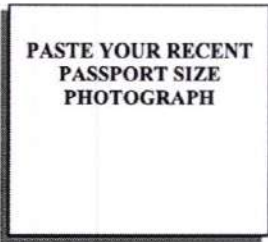


**Annexure-2**  
**Self-Health Declaration**  
(Please ✓ Mark Where Applicable)



**1 PERSONAL DETAILS:**

Name: First Name Middle Name Surname  
RAJU NAIK K

Address: K-11, PALM ACRES SOCIETY, GAUANPADA,  
MULUND EAST, MUMBAI - 400081

City: MUMBAI Pin: 400081

Birth Place: \_\_\_\_\_ Birth Date: 01/01/1992 Religion: HINDU  
(dd/mm/yyyy)

Post applied for: \_\_\_\_\_ Marital Status: Married / Unmarried Gender: M / F

**2 PREVIOUS EMPLOYMENT:** Yes / No If yes specify

	Name	Nature of work	Duration
i)			
ii)			
iii)			

**3 NAME OF FAMILY DOCTOR:**

Address: \_\_\_\_\_

Contact Details: \_\_\_\_\_

**4 PERSONAL HABITS:**

- i) Smoking
- ii) Tobacco chewing
- iii) Alcohol
- iv) Any other

**5 MEDICAL HISTORY:**

i) **ANY DISABILITY:** Yes / No If yes specify with disability %

ii) **PERSONAL HISTORY:**

Are you in good health and capable of full work

Have you ever suffered from job related disease or injury?

Have you ever been discharged or rejected on medical grounds?

Yes	No
✓	<input type="checkbox"/>
✗	✓
<input type="checkbox"/>	✓

Types of Previous Occupation (Pl. describe in brief about company, nature of work, duration in years)

---



---



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iii) Have you ever suffered from any of the following (Answer Yes or No. if yes, give details)

Y	N		Y	N	
<input type="checkbox"/>	<input type="checkbox"/>	Hypertension	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis-B
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Cancer
<input type="checkbox"/>	<input type="checkbox"/>	Heart disease	<input type="checkbox"/>	<input type="checkbox"/>	Stroke
<input type="checkbox"/>	<input type="checkbox"/>	Kidney diseases	<input type="checkbox"/>	<input type="checkbox"/>	Bronchitis
<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Any allergy
<input type="checkbox"/>	<input type="checkbox"/>	Chronic lung disease (e.g. Pleurisy Pneumonia etc.)	<input type="checkbox"/>	<input type="checkbox"/>	Any chronic ear or hearing problem (e.g. sinusitis, rhinitis otitis etc.)
<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy, Fits, Fainting or Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	Mental disorder of any kind
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Any major operation or injury	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Any other illness

Details of the above if "Yes"

Dengue in Jan 2024.  
II of @ 2011 Hepatitis in 2020 (Long term in liver).

(For female candidates only)

Are you pregnant at present?  Y  N

Date of L.M.P. \_\_\_\_\_

iv) Immunization: Yes No

Tetanus Toxoid	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>
Others	<input type="checkbox"/>	<input type="checkbox"/>

COVID taken [2 doses]

**6 FAMILY HISTORY:**

Has anyone of your parents suffered from any of the following: Yes / No  
 (If yes, Please ✓ Mark Where Applicable)

	Father	Mother
Hypertension	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Any other Disease	<input type="checkbox"/>	<input type="checkbox"/>

	IF LIVING		IF DEAD	
	AGE	HEALTH (Good, Bad, Fair)	AGE AT DEATH	CAUSE OF DEATH
Father	55	Good.		
Mother	53	Good.		
Spouse				
Children-1				
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: 09/03/2024

Asif Malik  
 (Signature of Candidate)

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Rafu - K. Nalk on 7/3/24

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>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <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>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	<input type="checkbox"/>

**Dr.** \_\_\_\_\_  
**Medical Officer**  
**The Apollo Clinic, (Location)**

**Dr. PARAG A. PRADHAN**  
 MBBS

*This certificate is not meant for medico-legal purposes*

Approved By DG Shipping (GOI)  
 Reg. No. (MMC) 61264  
 102-103-104, Gateway Plaza, Central  
 Avenue Road, Hiranandani Gardens,  
 Powai, Mumbai-400076  
**SEA BIRD MEDICARE CENTRE**

MER- MEDICAL EXAMINATION REPORT

Date of Examination	9/3/2024	
NAME	Rajeev K. Wankar	
AGE	Gender	M
HEIGHT(cm) 172	WEIGHT (kg)	80
B.P.	110/70 mmHg.	
ECG	N/C	
X Ray	N/A	
Vision Checkup	Color Vision : (P)	
	Far Vision Ratio : 0/6 (C)	
	Near Vision Ratio : N/5 (C)	
Present Ailments	-	
Details of Past ailments (If Any)	# of (P) eye surgery in (2020). Implant in 18th. Degree in 2024.	
Comments / Advice : She /He is Physically Fit		

Signature with Stamp of Medical Examiner

**Dr. PARAG A. PRADHAN**  
MBBS

Approved By: DG Shipping (GOI)  
Reg. No. (MMC) 61264  
102-103-104, Gateway Plaza, Central  
Avenue Road, Hiranandani Gardens,  
Powai, Mumbai-400076  
SEA BIRD MEDICARE CENTRE

DR. PABLO S. TORRES  
1958  
Address: ...  
Page: ...  
No. of ...  
...  
...



PID NO. : CCA0513

Name : RAJU NAIK K

Sex / Age : Male / 32 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare  
105-107 Gateway Plaza, Central Avenue, Hiranandani  
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10-Mar-2024 / 6:38 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 guidelines 2022	110.02	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	121.98	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Present (+)		Absent
Urine Ketones (PP)	Absent		Absent

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

*Pritam Dhanawade*

Pritam Dhanawade  
Lab Technician



*DR. Ritesh Kharche*

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680



MC - 5321

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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

## CONDITIONS OF REPORTING

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PID NO. : CCA0513

Name : RAJU NAIK K

Sex / Age : Male / 32 Years

Ref By : APOLLO HEALTH AND LIFESTYLE  
LIMITED

Reference :

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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 -----



MC - 5321

*Pritam Dhanawade*

Pritam Dhanawade  
Lab Technician



*DR. Ritesh Kharche*

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680

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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 -----

Pritam Dhanawade  
Lab Technician



DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No. 2006031680

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**REPORT**

**Complete Blood Count**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	15.5	gm/dl	13.0 - 17.0
<b>RED BLOOD CELLS</b>			
R.B.C. Count	5.43	million / cumm	4.5- 5.5
PCV	46.3	%	40- 50
MCV	85.2	fL	83 - 101
MCH	28.6	pg	27 - 32
MCHC	33.5	gm / dl	31.5 - 34.5
RDW (CV)	12.9	%	11.6- 14.0
Total W.B.C. Count	8500	/cu.mm.	4000 - 10000
<b>DIFFERENTIAL COUNT</b>			
Neutrophils	63	%	40 - 80
Lymphocytes	30	%	20 - 40
Eosinophils	02	%	1 - 6



MC - 5321

*Pritam Dhanawade*

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**REPORT**

**Complete Blood Count**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Monocytes	05	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	363000	/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 -----



MC - 5321

*Pritam Dhanawade*

Pritam Dhanawade  
Lab Technician



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10-Mar-2024 / 6:38 pm

## REPORT

### Erythrocyte Sedimentation Rate (ESR)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
E.S.R	12	mm at 1hr	0 - 15

Method: Westergren.  
Sample: Whole Blood (EDTA)

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

Pritam Dhanawade  
Lab Technician



DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680

## CONDITIONS OF REPORTING

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PID NO. : CCA0513

Name : RAJU NAIK K

Sex / Age : Male / 32 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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Reg. Date

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10-Mar-2024 / 6:38 pm

## REPORT

### Glycosylated Haemoglobin (HbA1c)

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
HbA1c	5.9	%	< 5.7
Non-diabetic : $\leq 5.7$ % Pre-Diabetic : 5.7 - 6.4 % Diabetic : $\geq 6.5$ % (EDTA Whole Blood, Turbidimetric)			
Mean Blood Glucose (MBG)	132.74	mg/dl	

#### Interpretation & Remark:

- HbA1c is used for monitoring diabetic control. It reflects the estimated average glucose (eAG).
- HbA1c has been endorsed by clinical groups & ADA (American Diabetes Association guideline 2022, for diagnosis of diabetes using a cut-off points of 6.5 %.
- Trends in HbA1c are a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anaemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases. Clinical correlation suggested.
- 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.
  - For HbF > 25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c.
  - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring diabetic status.
  - Heterozygous state detected.
- 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 %
  - Unsatisfactory Control - 8 to 10 %
  - and Poor Control - More than 10 %
- Test done on Mispai i3 Automated Cartridge Based Specific Protein Analyser.

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

*Pritam Dhanawade*

Pritam Dhanawade  
Lab Technician



*DR. Ritesh Kharche*

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680



MC - 5321

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Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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**REPORT**

**LIPID PROFILE**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Total Cholesterol Serum, Method: CHOD-PAP	173.2	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 Serum, Method: GPO-PAP	168	mg/dl	NORMAL : <150 Borderline High : 150 - 199 High : 200 - 499 Very High : >500
HDL Cholesterol-Direct Serum, Method: Cholesterol-esterase-Direct	50.04	mg/dl	Desirable - Above : 60 Borderline Risk : 40 - 59 Undesirable - Below : 40
LDL Cholesterol Calculated	89.56	mg/dl	Desirable - Below : 130 Borderline Risk : 130 - 159 Undesirable - Above : 160
VLDL-Cholesterol Calculated	33.60	mg/dl	5 - 51
T.CHOL/HDLC Ratio Calculated	3.46		Acceptable for Male : < 5.00 Acceptable for Female : <4.50



MC - 5321

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## REPORT

### LIPID PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
LDLC/HDLC Ratio Calculated	1.79		Acceptable for Males : < 3.60 Acceptable for Females : < 3.20

**NOTE:**

- 1) Biological Reference Interval is as per National Cholesterol Education Program (NCEP) guidelines.
- 2) Tests done on Fully Automated Mispa CXL PRO PLUS Biochemistry Analyser.

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



MC - 5321

*Pritam Dhanawade*

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Lab Technician



*DR. Ritesh Kharche*

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## REPORT

### LIVER FUNCTION TEST

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
S.G.O.T. (Serum, Method-IFCC / UV without P5P)	17.15	U/L	0 - 40
Sr. Alkaline Phosphatase (Serum, Kinetic Method by IFCC)	<b>129.10</b>	U/L	40 - 129
S.G.P.T. (Serum, Method- IFCC / UV without P5P)	33.18	U/L	0 - 41
GGT (Serum, Method- IFCC Method)	47.73	U/L	8 - 61
Bilirubin (Total) (Serum, Method-Diazo- End point)	<b>2.11</b>	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.33	mg/dl	0.0 - 0.30
Bilirubin (Indirect) Calculated	<b>1.78</b>	mg/dl	0.0 - 0.90
Total Proteins (serum, Method-Biuret)	8	g/dl	6.6 - 8.7
Albumin (Serum, Method-Bromocresol Green)	4.32	g/dl	3.5 - 5.2
Globulin Calculated	3.68	g/dl	1.90 - 3.70
A/G ratio Calculated	1.17		

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

*Pritam Dhanawade*

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Lab Technician

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**REPORT**

**LIVER FUNCTION TEST**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
-------------	---------------	--------------	--------------------------------------

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



MC - 5321

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## REPORT

### RENAL PROFILE

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Blood Urea Serum, Method-Urease	25.93	mg/dl	16.6- 48.5 mg/dl
Blood Urea Nitrogen Serum, Method-Urease	12.11	mg/dl	06 - 20 mg/dl
Creatinine Serum, Method-Kinetic Jaffes	0.88	mg/dL	0.7 - 1.2 mg/dl
Uric Acid Serum, Method: Uricase-POD	7.4	mg/dl	3.4 - 7.0

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

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



MC - 5321

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022 25701053 / 9324924370 or  
[admin@seabirdhf.com](mailto:admin@seabirdhf.com)

C. Sea Bird Medicare services are also available at:  
Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)



PID NO. : CCA0513

Name : RAJU NAIK K

Sex / Age : Male / 32 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

09-Mar-2024 / 3:13 pm

Coll Date

09-Mar-2024 / 3:18 pm

Report Date

10-Mar-2024 / 6:39 pm

## REPORT

### THYROID FUNCTION TEST

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
TSH	2.37	μIU/ml	0.25-5 μIU/ml
T3	1.71	nmol/l	0.92-2.33 nmol/l
T4	114.22	nmol/l	60-120 nmol/l

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

#### INTERPRETATION

TSH : A high TSH result often means an under active thyroid gland that is not responding adequately to the stimulation 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 removed is receiving too little thyroid hormone 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: Triiodothyronine T3 contributes significantly to the maintenance of the euthyroid 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 thyroxine (T4) for hyperthyroidism.

T4 :Thyroxine accounts for at least 90% of circulating protein-bound iodine. While >99.9% of T4 is protein-bound, primarily to thyfoKine-binding globulin(TBG), it 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 -----

*Pritam Dhanawade*

Pritam Dhanawade  
Lab Technician



*DR. Ritesh Kharche*

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680

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This is computer generated medical diagnostics report that has been validated by an Authorized Medical Practitioner/Doctor. The report does not need physical signature. Results relate only to the sample as received. Refer to conditions of reporting overleaf.

## CONDITIONS OF REPORTING

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

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PID NO. : CCA0513

Name : RAJU NAIK K

Sex / Age : Male / 32 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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Reg. Date

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Report Date

10-Mar-2024 / 6:39 pm

## 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)	6.0		5.0 - 9.0
Specific Gravity	1.020		1.000 - 1.030
<b><u>CHEMICAL EXAMINATION</u></b>			
Proteins	Absent		Absent
Sugar	Absent		Absent
Ketone Bodies	Absent		Absent
Bile Salts	Absent		Absent
Bile Pigment	Absent		Absent
Urobilinogen	Normal	mg/dl	Normal (0.1 - 1.0 mg/dl)



MC - 5321

*Pritam Dhanawade*

Pritam Dhanawade  
Lab Technician



*DR. Ritesh Kharche*

DR. RITESH KHARCHE  
MBBS, MD PATHOLOGY  
Pathologist  
MMC Reg No.2006031680

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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

#### MICROSCOPIC EXAMINATION

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 -----



MC - 5321

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 **INDIAN UNION DRIVING LICENCE**  
**TELANGANA STATE**

**TS01120200007602**

**RAJU NAJK**  
**NAGYA NAIK**  
3-6-262/6  
**TIRUMALA ESTATES**  
**OLD MLA QUARTERS ROAD**  
**HIMAYAT NAGAR**  
**HYDERABAD - 500029**


  
  
Licencing Authority  
**RTA UPPAL**

Signature  
**Issued On: 03/08/2020**

*Quilalaib*  
*09/03/2024*



*Sea Bird*  
**Sea Bird Medicare Centre**

Report ID : **KM93154852** Reg. : **09-Mar-2024**  
Patient Name : **Mr. K. RAJU NAIK** Report Date : **11-Mar-2024**  
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**  
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **32 Year / Male**

**CHEST X RAY REPORT**

X-Ray No : 1519

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



Name: Mr. RAJU NAIK	Age : 32Y	Sex : Male
Date : 09/03/2024	Ref Dr : SELF	

**USG ABDOMEN AND PELVIS**

**LIVER:** Liver appears normal in size 13.0cm and **shows diffuse increased echotexture.** There is no intra-hepatic biliary radical dilatation. No evidence of any focal lesion.

**GALL BLADDER:** Gall bladder is distended and appears normal. Wall thickness is within normal limits. There is no evidence of any calculus. Portal vein is normal. CBD is normal.

**PANCREAS:** Pancreas appears normal in echotexture. There is no evidence of any focal lesion or calcification. Pancreatic duct is not dilated.

**KIDNEYS:** Both kidneys are normal in shape and echotexture. Corticomedullary differentiation is maintained. There is no evidence of any hydronephrosis, hydroureter or calculus.

Right kidney measures 11.2 x 4.1cm. Left kidney measures 10.3 x 4.6cm.

**SPLEEN:** Spleen is normal in size, shape and echotexture. No focal lesion is seen.

**URINARY BLADDER:** Urinary bladder is distended and normal. Wall thickness is within normal limits.

**PROSTATE:** Prostate is normal in size measuring 3.2 x 3.9 x 3.4cm (22.8gm) and echotexture. No evidence of any focal lesion.

No free fluid or significant lymphadenopathy is seen.

**IMPRESSION:** Fatty liver grade I.

*Advice: Clinical co-relation and further evaluation.*

DR. PRIYANKA NERULKAR

CONSULTANT RADIOLOGIST

**Thanks For Reference:** Note the above report represents interpretation of various radiographic shadows, and has its own limitations. This report has to be co-related clinico-pathologically by the referring physician and it does not represent the sole diagnosis.

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ECG

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

Chart Speed: 25 mm/sec

ID: 3128

Date: 09-Mar-24

Time: 14:57:47

BP: 110 / 70 mmHg

Filter: 35 Hz

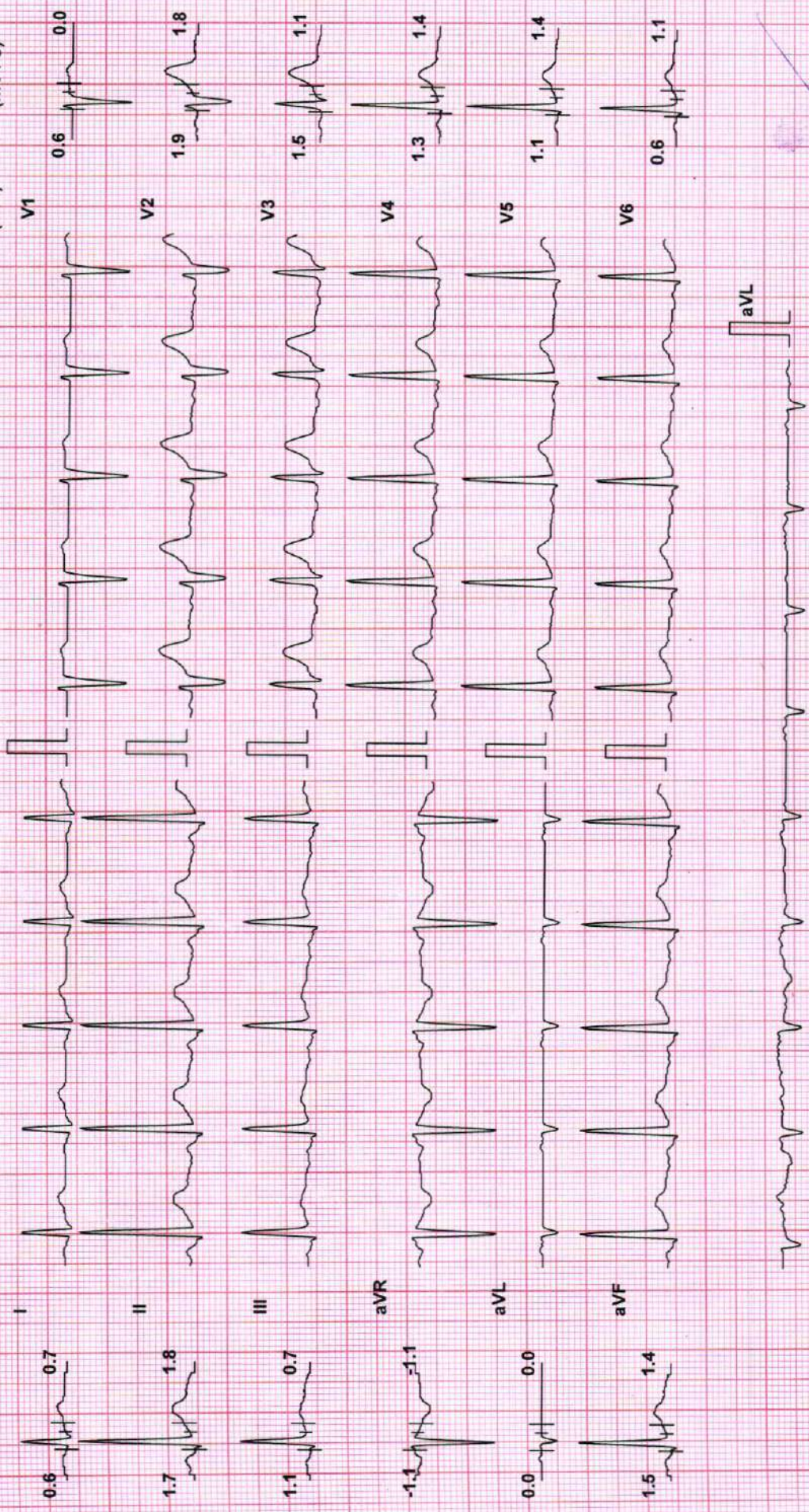
Mains Filt: ON

Amp: 10 mm

HR: 86 bpm

ST Level (mm)	ST Slope (mV/s)
0.6	0.7
1.7	1.8
1.1	0.7
-1.1	-1.1
0.0	0.0
1.5	1.4

ST Level (mm)	ST Slope (mV/s)
0.6	0.0
1.9	1.8
1.5	1.1
1.3	1.4
1.1	1.4
0.6	1.1



Interpretation:

Linked Median Iso = R - 60 ms J = R + 60 ms Post J = J + 60 ms



Ref. By: APOLLO

Schiller Spandan V4.7

VINAYAK



## SEABIRD MEDICARE CENTRE POWAI

## Patient Details

Date: 09-Mar-24

Time: 15:00:42

Name: RAJU NAIK ID: 3128

Age: 32 y

Sex: M

Height: 172 cms.

Weight: 80 Kg.

Clinical History: NIL

Medications: NIL

## Test Details

Protocol: Bruce

Pr.MHR: 188 bpm

THR: 159 (85 % of Pr.MHR) bpm

Total Exec. Time: 6 m 50 s

Max. HR: 164 ( 87% of Pr.MHR )bpm

Max. Mets: 10.20

Max. BP: 150 / 100 mmHg

Max. BP x HR: 24600 mmHg/min

Min. BP x HR: 5670 mmHg/min

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 : 23	1.0	0	0	86	110 / 70	-1.27 aVR	1.77 II
Standing	0 : 12	1.0	0	0	81	110 / 70	-1.27 aVR	1.77 V2
Hyperventilation	2 : 29	1.0	0	0	93	110 / 70	-1.49 aVR	2.12 V2
1	3 : 0	4.6	1.7	10	117	120 / 70	-1.70 aVR	2.83 II
2	3 : 0	7.0	2.5	12	144	130 / 90	-1.70 aVR	4.60 II
Peak Ex	0 : 50	10.2	3.4	14	164	140 / 100	-3.40 aVL	5.66 aVL
Recovery(1)	1 : 0	1.8	1	0	135	150 / 100	-2.55 aVL	5.31 II
Recovery(2)	1 : 0	1.0	0	0	119	140 / 90	-1.70 aVR	5.31 II
Recovery(3)	1 : 0	1.0	0	0	112	130 / 80	-1.27 aVR	4.25 II
Recovery(4)	0 : 13	1.0	0	0	108	130 / 80	-0.85 aVR	2.83 II

## Interpretation

The patient exercised according to the Bruce protocol for 6 m 50 s achieving a work level of Max. METS : 10.20. Resting heart rate initially 86 bpm, rose to a max. heart rate of 164 ( 87% of Pr.MHR ) bpm. Resting blood Pressure 110 / 70 mmHg, rose to a maximum blood pressure of 150 / 100 mmHg., No significant ST-T changes, TMT negative for inducible ischemia for the workload achieved

Dr. PARAG A. PRADHAN

MBBS

Approved By DG Shipping (GOI)

Reg. No. (MMC) 61264

102-103-104, Gateway Plaza, Central

Avenue Road, Hiranandani Garden, Powai, Mumbai-400076

SEA BIRD MEDICARE CENTRE

Ref. Doctor: APOLLO

( Summary Report edited by user )

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

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 0 m 0 s

Stage Time : 0 m 23 s

HR: 86 bpm

Protocol: Bruce

Stage: Supine

Speed: 0 mph

Grade: 0 %

(THR: 159 bpm)

B.P: 110 / 70

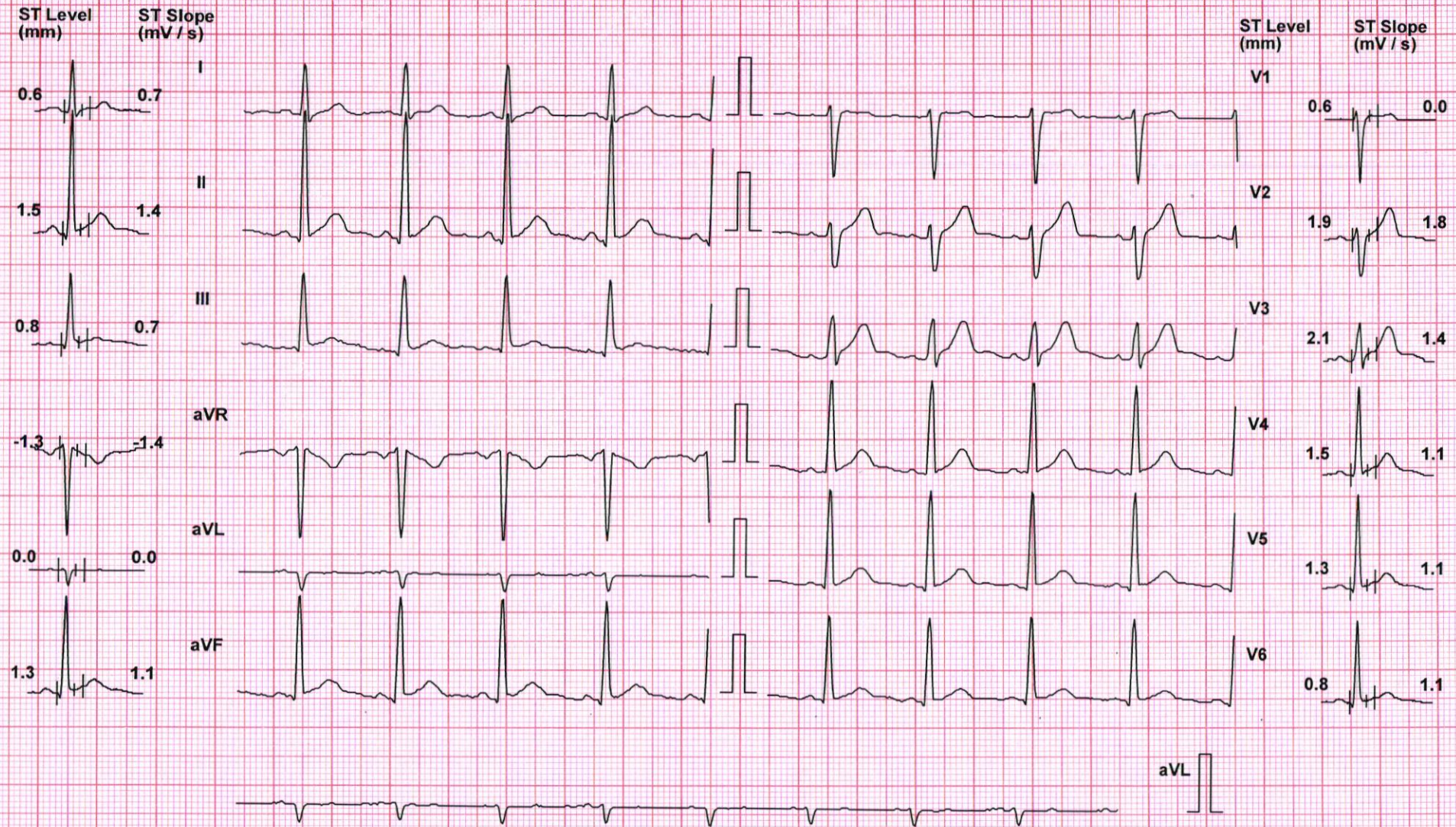


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 0 m 0 s

Stage Time : 0 m 12 s **HR: 81 bpm**

Protocol: Bruce

Stage: Standing

Speed: 0 mph

Grade: 0 %

(THR: 159 bpm)

B.P: 110 / 70

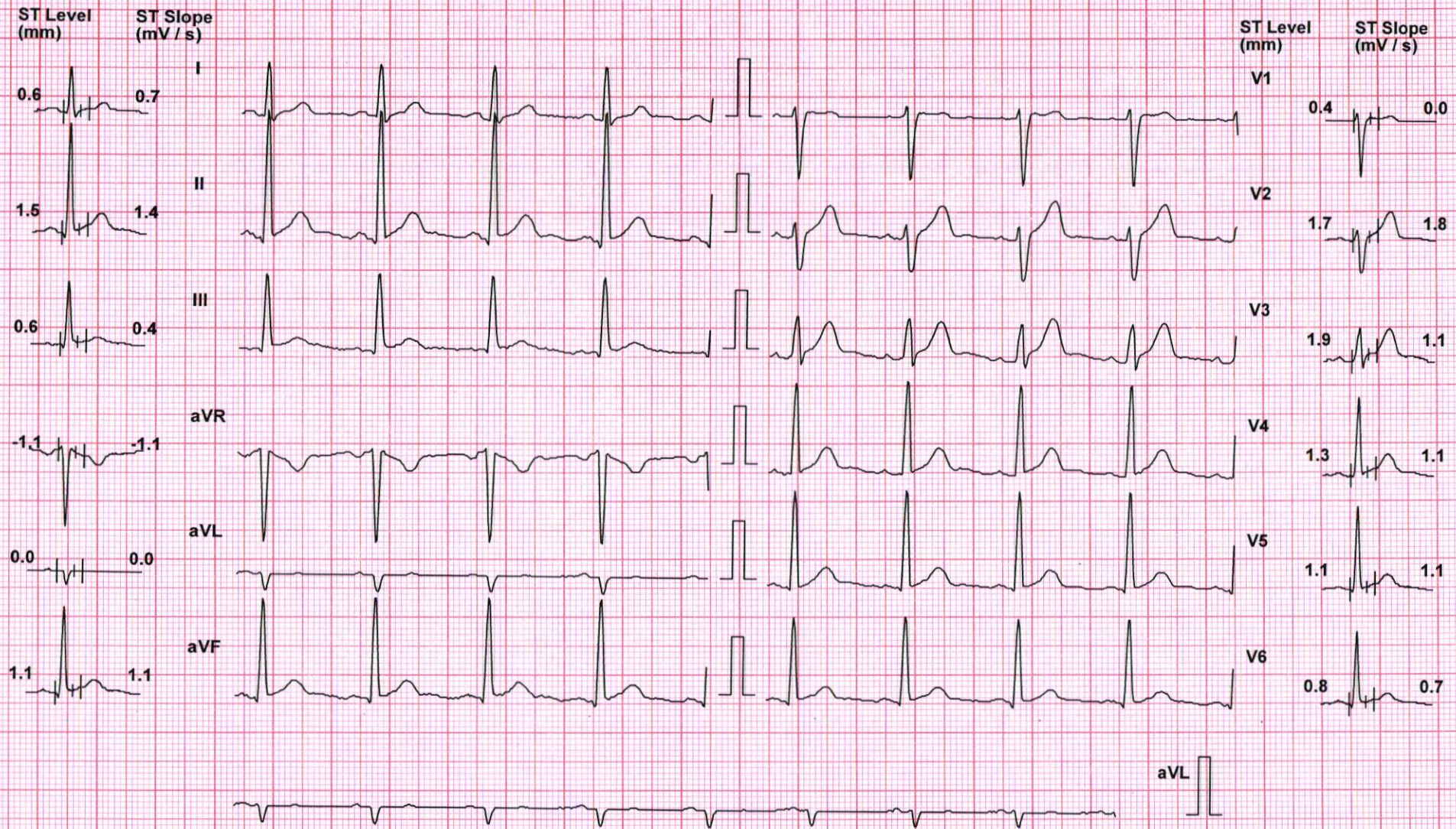


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

RAJU NAIK (32 M)

ID: 3128

Date: 09-Mar-24

Exec Time : 0 m 0 s

Stage Time : 2 m 29 s

HR: 93 bpm

Protocol: Bruce

Stage: Hyperventilation

Speed: 0 mph

Grade: 0 %

(THR: 159 bpm)

B.P: 110 / 70

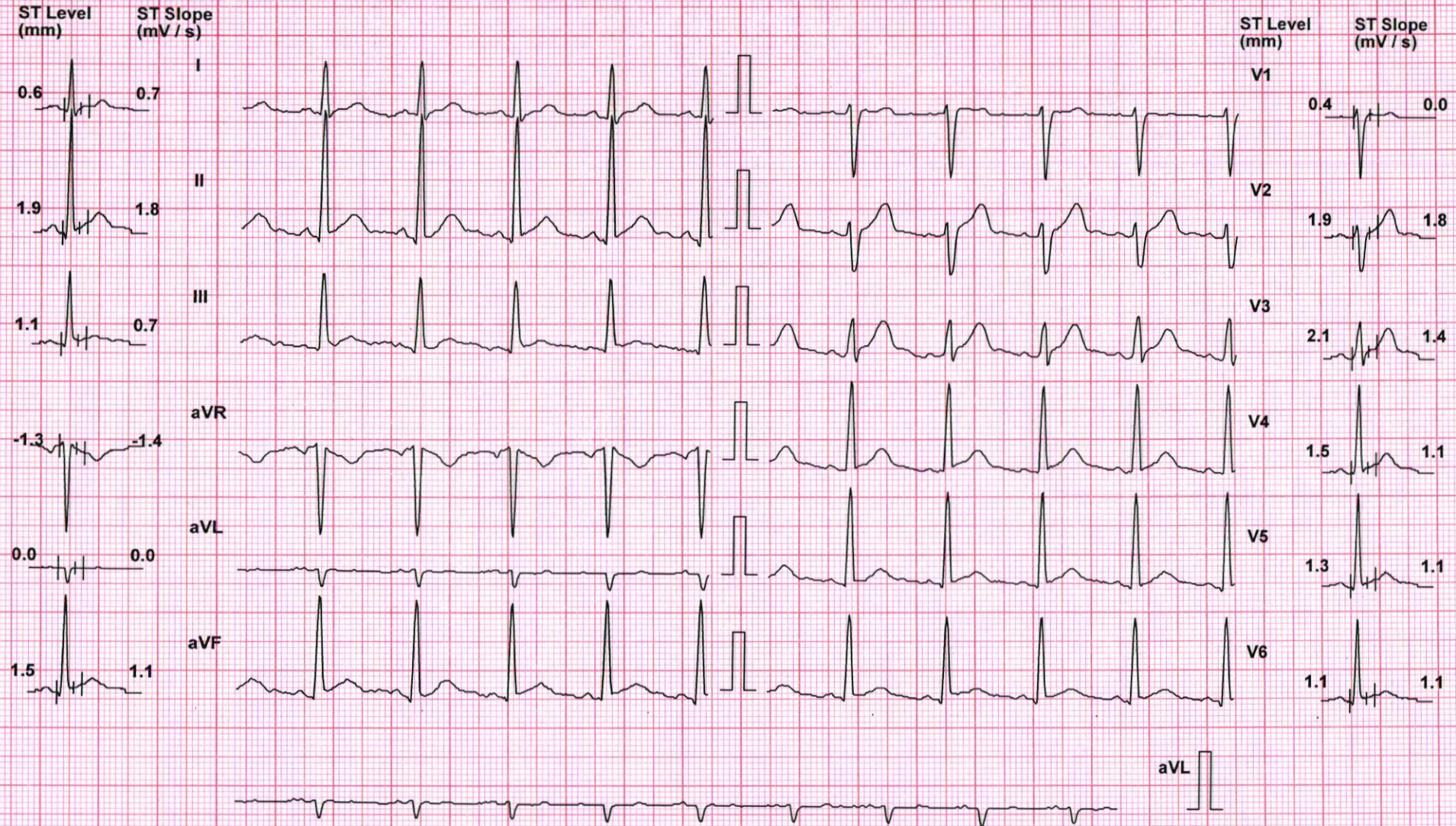


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 3 m 0 s

Stage Time : 3 m 0 s

HR: 117 bpm

Protocol: Bruce

Stage: 1

Speed: 1.7 mph

Grade: 10 %

(THR: 159 bpm)

B.P: 120 / 70

ST Level (mm) ST Slope (mV/s)

I 0.6 0.7

II 2.8 2.8

III 1.7 1.8

aVR -1.7 -1.8

aVL -0.2 0.0

aVF 1.9 2.1

ST Level (mm) ST Slope (mV/s)

V1 0.0 -0.4

V2 0.8 1.4

V3 1.3 1.8

V4 1.3 1.8

V5 1.1 1.4

V6 0.8 1.1

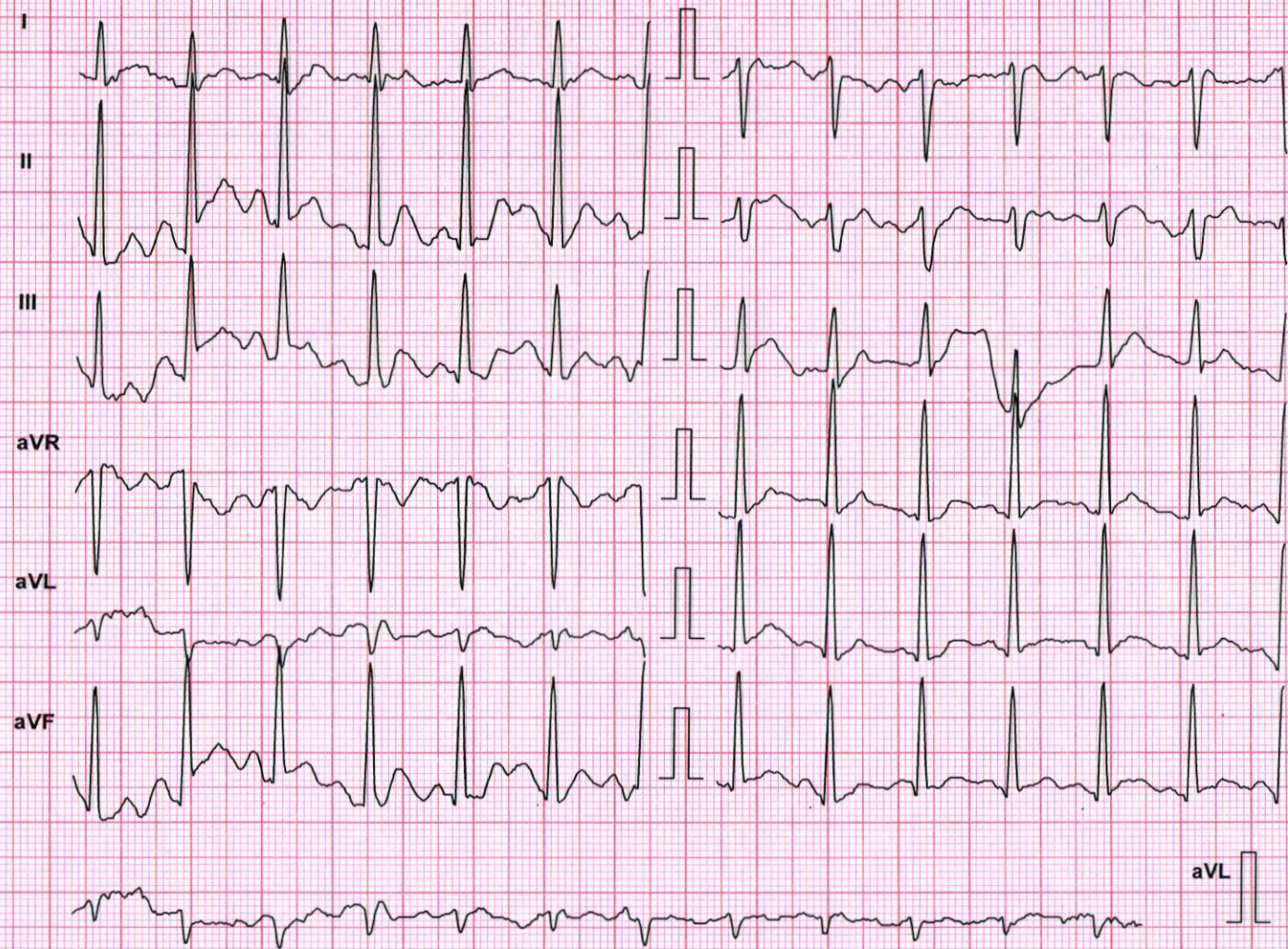


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 6 m 0 s

Stage Time : 3 m 0 s

**HR: 144 bpm**

Protocol: Bruce

Stage: 2

Speed: 2.5 mph

Grade: 12 %

(THR: 159 bpm)

B.P: 130 / 90

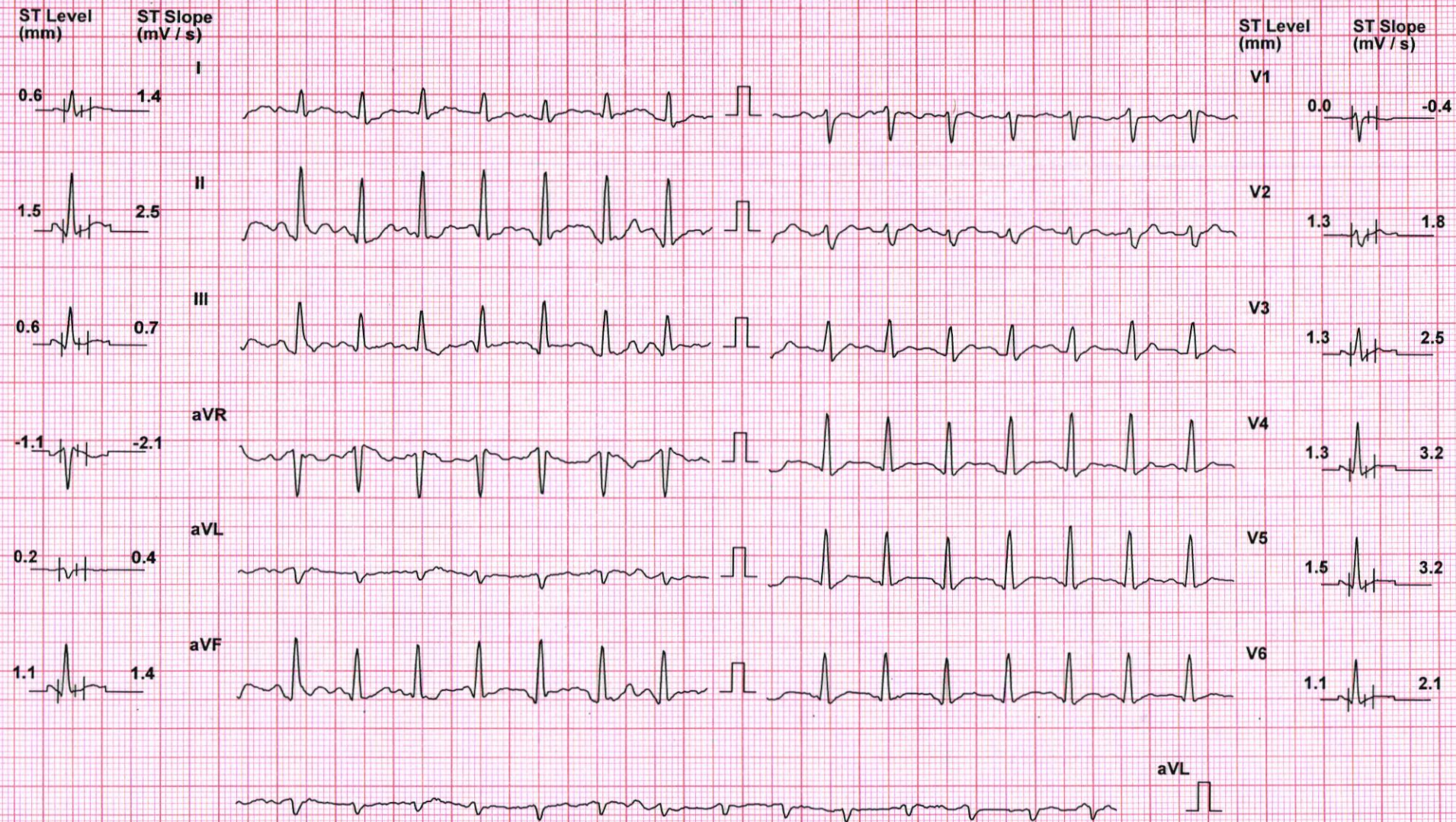


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 5 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 6 m 50 s

Stage Time : 0 m 50 s

HR: 164 bpm

Protocol: Bruce

Stage: Peak Ex

Speed: 3.4 mph

Grade: 14 %

(THR: 159 bpm)

B.P: 140 / 100

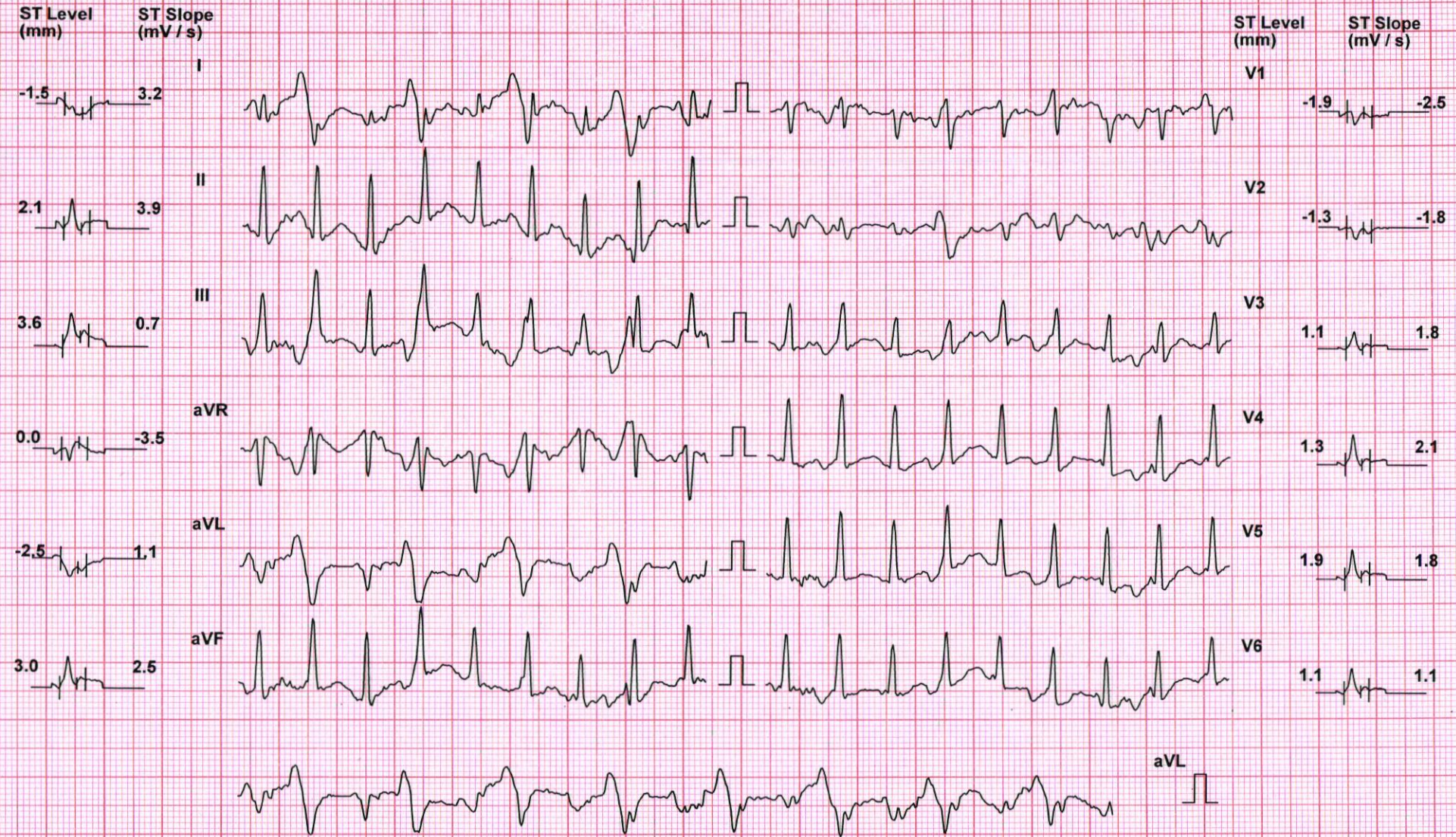


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 5 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

RAJU NAIK (32 M)

ID: 3128

Date: 09-Mar-24

Exec Time : 6 m 50 s

Stage Time : 1 m 0 s

HR: 135 bpm

Protocol: Bruce

Stage: Recovery(1)

Speed: 0 mph

Grade: 0 %

(THR: 159 bpm)

B.P: 150 / 100

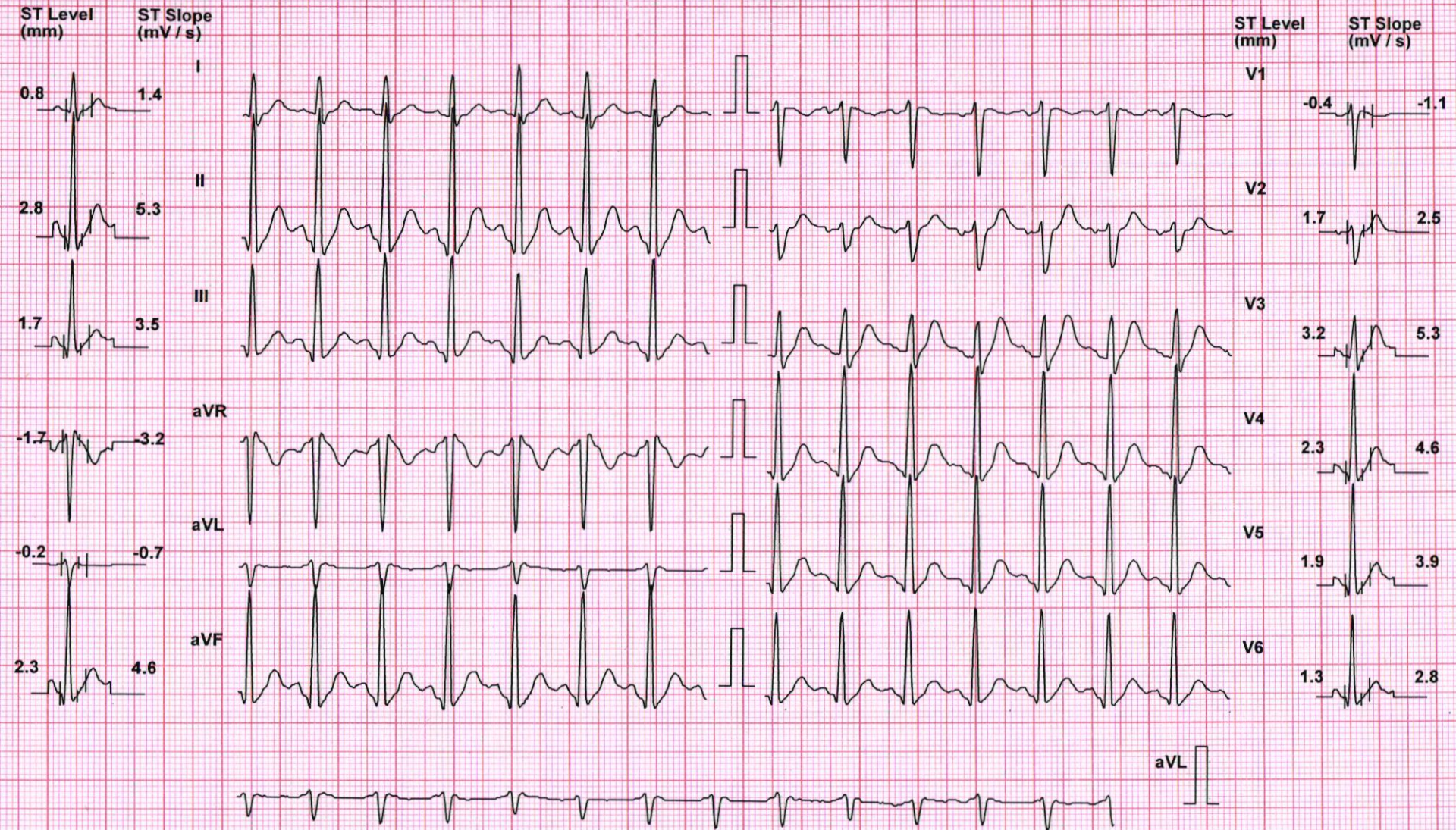


Chart Speed: 25 mm/sec  
Schiller Spandan V4.7

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms



# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 6 m 50 s

Stage Time : 1 m 0 s

HR: 119 bpm

Protocol: Bruce

Stage: Recovery(2)

Speed: 0 mph

Grade: 0 %

(THR: 159 bpm)

B.P: 140 / 90

ST Level (mm)    ST Slope (mV/s)

ST Level (mm)    ST Slope (mV/s)

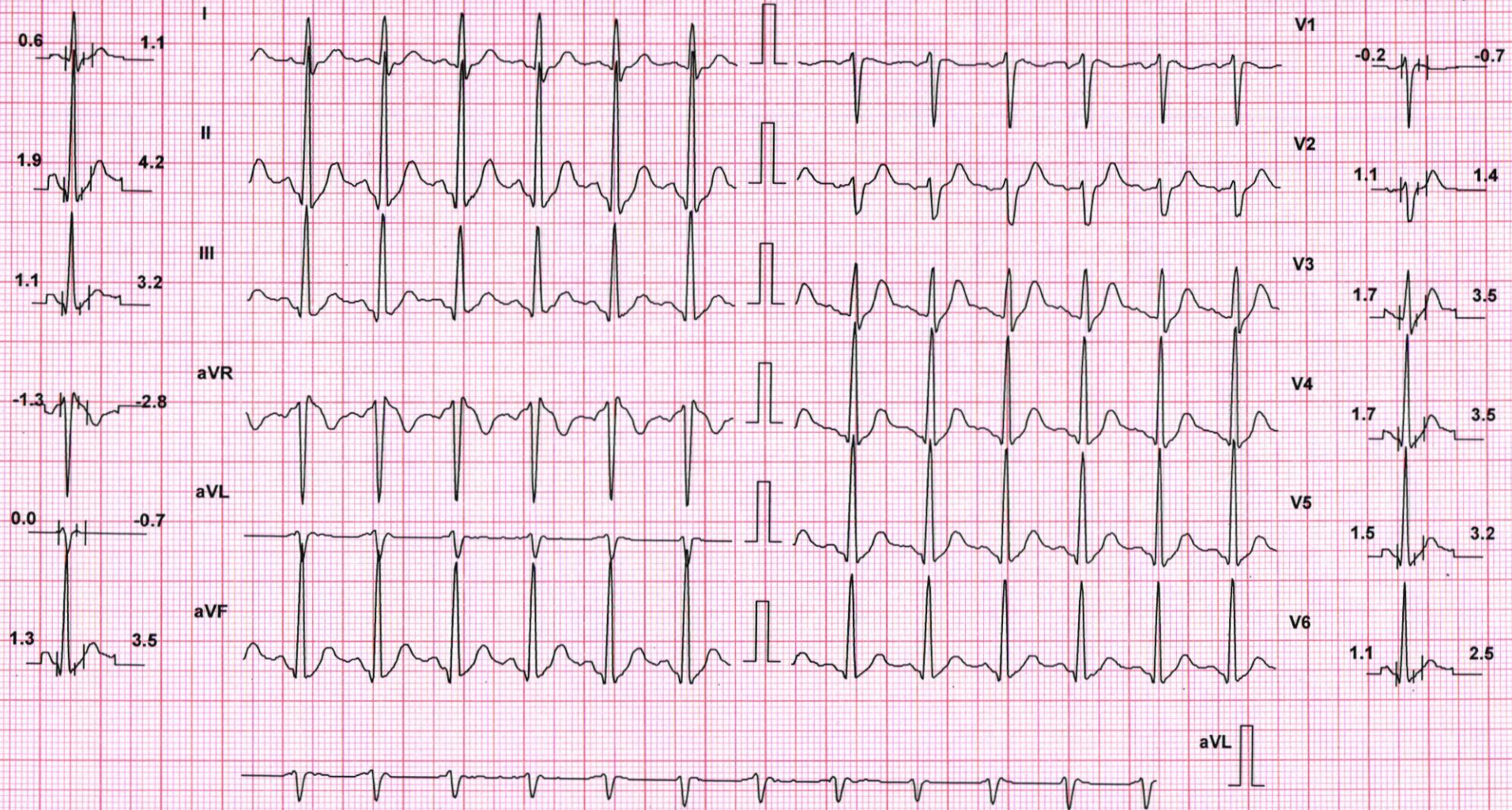


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

# SEABIRD MEDICARE CENTRE POWAI

**RAJU NAIK (32 M)**

ID: 3128

Date: 09-Mar-24

Exec Time : 6 m 50 s

Stage Time : 1 m 0 s

**HR: 112 bpm**

Protocol: Bruce

Stage: Recovery(3)

Speed: 0 mph

Grade: 0 %

(THR: 159 bpm)

B.P: 130 / 80

ST Level (mm) ST Slope (mV/s)

0.6 1.1

1.1 2.5

0.6 1.4

-0.8 -1.8

0.0 0.0

0.8 1.8

ST Level (mm) ST Slope (mV/s)

0.0 -0.4

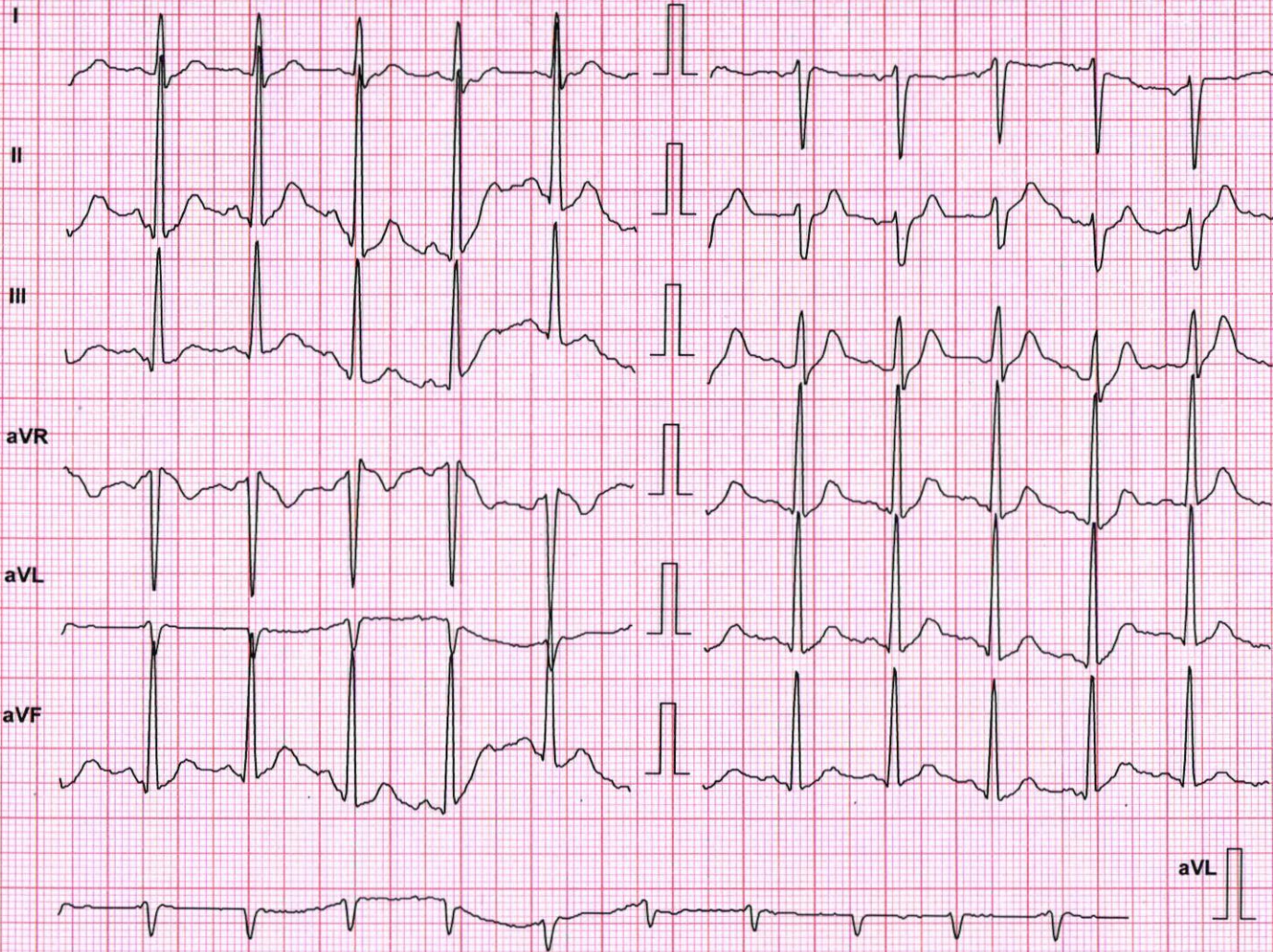
1.1 1.1

1.3 2.5

1.1 2.5

0.8 1.8

0.4 1.1



aVL

Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7