

FORM – IV
[See rule 3]

The All India Services (Performance Appraisal Report) Rules, 2007

PRO FORMA FOR HEALTH CHECK UP

Date:

Name :

Age :

Sex : M / F

A. Investigations Reports :

1. Haemogram –

- (i) Haemoglobin
- (ii) TLC
- (iii) DLC
 - (a) Polymorphs
 - (b) Lymphocytes
 - (c) Eosinophils
 - (d) Basophils
 - (e) Monocytes
- (iv) Peripheral Smear

2. Urine Examination –

- (i) Colour
- (ii) Albumin
- (iii) Sugar
- (iv) Microscopic Exam.

3. Blood Sugar –

- (i) Fasting
- (ii) Post-Prandial

4. Lipid Profile –

- (i) Total Cholesterol
- (ii) HDL Cholesterol
- (iii) LDL Cholesterol
- (iv) VLDL Cholesterol
- (v) Triglycerides

5. Liver Function Tests –

- (i) S.Bilirubin (Total)
- (ii) S.Bilirubin (Direct)
- (iii) SGOT
- (iv) SGPT

6. Kidney Function Tests –

- (i) Blood Urea
- (ii) S.Creatinine
- (iii) S.Uric Acid

7. Cardiac Profile –

(i) S.LDH

(ii) CK-MB

(iii) S.CRP

(iv) SGOT

For Men

(v) PSA

For Women

(vi) PAP Smear

8. X-Ray-Chest PA View Report
9. ECG Report
10. USG Abdomen Report
11. TMT Report
12. Mammography Report (Women)
13. **Gynaecological Health Check Up –**
 - (i) Pelvic Examination
 - (a) Local Examination
 - (b) Per Vaginum (P/V)
 - (c) Per Speculum
 - (ii) Surgical Examination
 - (iii) Breast Examination

14. (i) Urological Examination (For Men Only)

(ii) Rectal Examination (For Men Only)

15. **Systemic Examination –**

(i) Respiratory System

(ii) CVS

(iii) Abdomen

(iv) CNS

(v) Locomotor System

(vi) Dental Examination

16. **Eye Examination –**

(i) Distant Vision

(ii) Vision with Glasses

(iii) Colour Vision

(iv) Tonometry

(v) Fundus Examination

17. **ENT –**

(i) Oral Cavity

(ii) Nose

(iii) Throat

(iv) Larynx

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 (Only copy of this part is 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 :