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**Arcofemi Healthcare Pvt Ltd**

(Formerly known as Arcofemi Healthcare Ltd)

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CIN: U24240DL2011PTC216307

## **MEDICAL FITNESS CERTIFICATE**

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

This is to certify that **Mr. Jayan Dawra** aged, **22yr**. Based on the examination, I certify that he is in good mental and physical health and it is free from any physical defects such as deafness, colour blindness, and any chronic or contagious diseases.

Place: Zirakpur

Date: 22/06/2024

*Nitesh Kumar*  
MBBS  
BCMR 47093,  
Name & Signature of

Medical officer

1970-01-01 00:03:52

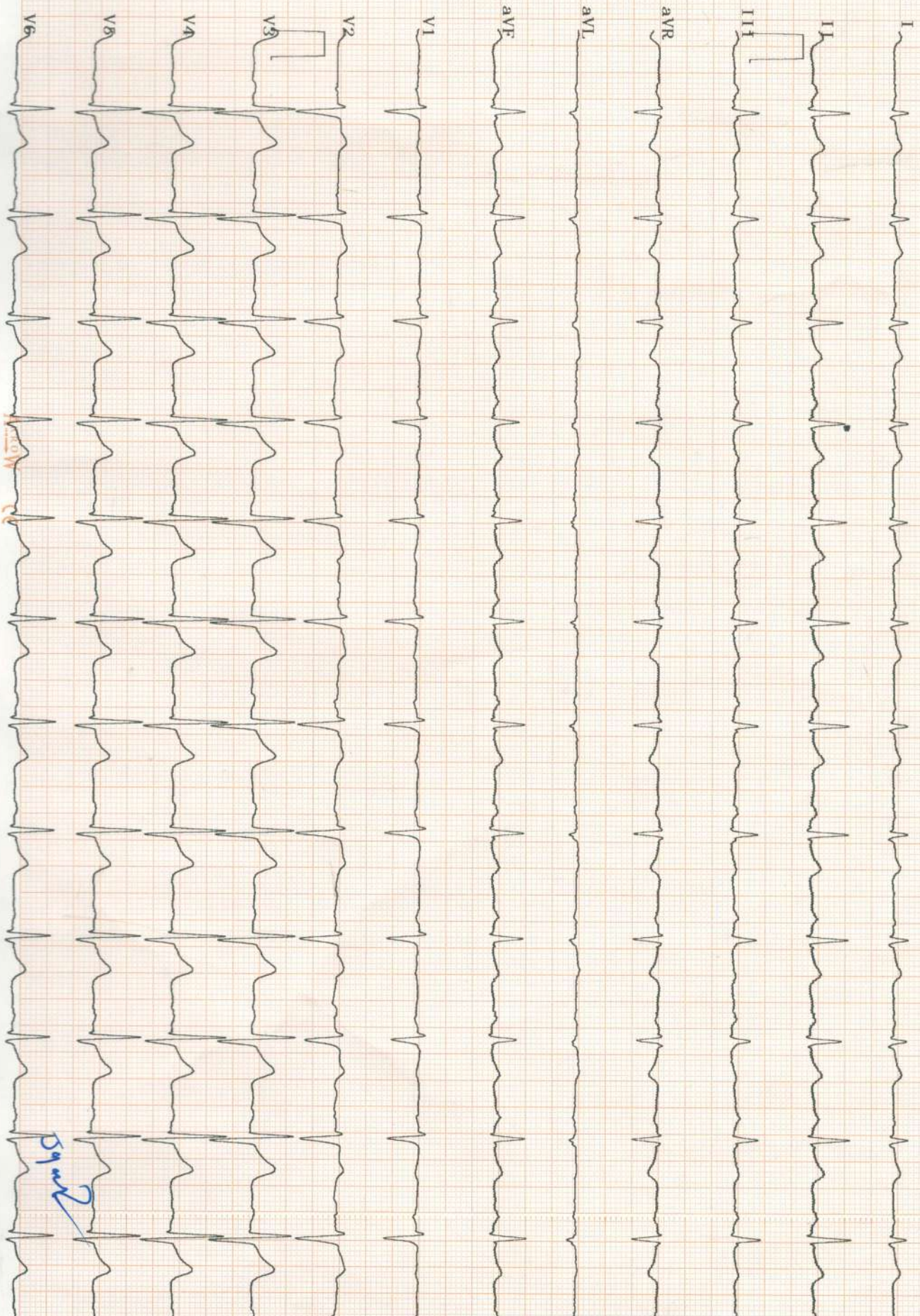
Heart Rate: 72 bpm

12 Channel Rhythm Monitoring

Hosp: Prescribed by:

ID : 32780  
Name : Jayamdaida  
Age : 0 years  
Sex : 24/M  
H : 0 cm / W : 0 kg

NSR  
DR. HANUJEEP SINGH  
MBBS, MD, PRCRIS NO. 1883  
CONSULTANT PHYSICIAN  
MEHAR HOSPITAL, ZIRAKPUR



59ms



**SUPER  
SPECIALITY  
HOSPITAL**



Opposite Grandeur Marriage Palace, Singhpura Road, Zirakpur, Mohali

Patient Name	JAYAN DAWRA 22Y/M	Patient ID	32780
Age/D.O.B	22	Gender	M
Ref Doctor	NA	Date	22 Jun 24

## XRAY RADIOGRAPH CHEST - PA

### Observations

Visualized thoracic vertebral is normal.  
Both lung fields are clear.  
Cardiothoracic ratio is normal.  
Sternum appears normal.  
Both costophrenic angles appear normal.  
Soft tissues of the chest wall are normal.

### Impression

The study is within normal limits.

Reported By,

*Mr. Farid Khan*

**Dr. Farid Khan**

MBBS, MD

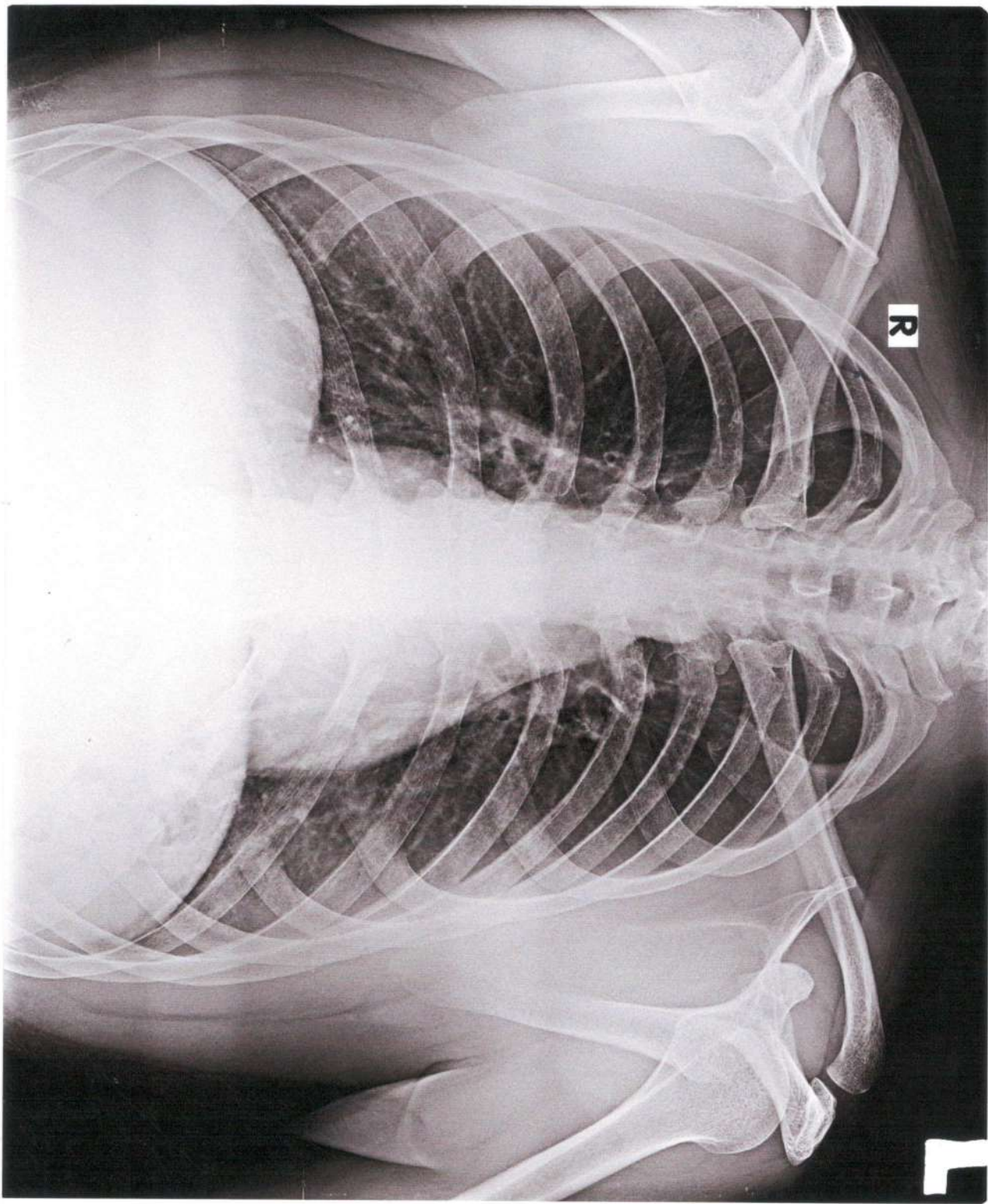
Consultant Radiologist

MPMC - 23324

### Disclaimer

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JAYAN, DAWRA, 22Y, M, : CR From 22/06/2024



PATIENT NAME	: MR. JAYAN DAWRA S/o NAVINDER KUMAR	Mobile No	: 9888898816
UHID NO	: 32780	IPD No, AGE	: 23 Y / Male
ADDRESS	: JAI MAA COLONY BRAHMA KUMARI ASHRAM	SAMPLE DATE	: 22-06-2024 09:54AM
DOCTOR	: Self	PRINT DATE	: 24-06-2024 09:43AM

Test Name	Result	Units	Biological Ref. Interval
<b>BLOOD GLUCOSE - FASTING</b> <i>METHOD :Method: GOD POD</i>	107.0	mg/dL	70 - 110
<b>BLOOD GROUP ABO</b>	O		
BLOOD GROUP "RH"	POSITIVE		
<b>BLOOD UREA NITROGEN (BUN)</b> <i>METHOD :Method : Spectrophotometry</i>	9.53	mg/dl	5.0 - 20.0
<b>COMPLETE HEMOGRAM WITH ESR</b>			
HAEMOGLOBIN (HB) <i>METHOD :Method: SPECTROPHOTOMETER / AUTOMATED CELL COUNTER</i>	13.7	gm/dl	13.0 - 18.0
TOTAL LEUCOCYTE COUNT (TLC) <i>METHOD :Method: Impedance/Automated cell counter</i>	6580	/cmm	4000 - 11000
NEUTROPHILS	61	%	45 - 75
LYMPHOCYTE	29	%	20 - 45
EOSINOPHIL	05	%	0.00 - 6
MONOCYTE	05	%	0 - 10
BASOPHIL	00	%	0.00 - 3.00
E.S.R. (WESTERGREEN METHOD)	13	mm	0.00 - 15.0
RBC (RED BLOOD CELLS) <i>METHOD :Method: Impedance/Automated cell counter</i>	4.78	Millions/cmm	3.8 - 6.0
PLATELET COUNT <i>METHOD :Method: Impedance/Automated cell counter</i>	3.05	Lakh/cmm	1.50 - 4.5
PCV <i>METHOD :Method: Calculation/Automated cell counter</i>	40.9	%	38 - 54
MCV(MEAN CELL VOLUME) <i>METHOD :Method: Calculation/Automated cell counter</i>	85.6	fL	80 - 100



Reporting By: Technician

Dr. Shweta  
Mbbs, Md( Pathology)  
(Ex. Pgimer, Chd)

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Test Name	Result	Units	Biological Ref. Interval
MCH(MEAN CELL HAEMOGLOBIN)	28.6	picogram	27 - 31
<i>METHOD :Method: Calculation/Automated cell counter</i>			
MCHC	33.4	g / dL	33 - 37
<i>METHOD :Method: Calculation/Automated cell counter</i>			
RDW-CV	12.9	%	10.0 - 15.0
<i>METHOD :Method: SPECTROPHOTOMETER / AUTOMATED CELL COUNTER</i>			
PLCC(PLATELET LARGE COMPLETE COUNT)	52	/cmm	30 - 90
<i>METHOD :Method : Impedance/Automated cell counter</i>			
PLCR(PLATELET LARGE COUNT RATIO)	17.0	%	11.0 - 45.0
<i>METHOD :Method : Impedance/Automated cell counter</i>			

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<b>GLYCOSYLATED HB (HbA1c)</b>			
GLYCOSYLATED Hb	4.3	%	<5.7 Non-diabetic, 5.7-6.4 Pre-diabetes, >=6.5 Diabetes
<i>METHOD : Immunoturbidimetric</i>			
MEAN BLOOD SUGAR	76.71		
<b>LIVER FUNCTION TEST [LFT]</b>			
TOTAL BILIRUBIN	0.30	mg/dl	0.2 - 1.2
<i>METHOD : Method : Diazo</i>			
CONJUGATED (D. Bilirubin)	0.24	mg/dl	0.1 - 0.4
<i>METHOD : Method : Diazo</i>			
UNCONJUGATED (I.D. Bilirubin)	<b>0.1</b>	mg/dl	0.2 - 1.0
<i>METHOD : Method : Calculated</i>			
AST / SGOT	34.3	IU/L	00 - 35
<i>METHOD : Method : IFCC</i>			
ALT/SGPT	<b>90.6</b>	U/L	00 - 45
<i>METHOD : Method : IFCC</i>			
ALKALINE PHOSPHATASE	75.0	U/L	53 - 128
<i>METHOD : Method : ALP-AMP</i>			
TOTAL PROTEIN	6.85	g/dl	6.40 - 8.30
<i>METHOD : Method : Biuret</i>			
SERUM ALBUMIN	3.64	g/dl	3.50 - 5.20
<i>METHOD : Method : Bromocresol Green</i>			
GLOBULIN	<b>3.2</b>	gm/dl	1.5 - 3.0
<i>METHOD : Method : Calculated</i>			
A/G RATIO	<b>1.1</b>		1.2 - 2.0
<i>METHOD : Method : calculated</i>			
GGT	28.4	U/L	00 - 38.0
<i>METHOD : Method : Glupa C</i>			
<b>RFT PANEL 1</b>			
BLOOD UREA	20.4	mg /dl	18 - 55
<i>METHOD : Method : Urease-GLDH</i>			
SERUM CREATININE	0.97	mg /dl	0.70 - 1.30
<i>METHOD : Method : Enzymatic</i>			
SERUM URIC ACID	<b>10.4</b>	mg/dl	3.5 - 7.2
<i>METHOD : Method : Uricase-POD</i>			



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Test Name	Result	Units	Biological Ref. Interval
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### TOTAL THYROID PROFILE (TFT)

TOTAL T3	1.56	ng/mL	0.69 - 2.15
<i>METHOD :Method : C.L.I.A</i>			
TOTAL T4	8.39	ug/dl	5.00 - 12.00
<i>METHOD :Method : C.L.I.A</i>			
THYROID STIMULATING HORMONE (TSH)	1.64	ullu/ml	0.35 - 5.50
<i>METHOD :Method : C.L.I.A</i>			

#### Useful For:

A thyroid panel may be ordered as part of a health checkup or when symptoms suggest hypo-or hyperthyroidism due to a condition affecting the thyroid. Signs and symptoms of hypothyroidism may include: Weight gain, Dry skin, Constipation, Cold intolerance, Puffy skin, Hair loss, Fatigue, Menstrual irregularity in women.

#### Interpretation:

If the feed back system involving the thyroid gland is not functioning properly due to one of a variety of disorders, then increased or decreased amounts of thyroid hormones may result. When TSH concentrations are increased, the thyroid will make and release in appropriate amounts of T4 and T3, and the person may experience symptoms associated with hyperthyroidism. If there is decreased production of thyroid hormones, the person may experience symptoms of hypothyroidism.

TSH	T4	T3	INTERPRETATION.
High	Normal	Normal	Mild (subclinical) hypothyroidism
High	Low	Low or normal	Hypothyroidism
Low	Normal	Normal	Mild (subclinical) hyperthyroidism
Low	High or normal	High or normal	Hyperthyroidism
Low	Low or normal	Low or normal	Nonthyroidal illness; rare pituitary (secondary) hypothyroidism

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<b>URINE ANALYSIS (URINE ROUTINE)</b>			
<b>PHYSICAL EXAMINATION</b>			
QUANTITY	20	ml.	
COLOUR	PALE YELLOW		
TRANSPARENCY	CLEAR		
SPECIFIC GRAVITY	1.010	NONE	1.005 - 1.030
REACTION	ACIDIC	NONE	ACIDIC / ALKALINE
PH	6.0	NONE	5.0 - 7.0
<b>CHEMICAL EXAMINATION</b>			
URINE ALBUMIN	NIL	NONE	NIL
SUGAR	NIL	NONE	NIL
BLOOD	NIL	NONE	NIL
URINE BILIRUBIN	NIL	NONE	NIL
UROBILINOGEN	NIL	NONE	NIL
URINE FOR KETONE BODIES/ACETONE	NEGATIVE	NONE	NEGATIVE
<b>MICROSCOPIC EXAMINATION</b>			
EPITHELIAL CELLS	NIL	/HPF	
PUS CELLS	1-2	/HPF	1-2
RBC	NIL	/HPF	



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Test Name	Result	Units	Biological Ref. Interval
CRYSTALS	NIL		NIL
CASTS	NIL		NIL
BACTERIA	NEGATIVE	NONE	NEGATIVE
OTHER	NIL	NONE	NIL

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

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