



Balaji Medical Centre

An ISO 9001:2015 Accredited Organization
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CHENNAI : No.5 (3/2), Jagadeeswaran Street,T.Nagar,Chennai-600 017. INDIA ☎ : 044-24364651 / 52 / 53
No.38, Manikodi Srinivasan Nagar Main Road, Rajiv Gandhi Salai, Perungudi, Chennai-600 096. INDIA ☎ : 044-29865513 / 14
TUTICORIN : Plot No.51, Door No.20/10, Roche Colony, South Beach Road,Tuticorin - 628 001.INDIA ☎ : 0461-2332719 / 20
CUDDALORE : No.26, Dowlath Nagar, Semmandalam, Cuddalore - 607001.INDIA ☎ : 04142-202150,203150
KOCHI : No.66/2345A, Veekshnam Road, Ernakulam,Kochi-682018 . INDIA ☎ : 0484-2395006 / 07 / 08
VIZAG : Door No.39-11- 63/4-1, Murali Nagar, Visakhapatnam,Andhra Pradesh-530 007. INDIA ☎ : 0891-2710299 / 399
MANGALORE : Shop No.5, Door No.1-65/31, Kulur-Kavoor Airport Road, Vivek Nagar, Panjimogaru, Mangalore-575 013.INDIA ☎ : 0824-2972719 / 20.
KAKINADA : 70-17-15/1,RR Nagar,Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

REG. NO: MA23060000118

DATE:10/06/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined Mr. SRINIVASA PAI (57/M)

Who is found to be Medically **FIT**.

He is not found to be suffering from any contagious Disease or Ailment.

He is FIT to perform his duty .


Dr. VIDYA KUMARI
Reg.No. 10306
DGS Approval No. KAMG/08/2022

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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PHYSICAL EXAMINATION

Date Of Exam : 10/06/2023 Reg. No:MA23060000118
Name : Mr. SRINIVASA PAI (57/Male)
Type Of Exam : Physical
Reference : Apollo Health and Lifestyle Limited

The doctor has examined this client at Balaji Medical Centre Mangalore for updated Physical examination and found the following.

Temperature : 36.1C
Blood Pressure : 120/80mmHg
Pulse : 86/min
Respiration Rate : 16/min
Waist (cm) : 80Cms
Height : 155Cms
Weight : 53.1Kgs
BMI : 22.1kg/m2


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Name: Mr. SRINIVASA PAI

Date: 10/06/2023

Reg. No : MA23060000118

Ref : Dr. A.H.Balaji

OPHTHALMIC REPORT

	RIGHT	LEFT
Distant: (Unaided)	6/60	6/60
Distant: (Aided)	6/6	6/6
Near: (Unaided)	N/5	N/24
Near: (Aided)	N/5	N/5
Colour:	Normal	Normal
Anterior Segment:	Normal	Normal
Intra Ocular Pressure:	Normal	Normal
Fundus:	Normal	Normal


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LABORATORY REPORT

DATE : 10/06/2023 REG. NO : MA23060000118
NAME : Mr. SRINIVASA PAI
AGE : 57YRS SEX : MALE
REF BY : DR.A.H.BALAJI

COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	4.9	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	15.3	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	47.3	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	79.3	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	28.6	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONCN.)	34.8	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	12.3	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	6700	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	3500	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	2300	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	520	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	260	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	70	/c.mm	20-100
NEUTROPHILS	56.0	%	40-80
LYMPHOCYTES	34.0	%	20-40
MONOCYTES	5.0	%	2-10
EOSINOPHILS	4.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.6	10 ³ /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.9	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.3	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	14.9	%	9-17

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NAME : Mr. SRINIVASA PAI

AGE : 57YRS SEX : MALE

REF BY : DR.A.H.BALAJI

ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<u>GENERAL EXAMINATION:</u>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	5.5		4.5 - 8
SPECIFIC GRAVITY	1.020		1.010 - 1.030
<u>CHEMICAL EXAMINATION (AUTOMATED DIPSTICK METHOD):</u>			
URINE PROTEIN(ALBUMIN)	ABSENT		ABSENT
URINE GLUCOSE(SUGAR)	ABSENT		ABSENT
URINE KETONES(ACETONE)	ABSENT		ABSENT
BILE SALTS	ABSENT		ABSENT
BILE PIGMENTS	ABSENT		ABSENT
UROBILINOGEN	NORMAL		NORMAL
NITRITE	NEGATIVE		NEGATIVE
<u>MICROSCOPIC EXAMINATION</u>			
RED BLOOD CELLS	NIL	/hpf	0 - 2
PUS CELLS (WBCs)	2-3	/hpf	0 - 5
EPITHELIAL CELLS	1-2	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

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Date : 10/06/2023 Reg. No : MA23060000118
 Name : Mr. SRINIVASA PAI
 Age : 57yrs Sex : Male
 Reference : APOLLO HEALTH AND LIFESTYLE LIMITED
 Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	<u>231.00</u>	mg/dL	(<200.00)
Triglycerides	<u>169.00</u>	mg/dL	(<150.00)
HDL Cholesterol	36.3	mg/dL	(<40.00)
LDL Cholesterol, Calculated	92.5	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	<u>33.8</u>	mg/dL	(<30.00)

Note:

- Measurements in the same patient can show physiological & analytical variations. Three serial samples 1 week apart are recommended for Total cholesterol, Triglycerides, HDL & LDL Cholesterol.
- ATP III recommends a complete lipoprotein profile as the initial test for evaluating cholesterol.
- Friedewald equation to calculate LDL cholesterol is most accurate when Triglyceride level is <400 mg/dL. Measurement of Direct LDL cholesterol is recommended when Triglyceride level is >400 mg/dL.

INTERPRETATION	TOTAL CHOLESTEROL in mg/dL	Triglyceride in mg/dL	LDL CHOLESTEROL in mg/dL
Optimal	< 200	<150	<100
Above Optimal	-	-	100-129
Boderline High	200-239	150-199	130-159
High	>=240	200-499	160-189
Very High	-	>=500	>=190

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LABORATORY REPORT

Date : 10/06/2023

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Name : Mr. SRINIVASA PAI

Age : 57yrs

Sex : Male

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

LIVER FUNCTION TEST

TEST	PATIENT'S	UNITS	NORMAL RANGE	
	VALUES		FROM	TO
Serum Bilirubin (Total)	0.7	mg/dl	0.1	1.2
Serum Bilirubin (Direct)	0.2	mg/dl	-	<0.3
Serum Bilirubin (Indirect)	0.5	mg/dl	0.1	1
S. Alkaline Phosphatase	63.0	U/L	-	<150
Serum Gamma G.T.	21.0	U/L	4	40
Serum G. P. T.	24.0	U/L	10	40
Serum G. O. T.	28.0	U/L	10	42
Serum Total Proteins	6.8	gm/dl	6.0	7.8
Albumin	4.0	gm/dl	3.5	5.0
Globulin	2.8	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.4	U/L	50	60


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HAEMATOLOGY

Blood Group & Rh Type : "A" POSITIVE


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Reference : Apollo Health and Lifestyle Limited.
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PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**
W B C MORPHOLOGY : **NORMAL**
PLATELET MORPHOLOGY : **NORMAL**


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<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
<u>BIO-CHEMISTRY</u>			
Blood Sugar (F)	: 143	mg/dl	70-110
Blood Sugar (PPBS)	: 178	mg/dl	120-140
Creatinine	: 0.9	mg/dl	0.2-1.2
Uric Acid	: 5.3	mg/dl	4.7-6.1
Urea	: 22	mg/dl	15-40
BUN	: 10	mg/dl	6-21


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KAKINADA : 70-17-15/1, RR Nagar, Road No.2, Kakinada, Andhra Pradesh-533 034. INDIA ☎ : 0884-2345555, 0884-3500132.

LABORATORY REPORT

Date : 10/06/2023 Reg. No : MA23060000118

Name : Mr. SRINIVASA PAI

Age : 57Yrs Sex : Male

Ref By : DR.A.H.BALAJI

BIOCHEMISTRY

<u>Investigation</u>	<u>Observed value</u>	<u>unit</u>	<u>biological reference interval</u>
HbA1C-Glycated Haemoglobin (HPLC)	6.2	%	non-diabetic: <= 5.6 pre-diabetic: 5.7-6.4 Diabetic : >= 6.5
Estimated Average glucose (e AG)	131.2	mg/dl	

INTERPRETATION & REMARK:

- HbA1c is used for monitoring diabetic control. it reflects the estimated average glucose. (eAG)
- HbA1c has been endorsed by clinical group & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point 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 anemia (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 (D10/turbo is corrected for HbS & HbC trait)
- In known diabetic patients, following values can be considered as a tool 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%

NOTE: Hemoglobin electrophoresis (HPLC method) is recommended for detecting hemoglobinopathy.

Dr. VIDYA KUMARI
RENAISON

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”

DGS Approval No. KAMG/08/2022



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LABORATORY REPORT

Reg. No : MA23060000118 Date : 10/06/2023
Name : Mr. SRINIVASA PAI
Age : 57yrs Sex : Male
Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Range
THYROID PROFILE,TOTAL,SERUM (CLIA)			
T3,Total	175.0	ng/dl	(70-204)
T4,Total	8.05	ug/dL	(5.0-12.5)
TSH	2.40	uIU/ml	(0.45-4.5)

Reference Range for pregnancy:

TSH	REFERENCE RANGE IN Uiu/mL
Pregnancy	
1 st Trimester	0.30-4.50
2 nd Trimester	0.50-4.60
3 rd Trimester	0.80-5.20

Note:1 TSH levels are subject to circadian variation,reaching peak levels between 2-4.a.m.and at a Minimum between 6-10pm.The variation is of the order of 50%,hence time of the day has Influence on the measured serum TSH concentrations.

2 Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

3 Physiological rise in Total T3 /T4 levels is seen in pregnancy and in patients on steroid therapy.

Clinical Use

- Primary Hypothyroidism
- Hyperthyroidism
- Hypothalamic-Pituitary hypothyroidism
- Inappropriate TSH secretion
- Non thyroidal illness
- Autoimmune thyroid disease
- Pregnancy associated thyroid disorders
- Thyroid dysfunction in infancy and early childhood

Dr. VIDYA KUMARI

Reg.No. 10306

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DIGITAL RADIOGRAPH - CHEST PA-VIEW

Date : 10/06/2023

Reg. No : MA23060000118

Name : Mr. SRINIVASA PAI

Age : 57yrs

Sex : Male

Ref By : DR.A.H.BALAJI

The cardiomedastinal silhouette is normal.

The lungs are well inflated.No focal mass lesion, lobar collapse or consolidation is seen.
No pleural effusion is detected.

The soft tissues and bones appear unremarkable.

Conclusion:

- Normal chest radiograph.

Dr. VIDYA KUMARI

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ECG REPORT

Date : 10/06/2023 Reg. No :MA23060000118

Name : Mr. SRINIVASA PAI

Age : 57yrs

Sex : Male

Ref By : DR. A. H. BALAJI

Impression : Normal Sinus Rhythm.


Dr. VIDYA KUMARI
Reg.No. 10306
DGS Approval No. KAMG/08/2022

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”

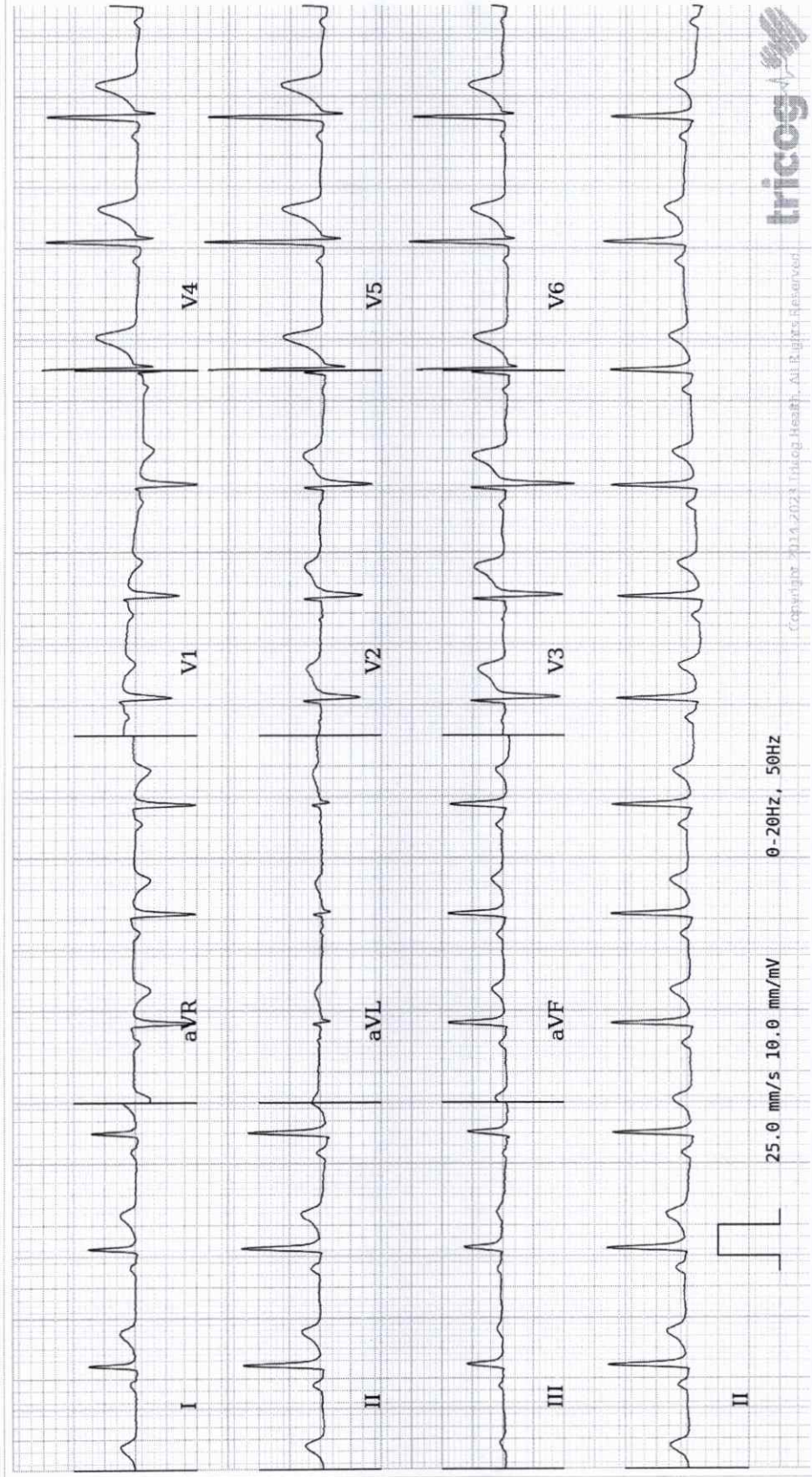


Balaji Medical Centre Mangalore

Age / Gender: 57/Male

Date and Time: 10th Jun 23 11:40 AM

Patient ID: MA23060000118



AR: 81bpm VR: 81bpm QRS: 78ms QT: 338ms QTcB: 392ms PRI: 148ms P-R-T: 51° 56° 40°

ECG Within Normal Limits: Sinus Rhythm, Sinus Arrhythmia Seen. Please correlate clinically.

REPORTED BY

Aishwarya Yadav Venugopal
 Dr. Aishwarya Yadav Venugopal
 129058

Disclaimer: Analysis in this report is based on ECG alone and should only be used as an adjunct to clinical history, symptoms and results of other invasive and non-invasive tests and must be interpreted by a qualified physician.



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NAME : Mr. SRINIVASA PAI

AGE : 57YRS /M

STUDY DATE : 10/06/2023

REG.NO : MA23060000118

PNDT. REG. NO : 06/2018-19

REF. BY : APOLLO

USG COMPLETE ABDOMEN

LIVER:

Is Normal in size. Hepatic Parenchyma is intrinsically normal.
No focal lesion seen in liver.
IHBR and CBD are normal in caliber. Portal vein is normal

Gall Bladder:

Is well distended and is normal. No calculus seen. No abnormal wall thickening.

Pancreas:

The head, tail and body of the pancreas are normal. No dilatation of pancreatic duct.

Spleen:

Is normal in size. No focal parenchymal lesions.

RT. Kidneys measures 9.0x4.0cms, normal in size.
Cortico medullary differentiation is maintained.
No calculus noted. Pelvicalyceal system is normal.

LT. Kidneys measures 8.9x4.1cms, normal in size.
Cortico medullary differentiation is maintained.
No calculus noted. Pelvicalyceal system is normal.

Urinary Bladder:

Is well distended and normal. No abnormal wall thickening.
No intraluminal echoes/calculus.

Prostate:

Normal in size and measures 3.5x3.1x2.6cms (Volume~14.7cc).
Seminal vesicles are normal.
No free fluid in abdomen.
No evidence of any significant lymphadenopathy seen.

Impression:

- Normal Study of Liver, Gall bladder, Spleen, Pancreas, Right kidney, Left kidney, Urinary bladder and Prostate.

Dr. VIDYA KUMARI

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”

DGS Approval No. KAMG/08/2022

Download Date: 18/08/2018

To
ಶ್ರೀಯುಕ್ತ
Shrinivasa Pai
SO: Shivaraya Pai
1-224 jai mahalasa
Badagumijaru
Mijar
Dakshina Kannada Karnataka - 574225
8548856347

Generation Date: 08/08/2018

Signature valid



ನಿಮ್ಮ ಆಧಾರ್ ಸಂಖ್ಯೆ / Your Aadhaar No. :

3675 5511 4644

VID : 9175 0854 2075 4319

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ಭಾರತ ಸರ್ಕಾರ
Government of India



ಶ್ರೀಯುಕ್ತ
Shrinivasa Pai
ಜನನ ದಿನಾಂಕ/DOB: 01/01/1966
ಲಿಂಗ/ GENDER: MALE

3675 5511 4644

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