

FAT TO FIT 2020 - December.2023

By Clinical Dietician: Mehar Panjwani / 9920027711



SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	In Months	SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	In Months
1	Sameer Thakker	120	60	60	18	42	Aasha Gandhi	68	60	8	2
2	Prakash Mukim	108	80	28	22	43	Mukund Shah	85	78	7	2.5
3	Fatima Shaikh	95	74	21	10	44	Manisha Somaya	96	89	7	3
4	Fatima Abaas	108	88	20	6	45	Ms.Payal Nagrani	87	80	7	3
5	Yash Jain	123	103	20	6	46	Tanvi Vakil	70	63	7	2
6	Suvika Videsh	117	99	18	10	47	Mamta Shah	75	68	7	2
7	Zarina Shaikh	86	69	17	7	48	Avinash Suthank.	74	67	7	2
8	Karan Shrama	96	79	17	9	49	Cheeranjeev	93	86	7	2
9	Meena Faria	86	70	16	5	50	Nehal Shah	72	65	7	3
10	Manav Lalwani	95	80	15	4	51	Shilpa Desai	69	62	7	2
11	Yasmin Ansari	82	67	15	6	52	Khushboo bhuvu	72	65	7	2
12	Deepika Gada	100	86	14	5	53	Kalpesh Mehta	79	72	7	2
13	Bharti Madhu	75.5	62	13.5	4	54	Ganesh Shah	80	83	7	3
14	Vishal Rawade	88	75	13	4	55	Shivam Hazare	88	81	7	2
15	Siddharth Jain	113	100	13	3.5	56	Hemangini Mehta	71.5	65.3	6.2	2
16	Udeep Pathak	146	134	12	4	57	Fraser	80	74	6	1
17	Kushal Patel	85	73	12	4	58	Anila Parekh	92	86	6	2
18	Nicollete Sen	93	82	11	3	59	Rekha RP	91	85	6	1
19	Shalini Sawant	82	72	10	3	60	Preeti Mandiyani	95	89	6	2
20	Indu Vaid	80	70	10	3	61	Vidhya Sugandh	78	72	6	1
21	Payal Singh	83	73	10	4	62	Yamini Mehta	66	60	6	1
22	Siddhi Dolas	90	80	10	3	63	Bhavna Vora	100	94	6	1
23	Viral Hansal	70	60	10	3	64	Khushal Patel	98	92	6	2
24	Meenakshi M.	73	63	10	4	65	Manushi Patel	90	84	6	1
25	Sameena Ansari	90	80	10	3	66	Sonal Shah	85	79	6	1
26	Deepali Vora	79	69	10	3	67	Khushboo Mehta	63	57	6	2
27	Deepak Vora	79	69	10	4	68	Bajendra Pal singh	85	79	6	1
28	Yamini Mehta	79	69	10	3.5	69	Veena Turakhia	78	72	6	2
29	Manisha Desai	85	75	10	4	70	Anshuman Chatwa	74	68	6	1
30	Preeti Tailor	79	69	10	3.5	71	Vidya	103	97	6	2
31	Mona Gandhi	85	76	9	3	72	Kamini Vyas	83	77	6	2
32	Hetal Karia	79	70	9	3	73	Sayed Mohammed	106	100	6	1
33	Sonal Dhruv	79	70	9	3	74	Dheer Bhatia	78	72	6	1.5
34	Darshi Jain	71	63	9	3	75	Amita Rawade	74	69	5	1
35	Hetal Karia	81	73	8	3	76	Jyoti Sequeria	72	66.5	5.5	1
36	Aditi Mehta	93	84	8	3	77	Jyoti Desai	88.3	83	5.3	2
37	Chiranjeev L	92.6	84.6	8	3	78	Shanti Narendra	93	88	5	1

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38	Grewal Sarabjeet	72	64	8	3	79	Meethi Devji	78	73	5	1
39	Rita Bablani	85	77	8	3	80	Sonal Rohit Shah	89	84	5	1
40	Asha Gandhi	68	60	8	3	81	Meena Tavia	86	78	8	3
41	Kirti Bathija	78	70	8	2.5	82	Sheeroo Sidhwa	78	70	8	5

SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	in months	SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight t LOSS Kgs	in months
83	Hemant Vahalia	102.6	95	7.6	3	105	Bharat Shetye	65	60	5	1
84	Arati Punjabi	67.5	60	7.5	3	106	Anthony Travasso	85	80	5	2
85	Nehal Shah	72.5	65	7.5	3	107	Shagun Mehta	60	55	5	1
86	Zahid Shaikh	107.5	100	7.5	3	108	Naman Kanodia	133	128	5	2
87	Shilpa Desai	69	62	7	3	109	Jill Parikh	109	104	5	1
88	Divya Mendon	83	76	7	3	110	Usha Mehta	77	72	5	1
89	Vidya M	103	97	6	1	111	Hansa Bhangde	75	70	5	1
90	Kamini Vyas	83	77	6	1	112	Karuna Gharat	67.5	62.5	5	1
91	Sayed Mohd.	106	100	6	2	113	Parinita Goel	65	60	5	1.5
92	Jyoti Sequeria	72	66.5	5.5	2	114	Sheena Bhasin	60	55	5	1
93	Anthony Travas	85	80	5	5	115	Teena Mehra	71	66	5	1
94	Shagun Mehta	60	55	5	2	116	Smriti Agarwal	60	55	5	1
95	Naman Kanodia	133	128	5	2	117	Shagun Mehta	60	55	5	1
96	Usha Mehta	77	72	5	1	118	Rupashi Agarwal	103	98	5	1
97	Swati Sahani	65	60	5	1	119	Reshma Deevan	65	60	5	1
98	Preeti Duggal	70.4	65.4	5	1	120	Hemangi Mehta	66	61	5	1
99	Nalini Rajan	83	78	5	2	121	Shruti Sheth	75	70	5	2
100	Damyanti Raviya	72	67	5	1	122	Nehal Thakker	70	65	5	2
101	Hetal Shah	82	77	5	1	123	Rupal Tamia	65	60	5	1
102	Namisha P	79	74	5	1	124	H Balaria	120	115	5	1
103	Palak Chandaraj	73	68	5	1	125	Diza Damania	64	59	5	1
104	Hansraj B	75	70	5	2	126	Naresh Sadarangani	95	90	5	5

LEAN to MUSCULAR upto 2020 - Dec 2023

# NO	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight GAIN	in months
1	Harshita	34.5	50	15.5	4
2	Rohan Sunthankar	56	70.5	14.5	12
3	Heta Mody	37	43	6	3
4	Osama Shaik	55	60	5	1
5	Osama Shaikh	55	60	5	2
6	Husna Shaikh	36	40	4	1
7	Karan Parekh	51.3	55	3.7	2

kindly whats app with full name if to be added to the nutritional awareness broadcast for free

and many more...take your step forward today for a healthier wiser you!