Please increase the amount of exercise, especially those may strengthen muscle. Aerobic exercise is also helpful to you. Please avoid high calorie food, such as fried food, fat meat, dessert etc.

Health Risk Warning

Warning: visceral fat level is high. There is something wrong with your lipid metabolism, easy to cause fat liver, high blood lipids. Please lower visceral fat level to female's ideal value 3

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Maranpura, Ahmedabad-380013.
Regd. No. : 051902468



AHMEDABAD DENTAL

610, Swanik Arcade, Opp. Arjun Green, Pragatinagar, Naranpura, Ahmedabad, Gujarat 380013

Ph.: 9879994844, 9725368282

Web : www.ahmedabadental.com

Name : Thimna Bishnoi Date : 18/12/2023
 Mobile No. : 9783920580 Case No. : 1268
 Email : hanumanjodasa0580@gmail.com Birth Date : 24/08/1972
 Occupation : House wife
 Address : 108 Shiv colony Shikarjakh Jodhpur Rd - 342015
 Medical History : Annual medical health checkup
- NAD -

Consent Statement :

I hereby authorize and request the performance of dental services for Myself. I also give my consent to any advisable and necessary dental procedures, medications or anaesthetics to be administered by the attending dentist. I completely understand the complications and risks associated with the same. I understand and acknowledge that I am Financially responsible for service provided for my self of the above mentioned.

હું ડોક્ટરને દાંત પાડવાની/સર્જરી/દાંતની તમામ સારવાર અને તે માટે જરૂરી શીશી સુંઘાડવાની/ઇન્જેક્શન આપી બહેરૂ કરાવાની અને દવા આપવાની સંમતિ આપું. મેં ડોક્ટર સાહેબને મારી બિમારીને લગતી તમામ સાચી માહિતી આપી છે અને ડોક્ટર સાહેબે સારવાર અંગેના તમામ સાચા/ખોટા પરિણામોની મને મારી ભાષામાં જાણકારી આપી છે. સારવાર દરમ્યાન જો મને કોઈપણ ચાચ અને સારવાર ના ખર્ચાની સંપૂર્ણ જવાબદારી મારી રહેશે તે અંગે ડોક્ટર/હોસ્પિટલ/સ્ટાફ/સંસ્થા જવાબદારી રહેશે નહિં.

Signature, (In case of minor) Signature of Guardian

Chief Complaints : regular check-up.

Examination	Treatment Required
<p>O/E</p> <p>→ chronic generalized <u>gingivitis recession</u></p> <p>→ localized <u>76 2 / 3 67</u></p> <p>→ periodonti <u>654 / 67</u></p> <p>→ cervical abfraction <u>54 /</u></p> <p>→ faulty restoration int <u>76</u></p> <p>→ missing int <u>5</u></p>	<p>Rx scaling +</p> <p>① perio opinion int <u>76 2 / 3 67</u></p> <p>② implant int <u>5</u></p> <p>③ endo opinion int <u>54 /</u></p>

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Regd. No. : 051902468

• Interest in recall at : 3 months 6 months

PATIENT NAME: JHIMNA BISHNOI

AGE/SEX: 51Years/FEMALE

REF. DOCTOR: HEALTH CHECK UP

DATE : 18/12/2023

EYE VISION CHECK UP

EYE PARAMETERS	RIGHT EYE	LEFT EYE
DISTANCE VISION	6/9 WITH GLASS	6/6 WITH GLASS
NEAR VISION	N/6 +1.50 WITH GLASS	N/6 +1.50 WITH GLASS
COLOUR VISION	NO COLOUR BLINDNESS	NO COLOUR BLINDNESS

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Appointment +91 99042 90525 / +91 92656 34065 ☎ 079 2749 98 35 / Emergency : 87340 72706 📧 shreeyantaclinic@gmail.com

NAME: JHIMNA BISHNOI	AGE: 51 YRS/FEMALE
REF BY: - MEDIWHEEL	DATE: 18/12/2023

INVESTIGATION: X-RAY CHEST - PA VIEW

Both lung fields show prominent bronchovascular markings.

No evidence of koch's lesion or consolidation seen.

Both apices, cardiophrenic, costophrenic angles and domes of the diaphragm are normal.

The cardiac size is appears normal .

Trachea is central, no mediastinal shift is seen and the mediastinal outlines do not show any abnormality.

Bony thorax appear normal

IMPRESSION: -

NORMAL CHEST X RAY PA VIEW

Dr. Mitul Mevada
MB. DMRE.
DR MITUL MEVADA
CONSULTANT RADIOLOGIST
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

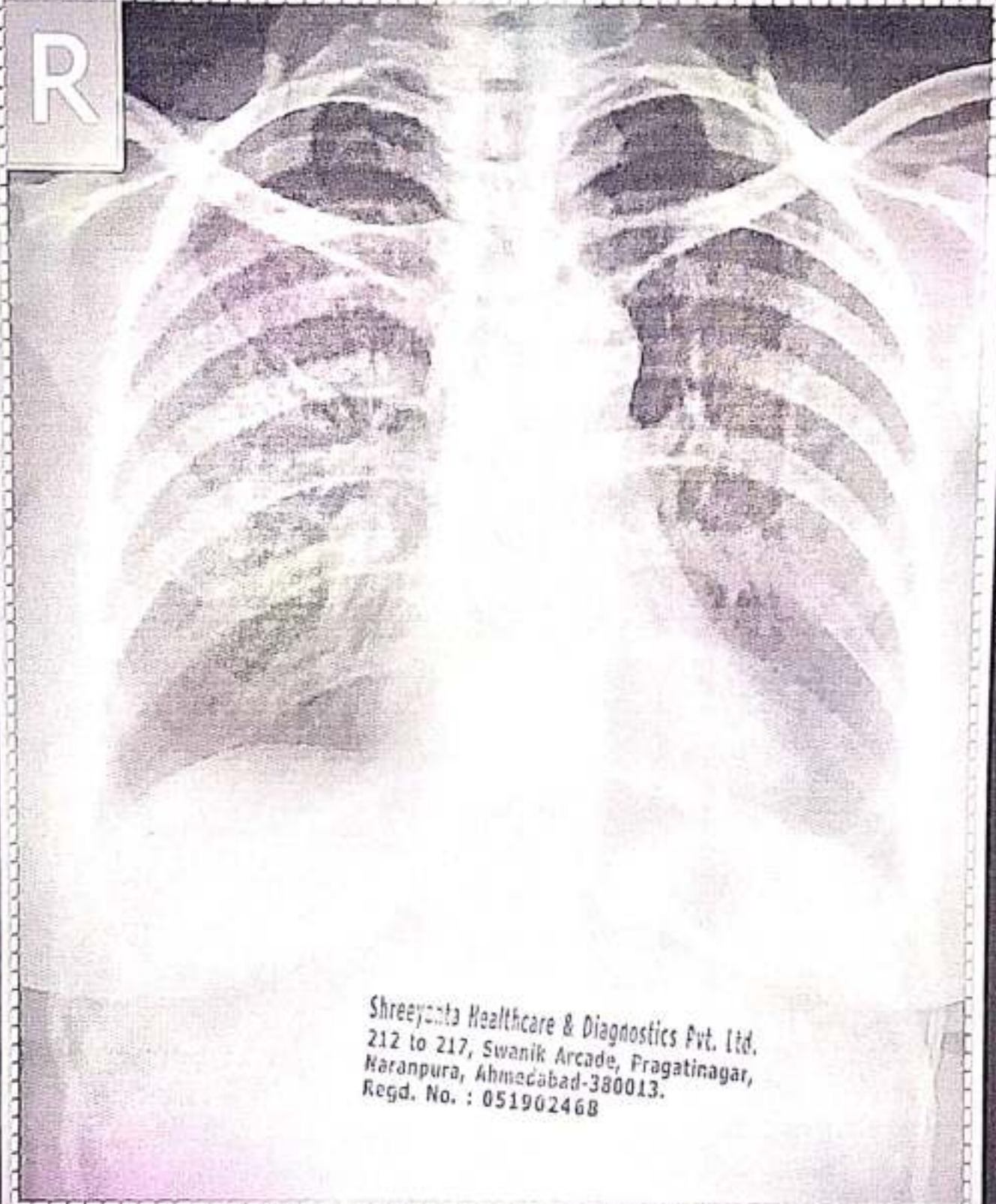
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R



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Regd. No. : 051902468

JHIMNA BISHNOI AGE -51 Female

Pat. ID.

Chest PA

REF DR:

18-12-2023 9:07:41 AM

SHREEYANTA HEALTHCARE & DIAGNOSTICS PVT. LTD.

Save as New



PATIENT'S NAME : JHIMNA BISHNOI LAB. NO : SY-2876-23
AGE/SEX : 51 Years/Female SAMPLE NO : 296
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 18/12/2023\08:17
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 :	13.90	Gms%	11.5 - 16.0
Total R.B.C. :	5.37	mill/c.mm	4.2 - 5.4
Total W. B. C. :	6900	/cu mm	4000 - 11000
Platelet Count :	319000	/cu.mm	1,50,000 - 4,50,000
Differential Count %			
	Expected Value	(Absolute Count/uL)	
Neutrophils :	<u>48</u>	50 - 60	3312 1600 - 7000
Lymphocytes :	<u>46</u>	20 - 40	3174 1000-4000
Eosinophils :	02	1 - 4	138 40 - 400
Monocytes :	04	2 - 6	276 200 - 1000
Basophils :	00	0 - 01	00 0 - 100
Blood Indices			
P. C. V :	40.20	%	37 - 47
M. C. V. :	<u>74.90</u>	fl	78 - 100
M.C.H :	<u>25.90</u>	pg	27 - 32
M. C. H. C :	34.60	%	32 - 36
R.D.W :	<u>14.50</u>	%	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 Adequate and Normal in Morphology.
PS FOR MP No Any Blood Parasites seen.

..... End Of Report

DR. JITENDRA NAYAK
M.D.(PATH)

DR. JANAK THAKKAR
M.B.D.C.P. (PATH)

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.
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Ph. No. : 051902468

Dr. Jitendra N. Nayak
(M.D., Pathologist)
Regd. No. : G-14786
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

Pathologist

Manage by Spandan Pathology Laboratory • Home Collection Facilities Available

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Dr. Jitendra N. Nayak
M.D. (Path)

Dr. Janak M. Thakkar
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Shreeyanta  Pathology
Laboratory



PATIENT'S NAME : JHIMNA BISHNOI
AGE/SEX : 51 Years/Female
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : SY-2876-23
SAMPLE NO : 296
DATE\TIME : 18/12/2023\08:17
PT ID :

HbA1C REPORT
(BY HPLC)

TYPE OF SAMPLE: EDTA

Test Name	Result	Units	Biological Reference Interval
HbA1C :	5.4	%	Non Diabetic Level : < 5.7 % Pre Diabetic : 5.7-6.4 % Diabetes : > (=)6.5%
			ADA Target for Diabetic Patient : 7.0 %

Estimated Average Glucose: 108.28 mg/dl
(eAG)

BLOOD GROUP

Sample Type: EDTA

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

..... End Of Report


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PATIENT'S NAME : JHIMNA BISHNOI LAB. NO : SY-2876-23
AGE/SEX : 51 Years/Female SAMPLE NO : 296
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 18/12/2023 08:17
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

E.S.R.(Westergren Method)

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
After one hour :	13	mm	[M: 1 - 7 / F: 3 - 12]

LIVER FUNCTION TEST

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
G.G.T:	39.3	U/L	F :5-32 M 10-45

..... End Of Report


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PATIENT'S NAME : JHIMNA BISHNOI
AGE/SEX : 51 Years/Female
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : SY-2876-23
SAMPLE NO : 296
DATE\TIME : 18/12/2023\08:17
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	:17.7	mg/dL	12.6 - 42.6
Creatinine METHOD: Jaffe's Buffewr Kinetic	:0.66	mg/dL	0.6 - 1.2
BUN METHOD: UREASE ENZ	:8.27	mg/dL	7.94 - 20.1
S.G.P.T IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:23.8	U/L	0 - 40
S.G.O.T IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:14.7	U/L	0-45
Alkaline Phosphatase METHOD: PNPP-AMP (IFCC), KINETIC ASSAY	: 67.8	U/L	30-120
Billirubin - Total METHOD: DIAZO	:0.31	mg/dL	0.2 - 1.3
Billirubin - Direct METHOD: DIAZO	:0.15	mg/dL	0 - 0.6
Billirubin - Indirect METHOD: CALCULATED	:0.16	mg/dL	0.1 - 0.4
Total Protein METHOD: BIURET	:6.44	gm/dL	6.3 - 8.2
Albumin METHOD: BCG	:3.82	gm/dL	3.5 - 5.0
Globulin METHOD: CALCULATED	:2.62	gm/dL	1.9 - 3.5
Albumin/Globulin Ratio METHOD: CALCULATED	:1.46		0.9 - 2.9
ELECTROLYTE METHOD: ISE DIRECT			
Sodium	: <u>136</u>	mmol/L	137 - 145
Pottasium	:4.1	mmol/L	3.5-5.5
Chloride	:101	mmol/L	98 - 107
URIC ACID METHOD: URICASE	:3.2	mg/dL	2.5-6.0

..... End Of Report

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PATIENT'S NAME	: JHIMNA BISHNOI	LAB. NO	: SY-2876-23
AGE/SEX	: 51 Years/Female	SAMPLE NO	: 296
REFERRED BY	: ARCOFEMI HEALTHCARE LIMITED	DATE/TIME	: 18/12/2023\08:17
LOCATION	: SHREEYANTA DIABETIC & METABOLIC CLINIC	PT ID	:


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AGE/SEX : 51 Years/Female
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : SY-2876-23
SAMPLE NO : 296
DATE/TIME : 18/12/2023/08:17
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 :	85.4	MG/DL	70 - 110
Post Prandial (PP2BS)			
Post Prandial Blood Glucose After 2HRS. :	80.0	MG/DL	80-140


THYROID FUNCTION

(CLIA METHOD)

Sample Type:SERUM

Test Name	Result	Units	Biological Reference Interval
SERUM T3 :	1.06	ng/ml	0.6-1.81
SERUM T4 :	6.8	ug/dl	3.2-12.6
SERUM TSH :	1.33	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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M.B.DCP (PATH)

Dr. Jitendra N. Nayak
(M.D., Pathologist)
Regd. No. : G-14786
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.
212 to 217, Swanik Arcade, Pragatinagar,
Ahmedabad - 380013.

Pathologist

Manage by Spandan Pathology Laboratory • Home Collection Facilities Available

2nd Floor, Swanik Arcade, Nr. Arjun Homes, B/h Vardan Tower, Pragatinagar - K. K. Nagar Road, Naranpura, Ahmedabad : 380 013.

☎ 079 27499835 ☎ +91 9904290525 / +91 9265634065 / +91 7567585429 ✉ shreeyantaclinic@gmail.com



PATIENT'S NAME : JHIMNA BISHNOI
AGE/SEX : 51 Years/Female
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : SY-2876-23
SAMPLE NO : 296
DATE/TIME : 18/12/2023 08:17
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 ENZYMETIC METHOD)	:179.7	mg / dl	Desirable level/low risk : < 200 Borderline level/moderate risk : 200-239 Elevated level/ high risk : > 240
S. Triglyceride (GPO/PAP METHOD)	:137.0	mg / dl	Normal : <150 Borderline high :150-199 High : 200-499 Very High: >=500
S. HDL Cholesterol (IMMUNOINHIBITION)	:54.9	mg / dl	Low (High Risk) : <40 High (Low Risk) : >60
S. LDL Cholesterol (CALCULATED)	:97.4	mg / dl	Optimal : <100 Near Optimal : 100-129 Borderline High : 130-159 High :160-189 Very High: > 190
S. VLDL Cholesterol (CALCULATED)	:27.4	mg / dl	Upto 34
Total Lipids (CALCULATED)	:696.4	mg / dl	400 - 1000
Chol./HDL Ratio (CALCULATED)	:3.27		0-5
LDL/HDL Ratio (CALCULATED)	:1.77		1-3.5

..... End Of Report

Dr. Jitendra N. Nayak
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Reg. No. : G-14786
DR. JITENDRA NAYAK
M.D.(PATH)
DR. JANAK THAKKAR
M.B.DCP (PATH)

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SAMPLE NO : 296
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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 :	1.015		
PH :	6		
Protein :	NIL		
Sugar :	NIL		
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

Dr. Jitendra N. Nayak
M.D. (Path)
Re DR. JITENDRA NAYAK
Shreeyanta M.D.(PATH) & Diagnostics Pvt. Ltd.


DR. JANAK THAKKAR
M.B.D.C.P. (PATH)

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Regd. No. : 051902468
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भारत सरकार
Government of India



हिमना बिशनोई
Jhimna Bishnoi
जन्म तिथि / DOB : 24/06/1972
महिला / Female



6673 5385 2353

आधार - आम आदमी का अधिकार

भारतीय विशिष्टता प्रमाणन प्राधिकरण
Unique Identification Authority of India™

पता:
W/O: हनुमान राम बिशनोई,
108-109, शिव कॉलोनी, कोणार्क
सिनेमा के पास, शिकरगढ, जोधपुर,
जोधपुर, राजस्थान, 342001

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Konark Cinema, Shikargadh,
Jodhpur, Jodhpur, Rajasthan,
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Dr. Manik K. Kinnari
(M.D. (Medicine),
Regd. No. : G-14926
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हिमना

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Naranpura, Ahmedabad-380013.
Regd. No. : 051902468

Jhinnu Bishnoi

18/12/23.

clb - Dryness of mouth.

K) clb - Hypothyroidism, since last 20 yr.

No Any family history, of HTN / D.M / IHD.

No Any PHO - D.M + HTN + IHD.

All Reports Received

with neck - colloid nodule seen in Rt lobe of thyroid gland.

T. N.

P - 100 / min

BP - 110 / 70 mmHg.

RS
WS
CNS } NAD

P/A. 152 / 10A

R) 10 T. Neurobex forte

O.H.O.

(After lunch)

— (30)

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 GPS Map Camera

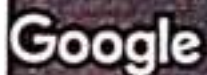
Ahmedabad, Gujarat, India

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18/12/23 01:04 PM GMT +05:30

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