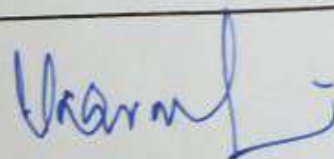


# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination  
of Kavita Kapoor on 10/5/19

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>  <u>varicose veins / umbilical hernia</u></p> <p>2..... <u>N.I.D.D.M</u></p> <p>3..... <u>Diabetes</u>  <u>Hepato-splenic &amp; fatty liver</u></p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>Follow up @ G. Singh / Endocrinologist</u>  <u>lifestyle modification</u></p>	
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> <li>• Unfit</li> </ul>	

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





# विवेकानन्द आरोग्य केन्द्र

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



## 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)
- फिजियोथेरेपी (Physiotherapy)
- चर्म रोग चिकित्सा (Dermatology)
- मूत्र रोग चिकित्सा (Urology)
- गुदा 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.डी. (Dental X-Ray)
- हॉल्टर टेस्ट (Holter Test)

Not for Medico Legal Purpose

Ref. No. ....

Date: .....

Name of patient: Mrs. Kavita Kapoor	Age: 58	M/F: F
Consultant:	Speciality: Package	
MR No : MR006774	Visit No: OP013916	Date: 10-05-2019

Height - 152.5cm  
weight - 71kg  
BMI - 30.7  
B.P. - 108/74 mm of Hg  
Pulse - 80/min regular

GI  
Palm - nil  
Chest - nil  
Abdom - nil  
Lymphadenopathy - nil

gyn/Exam  
Chest - initially ROS  
Cvs - size, of normal character no murmur  
Abdomen -

Soft - Soft  
Liver - just palpable  
Spleen - not palpable

Observation:

- ① varicose veins @ legs
- ② NIDDM
- ③ obesity

*[Signature]*

स्त्रोण एवं मेल-मूत्र की जाँच NABL द्वारा मान्यता प्राप्त MoIQ तैब द्वारा की जाती है।

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

ओपीडी परी का शुल्क केवल तीन दिन के लिए मान्य रहेगा।



# विवेकानन्द आरोग्य केन्द्र

दूरदर्शन, अल्ट्रासोनिक एवं ओ.वी.टी.  
सर्वीस केंद्र, नारायण दास रोड, नया पुरा, दिल्ली



## Radiology Report

Name : Mrs. Kavita Kapoor  
Age/Gender : 58 Y/F  
Prescribed Doctor : Self

MR No : MR006774  
Visit ID : OP013916  
Report Date : 10-05-2019 11:02

## Ultrasound

### USG EXAMINATION : WHOLE ABDOMEN

**Liver** shows normal shape with **mild increase in size (16.9cm)** with **increased echogenicity, suggestive of fatty change**. 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 107 x 42mm.

**Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 105 x 50mm.

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 and Ovaries** are not visualized (Post oophorectomy & hysterectomy status).

**Adnexae** are clear.


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

**Small defect** is seen in the anterior abdominal wall, measuring 16 x 10mm, in umbilical region with small amount of omental fat seen herniating through it.

**IMP : Mild hepatomegaly with fatty liver grade I.**

**Small umbilical hernia.**

PLEASE CORRELATE CLINICALLY

  
Dr. Pawan Joon  
MD (Radio-diagnosis)





# विवेकानन्द अरोग्य केंद्र

अस्पताल, अयम्बोरिक एच ओपी डी  
आर्य समाज चर्च, मद्रास प्रान्त न्याय दूर अस्पताल



## Radiology Report

Name : Mrs. Kavita Kapoor  
Age/Gender : 58 Y/F  
Prescribed Doctor : Self

MR No : MR006774  
Visit ID : OP013916  
Report Date : 10-05-2019 16:00

### 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)



# विवेकानन्द आरोग्य केन्द्र

466 P, सेक्टर 12 A, नजदीक माधव भवन, गुरुग्राम

(भारत विकास परिषद महानगर, गुरुग्राम द्वारा संचालित)



## ECHO REPORT

NAME REF. No.	MRS. KAVITA KAPOOR	AGE/SEX	58/F
UHID	00677*	HOSPITAL NO.	OPD
REF. BY	HEALTH CHECK UP	DATE	10.05.2019

PROCEDURES : M-MODE / 2D / DOPPLER / COLOUR / CONTRAST B.B.A. M2  
MEASUREMENTS :

		NORMALS
Aortic Root Diameter	2.4	2.0-3.7 cm < 2.2 cm/M2
Aortic Valve Opening		1.5-2.6 cm
Right Ventricular Dimension		0.7-2.6 cm < 1.4 cm/M2
Right Ventricular Thickness		0.3-0.9 cm
Left Atrial Dimension	3.2	1.9-4.0 cm < 2.2 cm/M2
Left Ventricular ED Dimension	2.2	3.7-5.6 cm < 3.2 cm/M2
Left Ventricular ES Dimension	3.7	2.2-4.0 cm
Interventricular Septal Thickness	1.0 ED ES	0.6-1.2 cm
Left Vent PW Thickness	0.7 ED ES	0.5-1.0 cm
IVS / LVPW		

### INDICES OF LEFT VENT. FUNCTION

Mitral E-Septal separation		<0.9 cm
Minor axis		24.42%
LV Ejection Fraction	60 %	55-65%

### IMAGING:

M-Mode examination revealed normal movement of both mitral leaflets during diastole. No SAM or mitral valve prolapse is seen. Aortic cusps are not thickened and closure line is central. Tricuspid valve is normal. Pulmonary valve is normal. Aortic root is normal in size. Dimension of left atrium and left ventricle are normal. No LVH present.

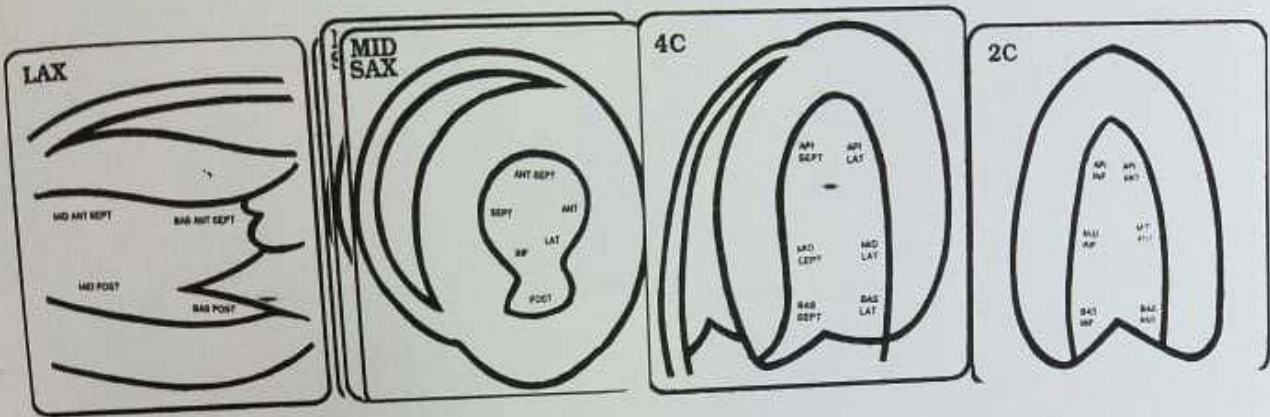
2-D imaging in PLAX, SAX and apical views revealed a normal sized left ventricle. Movement of septum, inferior, anterior, posterior and lateral walls is normal. Global LVEF is 60 %. Mitral valve opening is normal. No evidence of mitral valve prolapse is seen. Aortic valve has three cusps and its opening is not restricted. Tricuspid valve leaflets move normally. Pulmonary valve is normal. Interatrial and interventricular septa are intact. No intracardiac mass or thrombus is seen. No pericardial pathology is observed.

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

\* Not for Medico Legal Purpose\*



LV WALL MOTION



DOPPLER

MV	E = cm/sec A = cm/sec	MR	Nil
AV	cm/sec	AR	Nil
TV	cm/sec	TR	Nil
PV	cm/sec	PR	Nil

COLOUR FLOW

Normal colour flow

FINAL DIAGNOSIS:

2D Colour Doppler Exam of Mrs. Kavita Kapoor revealed:

1. No regional wall motion abnormalities seen in resting state. LVEF - 60%.
2. No LVH. All cardiac chambers dimensions are normal.
3. All valves are normal.
4. Grade- I diastolic dysfunction.
5. Normal left ventricular function.
6. No intracardiac mass or thrombus
7. No pericardial pathology seen. No clot /veg seen.

DR. ASHISH GUPTA  
 MBS, MD (Medicine), DM (Cardiology)  
 Consultant Cardiology  
 Vivekanand Arogya Kendra  
 Regn. No. HMC-10365