

**CERTIFICATE OF MEDICAL FITNESS**

This is to certify that I have conducted the clinical examination

of Mr. Prashanth Kumar on 13-1-24

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

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<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.....</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"> <li>• Currently Unfit.</li> </ul> <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr. [Signature] 13/1/24  
**Medical Officer, Apollo Clinic**  
**The Apollo Clinic, Mysore,**

Kalidasa Road, Mysore - 02  
 9821-430604/41

**Apollo Health and Lifestyle Limited**

INC. UN11107G2000P1115819  
 Regd. Office: 1, 10th & 62, Ashoka Raghupathi  
 15, No. 141, 4th & 7th Floor, 4th & 7th Floor | Email ID: enquiry@apolloh.com | www.apolloh.com

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 Kowtharigala | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloh.com

TO BOOK AN APPOINTMENT

**1860 500 7788**

*This certificate is not meant for medical-legal purposes*

Date : 13-01-2024  
MR NO : CMYS.0000059226

Department : GENERAL  
Doctor : ROHITH. H.R.

Name : Mr. PRASHANT KUMAR

Registration No :

Age/ Gender : 38 Y / Male

Qualification :

Consultation Timing: 08:51

Height: 172	Weight: 84.9	BMI:	Waist Circum:
Temp:	Pulse:	Resp:	B.P: 130/90

General Examination /  
Allergies History

Lipid Profile:  
TC - 248  
TG - 239  
HDL - 32  
Non HDL - 216  
LDL - 167.99  
VLDL - 47.87  
Fatty Liver.

Clinical Diagnosis & Management Plan

Pat. came for Annual Health Checkup  
No facial symptoms  
No h/o DM, HTN.

- Tab. Roseday F - 30  
1-0-0

IP - Lipid Profile - smooth. - Riv after 2 months



Follow up date :

Doctor Signature  
**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41

Date : 13-01-2024  
 MR NO : CMYS.0000059226  
 Name : Mr. PRASHANT KUMAR  
 Age/ Gender : 38 Y / Male

Department : GENERAL  
 Doctor :  
 Registration No :  
 Qualification :

Consultation Timing: 08:51

Height: 172	Weight: 84.9	BMI:	Waist Circum: 130/80
Temp:	Pulse:	Resp:	B.P:

General Examination /  
 Allergies History

Clinical Diagnosis & Management Plan

Near  
 vision  
 corrected with glasses  
 Distant  
 vision  
 corrected with glasses.  
 Colour  
 vision.

R eye                      L eye

N24                              N24

N6                                N6

6/36                              6/36

6/6                                6/6

(N)                                (N)

Follow up date :

Doctor Signature  
**Apollo Clinic**  
 # 23, 1st Floor,  
 Kalidasa Road, Mysore - 02  
 Ph : 0821-4006040, 41



Date : 13-01-2024  
MR NO : CMYS.0000059226

Department : GENERAL Dietetics  
Doctor : Madhura. R.P

Name : Mr. PRASHANT KUMAR

Registration No :

Age/ Gender : 38 Y / Male

Qualification : M.Sc Nutrition & Dietetics  
PhD

Consultation Timing: 08:51

IRW - 70kg

Height : 172	Weight : 84.9	BMI : 27 kg/m <sup>2</sup>	Waist Circum : 130/80
Temp :	Pulse :	Resp :	B.P :

General Examination /  
Allergies History

Cholesterol - 248  
Triglycerides - 239  
HDL - 32  
Non HDL - 216  
LDL - 167.99  
VLDL - 47.87  
chol/HDL - 7.72

Clinical Diagnosis & Management Plan

Δ<sup>sis</sup> - fatty liver.  
⇒ Advised low fat diet with complex carbohydrates (high fiber foods).  
⇒ Regular physical activity is important.  
⇒ chart is given.

Follow up date :

Doctor Signature

  
- R.P  
13/01/2024  
**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41

Date : 13-01-2024  
MR NO : CMYS.0000059226

Department : GENERAL  
Doctor :

Name : Mr. PRASHANT KUMAR

Registration No : Dr. Praveen Kumar D  
Qualification : MS (Gen)

Age/ Gender : 38 Y / Male

Consultation Timing: 08:51

Height : 172	Weight : 84.9	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/80

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Came for regular health checkup

(C) Impacted wax

Ear (R) TM - Normal

(L) Ear wax (L)

nose - normal mucus (L)

Oral cavity E. Oropharynx - (L)

well (L)

ALV - wax discolored (L)

Follow up date :

Doctor Signature

**Apollo Clinic**  
# 23, 1st Floor,  
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Ph : 0821-4006040/41



ID: 59226

13-01-2024 11:55:45 AM

MR PRASHANTH KUMAR

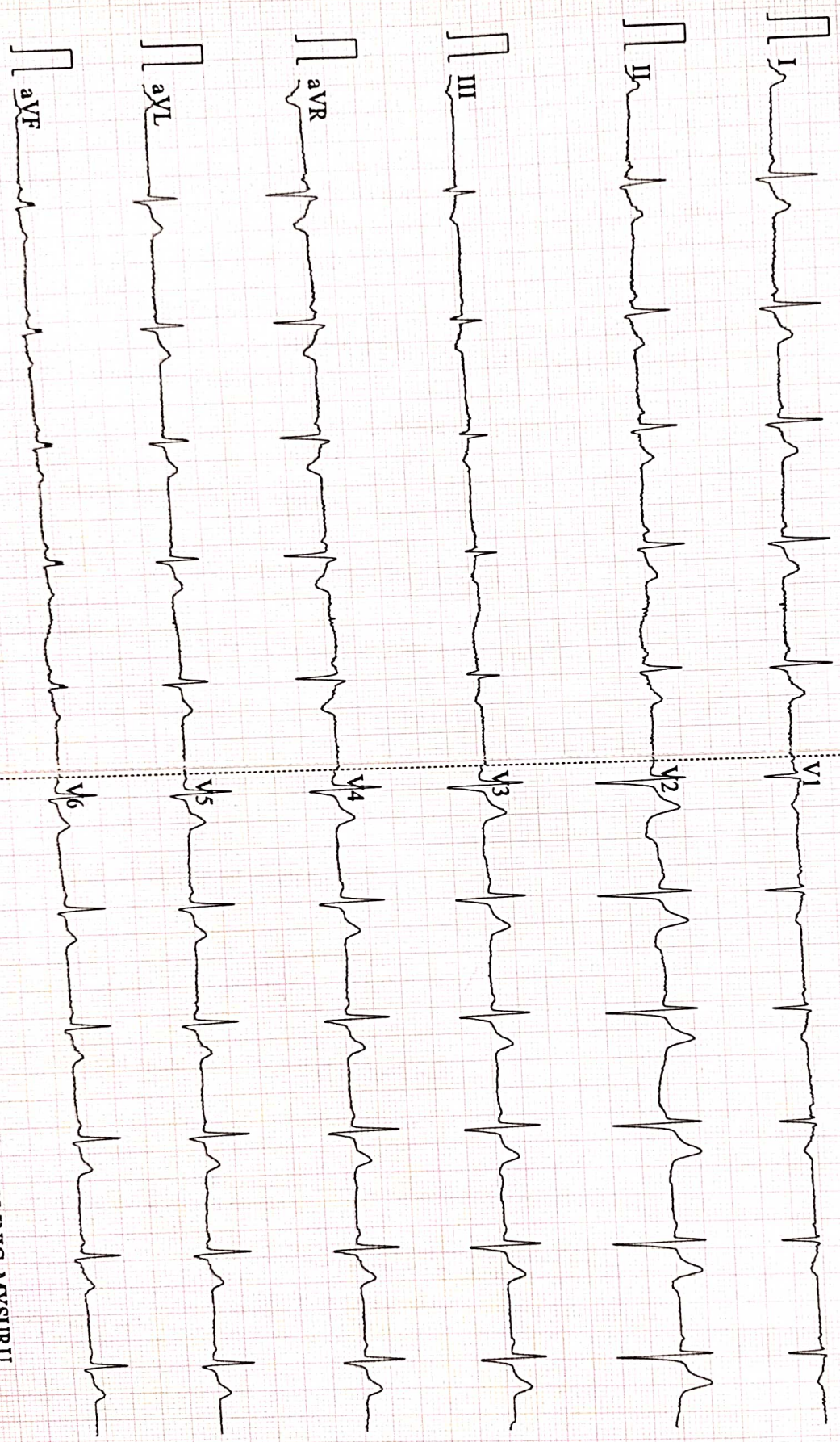
Male 38Years

172cm 84kg 130/80 mmHg

Diagnosis Information:

Unconfirmed Report.

**Apollo Clinic**  
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Ph: 0821-4006040/41



0.5-45Hz AC50 25mm/s 10mm/mV 2\*5.0s 69 CARDIART

D VI.43 Glasgow V28.60 APOLLO CLINIC MYSURU



Patient Name : Mr. PRASHANT KUMAR

UHID : CMYS.0000059226

Reported on : 13-01-2024 16:20

Adm/Consult Doctor :

Age : 38 Y M

OP Visit No : CMYSOPV121310

Printed on : 13-01-2024 16:23

Ref Doctor : SELF

**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 .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

**IMPRESSION :NORMAL STUDY.**

Printed on:13-01-2024 16:20

---End of the Report---

*Pradeep*

**Dr. PRADEEP KUMAR C N**  
**MBBS DNB( RADIOLOGY)**  
Radiology

**Apollo Health and Lifestyle Limited**

ICM : U85110TG2000PLC115819

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TO BOOK AN APPOINTMENT

**1860 500 7788**

Scanned with CamScanner

Patient Name: Mr. Prashant Kumar	Date: 13.01.2024	Doctor: Dr. Self
Age / Sex : 38yrs / Male	UHID No : 59226	OP:
<b>ULTRASONOGRAPHY – ABDOMEN &amp; PELVIS</b>		

**LIVER:** It is increased in size (16.6 cm) and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

**GALL BLADDER:** It is well distended and normal. No e/o calculi.

**SPLEEN:** It is normal in size, outline and echopattern. No e/o focal lesions.

**PANCREAS:** It is normal in size, outline and echopattern.

**RIGHT KIDNEY:** It Measures 103x51 mm with parenchymal thickness of 16mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 97x44 mm with parenchymal thickness of 13 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**URINARY BLADDER:** It is well distended. The UB wall is normal. No e/o calculi.

**PROSTATE:** It measures 31x26x32 mm with a volume of 14 cc. It is normal in size, outline and echotexture. The vascularity of prostate is normal.

**RAF:** No evidence of focal collection or mass lesion seen. Appendix is not visualized.

**OTHERS:** No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

**IMPRESSION: FATTY LIVER.**

*Pradeep*  
Dr. Pradeep Kumar C N, DNB  
Consultant Radiologist.

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TO BOOK AN APPOINTMENT

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Patient's Name : Mr. Prashanth Kumar	Age & Sex; 38Yrs /Male
Date : 13.01.2024	UHID No:59226

**2D ECHOCARDIOGRAPHY STUDY**

**Impression:**

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 68 %
- No clots. No pericardial effusion

**Findings**

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

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 Kuvempunagar | Marjapur Road | Mysore (VV Mohalla)  
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TO BOOK AN APPOINTMENT

**1860 500 7788**

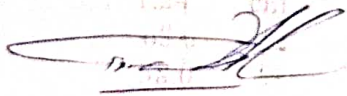
Scanned with CamScanner

 Patient Name: Mr. Prashanth Kumar	Age & Sex; 38Yrs /Male
Date : 13.01.2024	UHID No:59226

Measurements

AO : 2.3 cm  
 LA : 3.4 cm  
  
 RV : 2.8 cm  
 LVIDd : 4.79 cm  
 LVIDs : 2.95 cm  
 IVSd : 0.79 cm  
 IVSs : 1.59 cm  
 PWd : 1.14 cm  
 PWs : 1.24 cm  
 EF : 68.0 %  
 FS : 38.0 %

Doppler  
 MV TV  
 E 0.88 m/s E --- m/s V max AV 0.91 m/s PV V max 0.88 m/s  
 A: 0.48 m/s A --- m/s



Dr. GURU PRASAD. B. V, MBBS, PGDCC  
 CONSULTANT – NON-INVASIVE CARDIOLOGY

**Apollo Health and Lifestyle Limited**

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 Regd. Office: 110 (D-62), Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016  
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of Mr. Prashanth Kumar on 13-1-24

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

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
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<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr. [Signature] 13/1/24  
**Medical Officer, Apollo Clinic**  
**The Apollo Clinic, Mysore,**

Kalidasa Road, Mysore - 02  
 9821-430604/41

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Department : GENERAL

MR NO : CMYS.0000059226

Doctor : ROHITH. H.R.

Name : Mr. PRASHANT KUMAR

Registration No :

Age/ Gender : 38 Y / Male

Qualification :

Consultation Timing: 08:51

Height: 172	Weight: 84.9	BMI:	Waist Circum:
Temp:	Pulse:	Resp:	B.P: 130/90

General Examination / Allergies History

Lipid Profile:

TC - 248

TG - 239

HDL - 32

Non HDL - 216

LDL - 167.99

VLDL - 47.87

Fatty Liver.

Clinical Diagnosis & Management Plan

Pt. came for Annual Health Checkup

No focal complaints

No h/o DM, HTN.

- Tab. Roseday F - 30  
1-0-0

IP  
- Lipid Profile - smooth.

- Riv after 2 months

Follow up date :

Doctor Signature

**Apollo Clinic**  
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Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41



Date : 13-01-2024  
 MR NO : CMYS.0000059226  
 Name : Mr. PRASHANT KUMAR  
 Age/ Gender : 38 Y / Male

Department : GENERAL  
 Doctor :  
 Registration No :  
 Qualification :

Consultation Timing: 08:51

Height: 172	Weight: 84.9	BMI:	Waist Circum: 130/80
Temp:	Pulse:	Resp:	B.P:

General Examination /  
 Allergies History

Clinical Diagnosis & Management Plan

Near  
 vision  
 corrected with glasses  
 Distant  
 vision  
 corrected  
 with glasses.  
 Colour  
 vision.

R eye                      L eye

N24                              N24

N6                                N6

6/36                              6/36

6/6                                6/6

(N)                                (N)

Follow up date :

Doctor Signature

**Apollo Clinic**  
 # 23, 1st Floor,  
 Kalidasa Road, Mysore - 02  
 Ph : 0821-4006040, 41

Date : 13-01-2024  
MR NO : CMYS.0000059226

Department : GENERAL Dietetics  
Doctor : Madhura. R.P

Name : Mr. PRASHANT KUMAR

Registration No :

Age/ Gender : 38 Y / Male

Qualification : M.Sc Nutrition & Dietetics  
PhD

Consultation Timing: 08:51

IRW - 70kg

Height : 172	Weight : 84.9	BMI : 27 kg/m <sup>2</sup>	Waist Circum : 130/80
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General Examination /  
Allergies History

Cholesterol - 248  
Triglycerides - 239  
HDL - 32  
Non HDL - 216  
LDL - 167.99  
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chol/HDL - 7.72

Clinical Diagnosis & Management Plan

Δ<sup>sis</sup> - fatty liver.  
⇒ Advised low fat diet with complex carbohydrates (high fiber foods).  
⇒ Regular physical activity is important.  
⇒ chart is given.

Follow up date :

Doctor Signature - R.P  
13/01/2024

**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41



Date : 13-01-2024  
MR NO : CMYS.0000059226

Department : GENERAL  
Doctor :

Name : Mr. PRASHANT KUMAR

Registration No : Dr. Praveen Kumar D  
Qualification : MS (Gen)

Age/ Gender : 38 Y / Male

Consultation Timing: 08:51

Height : 172	Weight : 84.9	BMI :	Waist Circum :
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General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Came for regular health checkup

(C) Impacted wax

Ear (R) TM - Normal

(L) Ear wax (C)

nose - normal mucus (C)

Oral cavity E. Oropharynx - (C)

well (C)

ALV - wax discoloured (C)

Follow up date :

Doctor Signature

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# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41



ID: 59226

13-01-2024 11:55:45 AM

MR PRASHANTH KUMAR

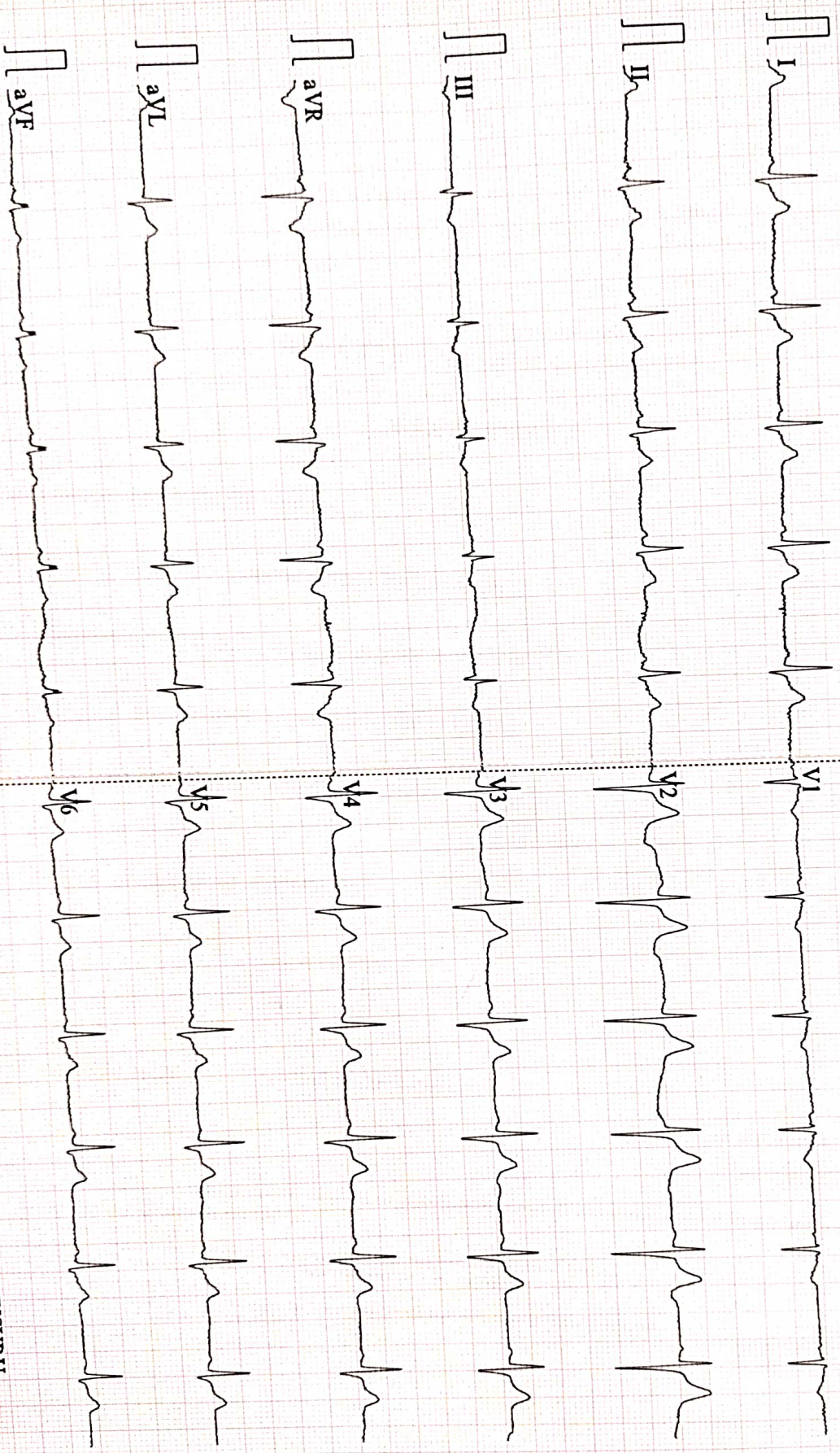
Male 38Years

172cm 84kg 130/80 mmHg

Diagnosis Information:

Unconfirmed Report.

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0.5-45Hz AC50 25mm/s 10mm/mV 2\*5.0s 69 CARDIART

D VI.43 Glasgow V28.60 APOLLO CLINIC MYSURU



Patient Name : Mr. PRASHANT KUMAR

UHID : CMYS.0000059226

Reported on : 13-01-2024 16:20

Adm/Consult Doctor :

Age : 38 Y M

OP Visit No : CMYSOPV121310

Printed on : 13-01-2024 16:23

Ref Doctor : SELF

**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 .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

**IMPRESSION :NORMAL STUDY.**

Printed on:13-01-2024 16:20

---End of the Report---

*Pradeep*

**Dr. PRADEEP KUMAR C N**  
**MBBS DNB( RADIOLOGY)**  
Radiology

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Koramangala | Sarjapur Road | Mysore (VV Mohalla)

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TO BOOK AN APPOINTMENT

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**PROSTATE:** It measures 31x26x32 mm with a volume of 14 cc. It is normal in size, outline and echotexture. The vascularity of prostate is normal.

**RAF:** No evidence of focal collection or mass lesion seen. Appendix is not visualized.

**OTHERS:** No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

**IMPRESSION: FATTY LIVER.**

*Pradeep*  
Dr. Pradeep Kumar C N, DNB  
Consultant Radiologist.

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REG. URS1107G200KMSL115819

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TO BOOK AN APPOINTMENT

**1860 500 7788**



Patient's Name : Mr. Prashanth Kumar	Age & Sex; 38Yrs /Male
Date : 13.01.2024	UHID No:59226

**2D ECHOCARDIOGRAPHY STUDY**

**Impression:**

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 68 %
- No clots. No pericardial effusion

**Findings**

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

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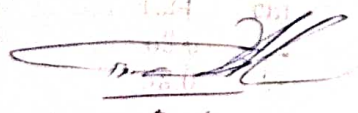
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Measurements

AO : 2.3 cm  
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 LVIDd : 4.79 cm  
 LVIDs : 2.95 cm  
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 IVSs : 1.59 cm  
 PWd : 1.14 cm  
 PWs : 1.24 cm  
 EF : 68.0 %  
 FS : 38.0 %

Doppler  
 MV TV  
 E 0.88 m/s E --- m/s V max AV 0.91 m/s PV V max 0.88 m/s  
 A: 0.48 m/s A --- m/s



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 CONSULTANT – NON-INVASIVE CARDIOLOGY

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