

सेवा में

श्रीमान जिल्ला आर्युवेदिक एवं यूनानी अधिकारी महोदय

जनपद कदप्रयाग (उत्तराखण्ड)

विषय - स्थानान्तरण हेतु प्रार्थना पत्र ।

महोदय सविनय निवेदन है कि प्रार्थिनी (डा. प्रियंका जयश्री) से
हैनाती वर्तमान में रा. से. चि. आयुषविंग देड़ा कदप्रयाग में
चिकित्साधिकारी के पद पर कार्यरत हैं।

महोदय प्रार्थिनी वर्तमान समय में गर्भवती अवस्था में हैं एवं
उक्त चिकित्सालय सड़क मार्ग से लगभग दो की.मी. की
दूरी पर हैं तथा संकरी सीढ़ीनुमा पैहल हैं, जिस कारण कि
प्रार्थिनी को चिकित्सालय आने जाने में अत्यन्त कठिनाईयों
का सामना करना पड़ रहा है।

अतः महोदय से सविनय निवेदन है कि प्रार्थिनी का स्थानान्तरण
करने की महान कृपा करें, प्रार्थिनी सदैव आपकी आभारी रहेगी।

सधन्यवाद

पत्रांक संख्या - 08/PR/2025-26

दिनांक - 14/05/2025

प्रार्थिनी
14/05/2025

डा. प्रियंका जयश्री

रा. से. चि. श. (ग्राम देड़ा) कदप्रयाग
आयुष विंग -

G₁P₀A₀ - M/L = 2 year

Obstetric History:

Mensural History:

LMP. 4/10/24 EDD. 11/07/25

Significant Past History:

Significant Family History:

High Risk Factors:

Date: 17/2/25

Hb 11.5 Gms%

Bl. Grp/Rh - A+ve

VDL

HIV } NR

Hbs Ag

Bl. Sugar mg%

2 hours

Urine-
R Pcells-0-1
M Ecells 1-2

S.TSH - 1.08 (22/11/24)

Torch

APA Profile

Double Marker = low risk (2/1/25)

Thalassemia Profile

Quadruple Test

2/1/25 USG I SLIUF of 13 weeks 4 days +/- 10
which is corresponding with the period of
Amenorrhoea, Cervical length = 4.2cm

20/2/25 USG II Single live Fetus with Composite usg age of
19 week 3 days of Gestation in variable presenta
with posterior low lying placenta. No other anomalies
anomaly in seen. Normal Fetal ECHO on 20/2/25

21/4/25 USG III Single live fetus of 29 weeks 2 days durat
in breech presentation, AF2 of 12.5cm with
single loop of cord around the neck

Husband Bl. Grp/Rh

INJTT	I Dose	II Dose
Date	<u>18/2/25</u>	<u>19/3/25</u>

DANGER SIGNALS

Any bleeding per vagina
or absent baby movements
Pain in lower abdomen back at regular intervals.

Decrease baby movements
Leaking P/V-watery discharge

IMP POINTS

Avoid travel during 1st 3 months
Keep daily fetal movement counts DFMC
Lie in left lateral position
Avoid heavy wt. stairs
Do walking & breathing exercises

1 Hrs. Morning

1 Hrs. After Noon

1 Hrs. Evening

>12 more



SINGH EYE HOSPITAL & MOTHER CARE CENTRE



ADDRESS: 230, MODEL COLONY ARAGHAR DR. R.N SINGH LANE

HARIDWAR ROAD, DEHRADUN (U.K)

TEL:-0135-2672863, 0135-2974341, 7579070376, 8755986666



52767

: MRS. PRIYANKA JAGURI ANC 966 (28y. Female) - 9760084648

Date & Time

: 21-Apr-2025 01:15 PM

Address

: SARASWATI VIHAR D DUNWO MR VIKAS NAUTIYAL

BP 110/60 mmHg | Pulse 90 bpm | Weight 69.9 kg | SPO2 98 % | LMP 04-10-2024 | EDD 11-07-2025 |

Gestational Age 28 weeks 3 days

Perv. Investigations: CBC-HB-11.3, TLC-13.12, P COUNT-152, VIT B12-193, VIT D3-46.82, GCT-152.3, FBS-93.3, URINE - P CELLS-1-2, E CELLS-0-2 ON 18/4/25.

ULTRASOUND REPORT: USG-SLF OF 29WEEKS 2 DAYS DURATION IN BREECH PRESENTATION, AFI OF 12.5CM WITH SINGLE LOOP OF CORD AROUND FETAL NECK ON 21/4/25.

Complaints: AMENORRHEA X 7 MONTH, SWELLING IN BOTH FEET AND HANDS X1WEEK, STIFFNESS IN HANDS, BACKACHE

General Examination: P/A 28 WKS CEPHALIC FREE FHR-151B/MIN.

Diagnosis: ANC

Rx

Medicine	Dosage	Timing - Freq. - Duration
1) RAPRAL -DSR Timing : 1 Before breakfast	1 - 0 - 0	Before Food - Daily - 1 Week
2) SYP. TOTALAX NF 200ML Composition : Lactitol monohydrate 10 GM /15 ML Timing : 1 After dinner Notes : 15ML WITH 1 GLASS LUKEWARM WATER	0 - 0 - 1	After Food - Daily - 1 Week
3) TAB. FAA 20MG Composition : Ferrous Chelate 30 MG + Folic acid 1.5 MG + Vitamin B12 15 MCG + Zinc Picolinate 10 MG Timing : 1 After lunch	0 - 1 - 0	After Lunch - Daily - 1 Month
4) TAB. CORCIUM Composition : Elemental calcium 225 MG Timing : 1 After breakfast, 1 After dinner Notes :	1 - 0 - 1	After Food - Daily - 1 Month
5) TAB. DROLUTE 10MG Composition : Dydrogesterone 10 MG Timing : 1 After dinner Notes : SOS/ IF PAIN IN LOWER ABDOMEN	0 - 0 - 1	After Dinner - Daily - Till Next Visit
6) CAP. IMU-D 60 K Timing : 1 After lunch	0 - 1 - 0	After Breakfast - Weekly - 8 Weeks
7) TAB. NUROKIND OD Composition : Mecobalamin 1500 MCG Timing : 1 After breakfast	1 - 0 - 0	After Breakfast - Daily - 1 Month

Advice: PROGNOSIS EXPLAINED ABOUT ALTERED GCT AND LOW VIT B ND D LEVELS ND IMPACT ON PREGNANCY.

SECOND OPINION AT HIGHER CENTRE CAN BE OPTED IF PATIENT NOT SATISFIED WITH TREATMENT ADVISED

DR MANISHA SINGH WILL NOT BE AVAILABLE FROM 26/04/2025 TO 30/04/2025, IN HER ABSENCE OPD AND EMERGENCY WILL BE ATTENDED BY DR ABHINAV SINGH/ DR. SONALIKA

DANGER SIGNALS AND PRECAUTIONS SAME AS EXPLAINED IN PREVIOUS VISIT

DOWNLOAD HEALTH PLIX APP FOR

APPOINTMENTS LINK : <https://tinyurl.com/healthplxapp>

FOR MORE DETAIL CALL 8755986666.

DOCTOR CODE FOR DR MANISHA SINGH HPI.X86666

Next Visit :26-May-2025 - Monday

LMP: 2024-10-04



MEGHA

DELUXE

MOBILITY FEES APPLICABLE FOR 3 DAYS
EVENING OPD DAILY FEES APPLICABLE

or All Gynae Appointments/Problems
Call on 24 Hrs. Helpline Number
or Whatsapp 8755986666

Mother Care Centre
For appointment call
0135-2974341

Dr. Manisha Singh
M.B.B.S., M.D.

ANTENATAL EXAMINATION

[illegible]



Mother Care Centre

Dr. Manisha Singh
M.D. (Gynae. & Obs.)
Gold Medalist
Registration No. 1054(UKMC)

230, Model Colony, Dr. R N Singh Lane,
Araghar, Hardwar Road, Dehradun, Uttarakhand
Contact No.- 0135-2672863, 9897062530 WA No. 8755986666
Email- mothercarecentre@gmail.com
Hospital Reg. No.-
DRA/CEA/PVT/653/ FEB 2023



ANIC 966

Patient Name : Priyanka Jagori
UHID No. : 52767 Husband Name : Mr Vikash
Age/Sex: 28 yr / F Date : 18/2/25
Contact No.: 9760084648
Address: Saraswati Vihar D'Dun