

MER- MEDICAL EXAMINATION REPORT

Date of Examination	07/09/24		
NAME	Mrs. Hindu Bhashini S		
AGE	30	Gender	Female
HEIGHT(cm)	157	WEIGHT (kg)	69
B.P.	120/80 / PR - 79 / min / BMI - 28.0 kg/m ²		
ECG	/ Report attached.		
X Ray			
Vision Checkup	Color Vision: Normal		
	Far Vision Ratio : 1		
	Near Vision Ratio : Report attached		
Present Ailments	-		
Details of Past ailments (If Any)	-		
Comments / Advice : She / He is Physically Fit	YES		

Dr. RAMESH RAJA PRABHOO
 MBBS, FRSH (London), CCGDM, ACMD, C.,
 PG (Diab), Johns Hopkins
 University School of Medicine - USA
 Signature with Stamp of Dr. Ramesh Prabhoo
 Regd. No: 72228

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 Saibaba Colony, Coimbatore - 641 011.


CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Hindu Bhashini . s on 07/09/24

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 checked="" 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.....</p> <p>2.....</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>	
<ul style="list-style-type: none"> • Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> • Unfit 	

Dr. 
Dr. RAMESH RAJA PRABHOO
 Medical Officer
 MBBS, FRSH, London, CCGDM, ACMDC.,
 The Apollo Clinic, (Localfon)
 PG (Diab), Johns Hopkins
 University School of Medicine - USA
 Cardio-Diabetologist & Obesity Consultant
 Regd.No: 72228

This certificate is not meant for medico-legal purposes

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ALLIED PUBLIC HEALTH | INDUSTRIAL SAFETY & HEALTH

Name	MRS.HINDU BHASHINI.S	Date	07.09.2024
AGE/SEX	30/F		

CHEST X- RAY (PA VIEW)

- Both the lung fields are clear.
- Hilar shadows are normal.
- CP recesses are free bilaterally.
- Cardiac size and contour within normal limits.
- Diaphragmatic domes are regular bilaterally.

Impression: Normal X-Ray Chest.

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MBBS.,FRSH (London),CCGDM,ACMDC.,
PG (Diab), Johns Hopkins
University School of Medicine - USA
Cardio-Diabetologist & Obesity Consultant
Regd.No: 72228



Name : MRS.HINDU BHASHINI.S
ID No : PDF 1319/2023
Ref By :Dr. RAMESH RAJA PRABHOO M.B.B.S; F.R.S.H.
Date : 07.09.2024

Age: 30 YRS
Sex : Female

ULTRA SOUND SCAN OF ABDOMEN

Clinical status: Routine clinical examination

Liver:

Liver is normal in size with normal echoes.
No mass is seen.
Intrahepatic biliary radicles are not dilated.
Portal and hepatic veins are normal.
No focal lesion.

Gallbladder:Gallbladder is normal in size.
No calculi or sludge seen in the gallbladder.
Wall is not thickened.

Spleen: Normal in size and echo pattern.

Pancreas: Head, body and tail of pancreas is normal.

Kidneys:

Right kidney is normal in size with normal echoes.
Left kidney:is normal in size with normal echoes.
No calculi / pcs dilatation

Urinary Bladder:is NORMAL.
UTERUS :is normal
Em: 7 mm
BOTH OVARIES: NORMAL

IMPRESSION:
NORMAL STUDY

Dr. Rajalakshmi.C
M.B.B.S; D.M.R.D.
Registration No:58990

Name : Mrs. Hindubhagini. S

Regn. No : 1735891

Age / Gender : 30 / F Date : 07. 9. 24

Height :

Weight :

Temp :

BP :

07. 9. 24

APS-9

g/B
Dr. Abinayapriya

cl :- check up

o/e :- Mild plaque & calculus.
partially impacted s/e

SDK - (12) (SF)

Optometry OP - Case Record

Name : Mrs. Hindubhashini Age/Gender : 30/F Date : 7/9/24
 Reg.No. : 1735891 Occupation : 32715

Complaints of

PG months/years old

- Regular Check-up / Broken / Missed Spectacle
- Fall of Foreign body Redness / Watering / Irritation
- Pain LE RE Duration
- Defective Vision DV NV Duration
- Headache Duration

Medical checkup

Present Spectacle Power

-New

Systemic Diseases :

Diabeties	Hypertension	Cardiac Disease
Others		

Automated Refractometry

13 to 2

Relevant Lab Report :

Parameters	OD	OS
Unaided Vision	6/6	6/6
Pin Hole Vision		
Vision With PG		
NCT		

+ +

Subjective Refraction :

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV		-1.00		6/6		-1.00		6/6
NV ADD				No				No

Need Dilation / Cycloplegic Refraction
Tropicamide Plus / Cyclopentolate

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV								

Lens Prescription

Need PMT

SD

CV Mr. Namma

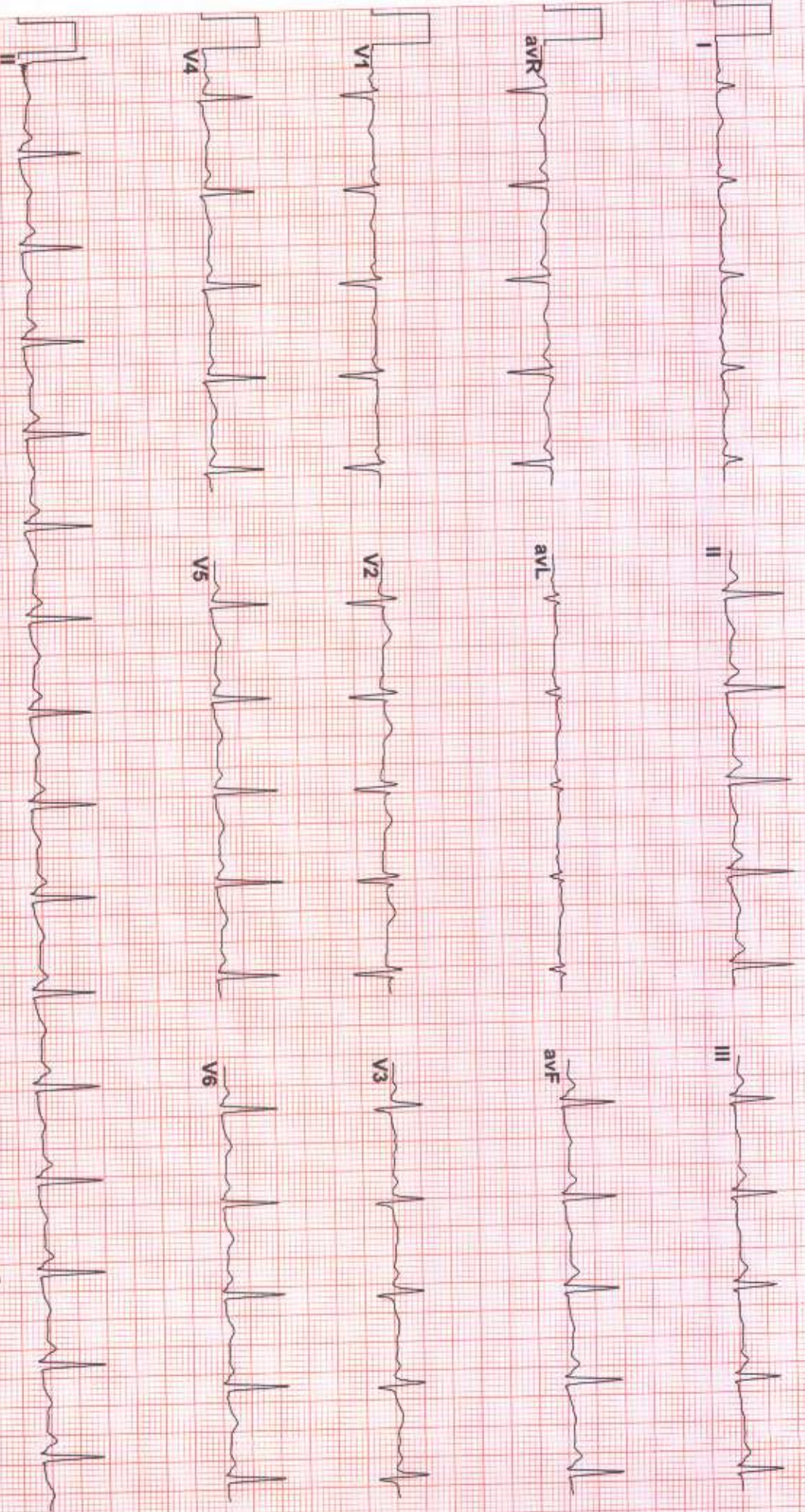
Colour vision Normal.

Optometrist Signature

148537643, MRS. HINDU BHASHINI, S, 30 Yrs 00 Mths
Ref.: Date : 07-09-2024; Time : 13:01:32

Ht : Cms; Wt : Kgs; BP : / / ; HR : 93 bpm
Notch : 50 Hz; Filter : 0.05 Hz - 100 Hz; Gain : 1.00 Cm/mV; Sweep : 25 mm/s

Page : 1



NORMAL ECG

FINDINGS: Normal Variant with Non Specific IVCD

Vent Rate : 93 bpm PR Interval : 136 ms QRS Duration : 108 ms QT/QTc Int : 353/441

Comments :

Advice:

Dr. RAMESH RAJA PRABHOO
MBBS, FRSH (Landing), CC GDY, ACHDCC,
PG (Diab), Johns Hopkins



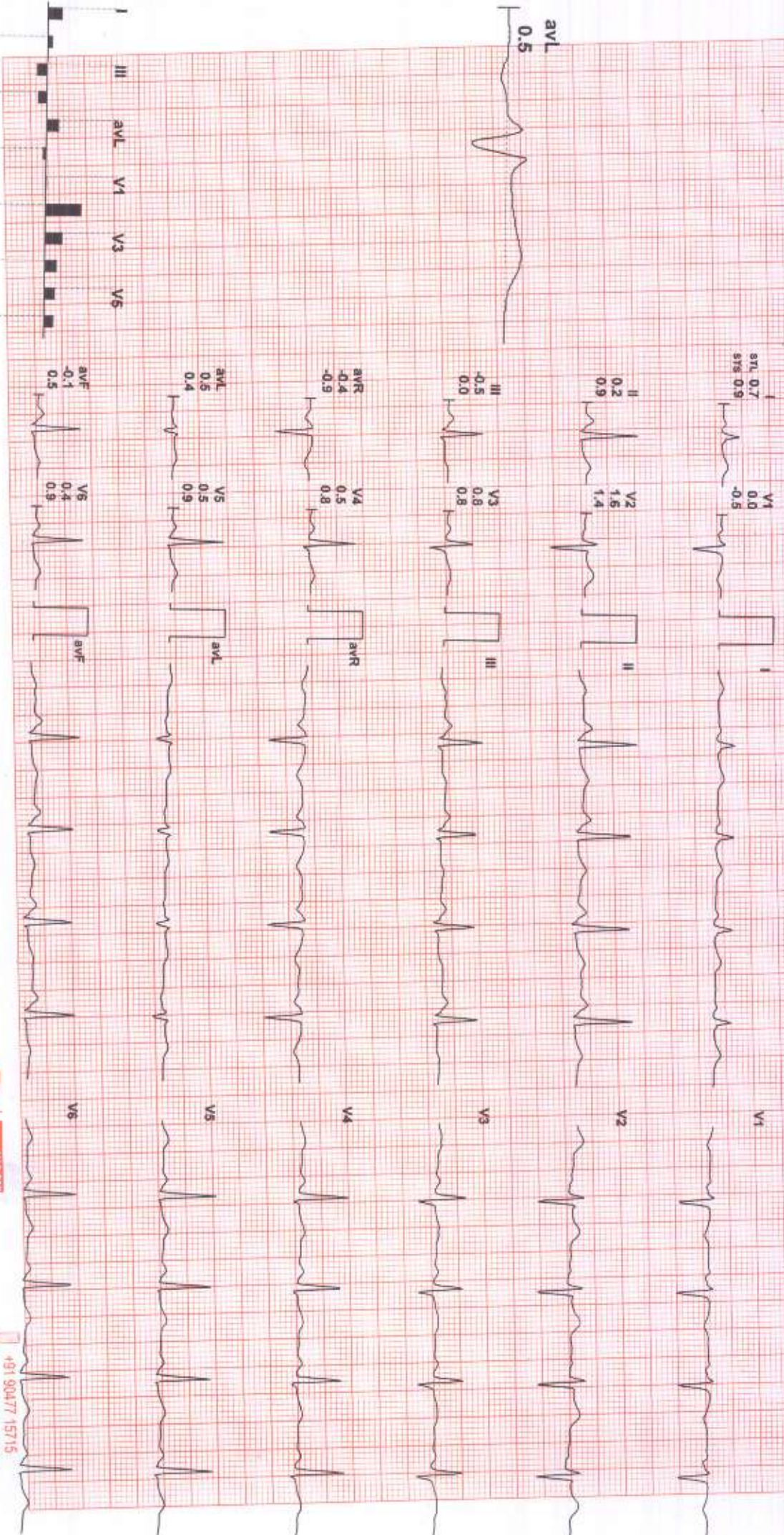
University School of Medicine - USA
Cardio-Diabetes, Hypertension & Obesity Consultant
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123457867 / MRS.HINDU BHASHINI, S / 30 Yrs / F

Date: 07 - 09 - 2024 01:02:58 PM METS: 1.0 HR: 91 bpm 47% Trgt BP: 110/70 Raw ECG, BLC, Notch, (0.05-100)Hz

4X 53 ms Post J

Resting ECG
RMS
ExTime: 00:00 1.1 mph, 0.0%
25 mm/Sec. 1.0 Cm/IV



COMMENTS:

[Handwritten Signature]

RMS TMT MARK-II(4.0.1)RECORDERS AND MEDICARE SYSTEMS (P) LTD, CHANDIGARH



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Linked Medians Report

SUPINE



123457867 / MRS. HINDU BHASHINI S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 07 - 09 - 2024 04:02:58 PM METs : 01.00 HR : 96 Target HR : 50% of 190 BP : 110/70 PostU @80ms Ex Time : 01:04 Speed : 00.00 mph Grade : 00.00 % 25 mm/Sec. 1.0 Cm/mV



Handwritten signature

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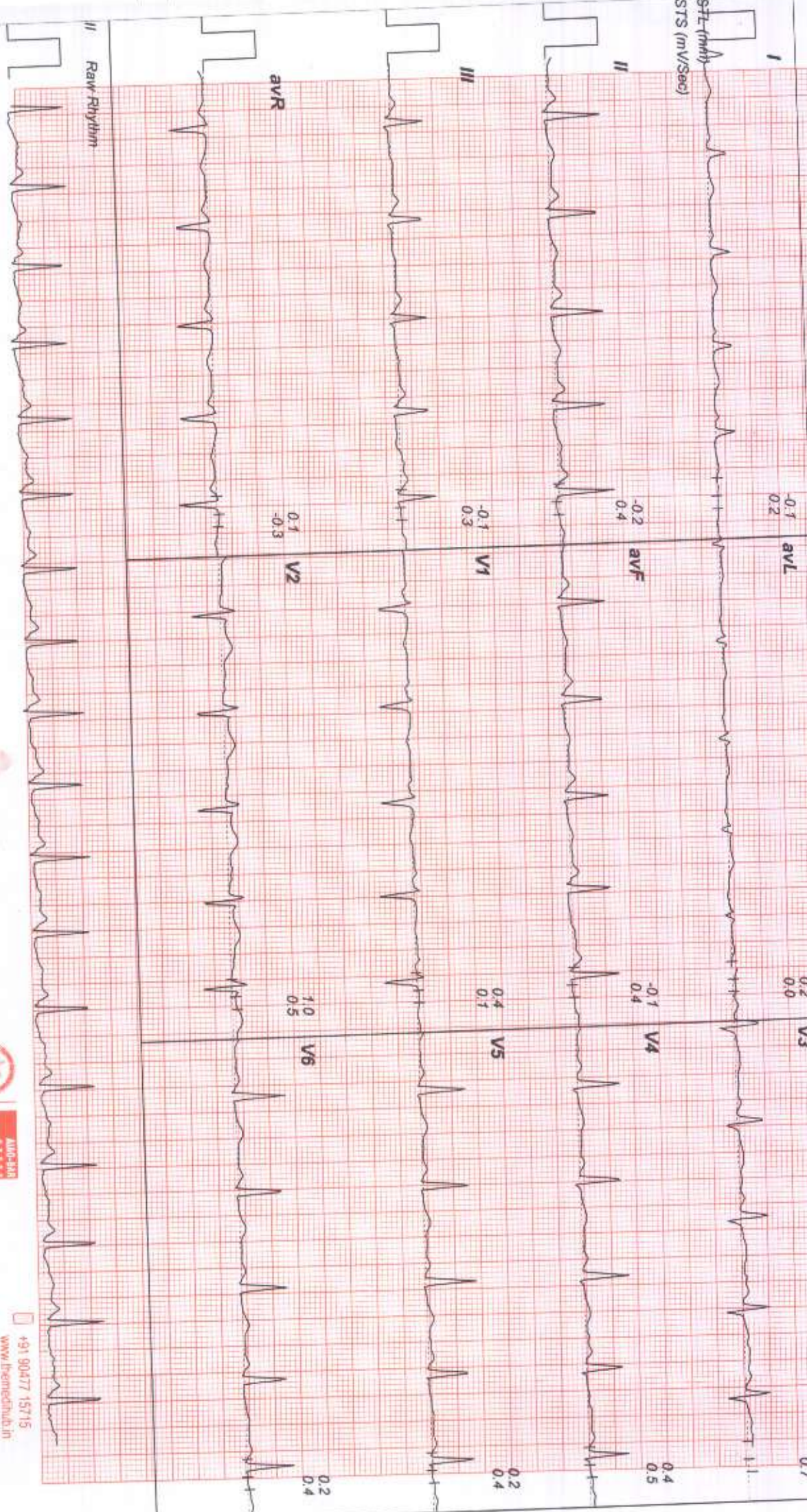


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Linked Medians Report STANDING



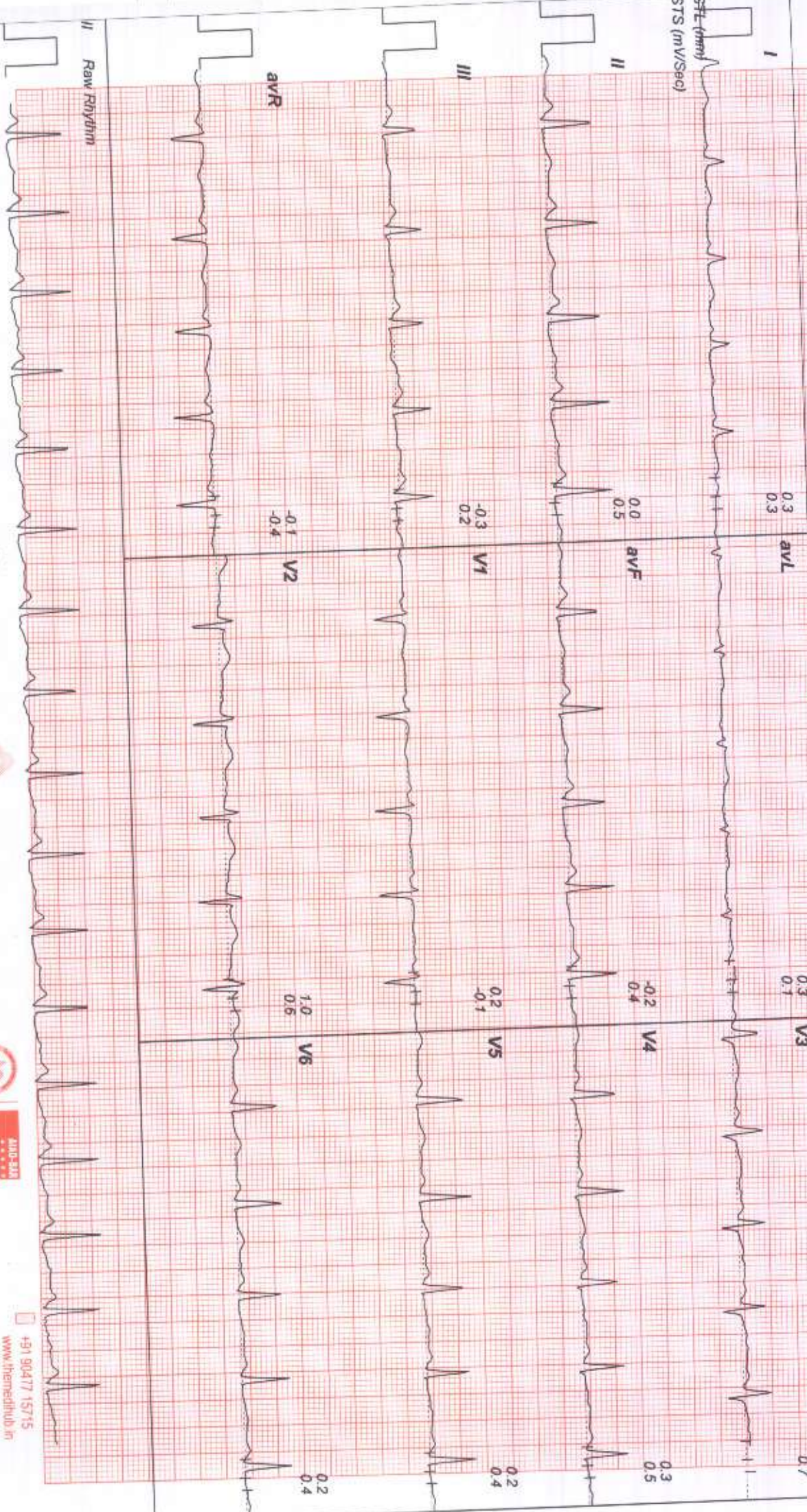
123457867 / MRS HINDU BHASHINI / S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 07 - 09 - 2024 01:02:58 PM METs : 01.00 HR : 107 Target HR : 56% of 190 BP : 110/70 Postl @30ms EXTime : 02:15 Speed : 00:00 mph Grade : 00:00 % 25 mm/Sec 1.0 Cm/IV



Linked Medians Report



23457867 / MRS.HINDU BHASHINI.S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 07 - 09 - 2024 01:02:58 PM METs - 01:00 HR: 110 Target HR: 57% of 190 BP: 110/70 PostL @80ms ExTime: 02:24 Speed: 00:00 rph Grade: 00:00 % 25 mm/Sec. 1.0 Cm/mV



Handwritten signature



Linked Medians Report



23457867 / MRS. HINDU BHASHINI S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 07 - 09 - 2024 01:02:58 PM METs : 01.00 HR : 109 Target HR : 57% of 190 BP : 110/70 Post @ 80ms ExTime : 00:00
 Speed : 01.70 mph Grade : 10.00 % 25 mm/Sec. 1.0 Cm/mV



Linked Medians Report
BRUCE Stage 2 (03:00)



23457867 / MRS. HINDU BHASHINI.S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 07 - 08 - 2024 03:02:58 PM METS: 07:10 HR: 154 Target HR: 81% of 190 BP: 130/90 PostJ @60ms ExTime: 06:00 Speed: 02:50 mph Grade: 12.00 % 25 mm/Sec: 1.0 Cm/IV



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Linked Medians Report

PeakEx



23457867 / MRS.HINDU BHASHINI.S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 07 - 09 - 2024 01:02:58-PM METS : 08.60 HR : 173 Target HR : 91% of 190 BP : 130/90 Posit @60ms ExtIme : 07:27 Speed : 03.40 mph Grade : 14.00 % 25 mm/Sec. 1.0 Cm/mV



Raw Rhythm

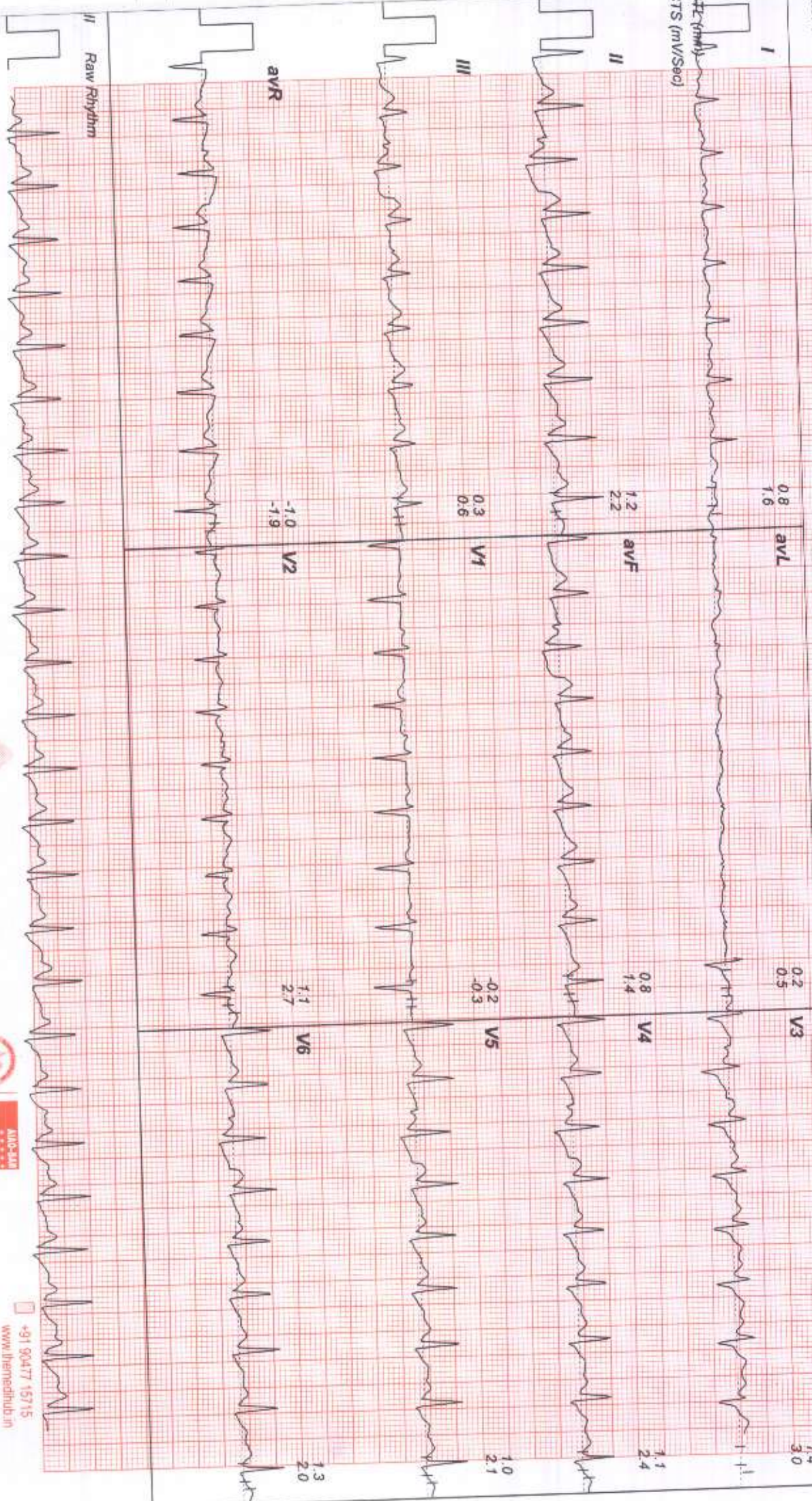
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Linked Medians Report



Recovery : (01:00)

23457867 / MRS. HINDU BHASHINI, S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 07 - 09 - 2024 01:02:58 PM METS : 01.10 HR : 142 Target HR : 74% of 190 BP : 130/90 PostU @47ms ExtTime : 07:27 Speed : 01.10 mph Grade : 00.00 % 25 mm/Sec. 1.0 Cm/1V

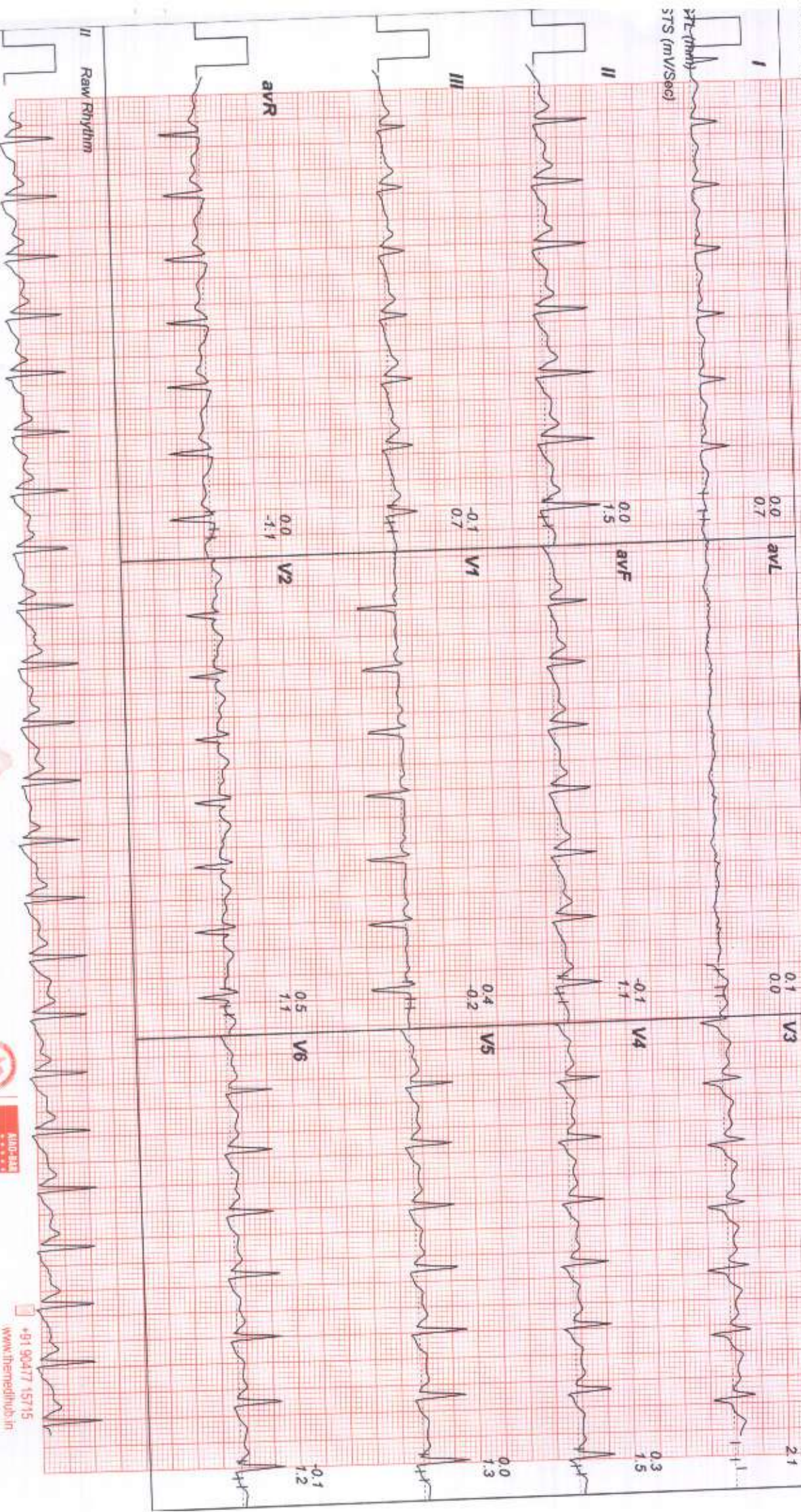


Linked Medians Report

Recovery : (02:00)



23457867 / MRS HINDU BHASHINI.S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 07 - 09 - 2024 01:02:58 PM METs : 01.00 HR : 134 Target HR : 70% of 190 BP : 120/80 PostU @60ms ExtTime : 07:27 Speed : 01.10 mph Grade : 00.00 % 25 min/Sec. 1.0 Cm/mV



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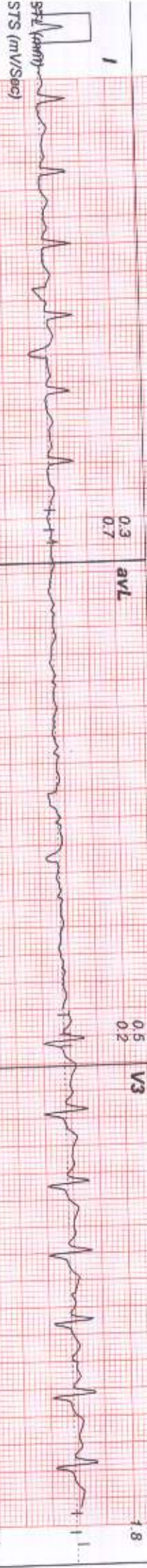
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Recovery : (03:00)



23457867 / MRS. HINDU BHASHINI, S / 30 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
Date: 07 - 09 - 2024 01:02:58 PM METs : 01:00 HR : 127 Target HR : 66% of 190 BP : 110/70 PostU @90ms ExtTime : 07:27 Speed : 01:10 mph Grade : 00:00 % 25 mm/Sec 1.0 Cm/InV



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Patient Name:	Mrs. HINDU BHASHINI S	Registered on:	07/09/2024 10:09 AM
Age / Sex:	30 YRS / F	Collected on:	07/09/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	07/09/2024
LAB.REGN NO:	2751	Reported on:	07/09/2024 01:28 PM



2751

HAEMATOLOGY
CBC WITH ESR

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	12.4	g/dl	12 - 15
Total Leukocyte Count	7,700	cumm	4,000 - 10,000
Differential Leucocyte Count			
Neutrophils	52	%	45 - 75
Lymphocyte	43	%	20 - 45
Eosinophils	3	%	0 - 7
Monocytes	2	%	0 - 8
Basophils	0	%	< 2
Platelet Count	3.13	lakhs/cumm	1.5 - 4.1
Total RBC Count	4.32	million/cumm	4 - 5.5
Hematocrit Value, Hct	38.0	%	36 - 50
Mean Corpuscular Volume, MCV	88.0	fL	83 - 101
Mean Cell Haemoglobin, MCH	28.7	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC	32.6	%	31.5 - 34.5
Mean Platelet Volume, MPV	9.6	fL	7 - 13
Erythrocyte Sedimentation Rate (Wintrobe)	12	mm for 1st hour	0 - 20

TEST	VALUE	UNIT	REFERENCE
Blood Group & Rh.			
ABO	B		
Rh (ANTI -D)	POSITIVE		

VERIFIED BY LAB IMAGE



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Patient Name:	Mrs. HINDU BHASHINI S	Registered on:	07/09/2024 10:09 AM
Age / Sex:	30 YRS / F	Collected on:	07/09/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	07/09/2024
LAB.REGN NO:	2751	Reported on:	07/09/2024 01:28 PM



BIOCHEMISTRY

LIVER FUNCTION TEST (ALL PARAMETERS)

TEST	VALUE	UNIT	REFERENCE
Serum Bilirubin (Total)	0.8	mg/dl	0.2 - 1.2
Serum Bilirubin (Direct)	0.4	mg/dl	0 - 0.6
Serum Bilirubin (Indirect)	0.4	mg/dl	0 - 0.8
SGPT (ALT)	19.9	U/l	0 - 40
SGOT (AST)	38.5	U/l	0 - 40
Gamma Glutamyl Transferase, GGT	34.2	IU/L	12 - 43
Serum Alkaline Phosphatase	118.6	U/l	10 - 258
Serum Protein	7.7	g/dl	6.3 - 8.2
Serum Albumin	4.4	g/dl	3.5 - 5.2
Globulin	3.3	g/dl	2.8 - 5
A/G Ratio	1.33	g/dl	1.1 - 2.1

RFT

TEST	VALUE	UNIT	REFERENCE
Serum Creatinine	0.70	mg/dl	0.5 - 1.4
Serum Urea	27.9	mg/dl	13 - 40
Serum Uric Acid	6.0	mg/dl	3 - 8.5
Serum Calcium	8.5	mg/dl	8 - 11.5
Blood Urea Nitrogen	12.5	mg/dl	5 - 20

Method: Venipuncture
Instrument: Biochemical Analyzer

VERIFIED BY LAB INCHARGE



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Age / Sex:	30 YRS / F	Collected on:	07/09/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	07/09/2024
LAB.REGN NO:	2751	Reported on:	07/09/2024 01:28 PM



2751

LIPID PROFILE - III

TEST	VALUE	UNIT	REFERENCE
Total Cholesterol	160.2	mg/dl	50 - 200
Triglycerides	109.5	mg/dl	25 - 160
HDL Cholesterol	45.8	mg/dl	35 - 70
LDL Cholesterol	92.5	mg/dl	50 - 130
VLDL Cholesterol	21.90	mg/dl	10 - 40

TEST	VALUE	UNIT	REFERENCE
Fasting Blood Sugar	73.8	mg/dl	70 - 110
PP 2HRS BLOOD SUGAR	107.5	mg/dl	90 - 160
HbA1c (Glycosylated Hemoglobin)			
HbA1c	5.5	%	4 - 5.6
Estimated average glucose	111.1	mg/dL	90 - 160

VERIFIED BY LAB IMAGE



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2751

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non-Diabetic adults >= 18 years	At Risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in%	4.0-5.6	5.7-6.4	>= 6.5	<7.0

Clinical significance:

Hemoglobin A1c (HbA1c) level reflects the mean glucose concentration over the previous period (approximately 8-12 weeks).

The following ranges may be used for interpretation of results. However, factors such as duration of diabetes, adherence to therapy and the age of the patient should also be considered in assessing the degree of blood glucose control.

Haemoglobin A1c (%) NSGP	mmol/mol/IFCC Unit	eAG (mg/dl)	Degree of Glucose Control Unit
>8	>63.9	>183	Action Suggested*
7-8	53.0 - 63.9	154-183	Fair Control
<7	<63.9	<154	Goal**
6-7	42.1 - 63.9	126-154	Near-normal glycemia
<6	<42.1	<126	Non-Diabetic level

*High risk of developing long term complications such as Retinopathy, Nephropathy, Neuropathy etc.

**Some danger of hypoglycemic reaction in Type 1 diabetics. Some glucose intolerant individuals and "subclinical" diabetics may demonstrate HbA1c levels in this area.

VERIFIED BY LMS INCHARGE



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Age / Sex:	30 YRS / F	Collected on:	07/09/2024
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LAB.REGN NO:	2751	Reported on:	07/09/2024 01:28 PM



OTHERS

THYROID FUNCTION TEST (TFT)

TEST	VALUE	UNIT	REFERENCE
Serum Triiodothyronine, T3	95.48	ng/dl	80 - 200
Serum thyroxine, T4	7.95	pg/dl	5.1 - 14.1
Thyroid-Stimulating Hormone, TSH	1.21	µIU/mL	0.27 - 4.2

VERIFIED BY LAY INCHARGE



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2751

ROUTINE URINE ANALYSIS

TEST	VALUE	UNIT	REFERENCE
Urine Routine Examination			
Physical Examination			
Quantity	35	ml	
Colour	Yellow		Pale Yellow
Transparency	Clear		Clear
Specific Gravity	1.018		1.005 - 1.03
pH	5.9		5 - 7
Blood	Absent		Absent
Chemical Examination			
Protein / Albumin	Absent		Absent
Sugar / Glucose	Absent		Absent
Bilirubin	Absent		Absent
Microscopic Examination			
R.B.C.	Absent	/HPF	Absent
Pus Cells	1-4	/HPF	Absent
Epithelial Cells	0-2	/HPF	Absent
Casts	Absent		Absent
Crystals	Absent		Absent
Bacteria	Absent		Absent
Others	Absent		Absent

--- End of report ---

VERIFIED BY LAB INCHARGE



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Page 6 of 6