

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of SESHUKUMAR on 19/02/2024

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"><li>• Medically Fit</li></ul>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"><li>• Fit with restrictions/recommendations</li></ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1.....</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>	
<ul style="list-style-type: none"><li>• Currently Unfit. Review after _____ recommended</li></ul>	
<ul style="list-style-type: none"><li>• Unfit</li></ul>	

Dr. \_\_\_\_\_  
Medical Officer  
The Apollo Clinic, (Location)

Dr. MUKUL ARTE MBBS, DNB  
Reg. No. 44293 (MNC)  
Approved by DG Shipping (TOD)  
Courses in Marine Medicine & Aviation Medicine  
A-101-102, Harbour Club, Tilt Cross Lane,  
Andheri East, Mumbai-400 009  
SEA SHIP MEDICINE CENTRE

*This certificate is not meant for medico-legal purposes*

MER- MEDICAL EXAMINATION REPORT

Date of Examination	19/02/2024		
NAME	Seshukumar Yerramsetty		
AGE	44 yrs	Gender	M
HEIGHT(cm)	167cm	WEIGHT (kg)	70kg
B.P.	124/84 mm Hg		
ECG	WNL		
X Ray	NAD		
Vision Checkup	Color Vision : Normal Far Vision Ratio : 6/9 - Uncorrected Near Vision Ratio : N10 - Uncorrected		
Present Ailments	-		
Details of Past ailments (If Any)	-		
Comments / Advice : She /He is Physically Fit	✓		

  
 Signature with Stamp of Medical Examiner

Dr. MURUKH ARTE MBBS, DNB  
 Regd. No. 44793 (MYSR)  
 Approved by DG Training (DGO)  
 Committee for Medical Practice & Aviation Medicine  
 A-101-102, Hindustani Tower, 1st Cross Lane,  
 Aerodrome East, Bangalore-560 005  
 DR. MURUKH ARTE MEDICAL CENTRE



*Sea Bird*  
Sea Bird Medicare Centre

Report ID : **SYM192142446** Reg. : **19-Feb-2024**  
Patient Name : **Mr. SESHU KUMAR YERRAMSETTY** Report Date : **19-Feb-2024**  
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**  
Ref By : **DR.MUKUL ARTE** Age/Sex : **44 Year / Male**

**CHEST X RAY REPORT**

X-Ray No : 2119

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**

HQ- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Telli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 46032704

Power: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

Website: [www.seabirdhf.com](http://www.seabirdhf.com) | Email: [seabird@seabirdhf.com](mailto:seabird@seabirdhf.com)



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Age/Sex : **44 Year / Male**

**SONOGRAPHY (ABDOMEN)**

Ref No : 19/02/2024

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.

Dr. Jacob  
Mathew MD

Dr. Jagmohan L. Chopra MD  
Dr. Asghar Majeed

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Report ID : **SYM192142446**  
Patient Name : **Mr. SESHU KUMAR YERRAMSETTY**  
Rank :  
Ref By : **DR.MUKUL ARTE**  
Location : **SEA BIRD- ANDHERI**

Reg. : **19-Feb-2024**  
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Company Name : **M/S. APOLLO HEALTH AND**  
Age/Sex : **44 Year / Male**

### HEMATOLOGY

#### INVESTIGATION


#### **Complete Blood Count**

<u>INVESTIGATION</u>	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
Haemoglobin	14.4	gm/dl	13-18 gm/dl
Total W.B.C	9100	/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	5.08	millions/cu .mm	4.5-5.5 millions/cu.mm
P.C.V	42.5	%	42-55 %
MCV	83.5	femolitre	80-96 femolitre
MCH	28.3	picogram	27-33 picogram
MCHC	33.9	%	32-36 %
W.B.C Morphology	Normal		
R.B.C Morphology	Normal		
Platelet Count	218000	/cu.mm	150000-450000 /cu.mm
<b>Blood Group</b>			
Blood Group	O Positive		
<b>ESR</b>			
ESR	21	mm/hr	0-15 mm/hr


---END OF REPORT---

Kindly Correlate with clinical conditions.

Remark : ---

  
DR.SANDIP MOHANRAO HUDEDAR  
MBBS, DCP  
Pathologist

  
M.O.T.C

  
SONALI VASANT ADELKAR  
Lab Technician

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# Sea Bird

Sea Bird Medicare Centre

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Rank : Company Name : **M/S. APOLLO HEALTH AND**  
Ref By : **DR.MUKUL ARTE** Age/Sex : **44 Year / Male**  
Location : **SEA BIRD- ANDHERI**

## BIO-CHEMISTRY

### INVESTIGATION

#### **Liver Function Test**

	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
SGOT	19	IU/L	0-37 IU/L
SGPT	29	IU/L	9-43 IU/L
GGT	20	IU/L	0-49 IU/L
Sr.Bilirubin (T)	0.9	mg/dl	0.2-1.2 mg/dl
Sr.Bilirubin (D)	0.1	mg/dl	0.0-0.3 mg/dl
Sr.Bilirubin (I)	0.8	mg/dl	
Total Protein	6.9	g/dl	6.0-8.0 g/dl
Sr.Albumin	4.1	g/dl	3.2-5.0 g/dl
Sr.Globulin	2.8	g/dl	2.0 3.5 g/dl
A/G Ratio	1.4		
Alkaline Phosphatase	50	IU/L	40-129 IU/L

#### **Renal Function Test**

BUN	14.9	mg/dl	6-21 mg/dl
Sr.Creatinine	1.0	mg/dl	0.7-1.4 mg/dl
Uric Acid	6.1	mg/dl	2.5-7.2 mg/dl


#### **Blood Sugar Estimation**

Post Prandial Blood Sugar	108	mg/dl	70-140 mg/dl
Post Prandial Urine Sugar	Absent		
Random Blood Sugar	88	mg/dl	70-170 mg/dl
Glycosylated Haemoglobin (HBA1C)	5.8	%	4.5-6.3%

---END OF REPORT---

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Age/Sex : **44 Year / Male**

**LIPID PROFILE**

**INVESTIGATION**

**OBSERVED VALUE**


**UNITS**

**REFERENCE RANGE**

Serum. CHOLESTEROL (CHOD - PAP)	195	mg /dl	145-240 mg/dl
Serum. TRIGLYCERIDE (GPO - PAP)	116	mg /dl	25-160 mg/dl
S.HDL CHOLESTEROL	47	mg/dl	35-80 mg/dl
VLDL CHOLESTEROL	23.2	mg/dl	Upto 40
LDL CHOLESTEROL (calculate)	124.8	mg/dl	Upto 150
CHOL/HDL CHOL(Ratio)	4.1		Upto 5.0
LDL CHOL/HDL RATIO	2.6		0-3.0

---END OF REPORT---

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Ref By : **DR.MUKUL ARTE** Age/Sex : **44 Year / Male**  
Location : **SEA BIRD- ANDHERI**

**URINE ROUTINE**

**INVESTIGATION**


**OBSERVED VALUE UNITS REFERENCE RANGE**

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		

---END OF REPORT---

Kindly Correlate with clinical conditions.

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**LABORATORY TEST REPORT**

ID : 2480418  
Name : SESHU KUMAR  
DOB/Age : 44 years  
Gender : Male

Collection : 19/02/24, 02:20 PM  
Received : 19/02/24, 02:20 PM  
Reported : 19/02/24, 03:11 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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**Thyroid Profile, Total (T3,T4,TSH)**

<b>T3-Total*</b> (Serum,CLIA)	88.67	ng/dL	70 - 204
<b>T4-Total*</b> (Serum,CLIA)	7.57	ug/dL	5.93-13.29
<b>TSH-Ultrasensitive*</b> (Serum,CLIA)	2.422	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. Suyesh Vishweroop  
(MBBS,MD Pathology)

**LABORATORY TEST REPORT**

ID : 2480418  
 Name : SESHU KUMAR  
 DOB/Age : 44 years  
 Gender : Male  
 Collection : 19/02/24, 02:20 PM  
 Received : 19/02/24, 02:20 PM  
 Reported : 19/02/24, 03:04 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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**PSA (Prostate - Specific Antigen), Total \***

PSA (CLIA)	1.01	ng/ml	0-4
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**Interpretation:**

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

**\*\*END OF REPORT\*\***

Dr. Suyesh Vishweroop  
(MBBS, MD Pathology)





भारत सरकार  
Government of India



యర్రంశెట్టి శేషు కుమార్  
Yerramsetty Seshu Kumar  
పుట్టిన తేదీ/DOB: 20/04/1979  
పురుషుడు/ MALE  
Mobile No: 9515674289

**2385 9396 2774**

मेरा आधार, मेरी पहचान





*Sea Bird*  
**Sea Bird Medicare**

NAME : Y SESHU KUMAR  
AGE/SEX : 44 YRS / M  
COMPANY : APOLLO  
DATE : 19/02/2024

**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. Structurally normal cardiac valves.
3. Normal sized RV with good contractility.  
RA and LA are normal in size.
4. No obvious clot seen.
5. No vegetations or pericardial effusion.
6. Intact IVS/IAS.

**SPECTRAL AND COLOR DOPPLER STUDY:**

Trivial MR, rest 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 20 mm Hg.

**Impression**

Normal LV systolic function  
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

DR. JACOB MATHEW MD, DMM, DTCD

Reg. No. (DMM) 20015

W/ Wing 3rd, Santhosh Plaza, T.20 Cross Lane,

Near/opp. to - 1st St. Madhav-400 169

SEA BIRD MEDICARE CENTRE

**NOTE:**

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



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

DE AMPLITUDE	20mm	(20-37mm)
EF SLOPE	23 mm/sec	(18-150mm/sec)
EPSS	02 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	13 mm	(15-26mm)
AO ROOT	19 mm	(20-37mm)

**LA**

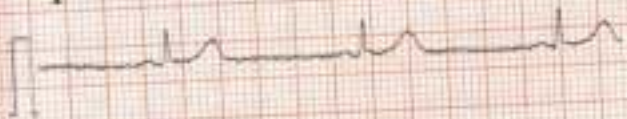
28 mm (19-40mm)

**RV/LV MEASUREMENTS**

RVID(d)	16 mm	(7-23mm)
LVID(d)	42 mm	(36-56mm)
LVID(s)	25 mm	(24-42mm)
IVS (d)	10 mm	(6-12mm)
LVPW(d)	09 mm	(6-11mm)
LVEF	60%	(50%-70%)

10mm/mV 0.67-25Hz AC50

I



II



III



25mm/s ♡57

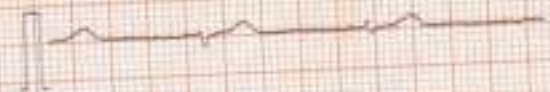
*Subj.*

10mm/mV 0.67-25Hz AC50

aVR



aVL



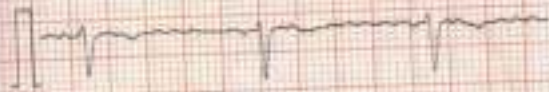
aVF



25mm/s ♡58

10mm/mV 0.67-25Hz AC50

V1



V2



V3



25mm/s ♡67

10mm/mV 0.67-25Hz AC50

V4



V5



V6



25mm/s ♡64