

SEA BIRD MEDICARE CENTRE

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of
Vjola jaiswal on 12/1/24

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

	Tick
<ul style="list-style-type: none"> • 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. <u>Feb ↓ heavy work ↓ power</u></p> <p>2. <u>no - 8. Iron study ;</u></p> <p>3. <u>Feb Erythropoiesis</u></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. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> • Unfit 	

Dr. _____

Medical Officer
Dr. MUKUL ARTE MBBS, DNB
 Regn. No: 44293 (MMC)
 Approved By DG Shipping (GOI)
 Consultant in Marine Medicine & Aviation Medicine
 Apt. 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

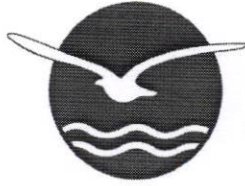
DATE OF EXAMINATION	12/9/2024		
NAME	Ujala Jaiswal		
AGE	22 yrs	GENDER	Female
HEIGHT (CM)	150 cm	WEIGHT (KG)	42 kg
B.P.	110/70 mm Hg		
ECG	Normal		
X Ray	MAD		
Vision Checkup	Color Vision:	Normal	
	Far Vision Ratio:	6/6 Unaided	
	Near Vision Ratio:	N5	
Present Ailments	Menses - Irregular (Not on R)		
Details of Past ailments (If Any)	Pneumonia in 2019		
Comments / Advice:	MAD; Fit		
	↓ As recommended		

Signature with Stamp of Medical Examiner


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SEA BIRD MEDICARE CENTRE

Report ID : **URJM129101118** Reg. : **12-Sep-2024**
Patient Name : **Ms. UJALA RAMDULARE JAISWAL** Report Date : **12-Sep-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR. MUKUL ARTE** Age/Sex : **22 Year / Female**

CHEST X RAY REPORT

X-Ray No : 7786

Investigation : Chest PA View.

Bony thoracic cage is normal.

Cardiac silhouette appears normal in size and configuration.

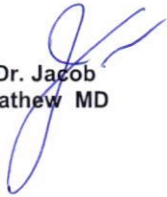
Both lungs shows equal translucency and normal vasculature.

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 | Email: seabird@seabirdhf.com



भारत सरकार
Government of India



Issue Date : 31/08/2011

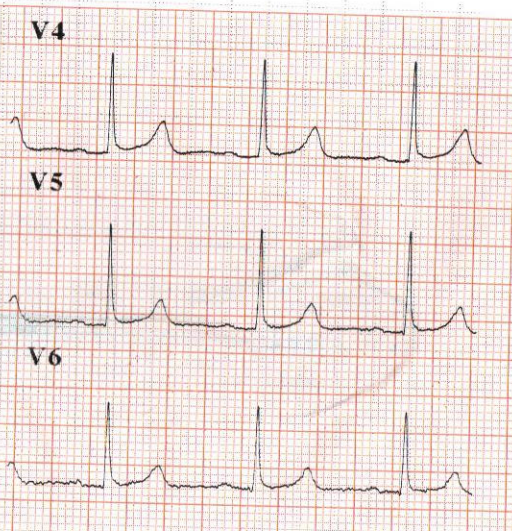
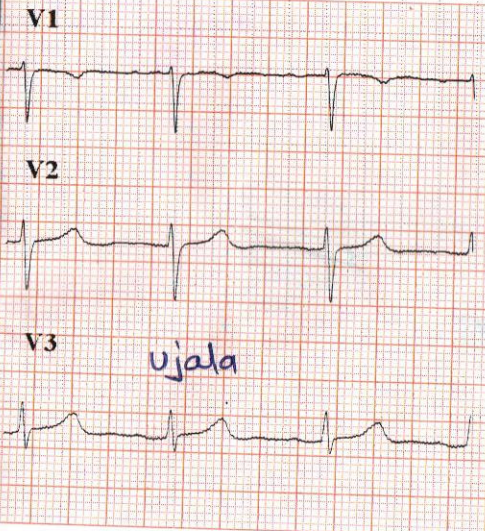
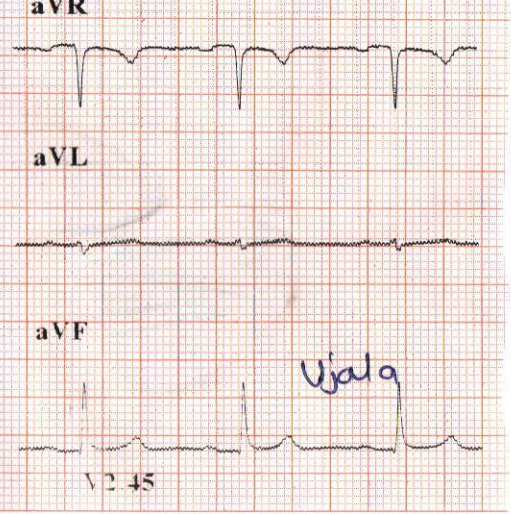
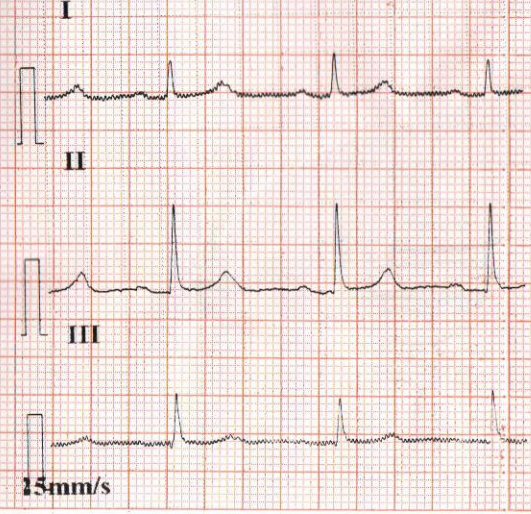
उजाला रामदुलारे जैस्वाल
UJALA RAMDULARE JAISWAL
जन्म तारीख / DOB : 15/12/2001
स्त्री / Female

5399 3431 2929

माझे आधार, माझी ओळख

10mm/mV 0.67~25Hz AC50

08-06-2005 09:12:06



E. C. G. REPORT

RATE 70/min Q. WAVE _____
RHYTHM Regular QRS COMPLEX N
VOLTAGE N ST. SEGMENT 100 - refer
P. WAVE N T. WAVE _____
PR. INTERVAL N

REMARKS

normal

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SEA BIRD MEDICARE CENTRE

ELECTROCARDIOGRAPHIC REPORT



SEA BIRD
MEDICARE CENTRE

NAME UJALA JAISWAL

AGE 22y DATE 12/09/24

- A-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



PID NO. : CIA0729

Name : UJALA RAMDULARE JAISWAL

Sex / Age : Female / 22 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

12-Sep-2024 / 10:54 am

Coll Date

12-Sep-2024 / 10:59 am

Report Date

12-Sep-2024 / 1:24 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)	11.24	U/L	0 - 33
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.28	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.17	mg/dl	0.0 - 0.40
Bilirubin (Indirect) Calculated	0.11	mg/dl	0.0 - 0.90
Serum Creatinine (Serum, Method- Kinetic Jaffe's)	0.52	mg/dl	0.5 - 0.95
BUN (Blood Urea Nitrogen), serum Method: Urease	9.03	mg/dl	6.0 - 20.0

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

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

Pritam Dhanawade
Lab Technician

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



PID NO. : CIA0729

Name : UJALA RAMDULARE JAISWAL

Sex / Age : Female / 22 Years

Ref By : APOLLO HEALTH AND LIFESTYLE
LIMITED

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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	9.03	mg/dl	6.0 - 20.0
Creatinine Serum, Method-Kinetic Jaffes	0.52	mg / dL	0.5 - 0.95 mg/dl
BUN/Creatinine Ratio Calculated	17.3		10 - 20.1
Urea (Serum, Method-Urease)	19.33	mg/dl	16.6 - 48.5

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

Pritam Dhanawade
Lab Technician

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REPORT

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	82.40	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	85	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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Reg. Date

12-Sep-2024 / 10:54 am

Coll Date

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Report Date

12-Sep-2024 / 2:26 pm

REPORT

BLOOD GLUCOSE

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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

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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.

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

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REPORT

Blood Group

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
<u>BLOOD GROUP</u>			
ABO Group	"B"		
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	9.8	gm/dl	12.0 - 15
<u>RED BLOOD CELLS</u>			
R.B.C. Count	4.74	million / cumm	3.8 - 4.8
HCT	30.7	%	35-48
MCV	64.8	fL	83 - 101
MCH	20.8	pg	27 - 32
MCHC	32	gm / dl	31.5 - 34.5
RDW (CV)	18.5	%	11.6- 14.0
Total W.B.C. Count	6630	/cu.mm.	4000-10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	64	%	40 - 80
Lymphocytes	30	%	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	03	%	2 - 10
Basophils	00	%	0 - 1
Platelet Count	345000	/cumm	150000 - 410000

MORPHOLOGY

RBC Morphology Mild Anisocytosis with Microcytic and Hypochromic Cells.
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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REPORT

Erythrocyte Sedimentation Rate (ESR)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
E.S.R	20	mm at 1hr	0 - 20

Method: Westergren.
Sample: Whole Blood (EDTA)

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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	2 - 3 / 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(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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