

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ritesh Waghmare on 08/03/24

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

	Tick
<ul style="list-style-type: none"> • 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.

This certificate is not meant for medico-legal purposes

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

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**

Informed Consent/Declaration For Test Exclusion

Patient Name: Rita Age: 30y

UHID Number: 159958

Please tick and sign the relevant part

I certify that I will skip chest X-ray 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 08/03/2024

Witness signature: [Signature] Date: 08/03/2024

Date : 08-03-2024
R NO : CMYS.0000059958

Department : GENERAL
Doctor : Dr. Umesh HB

Name : Mrs. RITA WAHENGAM

Registration No :

Age/ Gender : 34 Y / Female

Qualification :

Consultation Timing: 09:00

Height : 160	Weight : 59.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 115/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Vision	RT	LT
Far	6/6	6/6
Near	N-6	N-6
Color	(2)	(2)

Follow up date :

Msm

Doctor Signature

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Date : 08-03-2024
MR NO : CMYS.0000059958

Department : GENERAL
Doctor :

Name : Mrs. RITA WAHENGAM
Age/ Gender : 34 Y / Female

Registration No :
Qualification :

Consultation Timing: 09:00

Height : 160	Weight : 59.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/70

General Examination /
Allergies History

OE
COS
RS
PA

Clinical Diagnosis & Management Plan

YOUT

T- Tamm - 200 tot (10)

Syf Cetralka 10ml HI (1)

R1A 1ml

T- ALT 03 60k since a week (5)

T- Pantocid 1 tot sit (10)

Uru OE

Follow up date :

Doctor Signature

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Date : 08-03-2024
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Doctor :

Name : Mrs. RITA WAHENGAM
Age/ Gender : 34 Y / Female

Registration No :
Qualification :

Consultation Timing: 09:00

Height : 160	Weight : 59.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/70

MI -> STARS. Bil - FTNDs

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

PH - ds MH - regular cycles
MH - arthritis. MHP -> 28/2/24.

scan - normal study.

O/E -> breasts -> NAD.

Adv: regular walk / yoga.
avoid sunbath.

Follow up date :

[Signature]
Doctor Signature

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

Date : 08-03-2024
MR NO : CMYS.0000059958

Department : GENERAL
Doctor :

Name : Mrs. RITA WAHENGBAM

Registration No :

Age/ Gender : 34 Y / Female

Qualification :

Consultation Timing: 09:00

Height : 160	Weight : 59.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/70

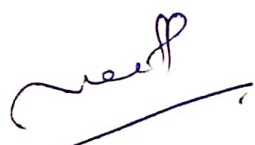
General Examination /
Allergies History

Clinical Diagnosis & Management Plan

cf. tonsil stone
foumetet

sh
sh tonsil - abscess.

Ach
Betadine gargle
night x 1 week



Follow up date :

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidas Road, Mysore - 57
PH: 0821 401100

Date : 08-03-2024
MR NO : CMYS.0000059958

Department : GENERAL Dietetics
Doctor : N. Acharya. B.P

Name : Mrs. RITA WAHENGBAM

Registration No :

Age/ Gender : 34 Y / Female

Qualification : M.Sc Nutrition & Dietetics
PhD*

Consultation Timing: 09:00

Height : 160	Weight : 59.7	BMI : 22.7 kg/m ²	Waist Circum : 70
Temp :	Pulse :	Resp : 17	B.P : 110/70

General Examination /
Allergies History

ESR - 22

LDL - 104.85

Clinical Diagnosis & Management Plan

- ⇒ Advised Balanced diet with fiber rich foods.
- ⇒ Take small frequent meals. Do not skip meals.
- ⇒ Include all variety of seasonal fruits, vegetables & green leafy vegetables regularly.
- ⇒ Include nuts like Almonds, walnuts and dry fruits like dried dates & raisins.
- ⇒ Include seeds like Flaxseeds, Roupelin seeds, Sunflower seeds, watermelon seeds & sesame seeds - 1 teaspoon each, dry roasted.
- ⇒ Avoid refined sugar, too much of salt, baking soda & creams completely.
- ⇒ Avoid bakery products, chutis, junk foods, deep fried foods, pickled & processed foods.
- ⇒ Drink 12-14 big glasses of water/day.

Follow up date :

Doctor Signature

N. Acharya. B.P

08/03/2024

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

Date : 08-03-2024
MR NO : CMYS.0000059958

Department : GENERAL Dental
Doctor : Dr. Jyothishree

Name : Mrs. RITA WAHENGAM

Registration No :

Age/ Gender : 34 Y / Female

Qualification :

Consultation Timing: 09:00

Height : 160	Weight : 59.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Cut, ST-T

Advise oral prophylaxis

Follow up date :

Jyothishree

Doctor Signature

Apollo Clinic
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Kalidasa Road, Mysore - 57
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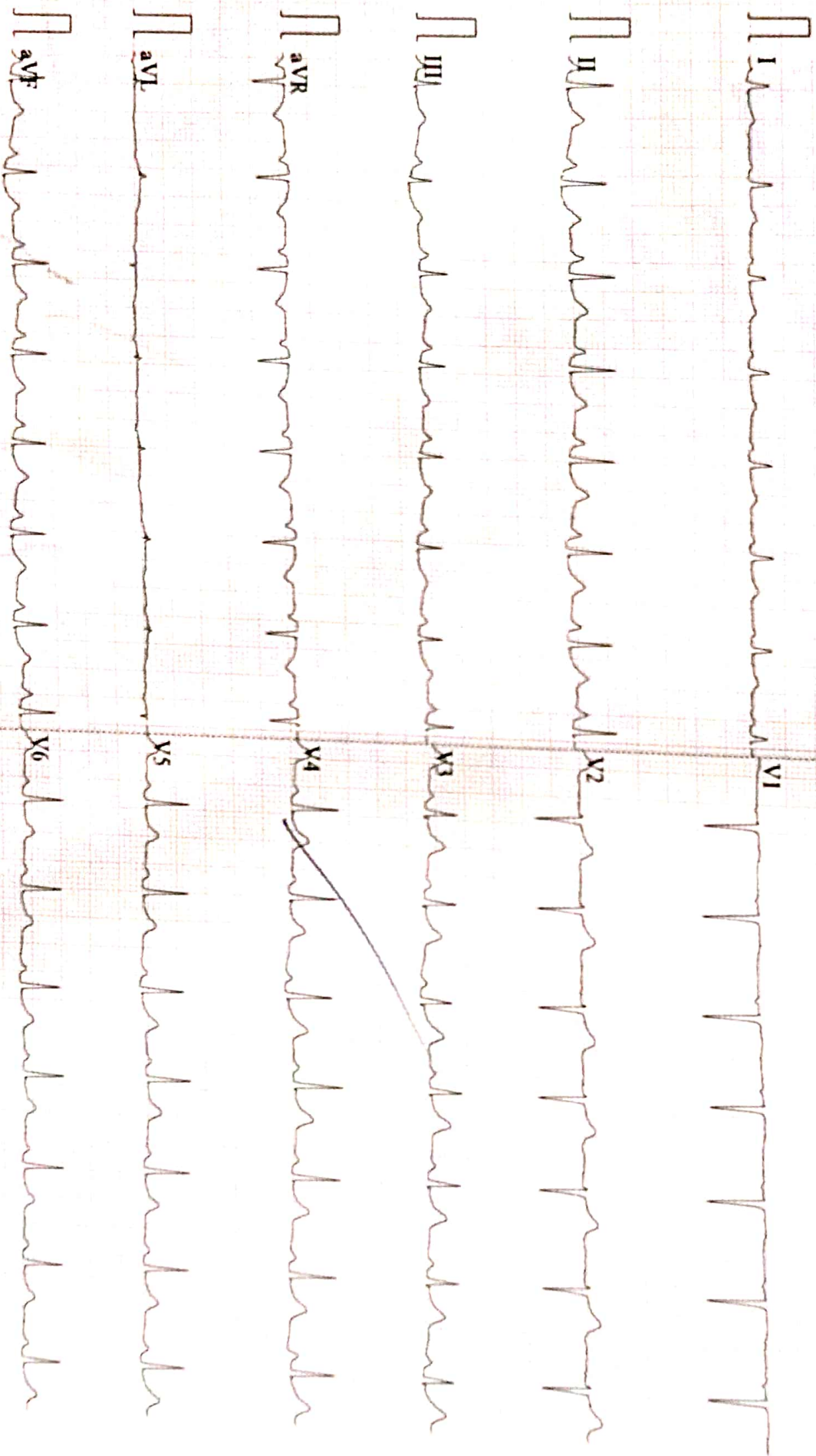
ID: 59957
MRS RITA WAHENGAM
Female 34Years
160cm 59kg 110/70 mmHg

08-03-2024 11:31:11 AM

Diagnosis Information:

Apollo Clinic
23, 1st Floor,
Kallidasa Road, Mysore - 08
Ph : 0821-4006040/41

Unconfirmed Report.



Patient Name: Mrs. Rita Wahengbam	Date : 08.03.2024	Referring Doctor: Dr .Self
Age / Sex: 34 Yrs/Female	UHID NO: 59958	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

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

GALL BLADDER: Post surgical status.

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

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 90x42mm with parenchymal thickness of 13 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 98x44 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 calculi seen.

UTERUS: It is anteverted and measures 61x38x48 mm with ET=9 mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 27x25 mm. It is normal. No mass lesion seen.

Lt. OVARY: It measures 25x28mm. 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.

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Scanned with CamScanner

Patient's Name : Mrs. Rita Wahengham	Age & Sex; 34Yrs /Female
Date : 08.03.2024	UHID No:59958

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 69 %
- 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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Patient's Name : Mrs. Rita Wahengham	Age & Sex; 34Yrs /Female
Date : 08.03.2024	UHID No:59958

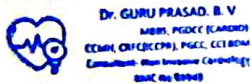
Measurements

AO : 2.1 cm
LA : 2.1 cm

RV : 2.3 cm
LVIDd 3.94 cm
LVIDs : 3.41 cm
IVSd : 0.92 cm
IVSs : 1.24 cm
PWd : 0.92 cm
PWs : 1.08 cm
EF : 69.0 %
FS : 38.0 %

Doppler
MV TV AV PV
E 0.87 m/s E --- m/s V max 1.26 m/s V max 1.04 m/s
:
A: 0.63 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, CRF(CCFP), PGCC, CCEBDM
Consultant - Non Invasive Cardiology
BMC No 8998

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