

Most Immediate

**No. 11059/18/2002-AIS-III(Pt.)
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training

New Delhi the 19th February, 2013

To,

1. The Chief Medical Superintendent, Safdarjung Hospital, New Delhi.
2. The Chief Medical Superintendent, Ram Manohar Lohia Hospital, New Delhi.
3. The Chief Medical Superintendent, Lok Nayak Jai Prakash Narian Hospital, New Delhi.
4. The Chief Medical Superintendent, Sucheta Kriplani Hospital, New Delhi.
5. The Chief Medical Superintendent, Guru Teg Bahadur Hospital, Delhi.
6. The Chief Medical Superintendent, Indraprastha Apollo Hospital, Sarita Vihar, Delhi.
7. The Chief Medical Superintendent Escorts Heart Institute & Research Centre, Okhala Road, New Delhi.
8. The Chief Medical Superintendent Max Delhi Heart & Vascular Institute, Saket, New Delhi.
9. The Chief Medical Superintendent, Rockland Hospital, New Delhi.
10. The Chief Medical Superintendent, Metro Hospital, Lajpat Nagar, New Delhi.
11. The Chief Medical Superintendent, Action Balaji Hospital, Paschim Vihar, New Delhi.
12. The Chief Medical Superintendent, MGS Hospital, West Punjabi Bagh, New Delhi.
13. The Chief Medical Superintendent, Metro Hospital, Preet Vihar, New Delhi.
14. The Chief Medical Superintendent, Metro Hospital, Naraina, New Delhi.
15. The Chief Medical Superintendent, St. Stephen's Hospital, New Delhi.
16. The Chief Medical Superintendent, Kailash Hospital & Research Centre Ltd., Noida.
17. The Chief Medical Superintendent, Kailash Hospital Institutional Area, Greater Noida.
18. The Chief Medical Superintendent, Metro Hospital. Noida.
19. The Chief Medical Superintendent, Narinder Mohan Hospital, Mohan Nagar, Gaziabad.
20. The Chief Medical Superintendent, Metro Hospital, Faridabad.

Contd...2....

Subject: The All India Services (PAR) Rule, 2007- annual health check-up of IAS Officers.

Sir,

I am directed to invite your attention to this Department's letter of even number dated the 18th January, 2012 (copy enclosed) on the above mentioned subject, wherein it was requested to continue the arrangements for annual health check-up of IAS officers for subsequent year which was initially started in your hospital vide this Departments letter of even number dated 11th January, 2008. It is again requested that the arrangement mentioned therein may be continued for the year 2013 and subsequent years also, unless revised by this Department.

2. It is further informed that Ministry of Health & Family Welfare has approved the revised rates i.e. Rs. 2000/- for men and Rs. 2200/- for women may also be allowed to be reimbursed in respect of AIS Officers as is being reimbursed in case of Group 'A' officers of CCS. Format for health check up of AIS officers has been revised at par with Group 'A' officers and same is enclosed for ready reference.

3. Dr. Ram Manohar Lohia Hospital has now issued the fresh instructions and duty roster of medical and para-medical staff posted for health check-up of the IAS Officers for the year 2013. A copy of their letter dated 9th February, 2013 is enclosed herewith, with the request that it may please be brought to the notice of all IAS officers working in the Ministries/Departments on central deputation for reporting for medical check-up accordingly. Time schedule for the health check-up in other authorised hospitals prescribed in this Department's O.M. dated 11th January, 2008, except Kalyani Hospital, Gurgaon (they have withdrawn the facility of health check-up since Sept, 2009) will remain unchanged.

4. The Chief Medical Superintendents of the approved Government and private hospitals are therefore, requested to kindly ensure that the system works smoothly and the individual officer does not face any inconvenience. All the prescribed tests may please be conducted on a single day and the report provided to the officers concerned on the next day.

Yours faithfully,

Encl: As above

Deepti
(Deepti Umashankar)
Director (Services)

Copy to:

1. All the Ministries/Deptts. of Govt. of India.
2. The Dte. General, Health Services, Deptt. of Health, Nirman Bhawan, New Delhi for information.
3. NIC for putting it in the web site <Circulars<Services and Vigilance<the All India Services (Performance Appraisal Report) Rules, 2007

"Form IV
[See rule 3]

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

PROFORMA FOR HEALTH CHECK UP

Date:

Name

Age

Sex: M/F

A. Investigations Reports

1.	<p>Haemogram</p> <ul style="list-style-type: none"> (i) Haemoglobin (ii) TLC (iii) DLC <ul style="list-style-type: none"> (a) Polymorphs (b) Lymphocytes (c) Eosinophils (d) Basophils (e) Monocytes (iv) Peripheral Smear
2.	<p>Urine Examination</p> <ul style="list-style-type: none"> (i) Colour (ii) Albumin (iii) Sugar (iv) Microscopic Exam.
3.	<p>Blood Sugar</p> <ul style="list-style-type: none"> (i) Fasting (ii) Post-Prandial
4.	<p>Lipid Profile</p> <ul style="list-style-type: none"> (i) Total Cholesterol (ii) HDL Cholesterol (iii) LDL Cholesterol (iv) VLDL Cholesterol (v) Triglycerides
5.	<p>Liver Function Tests</p> <ul style="list-style-type: none"> (i) S. Bilirubin (Total) (ii) S. Bilirubin (Direct) (iii) S.G.O.T. (iv) S.G.P.T.
6.	<p>Kidney Function Tests</p> <ul style="list-style-type: none"> (i) Blood Urea (ii) S. Creatinine (iii) S. Uric Acid

Contd...2

7.	<p>Cardiac Profile</p> <p>(i) S.LDH (ii) CK-MB (iii) S.CRP (iv) SGOT</p> <p>For Men</p> <p>(v) PSA</p> <p>For Women</p> <p>(vi) PAP SMEAR</p>
8.	X-Ray-Chest PA View Report
9.	ECG Report
10.	USG Abdomen Report
11.	TMT Report
12.	Mammography Report (Women)
13.	<p>Gynaecological Health Check Up</p> <p>(i) Pelvic Examination</p> <p>(a) Local Examination (b) Per Vaginum (P/V) (c) Per Speculum</p> <p>(ii) Surgical Examination (iii) Breast Examination</p>
14.	<p>(i) Urological Examination (For Men Only) (ii) Rectal Examination (For Men Only)</p>
15.	<p>Systemic Examination</p> <p>(i) Resp System (ii) CVS (iii) Abdomen (iv) CNS (v) Locomotor System (vi) Dental Examination</p>
16.	<p>Eye Examination</p> <p>(i) Distant Vision (ii) Vision with Glasses (iii) Colour Vision (iv) Tonometry (v) Fundus Examination</p>
17.	<p>ENT</p> <p>(i) Oral Cavity (ii) Nose (iii) Throat (iv) Larynx</p>

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

Contd....4

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

271

Most Immediate

**No. 11059/18/2002-AIS-III(Pt.)
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training

New Delhi the 18th January, 2012

To,

1. The Chief Medical Superintendent, Safdarjung Hospital, New Delhi.
2. The Chief Medical Superintendent, Ram Manohar Lohia Hospital, New Delhi.
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19. The Chief Medical Superintendent, Narinder Mohan Hospital, Mohan Nagar, Gaziabad.
20. The Chief Medical Superintendent, Metro Hospital, Faridabad.

Contd...2....

Subject: The All India Services (PAR) Rule, 2007- annual health check-up of IAS officers.

Sir,

I am directed to invite your attention to this Department's letter of even number dated the 10th March, 2011 (copy enclosed) on the above mentioned subject, wherein it was requested to continue the arrangements for annual health check-up of IAS officers for subsequent year which was initially started in your hospital vide this Departments letter of even number dated 11th January, 2008. It is again requested that the arrangement mentioned therein may be continued for the year 2012 and subsequent years also, unless revised by this Department.

2. The Chief Medical Superintendents of the approved Government and private hospitals are therefore, requested to kindly ensure that the system works smoothly and the individual officer does not face any inconvenience. All the prescribed tests may please be conducted on a single day and the report provided to the officers concerned on the next day.

Yours faithfully,

Deepthi
(Deepthi Umashankar)
Director (Services)

Copy to NIC for putting it in the web site <Circulars<Services and Vigilance<the All India Services (Performance Appraisal Report) Rules, 2007.

18/1/12

व्यक्तिगत और प्रशिक्षण विभाग Deptt. of Personnel & Trng. प्राप्ति और निगम अनुभाग Receipt & Issue Section
18 JAN 2012
RECEIVED



GOVERNMENT OF INDIA

DR. RAM MANOHAR LOHIA HOSPITAL, NEW DELHI

Dr. M.K.Gill

Adlt. Medical Supdt.

Tele: 23404451/23346441

Fax: 23346441

File No. ADDLMS (MKG)/ RMLH/2013/55

Dated, the 09th February 2013

Sub: **Health Check-up of IAS Officer.**

This year also Health Check-up of IAS officer will start provisionally from 15th February to May 2013 in the same pattern as it was done in the previous year, as indicated below:

1. The Health Check up will be done **twice a week** on working Tuesdays and Fridays.
2. The officers coming for health check up will report to **Room No-7B, Nursing Home Complex** to meet the physician at 9:00 A.M.
3. The officers who will come for health check up on Tuesday at 9:00 A.M should get the medical report on Friday and vice-versa.
4. Only four officers will be given appointment for each Tuesday & Friday at 15 mts interval i.e. 9AM, 9:15, 9:30 AM & 9:45 AM.
5. The concerned department/ ministry to contact **Sh. Jasbir Singh, PA to the Medical Superintendent** prior appointment in Tel No. **23747027/23404470**.
6. The medical report will be prepared in duplicate by the physician, one to be given to the officers concerned and the part 'c' only will be sent to his office.
7. A fifteen days roster to be prepared for the doctors & para medical staff by HOD Medicine, Radiology/Gynae./ I/C Nursing Home for E.C.G./ Nursing Supdt. for nursing personnel.
8. A copy of the roster to be sent to the office of Medical Superintendent & Additional Medical Superintendent (MKG) and Dr. I/c Nursing Home.

SO (SN)
18/2/13

295

DR. RAM MANOHAR LOHIA HOSPITAL

NEW DELHI

INSTRUCTIONS FOR OFFICE

8. The Health Check -up will start provisionally from 15th Feb. 2013.
9. The Health Check - up will be done twice a week on working Tuesday and Friday.
10. The officers to report to Room No. 7 B, Nursing Home Complex so as to meet the Physician at 9:00 A.M.
11. Prior appointment to be taken from Sh. Jasbir Singh, P.A to the Medical Superintendent on Telephone No. 23747027/23404470.
12. The officer has to come on empty stomach fasting for check - up with full bladder.
13. The officer will come for check - up on Tuesday at 9:00 A.M. get report back on Friday at 11:00 A.M. as vice-versa.
14. Only four officers will be given appointment for check - up each day from 9:00 A.M to 10:00 A.M.