

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mrs. Shital Tshker on 11/11/2024

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	<input type="checkbox"/>
<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> <ol style="list-style-type: none">1. <u>Microcytic Anemia</u>2. <u>Mildly low levels of Sodium</u>3. <u>Low Vit. D3 & B12 levels</u> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none">• Currently Unfit. Review after _____ recommended	<input type="checkbox"/>
<ul style="list-style-type: none">• Unfit	<input type="checkbox"/>

Dr. Mushfiya
Medical Officer
The Apollo Clinic, (Location)

This certificate is not meant for medico-legal purposes

DR. MUSHFIYA BAHRAINWALA
M.B.B.S
Reg. No.: 47527
Apollo Clinic Wanowarie
NIBM Road, Kondiwa.

Pt name:- Mrs. Shital Filekar
Age:- 36yrs
Date: 9/11/2024

Height : 157cm.	Weight : 61kg.	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/70 mmHg

General Examination / Allergies History

FT & LFT W.D.M.

Acho:-

Clinical Diagnosis & Management Plan

For AHC

Has mild pain in the Rt. side
Intermittent on & off
Dk. Milk Patts.

CVS
LVS
Resp. } NAD
Abd. }

Vit. B12 levels
& D3.



Follow up date:

Doctor Signature

Apollo Clinic, Wanowrie

AMBA VATICA Plot No. B-1, Survey No. 16A/2, Wanowrie, Khondawa Khurd, Taluka Haveli,
Pune, Pin: 411048 | Phone: (020) 2683 0291/95

Follow us  /ApolloClinicIndia  /ApolloClinic

BOOK YOUR APPOINTMENT TODAY!

Whatsapp Number : 970 100 3333

Toll Number : 1860 300 7788

Website : www.apolloclinic.com

Patient Name	: Mrs. SHITAL TILEKAR	Age	: 36Yrs 7Mths 28Days
UHID	: CWAN.0000073886	OP Visit No.	: CWANOPV243181
Printed On	: 09-11-2024 01:02 PM	Advised/Fres Doctor	: --
Department	: Radiology	Qualification	: --
Referred By	: Self	Registration No.	: --
Employer Id	: 22E38195		

DEPARTMENT OF RADIOLOGY

CHEST RADIOGRAPH PA VIEW

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Cardiac shadow is normal.

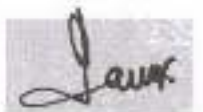
Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.

---End Of The Report---



Dr.SATINDER LAMBA
MBBS, DMRE , MD (USAIM)
2004/02/386
Radiology

Name : MRS.SHITAL TILEKAR Age/Sex :36/F Date : 09/11/2024.

2D Echo:-

Cardiac chamber dimensions –Normal

Wall motion abnormalities - no RWMA

LV systolic function - Normal, LVEF -60%

LV diastolic function – No LV Diastolic dysfunction.

Cardiac valves -

Mitral valve –Normal, minimal mitral regurgitation.

Aortic valve – Three thin leaflets, no aortic regurgitation, Aortic PG –09mm Hg

Tricuspid valve –minimal tricuspid regurgitation.

Pulmonary valve - normal

Septae (IAS/IVS) – intact

Clot/vegetation/Pericardial effusion – No

Great Arteries (Aorta/pulmonary artery) - Normal

IVC - Normal

Measurements -

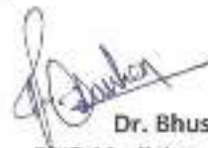
Aorta	LA	IVS	PWD	LVIDd	LVIDs	LVEF
28	31	09	09	37	30	60%

Conclusion:-

No RWMA, normal LV systolic function, LVEF – 60%

No LV Diastolic dysfunction.

Normal PA pressure.



Dr. Bhushan Bari
DNB Medicine, DNB Cardiology
Consultant and Interventional Cardiologist

Patient Name	: Mrs. SHITAL TILEKAR	Age	: 36Yrs 7Mths 28Days
UHID	: CWAN.0000073688	OP Visit No.	: CWANOPV243181
Printed On	: 09-11-2024 12:58 PM	Advised/Pres Doctor	: --
Department	: Radiology	Qualification	: --
Referred By	: Self	Registration No.	: --
Employer id	: 22E38195		

DEPARTMENT OF RADIOLOGY

ULTRASOUND- WHOLE ABDOMEN

Liver- appears normal in size and echotexture. No focal lesion is seen. PV and CBD normal. No dilatation of the intrahepatic biliary radicals.

Gall bladder- is distended. No evidence of calculus. Wall thickness appears normal. No evidence of focal lesion.

Spleen- appears normal. No focal lesion seen. Splenic vein appears normal.

Pancreas- appears normal in echopattern. No focal mass lesion/calcification. No evidence of peripancreatic free fluid or collection. Pancreatic duct appears normal.

Both the kidneys- appear normal in size, shape and echopattern. Cortical thickness and CM differentiation are maintained. No calculus / hydronephrosis seen on either side.

Urinary Bladder- is distended and appears normal. No evidence of any wall thickening or focal lesion. No evidence of any intrinsic or extrinsic bladder abnormality.

Uterus- measures 6.1 x 4.6 x 5.8 cms retroflexed, normal in size, shape and echopattern. Endometrial echo-complex appears normal and measures 6.5 mm. No obvious focal myometrial lesion noted on TAS study.

Both ovaries- appear normal in size, shape and echotexture. No focal lesion noted.
Right ovary : 3.8 x 1.9 cms. Left ovary : 3.0 x 1.8 cms.
No evidence of any adnexal pathology.

No free fluid / retroperitoneal lymphadenopathy seen.

IMPRESSION:-

No significant abnormality detected.

Suggest - clinical correlation.

(The sonography findings should always be considered in correlation with the clinical and other investigation finding where applicable.) It is only a professional opinion, Not valid for medico legal purpose.

---End Of The Report---



Dr.SATINDER LAMBA
MBBS, DMRE , MD (USAIM)

2004/02/386

Radiology

Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 03:43PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 04:28PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

RBC's Anisopoikilocytosis+, Microcytes++, Elliptocytes++, tear drop cells +, Pencil cells
WBC's are normal in number and morphology
Platelets are Adequate
No hemoparasite seen.
Impression: Microcytic hypochromic anemia
Advice: Iron studies & Hb Electrophoresis.



DR.Sanjay Ingle
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:CWA241100287

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 03:43PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 04:28PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Advice: Iron studies & Hb Electrophoresis.



DR.Sanjay Ingle
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:CWA241100287

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 05:26PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 07:34PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	179	mg/dL	<200	CHO-POD
TRIGLYCERIDES	62	mg/dL	<150	GPO-POD
HDL CHOLESTEROL	57	mg/dL	40-60	Enzymatic Immunoinhibition
NON-HDL CHOLESTEROL	122	mg/dL	<130	Calculated
LDL CHOLESTEROL	109.26	mg/dL	<100	Calculated
VLDL CHOLESTEROL	12.37	mg/dL	<30	Calculated
CHOL / HDL RATIO	3.13		0-4.97	Calculated
ATHEROGENIC INDEX (AIP)	< 0.01		<0.11	Calculated

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

DR.Sanjay Ingle
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:CWA241100288

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 05:26PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 07:34PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM				
CREATININE	0.60	mg/dL	0.55-1.02	Modified Jaffe, Kinetic
UREA	14.40	mg/dL	17-43	GLDH, Kinetic Assay
BLOOD UREA NITROGEN	6.7	mg/dL	8.0 - 23.0	Calculated
URIC ACID	2.67	mg/dL	2.6-6.0	Uricase PAP
CALCIUM	9.37	mg/dL	8.8-10.6	Arsenazo III
PHOSPHORUS, INORGANIC	3.55	mg/dL	2.5-4.5	Phosphomolybdate Complex
SODIUM	133.54	mmol/L	136-146	ISE (Indirect)
POTASSIUM	4.1	mmol/L	3.5-5.1	ISE (Indirect)
CHLORIDE	98.21	mmol/L	101-109	ISE (Indirect)
PROTEIN, TOTAL	7.48	g/dL	6.6-8.3	Biuret
ALBUMIN	4.04	g/dL	3.5-5.2	BROMO CRESOL GREEN
GLOBULIN	3.44	g/dL	2.0-3.5	Calculated
A/G RATIO	1.17		0.9-2.0	Calculated

DR.Sanjay Ingle
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:CWA241100288

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 05:26PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 06:07PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma
------	------	------	------	--



DR.Sanjay Ingle
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:CWA241100284

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 04:39PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 05:17PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324



DR.Sanjay Ingle
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:CWA241100283

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab

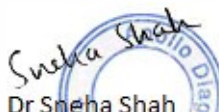


Patient Name : Mrs.SHITAL TILEKAR	Collected : 09/Nov/2024 10:47AM
Age/Gender : 36 Y 7 M 28 D/F	Received : 09/Nov/2024 04:39PM
UHID/MR No : CWAN.0000073886	Reported : 09/Nov/2024 05:17PM
Visit ID : CWANOPV243181	Status : Final Report
Ref Doctor : Self	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 22E38195	

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
URINE GLUCOSE(POST PRANDIAL)	NEGATIVE		NEGATIVE	GOD-POD

Sneha Shah

Dr Sneha Shah
 MBBS, MD (Pathology)
 Consultant Pathologist

SIN No:CWA241100281

This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab

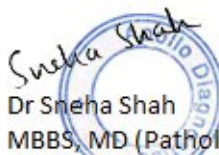


Patient Name	: Mrs.SHITAL TILEKAR	Collected	: 09/Nov/2024 01:41PM
Age/Gender	: 36 Y 7 M 28 D/F	Received	: 09/Nov/2024 04:28PM
UHID/MR No	: CWAN.0000073886	Reported	: 09/Nov/2024 05:34PM
Visit ID	: CWANOPV243210	Status	: Final Report
Ref Doctor	: Dr. MUSHFIYA BAHRAINWALA	Centre Name	: ONEHUB WANOWRIE

DEPARTMENT OF IMMUNOLOGY

Patients taking vitamin B12 supplementation may have misleading results. A normal serum concentration of B12 does not rule out tissue deficiency of vitamin B12 . The most sensitive test for B12 deficiency at the cellular level is the assay for MMA. If clinical symptoms suggest deficiency, measurement of MMA and homocysteine should be considered, even if serum B12 concentrations are normal.

***** End Of Report *****

Sneha Shah

Dr Sneha Shah
 MBBS, MD (Pathology)
 Consultant Pathologist
 SIN No:CWA241100311
 This test has been performed at Apollo Health and Lifestyle Ltd- Sadashiv Peth Pune, Diagnostics Lab



