

## Annexure-2

### **Self-Health Declaration** (Please ✓ Mark Where Applicable)

PASTE YOUR RECENT  
PASSPORT SIZE  
PHOTOGRAPH

#### **1 PERSONAL DETAILS:**

Name: 

First Name	Middle Name	Surname
<u>Ashish</u>		<u>Singh</u>

Address: 2c - 1103, New MHADA, LAKE SAPPHIRE  
Near Union Bank, Powai, JVR

City: Mumbai Pin: 400072

Birth Place: Bihar Birth Date: 29/4/88 Religion: Hindu  
(dd/mm/yyyy)

Post applied for: \_\_\_\_\_ Marital Status:  Married /  Unmarried Gender:  M /  F

#### **2 PREVIOUS EMPLOYMENT:** Yes / No If yes specify

Name	Nature of work	Duration
i)		
ii)		
iii)		

#### **3 NAME OF FAMILY DOCTOR:**

Address:

Contact Details:

#### **4 PERSONAL HABITS:**

- i) Smoking  2-3 sticks a day
- ii) Tobacco chewing
- iii) Alcohol  occasionally
- iv) Any other

#### **5 MEDICAL HISTORY:**

- i) **ANY DISABILITY:** Yes / No If yes specify with disability %  
No

#### ii) **PERSONAL HISTORY:**

Are you in good health and capable of full work

Have you ever suffered from job related disease or injury?

Have you ever been discharged or rejected on medical grounds?

Yes	No
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Types of Previous Occupation (Pl. describe in brief about company, nature of work, duration in years)

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iii) **Have you ever suffered from any of the following** (Answer **Yes** or **No**. if yes, give details)

Y	N		Y	N	
	<input checked="" type="checkbox"/>	Hypertension		<input checked="" type="checkbox"/>	Hepatitis-B
	<input checked="" type="checkbox"/>	Diabetes		<input checked="" type="checkbox"/>	Cancer
	<input checked="" type="checkbox"/>	Heart disease		<input checked="" type="checkbox"/>	Stroke
	<input checked="" type="checkbox"/>	Kidney diseases		<input checked="" type="checkbox"/>	Bronchitis
	<input checked="" type="checkbox"/>	Tuberculosis		<input checked="" type="checkbox"/>	Any allergy
	<input checked="" type="checkbox"/>	Chronic lung disease (e.g. Pleurisy Pneumonia etc.)		<input checked="" type="checkbox"/>	Any chronic ear or hearing problem (e.g. sinusitis, rhinitis otitis etc.)
	<input checked="" type="checkbox"/>	Epilepsy, Fits, Fainting or Dizziness		<input checked="" type="checkbox"/>	Mental disorder of any kind
	<input checked="" type="checkbox"/>	Any major operation or injury		<input checked="" type="checkbox"/>	Any other illness

Details of the above if "Yes")

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(For female candidates only)

Are you pregnant at present?  Y  N

Date of L.M.P. \_\_\_\_\_

iv) **Immunization:** Yes No

Tetanus Toxoid	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>
Others	<input type="checkbox"/>	<input type="checkbox"/>

*could taken [at doctor].*

**6 FAMILY HISTORY:**

Has anyone of your parents suffered from any of the following: Yes / No

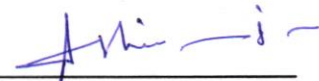
(If yes, Please ✓ Mark Where Applicable)

	Father	Mother
Hypertension	No	No
Heart Disease	No	No
Cancer	No	No
Diabetes	No	Yes
Tuberculosis	No	No
Epilepsy	No	No
Any other Disease	No	No

	IF LIVING		IF DEAD	
	AGE	HEALTH (Good, Bad, Fair)	AGE AT DEATH	CAUSE OF DEATH
Father	65	Good.	/	
Mother	52	Good.		
Spouse	30	Good.		
Children-1	5-	Good.		
Children -2				

7 I declare that the above statements are true and complete to the best of my knowledge and belief. In case this information is found to be false by the company, then the company reserves the right to terminate my services without giving any notice. I agree that the results of this medical examination in general terms may be revealed to the company if required. I also fully understand that in case I am declared medically unfit due to any reason, I shall not be entitled for the employment in the company. However, the decision taken by recruitment committee about my medical fitness will be final and binding to me.

Date: 23/3/24

  
(Signature of Candidate)

MER- MEDICAL EXAMINATION REPORT

Date of Examination	22/3/24	
NAME	Ashish Singh	
AGE	36	Gender Male
HEIGHT(cm)		WEIGHT (kg)
B.P.	120/80 norm	
ECG	Lent	
X Ray	NAD	
Vision Checkup	Color Vision : (P)	
	Far Vision Ratio : 6/6 (P)	
	Near Vision Ratio : +15 (P)	
Present Ailments	Hypertension (controlled)	
Details of Past ailments (If Any)	Hair transplant in 2016.	
Comments / Advice : She / He is Physically Fit		

Signature with Stamp of Medical Examiner

DR. JACOB MATHEW MD, DMM, DTCD.  
 APPROVED BY DG SHIPPING (GOI)  
 Reg. No. (MMC) 42950  
 102-103-104, Gateway Plaza,  
 Cental Avenue Road,  
 Hiranandani Gardens,  
 Powai, Mumbai-400076.  
 SEA BIRD MEDICARE CENTRE

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ashish Singh on 23/3/24

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

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <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"> <li>• Currently Unfit.</li> </ul> <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	<input type="checkbox"/>

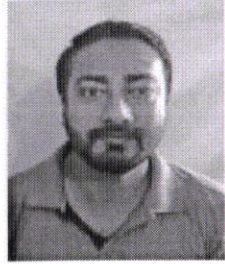
Dr. \_\_\_\_\_  
**Medical Officer**  
**The Apollo Clinic (Institution)**

DR. JACOB MATHEW MD, DNB(DTCO).  
 APPROVED BY DG SHIPPING (GOI)  
 Reg. No. (MMC) 42950  
 102-108, Gateway Plaza,  
 Cental Avenue Road,  
 Hiranandani Gardens,  
 Powai, Mumbai-400076.  
 SEA BIRD MEDICARE CENTRE

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



भारत सरकार  
Government of India



आशीष सिंह  
Ashish Singh  
जन्म तिथि/DOB: 29/04/1988  
पुरुष/ MALE

Issue Date: 09/03/2016

2840 1050 0001

VID : 9161 2651 4328 9610

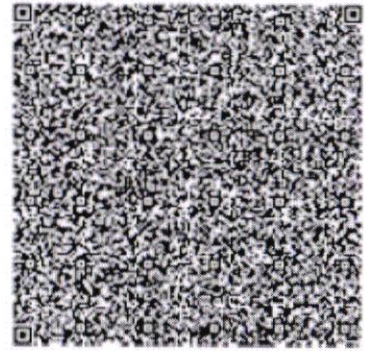


भारतीय विशिष्ट पहचान प्राधिकरण  
Unique Identification Authority of India



पता:  
आत्मज: अनिल कुमार सिंह, सी-102, ब्लॉक-सी, इग्नोउ  
रोड साकेत, पर्यावरण कॉम्प्लेक्स, साइदुल अज़ैब, दक्षिण  
दिल्ली  
दिल्ली - 110030

Address:  
S/O: Anil Kumar Singh, C-102, BLOCK-C,  
IGNOU ROAD SAKET, PARYAVARAN  
COMPLEX, Saidul Azaib, South Delhi,  
Delhi - 110030



Download Date: 23/01/2022

2840 1050 0001

VID : 9161 2651 4328 9610

*for M...*

*Anish...*



PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 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

23-Mar-2024 / 1:36 pm

Coll Date

23-Mar-2024 / 1:41 pm

Report Date

24-Mar-2024 / 4:17 pm

**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	94.33	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	110.18	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Absent		Absent
Urine Ketones (PP)	Absent		Absent

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

LATHA SONAWANE  
Lab Technician



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



MC - 5321

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A. SEA BIRD MEDICARE CENTRE

Corporate Office: B-401, Heritage Plaza, Teli Cross Lane, Andheri East (Nr Station) Mumbai 400069  
Central Laboratory: 102-103-104 Gateway Plaza, Central Avenue Road, Hiranandani Gardens Powai, Mumbai 400076, India

B. Enquiry and Home Visit Booking  
022 25701053 / 9324924370 or  
[admin@seabirdhf.com](mailto:admin@seabirdhf.com)

C. Sea Bird Medicare services are also available at:  
Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)

[www.seabirdhf.com](http://www.seabirdhf.com)





PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

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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 -----



MC - 5321

LATHA SONAWANE  
Lab Technician



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

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PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

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Reg. Date

23-Mar-2024 / 1:36 pm

Coll Date

23-Mar-2024 / 1:41 pm

Report Date

24-Mar-2024 / 4:16 pm

**REPORT**

**Blood Group**

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

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

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

LATHA SONAWANE  
Lab Technician



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

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PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 Years

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Reference :

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24-Mar-2024 / 4:17 pm

**REPORT**

**Complete Blood Count**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	12.9	gm/dl	13.0 -17.0
<b><u>RED BLOOD CELLS</u></b>			
R.B.C. Count	4.89	million / cumm	4.5- 5.5
PCV	39.8	%	40- 50
MCV	81.3	fL	83 - 101
MCH	26.5	pg	27 - 32
MCHC	32.5	gm / dl	31.5 - 34.5
RDW (CV)	13.5	%	11.6- 14.0
Total W.B.C. Count	9870	/cu.mm.	4000 - 10000
<b><u>DIFFERENTIAL COUNT</u></b>			
Neutrophils	66	%	40 - 80
Lymphocytes	29	%	20 - 40
Eosinophils	02	%	1 - 6

LATHA SONAWANE  
Lab Technician



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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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PID NO. : CCA1250

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**REPORT**

**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	<b>412000</b>	/cumm	150000 - 410000

**MORPHOLOGY**

RBC Morphology Mild Anisocytosis with Microcytic and Hypochromic Cells.

WBC Morphology Normal Morphology.

Platelets on Smear Increased 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 -----



MC - 5321

LATHA SONAWANE  
Lab Technician



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PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 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  
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Reg. Date

23-Mar-2024 / 1:36 pm

Coll Date

23-Mar-2024 / 1:41 pm

Report Date

24-Mar-2024 / 4:17 pm

**REPORT**

**Erythrocyte Sedimentation Rate (ESR)**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
E.S.R	85	mm at 1hr	0 - 15

Method: Westergren.  
Sample: Whole Blood (EDTA)

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

LATHA SONAWANE  
Lab Technician



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

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24-Mar-2024 / 4:17 pm

## REPORT

### Glycosylated Haemoglobin (HbA1c)

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
HbA1c Non-diabetic : <= 5.7 % Pre-Diabetic : 5.7 - 6.4 % Diabetic : >= 6.5 (EDTA Whole Blood, Turbidimetric)	5.51	%	< 5.7
Mean Blood Glucose (MBG)	118.86	mg/dl	

#### Interpretation & Remark:

- HbA1c is used for monitoring diabetic control. It reflects the estimated average glucose (eAG).
- HbA1c has been endorsed by clinical groups & ADA (American Diabetes Association guideline 2022, for diagnosis of diabetes using a cut-off points of 6.5 %.
- Trends in HbA1c are a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anaemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases. Clinical correlation suggested.
- To estimate the eAG from the HbA1C value, the following equation is used :  $eAg(mg/dl) = 28.7 * A1c - 46.7$ .
- Interference of Haemoglobinopathies in HbA1c estimation.
  - For HbF > 25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c.
  - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring diabetic status.
  - Heterozygous state detected.
- In known diabetic patients, following values can be considered as a guide for monitoring the glycemic control.
  - Excellent Control - 6 to 7 %
  - Fair to Good Control - 7 to 8 %
  - Unsatisfactory Control - 8 to 10 %
  - and Poor Control - More than 10 %
- Test done on Mispas i3 Automated Cartridge Based Specific Protein Analyser.

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

LATHA SONAWANE  
Lab Technician



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



MC - 5321

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PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 Years

Ref By : APOLLO HEALTH AND LIFESTYLE  
LIMITED

Reference :

**Sample Collected At :**

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105-107 Gateway Plaza, Central Avenue, Hiranandani  
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## REPORT

### LIPID PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Total Cholesterol Serum, Method: CHOD-PAP	<b>203.96</b>	mg/dl	CHILD Desirable - Less than : 170 CHILD Borderline High : 170 - 199 CHILD High - More than : 200 ADULT Desirable - Less than : 200 ADULT Borderline High : 200 - 239 ADULT High - More than : 240
Triglycerides Serum, Method: GPO-PAP	99.65	mg/dl	NORMAL : <150 Borderline High : 150 - 199 High : 200 - 499 Very High : >500
HDL Cholesterol-Direct Serum, Method: Cholesterol-esterase-Direct	<b>49.55</b>	mg/dl	Desirable - Above : 60 Borderline Risk : 40 - 59 Undesirable - Below : 40
LDL Cholesterol Calculated	<b>134.48</b>	mg/dl	Desirable - Below : 130 Borderline Risk : 130 - 159 Undesirable - Above : 160
VLDL-Cholesterol Calculated	19.93	mg/dl	5 - 51
T.CHOL/HDLC Ratio Calculated	4.12		Acceptable for Male : < 5.00 Acceptable for Female : <4.50

LATHA SONAWANE  
Lab Technician



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



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Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

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**REPORT**

**LIPID PROFILE**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
LDLC/HDLC Ratio Calculated	2.71		Acceptable for Males : < 3.60 Acceptable for Females : < 3.20

NOTE:

- 1) Biological Reference Interval is as per National Cholesterol Education Program (NCEP) guidelines.
- 2) Tests done on Fully Automated Mispa CXL PRO PLUS Biochemistry Analyser.

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



MC - 5321

LATHA SONAWANE  
Lab Technician



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

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Name : ASHISH SINGH

Sex / Age : Male / 36 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

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**REPORT**

**LIVER FUNCTION TEST**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
S.G.O.T. (Serum, Method-IFCC / UV without P5P)	12.4	U/L	0 - 40
Sr. Alkaline Phosphatase (Serum, Kinetic Method by IFCC)	96.57	U/L	40 - 129
S.G.P.T. (Serum, Method- IFCC / UV without P5P)	8.36	U/L	0 - 41
GGT (Serum, Method- IFCC Method)	21.76	U/L	8 - 61
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.47	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.11	mg/dl	0.0 - 0.30
Bilirubin (Indirect) Calculated	0.36	mg/dl	0.0 - 0.90
Total Proteins (serum, Method-Biuret)	7.55	g/dl	6.6 - 8.7
Albumin (Serum, Method-Bromocresol Green)	3.89	g/dl	3.5 - 5.2
Globulin Calculated	3.66	g/dl	1.90 - 3.70
A/G ratio Calculated	1.06		

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

LATHA SONAWANE  
Lab Technician



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MBBS, MD PATHOLOGY  
**Pathologist**  
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**REPORT**

**LIVER FUNCTION TEST**

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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



MC - 5321

LATHA SONAWANE  
Lab Technician



DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
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**REPORT**

**RENAL PROFILE**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Blood Urea Serum, Method-Urease	23.25	mg/dl	16.6- 48.5 mg/dl
Blood Urea Nitrogen Serum, Method-Urease	10.86	mg/dl	06 - 20 mg/dl
Creatinine Serum, Method-Kinetic Jaffes	0.72	mg/dL	0.7 - 1.2 mg/dl
Uric Acid Serum, Method: Uricase-POD	6.8	mg/dl	3.4 - 7.0

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

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



MC - 5321

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Central Laboratory: 102-103-104 Gateway Plaza, Central Avenue Road, Hiranandani Gardens Powai, Mumbai 400076, India

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[admin@seabirdhf.com](mailto:admin@seabirdhf.com)

#### C. Sea Bird Medicare services are also available at:

Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)



PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 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

23-Mar-2024 / 1:36 pm

Coll Date

23-Mar-2024 / 1:41 pm

Report Date

24-Mar-2024 / 4:17 pm

## REPORT

### THYROID FUNCTION TEST

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
TSH	2.82	μIU/ml	0.25-5 μIU/ml
T3	1.52	nmol/l	0.92-2.33 nmol/l
T4	97.34	nmol/l	60-120 nmol/l

The assay principle combines an enzyme immunoassay competition method with a final fluorescent detection (ELFA).

#### INTERPRETATION

**TSH :** A high TSH result often means an under active thyroid gland that is not responding adequately to the stimulation of TSH due to some type of acute or chronic thyroid dysfunction. A high TSH value can also occur when someone with a known thyroid disorder or who has had their thyroid gland removed is receiving too little thyroid hormone medication. A low TSH result can indicate an over active thyroid gland (hyperthyroidism) or excessive amounts of thyroid hormone medication in those who are being treated for an under active (or removed) thyroid gland. An abnormal TSH test result is usually followed by additional testing to investigate the cause of the increase or decrease.

**T3:** Triiodothyronine T3 contributes significantly to the maintenance of the euthyroid state, and the total T3 concentration has a role in screening for thyroid disease in conjunction with other tests. T3 alone cannot diagnose hypothyroidism, but it may be more sensitive than thyroxine (T4) for hyperthyroidism.

**T4 :** Thyroxine accounts for at least 90% of circulating protein-bound iodine. While >99.9% of T4 is protein-bound, primarily to thyroglobulin (TBG), it is the free fraction that is biologically active. In most patients the total T4 level is a good indicator of thyroid status, however it can sometimes be inadequate, and diagnostic efficiency may be improved by use of a total T4 test in conjunction with other tests.

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

LATHA SONAWANE  
Lab Technician



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

## CONDITIONS OF REPORTING

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PID NO. : CCA1250

Name : ASHISH SINGH

Sex / Age : Male / 36 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

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**REPORT**

**URINE ANALYSIS**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<b><u>PHYSICAL EXAMINATION</u></b>			
Colour	Pale Yellow		Pale Yellow
Quantity	30 ml	ml	20 - 50
Appearance	Clear		Clear
Reaction (pH)	6.0		5.0 - 9.0
Specific Gravity	1.010		1.000 - 1.030
<b><u>CHEMICAL EXAMINATION</u></b>			
Proteins	Absent		Absent
Sugar	Absent		Absent
Ketone Bodies	Absent		Absent
Bile Salts	Absent		Absent
Bile Pigment	Absent		Absent
Urobilinogen	Normal	mg/dl	Normal (0.1 - 1.0 mg/dl)

LATHA SONAWANE  
Lab Technician



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



MC - 5321

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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.

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## REPORT

### URINE ANALYSIS

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Ocult Blood	Absent		Absent
<b><u>MICROSCOPIC EXAMINATION</u></b>			
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/peroxidase 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 -----

LATHA SONAWANE  
Lab Technician

DR. RITESH KHARCHE  
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Pathologist  
MMC Reg No.2006031680



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*Sea Bird*  
**Sea Bird Medicare Centre**

Report ID : **ASM23312329** Reg. : **23-Mar-2024**  
Patient Name : **Mr. ASHISH SINGH** Report Date : **26-Mar-2024**  
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**  
Ref By : **Dr. Rahul Devendra Tripathi** Age/Sex : **35 Year / Male**

**CHEST X RAY REPORT**

X-Ray No : 1946

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.

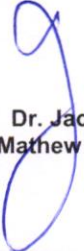
Both Hemidiaphragm visualised normal.

No evidence of any active parenchymal lesion seen.

**Impression :**

**Normal Chest X-Ray.**



  
Dr. Jacob  
Mathew MD

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Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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



# Sea Bird

## Sea Bird Medicare Centre

Name: MR ASHISH SINGH	Age : 36 Y	Sex : Male
Date :23/03/ 2024	Ref Dr : SELF	

### USG ABDOMEN AND PELVIS

**LIVER:** Liver appears normal in size 12.6cm and echotexture. There is no intra-hepatic biliary radical dilatation. No evidence of any focal lesion.

**GALL BLADDER:** Gall bladder is distended and appears normal. Wall thickness is within normal limits. There is no evidence of any calculus. Portal vein is normal. CBD is normal.

**PANCREAS:** Pancreas appears normal in echotexture. There is no evidence of any focal lesion or calcification. Pancreatic duct is not dilated.

**SPLEEN:** Spleen is normal in size, shape and echotexture. No focal lesion is seen.

**KIDNEYS:** Both kidneys are normal in shape and echotexture. Corticomedullary differentiation is maintained. There is no evidence of any hydronephrosis, hydroureter or calculus.

Right kidney measures 11.2 x 4.8cm. Left kidney measure 11.1 x 5.1cm

**URINARY BLADDER:** Urinary bladder is distended and normal. Wall thickness is within normal limits.

**PROSTATE:** Prostate is normal in size measuring 2.7 x 2.5 x 2.7cm vol-10 gms and echotexture. No evidence of any focal lesion.

No free fluid or significant lymphadenopathy is seen.

**IMPRESSION :** No significant abnormality detected.

*Advice: Clinical co-relation and further evaluation.*



DR. PRIYANKA NERULKAR  
CONSULTANT RADIOLOGIST

**Thanks For Reference:** Note the above report represents interpretation of various radiographic shadows, and has its own limitations. This report has to be co-related clinico-pathologically by the referring physician and it does not represent the sole diagnosis.

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Name: ASHISH SINGH	Age : 36/ Y	Sex :MALE
Date- 26/03/2024	ECHOCARDIOGRAM DONE BY:DR NADEEM MOTLEKAR	

### 2D ECHOCARDIOGRAM & COLOUR DOPPLER REPORT

1. Situs Solitus, four chambered heart, Intact Inter-atrial septum and Interventricular septum. No LVOT obstruction.
2. Overall estimated **LVEF 60% at rest.**
3. **GREAT VESSELS:** Normal aorta-pulmonary disposition. Normal aortic root and arch with moderate systolic motion amplitude. Normal main pulmonary artery and IVC. Normal pulmonary veins.
4. **VALVES:** All cardiac valve show normal structure and function.
5. **CHAMBER STUDY:** Normal chamber dimensions. Normal global left ventricular motion. Normal left ventricular segmental contractility. No scar or dyskinesia. Normal right heart motion. No cardiomegaly.
6. No mass thrombus or vegetation were detected in the cardiac chambers.
7. No evidence of pericardial disease or effusion
8. **DOPPLER:** On colour flow mapping, **Trivial AR.**no significant valvular regurgitation. Normal Doppler gradients across LVOT and RVOT. Type I Diastolic dysfunction. No intra cardiac atrial shunt flow abnormality. No pulmonary hypertension.

#### FINAL REMARKS

Normal LV systolic function.

**Type I Diastolic dysfunction.**

No regional wall motion abnormality at rest.

Normal cardiac valve structures and function.

No pulmonary hypertension.

**Proudly... Caring For You**



Name: ASHISH SINGH	Age : 36/ Y	Sex :MALE
Date- 26/03/2024	ECHOCARDIOGRAM DONE BY:DR NADEEM MOTLEKAR	

**MEASUREMENTS TAKEN ON M-MODE**

AO	2.6cm
LA	2.3cm
A cusp	2.1cm
D-T Ex	1.5cm
EF slope	8cm/sec
EPSS	0.5cm
LVIDd	4.6cm
LVIDs	3.3cm
RVIDd	2.1cm
IVS	0.89cm
LVPW	0.5cm

**DISCLAIMER:**This diagnostic test has its limitations, correlate clinically & interpret accordingly.

**DR. NADEEM MOTLEKAR**  
CONSULTING PHYSICIAN AND ECHOCARDIOGRAPHER




**Proudly... Caring For You**



## E. C. G. REPORT

RATE 68/min Q. WAVE N  
RHYTHM Regular QRS COMPLEX \_\_\_\_\_  
VOLTAGE N ST. SEGMENT \_\_\_\_\_  
P WAVE N T. WAVE N  
PR. INTERVAL 0.12 sec  
REMARKS NO significant ST-T changes are



## ELECTROCARDIOGRAPHIC REPORT



*Sea Bird*

Sea Bird Medicare Pvt Ltd.  
(ISO: 9001 - 2015)

NAME Ashish Singh  
AGE 36 yrs DATE 23-03-24

101-102, Heritage Plaza, Telli Cross Lane, Nr. Andheri (E) Stn., Andheri (East), Mumbai - 400 069.

tel : 2682 1823, 5578 3905

103-103-104, Gateway Plaza, Central Avenue Road, Hiranandani Gardens, Powai, Mumbai - 400076

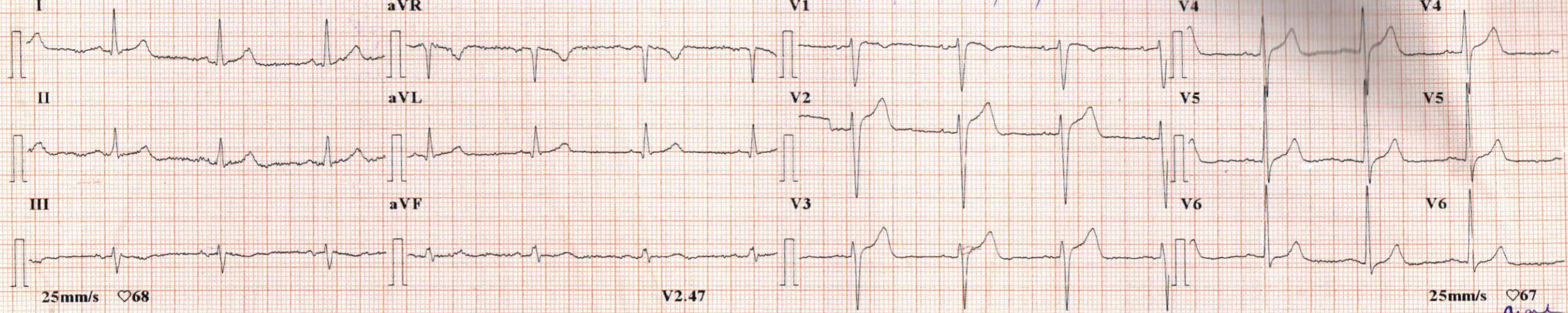
tel : 2670 4157

10mm/mV 0.15~25Hz AC50

~~08-06-2005 07:25:36~~

*Aslihan Digh / 36 / Apama*

10mm/mV 0.15~



25mm/s ♡68

V2.47

25mm/s ♡67

*Aslihan*