


MER- MEDICAL EXAMINATION REPORT

Date of Examination	09/11/24	
NAME	Jayanthi palpandian	
AGE	31	Gender F
HEIGHT(cm)	159	WEIGHT (kg) 72
B.P.	110/70, 90/min BMI - 28.5	
ECG	/	
X Ray		
Vision Checkup		
Present Ailments	Color Vision : Report Attached Far Vision Ratio : Near Vision Ratio :	
Details of Past ailments (If Any)	-	
Comments / Advice : She /He is Physically Fit	YES	

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Dr. RAMESH RADA PRABHOO
 MBBS., FRSH (London), CCGDM, ACMDC.,
 PG (Diab), Johns Hopkins
 University School of Medicine - USA
 Cardio-Diabetologist & Obesity Consultant
 Signature with Stamp of Medical Examiner
 Regn. No. 72228

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Jayanthi Palpandian on 09/11/24

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

	Tick
<ul style="list-style-type: none"> • Medically Fit 	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <p>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>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Currently Unfit. <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Unfit 	<input type="checkbox"/>

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MBBS, FRSH (London), CCGDM, ACMDC.,
Medical Officer, Johns Hopkins
The Apollo Clinic, (Location) USA
Cardio-Diabetologist & Obesity Consultant
Regd.No: 72228

This certificate is not meant for medico-legal purposes

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SDK - (21)

Optometry OP - Case Record

Name : Mrs. Jayanthi P. Age/Gender : 37/F. Date : 9/11/24.

Reg.No.: 1754970 Occupation : 42765

Complaints of

MAC

PG ^m / months/years old

Regular Check-up / Broken / Missed Spectacle

Fall of Foreign body Redness / Watering / Irritation

Pain LE RE Duration

Defective Vision DV NV Duration

Headache Duration

Systemic Diseases :

18/

Diabeties	Hypertension	Cardiac Disease
Others		

Present Spectacle Power

Relevant Lab Report :

Parameters	OD	OS
Unaided Vision	6/6	6/6
Pin Hole Vision		
Vision With PG		
NCT	13 mmHg	13 mmHg

+ +

Automated Refractometry

RO - 0.25 x 90°
LA + 0.25 / - 0.25 / 110°

Subjective Refraction :

	Sph	Cyl	Axis	V/A
DV	plano	—	—	6/6
NV ADD		—	—	16

	Sph	Cyl	Axis	V/A
	plano	—	—	6/6
		—	—	16

Need Dilation / Cycloplegic Refraction
Tropicamide Plus / Cyclopentolate

	Sph	Cyl	Axis	V/A
DV				

	Sph	Cyl	Axis	V/A

Lens Prescription

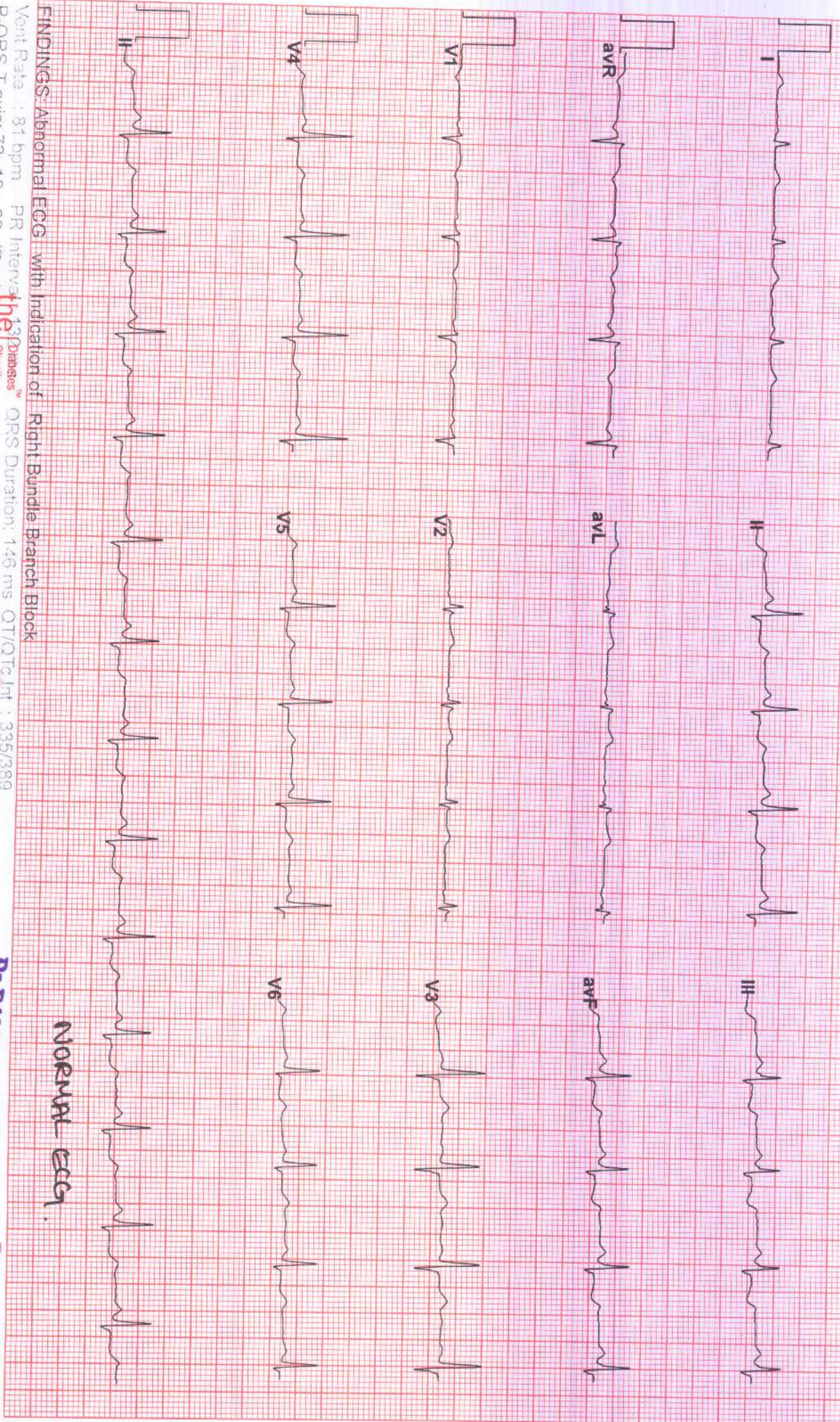
Need PMT

Kaville

Optometrist Signature

12478643: MRS JAYANTHI PALPANDIAN; 37 Yrs 00 Mths
 Ref: : Date : 09-11-2024; Time : 15:06:01

Ht : Cms: Wt: Kgs : BP : / : HR : 81 bpm
 Notch : 50 Hz : Filter: 0.05 Hz - 100 Hz : Gain: 1.00 Cm/mV : Sweep : 25 mm/s Page : 1



FINDINGS: Abnormal ECG with Indication of Right Bundle Branch Block

Vent Rate : 81 bpm PR Interval: 133ms QRS Duration: 146 ms QT/QTc Int : 335/389

P-QRS-T axis: 72° - 19° - 62° (Deg)

Advice:

A.P. Jasty

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NORMAL ECG

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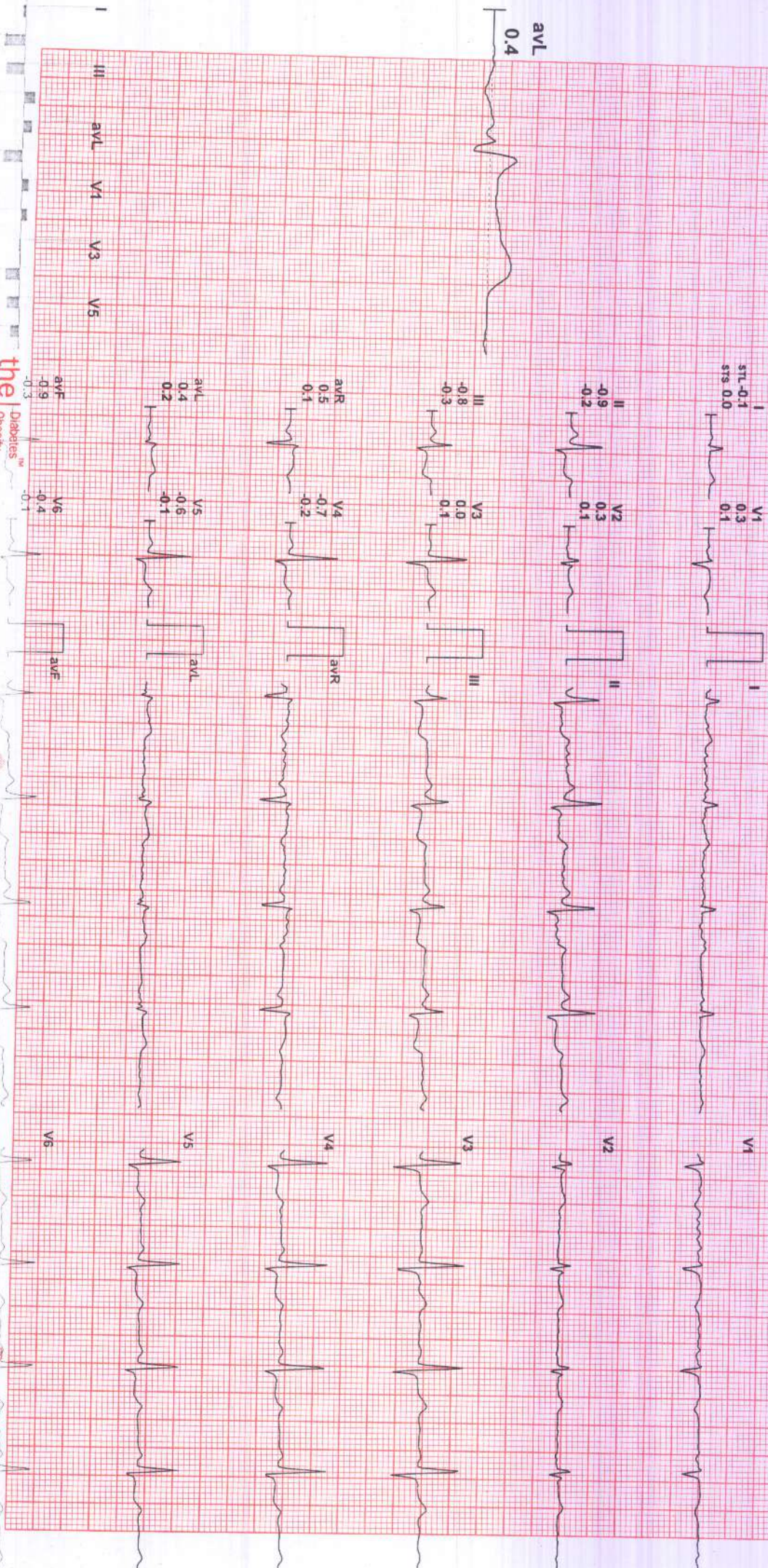
123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / F

Date: 09 - 11 - 2024 03:07:13 PM METS: 1.0 HR: 82 bpm 44% Tgt BP: 120/80 Raw ECG: BLC, Notch, (0.05-100)Hz
4X 80 ms Post J

Resting ECG



ExTime: 00:100 1.1 mph, 0.0%
25 mm/Sec, 1.0 Cm/mV



II aVR aVL V1 V2

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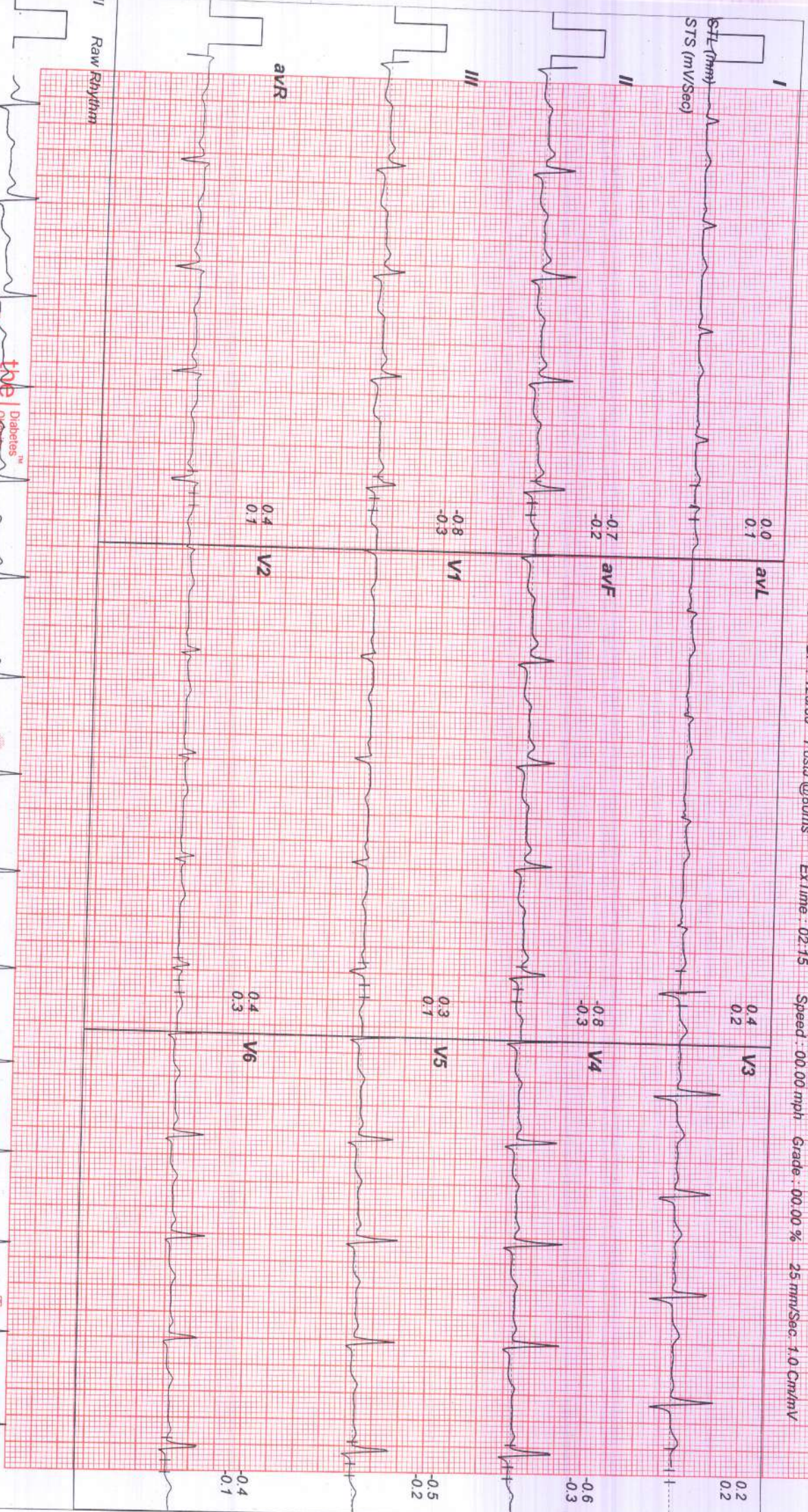
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123458107 / MRS. JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 09 - 11 - 2024 03:07:13 PM METS: 01:00 HR: 85 Target HR: 46% of 183 BP: 120/80 Posit @ 80ms

Linked Medians Report
 SUPINE



ExtTime: 02:15 Speed: 00:00 mph Grade: 00:00% 25 mm/Sec: 1.0 Cm/mV



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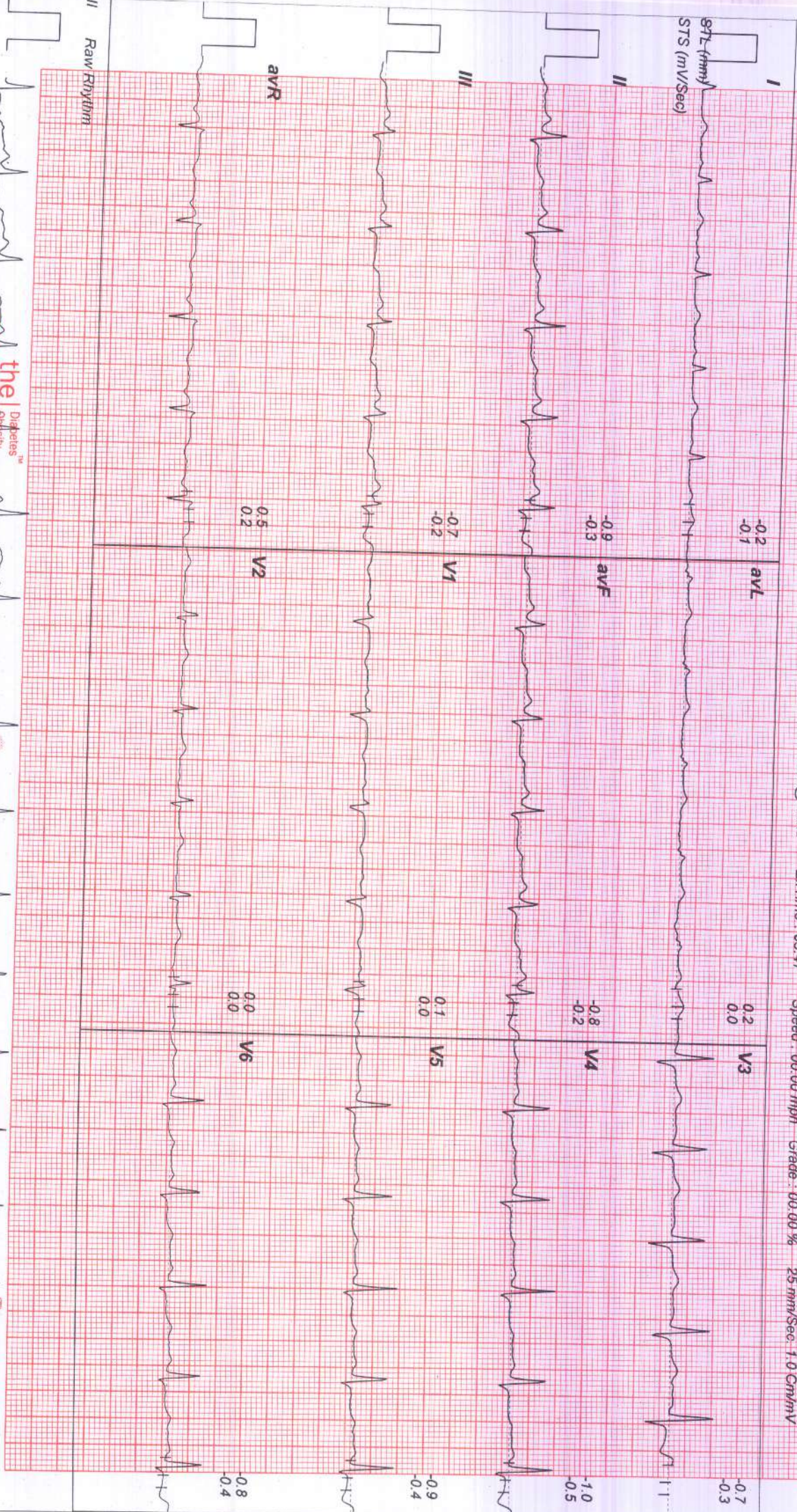
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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 09 - 11 - 2024 09:07:13 PM METs : 01.00 HR : 111 Target HR : 60% of 183 BP : 120/80 Postd @80ms Ex Time : 03:47

Linked Medians Report
STANDING



Speed : 00.00 mph Grade : 00.00 % 25 mm/Sec. 1.0 Cm/mV



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Date: 09 - 11 - 2024 03:07:13 PM

METS : 01.00

HR : 92

Target HR : 50% of 183

BP : 120/80

Postd @80ms

ExTime : 04:09

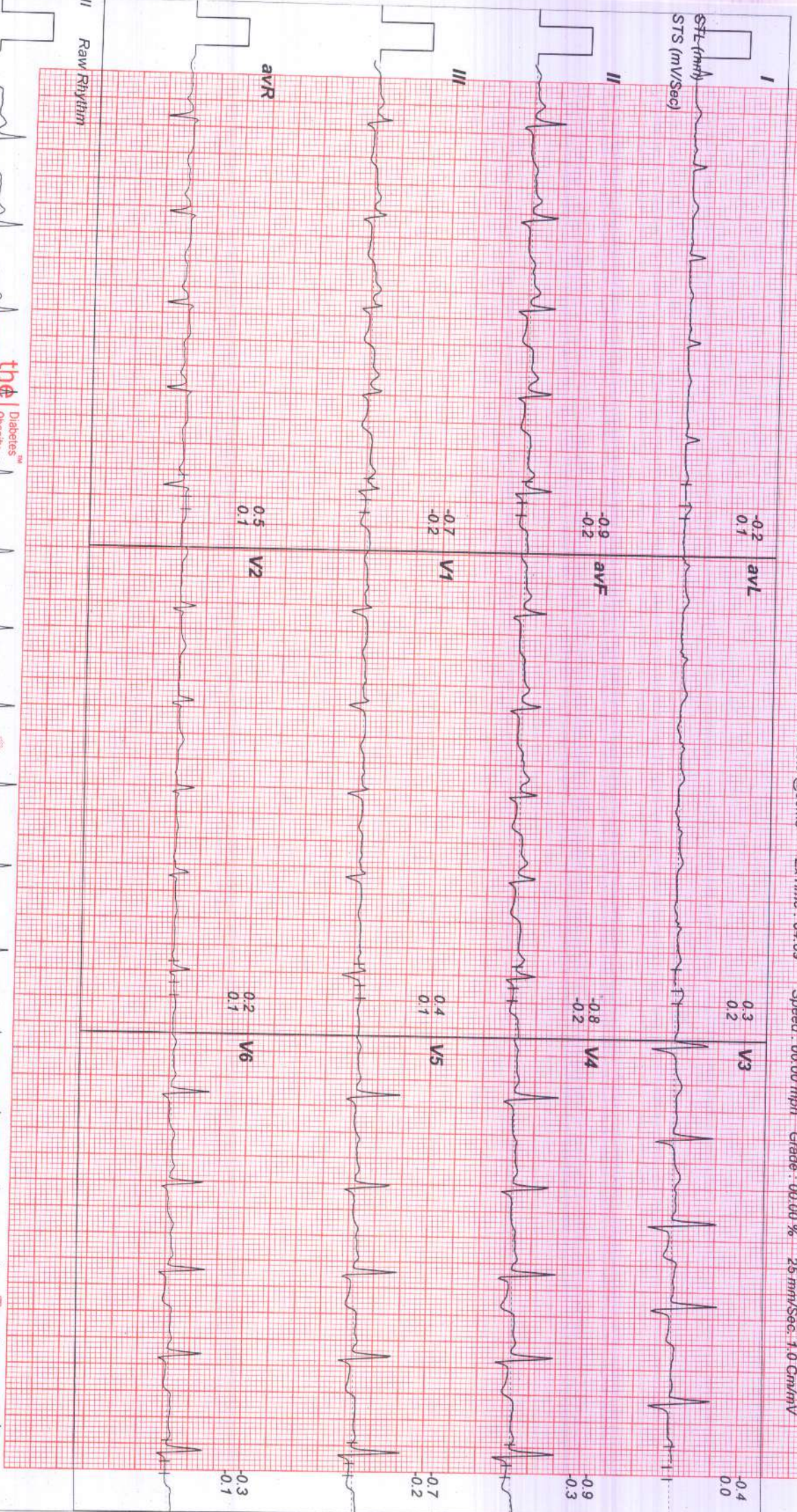
Speed : 00.00 mph

Grade : 00.00 %

25 mm/Sec. 1.0 Cm/mV

Linked Medians Report

HV



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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 10 Kg / 10 Cm / Non Smoker

Date: 09 - 11 - 2024 03:07:13 PM METs : 01:00 HR : 143 Target HR : 78% of 183 BP : 120/80 Postl @80ms ExTime : 00:00 Speed : 01.70 mph Grade : 10.00 % 25 mm/Sec 1.0 Cm/mV

Linked Medians Report
ExStit



Raw Rhythm

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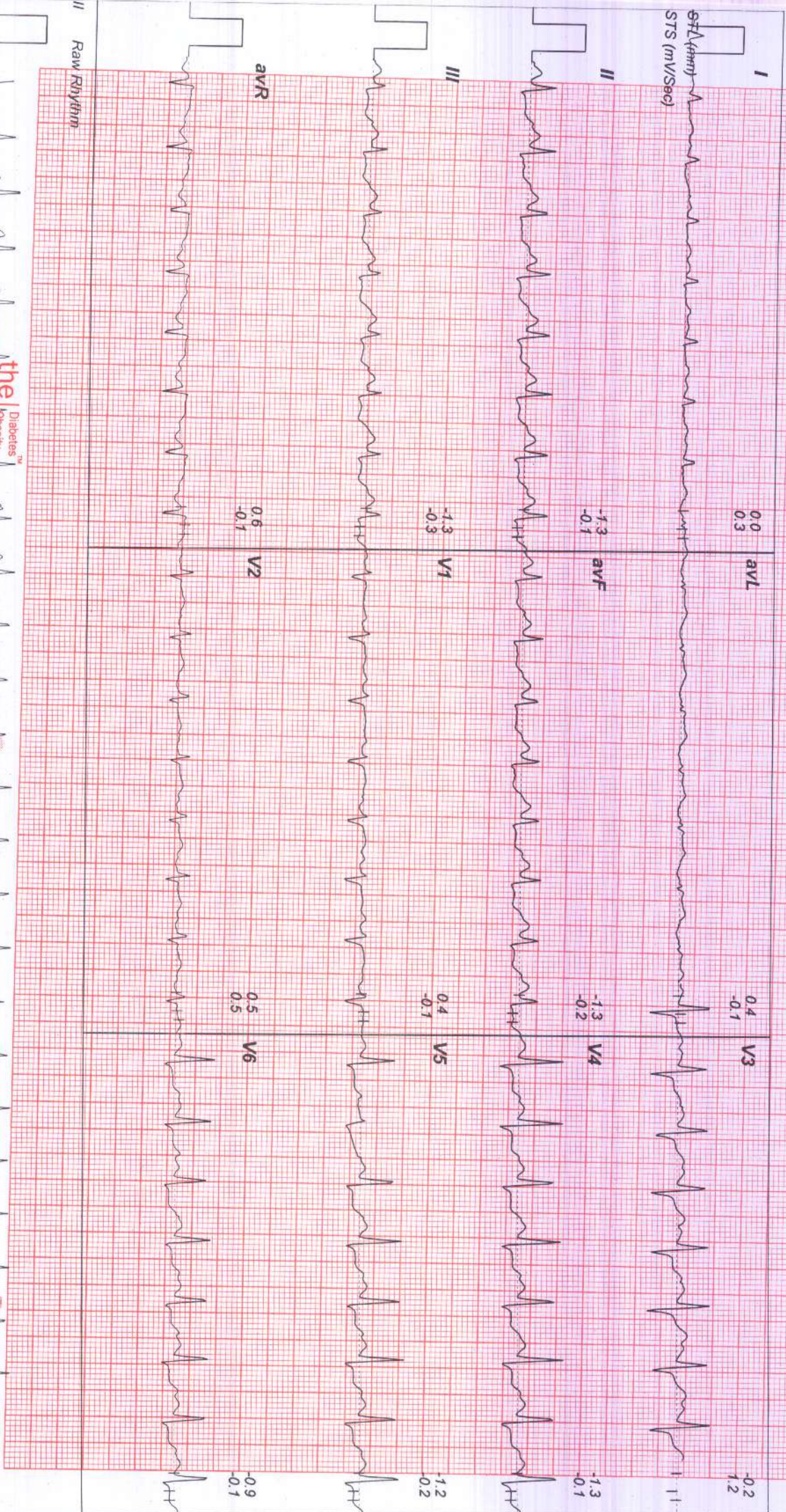


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Date: 09 - 11 - 2024 03:07:13 PM METs : 04.70 HR : 153 Target HR : 83% of 183 BP : 130/90 PostJ @60ms ExtTime : 03:00 Speed : 01.70 mph Grade : 10.00 % 25 mm/Sec : 1.0 Cm/mV

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BRUCE : Stage 1 (03:00)



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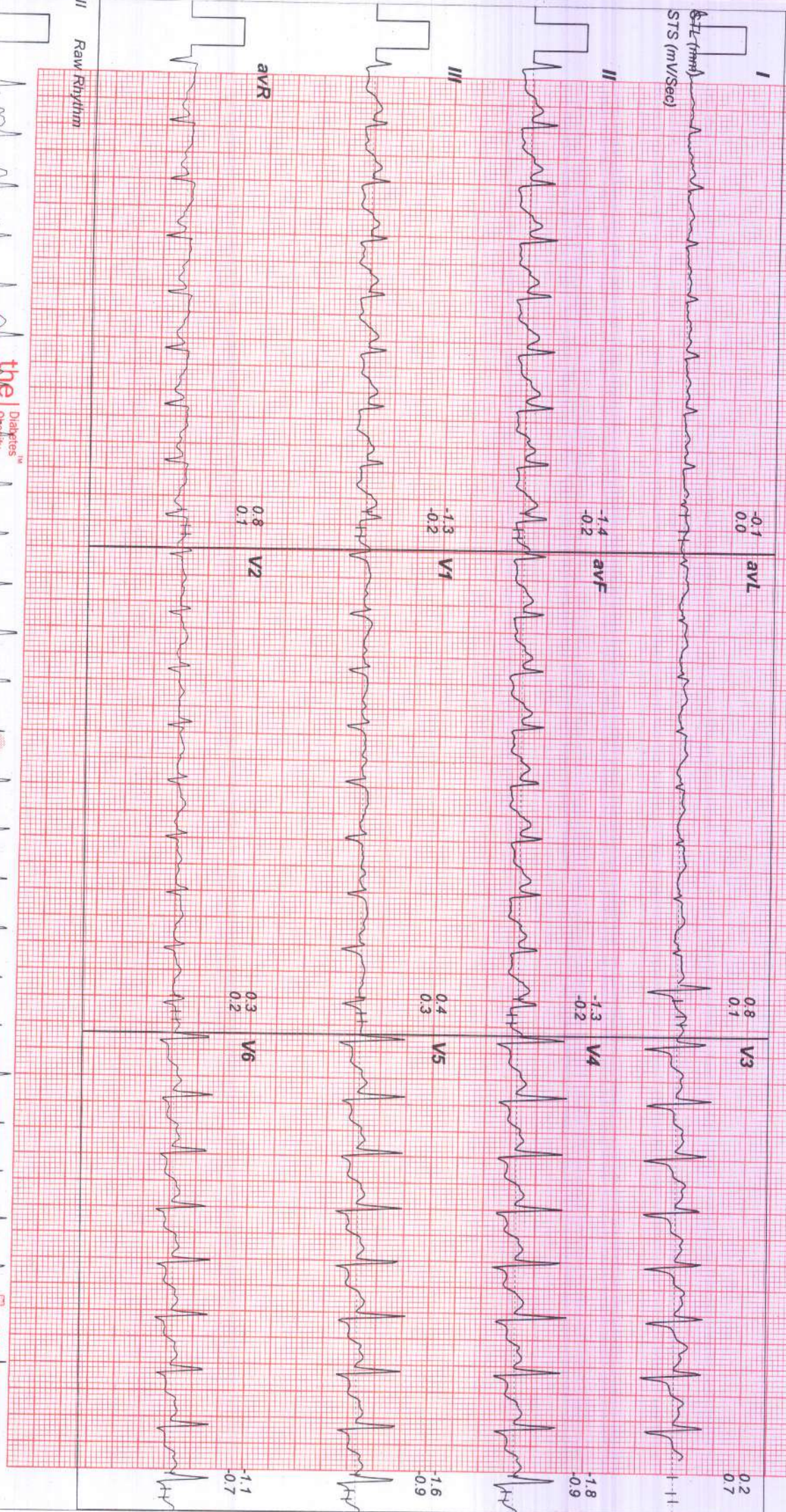


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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 03:07:13 PM METs : 06.10 HR : 165 Target HR: 90% of 183 BP : 140/100 PostU @60ms ExTime : 04:47 Speed : 02.50 mph Grade : 12.00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report
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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker / DAW / SH1
 Date: 09 - 11 - 2024 03:07:43 PM METs : 01.00
 HR: 148
 Target HR : 80% of 183 BP : 140/100 Post @ 60ms
 Ex Time : 04:47
 Speed : 01.10 mm/s
 STS (mV/Sec)

Linked Medians Report
 Recovery (01:00)
 STOD
 RMS



123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 03:07:13 PM METS: 01.00 HR: 132 Target HR: 72% of 183 BP: 130/90 PostJ @60ms EXTime: 04:47 Speed: 01:10 mph Grade: 00.00% 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report
Recovery: (02:00)



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123458107 / MRS. JAYANTHI PALPANDIAN / 37 Yrs / Female / 10 Kg / 10 Cm / Non Smoker
 Date: 09 - 11 - 2024 03:07:13 PM METS : 01:00 HR : 123 Target HR : 67% of 183 BP : 120/80 PostJ @80ms ExTime : 04:47

Linked Medians Report
 Recovery : (03:00)



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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / F / 0 Kg / 0 Cms / NonSmoker
 Date: 09 - 11 - 2024

Medication : Nil
 Ref By : SELF

Protocol : BRUCE

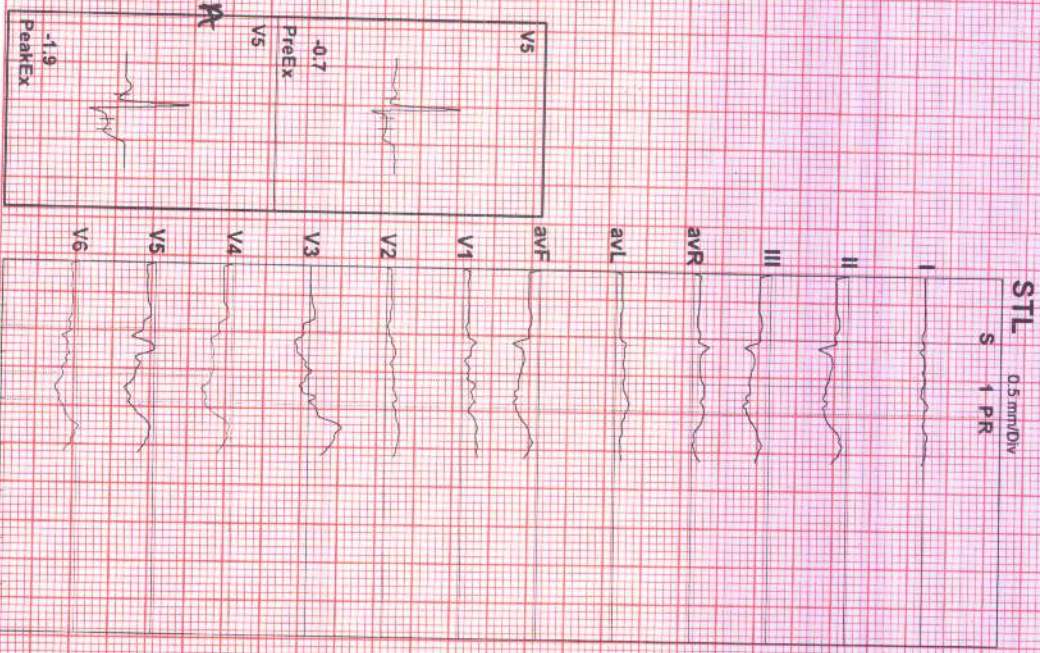
Objective : FOR TESTING PURPOSE ONLY
 History : Nil

Stage	StageTime (Min:Sec)	Speed (mph)	Grade (%)	METS	H.R. (bpm)	B.P. (mmHg)	R.P.P. x100	PVC	Comments
Supine				1.0	83	120/80	99	-	
Supine				1.0	85	120/80	102	-	
Standing				1.0	111	120/80	133	-	
HV				1.0	91	120/80	109	-	
ExStart				1.0	118	120/80	141	-	
Stage 1	3:00	1.7	10.0	4.7	153	130/90	198	-	
PeakEx	1:47	2.5	12.0	6.1	165	140/100	231	-	
Recovery	1:00	1.1	0.0	1.0	148	140/100	207	-	
Recovery	2:00	1.1	0.0	1.0	132	130/90	171	-	
Recovery	3:00	1.1	0.0	1.0	123	120/80	147	-	
Recovery	3:14	1.1	0.0	1.0	119	120/80	142	-	

Findings :

Exercise Time : 04:48
 Max HR Attained : 165 bpm 90% of Target 183
 Max BP : 140/100
 Max Workload attained : 6.1 (Fair Effort Tolerance)

**THAT IS NEGATIVE
 FOR INDUCIBLE ISCHEMIA**



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Summary



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Name : MRS . JAYANTHI PALPANDI
ID No : PDF 1319/2023
Ref By : Dr. RAMESH RAJA PRABHOO M.B.B.S; F.R.S.H.
Date : 09-11-2024

Age: 37 YRS
Sex : Female

ULTRA SOUND SCAN OF ABDOMEN

Clinical status: Routine clinical examination

Liver:

Liver is normal in size with normal echoes.
No mass is seen.
Intrahepatic biliary radicles are not dilated.
Portal and hepatic veins are normal.
No focal lesion.

Gallbladder: Gallbladder is normal in size.
No calculi or sludge seen in the gallbladder.
Wall is not thickened.

Spleen: Normal in size and echo pattern.

Pancreas: Head, body and tail of pancreas is normal.

Kidneys:

Right kidney is normal in size with normal echoes.
Left kidney : is normal in size with normal echoes.
No calculi / pcs dilatation

Urinary Bladder: is NORMAL.

UTERUS : is normal

Em: 8 mm

BOTH OVARIES: NORMAL

IMPRESSION:
NORMAL STUDY

Dr. Rajalakshmi.C
M.B.B.S; D.M.R.D.
Registration No:58990

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Name	MRS.JAYANTHI PALPANDOIAN	Date	09.11.2024
AGE/SEX	37/F		

CHEST X- RAY (PA VIEW)

- Both the lung fields are clear.
- Hilar shadows are normal.
- CP recesses are free bilaterally.
- Cardiac size and contour within normal limits.
- Diaphragmatic domes are regular bilaterally.

Impression: Normal X-Ray Chest.

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Patient Name:	Mrs. JAYANTHI PALPANDIAN	Registered on:	09/11/2024 03:22 PM
Age / Sex:	37 YRS / F	Collected on:	09/11/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	09/11/2024
LAB.REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



3440

LIPID PROFILE - III

TEST	VALUE	UNIT	REFERENCE
Total Cholesterol	158.0	mg/dl	50 - 200
Triglycerides	105.2	mg/dl	25 - 160
HDL Cholesterol	57.3	mg/dl	35 - 70
LDL Cholesterol	79.66	mg/dl	50 - 130
VLDL Cholesterol	21.04	mg/dl	10 - 40

VERIFIED BY LAB INCHARGE



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BIOCHEMISTRY

LIVER FUNCTION TEST (ALL PARAMETERS)

TEST	VALUE	UNIT	REFERENCE
Serum Bilirubin (Total)	0.59	mg/dl	0.2 - 1.2
Serum Bilirubin (Direct)	0.45	mg/dl	0 - 0.6
Serum Bilirubin (Indirect)	0.14	mg/dl	0 - 0.8
SGPT (ALT)	22.7	U/l	0 - 40
SGOT (AST)	25.9	U/l	0 - 40
Gamma Glutamyl Transferase, GGT	27.6	IU/L	12 - 43
Serum Alkaline Phosphatase	141.2	U/l	10 - 258
Serum Protein	7.9	g/dl	6.3 - 8.2
Serum Albumin	4.9	g/dl	3.5 - 5.2
Globulin	3.00	g/dl	2.8 - 5
A/G Ratio	1.63	g/dl	1.1 - 2.1

RFT

TEST	VALUE	UNIT	REFERENCE
Serum Creatinine	0.7	mg/dl	0.5 - 1.4
Serum Urea	15.0	mg/dl	13 - 40
Serum Uric Acid	6.5	mg/dl	3 - 8.5
Serum Calcium	9.9	mg/dl	8 - 11.5
Blood Urea Nitrogen	7.0	mg/dl	5 - 20

Method: Venipuncture
Instrument: Biochemical Analyzer

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LAB.REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



**HAEMATOLOGY
CBC WITH ESR**

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	13.1	g/dl	12 - 15
Total Leukocyte Count	6.700	cumm	4,000 - 10,000
Differential Leucocyte Count			
Neutrophils	67	%	45 - 75
Lymphocyte	27	%	20 - 45
Eosinophils	04	%	0 - 7
Monocytes	02	%	0 - 8
Basophils	00	%	< 2
Platelet Count	2.52	lakhs/cumm	1.5 - 4.1
Total RBC Count	4.63	million/cumm	4 - 5.5
Hematocrit Value, Hct	41.1	%	36 - 50
Mean Corpuscular Volume, MCV	88.8	fL	83 - 101
Mean Cell Haemoglobin, MCH	28.3	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC	31.9	%	31.5 - 34.5
Erythrocyte Sedimentation Rate (Wintrobe)	14	mm for 1st hour	0 - 20

TEST	VALUE	UNIT	REFERENCE
Blood Group & Rh.			
ABO	O		
Rh (ANTI -D)	POSITIVE		

VERIFIED BY LAB INCHARGE



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Age / Sex:	37 YRS / F	Collected on:	09/11/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	09/11/2024
LAB.REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



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FASTING & POST PRANDIAL BLOOD SUGAR WITH HBA1C

TEST	VALUE	UNIT	REFERENCE
Fasting Blood Sugar	93.0	mg/dl	70 - 110
PP 2HRS BLOOD SUGAR	123.6	mg/dl	80 - 160
HbA1c (Glycosylated Hemoglobin)			
HbA1c	5.1	%	4 - 5.8
Estimated average glucose	99.67	mg/dL	90 - 160

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non-Diabetic adults >= 18 years	At Risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in%	4.0-5.6	5.7-6.4	>= 6.5	<7.0

Clinical significance:

Hemoglobin A1c (HbA1c) level reflects the mean glucose concentration over the previous period (approximately 8-12 weeks).

The following ranges may be used for interpretation of results. However, factors such as duration of diabetes, adherence to therapy and the age of the patient should also be considered in assessing the degree of blood glucose control.

Haemoglobin A1c (%) NSGP	mmol/mol/IFCC Unit	eAG (mg/dl)	Degree of Glucose Control Unit
>8	>63.9	>183	Action Suggested*
7-8	53.0 - 63.9	154-183	Fair Control
<7	<63.9	<154	Goal**
6-7	42.1 - 63.9	126-154	Near-normal glycemia
<6	<42.1	<126	Non-Diabetic level

*High risk of developing long term complications such as Retinopathy, Nephropathy, Neuropathy etc.

**Some danger of hypoglycemic reaction in Type 1 diabetics. Some glucose intolerant individuals and "subclinical" diabetics may demonstrate HbA1c levels in this area.

VERIFIED BY LAB INCHARGE



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CORPORATE WELLNESS CLINIC



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OCCUPATIONAL HEALTH | INSURANCE HEALTH | CORPORATE HEALTH
ALLIED PUBLIC HEALTH | INDUSTRIAL SAFETY & HEALTH

Patient Name:	Mrs. JAYANTHI PALPANDIAN	Registered on:	09/11/2024 03:22 PM
Age / Sex:	37 YRS / F	Collected on:	09/11/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	09/11/2024
LAB.REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



3440

OTHERS

THYROID FUNCTION TEST (TFT)

TEST	VALUE	UNIT	REFERENCE
Serum Triiodothyronine, T3	97.61	ng/dl	80 - 200
Serum thyroxine, T4	8.41	µg/dl	5.1 - 14.1
Thyroid-Stimulating Hormone, TSH	2.25	µIU/mL	0.27 - 4.2

ROUTINE URINE ANALYSIS

ROUTINE URINE ANALYSIS

TEST	VALUE	UNIT	REFERENCE
Urine Routine Examination			
Physical Examination			
Quantity	30	ml	
Colour	Pale Yellow		Pale Yellow
Transparency	Clear		Clear
Specific Gravity	1.012		1.005 - 1.03
pH	5.6		5 - 7
Blood	Absent		Absent
Chemical Examination			
Protein / Albumin	Absent		Absent
Sugar / Glucose	Absent		Absent
Bilirubin	Absent		Absent
Microscopic Examination			
R.B.C.	Absent	/HPF	Absent
Pus Cells	0-1	/HPF	Absent
Epithelial Cells	3-4	/HPF	Absent
Casts	Absent		Absent
Crystals	Absent		Absent
Bacteria	Absent		Absent
Others	Absent		Absent

~~~ End of report ~~~

VERIFIED BY LABINCHARGE



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