

# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Aman Sharma 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>Stone Rt. Kidney</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>6m</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. Ashok  
Medical Officer  
The Apollo Clinic, (Location)  
**Dr. ASHOK K. GUPTA**  
**MBBS, MD**  
Consulting Physician  
Regd. No. 7513 (HMC)

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

Aman  
Sharma



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## 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. Aman Sharma | <b>Age:</b> 30             | <b>M/F:</b> M           |
| <b>Consultant:</b>                      | <b>Speciality:</b> Package |                         |
| <b>MR No :</b> MR007804                 | <b>Visit No:</b> OP016345  | <b>Date:</b> 01-06-2019 |

occ Burning Dist.  
occ Pain Abd

HT = 175 cm

WT = 72.5 kg

PR = 72/mnt

BP = 120/76 mm Hg

Chest

CVS / Normal  
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।



# विवेकानन्द आरोग्य केन्द्र

डायग्नोसिस, डायग्नोस्टिक एवं ओ.पी.डी.  
भारत विकास परिषद्, महारणा प्रताप न्यास द्वारा संचालित



## Radiology Report

Name : Mr. Aman Sharma  
Age/Gender : 30 Y/M  
Prescribed Doctor : Self

MR No : MR007804  
Visit ID : OP016345  
Report Date : 01-06-2019 09:33

## 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. **Tiny echogenic focus measuring approximately 3.5mm is seen in the lower pole of right kidney suspicious for small calculus.** Right kidney show no 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 in shape, size and wall thickness. No mass or calculus is seen.

**Prostate** is normal in shape, size & echo texture. Volume of prostate is 1 lcc.

**IMP: Tiny echogenic focus seen in the lower pole of right kidney suspicious for small calculus.**

PLEASE CORRELATE CLINICALLY.

  
Dr. Pawan Jeon  
MD ( Radio- diagnosis)

## Radiology Report

Name : Mr. Aman Sharma  
Age/Gender : 30 Y/M  
Prescribed Doctor : Self

MR No : MR007804  
Visit ID : OP016345  
Report Date : 03-06-2019 13:55

## 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 :- Mr. AMAN SHARMA  
Regn No :- MR007804  
Diagnosis :- ECHOCARDIOGRAPHY

Age/Sex - 30 YEAR MALE  
Date - 1/06/2019  
OPD NO :- 016345

### 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                          | -                    | 20-36(22mm/m <sup>2</sup> ) | IVC size                    | 15                   | 17-24 mm           |
| Aortic valve opening                 | -                    | 15-26(mm/m <sup>2</sup> )   | IVC respiratory variability | normal               | >50%               |
| La size                              | 25                   | 19-40(mm/m <sup>2</sup> )   | RA size                     | normal               | <18cm <sup>2</sup> |
| LA volume index (ml/m <sup>2</sup> ) | -                    | <34ml/m <sup>2</sup>        |                             | -                    |                    |
| LVID(D)                              | 51                   | (ED=37-56)                  | RV basal                    | -                    | 24-42mm            |
| LVID(S)                              | 45                   |                             | RV mid cavity               | -                    | 20-35mm            |
| IVS(D)                               | 7                    | (ED=6-10)                   | RV longitudinal             | -                    | 56-86mm            |
| IVS(S)                               | 9                    |                             | RVOT PROXIMAL               | -                    | 18-33mm            |
| PW(D)                                | 6                    | ED=(5-10)                   | RVTDI                       | 14                   | >12cm/sec          |

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|          |     |     |                        |        |      |
|----------|-----|-----|------------------------|--------|------|
| 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 cm/sec | 88   |                 | Max velocity                         | normal |
| Max /Mean PG             | mmHg |                 | Max PG                               | -      |
| Mitral valve             |      |                 | Tricuspid valve                      |        |
| E cm/sec                 | 63   | Max PG =        | Max Velocity cm/sec                  | 92     |
| A cm/sec                 | 39   | Max Velocity =  | E/A (0.8 -2.1)                       | -      |
| DT                       | -    | Max PG =        | E/E(>6)                              | -      |
| E'                       | 14   | Mean Velocity = | S, Velocity(10 cm <sup>2</sup> /sec) | -      |


### Regurgitation

| MR           |     | TR       |          |
|--------------|-----|----------|----------|
| Severity     | NIL | 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. NIL MR, NILTR (RVSP~ 10 mmHg), RV function normal present.
4. MIP- normal.
5. Aortic cusps normal, nil AR seen. Peak Aortic Velocity around 88 cm/sec.
6. IVC 15mm 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)