



HAQUE & SONS LTD.

Rummana Haque Tower, 1267/A, Goshaidanga, Agrabad C/A, Chattogram, Bangladesh.

Tel : +880-2-333316214-6, Fax : +880-2-333310530

Accredited By : BMDC
Accreditation No. A-55144

PATIENT CONTROL NUMBER:
HSL-003576



MEDICAL EXAMINATION CERTIFICATE

SURNAME UDDIN	FIRST NAME AND MD	MIDDLE NAME NAHID
PLACE AND DATE OF BIRTH NAOGAON 18-Nov-1999	PASSPORT NUMBER B00088565	SEAMAN'S BOOK NUMBER CO11461
NATIONALITY : BANGLADESHI	SEX : ☒ Male ☐ Female	VESSEL TYPE : CONTAINER
PERMANENT HOME ADDRESS : VIL-BHONPARA, ATRAI, VOPARA-6596, DIST-NAOGAON, BANGLADESH.		TRADING AREA : WORLD WIDE
		CONTACT NUMBER : 8.8018E+12
		RANK : CADET-ENG

Have you ever had any of the following conditions?

Condition	YES	NO	Condition	YES	NO
1 Eye/vision problem	☐	☒	18 Sleep problems	☐	☒
2 High blood pressure	☐	☒	19 Do you smoke?	☐	☒
3 Heart/vascular disease	☐	☒	20 Operation/surgery	☐	☒
4 Heart surgery	☐	☒	21 Epilepsy/seizures	☐	☒
5 Varicose veins	☐	☒	22 Dizziness/fainting	☐	☒
6 Asthma/bronchitis	☐	☒	23 Loss of consciousness	☐	☒
7 Blood disorder	☐	☒	24 Psychiatric problems	☐	☒
8 Diabetes	☐	☒	25 Depression	☐	☒
9 Thyroid problem	☐	☒	26 Attempted suicide	☐	☒
10 Digestive disorder	☐	☒	27 Loss of memory	☐	☒
11 Kidney problem	☐	☒	28 Balance problem	☐	☒
12 Skin problem	☐	☒	29 Severe headaches	☐	☒
13 Allergies	☐	☒	30 Ear/nose/throat problems	☐	☒
14 Infectious/contagious diseases	☐	☒	31 Restricted mobility	☐	☒
15 Hernia	☐	☒	32 Back problems	☐	☒
16 Genital disorders	☐	☒	33 Amputation	☐	☒
17 Pregnancy	☐	☒	34 Fractures/dislocations	☐	☒

If any of the above questions were answered "yes", please give details.

Additional questions

	YES	NO
35 Have you ever been signed off as sick or repatriated from a ship?	☐	☒
36 Have you ever been hospitalised?	☐	☒
37 Have you ever been declared unfit for sea duty?	☐	☒
38 Has your medical certificate ever been restricted or revoked?	☐	☒
39 Are you aware that you have any medical problems, diseases or illnesses?	☐	☒
40 Do you feel healthy and fit to perform the duties of your designated position/occupation?	☒	☐
41 Are you allergic to any medications?	☐	☒

Comments:

FIT FOR DUTY ON BOARD SHIP

42 Are you taking any non-prescription or prescription medications?	☐	☒
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If yes, please list the medications taken and the purpose(s) and dosage(s)

I hereby authorize the release of all my previous medical records from any health professionals, health institutions and public authorities to Dr. Mir Md. Raihan (approved medical practitioner) I also certify that my history contained above is true and any false statement will disqualify me from my employment, benefits and claims.

Nahid

Signature of Seafarer

MEDICAL EXAMINATION

Weight 72 kg	Height (cm) 173	BMI 24.0	Blood Pressure: Systolic 110 mm	Diastolic 80 mm	PULSE: 78 /min
Ear	Hearing by Audiometry	Audiometry		Hearing by Whisper Test	
Right	☐ Adequate ☐ Inadequate	500	1000	2000	3000
Left	☐ Adequate ☐ Inadequate	<i>N/A</i>		☒ Adequate ☐ Inadequate	
Hearing meets the standards as laid down in STCW Code Section A-1/9 ? YES ☒ NO ☐					

	Visual acuity				Visual fields	
	Unaided		Aided		Normal	Defective
	Right eye	Left eye	Right eye	Left eye		
Distant	6/6	6/6			☒	☐
Near					☒	☐

Visual acuity meets the standard laid down in STCW Code Section A-1/9: ☒ YES / NO ☐ Doubtful ☐ Defective

Colour vision as per STCW CODE Section A-1/9: ☒ Normal ☐ Doubtful ☐ Defective

Date of last colour vision test: Date (day/month/year) 25 MAY 2023

	Normal	Abnormal		Normal	Abnormal
Head	☒	☐	Varicose veins	☒	☐
Sinuses, nose, throat	☒	☐	Vascular (inc. pedal pulses)	☒	☐
Mouth/teeth	☒	☐	Abdomen and viscera	☒	☐
Ears (general)	☒	☐	Hernia	☒	☐
Tympanic membrane	☒	☐	Anus (not rectal exam)	☒	☐
Eyes	☒	☐	G-U system	☒	☐
Ophthalmoscopy	☒	☐	Upper and lower extremities	☒	☐
Pupils	☒	☐	Spine (C/S, T/S and L/S)	☒	☐
Eye movement	☒	☐	Neurologic (full brief)	☒	☐
Lungs and chest	☒	☐	Psychiatric	☒	☐
Breast examination	☒	☐	General appearance	☒	☐
Heart	☒	☐	Skin	☒	☐

RESULTS OF ANCILLARY EXAMINATIONS

Chest X-Ray	<u>NAD</u>	BIO CHEMICAL (LIVER FUNCTION TEST)	Marijuana	☐ Positive ☒ Negative
ECG	<u>NAD</u>	BILIRUBIN	Alcohol Test	☐ Positive ☒ Negative
BLOOD R/E	<u>NAD</u>	SGPT	URINE R/E	<u>NAD</u>
DC (differential count)	<u>NAD</u>	SGOT	OTHERS	
HAEMOGLOBIN (HGB)	<u>16.2</u>	DRUG AND ALCOHOL TEST		HBsAg
ESR (WESTERGREN)	<u>0.6</u>	Morphine	☐ Positive ☒ Negative	HIV / AIDS Test
WBC	<u>8.700</u>	Amphetamine	☐ Positive ☒ Negative	VDRL
BLOOD GLUCOSE LEVEL		Phencyclidine	☐ Positive ☒ Negative	Blood Type
RANDOM	<u>3.2</u>	Barbiturates	☐ Positive ☒ Negative	Psychological Exam
HBA1C	<u>4.5%</u>	Cocaine	☐ Positive ☒ Negative	Others (KUB Ultrasound)

Hereby I declare that I am in knowledge of the contents of the Physical examinations:

<u>Nahid</u>	MD NAHID UDDIN	25-May-2023
Signature of Seafarer	Name of Seafarer	Date

Assessment of fitness for service at sea:

On the basis of the examinee's personal declaration, my clinical examination and the diagnostic test results recorded above, I declare the examinee medically:

☒ Fit for lookout duties	☐ Not fit for lookout duties			
Fit	Deck service	Engine service	Catering service	Other services
Unfit	☐	☒	☐	☐
☒ Without restrictions	☐ With restrictions			

Is the Seafarer free from any medical conditions likely to be aggravated by service at sea or to render the seafarer unfit for such service or to endanger the health of other persons on board?

☒ Yes	☐ No
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Describe restrictions (e.g., specific position, type of ship, trade area):

Action taken by medical examiner (e.g., referral):

Fitness Date: <u>25 MAY 2023</u>	Valid Until: <u>24 MAY 2024</u>
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Name and Signature of Authorized Physician

In Accordance with Medical Examination (Seafarers) Convention 1946 (No. 78) and STCW 1978/1996 as Amended, MLC 2006

Medical Information: (医療情報) * Please check the appropriate items
該当する二項目の空欄を記入して下さい。

1. ALLERGIES:

(アレルギー)

二 Urticaria (hives)
(じんましん)

二 Asthma
(ぜんそく)

二 Other
(その他)

二 Drug allergies (name):
(薬品名)

二 Food allergies (name):
(食品名)

2. PAST HISTORY: (病歴)

(1) Past serious illness: (重大既往症)

Age (年齢)

Surgeon: (手術)

When: (時期)

Age (年齢)

3. PRESENT ILLNESS (CHRONIC DISEASE).....(病名): (持病/有無)

Name of illness: (持病名)

Name (s) of medicine (s) used for the above disease (s). (上記持病に使用した一投薬品名)

4. DAILY LIFE HABITS: (日常生活)

(1) Alcohol intake: (飲酒)

二 Do not drink (飲まない)

二 Drink 2-3 times a week (週に2~3回)

二 Heavy drinker (毎日)

二 Moderate drinker (中程度)

二 Light drinker (軽度)

(2) Smoking: (喫煙)

二 Never smoke (吸わない)

二 Not smoking in 19____年

二 Smoke _____ cigarettes a day (1日平均____本吸う)

(3) Bowel movements:
(排便)

二 Regular (規則的)

二 Irregular (不規則)

二 Constipated (便秘)

(4) Dietary preferences: (食生活の嗜好)

二 Salty (塩辛)

二 Meat (肉類)

二 Sweet (甘い)

二 Fish (魚類)

(5) Exercise: (運動)

二 Often (よくやる)

二 Sometimes (時々)

二 Never (しない)

(6) Sleep: (睡眠)

二 Sleep well (よく眠る)

二 Have Sleeplessness (眠れない)

二 Have insomnia (不眠症)

二 Sometimes take sleeping pills, etc. (時々睡眠薬使用)

(7) Weight: (体重)

二 Constant (変わらない)

二 Losing weight (減量中)

25 MAY 2023

DR. MIR. MD. RAIHAN

MBBS, DDU, DPM, CDD (B-chem), PGD (Ophth)

BMDC-A-05144, MMCO-BGD-016

DC, Shikring Bangladesh Approved

General Physician

Radiol Hospital Limited



5. FAMILY HISTORY: (家族歴)

Notation: F = father, M = mother, B = brother, S = sister
(父) (母) (兄弟) (姉妹)

☐ Heart disease (心臓病)	F	M	B	S
☐ Cancer / part (癌/部位)	F	M	B	S
☐ Diabetes (糖尿病)	F	M	B	S
☐ Hypertension (高血圧症)	F	M	B	S
☐ Cerebral Apoplexy (脳卒中)	F	M	B	S
☐ Liver disease (肝臓疾患)	F	M	B	S
☐ Other, Name of disease (病名)	F	M	B	S

Briefly enter any special comments to the Attending Physician in English.
(受診医師へ特記は伝えたいこと、英語で簡明に)

Date: 25 MAY 2023

Signature: (署名)

Navid
(Card holder) (本人)



<PRIVATE>

MEDICAL RECORDS
(Write in block letters)

秘

Name of Company: IEL Nationality: PAKISTANI
(所属会社) (国籍)

Name: MD. NAWAZ UDDIN Sex: (性別) M
(氏名) given name (名) family name (姓) (男/女)

Name of Position: ELC Date of Birth: 28-02-1999
(職種) (生年月日) (D-M-Y)

Height: (身長) 173 cm Weight: (体重) 72 kg at age 20: (20才時) 1.6 kg
Pulse: 98 Normal breathing rate: 19 /min Normal temperature: 36.5 C
(脈拍) (正常呼吸数/分) (平熱)

Blood pressure: 100/70 Blood type: o+ Rh: + Single/Married: (独身/既婚)
(血圧)

Blood sugar: (血糖値) 100 mg/dl $\times 0.05625 =$ (mmol/l)
Uric acid: (尿酸値) 0.05914 mg/dl $\times 0.05914 =$ (mmol/l)

DR. MIR. MD. RAIHAN
MBBS, DML, DPM, CCD (Internal), PGD (Optical)
BMD-C-A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited





DECLARATION OF HEALTH BY CREW

NAME OF CREW : MD NAHID UDDIN

RANK : CADET-ENG

CDC NO : C/O/11461

DOB : 18-Nov-1999

HEALTH QUESTIONNAIRE

PLEASE ANSWER FOLLOWING BY TICKING (✓) YES OR NO

	YES	NO
1 Have you ever had coronary thrombosis or certain types of heart surgery?	☐	☒
2 Are you suffering from any heart-related complications?	☐	☒
3 Are you a diabetic ?	☐	☒
4 If you are diabetic, do you need injections of insulin for diabetes?	☐	☒
5 Have you ever had a stroke, or unexplained loss of consciousness?	☐	☒
6 Have you ever been treated for a mental or nervous problem?	☐	☒
7 Are you an alcoholic, or have you had alcohol or drug addiction problems?	☐	☒
8 Do you have any hearing difficulties or are you using any hearing aid?	☐	☒
9 Have you ever suffered from any STD (Sexually Transmitted Disease)?	☐	☒
10 Are you aware of any other health condition that could affect your fitness for seafaring employment ?	☐	☒

I declare that I read above questionnaire and answered by ticking as appropriate and the answers are, to the best of my knowledge, true and complete. I also declare that I am a healthy man and will be fully responsible for all the consequences in case of detection of any chronic disease or its past history which I may have concealed before joining vessel. I will bear all the expenses as may incur as a direct result of such concealment.

Date : 25 MAY 2023

Signed :

Nahid

The Crew Member

* If yes, mention details below:-

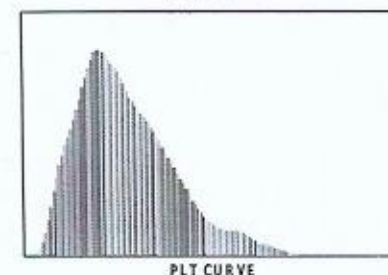
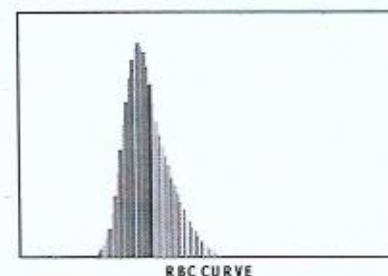
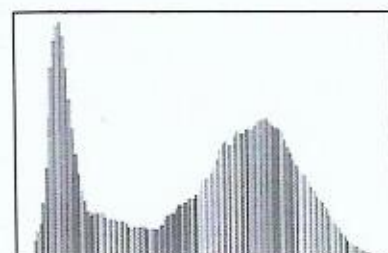
DR. MIR. MD. RAIHAN
MBBS (DU), DPM, CCD (Birm), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited

Id No : 0786 **Date** : 25-May-2023 **D.Date** : 25-May-2023
Patient's Name : MD NAHID UDDIN **Age** : 23Y 6M 7D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:C/O/11461

Haematology Report

(Relevant estimations were carried out by Mythic-One Auto Haematology Analyzer & checked manually)

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	16.2 gm/dl	M:13-18 gm/dl. F:11.5-16.5 gm/dl. Child:10-13 gm/dl.
ESR(Westergreen)	06 mm/1st hr	Infant: (One year):8-10 gm/dl. Male:0-10, F:0-20 mm/1st hr.
Total WBC Count(TC)	8,700 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	65 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	31 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	02 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	02 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	174 /cumm	50-450/cumm
Total RBC Count	5.37 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	42.8 %	M: 40-54%, F:37-47%
MCV	79.7 fL	76 - 94 fL
MCH	30.2 pg	27 - 32 pg
MCHC	37.9 g/dL	29 - 34 g/dL
RDW	13.5 %	11 - 16 %
PDW	17.3 fL	35 - 56 fL
Total Platelete Count (PC)	2,32,000 /cumm	150,000-450,000/cumm
MPV	9.6 fL	7.0 - 11.0 fL
PCT	0.223 %	0.1 - 0.4 %
Bleeding Time(BT)	%	10 - 18 %
Cloting Time(CT)	%	0.1- 0.2 %



Checked By
Medical Technologist

Dr. Sumaiya Khatun
MBBS,MD(Gold Medalist) (BSMMU)
Associate Professor
Dept. Of Microbiology
East West Medical College & Hospital.

Bill No	DIA23050786	Received Date	25/05/2023
Patient's Name	MD NAHID UDDIN		
Patient's Age	23Y 6M 7D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:C/O/11461
Sample	BLOOD		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	5.1 mmol/l	4.2 – 6.4 mmol/l
Serum Bilirubin (Total)	0.9 mg/dl	0.2 - 1.1 mg/dl
Serum AST (SGOT)	18 U/L	Up to 37 U/L
Serum ALT (SGPT)	21 U/L	Up to 40 U/L
HbA1C	4.5 %	4.2 - 6.7 %

REMARKS (IF ANY)

IN VIEW OF THE LIVER FUNCTION TEST RESULT, HIS BLOOD IS FREE FROM TOXIC EFFECT OF CHEMICALS.

Checked By

[Signature]

Medical Technologist
Radical Hospitals Ltd.

[Signature]

Dr. Sumaiya Khatun
M BBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital



Bill No	DIA23050786	Received Date	25/05/2023
Patient's Name	MD NAHID UDDIN		
Patient's Age	23Y 6M 7D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:C/O/11461
Sample	BLOOD		

SEROLOGICAL REPORT

HIV 1 & 2 (Method : (ICT)	Negative
HBsAg (Method : (ICT)	Negative
VDRL	Non-reactive

<u>BLOOD GROUPING Result</u>	
ABO Blood Group	"O" (+ve)
Rh(D)Factor	Positive

Checked By

Medical Technologis
Radical Hospitals Ltd.

Dr. Sumaiya Khatun
MBBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

Bill No	DIA23050786	Received Date	25/05/2023
Patient's Name	MD NAHID UDDIN		
Patient's Age	23Y 6M 7D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS, (DU), CCD(BIRDEM), PGT(Eye), DFM CDC NO: C/O/11461		
Sample	urine		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	R B C	Nil
Appearance	Clear	Pus Cells	0-2/HPF
Sediment	Nil	Epithelial	1-2/HPF

CHEMICAL EXAMINATIONCASTS / LPF

Reaction	Acidic	R B C	Nil
Albumin	NIL	W B C	Nil
Sugar	NIL	Epithelial	Nil
Ex.Phosphate	Nil	Granular	Nil
		Hyaline	Nil

ON REQUESTCRYSTALS & OTHERS

Bile Salt	Not Done	Urates	Nil
Bile Pigment	Not Done	Uric Acid	Nil
Ketones	Not Done	Calcium oxalate	Nil
Urobilinogen	Not Done	Amor. Phos	Nil
B.J. Protein	Not Done	Hippurate crystal	NIL

Checked By


Medical Technologist
Radical Hospitals Ltd.


Dr. Sumaiya Khatun
MBBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

Bill No	DIA-23050786	Received Date	25/05/2023
Patient's Name	MD NAHID UDDIN		
Patient's Age	23Y 6M 7D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS, (DU), CCD(BIRDEM), PGT(Eye), DFM		CDC NO: C/O/11461
Sample	URINE		

DRUG ABUSE TEST

METHOD: Immunochromatographic Assay (Rapid one Step Test)

Test Name	Result
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Drug Level of Urine

Cocaine	Negative
Morphine	Negative
Marijuana	Negative
Barbiturates	Negative
Amphetamines	Negative
Phencyclidine	Negative
Alcohol	Negative
Benzodiazepines	Negative
Methadone	Negative
Propoxyphene	Negative

Checked By


 Medical Technologist
 Radical Hospitals Ltd.


 Dr. Sumaiya Khatun
 MBBS, MD (Microbiology)
 Associate Professor
 Dept. of Microbiology
 East West Medical College and Hospital

REF: MV. ONE MACKINAC

DATE: 25/05/2023

M/S. HAQUE & SONS LTD.
RUMMANA HAQUE TOWER
1267/A, GOSHAIL DANGA
AGRABAD C/A, CHITTAGONG.

EYE EXAMINATION REPORT

NAME: MD NAHID UDDIN

RANK: D/CDT

CDC NO: C/O/11461

VISUAL ACUTY:

RIGHT

LEFT

UNAIDED

6/2

6/6

AIDED

COLOUR VISION:

NORMAL / BLIND

OPINION:

: UNFIT / FIT FOR EMPLOYMENT ON BOARD



Dr. Mir Md. Raihan
MBBS, PGT (Ophthalmology)
Assistant Registrar (EX)
East west Medical College & Hospital

ID: 23050

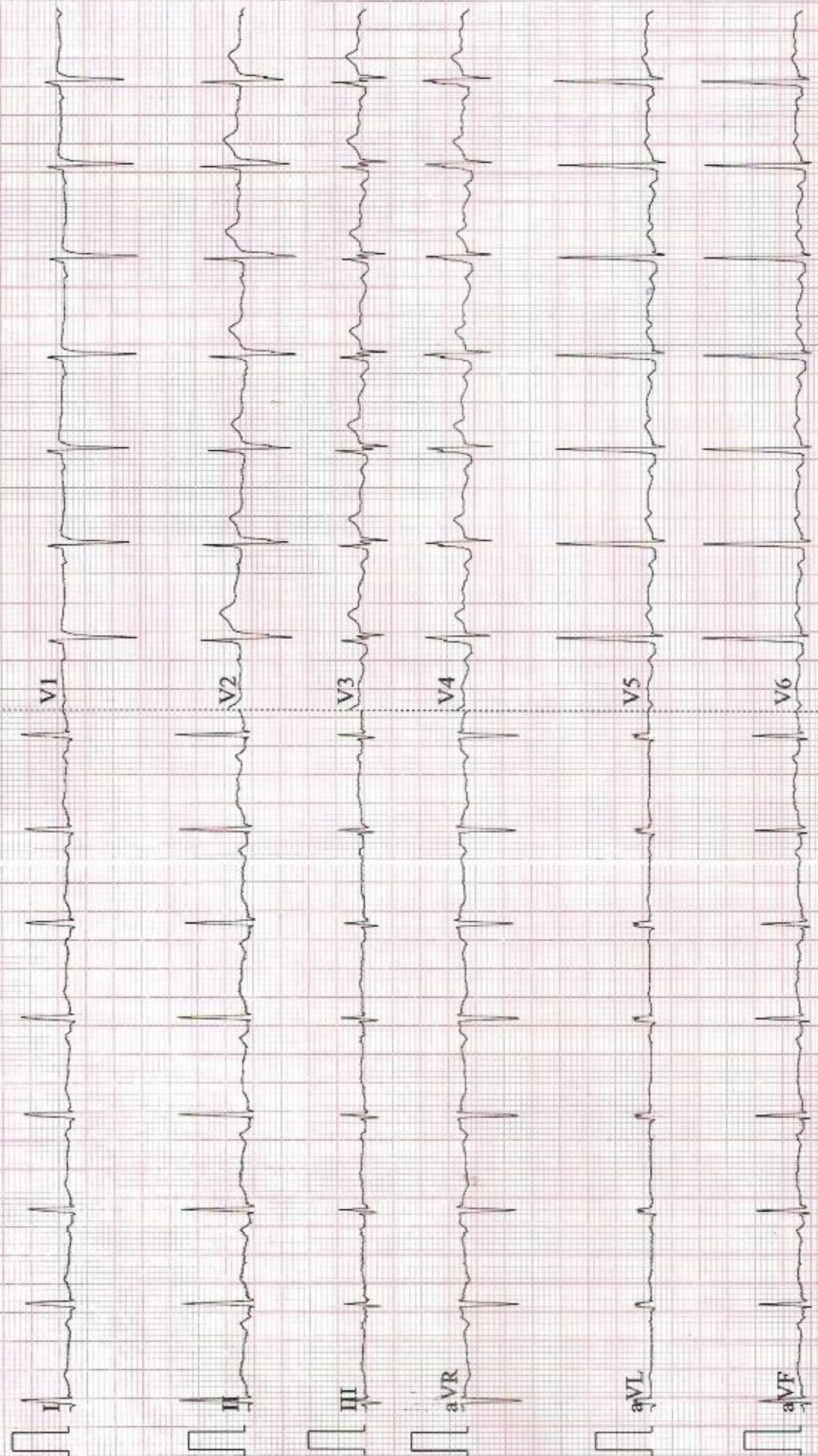
25-05-2023 13:23:22

Male 23 Years
Mr. Naimul codin

Diagnosis Information:
Sinus rhythm
Normal ECG

HR : 89 bpm
P : 104 ms
PR : 150 ms
QRS : 88 ms
QT/QTc : 288/351 ms
P/QRS/T : 54/42/45 °
RV5/SV1 : 1.737/1.245 mV

Report Confirmed by:



Pre-Joining Medical Report to be

Date of Exam	Ship Assigned	B.P./Pulse	Pathological Investigations				
			X-ray	ECG	Urine	Blood	LFT
29 SEP 2022	MV ONE HOUSTON	130/85 84/min	Normal	Normal	Normal	Normal	Normal
25 MAY 2023	MV ONE IMPERIAL	120/80 84/min	Normal	Normal	Normal	Normal	Normal

4

Completed by Company's M.O.

Creatinine	USG	Addl. Test	Special Conditions	Fit / Unfit & Remarks		Doctor's Sign.
				Fit / Unfit	Remarks	
Not Done	Not Done			Fit For Duty on Board Ship		DR. MD. AYUBUR RAHMAN M.B.B.S; P.G.T (Medicine) Taher Chamber 70, Agrabad CA, Chittagong. Regd. No. A-11820
						DR. MR. MD. RAIHAN MBBS, DPM, CDD (Internal), PGT (ICMR) B&DC A-55144, MNC-BGD-015 DC Shipping Bangladesh Approver General Physician Eastern Hospital Ltd.,

5

INTERNATIONAL CERTIFICATE OF VACCINATION OR REVACCINATION

AGAINST CHOLERA

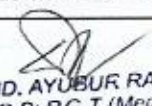
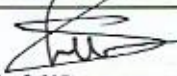
MD. NAHID UDDIN

This is to certify that
whose signature follows

Date of birth 18-11-1999 Sex Male

Nahid

has on the date indicated been vaccinated or revaccinated against Cholera

Date	Signature and Professional status of vaccinator	Approved Stamp
1 29 SEP 2022	 DR. MD. AYUBUR RAHMAN M.B.B.S; P.G.T (Medicine) Tahor Chamber 10, Agrabad C/A, Chittagong. Regn. No. A-11820	
2 25 MAY 2023	 DR. MIR. MD. RAIHAN MBBS (DU), DPM, CCD (Birdem), PGT (Opeth) BMDC A-55144, MMC-BGD-016 DG Shipping Bangladesh Approved General Physician Radical Hospitals Limited.	

3		3	4
4			
5		5	6
6			
7		7	8
8			

Continued overleaf Suite our erso

