

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ravindra Kumar on 11/5/19

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>Diminution of vision @ eye</u></p> <p>2. <u>Distorted vision</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>Follow up by ophthalmologist</u>  <u>and carrying job</u>  <u>↑ Physical activity</u></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**  
**The Apollo Clinic, (Location)**  
**M.D.S. (Sr. Consultant)**  
**Vivekanand Arogya**

*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)



## 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: .....

Name of patient: Mr. Ravindra Kumar	Age: 40	M/F: M
Consultant:	Speciality: Package	
MR No : MR006836	Visit No: OP014073	Date: 11-05-2019

Ht/M - 172cm  
Wt/M - 69.4kg  
BMI + 23.38

Bp - 122/84mm Hg  
Pulse =

4/2 - 74/min, regular  
Pallor - nil  
Cyanosis - nil  
Oedema - nil  
Lymphadenopathy - nil

Sys. Exam -

Heart - clinically normal

CRS - 12/2, normal chamber  
NO MURMUR

Abdomen -

finger count for 5 Mts  
use count has +79  
vision - distant - 6/6 ⊕  
near - normal ⊕ eye

ENT.

Ear - TM ⊕ normal & intact

Nose - NH

Throat - NH

HL - father has H.T.  
~~no H.T. of last interest~~  
no H.T. any addition  
to alcohol/tobacco  
H.T. corneal injury  
⊕ eye

Observation:

① Diminution of vision of ⊕ eye.

Sharma

Not for Medico Legal Purpose

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

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

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

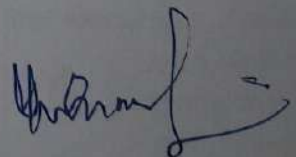
1575 Investigation reports:

- ① HbA1c - WNL
- ② Cbc - WNL
- ③ Blood urea - WNL
- ④ S. urine and - WNL
- ⑤ Blood sugar -  $\left\{ \begin{array}{l} F \\ PP \end{array} \right.$  WNL
- ⑥ S. creatinine - WNL
- ⑦ LFT - WNL
- ⑧ S. Lipid profile - Dyslipidaemia ↑TG, ↓HDL, ↑VLDL
- ⑨ PSA - WNL
- ⑩ TFT - WNL
- ⑪ E.G. of urine - WNL
- ⑫ X-ray chest - WNL
- ⑬ U.S. Nodules - WNL
- ⑭ ECHO - WNL

Observations:

- ① Diminution of vision @ eye
- ② Dyslipidaemia

- Adv.
- ① Increase physical activity
  - ② Avoid saturating fats
  - ③ Follow up by ophthalmologist



**Dr. RAKESH SHARMA**  
M.B.B.S. (Sr. Consultant)  
Vivekanand Arogya Kendra  
Gurugram



## Radiology Report

Name : Mr. Ravindra Kumar  
Age/Gender : 40 Y/M  
Prescribed Doctor : Self

MR No : MR006836  
Visit ID : OP014073  
Report Date : 11-05-2019 10:27

## 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.

**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

**PV, Aorta & IVC** show normal calibre. No evidence of para-aortic lymphadenopathy 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 103 x 47 mm.

**Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 101 x 43 mm.

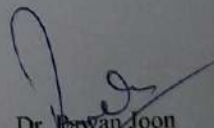
No free fluid is seen in the intra-peritoneal cavity.

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

**Prostate** is normal in shape, size & echo texture. Volume of prostate is 16.6 ml.

**IMP : Normal study.**

PLEASE CORRELATE CLINICALLY.

  
Dr. Pawan Joon  
MD (Radio-diagnosis)

**Radiology Report**

Name : Mr. Ravindra Kumar  
Age/Gender : 40 Y/M  
Prescribed Doctor : Self

MR No : MR006836  
Visit ID : OP014073  
Report Date : 11-05-2019 11:27

**X-Ray**

**X-RAY CHEST PA VIEW**

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

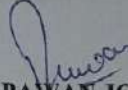
Trachea is central.

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)



Ref. No. ....

Date: .....

## TRANSTHORACIC ECHO-DOPPLER REPORT

Name	- Mr. Ravindra Kumar	Age/Sex	- 40 YEARS MALE
Regn No.	- 006836	Date	-11/05/2019
Diagnosis	- ECHOCARDIOGRAPHY	OPD NO.-	014073

### M-Mode/2 -D Description:

- Left Ventricle:** No LVRWMA seen, normal LVEF=55%
- Left Atrium:** It is normal sized.
- Right Atrium:** It is normal sized.
- Right Ventricle:** It is normal sized. RV systolic function normal.
- Aortic Valve:** Aortic cusps normal.
- Mitral Valve:** It opens normally.
- Tricuspid Valve:** It appears normal.
- Pulmonic Valve:** its appears normal.
- Main Pulmonary artery & its branches:** Appear Normal.
- Pericardium:** There is no pericardial effusion.
- Inter atrial septum:** It is intact
- Inter ventricular Septum:** It is intact.
- IVC:** Normal size & respiratory variability.

### Measurement (mm)

LEFT HEART			RIGHT HEART		
	Observed values (mm)	Normal values		Observed values (mm)	Normal values
Aortic root	30	20-36 (22mm/m <sup>2</sup> )	IVC size	12	17-24 mm
Aortic valve opening	16	15-26(mm/m <sup>2</sup> )	IVC respiratory variability	normal	>50%
La size	28	19-40(mm/m <sup>2</sup> )	RA size	normal	<18cm <sup>2</sup>



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Ref. No.: .....

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LA volume index (ml/m <sup>2</sup> )		<34ml/m <sup>2</sup>			
LVID(D)	40	(ED=37-56)	RV basal	-	24-42mm
LVID(S)	26		RV mid cavity	-	20-35mm
IVS(D)	09	(ED=6-12)	RV longitudinal	-	56-86mm
IVS(S)	11		RVOT PROXIMAL	-	18-33mm
PW(D)	08	ED=(5-10)	RVTDI	16	>12cm/sec
PW(S)	10		RV free wall thickness	-	<5mm
LVEF (%)	55%	55%-80%	RVEF	normal	>44%

## Doppler velocities (cm/sec)

Aortic valve			Pulmonary valve		
Max/Mean velocity cm/sec	123		Max velocity	normal	
Max /Mean PG	mmHg		Max PG	-	
Mitral valve			Tricuspid valve		
E cm/sec	84	Max PG =	Max Velocity cm/sec		
A cm/sec	69	Max Velocity =	E/A (0.8 -2.1)	-	
DT	-	Max PG =	E/E(>6)	-	
E/E'	-	Mean Velocity =	S, Velocity(10 cm <sup>2</sup> /sec)	-	

## Regurgitation

MR		TR	
Severity	Trace	Severity	Trace
VC( mm)		VC( mm)	
ERO( mm)			
RV( ml)			
Max velocity		RVSP	~ 15mmHg

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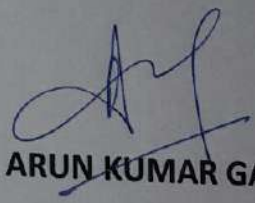
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AR		PR	
Severity	nil	Severity	nil
PHT (m sec)			
VC (mm)			

**Final Interpretation**

Study done at HR of 77 beats per minute.

1. No LVRWMA seen, normal LVEF=55% seen.
2. Rest CCD normal.
3. Trace MR, trace TR (RVSP~ 15 mmHg), RV function normal present.
4. MIP- normal.
5. Aortic cusps normal, nil AR seen. Peak Aortic Velocity around 123 cm/sec.
6. IVC 12 and respiratory variability >50% Present.
7. No I/C Clot / no Vegetation / no PE seen.



**DR. ARUN KUMAR GARG**  
**(MBBS PGDCC FNIC FICC)**  
**(CLINICAL CARDIOLOGIST)**