


Ankita  
Raizada



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# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ankita Raigade 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>	<input type="checkbox"/>
<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>Echo - Mild LV Diastolic Dysfunction</u></p> <p>2. <u>Mild Dimorphic Anaemia Raised S. Alb Phosphatase</u></p> <p>3. <u>Small Ovarian Cyst</u></p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>2 m.</u></p>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	<input type="checkbox"/>

Dr. Ashok K.  
 Medical Officer  
 The Apollo Clinic, (Location)  
**Dr. ASHOK K.**  
 MBBS, MD  
 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)
- हॉल्टर टेस्ट (Holter Test)

Not for Medico Legal Purpose

Ref. No.:.....

Date:.....

<b>Name of patient:</b> Ms. Ankita Raizada	<b>Age:</b> 29	<b>M/F:</b> F
<b>Consultant:</b>	<b>Speciality:</b> Package	
<b>MR No :</b> MR008136	<b>Visit No:</b> OP017045	<b>Date:</b> 08-06-2019

No complaints

HT = 5'4"

WT = 51 kg

PR = 84/unt

BP = 110/70mm Hg

Chest

C/S / ne

Abd

रून 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 : Ms. Ankita Raizada  
Age/Gender : 29 Y/F  
Prescribed Doctor : Self

MR No : MR008136  
Visit ID : OP017045  
Report Date : 08-06-2019 09:43

## 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. Right kidney show no calculus or hydronephrosis. Right kidney measures 95 x 38mm.

**Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 95 x 47mm.

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 63 x 41 x 40mm. Endometrial thickness is 7.1mm.

**Both Ovaries** are normal in size, shape and echotexture.

Right ovary measures 23 x 16mm.

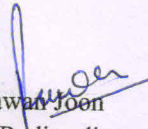
**Left ovary shows a small anechoic cyst measuring approx. 32 x 31 x 30mm (Vol-16.cc)**

**Bilateral adnexae** are clear.

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

**Impression:- Simple left ovarian cyst.**

**Adv:- Clinical correlation and further evaluation.**

  
Dr. Pawan Joon  
MD ( Radio- diagnosis)

## Radiology Report

Name : Ms. Ankita Raizada  
Age/Gender : 29 Y/F  
Prescribed Doctor : Self

MR No : MR008136  
Visit ID : OP017045  
Report Date : 08-06-2019 18:45

## X-Ray

### X-RAY CHEST PA VIEW

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

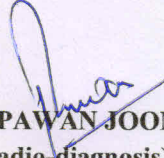
Trachea is central.

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.:.....

Date:.....

## TRANSTHORACIC ECHO-DOPPLER REPORT

Name - Ms. Ankita Raizada  
Regn No. - 008136  
Diagnosis - ECHOCARDIOGRAPHY

Age/Sex - 29 YEARS FEMALE  
Date -08/06/2019  
OPD NO.-

### 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		
	<u>Observed values (mm)</u>	<u>Normal values</u>		<u>Observed values (mm)</u>	<u>Normal values</u>
Aortic root	24	20-36 (22mm/m <sup>2</sup> )	IVC size	Small caliber	17-24 mm
Aortic valve opening	14	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>

LA volume index (ml/m2)		<34ml/m2		-	
LVID(D)	34	(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)	09	ED=(5-10)	RVTDI	17	>12cm/sec
PW(S)	11		RV free wall thickness	-	<5mm
LVEF (%)	55%	55%-65%	RVEF	normal	>44%

**Doppler velocities (cm/sec)**

Aortic valve			Pulmonary valve	
Max/Mean velocity cm/sec	141		Max velocity	normal
Max /Mean PG	mmHg		Max PG	-
Mitral valve			Tricuspid valve	
E cm/sec	81	Max PG =	Max Velocity cm/sec	164
A cm/sec	96	Max Velocity =	E/A (0.8 -2.1)	-
DT	-	Max PG =	E/E(>6)	-
E'	14	Mean Velocity =	S, Velocity(10 cm2/sec)	-

**Regurgitation**

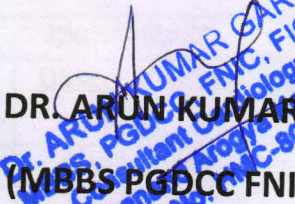
MR		TR	
Severity	trace	Severity	trace
VC (mm)		VC (mm)	
ERO (mm)			
RV (ml)			
Max velocity		RVSP	~ 15mmHg

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

### Final Interpretation

Study done at HR of 90 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- grade 1 diastolic dysfunction.
5. Aortic cusps normal, nil AR seen. Peak Aortic Velocity around 141 cm/sec.
6. IVC small caliber 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)**

Dr. Arun Kumar Garg  
 MBBS, PGDCC, FNIC, FICC  
 Consultant Cardiologist  
 Vivekanand Arogya  
 Reg. No. MC-802