



FITNESS CERTIFICATE

NAME: MR. ANAWDA		AGE: 24 y	AGE: 24 y male		
Ht:	CMS S.9	Wt: 75 KGS	SEX: male		

PARAMETERS	MEASUREMENTS
PULSE / BP (supine)	Sobrint / mmHg 120 Foury
INSPIRATION	102 cm
EXPIRATION	94 Cm
CHEST CIRCUMFERENCE	96 Cm
PREVIOUS ILLNESS	TYPER I. DM on H
VISION	Normal
FAMILY HISTORY	FATHER: NOVMO
	MOTHER: Normal

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malle Dr. Yog 11. M.B.B.S., M.D

KMC Reg No: 57790

CONSULTANT PHYSICIAN

DATE: PLACE: 4-7-2024 Bengalum





Name Age / Gender Ref.By	: MR.ANANDA		TID/SID	:UMR1698235/ 27839755
Age / Gender	: 24 Years / Male		Registered on	: 01-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on	: 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on	: 01-Jul-2024 / 17:05 PM
		TEST REPORT	Reference	: Arcofemi Health Care Ltd -

DEPARTMENT OF CLINICAL PATHOLOGY			
Complete	e Urine Examination ((CUE), Urine	
Investigation	Observed Value	Biological Reference Intervals	
Physical Examination			
Colour	Pale Yellow	Straw to Yellow	
Method:Physical			
Appearance	Slightly turbid	Clear	
Method:Physical			
Chemical Examination			
Reaction and pH	6.5	4.6-8.0	
Method:pH- Methyl red & Bromothymol blue			
Specific gravity	1.030	1.003-1.035	
Method:Bromothymol Blue			
Protein	Negative	Negative	
Method:Tetrabromophenol blue			
Glucose	Negative	Negative	
Method:Glucose oxidase/Peroxidase			
Blood	Negative	Negative	
Method:Peroxidase			
Ketones	Negative	Negative	
Method:Sodium Nitroprusside	N 1 - 21	N I I	
Bilirubin	Negative	Negative	
Method:Dichloroanilinediazonium	N 1 - 21	N I I	
Leucocytes	Negative	Negative	
Method:3 hydroxy5 phenylpyrrole + diazonium	Nie o star		
Nitrites	Negative	Negative	
Method:Diazonium + 1,2,3,4 tetrahydrobenzo (h) quir 3-ol	nolin		
Urobilinogen	0.2	0.2-1.0 mg/dl	
Method:Dimethyl aminobenzaldehyde		-	
Microscopic Examination			
Pus cells (leukocytes)	0-1	2 - 3 /hpf	
Method:Microscopy			
Epithelial cells	0-1	2 - 5 /hpf	
Method:Microscopy			
RBC (erythrocytes)	Absent	Absent	
Method:Microscopy			
Casts	Absent	Occasional hyaline casts may be see	
Method:Microscopy			





Name Age / Gender Ref.By Req.No	: MR.ANANDA : 24 Years / Male : SELF : BIL4423250	TEST REPORT	Collecte	red on ed on ed on	: UMR1698235/ 27839755 : 01-Jul-2024 / 11:15 AM : 01-Jul-2024 / 11:20 AM : 01-Jul-2024 / 17:05 PM : Arcofemi Health Care Ltd -
Crystals Method:Microscopy		Calcium oxalate cryst		osphate seen	e, oxalate, or urate crystals may
Others Method:Microscopy		Nil	Nil		

Method: Semi Quantitative test ,For CUE

Reference: Godkar Clinical Diagnosis and Management by Laboratory Methods, First South Asia edition. Product kit literature.

Interpretation:

The complete urinalysis provides a number of measurements which look for abnormalities in the urine. Abnormal results from this test can be indicative of a number of conditions including kidney disease, urinary tract infecation or elevated levels of substances which the body is trying to remove through the urine. A urinalysis test can help identify potential health problems even when a person is asymptomatic. All the abnormal results are to be correlated clinically.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakua







Name Age / Gender Ref.By	: MR.ANANDA		TID/SID : UMR1698235/ 27839756
Age / Gender	: 24 Years / Male		Registered on : 01-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on : 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on : 01-Jul-2024 / 18:14 PM
		TEST REPORT	Reference : Arcofemi Health Care Ltd -

DEPARTMENT OF HEMATOPATHOLOGY

Blood Grouping ABO And Rh Typing, EDTA Whole Blood

Parameter	Results
Blood Grouping (ABO)	В
Rh Typing (D)	POSITIVE

Method: Hemagglutination Tube Method by Forward & Reverse Grouping

Reference: Tulip kit literature

Interpretation: The ABO grouping and Rh typing test determines blood type grouping (A,B, AB, O) and the Rh factor (positive or negative). A person's blood type is based on the presence or absence of certain antigens on the surface of their red blood cells and certain antibodies in the plasma. ABO antigens are poorly expresses at birth, increase gradually in strength and become fully expressed around 1 year of age.

Note: Records of previous blood grouping/Rh typing not available. Please verify before transfusion.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakua







Name Age / Gender Ref.By	: MR.ANANDA		TID/SID	:UMR1698235/ 27839756
Age / Gender	: 24 Years / Male		Registered or	i:01-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on	: 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250	TEST REPORT	Reported on Reference	: 01-Jul-2024 / 15:43 PM : Arcofemi Health Care Ltd -

DEPARTMENT OF HEMATOPATHOLOGY

Erythrocyte Sedimentation Rate (ESR), Sodium Citrate Whole Blood

Investigation	Observed Value	Biological Reference Intervals
Erythrocyte Sedimentation Rate	18	<=15 mm/hour
Method:Microphotometrical capillary using stopped flow kinetic analysis		

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakua







Name Age / Gender Ref.By Req.No	: MR.ANANDA		TID/SID	:UMR1698235/ 27839756
Age / Gender	: 24 Years / Male		Registered or	i:01-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on	: 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on	: 01-Jul-2024 / 15:08 PM
		TEST REPORT	Reference	: Arcofemi Health Care Ltd -

DEPARTM	ENT OF HEMATOP	ATHOLOGY
Complete Blood	I Count (CBC), ED	TA Whole Blood
Investigation	Observed Value	Biological Reference Interval
Hemoglobin Method:Spectrophotometry	16.4	13.0-18.0 g/dL
Packed Cell Volume Method:Derived from Impedance	48.0	40-54 %
Red Blood Cell Count. Method:Impedance Variation	6.14	4.3-6.0 Mill/Cumm
Mean Corpuscular Volume Method:Derived from Impedance	78.3	78-100 fL
Mean Corpuscular Hemoglobin Method:Derived from Impedance	26.8	27-32 pg
Mean Corpuscular Hemoglobin Concentration Method:Derived from Impedance	34.2	31.5-36 g/dL
Red Cell Distribution Width - CV Method:Derived from Impedance	11.8	11.5-16.0 %
Red Cell Distribution Width - SD Method:Derived from Impedance	37.5	39-46 fL
Total WBC Count. Method:Impedance Variation	8500	4000-11000 cells/cumm
Neutrophils Method:Impedance Variation, Flowcytometry	60.0	40-75 %
Lymphocytes Method:Microscopy	34.1	20-45 %
Eosinophils	1.8	01-06 %
Method:Impedance Variation,Method_Desc= Flow Cytometry		
Monocytes Method:Impedance Variation, Flowcytometry	3.7	01-10 %
Basophils. Method:Impedance Variation,Method_Desc= Flow	0.4	00-02 %
Cytometry	5100	1500-6600 cells/cumm
Absolute Neutrophils Count. Method:Calculated		
Absolute Lymphocyte Count Method:Calculated	2899	1500-3500 cells/cumm
Absolute Eosinophils count. Method:Calculated	153	40-440 cells/cumm





Name Age / Gender Ref.By Req.No	: MR.ANANDA : 24 Years / Male : SELF : BIL4423250	TEST REPORT	TID/SID: UMR1698235/ 27839756Registered on: 01-Jul-2024 / 11:15 AMCollected on: 01-Jul-2024 / 11:20 AMReported on: 01-Jul-2024 / 15:08 PMReference: Arcofemi Health Care Ltd -
Absolute Monocytes Method:Calculated	Count.	315	<1000 cells/cumm
Absolute Basophils c Method:Calculated	ount.	34	<200 cells/cumm
Platelet Count. Method:Impedance Variati	on	3.03	1.4-4.4 lakhs/cumm
Mean Platelet Volume		8.7	7.9-13.7 fL
Plateletcrit. Method:Derived from Impe	dance	0.26	0.18-0.28 %

Method: Automated Hematology Analyzer, Microscopy

Reference: Dacie and Lewis Practical Hematology, 12th Edition

Interpretation: A Complete Blood Picture (CBP) is a screening test which can aid in the diagnosis of a variety of conditions and diseases such as anemia, leukemia, bleeding disorders and infections. This test is also useful in monitoring a person's reaction to treatment when a condition which affects blood cells has been diagnosed. All the abnormal results are to be correlated clinically.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakua









Name Age / Gender Ref.By	: MR.ANANDA		TID/SID	:UMR1698235/ 27839757
Age / Gender	: 24 Years / Male		Registered on	: 01-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on	: 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on	: 01-Jul-2024 / 15:00 PM
		TEST REPORT	Reference	: Arcofemi Health Care Ltd -

DEPARTMENT OF CLINICAL CHEMISTRY I

Alanine Aminotransferase (ALT/SGPT), Serum

	-	•	
Investigation	Observed Value	Biological Reference Interval	
Alanine Aminotransferase ,(ALT/SGPT)	31	<=41 U/L	
Method: IFCC without pyridoxal phosphate activation			

Interpretation: This test measures levels of Alanine Aminotransferase (ALT) in the blood. ALT is an enzyme found in the cells of the liver. Increased levels of ALT are typically produced when the liver is damaged. ALT testing is often done to monitor treatment for liver disease or when a person is experiencing symptoms of liver disorders.

Reference: Tietz Fundamentals of Clinical Chemistry and Molecular Diagnostics.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Dr.M.G.Satish Consultant Pathologist







Name Age / Gender Ref.By	: MR.ANANDA		TID/SID : U	MR1698235/ 27839757
Age / Gender	: 24 Years / Male		Registered on : 0	1-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on : 0	1-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on : 0	1-Jul-2024 / 15:02 PM
		TEST REPORT	Reference : A	rcofemi Health Care Ltd -

DEPARTMENT OF CLINICAL CHEMISTRY I			
Bilirubin Total , Serum			
Investigation	Observed Value	Biological Reference Interval	
Total Bilirubin. Method:Spectrophotometry, Diazo method	1.61	Neonates: <=15.0 mg/dL Adults: <=1.2 mg/dL	

Interpretation: This test measures total Bilirubin levels in the blood. Bilirubin is a waste product from the breakdown of old red blood cells which is processed by the liver for removal from the body. Abnormally high bilirubin levels are often indicative of liver disease. High bilirubin levels can be caused by a number of conditions including hepatitis, cirrhosis, alcoholism, cholangitis, infectious mononucleosis, anorexia and anemia. Due to the variety of conditions which can affect bilirubin levels, results often need to be interpreted along with additional tests.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakur







Name	: MR.ANANDA		TID/SID	:UMR1698235/ 27839757
Age / Gender	: 24 Years / Male		Registered on	: 01-Jul-2024 / 11:15 AM
Age / Gender Ref.By	: SELF		Collected on	: 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on	: 01-Jul-2024 / 15:02 PM
		TEST REPORT	Reference	: Arcofemi Health Care Ltd -

DEPARTMENT OF CLINICAL CHEMISTRY I			
Blood Urea Nitrogen (BUN), Serum			
Investigation	Observed Value	Biological Reference Interval	
Blood Urea Nitrogen.	8	6-20 mg/dL	

Method:Kinetic, Urease - GLDH, Calculated

Interpretation: Urea is a waste product formed in the liver when protein is metabolized. Urea is released by the liver into the blood and is carried to the kidneys, where it is filtered out of the blood and released into the urine. Since this is a continuous process, there is usually a small but stable amount of urea nitrogen in the blood. However, when the kidneys cannot filter wastes out of the blood due to disease or damage, then the level of urea in the blood will rise. The blood urea nitrogen (BUN) evaluates kidney function in a wide range of circumstances, to diagnose kidney disease, and to monitor people with acute or chronic kidney dysfunction or failure. It also may be used to evaluate a person's general health status as well.

Reference: Tietz Fundamentals of Clinical Chemistry and Molecular Diagnostics

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakun







Name	: MR.ANANDA		TID/SID : UMR1698235/ 27839757
Age / Gender	: 24 Years / Male		Registered on : 01-Jul-2024 / 11:15 AM
Age / Gender Ref.By	: SELF		Collected on : 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on : 01-Jul-2024 / 15:02 PM
		TEST REPORT	Reference : Arcofemi Health Care Ltd -

DEPARTMENT OF CLINICAL CHEMISTRY I			
Creatinine, Serum			
Investigation	Observed Value	Biological Reference Interval	
Creatinine.	0.55	0.7-1.3 mg/dL	

Method:Spectrophotometry, Jaffe - IDMS Traceable

Interpretation:

Creatinine is a nitrogenous waste product produced by muscles from creatine. Creatinine is majorly filtered from the blood by the kidneys and released into the urine, so serum creatinine levels are usually a good indicator of kidney function. Serum creatinine is more specific and more sensitive indicator of renal function as compared to BUN because it is produced from muscle at a constant rate and its level in blood is not affected by protein catabolism or other exogenous products. It is also not reabsorbed and very little is secreted by tubules making it a reliable marker. Serum creatinine levels are increased in pre renal, renal and post renal azotemia, active acromegaly and gigantism. Decreased serum creatinine levels are seen in pregnancy and increasing age.

Biological reference interval changed; Reference: Tietz Textbook of Clinical Chemistry & Molecular Diagnostics, Fifth Edition.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakun







Name Age / Gender Ref.By	: MR.ANANDA		TID/SID : UMR1698235/ 27839758-F
Age / Gender	: 24 Years / Male		Registered on : 01-Jul-2024 / 11:15 AM
Ref.By	: SELF		Collected on : 01-Jul-2024 / 11:20 AM
Req.No	: BIL4423250		Reported on : 02-Jul-2024 / 13:18 PM
		TEST REPORT	Reference : Arcofemi Health Care Ltd -

DEPARTMENT OF CLINICAL CHEMISTRY I

Glucose Fasting (FBS), Sodium Fluoride Plasma			
Investigation	Observed Value	Biological Reference Interval	
	·		

Glucose Fasting
Method:Hexokinase165Normal: 70 -100 mg/dL
Impaired FG: 100-125 mg/dL
Diabetes mellitus: >/=126 mg/dL

Interpretation: It measures the Glucose levels in the blood with a prior fasting of 9-12 hours. The test helps screen a symptomatic/ asymptomatic person who is at risk for Diabetes. It is also used for regular monitoring of glucose levels in people with Diabetes.

Reference: American Diabetes Association. Standards of Medical Care in Diabetes-2020.

* Sample processed at Regional Reference Laboratory, Tenet Diagnostics, Bangalore

--- End Of Report ---

Debleena Thakua





DEPARTMENT OF OPTHALMOLOGY

BRIEF OPTHALMIC REPORT

	Employee Name: MR. Ananda	
•	Employee No.:	Age: 24 y/male
	Systemic illness: Typer - D'M	

Date 4-7-2024

Examinations	RE	LE	
Anterior Segment	Normal / Abnormal	Normal / Abnormal	
Vision: Distance	6/6	6/6	
Near: N	No	Nb	
Color (Ishihara):	Normal / Abnormal	Normal / Abnormal	
Refractive Error:	Present / Change _ (1)/	Present / Change -Nil-	
Glass If Any:	To Continue / Change _ 01	To Continue / Change AL	
Intra Ocular Tension(mm of Hg):	Normal / Abnormal	Normal / Abnormal	
Posterior Segment:	Normal / Abnormal	Normal / Abnormal	
Impression:	Mond refrection	BI	
Advice / Comments:	- Oùl-		
Glass If Any:	- NIF	and the second distribution of the second	

	RE			LE		
	SPH	CYL	AXIS	SPH	CYL	AXIS
Dist	+	-	~	-	-	(,
Near	· · ·	-	3	~	-	_



Signature of the Consultant





PLEASE SCAN QR CODE

Name: Mr . ANANDAAge/Gender: 24 Years/MaleRef By: SelfReg.No: BIL4423250

TID: UMR1698235Registered On: 01-Jul-2024 11:15 AMReported On: 01-Jul-2024 12:28 PMReference: Arcofemi Health Care Ltd
- Medi Whe

X-RAY CHEST PA VIEW

Bilateral lung fields appear normal.

Cardiac size is within normal limits.

Bilateral hilar regions appear normal.

Bilateral domes of diaphragm and costophrenic angles are normal.

Visualised bones and soft tissues appear normal.

IMPRESSION:

• No significant abnormality detected.

*** End Of Report ***

Dr Ananya K Consultant Radiologist

Arcofemi Healthcare Pvt Ltd

(Formerly known as Arcofemi Healthcare Ltd) F-701A, Lado Sarai, Mehrauli, New Delhi - 110030 Email: wellness@mediwheel.in, Website: www.mediwheel.in Tel: +91-11-41195959, Fax: +91-11-29523020 CIN: U24240DL2011PTC216307

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a Medical degree)

This is to certify that **Mr. Ananda** aged , <u>**24yr**</u>. Based on the examination, I certify that he is in good mental and physical health and it is free from any physical defects such as deafness, color blindness, and any chronic or contagious diseases.

Place: Bangalore

our wellness partner

Date: 01/07/2024

Dr. Nitesh Kumar MBBS BCMR 47093

Name & Signature of

Medical officer