



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

REPORT

BIOCHEMISTRY

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Serum S.G.P.T. (Serum,Method- IFCC without/with PDP)	7.70	U/L	0 - 41
Bilirubin (Total) (Serum ,Method-Diazo- End point)	0.77	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum,Method-Diazo-End point)	0.2	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.57	mg/dl	0.0 - 0.90
Serum Creatinine (Serum,Method- Kinetic Jaffe's)	0.86	mg/dl	0.62 - 1.17

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

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

SONALI ADELKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

REPORT

Biochemistry Report

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
BUN (Blood Urea Nitrogen) Serum, Method: Urease	8.44	mg/dl	6.0 - 20.0
Creatinine Serum, Method-Kinetic Jaffes	0.86	mg / dL	0.62 - 1.17 mg/dl
BUN/Creatinine Ratio Calculated	9.81		10 - 20.1
Urea (Serum, Method-Urease)	18.07	mg/dl	16.6 - 48.5

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

SONALI ADELKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

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	76.77	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	99.81	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.

SUPARNA DAREKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 / 12:31 pm

Coll Date

10-Oct-2024 / 12:36 pm

Report Date

10-Oct-2024 / 4:32 pm

REPORT

BLOOD GLUCOSE

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

SUPARNA DAREKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

REPORT

Blood Group

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<u>BLOOD GROUP</u>			
ABO Group	"O"		
RH (D)	Positive		

Method : Cell (Forward) grouping by Manual Slide Method.
Sample: Whole Blood (EDTA)

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

SUPARNA DAREKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	14.6	gm/dl	13.0 -17.0
<u>RED BLOOD CELLS</u>			
R.B.C. Count	4.8	million / cumm	4.5- 5.5
HCT	41.9	%	40- 50
MCV	87.2	fL	83 - 101
MCH	30.5	pg	27 - 32
MCHC	35	gm / dl	31.5 - 34.5
RDW (CV)	13.7	%	11.6- 14.0
Total W.B.C. Count	8700	/cu.mm.	4000 - 10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	64	%	40 - 80
Lymphocytes	32	%	20 - 40
Eosinophils	02	%	1 - 6

SONALI ADELKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	02	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	370000	/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 -----

SONALI ADELKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CIA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

REPORT

Erythrocyte Sedimentation Rate (ESR)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
E.S.R	10	mm at 1hr	0 - 15

Method: Westergren.

Sample: Whole Blood (EDTA)

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

PRIYA PANDEY

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

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.2006031680



PID NO. : CJA0705

Name : OMKAR SANJAY UPARE

Sex / Age : Male / 24 Years

Ref By : DR.MUKUL ARTE

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

Mumbai - 400069

Reg. Date

10-Oct-2024 /12:31 pm

Coll Date

10-Oct-2024 /12:36 pm

Report Date

10-Oct-2024 / 3:55 pm

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 - 3 / 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 -----

PRIYA PANDEY

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680

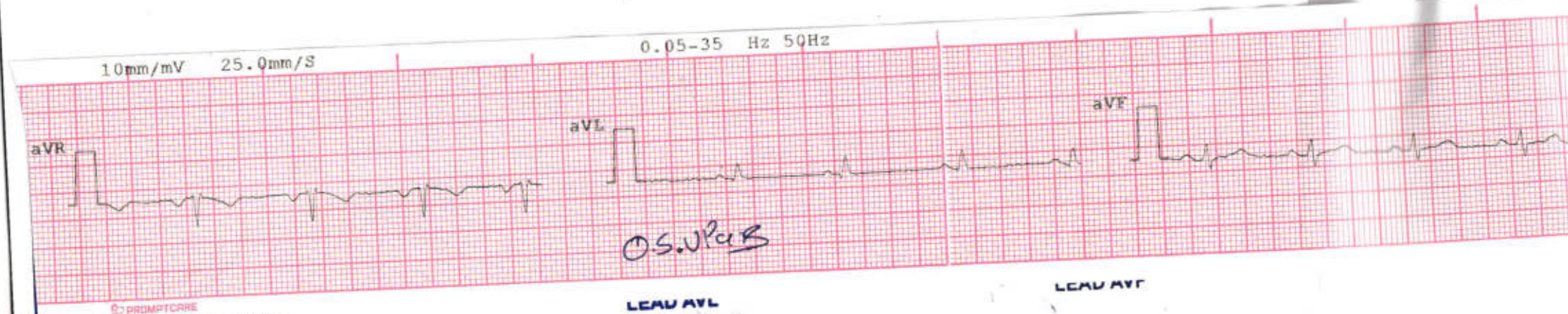


PROMPTCARE

LEAD I

LEAD II

LEAD III



PROMPTCARE

LEAD aVR

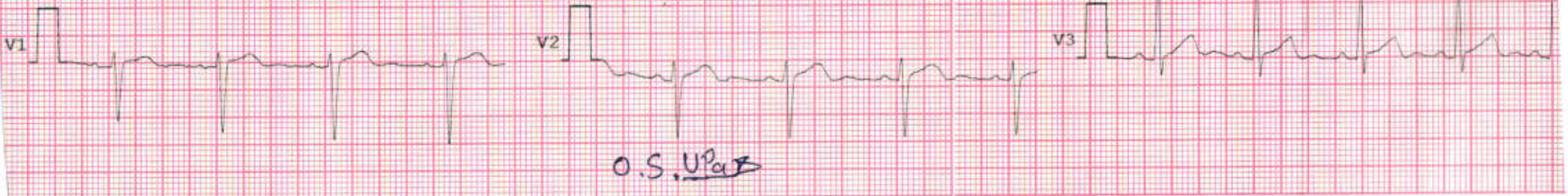
LEAD aVL

LEAD aVF

OS.VP.B

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz



O.S. UP ~~ax~~

PROMPTCARE

V1

V2

V3

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz



PROMPTCARE

V4

V5

V6

HR
QRS D
QT IN
QTc I
PR IN
RR IN
QT/QT
QT/RR
P/QRS

DR. MUKUL ARTE
Reg. No. 44293 (MMC)
Approved by DG Shipping (GOI)

REMARKS	
QRS COMPLEX	Normal
P WAVE	Normal
PR INTERVAL	Normal
RHYTHM	Regular
VOLTAGE	Normal
Q WAVE	Normal
ST. SEGMENT	Normal
T WAVE	Normal

E. C. G. REPORT

ELECTROCARDIOGRAPHIC REPORT



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

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

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

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

NAME Ankur Upare .

AGE 24 DATE 10/10/2024



SEA BIRD MEDICARE CENTRE

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of
anurag upad on 10/10/24

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 checked="" type="checkbox"/>
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <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>	<input 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. [Signature]
DR. MUKUL ARTE
 Reg. No. [Number] MCO Officer
 Approved By DG-Shipping(GOI)
 Consultant in Marine Medicine & Aviation Medicine
 A-101-102, Heritage Plaza, Teli Cross Lane
 Andheri East, Mumbai-400 089.
 SEA BIRD MEDICARE CENTRE

This certificate is not meant for medico-legal purposes.



SEA BIRD MEDICARE CENTRE

MER- MEDICAL EXAMINATION REPORT

DATE OF EXAMINATION	10/10/2024.		
NAME	Omkar Sanjay Upare		
AGE	24	GENDER	Male
HEIGHT (CM)	165 cm	WEIGHT (KG)	46 kg.
B.P.	110/80 mm Hg		
ECG	Normal		
X Ray	NAD.		
Vision Checkup	Color Vision: Normal Far Vision Ratio: 6/6 - Aided Near Vision Ratio: NS - Unaided.		
Present Ailments	Nil		
Details of Past ailments (If Any)	Nil.		
Comments / Advice:	NAD		

Signature with Stamp of Medical Examiner

DR. MUKLARTE MBBS, DNB

Reg. No: 44293 (MMC)

Approved By DG Shipping (GOI)

Consultant in Marine Medicine & Aviation Medicine

A-101-102, Heritage Plaza, Teli Cross Lane

Andheri East, M: - 400 069.

SEA BIRD MEDICARE CENTRE

HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East, Mumbai- 400069
Tel: 022-46032704 / 8104606813

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



SEA BIRD MEDICARE CENTRE

Report ID : **OSUM101013257**
Patient Name : **Mr. OMKAR SANJAY UPARE**
Rank :
Ref By : **DR. MUKUL ARTE**

Reg. : **10-Oct-2024**
Report Date : **10-Oct-2024**
Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Age/Sex : **23 Year / Male**

CHEST X RAY REPORT

X-Ray No : 8875

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

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

ॐकार संजय उपरे
Omkar Sanjay Upare
जन्म तारीख / DOB : 08/10/2001
पुरुष / Male



6394 1786 7032

माझे आधार, माझी ओळख

O.S. Upare