

Annexure-2
Self-Health Declaration
(Please ✓ Mark Where Applicable)



1 PERSONAL DETAILS:

Name: SHUBHANGI PARAG SONTAKKE
Address: 3A, 602, Dheeraj Dreams CHS,
Bhandup, Mumbai
City: Mumbai Pin: 400078
Birth Place: NAGPUR Birth Date: 22/11/1986 Religion: HINDU
(dd/mm/yyyy)
Post applied for: _____ Marital Status: Married / Unmarried ✓ Gender: M / F ✓

2 PREVIOUS EMPLOYMENT: Yes / No If yes specify

Name	Nature of work	Duration
i) <u>BANK OF BARODA</u>		
ii)		
iii)		

3 NAME OF FAMILY DOCTOR:

Address:

Contact Details:

4 PERSONAL HABITS:

- i) Smoking
- ii) Tobacco chewing
- iii) Alcohol
- iv) Any other

5 MEDICAL HISTORY:

i) **ANY DISABILITY:** Yes / No If yes specify with disability %

ii) **PERSONAL HISTORY:**

Are you in good health and capable of full work Yes No
Have you ever suffered from job related disease or injury? Yes No
Have you ever been discharged or rejected on medical grounds? Yes No

Types of Previous Occupation (Pl. describe in brief about company, nature of work, duration in years)

iii) Have you ever suffered from any of the following (Answer Yes or No. if yes, give details)

Y	N		Y	N	
	<input checked="" type="checkbox"/>	Hypertension		<input checked="" type="checkbox"/>	Hepatitis-B
	<input checked="" type="checkbox"/>	Diabetes		<input checked="" type="checkbox"/>	Cancer
	<input checked="" type="checkbox"/>	Heart disease		<input checked="" type="checkbox"/>	Stroke
	<input checked="" type="checkbox"/>	Kidney diseases		<input checked="" type="checkbox"/>	Bronchitis
	<input checked="" type="checkbox"/>	Tuberculosis		<input checked="" type="checkbox"/>	Any allergy
	<input checked="" type="checkbox"/>	Chronic lung disease (e.g. Pleurisy Pneumonia etc.)		<input checked="" type="checkbox"/>	Any chronic ear or hearing problem (e.g. sinusitis, rhinitis otitis etc.)
	<input checked="" type="checkbox"/>	Epilepsy, Fits, Fainting or Dizziness		<input checked="" type="checkbox"/>	Mental disorder of any kind
	<input checked="" type="checkbox"/>	Any major operation or injury		<input checked="" type="checkbox"/>	Any other illness

Details of the above if "Yes"

(For female candidates only)

Are you pregnant at present? Y N

Date of L.M.P. 25-09-2024

iv) Immunization: Yes No

Tetanus Toxoid	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>
Others	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Covid [5 doses]

6 FAMILY HISTORY:

Has anyone of your parents suffered from any of the following: Yes / No

(If yes, Please ✓ Mark Where Applicable)

	Father	Mother
Hypertension	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Heart Disease	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Any other Disease	<input type="checkbox"/>	<input type="checkbox"/>

	IF LIVING		IF DEAD	
	AGE	HEALTH (Good, Bad, Fair)	AGE AT DEATH	CAUSE OF DEATH
Father	67 yk	Good		
Mother	63 yk	Good		
Spouse	40 yk	Good		
Children-1	3 yk	Good		
Children -2				

7 I declare that the above statements are true and complete to the best of my knowledge and belief. In case this information is found to be false by the company, then the company reserves the right to terminate my services without giving any notice. I agree that the results of this medical examination in general terms may be revealed to the company if required. I also fully understand that in case I am declared medically unfit due to any reason, I shall not be entitled for the employment in the company. However, the decision taken by recruitment committee about my medical fitness will be final and binding to me.

Date: 28/09/2024

tetchang
 (Signature of Candidate)

MER- MEDICAL EXAMINATION REPORT

Date of Examination	28-09-2024		
NAME	Shybhaji Sontakke		
AGE	37	Gender	female
HEIGHT(cm)	160	WEIGHT (kg)	70
B.P.	110/70 mm/Hg		
ECG	HTMT WNL		
X Ray	Normal		
Vision Checkup	Color Vision : N Far Vision Ratio : 6/60 Near Vision Ratio : N15M		
Present Ailments	K1C10 - Hypothyroid on Rx.		
Details of Past ailments (If Any)			
Comments / Advice : She / He is Physically Fit			



Signature with Stamp of Medical Examiner

Dr. Mrinalni Singh
 Consultant Physician
 MBBS, DNB, MRCP (UK), EDIC
 Reg. No. 2919/02/0392


CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Shubhamji Sontakke on 28-09-2024

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>Dyslipidaemia, Prediabetes (HbA1c = 5.78)</u></p> <p>2. <u>Subclinical Hypothyroid (TSH = 9.88)</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. <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none">• Unfit	<input type="checkbox"/>


Dr. Mrinalini Singh
Consultant Physician
MBBS, DNB, MRCP (UK), EDIC
Reg. No. 2019/02/0392

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


This certificate is not meant for medico-legal purposes

ID: 1394 *Shybangi*

28-09-2024 11:44:06

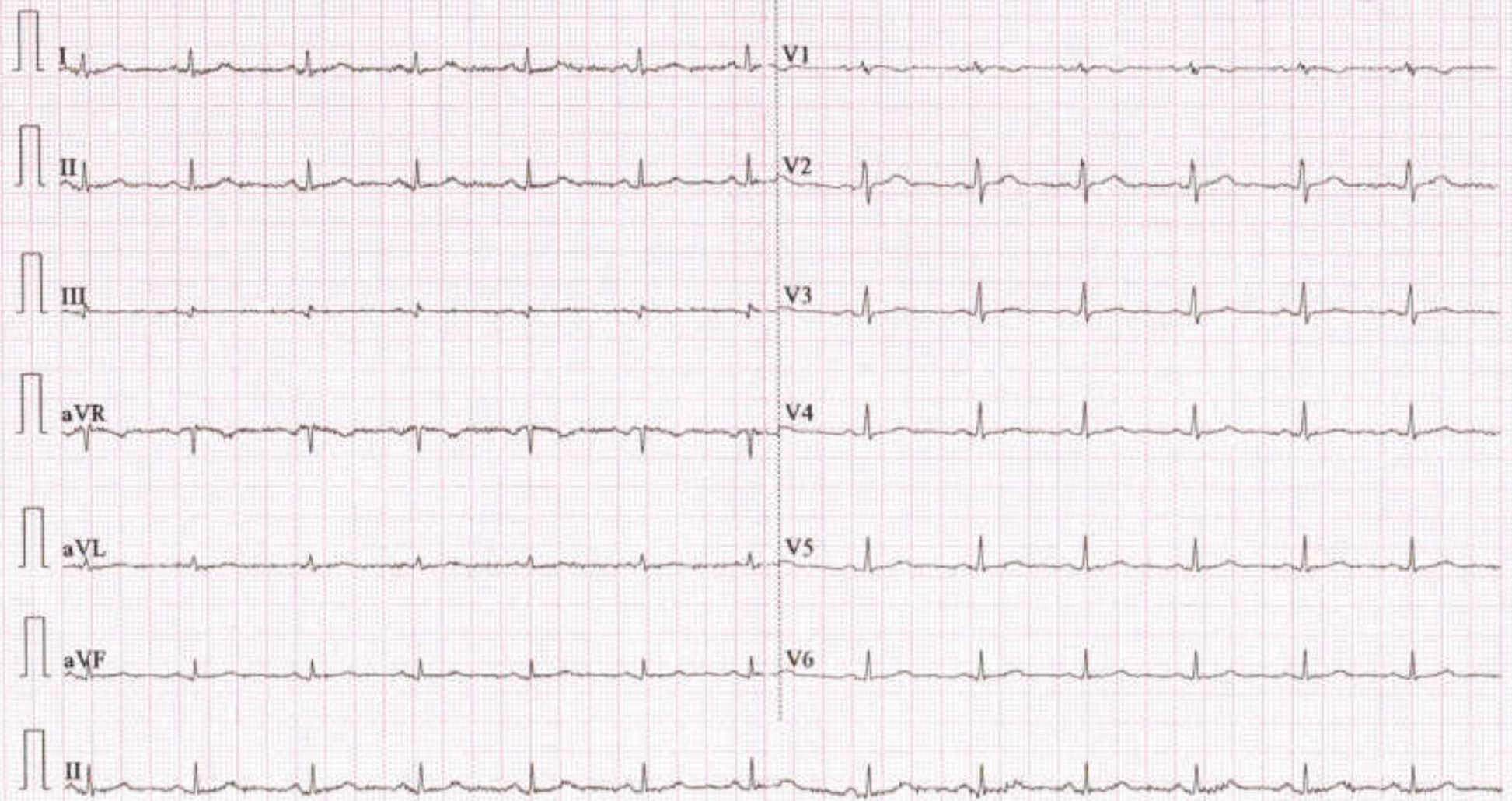
37 Years (/ /)

HR : 78 bpm
P : 106 ms
PR : 142 ms
QRS : 76 ms
QT/QTcBz : 370/422 ms
P/QRS/T : 55/45/48 °
RV5/SVI : 0.555/0.093 mV

Diagnosis Information: *NSR*
Low voltage 

Unconfirmed Report.

Dr. Minakshi Singh
MBBS, DNB
Reg. No. 40010
40010, 2010
DIC



Report ID : **SPSM28911753** Reg. : **28-Sep-2024**
Patient Name : **Ms. SHUBHANGI PARAG** Report Date : **28-Sep-2024**
Rank : **SONTAKKE** Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Ref By : **DR.PARAG ARVIND PRADHAN** Age/Sex : **37 Year / Female**

CHEST X RAY REPORT

X-Ray No : 5687

Investigation : Chest PA View.

Bony thoracic cage is normal.

Cardiac silhouette appears normal in size and configuration.

Both lungs shows equal translucency and normal vasculature.

Both Hemidiaphragm visualised normal.

No evidence of any active parenchymal lesion seen.

Impression :

Normal Chest X-Ray.



Dr. Jacob
Mathew MD

Proudly... Caring For You



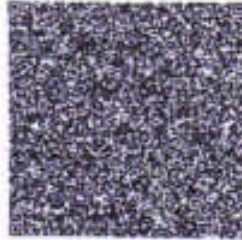
भारत सरकार
Government of India

भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India

Enrolment No.: 0854/02067/02067

To
Shubhangi Parag Sontakke
C/O: Parag Sontakke
VASUDHA JOGINAGAR ROAD NO 10
OPP SUNRISE CONV
NAGPUR
Parvati Nagar
Nagpur Maharashtra - 440027
9665879332

Signature valid



आपका आधार क्रमांक / Your Aadhaar No. :

6192 7986 3078

VID : 9154 8457 7702 7994

मेरा आधार, मेरी पहचान



भारत सरकार
Government of India



Shubhangi Parag Sontakke
Date of Birth/DOB: 22/11/1986
Female/ FEMALE

6192 7986 3078

VID : 9154 8457 7702 7994

मेरा आधार, मेरी पहचान

Shubhangi



Government of India



सूचना / INFORMATION

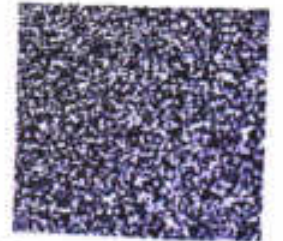
- आधार पहचान का प्रमाण है, नागरिकता का नहीं।
- आधार विशिष्ट और सुरक्षित है।
- सुरक्षित क्यूआर कोड/ऑफलाइन एक्सएमएल/ऑनलाइन प्रमाणीकरण का उपयोग करके पहचान सत्यापित करें।
- आधार के सभी रूप जैसे आधार पत्र, पीवीसी कार्ड, ई-आधार और एम-आधार समान रूप से मान्य हैं। 12 अंकों की आधार संख्या के स्थान पर आभासी (वर्चुअल) आधार पहचान (VID) का भी उपयोग किया जा सकता है।
- 10 साल में कम से कम एक बार आधार अपडेट जरूर करें।
- आधार आपको विभिन्न सरकारी और गैर-सरकारी योजनाओं/सेवाओं का लाभ उठाने में मदद करता है।
- आधार में अपना मोबाइल नंबर और ई-मेल आईडी अपडेट रखें।
- आधार सेवाओं का लाभ उठाने के लिए स्मार्टफोन पर mAadhaar ऐप डाउनलोड करें।
- आधार/बायोमेट्रिक्स को लॉक/अनलॉक करने की विशेषता का उपयोग सुरक्षा सुनिश्चित करने के लिए करें।
- आधार (पत्र/ नंबर) चाहने वाली संस्थायों को उचित सहमति लेने के लिए बाध्य किया गया है।
- Aadhaar is a proof of identity, not of citizenship.
- Aadhaar is unique and secure.
- Verify identity using secure QR code/offline XML/online Authentication.
- All forms of Aadhaar like Aadhaar letter, PVC Cards, eAadhaar and mAadhaar are equally valid. Virtual Aadhaar Identity (VID) can also be used in place of 12 digit Aadhaar number.
- Update Aadhaar at least once in 10 years.
- Aadhaar helps you avail various Government and Non- Government benefits/services.
- Keep your mobile number and email id updated in Aadhaar.
- Download mAadhaar app on smart phones to avail Aadhaar Services.
- Use the feature of lock/unlock Aadhaar/biometrics to ensure security.
- Entities seeking Aadhaar are obligated to seek due consent.



भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India



Address:
C/O: Parag Sontakke, VASUDHA JOGINAGAR
ROAD NO 10, OPP SUNRISE CONV, NAGPUR,
Parvati Nagar, Nagpur,
Maharashtra - 440027



6192 7986 3078

VID : 9154 8457 7702 7994

1947 | help@uidai.gov.in | www.uidai.gov.in

SEA BIRD MEDICARE CENTRE POWAI

Patient Details Date: 28-Sep-24 Time: 1:32:47 PM
Name: SHUBHANGI SONTAKKE ID: 2956
Age: 37 y **Sex:** F **Height:** 160 cms **Weight:** 70 Kgs
Clinical History: NIL

Medications: NIL

Test Details

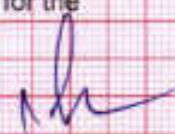
Protocol: Bruce **Pr.MHR:** 183 bpm **THR:** 155 (85 % of Pr.MHR) bpm
Total Exec. Time: 9 m 16 s **Max. HR:** 156 (85% of Pr.MHR)bpm **Max. Mets:** 13.50
Max. BP: 160 / 100 mmHg **Max. BP x HR:** 24960 mmHg/min **Min. BP x HR:** 5760 mmHg/min
Test Termination Criteria: THR ACHIEVED

Protocol Details

Stage Name	Stage Time (min : sec)	Mets	Speed (mph)	Grade (%)	Heart Rate (bpm)	Max. BP (mm/Hg)	Max. ST Level (mm)	Max. ST Slope (mV/s)
Supine	0 : 42	1.0	0	0	72	110 / 80	-0.64 aVR	1.06 II
Standing	0 : 33	1.0	0	0	82	110 / 80	-0.64 aVR	0.71 II
Hyperventilation	0 : 16	1.0	0	0	75	110 / 80	-0.64 aVR	0.71 II
1	3 : 0	4.6	1.7	10	108	120 / 80	-0.64 aVR	1.42 II
2	3 : 0	7.0	2.5	12	118	130 / 90	-0.64 aVR	1.77 II
3	3 : 0	10.2	3.4	14	150	140 / 100	-1.91 aVR	3.54 II
Peak Ex	0 : 16	13.5	4.2	16	156	150 / 100	-0.42 III	2.48 II
Recovery(1)	1 : 0	1.8	1	0	137	160 / 100	-1.49 V1	3.18 II
Recovery(2)	1 : 0	1.0	0	0	110	140 / 90	-0.85 aVR	2.83 II
Recovery(3)	1 : 0	1.0	0	0	106	130 / 80	-0.64 aVR	2.12 II
Recovery(4)	0 : 28	1.0	0	0	82	130 / 80	-0.42 aVR	1.42 II

Interpretation

The patient exercised according to the Bruce protocol for 9 m 16 s achieving a work level of Max. METS : 13.50. Resting heart rate initially 72 bpm, rose to a max. heart rate of 156 (85% of Pr.MHR) bpm. Resting blood Pressure 110 / 80 mmHg, rose to a maximum blood pressure of 160 / 100 mmHg. No significant ST- T changes, TMT negative for inducible ischemia for the workload achieved



Dr. Mrinalini Singh
 Consultant Physician
 MD - S, DNB, MRCP (UK), EDIC
 Reg. No. 2019/02/0392

Ref. Doctor: APOLLO

(Summary Report edited by user)

Doctor: ---

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SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time : 0 m 0 s

Stage Time : 0 m 42 s

HR: 72 bpm

Protocol: Bruce

Stage: Supine

Speed: 0 mph

Grade: 0 %

(THR: 155 bpm)

B.P: 110 / 80



Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

Isa = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V4.7

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time : 0 m 0 s

Stage Time : 0 m 33 s

HR: 82 bpm

Protocol: Bruce

Stage: Standing

Speed: 0 mph

Grade: 0 %

(THR: 155 bpm)

B.P: 110 / 80



Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt ON

Amp: 10 mm

Iso + R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time : 0 m 0 s

Stage Time : 0 m 15 s **HR: 75 bpm**

Protocol: Bruce

Stage: Hyperventilation

Speed: 0 mph

Grade: 0 %

(THR: 155 bpm)

B.P: 110 / 80

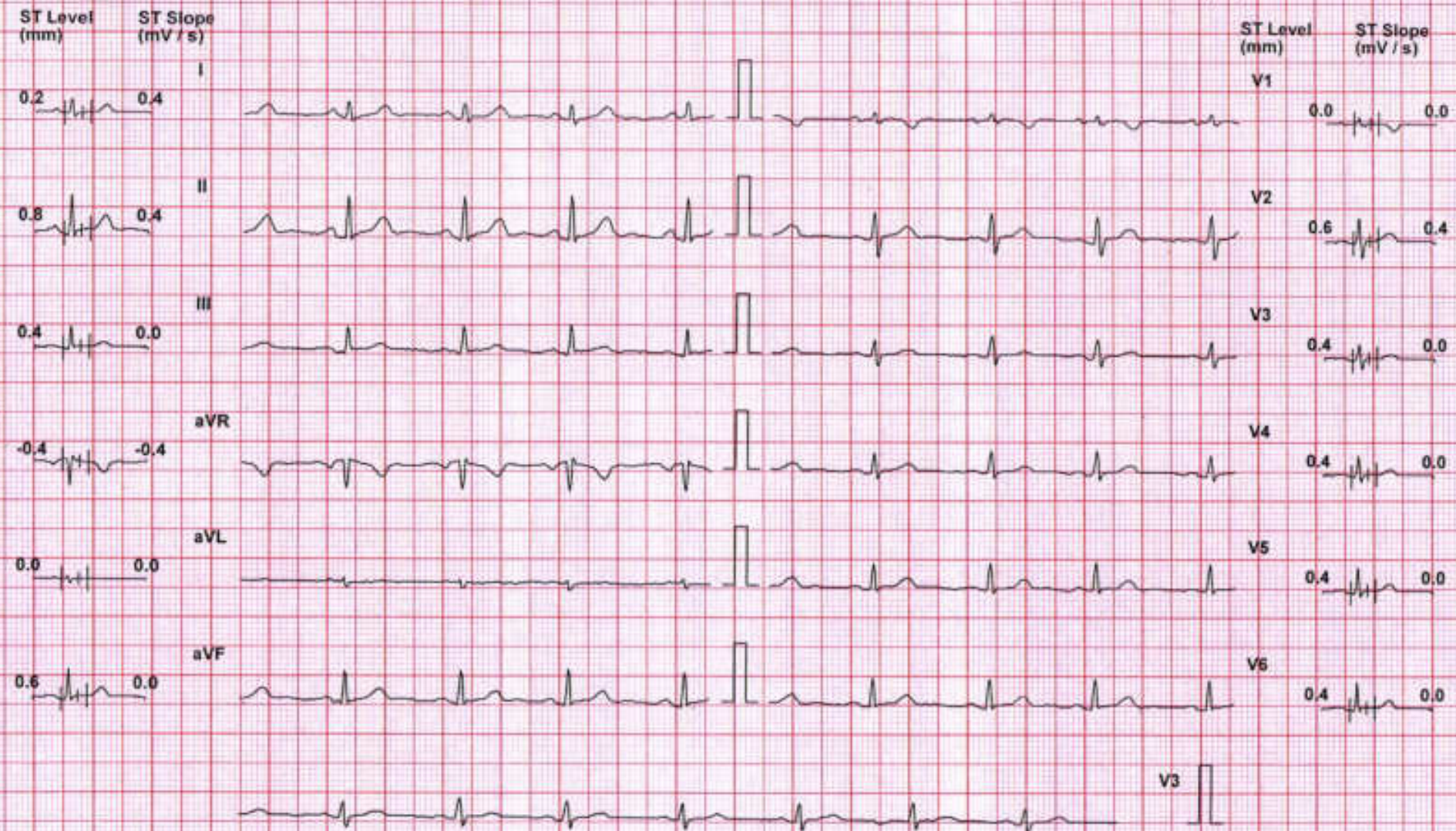


Chart Speed: 25 mm/sec
Schiller Spandax V4.7

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

Iso + R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time: 6 m 0 s

Stage Time: 3 m 0 s

HR: 118 bpm

Protocol: Bruce

Stage: 2

Speed: 2.5 mph

Grade: 12 %

(THR: 155 bpm)

B.P: 130 / 90

ST Level (mm) ST Slope (mV/s)

ST Level (mm) ST Slope (mV/s)

0.0 0.7

0.2 -0.4

0.6 1.4

0.2 0.0

0.2 0.0

0.2 0.4

-0.4 -1.1

0.4 0.4

0.0 0.0

0.4 0.7

0.4 1.1

0.2 0.7

Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt ON

Amp: 10 mm

Iso + R - 60 ms

J - R + 60 ms

Post J - J + 60 ms

Schäfer Spandau V4.7

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time: 9 m 0 s

Stage Time: 3 m 0 s

HR: 150 bpm

Protocol: Bruce

Stage: 3

Speed: 3.4 mph

Grade: 14 %

(THR: 155 bpm)

B.P: 140 / 100

ST Level
(mm)

ST Slope
(mV / s)

ST Level
(mm)

ST Slope
(mV / s)

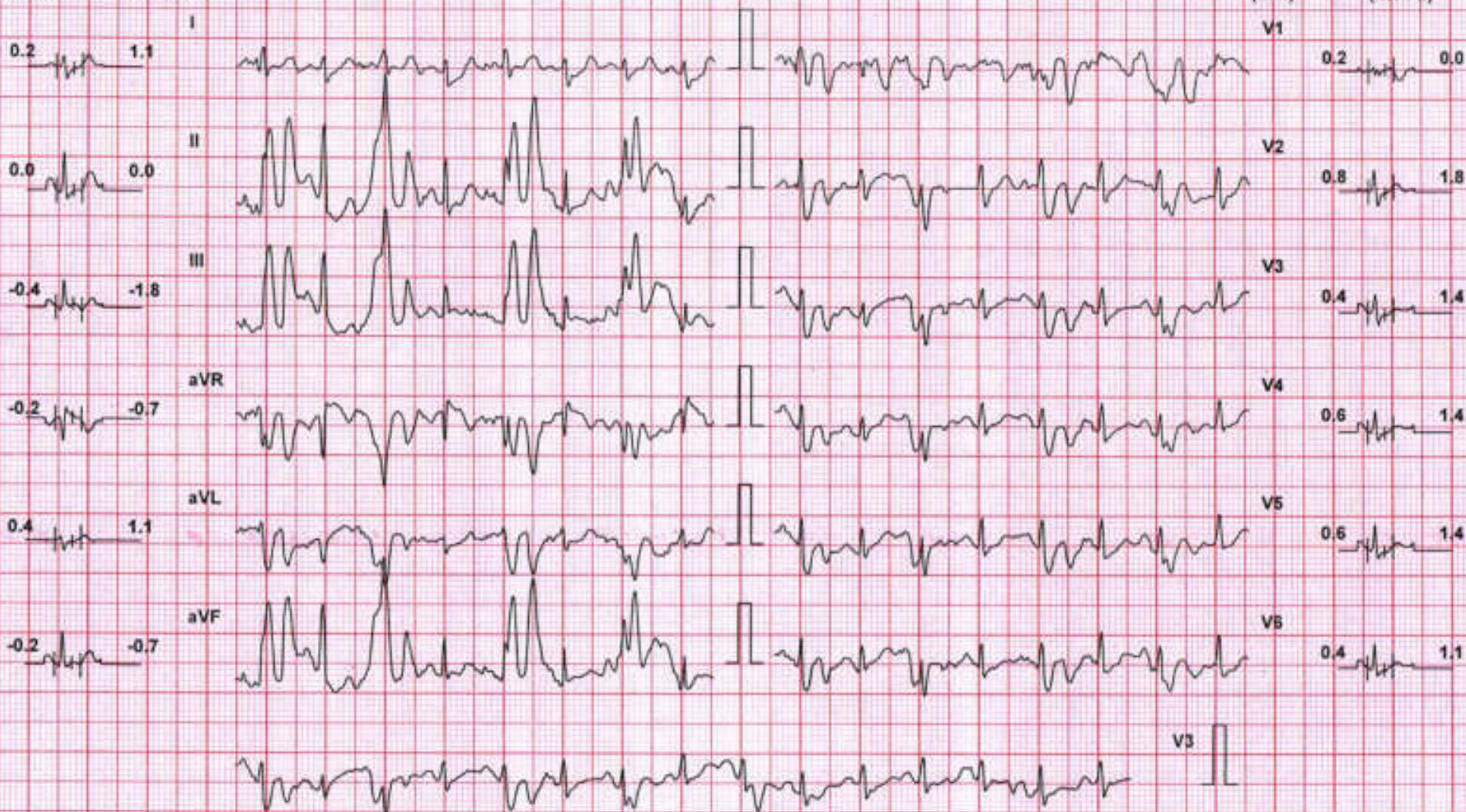


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filtr: ON

Amp: 10 mm

Iso + R - 50 ms

J - R + 60 ms

Post J - J + 60 ms

Schiller Spandan V4.7

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24 Exec Time : 9 m 16 s Stage Time : 0 m 16 s **HR: 156 bpm**

Protocol: Bruce

Stage: Peak Ex

Speed: 4.2 mph

Grade: 16 %

(THR: 155 bpm)

B.P: 150 / 100

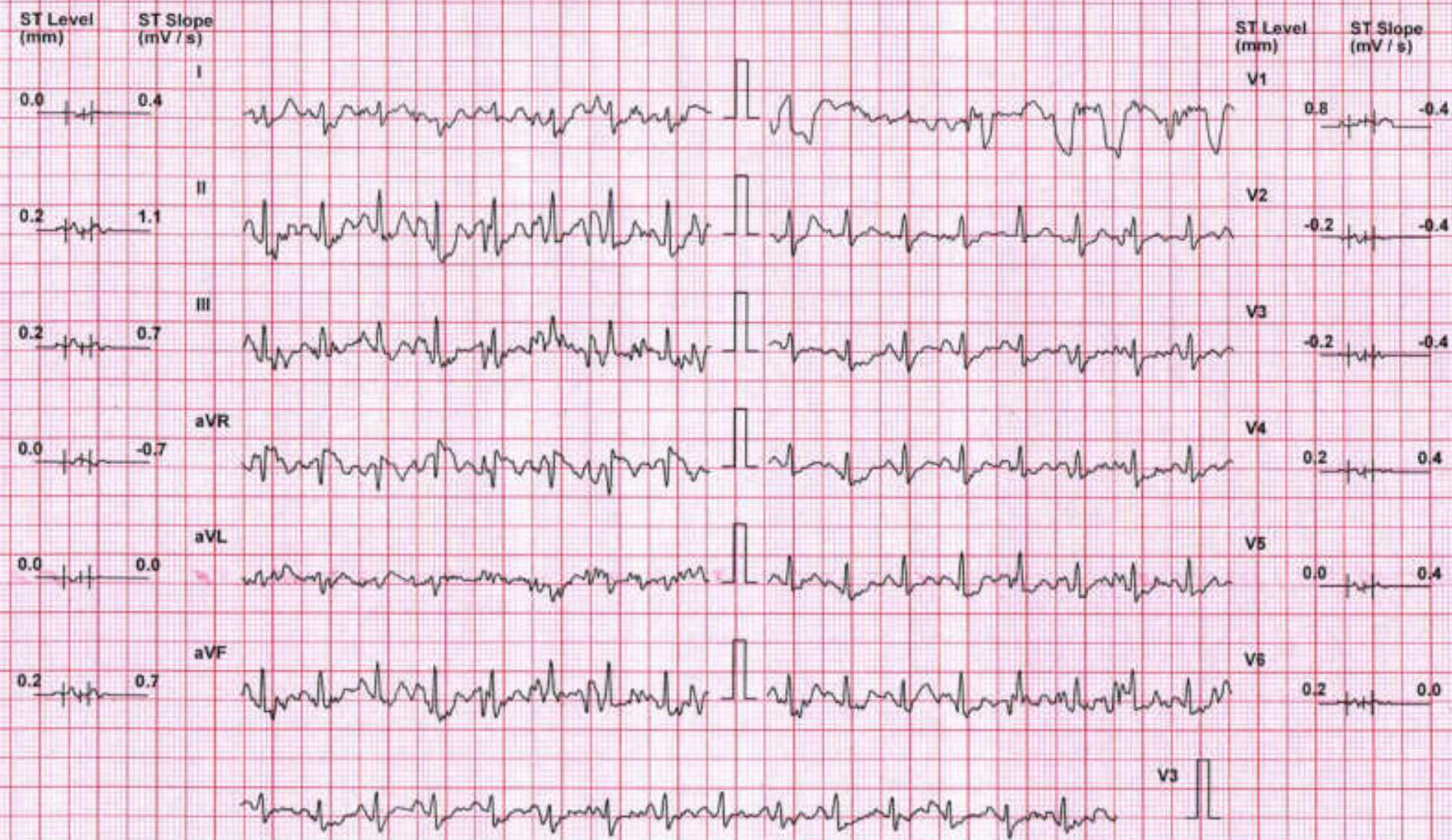


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filt: ON

Amp: 10 mm

Iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V 4.7

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time : 9 m 16 s

Stage Time : 1 m 0 s

HR: 137 bpm

Protocol: Bruce

Stage: Recovery(1)

Speed: 0 mph

Grade: 0 %

(THR: 155 bpm)

B.P: 160 / 100



Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

iso = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

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SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time: 9 m 16 s

Stage Time: 1 m 0 s

HR: 110 bpm

Protocol: Bruce

Stage: Recovery(2)

Speed: 0 mph

Grade: 0 %

(THR: 155 bpm)

B.P: 140 / 90

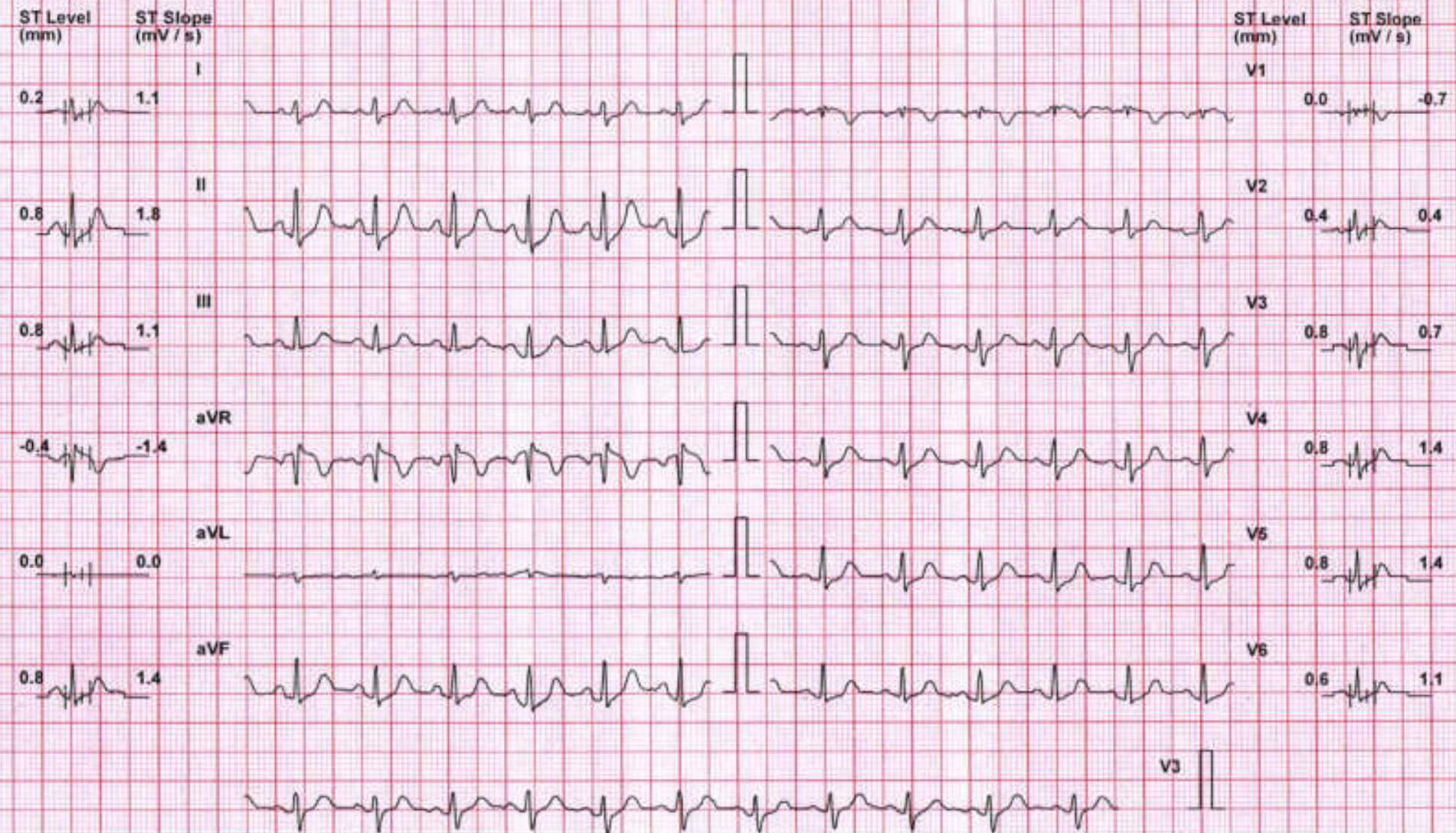


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filtr: ON

Amp: 10 mm

Iso + R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

Schiller Spandan V4.7

SEA BIRD MEDICARE CENTRE POWAI

SHUBHANGI SONTAKKE (37 F)

ID: 2956

Date: 28-Sep-24

Exec Time : 9 m 16 s

Stage Time : 1 m 0 s

HR: 106 bpm

Protocol: Bruce

Stage: Recovery(3)

Speed: 0 mph

Grade: 0 %

(THR: 155 bpm)

B.P: 130 / 80

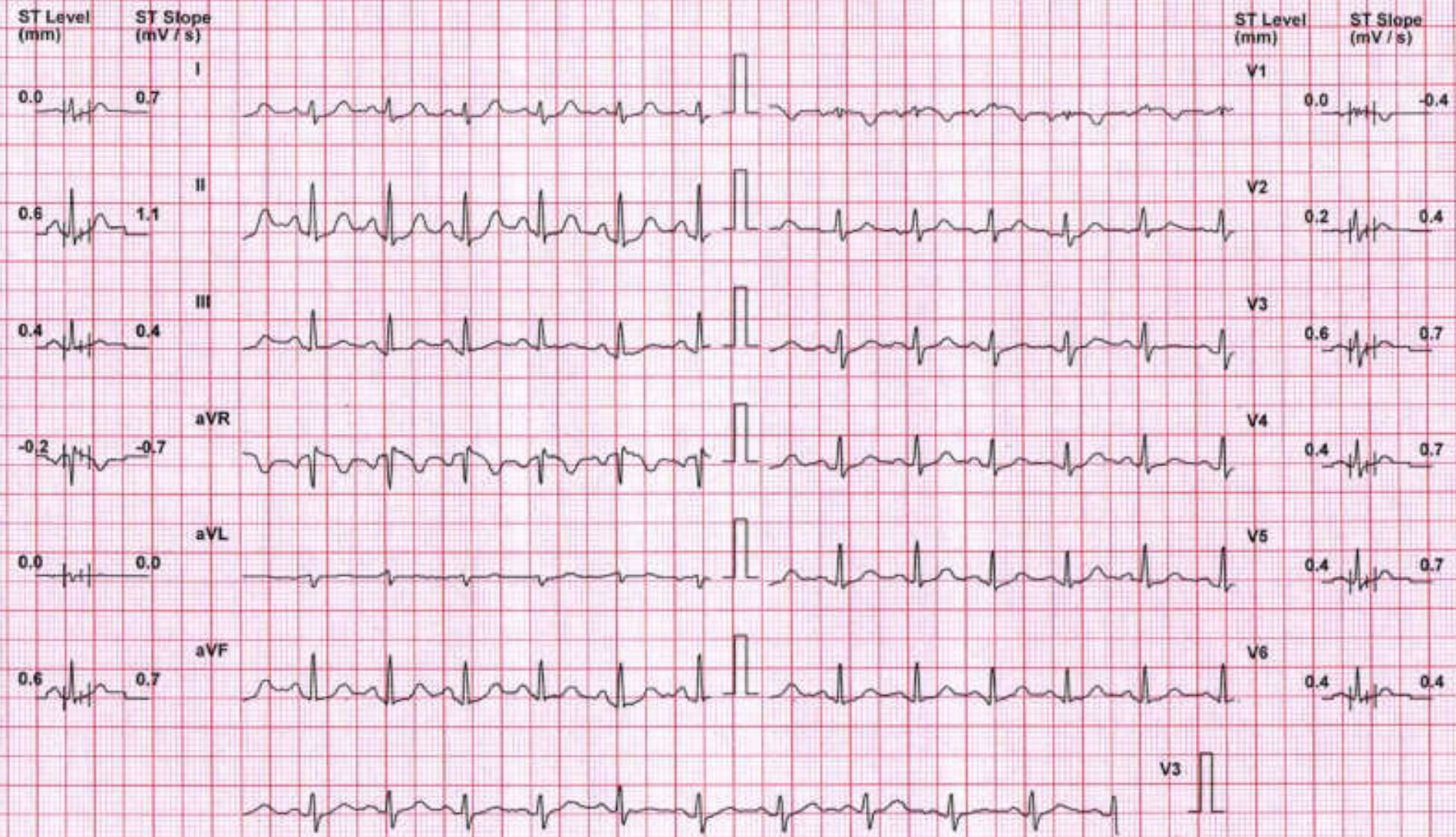


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

lao = R - 60 ms

J = R + 60 ms

Post J = J + 60 ms

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