

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Varsha Mehandizatta on _____

After reviewing the medical history and on clinical examination it has been found that he/she is

<ul style="list-style-type: none"> • Medically Fit 	Tick
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. <u>Cervicatis</u>.....</p> <p>2. <u>Dyslipidemia with Fatty Liver Gr I</u>.....</p> <p>3. <u>Echo - Gr I d.v. Diastolic Dysfunction</u>.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>3 m</u></p>	
<ul style="list-style-type: none"> • Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> • Unfit 	

Dr. *[Signature]*
 Medical Officer
 The Apollo Clinic (Location)

DR. AGHOK K. G.
MBBS
Consulting Physician
Regd. No. 7513 (HMC)

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)
- होल्टर टेस्ट (Holter Test)

Ref. No.:.....

Date:.....

Name of patient: Mrs. Varsha	Age: 35	M/F: F
Consultant: Dr. Ashok Gupta	Speciality: Package	
MR No : MR007803	Visit No: OP016344	Date: 01-06-2019

no complaints

HT = 152 cm

WT = 62 kg

PR = 84 / min

BS = 100 / 70 mmHg

chest /
crs /
abd /

Not for Medico Legal Purpose

रखून 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. Varsha
Age/Gender : 35 Y/F
Prescribed Doctor : Self

MR No : MR007803
Visit ID : OP016344
Report Date : 01-06-2019 10:40

Ultrasound

USG EXAMINATION : WHOLE ABDOMEN

Liver shows normal shape and size **with mildly 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. **Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. 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 65 x 40 x 29mm. Endometrial thickness is 4.5 mm.

Both Ovaries are normal in size, shape and echotexture.

Right ovary measures 33 x 22 x 17mm (vol-6.7cc).

Left ovary measures 28 x 20 x 15mm (vol-4.3cc).

Bilateral adnexae are clear.

Cul-de-sac is clear.

Imp:- Fatty liver grade-I.

PLEASE CORRELATE CLINICALLY


Dr. Pawan Joon
MD (Radio- diagnosis)



विवेकानन्द आरोग्य केन्द्र

डायग्नोस्टिक एवं ओपीडी
भारत विकास परिषद्, महाराष्ट्र शाखा द्वारा संचालित



Radiology Report

Name : Mrs. Varsha
Age/Gender : 35 Y/F
Prescribed Doctor : Self

MR No : MR007803
Visit ID : OP016344
Report Date : 03-06-2019 13:56

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 परिषद् महाराणा प्रताप न्यास, गुरुग्राम द्वारा संचालित)



Ref. No.:.....**TRANSTHORACIC ECHO-DOPPLER REPORT**

Date:.....

Name :- MRS. VARSHA	Age/Sex - 35 YEAR FEMALE
Regn No :- MR007803	Date - 1/06/2019
Diagnosis :- ECHOCARDIOGRAPHY	OPD NO :-

M-Mode/2-D Description:

Left Ventricle: No LVRWMA seen, mild concentric LVH 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	26	20-36(22mm/m ²)	IVC size	9	17-24 mm
Aortic valve opening	16	15-26(mm/m ²)	IVC respiratory variability	normal	>50%
La size	23	19-40(mm/m ²)	RA size	normal	<18cm ²
LA volume index (ml/m ²)		<34ml/m ²			
LVID(D)	36	(ED=37-56)	RV basal	-	24-42mm
LVID(S)	26		RV mid cavity	-	20-35mm
IVS(D)	8	(ED=6-10)	RV longitudinal	-	56-86mm

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IVS(S)	11		RVOT PROXIMAL	-	18-33mm
PW(D)	6	ED=(5-10)	RVTDI	16	>12cm/sec
PW(S)	9		RV free wall thickness	-	<5mm
LVEF (%)	55%	55%	RVEF	normal	>44%

Doppler velocities (cm/sec)

Aortic valve			Pulmonary valve	
Max/Mean velocity	127		Max velocity	normal
Max /Mean PG	mmHg		Max PG	-
Mitral valve			Tricuspid valve	
E cm/sec	61	Max PG =	Max Velocity cm/sec	120
A cm/sec	74	Max Velocity =	E/A (0.8 -2.1)	-
DT		Max PG =	E/E(>6)	-
E'	14	Mean Velocity =	S, Velocity(10 cm ² /sec)	-


Regurgitation

MR		TR	
Severity	Trace	Severity	NIL
VC (mm)		VC (mm)	
ERO (mm)			
RV (ml)			
Max velocity		RVSP	~ 10mmHg
AR		PR	
Severity	NIL	Severity	NIL
PHT (m sec)			
VC (mm)			

Final Interpretation

Study done at HR of 80 bpm.

1. No LVRWMA seen, normal LVEF = 55% seen.
2. Rest CCD normal.
3. Trace MR, Nil TR (RVSP~ 10 mmHg), nil PR, RV function normal present.
4. MIP- grade 1 diastolic dysfunction.
5. Aortic cusps normal, nil AR seen. Peak Aortic Velocity around 127 cm/sec.
6. IVC 9 mm 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)