

Name : Mrs. ANUSHA KONGA

Age: 27 Y

UHID:CMYS.0000060184



OP Number:CMYSOPV123762

Bill No :CMYS-OCR-22781

Date : 23.03.2024 08:27

Address : MYSORE

Sex: F

Plan : ARCOFEMI MEDIWHEEL FEMALE AHIC CREDIT PAN
INDIA OP AGREEMENT

Sno	Service Type/ServiceName	Department
1	ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324	
1	GAMMA GLUTAMYL TRANSFERASE (GGT)	
2	2D ECHO → P	
3	LIVER FUNCTION TEST (LFT)	
4	GLUCOSE, FASTING	
5	HEMOGRAM + PERIPHERAL SMEAR	
6	GYNÆCOLOGY CONSULTATION → P	
7	DIET CONSULTATION → P	
8	COMPLETE URINE EXAMINATION	WF - 63.4
9	URINE GLUCOSE(POST PRANDIAL)	HF - 57
10	PERIPHERAL SMEAR	BP - 110/80
11	EEG	
12	LBC PAP TEST- PAPSURE SKIP	
13	RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT)	
14	DENTAL CONSULTATION	
15	GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)	
16	URINE GLUCOSE(FASTING)	
17	HbA1c, GLYCATED HEMOGLOBIN	
18	X-RAY CHEST PA	
19	ENT CONSULTATION → P	
20	FITNESS BY GENERAL PHYSICIAN → P	
21	BLOOD GROUP ABO AND RH FACTOR	
22	LIPID PROFILE	
23	BODY MASS INDEX (BMI)	
24	OPHTHAL BY GENERAL PHYSICIAN	
25	ULTRASOUND - WHOLE ABDOMEN → P	
26	THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)	

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of ANUSHA LONGA on 23/3/2024

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

	Tick
<ul style="list-style-type: none"> Medically Fit 	
<ul style="list-style-type: none"> Fit with restrictions/recommendations <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>	
<ul style="list-style-type: none"> Currently Unfit. Review after _____ recommended 	
<ul style="list-style-type: none"> Unfit 	

[Signature]
Dr. Ravi Chethan Kumar A.J
 M.B.B.S., MD (General Medicine)
 Medical Officer Reg. No. 87089
 Apollo Clinic, K.D. Road, Mysore.

Apollo Health and Lifestyle Limited *This certificate is not meant for medico-legal purposes*

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 Kolar: Hanumanthpur Road | Mysore: [VV Mohalla]
 Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860 500 7788

Date : 23-03-2024
MR NO : CMYS.0000060184

Department : GENERAL
Doctor :

Name : Mrs. ANUSHA KONGA
Age/ Gender : 27 Y / Female

Registration No :
Qualification :

Consultation Timing: 08:27

Height : 157	Weight : 63.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

ABZ

no cap

up

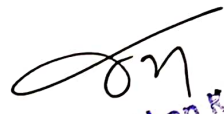
g

of

2

A
left side

Follow up date :


Dr. Ravi Chethan Kumar A.N.
M.B.B.S., MD (General Medicine)
KMC Reg. No. 12039
Apollo Clinic, Road, Mysore.
Doctor Signature

Date : 23-03-2024
 MR NO : CMYS.0000060184
 Name : Mrs. ANUSHA KONGA
 Age/ Gender : 27 Y / Female

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:27

Height : 157	Weight : 63.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

PH - VS
 2 HT - VS

MH - regular mde.
 Imp → 2/12/24.

slam - left ovary simple cyst
 4.5 x 3.7 cms

O/E - breasts → ? vague mass
 left breast
 ? fibroadenosis

↓
 follow up
 ↓

pelvic slam i full bladder.

3m → JUNE 2024

adv: regular walk.
 avoid sunbath.

Follow up date :

Box
 Doctor Signature
Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060184
Name : Mrs. ANUSHA KONGA
Age/ Gender : 27 Y / Female

Department : GENERAL [Ophthal]
Doctor :
Registration No :
Qualification :

Consultation Timing: 08:27

Height : 157	Weight : 63.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /
Allergies History

NO -

Clinical Diagnosis & Management Plan

- using corrected Spectacles
regularly.

- No H/O Tye DM - (H/O)

vision (R) (L)
Far 6/6 6/6
Near Wearing Spectacle
Colour. Not affected

Follow up date :

Doctor Signature

Regular check up.

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

10/11/2024

Date : 23-03-2024
MR NO : CMYS.0000060184
Name : Mrs. ANUSHA KONGA
Age/ Gender : 27 Y / Female

Department : GENERAL
Doctor :
Registration No :
Qualification :

Consultation Timing: 08:27

Height : 157	Weight : 63.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

~~ENT~~
ENT Examination

Ⓡ tm - Re-treated
Nose
throat - NAD.

Ad

P.T.A.

Follow up date :

Sub
Doctor Signature

Apollonia Children
Kaldasa Road, Mysore - 02
Ph : 0821-4006040/41

0.5-45Hz AC50 25mm/s 10mm/mV 2*5.0s 72 CARDIART

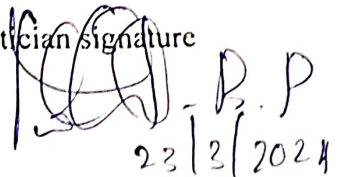
Department- Dietetics

Name- Madhura B P

Qualification- M.Sc Nutrition & Dietetic
PhD*

- Do not skip any of the meals, take small frequent meals.
- Include all variety of seasonal fruits, vegetables and green leafy vegetables on regular basis.
- Include nuts like Almond, Walnuts and dry-fruits like dried dates and raisins regularly.
- Include seeds like Flax seeds, Pumpkin seeds, Sunflower seeds, Sesame seeds and watermelon seeds- 1 teaspoon each and dry roasted.
- Avoid 5 white slow poisons like Sugar, Salt, Maida, Baking soda and creams.
- Cooking oil- ½ litre/person/month.
- Use combination of oils like Rice bran oil, Groundnut oil, Sesame oil, Mustard oil/ Coconut oil and Ghee. Change the oil every month or 2 months. But do not mix the oils.
- Drink at least 2-3 liters of water in a day.
- Skimmed or toned milk can be used on regular basis. Since it's a rich source of protein and low in calories.
- Avoid Butter, Vanaspati and Dalda.
- Avoid deep-fried foods, Biscuits, Cookies, Bakery products, Pastries, Papad, packed and processed foods, chocolates, Alcohol, caffeine and carbonated beverages.
- Avoid junk foods like Pizza and Burger.

Dietician signature


23/3/2024

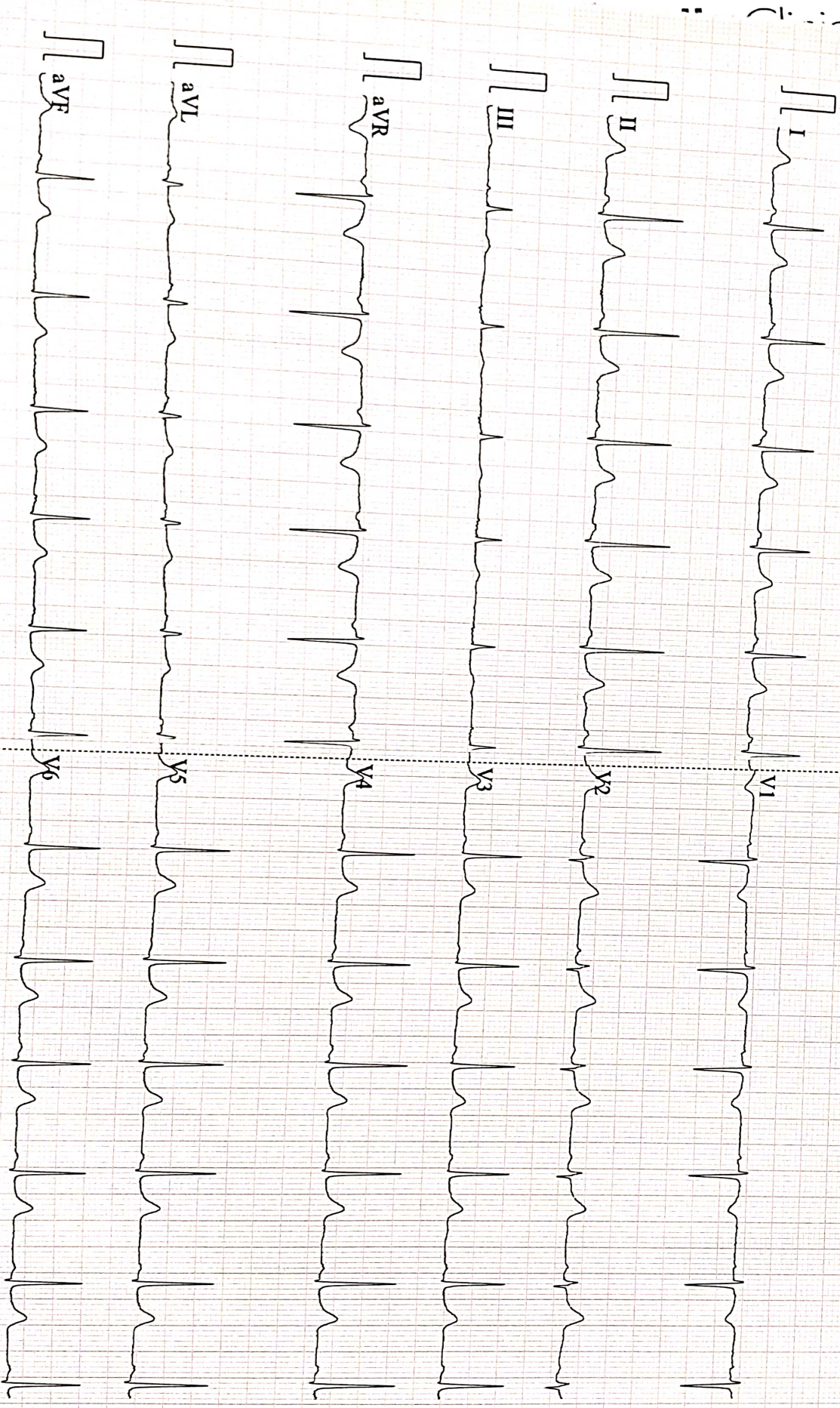
ID: 60184
MR ANUSHA KONGA
Female 27Y ears
157cm 63kg 110/80 mmHg

23-03-2024 11:25:18 AM

Diagnosis Information:

Unconfirmed Report.

Apollo Clinic
23, 1st Floor,
Kallidasa Road, Mysore - 570011



0.5~45Hz AC50 25mm/s 10mm/mV 2*5.0s 72 CARDIART 8 D V143 Glasgow V2860 APDIO SVVA

Patient Name : Mrs. ANUSHA KONGA

UHID : CMYS.0000060184

Reported on : 23-03-2024 15:13

Adm/Consult Doctor :

Age : 27 Y F

OP Visit No : CMYSOPV123762

Printed on : 23-03-2024 15:14

Ref Doctor : SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

IMPRESSION :NORMAL STUDY .

Printed on:23-03-2024 15:13

---End of the Report---



Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

Apollo Health and Lifestyle Limited

ICIN: UR5110TG2000PLC115819
Regd. Office: 1, 10-60/62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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TO BOOK AN APPOINTMENT

 **1860 500 7788**

Scanned with CamScanner

Patient Name: Mrs. ANUSHA KONGA	Date : 23.03.2024	Referring Doctor: DR Self
Age / Sex: 27Yrs/Female	UHID No :0060184	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

LIVER: It is normal in size and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is well distended and normal. No calculi seen.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 11.8x3.7cm with parenchymal thickness of 1.6 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 11.4x3.6cm with parenchymal thickness of 1.2 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No calculi seen.

UTERUS: It is anteverted and measures 9.9x3.9x6.2cm with ET= 10.2mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 2.8x1.9cm. It is normal. No mass lesion seen.

Lt. OVARY: It measures 5.5x3.2cm and shows a simple cyst measuring 4.3x3.1cm

OTHERS: No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

IMPRESSION: LEFT OVARIAN SIMPLE CYST.

Dr. Chetan H, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

CIN: UR5110TG2000PLC1158191
Regd Office: 110-60 62, Ahoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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TO BOOK AN APPOINTMENT

1860 500 7788

Scanned with CamScanner

Patient's Name : Mrs. ANUSHA KONGA .	Age & Sex; 27Yrs /Female
Date : 23.03.2024	UHD No:0060184

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 62 %
- No clots. No pericardial effusion

Findings

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

Apollo Health and Lifestyle Limited

ICIN: UR5110TG2000P1C115R191

Regd Office: 110-6D-12, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

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Patient's Name : Mrs. ANUSHA KONGA .	Age & Sex; 27Yrs /Female
Date : 23.03.2024	UHID No:0060184

Measurements

AO : 2.5 cm
 LA : 2.5 cm

RV : 2.8 cm
 LVIDd : 3.67 cm
 LVIDs : 2.49 cm
 IVSd : 2.95 cm
 IVSs : 1.22 cm
 PWd : 0.90 cm
 PWs : 1.18 cm
 EF : 62.0 %
 FS : 33.0 %

Doppler
 MV TV AV PV
 E: 0.76 m/s E --- m/s V max 1.11 m/s V max 0.80 m/s
 A: 0.40 m/s A --- m/s

Dr. GURU PRASAD. B. V, MBBS, PGDCC
 CONSULTANT – NON-INVASIVE CARDIOLOGY
 Dr. GURU PRASAD. B. V
 MBBS, PGDCC (CARDIO)
 CCEBDM, CCEBDM (CCPR), PGCC, CCEBDM
 Non Invasive Cardiology
 KMC No 69949

Apollo Health and Lifestyle Limited
 (CIN: U85110TG2000PLC115819)
 Regd Office: 1-10-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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