

Annexure-2

Self-Health Declaration
(Please ✓ Mark Where Applicable)



1 PERSONAL DETAILS:

Name: DEEPAK First Name — Middle Name KUMAR Surname

Address: F-1124, Maple leaf, Rohya Vihar, Powai

City: MUMBAI Pin: 400072

Birth Place: Faridkot Birth Date: 10-11-1980 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 checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>

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

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

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

Details of the above if "Yes") Metformin Tab Glycifor 500 mg
since 6 yrs

(For female candidates only)

Are you pregnant at present? Y N

Date of L.M.P. N.A

iv) Immunization: Yes No

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

(Cowshild c 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 type="checkbox"/>
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	<input checked="" 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	70	fair		
Mother			58	Heart attack
Spouse	43	Good		
Children-1	14	Good		
Children -2	4	Good		

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: 19/2/2024



(Signature of Candidate)

MER- MEDICAL EXAMINATION REPORT

Date of Examination	19/2/2024		
NAME	DEEPAK KUMAR		
AGE	44 yrs	Gender	Male
HEIGHT(cm)	166	WEIGHT (kg)	64
B.P.	110/80		
ECG	FIT		
X Ray	NAD		
Vision Checkup	Color Vision: 38/38 (N) Far Vision Ratio: 6/6 (S), B/L Near Vision Ratio: N6 (S), B/L		
Present Ailments	H/O Rx. of DM - Tab. Glycifer 500mg : 6yrs. 1-0-1		
Details of Past ailments (If Any)	—		
Comments / Advice : She / He is Physically Fit	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

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Deepak Kumar on 19/02/2024

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. _____
Medical Officer
The Apollo Clinic, (Location)

Dr. PARAG A. PRADHAN
MBBS

This certificate is not meant for medico-legal purposes

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Avenue Road, Hiranandani Gardens,
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SEA BIRD MEDICARE CENTRE

भारत सरकार
Government of India

1/1/2019



नाम: कुमार
Deepak Kumar
जन्म तिथि/DOB: 10/11/1980
लिंग/ GENDER: MALE

6791 5943 1063
VID : 9152 8152 4062 8146

माझे आधार, माझी ओळख

Handwritten signature



Sea Bird
Sea Bird Medicare Centre

Report ID : **DKM192133552** Reg. : **19-Feb-2024**
Patient Name : **Mr. DEEPAK KUMAR** Report Date : **20-Feb-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **44 year / Male**

CHEST X RAY REPORT

X-Ray No : 1084

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, Telli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 46022704

Postal: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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



Name: MR DEEPAK KUMAR	Age : 44 Y	Sex : Male
Date : 19/02/2024	Ref Dr : SELF	

USG ABDOMEN AND PELVIS

LIVER: Liver appears normal in size 11.7cm and 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.

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

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 9.8 x 5.4cm. Left kidney measure 10.6 x 4.7cm

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

PROSTATE: Prostate is enlarged in size and measuring 3.4 x 4.9 x 4.0 cm vol- 36gms and normal in echotexture. No evidence of any focal lesion. Prostatic calcification seen.

No free fluid or significant lymphadenopathy is seen.

IMPRESSION : Grade I prostatomegaly. Rest no significant abnormality detected.

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.

Proudly... Caring For You



PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 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

19-Feb-2024 / 10:53 am

Coll Date

19-Feb-2024 / 10:58 am

Report Date

19-Feb-2024 / 5:38 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	99.38	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	153.85	mg/dl	70.00 - 140.00
Urine Glucose (PP)	Absent		Absent
Urine Ketones (PP)	Absent		Absent

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

LATHA SONAWANE
Lab Technician



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



MC - 5321

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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.

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A. SEA BIRD MEDICARE CENTRE

Corporate Office: B-401, Heritage Plaza, Teli Cross Lane, Andheri East (Nr Station) Mumbai 400069
Central Laboratory: 102-103-104 Gateway Plaza, Central Avenue Road, Hiranandani Gardens Powai, Mumbai 400076, India

- B. Enquiry and Home Visit Booking
022 25701053 / 9324924370 or
admin@seabirdhf.com

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



PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

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19-Feb-2024 / 10:53 am

Coll Date

19-Feb-2024 / 10:58 am

Report Date

19-Feb-2024 / 5:39 pm

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

LATHA SONAWANE
Lab Technician



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

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PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

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Reg. Date

19-Feb-2024 / 10:53 am

Coll Date

19-Feb-2024 / 10:58 am

Report Date

19-Feb-2024 / 5:38 pm

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 Side Method.
Sample: Whole Blood (EDTA)

———— End of Report ————

PRIYA PANDEY
Lab Technician



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

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Sex / Age : Male / 44 Years

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LIMITED

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19-Feb-2024 / 5:38 pm

REPORT

Complete Blood Count

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Hemoglobin	11.3	gm/dl	13.0 - 17.0
<u>RED BLOOD CELLS</u>			
R.B.C. Count	3.84	million / cumm	4.5- 5.5
PCV	35.3	%	40- 50
MCV	91.9	fL	83 - 101
MCH	29.5	pg	27 - 32
MCHC	32.1	gm / dl	31.5 - 34.5
RDW (CV)	13.1	%	11.6- 14.0
Total W.B.C. Count	4230	/cu.mm.	4000 - 10000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	52	%	40 - 80
Lymphocytes	40	%	20 - 40
Eosinophils	05	%	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	86000	/cumm	150000 - 410000

MORPHOLOGY

RBC Morphology Predominantly Normocytic and Normochromic.

WBC Morphology Normal Morphology.

Platelets on Smear Reduced 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

LATHA SONAWANE
Lab Technician



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MBBS, MD PATHOLOGY
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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	08	mm at 1hr	0 - 15

Method: Westergren.
Sample: Whole Blood (EDTA)

———— End of Report ————

PRIYA PANDEY
Lab Technician



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

CONDITIONS OF REPORTING

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admin@seabirdhf.com

- C. Sea Bird Medicare services are also available at:
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PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 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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Gardens, Powai, Mumbai-400076

Reg. Date

19-Feb-2024 / 10:53 am

Coll Date

19-Feb-2024 / 10:58 am

Report Date

19-Feb-2024 / 5:38 pm

REPORT

Glycosylated Haemoglobin (HbA1c)

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
HbA1c Non-diabetic : ≤ 5.7 % Pre-Diabetic : 5.7 - 6.4 % Diabetic : ≥ 6.5 % (EDTA Whole Blood, Turbidimetric)	6.95	%	< 5.7
Mean Blood Glucose (MBG)	170.12	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 Mispac I3 Automated Cartridge Based Specific Protein Analyser.

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

LATHA SONAWANE
Lab Technician



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



MC - 5321

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PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

Sample Collected At :

Sea Bird Medicare
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REPORT

LIPID PROFILE

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
Total Cholesterol Serum, Method: CHOD-PAP	194.4	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	217.96	mg/dl	NORMAL : <150 Borderline High : 150 - 199 High : 200 - 499 Very High : >500
HDL Cholesterol-Direct Serum, Method: Cholesterol-esterase-Direct	49.61	mg/dl	Desirable - Above : 60 Borderline Risk : 40 - 59 Undesirable - Below : 40
LDL Cholesterol Calculated	101.20	mg/dl	Desirable - Below : 130 Borderline Risk : 130 - 159 Undesirable - Above : 160
VLDL-Cholesterol Calculated	43.59	mg/dl	5 - 51
T.CHOL/HDLC Ratio Calculated	3.92		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	2.04		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 Mipa CXL PRO PLUS Biochemistry Analyser.

———— End of Report ————



MC - 5321

LATHA SONAWANE
Lab Technician



DR. RITESH KHARCHE
MBBS, MD PATHOLOGY
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PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 Years

Ref By : APOLLO HEALTH AND LIFESTYLE
LIMITED

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REPORT

LIVER FUNCTION TEST

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
S.G.O.T. (Serum, Method-IFCC / UV without P5P)	17.13	U/L	0 - 40
Sr. Alkaline Phosphatase (Serum, Kinetic Method by IFCC)	61.41	U/L	40 - 129
S.G.P.T. (Serum, Method- IFCC / UV without P5P)	29.72	U/L	0 - 41
GGT (Serum, Method- IFCC Method)	23.29	U/L	8 - 61
Bilirubin (Total) (Serum, Method-Diazo- End point)	0.46	mg/dl	0.0 - 1.20
Bilirubin (Direct) (Serum, Method-Diazo-End point)	0.09	mg/dl	0.0 - 0.30
Bilirubin (Indirect) Calculated	0.37	mg/dl	0.0 - 0.90
Total Proteins (serum, Method-Biuret)	6.71	g/dl	6.6 - 8.7
Albumin (Serum, Method-Bromocresol Green)	4.41	g/dl	3.5 - 5.2
Globulin Calculated	2.30	g/dl	1.90 - 3.70
A/G ratio Calculated	1.92		

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



MC - 5321

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REPORT

LIVER FUNCTION TEST

Test

Result

Units

BIOLOGICAL REFERENCE INTERVAL

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



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Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

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REPORT

Prostate-Specific Antigen Test

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
TOTAL PSA Serum, Method-ELFA	0.63	ng/ml	Please refer to 'NOTES' below.

METHOD: Two-step enzyme immunoassay sandwich method with a final fluorescent detection (ELFA) on MINI VIDAS automated immunoassay system.

NOTES:

REFERENCE RANGE AS PER AGE:

Age	PSA Concentration
<40 Years	0.21 to 1.72 ng/ml
40-49	0.27 to 2.19 ng/ml
50-59	0.27 to 3.42 ng/ml
60-69	0.22 to 6.16 ng/ml
>60	0.21 to 6.77 ng/ml

INTERPRETATION: PSA is used as a tumor marker to screen for and to monitor prostate cancer. Elevated levels of PSA are associated with prostate cancer, but they may also be seen with prostatitis and benign prostatic hyperplasia. PSA levels tend to increase in all men as they age. If prostate cancer is diagnosed, the total PSA test may be used as a monitoring tool to help determine the effectiveness of treatment. It may also be ordered at regular intervals after treatment to detect recurrence of the cancer. Concentrations of total PSA between 4.0 ng/ml and 10.0 ng/ml are often referred to as the gray zone. It is in this range that the free PSA is the most useful. When men in the gray zone have decreased levels of free PSA, they have a higher probability of prostate cancer; when they have elevated levels of free PSA, the risk is diminished. The ratio of free to total PSA can help the doctor decide whether or not a prostate biopsy should be performed.

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

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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	25.03	mg/dl	16.6- 48.5 mg/dl
Blood Urea Nitrogen Serum, Method-Urease	11.69	mg/dl	06 - 20 mg/dl
Creatinine Serum, Method-Kinetic Jaffes	0.65	mg/dL	0.7 - 1.2 mg/dl
Uric Acid Serum, Method: Uricase-POD	6.98	mg/dl	3.4 - 7.0

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

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



MC - 5321

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B. Enquiry and Home Visit Booking

022 25701053 / 9324924370 or
admin@seabirdhf.com

C. Sea Bird Medicare services are also available at:

Powai (Mumbai), Andheri East (Mumbai), Kochi (Kerala)



PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 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

19-Feb-2024 / 10:53 am

Coll Date

19-Feb-2024 / 10:58 am

Report Date

19-Feb-2024 / 5:39 pm

REPORT

THYROID FUNCTION TEST

Test	Result	Units	BIOLOGICAL REFERENCE INTERVAL
TSH	0.84	μIU/ml	0.25-5 μIU/ml
T3	1.34	nmol/l	0.92-2.33 nmol/l
T4	90.57	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 thyrokin-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 —

PRIYA PANDEY
Lab Technician



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

CONDITIONS OF REPORTING

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PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

Sample Collected At :

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Gardens, Powai, Mumbai-400076

Processing Location: - Sea Bird Medicare
105-107 Gateway Plaza, Central Avenue, Hiranandani
Gardens, Powai, Mumbai-400076

Reg. Date

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REPORT

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)	6.0		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
Bile Salts	Absent		Absent
Bile Pigment	Absent		Absent
Urobilinogen	Normal	mg/dl	Normal (0.1 - 1.0 mg/dl)



MC - 8321

LATHA SONAWANE
Lab Technician



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

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PID NO. : CBA0960

Name : DEEPAK KUMAR

Sex / Age : Male / 44 Years

Ref By : APOLLO HEALTH AND LIFESTYLE LIMITED

Reference :

Sample Collected At :

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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 - 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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Sea Bird
Sea Bird Medicare Centre

Report ID : **DKM192133552** Reg. : **19-Feb-2024**
Patient Name : **Mr. DEEPAK KUMAR** Report Date : **20-Feb-2024**
Rank : Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **43 Year / Male**

CHEST X RAY REPORT

X-Ray No : 1084

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, Tell Cross Lane, Andheri East (Nr. Station), Mumbai- 49. Tel: 022- 48032704

Powai: 022-25701053 / 25704037

Kochi: 0484- 2322022 / 4032022

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

SEA BIRD MEDICARE CENTRE POWAI

Patient Details Date: 19-Feb-24 Time: 12:17:06 PM
Name: DEEPAK KUMAR ID: 2107
Age: 44 y **Sex:** M **Height:** 166 cms. **Weight:** 64 Kg.
Clinical History: DM

Medications: ON TREATMENT

Test Details

Protocol: Bruce **Pr.MHR:** 176 bpm **THR:** 149 (85 % of Pr.MHR) bpm
Total Exec. Time: 7 m 31 s **Max. HR:** 150 (85% of Pr.MHR)bpm **Max. Mets:** 10.20
Max. BP: 150 / 100 mmHg **Max. BP x HR:** 22500 mmHg/min **Min. BP x HR:** 5880 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	1 : 59	1.0	0	0	84	110 / 70	-1.91 aVR	4.80 V2
Standing	0 : 1	1.0	0	0	84	110 / 70	-0.64 aVR	4.5 V2
Hyperventilation	0 : 1	1.0	0	0	85	110 / 70	-0.85 aVR	4.25 V2
1	3 : 0	4.8	1.7	10	110	120 / 80	-4.88 aVF	5.68 II
2	3 : 0	7.0	2.5	12	124	130 / 90	-5.73 III	5.68 III
Peak Ex	1 : 31	10.2	3.4	14	150	150 / 100	-5.73 aVL	5.68 II
Recovery(1)	1 : 0	1.8	1	0	114	150 / 100	-2.55 aVR	-5.66 aVR
Recovery(2)	1 : 0	1.0	0	0	93	140 / 90	-1.70 aVR	5.66 V3
Recovery(3)	1 : 0	1.0	0	0	91	130 / 90	-0.85 aVR	4.95 V2
Recovery(4)	0 : 19	1.0	0	0	85	130 / 90	-0.42 aVR	3.89 V2

Interpretation

The patient exercised according to the Bruce protocol for 7 m 31 s achieving a work level of Max. METS : 10.20. Resting heart rate initially 84 bpm, rose to a max. heart rate of 150 (85% 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 (COI)

Reg. No. (MMC) 61264

102-103-104, Gateway Plaza, Central

Avenue Road, Hiranandani Gardens,

Powai, Mumbai-400075

SEA BIRD MEDICARE CENTRE

Ref. Doctor: APOLLO

(Summary Report edited by user)

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SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 0 m 0 s

Stage Time : 1 m 59 s HR: 84 bpm

Protocol: Bruce

Stage: Supine

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 110 / 70

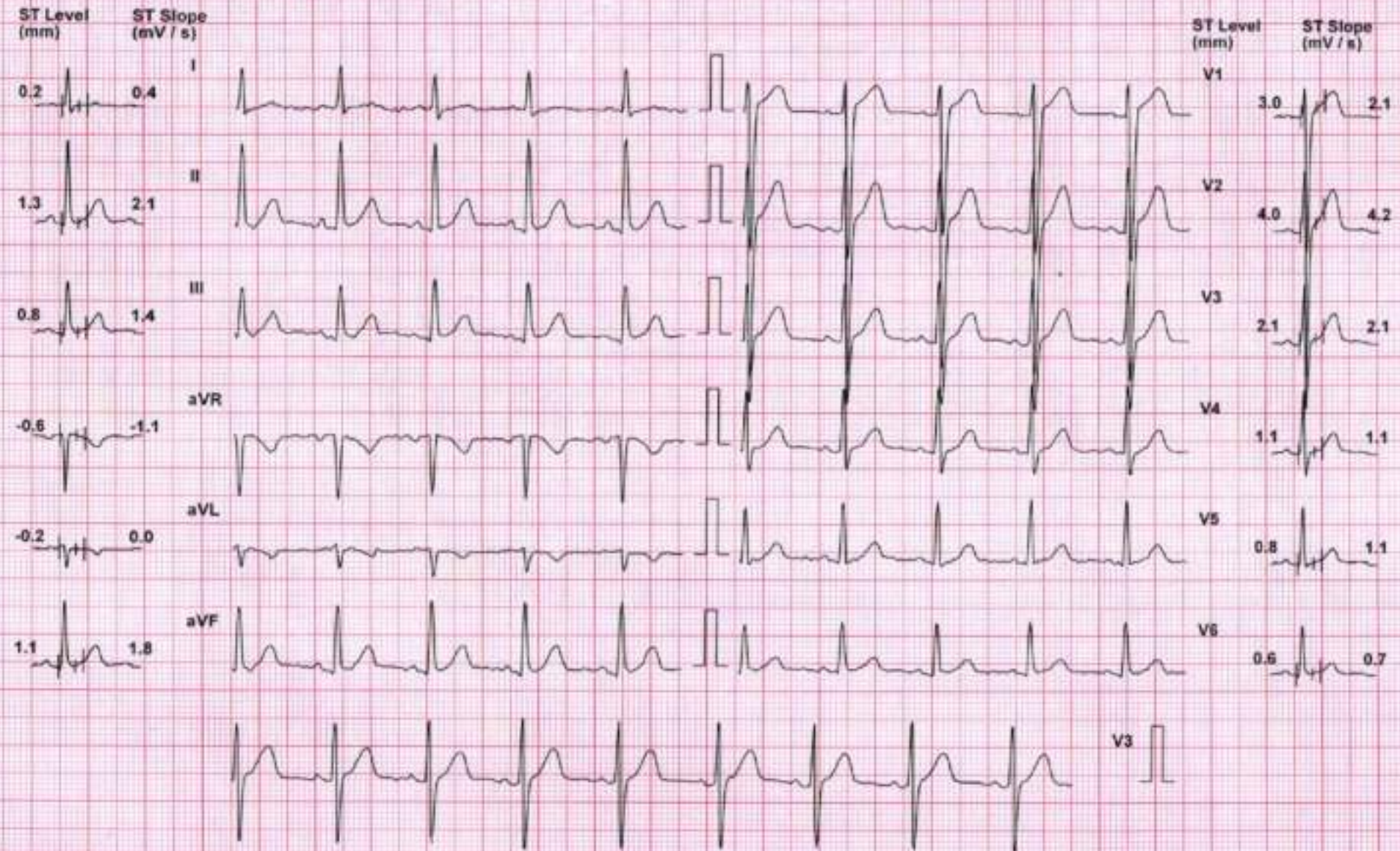


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

iso = R - 60 ms

J = R + 69 ms

Post J = J + 60 ms

Schiffers Spandau V 4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 0 m 0 s

Stage Time : 0 m 1 s

HR: 84 bpm

Protocol: Bruce

Stage: Standing

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 110 / 70

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

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



Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filtr: ON

Amp: 10 mm

Iso - R - 60 ms

J - R + 50 ms

Post J - J + 60 ms

Schäler Spandau V 4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 0 m 0 s

Stage Time : 0 m 1 s

HR: 86 bpm

Protocol: Bruce

Stage: Hyperventilation

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 110 / 70

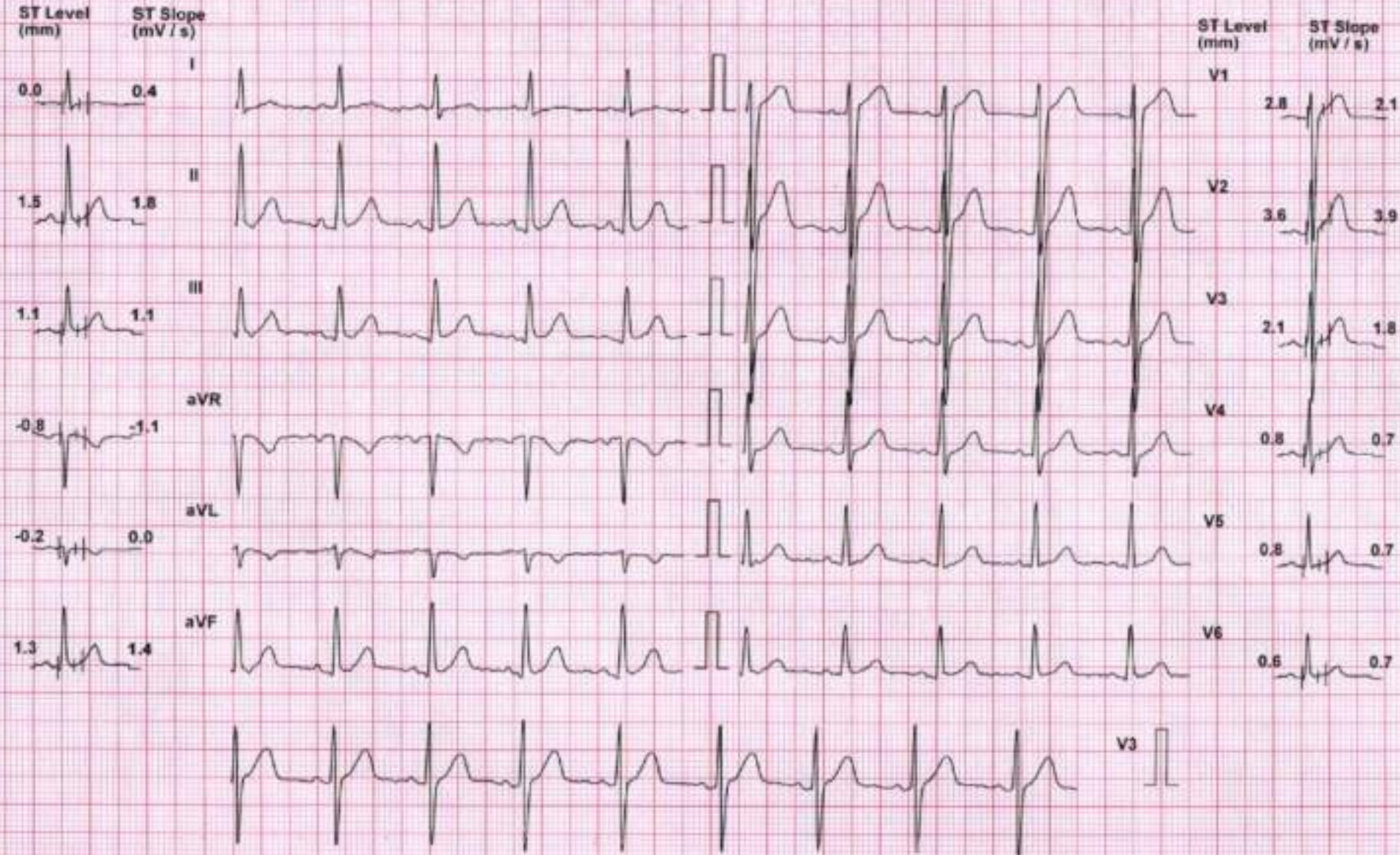


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Isr = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spanden V4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 3 m 0 s

Stage Time : 3 m 0 s

HR: 110 bpm

Protocol: Bruce

Stage: 1

Speed: 1.7 mph

Grade: 10 %

(THR: 149 bpm)

B.P: 120 / 80

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

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

I 1.5 1.1

V1 4.7 3.9

II -1.7 0.4

V2 3.6 4.6

III -3.2 -1.1

V3 3.2 4.6

aVR 0.0 -1.1

V4 2.5 2.5

aVL 2.3 1.4

V5 2.1 1.8

aVF -2.5 -0.4

V6 1.9 1.4

V3

Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 5 mm

iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schüler Späden V4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 6 m 0 s

Stage Time : 3 m 0 s

HR: 124 bpm

Protocol: Bruce

Stage: 2

Speed: 2.5 mph

Grade: 12 %

(THR: 149 bpm)

B.P: 130 / 90

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

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

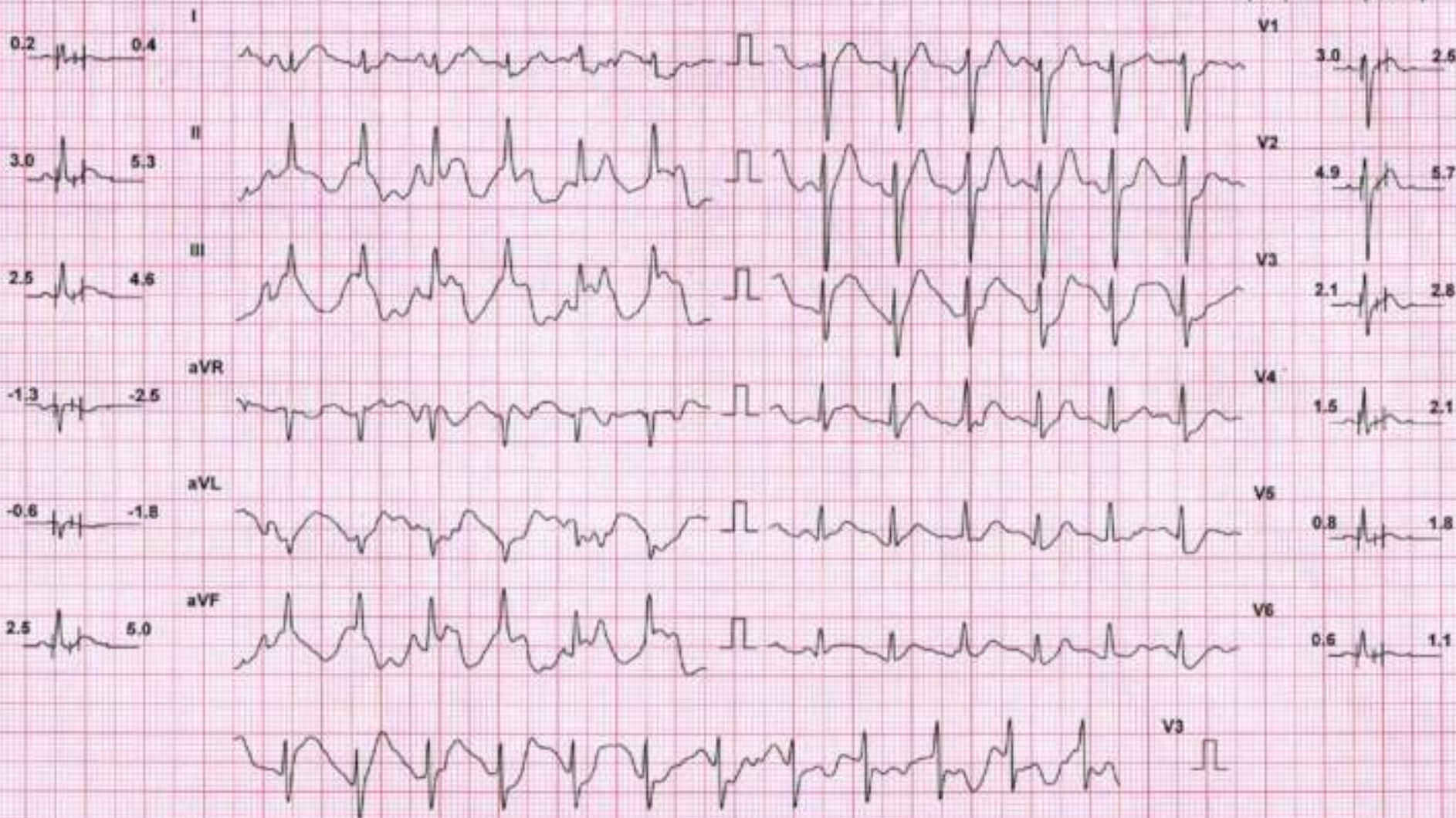


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filtr. ON

Amp: 5 mm

Isr = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spindler V 4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24 Exec Time: 7 m 31 s Stage Time: 1 m 31 s HR: 150 bpm

Protocol: Bruce

Stage: Peak Ex

Speed: 3.4 mph

Grade: 14 %

(THR: 149 bpm)

B.P: 150 / 100

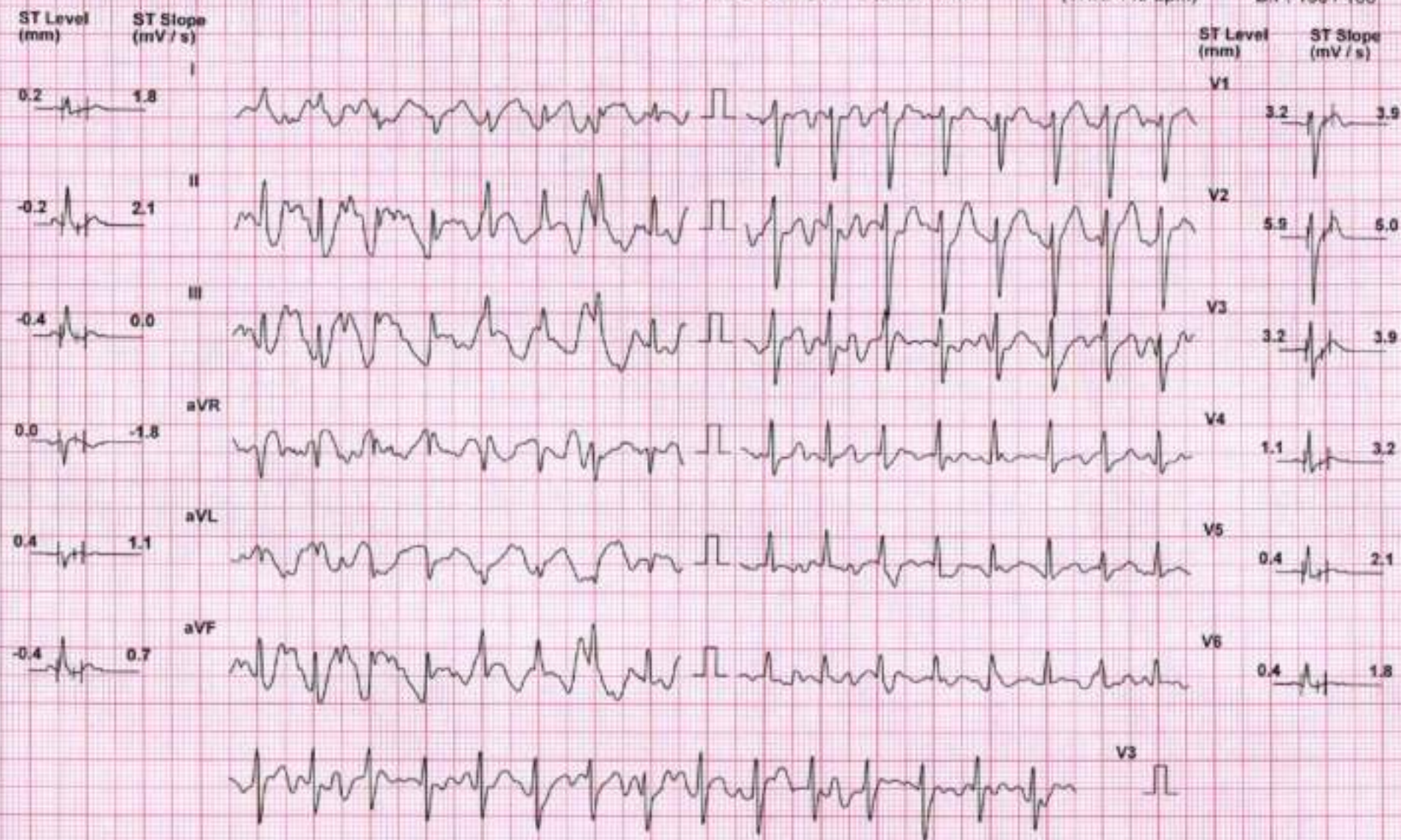


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 5 mm

iso = R - 40 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Standard V 4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 7 m 31 s

Stage Time : 1 m 0 s

HR: 114 bpm

Protocol: Bruce

Stage: Recovery(1)

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 150 / 100

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

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

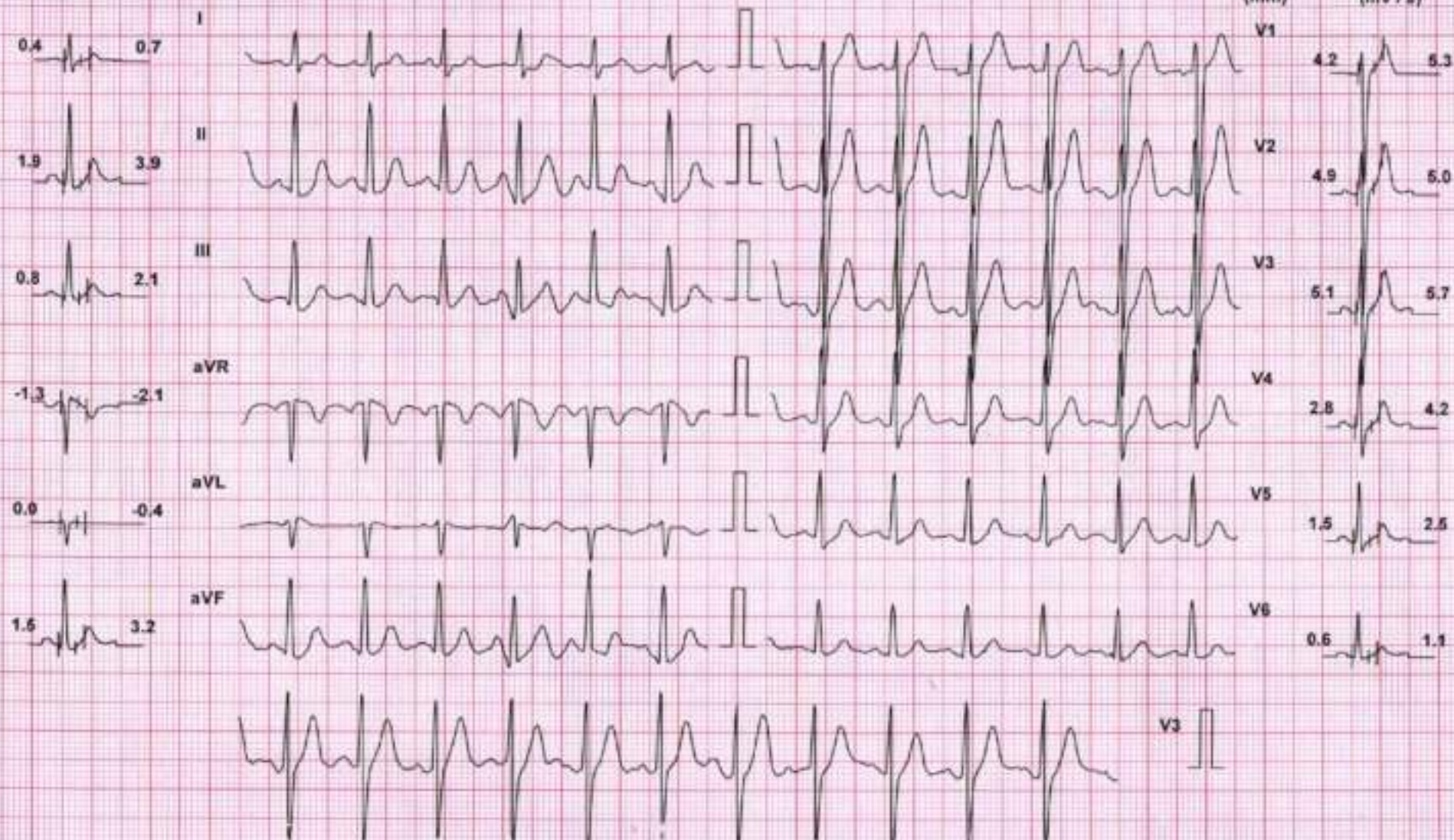


Chart Speed: 25 mm/sec
Schäfer Spohr V 4.7

Filter: 35 Hz Mains Filt: ON Amp: 10 mm Iso = R - 60 ms J = R + 60 ms Post J = J + 60 ms

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 7 m 31 s

Stage Time : 1 m 0 s

HR: 93 bpm

Protocol: Bruce

Stage: Recovery(2)

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 140 / 90

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

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

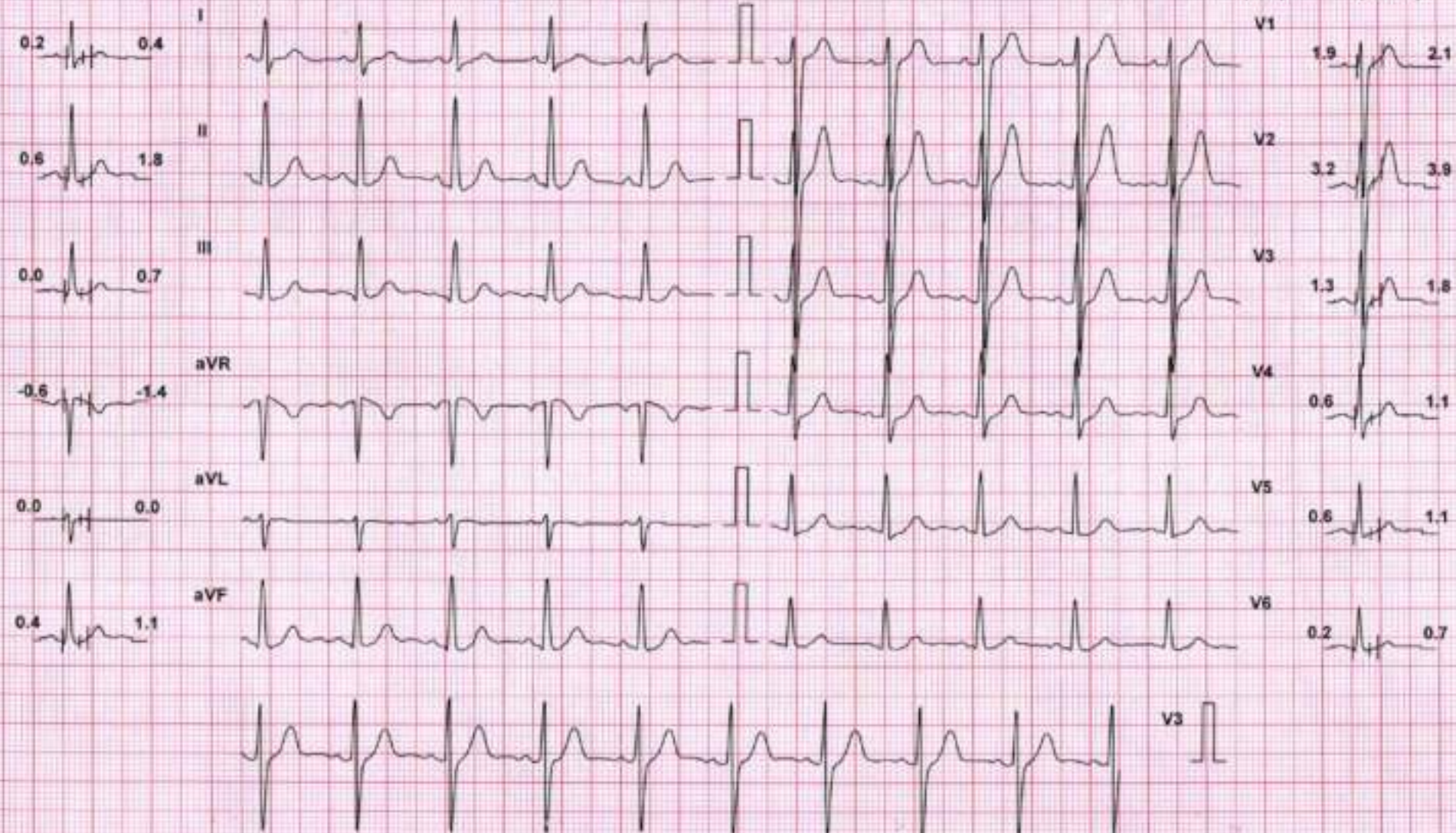


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filtr: ON

Amp: 10 mm

Pre J = R - 60 ms

J = R + 60 ms

Post J = J + 50 ms

Schöler Spandier V 4.7

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Exec Time : 7 m 31 s

Stage Time : 1 m 0 s

HR: 91 bpm

Protocol: Bruce

Stage: Recovery(3)

Speed: 0 mph

Grade: 0 %

(THR: 149 bpm)

B.P: 130 / 90

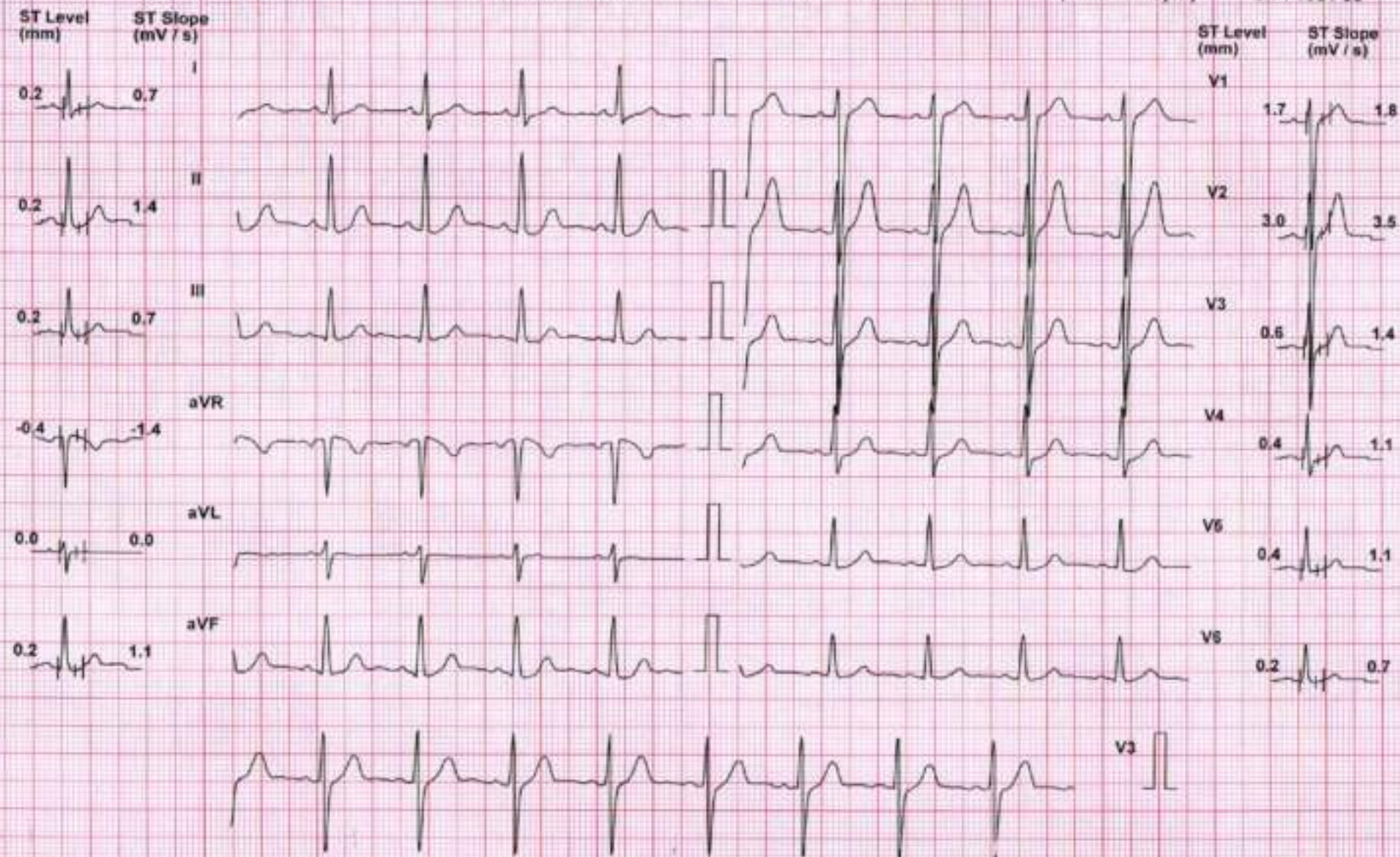


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt. ON

Amp: 10 mm

iso - R - 60 ms

J - R - 60 ms

Post J - J + 60 ms

Schiller Spinolan V 4 7

ECG

SEA BIRD MEDICARE CENTRE POWAI

DEEPAK KUMAR (44 M)

ID: 2107

Date: 19-Feb-24

Time: 12:15:41 PM BP: 110 / 70 mmHg

Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

HR: 85 bpm

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

I 0.0 0.4

II 1.3 2.1

III 0.8 0.7

aVR -0.6 -1.1

aVL -0.2 0.0

aVF 1.1 1.4

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

V1 2.8 1.8

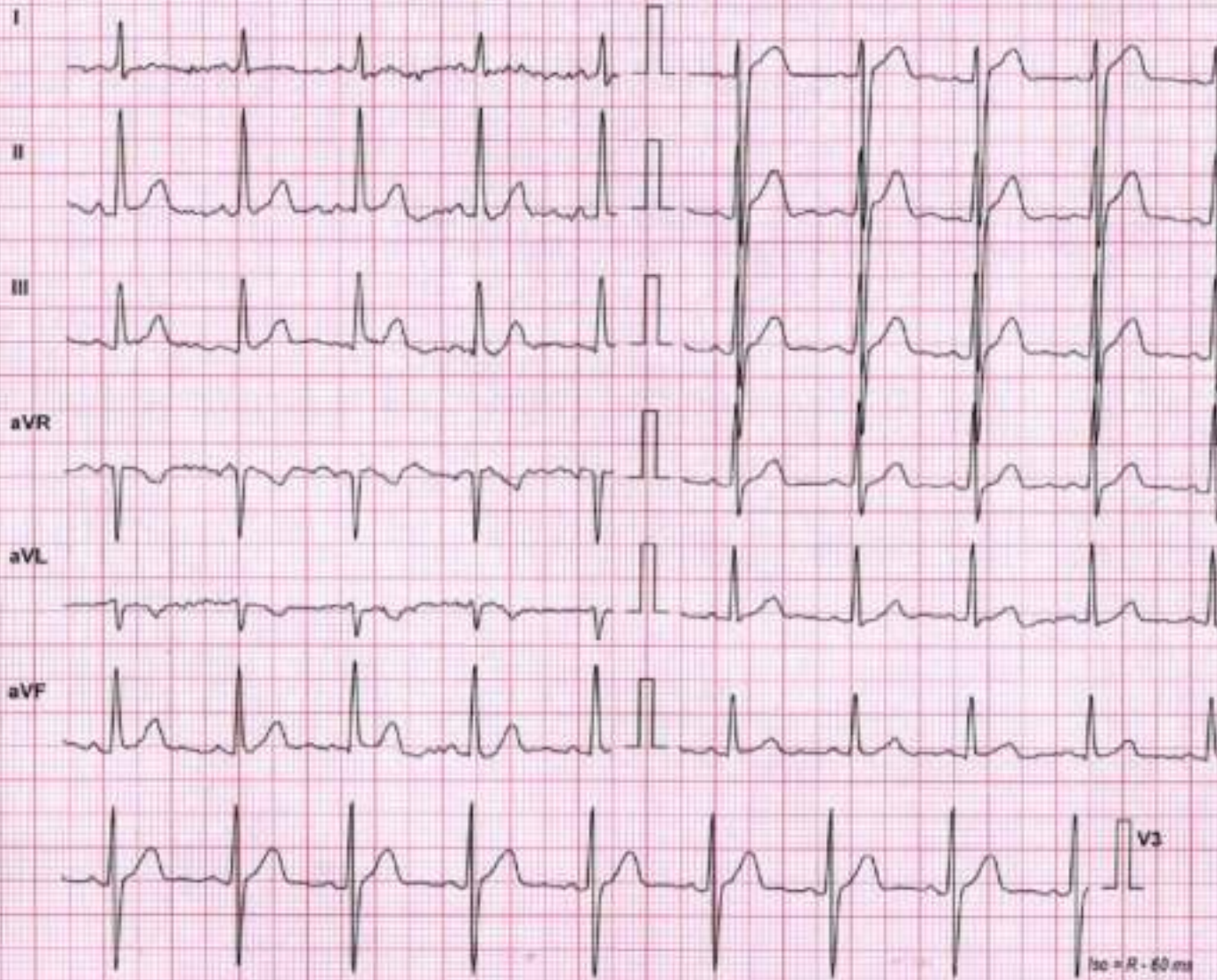
V2 3.2 2.8

V3 2.3 2.1

V4 0.8 0.7

V5 0.6 1.1

V6 0.6 0.7



Is = R - 60 ms J = R + 50 ms Post J = J + 60 ms

Interpretation:

Handwritten signature and scribbles.