

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of SACHINDRA D. SALVI on 17.4.2024

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 <div style="margin-left: 20px;"> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. <u>consult MD gen physician H.Y. raised FBS/PLB)</u> <u>HbA1C, VitD3 insufficiency.</u></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> </div> 	<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 (MRS) HEMALATA
 MBBS (MUMBAI)
 MMC REG NO 66014
 A-101-102, Heritage Plaza, Telli Cross Lane
 Near Rly Stn, Andheri (E), Mumbai-400069
 Sea Bird Medicare Centre

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

This certificate is not meant for medico-legal purposes

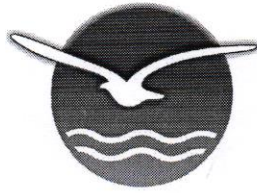
MER- MEDICAL EXAMINATION REPORT

Date of Examination 17/04/2024			
NAME SACHINDRA D. SALVI			
AGE 57 yrs		Gender	M
HEIGHT(cm) 164cm		WEIGHT (kg)	80.62
B.P.	150/90		
EKG 2 DECHO	NORMAL		
X Ray	NAD.		
Vision Checkup	Color Vision :		
	Far Vision Ratio :	Normal 6/6 Corrected	
	Near Vision Ratio :	Normal N15 Corrected	
Present Ailments	NIL		
Details of Past ailments (If Any)	No hx Hydrocele 37yrs back		
Comments / Advice : She /He is Physically Fit	Fit with consultation with M.D. Physician		
consult MD physician Re raised FBG/PLUG/HbA1c and Vit D3 insufficiency.			

HVN

DR (MRS) HEMALATA
 MBBS (MUMBAI)
 MMC REG NO 86014
 A-101-102, Heritage Plaza, Tell Cross Lane
 Near Rly Str, Andheri (E), Mumbai-400099
 Sea Bird Medicare Centre

Signature with Stamp of Medical Examiner



Sea Bird
Sea Bird Medicare

NAME : SACHINDRA SALVI
AGE/SEX : 57 YRS / M
COMPANY : APOLLO
DATE : 17/04/2024

2D ECHOCARDIOGRAPHY AND COLOR DOPPLER STUDY
2D ECHOCARDIOGRAPHY FINDINGS:

1. Normal sized LV with good contractility. LVEF appears to be 60 %.
No regional wall motion abnormality seen.
2. Concentric LV hypertrophy
3. Structurally normal cardiac valves.
4. Normal sized RV with good contractility.
RA and LA are normal in size.
5. No obvious clot seen.
6. No vegetations or pericardial effusion.
7. Intact IVS/IAS.

SPECTRAL AND COLOR DOPPLER STUDY:

Normal flow velocities and color flow mapping seen across both atrioventricular and semilunar valves. No intracardiac shunt or regurgitation noticed.
Doppler estimated Pulmonary artery pressure is 18 mm Hg.

Impression

Normal LV systolic function
Concentric LV hypertrophy
Normal sized cardiac chambers.
Normal cardiac valves.
No clots/ vegetations. No Pericardial effusion
No Pulmonary Artery Hypertension


DR. JACOB MATHEW MD,DMM,DTCD
PHYSICIAN MARINE MEDICINE

NOTE:

NORMAL 2D ECHOCARDIOGRAPHY REPORT DOES NOT RULE OUT CRITICAL CAD.
KINDLY CORRELATE CLINICALLY.

M-MODE MEASUREMENTS**NORMAL VALUES****MITRAL VALVE**

DE AMPLITUDE	10 mm	(20-37mm)
EF SLOPE	70 mm/sec	(18-150mm/sec)
EPSS	08 mm	(less than 5mm)

TRICUSPID VALVE **NORMAL**

PULMONARY VALVE

EF SLOPE	NORMAL
a WAVE	NORMAL
SYSTOLIC NOTCH	ABSENT

AORTIC VALVE

STRUCTURE	NORMAL	
CLOSURE LINE	CENTRAL	
CUSPAL OPENING	17 mm	(15-26mm)
AO ROOT	25 mm	(20-37mm)

LA **27 mm** **(19-40mm)**

RV/LV MEASUREMENTS

RVID(d)	18 mm	(7-23mm)
LVID(d)	42 mm	(36-56mm)
LVID(s)	24 mm	(24-42mm)
IVS (d)	14 mm	(6-12mm)
LVPW(d)	12 mm	(6-11mm)
LVEF	60%	(50%-70%)



Report ID : **SSM17482230** Reg. : **17-Apr-2024**
Patient Name : **Mr. SACHINDRA DATTARAM SALVI** Report Date : **17-Apr-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND**
Ref By : **DR.HAVOVEE MISTRY KAPADIA** Age/Sex : **57 Year / Male**
Location : **SEA BIRD- ANDHERI**

HEMATOLOGY

INVESTIGATION

OBSERVED VALUE UNITS REFERENCE RANGE

Complete Blood Count

Haemoglobin	15.5	gm/dl	13-18 gm/dl
Total W.B.C	8400	/cu.mm	4000-11000 /cu.mm
Neutrophils	59	%	50-70 %
Lymphocytes	39	%	20-40 %
Eosinophils	02	%	0-7 %
Monocytes	00	%	0-8 %
Basophils	00	%	0-2 %
R.B.C Total	5.23	millions/cu .mm	4.5-5.5 millions/cu.mm
P.C.V	43.8	%	42-55 %
MCV	83.6	femolitre	80-96 femolitre
MCH	29.6	picogram	27-33 picogram
MCHC	35.4	%	32-36 %
W.B.C Morphology	Normal		
R.B.C Morphology	Normal		
Platelet Count	226000	/cu.mm	150000-450000 /cu.mm
Blood Group			
Blood Group	A Positive		
ESR			
ESR	35	mm/hr	0-15 mm/hr

---END OF REPORT---

Kindly Correlate with clinical conditions.

Remark : ---


DR.SANDIP MOHANRAO HUDDEDAR
MBBS, DCP
Pathologist


M O I C


SONALI VASANT ADELKAR
Lab Technician

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- 46032704

Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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



Report ID : **SSM17482230**
Patient Name : **Mr. SACHINDRA DATTARAM SALVI**
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Ref By : **DR.HAVOVEE MISTRY KAPADIA**
Location : **SEA BIRD- ANDHERI**

Reg. : **17-Apr-2024**
Report Date : **17-Apr-2024**
Company Name : **M/S. APOLLO HEALTH AND**
Age/Sex : **57 Year / Male**

BIO-CHEMISTRY

INVESTIGATION

OBSERVED VALUE UNITS REFERENCE RANGE

Liver Function Test

SGOT	31	IU/L	0-37 IU/L
SGPT	52	IU/L	9-43 IU/L
GGT	40	IU/L	0-49 IU/L
Sr.Bilirubin (T)	0.7	mg/dl	0.2-1.2 mg/dl
Sr.Bilirubin (D)	0.1	mg/dl	0.0-0.3 mg/dl
Sr.Bilirubin (I)	0.6	mg/dl	
Total Protien	6.4	g/dl	6.0-8.0 g/dl
Sr.Albumin	4.3	g/dl	3.2-5.0 g/dl
Sr.Globulin	2.1	g/dl	2.0 3.5 g/dl
A/G Ratio	2.0		
Alkaline Phosphatase	94	IU/L	40-129 IU/L

Renal Function Test

BUN	10.7	mg/dl	6-21 mg/dl
Sr.Creatinine	0.7	mg/dl	0.7-1.4 mg/dl
Uric Acid	6.9	mg/dl	2.5-7.2 mg/dl

Blood Sugar Estimation

Fasting Blood Sugar	160	mg/dl	70-110 mg/dl
Fasting Urine Sugar	Absent		
Post Prandial Blood Sugar	254	mg/dl	70-140 mg/dl
Post Prandial Urine Sugar	Absent		
Glycosylated Haemoglobin (HBA1C)	7.4	%	4.5-6.3%

Electrolytes

Sr.Calcium	10.2	mg/dl	8.4-10.4 mg/dl
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---END OF REPORT---

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Company Name : **M/S. APOLLO HEALTH AND**
Age/Sex : **57 Year / Male**

LIPID PROFILE

<u>INVESTIGATION</u>	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
Serum. CHOLESTEROL (CHOD - PAP)	211	mg /dl	145-240 mg/dl
Serum. TRIGLYCERIDE (GPO - PAP)	258	mg /dl	25-160 mg/dl
S.HDL CHOLESTEROL	64	mg/dl	35-80 mg/dl
VLDL CHOLESTEROL	51.6	mg/dl	Upto 40
LDL CHOLESTEROL (calculate)	95.4	mg/dl	Upto 150
CHOL/HDL CHOL(Ratio)	3.2		Upto 5.0
LDL CHOL/HDL RATIO	1.4		0-3.0

---END OF REPORT---

Kindly Correlate with clinical conditions.

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Location : **SEA BIRD- ANDHERI**

R-C REACTIVE PROTEIN

<u>INVESTIGATION</u>	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
C REACTIVE PROTEIN	7.3	mg/L	0-5 mg/L

METHOD:

Serum, Immuno Turbidometry

INTERPRETATION:

1. Measurement of CRP is useful for the detection and evaluation of infection, tissue injury, inflammatory disorders and associated diseases.
2. High Sensitivity CRP measurements may be used as an independent risk marker for the identification of individual at risk for future cardiovascular diseases.
3. Increase in CRP values are Non-Specific and should not be interpreted without a complete history.

---END OF REPORT---

Kindly Correlate with clinical conditions.

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Ref By : **DR.HAVOVEE MISTRY KAPADIA**
Location : **SEA BIRD- ANDHERI**

Reg. : **17-Apr-2024**
Report Date : **17-Apr-2024**
Company Name : **M/S. APOLLO HEALTH AND**
Age/Sex : **57 Year / Male**

URINE ROUTINE

<u>INVESTIGATION</u>	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
Colour	PALE YELLOW		PALE YELLOW
Appearance	CLEAR		CLEAR
Specific Gravity	1.020		1.030
pH	ACIDIC		ACIDIC
Odour	AROMATIC		AROMATIC
Proteins (UR)	ABSENT		ABSENT
Sugar	ABSENT		ABSENT
Bile Salts	ABSENT		ABSENT
Bile Pigments	ABSENT		ABSENT
Ketones (UR)	ABSENT		ABSENT
Occult Blood	ABSENT		ABSENT
Urobilinogen(UR)	ABSENT		ABSENT
Pus Cells (UR)	2-3	/hpf	2-3/hpf
RBC cells	ABSENT	/hpf	2-3/hpf
Epithelial Cells	1-2	/hpf	1-2/hpf
Casts (UR)	ABSENT	/hpf	
Crystals	ABSENT	/hpf	
Bacteria (UR)	ABSENT		ABSENT
Others (UR)	ABSENT		

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LABORATORY TEST REPORT

ID : 2522542 Collection : 17/04/2024, 03:15 PM
 Name : SACHINDRA SALVI Received : 17/04/2024, 03:15 PM
 DOB/Age : 57 years Reported : 17/04/2024, 04:33 PM
 Gender : Male Ref. Doctor : SELF

Client Name : Sea Bird Medicare
 Pvt Ltd - PP1921
 Client Address : MUMBAI



Test Description	Value(s)	Unit(s)	Reference Range
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Thyroid Profile, Total (T3,T4,TSH)

T3-Total* (Serum,CLIA))	129.01	ng/dL	40 - 181
T4-Total* (Serum,CLIA))	10.72	ug/dL	5.93-13.29
TSH-Ultrasensitive* (Serum,CLIA))	2.887	uIU/mL	0.38-5.33

Interpretation

It is recommended to interpret serum TSH levels with thyroid hormone levels (especially T4 levels) taking into consideration the clinical status of patient. Pitfalls in the interpretation of the serum TSH alone are in patients with recent treatment for thyrotoxicosis, non-thyroidal illness(acute severe illness or chronic illness), central hypothyroidism, confounding medications.

For TSH :

1st trimester - 0.3-4.5, 2nd trimester - 0.5-4.6, 3rd trimester - 0.8-5.2

Condition	TSH	T4	T3
Primary Hypothyroidism	Increased	Low	Normal /Low
Subclinical Hypothyroidism	Increased	Normal	Normal
Primary Hyperthyroidism	Decreased	Increased	Increased
T3 Toxicosis	Decreased	Normal	Increased
Subclinical Hyperthyroidism	Decreased	Normal	Normal
Central Hyperthyroidism/ Thyroid Hormone Resistance	Increased /Normal	Increased	Increased
Central Hypothyroidism / Non Thyroidal Illness	Increased /Normal	Decreased	Decreased



****END OF REPORT****

Dr. Suyash Vishwaroop
 (MBBS,MD Pathology)

LABORATORY TEST REPORT

ID : 2522542
 Name : SACHINDRA SALVI
 DOB/Age : 57 years
 Gender : Male
 Collection : 17/04/2024, 03:15 PM
 Received : 17/04/2024, 03:15 PM
 Reported : 17/04/2024, 04:44 PM
 Ref. Doctor : SELF

Client Name : Sea Bird Medicare
 Pvt Ltd - PP1921
 Client Address : MUMBAI



Test Description	Value(s)	Unit(s)	Reference Range
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Vitamin D, 25 - Hydroxy

Vitamin D (25 - Hydroxy)* (Serum, CLIA)	22.55	ng/mL	Deficiency: < 20 Insufficiency: 20 - <30 Sufficiency: 30 - 100
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Interpretation:

Useful for :

Diagnosis of vitamin D deficiency .

Differential diagnosis of causes of rickets and Osteomalacia . Monitoring vitamin D replacement therapy . Diagnosis of hypervitaminosis D .

Vitamin D levels may vary according to factors such as geography, season, or the patient's health, diet, age, ethnic origin, use of vitamin D supplementation or environment.

Some potential interfering substances like rheumatoid factor, endogenous alkaline phosphatase, fibrin, and proteins capable of binding to alkaline phosphatase in the patient sample may cause erroneous results in immunoassays. Carefully evaluate the results of patients suspected of having these types of interferences.



****END OF REPORT****

Dr. Suyash Vishwaroop
(MBBS, MD Pathology)

LABORATORY TEST REPORT

ID : 2522542
 Name : SACHINDRA SALVI
 DOB/Age : 57 years
 Gender : Male
 Collection : 17/04/2024, 03:15 PM
 Received : 17/04/2024, 03:15 PM
 Reported : 17/04/2024, 04:38 PM
 Ref. Doctor : SELF

Client Name : Sea Bird Medicare
 Pvt Ltd - PP1921
 Client Address : MUMBAI



Test Description	Value(s)	Unit(s)	Reference Range
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Vitamin B12; Cyanocobalamin

Vitamin B12-Cyanocobalamin*	202	pg/ml	120 - 914
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(Serum, CLIA)

Interpretation:

Vitamin B12, also known as cyanocobalamin, is a water soluble vitamin that is required for the maturation of erythrocytes and coenzyme form for more than 12 different enzyme systems. Groups at risk for vitamin B12 deficiency include those

(1) older than 65 years of age (2) with malabsorption (3) who are vegetarians (4) with autoimmune disorders (5) taking prescribed medication known to interfere with vitamin absorption or metabolism, including nitrous oxide, phenytoin, dihydrofolate reductase inhibitors, metformin, and proton pump inhibitors (6) infants with suspected metabolic disorders.

The most common cause of Vitamin B12 deficiency is pernicious anemia. Deficiency of Vitamin B12 is associated with megaloblastic anemia and neuropathy. Excess Vitamin B12 is excreted in urine. No adverse effects have been associated with excess vitamin B12 intake from food or supplements in healthy people.



****END OF REPORT****

Preeti

Dr. Preeti Jain
(Consultant Pathologist)

LABORATORY TEST REPORT

ID : 2522542	Collection : 17/04/2024, 03:15 PM	Client Name : Sea Bird Medicare
Name : SACHINDRA SALVI	Received : 17/04/2024, 03:15 PM	Pvt Ltd - PP1921
DOB/Age : 57 years	Reported : 17/04/2024, 04:27 PM	Client Address : MUMBAI
Gender : Male	Ref. Doctor : SELF	



Test Description	Value(s)	Unit(s)	Reference Range
PSA (Prostate - Specific Antigen), Total *			
PSA (CLIA)	0.35	ng/ml	0-4

Interpretation:

Increased levels are noted in prostate cancer, benign prostatic hypertrophy, prostatitis

****END OF REPORT****

Dr. Suyash Vishwaroop
(MBBS, MD Pathology)

LABORATORY TEST REPORT

ID : 2522542
 Name : SACHINDRA SALVI
 DOB/Age : 57 years
 Gender : Male
 Collection : 17/04/2024, 03:15 PM
 Received : 17/04/2024, 03:15 PM
 Reported : 17/04/2024, 06:51 PM
 Ref. Doctor : SELF

Client Name : Sea Bird Medicare
 Pvt Ltd - PP1921
 Client Address : MUMBAI



Test Description	Value(s)	Unit(s)	Reference Range
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Electrolytes, Serum *Sodium * Potassium * Chloride

Sodium* (Indirect ISE)	137.9	mmol/L	136 - 146
Potassium* (Indirect ISE)	4.53	mmol/L	3.5 - 5.1
Chloride* (Indirect ISE)	97.5	mmol/L	98 - 107



****END OF REPORT****

Preeti

Dr. Preeti Jain
(Consultant Pathologist)

LABORATORY TEST REPORT

ID : 2522542
Name : SACHINDRA SALVI
DOB/Age : 57 years
Gender : Male
Collection : 17/04/2024, 03:15 PM
Received : 17/04/2024, 03:15 PM
Reported : 17/04/2024, 10:35 PM
Ref. Doctor : SELF

Client Name : Sea Bird Medicare
Pvt Ltd - PP1921
Client Address : MUMBAI

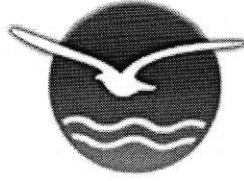


Test Description	Value(s)	Unit(s)	Reference Range
Phosphorus, Serum *			
Phosphorus (Inorganic)* (Phosphomolybdate)	3.98	mg/dL	2.5 - 4.5

END OF REPORT

Preeti

Dr. Preeti Jain
(Consultant Pathologist)



Sea Bird
Sea Bird Medicare Centre

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Ref By : **DR.HAVOVEE MISTRY KAPADIA** Age/Sex : **57 Year / Male**

CHEST X RAY REPORT

X-Ray No : 4314

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.

REMARK : NORMAL


Dr. Jacob
Mathew MD

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SONOGRAPHY (ABDOMEN)

Ref No : 17/04/2024

Investigation : Abdomen Sonography

The real-time Sonography using 3.5 MHZ transducer shows:

Liver normal in size and echotexture.

The GB, Pancreas & Spleen are within normal limits.

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 :

No Significant abnormality noted on the study.

REMARK : NO SIGNIFICANT ABNORMALITY NOTED ON THE STUDY.

Dr. Jacob
Mathew MD

Dr. Jagmohan L Chopra MD
Dr. Asghar Majeed

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E. C. G. REPORT

RATE 60. /min Q. WAVE _____

RHYTHM (N) QRS COMPLEX (N)

VOLTAGE (N) ST. SEGMENT (N)

P. WAVE (N) T. WAVE (N)

PR. INTERVAL (N)

REMARKS WNL
within normal limits

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HVK

ELECTROCARDIOGRAPHIC REPORT



Sea Bird
Sea Bird Medicare Centre

NAME Mr. Sachindra Sarai

AGE 57 y DATE 17/04/2024

- 102, Heritage Plaza, Telli Cross Lane, Nr. Andheri (E) Stn., Andheri (East), Mumbai - 400 069.
Tel.: 2682 1823, 5578 3905
- 102-103-104, Gateway Plaza, Central Avenue Road, Hiranandani Gardens, Powai, Mumbai - 400076
Tel.: 2570 4157