Dear Members,

Date: 01/04/2009

We have organized an Exclusive "Health Analysis" by Thyrocare under the head of 'Agroha Vikas Trust'. For Members, their Family & their friends at Special Rate as detailed in attached Circular and mentioned below:

<table>
<thead>
<tr>
<th>Sr. #</th>
<th>Profile Name</th>
<th>Recommended For</th>
<th># of Tests</th>
<th>Special Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Basic Health Checkup</td>
<td>Participants below the age of 30 yrs</td>
<td>41</td>
<td>Rs. 475/-</td>
</tr>
<tr>
<td>2</td>
<td>Special Health Checkup</td>
<td>Participants above the age of 30 yrs</td>
<td>56</td>
<td>Rs. 975/-</td>
</tr>
<tr>
<td>3</td>
<td>Special Add-On Tests</td>
<td>Case Specific for individuals as required</td>
<td>Offered 18</td>
<td>As per the test chosen</td>
</tr>
</tbody>
</table>

"CAUSE AGHORA VIKAS TRUST CARES"

Members can avail this special offer at Thyrocare's, Charni Road Centre (311/B, JSS Marg, Thakurdwar, Charni Road, Mumbai – 400 002; Ph. # 99676 49690 / 99677 19690.)

Or can avail Home Collection Facility Charged @ Rs. 75 per participant extra For Individuals.

Whereas for Groups of 15 participants and more Home Collection Facility will be offered for Free at a fixed location. Whereby Thyrocare's personnel will come and collect the specimen of registered participant. He will be there for maximum 1 hour's time.

1. Checkup Requires Fasting Urine & Blood Sample.

2. Maintaining a 10 – 12 Hours Complete Fast is Compulsory (i.e. No Food item, Tea, Coffee, Milk Or excessive Water) & Preferably avoid stress / exercise before giving blood.

3. To Take advantage of this offer you should choose your package & register your details (i.e. Name, Age, Sex, Address, Ph #, Package Name & Add-on test Sr.#) over the Ph. # 99 6771 9690 / 99 6764 9690 to Thyrocare before 10th May 2009.

4. Urine Bottles will be supplied at the time of blood collection.

5. For Information / Clarification on Special Add-On tests (as detailed in attached circular) on charge basis other than those covered in the Health Checkup Profiles Members can Contact Thyrocare's Health Care Consultant on Ph. # 99 6771 9690 / 99 6764 9690.

6. For any further information / clarification / change regarding the Tests / Home Collection Facility please feel free to Contact Thyrocare on – (M) 99 6764 9690 (M2) 99 6771 9690 (O) 2208 9690.

7. Reports will be couriered to you on or after the 4th day of the collection for Individuals & Delivered to the Chosen Camp Incharge for Groups. All group members are requested to collect the same from them.

8. Authenticity of Thyrocare Test Reports will be the responsibility of Thyrocare.

Yours Faithfully,

Rajendra Agarwal
President

Anand Prakash Gupta (Mittal)
Convener – Health Analysis Drive

Smt. Umila Satish Roongta
President (Mahila Samiti)
BONE DENSITY MEASUREMENT FOR OSTEOPOROSIS

Using latest & Advanced Ultrasound Technology Machine

Are you among the one in three women, and the one in five men around the world who will be affected by OSTEOPOROSIS? Osteoporosis, literally meaning “porous bones”, it weakens bones and causes fractures which can result in disability.

Symptoms - absolutely nothing until you break a bone. So often it is called the “silent disease”.

Take our 1 Minute Risk Test (below) and find out if you are at risk. If you answer "yes" to any of these questions, it does not mean that you have osteoporosis, but you may be at risk. We recommend that you get the bone density measurement test done.

The good news is that osteoporosis can be diagnosed easily and treated. Find out about what changes you might make in your lifestyle to reduce your osteoporosis risk.

Even if you answered “no” to all of the below questions, make sure you invest in your bones by following a bone-healthy lifestyle, including adequate calcium intake and exercise. If you are over 50 years we recommend that you get this test done.

Precaution for Testing: No Calcium Tablets for 24 hrs before test.

One Minute Osteoporosis Risk Test

~Published By International Osteoporosis Foundation

1. Have either of Your parents been diagnosed with osteoporosis or broken a hip after a minor bump or fall?
   [ ] Yes or [ ] No

2. Have you broken a bone after a minor bump or fall?
   [ ] Yes or [ ] No

3. Have you taken corticosteroid tablets (cortisone, prednisone, etc) for more than 3 months?
   [ ] Yes or [ ] No

4. Have you lost more than 3 cm (just over 1 inch) in height?
   [ ] Yes or [ ] No

5. Do you regularly drink alcohol in excess of safe drinking limits?
   [ ] Yes or [ ] No

6. Do you smoke more than 20 cigarettes a day?
   [ ] Yes or [ ] No

7. Do you suffer frequently from diarrhea (caused by problems such as celiac disease or Crohn’s Disease)?
   [ ] Yes or [ ] No

For women:

8. Did you undergo menopause before the age of 45?
   [ ] Yes or [ ] No

9. Have your periods stopped for 12 months or more (other than because of pregnancy or menopause)?
   [ ] Yes or [ ] No

For men:

10. Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?
    [ ] Yes or [ ] No

Registration is Mandatory

Minimum 15 members groups required for Bone Density Testing only at Camp at the Special Rate of Rs.250/- per person instead of Market Rate of Rs.750/- per person

Or else only booking will be accepted & participant will be informed at the next camp

For Any Further Information / Clarification feel free to Contact Thyrocare On:

099 6784 9690 / 099 6771 9690

Contact:

Anand Prakash Gupta (Mittal), Convener - Health Analysis Drive, 52, Mistry Park, 77, Warden Road, Mumbai – 400 026. Ph.: (O) 2301 0208 (R) 2369 8010 (M) 93232 28010.

Co-ordinator, R. I. Foundation, 151, Nariman Bhawan, Nariman Point, Mumbai.