

**MEDICAL CERTIFICATE**  
(To be issued by a Registered Medical Practitioner)

**GENERAL EXPECTATIONS**

- Candidates should have good general physique. In particular,
- Chest measurement should not be less than 70 cm, with satisfactory limits of expansion and contraction.
- Vision should be normal. In case of defective vision, it should be corrected to 6/9 in both eyes or 6/6 in the better eye. Colour blind and uniocular (having vision in only one eye) persons are restricted from admission on certain courses.
- Hearing should be normal. Defective hearing should be corrected.
- Heart and lungs should not have any abnormality and there should be no history of mental illness, Asthma, COPD and epileptic fits.

<b>1.</b>	Name of the candidate:		Gender:		
<b>2.</b>	Identification Mark (a mole, scar or birthmark), if any				
<b>3.</b>	Major illness/operation, if any (specify nature of illness/operation)				
<b>4.</b>	Height in cm:	Weight in kg:	Blood Group:		
<b>5.</b>	Past History	(a) Mental illness (b) Epileptic Fit	(c) Asthma (d) COPD		
<b>6.</b>	Chest	(a) Inspiration in cm	(b) Expiration in cm		
<b>7.</b>	Hearing				
<b>8.</b>	Vision with or without glasses:	Right Eye	Left Eye	Unioocular vision (having vision in only one eye)	Colour Blindness
<b>9.</b>	Respiratory System:				
<b>10.</b>	Nervous System:				
<b>11.</b>	Heart	(a) Pulse Rate	(b) Blood pressure		
		(c) Sounds	(d) Murmur		
<b>12.</b>	12 Abdomen (a) Liver (b) Spleen	Hernia		Hydrocele	
	<b>Any other defects:</b>				
<b>Certificate of Medical Fitness</b>					
<b>The candidate fulfils the prescribed standard physical fitness, medical fitness and is FIT for Participating in Ultribe Paderu 2024 race on 8<sup>th</sup> December 2024.</b>					
	_____	_____	_____	_____	_____
	Name of the Doctor	Regn. No	Signature with date	Seal	