

FITNESS CERTIFICATE

NAME	MR NO	DATE OF BIRTH	NATIONALITY	DATE	GENDER
SITARAM BHATTARAI	NNMC0716016	29-06-1978	Nepal	10-01-2025	MALE

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **SITARAM BHATTARAI, 47 YEARS/MALE** from **CEMCON MECHANICAL ENGINEERING LLC** underwent a medical check-up as per his/her request at **NEW NATIONAL MEDICAL CENTRE** on **10-01-2025**.

According to the medical investigation made, He is **Fit to Work.**

This fitness is valid for 1 year from the date of medical.

Test Name	Results
Vitals & Physical Examination	BP: 122/ 78 mmhg, Pulse: 74/min, HT: 162 cm, WT: 66 kg, BMI: 25.1
Lab	Normal
Eye Examination	Normal

Doctor Signature and Stamp:

Hospital Stamp





The certificate was issued upon his/her request for employment purposes.

Vision Test Certificate

Employee ID :	-
Job Details :	SCAFFOLDER
Company Name :	CEMCON MECHANICAL ENGINEERING LLC
Date of Exam :	10-01-2025
MR NO:	NNMC0716016

Applicant's Details

Name	SITARAM BHATTARAI
Nationality	Nepal
Gender	MALE
Date Of Birth	29-06-1978
Job Title	SCAFFOLDER
ID / Passport No.	784-1978-7559154-3 / PA2892938
Assessment Type	OCCUPATIONAL MEDICAL CHECKUP
Contact No	971-563962573
Sponsor Name	CEMCON MECHANICAL ENGINEERING LLC

This is to certify that the above applicant has completed the Health Assessment and with an outcome of:

	RIGHT EYE	LEFT EYE
Visual Acuity without Glass (Distant)	6/6	6/6
Visual acuity with Glass (Distant)	NA	NA
Near Vision Without Glass	N6	N6
Near Vision with Glass	NA	NA
Color Vision	Normal	Normal

Remarks : Normal Color Vision as per Ishihara Test and FIT For Work

Physician Name : SURESH KIZHAKKEVALAPPIL KOCHUBAVA

Physician Signature :



Sample No : SR000128380

EMR No :	NNMC0716016	Name :	SITARAM BHATTARAI	
Visit No :	128380	Doctor :	DRSAPNA (M)	Registered Date: 10-01-2025 12:36 PM
Gender :	Male	Insurance :		Collection Date :
Mobile :	971-563962573	DOB & Age :	(29-06-1978) 46y 6m 12d	Receiving Time:
Lab No :		Member Id :		Reporting Time : 10-01-2025 10:05 PM
Ref.Clinic :		Ref.Doctor :		

Laboratory Report

BIO CHEMISTRY

Test	Result	Unit	Biological Reference	Methodology
Glucose,Random/Fasting				
Sample Type : Serum				
Glucose, Fasting(F.B.S)	75.00	mg/dL	Normal 70 - 99Prediabetes Hexokinase,Enzymatic :100 -125Diabetes : >=126 UV	

*** End of Report ***

URINE EXAMINATION

Test	Result	Unit	Biological Reference	Methodology
Urine Analysis				
Sample Type : Urine				
Urine macroscopic Examination				
Color	Pale Yellow	Yellow		Visual/Manual
Appearance	Clear	Clear		Visual/Manual
Urine chemistry Examination				
Specific gravity	1.015	1.005 -1.030		bromothymol blue indicator
pH	Acidic 6.5	5.0 - 8.0		double indicator system methyl red / bromothymol blue
Glucose	Absent	Absent		GOD/POD oxidase permixidase test
Ketone	Absent	Absent		legals test principle
Protein	Absent	Absent		indicator to protein anions
Blood	Absent	Absent		peroxidase activity of hemoglobin

Sample No : SR000128380

EMR No : NNMC0716016	Name : SITARAM BHATTARAI	Registered Date: 10-01-2025 12:36 PM
Visit No : 128380	Doctor : DRSAPNA (M)	Collection Date :
Gender : Male	Insurance :	Receiving Time:
Mobile : 971-563962573	DOB & Age : (29-06-1978) 46y 6m 12d	Reporting Time : 10-01-2025 10:05 PM
Lab No :	Member Id :	
Ref.Clinic :	Ref.Doctor :	

Laboratory Report

URINE EXAMINATION

Test	Result	Unit	Biological Reference	Methodology
Urine Analysis				
Sample Type : Urine				
Bile salt	NIL	NIL		Diazonium salt method
Bile Pigment	NIL	NIL		Diazonium salt method
Urine chemistry Examination				
Urobilinogen	Normal	Normal	azo, coupling of diazonium salt with urobilinogen (acid medium)to procedure azo colour	
Nitrite	Negative	Negative		grosis test principle conversion of nitrites to nitrites
Leukocyte esterase	NIL	NIL		esterase action on pyrazole whice reacts with diazonium salt
Urine microscopic Examination				
Pus Cells	1-2	/HPF	0 - 2	hpf
RBC's	NIL	/HPF	0 - 2	hpf
Epithelial cells	1-2	/HPF	1 - 2	hpf
Bacteria	NIL	/HPF		hpf
Casts	NIL	/HPF		hpf

Sample No : SR000128380

EMR No : NNMC0716016	Name : SITARAM BHATTARAI	Registered Date: 10-01-2025 12:36 PM
Visit No : 128380	Doctor : DRSAPNA (M)	Collection Date :
Gender : Male	Insurance :	Receiving Time:
Mobile : 971-563962573	DOB & Age : (29-06-1978) 46y 6m 12d	Reporting Time : 10-01-2025 10:05 PM
Lab No :	Member Id :	
Ref.Clinic :	Ref.Doctor :	

Laboratory Report

URINE EXAMINATION

Test	Result	Unit	Biological Reference	Methodology
Urine Analysis				
Sample Type : Urine				
Crystals	NIL	/HPF		hpf
Others	NIL	/HPF		hpf
Amorphous urates	NIL	/HPF		Microscopy
Amorphous phosphates	NIL	/HPF		Microscopy
Mucus Threads	NIL	/HPF		Microscopy

*** End of Report ***

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All microbiology tests are not ISO-accredited

Verified by :
Saravanan Mani
LAB TECHNICIAN
License No GT31416

Authorized by :
DR SUBRAMANYAN RAMAKRISHNA
NADAR
Pathologist
License No GD7364

Dr. Subramanyan Ramakrishna Nadar
Specialist Clinical Pathology
Lic. No.: GD7364
New National Medical Centre L.L.C.
Abu Dhabi - U.A.E.