

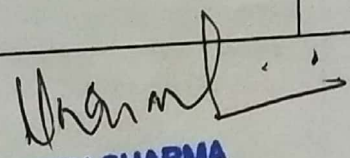
# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Nicolai Saini on 03/5/2019

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>	✓
<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. <u>obesity</u></p> <p>2. <u>Hypertension (mild)</u></p> <p>3. <u>Bilateral Myopia</u></p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p> <p style="margin-left: 40px;"> <i>use sugar &amp; physical activity</i>  <i>→ Monitor physical activity</i>  <i>→ ↑ Physical activity</i>  <i>→ Reduce body weight</i>  <i>→ ↓ salt intake</i> </p>	
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

  
**Dr. RAKESH SHARMA**  
 M.B.B.S. (Sr. Consultant)  
 Vivekanand Arogya Kendra  
 Medical Officer  
 The Apollo Clinic, (Location)

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