

CERTIFICATE OF MEDICAL FITNESS

This is	s to certify that I have conducted the clinical examination	
of	Seeme Verme on	
	reviewing the medical history and on clinical examination it has been found	
that m		Tick
٠	Medically Fit	
•	Fit with restrictions/recommendations	
	Though following restrictions have been revealed, in my opinion, these are not impediments to the job.	
	1 Mild Annemic	
	2. Cernicitis	
	3	
	However the employee should follow the advice/medication that has been communicated to him/her.	
	Review after 2m.	
-	Currently Unfit. Review after recommended	
	Review afterrecommended	
•	Unfit	

Dr. **Medical Officer**

The Apollo Clinic (Location)

This certificate is not meant for medico-legal purposes Consulting Physician Regd. No. 7513 (HMC)



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

- म्ब्हि 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)
- 🖙 मृत्र रोग चिकित्सा (Urology)
- ा गुर्दा रोग चिकित्सा (Nephrology)
- 🖙 नाक, कान, गला रोग विशेषज्ञ (ENT)
- 🖙 नेत्र रोग विशेषज्ञ (Ophthalmology)
- 🖙 कैंसर रोग विशेषज्ञ (Oncology)
- 🖙 IVF क्लीनिक

डायलिसिस (Dialysis)

उपलब्ध जाँच

- 🖙 अल्ट्रासाउण्ड (Ultrasound)
- 🖙 ईको (Echo)
- म्बर्स इंको (Stress Echo)
- ा है हो.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)
- मिमोग्राफी (Mammography)
- 🖙 ओ.पी.जी. (Dental X-Ray)
- 🖙 हॉल्टर टेस्ट (Holter Test)
- 🖙 ओडियोमिट्टी (Audiometry)

बच्चों एवं वयस्कों के टीकाकरण की सुविधा ऊपलब्ध है।

Name of patient:	Mrs. Seema Verma	Age: 32	M/F: F		
Consultant:		Speciality:	Speciality: Package		
MR No : MR0085	17 Visit No: OP017	7 937 Date: 18	-06-2019		

Ht - 5'4"

WH 6214

IR = 77 mt

RD - ngron H

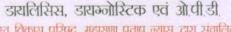
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खून एवं मल-मूत्र की जाँच NABL द्वारा मान्यता प्राप्त MoIQ लैब द्वारा की जाती है।



विवेकानन्द आरोग्य केन्द





भारत विकास परिषद्, महाराणा प्रताप न्यास द्वारा संवातित

Radiology Report

: Mrs. Seema Verma Name

MR No

: MR008517

Age/Gender : 32 Y/F Visit ID

: OP017937

Prescribed Doctor : Self

Report Date

: 18-06-2019 13:44

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

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 partially distended and is normal in 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 75 x 48 x 37mm. Endometrial thickness is 10.8mm. Few small nabothian cyst is seen in cervix.

Both Ovaries are normal in size, shape and echotexture.

Right ovary measures 23 × 19mm.

Left ovary measures 24 × 16mm.

Bilateral adnexae are clear.

Cul-de-sac is clear.

Impression:- Normal Study.

PLEASE CORRELALINICALLY

van Joon MD (Radio-diagnosis)



विवेकानन्द आरोग्य केन्द्र

डायितिसिस, डायग्नोरिटक एवं ओ.पी.डी.



भारत विकास परिषद्, महाराणा प्रताप न्यास द्वारा संवातित

Radiology Report

Name

: Mrs. Seema Verma

Age/Gender

32 Y/F

Prescribed Doctor: Self

MR No

: MR008517

Visit ID

: OP017937

Report Date

: 19-06-2019 13:57

X-Ray

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. PAWAX JOON MD (Radio-diagnosis)

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विवेकानन्द आरोग्य केन्द्र



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Ref. No.:	-	Date:

TRANSTHORACIC ECHO-DOPPLER REPORT

Name

- MRS.SEEMA VERMA

- 008517

Regn No.
Diagnosis

ECHOCARDIOGRAPHY

Age/Sex - 32 YEARS/ FEMALE

Date - 18/06/2019

OPD NO - 017937

M-Mode/2 -D Description:

Left Ventricle: No LVRWMA seen, normal LVEF=55%

<u>Left Atrium</u>: 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-	
Participa de la companya de la compa	Observed values (mm)	Normal values		Observed values (mm)	Normal values
Aortic root	28	20-36 (22mm/m2)	IVC size	12	17-24 mm
Aortic valve	19	15- 26(mm/m2)	IVC respiratory variability	normal	>50%
opening La size	27	19-	RA size	normal	<18cm2

Mauralco		40(mm/m2)			
LA volume index (ml/m2)	l Inc	<34ml/m2	1800 A	-	765
LVID(D)	48	(ED=37-56)	RV basal		24-42mm
LVID(S)	31		RV mid cavity	-	20-35mm
IVS(D)	7	(ED=6-12)	RV longitudinal		56-86mm
IVS(S)	- 10 _	В	RVOT PROXIMAL		18-33mm
PW(D)	7	ED=(5-10)	RVTDI	15	>12cm/sec
PW(S)	10		RV free wall thickness	-	<5mm
LVEF (%)	~ 55%	55%	RVEF	normal	>44%

Doppler velocities (cm/sec)

	Aortic valve		Pulmonary valve	
Max/Mean	velocity cm/sec	136	Max velocity	normal
Max /Mear	n PG	mmHg	Max PG	
	Mitral valve		Tricuspid valve	
E cm/sec	100	Max PG =	Max Velocity cm/sec	228
A cm/sec	51	Max Velocity =	E/A (0.8 -2.1)	- 1 1
DT	-	Max PG =	E/E(>6)	
E'	9	Mean Velocity =	S, Velocity(10 cm2/sec)	

Regurgitation

MR		TR		
Severity	NIL	Severity	MILD	
VC(mm)		VC (mm)	AL CARLACT	
ERO (mm)				
RV (ml)				

Max velocity		RVSP	~ 25mmHg
AR		PR	
Severity	nil	Severity	nil
PHT (m sec)			
VC (mm)			

Final Interpretation

Study done at HR of 60_beats per minute.

- 1. No LVRWMA seen, normal LVEF=55% seen.
- 2. Rest CCD normal.
- 3. Nil MR, mild TR (RVSP~25 mmHg), RV function normal present.
- 4. MIP- Normal.
- 5. Aortic cusps normal, nil AR seen. Peak Aortic Velocity around 136 cm/sec.
- 6. IVC normal size 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)