



ICAR - CENTRAL INLAND FISHERIES RESEARCH INSTITUTE

AN ISO 9000 : 2008 Certified Organization

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F. No. 1/1/CAOC-18/B | 1071

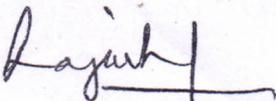
Dated: 20-6-2018

CIRCULAR

As per guidelines issued by the Ministry of Health & Family Welfare, Govt. of India vide A.1720/1/2010-MS dated 21-10-2011 and 28.12.2012 and as per APAR requirements, the **Annual Medical Examination for all Officers above 40 years of age is to be done**. In this connection, ICAR-CIFRI has made an agreement for Annual health Check-up / Medical Examination of all eligible Officers with **AMRI Hospital Limited, Salt Lake City, Kolkata** on CGHS / CS(MA) rates & terms. The package rate for Men Officer is @ Rs. 2000/- and for Women Officer is @ Rs. 2200/-. In this connection following procedure may be adopted :

- 1) Each Officer will carry an authorization letter issued from the office, duly signed by the Head of Office for Medical Examination. He will also necessarily carry his Office Identity Card bearing his name and other details and report to the Hospital for Health Check-up.
- 2) Each Officer so deputed will also carry the blank 8 page Medical Report, prescribed by the Ministry of Health & Family Welfare, Govt. of India, which is to be filled by AMRI after his/her due medical examination. The blank 8 page Medical Report is available on the Institute website, for downloading.
- 3) Each Officer to be examined shall deposit the requisite charges of Rs. 2000 / Rs. 2200, as applicable at AMRI, Salt Lake Kolkata at the time of reporting for Annual Health Check-up. He/She may take Receipt of the same and submit to the DDO for reimbursement.
- 4) The AMRI Hospital will arrange to deliver Medical Reports of all Officers, so examined, directly to CIFRI, from where Officials will be provided a copy of it.
- 5) The one point contact from AMRI, Kolkata for the Annual Health Check-up is Ms Reena Dash (Mob : 9831833260). As informed by her, 12 hour fasting is required prior to the test and for USG, bladder has to be full. The Hospital is open from 8 am to 8 pm from Monday to Saturday (except Sunday and holiday).
- 6) Officers concerned are requested to fix suitable date & time as per their convenience for their Medical Examination, but definitely not later than 30th June, 2018.

This issues as per approval of the Director, ICAR-CIFRI.


(Rajeev Lal)

Chief Administrative Officer

Copy to :

1. All Heads of Division / Officer-in-Charge of CIFRI Units/Sections at Headquarters
2. All Officer-in-Charges of CIFRI Centres with request to explore if any CGHS hospital in their city is agreeing to provide similar facility at Regional centres.
3. The ACTO to Director, ICAR-CIFRI, Barrackpore for kind information of the Director.
4. I/C ARIS Cell for putting the Circular & blank Medical Form on Institute website.
5. SFAO / DDO for kind information & necessary action.

List of Officers of ICAR-CIFRI, Barrackpore/Kolkata above 40 years,
for annual health check-up at AMRI, Kolkata

Sl. No.	Name	Designation	FMS/MIS No.
1	Dr. B.K. Das	Director	15353
2	Dr. Archan Kanti Das	Principal Scientist	14857
3	Dr. Archana Sinha	Principal Scientist	15089
4	Dr. Arun Pandit	Senior Scientist	14847
5	Dr. Asit Kumar Bera	Senior Scientist	20072
6	Dr. Bimal P Mohanty	PS & HoD	14854
7	Dr. Bijay K Behera	Principal Scientist	14855
8	Shri D. Karunakaran	Scientist	14863
9	Dr. Debabrata Das	Scientist	14862
10	Shri Ganesh Chandra	Scientist	15023
11	Dr. Hemanta Chowdhury	Scientist	12224
12	Dr. M.A. Hassan	Principal Scientist	14858
13	Dr. Malay Naskar	Principal Scientist	15055
14	Dr. Md. Aftabuddin	Senior Scientist	14859
15	Dr. Praveen Maurye	Scientist	14861
16	Dr. R. K. Manna	Senior Scientist	14856
17	Dr. Srikanta Samanta	Principal Scientist	14852
18	Dr. Sanjay Kumar Das	Principal Scientist	14846
19	Dr. Sanjib Kumar Manna	Principal Scientist	14860
20	Dr. Sanjiv Kumar Sahu	Scientist	14864
21	Dr. Subir Kumar Nag	Principal Scientist	14848
22	Dr. Uttam Kumar Sarkar	PS & HoD	12840
23	Dr. V. R. Suresh	PS & HoD	14851
24	Shri Rajeev Lal	CAO	17809
25	Shri N.V.R.N. Murty	SFAO	3640

Rajiv

ANNUAL HEALTH CHECK FOR THE CENTRAL CIVIL SERVICES GROUP 'A' OFFICERS ABOVE 40 YEARS OF AGE

Name : MR/ Mrs/Miss

Age : Years

Sex : M F

Marital Status: Married Unmarried Widow /widower Divorcee

Residential Address :

Telecontact : (R) (O) (M)

E-mail ID : CGHS BEN ID NO (if, any):

Office Address :

Blood Group:

History of Known Conditions (Tick appropriate Box)

Raised BP- Yes No If, yes Regular treatment- Yes No

DM - Yes No If, yes- on Regular treatment-Yes No

IHD Yes No If, yes- on Regular treatment- Yes No

Stroke Yes No If, yes- on Regular treatment- Yes No

CRF Yes No If, yes- on Regular Dialysis Yes No

Family History of DM HT Obesity

Life Style- Smoker -Yes No If yes Number per day

Ex-Smoker Years of Smoking

Alcohol Yes No Any Alh. Hepatitis in Past

If regular how many pegs per day

Regular Exercise Yes No

For more than 20 mts atleast 3times in a week

GENERAL PHYSICAL EXAMINATION :

Weight : (Kgs) Height : (mtrs) BMI

Pulse : / mt BP : / mm of Hg Temp. : F

SYSTEMIC EXAMINATION FINDINGS

RESP SYSTEM

CVS

ABDOMEN

CNS

LOCOMOTOR SYSTEM

DENTAL EXAMINATION

EYE EXAMINATION

DISTANT VISION R L

WITH GLASSES R L

NEAR VISION

COLOUR VISION

TONOMETRY

FUNDUS EXAMINATION

LOCAL FINDINGS

DIAGNOSIS & ADVICE

ENT

ORAL CAVITY

NOSE

THROAT

LARYNX

DIAGNOSIS & ADVICE

GYNECOLOGICAL HEALTH CHECK (FOR WOMEN)

HISTORY :

- 1. Periods : Regular / Irregular since days
 - Delayed / Polymenorrhea L.M.P. days ago
 - Menstrual Flow : Normal / Scanty / Excessive
- 2. Discharge P/V : None / Mucoid / Purulent / Hemorrhagic
- 3. Mass protruding P/V : None / Present
- 4. Urinary complaints : None / Present
- 5. No. of Pregnancies : 6. No. of Deliveries :
- 7. No. of Abortions : 8. No. of LSCS :

PELVIC EXAMINATION (if indicated)

- 1. Local Examination :
- 2. Per Vaginum (P/V) :
- 3. Per Speculum (P/S) :

SURGICAL EXAMINATION

BREAST EXAMINATION :

Right

Left

PRESENCE OF ANY LUMP

UROLOGICAL EXAMINATION(FOR MEN ONLY)

RECTAL EXAMINATION(FOR MEN ONLY)

INVESTIGATIONS REPORTS

Investigation	Report	Normal Range
HAEMOGRAM :		
• Haemoglobin	gms	(14-17 gms M),(11 - 16gmsF)
• T.L.C.		(4000-11000/cmm)
• D.L.C.		
Polymorphs		(50 - 70 %)
Lymphocytes		(20 - 40 %)
Eosinophils		(1 - 4 %)
Basophils		(0 - 1 %)
Monocytes		(1 - 4 %)
• Peripheral smear		
URINE EXAMINATION :		
• Colour	Absent / Traces / + / ++ / +++	(Absent)
• Albumin	Absent / Traces / + / ++ / +++	(Absent)
• Sugar		
• Microscopic Ezam.		
BLOOD SUGAR :		
• Fasting	mg %	(70 - 100 mg %)
• Post-prandial	mg %	(80 - 110 mg %)
LIPID PROFILE :		
• Total Cholesterol	mg %	(100 - 200 mg %)
• HDL Cholesterol	mg %	(35 - 155 mg %)
• LDL Cholesterol	mg %	(Upto 130 mg %)
• VLDL Cholesterol	mg %	(10 - 30 mg %)
• Triglycerides	mg %	(50 - 150 mg %)
LIVER FUNCTION TESTS :		
• S. Bilirubin (Total)	mg %	(Upto 1.0 mg %)
• S. Bilirubin (Direct)	mg %	(Upto 1.0 mg %)
• S.G.O.T.	units/L	(1 - 21 units / L)
• S.G.P.T.	units/L	(7- 27 units / L)
KIDNEY FUNCTION TESTS :		
• Blood Urea	mg %	(7 - 18 mg %)
• S. Creatinine	mg %	(0.6 - 1.2 mg %)
• S. Uric Acid	mg %	(2 - 7 mg %)
FOR MEN :		
• PSA	ng / ml	(0 - 4 ng / ml)

FOR WOMEN:

- PAP SMEAR

X-RAY - CHEST PA VIEW REPORT

ECG (ELECTRO CARDIOGRAPHY) REPORT

TMT REPORT

USG (ULTRASONOGRAPHY- ABDOMEN) REPORT

MAMMOGRASPHY REPORT (WOMEN ONLY)

SUMMARY OF THE MEDICAL REPORT

1.	Overall Health of the Officer	
2.	Any other remarks based on the health medical check up of the Officer	
3.	Health Profile Grading	

Signature of Physician with Seal

Dated

Place: