

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr. P.V.K Lakshman Swamy on 08/03/2024

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 	✓
<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. [Signature]
Medical Officer

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

This certificate is not meant for medico-legal purposes

Apollo Health and Lifestyle Limited

(CIN - U85110TG2000PLC115819)

Regd. Office: 1-10-60/62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016.
Ph No: 040-4904 7777, Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore (Basavanagudi | Bellandur | Electronic City | Fraser Town | HSR Layout | Indira Nagar | JP Nagar | Kundalahalli | Koramangala | Sarjapur Road) **Mysore** (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Date : 08-03-2024
MR NO : CMYS.0000059949
Name : Mr. P V K LAKSHMAN SWAMY
Age/ Gender : 51 Y / Male

Department : GENERAL
Doctor : D. Venkatesh HBS
Registration No : 67084
Qualification : MBSBS MD

Consultation Timing: 07:49

Height : 174	Weight : 72.6	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/70

General Examination /
Allergies History

COS
RS
PNA / NASH

Clinical Diagnosis & Management Plan

Adv

T2 ART D3 GOK once a week (10)

T2 fibrohep. 010 - (30)

Regular Exercise / Dieting

Follow up date :

D. Venkatesh HBS

Doctor Signature

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

MR P V K LAKSHMAN SWAMY 06 03 2024 10:34:23 AM

MR P V K LAKSHMAN SWAMY

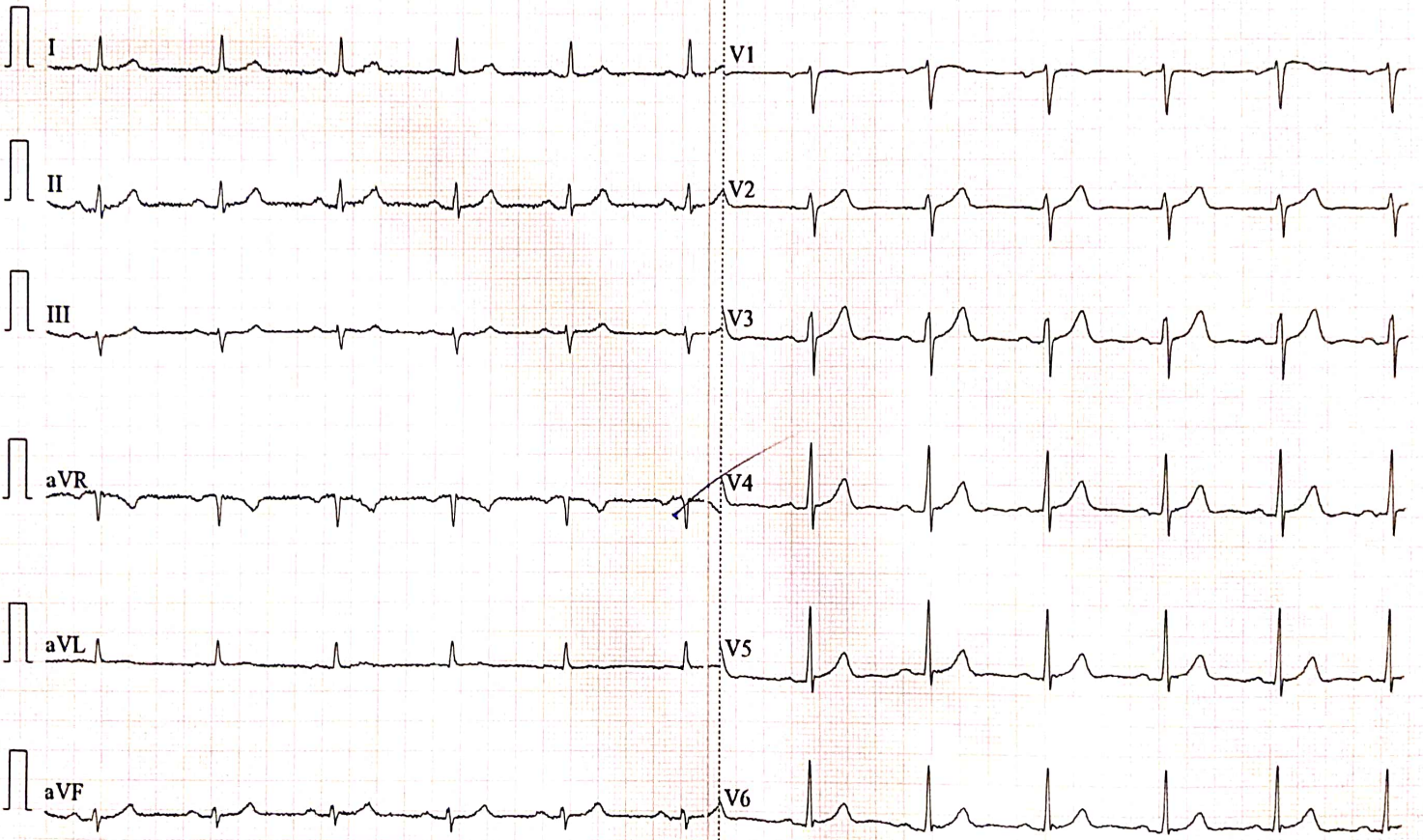
Male 51Years

174cm 72kg 130/70 mmHg

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

Diagnosis Information:

Unconfirmed Report.



Date : 08-03-2024
MR NO : CMYS.0000059949

Department : GENERAL Dental
Doctor : Dr. Jayashree

Name : Mr. P V K LAKSHMAN SWAMY

Registration No :

Age/ Gender : 51 Y / Male

Qualification :

Consultation Timing: 07:49

Height : 174	Weight : 72.6	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

OK

Catt, St + P

Adv: oral Prophylaxis

G

Follow up date :

Jayashree

Doctor Signature

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

Date : 08-03-2024
MR NO : CMYS.0000059949

Department : GENERAL
Doctor :

Name : Mr. P V K LAKSHMAN SWAMY

Registration No :

Age/ Gender : 51 Y / Male

Qualification :

Consultation Timing: 07:49

Height : 174	Weight : 72.6	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/70

General Examination /
Allergies History

4% giddiness
- 1 week ago

Clinical Diagnosis & Management Plan

St - Ear - sh Bae camp,
- 2nd
- 1st - 2nd

also - 1st - 2nd

Ado

1.) 7. Hemocare semi soft x 10

Reddy

Follow up date :

Doctor Signature
APOLLO CLINIC
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Patient Name	: Mr. P V K LAKSHMAN SWAMY	Age	: 51 Y M
UHID	: CMYS.0000059949	OP Visit No	: CMYSOPV123187
Reported on	: 08-03-2024 15:02	Printed on	: 08-03-2024 15:03
Adm/Consult Doctor	:	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:08-03-2024 15:02

---End of the Report---

Pradeep
Dr. PRADEEP KUMAR C N
MBBS DNB(RADIOLOGY)

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

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Koramangala | Sarjapur Road | **Mysore** (VV Mohalla)

Online appointments: www.apolloclinic.com

Patient's Name : Mr. P V K Lakshman Swamy	Age & Sex: 51Yrs /Male
Date : 08.03.2024	UHID No:59949

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 67 %
- 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

Apollo Health and Lifestyle Limited

CIN: U65117G2000PLC115819

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TO BOOK AN APPOINTMENT

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Patient's Name : Mr. P V K Lakshman Swamy	Age & Sex; 51Yrs /Male
Date : 08.03.2024	UHID No:59949

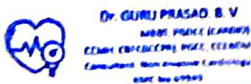
Measurements

AO : 2.5 cm
 LA : 2.4 cm

 RV : 2.3 cm
 LVIDd 4.32 cm
 LVIDs : 2.70 cm
 IVSd : 0.98 cm
 IVSs : 1.56 cm
 PWd : 1.08 cm
 PWs : 1.43 cm
 EF : 67.0 %
 FS : 37.0 %

Doppler
 MV TV AV PV
 E 0.48 m/s E --- m/s V max 0.98 m/s V max 1.04 m/s
 :
 A: 0.61 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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 Kuvempunagar | Sarjapur Road | Mysore (VV Mohalla)
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TO BOOK AN APPOINTMENT
1860 500 7788

Patient Name: Mr P V K Lakshman Swamy	Date:08.03.2024	Doctor:Dr. Self
Age / Sex :51yrs /Male	UHID No :59949	OP:
ULTRASONOGRAPHY – ABDOMEN & PELVIS		

LIVER: It is increased in size(15.8 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 105x49 mm with parenchymal thickness of 15mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 110x52 mm with parenchymal thickness of 17 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen. Cortical cyst measuring 25 mm seen in midpole.

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

PROSTATE: It measures 27x28x30 mm with a volume of 12 cc. It is normal in size, outline and echotexture. The vascularity of prostate is normal.

RIF: 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.

Apollo Health and Lifestyle Limited

ICR# UAS110T02000PLC115819

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Koramangala | Marjapur Road | Mysore | VV Mohalla

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TO BOOK AN APPOINTMENT

1860 500 7788

Scanned with CamScanner

Informed Consent/Declaration For Test Exclusion

Patient Name: LAKSHMANA SWAMY Age: 51/M

UHID Number: 59949

Please tick and sign the relevant part

I certify that I will skip Optical Test from my own.

No refund is provided for the above excluded test and i have been informed about the same.

Patient signature [Signature] Date 8/03/2024

Witness signature: [Signature] Date: 8/03/2024

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

Date : 08-03-2024
MR NO : CMYS.0000059949

Department : GENERAL Dietetics
Doctor : Madhura B.P

Name : Mr. P V K LAKSHMAN SWAMY
Age/ Gender : 51 Y / Male

Registration No :
Qualification : M.Sc Nutrition & Dietetics
PhD[†]

Consultation Timing: 07:49

IBW - 70kg

Height : 174	Weight : 72.6	BMI : 24 kg/m ²	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/70

**General Examination /
Allergies History**

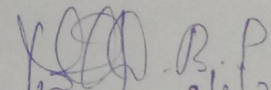
Total cholesterol - 203
Triglycerides - 199
HDL - 20
NON HDL - 173
LDL - 133.56
VLDL - 39.79
Chol/HDL - 6.85
Vitamin D - 8.3
Vitamin B₁₂ - 118

Clinical Diagnosis & Management Plan

- Δ^{sis} - Fatty liver
- Advised low fat diet with fiber rich foods.
 - Take small frequent meals. Do not skip meals.
 - Include all variety of seasonal fruits, vegetables and green leafy vegetables regularly.
 - Include nuts like Almonds & walnuts.
 - Include seeds like flaxseeds, pumpkin seeds, sunflower seeds, watermelon seeds & sesame seeds - 1 teaspoon each, dry roasted.
 - Cooking oil - 1/2 liter/person/month.
 - Include dry-fruits like dried dates, raisins.
 - Avoid (vegetar) seed meat.
 - Avoid maida, sugar, too much of salt, salty soda & creams.

Follow up date :

- Avoid salty products, chutis, junk food, deep fried foods, packed & processed foods.


Doctor Signature 8/3/2024