

FITNESS CERTIFICATE

NAME	MR NO	DATE OF BIRTH	NATIONALITY	DATE	GENDER
HAROON UR RASHID MUHAMMAD RASHID	NNMC0716015	11-03-1984	Pakistan	10-01-2025	MALE

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **HAROON UR RASHID MUHAMMAD RASHID, 41 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: 132/ 82 mmhg, Pulse: 88/min, HT: 168 cm, WT: 91 kg, BMI: 32.2
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 :	CEMCON
Job Details :	FITTER
Company Name :	CEMCON MECHANICAL ENGINEERING LLC
Date of Exam :	10-01-2025
MR NO:	NNMC0716015

Applicant's Details

Name	HAROON UR RASHID	MUHAMMAD RASHID
Nationality	Pakistan	
Gender	MALE	
Date Of Birth	11-03-1984	
Job Title	FITTER	
ID / Passport No.	784-1984-1670433-0 / AH6905584	
Assessment Type	OCCUPATIONAL MEDICAL CHECKUP	
Contact No	971-563416506	
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 : SR000128379

EMR No :	NNMC0716015	Name :	HAROON UR RASHID MUHAMMAD RASHID
Visit No :	128379	Doctor :	DRSAPNA (M)
Gender :	Male	Insurance :	Registered Date: 10-01-2025 12:35 PM
Mobile :	971-563416506	DOB & Age :	(11-03-1984) 40y 9m 0d
Lab No :		Member Id :	Collection Date :
Ref.Clinic :		Ref.Doctor :	Receiving Time:
			Reporting Time : 10-01-2025 10:04 PM

Laboratory Report

BIO CHEMISTRY

Test	Result	Unit	Biological Reference	Methodology
Glucose,Random/Fasting				
Sample Type : Serum				
Glucose, Fasting(F.B.S)	88.90	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 : SR000128379

EMR No	:	Name	:	HAROON UR RASHID MUHAMMAD RASHID
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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 : SR000128379

EMR No : NNMC0716015	Name : HAROON UR RASHID MUHAMMAD RASHID	
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Gender : Male	Insurance :	Collection Date :
Mobile : 971-563416506	DOB & Age : (11-03-1984) 40y 9m 0d	Receiving Time:
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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 :
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Authorized by :
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