



**Mediwheel**  
...Your wellness partner

**Arcofemi Healthcare Pvt Ltd**

(Formerly known as Arcofemi Healthcare Ltd)

F-701A, Lado Sarai, Mehrauli, New Delhi - 110030

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Tel: +91-11-41195959, Fax: +91-11-29523020

CIN: U24240DL2011PTC216307

**MEDICAL FITNESS CERTIFICATE**

(To be signed by a registered medical practitioner holding a Medical degree)

This is to certify that **Mr. Rajesh Rajak** aged, **39yr**. Based on the examination, I certify that he is in good mental and physical health and it is free from any physical defects such as deafness, colour blindness, and any chronic or contagious diseases.

Place: **Raipur**

Date: 27/06/2024

**Dr. Nitesh Kumar**  
**MBBS**  
**BCMR 47093**  
Name & Signature of

Medical officer.

भारत सरकार  
Government of India

आधार

Aadhaar no. issued: 21/09/2012



राजेश कुमार रजक  
Rajesh Kumar Rajak  
जन्म तिथि/DOB: 17/11/1984  
पुल्ल/ MALE

आधार पहचान का प्रमाण है, नागरिकता या जन्मतिथि का नहीं।  
इसका उपयोग सत्यापन (ऑनलाइन प्रमाणीकरण, या क्यूआर कोड/  
ऑफलाइन एक्सएमएल की स्कैनिंग) के साथ किया जाना चाहिए।  
Aadhaar is proof of identity, not of citizenship  
or date of birth. It should be used with verification (online  
authentication, or scanning of QR code / offline XML).

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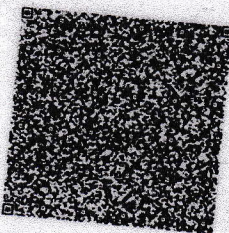
मेरा आधार, मेरी पहचान

भारतीय विशिष्ट पहचान प्राधिकरण  
Unique Identification Authority of India

आधार

पता:  
S/O: मनीराम रजक, 1074/ओल्ड 481, मैन रोड, हनुमान  
मंदिर के पास, दुर्गा कॉलोनी शाहीनाका गढ़ा जबलपुर, घना,  
गढ़ा, जबलपुर,  
मध्य प्रदेश - 482003

Address:  
S/O: Maniram Rajak, 1074/old 481, main  
road, near hanuman mandir, durga colony  
shahinaka garha jabalpur, Ghana, PO: Garha,  
DIST: Jabalpur,  
Madhya Pradesh - 482003



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VID : 9191 8655 7947 1247

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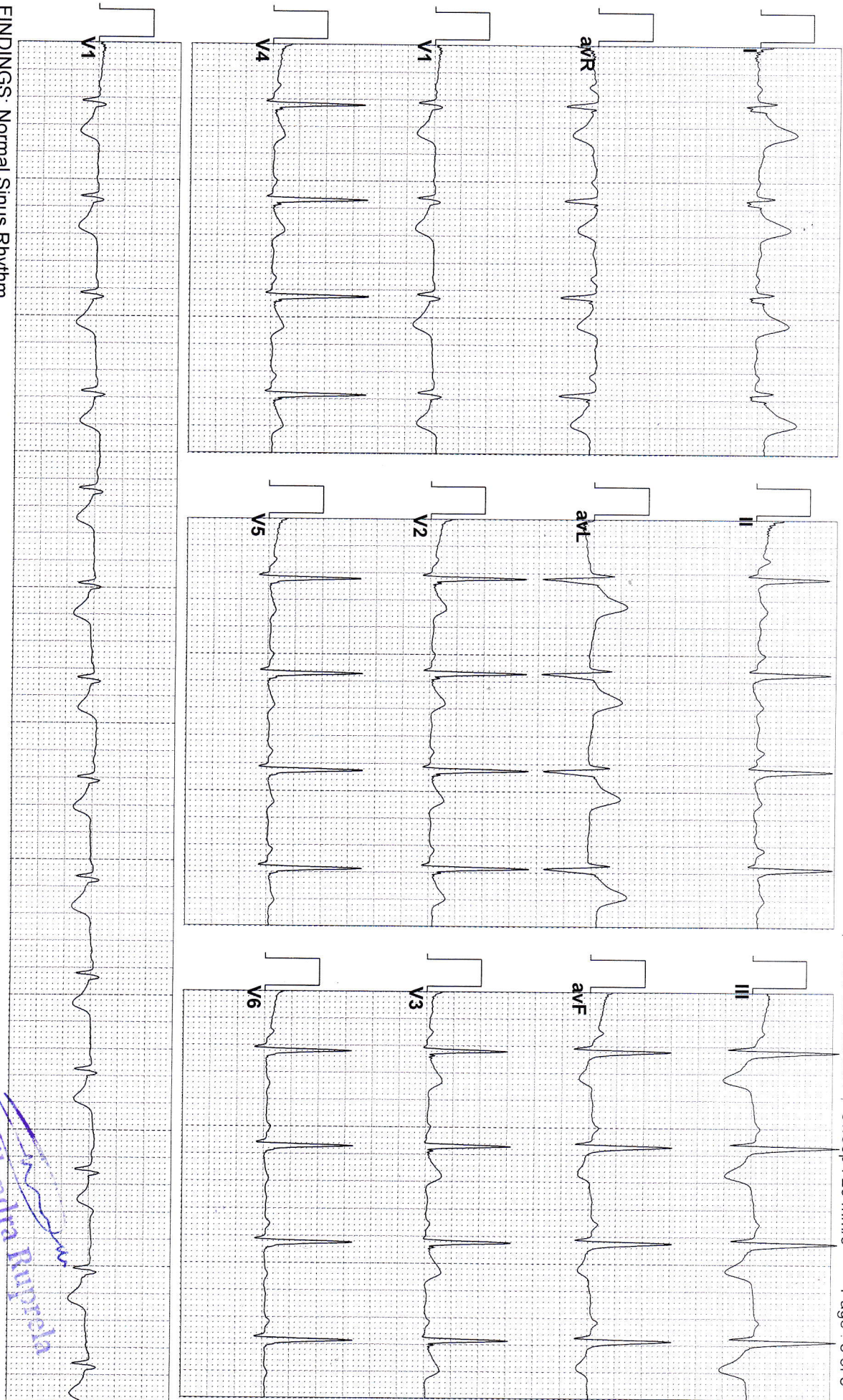
*Handwritten signature in blue ink*

*Handwritten signature in blue ink*  
Dr. Shailendra Ruprela  
MD, Medicine  
Reg. No.: CG MC-511/2006

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Reg. No.: CG MC-511/2006

**DR. RUPPRELAS NMS DIAGNOSTICS AND IMAGING FAFADIH BILASPUR ROAD RAIPUR**

5476551056; MR RAJESH RAJAK; Male; 39 Yrs 00 Mths      **Ht : 163 Cms; Wt: 71 Kgs ; BP : 120/75 ; HR : 83 bpm**  
Ref: ARCOFEMI HEALTHCARE LIMITED; Date : 27-06-2024; Time : 13:46:15 Notch : 50 Hz ; Filter: 0.05Hz - 100 Hz ; Gain: 10.0 mm/mV      Sweep : 25 mm/s      Page : 3 of 3



**FINDINGS: Normal Sinus Rhythm**  
Vent Rate : 83 bpm      PR Interval : 126 ms  
P-QRS-T axis: 57° 75° -19° (Deg)  
Comments :

**Dr. Shahendra Rupprela**  
M.D. Medicine  
Reg. No.: CGMC-5112006





**NAME:MR. RAJESH RAJAK**  
**REF.BY: ARCOFEMI HEALTHCARE LIMITED**

**AGE/SEX:39/M**  
**DATE :27.06.2024**

Complain Of : No Complaints

Ocular H/O: Nil

Family Ocular H/O: Nil

Drug Allergy (If Any): Not Aware

**DISTANCE VISION:** RE 6/6 LE 6/6 (With / without PGP)

**NEAR VISION:** RE N/6 LE N/6(With / without

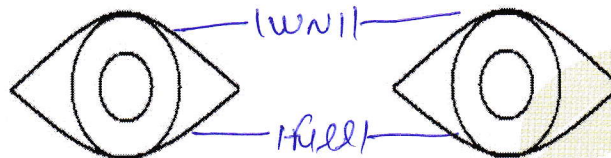
**REFRACTION:**

EYE	SPH	CYL	AXIS	ADD	VISION
RE	_____	PLAIN	_____	6/6	N/6
LE	_____	PLAIN	_____	6/6	N/6

**EXTERNAL EYE EXAMINATION:**

RE

LE



**EOM:** NAD

**SQUINT EVALUATION:** ABSENT

**NYSTAGMUS:** ABSENT

**COLOR VISION TEST:** NORMAL

**NYCTALOPIA (Night Blindness):** ABSENT

**Dr. Vaibhav Sharma**  
Ophthalmologist  
Reg. No. MCI/10-37782



Dr. Ruprela's  
**NMS** Diagnostics & Imaging

"अचूक निदान" स्वस्थ जीवन की ओर...

NAME:MR.RAJESH RAJAK  
REF.BY:ARCOFEMI HEALTHCARE LIMITED

AGE/SEX:39Y/M  
DATE :27.06.2024

X-RAY CHEST PA VIEW

- The lungs on the either side show equal translucency.
- The peripheral pulmonary vasculature is normal.
- No focal lung lesion is seen.
- The pleural spaces are normal.
- Both hila are normal in size, have equal density and bear normal relationship.
- The heart and trachea are central in position and no mediastinal abnormality is visible.
- The cardiac size is normal.
- The domes of the diaphragms are normal in position, and show smooth outline.
- **IMPRESSION** : NO EVIDENCE OF PULMONARY, PLEURAL OR CARDIAC PATHOLOGY IS NOTED.
- **RADIOGRAPH OF CHEST IS WITHIN NORMAL LIMITS.**



FAFADIH, NEAR OVER BRIDGE, RUPRELA MARG, BILASPUR ROAD, RAIPUR (C.G.)

Ph.: 0771-4048886, Mob.: 9406396296, Email : nmsdiagnostic.service@gmail.com, Website : www.nmsdiagnostics.co.in



**TO WHOM SO EVER IT MAY CONCERN**

THIS IS TO DECLARE THAT MR. RAJESH RAJAK AGE 39 YEAR/MALE HAS UNDERGONE MEDICAL EXAMINATION ON 27.06.2024 DURING HIS GENERAL EXAMINATION NO ABNORMALITIES WERE DETECTED.

HE WAS FULLY ORIENTED , NO DISABILITY WITH NORMAL GAIT.

NO SIGNS OF PALPABLE OR ENLARGED LYMPH NODES.

NO GROWTH / SWELLING OBSERVED.

HIS VITALS PARAMETERS ARE HEIGHT: 163 cms, WEIGHT: 71 kg, BP: 114/66 mmhg, HR: 81 bpm, BMI: 26.7

HER BOWEL HABITS ARE REGULAR. NO BURNING DURING MICTURITION.

ALL REFLEXES WERE NORMAL.

NO ABNORMALITIES WERE DETECTED DURING PALPATION, PERCUSSION AND AUSCULTATION OF VISCERA.

HE DOES NOT CARRY ANY COMMUNICABLE/TRANSFERRABLE DISEASE.

HE APPEARS TO BE **PHYSICALLY FIT** AND WE WISH HIM ALL THE BEST.



**Dr. Shailendra Ruprela**  
MD, Medicine  
Reg. No.: CG MC-511/2006



VID :- E/14120  
PID No. :- 202427617129033  
Name :- Mr. Rajesh Rajak  
Age/Sex :- 39 Y / M  
Ref. By. :- TRUWORTH HEALTH TECHNOLOGIES PRIVATE LIM

Sample Received on/at :  
27/06/2024 12:32PM

Reported on/at  
27/06/2024 3:15PM

### BIOCHEMISTRY

Investigation	Observed Value	Unit	Biological Reference Range
<b>Cholesterol - Total</b>	176	mg/dL	Desirable <200 Borderline High : 200-239 High :>=240
<b>BLOOD SUGAR F</b>			
Glucose Fasting	72	mg/dl	60 - 110
<b>Creatinine</b>			
Creatinine (Serum,Jaffe)	0.87	mg/dL	0.57 - 1.4
<b>SGPT</b>			
SGPT (ALT) (Serum,Enzymatic)	28	U/L	10 - 40
<b>Urea</b>			
Blood Urea	24.5	mg/dL	15 - 40
BUN-Blood Urea Nitrogen (Serum,Urease)	13.1	mg/dL	9 - 20.0

----- End Of Report -----

Dr. Avishesh Kumar Singh  
M.D. (Pathologist)



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### CLINICAL PATHOLOGY

Investigation	Observed Value	Unit	Biological Reference Range
<b>URINE R/M</b>			
<b><u>Physical Examination</u></b>			
Specific Gravity	1.015		1.003-1.030
Appearance	Clear		Clear
Colour	Pale Yellow		Pale Yellow
pH (Reaction)	Acidic		Acidic
<b><u>Chemical Examination</u></b>			
Protein	NIL		NIL
Glucose	NIL		NIL
<b><u>Microscopic Examination</u></b>			
PUS CELLS	2-4	/hpf	0-5
Epithelial Cells	1-2	/hpf	0-5
RBC	Absent	/hpf	Absent
Bacteria	Absent		Absent
Crystals	Absent		Absent
Casts	Absent		Absent

*Test Done by Urisys 1100 (ROCHE) Fully Automatic.*

----- End Of Report -----

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### Complete Blood Count (Haemogram)

Investigation	Observed Value	Unit	Biological Reference Range
<b>CBC</b>			
<b><u>Erythrocytes</u></b>			
Haemoglobin (Hb)	12.7	gm/dL	12.5 - 16.5
Erythrocyte (RBC) Count	<b>6.58</b>	mill/cu.mm	4.2 - 5.6
PCV (Packed Cell Volume)	<b>47.7</b>	%	36 - 47
MCV (Mean Corpuscular Volume)	<b>72</b>	fl	78 - 95
MCH (Mean Corpuscular Hb)	<b>19.3</b>	pg	26 - 32
MCHC (Mean Corpuscular Hb Concn.)	<b>26.7</b>	g/dL	32 - 36
RDW (Red Cell Distribution Width)	<b>15.3</b>	%	11.5 - 14
<b><u>Leucocytes</u></b>			
Total Leucocytes (WBC) Count	7900	cells/cu.mm	4000 - 11000
Neutrophils	55	%	40 - 75
Lymphocytes.	40	%	20 - 40
Monocytes	04	%	2-10
Eosinophils	01	%	1-6
Basophils	00	%	0 - 1
<b><u>Platelets-</u></b>			
Platelet count	254	x10 <sup>9</sup> /L	150 - 450
MPV (Mean Platelet Volume)	7.5	fL.	6 - 9.5
PCT ( Platelet Haematocrit)	0.191	%	0.15 - 0500
PDW (Platelet Distribution Width)	14.3	%	11 - 18

EDTA Whole Blood - Tests done on Automated ABX Micros ES60(HORIBA) Cell Counter. WBC, RBC & Platelet count by impedance method, WBC differential by VCS technology & other parameters calculated) All abnormal Haemograms are reviewed & confirmed microscopically. Differential count is based on approximately 10,000 cells.

----- End Of Report -----

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M.D. (Pathologist)



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### Hematology

Investigation	Observed Value	Unit	Biological Reference Range
<b>Blood Group &amp; RH Type Screening</b>			
ABO Group	"A"		
Rh Type	"POSITIVE"		

Method: Column agglutination technology (CAT) is an automated. System for blood grouping which is superior in sensitivity to conventional tube method.

### **ESR**

ESR - Erythrocyte Sedimentation Rate (Citrate Blood) Method: Westergren	12	mm at 1hr	0 - 15
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#### Interpretation:

1. It indicates presence and intensity of an inflammatory process, never diagnostic of a specific disease. Changes are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma.

----- End Of Report -----

**Dr. Avishesh Kumar Singh**  
M.D. (Pathologist)