

dk; Z fUK"i knu eM; ka du i fronu  
fcgkj i fyl I sok ¼ch0i h0, I 0½  
ds i nkf/kdkfj; ka ds fy,

o"kl 2012&13 dh vof/k rFkk ml ds i 'pkr ds o"kkz ds dk; kz ds  
eM; ka du ij vk/kkfjr okf"kd vH; fDr ds fy, ykxll

fcgkj I j dkj

dk; Z fuk"i knu eM; kedu i fronu  
fcgkj i fyl I sok ds i nkf/kdkfj; ka ds fy,

lknkf/kdkjh dk uke %  
i fronu dk o"kl :  
vof/k

---

fcgkj i fyl I ok ¼ch0ih0, I 0½ dk; Z fu"i knu eW; ka du i fronu ¼i h0, 0vkj 0½ dk; Z fu"i knu eW; ka du i fronu dk vof/k ----- I s ----- rd

[k.M& I & eiy I ipuk

¼ i fyl egkfun'skd dk; kzy; ds ih0, 0vkj 0 'kk[kk }kjk Hkjk tk, xk½

1. Ikfrofnr i nkf/kdkjh dk uke :
2. ojh; rk I iph dk Øekd@i zdk' ku o"kl:
3. tle frfFk ¼frfFk@ekg@o"kl :
4. Åp kbz :
5. otu :
6. orëku dkfV %
7. orëku in %
8. orëku in ij fu; fDr dh frfFk %
9. i frond] I eh{kh , oa Lohdkj d i kf/kdkj %

	uke , oa i nuke	dk; Z vof/k
i frond i kf/kdkj		
I eh{kh i kf/kdkj		
Lohdkj d i kf/kdkj		

10. NpVh vkfn ij jgus ds dkj .k vuq fLFkr vof/k.

	vof/k	i zdkj	vfhk; fDr
NpVh ¼i zdkj fy[kk			
vu; ¼fooj .k nk			

11. i f' k{k. k dk; Øe ea mi fLFkfr

fnukd l s	fnukd rd	l LFkku	fo"k;

12. ind@vydj.k :


13. fnl Ecj ea l eklr gkus okys o"lz ds fy, okf"kd l Ei fr foj.kh  
nkf[ky djus dh frfFk %

14. fofgr fofdRI dh; tkp dh foxr frfFk %

¼0 o"kk l s vf/kd vk; q ds i nkf/kdkfj ; ka ds fy, ½  
¼i fronu dk l kj l ayXu dj

fnukd

gLrk{kj okLrs  
i z kkl u@egkfun's kd  
¼i fyl ½ dk; kÿ;

---

¼kfröfnr i nkf/kdkjh }kjk Hkjk tk, xk½

1- drD; k& dh l f{klr foøj .kh ¼ /kkfjr i n dk mn&ð' ; , oa dk; Z ftl s i yjk djuk vko' ; d gð dk foøj .k ¼100 'kCnka e½

2- okf"kd dk; Z ; kstuk , oa mi yfc/k; kW :

dk; Z ftl s i yjk djuk gks	fu"i knu ; k& ; y{;		okLrfod mi yfc/k; kW
	i kj fHkd	v/k&kf"kd	

3- ifronu dh vof/k ds nk&ku D; k vki l e>rs g& fd vki ds }kjk dkbz fof'f"V dk; Z fd; k x; k gð tð s fd dkbz vf}rh; p&ks&hi w&Z dk; Z dk l Qyrk i w&Z i yjk fd; k tkuk ; k dkbz cM& Øeokj i xfr ¼ftl l s turk dks l e; ij egRo i w&Z ykHk i klr g&v k gks ; k ftl l s l e; , oa 0; ; dh cpr g& h gk½ ; fn , d k gð rks di ; k foøj .k n& ¼tks 100 'kCnka l s vf/kd u gk½

4. vi uh mi yfC/k ea vkbz deh ds l ærk ea di ; k l f{klr ea crk, jA vi uh ck/kkvka , oa dfBukbz; ka ds l ærk ea fooj . k vfdr djA

5- ftl fof' kf"V {ks= ea vki egl w djrs gš fd vki dh {kerk@dkS ky dks i f' k{k.k dk; Øe dh vko' ; drk gš di ; k fpflgr djA

6- ?kks'k. kk %

D; k vki us vi us vpy l Ei fr dk ns fjVuZ nkf[ky dj fn; k gš ; fn gš di ; k frfFk vfdr djA	gk@uk	frfFk
D; k vki fofgr fpdRI dh; tkp dj k pps gš	gk@uk	
D; k vki us oræku o"lz ea l Hkh i nkf/kdkfj ; ka ds fy, dk; Z ; kst uk r; dj yh gš ftuds fy, vki ifrond i kf/kdkj gš	gk@uk	

LFkku %

i frosnr i nkf/kdkjh dk gLrk{kj

fnukd %

[k.M III eM; kdu

¼ ifronð i nkf/kdkjh }kjk Hkjk tk, xk½

1- di ; k vdr djafd D; k [k.M II ea Hkjk x; k dk; Zfooj.k , oafdl h egRoiwkZ , oa l kgfl d  
dk; Zfd; s tkus l cdkh mfYyf[kr mi yfc/k l s vki l ger gA ; fn ughar ks rF; i wkZ ear0; nA

2- ifrofnr i nkf/kdkjh }kjk fof'k"V ; kxnku ds fd, x, nkos ds l cdk ea di ; k fVli .kh na %

3- D; k ifrofnr i nkf/kdkjh vi us dk; k ea dkZ cMh foQyrk dk l keuk dj pp gA \ ; fn gk rks  
rF; i wkZ folr tkudkj nA

4- i nkf/kdkjh }kjk fpflgr {ks= ea कौशल उन्नयन dh vko'p; drk ij D; k vki l ger gA

5- dk; Z fu"i knu dk eW; kdu ¼; g eW; kdu inkf/kdkjh ds l enW; inkf/kdkfj; ka ds l ki {k fd; k tk, u fd l keW; tuka dks oxhbj.k 1&10 ds Ldsy ij i w k z vad ea fn; k tk, ftl ea l fuEurj Js kh , oa 10 mRd"V Js kh gksxA bl [k.M dk eku 40% gksxA½

Øekad	fooj .k	i f r o f n r i kf/kdkj	l e h {k h i kf/kdkj	l e h {k h i kf/kdkj dk g L r k {k j
1	fofHkUu i n k s a d s f y , i f ' k {k . k d k s Z l f g r ; k s t u k e ) i j k f d ; k x ; k d k ; Z d k C ; k j k			
2	i ; b {k . k j v u d a k k u v k f n d s {k s e a d k ; Z m R i k n d r k d h x q k o U k k , o a i H k k o ' k h y r k			
3	d k b z v H k i i w z d k ; Z l E i k n u @ f o f ' k " V d k ; Z d h m i y f c / k			
dk; Z m R i k n d r k d k l E i w k z e W ; k d u				

6- fo' kSkrrk dk eW; kdu ¼ l s 10 Ldsy ij] bl [kM dk eku 30% gksxA½

Øekad	fooj .k	i f r o f n r i kf/kdkj	l e h {k h i kf/kdkj	l e h {k h i kf/kdkj dk g L r k {k j
1	dk; Z d s i f r : f p			
2	mUkj n k f ; R o d h l e >			
3	i H k k o , o a 0 ; f D r R o			
4	H k k o u k R e d L F k k f ; R o			
5	L k a k n l E i {k . k d h d q k y r k			
6	, d 0 ; o l k f ; d : [ k v f [ r ; k j d j u s d k l k g f l d p f j = , o a b P N k ' k f D r			
7	u r R o {k e r k			
8	l e ; l h e k d s v l r x r d k ; Z d j u s d h {k e r k			
0 ; f D R k R o f o ' k S k r r k d k l E i w k z o x h b j . k				



7- fØ; kRed fui qkrk dk eY; kdu ¼1 l s 10 Ldsy ij] bl [kM dk eku 30% gkxk½

Øekad	fooj .k	i frond i kf/kdkj	l eh{kh i kf/kdkj	l eh{kh i kf/kdkj dk gLrk{kj
1	fof/k@fu; e@i fØ; k@l ipuk rduhd dkS ky , oa l cf/kr {k= ds LFkkuh; ekeyka ds ifr tkudkj@tkx: drk			
2	j . kuhfrd ; kstuk fuekz k dh ; kX; rk			
3	fu . kZ yus dh {kerk			
4	i gy djus dh {kerk %ofuf' k; fVo½			
5	i fyl dfez ka , oa muds i fjokj ds ifr dY; k . k dh Hkkouk , oa mudh i z ka k djus ea fnypLi h yuka			
6	v/khuLFk dfez ka dks mRl kfgr djus , oa c<kok nus dh ; kX; rk@ny ds : i ea dk; z djuk			
fØ; kRed fui qkrk dk l Ei wZ oxhbj . k				

8- fu"Bk

d'i ; k i nkf/kdkjh dh fu"Bk ij fVli . kh na :

9- i nkf/kdkjh ds l a wZ xqk] muds ' kDr' kkyh , oa detkj i {k ds ifr muds nF"Vdksk ds l cdk ea  
i frond i nkf/kdkjh dk er0; %i su fi Dpj½

10- I kš s tkus okys dk; Z {ks= ds l aak ea vuq ka k %dtk; k dkbz pkj fpflgr djz

Hk'Vkp kj fujk/k , oa fuxj kuh	i fyi vuq akku , oa fodkl
vi jk/k vuq akku %l h0vkbDMh0%	u%od%vkbDVh0
l pkj 0; oLFkk	vk l ipuk
j syos	mxDkn foj k/kh
vkfFkd vi jk/k	Lkj {kk %oh0vkbDi h0 , oa vk?kk%xd%
; krk; kr	l 'kL= i fyi cy
fof/k 0; oLFkk	egkuxj , oa 'kgjh i fyi 0; oLFkk
i fyi i f' k{k.k	vk r adkn foj k/kh
dkfed iz kkl u	l kbzj vi jk/k
l hek i aaku	vl;
ou , oa ol; i k.kh l af/kr vi jk/k	

11- I Ei wkz oxhbj .k %Ldsy 1 l s 10 ij %

f nukd %

i frond i nkf/kdkjh dk glrk{kj

uke %

i nuke %

[k.M& IV - I eh{kk

1- [k.M rhu ds l nHkZ ea ifronð i nkf/kdkjh }kjk fd; s x; s eW; kdu l s D; k vki l ger gð i fronh i nkf/kdkjh ds vl k/kj.k mi yfC/k , oa@vFkok egRo i wZ foQyrk@deh ds l aZk ea ifronð i nkf/kdkjh ds eW; kdu l s D; k vki l ger gð \ %vxj vki dkbZ xf.krh; eW; kdu l s l ger ugha gð rks vi uk eW; kdu fn; s x; s dKlye ea vi us gLrk{kj l fgr ntZ dj

gk	uk
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2- er fhkUurk dh lLFkfr ea folRr dkj.k nA

3- ifronð i nkf/kdkjh }kjk fy [ks x; s i u fi Dpj ds l aZk e; ; fn dkbZ erC; gk rks fy [kA

4- l k s x; s dk; Z {ks= l af/kr vuðk k %dk; k dkbZ pkj fpflgr dj

Hk'Vpkj fujk/k , oa fuxj kuh	i fyl vuð rku , oa fodkl
vi jk/k vuð rku %l hOvkbDMhO½	uVodZ@vkbDVhO
l pkj 0; oLFkk	vkl ipuk
jyos	mxokn fojks/kh
vkfFkd vi jk/k	Lkj {kk %ohOvkbDi hO , oa vk?kkfXd½
; krk; kr	l 'kL= i fyl cy
fof/k 0; oLFkk	egkuxj , oa 'kgjh i fyl 0; oLFkk
i fyl i f'k{k.k	vkrdokn fojks/kh
dkfeð iz kkl u	l kbbj vi jk/k
l hek i a/ku	vl;
ou , oa ol; i k.kh l af/kr vi jk/k	

1- l Ei wZ oxhðj.k %Ldsy 1 l s 10 i j½

fnukd %

l eh{k i nkf/kdkjh dk gLrk{kj  
 uke %  
 i nuke %

[k.M& ▼ Lohdkj d

1- D; k vki i frond@l eh{kh i kf/kdkj dh fVli .kh l s l ger gð \

gk	uk
----	----

2- er fhkUurk dh fLFkr eð foLr'r dkj .k nA

dy Jskh & Wdsy 1 l s 10½

fnukd %

Lohdkj d i nkf/kdkjh dk gLrk{kj

uke %

i nuke %

**SECTION VI**

**PROFORMA FOR HEALTH CHECK UP**

Date:

Name

Age

Sex: M/F

Brief clinical history, if any:

**A: Examination**

Physical

Systemic

Investigations:

Haemogram

Hb%

TLC

DLC

**Peripheral Smear**

**Blood Sugar**

F

P.P

**Lipid Profile**

Total Cholesterol

HDL Cholesterol

LDL Cholesterol

VLDL Cholesterol

Triglyceride

---

### **Liver Function Test**

Total Bilirubin

Direct Bilirubin

Indirect Bilirubin

SGOT

SGPT

ALK Phosphatase

### **Kidney Function Test**

Urea

Creatinine

Uric Acid

Electrolytes

Na+

K

Calcium

Inorganic Phosphates

### **Cardiac Profile**

CPK

CK-MB

LDH

SGOT

### **Urine**

Routine

Microscopic

Sugar

Albumin

E.C.G

+X-ray Chest

Ultra Sound Abdomen

Any other Investigation

Advise

**B: Medical Report of the Officer**

1.	Haemoglobin level of the officer	Normal/Low
2.	Blood Sugar level	Satisfactory/Normal/High/Low
3.	Cholesterol level of the officer	Normal/High/Low
4.	Liver functioning	Satisfactory/normal/dysfunctioning
5.	Kidney Status	Normal/Both-one kidney not functional optimally
6.	Cardiac Status	Normal/enlarged/blocked/not normal

**C: Summary of Medical Report (copy to be attached to PAR)**

1.	Overall Health of the officer	
2.	Any other remarks based on the health medical check up of the officer	
3.	Health profile grading	

Date

Signature of Medical Authority  
Designation