



# KANGROW HEALTH

Shwedhyaa Ventures LLP ®

'SMART HEALTH STARTS YOUNG'







ID No : KH027

## Institutes/ Industries Health Check-Up Report

|                              |   |                      |
|------------------------------|---|----------------------|
| Institutes / Industries Name | : | Shwedhyaa Institutes |
| Check-up Date                | : | 25-07-2025           |
| Full Name                    | : | Manoj C              |
| Date of Birth (DDMMYY)       | : | 30-07-1984           |
| Age                          | : | 41 years             |
| Contact No.                  | : | 9741447815           |
| Place                        | : | Mysore               |

## Specific Findings (Adults)

| Parameters                | Value                    | Interpretation | Normal Range                                   |
|---------------------------|--------------------------|----------------|--|
| Height                    | 165 cm                   | NA             | NA   |
| Weight                    | 75kg                     | NA             | NA   |
| BMI                       | 27.55 kg /m <sup>2</sup> | High           | 18.5 To 24.9                                   |
| Waist/Height Raio         | 0.6                      | High           | 0.46 To 0.49 F<br>0.46 To 0.53 M               |
| Blood Pressure (BP)       | 120/80                   | Normal         | Systolic: 9-120 mmHg,<br>Diastolic: 60-90 mmHg |
| Body Temperature          | 37.1°C                   | Normal         | 36.1°C to 37.9°C                               |
| Oxygen saturation<br>SPO2 | 96%                      | Normal         | 93–100%  |
| Pulse Rate (PR)           | 84bpm                    | Normal         | 50–100 beats per minute                        |
| Respiration               | 16                       | Normal         | 9–20 breaths per minute                        |

|   |   |   |
|---|---|---|
|  | <b>Ears:</b> Wax +  | <b>Hearing:</b> Normal  |
|  | <b>Eyes:</b> Normal   | <b>Vision:</b> Normal<br><b>Right Eye:</b> 6/6 <b>Left Eye:</b> 6/6 |
|  | <b>Dental &amp; Oral Cavity:</b><br>No Abnormalities detected | <b>Caries:</b> 63,73,83<br>64,74,84                                 |
|  | <b>General Physical Exam:</b>                                 | Normal  |
|  | <b>Systemic Examination:</b>                                  | Normal  |
|  | <b>Nutrition Assessment:</b>                                  | Normal  |

### Lab Findings (Blood & Urine Analysis):

High Random Blood Sugar

### Recommendations:

1. Follow up with FBS, PPBS, HBA1C and Consult with your Physician.

### Head, Medical Team:

DR MANOJ C  
CHIEF MEDICAL ADVISOR  
KANGROW HEALTH



### General recommendations:

1. Six monthly visits to a Dentist for Dental Examination
2. Annual Vision Examination for children between 3–12 years
3. Regular Assessment of Growth Parameters (Height, Weight, and BMI)
4. If your child is diagnosed with a Chronic Medical Condition, follow up on a regular basis with a doctor

### Disclaimer\*

We are not responsible for accuracy or inaccuracy of health examination and lab data or findings and/or recommendations based on the above findings. You are requested to kindly consult first with your Physician/Paediatrician for further inputs/investigations and or advice.