



SEA BIRD MEDICARE CENTRE

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of
Sumit Budhan Mandal on 11/11/2024

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 checked="" 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. _____</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"> • Currently Unfit. Review after _____ recommended 	
<ul style="list-style-type: none"> • Unfit 	

Dr. _____

M. Mistry
 DR. HANWEE MISTRY KAPADIA MBBS, FCPS
 APPROVED BY DG SHIPPING (SO)
 CONSULTANT IN MARINE MEDICINE & AVIATION MEDICINE
 REG NO. MNC.80174
 A-101-102, HERITAGE PLAZA, TELI CROSS LANE
 ANDHERI EAST, MUMBAI-400 069.
 SEA BIRD MEDICARE CENTRE

This certificate is not meant for medico-legal purposes.

HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East, Mumbai- 400069
Tel: 022-46032704 / 8104606813

Website: www.seabirdhf.com | Email: admin@seabirdhf.com



SEA BIRD MEDICARE CENTRE

MER- MEDICAL EXAMINATION REPORT

DATE OF EXAMINATION	11/11/2024		
NAME	Sumit Mandal		
AGE	21 years	GENDER	Male
HEIGHT (CM)	175 cm	WEIGHT (KG)	77 kg
B.P.	110/80 mmHg		
ECG	WNL		
X Ray	NAD		
Vision Checkup	Color Vision: Normal Far Vision Ratio: 6/6 } Unaided Near Vision Ratio: N5 }		
Present Ailments	Nil		
Details of Past ailments (If Any)	Nil		
Comments / Advice:	Sr. SGT ↑		

H. Mistry

Signature with Stamp of Medical Examiner
DR. HAVDIP MISTRY MBBS, FCPS
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SEA BIRD MEDICARE CENTRE

Report ID : **SBMM1111155914** Reg. : **11-Nov-2024**
Patient Name : **Mr. SUMIT BUDHAN MANDAL** Report Date : **11-Nov-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR. MUKUL ARTE** Age/Sex : **21 Year / Male**

CHEST X RAY REPORT

X-Ray No : 9927

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

Pawai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

Website: www.seabirdhf.com | Email: seabird@seabirdhf.com

NAME Sumit Mandal

AGE 21y DATE 11/11/24

Website: www.seabirdhf.com / Email: seabirdhf@seabirdhf.com

102-103-104, Gateway Plaza, Central Avenue Road, Hiranandani Gardens,
Powai, Mumbai - 400076. Tel: 2570 4157 / 2570 1053

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

Sea Bird
Medicare Centre
(ISO: 9001 - 2015)



ELECTROCARDIOGRAPHIC REPORT

E. C. G. REPORT

RATE 80/min RHYTHM reg VOLTAGE N

P WAVE N PR. INTERVAL N Q. WAVE N

QRS COMPLEX N ST. SEGMENT isoelectric T. WAVE N

REMARKS WNL MM+tg

DR. HANUVEE MISTRY KAPADIA MBBS, FCPS

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REG NO: MHC-00174

A-101-002, HERITAGE PLAZA, TELI CROSS LANE

ANDHERI EAST, MUMBAI-400 069.

SEA BIRD MEDICARE CENTRE

10mm/mV 25.0mm/s

0.05-35 Hz 50Hz

I

II

III

LEAD I

LEAD II

LEAD III

10mm/mV 25.0mm/s

0.05-35 Hz 50Hz

aVR

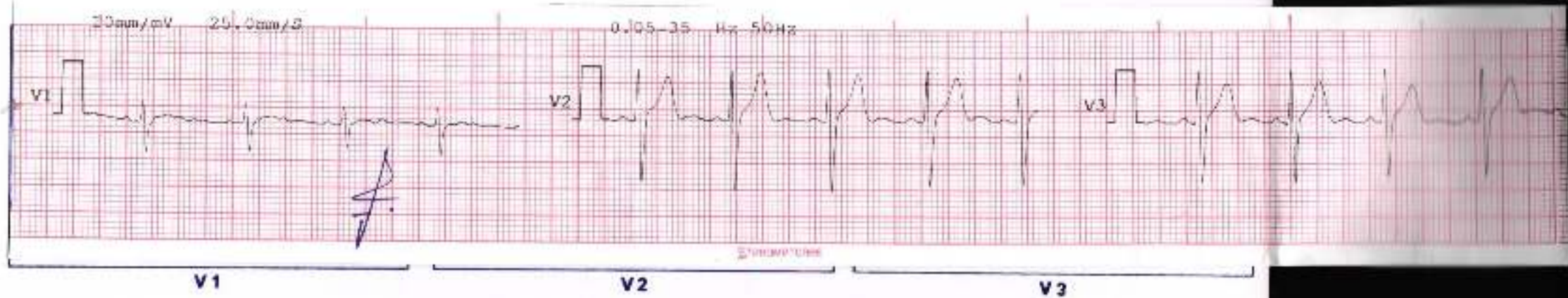
aVL

aVF

LEAD AVR

LEAD AVL

LEAD AVF





PID NO. : CKA0562

Name : SUMIT MANDAL

Sex / Age : Male / 20 Years

Ref By : APOLLO HEALTH AND LIFESTYLE
LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare

A-101-102, Heritage Plaza,

Telli Cross Lane, Andheri East (Nr.Station).

Processing Location: - Seabird Medicare Pvt Ltd

Office no A/302, Vertex Vikas, Opposite Andheri

Station, Near Madhavbag Bldg, Andheri (East).

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11-Nov-2024 /11:53 am

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11-Nov-2024 / 3:55 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)	51.11	U/L	0 - 41
Bilirubin (Total) (Serum ,Method-Diazo- End point)	0.5	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum,Method-Diazo-End point)	0.11	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.39	mg/dl	0.0 - 0.90
Serum Creatinine (Serum,Method- Kinetic Jaffe's)	0.79	mg/dl	0.62 - 1.17

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

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

SONALI ADELKAR

Lab Technician

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680



PID NO. : CKA0562

Name : SUMIT MANDAL

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Biochemistry Report

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
BUN (Blood Urea Nitrogen) Serum, Method: Urease	5.8	mg/dl	6.0 - 20.0
Creatinine Serum, Method-Kinetic Jaffes	0.79	mg / dL	0.62 - 1.17 mg/dl
BUN/Creatinine Ratio Calculated	7.34		10 - 20.1
Urea (Serum, Method-Urease)	12.42	mg/dl	16.6 - 48.5

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

DR.RITESH KHARCHE

MBBS, MD PATHOLOGY

Pathologist

MMC Reg No.2006031680

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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	91.07	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	86.61	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.

SUPARNA DAREKAR

Lab Technician

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REPORT

BLOOD GLUCOSE

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

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Blood Group

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<u>BLOOD GROUP</u>			
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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Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	15.9	gm/dl	13.0 -17.0
<u>RED BLOOD CELLS</u>			
R.B.C. Count	5.55	million / cumm	4.5- 5.5
HCT	45.8	%	40- 50
MCV	82.4	fL	83 - 101
MCH	28.6	pg	27 - 32
MCHC	34.7	gm / dl	31.5 - 34.5
RDW (CV)	14	%	11.6- 14.0
Total W.B.C. Count	7560	/cu.mm.	4000 - 10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	66	%	40 - 80
Lymphocytes	30	%	20 - 40
Eosinophils	02	%	1 - 6

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Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	02	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	212000	/cumm	150000 - 410000

MORPHOLOGY

RBC Morphology Predominantly Normocytic and Normochromic.

WBC Morphology Normal Morphology.

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.)

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

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Erythrocyte Sedimentation Rate (ESR)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
E.S.R	10	mm at 1hr	0 - 15

Method: Westergren.

Sample: Whole Blood (EDTA)

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

PRIYA PANDEY

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Pathologist

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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)	6.5		5.0 - 9.0
Specific Gravity	1.015		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)

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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 - 3 / 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 -----

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CHEST PA

Se : 1001

Im : 1001

SEA BIRD MEDICARE CENTRE, ANDHERI

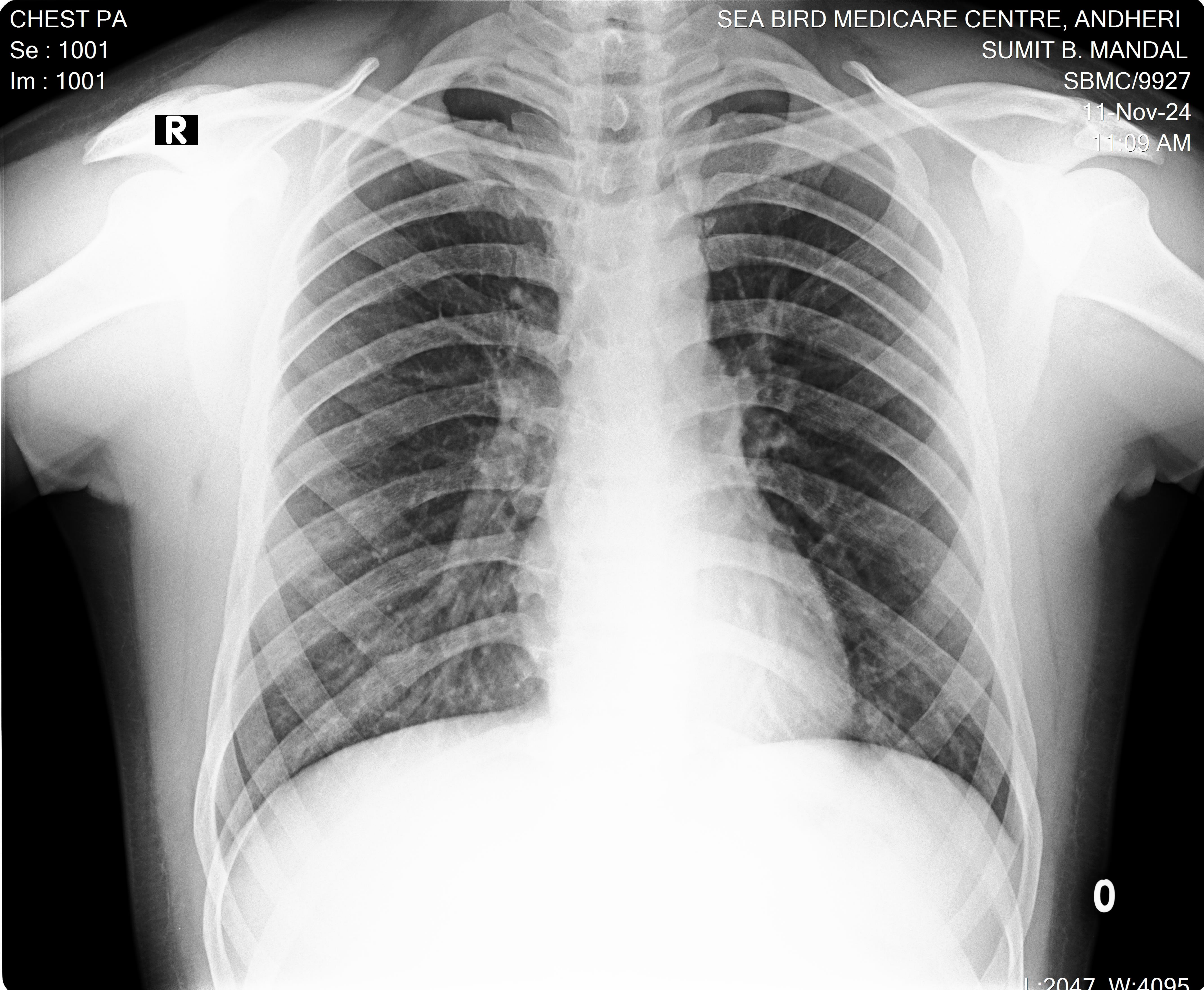
SUMIT B. MANDAL

SBMC/9927

11-Nov-24

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