Alnile
Medical Complex
مجمع النيل الطبي

Medical Fitness Certificate

Name of the Examined : Mr. ASOK KUMAR MANJOOR GOPALAKRISHNAN NAIR
Age : 46yrs/M
ID Number : 94543852
Date of medical Examination: 05/02/2025
Examining physician : Dr. ISLAM ATEYA
Medical centre : AL NILE MEDICAL CENTER
Company : TRUCK OMAN

Assessment Results

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 of 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 geomarket health 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 Geo market 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

I advised for healthy life style and given medication for his high TGs

Examining physician stamp and signature

Dr. BASSEL ALI ALRATEL
Internal Medicine And Cardiology Specialist

مجمع النيل الطبي


سلطنة عمان
SULTANATE OF OMAN
RESIDENT CARD
بطاقة مقيم
CIVIL NUMBER
EXPIRY DATE
DATE OF BIRTH
94543852
04/03/2025
02/04/1979
الهند
اسوكومار منجور جوبالاكريشنان نايير


VEHICLE DRIVING LICENCE
ROYAL OMAN POLICE
D.G. OF CIVIL STATUS
CLASS
NOTE
NAME
ASOKKUMAR MANJOOR
GOPALAKRISHNAN NAIR
NATIONALITY INDIAN
IDOMN94543852<6<<<<<<<<<<<<<<<
7904026M2503044IND<<<<<<<<<<<8
ASOKKUMAR<MANJOOR<GOPALAKRISHN

Schlumberger

CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med – check History form	Name:	MR. Asok Kumar Manjoor Gopalakrishnan
	GIN:	

Place of examination	Date	Mobile:
Alrile medical complex	5/2/25	94419179

Age: 46 yrs	Nationality: Indian	Blood Group	B +ve
☑ Male ☐ Female	☑ Married ☐ Single ☐ Separated / Divorced	Number Of Children:	3

Do You Have You Had: (Tick "Yes " or "No " column or put a (?) if uncertain exclude minor ailments.)

	Y	N		Y	N		Y	N
1-SINUS TROUBLE		✓	21- CANCER		✓	HAVE YOU EVER BEEN :-		
2- NECK SWELLING / GLANDS		✓	22- HEART DISEASE		✓	40- REJECTED FOR EMPLOYMENT OR INSURANCE FOR MEDICAL REASONS		
3-DIFFICULTY IN VISION		✓	23- RHEUMATIC FEVER		✓			
4- ANY EAR DISCHARGE		✓	24- ABNORMAL HEARTBEAT		✓	41- AWARDED BENEFITS FOR INDUSTRIAL INJURY / ILLNESS		
5-ASHMA / BRONCHITIS		✓	25- HIGH BLOOD PRESSURE		✓			
6- HAYFEVER / OTHER SIGNIFICANT ALLERGY		✓	26- STROKE		✓	42- TREATED FOR A MENTAL CONDITION , DEPRESSION		
7-ANY SKIN TROUBLE		✓	27- SERIOUS CHEST PAIN		✓			
8- TUBERCULOSIS		✓	28-ANY BLOOD DISEASE		✓	43- TREATED FOR PROBLEM DRINKING OR DRUG ABUSE		
9- SHORTNESS OF BREATH		✓	29- KIDNEY DISEASE		✓			
10 – COUGHED / VOMITED BLOOD		✓	30 – BLOOD IN URINE		✓	44-EXPOSED TO TOXIC SUBSTANCE OR NOISE		
11- SEVERE ABDOMINAL PAIN		✓	31- DIABETES		✓			
12- STOMACH ULCER		✓	32-HEADACHES / MIGRAINE		✓	FOR WOMEN ONLY HAVE YOU EVER HAD:-		
13-RECURRENT INDIGESTION		✓	33-DIZZINESS / FAINTING		✓			
14-JAUNDICE OR HEPATITIS		✓	34- EPILEPSY		✓	45- AN ABNORMAL SMEAR		
15 – GALL BLADDER DISEASE		✓	35- JOINTS / SPINAL TROUBLE		✓	46- ANY GYNAECOLOGICAL TREATMENT		
16- MARKED CHANGE IN BOWEL HABITS		✓	36-SURGICAL OPERATION		✓			
17- BLOOD IN STOOLS (MOTIONS)		✓	37-SERIOUS ACCIDENT / FRACTURE		✓	47- ARE YOU PREGNANT?		
18 – MARKED CHANGE IN WEIGHT		✓	38- TROPICAL DISEASE		✓	48-HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
19 -VARICOSE VEINS		✓	39- FEAR OF HEIGHTS		✓			
20 – LUMP IN BREAST / ARMPIT		✓						

HOW MUCH TOBACCO EACH DAY?	—	AVERAGE DAILY ALCOHOL CONSUMPTION	—

HAVE YOU EVER TAKEN ELICITED 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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.

DATE : 5/2/25

SIGNATURE OF APPLICANT :

5-2-2025

Schlumberger

VISUAL FIEIDS:	N	COLOR VISION:	N
SPEECH:	N	SHISPER TEST:	N
NEAR VISION RIGHT EYE:	6/6	NEAR VISION LEFT EYE:	6/6
DISTANT VISION LEFT EYE:	6/6	DISTANT VISION RIHT EYE:	6/6

HEIGHT: 175cm	WEIGHT: 75 kg	BMI: 24.	BP: 130/90	PULSE: 88

BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY
EYES AND PUPILS	✓		
EAR/ NOSE/ THROAT	✓		
TEETH AND MOUTH	✓		
LUNGS AND CHEST	✓		
CARDIOVASCULAR	✓		
ABDOMEN	✓		
HERNIAL ORIFICES	✓		
ANUS AND RECTUM	✓		
GENITO – URINARY	✓		
EXTREMITIES	✓		
MUSCULOSKELETAL	✓		
SKIN / VARICOSE VIENS	✓		
NEUROLOGICAL	✓		
MENTAL FITNESS	✓		
BREAST	✓		

Islam Sh
5-2-2025

Schlumberger

CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME : Mr: ASOK KUMAR	AGE	SEX	COMPANY	GIN
	46	M		

PAST MEDICAL HISTORY	BLOOD GROUP

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

TESTS RESULTS	
AUDIOGRAM :	Normal
DSU 5 PANEL	

ECG	Normal
CHEST X-RAY	Normal

BLOOD INVESTIGATIONS					
RBCS	5.4	4.20-6.30*10^6/UL	SGOT	64.2	MALE:10-50 FEMALE :10-35U/L
WBCS	6.630	4.0-11.0*10^3/UL	SGPT	84.8	MALE:UP TO 41 FEMALE :10-35U/L
NEUTRO	61.5	37-72%	GGT	139	0-50/UL
EOSINO	1.7	0-6%	FBS:	6.61	60-110 MG/DI
BASO	0.4	0-1%	CHOLESTEROL	205.5	UP TO 200 MG/DI
LYMPHO	29.2	10-58%	HDL	50.0	20-60 MG/DI
MONO	7.1	0-14%	LDL	84.0	UP TO 130 MG/DI
HEMATOCRIT	49.7	37-51%	TRIGLYCERIDES	957.1	35-175 MG /DI
HEMOGLOBIN	17.3	MALE:13.5-18.0 FEMALE:11.5-16.0G/DI	CREATININE	0.96	MALE:0.7-1.2 MG/DI FEMALE :0.5-0.9MG/DI
ESR	1.0	MALE: 0-10 MM/HR FEMALE :0-20 MM/HR	URIC ACID	7.5	MALE:3.6-7.7 MG /DI FEMALE :2.5-6.8 MG /DI

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

COMMENTS	increased lipids & triglycerides + GGT Ref. to internal medicine

EXAMINING PHYSICIAN

5.2.2024.

Alnile
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

Patient Name: Mr.ASOKKUMAR MANJOOR GOPALAKRISHNAN NAIR		Date: 06/02/2025 11:45:57
File No: 20030481	Age/Gender: 45y 10m 4d / M	Nationality: India
Payer Name:--		ID Card No: 94543852
Insurance Card No:		Phone: 94419179

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SPo2	RBS:	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
36.4° C	130 / 90 mmHG	78 bpm	0 bpm	0.0 kg	0.0 cm	0 SP02	6.2	0	0.0	0.0		0.0

Chief Complaints:-

for evaluation of deranged labs

Patient History:-

the patient is referred by the GP for evaluation of deranged LFTs, abnormal lipid panel and impaired fasting glucose the patient is asymptomatic, the patient claims that he eats lots of starchy meals. JOB: forklift operator non-smoker, non-alcoholic PE: resp and CVS are WNL, no jaundice, HBA1c= 5.3%

Radiology Report:-

USG-ABD: increase in the hepatobiliary echogenic brightness without hepatomegaly

Management Plan:-

focus on low carb diet , low fat diet weight reduction daily moderate intensity exercise (150 minutes\week) Mediterranean diet with whole grain, fruit, vegetables and PUFA fenofibrate (nolip) 135mg tab OD review after 2 months for reevaluation, LFTs, Lipid panel

Presenting Complaints:-

high serum lipids, impaired fasting glucose, deranged LFTs,

Provisional Diagnosis:-

No.	ICD Code	Diagnosis
1	E78.2	Mixed hyperlipidaemia
2	K76.9	Liver disease, unspecified
3	R73	Elevated blood glucose level

Investigations:-

No.	Internal Code	Name
1		USG ABDOMEN AND PELVIS

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2		HBA1C
3		TSH

Prescriptions:-

No.	MOH Code	Medicine	Dosage	Duration	Remarks
1		NOLIP (FENOFIBRATE)145MG 30S		30 Days	

Dr. Bassel Ali Al Ratel

Licence Number : **11122**

2025-02-06 13:10:50

End of Report

Date:06\02\2025

Name: ASOKKUMAR MANJOOR GOPALAKRISHNAN NAIR Age/Sex: 45\M

Abdominal Ultrasound

Indication:
No complaints

Technique:
Multiple sonographic images of the abdomen were assessed for grayscale appearance and color Doppler flow.

Findings:
The pancreas is not well visualized due to overlying bowel gas).

The liver :Increased hepatobiliary echogenic brightness, homogenous and does not contain masses, and demonstrates no evidence of dilated intrahepatic ducts. No focal lesions noted

The gallbladder is normal in size and position without stones. The common hepatic duct measures __3__mm in diameter (< 6mm is normal).

The left kidney is normal in size, location, and structure.
the right kidney is normal in size, location, and texture, cortical echotexture is normal, and no focal lesions are noted
The urinary bladder is full of Urine, normal size without masses ,
The prostate is normal in size without calcification

The spleen is normal in appearance. Measures 11x6x5 cm
The colon is not distended
The inferior vena cava measures __15__mm in diameter (). The aorta measures _20___mm in diameter ().

Impression:
Increased hepatobiliary echogenic brightness.
Dr. Bassel Ali Al Ratel
06\02\2025

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Instagram:https://www.instagram.com/alnile_medical

Patient Name:	Mr.ASOKKUMAR MANJOOR GOPALAKRISHNAN NAIR		**Date:**	06/02/2025 12:01:57
File No:	20030481	**Age/Gender:** 45y 10m 4d / M	**Sid No:**	Bill#2382
Payer Name:			**Collection Date & Time:**	06/02/2025 11:55:14
Insurance Card No:	--		**Received Date & Time:**	06/02/2025 12:01:57
Doctor:	Dr. Bassel Ali Al Ratel		**Reported Date & Time:**	06/02/2025 12:51:04
Billing Time:	06/02/2025 11:45:59	**Mobile:** 94419179	**Id Card No.:**	94543852

Test Name	Result	Biological Reference
TSH	1.35 mIU/ml	0.27 - 4.2
HBA1C	5.3 %	4.0 - 6.0

Hajar Mohammed Hussin Mousa

2025-02-06 12:51:15

End of Report

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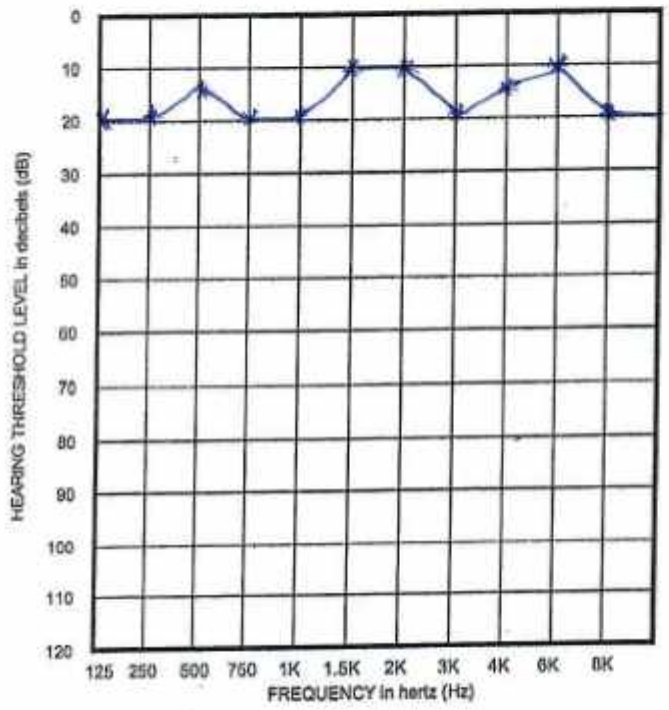
Patient Id :
Name :
Consultant :

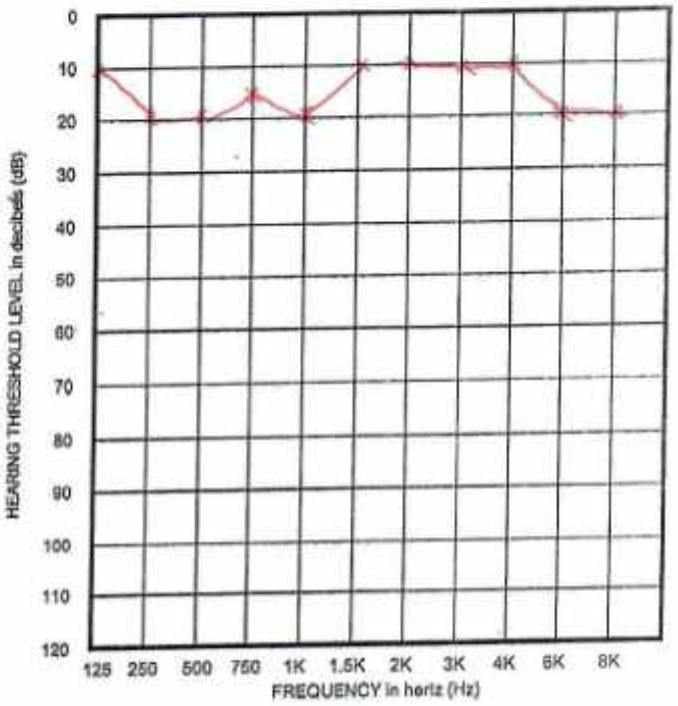
Name: SCHLUMBERGER FITNESS TO W	
Patient Name: Mr.ASOKKUMAR MANJOOR	
File No: 20030481	Age/Sex: 45 (Y) / M
Date: 2025-02-05	Specimen ID: 2146

Age / Gender : 46yrs/male.
Report Date :

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis: Bilateral Hearing sensitivity is within normal limit

Signature Audiologist

P.O Box. 500
Nizwa, P.C. 611
Sultanate of Oman
Al Nile Medical Complex

Alnile
Medical Complex
مجمع النيل الطبي

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PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Patient Name:	Mr.ASOKKUMAR MANJOOR GOPALAKRISHNAN NAIR		**Date:**	05/02/2025 09:05:29
File No:	20030481	**Age/Gender:** 45y 10m 3d / M	**Sid No:**	Bill#2146
Payer Name:			**Collection Date & Time:**	05/02/2025 09:05:27
Insurance Card No:	--		**Received Date & Time:**	05/02/2025 09:05:29
Doctor:			**Reported Date & Time:**	05/02/2025 09:29:53
Billing Time:	05/02/2025 07:15:22	**Mobile:** 94419179	**Id Card No.:**	94543852

Test Name	Result	Biological Reference
Complete Blood Count		
Haemoglobin	17.3 mg/dl	13.0 - 18.0
Total leucocyte count	6,630.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	61.5 %	40.0 - 75.0
Lymphocytes	29.2 %	15.0 - 45.0
Eosinophils	1.7 %	1.0 - 6.0
Monocyte	7.1 %	2.0 - 8.0
Basophils	0.4 %	< 10.0
Packed cell volum	49.7 %	< 54.0
RBC count	5.4 millions/mm	4.5 - 5.5
MCV	92.0 fl	81.8 - 95.5
MCH	32.1 pg	27.0 - 32.3
MCHC	34.8 g/dl	32.4 - 35.0
Platelet count	227,000.0 Cumm	150,000.0 - 400,000.0
RDW-CV	13.3 %	11.0 - 16.0
RDW-SD	44.4 fl	35.0 - 56.0
ESR(AUTOMATED)	1.0 mm/hr	< 15.0
URINE ANALYSIS		
Color	Yellow	-
Transparancy	Clear	-
Specific Gravity	1.01	-
PH	Alkaline	-
Glucose	nil	-
Acetone	NIL	-
Bliriubin	NIL	-

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Test Name	Result	Biological Reference
Blood	nil	-
Urobilinogen	nil	-
Protein	nil	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	2-3	-
Erythrocytes	3-5	-
Sequamous Epithelial Cell	Few	-
Crystal	nil	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
Physical		
Color	Brownish	-
Consistancy	Semi Solid	-
Occult Blood		-
Microscopic		
Pus Cells	1-3	-
RBC Cells	0-2	-
E-Hisolytica	NIL	-
E-Coli	NIL	-
Giardia Lamblia	NIL	-
Taenia Saginata	NIL	-
Taenia Solium	NIL	-
Schistosoma Haematobium	NIL	-
Ascaris Lumbricoides	NIL	-
Trichris Trichiura	NIL	-
Ancylostoma Duodenals	NIL	-
Others	NIL	-
SGOT	64.2 U/L	< 40.0
SGPT	84.8 U/L	< 41.0
Gamma-Glutamyltransferase (GGT)	139.0 U/L	5.0 - 63.0
BLOOD SUGAR FASTING	6.61	-
CHOLESTEROL	205.5 mg/dl	< 0.0

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Test Name	Result	Biological Reference
TRIGLYCERIDE	357.1 mg/dl	40.0 - 160.0
HDL CHOLESTEROL	50.0 mg/dl	40.0 - 60.0
LDL CHOLESTEROL	84.0 mg/dl	< 150.0
CREATININE	0.96 mg/dl	0.7 - 1.4
URIC ACID	7.5 mg/dl	3.4 - 7.0
BLOOD GROUP	B	-
RH Typing	POSITIVE	-

Hajar Mohammed Hussin Mousa

2025-02-05 11:52:49

End of Report

Alnile
Medical Complex
مجمع النيل الطبي

Patient Id : 20030481

Name : ASOKKUMAR MANJOOR Age : 45 Y Gender /M

Consultant : DR Islam Sakr Report Date : 05 /02/2025

CHEST X-RAY PA VIEW

- BOTH LUNGS AND HILAE ARE NORMAL,
- NORMAL CARDIAC SIZE , NO PLEURAL EFFUSION

IMPRESSION :- NORMAL CXR

Dr. Islam Sakr

P.O Box: 300
Nizwa, P.C. 611
Sultanate of Oman
Al Nile Medical Complex

ص.ب: ٣٠٠
الرمز البريدي: ٦١١ نزوى
سلطنة عمان
مجمع النيل الطبي

Alnile
Medical Complex
مجمع النيل الطبي

Name: SCHLUMBERGER FITNESS TO W	
Patient Name: Mr.ASOKKUMAR MANJOOR	
File No: 20030481	Age/Sex: 45 (Y) / M
Date: 2025-02-05	Specimen ID: 2146

FRAMINGHAM SCORE

Default Units

Results

Copy Results

Estimated 10-year Global CVD Risk

5.6%

Risk Category

Low Risk

Estimated Vascular Age

45 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)

Created by QxMD

Hospital/ Clinic seal

AL NILE MEDICAL CENTER

2025-02-05 07:42:40
Name :ASOK KUMAR
Sex :Male Age :46
Section: DR. ISLAM
RoomID:
BedID:
ID:
Operator: soumya
Custom2:

<< Conclusions >>

Normal Sinus Rhythm.
Cardiac electric axis normal.

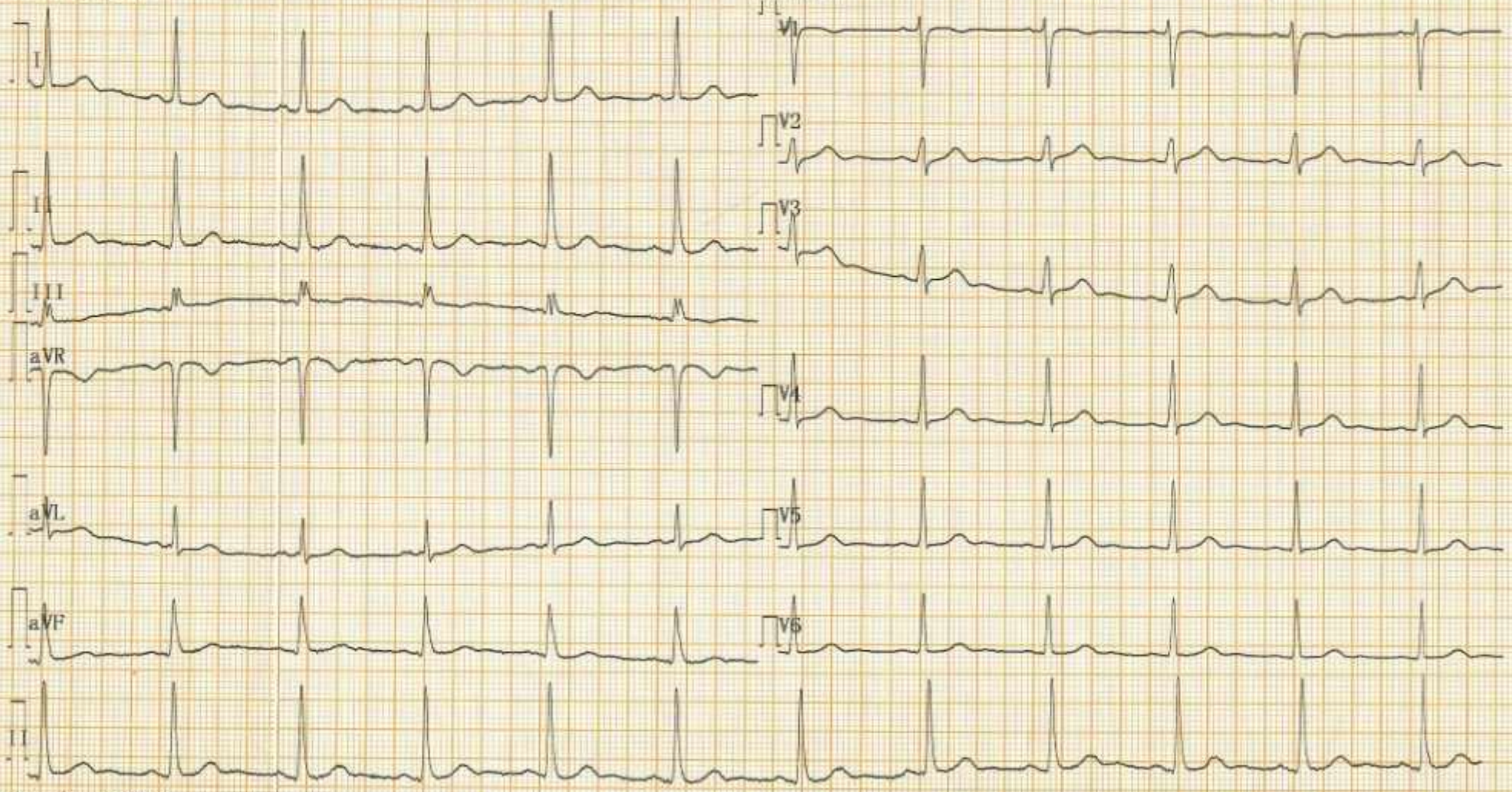
Report need physician confirm

Normal ECG 5-2-2025

Physician:

AUTO 10mm/mV

5mm/mV



25mm/s AC50Hz