



**Mediwheel**  
...Your wellness partner

**Arcofemi Healthcare Pvt Ltd**

(Formerly known as Arcofemi Healthcare Ltd)

F-701A, Lado Sarai, Mehrauli, New Delhi - 110030

Email: wellness@mediwheel.in, Website: www.mediwheel.in

Tel: +91-11-41195959, Fax: +91-11-29523020

CIN: U24240DL2011PTC216307

**MEDICAL FITNESS CERTIFICATE**

(To be signed by a registered medical practitioner holding a Medical degree)

This is to certify that Mr. Tushar Shirke aged, 24yr. Based on the examination, I certify that he is in good dental and physical health and it is free from any physical defects such as deafness, color blindness, and any chronic or contagious diseases.

Place: Mumbai

Date: 19/09/2024

*Dr. Nitesh Kumar*  
MBBS

Name & Signature of

Medical officer



26050 191024

Registration ID : 26050      Sample Collection : 19/10/2024 11:25:47  
Name : MR. TUSHAR SHIRKE      Sample Received : 19/10/2024 11:25:47  
Age/Sex : 24 Yrs. / M      Printed : 21/10/2024 17:57:01      Report Released : 21/10/2024 15:16:03  
Ref. By : J M FINANCE      Sent By : Arcofemi Healthcare Pvt Ltd  
SERVICES LTD

**Vitals (Height, Weight, BMI & BP)**

Test	Result	Unit	Biological Ref. Range
Height	: 159	cm	
Weight	: 61.40	Kg	
BMI	: 24.29		Underweight = <18.5 Normal weight = 18.5-24.9 Overweight = 25-29.9 Obesity = BMI of 30 or greater

Pulse Rate : 78 beats per minute

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:16:03)



NABL M(ELT)-00683





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**COMPLETE BLOOD COUNT**

Test	Result	Unit	Biological Ref Range
Hemoglobin (SLS) Photometric	: 15.4	g/dL	13-18 g/dL
Total RBC (Electrical Impedence)	: 5.61	10 <sup>6</sup> /μL	3.0-6.0 10 <sup>6</sup> /μL
Hematocrit (PCV) (Calculated)	: 45.4	%	36-54 %
Mean Corpuscular Volume (MCV) (calculated)	: 80.9	fL	78-101 fL
Mean Corpuscular Hemoglobin (MCH) (Calculated)	: 27.5	pg	27-32 pg
Mean Corpuscular Hemoglobin Concentration (MCHC) (Calculated)	: 33.9	g/dL	31.5-34.5 g/dL
Red Cell Distribution Width (RDW- CV) (Electrical Impedence)	: 13.50	%	12-15 %
Total Leucocytes Count (Light Scattering)	: 6230	/cumm	4000-11000 /cumm
<b>Neutrophils</b> (Calculated)	: 63	%	40-75 %
<b>Eosinophils Percentage</b> (Calculated)	: 04	%	1-6 %
Lymphocyte Percentage (Calculated)	: 24	%	20-45 %
Basophils Percentage (Calculated)	: 0	%	0-1 %
Monocytes Percentage (Calculated)	: 09	%	1-10 %
RBC Morphology	: Normocytic, Normochromic		
WBC Morphology	: Normal Morphology		
Platelet Count (Electrical Impedence)	: 315000	/ul	150000-450000 /ul
Platelets on Smear	: Adequate		Adequate
E.S.R	: 09	mm at 1hr	0-20 mm at 1hr

Sample Type: EDTA whole blood (Westergren)

Sample Type : EDTA Whole Blood

Test done with THREE PART CELL COUNTER (Sysmex KX-21)

\*All Samples Processed At Excellas Clinics Mulund Centre .

\*ESR NOT IN NABL scope.

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:52:00)



NABL M/ELT-00683





26050 191024

Name : MR. TUSHAR SHIRKE

Age/Sex : 24 Yrs. / M

Ref. By : J M FINANCE  
SERVICES LTD

Registration ID : 26050

Printed : 21/10/2024 17:57:01

Sent By : Arcofemi Healthcare Pvt Ltd

Sample Collection : 19/10/2024 11:25:47

Sample Received : 19/10/2024 11:25:47

Report Released : 21/10/2024 15:16:03

----- End Of Report -----





26050 191024

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Ref. By	: J M FINANCE SERVICES LTD	Sent By	: Arcofemi Healthcare Pvt Ltd	Report Released	: 21/10/2024 15:57:36

### HbA1c (Whole Blood)

Test	Result	Unit	Reference Range
HbA1c-Glycosylated Haemoglobin	: <b>8.80</b>	%	Non-diabetic: 4-6 Excellent Control: 6-7 Fair to good control: 7-8 Unsatisfactory control: 8-10 Poor Control: >10

EDTA Whole Blood, Method: HPLC

Estimated Average Glucose (eAG)	: <b>205.86</b>	mg/dl	65.1-136.3 mg/dL mg/dl
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EDTA Whole Blood, Method: Calculated

#### Interpretation:

- 1.The term HbA1c refers to Glycated Haemoglobin. Measuring HbA1c gives an overall picture of what the average blood sugar levels have been over a period of weeks/month. Higher the HbA1c, the greater the risk of developing diabetes-related complications.
- 2.HbA1c has been endorsed by clinical groups and ADA (American Diabetes Association) guidelines 2012, for the diagnosis of diabetes using a cut-off point of 6.5%. ADA defined biological reference range for HbA1c is between 4-6%. Patients with HbA1c value between 6.0-6.5% are considered at risk for developing diabetes in the future. Trends in HbA1c area a better indicator of glucose control than standalone test.
- 3.To estimate the eAG from the HbA1c value, the following equation is used:  $eAG(mg/dl) = 28.7 * A1c - 46.7$ .
- 4.Diabetic must aspire to keep values under 7% to avoid the various complications resulting from diabetes.

\*Note - This test is outsourced and processed at Millenium Special Labs Pvt Ltd.

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:57:36)

### Blood Sugar Fasting (FBS) & Post Prandial Blood Sugar (PPBS)

Test	Result	Unit	Biological Ref. Range
GLUCOSE (SUGAR) FASTING, (Fluoride Plasma Used)	: <b>157</b>	mg/dL	Non-Diabetic: < 100 mg/dl Impaired Fasting Glucose: 100-125 mg/dl Diabetic: $\geq$ 126 mg/dl
Method: GOD-POD			
Fasting Urine Glucose	: Absent		Absent
GLUCOSE (SUGAR) PP, ( Fluoride Plasma Used )	: <b>208</b>	mg/dl	Non-Diabetic: < 140 mg/dl Impaired Glucose Tolerance: 140-199 mg/dl Diabetic: $\geq$ 200 mg/dl

Test Done on - Automated Biochemistry Analyzer (EM 200)

\*All Samples Processed At Excellas Clinics Mulund Centre .

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 13:10:58)



*Dr. Santosh Khairnar*  
**Dr. Santosh Khairnar**  
 M.D. (Pathologist)  
 Reg. No.-  
 2000/08/2926





26050 191024

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**BLOOD GROUP**


Test	Result	Unit	Biological Ref. Range
Blood Group	: 'B' Rh POSITIVE		

Slide and Tube Agglutination Test

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:57:05)

----- End Of Report -----



  
**Dr. Santosh Khairnar**  
M.D. (Pathologist)  
Reg. No.-  
2000/08/2926





26050 191024

Name	: MR. TUSHAR SHIRKE	Registration ID	: 26050	Sample Collection	: 19/10/2024 11:25:47
Age/Sex	: 24 Yrs. / M	Printed	: 21/10/2024 17:57:01	Sample Received	: 19/10/2024 11:25:47
Ref. By	: J M FINANCE SERVICES LTD	Sent By	: Arcofemi Healthcare Pvt Ltd	Report Released	: 21/10/2024 15:59:30

### LIPID PROFILE

Test	Result	Unit	Biological Ref. Range
Total Cholesterol	: <b>126</b>	mg/dl	Desirable: <200 Borderline high = 200-239 High: > 239
<i>Serum, Method: CHOD-PAP</i>			
S. Triglyceride	: 92	mg/dl	Desirable: <161 Borderline High: 161 - 199 High: > 200 - 499/ Very High:>499
<i>Serum, Method: GPO-Trinder</i>			
HDL Cholesterol	: <b>31</b>	mg/dl	35.3-79.5 mg/dl
<i>serum,Direct method</i>			
LDL Cholesterol	: 76.60	mg/dl	Optimal: <100; Near Optimal: 100-129; Borderline High: 130-159; High: 160-189; Very high: >190
<i>Serum, (Calculated)</i>			
VLDL Cholesterol	: 18.4	mg/dl	5-30 mg/dl
<i>Serum, Method: Calculated</i>			
LDL/HDL Ratio	: 2.5		Optimal: <2.5 Near Optimal: 2.5-3.5 High >3.5
<i>Serum, Method: Calculated</i>			
TC/HDL Ratio	: 4.1		Optimal: <3.5 Near Optimal: 3.5 - 5.0 High >5.0
<i>Serum, Method: Calculated</i>			

Test Done on - Automated Biochemistry Analyzer (EM 200).

#### Interpretation

1. Triglycerides: When triglycerides are very high greater than 1000 mg/dL, there is a risk of developing pancreatitis in children and adults. Triglycerides change dramatically in response to meals, increasing as much as 5 to 10 times higher than fasting levels just a few hours after eating. Even fasting levels vary considerably day to day. Therefore, modest changes in fasting triglycerides measured on different days are not considered to be abnormal.
2. HDL-Cholesterol: HDL- C is considered to be beneficial, the so-called "good" cholesterol, because it removes excess cholesterol from tissues and carries it to the liver for disposal.
3. LDL-Cholesterol: Desired goals for LDL-C levels change based on individual risk factors.

\*All Samples Processed At Excellas Clinics Mulund Centre

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----- End Of Report -----



*Dr. Santosh Khairnar*  
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26050 191024

Name : MR. TUSHAR SHIRKE  
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Sample Collection : 19/10/2024 11:25:47  
 Sample Received : 19/10/2024 11:25:47  
 Report Released : 21/10/2024 16:02:26

**LIVER FUNCTION TEST**


Test	Result	Unit	Biological Ref. Range
S. Bilirubin (Total) <i>Serum, Method: Diazo (walter &amp; Gerarde)</i>	: 0.69	mg/dl	0-2.0 mg/dl
S. Bilirubin (Direct) <i>Serum, Method: Diazo (walter &amp; Gerarde)</i>	: 0.17	mg/dl	0-0.4 mg/dl
S. Bilirubin (Indirect) <i>Serum, Method: Calculated</i>	: 0.52	mg/dl	0.10-1.0 mg/dl
Aspartate Transaminase (AST/SGOT) <i>Serum, Method: UV Kinetic with P5P</i>	: 14.0	IU/L	0-35 IU/L
Alanine Transaminase (ALT/SGPT) <i>Serum, Method: UV Kinetic with P5P</i>	: 15.0	IU/L	0-45 IU/L
S. Alkaline Phosphatase <i>Serum, Method: IFCC with AMP buffer</i>	: 59.0	IU/L	53-128 IU/L
Total Proteins <i>Serum, Method: Biuret</i>	: 7.1	gm/dl	6.4-8.3 gm/dl
S. Albumin <i>Serum, Method: BCG</i>	: 4.2	gm/dl	3.5-5.2 gm/dl
S. Globulin <i>Serum, Method: Calculated</i>	: 2.9	gm/dl	2.3-3.5 gm/dl
A/G Ratio <i>Serum, Method: Calculated</i>	: 1.45		0.90-2.00
Gamma GT <i>Serum, Method: G glutamyl carboxy nitroanilide</i> <i>Test Done on - Automated Biochemistry Analyzer (EM 200).</i>	: 21	U/L	0-55 U/L

\*All Samples Processed At Excellas Clinics Mulund Centre .

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 16:02:26)

----- End Of Report -----



  
**Dr. Santosh Khairnar**  
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**BLOOD UREA NITROGEN (BUN)**

Test	Result	Unit	Biological Ref. Range
Urea	: 28.92	mg/dl	19-45 mg/dl

*Serum, Method: Urease - GLDH*

Blood Urea Nitrogen : 13.51 mg/dl 5-18 mg/dl

*Test Done on - Automated Biochemistry Analyzer (EM 200)**\*All Samples Processed At Excellas Clinics Mulund Centre**(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 16:00:01)***SERUM CREATININE**

Test	Result	Unit	Biological Ref. Range
S. Creatinine	: 0.74	mg/dl	0.7-1.3 mg/dl

*Serum, Method: Enzymatic**Test Done on - Automated Biochemistry Analyzer (EM 200).**\*All Samples Processed At Excellas Clinics Mulund Centre**(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 16:01:21)***SERUM URIC ACID**

Test	Result	Unit	Biological Ref. Range
S. Uric Acid	: 4.39	mg/dl	3.5-7.2 mg/dl

*Serum, Method: Uricase - POD**Test Done on - Automated Biochemistry Analyzer (EM 200).**(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 16:00:22)*

*Dr. Santosh Khairnar*  
**Dr. Santosh Khairnar**  
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26050 191024

Name : MR. TUSHAR SHIRKE  
Age/Sex : 24 Yrs. / M  
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Registration ID : 26050  
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Report Released : 21/10/2024 16:00:01

**BUN CREAT RATIO (BCR)**

Test	Result	Unit	Biological Ref. Range
BUN/Creatinine ratio	: 18.26		5-20

Serum, Method: Calculated


**NOTE:**

A blood urea nitrogen (BUN)/creatinine ratio (BCR) >20 is used to distinguish pre-renal azotemia (PRA) and acute tubular necrosis (ATN)

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 16:01:03)

----- End Of Report -----



  
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2000/08/2926





26050 191024

Name : MR. TUSHAR SHIRKE  
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Report Released : 21/10/2024 15:58:20

**THYROID FUNCTION TEST**

Test	Result	Unit	Biological Ref. Range
Total T3	: 1.2	ng/dl	0.70-2.04 ng/dl
<i>Serum, Method: CLIA</i>			
Total T4	: 12.28	µg/dl	5.1-14.1 µg/dl
<i>Serum, Method: CLIA</i>			
TSH (Thyroid Stimulating Hormone)	: 0.55	µIU/ml	0.27-5.3 µIU/ml
<i>Serum, Method: CLIA</i>			


Interpretation Decreased TSH with raised or within range T3 and T4 is seen in primary hyperthyroidism, toxic thyroid nodule, sub-clinical hyperthyroidism, on thyroxine ingestion, post-partum and gestational thyrotoxicosis Raised TSH with decreased T3 and T4 is seen in hypothyroidism and with intermittent T4 therapy. Alterations in TSH are also seen in non-thyroidal illnesses like HIV infection, chronic active hepatitis ,estrogen producing tumors, pregnancy, new-born, steroids, glucocorticoids and may cause false thyroid levels for thyroid function tests as with increased age ,marked variations in thyroid hormones are seen. In pregnancy T3 and T4 levels are raised, hence FT3 and Ft4 is to be done to determine hyper or hypothyroidism.

\*Note - This test is outsourced and processed at Millenium Special Labs Pvt Ltd.

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:58:20)

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**Dr. Santosh Khairnar**  
M.D. (Pathologist)  
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2000/08/2926





26050 191024

Name	: MR. TUSHAR SHIRKE	Registration ID	: 26050	Sample Collection	: 19/10/2024 11:25:47
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Ref. By	: J M FINANCE SERVICES LTD	Sent By	: Arcofemi Healthcare Pvt Ltd	Report Released	: 21/10/2024 15:56:44

### EXAMINATION OF URINE

Test	Result	Unit	Biological Ref. Range
<b><u>PHYSICAL EXAMINATION</u></b>			
Quantity	: 20	ml	
Colour	: Pale yellow		
Appearance	: Slightly Hazy		
Reaction (pH)	: 6.0		4.5 - 8.0
Specific Gravity	: 1.020		1.010 - 1.030
<b><u>CHEMICAL EXAMINATION</u></b>			
Protein	: Absent		Absent
Glucose	: Absent		Absent
Ketones Bodies	: Absent		Absent
Occult Blood	: Absent		Absent
Bilirubin	: Absent		Absent
Urobilinogen	: Absent		Normal
<b><u>MICROSCOPIC EXAMINATION</u></b>			
Epithelial Cells	: 2 - 4	/ hpf	
Pus cells	: 1 - 2	/ hpf	
Red Blood Cells	: Absent	/ hpf	
Casts	: Absent	/ lpf	Absent / lpf
Crystals	: Absent		Absent
<b><u>OTHER FINDINGS</u></b>			
Yeast Cells	: Absent		Absent
Bacteria	: Absent		Absent
Mucus Threads	: Absent		
Spermatozoa	: Absent		
Deposit	: Absent		Absent
Amorphous Deposits	: Absent		Absent

sample type:Urine

Method:Visual and Microscopic

(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:56:44)

----- End Of Report -----



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Ref. By : J M FINANCE  
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SERVICES LTD

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**X RAY CHEST PA VIEW**

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Both the lung fields appear normal.

Cardiac silhouette is within normal limits.

Bilateral hilar shadows appear normal.

Bilateral costophrenic angles appear normal.

Bony thorax appears normal.

Soft tissues appear normal.

**IMPRESSION:**

**No significant abnormality detected.**

*(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 14:25:42)*

----- End Of Report -----



**Dr. Deepak Mishra**  
D.N.B. (Radio-  
Diagnosis)  
Reg. No:  
2021/09/7488





26050 191024

Registration ID : 26050

Sample Collection : 19/10/2024 11:25:47

Name : MR. TUSHAR SHIRKE

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Age/Sex : 24 Yrs. / M

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Report Released : 21/10/2024 15:16:23

Ref. By : J M FINANCE  
SERVICES LTD

Sent By : Arcofemi Healthcare Pvt Ltd

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**OPHTHALMIC EVALUATION**

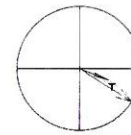
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<b>Examination</b>	<b>Right Eye</b>	<b>Left Eye</b>
Distance Vision	6/6	6/6
Near Vision	N/6	N/6
Color Vision	Normal	
Remarks	Normal	

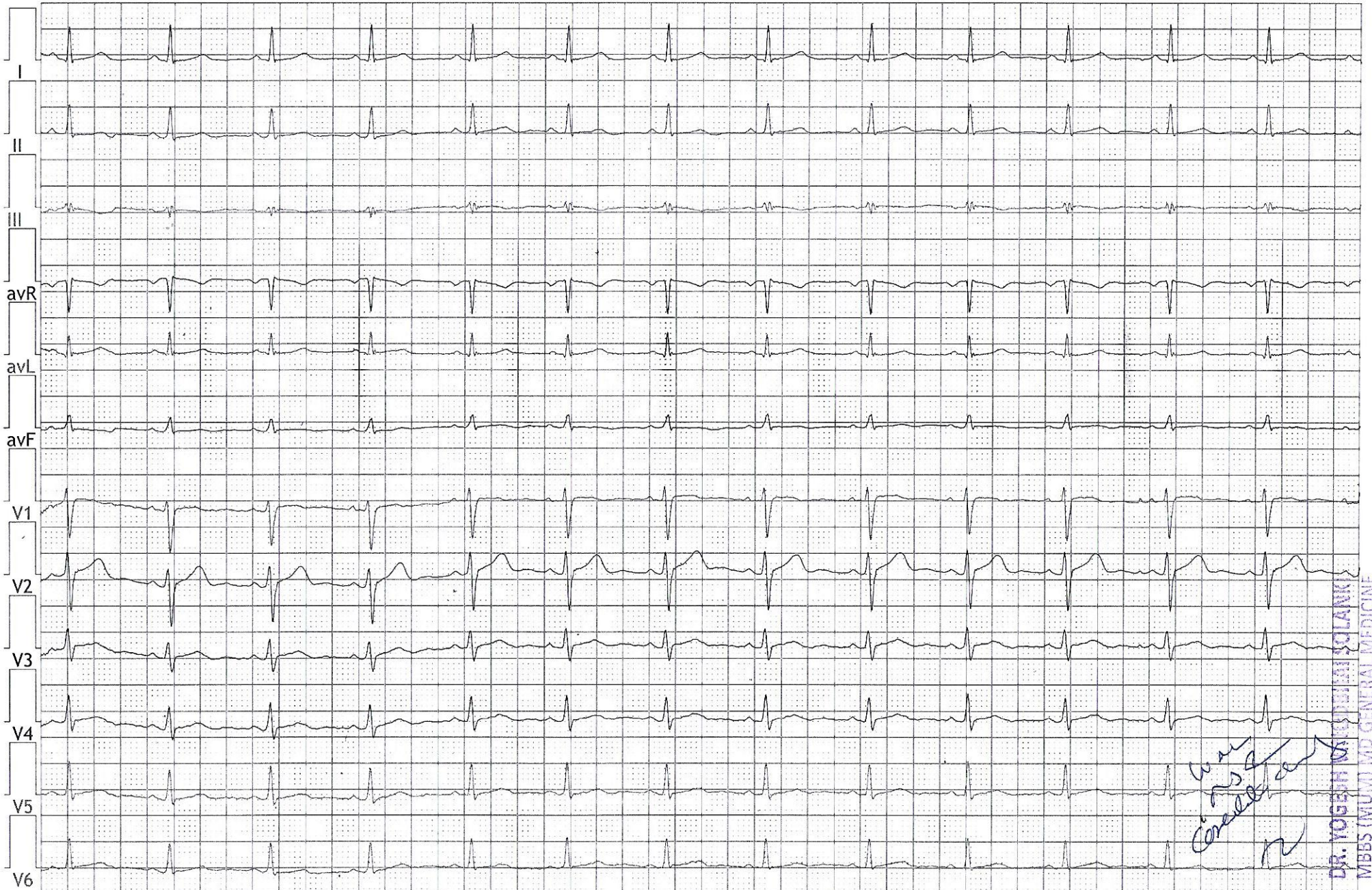
(Collected At: 19/10/2024 11:25:47, Received At: 19/10/2024 11:25:47, Reported At: 21/10/2024 15:16:23)

----- End Of Report -----





PR Interval: 116 ms  
QRS Duration: 110 ms  
QT/QTc: 367/423ms  
P-QRS-T Axis: 26 - 32 - 21 (Deg)



*Handwritten signature:*  
Tushar Shirke

DR. YOGESH ANILKUMAR SOLANKI  
MBBS (MUM) MD GENERAL MEDICINE  
DNB INTERVENTIONAL CARDIOLOGY  
MMC REG. NO. 2015053063