

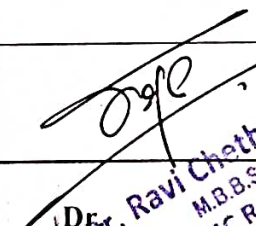
## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Padmini M on 23/03/2024

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

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	<input checked="" type="checkbox"/>
<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 _____</p>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

  
**Dr. Ravi Chethan Kumar**  
 M.B.B.S., MD (General)  
 M.C. Reg. No. 82099  
 Apollo Clinic, K.D. Road, Mysore.

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

Apollo Health and Lifestyle Limited

CIN: U65110TG2000PLC115819  
 Regd. Office: 110/02/02, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016  
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 Koramangala | Sarjapur Road | Mysore: (VV Mahalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

**1860 500 7788**

Date : 23-03-2024  
MR NO : CMYS.0000060175

Department : GENERAL (Optical)

Name : Mrs. Padmini M

Registration No :

Age/ Gender : 31 Y / Female

Qualification :

Consultation Timing: 07:55

Height: 158cm	Weight: 54kg	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P: 100/60

General Examination /  
Allergies History


Clinical Diagnosis & Management Plan

AHC

No Compl

up  
R/L

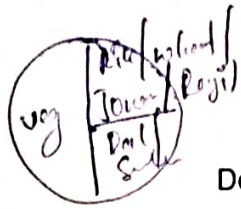
Can Can Luch

  
Dr. Ravi Chethan Kumar A  
M.B.B.S., MD (General Med)  
KMC Reg. No- 82089  
Apollo Clinic, K.D. Road, Mysore

Follow up date :

Doctor Signature

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



Date : 23-03-2024  
MR NO : CMYS.0000060175

Department : GENERAL Medicine  
Doctor : P. Madhavan. B.P

Name : Mrs. Padmini M  
Age/ Gender : 31 Y / Female

Registration No :  
Qualification : M.Sc Nutrition & Dietetics  
PhD

Consultation Timing: 07:55

Iron - 54 ug/l

Height: 158 cm	Weight: 54 kg	BMI: 21 kg/m <sup>2</sup>	Waist Circum:
Temp:	Pulse:	Resp:	B.P: 100/60

General Examination /  
Allergies History

Hb - 11.8  
ESR - 24

Clinical Diagnosis & Management Plan

→ Advised Balanced diet with Iron rich foods.  
→ Dietary guideline chart is given.

Follow up date :

Doctor Signature  
P.P  
23/3/2024

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

Date : 23-03-2024  
 MR NO : CMYS.0000060175  
 Name : Mrs. Padmini M  
 Age/ Gender : 31 Y / Female

Department : GENERAL  
 Doctor :  
 Registration No :  
 Qualification :

Consultation Timing: 07:55

Height: 158 cm	Weight: 54 kg	BMI:	Waist Circum:
Temp:	Pulse: 7	Resp:	B.P: 100/60

General Examination /  
 Allergies History

Clinical Diagnosis & Management Plan

USH - normal study.

WIRAMA

OTH - OS.  
 2H OS.

mlt regular walk.  
 Imp -> 5/3/24.

Adv: regular walk  
 avoid junk food.

mlt 2 yrs. P2b - Both  
 OS.

Subectomised.

Follow up date :

  
 Doctor Signature

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



Date : 23-03-2024  
MR NO : CMYS.0000060175  
Name : Mrs. Padmini M  
Age/ Gender : 31 Y / Female

Department : GENERAL  
Doctor :  
Registration No :  
Qualification :

Consultation Timing: 07:55

Height : 158	Weight : 54	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/60

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Body Exam:

Eae - NNL

Nse - NAD

thrust - NAD.

meeth

Follow up date :

Doctor Signature

Date : 23-03-2024  
 MR NO : CMYS.0000060175  
 Name : Mrs. Padmini M  
 Age/ Gender : 31 Y / Female

Department : GENERAL  
 Doctor :  
 Registration No : optical  
 Qualification :

Consultation Timing: 07:55

Height: 158 cm	Weight: 54 kg	BMI: (N)	Waist Circum:
Temp: (N)	Pulse: 90/min	Resp: 20/min	B.P: 100/60

General Examination /  
 Allergies History

NO -

Clinical Diagnosis & Management Plan

Not wearing Spectacle.  
 No fresh complain,  
 No H/O. T2DM / HTN

vision	(R)	(L)
Far	6/6	6/6
Near	N 6	N 6
colour	NOT	affected -

Follow up date :

- Regular followingsp.

Doctor Signature *[Signature]*

**Apollo Clinic**  
 # 23, 1st Floor,  
 Kalidasa Road, Mysore - 02  
 0821-4000040/41

**Informed Consent/Declaration For Test Exclusion**

Patient Name: Mrs. Padmini M Age: 31y

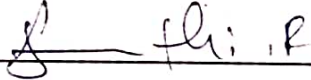
UHID Number: 60175

Please tick and sign the relevant part

I certify that I will skip chest x-ray + LBC Papsmeas. Test from my own.

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

Patient signature  Date 23/03/24

Witness signature:  fl: R Date: 23/03/24

Date : 23-03-2024  
MR NO : CMYS.0000060175  
Name : Mrs. Padmini M  
Age/ Gender : 31 Y / Female

Department : GENERAL Dental  
Doctor :  
Registration No :  
Qualification :

Consultation Timing: 07:55

Height : 158 cm	Weight : 54 kg	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/60

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

O/E

upper & lower arch spacing noted  
req orthodontic Rx

Adv - ortho intervention

Follow up date :

Doctor Signature

*[Handwritten Signature]*

**Apollo Clinic**  
# 25, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-266040/41



Patient's Name : Mrs .Padmini M	Age & sex :31 Yrs /Female
Date : 23.03.2024	UHID No :

## 2D ECHOCARDIOGRAPHY STUDY

### Impression:

- Normal chamber volumes
- Normal left ventricular function. EF 60%
- No regional wall motion abnormality
- Normal valves
- No clots. No pericardial effusion

### Findings

Left Ventricle:	Normal
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

**Dr. C.B. KESHAVAMURTHY MD, DM, DNB**

CONSULTANT CARDIOLOGIST | ApolloHlt.com | www.apollohlt.com

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Online appointments: www.apollohlt.com

TO BOOK AN APPOINTMENT

**1860 500 7788**



<b>Patient Name: Mrs. Padmini M</b>	<b>Date : 23.03.2024</b>	<b>Referring Doctor: DR Self</b>
<b>Age / Sex: 31Yrs/Female</b>	<b>UHID No : 060175</b>	<b>Location : OP</b>
<b>ULTRASONOGRAPHY- ABDOMEN &amp; PELVIS</b>		

**LIVER:** It is normal in size 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 calculi seen.

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

**PANCREAS:** It is normal.

**RIGHT KIDNEY:** It measures 9.7x2.7 cm with parenchymal thickness of 1.0 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 9.2x3.7 cm with parenchymal thickness of 1.0 cm. 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 9.8x4.1x5.5 cm with ET=9.5 mm. It is normal in size, outline and echotexture. No mass lesion.

**Rt. OVARY:** It measures 2.4x1.0 cm. It is normal. No mass lesion seen.

**Lt. OVARY:** It measures 3.3x1.7 cm. It is normal. No mass lesion seen.

**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.**

**Dr. Chetan H, DNB**  
Consultant Radiologist.

Apollo Health and Lifestyle Limited

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Regd. Office: 1-10-62/62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

**1860 500 7788**



23-03-2024 10:23:15 AM

ID: 60175  
MRS PADMNI M  
Female 31Years  
158cm 54kg 100/60 mmHg

Diagnosis Information:

Unconfirmed Report.

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

