No.17011/3/2003-IPS.II  
Government of India/Bharat Sarkar  
Ministry of Home Affairs/Grih Mantralaya  
North Block, New Delhi-1  
Dated, the 30 July, 2013.

OFFICE MEMORANDUM


The undersigned is directed to invite attention on the subject cited above and to forward herewith the revised proforma for Annual Health Check-up of IPS officers, as approved by the Ministry of Health and Family Welfare. The Annual Health Check-up format is also available on the official website of Ministry of Home Affairs at: http://mha.nic.in for information and guidance. The IPS officers may undertake the annual medical check-up from the hospitals identified, the list of which is available on the website of the DOPT.

2. It is also informed that Ministry of Health & Family Welfare has approved the revised rates for health check-up in respect of IPS Officers at Rs. 2000/- for Men and Rs. 2200/- for Women.

3. It is further informed that only part “C” of the Annual Health Check-up is required to be attached with the PAR of the IPS officers.

4. The content of this letter may be brought to the notice of all IPS officers.

( K. Natarajan )
Under Secretary to the Govt. of India

Encl: As above

To,

1. All Ministries/Departments of Government of India.
2. The Director, IB, New Delhi.
3. The Director General, BSF, New Delhi.
4. The Director General, CRPF, New Delhi.
5. The Director General, CISF, New Delhi.
6. The Director General, SSB, New Delhi
7. The Director, BPR&D, New Delhi
8. The Director General, ITBP, New Delhi
9. The Director, CBI, New Delhi
10. The Director, SVNIPA, Hyderabad
11. The Director of Coordination (Police Wireless), New Delhi
12. The Director, NCRB, New Delhi
13. The Director, NICFS, New Delhi
14. The Director, SPG, New Delhi
15. The Director, NSG, New Delhi
16. The Director General, RPF, New Delhi
17. The Commissioner of Security, BCAS, New Delhi
18. The Director General, Civil Defence, New Delhi
19. Joint Secretary (Personnel), MEA, New Delhi
20. The Cabinet Secretariat, (DO.11(A) Section), Bikaner House, New Delhi.
21. DOPT (AIS(III) Section), New Delhi
23. Guard File

Copy forwarded for information to :-

NIC with a request that this OM be posted on the website of this Ministry.
Government of India  
Ministry of Health & Family Welfare  
Department of Health & Family Welfare  
Nirman Bhawan, New Delhi  
(Medical Services Division)  
******

No. A 17020/04/12-MS                                       Dated the 8th July, 2013

OFFICE MEMORANDUM

Subject: The All India Services (Performance Appraisal Report) Rules, 2007-
Annual Medical checkup for IPS officers – Reg.

The undersigned is directed to refer to the Office Memorandum No.
17011/3/2003-IPS.II dated the 21st May, 2013 received from the Ministry of Home
Affairs on the above mentioned subject and to forward herewith the proforma for
health checkup of IPS officers, as vetted by the Director General of Health Services.
IPS officers may be requested to go to the hospitals identified for the annual medical
check-up, the list of which is available on the website of the Department of
Personnel and Training. The charge for the medical checkup is Rs. 2000/- (Rupees
two thousand only) for men and Rs. 2200/- (Rupees two thousand two hundred
only) for women, which may be reimbursed to the officers by Ministries /
Departments in which the officers are posted.

Encl: as above.

[V.P. Singh]
Deputy Secretary to the Government of India  
Tel-011-2306 1831

To

The Ministry of Home Affairs,  
(Shri K. Natrajan, Under Secretary)  
North Block,  
New Delhi – 110 001

Dispatch FTS No. 48 858/13
## PRO FORMA FOR ANNUAL HEALTH CHECK UP OF INDIAN POLICE SERVICE (IPS) OFFICERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex - M/F</th>
</tr>
</thead>
</table>

(A) (i) Examinations

1. **General Physical Examination**
   - (i) Height
   - (ii) Weight
   - (iii) Chest Expansion
   - (iv) BMI
   - (v) Brief Clinical history, if any

2. **Systemic Examination**
   - (i) Respiratory System
   - (ii) CVS
   - (iii) Abdomen
   - (iv) CNS
   - (v) Locomotor System
   - (vi) Dental Examination

3. **Eye Examination**
   - (i) Distant Vision
   - (ii) Vision with Glasses
   - (iii) Colour Vision
   - (iv) Tonometry
   - (v) Fundus Examination

4. **ENT**
   - (i) Hearing
   - (ii) Oral Cavity
   - (iii) Nose
   - (iv) Throat
   - (v) Larynx

5. **(for men only)**
   - (i) Urological Examination (for men only)
   - (ii) Rectal Examination (for men only)
6. **Gynecological Health Check Up**

(i) Pelvic Examination
   (a) Local Examination
   (b) Per Vaginum (P/V)
   (c) Per Speculum
(ii) Surgical Examination
(iii) Breast Examination

(ii) Investigations

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 Examination

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 Test**
   (i) S. Bilirubin (total)
   (ii) S. Bilirubin (direct)
   (iii) S.G.O.T.
   (iv) S.G.P.T.
6. **Kidney Function Test**
   (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)**

**B. MEDICAL REPORT OF THE OFFICER**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Haemoglobin level of the officer</td>
<td>Normal/Low</td>
</tr>
<tr>
<td>2.</td>
<td>Blood Sugar Level</td>
<td>Satisfactory/Normal/High/Low</td>
</tr>
<tr>
<td>3.</td>
<td>Cholesterol level of the officer</td>
<td>Normal/High/Low</td>
</tr>
<tr>
<td>4.</td>
<td>Liver Functioning</td>
<td>Satisfactory/Normal/Dysfunctioning</td>
</tr>
<tr>
<td>5.</td>
<td>Kidney Status</td>
<td>Normal / Both/one kidney not functional optimally</td>
</tr>
<tr>
<td>6.</td>
<td>Cardiac Status</td>
<td>Normal/Enlarged/Blocked/Not normal</td>
</tr>
</tbody>
</table>

**C. SUMMARY OF MEDICAL REPORT (only copy of this part is to be attached to PAR)**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Overall health of the officer</td>
</tr>
<tr>
<td>2.</td>
<td>Any other remarks based on the health medical check up of the officer</td>
</tr>
<tr>
<td>3.</td>
<td>Health Profile Grading</td>
</tr>
</tbody>
</table>

**Date:**

**Signature of Medical Authority**

**Designation:**