



# Balaji Medical Centre

An ISO 9001:2015 Accredited Organization  
info@balajimedicalcentre.com, dr@balajimedicalcentre.com



**CHENNAI** : No.5 (3/2), Jagadeeswaran Street, T.Nagar, Chennai-600 017. INDIA ☎: 044-24364651 / 52 / 53  
No.38, Manikodi Srinivasan Nagar Main Road, Rajiv Gandhi Salai, Perungudi, Chennai-600 096. INDIA ☎: 044-29865513 / 14

**TUTICORIN** : Plot No.51, Door No.20/10, Roche Colony, South Beach Road, Tuticorin - 628 001.INDIA ☎: 0461-2332719 / 20

**CUDDALORE** : No.26, Dowlath Nagar, Semmandalam, Cuddalore - 607001.INDIA ☎: 04142-202150, 203150

**KOCHI** : No.66/2345A, Veekshnam Road, Ernakulam, Kochi-682018 . INDIA ☎: 0484-2395006 / 07 / 08

**VIZAG** : Door No.39-11- 63/4-1, Murali Nagar, Visakhapatnam, Andhra Pradesh-530 007. INDIA ☎: 0891-2710299 / 399

**MANGALORE** : Shop No.5, Door No.1-65/31, Kulur-Kavoor Airport Road, Vivek Nagar, Panjimogaru, Mangalore-575 013.INDIA ☎: 0824-2972719 / 20.

**KAKINADA** : 70-17-15/1, RR Nagar, Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎: 0884-2345555, 0884-3500132.

**REG. NO: MA23120000089**

**DATE: 09/12/2023**

## MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined MR. BHAWESH PRAKASH SAKHARE (36/M)

Who is found to be Medically **FIT**.

He is not found to be suffering from any contagious Disease or Ailment.

He is FIT to perform his duty.

**Dr. DEEKSHA. V. SHETTY**

**Reg.No. 32158**

**DGS Approval No. KAMG/09/2023**

**“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”**



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## PHYSICAL EXAMINATION

Date Of Exam : 09/12/2023 Reg. No:MA23120000089  
Name : MR. BHAWESH PRAKASH SAKHARE (36/Male)  
Type Of Exam : Physical  
Reference : Apollo Health and Lifestyle Limited

The doctor has examined this client at Balaji Medical Centre Mangalore for updated Physical examination and found the following.

Temperature : 36.2C  
Blood Pressure : 120/80mmHg  
Pulse : 60/min  
Respiration Rate : 16/min  
Waist (cm) : 88Cms  
Height : 167Cms  
Weight : 82.2Kgs  
BMI : 29.5kg/m2

*Deeksha*

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**Name: MR. BHAWESH PRAKASH SAKHARE**

**Date: 09/12/2023**

**Reg. No :MA23120000089**

**Reference: Apollo Health and Lifestyle Limited**

## OPHTHALMIC REPORT

	RIGHT	LEFT
Distant:	6/6	6/6
Near:	N/5	N/5
Colour:	Normal	Normal
Anterior Segment:	Normal	Normal
Intra Ocular Pressure:	Normal	Normal
Fundus:	Normal	Normal

  
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## LABORATORY REPORT

DATE : 09/12/2023 REG. NO : MA23120000089

NAME : MR. BHAWESH PRAKASH SAKHARE

AGE : 36YRS SEX : MALE

Reference : Apollo Health and Lifestyle Limited

### COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	4.2	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	15.4	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	46.2	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	97.0	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN )	31.0	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONC.N.)	36.0	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	13.9	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	6600	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	3800	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	2100	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	460	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	130	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	70	/c.mm	20-100
NEUTROPHILS	59.0	%	40-80
LYMPHOCYTES	31.0	%	20-40
MONOCYTES	7.0	%	2-10
EOSINOPHILS	2.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	3.3	10 <sup>3</sup> /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.9	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.17-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	16.9	%	9-17

*Dr. Deeksha S. Shetty*  
**Dr. DEEKSHA S. SHETTY**  
 Reg.No: 82158

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 AGE : 36YRS SEX : MALE  
 Reference : Apollo Health and Lifestyle Limited

### ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b><u>GENERAL EXAMINATION:</u></b>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	5.0		4.5 - 8
SPECIFIC GRAVITY	1.020		1.010 - 1.030
<b><u>CHEMICAL EXAMINATION (AUTOMATED DIPSTICK METHOD):</u></b>			
URINE PROTEIN(ALBUMIN)	ABSENT		ABSENT
URINE GLUCOSE(SUGAR)	ABSENT		ABSENT
URINE KETONES(ACETONE)	ABSENT		ABSENT
BILE SALTS	ABSENT		ABSENT
BILE PIGMENTS	ABSENT		ABSENT
UROBILINOGEN	NORMAL		NORMAL
NITRITE	NEGATIVE		NEGATIVE
<b><u>MICROSCOPIC EXAMINATION</u></b>			
RED BLOOD CELLS	NIL	/hpf	0 - 2
PUS CELLS (WBCs)	1-2	/hpf	0 - 5
EPITHELIAL CELLS	0-1	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

*Deeksha*  
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Name : MR. BHAWESH PRAKASH SAKHARE  
Age : 36Yrs Sex : Male  
Reference : Apollo Health and Lifestyle Limited

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ESR – Erythrocyte Sedimentation Rate (EDTA Whole Blood, Automated-Capillary photometry aggregation/ Manual – Westergrens method)	10	mm/hr	0-15

**Method:** Automated Westergren

Interpretation;

1. It indicates presence and intensity of an inflammatory process, never diagnosis of a specific disease, Chance are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation and hypothyroidism.

**Remark:** ESR Performed using capillary photometric aggregation (for automated analysis) & westergrens (for manual testing).

  
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Age : 36Yrs Sex : Male

Reference : Apollo Health and Lifestyle Limited

## BIOCHEMISTRY

<u>Investigation</u>	<u>Observed value</u>	<u>unit</u>	<u>biological reference interval</u>
HbA1C-Glycated Haemoglobin (HPLC)	5.1	%	non-diabetic: <= 5.6 pre- diabetic: 5.7-6.4 Diabetic : > = 6.5
Estimated Average glucose (e AG)	99.67	mg/dl	

### INTERPRETATION & REMARK:

- HbA1c is used for monitoring diabetic control.it reflects the estimated average glucose. (eAG)
- HbA1c has been endorsed by clinical group & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point of 6.5%.
- Trends in HbA1Care 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 anemia (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 heamoglobinopathies 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 (D10/turbo is corrected for HbS & HbC trait)
- In known diabetic patients, following values can be considered as a tool 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%

NOTE: Hemoglobin electrophoresis (HPLC method) is recommended for detecting hemoglobinopathy.

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Age : 36yrs Sex : Male

Reference : APOLLO HEALTH AND LIFESTYLE LIMITED

Test Name	Result	Units	Ref.Interval
<b>LIPID SCREEN, SERUM (Spectrophotometry)</b>			
Cholesterol	<u>257.00</u>	mg/dL	(<200.00)
Triglycerides	<u>214.00</u>	mg/dL	(<150.00)
HDL Cholesterol	<u>58.7</u>	mg/dL	(<40.00)
LDL Cholesterol, Calculated	<u>124.2</u>	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	<u>42.8</u>	mg/dL	(<30.00)

### Note:

1. Measurements in the same patient can show physiological & analytical variations. Three serial samples 1 week apart are recommended for Total cholesterol, Triglycerides, HDL & LDL Cholesterol.
2. ATP III recommends a complete lipoprotein profile as the initial test for evaluating cholesterol.
3. Friedewald equation to calculate LDL cholesterol is most accurate when Triglyceride level is <400 mg/dL. Measurement of Direct LDL cholesterol is recommended when Triglyceride level is >400 mg/dL.

INTERPRETATION	TOTAL CHOLESTEROL in mg/dL	Triglyceride in mg/dL	LDL CHOLESTEROL in mg/dL
Optimal	< 200	<150	<100
Above Optimal	-	-	100-129
Boderline High	200-239	150-199	130-159
High	>=240	200-499	160-189
Very High	-	>=500	>=190

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Age : 36 yrs Sex : Male

Reference : Apollo Health and Lifestyle Limited

### LIVER FUNCTION TEST

TEST	PATIENT'S	UNITS	NORMAL RANGE	
	VALUES		FROM	TO
Serum Bilirubin (Total)	0.6	mg/dl	0.1	1.2
Serum Bilirubin (Direct)	0.1	mg/dl	-	<0.3
Serum Bilirubin (Indirect)	0.5	mg/dl	0.1	1
S. Alkaline Phosphatase	82.0	U/L	-	<150
Serum Gamma G.T.	30.0	U/L	4	40
Serum G. P. T.	39.0	U/L	10	40
Serum G. O. T.	36.0	U/L	10	42
Serum Total Proteins	7.4	gm/dl	6.0	7.8
Albumin	4.3	gm/dl	3.5	5.0
Globulin	3.1	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.3	-	-	-

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## LABORATORY REPORT

Date : 09/12/2023 Reg. No : MA23120000089  
Name : MR. BHAWESH PRAKASH SAKHARE  
Age : 36Yrs Sex : Male  
Reference : Apollo Health and Lifestyle Limited

<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
<b><u>BIO-CHEMISTRY</u></b>			
Blood Sugar (F)	: 106	mg/dl	70-110
Blood Sugar (PPBS)	: 135	mg/dl	120-140

*Deeksha*

Dr. DEEKSHA. V. SHETTY  
Reg.No. 32158  
DGS Approval No. KAMG/09/2023

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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## LABORATORY REPORT

Reg. No : MA23120000089

Name : MR. BHAWESH PRAKASH SAKHARE (36/Male)

Reference : Apollo Health and Lifestyle Limited

Reported On : 09/12/2023

<u>TEST</u>	<u>Value/Results</u>	<u>Units</u>	<u>REFERENCE INTERVAL</u>
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### RENAL FUNCTION TEST

Urea	:	20	mg/dL	15-40
Creatinine	:	0.9	mg/dL	0.2-1.2
BUN	:	09	mg/dL	6-21
Blood Uric Acid	:	5.2	mg/dL	4.7-6.1

  
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## LABORATORY REPORT

Reg. No : MA23120000089 Date: 09/12/2023  
Name : MR. BHAWESH PRAKASH SAKHARE  
Age : 36Yrs Sex: Male  
Reference : Apollo Health and Lifestyle Limited

### HAEMATOLOGY

Blood Group & Rh Type : "O" POSITIVE

  
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## LABORATORY REPORT

Reg No : MA23120000089  
Name : MR. BHAWESH PRAKASH SAKHARE Date : 09/12/2023  
Age : 36yrs Sex : Male  
Reference : Apollo Health and Lifestyle Limited.

### PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : NORMAL  
W B C MORPHOLOGY : NORMAL  
PLATELET MORPHOLOGY : NORMAL

*Deeksha*

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## LABORATORY REPORT

Reg. No : MA23120000089 Date : 09/12/2023  
Name : MR. BHAWESH PRAKASH SAKHARE  
Age : 36yrs Sex : Male  
Reference : Apollo Health and Lifestyle Limited

Test Name	Result	Units	Ref.Range
<b>THYROID PROFILE,TOTAL,SERUM (CLIA)</b>			
T3,Total	165.0	ng/dl	(70-204)
T4,Total	9.30	ug/dL	(5.0-12.5)
TSH	2.5	uIU/ml	(0.45-4.5)

### Reference Range for pregnancy:

TSH	REFERENCE RANGE IN Uiu/mL
<b>Pregnancy</b>	
1 <sup>st</sup> Trimester	0.30-4.50
2 <sup>nd</sup> Trimester	0.50-4.60
3 <sup>rd</sup> Trimester	0.80-5.20

**Note:**1 TSH levels are subject to circadian variation, reaching peak levels between 2-4.a.m. and at a Minimum between 6-10pm. The variation is of the order of 50%, hence time of the day has Influence on the measured serum TSH concentrations.

2 Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

3 Physiological rise in Total T3 /T4 levels is seen in pregnancy and in patients on steroid therapy.

### Clinical Use

- Primary Hypothyroidism
- Hyperthyroidism
- Hypothalamic-Pituitary hypothyroidism
- Inappropriate TSH secretion
- Non thyroidal illness
- Autoimmune thyroid disease
- Pregnancy associated thyroid disorders
- Thyroid dysfunction in infancy and early childhood

*Deeksha*

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## DIGITAL RADIOGRAPH – CHEST PA- VIEW

Date : 09/12/2023 Reg. No : MA23120000089  
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Age : 36yrs  
Sex : Male  
Reference : Apollo Health and Lifestyle Limited

The cardio mediastinal silhouette is normal.

The lungs are well inflated. No focal mass lesion, lobar collapse or consolidation is seen.

No pleural effusion is detected.

The soft tissues and bones appear unremarkable.

### Conclusion:

- Normal chest radiograph.

*Deeksha*

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## ECG REPORT

Date : 09/12/2023 Reg. No : MA23120000089  
Name : MR. BHAWESH PRAKASH SAKHARE  
Age : 36yrs  
Sex : Male  
Reference : Apollo Health and Lifestyle Limited  
Impression : Normal Sinus Rhythm.

  
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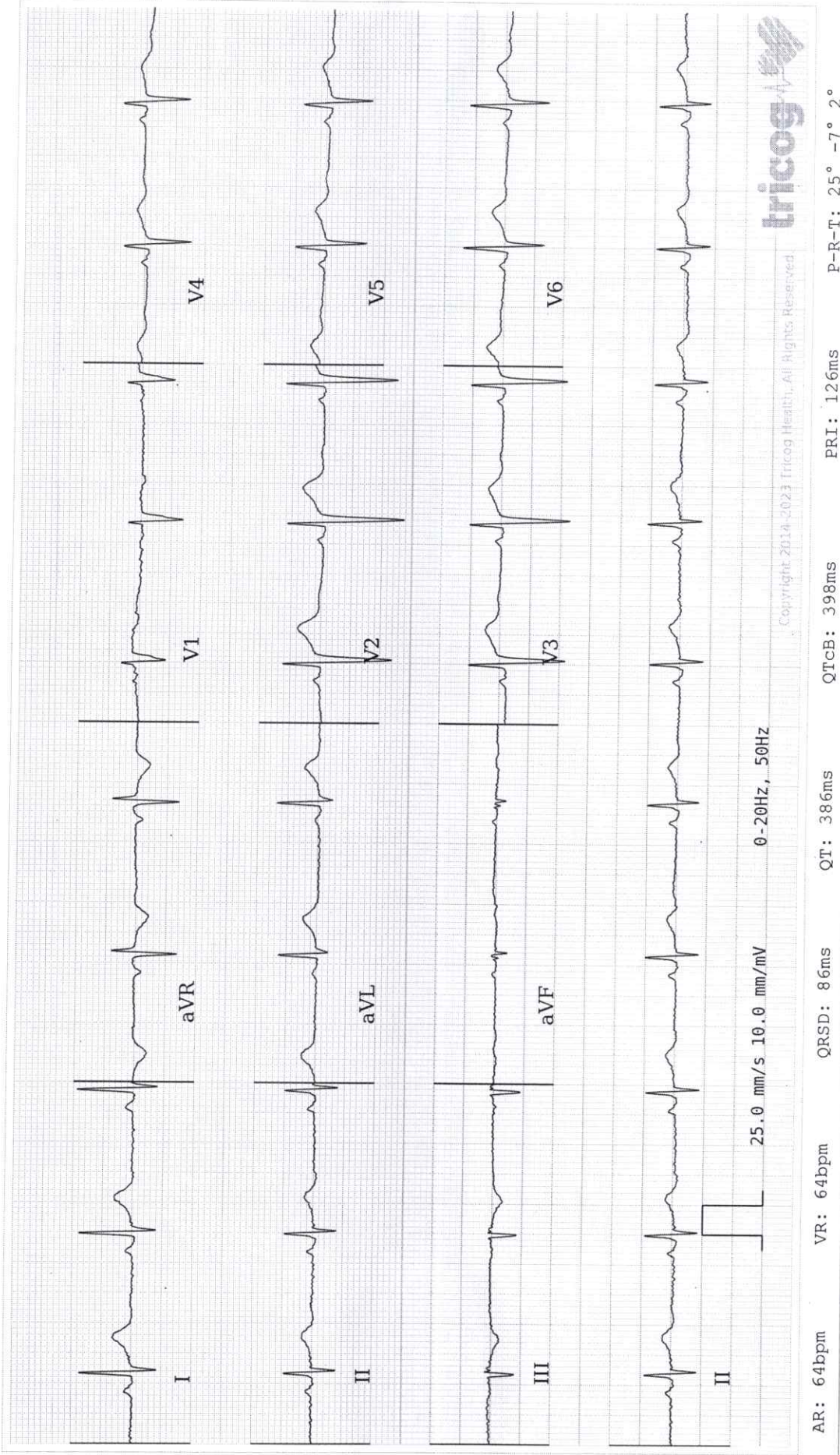
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Age / Gender: 36/Male  
Patient ID: MA23120000089

Date and Time: 9th Dec 23 11:10 AM



ECG Within Normal Limits: Sinus Rhythm. Please correlate clinically.

REPORTED BY



Disclaimer: Analysis in this report is based on ECG alone and should only be used as an adjunct to clinical history, symptoms and results of other invasive and non-invasive tests and must be interpreted by a qualified physician.



भारतीय विशिष्ट ओळख प्राधिकरण

भारत सरकार

Unique Identification Authority of India  
Government of India

नोंदणी क्रमांक/Enrolment No.: 1218/17480/00860

To: Bhawesh Prakash Sakhare  
(भावेश प्रकाश साखरे)  
S/O Prakash Charandas Sakhare  
near shirdi sai convent  
waard no.5 shivaji nagar at.po.th.mauda  
Mauda  
Nagpur  
Maharashtra - 441104

Date: 07/06/2011



EY 08517574 2 IN

Ref. No : 07062011-02955

आपला आधार क्रमांक / Your Aadhaar No. :

**2379 4911 4404**

आधार – सामान्य माणसाचा अधिकार



भारत सरकार  
GOVERNMENT OF INDIA  
भावेश प्रकाश साखरे  
Bhawesh Prakash Sakhare

जन्म वर्ष / Year of Birth : 1987  
पुरुष / Male

2379 4911 4404



आधार – सामान्य माणसाचा अधिकार