



PID NO. : DCA0415

Name : KARISHMA DINESH SINGH

Sex / Age : Female / 29 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare

102-103-104, Gateway Plaza, Central Avenue Road,  
Hiranandani Gardens, Powai.

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri  
Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

06-Mar-2025 / 9:43 am

Coll Date

06-Mar-2025 / 9:48 am

Report Date

06-Mar-2025 / 5:37 pm

## REPORT

### BIOCHEMISTRY

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.57	mg/dl	0.0 - 1.20
Serum S.G.P.T. (Serum, Method- IFCC without/with PDP)	9.95	U/L	0 - 33
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.12	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.45	mg/dl	0.0 - 0.90
Serum Creatinine (Serum, Method- Kinetic Jaffe's)	0.74	mg/dl	0.5 - 0.95
BUN (Blood Urea Nitrogen), serum Method: Urease	12.4	mg/dl	6.0 - 20.0

Test Done on Fully Automated Mispa CXL PRO PLUS Biochemistry Analyser.

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

PRIYA PANDEY

Lab Technician

DR. RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



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## REPORT

### BLOOD GLUCOSE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Blood Glucose (Fasting), plasma (Plasma, Method- Hexokinase) Interpretation: NORMAL : 70 - 100 mg/dl Pre-Diabetic : 100 - 125 mg/dl Diabetic : >125 mg/dl (ON MORE THAN ONE OCCASION ) Reference : American diabetes association guidelines 2022	87.62	mg/dl	70.00 - 100.00 mg/dl
Urine Glucose (Fasting)	Absent		Absent
Urine Ketones (Fasting)	Absent		Absent
Blood Glucose (PP) plasma (Plasma, Method- Hexokinase) Interpretation: Non-Diabetic : 70 - 140 mg/dl Pre-Diabetic : 140 - 199 mg/dl Diabetic : >200 mg/dl (ON MORE THAN ONE OCCASION ) Reference : American diabetes association guidelines 2022	95.98	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Absent		Absent
Urine Ketones (PP)	Absent		Absent

Test Done on Fully Automated Mispa CXL PRO PLUS Biochemistry Analyser.

Molly R  
Lab Technician

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680



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## REPORT

### BLOOD GLUCOSE

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

Molly R  
Lab Technician

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680



PID NO. : DCA0415

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## REPORT

### Blood Group

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<u>BLOOD GROUP</u>			
ABO Group	"B"		
RH (D)	Positive		

Method : Cell (Forward) grouping by Manual Slide Method.  
Sample: Whole Blood (EDTA)

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

PRIYA PANDEY  
Lab Technician

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680



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## REPORT

### Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	13.3	gm/dl	12.0 - 15
<u>RED BLOOD CELLS</u>			
R.B.C. Count	4.79	million / cumm	3.8- 4.8
HCT	39.9	%	35-48
MCV	83.2	fL	83 - 101
MCH	27.8	pg	27 - 32
MCHC	33.4	gm / dl	31.5 - 34.5
RDW (CV)	12.9	%	11.6- 14.0
Total W.B.C. Count	9550	/cu.mm.	4000-10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	66	%	40 - 80
Lymphocytes	28	%	20 - 40
Eosinophils	02	%	1 - 6

PRIYA PANDEY  
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MBBS, MD PATHOLOGY  
Pathologist  
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06-Mar-2025 / 9:48 am  
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06-Mar-2025 / 5:37 pm

## REPORT

### Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	04	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	295000	/cumm	150000 - 410000

#### MORPHOLOGY

RBC Morphology Predominantly Normocytic and Normochromic.  
WBC Morphology Normal Morphology.  
Platelets on Smear Adequate on smear

(EDTA Whole Blood - Tests done Automated Three part cell counter (RBC, WBC, Platelets count by impedance, Haemoglobin by colorimetric Cyanmeth free method. Rest are calculated parameters. Microscopy and DLC is done manually by the Pathologist.)

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

PRIYA PANDEY  
Lab Technician

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680



PID NO. : DCA0415

Name : KARISHMA DINESH SINGH

Sex / Age : Female / 29 Years

Ref By : APOLLO HEALTH AND LIFESTYLE  
LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare

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## REPORT

### Erythrocyte Sedimentation Rate (ESR)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
E.S.R	08	mm at 1hr	0 - 20

Method: Westergren.

Sample: Whole Blood (EDTA)

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

PRIYA PANDEY

Lab Technician

DR. RITESH KHARCHE

MBBS, MD PATHOLOGY

**Pathologist**

MMC Reg No.2006031680



ID: 150495

06-03-2025 10:31:29


KARISHMA SINGH

HR : 72 bpm

Diagnosis Information:

29/11 Years ( / / )

P : 98 ms

NSR 

PR : 148 ms

QRS : 80 ms

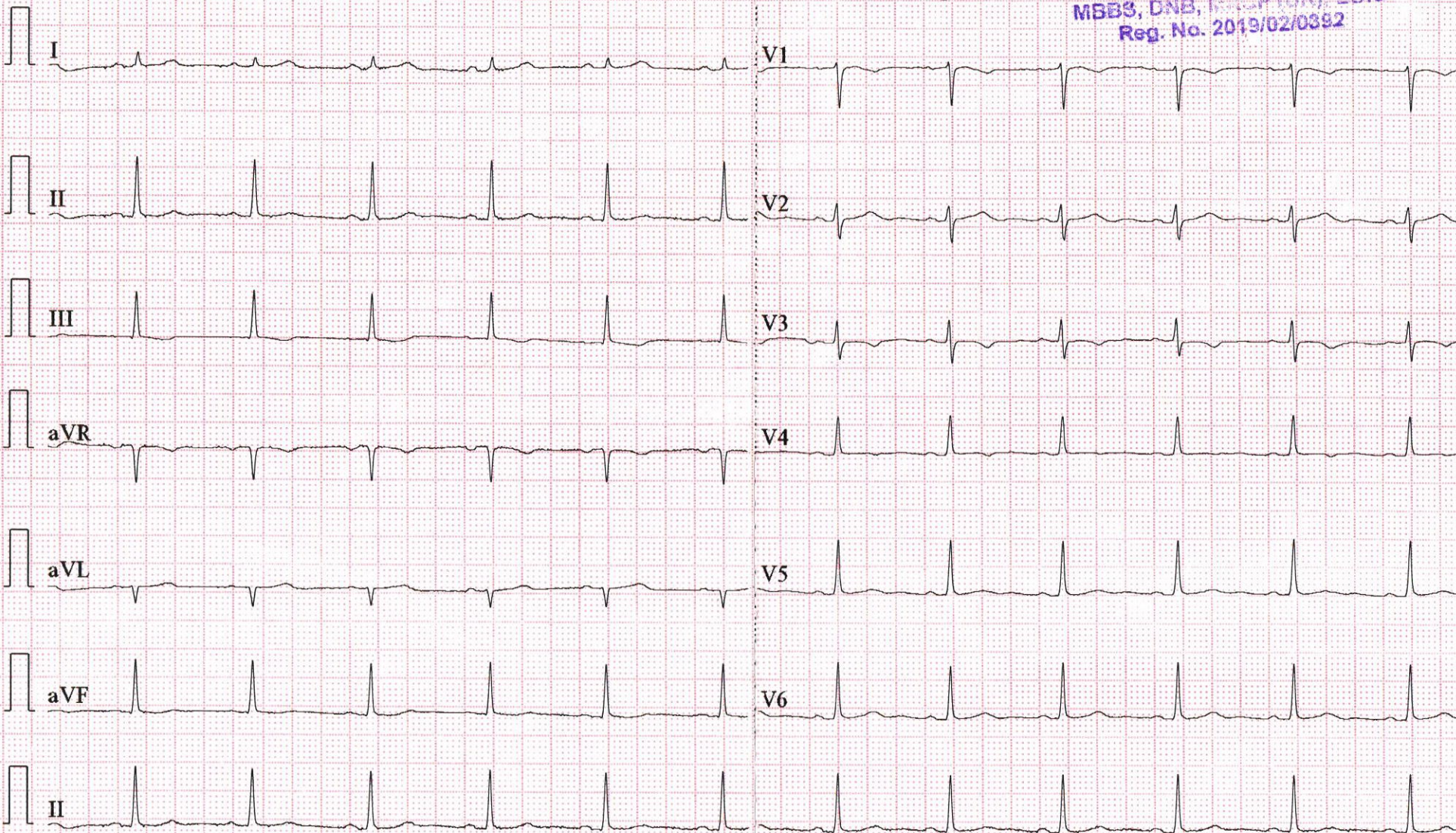
QT/QTcBz : 384/421 ms

P/QRS/T : 30/77/12 °

RV5/SV1 : 0.956/0.698 mV

Unconfirmed Report.

Dr. [Name] Consultant  
MBBS, DNB, FICP (UK) EDIC  
Reg. No. 2019/02/0382







## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of  
Karishma Singh on 6/3/25

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <p style="margin-left: 40px;">Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p style="margin-left: 40px;">However, the employee should follow the advice/medication that has been communicated to him/her.</p> <p style="margin-left: 40px;">Review after _____</p>	
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

**Dr. Mrinalni Singh**  
 Consultant Physician  
 MBBS, DNB, MRCP (UK), EDIC  
 Reg. No. 2019/02/6382

Dr. \_\_\_\_\_  
 Medical Officer

*This certificate is not meant for medico-legal purposes*



# SEA BIRD MEDICARE CENTRE

## MER- MEDICAL EXAMINATION REPORT

DATE OF EXAMINATION	6/3/2025		
NAME	Kamishma Singh		
AGE	29	GENDER	female
HEIGHT (CM)	159	WEIGHT (KG)	55
B.P.	110/70/44/19		
ECG	NSR		
X Ray	Normal		
Vision Checkup	Color Vision: (R) Far Vision Ratio: 6/6 (R) Near Vision Ratio: N/6 (R)		
Present Ailments	—		
Details of Past ailments (If Any)	—		
Comments / Advice:	—		

**Dr. Mrinalni Singh**  
Consultant Physician  
MBBS, DNB, MRCP (UK), EDIC  
Reg. No. 2019/02/0392

\_\_\_\_\_  
Signature with Stamp of Medical Examiner





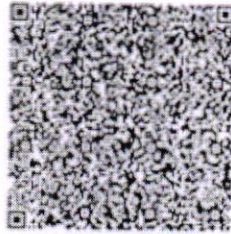
भारत सरकार  
Government of India

भारतीय विशिष्ट ओळख प्राधिकरण  
Unique Identification Authority of India

नोंदणी क्रमांक / Enrolment No.: 2085/29705/30555

To  
करिष्मा दिनेश सिंग  
Karishma Dinesh Singh  
D/O Dinesh Singh  
40 B, Ashray Building, 3rd Floor, Room No. 304  
J. S. S. Road  
Girgaon, Opera House  
Opp. Parekh Market  
Mumbai  
Mumbai Maharashtra - 400004  
9619759541

Signature: Karishma Dinesh Singh



आपला आधार क्रमांक / Your Aadhaar No. :

**5945 9177 3183**

VID : 9184 1327 1311 3598

माझे आधार, माझी ओळख



भारत सरकार  
Government of India



करिष्मा दिनेश सिंग  
Karishma Dinesh Singh  
जन्म तारीख/DOB: 24/11/1995  
लिंग/ GENDER: FEMALE

Issue Date: 01/04/2012

**5945 9177 3183**

VID : 9184 1327 1311 3598

माझे आधार, माझी ओळख



Government of India



माहिती

- आधार ओळखीचा पुरावा आहे नागरिकत्वाचा नाही
- सुरक्षित QR कोड / ऑफलाइन XML / ऑनलाइन प्रमाणीकरण वापरून ओळख सत्यापित करा.
- हे इलेक्ट्रॉनिक प्रक्रिये द्वारा तयार झालेले एक पत्र आहे.

**INFORMATION**

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- आधार आपल्याला विविध सरकारी आणि खाजगी सेवा सुलभतेने घेण्यास मदत करते
- आपला मोबाइल नंबर आणि ईमेल आयडी आधारमध्ये अद्ययावत ठेवा
- आपल्या स्मार्ट फोनमध्ये आधार घ्या - mAadhaar App वापरा

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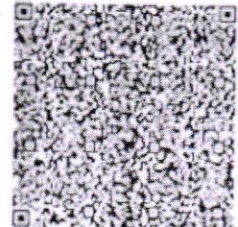


भारतीय विशिष्ट ओळख प्राधिकरण  
Unique Identification Authority of India



पत्ता:  
D/O दिनेश सिंग, 40 बी, आश्रय बिल्डिंग, 3 रा मजला, कम  
रूम नं. 304, जे. एस. एस. रोड, पारेख मार्केट समोर, गिरगाव,  
ऑपरेट हाउस, मुंबई, मुंबई,  
महाराष्ट्र - 400004

Address:  
D/O Dinesh Singh, 40 B, Ashray Building, 3rd  
Floor, Room No. 304, J. S. S. Road, Opp.  
Parekh Market, Girgaon, Opera House,  
Mumbai, Mumbai,  
Maharashtra - 400004



**5945 9177 3183**

VID : 9184 1327 1311 3598

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*Karishma*





Report ID : **KSS63123410** Reg. : **06-Mar-2025**  
Patient Name : **Ms. KARISHMA SINGH** Report Date : **06-Mar-2025**  
Rank : Company Name : **SELF**  
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **29 Year / Female**

### CHEST X RAY REPORT

X-Ray No : 606

Bony thoracic cage is normal.

Cardiac silhouette appears normal in size and configuration.

Both lungs shows equal translucency and normal vasculature.

Both Hemidiaphragm visualised normal.

No evidence of any active parenchymal lesion seen.

**Impression :**

**Normal Chest X-Ray.**

  
Dr. Jacob  
Mathew MD

Proudly... Caring For You

HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 48032704

Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

Website: [www.seabirdhf.com](http://www.seabirdhf.com) | Email: [seabird@seabirdhf.com](mailto:seabird@seabirdhf.com)