

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Kanak Singh 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"> • <input checked="" type="checkbox"/> Medically Fit 	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> • <input type="checkbox"/> 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>B.P. 140/90 mmHg</u></p> <p>2. <u>weight check periodically</u></p> <p>3. <u>investigate S&S</u></p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	
<ul style="list-style-type: none"> • <input type="checkbox"/> Currently Unfit. _____ recommended 	
<ul style="list-style-type: none"> • <input type="checkbox"/> Unfit 	

Dr. [Signature]
 Medical Officer
 The Apollo Clinic, (Location)

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

This certificate is not meant for medical purposes



SEA BIRD MEDICARE CENTRE

Report ID : **KSM318141053**
Patient Name : **Ms. KANAK SINGH**
Rank :
Ref By : **DR. MUKUL ARTE**

Reg. : **31-Aug-2024**
Report Date : **02-Sep-2024**
Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Age/Sex : **49 Year / Female**

CHEST X RAY REPORT

X-Ray No : 7377

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 :

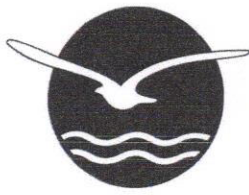
Normal Chest X-Ray.


Dr. Jacob
Mathew MD

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Powai: 022-25701053 / 25704157
Kochi: 0484- 2322022 / 4032022

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



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Age/Sex : **49 Year / Female**

DENTAL REPORT

Name: Kanak Singh Age 50 Yrs.


Company: Apollo

Sub: Dental Check up

Dental examination of the above mentioned candidate reveals ?caries, staining and candidate has reported bleeding gums.

Refer to dentist for further evaluation.

Dr. MD


Dr. Jacob
Mathew MD

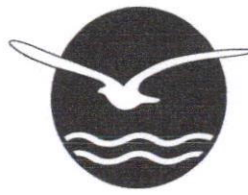
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Ref By : **DR. MUKUL ARTE** Age/Sex : **49 Year / Female**

SONOGRAPHY (ABDOMEN)

Ref No : 31/08/2024

Investigation : Abdomen Sonography

The real-time Sonography using 3.5 MHZ transducer shows:

Liver normal in size and echotexture.

The GB, Pancreas are within normal limits. Post splenectomy status.

Both Kidneys are normal in size, position and echogenicity; CM differentiation normal.
No hydronephrosis or calculi noted.

Bladder normal in contour, capacity and wall thickness; No vesical calculi noted.

This sonography study does not rule out intestinal lesions or mucosal lesions of other Viscera.

Impression :

Post splenectomy status.

Dr. Jacob
Mathew MD

Dr. Jagmohan L
Chopra MD

Dr. Asghar Majeed

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Sea Bird
Sea Bird Medicare

ECHOCARDIOGRAPHIC EVALUATION

NAME: KANAK SINGH

AGE/SEX: 50 YRS/ M

REF: APOLLO

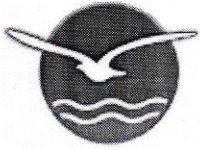
DATE: 31/08/2024

IMPRESSION:-

- 1) All chambers normal in size.
- 2) Normal LV function.
- 3) No regional wall motion abnormality.
- 4) LV ejection fraction = 60 %
- 5) Great vessels are normal in size, relation & position.
- 6) IVS & IAS are intact.
- 7) Pericardium appears normal.
- 8) IVC normal in size and well collapsing with respiration.
- 9) No pulmonary hypertension present. RVSP by TR jet velocity = 22 mmHG
- 10) No evidence of clot in la & left ventricle.

DR. JACOB MATHEW MD,DMM,DTCD

PHYSICIAN MARINE MEDICINE



Sea Bird
Sea Bird Medicare Centre



PID NO. : CHA1520

Name : KANAK SINGH

Sex / Age : Female / 50 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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Reg. Date

31-Aug-2024 / 9:58 am

Coll Date

31-Aug-2024 / 10:03 am

Report Date

31-Aug-2024 / 3:48 pm

REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	11.4	gm/dl	12.0 - 15
<u>RED BLOOD CELLS</u>			
R.B.C. Count	3.94	million / cumm	3.8 - 4.8
HCT	35.1	%	35-48
MCV	89	fL	83 - 101
MCH	29	pg	27 - 32
MCHC	32.5	gm / dl	31.5 - 34.5
RDW (CV)	13.2	%	11.6- 14.0
Total W.B.C. Count	10210	/cu.mm.	4000-10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	56	%	40 - 80
Lymphocytes	40	%	20 - 40
Eosinophils	02	%	1 - 6

Pritam Dhanawade

Pritam Dhanawade
Lab Technician

DR. Ritesh Kharche

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

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Sea Bird Medicare Centre



PID NO. : CHA1520

Name : KANAK SINGH

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Monocytes	02	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	195000	/cumm	150000 - 410000

MORPHOLOGY

RBC Morphology

Predominantly Normocytic and Normochromic.

WBC Morphology

Normal Morphology.

Platelets on Smear

Adequate on smear

(EDTA Whole Blood - Tests done Automated Three part cell counter (RBC, WBC, Platelets count by impedance, Haemoglobin by colorimetric Cyanmeth free method. Rest are calculated parameters. Microscopy and DLC is done manually by the Pathologist.)

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

Pritam Dhanawade
Lab Technician

DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
Pathologist
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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	61	mm at 1hr	0 - 20

Method: Westergren.
Sample: Whole Blood (EDTA)

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

Pritam Dhanawade
Lab Technician

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

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Sea Bird
Sea Bird Medicare Centre



PID NO. : CHA1520

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Sex / Age : Female / 50 Years

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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 -----

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Pathologist
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REPORT

BIOCHEMISTRY

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Gamma GT, (GGTP) serum (Serum, Method - IFCC)	19.32	U/L	5 - 36
Test Done on Fully Automated Mispa CXL PRO PLUS Biochemistry Analyser			

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

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REPORT

BLOOD GLUCOSE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Blood Glucose (Fasting), plasma (Plasma, Method- Hexokinase) Interpretation: NORMAL : 70 - 100 mg/dl Pre-Diabetic : 100 - 125 mg/dl Diabetic : >125 mg/dl (ON MORE THAN ONE OCCASION) Reference : American diabetes association guidelines 2022	105.88	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	101.38	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Absent		Absent
Urine Ketones (PP)	Absent		Absent

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

Pritam Dhanawade

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Lab Technician

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DR. RITESH KHARCHE
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MMC Reg No. 200603168C



Sea Bird
Sea Bird Medicare Centre



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REPORT

BLOOD GLUCOSE

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

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Lab Technician

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REPORT

Glycosylated Haemoglobin (HbA1c)

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
HbA1c Pre-Diabetic : 5.7 - 6.4 % Diabetic : > = 6.5 (EDTA Whole Blood, Turbidimetric)	5.66	%	4 - 5.69
Mean Blood Glucose (MBG)	124.20	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 glycosylated 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 Mispal i3 Automated Cartridge Based Specific Protein Analyser.

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

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MMC Reg No.2006031680



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LIPID PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Total Cholesterol Serum, Method: CHOD-PAP	196.53	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	84.74	mg/dl	NORMAL : <150 Borderline High : 150 - 199 High : 200 - 499 Very High : >500
HDL Cholesterol-Direct Serum, Method: Cholesterol-esterase-Direct	85.66	mg/dl	Desirable - Above : 60 Borderline Risk : 40 - 59 Undesirable - Below : 40
LDL Cholesterol Calculated	93.92	mg/dl	Desirable - Below : 130 Borderline Risk : 130 - 159 Undesirable - Above : 160
VLDL-Cholesterol Calculated	16.95	mg/dl	5 - 51
T.CHOL/HDLC Ratio Calculated	2.29		Acceptable for Male : < 5.00 Acceptable for Female : <4.50

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LIPID PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
LDLC/HDLC Ratio Calculated	1.10		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 Mispa 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.

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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)	22.09	U/L	0 - 32
Sr. Alkaline Phosphatase (Serum, Kinetic Method by IFCC)	92.59	U/L	35 - 104
S.G.P.T. (Serum, Method- IFCC / UV without P5P)	16.91	U/L	0 - 33
GGT (Serum, Method- IFCC Method)	19.32	U/L	5 - 36
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.73	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.12	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.61	mg/dl	0.0 - 0.90
Total Proteins (serum, Method-Biuret)	8.05	g/dl	6.6 - 8.7
Albumin (Serum, Method-Bromocresol Green)	4.5	g/dl	3.5 - 5.2
Globulin Calculated	3.55	g/dl	1.90 - 3.70
A/G ratio Calculated	1.27		

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

Pritam Dhanawade

Pritam Dhanawade
Lab Technician

DR. Ritesh Kharche

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



Sea Bird
Sea Bird Medicare Centre



PID NO. : CHA1520

Name : KANAK SINGH

Sex / Age : Female / 50 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 / 9:58 am

Coll Date

31-Aug-2024 / 10:03 am

Report Date

31-Aug-2024 / 3:48 pm

REPORT

LIVER FUNCTION TEST

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

Pritam Dhanawade
Lab Technician

DR. RITESH KHARCHE
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Pathologist
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Reg. Date

31-Aug-2024 / 10:10 am

Coll Date

31-Aug-2024 / 10:03 am

Report Date

31-Aug-2024 / 3:48 pm

REPORT

RENAL PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Blood Urea Serum, Method-Urease	20.34	mg/dl	16.6 - 48.5 mg/dl
Blood Urea Nitrogen Serum, Method-Urease	9.50	mg/dl	06 - 20 mg/dl
Creatinine Serum, Method-Kinetic Jaffes	0.75	mg/dL	0.5 - 0.95 mg/dl
Uric Acid Serum, Method: Uricase-POD	3.72	mg/dl	2.4 - 5.7

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

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

Pritam Dhanawade
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Sea Bird Medicare Centre



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REPORT

THYROID FUNCTION TEST

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
TSH	3.45	µIU/ml	0.25-5 µIU/ml
T3	1.51	nmol/l	0.92-2.33 nmol/l
T4	93.57	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 -----

Pritam Dhanawade

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Page 14 of 16

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Kochi: 0484- 2322022 / 4032022

Powai: 022-25701053 / 25704157

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



PID NO. : CHA1520

Name : KANAK SINGH

Sex / Age : Female / 50 Years

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REPORT

URINE ANALYSIS

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

PRIYA PANDEY
Lab Technician

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



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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
<u>MICROSCOPIC EXAMINATION</u>			
Pus Cells	1 - 2 / hpf		2 - 3 / hpf
Red Blood Cells	Absent		Absent
Epithelial cells	1 - 2 / hpf		2 - 5 / hpf
Casts	Absent		Absent
Crystals	Absent		Absent
Other Findings	Absent		

METHOD:

Physical Examination : Visual Strip Method.

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

Microscopy Examination : Automation/Manual Microscopy.

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

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Powai: 022-25701053 / 25704157



भारत सरकार
Government of India

आधार

Issue Date: 16/01/2013



Kanak Singh
DOB: 07/10/1974
Female



2449 3061 0990

मेरा आधार, मेरी पहचान

कनक सिंह

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz

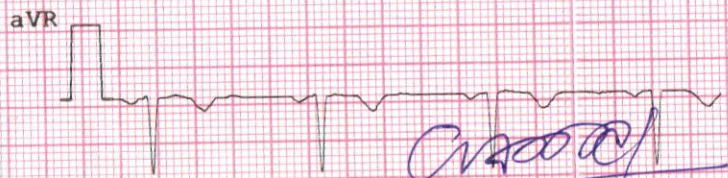


PROMPTCARE

LEAD III

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz



LEAD AVR

aVL



LEAD AVL

aVF



LEAD AVF

10mm/mV 25.0mm/S 0.05-35 Hz 50Hz

NAME Kanak Singh

AGE 50 DATE 31/8/24

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

102-103-104, Gateway Plaza, Central Avenue Road, Hiranandani Gardens, Powai, Mumbai - 400076. Tel.: 2570 4157 / 2570 1053

101-102, Heritage Plaza, Telll Cross Lane, Andheri East (Nr. Station), Mumbai - 400069. Tel.: 022-4603 2704 / 81046 06813

Sea Bird
Sea Bird Medicare Centre
(ISO: 9001 - 2015)



ELECTROCARDIOGRAPHIC REPORT

E. C. G. REPORT

RATE 88 bpm RHYTHM Regular VOLTAGE N
 P.WAVE N PR. INTERVAL N Q. WAVE -
 QRS COMPLEX N ST. SEGMENT isoelectric T. WAVE -

REMARKS none

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