

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr. Anurabi K. Smita on 12/10/2024

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

	Tick
<ul style="list-style-type: none">• Medically Fit	<input type="checkbox"/>
<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>Mild Increase in Sugars - Advise 16000</u></p> <p>2. <u>High sapt levels</u> <u>levels</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 _____</p>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none">• Currently Unfit. Review after _____ recommended	<input type="checkbox"/>
<ul style="list-style-type: none">• Unfit	<input type="checkbox"/>

Dr. Mushfiya
Medical Officer
The Apollo Clinic, (Location)

This certificate is not meant for medico-legal purposes

DR. MUSHFIYA BAHRAINWALA
M.B.B.S
Reg. No.: 47527
Apollo Clinic Wanowarie
NIBM Road, Kondl.wa.

Date : 11/11/2024 Department : General Physician
 Patient Name : Mr. Arunabh Kumar Sinha Doctor : Dr. MUSHFIYA BAHRAINWALA
 UHID : CWAN.0000138558 Registration No. : 2020010062
 Age / Gender : 42Yrs 4Mths 10Days/ Male Qualification : MBBS and PG in Hospital Management

Consultation Timing : 8:38 AM

Height : 173cm	Weight : 95 kg	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/70/60

General Examination / Allergies History

Clinical Diagnosis & Management Plan

For ASSESS RAC
 no cos at the moment
 Otho. CV3
 CVS
 Resp. NAD
 Abcd
 Rxn: Report



Follow up date:

Doctor Signature

The Apollo Clinic

Wanowrie
Pune-411048

PATIENT NAME :- Mr. Arunabh Singh

DATE :- 11/11/24

AGE/SEX :- 42/M

UHID: 138558

EYE CHECK UP

COMPLETE

PREMEDICAL/OTHER

	RIGHT EYE ✓	LEFT EYE
Far Vision	6/6 ✓	6/6 ✓
Near Vision	N/6 ✓	N/6 ✓
Anterior Segment Pupil	NORMAL ✓	NORMAL ✓
Fundus	NORMAL	NORMAL
Colour Vision	NORMAL ✓	NORMAL ✓
Iop	NORMAL ✓	NORMAL ✓
Family History/Medical History	NO	

IMPRESSION:- Both eyes normal vision

Advice :-

Ophthalmologist

Patient Name	: Mr. Arunabh Kumar Sinha	Age	: 42Yrs 4Mths 10Days
UHID	: CWAN.0000138558	OP Visit No.	: CWANOPV243251
Printed On	: 11-11-2024 10:01 AM	Advised/Pres Doctor	: --
Department	: Radiology	Qualification	: --
Referred By	: Self	Registration No.	: --
Employee Id	: 9920144559		

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Cardiac shadow is normal.

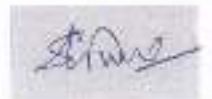
Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.

---End Of The Report---



Dr. SHAAZ KHAN
MBBS,DMRE

Radiology

Patient Name : Mr.ARUNABH KUMAR SINHA	Collected : 11/Nov/2024 08:43AM
Age/Gender : 42 Y 4 M 10 D/M	Received : 11/Nov/2024 12:01PM
UHID/MR No : CWAN.0000138558	Reported : 11/Nov/2024 12:59PM
Visit ID : CWANOPV243251	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 9920144559	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	16.2	g/dL	13-17	Spectrophotometer
PCV	49.10	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.4	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	91	fL	83-101	Calculated
MCH	30	pg	27-32	Calculated
MCHC	33	g/dL	31.5-34.5	Calculated
R.D.W	14.6	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,310	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	62.7	%	40-80	Electrical Impedance
LYMPHOCYTES	27.7	%	20-40	Electrical Impedance
EOSINOPHILS	2.2	%	1-6	Electrical Impedance
MONOCYTES	6.7	%	2-10	Electrical Impedance
BASOPHILS	0.7	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	3956.37	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	1747.87	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	138.82	Cells/cu.mm	20-500	Calculated
MONOCYTES	422.77	Cells/cu.mm	200-1000	Calculated
BASOPHILS	44.17	Cells/cu.mm	0-100	Calculated
Neutrophil lymphocyte ratio (NLR)	2.26		0.78- 3.53	Calculated
PLATELET COUNT	235000	cells/cu.mm	150000-410000	Electrical impedance
ERYTHROCYTE SEDIMENTATION RATE (ESR)	7	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				

RBC's are Normocytic Normochromic
WBC's are normal in number and morphology
Platelets are Adequate
No hemoparasite seen.

Sneha Shah
 Dr Sneha Shah
 MBBS, MD (Pathology)
 Consultant Pathologist
 SIN No:CWA241100333
 This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



Patient Name : Mr.ARUNABH KUMAR SINHA	Collected : 11/Nov/2024 08:43AM
Age/Gender : 42 Y 4 M 10 D/M	Received : 11/Nov/2024 11:48AM
UHID/MR No : CWAN.0000138558	Reported : 11/Nov/2024 12:26PM
Visit ID : CWANOPV243251	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 9920144559	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, FASTING , NAF PLASMA	114	mg/dL	70-100	HEXOKINASE

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
- Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	172	mg/dL	70-140	HEXOKINASE

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Interval	Method
ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM	117.69	U/L	<50	IFCC

Dr Sneha Shah
 MBBS, MD (Pathology)
 Consultant Pathologist

SIN No:CWA241100332

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes. ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Interval	Method
BILIRUBIN, TOTAL , SERUM	0.81	mg/dL	0.3–1.2	DPD

Sneha Shah

Dr Sneha Shah
 MBBS, MD (Pathology)
 Consultant Pathologist
 SIN No:CWA241100332
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