FORM NO. MGT-7

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



Annual Return

(other than OPCs and Small **Companies**)

Form language	English	Hindi
Refer the instruct	ion kit for fil	ing the form.

(c) *e-mail ID of the company

Date of Incorporation

(e) Website

(iii)

(d) *Telephone number with STD code

I. REGISTRATION AND OTHER DETAILS		
(i) * Corporate Identification Number (CIN) of the company	U33119TZ2010PTC016376	Pre-fill
Global Location Number (GLN) of the company		
* Permanent Account Number (PAN) of the company	AAECC1460H	
(ii) (a) Name of the company	CARENOW MEDICAL PRIVATE I	
(b) Registered office address		
3/272-5 Neelambur Road, Muthugoundenpudur Coimbatore Coimbatore Tamil Nadu		

(iv) Type of the Company Category of the Company Sub-category of the Company

cs@healthiummedtech.com

www.carenowmedical.com

04222988949

09/09/2010

	Private Company	Company limited by shares				Indian Non-Government company
v) Wh	ether company is having share ca	pital	•	Yes	\circ	No
vi) *W	hether shares listed on recognized	d Stock Exchange(s)	0	Yes	•	No

(vii) *Fin	ancial year Fro	om date 01/04/	2021 (DD/MM/YY	YY) To dat	31/03/202	22	(DD/MI	M/YYYY)
(viii) *Wh	nether Annual	general meeting	g (AGM) held	•	Yes () No			
(a)	If yes, date of	AGM [07/07/2022						
(b)	Due date of A	GM [30/09/2022						
(c) '	Whether any e	∟ xtension for AG	M granted			No			
II. PRIN	NCIPAL BU	SINESS ACT	IVITIES OF TH	IE COMP	ANY				
*1	Number of bus	iness activities	1						
S.No	Main Activity group code	Description of N	Main Activity group	Business Activity Code	Description	n of Business	s Activity		% of turnove of the company
1	С	Manı	ıfacturing	C6		nical and chemeuticals, medic			100
(INC	LUDING JO	INT VENTUI	G, SUBSIDIAR RES) ation is to be given			E COMPAN	IIES		
S.No	Name of t	he company	CIN / FCR	IN		sidiary/Assoc t Venture	ciate/	% of sh	ares held
1	Healthium <i>N</i>	ledtech Limited	U03311KA1992PL	C013831	F	olding		99	9.12
(i) *SHA	RE CAPITA ty share capita	L	URES AND OT	HER SE		OF THE CO	OMPANY		
			Authorised capital	capita		capital	Paid up o	apital	
Total nu	ımber of equity	shares	65,000	3,380	3,380)	3,380		
Total an Rupees	nount of equity)	shares (in	6,500,000	338,000	338,0	000	338,000		

	Authoricad	Icabilai	Subscribed capital	Paid up capital
Number of equity shares	65,000	3,380	3,380	3,380

Number of classes

Nominal value per share (in rupees)	100	100	100	100
Total amount of equity shares (in rupees)	6,500,000	338,000	338,000	338,000

(b) Preference share capital

Particulars	Authorised capital	Issued capital	Subscribed capital	Paid-up capital
Total number of preference shares	35,000	30	30	30
Total amount of preference shares (in rupees)	3,500,000	3,000	3,000	3,000

Number of classes 1

Class of shares CCPS	Λ 	ICapital	Subscribed capital	Paid up capital
Number of preference shares	35,000	30	30	30
Nominal value per share (in rupees)	100	100	100	100
Total amount of preference shares (in rupees)	3,500,000	3,000	3,000	3,000

(c) Unclassified share capital

Particulars	Authorised Capital
Total amount of unclassified shares	0

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

Class of shares	Nu	umber of sh	ares	Total nominal amount	Total Paid-up amount	Total premium
Equity shares	Physical	DEMAT	Total			
At the beginning of the year	3,380	0	3380	338,000	338,000	
Increase during the year	0	0	0	0	0	0
i. Pubic Issues	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 share	0	0	0	0	0	0

viii. Conversion of Debentures	0	0	0	0	0	0
ix. GDRs/ADRs	0	0	0	0	0	0
x. Others, specify				0	0	
Dematerialised				U	U	
Decrease during the year	0	0	0	0	0	О
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
iv. Others, specify				0	0	
Dematerialised						
At the end of the year	3,380	0	3380	338,000	338,000	
Preference shares						
At the beginning of the year	0	0	0	0	0	
Increase during the year	30	0	30	3,000	3,000	0
i. Issues of shares	30	0	30	3,000	3,000	
ii. Re-issue of forfeited shares	0	0	0	0	0	0
iii. Others, specify						
NIL				0	0	
Decrease during the year	0	0	0	0	0	0
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	
NIL						
At the end of the year	30	0	30	3,000	3,000	

(ii) Details of stock split/consolidation during the year (for each class of shares)

0			

Class o	f shares		(i)	(ii))		(iii)	
Before split /	Number of shares							
Consolidation	Face value per share							
After split /	Number of shares							
Consolidation	Face value per share							
of the first return a	es/Debentures Trans t any time since the vided in a CD/Digital Medi	incorpo				cial y	ear (or in the Not Applicable	case
Separate sheet att	ached for details of transf	fers	\circ	Yes 🔘	No No			
Media may be shown.	sfer exceeds 10, option fo		23/07/2021	te sheet atta	Chiment	or subir	iissioii iii a CD/D	igitai
Date of registration	of transfer (Date Month	Year)	31/08/2021					
Type of transfe	Equity Shares	1 - Equ	iity, 2- Prefere	nce Shares	,3 - Del	benture	es, 4 - Stock	
Number of Shares/ Units Transferred	Debentures/ 986			per Share/ ıre/Unit (in F	Rs.) 100)		
Ledger Folio of Trar	nsferor	1	1					
Transferor's Name	Venkatachalam				An	and		
	Surname		middle	name			first name	
Ledger Folio of Trar	nsferee	16						

Transferee's Name							Healthium Medtech Limited	
	S	Surname			middle name		first name	
Date of registration of transfer (Date Mon				ear)	31/0	08/2021		
Type of transfer	ſ	Equity Sh	ares 1	- Eq	uity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebentures	s/ 169)			Amount per Share/ Debenture/Unit (in Rs.)	100	
Ledger Folio of Trans	sferor		2					
Transferor's Name					Ram	nasamy	Venkatachalam	
	S	Surname				middle name	first name	
Ledger Folio of Trans	sferee		16	i				
Transferee's Name							Healthium Medtech Limited	
	S	Surname				middle name	first name	
Date of registration o	f transfer ((Date M	onth Ye	ear)	31/0	08/2021		
Type of transfe	ſ	Equity Sh	ares 1	- Eq	uity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebentures	s/ 676	6			Amount per Share/ Debenture/Unit (in Rs.)	100	
Ledger Folio of Trans	sferor		3					
Transferor's Name		Rajkumar		-	Thangaraj			
	S	Surname				middle name	first name	
Ledger Folio of Trans	Ledger Folio of Transferee 16							

Transferee's Name						Healthium Medtech Limited	
	S	urname		middle name		first name	
Date of registration of transfer (Date Month \				31/	08/2021		
Type of transfer	- E	Equity Shares	1 - Ed	quity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebentures	141			Amount per Share/ Debenture/Unit (in Rs.)	100	
Ledger Folio of Trans	sferor		5				
Transferor's Name						S Vasanthkumar	
	Sı	urname			middle name	first name	
Ledger Folio of Trans	sferee		16				
Transferee's Name						Healthium Medtech Limited	
	S	urname			middle name	first name	
Date of registration o	f transfer ((Date Month	Year)	31/	08/2021		
Type of transfer	· E	Equity Shares	1 - Ed	quity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebentures	113			Amount per Share/ Debenture/Unit (in Rs.)	100	
Ledger Folio of Trans	Ledger Folio of Transferor 6						
Transferor's Name					S K Vivekananda		
	S	urname			middle name	first name	
Ledger Folio of Trans	Ledger Folio of Transferee 16						

Transferee's Name				Healthium Medtech Limited		
	Surna	me	middle name	first name		
Date of registration o	f transfer (Dat	e Month Year)	31/08/2021			
Type of transfer	Equity	y Shares 1 - Ed	quity, 2- Preference Shares,3 -	Debentures, 4 - Stock		
Number of Shares/ D Units Transferred	ebentures/	225	Amount per Share/ Debenture/Unit (in Rs.)	100		
Ledger Folio of Trans	sferor	7				
Transferor's Name				K A Urmila		
	Surna	me	middle name	first name		
Ledger Folio of Trans	sferee	16				
Transferee's Name				Healthium Medtech Limited		
	Surna	me	middle name	first name		
Date of registration o	f transfer (Dat	e Month Year)	31/08/2021			
Type of transfer	Equity	y Shares 1 - Ed	quity, 2- Preference Shares,3 -	Debentures, 4 - Stock		
Number of Shares/ D Units Transferred	ebentures/	225	Amount per Share/ Debenture/Unit (in Rs.)	100		
Ledger Folio of Trans	sferor	8				
Transferor's Name				K V Bavanthi		
	Surna	me	middle name	first name		
Ledger Folio of Trans	Ledger Folio of Transferee 16					

Transferee's Name							Healthium Medtech Limited	
	!	Surna	ame		middle name		first name	
Date of registration of transfer (Date Month Year) 31/08/2021					08/2021			
Type of transfer	-	Equit	ty Shares	1 - E	quity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebenture	es/	141			Amount per Share/ Debenture/Unit (in Rs.)	100	
Ledger Folio of Trans	sferor			9				
Transferor's Name							V Manjula	
	,	Surna	ame			middle name	first name	
Ledger Folio of Trans	sferee			16				
Transferee's Name							Healthium Medtech Limited	
		Surna	ame			middle name	first name	
Date of registration o	f transfer	(Da	te Month	Year)	31/	08/2021		
Type of transfer	-	Equit	ty Shares	1 - E	quity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebenture	es/	141			Amount per Share/ Debenture/Unit (in Rs.)	100	
Ledger Folio of Trans	sferor			10				
Transferor's Name							Nina Andal	
		Surna	ame			middle name	first name	
Ledger Folio of Trans	Ledger Folio of Transferee 16							

Transferee's Name			Healthium Medtech Limited					
	Surname middle name first name							
Date of registration of transfer (Date Month Year) 31/08/2021								
Type of transfe	Type of transfer Equity Shares 1 - Equity, 2- Preference Shares,3 - Debentures, 4 - Stock							
Number of Shares/ Dunits Transferred	Number of Shares/ Debentures/ Units Transferred Amount per Share/ Debenture/Unit (in Rs.) 100							
Ledger Folio of Trans	sferor 11							
Transferor's Name			V Jivana Durga					
	Surname	middle name	first name					
Ledger Folio of Trans	Ledger Folio of Transferee 16							
Transferee's Name Healthium Medtech Limited								
	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		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)

Type of	Number of	Nominal Value of	Total Nominal	Paid up Value of	Total Paid up Value
Securities	Securities	each Unit	Value	each Unit	
Total				\neg	
, otal					

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

(i) Turnover

278,517,846.13		
, ,		

0

(ii) Net worth of the Company

210,017,986.45

VI. (a) *SHARE HOLDING PATTERN - Promoters

S. No.	Category	Equ	ity	Preference		
		Number of shares	Percentage	Number of shares	Percentage	
1.	Individual/Hindu Undivided Family					
	(i) Indian	0	0	10	33.33	
	(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)	3,380	100	0	0
10.	Others	0	0	0	0
	Total	3,380	100	10	33.33

Total number	of shareholders	(promoters)
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5		
5		

(b) *SHARE HOLDING PATTERN - Public/Other than promoters

S. No.	Category	Equi	ty	Preference		
		Number of shares	Percentage	Number of shares	Percentage	
1.	Individual/Hindu Undivided Family					
	(i) Indian	0	0	20	66.67	
	(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	0	0	20	66.67
Total nun	nber of shareholders (other than prom				
	iber of shareholders (Promoters+Publi n promoters)	c / 7			

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	2	5
Members (other than promoters)	12	2
Debenture holders	0	0

VIII. DETAILS OF DIRECTORS AND KEY MANAGERIAL PERSONNEL

(A) *Composition of Board of Directors

Category	Number of directors at the beginning of the year			Number of directors at the end of the year		Percentage of shares held by directors as at the end of year	
	Executive	Non-executive	Executive	Non-executive	Executive	Non-executive	
A. Promoter	1	1	1	0	0.29	0	
B. Non-Promoter	1	0	0	3	0	0	
(i) Non-Independent	1	0	0	3	0	0	
(ii) Independent	0	0	0	0	0	0	
C. Nominee Directors representing	0	0	0	0	0	0	
(i) Banks & FIs	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 share holders	0	0	0	0	0	0	
(v) Others	0	0	0	0	0	0	
Total	2	1	1	3	0.29	0	

Number of Directors and Key managerial personnel (who is not director) as on the financial year end date

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

Name	DIN/PAN	Designation	Number of equity share(s) held	Date of cessation (after closure of financial year : If any)
ANAND VENKATACHA	03192263	Managing Director	0	
MOHAMMED AZEEZ	03527725	Additional director	1	
VISHAL MAHESHWAR	08650672	Additional director	1	
KANKANA BARUA	09348557	Additional director	1	

(ii) Particulars of change in director(s) and Key managerial personnel during the year

5

Name	DIN/PAN		Ichango in docignation/	Nature of change (Appointment/ Change in designation/ Cessation)
VISHAL MAHESHWAR	08650672	Additional director	31/08/2021	Appointment
MOHAMMED AZEEZ	03527725	Additional director	31/08/2021	Appointment
RAMASAMY VENKATA	03192613	Director	01/09/2021	Cessation
THANGARAJ RAJKUM	02127445	Director	01/09/2021	Cessation
KANKANA BARUA	09348557	Additional director	06/10/2021	Appointment

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

A. MEMBERS/CLASS /REQUISITIONED/NCLT/COURT CONVENED MEETINGS

Number of meetings held 2

Type of meeting	Date of meeting	Total Number of Members entitled to	Attendance		
				% of total shareholding	
Annual General Meeting	23/07/2021	14	3	54.17	
Extra-Ordinary General Mee	16/08/2021	14	3	54.17	

B. BOARD MEETINGS

Number of meetings held	11	
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_				
	S. No.	Date of meeting	Number of directors	Attendance % of attendance

S. No.	Date of meeting	Total Number of directors associated as on the date	Attendance	
		of meeting	Number of directors attended	% of attendance
1	12/05/2021	3	3	100
2	15/05/2021	3	3	100
3	07/07/2021	3	3	100
4	14/07/2021	3	3	100
5	14/08/2021	3	3	100
6	26/08/2021	3	3	100
7	31/08/2021	3	3	100
8	14/09/2021	3	2	66.67
9	06/10/2021	3	2	66.67
10	02/11/2021	4	4	100
11	21/02/2022	4	4	100

C. COMMITTEE MEETINGS

Number of meetings held	0	

S. No.	Type of meeting	Date of meeting	Number of members attended	Attendance % of attendance
1				

D. *ATTENDANCE OF DIRECTORS

		Board Meetings			Co	Whether attended AGM		
S. Name No. of the director	of the director		Meetings	% of		Number of Meetings	% of attendance	held on
	entitled to attend	attended		entitled to attend	attended	alleridarice	07/07/2022 (Y/N/NA)	
1	ANAND VENK	11	9	81.82	0	0	0	Yes
2	MOHAMMED	4	4	100	0	0	0	Yes
3	VISHAL MAHE	4	4	100	0	0	0	Yes

4 KANKA	NA BA	2	2		100	0	0	0	Yes
*REMUNER	ATION OF I	DIRECTO	RS AND	KEY MA	NAGE	RIAL PERSO	NNEL		
Nil									
mber of Manag	ing Director, V	Vhole-time	Directors	and/or Ma	anager w	hose remunera	ation details to be e	ntered 1	
S. No.	Name	Design	ation	Gross S	Salary	Commission	Stock Option/ Sweat equity		Total Amount
1 ANANI) VENKATA	MANAGI	NG DIF	3,615,3	54.75	0	0	0	3,615,354.7
Total				3,615,3	54.75	0	0	0	3,615,354.7
mber of CEO, 0	CFO and Com	pany secre	tary who	se remune	ration de	tails to be ente	red	0	
S. No.	Name	Design	ation	Gross S	Salary	Commission	Stock Option/ Sweat equity		Total Amount
1									0
Total							0		0
mber of other d	irectors whose	e remunera	tion deta	ils to be er	ntered			0	
S. No.	Name	Design	ation	Gross S	Salary	Commission	Stock Option/ Sweat equity		Total Amount
1									0
Total									
MATTERS RE	LATED TO CE	RTIFICAT	ION OF	COMPLIA	NCES A	ND DISCLOSU	IRES		
A. Whether the provisions o	company has f the Compani	s made con es Act, 201	npliances 13 during	and disclo	osures in	respect of app	licable Yes	○ No	
3. If No, give r	easons/obser	/ations							
PENALTY AN	D PUNISHME	NT - DFT	AII S TH	FREOF					
DETAILS OF F	PENALTIES / F	PUNISHME	NT IMPO	OSED ON	COMPAI	NY/DIRECTOR	S /OFFICERS	Nil	
ame of the ompany/ directo	Name of concerne Authority		Date of	Order	section	of the Act and under which ed / punished	Details of penalty/ punishment	Details of appe including prese	
B) DETAILS OF		ING OF OF	FENCE	s N	_l Nil				

Name of the company/ directors/ officers	Name of the court/ concerned Authority	Date of Order	Name of the Act and section under which offence committed	Particulars of offence	Amount of compounding (in Rupees)
XIII. Whether comp	lete list of shareho	lders, debenture ho	olders has been enclos	ed as an attachment	
Ye	s No				
XIV. COMPLIANCE	OF SUB-SECTION	(2) OF SECTION 92	2, IN CASE OF LISTED (COMPANIES	
			are capital of Ten Crore r rtifying the annual return		over of Fifty Crore rupees or
Name					
Whether associate	e or fellow	Associa	te C Fellow		
Certificate of prac	ctice number				
(b) Unless otherwise Act during the financ (c) The company has the case of a first ret securities of the com (d) Where the annua	expressly stated to ial year. s not, since the date curn since the date cupany. Il return discloses the d, the excess consis	the contrary elsewhere of the closure of the incorporation of the fact that the numbers wholly of persons	e last financial year with re f the company, issued an er of members, (except in who under second provi	mpany has complied of the eference to which the pub of case of a one persor	with all the provisions of the last return was submitted or in
		Decla	aration		
	ign this form and de	clare that all the requ	de resolution no 06 uirements of the Compan lental thereto have been	ies Act, 2013 and the	rules made thereunder
1. Whatever is	s stated in this form	and in the attachmer	nts thereto is true, correc	t and complete and no	
-		• •	and legibly attached to the		, , ,
			on 447, section 448 and nd punishment for false		es Act, 2013 which provide for ely.
To be digitally sign	ed by				
Director	VISI MAH ARI	HALL Open qual to 100 to accommod for the sections of the sections of the section of the sect			

DIN of the director

To be digitally signed by

08650672

CHENNUR DIGITALITY OF THE NUR DWARAKA DWARAKANATH DWAR

Ocompany Secretary				
Company secretary in	n practice			
Membership number	7723	Certificate of p	ractice number	4847
Attachments				List of attachments
1. List of share	holders, debenture ho	olders	Attach	List of shareholders and transfers.pdf
2. Approval let	ter for extension of AG	Attach	Carenow Note.pdf	
3. Copy of MG	T-8;		Attach	
4. Optional Atta	achement(s), if any		Attach	
				Remove attachment
N	Modify	Check Form	Prescrutiny	Submit

This eForm has been taken on file maintained by the Registrar of Companies through electronic mode and on the basis of statement of correctness given by the company