



**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 Shivani Bagkar aged, 21yr. 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: 26/10/2024

*Dr. Nitesh Kumar*  
MBBS

RCMP 47093  
Name & Signature of

Medical officer

**MER- MEDICAL EXAMINATION REPORT**

DATE OF EXAMINATION	26-10-24		
NAME	Shivani Bagkar		
AGE	21	GENDER	Female
HEIGHT (CM)	162	WEIGHT (KG)	50.3
B.P.	110/70 mm/Hg		
ECG	WNL		
X Ray	PRV		
Vision Checkup	Color Vision: Normal Far Vision Ratio: 6/6 N Near Vision Ratio: N5 N		
Present Ailments	—		
Details of Past ailments (If Any)	—		
Comments / Advice:			



Signature with Stamp of Medical Examiner

**Dr. Mrinalini Singh**  
**Consultant Physician**  
**MBBS, DNB, MRCP (UK), EDIC**  
**Reg. No. 2019/02/0392**



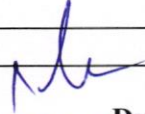
# SEA BIRD MEDICARE CENTRE

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of  
Shivami Bagkar on 26-10-2024

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>	
<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. <u>Anaemic / Polycythemia = Hb = 8.6, WBC = 3900</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>	
<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. \_\_\_\_\_  
**Dr. Mrinalni Singh**  
Consultant Physician  
MBBS, MRCP (UK), EDIC Medical Officer  
Reg. No. 2019/02/0392

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

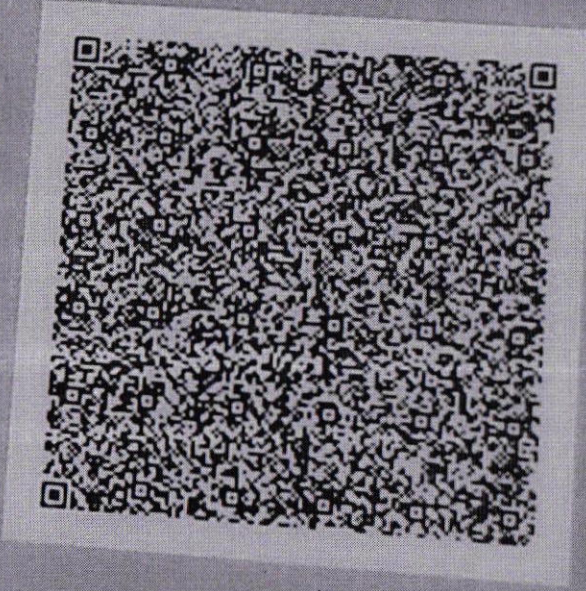
आयकर विभाग  
INCOME TAX DEPARTMENT



भारत सरकार  
GOVT. OF INDIA



स्थायी लेखा संख्या कार्ड  
Permanent Account Number Card  
EKWPB0931F



11042021

नाम/Name  
SHIVANI RAVINDRA BAGKAR  
पिता का नाम/Father's Name  
RAVINDRA RAMCHANDRA BAGKAR  
जन्म की तारीख/  
Date of Birth  
19/03/2003

हस्ताक्षर/Signature



# SEA BIRD MEDICARE CENTRE

Report ID : **SRBM2610102927** Reg. : **26-Oct-2024**  
Patient Name : **Ms. SHIVANI RAVINDRA BAGKAR** Report Date : **26-Oct-2024**  
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**  
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **21 Year / Female**

## CHEST X RAY REPORT

X-Ray No : 7092

**Prominent bronchovascular shadows seen bilaterally.**

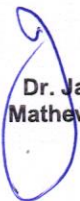
No patch / consolidation seen.

Rest of lungs shows equal translucency and normal vasculature.

Both Hemidiaphragm visualised normal.

Cardiac silhouette appears normal in size and configuration.

Bony thoracic cage is normal.

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

ID: 14307

26-10-2024 09:19:52

SHIVANI

HR : 74 bpm

Diagnosis Information:

21 Years ( / / )

P : 102 ms

PR : 166 ms

QRS : 78 ms

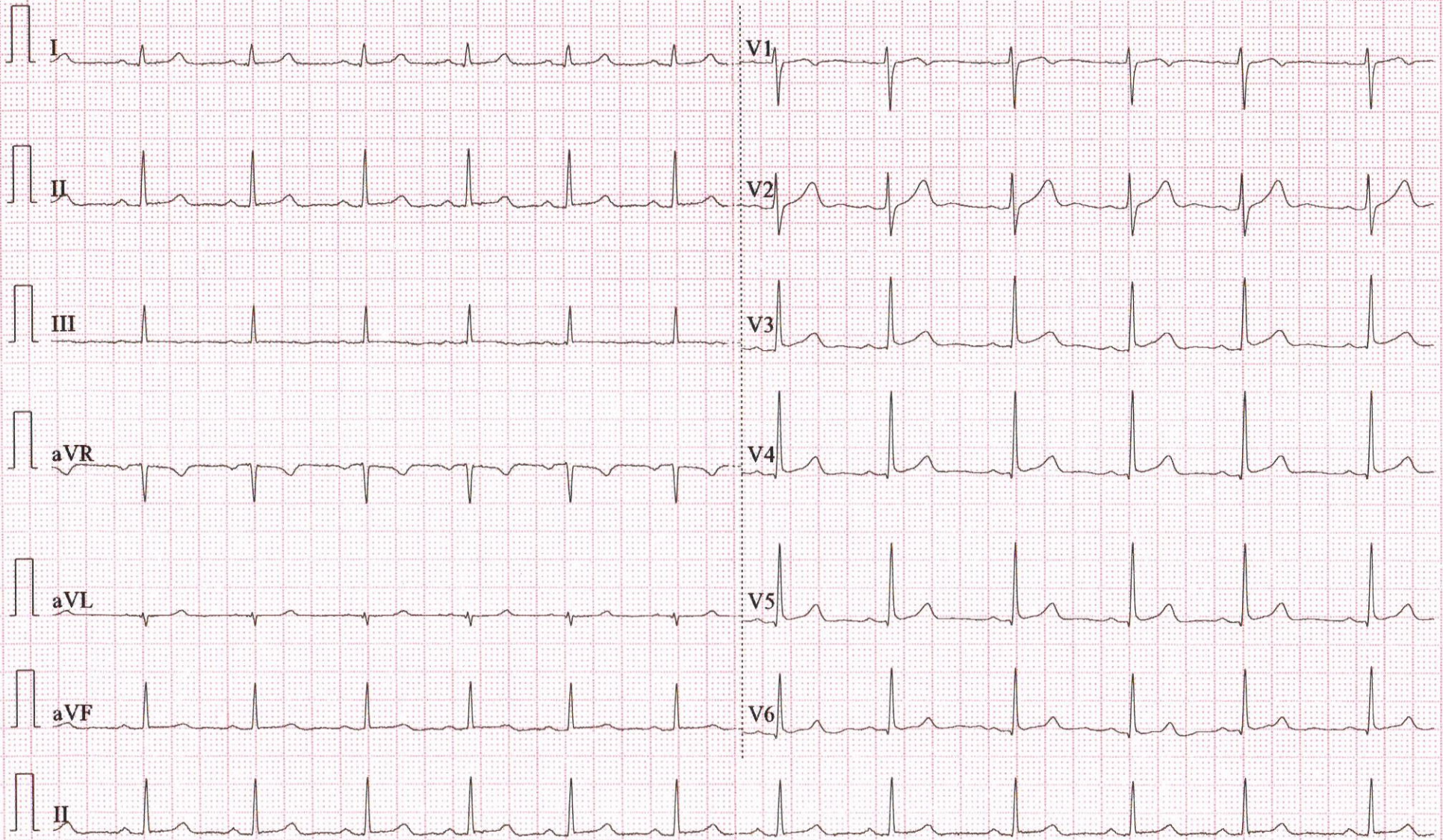
QT/QTcBz : 392/435 ms

P/QRS/T : 50/71/33 °

RV5/SV1 : 1.369/0.768 mV

Dr. Mrinalini Singh  
Consultant Physician  
MBBS, DNB, MRCP (UK), EDIC  
Reg. No. 2019/02/0392

Unconfirmed Report.





PID NO. : CIA1746

Name : SHIVANI BAGKAR

Sex / Age : Female / 21 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

**Sample Collected At :**

Sea Bird Medicare  
102-103-104, Gateway Plaza, Central Avenue Road,  
Hiranandani Gardens, Powai.

**Processing Location:** - Seabird Medicare Pvt Ltd  
Office no A/302, Vertex Vikas, Opposite Andheri  
Station, Near Madhavbag Bldg, Andheri (East ).  
Mumbai - 400069

Reg. Date

26-Oct-2024 / 9:01 am

Coll Date

26-Oct-2024 / 9:06 am

Report Date

26-Oct-2024 / 4:46 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)	8.62	U/L	0 - 33
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.36	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.08	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.28	mg/dl	0.0 - 0.90
Serum Creatinine (Serum, Method- Kinetic Jaffe's)	0.57	mg/dl	0.5 - 0.95
BUN (Blood Urea Nitrogen), serum Method: Urease	6.37	mg/dl	6.0 - 20.0

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

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

LATHA SONAWANE  
Lab Technician

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



PID NO. : CIA1746

Name : SHIVANI BAGKAR

Sex / Age : Female / 21 Years

Ref By : APOLLO HEALTH AND LIFESTYLE  
LIMITED

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## REPORT

### Biochemistry Report

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
BUN (Blood Urea Nitrogen) Serum, Method: Urease	6.37	mg/dl	6.0 - 20.0
Creatinine Serum, Method-Kinetic Jaffes	0.47	mg / dL	0.5 - 0.95 mg/dl
BUN/Creatinine Ratio Calculated	13.55		10 - 20.1
Urea (Serum, Method-Urease)	13.65	mg/dl	16.6 - 48.5

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

LATHA SONAWANE  
Lab Technician

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





PID NO. : CJA1746

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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	81.07	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	90.26	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.

LATHA SONAWANE  
Lab Technician

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



PID NO. : CJA1746

Name : SHIVANI BAGKAR

Sex / Age : Female / 21 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

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**REPORT**

**BLOOD GLUCOSE**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
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----- End of Report -----

LATHA SONAWANE  
Lab Technician

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

*Proudly... Caring For You*

This is computer generated medical diagnostics report that has been validated by an Authorized Medical Practitioner/Doctor. The report does not need physical signature. Results relate only to the sample as received. Refer to conditions of reporting overleaf.

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

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## REPORT

### Blood Group

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

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

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

PRIYA PANDEY  
Lab Technician

DR.RITESH KHARCHE  
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**Pathologist**  
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## REPORT

### Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	8.6	gm/dl	12.0 - 15
<u>RED BLOOD CELLS</u>			
R.B.C. Count	4.18	million / cumm	3.8- 4.8
HCT	28.2	%	35-48
MCV	67.4	fL	83 - 101
MCH	20.6	pg	27 - 32
MCHC	30.5	gm / dl	31.5 - 34.5
RDW (CV)	19.3	%	11.6- 14.0
Total W.B.C. Count	3900	/cu.mm.	4000-10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	49	%	40 - 80
Lymphocytes	39	%	20 - 40
Eosinophils	06	%	1 - 6

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## REPORT

### Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	06	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	307000	/cumm	150000 - 410000

#### MORPHOLOGY

RBC Morphology Mild Anisocytosis with Microcytic and Hypochromic Cells.

WBC Morphology Leucopenia, Normal Morphology.

Platelets on Smear Adequate on smear

Advice Serum Iron Studies profile

(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 -----

LATHA SONAWANE  
Lab Technician

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



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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	12	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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## 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)

BHAGYASHREE CHAWAN

Lab Technician

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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 -----

BHAGYASHREE CHAWAN

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

**Pathologist**

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