

MER- MEDICAL EXAMINATION REPORT

Date of Examination	3/9/24.		
NAME : Purva Pankaj Jikamade			
AGE 30	Gender	Female	
HEIGHT(cm) 158 cm	WEIGHT (kg)	66 kg	
B.P. 110/80 mm Hg			
ECG	Normal		
X Ray	NAD		
Vision Checkup	Color Vision :	Normal	
	Far Vision Ratio :	6/6 } Unaided	
	Near Vision Ratio :	NS } Unaided	
Present Ailments	Nil		
Details of Past ailments (If Any)	2 FTND in 2018 and 2022.		
Comments / Advice : She / He is Physically Fit			
Repeat CBE			

Signature with Stamp of Medical Examiner

Dr. MUKUL ARTE MBBS, DNB  
 Regn. No: 44293 (MBC)  
 Approved By DG Shipping (GG)  
 Consultant In Marine Medicine & Aviation Medicine  
 A-101-102, Heritage Plaza, Teli Cross Lane,  
 Andheri East, Mumbai-400 069  
 SEA BIRD MEDICARE CENTRE

# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Purva Pankaj Jikamade on 21/2/24

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

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<ul style="list-style-type: none"> <li>• Fit with <u>restrictions/recommendations</u></li> </ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. <u>Repeat CBC after 7 days</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. Michael Arte  
 Medical Officer  
 The Apollo Clinic, (Location)

*This certificate is not meant for medico-*

**Dr. MICHAEL ARTE MBBS, DM**  
 Reg. No. 44293 (MMA)  
 Approved By DG Stamping (GO)  
 Consultant in General Medicine & Antitubercular  
 #-101-102, Heritage Plaza, Tolly Cross Road,  
 Andheri East, Mumbai-400 066  
**SEA BIRD MEDICARE CENTRE**



# SEA BIRD MEDICARE CENTRE

Report ID : **PPJM3993620** Reg. : **03-Sep-2024**  
Patient Name : **Ms. PURVA PANKAJ JIKAMADE** Report Date : **03-Sep-2024**  
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**  
Ref By : **DR. MUKUL ARTE** Age/Sex : **30 Year / Female**

## CHEST X RAY REPORT

X-Ray No : 7467

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

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Powai: 022-25701053 / 25704157

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

Kochi: 0484- 2322022 / 4032022



PID NO. : CIA0087  
Name : PURVA PANKAJ JIKAMADE  
Sex / Age : Female / 30 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  
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03-Sep-2024 / 9:11 am  
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03-Sep-2024 / 9:16 am  
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03-Sep-2024 / 2:14 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)	22.15	U/L	0 - 33
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.45	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.1	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.35	mg/dl	0.0 - 0.90
Serum Creatinine (Serum, Method- Kinetic Jaffe's)	0.67	mg/dl	0.5 - 0.95

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

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

PRIYA PANDEY  
Lab Technician

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



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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	5.45	mg/dl	6.0 - 20.0
Creatinine Serum, Method-Kinetic Jaffes	0.67	mg / dL	0.5 - 0.95 mg/dl
BUN/Creatinine Ratio Calculated	8.1		10 - 20.1
Urea (Serum, Method-Urease)	11.67	mg/dl	16.6 - 48.5

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

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**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 guidelines 2022	85.90	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	116.66	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.

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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 -----

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**REPORT**

**Blood Group**

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

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

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

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**REPORT**

**Complete Blood Count**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	11.9	gm/dl	12.0 - 15
<b><u>RED BLOOD CELLS</u></b>			
R.B.C. Count	4.53	million / cumm	3.8- 4.8
HCT	35.6	%	35-48
MCV	78.6	fL	83 - 101
MCH	26.2	pg	27 - 32
MCHC	33.3	gm / dl	31.5 - 34.5
RDW (CV)	14.7	%	11.6- 14.0
Total W.B.C. Count	2220	/cu.mm.	4000-10000
<b><u>DIFFERENTIAL COUNT</u></b>			
Neutrophils	54	%	40 - 80
Lymphocytes	35	%	20 - 40
Eosinophils	03	%	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	08	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	150000	/cumm	150000 - 410000

**MORPHOLOGY**

RBC Morphology : Mild Anisocytosis with Microcytic and Hypochromic Cells.  
WBC Morphology : Leucopenia  
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.)

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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	15	mm at 1hr	0 - 20

Method: Westergren.  
Sample: Whole Blood (EDTA)

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**REPORT**

**URINE ANALYSIS**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<b><u>PHYSICAL EXAMINATION</u></b>			
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
<b><u>CHEMICAL EXAMINATION</u></b>			
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)

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**REPORT**

**URINE ANALYSIS**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Occult Blood	Absent		Absent
<b><u>MICROSCOPIC EXAMINATION</u></b>			
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(Rother'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.

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भारत सरकार  
Government of India

आधार

पूर्वा पंकज जिकमडे  
Purva Pankaj Jikamade  
जन्म तारीख / DOB : 20/04/1994  
महिला / Female

आधार हा ओळखीचा पुरावा आहे, नागरिकत्व किंवा जन्मतारखेचा नाही.  
हे फक्त पडताळणीसाठी वापरले जावे (ऑनलाईन प्रमाणीकरण किंवा QR कोडचे स्कॅनिंग/ ऑफलाईन XML)  
Aadhaar is proof of Identity, not of citizenship  
or date of birth. It should be used with verification (online authentication, or scanning of QR code / offline XML).

7110 0750 8054

मेरा आधार, मेरी पहचान

Aadhaar no. issued: 05/03/2012



*Purva*

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz



LEAD I



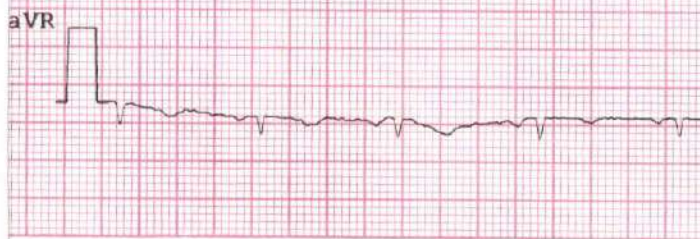
LEAD II



LEAD III

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz



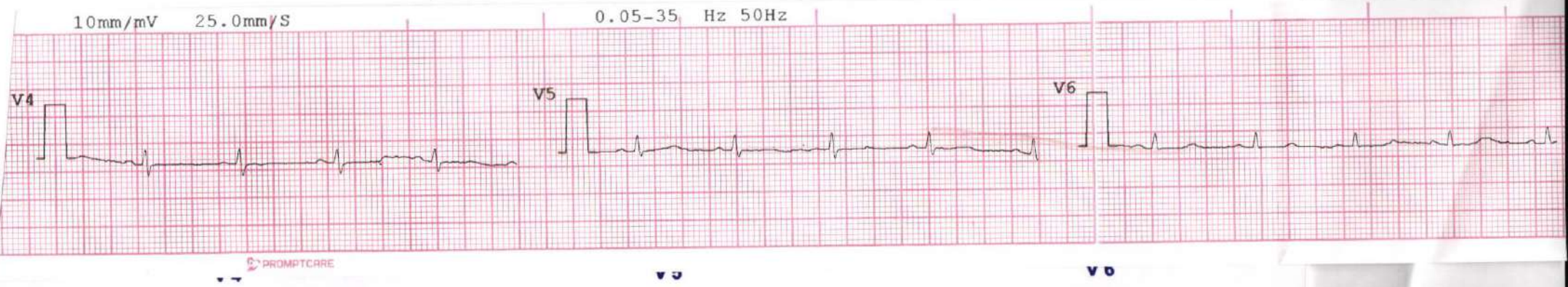
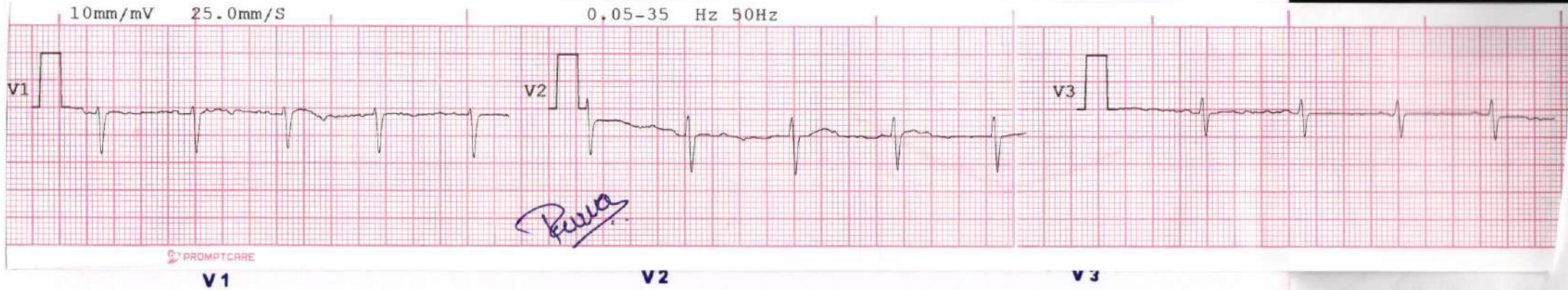
PROMPTCARE  
LEAD aVR



LEAD aVL



LEAD aVF





NAME Purva Tikamode

AGE 30 DATE 08/09/24

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

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Powai, Mumbai - 400076. Tel.: 2570 4157 / 2570 1053

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

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



### ELECTROCARDIOGRAPHIC REPORT

### E. C. G. REPORT

RATE 84 / min RHYTHM Regular VOLTAGE A2.  
 P.WAVE N. PR. INTERVAL N Q. WAVE -  
 QRS COMPLEX N ST. SEGMENT iso-electric T. WAVE -

REMARKS une

**Dr. MUKUL ARTE** MBBS, DNB

Reg. No: 44293 (MMC)

Approved By DG Shipping (GOF)

CONSULTANT IN Marine Medicine & Aviation Medicine

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