

**CERTIFICATE OF MEDICAL FITNESS**

This is to certify that I have conducted the clinical examination

of Mrs SMITHA P. on 27/01/2024

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

	Tick
<ul style="list-style-type: none"> <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. Review after _____ recommended</li> </ul>	
<ul style="list-style-type: none"> <li>Unfit</li> </ul>	

Dr. MSM

Medical Officer  
The Apollo Clinic, Mysore,  
# 23, 1st floor,

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

**Apollo Health and Lifestyle Limited**

(CIN: URS110TG2000PLC115819)  
Regd. Office: 1-10-60-62, Ashoka Raghupathi Street, 6th Cross, 6th Stage, 6th Block, Koramangala, Bangalore - 560095  
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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

**1860 500 7788**

Date : 27-01-2024  
MR NO : CMYS.0000059395  
Name : Mrs. SMITHA P  
Age/ Gender : 40 Y / Female

Department : GENERAL  
Doctor : Dr Umesh HRB  
Registration No : 67084  
Qualification : MBBS- MD

Consultation Timing: 08:48

Height : 154	Weight : 55.5	BMI :	Waist Circum:
Temp :	Pulse : 74/mt	Resp : 20/mt	B.P : 130/80

General Examination /  
Allergies History

AS  
RS  
PA | NAs

Clinical Diagnosis & Management Plan C/o IDA

Adh

Regular Exercise

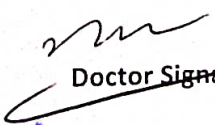
F Dexorange - 1 Bottle

T Lime 500 010 - (20)

T Zentel 400 1st  
(Albendazole)

T - Bentamine plus (30)  
010

Follow up date :

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

Date : 27-01-2024

Department : GENERAL

MR NO : CMYS.0000059898 . Smitha

Doctor <sup>U151F.</sup> : <sup>27/1/24</sup>

Name : Mrs. SMITHA P

Registration No :

Age/ Gender : 40 Y / Female

Qualification :

Consultation Timing: 08:48

Height : 154	Weight : 55.5	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P: 130/80

**General Examination / Allergies History**

PH - NS  
mother  
MH - died of  
dancing disorder.  
Father - NS.  
USG  
mammogram

**Clinical Diagnosis & Management Plan**

MH - regular mides  
mp → U1124.

} normal study.

ml → Mrs. Pa'a -  
FINDS.  
Diet Ambellomad

adv: - regular walk/yoga.  
- low salt / low fat diet  
- avoid Scuric modn.

- TAB. SHELLAL XT (30)  
0-1-0. x 6M.

*one*

Follow up date:



Doctor Signature

**Apollo Clinic**

**Apollo Clinic, Mysore**

#23, Kalidasa Road, VV Mohalla, Mysore-570002

Phone: (0821) 400 6040/41

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PH: 0821-4006040/41  
Website : www.apolloclinic.com



Date : 27-01-2024  
MR NO : CMYS.0000059395

Department : GENERAL  
Doctor :

Name : Mrs. SMITHA P

Registration No : Dr Praan Kumar

Age/ Gender : 40 Y / Female

Qualification : MSEW

Consultation Timing: 08:48

Height : 154	Weight : 55.5	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/80

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Come for under nasal discharge

Ear - Bilateral non @

Nose - nasal discharge @

oral cavity & oropharynx - @

neck @

Ad

- Pranav

Follow up date :

  
Doctor Signature

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Date : 27-01-2024  
MR NO : CMYS.0000059395  
Name : Mrs. SMITHA P  
Age/ Gender : 40 Y / Female

Department : GENERAL  
Doctor :  
Registration No :  
Qualification :

Consultation Timing: 08:48

Height : 154	Weight : 55.5	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 130/80

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Rt eye                      L eye

Near  
vism

N<sub>6</sub>

N<sub>6</sub>

Distant  
vism.

6/6

6/6

Glauce  
nem

(N)

(N)

Follow up date :

  
Doctor Signature

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



ID: 59395

27-01-2024 11:11:56 AM

MRS SMITHRA P

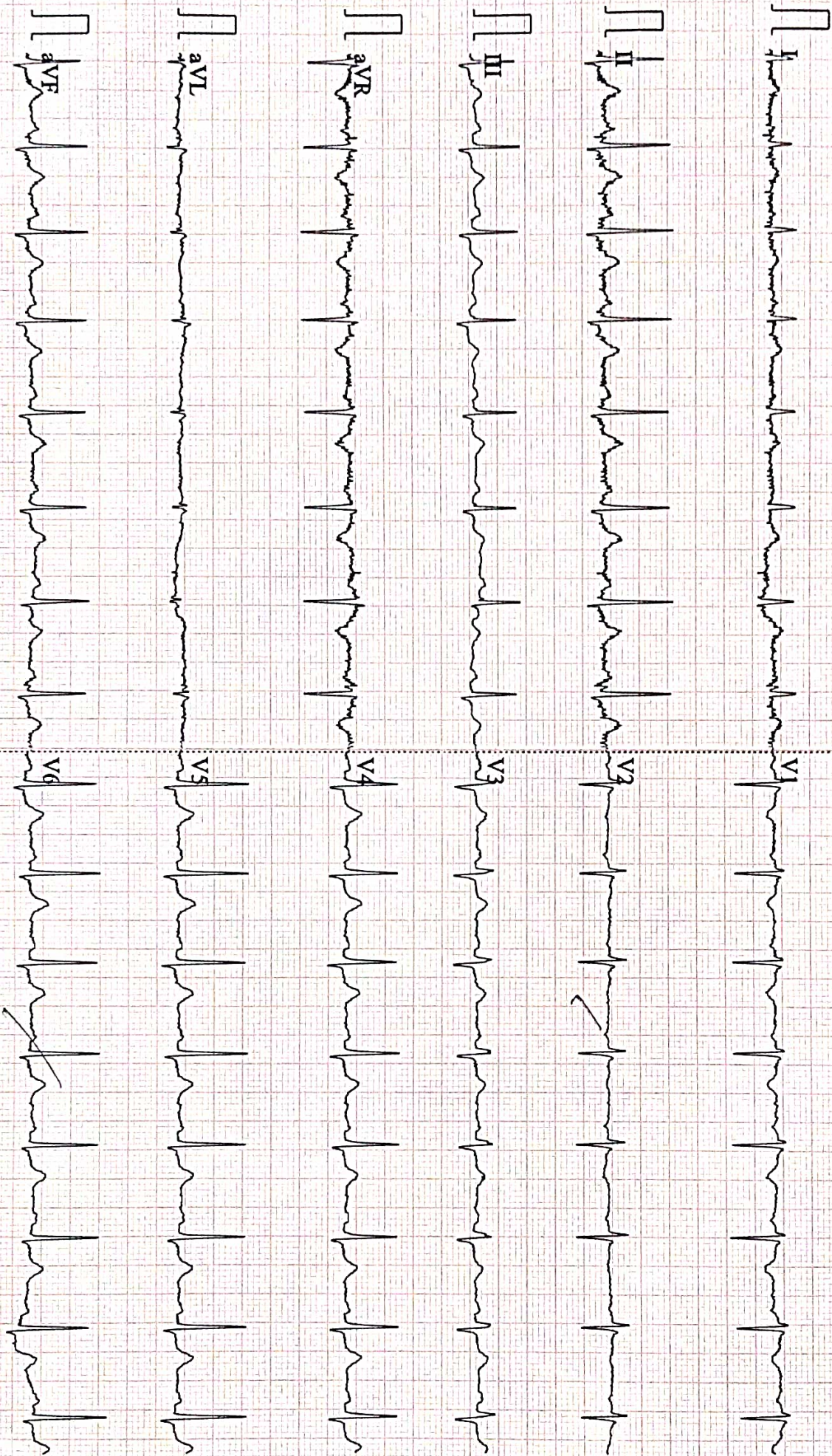
Female 40Years

154cm 55kg 130/80 mmHg

Diagnosis Information:

Unconfirmed Report.

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0.5~45Hz AC50 25mm/s 10mm/mV 2\*5.0s 93 CARDIART

D V1.43 Glasgow V28.6.0 APOLLO CLINIC MYSURU



Patient Name : Mrs. SMITHA P Age : 40 Y F  
UHID : CMYS.0000059395 OP Visit No : CMYSOPV121758  
Reported on : 27-01-2024 15:26 Printed on : 27-01-2024 15:27  
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.

**X-RAY CHEST PA**

**IMPRESSION :NORMAL STUDY.**

Printed on:27-01-2024 15:26

---End of the Report---

*Pradeep*

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

**Apollo Health and Lifestyle Limited**

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TO BOOK AN APPOINTMENT

**1860 500 7788**

<b>Patient Name: Mrs. Smitha P</b>	<b>Date : 27.01.2024</b>	<b>Referring Doctor: Dr.</b>
<b>Age / Sex: Yrs/Female</b>	<b>UHID No : 59395</b>	<b>Location : OP</b>
<b>ULTRASONOGRAPHY- BREAST</b>		

**RIGHT BREAST:** It is normal in echopattern. No e/o focal nodular or mass lesions seen. No e/o calcifications. The skin over the breast is normal. Nipple and areola are normal. The subcutaneous, mammary and retro mammary zones are normal.

**LEFT BREAST:** It is normal in echopattern. No e/o focal nodular or mass lesions seen. No e/o calcifications. The skin over the breast is normal. Nipple and areola are normal. The subcutaneous, mammary and retro mammary zones are normal.

No e/o axillary lymphadenopathy.

**IMPRESSION: NORMAL STUDY.**

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

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TO BOOK AN APPOINTMENT

**1860 500 7788**



Patient Name: Mrs. Smitha P	Date : 27.01.2024	Referring Doctor: Dr .Self
Age / Sex: Yrs/Female	UHID NO: 59395	Location : OP
<b>ULTRASONOGRAPHY- ABDOMEN &amp; PELVIS</b>		

**LIVER:** It is normal in size and echotexture. No focal lesions seen. IIBR are not dilated. CBD and Portal vein are normal.

**GALL BLADDER:** It is well distended and normal. No calculi seen.

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

**PANCREAS:** It is normal.

**RIGHT KIDNEY:** It measures 95x37 mm with parenchymal thickness of 14 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 107x45mm with parenchymal thickness of 14 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 calculi seen.

**UTERUS:** It is anteverted and measures 69x48x55mm with ET= 11mm. It is normal in size, outline and echotexture. No mass lesion.

**Rt. OVARY:** It measures 30x29 mm. It is normal. No mass lesion seen.

**Lt. OVARY:** It measures 28x25mm. It is normal. No mass lesion seen.

**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: NORMAL STUDY.**

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

Apollo Health and Lifestyle Limited

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TO BOOK AN APPOINTMENT

**1860 500 7788**





Patient's Name : Mrs. Smitha P	Age & Sex; 40Yrs /Female
Date : 27.01.2024	UHID No:59395

Measurements

AO : 2.0 cm  
LA : 1.90 cm

RV : 2.0 cm  
LVIDd : 3.84 cm  
LVIDs : 2.38 cm  
IVSd : 0.73 cm  
IVSs : 1.05 cm  
PWd : 0.98 cm  
PWs : 1.02 cm  
EF : 68.0 %  
FS : 38.0 %

Doppler : 2.0 cm  
MV : 1.90 cm TV  
E 0.79 m/s E --- m/s V max AV 1.52 m/s PV V max 1.23 m/s  
A: 0.60 m/s A --- m/s

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

**Dr. GURU PRASAD. B. V**  
MBBS, PGDCC (CARDIO)  
CCMH, CRFC (ICCP), PGCC, CCEBDM  
Consultant: Non Invasive Cardiology  
KMC No 69949

Apollo Health and Lifestyle Limited

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TO BOOK AN APPOINTMENT

**1860 500 7788**

**Informed Consent/Declaration For Test Exclusion**

Patient Name: Sneha - P Age: 40 Yrs

UHID Number: 59395

Please tick and sign the relevant part

I certify that I will skip Diet consultation + Pap Smear Test from my own.

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

Patient signature Sneha Date 27/01/24

Witness signature: Nishitha Date: 27/01/24

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