

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Sanket A. Mhaske on 10/07/2024

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

| | Tick |
|---|-------------------------------------|
| <ul style="list-style-type: none"> • Medically Fit | <input 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. <u>stop Smoking</u> <u>not ↓</u></p> <p>2. <u>control of Diabetes</u></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. <p>Review after: <u>all above</u> recommended</p> <p style="margin-left: 150px;"><u>apr 6 weeks</u></p> | <input checked="" type="checkbox"/> |
| <ul style="list-style-type: none"> • Unfit | <input type="checkbox"/> |

Dr. [Signature]
 Medical Officer
 The Apollo Clinic, (Location)

Dr. NIKHIL ARTE MBBS, DNB
 Regd. No: 44293 (MIMC)
 Approved By BG Shipping (CO)
 Consultant in Marine Medicine & Aviation Medicine
 A-101, 102, Heritage Plaza, 1st Cross, 1st
 Andheri East, Mumbai-400 060
 SEA BIRD MEDICARE CENTRE

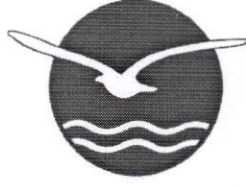
This certificate is not meant for medico-legal purposes.

MER- MEDICAL EXAMINATION REPORT

| | | | |
|--|--|-------------|--------|
| Date of Examination | 16/08/2024 | | |
| NAME | Sanket A. Mhaske. | | |
| AGE | 27 yrs | Gender | Male. |
| HEIGHT(cm) | 166 cm | WEIGHT (kg) | 75 kg. |
| B.P. | 120/80 mmHg. | | |
| 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) | H/O Injury in 2023 ⇒ CLW Scar on left lower limb | | |
| Comments / Advice : She /He is Physically Fit | | | |
| <p>Adv - continue with strict control of DM - stop smoking Review after 1 week</p> | | | |

Signature with Stamp of Medical Examiner

Dr. MUKUL ARTE MBBS, DNB
 Regn. No: 44293 (MIMC)
 Approved By DG Shipping (GOI)
 Consultant in Marine Medicine & Aviation Medicine
 A-101-102, Harbour Plaza, Fort Cross Lane,
 Andheri East, Mumbai-400 069
 SEA BOND MEDICARE CENTRE



SEA BIRD MEDICARE CENTRE

Report ID : **SAMM168121054** Reg. : **16-Aug-2024**
Patient Name : **Mr. SANKET ARJUN MHASKE** Report Date : **16-Aug-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR. MUKUL ARTE** Age/Sex : **27 Year / Male**

CHEST X RAY REPORT

X-Ray No : 6789

Investigation : Chest PA View.

Bony thoracic cage is normal.

Cardiac silhouette appears normal in size and configuration.

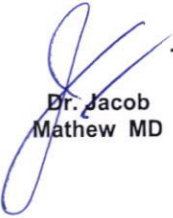
Both lungs shows equal translucency and normal vasculature.

Both Hemidiaphragm visualised normal.

No evidence of any active parenchymal lesion seen.

Impression :

Normal Chest X-Ray.


Dr. Jacob
Mathew MD

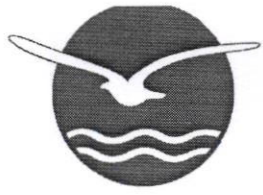
Proudly... Caring For You

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



SEA BIRD MEDICARE CENTRE

Report ID : **SAMM168121054**
Patient Name : **Mr. SANKET ARJUN MHASKE**
Rank :
Ref By : **DR. MUKUL ARTE**
Location : **SEA BIRD- ANDHERI**

Reg. : **16-Aug-2024**
Report Date : **16-Aug-2024**
Company Name : **M/S. APOLLO HEALTH AND**
Age/Sex : **27 Year / Male**

BIO-CHEMISTRY

INVESTIGATION

Liver Function Test

| | <u>OBSERVED VALUE</u> | <u>UNITS</u> | <u>REFERENCE RANGE</u> |
|------------------|-----------------------|--------------|------------------------|
| SGPT | 18 | IU/L | 9-43 IU/L |
| Sr.Bilirubin (T) | 0.7 | mg/dl | 0.2-1.2 mg/dl |
| Sr.Bilirubin (D) | 0.2 | mg/dl | 0.0-0.3 mg/dl |
| Sr.Bilirubin (I) | 0.5 | mg/dl | |

Renal Function Test


| | | | |
|---------------|-----|-------|---------------|
| BUN | 9.8 | mg/dl | 6-21 mg/dl |
| Sr.Creatinine | 0.8 | mg/dl | 0.7-1.4 mg/dl |

Blood Sugar Estimation

| | | | |
|---------------------------|------------|---|--------------|
| Fasting Blood Sugar | 294 |  mg/dl | 70-110 mg/dl |
| Fasting Urine Sugar | Present++ | | |
| Post Prandial Blood Sugar | 363 |  mg/dl | 70-140 mg/dl |
| Post Prandial Urine Sugar | Present+++ | | |
| BUN/Creatinine Ratio | 12.2 | | |

---END OF REPORT---

Kindly Correlate with clinical conditions.
Remark : ---


DR.SANDIP MOHANRAO HUDDEDAR
MBBS, DCP
Pathologist


M O I C


SONALI VASANT ADELKAR
Lab Technician

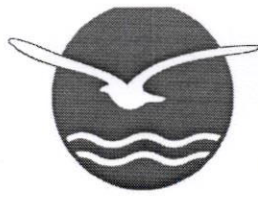
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Age/Sex : **27 Year / Male**

HEMATOLOGY

INVESTIGATION


Complete Blood Count

| <u>INVESTIGATION</u> | <u>OBSERVED VALUE</u> | <u>UNITS</u> | <u>REFERENCE RANGE</u> |
|----------------------|-----------------------|-----------------|------------------------|
| Haemoglobin | 16.4 | gm/dl | 13-18 gm/dl |
| Total W.B.C | 10500 | /cu.mm | 4000-11000 /cu.mm |
| Neutrophils | 64 | % | 50-70 % |
| Lymphocytes | 34 | % | 20-40 % |
| Eosinophils | 02 | % | 0-7 % |
| Monocytes | 00 | % | 0-8 % |
| Basophils | 00 | % | 0-2 % |
| R.B.C Total | 5.31 | millions/cu .mm | 4.5-5.5 millions/cu.mm |
| P.C.V | 48.5 | % | 42-55 % |
| MCV | 90.9 | femolitre | 80-96 femolitre |
| MCH | 30.7 | picogram | 27-33 picogram |
| MCHC | 33.8 | % | 32-36 % |
| W.B.C Morphology | Normal | | |
| R.B.C Morphology | Normal | | |
| Platelet Count | 292000 | /cu.mm | 150000-450000 /cu.mm |
| Blood Group | | | |
| Blood Group | B Positive | | |
| ESR | | | |
| ESR | 05 | mm/hr | 0-15 mm/hr |

---END OF REPORT---

Kindly Correlate with clinical conditions.

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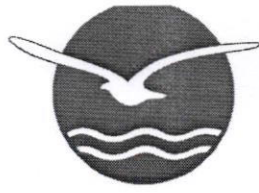
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URINE ROUTINE

| <u>INVESTIGATION</u> | <u>OBSERVED VALUE</u> | <u>UNITS</u> | <u>REFERENCE RANGE</u> |
|----------------------|-----------------------|--------------|------------------------|
| Colour | PALE YELLOW | | PALE YELLOW |
| Appearance | CLEAR | | CLEAR |
| Specific Gravity | 1.010 | | 1.030 |
| pH | ACIDIC | | ACIDIC |
| Odour | AROMATIC | | AROMATIC |
| Proteins (UR) | ABSENT | | ABSENT |
| Sugar | PRESENT ++ | | ABSENT |
| Bile Salts | ABSENT | | ABSENT |
| Bile Pigments | ABSENT | | ABSENT |
| Ketones (UR) | ABSENT | | ABSENT |
| Occult Blood | ABSENT | | ABSENT |
| Urobilinogen(UR) | ABSENT | | ABSENT |
| Pus Cells (UR) | 2-3 | /hpf | 2-3/hpf |
| RBC cells | ABSENT | /hpf | 2-3/hpf |
| Epithelial Cells | 1-2 | /hpf | 1-2/hpf |
| Casts (UR) | ABSENT | /hpf | |
| Crystals | ABSENT | /hpf | |
| Bacteria (UR) | ABSENT | | ABSENT |
| Others (UR) | ABSENT | | |

---END OF REPORT---

Kindly Correlate with clinical conditions.

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आयकर विभाग
INCOME TAX DEPARTMENT

भारत सरकार
GOVT. OF INDIA

SANKET ARJUN MHASKE
ARJUN RAMBHAU MHASKE
24/05/1997

Permanent Account Number
CUZPM4617A

Sanket
Signature



S. Mhaske

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



LEAD aVR

LEAD aVL

LEAD aVF

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz

V1

V2

V3

PROMPTCARE

V2

V3

10mm/mV 25.0mm/S

0.05-35 Hz 50Hz

V4

V5

V6

Rmhaske

PROMPTCARE

V5

V6

SEA BIRD MEDICARE CENTRE

Address: East, Mumbai - 400 069

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

Central Avenue, Hiranandani Gardens, Powai, Mumbai

Approved By: Dr. Shipping (2011)

Regn. No: 44293 (M.M.C.)

DR. MUKUL ARTE MBBS, DNB

ST. SEGMENT *N*

PR. INTERVAL *N*

RHYTHM *84 / min*

VOLTAGE *N*

REMARKS

QRS COMPLEX

P WAVE

RATE

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 Sanket Mhasale

AGE 27 DATE 16/8/2024