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# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of Sachin Grover on \_\_\_\_\_

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>over weight by 5kg</u></p> <p>2. <u>Impaired vision @ eye distant &amp; near</u></p> <p>3. _____</p> <p>However the employee should follow the advice/medication that has been communicated to him/her. • <u>check up by ophthalmologist</u></p> <p>Review after _____</p>	
<ul style="list-style-type: none"> <li>• Currently Unfit.</li> </ul> <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr. [Signature]

Medical Officer **RAKESH SHARMA**  
The Apollo Clinic, (Location) **(Consultant)**  
Vivekanand Arogya Kendra  
Gurugram

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

### उपलब्ध ओ.पी.डी. सुविधाएँ

- हृदय रोग चिकित्सा (Cardiology)
- बाल एवं भ्रूण रोग चिकित्सा (Paediatrics & Fetal Medicine)
- बाल रोग चिकित्सा (Paediatrics)
- स्त्री रोग चिकित्सा (Gynaecology)
- हड्डी रोग चिकित्सा (Orthopaedics)
- दन्त चिकित्सा (Dental Care)
- सामान्य चिकित्सा (General Physician)
- फिजियोथैरेपी (Physiotherapy)
- चर्म रोग चिकित्सा (Dermatology)
- मूत्र रोग चिकित्सा (Urology)
- गुर्दा रोग चिकित्सा (Nephrology)

### उपलब्ध जाँच

- डायलिसिस (Dialysis)
- अल्ट्रासाउण्ड (Ultrasound)
- ईको (Echo)
- स्ट्रेस ईको (Stress Echo)
- टी.एम.टी. (T.M.T.)
- पी.एफ.टी. (Lung Function Test)
- ई.सी.जी. (E.C.G.)
- ई.ई.जी. (E.E.G.)
- एक्स-रे (X-Ray)
- मैमोग्राफी (Mammography)
- ओ.पी.जी. (Dental X-Ray)
- हॉल्टर टेस्ट (Holter Test)

Ref. No.: .....

Date: .....

<b>Name of patient:</b> Mr. Sachin Grover	<b>Age:</b> 25	<b>M/F:</b> M
<b>Consultant:</b>	<b>Speciality:</b> Package	
<b>MR No :</b> MR006666	<b>Visit No:</b> OP013671	<b>Date:</b> 08-05-2019

Height - 171 cm  
Weight - 76.7 kg  
BMI - 26.2

NO relevant Hx.  
NO H/O of relevant problems

BP - 112/70 mm of Hg  
Pulse - 72/min, regular

Addition - Nil

Vision -  
Distance - (R) 6/6  
(L) 6/18  
Near - (R) N-5  
(L) N-5 (blurred)

ENT -  
Throat - NAD  
Nose - NAD  
Ear - (B) TM not seen  
with (B) ear

Observation:

- ① over weight by 5kg.
- ② Impaired vision (2 eye Acromia & near)

for check up by ophthalmologist  
Sharma

G/E  
Scurf - Nil  
Pallor - Nil  
Oedema - Nil  
Lymphadenopathy - Nil

Soft Exam:  
chest - clinically normal

Abdomen - Soft / Liver & spleen not palpable.

Not for Medico Legal Purpose

खून एवं मल-मूत्र की जाँच NABL द्वारा मान्यता प्राप्त MoIQ लैब द्वारा की जाती है।

13/5

ECG - N/A

X-ray - N/A

CBC - N/A

Respiratory - N/A

- life style modification
  - ↳ body wt
  - ↑ physical activity
- check up by ophthalmologist

Answer



# विवेकानन्द आरोग्य केन्द्र

डायग्नोस्टिक एवं ओपीडी  
भारत विकास परिषद्, महाराणा प्रताप न्यास द्वारा संचालित



## Radiology Report

Name : Mr. Sachin Grover  
Age/Gender : 25 Y/M  
Prescribed Doctor : Self

MR No : MR006666  
Visit ID : OP013671  
Report Date : 08-05-2019 15:44

## X-Ray

### X-RAY CHEST PA VIEW

Bilateral lung fields appears to be clear. No obvious pulmonary parenchymal lesion is seen.

Trachea is central.

Cardiac configuration appears to be normal with normal cardio-thoracic ratio.

Both costo phrenic angles and domes of diaphragm are normal.

Visualized soft tissue and bony thoracic cage appears to be normal.

PLEASE CORRELATE CLINICALLY.

DR. PAWAN JOON  
MD (Radio-diagnosis)

ID: 006666

08-05-2019 12:32:00

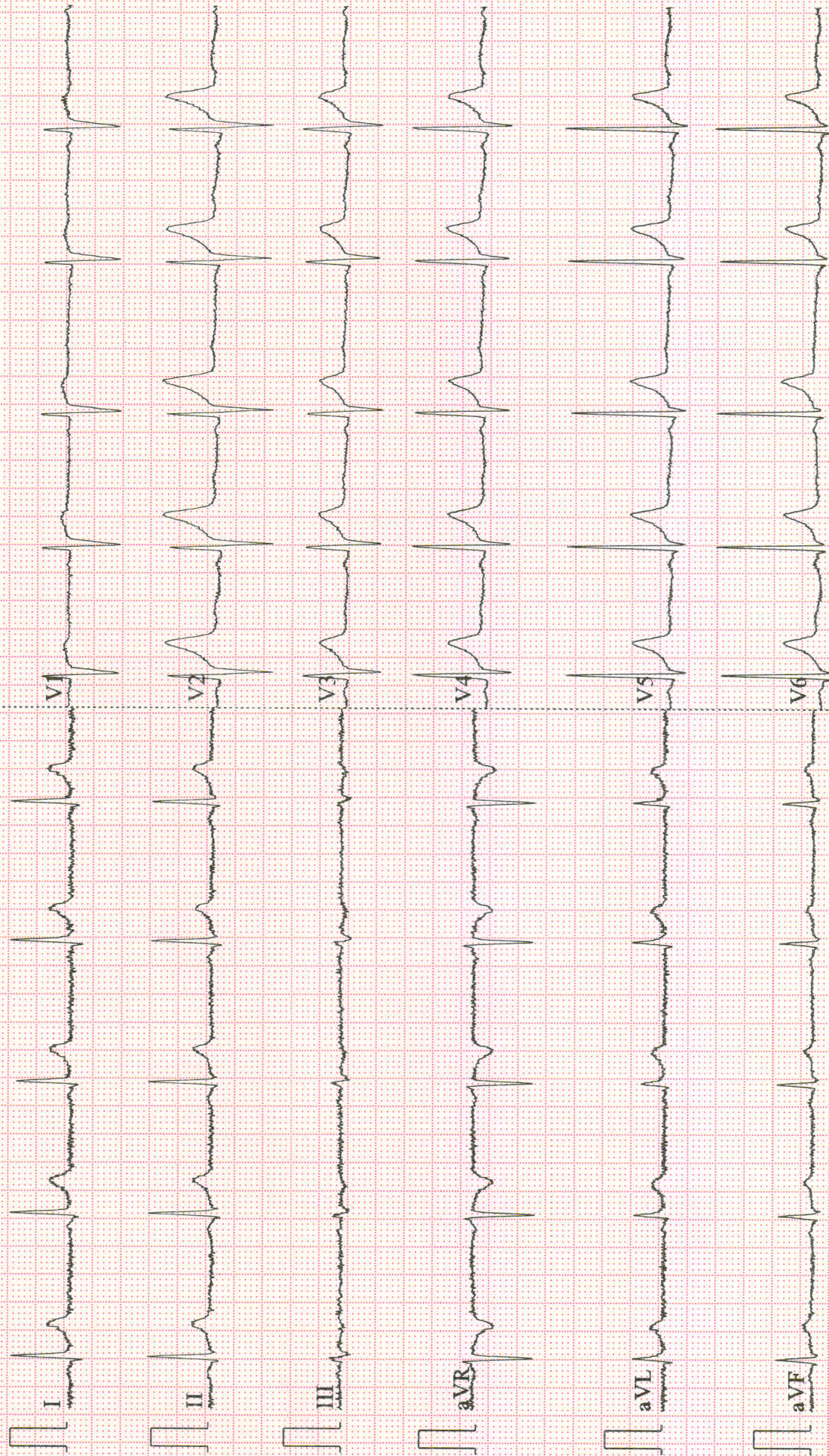
Mr. Sachin Grover  
Male 25Years

Diagnosis Information:

Sinus Arrhythmia


HR : 62 bpm  
P : 99 ms  
PR : 132 ms  
QRS : 101 ms  
QT/QTc : 354/361 ms  
P/QRST : 53/28/19 °  
RV5/SV1 : 1.841/0.851 mV

Report Confirmed by:



**DRIVING LICENCE** FORM 7  
Rule16(2)

OLA ::HR-21 License No::HR-2120150107987 Dated 28/07/2015

 Name : SACHIN  
S/o : RAM SWARUP

Non-Tr Valid Upto: 27/07/2035  
Tr. Valid upto

Date of Birth : 09/03/1994 Blood Group O+

Address : R/O JAGDISH NAGAR COLONY HANSI TEH. HANSI DISTT.  
HISAR HARYANA 1

is licenced to drive throughtout India vehicle of the following descriptions :  
M.C with Gear, LMV-NT-Car Only

Signature of Holder

Endorsements

Mou. Licensing Authority Officer  
SUB DIVISIONAL OFFICER (CIVIL), HANSI