



SEA BIRD MEDICARE CENTRE

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of MOHSIN ISMAIL SAYED on 11-9-24

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. Review after _____ recommended 	<input type="checkbox"/>
<ul style="list-style-type: none"> Unfit 	<input type="checkbox"/>

Dr. _____

Medical Officer
Dr. MUKUL ARTE (MBBS, DNB)
 Regn. No: 44293 (MMC)
 Approved By DG Shipping (GOI)
 Consultant in Marine Medicine & Aviation Medicine
 #101-102, Heritage Plaza, Teli Cross Lane,
 Andheri East, Mumbai-400 069
 SEA BIRD MEDICARE CENTRE

This certificate is not meant for medical/legal purposes

HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East, Mumbai- 400069
Tel: 022-46032704 / 8104606813

Website: www.seabirdhf.com | Email: admin@seabirdhf.com



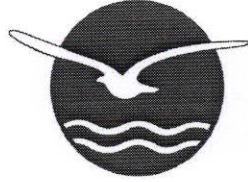
SEA BIRD MEDICARE CENTRE

MER- MEDICAL EXAMINATION REPORT

DATE OF EXAMINATION	11/9/2024.		
NAME	MOHSIN ISMAIL SAYED		
AGE	29 years.	GENDER	MALE
HEIGHT (CM)	166 cm	WEIGHT (KG)	85 kg
B.P.	136 / 90 mmHg.		
ECG	normal		
X Ray	NAD.		
Vision Checkup	Color Vision: Normal Far Vision Ratio: 6/6 } Unaided. Near Vision Ratio: N5 }		
Present Ailments	Skin Allergy on R.		
Details of Past ailments (If Any)	Opd for R ligament tear in 2010. Implant in situ.		
Comments / Advice:	Fit		

Dr. MUKUL ARTE MBBS, DNB
Regn. No: 44293 (MAMC)
Approved By DG Shipping (GOI)
Consultant in Marine Medicine & Aviation Medicine
A-101-102, Heritage Plaza, Teli Cross Lane,
Andheri East, Mumbai-400 059
SEA BIRD MEDICARE CENTRE

Signature with Stamp of Medical Examiner



SEA BIRD MEDICARE CENTRE

Report ID : **MISM119111559** Reg. : **11-Sep-2024**
Patient Name : **Mr. MOHSIN ISMAIL SAYED** Report Date : **11-Sep-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR. MUKUL ARTE** Age/Sex : **29 Year / Male**

CHEST X RAY REPORT

X-Ray No : 7739

Investigation : Chest PA View.

Bony thoracic cage is normal.

Cardiac silhouette appears normal in size and configuration.

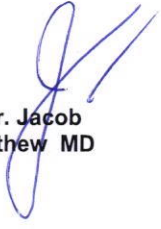
Both lungs shows equal translucency and normal vasculature.

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- 46032704

Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

Website: www.seabirdhf.com | Email: seabird@seabirdhf.com



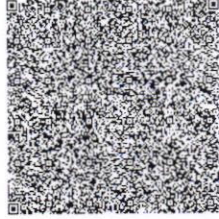
भारत सरकार
Government of India

भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India

Enrolment No.: 0657/40549/01018

To
Mohsin Ismail Sayed
C/O: Ismail Sayed,
FLAT NO 004, B-WING, GURU SAMRUDDHI BUILDING,
BHIWANDI BYPASS ROAD,
D.K. HOMES,
KONGAON, KALYAN-BHIWANDI,
VTC: Bhiwandi,
PO: Saravali,
Sub District: Bhiwandi,
District: Thane,
State: Maharashtra,
PIN Code: 421311,
Mobile: 8369949295

Signature Not Verified
Digitally signed by Unique
Identification Authority of India
Date: 2024.04.27 12:48:45
GMT+05:30



आपका आधार क्रमांक / Your Aadhaar No. :
9655 5195 7633
VID : 9111 6292 4749 7365
मेरा आधार, मेरी पहचान



भारत सरकार
Government of India



Aadhaar no. issued: 23/02/2013



Mohsin Ismail Sayed
Date of Birth/DOB: 07/09/1995
Male/ MALE

आधार पहचान का प्रमाण है, नागरिकता या जन्मतिथि का नहीं।
इसका उपयोग सत्यापन (ऑनलाइन प्रमाणीकरण, या क्यूआर कोड/
ऑफलाइन एक्सएमएल की स्कैनिंग) के साथ किया जाना चाहिए।
Aadhaar is proof of identity, not of citizenship
or date of birth. It should be used with verification (online
authentication, or scanning of QR code / offline XML).

9655 5195 7633
मेरा आधार, मेरी पहचान



समर्थन प्रभु
Government of India



सूचना / INFORMATION

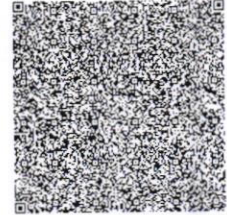
- आधार पहचान का प्रमाण है, नागरिकता या जन्मतिथि का नहीं। जन्मतिथि आधार नंबर धारक द्वारा प्रस्तुत सूचना और विनियमों में विनिर्दिष्ट जन्मतिथि के प्रमाण के दस्तावेज पर आधारित है।
- इस आधार पत्र को यूआईडीएआई द्वारा नियुक्त प्रमाणीकरण एजेंसी के जरिए ऑनलाइन प्रमाणीकरण के द्वारा सत्यापित किया जाना चाहिए या ऐप स्टोर में उपलब्ध एमआधार या आधार क्यूआर कोड स्कैनर ऐप से क्यूआर कोड को स्कैन करके या www.uidai.gov.in पर उपलब्ध सुरक्षित क्यूआर कोड रीडर का उपयोग करके सत्यापित किया जाना चाहिए।
- आधार विशिष्ट और सुरक्षित है।
- पहचान और पते के समर्थन में दस्तावेजों को आधार के लिए नामांकन की तारीख से प्रत्येक 10 वर्ष में कम से कम एक बार आधार में अपडेट कराना चाहिए।
- आधार विभिन्न सरकारी और गैर-सरकारी फायदों/सेवाओं का लाभ लेने में सहायता करता है।
- आधार में अपना मोबाइल नंबर और ईमेल आईडी अपडेट रखें।
- आधार सेवाओं का लाभ लेने के लिए एमआधार ऐप डाउनलोड करें।
- आधार/बायोमेट्रिक्स का उपयोग न करने के समय सुरक्षा सुनिश्चित करने के लिए आधार/बायोमेट्रिक्स लॉक/अनलॉक सुविधा का उपयोग करें।
- आधार की मांग करने वाले सहमति लेने के लिए बाध्य हैं।
- Aadhaar is proof of identity, not of citizenship or date of birth (DOB). DOB is based on information supported by proof of DOB document specified in regulations, submitted by Aadhaar number holder.
- This Aadhaar letter should be verified through either online authentication by UIDAI-appointed authentication agency or QR code scanning using mAadhaar or Aadhaar QR Scanner app available in app stores or using secure QR code reader app available on www.uidai.gov.in.
- Aadhaar is unique and secure.
- Documents to support identity and address should be updated in Aadhaar after every 10 years from date of enrolment for Aadhaar.
- Aadhaar helps you avail of various Government and Non-Government benefits/services.
- Keep your mobile number and email id updated in Aadhaar.
- Download mAadhaar app to avail of Aadhaar services.
- Use the feature of Lock/Unlock Aadhaar/biometrics to ensure security when not using Aadhaar/biometrics.
- Entities seeking Aadhaar are obligated to seek consent.



भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India



Address:
C/O: Ismail Sayed, FLAT NO 004, B-WING,
GURU SAMRUDDHI BUILDING, BHIWANDI,
BYPASS ROAD, D.K. HOMES, KONGAON,
KALYAN-BHIWANDI, Bhiwandi, PO:
Saravali, DIST: Thane,
Maharashtra - 421311



9655 5195 7633
VID : 9111 6292 4749 7365

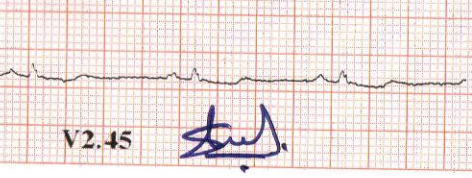
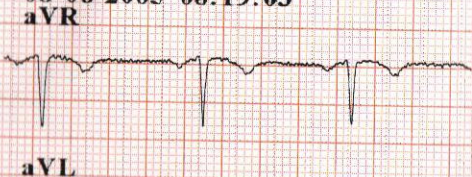
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10mm/mV 0.67~25Hz AC50

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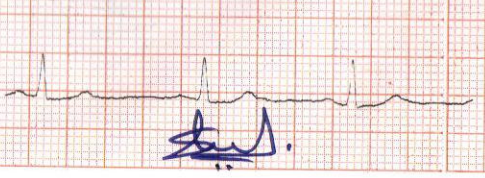


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E. C. G. REPORT

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WAVE N T. WAVE _____
INTERVAL N

MARKS uall
Dr. MUKUL ARTE MBBS, DNB
Regn. No: 44293 (MMC)
Approved By DG Shipping (GoI)
Consultant in Marine Medicine & Aviation Medicine
A-101-102, Heritage Plaza, Telli Cross Lane,
Andheri East, Mumbai-400 069
SEA BIRD MEDICARE CENTRE

ELECTROCARDIOGRAPHIC REPORT



SEA BIRD
MEDICARE CENTRE

NAME Mohsin Sayed
AGE 29y DATE 11/09/24

- A-101-102, Heritage Plaza, Telli Cross Lane, Andheri East (Nr. Station), Mumbai - 400069.
Tel.: 022-4603 2704 / 81046 06813
- 102-103-104, Gateway Plaza, Central Avenue Road, Hiranandani Gardens, Powai, Mumbai - 400076.
Tel.: 2570 4157 / 2570 1053



PID NO. : CIA0659
Name : MOHSIN ISMAIL SAYED
Sex / Age : Male / 29 Years
Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :
Sample Collected At :
Sea Bird Medicare
105-107 Gateway Plaza, Central Avenue, Hiranandani Gardens, Powai, Mumbai-400076
Processing Location: - Sea Bird Medicare
105-107 Gateway Plaza, Central Avenue, Hiranandani Gardens, Powai, Mumbai-400076

Reg. Date
11-Sep-2024 / 9:54 am
Coll Date
11-Sep-2024 / 9:59 am
Report Date
11-Sep-2024 / 3:32 pm

REPORT

BIOCHEMISTRY

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Serum S.G.P.T. (Serum, Method- IFCC without/with PDP)	47.61	U/L	0 - 41
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.49	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.18	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.31	mg/dl	0.0 - 0.90
Serum Creatinine (Serum, Method- Kinetic Jaffe's)	0.84	mg/dl	0.62 - 1.17

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

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

Pritam Dhanawade
Lab Technician

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



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REPORT

Biochemistry Report

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
BUN (Blood Urea Nitrogen) Serum, Method: Urease	10.24	mg/dl	6.0 - 20.0
Creatinine Serum, Method-Kinetic Jaffes	0.84	mg / dL	0.62 - 1.17 mg/dl
BUN/Creatinine Ratio Calculated	12.1		10 - 20.1
Urea (Serum, Method-Urease)	21.93	mg/dl	16.6 - 48.5

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

Pritam Dhanawade
Lab Technician

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



PID NO. : CIA0659
Name : MOHSIN ISMAIL SAYED
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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	85.06	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	87.66	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Absent		Absent
Urine Ketones (PP)	Absent		Absent

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

Pritam Dhanawade
Lab Technician

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



PID NO. : CIA0659

Name : MOHSIN ISMAIL SAYED

Sex / Age : Male / 29 Years

Ref By : APOLLO HEALTH AND LIFESTYLE
LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare
105-107 Gateway Plaza, Central Avenue, Hiranandani
Gardens, Powai, Mumbai-400076

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Gardens, Powai, Mumbai-400076

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REPORT

BLOOD GLUCOSE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
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----- End of Report -----

Pritam Dhanawade
Lab Technician

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

Proudly... Caring For You

This is computer generated medical diagnostics report that has been validated by an Authorized Medical Practitioner/Doctor. The report does not need physical signature. Results relate only to the sample as received. Refer to conditions of reporting overleaf.

HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 46032704

Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022



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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 -----

Rehana

REHANA KHAN
Lab Technician

Ritesh Kharche

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



PID NO. : CIA0659

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REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	15.7	gm/dl	13.0 - 17.0
<u>RED BLOOD CELLS</u>			
R.B.C. Count	5.67	million / cumm	4.5 - 5.5
HCT	46.6	%	40 - 50
MCV	82.1	fL	83 - 101
MCH	27.6	pg	27 - 32
MCHC	33.6	gm / dl	31.5 - 34.5
RDW (CV)	13.1	%	11.6 - 14.0
Total W.B.C. Count	7680	/cu.mm.	4000 - 10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	65	%	40 - 80
Lymphocytes	30	%	20 - 40
Eosinophils	02	%	1 - 6

Pritam Dhanawade
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Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	03	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	370000	/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 -----

Pritam Dhanawade
Lab Technician

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



PID NO. : CIA0659
Name : MOHSIN ISMAIL SAYED
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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	07	mm at 1hr	0 - 15

Method: Westergren.
Sample: Whole Blood (EDTA)

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

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REPORT

URINE ANALYSIS

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<u>PHYSICAL EXAMINATION</u>			
Colour	Pale Yellow		Pale Yellow
Quantity	30 ml	ml	20 - 50
Appearance	Clear		Clear
Reaction (pH)	6.5		5.0 - 9.0
Specific Gravity	1.015		1.000 - 1.030
<u>CHEMICAL EXAMINATION</u>			
Proteins	Absent		Absent
Sugar	Absent		Absent
Ketone Bodies	Absent		Absent
Bilirubin	Absent		Absent
Nitrite	Absent		Absent
Urobilinogen	Normal	mg/dl	Normal (0.1 - 1.0 mg/dl)

Pritam Dhanawade
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Name : MOHSIN ISMAIL SAYED
Sex / Age : Male / 29 Years
Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :
Sample Collected At :
Sea Bird Medicare
105-107 Gateway Plaza, Central Avenue, Hiranandani Gardens, Powai, Mumbai-400076
Processing Location: - Sea Bird Medicare
105-107 Gateway Plaza, Central Avenue, Hiranandani Gardens, Powai, Mumbai-400076

Reg. Date
11-Sep-2024 / 9:54 am
Coll Date
11-Sep-2024 / 9:59 am
Report Date
11-Sep-2024 / 3:32 pm

REPORT

URINE ANALYSIS

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Ocult Blood	Absent		Absent
<u>MICROSCOPIC EXAMINATION</u>			
Pus Cells	1 - 2 / hpf		2 - 3 / hpf
Red Blood Cells	Absent		Absent
Epithelial cells	1 - 2 / hpf		2 - 3 / hpf
Casts	Absent		Absent
Crystals	Absent		Absent
Other Findings	Absent		

METHOD:

Physical Examination : Visual Strip Method.

Chemical Examination : Bilirubin(Azo-coupling), Blood(Peroxidase), Glucose(Specific glucose-oxidase/oxidase reaction), Ketone(Rothera's test), Leukocytes(Reflectance Photometer(Leucocyte esterase)), Nitrite(Diazotization), pH(Double Indicator), Protein(Protein Error of Indicators), Specific Gravity(Refractometric method), Urobilinogen(Ehrlich).

Microscopy Examination : Automation/Manual Microscopy.

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

Pritam Dhanawade
Lab Technician

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