FORM NO. MGT – 7

(Pursuant to sub-section (1) of Section 92 of the Companies Act, 2013 and sub-rule (1) of rule 11 of the Companies (Management and Administration) Rules, 2014

ANNUAL RETURN

I.	REGISTRATION AND OTHER DETAILS:							
(i)	Corporate Identification Number (C	CIN) of the Company	U851	10KA2021PTC143831				
	Global Location Number (GLN) of th	ne Company						
	Permanent Account Number (PAN)	of the Company	AAUG	CA7399F				
(ii)	(a) Name of the Company		AAST LIMI	TARURMIKA HEALTH CARE PRIVATE				
	(b) Registered Office Address		12th	/J, Ground Floor, 10th Cross, Main, 3rd Block, Koramangala GALORE				
	(c) e – mail ID of the Company		info@	Paastrika.com				
	(d) Telephone Number with STD Co	de	9845	514654				
	(e)Website		www.aastrika.org					
(iii)	Date of incorporation		05/02/2021					
(iv)	Type of Company							
	Type of Company	Category of the Compan	ny	Sub-Category of the Company				
	Private Company	Company limited by shar	res	Indian Non-Government Company				
(v)	Whether Company is having share of	capital	O Y	es O No				
(vi)	Whether shares listed on recognize	ed stock exchange(s)	O Y	es O No				
(vii)	Financial Year From date 01/04/20	023 (DD/MM/YYYY)	To date	31/03/2024				
(viii)	Whether Annual General Meeting (AGM) held	Yes	O No				
	(a) If Yes, date of AGM							
	(b) Due date of AGM							
	(c) Whether any extension for AGI	M Granted O	Yes	O No				
	(d) If yes, the Service Request Nun	nber (SRN) of the applica	tion for	m filed of extension				
	(e) Extended due date of AGM after	er grant of extension						

II.	PRINCIPAL	BUSINESS	ACTIVITIES OF	THE COMPANY
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Number of business activities: 1

SI No	Main Activity group code		Business activity code	Description of business activity	% of turnover of the Company
1.	Q	Hospital and Medical care	Q1	Hospital Activities	100

III. PARTICULARS OF HOLDING, SUBSIDIARY AND ASSOCIATE COMPANIES (INCLUDING JOINT VENTURES)

No. of Companies for which information is to be given: 0

S. No	Name of the Company	CIN/FCRN	Holding/ Subsidiary/ Associate / Joint Venture	% of shares held
1				

IV. SHARE CAPITAL, DEBENTURES AND OTHER SECURITIES OF THE COMPANY

i) SHARE CAPITAL

(a) Equity share capital

Particulars	Authorized Share Capital	Issued Capital	Subscribed Capital	Paid up Capital
Total number of Equity Shares	70,000	70,000	70,000	70,000
Total amount of Equity Shares (in Rupees)	7,00,00,000	7,00,00,000	7,00,00,000	7,00,00,000

Number of classes: 1

Class of Shares: Equity Shares	Authorized Share Capital	Issued Capital	Subscribed Capital	Paid up Capital
Number of Equity shares	70,000	70,000	70,000	70,000
Nominal Value per share (in rupees)	1,000	1,000	1,000	1,000
Total Amount of equity shares (in rupees)	7,00,00,000	7,00,00,000	7,00,00,000	7,00,00,000

(b) Preference Share capital

Particulars	Authorized Share Capital	Issued Canital		Paid up Capital	
Total number of Preference Shares	0	0	0	0	
Total amount of Preference Shares (in Rupees)	0	0	0	0	

Number of classes: 0

Class of Shares:	Authorized Share Capital	Issued Capital	Subscribed Capital	Paid up Capital
Number of preference shares				
Nominal Value per share (in rupees)				
Total Amount of Preference Share (in rupees)				

(c) Unclassified share capital

Particulars	Authorised capital
Total Amount of unclassified shares	0

(d) Break - up of paid-up share capital:

) Break - up of paid-up share concluded Class of Shares							
Class of Silates	N	lo. of share	:S	Total nominal	Total Paid-up	Total	
	Physical	DEMAT	Total	amount	amount	Premium	
Equity Shares: -							
At the beginning of the year	70,000	0	70,000	7,00,00,000	7,00,00,000	0	
Increase during the year	0	0	0	0	0	0	
i. Public Issue	0	0	0	0	0	0	
ii. Rights issue	0	0	0	0	0	0	
iii. Bonus issue	0	0	0	0	0	0	
iv. Private Placement / Preferential Allotment	0	0	0	0	0	0	
v. ESOPs	0	0	0	0	0	0	
vi. Sweat Equity shares allotted	0	0	0	0	0	0	
vii. Conversion of Preference shares	0	0	0	0	0	0	
viii. Conversion of Debentures	0	0	0	0	0	0	
ix. GDR / ADR	0	0	0	0	0	0	
x. Others, please specify:	0	0	0	0	0	0	
Decrease during the year	0	0	0	0	0	0	
i. Buy-back of shares	0	0	0	0	0	0	
ii. Shares forfeited	0	0	0	0	0	0	
iii. Reduction of share capital	0	0	0	0	0	0	
v. Others, please specify:	0	0	0	0	0	0	
At the end of the year	70,000	0	70,000	7,00,00,000	7,00,00,000	0	
Preference shares							
At the beginning of the year	0	0	0	0	0	0	
Increase during the year	0	0	0	0	0	0	
i. Issue of shares	0	0	0	0	0	0	
ii. Re-issue of forfeited shares	0	0	0	0	0	0	
iii. Other, specify:	0	0	0	0	0	0	
Decrease during the year							
i. Redemption of shares	0	0	0	0	0	0	
ii. Shares forfeited	0	0	0	0	0	0	
iii. Reduction of share capital	0	0	0	0	0	0	
iv. Others, specify:	0	0	0	0	0	0	
At the end of the year	0	0	0	0	0	0	

ISIN of the Equity Shares of the Company:	
(ii) Details of stock split / consolidation during the year (for each class of shares):-	0

Class of shares		(i)	(ii)	(iii)
Before split /	Number of shares			
consolidation	Face value per share			

After split /	Number of sh					
onsolidation	Face value pe	er share				
(Details being Separate shoute: In car	me since the inco ng provided in a (eet attached for	CD/ Digital med details of transf fer exceeds 10,	ia) (Yes/No / Not ers: (Yes /No) option for subr	applicable)		
Date of the	previous annual g	general meeting	:			
Date of regi	stration of transfe	er (Date Month '	Year):			
Type of tran	sfer:					
(1-Equity, 2-	Preference share	es, 3 – Debentur	es, 4 – Stock)			
Number of	shares/ debentur	es/units transfe	rred:			
Amount per	share/debenture	e/ unit (in Rs.):]
Ledger Folio	of Transferor:					
Transfero	's Name	- Middle name	Firs	t name		
Ledger folio	of transferee:					
Transferee	e's Name					
		Surname	Middl	e name	First n	ame
Date of regi	stration of transfe	er (Date Month '	Year):			
Type of tran	sfer:					
(1-Equity, 2-	Preference share	es, 3 – Debentur	es, 4 – Stock)		_	
Number of	shares/ debentur	es/units transfe	rred:			
Amount per	share/debenture	e/ unit (in Rs.):]
Ledger Folio	of Transferor:					

Transferor's Name			
	Surname	Middle name	First name
Ledger folio of transfe	ree:		
Transferee's Name			
	Surname	Middle name	First name

iv) Debentures (Outstanding as at the end of financial year)

Particulars	Number of units	Nominal value per Unit	Total value
Non-convertible debentures	0	0	0
Partly convertible debentures	0	0	0
Fully convertible debentures	0	0	0
	•	Total	0

Details of debentures:

Class of debentures	Outstanding as at the beginning of the year	Increase during the year	Decrease during the year	Outstanding as at the end of the year
Non-Convertible Debentures	0	0	0	0
Partly Convertible Debentures	0	0	0	0
Fully Convertible Debentures	0	0	0	0

v) Securities (other than shares and debentures): 0

Type of securities	Number of securities	Nominal value of each unit	Total Nominal Value	Paid up value of each unit	Total paid up value
Total					

V. Turnover and net worth of the company (as defined in the Companies Act, 2013)

(i) Turnover: Rs. 2,85,58,507

(ii) Net worth of the Company: Rs. -7,49,96,106

VI. (a) SHARE HOLDING PATTERN (Promoters)

SI		Equ	uity	Preference	
No.	Category	Number of shares	Percentage	Number of shares	Percentage
1.	Individual/ Hindu Undivided Fa	mily			
	i) Indian	69,867	99.81	0	0
	ii) Non – resident Indian (N	IRI) 0	0	0	0
	iii) Foreign national (other NRI)	than 0	0	0	0
2.	Government				
	i) Central Government	0	0	0	0
	ii) State Government	0	0	0	0

	Total	69,867	99.81	0	0
10	Others	0	0	0	0
9	Body Corporate (not mentioned above)	0	0	0	0
8	Venture Capital	0	0	0	0
7	Mutual Funds	0	0	0	0
6	Foreign Institutional Investors	0	0	0	0
5	Financial Institutions	0	0	0	0
4	Banks	0	0	0	0
3	Insurance Companies	0	0	0	0
	iii) Government Companies	0	0	0	0

Total Number of shareholders (promoters): 1

(b) SHARE HOLDING PATTERN – Public/ Other than promoters

SI		Equ	uity	Preference	
No.	Category	Number of shares	Percentage	Number of shares	Percentage
1.	Individual/ Hindu Undivided Family				
	i) Indian	133	0.19	0	0
	ii) Non – resident Indian (NRI)	0	0	0	0
	iii) Foreign national (other than NRI)	0	0	0	0
2.	Government				
	i) Central Government	0	0	0	0
	ii) State Government	0	0	0	0
	iii) Government Companies	0	0	0	0
3	Insurance Companies	0	0	0	0
4	Banks	0	0	0	0
5	Financial Institutions	0	0	0	0
6	Foreign Institutional Investors	0	0	0	0
7	Mutual Funds	0	0	0	0
8	Venture Capital	0	0	0	0
9	Body Corporate (not mentioned above)	0	0	0	0
10	Others:	0	0	0	0
	Total	133	0.19	0	0

Total number of shareholders (Other than promoters):	
Total number of shareholders (Promoters + Public/Other than promoters):	2

VII. NUMBER OF PROMOTERS, MEMBERS, DEBENTURE HOLDERS

(Details, Promoters, Members (Other than promoters), Debenture Holders)

Details	At the beginning of the year	At the end of the year
Promoters	1	1
Members (Other than Promoters)	1	1
Debenture Holders	0	0

VIII. DETAILS OF DIRECTORS AND KEY MANAGERIAL PERSONNEL

(A) Composition of Board of Directors

	Category		Directors at g of the year		Directors at of the year Percentage of shares he directors as at the end of year		at the end of the
		Executive	Non- Executive	Executive	Non- Executive	Executive	Non-Executive
A.	Promoter	1	0	1	0	99.81	0
В.	Non – Promoter	0	4	0	4	0	0.19
(i)	Non-Independent	0	4	0	4	0	0.19
(ii)	Independent	0	0	0	0	0	0
C.	Nominee						
	Directors	0	0	0	0	0	0
	Representing						
(i)	Banks & FI's	0	0	0	0	0	0
(ii)	Investing institutions	0	0	0	0	0	0
(iii)	Government	0	0	0	0	0	0
(iv)	Small Shareholders	0	0	0	0	0	0
(v)	Others	0	0	0	0	0	0
	Total	1	4	1	4	99.81	0.19

Number of Directors and Key Managerial personnel (who is not a Director) as on financial year end date: 5

(B) (i) Details of Directors and Key managerial personnel as on the closure of financial year

Name	DIN/PAN	Designation	Number of shares held	Date of cessation (after closure of financial year: if any)
JANHAVI NILEKANI	00281663	Director	69,867	-
ANUSHREE JAGADISH KINI	09343856	Director	133	-
VISVESWARA GUPTA	09141063	Director	0	-
SRINIVAS SESHADRI	01661828	Director	0	-
NIRMALA	09800660	Director	0	-

(ii) Particulars of change in Directors and Key Managerial personnel during the year: 0

Name	Designation at the beginning / during the financial year		Date of appointment / Change in designation/ Cessation	Nature of change (Appointment/Change in Designation / Cessation)
NIRMALA	09800660 Additional Director		24/07/2023	Appointment as Director in the AGM

IX. MEETINGS OF MEMBERS/CLASS OF MEMBERS/BOARD/COMMITTEES OF THE BOARD OF DIRECTORS

A. MEMBERS/CLASS / REQUISITIONED / NCLT/COURT CONVENED MEETING:

Number of meetings held:

		Total Number of	Attend	lance
Type of meeting	Date of meeting	Members entitled to attend meeting	Number of members attended	% of total shareholding

ANNUAL GENERAL MEETING	24/07/2023	2	2	100

B. BOARD MEETINGS:

Number of Meetings held: 4

		Total No. of Directors on the	Attendance		
S. No.	Date of meeting	Date of Meeting	No. of Directors attended	% of Attendance	
1.	11/07/2023	5	4	80	
2.	24/07/2023	5	5	100	
3.	16/11/2023	5	3	60	
4.	14/03/2024	5	5	100	

C. COMMITTEE MEETINGS:

Number of Committee meetings held: 0

Time	Type of	Date of	Total No. of Mambars as an	Attend	lance
S. No.	Meeting	meeting	Total No. of Members as on the Date of Meeting	No. of Members attended	% of Attendance
1					

D. ATTENDANCE OF DIRECTORS

			Board of Meetings			Committee Meetings (Taking all the Committee Meetings together of which a Director is a member			
SI. No.	Name of the Director	No of Meeting which the director was entitled to attend	Number of meetings attended	% of attenda nce	No of Meeting which the director was entitled to attend	Number of meetings attended	% of attendan ce	Whether attended AGM held on (Y/N/NA)	
1.	JANHAVI NILEKANI	4	4	100	0	0	0		
2.	ANUSHREE JAGADISH KINI	4	2	50	0	0	0		
3.	VISVESWARA GUPTA	4	4	100	0	0	0		
4.	SRINIVAS SESHADRI	4	3	75	0	0	0		
5.	NIRMALA	4	4	100	0	0	0		

REMUNERATION OF DIRECTORS AND KEY MANAGERIAL PERSONNEL- $\overline{\mathbf{X}}$ Nil

Number of Managing Director, Whole-Time Director and/or Manager whose remuneration details to be entered:

S. No.	Name	Designation	Gross Salary	Commission	Stock Option/ Sweat Equity	Othors	Total Amount
1.							
	Total						

Number of CEO, CFO, and Company Secretary whose remuneration details to be entered:

S. No.	Name	Designation	Gross Salary	Commission	Stock Option/ Sweat Equity	Others	Total Amount
1.							
	Total						

S. No.	Name	Designation	Gross Salary	Commission	Stock Option/ Sweat Equity	Others	Total Amount
1.	Total						
	Total						
. Г А. В.	Whether the Companies A	company has madest, 2013 during the	de compliances year (Yes/No)	and disclosur		f applicable	e provisions of the
		PUNISHMENT DE			NY / DIRECTORS	5 / OFFICERS	5:
Compa	me of the ny/Directors/ Officers	Name of the court/concerned Authority	Date of ord	Name o Act and s er under w penaliz punish	ection Deta which pen ed / punis	ails of alty / hment	Details of appeal (if any) including present status
(B)	DETAILS OF C	OMPOUNDING OF	OFFENCES: X	NIL			
Compa	nme of the any/Directors/ Officers	Name of the court/concerned Authority	Date of orde	Name of t Act and sec under wh penalized punishe	ich Partic	ulars of ence	Amount of compounding (in Rupees)
(II. \	Whether compl	ete list of sharehol	ders, debentur	re holders has	been enclosed a	as an attach	ment:
an. c	COMPLIANCE C	F SUB-SECTION(2)	OF SECTION 9	2, IN CASE OF	LISTED COMPA	NIES	
	-			•		-	ore or turnover of ual return in Form
lame:							
Vhethei	r Fellow or Asso	ociate:	O Associa	ate 🔿 Fellow	ı		

We certify that:

- (a) The return states the facts, as they stood on the date of the closure of the financial year aforesaid correctly and adequately.
- **(b)** Unless otherwise expressly stated to the contrary elsewhere in this Return, the Company has complied with all the provisions of the Act during the financial year.
- (c) The company has not, since the date of the closure of the last financial year with reference to which the last return was submitted or in the case of a first return since the date of the incorporation of the company, issued any invitation to the public to subscribe for any securities of the company.
- (d) Where the annual return discloses the fact that the number of members, (except in case of a one person company), of the company exceeds two hundred, the excess consists wholly of persons who under second proviso to clause (ii) of sub-section (68) of section 2 of the Act are not to be included in reckoning the number of two hundred XIV.

Declaration

I am authorized by the Board of Directors of the Company vide resolution No.		dated	
(DD/MM/VVV) to sign this form and declare that all the requirements of the	Companies	Act 201	2 and the rules

(DD/MM/YYYY) to sign this form and declare that all the requirements of the Companies Act, 2013 and the rules made thereunder in respect of the subject matter of this form and matters incidental thereto have been compiled with. I further declare that:

- 1. Whatever is stated in this form and in the attachments thereto is true, correct and complete and no information material to the subject matter of this form has been suppressed or concealed and is as per the original records maintained by the company.
- 2. All the required attachments have been completely and legibly attached to this form.

Note: Attention is also drawn to the provisions of Section 447, section 448 and 449 of the Companies Act, 2013 which provide for punishment for fraud, punishment for false statement and punishment for false evidence respectively

To be digitally signed by			
Director			
DIN of the Director			
To be digitally signed by			
O Company Secretary			
O Company Secretary in pra	actice		
Membership Number		Certificate of Practice Number	

LIST OF SHAREHOLDERS AS ON 31ST MARCH, 2024

SI. No.	Name	Father's Name/Spouse's Name	Folio Number	Number of Shares Held	Amount Per Share
1.	Dr. Janhavi Nilekani	W/o Shray Chandra	01	69,867	1,000
2.	Ms. Anushree Jagadish Kini	W/o. Pavandeep Singh	03	133	1,000

• Address not disclosed due to confidentiality purposes