### Annexure-2

### Self-Health Declaration

(Please √ Mark Where Applicable)

PASTE YOUR RECENT PASSPORT SIZE PHOTOGRAPH

1 PERSON	NAL DETAILS:		
Name:	First Name Laurabh	Middle Name	Surname
Address:	flat NO- def NO-25, 7	601, of herry , Da illate Naples -	400089 US
Birth Pla	ce: Luckusw Birth C (dd/m	m/yyyy) Religio	
Post appl	ned ror:	Marital Status: Married / L	Inmarried Gender: M / F
i) ii)	Name	No If yes specify Nature of work	Duration
111)			
Addres	F FAMILY DOCTOR:		
	t Details:		
202 (20	IAL HABITS: oking		
ii) Tob	acco chewing 🔯		
iii) Alco	phol		
iv) Any	other 🔀		
MEDICA	L HISTORY:		
i) ANY	DISABILITY: Yes / No If	yes specify with disability %	
ii) PERS	SONAL HISTORY:		COMMANDS ACCESSED
Are yo	ou in good health and ca	pable of full work	Yes
Have	you ever suffered from j	ob related disease or injury?	

Have you ever been discharged or rejected on medical grounds?

lave you	ever suffered from any of the follo	wing (Answer Yes or No. if yes, give details)
YN		Y N
~	Hypertension	Hepatitis-B
V	Diabetes	Cancer
-	Heart disease	Stroke
-	Kidney diseases	Bronchitis
-	Tuberculosis	Any allergy
-	Chronic lung disease (e.g. Pleurisy Pneumonia etc.)	Any chronic ear or hearing problem (e.g. sinusitis, rhinitis otitis etc.)
-	Epileosy, Fits, Fainting or Dizziness	Mental disorder of any kind
-	Any major operation or injury	Any other illness
	the above if "Yes")	
	candidates only) gnant at present? Y N	Date of L.M.P.
18 W		
The second second	on: Yes No	

### 6 FAMILY HISTORY:

Has anyone of your parents suffered from any of the following: Yes / No

(If yes, Please √ Mark Where Applicable)

Hypertension	
Heart Disease	
Cancer	
Diabetes	
Tuberculosis	
Epilepsy	
Any other Disease	

	IF LIV	ING	IF DEAD		
	AGE	HEALTH (Good, Bad, Fair)	AGE AT DEATH	CAUSE OF DEATH	
Father	63	Cooct		1	
Mother	58	Good			
Spouse	34	Good			
Children-1	69	Cood			
Children -2					

7 I declare that the above statements are true and complete to the best of my knowledge and belief. In case this information is found to be false by the company, then the company reserves the right to terminate my services without giving any notice. I agree that the results of this medical examination in general terms may be revealed to the company if required. I also fully understand that in case I am declared medically unfit due to any reason, I shall not be entitled for the employment in the company. However, the decision taken by recruitment committee about my medical fitness will be final and binding to me.

Date: 14 9 2024

(Signature of Candidate)

alliers

### MER- MEDICAL EXAMINATION REPORT

Date of Examination	14 9 2020	4
NAME	Sauredh 35 Gender	singh
AGE	35 Cender	Male
HEIGHT(cm)	トする WEIGHT (kg)	93.6 kg
B.P.	HAM 08/06/	3
ECG TT PTT	WINT / TIME NEG	otive.
X Ray	war	
Vision Checkup	Color Vision: N  Far Vision Ratio : (16 -  Near Vision Ratio : (16 -	
Present Ailments	-	
Details of Past ailments (If Any)	_	
Comments / Advice "She /He is Physically Fit		

Dig Taranama and Control of the Cont

Signature with Stamp of Medical Examiner

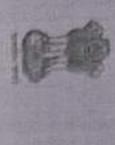
Dr. Mrinalini Singh Consultant Physician MBBS, DNB, MRCP (UK), EDIC Reg. No. 2019/02/0392

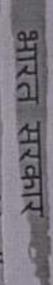
# CERTIFICATE OF MEDICAL FITNESS

Medically F	ît			
Fit with rest	rictions/recommenda	ations		
	owing restrictions ha nents to the job.	ve been revea	led, in my opinio	n, these are
1				****
2			********************	
3				
	e employee should for micated to him/her.	ollow the advice	e/medication tha	t has
Review afte	r			
Currently U Review afte				recommended

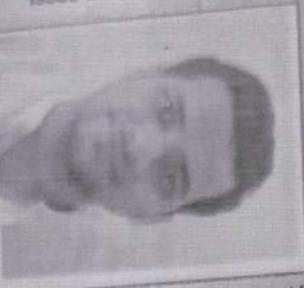
This certificate is not meant for medico-legal purposes

Issue Date: 21/03/2012

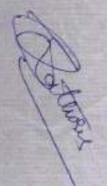




Government of India



सौरभ सिंह Saurabh Singh जन्म तिथि / DOB : 25/05/1989 पुरुष / Male





मेरा आधार, मेरी पहचान 2446 6392 1167









Name

Sex / Age

Ref By

1 CIA0899

: SAURARH SINGH

: Male / 35 Years

: APOLLO HEALTH AND LIFESTYLE

Beference:

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Processing Location: - See Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powal, Mumbai-400076

Reg. Date

14-5ep-2024 / 9:42 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

#### REPORT

### BLOOD GLUCOSE

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
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.g	83,89 uidelines 2022	mg/dl	70,00 - 100.00 mg/di
Urine Glucose (Fasting)	Absent		Absent
Urine Ketones (Fasting)	Absent		Absent

Blood Glucose (PP) plasma

92.19

mg/dl

70.00 - 140.00

(Plasma, Method- Hexiskinasa)

Interpretation:

Non-Diabetic : 70 - 140 mg/dl Pre-Diabetic: 140 - 199 mg/df Diabetic: >200 mg/dt

(ON MORE THAN ONE OCCASION.)

Reference: American diabetes association guidelines 2022

Urine Glucose (PP)

Absent

Absent

Urine Ketones (PP)

Absent

Absent

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

Pritam Dhanawade

Lab Technician



DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680

Page 1 of 15

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HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lone, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 46032704 Kechi: 0484- 2322022 / 4032022 Powot: 022-25701053 / 25704157

## SEA BIRD MEDICARE CENTRE (DIVISION OF SEA BIRD MEDICARE PVT LTD)

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Corporate Office: B-401, Heritage Plaza, Teli Cross Lane, Andheri East (Nr Station) Mumbai 400069 Central Laboratory: 102-103-104 Gateway Plaza, Central Avenue Road, Hiranandani Gardens Powal, Mumbai 400076, India

- B. Enquiry and Home Visit Booking 022 25701053 / 9324924370 or admin@seabirdhf.com
- C. Sea Bird Medicare services are also available at: Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)







: CIA0899

Name

: SAURABH SINGH

Sex / Age

: Male / 35 Years

Ref By

: APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Processing Location: - Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Reg. Date

14-Sep-2024 / 9:42 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

#### REPORT

#### BLOOD GLUCOSE

Test

Powal: 022-25701053 / 25704157

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

Pritam Dhanawade Lab Technician

ghowande



DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680

Page 2 of 15

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PID NO. ± CIA0899

: SAURABH SINGH

Sex / Age : Male / 35 Years

Ref By

Name

: APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference:

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Processing Location: - Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Reg. Date

14-Sep-2024 / 9:36 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

### REPORT

### **Blood Group**

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

BLOOD GROUP

ABO Group

"B"

RH(D)

Positive

Method: Cell (Forward) grouping by Manual Side Method.

Sample: Whole Blood (EDTA)

Powai: 022-25701053 / 25704157

End of Report ----



Lab Technician



DR. RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No 2006031680

Page 3 of 15

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PID NO. : CIA0899

SAURABH SINGH Name

Sex / Age : Male / 35 Years

Ref By

Powel: 022-25701053 / 25704157

: APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference:

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Processing Location: - Sea Bird Medicare

105-107 Gataway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai 400076

Reg. Date

14-Sep-2024 / 9:42 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

#### REPORT

### Complete Blood Count

its BIOLOGICAL REFERENCE INTERVAL  13.0 -17.0	
/dl 13.0 -17.0	
lion / cumm 4.5- 5.5	
40- 50	
83 - 101	
27 - 32	
/ dl 31.5 - 34.5	
11.6- 14.0	
mm. 4000 - 10000	
40 - 80	
20 - 40	
1.0	
	83 - 101 27 - 32 / dl 31.5 - 34.5 11.6- 14.0 mm. 4000 - 10000

Pritam Dhanawade Lab Technician

anawade



DR.RITESH KHARCHE MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680

Page 4 of 15

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: CIA0899

Reference:

Reg. Date

Coll Date

Name

: SAURABH SINGH

Sea Bird Medicare

Sample Collected At :

14-Sep-2024 / 9:42 am

Sex / Age

105-107 Gateway Plaza, Central Avenue, Hiranandani

14-5ep-2024 / 9:41 am

: Male / 35 Years

Gardens, Powai, Mumbai-400076

Ref By

Pewsi: 022-25701053 / 25704157

: APOLLO HEALTH AND LIFESTYLE

Processing Location: - Sea Bird Medicare

Report Date

LIMITED

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

14-Sep-2024 / 4:58 pm

#### REPORT

### Complete Blood Count

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
Monocytes	06	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	208000	/cumm	150000 - 410000
MORPHOLOGY			
RBC Morphology	Predominantly	Normocytic and No	rmochronic.
WBC Morphology	Normal Morph	ology.	
Platelets on Smear	Adequate on s	smear	
(FDTA Whole Blood - Tests done Au	tomated Three part cell countr	or (RRC WRC Platelets)	count by impactance. Hasmonichin by colormatic

Cyanmeth free method. Rest are calculated parameters. Microscopy and DLC is done manually by the Pathologist.)

- End of Report -----

Pritam Dhanawade

Lab Technician

onawade

DR.RITESH KHARCHE MBBS, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

Page 5 of 15

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Gardens, Powai, Mumbai-400076

Reg. Date

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14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

### REPORT

### Erythrocyte Sedimentation Rate (ESR)

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

E.S.R

05

mm at thr

0 - 15

Method: Westergren.

Sample: Whole Blood (EDTA)

End of Report ----

Pritam Dhanawade Lab Technician

nanawade



DR.RITESH KHARCHE MBBS, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

Page 6 of 15

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Corporate Office: B-401, Heritage Plaza, Teli Cross Lane, Andheri East (Nr Station) Mumbai 400069 Central Laboratory: 102-103-104 Gateway Plaza, Central Avenue Road, Hiranandani Gardens Powai, Mumbai 400076, India

- B. Enquiry and Home Visit Booking 022 25701053 / 9324924370 or admin@seabirdhf.com
- Sea Bird Medicare services are also available at:
   Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)







↓ CIA0899

Reference:

Reg. Date

Colf Date

Name

: SAURABH SINGH

Sample Collected At :

14-Sep-2024 / 9:42 am

Sea Bird Medicare 105-107 Gateway Plaza, Central Avenue, Hiranandani

14-Sep-2024 / 9:41 am

Sex / Age

: Male / 35 Years

Gardens Powai, Mumbai-400076

Ref By

: APOLLO HEALTH AND LIFESTYLE

Processing Location: - Sea Bird Medicare

Report Date

UMITED

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens Powai, Mumbai-400076

14-Sep-2024 / 4:58 pm

#### REPORT

### Glycosylated Haemoglobin (HbA1c)

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
HbA1c Pre-Diabetic: 5.7 - 6.4 % Diabetic: > = 6.5 (EDTA Whole Blood, Turbidimetric)	5.59	%	4 - 5.69
Mean Blood Glucose (MBG)	121.70	mg/dl	

#### Interpretation & Remark:

- 1, HbA1c is used for mointaring diabetic control. It reflects the estimated everage glucose (eAG).
- 2. HbA1s has been endorsed by clinical groups & ADA (American Diabetes Association guideline 2022, for diagnosis of diabetes using a cut-off
- 2. Trends in HbA1s are a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diebetic individual are often associated with systemic inflammatory diseases, chronic anaemia (especially severe iron deficiency & hasmolytic), divonic rensi failure and liver diseases. Clinical correlation sugested.
- To estimate the eAG from the HbA1C value, the following equation is used: eAg(mg/dl)=28.7'A1c-46.7.
- Interference of Haemoglobinopathies in HbA1c estimation.
  - A. For HbF> 25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c.
  - B. Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring diabetic status.
  - C. Heterozygous state detected.
- 7. In known diabetic patients, following values can be considered as a guide for monitoring the glycemic control. Excellent Control - 6 to 7 %

Fair to Good Control - 7 to 8 %

Powei: 022-25701053 / 25704157

- Unsatisfactory Control 8 to 10 %
- and Poor Control More than 10 %
- 6 Test done on Mispa i3 Automated Cartridge Based Specific Protein Analyses

End of Report ---

manamade

Pritam Dhanawade

Lab Technician

DR.RITESH KHARCHE MBBS, MD PATHOLOGY Pathologist MMC Reg No.200603168C

Page 7 of 15

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HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Haritage Piaza, Teli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 48032704 Kochi: 0484- 2322022 / 4032022

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: CIA0899

Name

: SAURABH SINGH

Sex / Age

: Male / 35 Years

Ref By

: APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Fowai, Mumbai-400076

Processing Location: - Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai Mumbai-400076

Reg. Date

14-Sep-2024 / 9:36 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

### REPORT

### LIPID PROFILE

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
Total Cholesterol Serum, Method: CHOO-PAP	183.63	mg/dl	CHILD Desirable - Less than: 170 CHILD Borderline High: 170 - 199 CHILD High - More than: 200 ADULT Desirable - Less than: 200 ADULT Borderline High: 200 - 239 ADULT High - More than: 240
Triglycerides Senum, Method: GPO-PAP	85.12	mg/dl	NORMAL: <150 Borderline High: 150 - 199 High: 200 - 499 Very High: >500
HDL Cholesterol-Direct Serum Method: Cholesterol-esterase-Direct	55.34	mg/dl	Desirable - Above : 60 Borderline Risk : 40 - 59 Undesirable - Below : 40
LDL Cholesterol Calculated	111.27	mg/di	Desirable - Below : 130 Borderline Risk : 130 - 159 Undesirable - Above : 160
VLDL-Cholesterol Calculated	17.02	mg/dl	5 - 51
T.CHOL/HDLC Ratio Calculated	3.32		Acceptable for Male : < 5.00 Acceptable for Fernale : <4.50

Pritam Dhanawade Lab Technician

manawade



DR. RETESH KHARCHE M885, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

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: APOLLO HEALTH AND LIFESTYLE

Processing Location: - Sea Bird Medicare

Report Date

LIMITED

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens Powei Mumbai 400076

14-Sep-2024 / 4:58 pm.

REPORT

LIPID PROFILE

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

Acceptable for Males: < 3.60 Acceptable for Females: < 3.20

LDLC/HDLC Ratio Calculated

Powel: 022-25701053 / 25704157

2.01

1) Biological Reference Intervate are as per ATP III, NCEP Guidelines and National Lipid Association (NLA) 2014 Recommendations.

2) Tests done on Fully Automated Mispa CXL PRO PLUS Biochemistry Analyser

3) The LDL-Cholesterol is calculated by the Friedmanić equation which provides a reliable LDL-Cholesterol value estimate when triglyceride levels are below 400 mg/dL. A direct measurement is advised if the triglyceride levels are >400mg/dL.

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

Pritam Dhanawade Lab Technician

hanawade



DR.RITESH KHARCHE MBBS, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

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± CIA0899

Name

: SAURABH SINGH

Sex / Age

: Male / 35 Years

Ref By

Powei: 022-25701053 / 25704157

: APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076-

Processing Location: - Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Garders, Powai, Mumbai 400076

Reg. Date

14-Sep-2024 / 9:42 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

#### REPORT

### LIVER FUNCTION TEST

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
	3 ( ) ( ) ( ) ( ) ( ) ( )		BIOLOGICAL REPERENCE IN TERVAL
S.G.O.T. (Serum ,Method-IFCC ( UV without PSP)	20.43	U/L	0 - 40
Sr. Alkaline Phosphatase (Serum, Kinetic Method by (FCC)	56.22	U/L	40 - 129
S.G.P.T. (Serum.Method-IFCC / UV without PSP)	42.62	U/L	0 - 41
GGT (Serum ,Method- iFCC Method)	26.9	U/L	8 - 61
Bilirubin (Total) (Serum ,Method-Diezo- End point)	0.55	mg/dl	0.0 - 1.20
Billrubin (Direct) (Serum Method-Diazo-End point).	0.1	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.45	mg/dl	0.0 - 0.90
Total Proteins (serum,Method-Bisret)	6.66	g/dl	6.6 - 8.7
Albumin (Serum,Method-Bromocresol Green)	4,49	g/di	3.5-5.2
Globulin Calculated	2.17	g/dl	1.90 - 3.70
A/G ratio Calculated	2.07		

Test Done on Fully Automated Mispa CXI, PRO PLUS Biochemistry Analyser.

Pritam Dhanawade Lab Technician

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DR.RITESH KHARCHE MBBS, MD PATHOLOGY Pathologist

MMC Reg No.2006031680

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PID NO. : CIA0899

: SAURABH SINGH

: Male / 35 Years Sex / Age

: APOLLO HEALTH AND LIFESTYLE Ref By

LIMITED

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Report Date

14-Sep-2024 / 4:58 pm

#### REPORT

### LIVER FUNCTION TEST

Test

Name

Result

Units

BIOLOGICAL REFERENCE INTERVAL

End of Report -

Pritam Dhanawade Lab Technician

mawade

DR.RITESH KHARCHE MBBS, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

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14-Sep-2024 / 4:58 pm

### REPORT

### RENAL PROFILE

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
Blood Urea Serum, Method-Urease	17	mg/dl	16.6- 48.5 mg/dl
Blood Urea Nitrogen Serum, Method-Urease	7.94	mg/dl	06 - 20 mg/dl
Creatinine Serum, Method-Kinetic Jaffes	1	mg/dL	0.62 - 1.17 mg/dl
Uric Acid Serum, Method: Uricase-POD	5.46	mg/dl	3.4 - 7.0

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

---- End of Report ----

Pritam Dhanawade Lab Technician

manawade



DR.RITESH KHARCHE MBBS, MD PATHOLOGY Pathologist

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#### REPORT

### THYROID FUNCTION TEST

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
TSH	1.86	µlU/ml	0.25-5 µIU/ml
T3	1.25	Nomn	0.92-2.33 nmol/l
T4	72.8	nmol/l	60-120 rimol/l

The assay principle combines an enzyme immunoassay competition method with a final fluorescent detection (ELFA).

#### INTERPRETATION

Powei: 022-25701053 / 25704157

TSH: A high TSH result often means an under active thyroid gland that is not responding adequately to the simulation of TSH due to some type of acute or

chronic thyroid dysfunction. A high TSH value can also occur when someone with a known thyroid disorder or who has had their thyroid gland nemoved is

necessing too little thyroid harmone medication. A low TSH result can indicate an over active thyroid gland (hyperthyroidism) or excessive. amounts of thyroid

hormone medication in those who are being treated for an under active (or removed) thyroid gland. An abnormal TSH test result is usually followed by

additional testing to investigate the cause of the increase or decrease.

T3: Triodothyronine T3 contributes significantly to the maintenance of the authorid state, and the total T3 concentration has a role in screening. for thyroid disease.

in conjunction with other tests. T3 alone cannot diagnose hypothyroidism, but it may be more sensitive than thyroxone (T4) for hypothyroidism.

T4 Thyroxene accounts for at least 90% of circulating protein-bound lodins. While >99,9% of T4 is protein-bound, primarily to thyfoKine-binding

is the free fraction that is biologically active. In most patients the total T4 level is a good indicator of thyroid status, however it can sometimes be inadequate, and

diagnostic efficiency may be improved by use of a total T4 test in conjunction with other tests.

- End of Report

on awade

Pritam Dhanawade

Lab Technician



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Pathologist

MMC Reg No.2006031680

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## Proudly ... Caring For You

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HO- See Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 48032704

## SEA BIRD MEDICARE CENTRE (DIVISION OF SEA BIRD MEDICARE PVT LTD)

- Individual Laboratory Investigation should not be considered as conclusive and should be used along
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- 2. The test results relate only to the item/ items in our laboratory.
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### A. SEA BIRD MEDICARE CENTRE

Corporate Office: 8-401, Heritage Plaza, Tell Cross Lane, Andheri East (Nr Station) Mumbai 400069 Central Laboratory: 102-103-104 Gateway Plaza, Central Avenue Road, Hiranandani Gardens Powai, Mumbai 400076, India

- B. Enquiry and Home Visit Booking 022 25701053 / 9324924370 or admin@seabirdhf.com
- C. Sea Bird Medicare services are also available at: Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)







± C/A0899

Name

: SAURABH SINGH

Sex / Age : Male / 35 Years

Ref By

I APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference

Sample Collected At :

Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Processing Location: - Sea Bird Medicare

105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai Mumbai 400076

Reg. Date

14-Sep-2024 / 9:42 am

Coff Date

14-Sep-2024 / 9:42 am

Report Date

14-5ep-2024 / 4:58 pm

#### REPORT

### URINE ANALYSIS

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL	
PHYSICAL EXAMINATION				
Colour	Pale Yellow		Pale Yellow	
Quantity	30 ml	ml	20 - 50	
Appearance	Clear		Clear	
Reaction (pH)	5.5		5.0 - 9.0	
Specific Gravity	1.015		1.000 - 1.030	
CHEMICAL EXAMINATION				
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)	

Pritam Dhanawade Lab Technician

nanewade



DR.RITESH KHARCHE MBBS, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

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HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lone, Andheri East (Nr. Station), Mumbai- 69, Tel: 022- 46032704 Kochi: 0484- 2322022 / 4032022 Powei: 022-25701053 / 25704157

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: EJA0899

Name

: SAURABH SINGH

Ref By

Sex / Age : Male / 35 Years

: APOLLO HEALTH AND LIFESTYLE

LIMITED

Reference :

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105-107 Gateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Processing Location: - Sea Bird Medicare.

105-107 Sateway Plaza, Central Avenue, Hiranandani

Gardens, Powai, Mumbai-400076

Reg. Date

14-Sep-2024 / 9:42 am

Coll Date

14-Sep-2024 / 9:41 am

Report Date

14-Sep-2024 / 4:58 pm

### REPORT

### URINE ANALYSIS

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL	
Ocult Blood	Absent		Absent	
MICROSCOPIC EXAMINATION				
Pus Celis	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:

Powol: 022-25701053 / 25704157

Physical Examination: Visual Strip Method.

Chemical Examination - Bilindain(Azo-coupling), Blood(Peroxidose), Glucose(Specific glucose-oxidase/peroxidase reaction), Kotone(Rotheru's test), Leukocytes(Reflectance Photometer(Leucocyte esterase)), Nitrite(Diszotization), pH(Double Indicator), Protein(Protein Error of

Indicators), Specific Gravity(Refractometric method), Urobilinogen(Ehrlich),

Microscopy Examination: Automation/Manual Microscopy

End of Report -

ranawade

Pritam Dhanawade Lab Technician



DR.RITESH KHARCHE M8BS, MD PATHOLOGY

Pathologist MMC Reg No.2006031680

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Report ID

: S M149145813

Patient Name : Mr. SAURABH SINGH

Rank Ref By

: DR.PARAG ARVIND PRADHAN

Reg.

: 14-Sep-2024

Report Date

: 16-Sep-2024

Age/Sex

Company Name ; M/S. APOLLO HEALTH AND LIFESTYLE : 35 Year / Male

#### CHEST X RAY REPORT

X-Ray No: 5388

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.

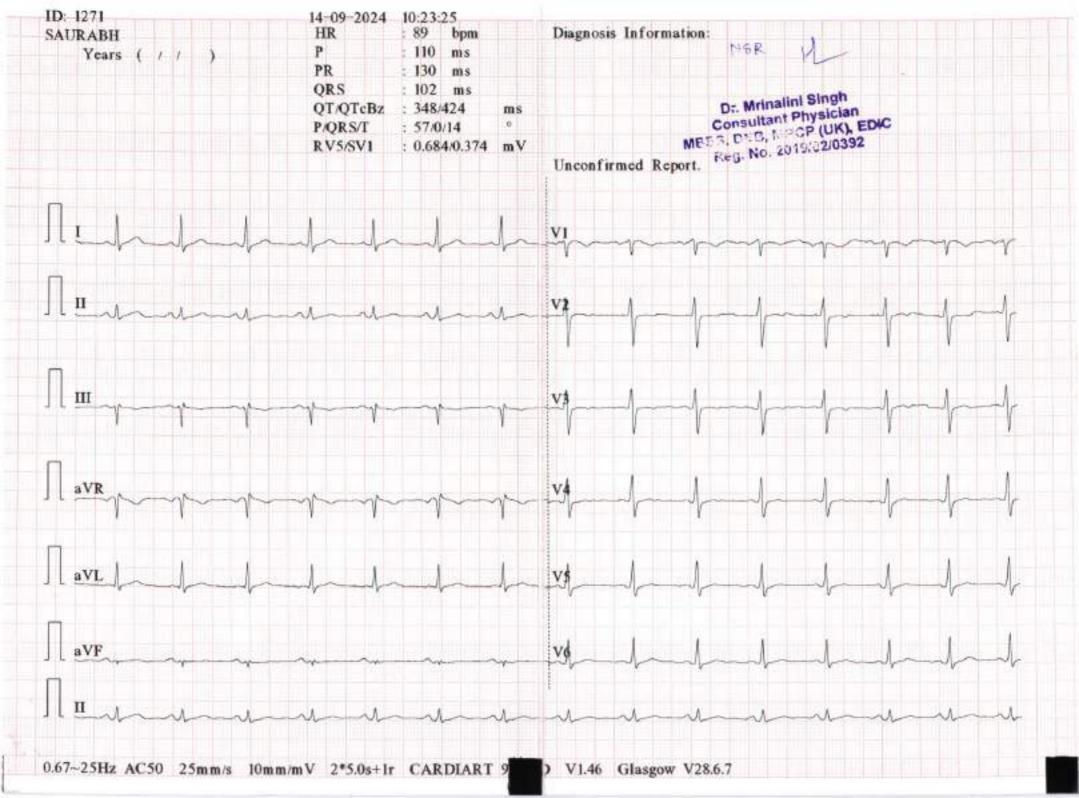
Impression:

Normal Chest X-Ray.





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### SEABIRD MEDICARE CENTRE POWAL

Patient Details

Date: 14-Sep-24

Time: 12:44:04

Name: SAURABH SINGH ID: 4248

Age: 35 y Sex: M

Clinical History: NIL Height: 178 cms.

Weight: 93 Kg.

Medications: NIL

**Test Details** 

Protocol: Bruce

Pr.MHR: 185 bpm

THR: 157 (86 % of Pr.MHR) bpm

Total Exec. Time: 7 m 45 s Max. BP: 160 / 100 mmHg

Max. HR: 157 ( 85% of Pr.MHR )bpm

Max. BP x HR: 25120 mmHg/min

Max. Mets: Min. BP x HR:

10.20 7200 mmHg/mln

Test Termination Criteria: THR ACHIEVED

Protocol Details

Stage Name	Stage Time (min : sec)	Mets	Speed (mph)	Grade (%)	Heart Rate (bpm)	Max. BP (mm/Hg)	Max. ST Level (mm)	Max. ST Slope (mV/s)
Supine	0 . 21	1.0	0	0	93	120/80	-0.42 aVR	1.08 II
Standing	0.10	1.0	0	0.	90	120 / 80	0.42 aVR	1.06 (1
Typerventilation	0.6	1.0	0	0	94	120 / 80	+0.42 aVR	1.08 (
1	3.0	4.6	17	10	117	130 / 80	-5.521	4.95 11
2	3.0	7.0	2.5	12	145	140 / 90	-1.27 111	3.18 III
Peak Ex	1:45	10.2	3.4	14	157	150 / 100	-1.91 V3	-2.83 V5
Recovery(1)	1.0	1.8	1	0	133	160 / 100	-1.27 III	2.12 11
Recovery(2)	1::0	1.0	0	0	124	140/90	-0.64 II	2.12
Recovery(3)	1:0	1.0	0	0	109	120/80	-0.64 III	1.77 II
Recovery(4)	0:28	1,0	0	0	96	120/80	-0.42 III	1.06 II

#### Interpretation

The patient exercised according to the Bruce protocol for 7 m 45 s achieving a work level of Max. METS: 10.20. Resting heart rate initially 93 bpm, rose to a max. heart rate of 157 ( 85% of PrMHR | bpm. Resting blood Pressure 120 / 80 mmHg, rose to a maximum blood pressure of 160 / 100 mmHg. No sigificant ST-T changes, TMT negative for inducible ischemia for the workload achieved

> Dr. Mrinalini Singh Consultant Physician MESS, ONB, LINCE (UK) EDIC Reg. No. 2019/02/0392

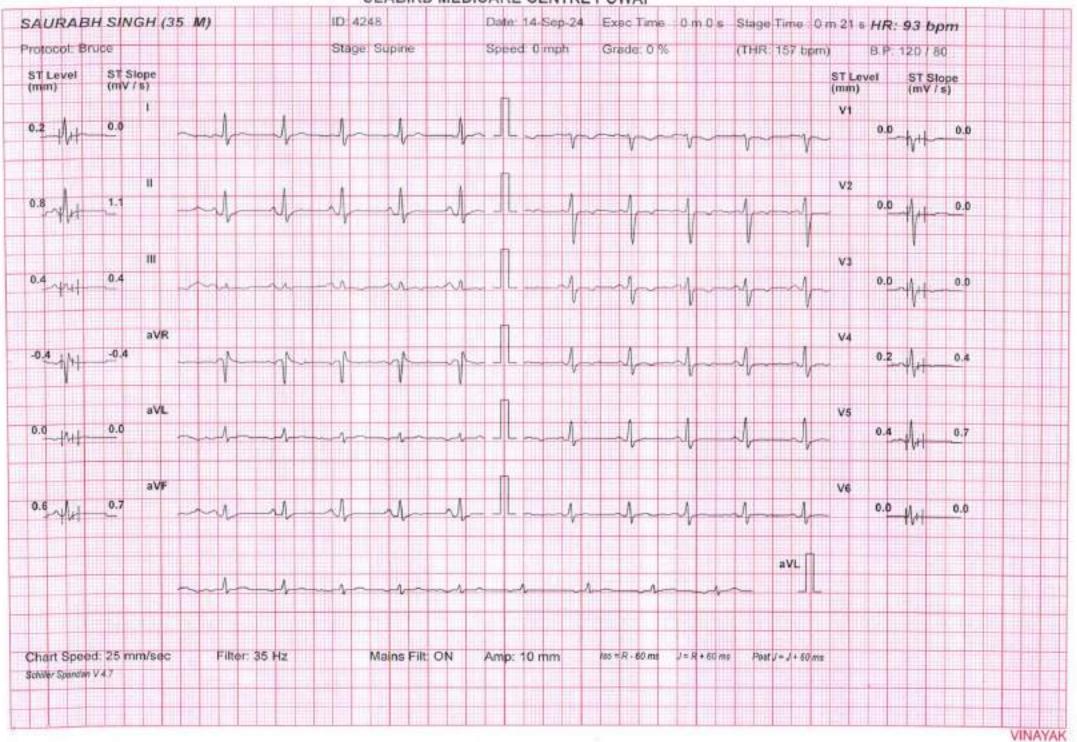
Ref Doctor APOLLO

( Summary Report edited by user )

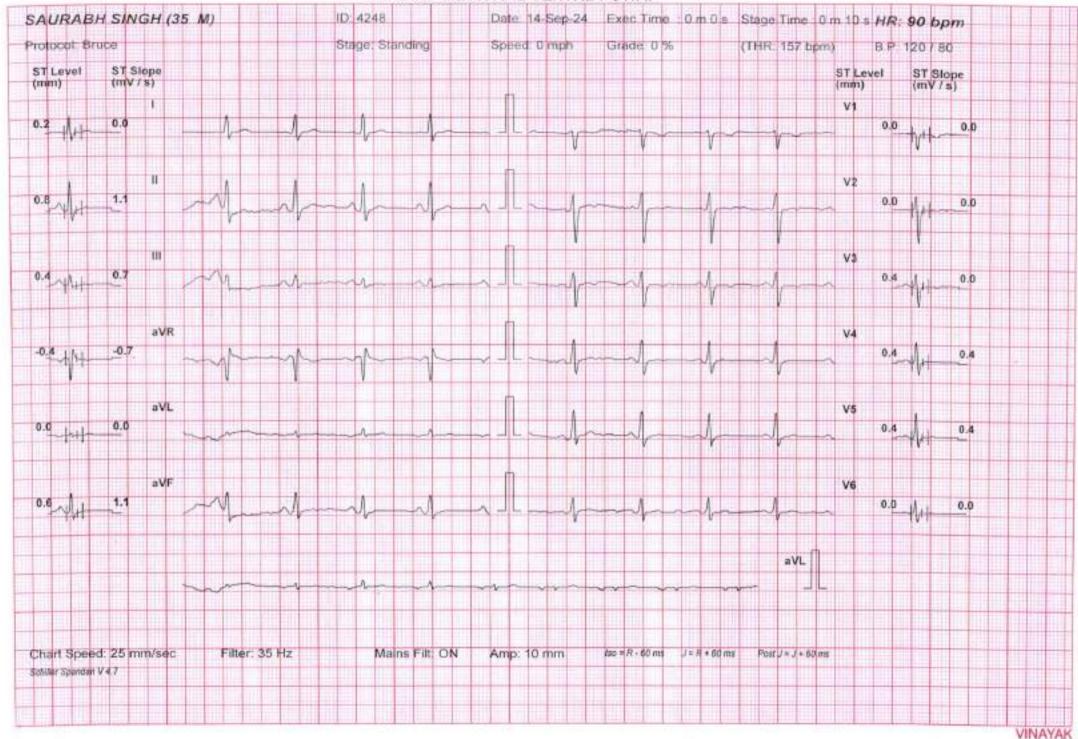
Doctor: -

(c) Schiller Healthcare India Pvt. Ltd. V 4.7

## SEABIRD MEDICARE CENTRE POWAI



## SEABIRD MEDICARE CENTRE POWAI



SEABIRD MEDICARE CENTRE POWAL SAURABH SINGH (35 M) ID 4248 Exec Time 0 m 0 s Stage Time 0 m 6 s HR: 94 bpm Date: 14 Sep-24 Protocol, Bruce Stage: Hyperventilation Speed 0 mph (THR: 157 bpm) Grade: 0 % B.P: 120 / 80 ST Slope ST Level ST Slope ST Level (mV/s) (mm) (mm) (mV/s) VI. 0.0 0.2 0.0 0.0 11 V2 1.1 0.0 0.0 m V3 0.2 0.0 aVR -0.4 -0.4 0.4 0.4 aVL V5 0.0 0.0 0.4 0.4 aVF V6 0.6 0.7 0.0 0.0 aVL Chart Speed: 25 mm/sec Filter: 35 Hz 180 + R - 50 ms J = R + 60 ms Mains Filt: ON Post J = J + 60 ms Amp: 10 mm Scritter Spandan V 4.7 VINAYAK

SEABIRD MEDICARE CENTRE POWAI SAURABH SINGH (35 M) Exec Time 3 m 0 s Stage Time 3 m 0 s HR: 117 bpm ID 4248 Date: 14-Sep-24 Stage 1 Protocol, Bruce Speed 1,7 mph Grade: 10 % (THR 157 bpm) B.P: 130 / 80 ST Slope (mV/s) ST Level ST Level ST Slope (mV/s) (mm) (min) VI 0.0 0.0 V2 1.8 1.1 0.4 0.7 V3 1.1 -44 0.2 0,0 aVR -0.6 1/4 0.2 1.1 aVL V5 -0.7 -0.6 0.4 0.7 aVE 1.1 0.2 0.0 aVL Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filt: ON Iso = R - 60 ms J = R + 60 msAmp: 10 mm Post J = J + 60 ms Scotler Spandan V 4.7 VINAYAK

SEABIRD MEDICARE CENTRE POWAI ID: 4248 SAURABH SINGH (35 M) Exec Time 6 m 0 s Stage Time 3 m 0 s HR: 145 bpm Date: 14-Sep-24 (THR 157 bpm) Protocol Bruce Stage: 2 Speed: 2.5 mpn Grade: 12 % B.P. 140 / 90 ST Slope (mV/s) ST Level ST Slope (mV/s) ST Level (mm) (mm) Vt -0.2 0.4 0.0 V2 -0.2 V 0.2 0.7 V3 0.4 aVR 0.2 14 aVL 0.2 1.8 aVF 0.0 0.0 0.0 aVL Chart Speed: 25 mm/sec Filter, 35 Hz Mains Filt ON Amp: 10 mm hio = R-60 mp J = R + 60 msPost J = J + 60 ms Schiller Spandan V 4.7 VINAYAK

SEABIRD MEDICARE CENTRE POWAL SAURABH SINGH (35 M) Exec Time: 7 m 45 s Stage Time: 1 m 45 s HR: 157 bpm ID: 4248 Date: 14 Sep-24 Protocol, Bruce (THR | 157 bpm) B.P. 150 / 100 Stage: Peak Ex Speed 3.4 mph Grade: 14 % ST Level ST Slope ST Level ST Slope (mm) (mV / s) (mm) (mV / s) Vi 0.0 1.1 -0.7 0.0 V2 -0.8 4 1.4 18 V3 -0.6 0.7 aVR V4 0.4 -1.4 -0.4 -0.4 aVL V5 0.2 0.4 0.0 -0.4aVF -0.8 N 0.7 0.2 0.0 aVL Chart Speed: 25 mm/sec Filter: 35 Hz 150 × R - 60 ms Mains Filt ON J = R + 60 msPost J = J + 60 ms Amp: 10 mm Schiller Spandan V 4.7 VINAYAK

SEABIRD MEDICARE CENTRE POWAL SAURABH SINGH (35 M) ID: 4248 Date: 14 Sep 24 Exec Time 7 m 45 s Stage Time 1 m 0 s HR: 133 bpm Protocol: Bruce Stage Recovery(1) Speed 0 mph Grade: 0 % (THR 157 bpm) B.P: 160 / 100 ST Level ST Stope ST Slope ST Level (mm) (mV/s) (mm) (mV/s) V1 0.2 0.4 0.0 -0.4 V2 0.2 0.4 V3 0.2 / 0.7 aVR V4 -0.6 0.2 1.4 aVL V5 0.4 0.4 1.4 aVF V6 0.2 0.7 aVL Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filt ON Amp: 10 mm /so = R - 60 ms J = R + 50 ms Post /= J = 60 ms Schiller Spandan V 4.7 VINAYAK

SEABIRD MEDICARE CENTRE POWAL ID: 4248 SAURABH SINGH (35 M) Date: 14 Sep 24 Exec Time 7 m 45 s Stage Time 1 m 0 s HR: 124 bpm Protocol: Bruce Stage Recovery(2) (THR: 157 bpm) Speed: 0 moh Grade: 0 % B.P: 140 / 90 ST Level ST Stape (mV/s) ST Slope ST Level (mV/s) (mm) V 0.0 0.4 0.0 -0.4 H V2 0.0 1.8 0.0 / 0.0 1111 V3 -0.2 -0.4 1 0.4 aVR V4 0.0 -1.4 -0.2 0.7 aVL V5 0.2 0.4 0.0 0.7 aVF VS -0.2 1.4 0.0 0.4 aVL Chart Speed: 25 mm/sec. Filter, 35 Hz Mains Filt: ON Amp: 10 mm 100 = R - 60 ms / + R + 60 ms Post J = J + 60 ms Schiller Spandag V 4 7 VINAYAK

SEABIRD MEDICARE CENTRE POWAL ID 4248 SAURABH SINGH (35 M) Date: 14-Sep-24 Exec Time 7 in 45 s Stage Time 1 in 0 s HR: 109 bpm Protocol: Bruce Stage Recovery(3) Speed: 0 mph Grade 0 % (THR 157 bpm) B.P: 120 / 80 ST Level ST Slope (mV/s) ST Slope (mV/s) ST Level (mm) (mm) VI 0.0 0.4 0.0 -0.4 V2 -0.4 0.0 0.0 111 V3 -0.4 0.4 -0.2 0.4 aVR V4 0.2 -0.4 -0.4 0.4 aVL V5 0.0 0.0 -0.2 0.4 aVF V6 -0.4 0.0 0.4 aVL Chart Speed: 25 mm/sec Filter: 35 Hz Iso = # - 50 ms Mains Filt, ON Amp: 10 mm 1/+ R + 60 ms Post J = J + 60 ms Scholler Spandan V 4 7 VINAYAK