

**ATAL BIHARI VAJPAYEE INSTITUTE OF MOUNTAINEERING AND ALLIED SPORTS
MANALI (ABVIMAS)**

Tel: (01902)- 255316 E-Mail: abvimasmanali@gmail.com Website: abvimas.org

MEDICAL CERTIFICATE

Date: _____

Name: _____ Age: _____
Gender: _____ Contact No. (Personal): _____
Contact No. & Name of Guardian: _____
Course Name : _____

Allergies: _____ Blood Group (attach proof): _____
Identification Mark: _____
Vaccination Status(TT): _____ Height(cm): _____ Weight(kg): _____

Attested by
Medical Officer

Diseases (if any): _____

Current Medications (if any): _____

Fractures/Dislocations/Musculoskeletal Injuries: _____

H/O Surgery: _____

Smoking: Yes/ No _____ H/O Alcohol Abuse: Yes/No _____ H/O Drug Abuse: Yes/No _____
Physical Activity/ Sport and hours per week: _____

(For Female Applicants only)

LMP: _____ Current OCP Use/ Planned (if any): _____

Menstrual Disorders (if any) : _____

Clinical Examination:

BP:	CVS:	Oral/Dental:
RR:	RS:	Pallor:
HR:	P/A:	Cyanosis:
Temp:	CNS:	Clubbing:
SpO2:	HEENT:	Bowel/Bladder Habits:

Body Habitus (Obese, Overweight, Thin, Average): _____

Psychological Assessment (Depressed/Anxious/Healthy): _____

Tests like CBC, Urine RE, CT, BT RBS, CXR-PA, ECG, TMT etc. may be advised for further medical assessment as per the medical examiner's discretion during physical examination in the column below:

Comments/ Advice: _____

To be duly signed by the medical examiner:

I have carefully examined Ms. / Mr. / Mrs. / Other _____
and in my opinion they are fit ☐ / not fit ☐ to undergo the above mentioned adventure course.

Seal and Signature

Name: _____

Registration Number: _____

Date: _____

Declaration by the candidate :

I, _____ hereby declare that all the information furnished by me in this document is true to the best of my knowledge and belief.

Signature of the candidate

NOTE:

- 1.The document is not valid without the signature and seal of the medical examiner. Validity of this document is 6 months only.
- 2.All the adventure courses offered at ABVIMAS are of highly strenuous nature, mentally and physically. Therefore, it is advised that the medical examination be taken seriously.
- 3.This document and the candidate applying may be reverified by the Medical Officer of ABVIMAS and if any discrepancy is found, the institute reserves the right to disqualify the candidate in question and the course fees shall be forfeited.