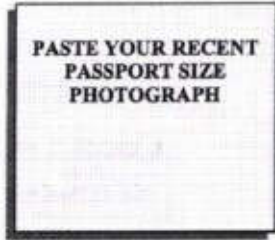


Annexure-2

Self-Health Declaration

(Please ✓ Mark Where Applicable)



1 PERSONAL DETAILS:

Name:

First Name	Middle Name	Surname
<u>John</u>	<u>T.</u>	<u>John</u>

Address: 1031 B Wing, Shiv om Tower chsl,
Nagar Amrit shabhi Road, chandivali, Porvair

City: 40072 Pin:

Birth Place: Kerala Birth Date: 28/03/1990 Religion: Christian
(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)	<u>office work</u>	<u>8hrs</u>
ii)		
iii)		

3 NAME OF FAMILY DOCTOR:

Address: NIL

Contact Details:

4 PERSONAL HABITS:

- i) Smoking
- ii) Tobacco chewing
- iii) Alcohol
- 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 checked="" 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)

Assistant Manager at Bank of Baroda,
office work, duration of 10 yrs.

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

Details of the above if "Yes")

HTN on LSM.

(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 checked="" type="checkbox"/>	<input type="checkbox"/>
Others	<input type="checkbox"/>	<input type="checkbox"/>

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	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Any other Disease	<input type="checkbox"/>	Thyroid,

	IF LIVING		IF DEAD	
	AGE	HEALTH (Good, Bad, Fair)	AGE AT DEATH	CAUSE OF DEATH
Father	71	Good	/	
Mother	66	Good		
Spouse	31	Good		
Children-1	2	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: 31/08/2024



 (Signature of Candidate)

MER- MEDICAL EXAMINATION REPORT

Date of Examination	31/8/2024	
NAME	Jina John	
AGE	Gender	Male
HEIGHT(cm) 177	WEIGHT (kg)	71
B.P.	130/80 mmHg.	
ECG ITMT	WNL	
X Ray	N	
Vision Checkup	Color Vision : (D)	
	Far Vision Ratio : 6/6 (D)	
	Near Vision Ratio : 2/5 (D)	
Present Ailments	? HTN not on any Rx - on LSM	
Details of Past ailments (If Any)	-	
Comments / Advice : She /He is Physically Fit		

rh

Signature with Stamp of Medical Examiner

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

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr. T. John on 31/8/2024

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 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. <u>Quadraxet... blixubin... sed</u>.....</p> <p>2. <u>Hyperuricemia</u>.....</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 checked="" 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. Mrinalni Singh
 Consultant Physician
 MBBS, DNB, MRCP (UK), EDIC
 Reg. No. 2019/02/0392

Dr. _____
Medical Officer
The Apollo Clinic, (Location)

This certificate is not meant for medico-legal purposes



सत्यमेव जयते
Department of Kerala Transport

Indian Union Driving Licence Issued by Government of Kerala



DL No. KL14 20170002473

Issue Date	Validity (NT)	Validity (TR)
23-03-2017	22-03-2037	

Name : JINU T JOHN

Date Of Birth: 28-03-1990 Blood Group: O+

Organ Donor: No

S / D / W of : JOHN T J

Permanent Address

THAMARASSERIL HOUSE,
ANGADIKADAVU P.O.,
AYYANKUNNU, KANNUR, 670706

Present Address

THAMARASSERIL HOUSE,
ANGADIKADAVU P.O.,
AYYANKUNNU, KANNUR, 670706



John T

Holder's Signature

KLA002687325

Date Of First Issue 23-03-2017

John T



PID NO. : CHA1493
Name : JINU T JOHN
Sex / Age : Male / 34 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
31-Aug-2024 / 8:56 am
Coll Date
31-Aug-2024 / 9:01 am
Report Date
31-Aug-2024 / 3:06 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	98.31	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	106.22	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Absent		Absent
Urine Ketones (PP)	Absent		Absent

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

Pritam Dhanawade
Lab Technician

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No.200603168C



Proudly... Caring For You

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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

CONDITIONS OF REPORTING

SEA BIRD MEDICARE CENTRE (DIVISION OF SEA BIRD MEDICARE PVT LTD)

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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

C. Sea Bird Medicare services are also available at:

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



Sea Bird
Sea Bird Medicare Centre



PID NO. : CHA1493

Name : JINU T JOHN

Sex / Age : Male / 34 Years

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31-Aug-2024 / 8:56 am

Coll Date

31-Aug-2024 / 9:01 am

Report Date

31-Aug-2024 / 3:34 pm

REPORT

BLOOD GLUCOSE

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

Dhanawade

Pritam Dhanawade
Lab Technician

Ritesh Kharche

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No. 200603168C



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Name : JINU T JOHN

Sex / Age : Male / 34 Years

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31-Aug-2024 / 9:01 am

Report Date

31-Aug-2024 / 3:06 pm

REPORT

Blood Group

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

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

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

Dhanawade

Pritam Dhanawade
Lab Technician

Ritesh Kharche

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No. 200603168C

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Report Date

31-Aug-2024 / 3:06 pm

REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	13.9	gm/dl	13.0 -17.0
RED BLOOD CELLS			
R.B.C. Count	4.78	million / cumm	4.5- 5.5
HCT	41.8	%	40- 50
MCV	87.4	fL	83 - 101
MCH	29.2	pg	27 - 32
MCHC	33.4	gm / dl	31.5 - 34.5
RDW (CV)	12	%	11.6- 14.0
Total W.B.C. Count	10360	/cu.mm.	4000 - 10000
DIFFERENTIAL COUNT			
Neutrophils	70	%	40 - 80
Lymphocytes	24	%	20 - 40
Eosinophils	04	%	1 - 6

Priya

PRIYA PANDEY
Lab Technician



Ritesh

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No.200603168C

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REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	02	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	285000	/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.200603168C



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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	10	mm at 1hr	0 - 15

Method: Westergren.
Sample: Whole Blood (EDTA)

———— End of Report ————

PRIYA PANDEY
Lab Technician



DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No.200603168C

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022 25701053 / 9324924370 or
admin@seabirdhf.com

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



PID NO. : CHA1493

Name : JINU T JOHN

Sex / Age : Male / 34 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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31-Aug-2024 / 3:06 pm

REPORT

Glycosylated Haemoglobin (HbA1c)

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
HbA1c	5.38	%	4 - 5.69
Pre-Diabetic : 5.7 - 6.4 % Diabetic : ≥ 6.5 (EDTA Whole Blood, Turbidimetric)			
Mean Blood Glucose (MBG)	114.23	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 glycoemic 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 Mispal 13 Automated Cartridge Based Specific Protein Analyser.

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

PRIYA PANDEY
Lab Technician



DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No.200603168C

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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	156.41	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	106.2	mg/dl	NORMAL : <150 Borderline High : 150 - 199 High : 200 - 499 Very High : >500
HDL Cholesterol-Direct Serum, Method: Cholesterol-esterase-Direct	60	mg/dl	Desirable - Above : 60 Borderline Risk : 40 - 59 Undesirable - Below : 40
LDL Cholesterol Calculated	75.17	mg/dl	Desirable - Below : 130 Borderline Risk : 130 - 159 Undesirable - Above : 160
VLDL-Cholesterol Calculated	21.24	mg/dl	5 - 51
T.CHOL/HDLC Ratio Calculated	2.61		Acceptable for Male : < 5.00 Acceptable for Female : <4.50

PRIYA PANDEY
Lab Technician



DR. RITESH KHARCHE
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Pathologist
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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

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LIPID PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
LDLC/HDLC Ratio Calculated	1.25		Acceptable for Males : < 3.60 Acceptable for Females : < 3.20

NOTE:

- 1) Biological Reference Intervals are as per ATP III, NCEP Guidelines and National Lipid Association (NLA) 2014 Recommendations.
- 2) Tests done on Fully Automated Mispac CXL PRO PLUS Biochemistry Analyser.
- 3) The LDL-Cholesterol is calculated by the Friedewald equation which provides a reliable LDL-Cholesterol value estimate when triglyceride levels are below 400 mg/dL. A direct measurement is advised if the triglyceride levels are >400mg/dL.

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

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REPORT

LIVER FUNCTION TEST

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
S.G.O.T. (Serum, Method-IFCC / UV without P5P)	17.04	U/L	0 - 40
Sr. Alkaline Phosphatase (Serum, Kinetic Method by IFCC)	64.79	U/L	40 - 129
S.G.P.T. (Serum, Method- IFCC / UV without P5P)	15.53	U/L	0 - 41
GGT (Serum, Method- IFCC Method)	20.23	U/L	8 - 61
Bilirubin (Total) (Serum, Method-Diazo- End point)	1.79	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.29	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	1.50	mg/dl	0.0 - 0.90
Total Proteins (serum, Method-Biuret)	7.13	g/dl	6.6 - 8.7
Albumin (Serum, Method-Bromocresol Green)	4.46	g/dl	3.5 - 5.2
Globulin Calculated	2.67	g/dl	1.90 - 3.70
A/G ratio Calculated	1.67		

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

PRIYA PANDEY
Lab Technician



DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No.200603168C

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REPORT

LIVER FUNCTION TEST

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

Priya

PRIYA PANDEY
Lab Technician



Ritesh

DR. RITESH KHARCHE
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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	17.48	mg/dl	16.6- 48.5 mg/dl
Blood Urea Nitrogen Serum, Method-Urease	8.16	mg/dl	06 - 20 mg/dl
Creatinine Serum, Method-Kinetic Jaffes	1.12	mg/dL	0.62 - 1.17 mg/dl
Uric Acid Serum, Method: Uricase-POD	9.8	mg/dl	3.4 - 7.0

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

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

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Lab Technician



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REPORT

THYROID FUNCTION TEST

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
TSH	2	μIU/ml	0.25-5 μIU/ml
T3	1.38	nmol/l	0.92-2.33 nmol/l
T4	87.36	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 thyrokin-binding globulin(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 -----

Dhanawade

Pritam Dhanawade
Lab Technician



Ritesh Kharche

DR. RITESH KHARCHE
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022 25701053 / 9324924370 or
admin@seabirdhf.com

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



PID NO. : CHA1493

Name : JINU T JOHN

Sex / Age : Male / 34 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

31-Aug-2024 / 8:56 am

Coll Date

31-Aug-2024 / 9:01 am

Report Date

31-Aug-2024 / 3:07 pm

REPORT

URINE ANALYSIS

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
PHYSICAL EXAMINATION			
Colour	Pale Yellow		Pale Yellow
Quantity	30 ml	ml	20 - 50
Appearance	Clear		Clear
Reaction (pH)	5.0		5.0 - 9.0
Specific Gravity	1.010		1.000 - 1.030
CHEMICAL EXAMINATION			
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)

Priya

PRIYA PANDEY
Lab Technician



Ritesh

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No. 200603168C

CONDITIONS OF REPORTING

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PID NO. : CHA1493

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Sex / Age : Male / 34 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

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Reg. Date

31-Aug-2024 / 8:56 am

Coll Date

31-Aug-2024 / 9:01 am

Report Date

31-Aug-2024 / 3:07 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/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 -----

Priya

PRIYA PANDEY
Lab Technician



Ritesh

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
MMC Reg No.200603168C

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Name: Mr JINU JOHN	Age : 34 Y	Sex : Male
Date :31/08/2024	Ref Dr : SELF	

USG ABDOMEN AND PELVIS

LIVER: Liver appears normal in size 12.7 cm and shows normal 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 9.6 x 3.6cm. Left kidney measure 10.1 x 4.4cm.

URINARY BLADDER: Urinary bladder is distended and normal. Wall thickness is within normal limits. No obvious calculus seen within.

PROSTATE: Prostate is normal in size 2.8 x 3.0 x 3.6 cm vol-16.6 gms and echo texture. 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.



Priyanka Nerulkar

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.

Proudly... Caring For You



SEA BIRD MEDICARE CENTRE

Report ID : **JJM318112713** Reg. : **31-Aug-2024**
Patient Name : **Mr. JINU JOHN** Report Date : **02-Sep-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **34 Year / Male**

CHEST X RAY REPORT

X-Ray No : 5150

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- 48032704

Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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

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ECG

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Time: 9:49:14 AM BP: 120 / 80 mmHg

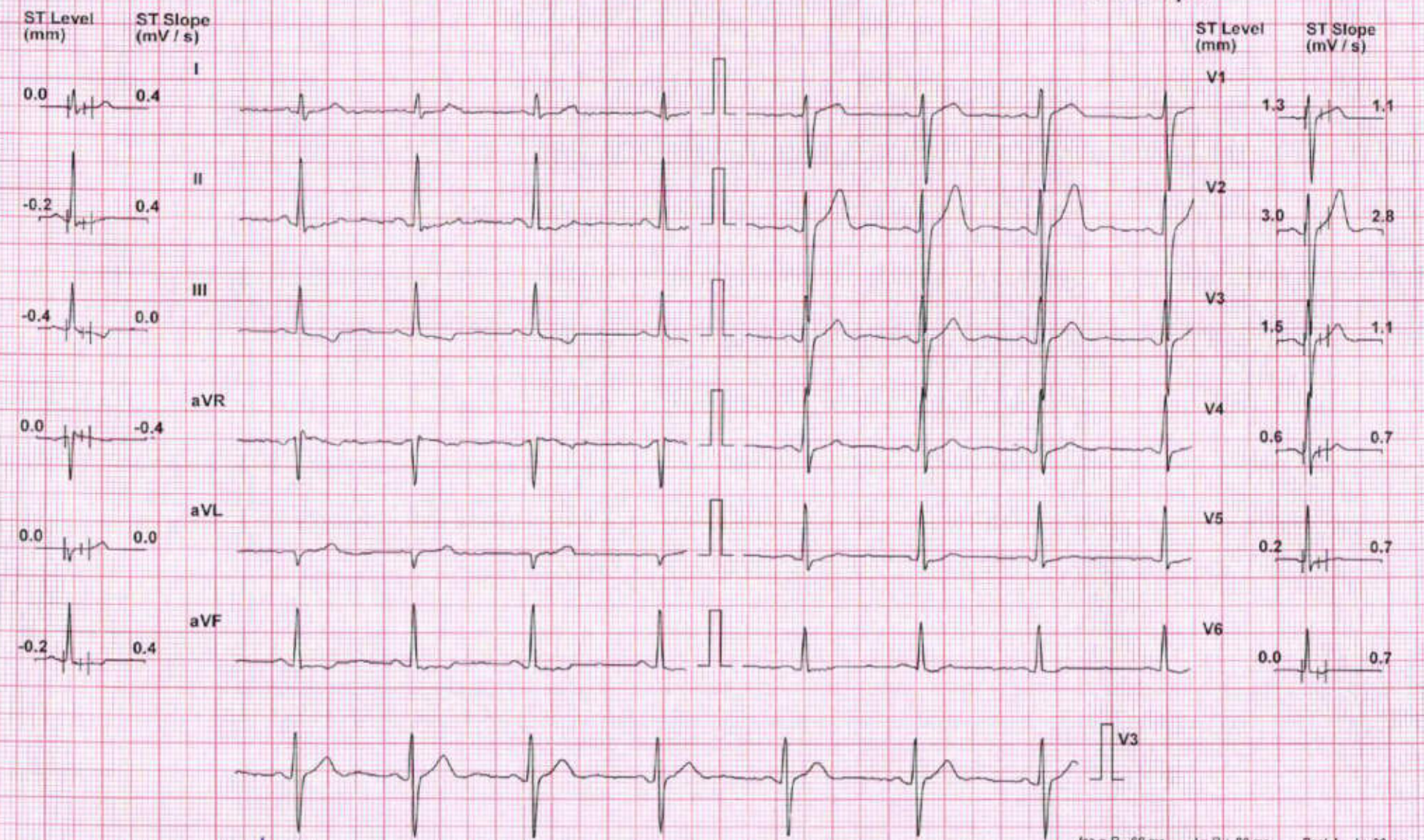
Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

HR: 67 bpm



Iso = R - 60 ms J = R + 60 ms Post J = J + 60 ms

Interpretation:

Handwritten signature

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

SEA BIRD MEDICARE CENTRE POWAI

Patient Details

Date: 31-Aug-24

Time: 10:03:09 AM

Name: JINU JOHN ID: 2820

Age: 34 y

Sex: M

Height: 177 cms.

Weight: 71 Kg.

Clinical History: NIL

Medications: NIL

Test Details

Protocol: Bruce

Pr.MHR: 186 bpm

THR: 158 (85 % of Pr.MHR) bpm

Total Exec. Time: 9 m 26 s

Max. HR: 160 (86% of Pr.MHR)bpm

Max. Mets: 13.50

Max. BP: 160 / 100 mmHg

Max. BP x HR: 25600 mmHg/min

Min. BP x HR: 4960 mmHg/min

Test Termination Criteria: THR ACHIEVED

Protocol Details

Stage Name	Stage Time (min : sec)	Mets	Speed (mph)	Grade (%)	Heart Rate (bpm)	Max. BP (mm/Hg)	Max. ST Level (mm)	Max. ST Slope (mV/s)
Supine	0 : 34	1.0	0	0	69	120 / 80	-0.64 II	2.83 V2
Standing	0 : 2	1.0	0	0	65	120 / 80	-0.64 III	2.83 V2
Hyperventilation	2 : 4	1.0	0	0	62	120 / 80	-0.85 III	3.18 V2
1	3 : 0	4.6	1.7	10	92	130 / 90	-0.64 II	3.89 V2
2	3 : 0	7.0	2.5	12	108	140 / 90	-1.06 III	5.66 V2
3	3 : 0	10.2	3.4	14	151	150 / 100	-2.12 III	5.66 V2
Peak Ex	0 : 26	13.5	4.2	16	160	160 / 100	-2.12 III	5.66 V3
Recovery(1)	2 : 0	1.8	1	0	83	160 / 100	-2.12 III	5.66 V3
Recovery(2)	2 : 0	1.0	0	0	97	140 / 90	-0.85 aVR	5.66 V2
Recovery(3)	2 : 0	1.0	0	0	85	130 / 90	-0.85 III	3.89 V2
Recovery(4)	0 : 4	1.0	0	0	86	130 / 90	-0.64 III	3.18 V2

Interpretation

The patient exercised according to the Bruce protocol for 9 m 26 s achieving a work level of Max. METS - 13.50. Resting heart rate initially 69 bpm, rose to a max. heart rate of 160 (86% of Pr.MHR) bpm. Resting blood Pressure 120 / 80 mmHg, rose to a maximum blood pressure of 160 / 100 mmHg. No significant ST- T changes, TMT negative for inducible ischemia for the workload achieved

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

Ref. Doctor: APOLLO

(Summary Report edited by user)

Doctor: ----

(c) Schiller Healthcare India Pvt. Ltd. V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 0 m 0 s

Stage Time : 0 m 34 s **HR: 69 bpm**

Protocol: Bruce

Stage: Supine

Speed: 0 mph

Grade: 0 %

(THR: 158 bpm)

B.P: 120 / 80

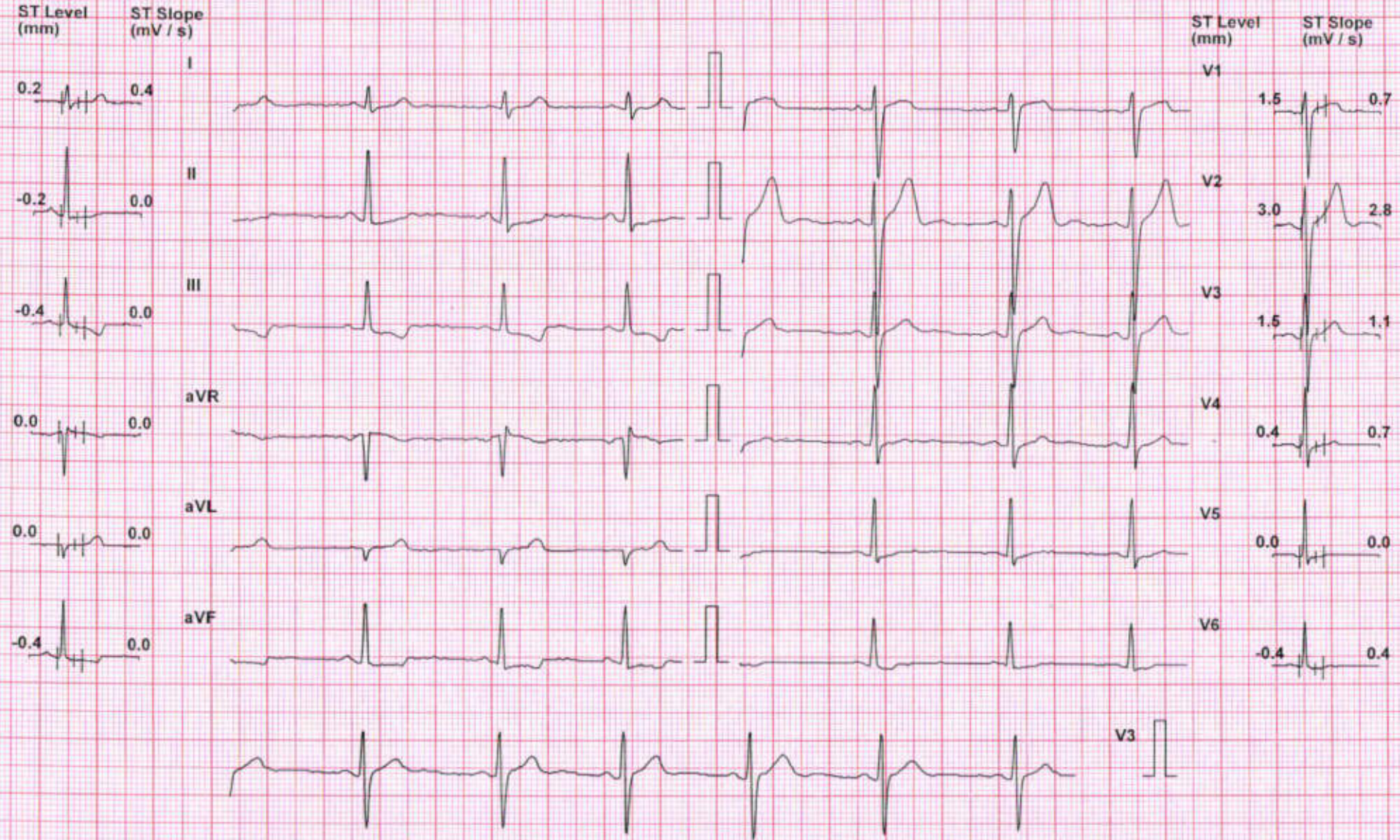


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 0 m 0 s

Stage Time : 0 m 2 s

HR: 65 bpm

Protocol: Bruce

Stage: Standing

Speed: 0 mph

Grade: 0 %

(THR: 158 bpm)

B.P: 120 / 80

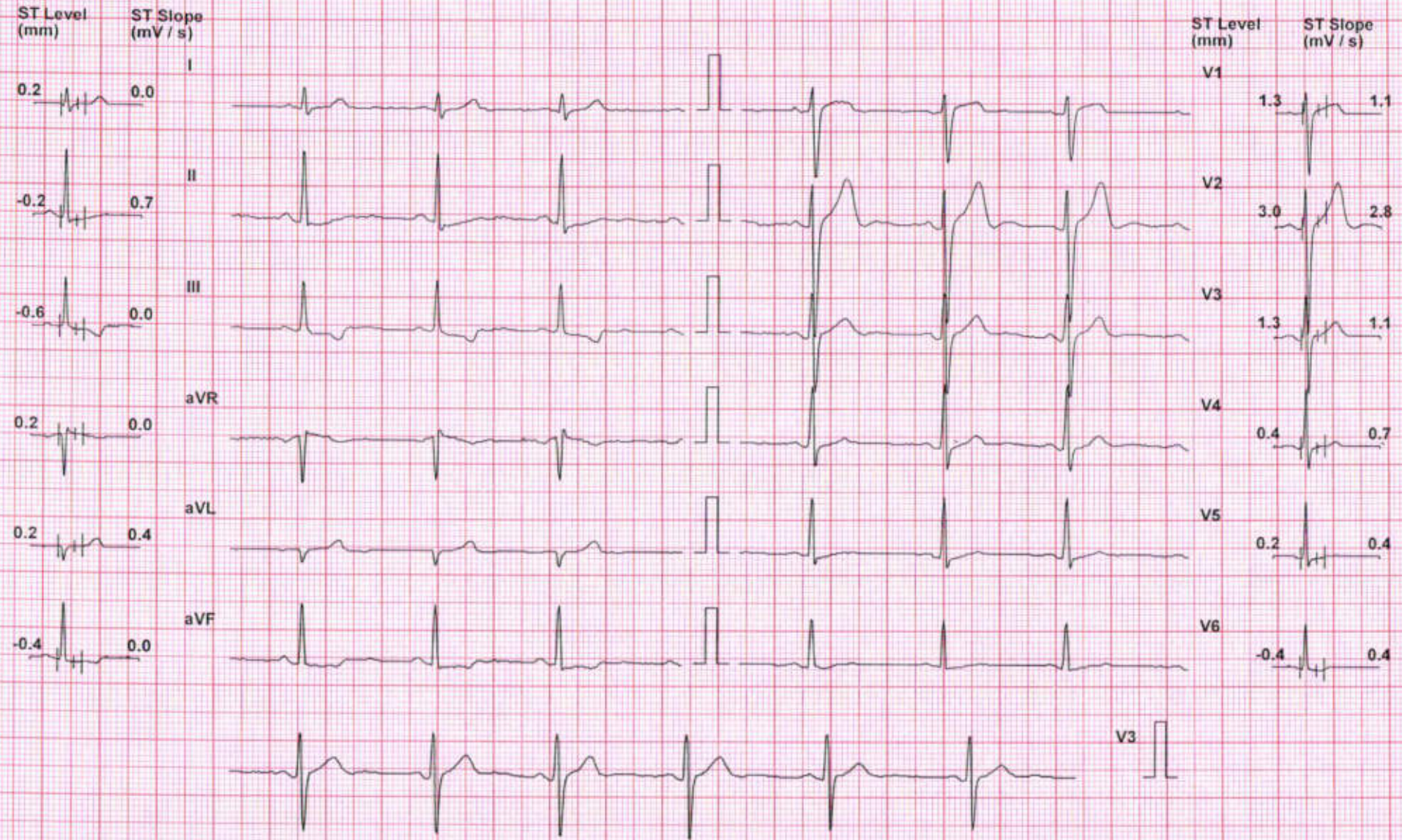


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R + 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 0 m 0 s

Stage Time : 2 m 4 s

HR: 62 bpm

Protocol: Bruce

Stage: Hyperventilation

Speed: 0 mph

Grade: 0 %

(THR: 158 bpm)

B.P: 120 / 80

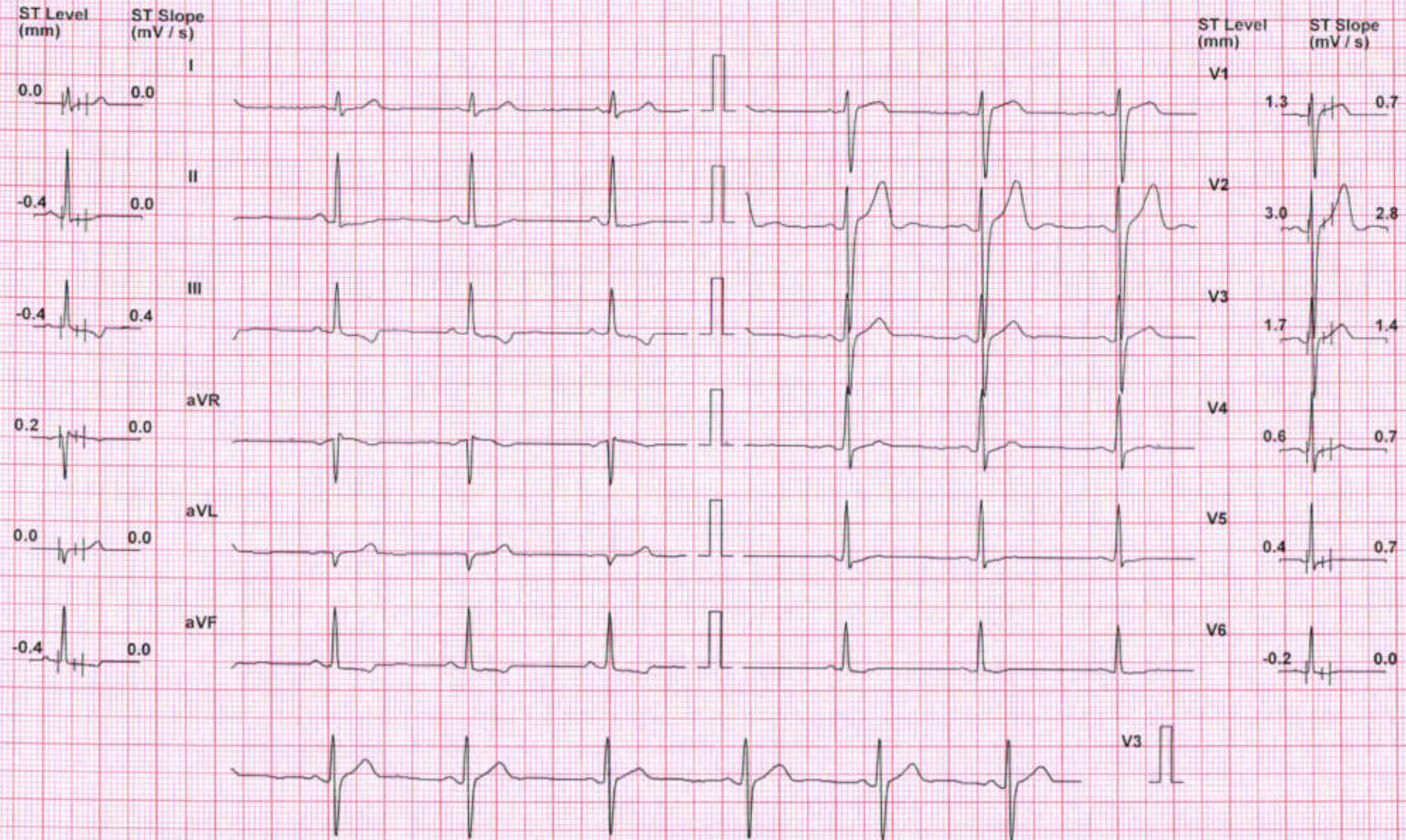


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 3 m 0 s

Stage Time : 3 m 0 s

HR: 92 bpm

Protocol: Bruce

Stage: 1

Speed: 1.7 mph

Grade: 10 %

(THR: 158 bpm)

B.P: 130 / 90

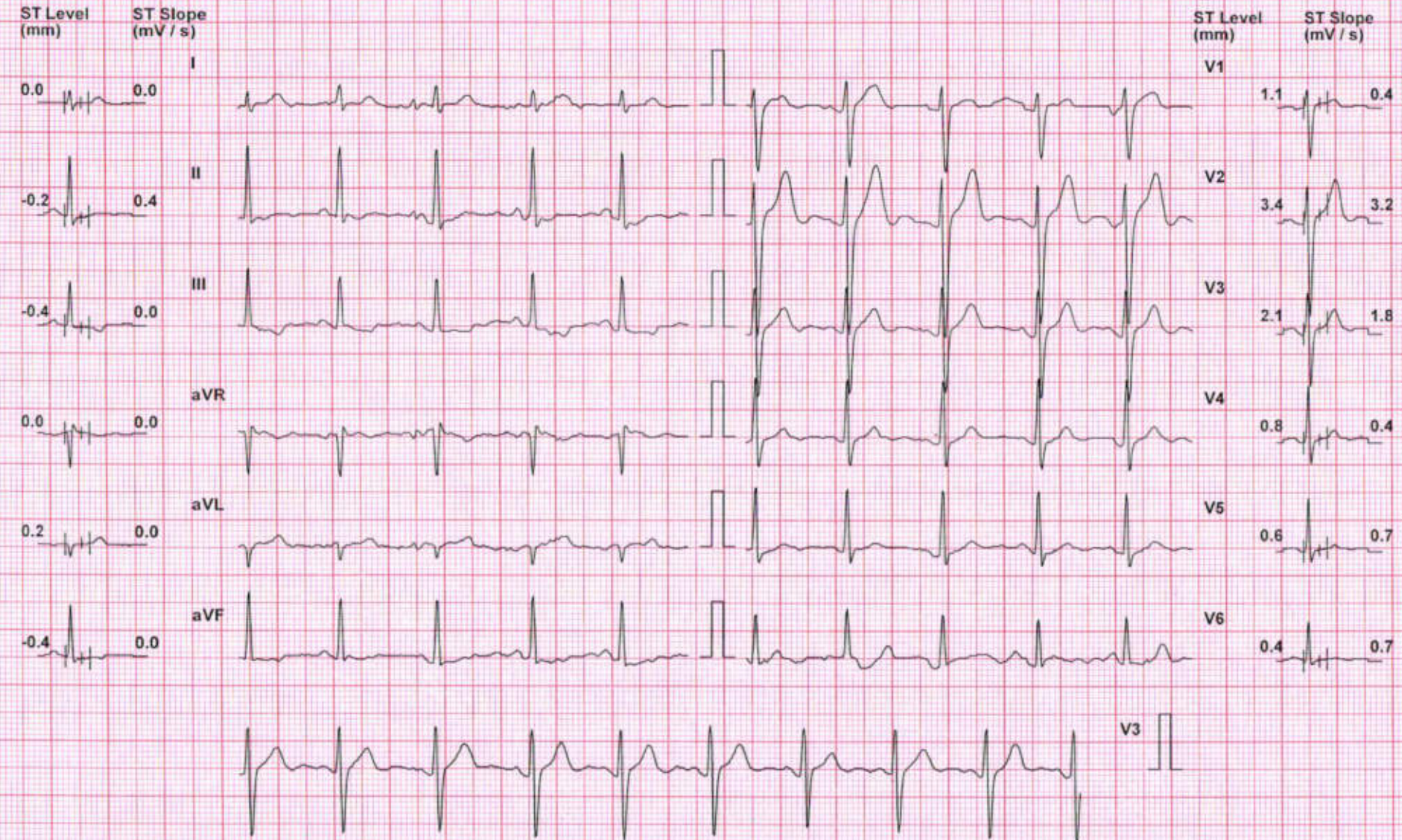


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 6 m 0 s

Stage Time : 3 m 0 s

HR: 108 bpm

Protocol: Bruce

Stage: 2

Speed: 2.5 mph

Grade: 12 %

(THR: 158 bpm)

B.P: 140 / 90

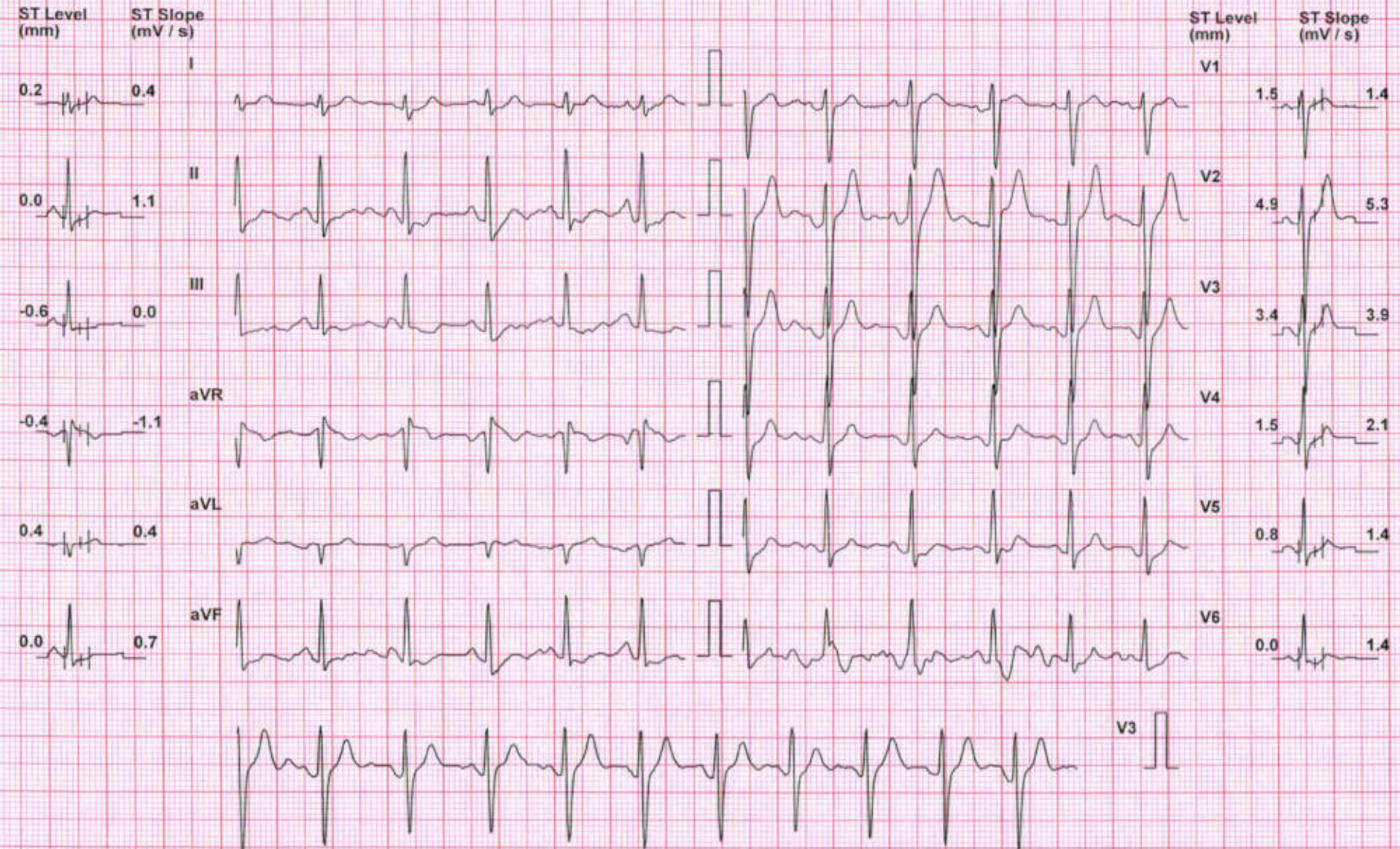


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fit: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24 Exec Time : 9 m 0 s Stage Time : 3 m 0 s **HR: 151 bpm**

Protocol: Bruce

Stage: 3

Speed: 3.4 mph Grade: 14 % (THR: 158 bpm) B.P: 150 / 100

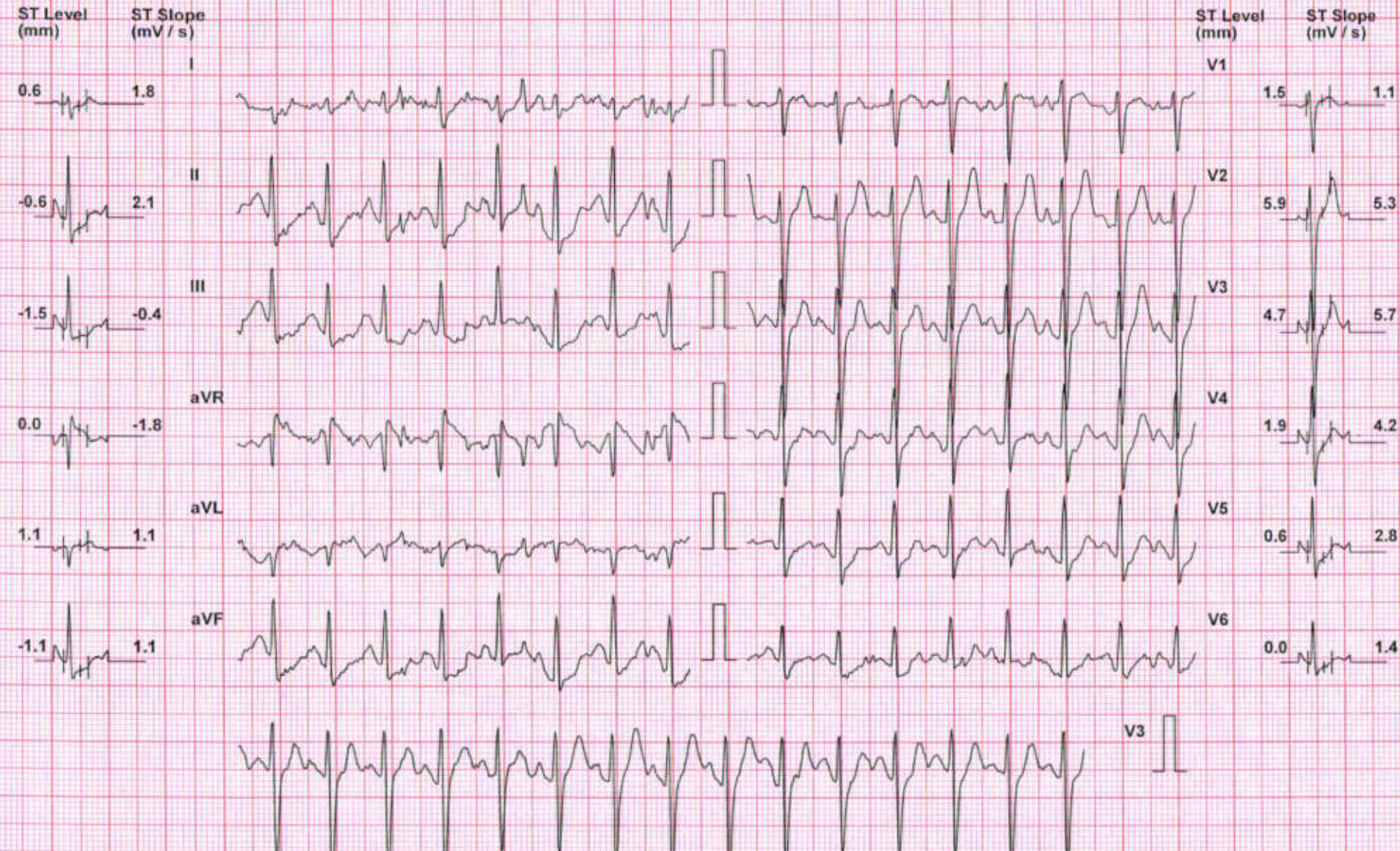


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R 60 ms

Post J = J + 60 ms

Schiller Spandan V4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24 Exec Time : 9 m 26 s Stage Time : 0 m 26 s **HR: 160 bpm**

Protocol: Bruce

Stage: Peak Ex

Speed: 4.2 mph

Grade: 16 %

(THR: 158 bpm)

B.P: 160 / 100

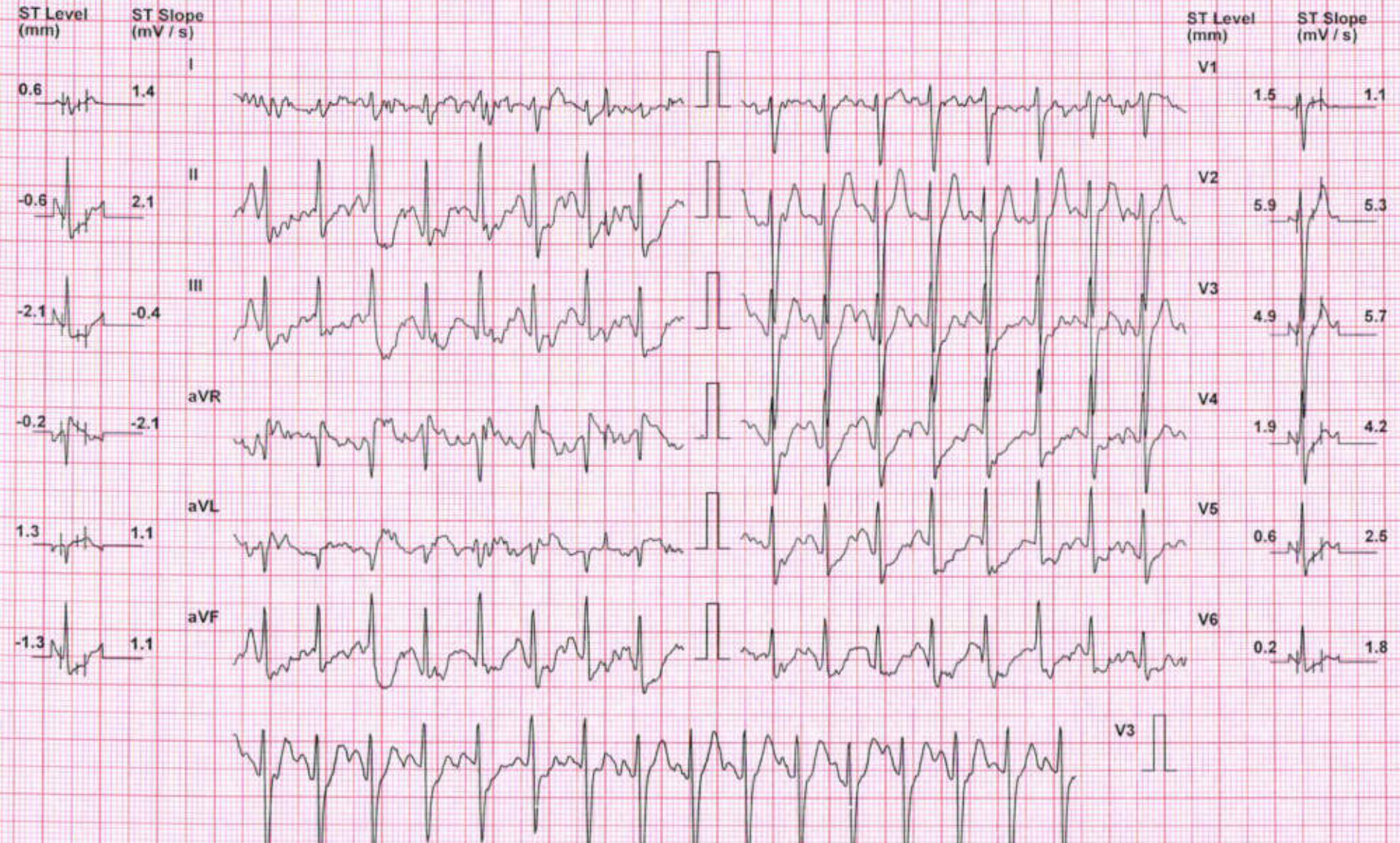


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

iso = R - 60 ms

J = R + 80 ms

Post J = J + 60 ms

Schiller Spandari V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 9 m 26 s

Stage Time : 1 m 30 s

HR: 81 bpm

Protocol: Bruce

Stage: Recovery(1)

Speed: 1 mph

Grade: 0 %

(THR: 158 bpm)

B.P: 160 / 100

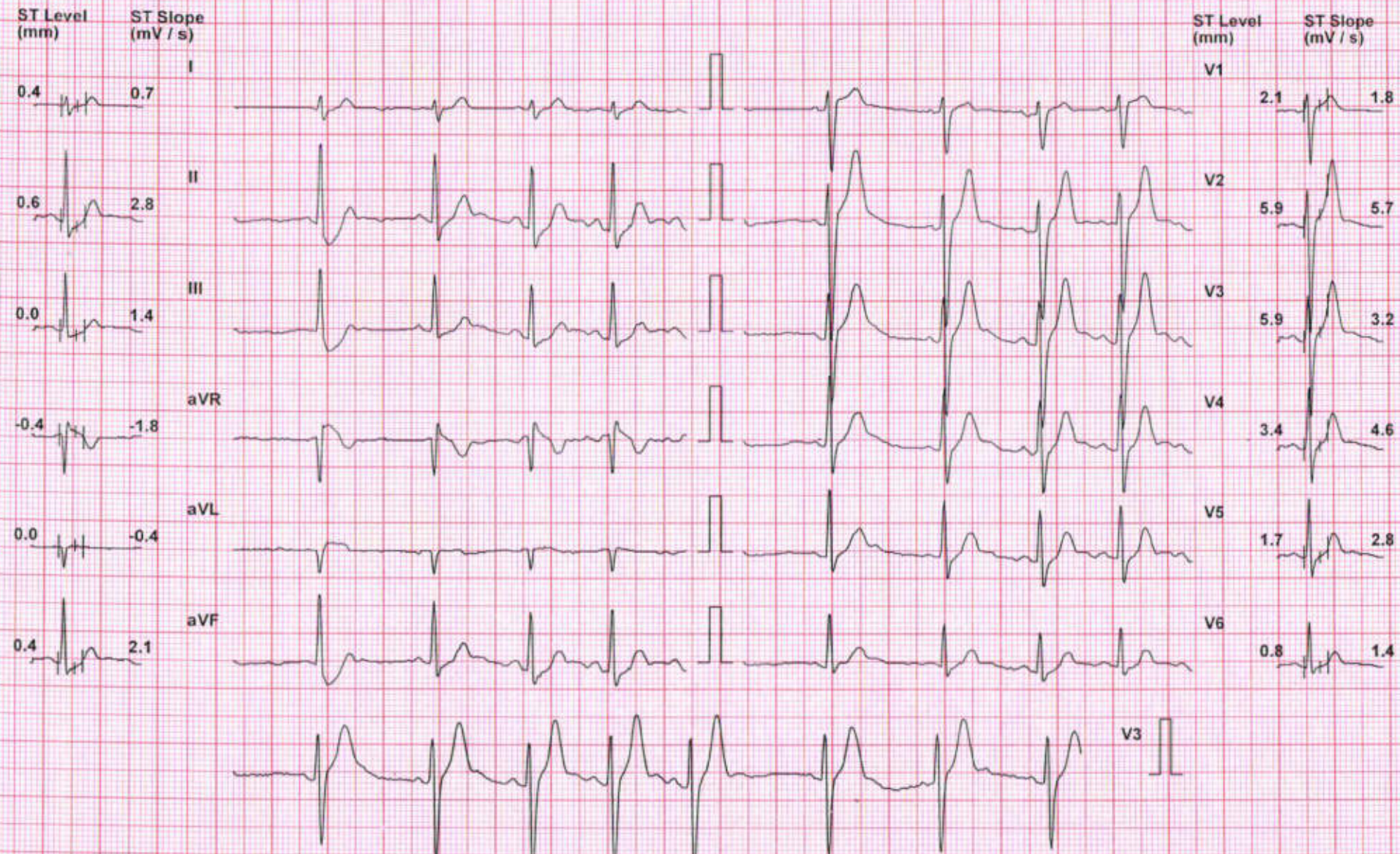


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 9 m 26 s

Stage Time : 2 m 0 s

HR: 97 bpm

Protocol: Bruce

Stage: Recovery(2)

Speed: 0 mph

Grade: 0 %

(THR: 158 bpm)

B.P: 140 / 90

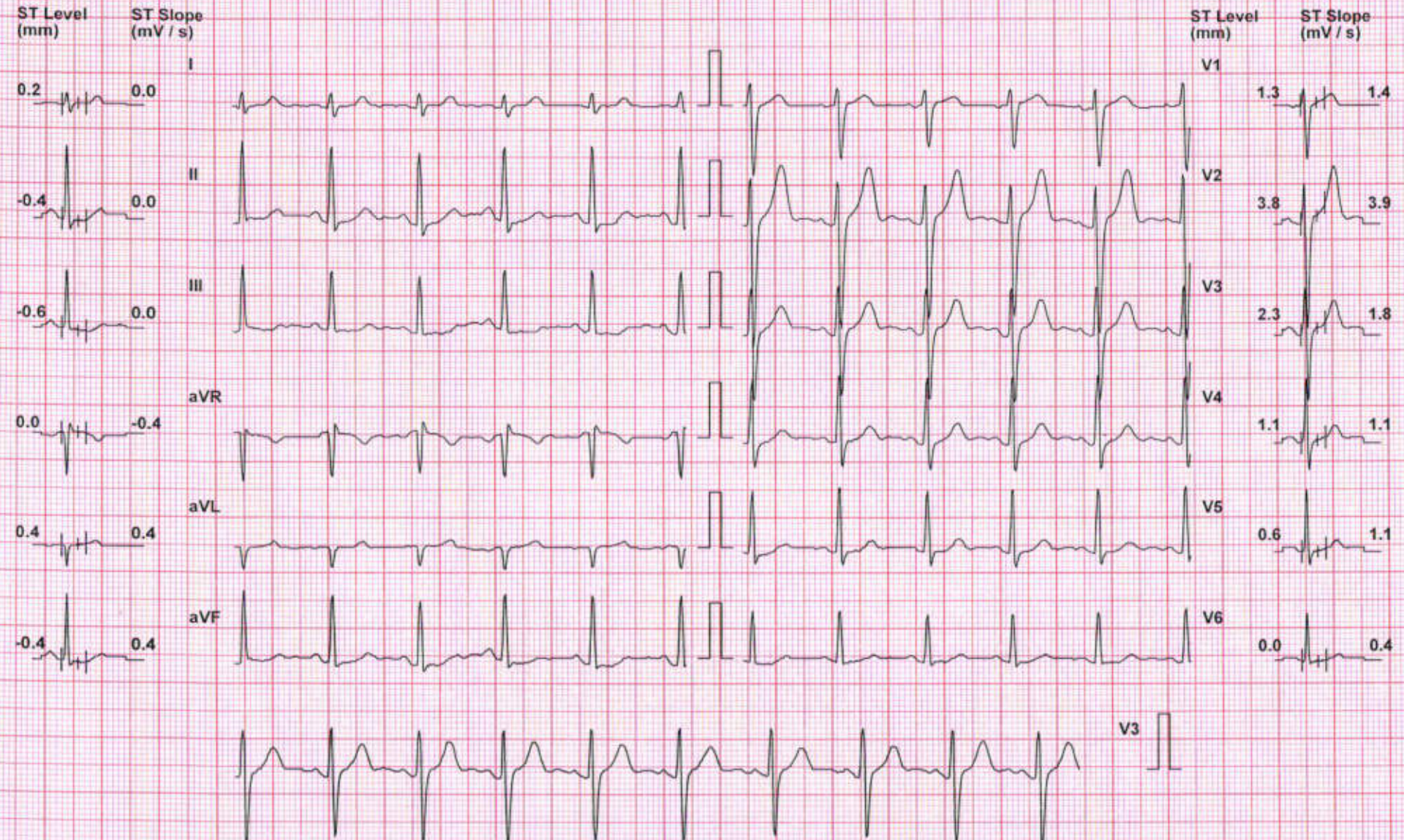


Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filt: ON Amp: 10 mm Iso = R - 60 ms J = R + 60 ms Post J = J + 60 ms

Schiller Spandan V4.7

SEA BIRD MEDICARE CENTRE POWAI

JINU JOHN (34 M)

ID: 2820

Date: 31-Aug-24

Exec Time : 9 m 26 s

Stage Time : 2 m 0 s

HR: 85 bpm

Protocol: Bruce

Stage: Recovery(3)

Speed: 0 mph

Grade: 0 %

(THR: 158 bpm)

B.P: 130 / 90

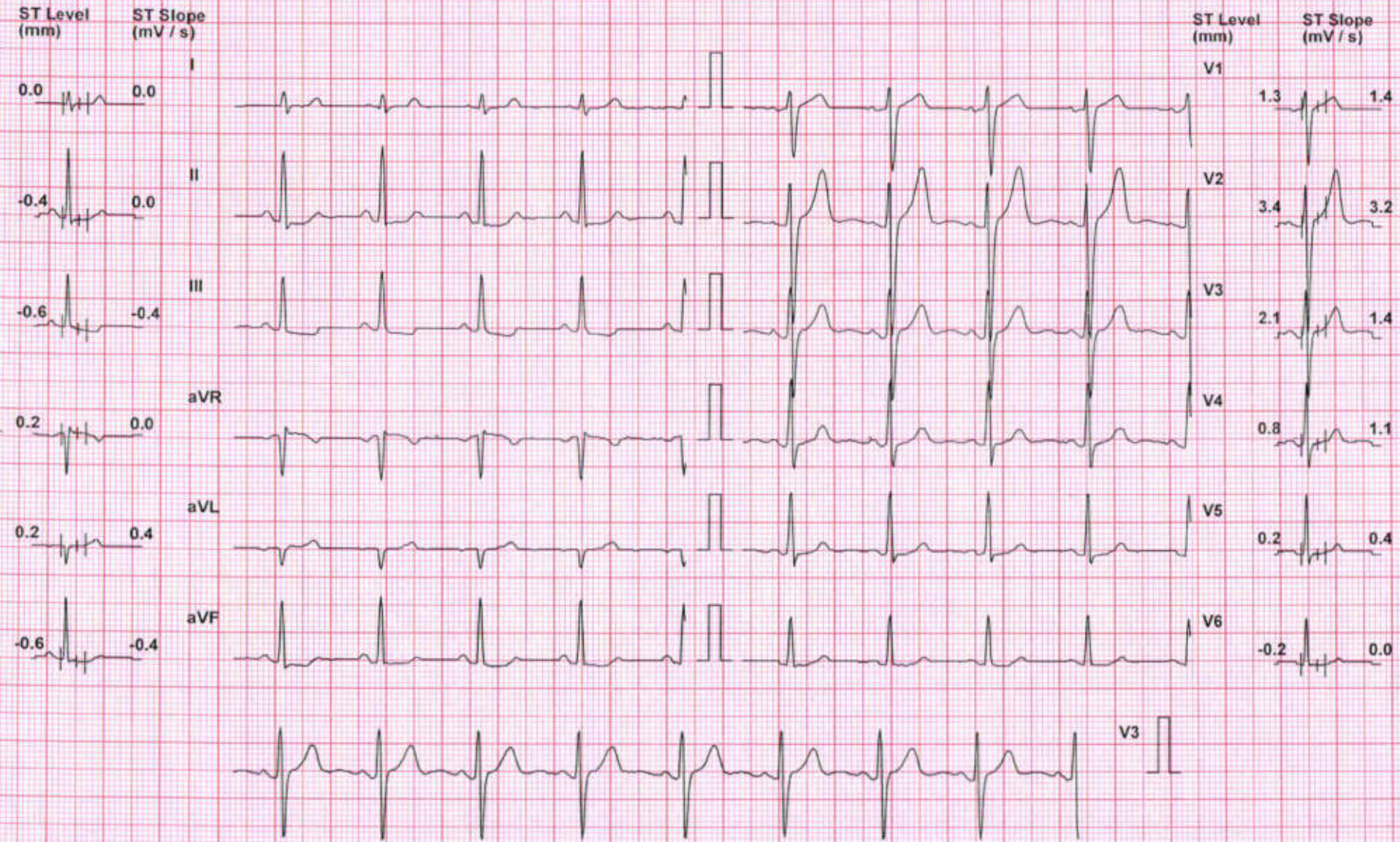


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V4.7