

# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ms Sabina Yasmin on 4/5/2019

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>	<input type="checkbox"/>
<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>Post Prandial Hyperglycemia</u>.....</p> <p>2.....<u>Dyslipidemia</u>.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>1 m</u></p>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"><li>• Currently Unfit. Review after _____ recommended</li><li>• Unfit</li></ul>	<input type="checkbox"/>

Dr. Ashok

**Medical Officer**  
**Dr. ASHOK K. GUPTA**  
**The Apollo Clinic, (Location) MD**  
**Consulting Physician**  
**Regd. No. 7513 (HMC)**

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



# विवेकानन्द आरोग्य केन्द्र

466 P, सेक्टर 12 A, नजदीक माधव भवन, गुरुग्राम  
(भारत विकास परिषद् महाराणा प्रताप न्यास, गुरुग्राम द्वारा संचालित)



डॉ. ओ.पी.डी. सुविधाएँ

- रोग चिकित्सा (Diology)
- एवं भ्रूण रोग चिकित्सा (Matric & Fetal Medicine)
- रोग चिकित्सा (Matrics)
- रोग चिकित्सा (ecology)
- रोग चिकित्सा (aedics)
- रोग चिकित्सा (Care)
- रोग चिकित्सा (Physician)
- रेपी (therapy)
- रोग चिकित्सा (logy)
- रोग चिकित्सा (ogy)
- रोग चिकित्सा (Dialysis)
- रोग चिकित्सा (Ultrasound)
- रोग चिकित्सा (Stress Echo)
- रोग चिकित्सा (T.M.T.)
- रोग चिकित्सा (Lung Function Test)
- रोग चिकित्सा (E.C.G.)
- रोग चिकित्सा (E.E.G.)
- रोग चिकित्सा (X-Ray)

Ref. No.:.....

Date:.....

Name of patient: Mrs. Sabina Yasmin	Age: 29	M/F: F
Consultant:	Speciality: Package	
MR No : MR006450	Visit No: OP013226	Date: 04-05-2019

No complaints

HTL 5'6"

WT = 60 kg

PR = 72/100

Bp = 110/70 mmHg

Chest = Clear

CVS = Normal

Abd = No organomegaly

Dr. P.S.

USS / Naf

### 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: 4/5/19..

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Consultant:	Speciality: Package	
MR No : MR006450	Visit No: OP013226	Date: 04-05-2019

M/F → 4 1/2 months

M/U → 4-5 / 32-34 day.

O/U →

Imp → 8/4/19.

P/U → taking medicine for sinusitis.

S/U - N/S

family med H/O - f. → N/S.  
m - H/O Asthma.

Sample for Paps smu

Ask

1) Tab Doxy 100mg  
1 - 1 x 2ch

2) tab Rantac 150mg  
1 - 1 x 2ch

3) tab fembliis / fembicid  
1 - 1 x 10d.

Not for Medico Legal Purpose

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

सम्पर्क सूत्र: 0124-2224102 / 103 / 104 | Mob.: 8683061905, 8683061906

ओ.पी.डी. पर्ची का शुल्क केवल तीन दिन के लिए मान्य रहेगा।

## Radiology Report

Name : Mrs. Sabina Yasmin  
Age/Gender : 29 Y/F  
Prescribed Doctor : Self

MR No : MR006450  
Visit ID : OP013226  
Report Date : 04-05-2019 11:36

## Ultrasound

### USG EXAMINATION : WHOLE ABDOMEN

**Liver** shows normal shape and size with homogenous echo texture. Intrahepatic biliary radicals are not dilated. No focal lesion is seen. **Portal Vein** shows normal calibre.

**Gall bladder** shows physiological distension and normal wall thickness. No calculus or mass is seen in the lumen.

**CBD** is normal in diameter. No calculus is seen

**Pancreas** is normal in size, shape and echo texture.

**Spleen** is normal in shape, size and echo texture.

**Right kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Right kidney show no calculus or hydronephrosis. Right kidney measures 105 x 40mm.

**Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 103 x 42mm.

No free fluid is seen in the intra-peritoneal cavity. No evidence of mesenteric lymphadenopathy is seen.

**Urinary bladder** is normal shape and size with normal wall thickness. No mass or calculus is seen.

**Uterus** shows normal shape, size and echo texture. No focal lesion is seen. Uterus measures 83 x 46 x 32mm. Endometrial thickness is 8mm..

**Adnexae and Ovaries** show no mass.

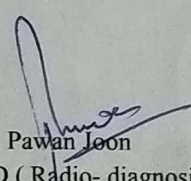
Right ovary measures 28 x 20mm.

Left ovary measures 28 x 17mm.

**Cul-de-sac** is clear.

Imp:- Normal Study

PLEASE CORRELATE CLINICALLY

  
Dr. Pawan Joon  
MD ( Radio- diagnosis)

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Date:.....

MR NO	MR006450	AGE	29YRS
PATIENT'S NAME	MRS. SABINA	SEX	FEMALE
REF. BY		DATE	10.05.2019

## X-RAY CHEST PA VIEW

*Rotated radiograph.*

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

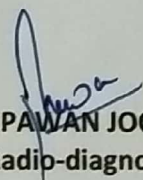
Trachea is central.

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)

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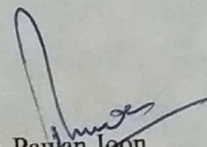
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