



Mediwheel
...Your wellness partner

Arcofemi Healthcare Pvt Ltd

(Formerly known as Arcofemi Healthcare Ltd)

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CIN: U24240DL2011PTC216307

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a Medical degree)

This is to certify that **Mrs. Tanuja Bisht** aged **33yr**. Based on the examination, I certify that he is in good mental and physical health and it is free from any physical defects such as deafness, color blindness, and any chronic or contagious diseases.

Place: Zirakpur

Date: 20/07/2024

Dr. Nitesh Kumar

MBBS

Nitesh Kumar
BCMR 47093

Name & Signature of

Medical officer

PATIENT NAME	: MRS. TANUJA BISHT W/o MEHARBAN SINGH	Mobile No	: 9888940809
UHID NO	: 33488	IPD No, AGE	: 33 Y / Female
ADDRESS	: 1263 -A SECTOR 41B CHANDIGARH	SAMPLE DATE	: 20-07-2024 10:32AM
DOCTOR	: Self	PRINT DATE	: 20-07-2024 02:11PM

Test Name	Result	Units	Biological Ref. Interval
ALT/SGPT <i>METHOD :Method : IFCC</i>	14.3	U/L	00 - 45
BLOOD GLUCOSE - FASTING <i>METHOD :Method: GOD POD</i>	86.8	mg/dL	70 - 110
BLOOD GROUP ABO	B		
BLOOD GROUP "RH"	POSITIVE		
BLOOD UREA NITROGEN (BUN) <i>METHOD :Method : Spectrophotometry</i>	7.7	mg/dl	5.0 - 20.0
COMPLETE BLOOD COUNTS [CBC]			
HAEMOGLOBIN (HB) <i>METHOD :Method: SPECTROPHOTOMETER / AUTOMATED CELL COUNTER</i>	10.6	gm/dl	11.0 - 15.0
TOTAL LEUCOCYTE COUNT (TLC) <i>METHOD :Method: Impedance/Automated cell counter</i>	4020	/cmm	4000 - 11000
NEUTROPHILS	62	%	45 - 75
LYMPHOCYTE	29	%	20 - 45
MONOCYTE	05	%	0 - 10
EOSINOPHIL	04	%	0.00 - 6
BASOPHIL	00	%	0.00 - 2.00
RBC (RED BLOOD CELLS) <i>METHOD :Method: Impedance/Automated cell counter</i>	3.54	Millions/cmm	3.8 - 5.8
PCV <i>METHOD :Method: Calculation/Automated cell counter</i>	32.6	%	35 - 47
MCV(MEAN CELL VOLUME) <i>METHOD :Method: Calculation/Automated cell counter</i>	92.0	fL	80 - 100
MCH(MEAN CELL HAEMOGLOBIN) <i>METHOD :Method: Calculation/Automated cell counter</i>	29.9	picogram	27 - 31



Reporting By: Technician

Dr. Shweta
Mbbs, Md(Pathology)
(Ex. Pgimer, Chd)

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MCHC <i>METHOD :Method: Calculation/Automated cell counter</i>	32.5	g / dL	33 - 37
RDW-CV <i>METHOD :Method: SPECTROPHOTOMETER / AUTOMATED CELL COUNTER</i>	12.7	%	10.0 - 15.0
RDW-SD <i>METHOD :Method: SPECTROPHOTOMETER / AUTOMATED CELL COUNTER</i>	47.7	fL	35.0 - 60.0
PLATELET COUNT <i>METHOD :Method: Impedance/Automated cell counter</i>	1.53	Lakh/cmm	1.50 - 4.5
PLCR(PLATELET LARGE COUNT RATIO) <i>METHOD :Method : Impedance/Automated cell counter</i>	39.9	%	11.0 - 45.0
PLCC(PLATELET LARGE COMPLETE COUNT) <i>METHOD :Method : Impedance/Automated cell counter</i>	61	/cmm	30 - 90
ERYTHROCYTE SEDIMENTATION RATE(ESR)			
ERYTHROCYTE SEDIMENTATION RATE <i>METHOD :Westergren</i>	18	mm	0 - 20
SERUM CREATININE <i>METHOD :Method : Enzymatic</i>	0.70	mg /dl	0.70 - 1.30
TOTAL BILIRUBIN <i>METHOD :Method : Diazo</i>	1.24	mg/dl	0.2 - 1.2

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Test Name	Result	Units	Biological Ref. Interval
URINE ANALYSIS (URINE ROUTINE)			
PHYSICAL EXAMINATION			
QUANTITY	25	ml.	
COLOUR	PALE YELLOW		
TRANSPARENCY	CLEAR		
SPECIFIC GRAVITY	1.025	NONE	1.005 - 1.030
REACTION	ACIDIC	NONE	ACIDIC / ALKALINE
PH	6.0	NONE	5.0 - 7.0
CHEMICAL EXAMINATION			
URINE ALBUMIN	NIL	NONE	NIL
SUGAR	NIL	NONE	NIL
BLOOD	NIL	NONE	NIL
URINE BILIRUBIN	NIL	NONE	NIL
UROBILINOGEN	NIL	NONE	NIL
URINE FOR KETONE BODIES/ACETONE	NEGATIVE	NONE	NEGATIVE
MICROSCOPIC EXAMINATION			
EPITHELIAL CELLS	2-4	/HPF	
PUS CELLS	1-2	/HPF	1-2
RBC	NIL	/HPF	

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Test Name	Result	Units	Biological Ref. Interval
CRYSTALS	NIL		NIL
CASTS	NIL		NIL
BACTERIA	NEGATIVE	NONE	NEGATIVE
OTHER	NIL	NONE	NIL

-----End of Report-----

Reporting By: Technician



Dr. Shweta
Mbbs, Md(Pathology)
(Ex. Pgimer, Chd)

OPD ASSESSMENT

Department of Ophthalmology

Pulse: 84 BPM BP: 110/80 mmHg Temp: Fo Resp Rate: 20/min HT. & Weight: 51.5kg
Allergies to drugs or food: NO 2 95-1.

Presenting Complaint :

Past History:
Diabetes: Y/N
Hypertension: Y/N
TB: Y/N
CAD: Y/N
Stroke: Y/N
Major Sx Illness: Y/N
Major Mx Illness: Y/N

Pain Score VAS 1-10:

Routine Check Up

N-6/G B/E
(unaided)

ASCOM

1/2 (unaided)

D/x
macula/wm

Colour (By Ishihara) - w/m
vision

No medication reqy

Consultant Signature

DR. MONIKA GARG

Ophthalmology

Next Follow up on

in Opd with Prior Appointment

Valid for 4 Days | Professional Opinion only. | Not for Medico Legal Purposes.

OPD ASSESSMENT
 Department of Gynaecologist

Pulse: 84 BPM BP: 110/80 mmHg Temp: _____ Fo _____ Resp Rate: 20 min HT. & Weight: 51.5kg
 Allergies to drugs or food: None

Presenting Complaint :

Past History:
 Diabetes: Y/N
 Hypertension: Y/N
 TB: Y/N
 CAD: Y/N
 Stroke: Y/N
 Major Sx Illness: Y/N
 Major Mx Illness: Y/N

Pain Score VAS 1-10:

P.L.
P. - 3 1/2 Boy LSCS

LMP: 20/6/2024

no oligomenor, was now
x 1 yr.
Periods for 3 days only, & less flow.
otherwise Regular.

causis
RF: 4-5
30-
flow

No change in weight.

No significant medical history.

Ade
↑ Physical Activity (20 min) walk daily

FSH
LH
Progesterone
TSH

D2/D3
(fasting) - meditation

USG Pelvis

ARACITOL NANO 60 k shots
once a week x 8 weeks.

TB- SUTICAL 500 ① daily x 1 mo

R/A Blood Repts

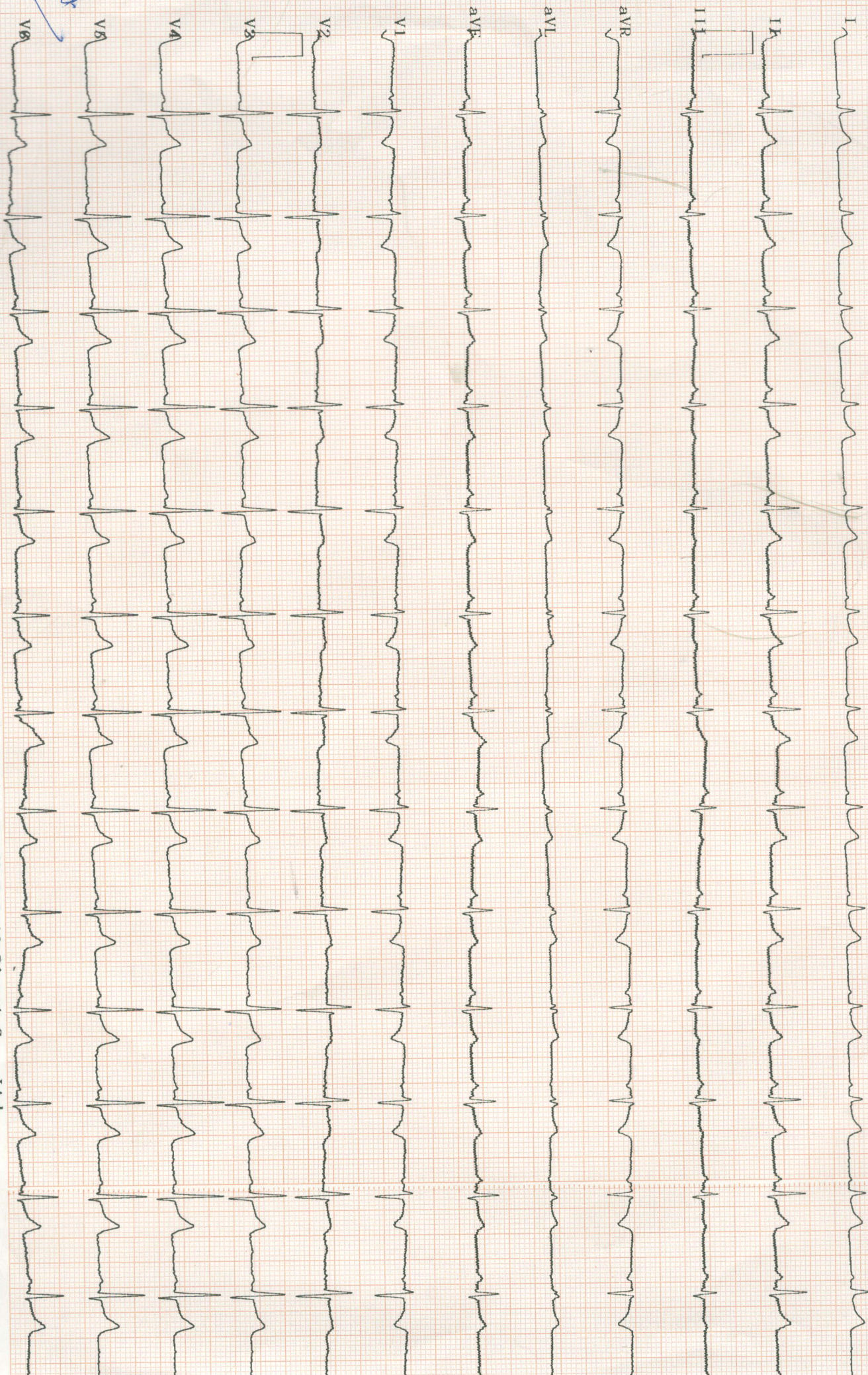
Consultant Signature
DR. ALKA SINGLA
 Gynaecologist
20/7/24

Pkt-2001111D : 33448
Name: Tanuja
Age : 0 years - 33
Sex : Female
H : 0 cm / W : 0 kg

Heart Rate: 73 bpm

Prescribed by:

Dr. HARDEEP SINGH
M.B.S. M.D. PMC REG. NO. 34833
CONSULTANT PHYSICIAN
MEHAR HOSPITAL, ZIRAKPUR



0.2Hz - 150Hz.

A31010mm/mV. 25.0mm/sec

Cardio7 2.13 Bionet Co., Ltd.

Handwritten signature

<i>Patient Name</i>	TANUJA BISHT 33Y/M	<i>Patient ID</i>	33488
<i>Age/D.O.B</i>	33Y/F	<i>Gender</i>	M
<i>Ref Doctor</i>	SELF	<i>Date</i>	20 Jul 24

XRAY RADIOGRAPH CHEST - PA

Observations

Trachea is in the midline.
Both the costophrenic angles are clear.
Hemidiaphragms are normal in position and contour.
Cardiothoracic ratio is within normal limits.
Hilar shadows appear normal.
Both the lung fields are clear.
Bony thorax under view is unremarkable.

Impression

Radiograph chest does not reveal any significant abnormality.

Reported By,



Dr. Aditi Agarwal

MBBS, MD

Consultant Radiologist

TSMC - TSMC/FMR/30641

TANUJA, BISHT, 33Y, M, : CR From 20/07/2024

