



Al Nile
Medical Complex
مجمع النيل الطبي

Name of the Examined : Mr. MALKIAT SINGH JAGAT

Age : 54yrs/M

ID Number: 25013662

Job Title: DRIVER

Date of medical Examination: 18/08/2025

Examining physician: DR. ISLAM SAKR

Medical centre: AL NILE HOSPITAL

Company: TRUCK OMAN

Assessment Results

Fit to work without restrictions

The certificate is valid for 2 years from the date of medical examination

Fitness classifications :

- Fit to work without restrictions ✓
- Fit work with restrictions
- Unfit to work temporarily or definitely

FIT

Restrictions list :

- R1: Unfit to work offshore, on marine vessels and in remote locations.
R2: Unfit for Lifting and strenuous efforts.
R3: Unfit to work in certain countries, check with geomarkethealth advisor.
R4: Unfit to work in jobs requiring precise color vision.
R5: Unfit to work in job with high level of noise.
R6: Unfit to work in high risk of malaria countries.
R7: Unfit to work in extreme heat.
R8: Unfit to work in extreme cold.
R9: Contact Geomarket health advisor/international medical coordinator - there exist specific restriction.
R10: Unfit to work for a temporarily of time until further notice.
R11: Unfit to work in jobs requiring good visual acuity (eg: driving company vehicle).
R12: Fit only for defined period of time (1, 3 or 6 months) and must be reassessed and fitness redefined.
R13: Unfit to drive company vehicle.
R14: Unfit to fly long haul flights.
R15: Unfit to work in heights and confined spaces.

COMMENTS:

Client is fit

EXAMINING PHYSICIAN STAMP AND SIGNATURE

Dr. Islam Sakr
General Practitioner



NAME : MALKIAT SINGH JAGAT

FILE NO : 25013662

Default Units ~

Results

Copy Results

Estimated 10-year Global CVD Risk

8.4%

Risk Category

Low Risk

Estimated Vascular Age

54 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL)

TChol/HDL-C >6 mmol/L (>231 mg/dL)

Treatment Targets

≥50 % decrease in LDL-C

ESC (2007, see info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)

DR. ISLAM ATEYA MOHAMMED SAKR

Handwritten signature and stamp of Dr. Islam Ateya Mohammed Sakr, dated 19/1/2019, with a circular stamp from the Ministry of Health, Egypt.



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name: MALKIAT SINGH JAGAT
		GIN: _____
Place of examination ALNILE HOSPITAL	Date 18/08/25	Mobile: 95738717
Age: 54	Nationality: INDIAN	Blood Group: _____
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 2
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)		
	Y	N
1-SINUS TROUBLE		☒
2- NECK SWELLING / GLANDS		☒
3-DIFFICULTY IN VISION		☒
4- ANY EAR DISCHARGE		☒
5-ASHMA / BRONCHITIS		☒
6- HAYFEVER / OTHER SIGNIFICANT ALLERGY		☒
7-ANY SKIN TROUBLE		☒
8- TUBERCULOSIS		☒
9- SHORTNESS OF BREATH		☒
10- COUGHED / VOMITED BLOOD		☒
11- SEVERE ABDOMINAL PAIN		☒
12- STOMACH ULCER		☒
13- RECURRENT INDIGESTION		☒
14- JAUNDICE OR HEPATITIS		☒
15- GALL BLADDER DISEASE		☒
16- MARKED CHANGE IN BOWEL HABITS		☒
17- BLOOD IN STOOLS (MOTIONS)		☒
18- MARKED CHANGE IN WEIGHT		☒
19- VARICOSE VEINS		☒
20- LUMP IN BREAST / ARMPIT		☒
21- CANCER		☒
22- HEART DISEASE		☒
23- RHEUMATIC FEVER		☒
24- ABNORMAL HEARTBEAT		☒
25- HIGH BLOOD PRESSURE		☒
26- STROKE		☒
27- SERIOUS CHEST PAIN		☒
28- ANY BLOOD DISEASE		☒
29- KIDNEY DISEASE		☒
30- BLOOD IN URINE		☒
31- DIABETES		☒
32- HEADACHES / MIGRAINE		☒
33- DIZZINESS / FAINTING		☒
34- EPILEPSY		☒
35- JOINTS / SPINAL TROUBLE		☒
36- SURGICAL OPERATION		☒
37- SERIOUS ACCIDENT / FRACTURE		☒
38- TROPICAL DISEASE		☒
39- FEAR OF HEIGHTS		☒
HOW MUCH TOBACCO EACH DAY? NIL		AVERAGE DAILY ALCOHOL CONSUMPTION NIL
HAVE YOU EVER TAKEN ILICITED DRUGS ? ()		
FAMILY HISTORY: DIABETES () TUBERCULOSIS () EPILEPSY () ASTHMA () ECZEMA () HEART DISEASE () HIGH BLOOD PRESSURE () STROKE () BLOOD DISEASE () CANCER ()		
PLEASE READ THE FOLLOWING STATEMENT AND IF YOU AGREE KINDLY SIGN IT:- I DECLARED THESE STATEMENTS TO BE TRUE TO THE BEST OF MY KNOWLEDGE AND BELIEF AND I AGREE THAT THE RESULT OF THIS MEDICAL EXAMINATION IN GENERAL TERMS MAY BE REVEALED TO THE COMPANY'S DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.		
DATE: 18/8/25		
SIGNATURE OF APPLICANT: Malkiat Singh		



Patient Name: MALKIAT SINGH JAGAT
File No: 25013662
Age: 54y 8m 15d
Gender: Male
Nationality: India



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME :	AGE	SEX	COMPANY	GIN
MILKRENT 3rd/11/2007	54	M	TRUCK GIMAN	

PAST MEDICAL HISTORY	BLOOD GROUP
Nil	AB +ve

ALLERGIES:			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

TESTS RESULTS	
AUDIOGRAM :	Normal
OSQ & PAMEL	

ECG	Normal
CHEST X-RAY	

BLOOD INVESTIGATIONS					
RBCS	4.95	4.20-6.30*10 ⁶ /UL	SGOT	16.5	MALE:10-50 FEMALE :10-35U/L
WBCS	5.12.0	4.0-11.0*10 ³ /UL	SGPT	15.4	MALE:UP TO 41 FEMALE :10-35U/L
NEUTRO	50.8	37-72%	GGT	27	0-50/U/L
EOSINO	3.9	0-6%	FBs:	5.29 mmHg	60-110 MG/DL
BASO	0.5	0-1%	CHOLESTEROL	139.4	UP TO 200 MG/DL
LYMPHO	37.7	30-58%	HDL	47.91	20-60 MG/DL
MONO	2.0	0-14%	LDL	69.0	UP TO 130 MG/DL
HEMATOCRIT	43.6	37-53%	TRIGLYCERIDES	113.8	35-175 MG /DL
HEMOGLOBIN	14.3	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	1.4	MALE:0.7-1.2 MG/DL FEMALE :0.5-0.9MG/DL
ESR	6.0	MALE: 0-30 MM/HR FEMALE :0-20 MM/HR	URIC ACID	4.7	MALE:3.6-7.7 MG /DL FEMALE :2.5-6.8 MG /DL

URINE ANALYSIS			
BLOOD	NIL	SUGAR	NIL
ALBUMIN	NIL	OTHERS	-
STOOL ANALYSIS			
PARASITES	NIL	BLOOD	NIL

COMMENTS	Investigations within normal
----------	------------------------------

EXAMINING PHYSICIAN





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Id : 25013662

Name : MALKIAT SINGH JAGAT

Consultant : DR Islam Sakr

Age/ Gende : 54 / M

Report Dat : 18/08/2025

ECG REPORT

- NO ISCHEMIC CHANGES CHEST LEADS
- NORMAL SINUS RYTHME

IMPRESSION : - NORMAL ECG

Dr. Islam Sakr



2025-08-18 10:03:45

Name : MALKIAT SINGH

Sex : Male Age : 54

Section: DR. ISLAM

RoomID: _____

BedID: _____

ID: _____

Operator: MAYA

cbx: _____

<< Conclusions >>

Data for reference only:

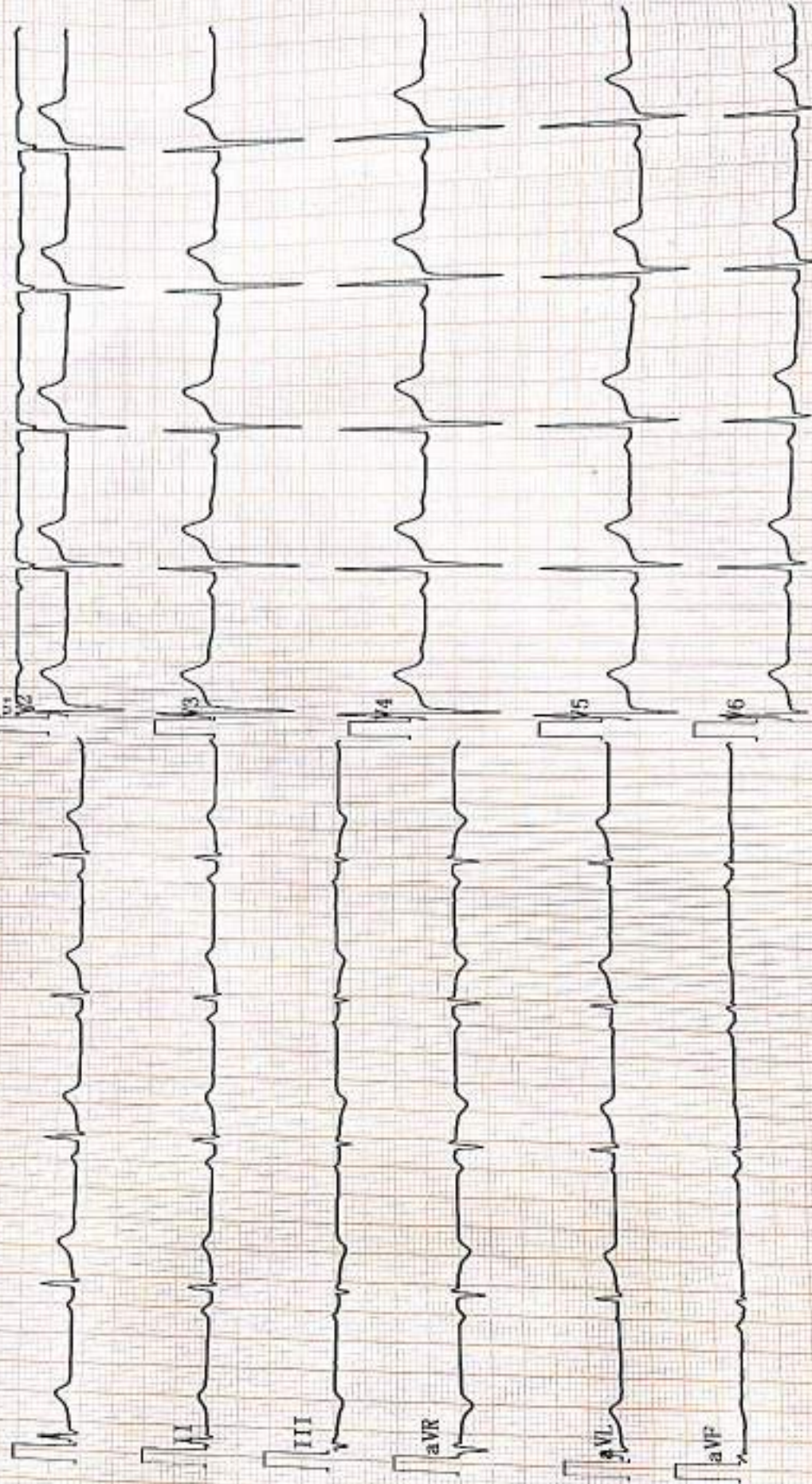
HR : 60
 PR Interval : 195
 P Duration : 120
 QRS Duration : 73
 T Duration : 205
 QT/QTc : 406/404
 P/QRS/T Axis : 58.6/23.1/7.8
 R (V5)/S (V1) : 1.51/0.28
 R (V5)+S (V1) : 1.79

Normal Sinus Rhythm
 Longitudinal Left axis deviation

***Report need physician confirm**

AUTO 10mm/mV

Physician: _____



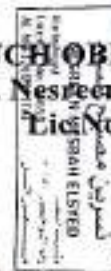


Patient Name: MALKIAT SINGH JAGAT
Prof. Dr. Dear Colleague
Date: 16 August 2025
Examination: CHEST X-RAY (PA VIEW)

REPORT

- *Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.*
- *Normal appearance of both broncho-vascular shadows.*
- *Prominent aortic knuckle, dilated unfolded aorta.*
- *Maintained cardio-thoracic ratio.*
- *No obvious hilar or mediastinal mass lesion.*
- *Costo-phrenic & cardio-phrenic pleural angles are free.*
- *Bony framework & soft tissue shadows are within normal limits.*

MUCH OBLIGED,
Dr. Nesreen Ghazy
License No: 26650





Al Nile Medical Complex مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	MALKIAT SINGH JAGAT	Date:	18/08/2025 08:56:07
File No:	25013662	Age/Gender:	54y 6m 15d / M
Payer Name:		Sid No:	88833691
Insurance Card No:	--	Collection Date & Time:	18/08/2025 08:17:48
Doctor:	Dr. Islam Ateya Mohammed Sakr	Received Date & Time:	18/08/2025 08:56:07
Billing Time:	18/08/2025 08:13:27	Reported Date & Time:	18/08/2025 09:24:02
	Mobile: 95738717	Id Card No.:	84217497

Test Name	Result	Biological Reference
Gamma-Glutamyltransferase (GGT)	27.0 U/L	5.0 - 63.0
TRIGLYCERIDE	113.8 mg/dl	40.0 - 160.0
CHOLESTEROL	139.4 mg/dl	< 200.0
HDL CHOLESTEROL	47.91 mg/dl	40.0 - 60.0
LDL CHOLESTEROL	69.0 mg/dl	< 150.0
SGPT	15.9 U/L	< 41.0
SGOT	16.5 U/L	< 40.0
CREATININE	1.4 mg/dl	0.7 - 1.4
URIC ACID	4.7 mg/dl	3.4 - 7.0
BLOOD SUGAR FASTING	5.29 mmol/m	3.3 - 6.1
BLOOD GROUP	AB	-
RH Typing	POSITIVE	-
ESR(AUTOMATED)	6.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	14.3 mg/dl	13.0 - 18.0
Total leucocyte count	5,120.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	50.8 %	40.0 - 75.0
Lymphocytes	37.7 %	15.0 - 45.0
Eosinophils	3.9 %	1.0 - 6.0
Monocyte	7.0 %	2.0 - 8.0
Basophils	0.5 %	< 10.0
Packed cell volum	43.6 %	< 54.0
RBC count	4.95 millions/mm	4.5 - 5.5
MCV	88.1 fl	81.8 - 95.5
MCH	29.0 pg	27.0 - 32.3
MCHC	32.8 g/dl	32.4 - 35.0
Platelet count	135,000.0 Cu.mm	150,000.0 - 400,000.0
RDW-CV	13.1 %	11.0 - 16.0
RDW-SD	42.1 fl	35.0 - 56.0
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-



**Al Nile
Medical Complex**
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 511 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Test Name	Result	Biological Reference
Specific Gravity	1.01	-
pH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	0-2	-
Erythrocytes	0-1	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
Physical		
Color	Brownish	-
Consistency	Semi Solid	-
Occult Blood		-
Microscopic		
Pus Cells	0-2	-
RBC Cells	0-1	-
E-Hisolytica	NIL	-
E-Coli	NIL	-
Giardia Lamblia	NIL	-
Taenia Saginata	NIL	-
Taenia Solium	NIL	-
Schistosoma Haematobium	NIL	-
Ascaris Lumbricoides	NIL	-
Trichis Trichiura	NIL	-
Ancylostoma Duodenals	NIL	-
Others	Undigestive (+)	-

2025-08-18 09:27:13
End of Report

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245





Al Nile Hospital
مستشفى النيل

Patient Name: MALKIAT SINGH JAGAT
P# No: 25013662
Age: 54y 6m 15d
Gender: Male
Nationality: India

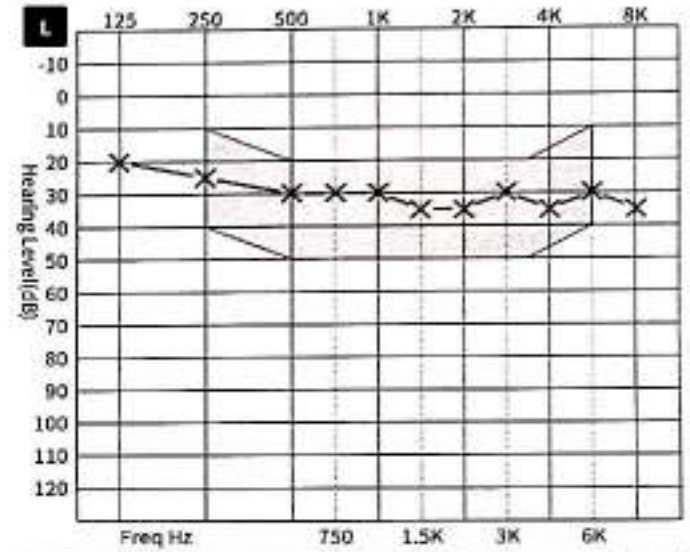
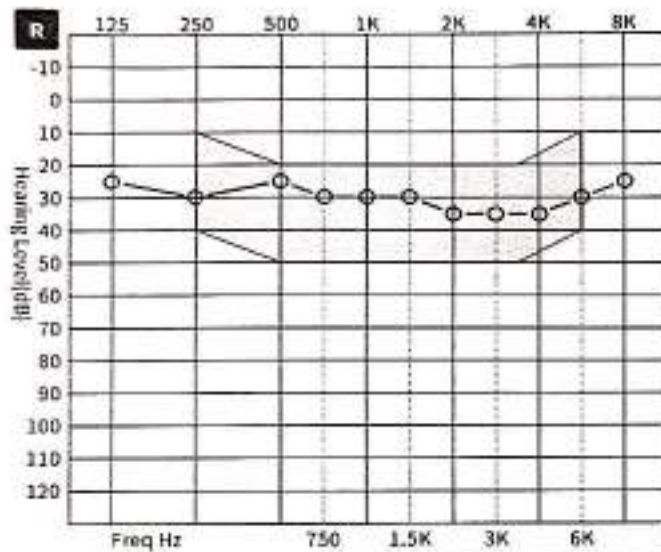
PTA Test Report

ID:25013662

Name: MALKIAT SINGH JAGAT

Gender: Male

Age: 54Y



Test Result: BILATERAL HEARING SENSITIVITY IS WITHIN NORMAL LIMITS.



Test Date: 2025-08-17 22:15

Printing Date: 2025-08-17 22:15

Examiner: _____