

# FORM NO. MGT-7A

[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]



## Abridged Annual Return for OPCs and Small Companies

Form language ☒ English ☐ Hindi

Refer the instruction kit for filing the form.

### I. REGISTRATION AND OTHER DETAILS

(i) \* Corporate Identification Number (CIN) of the company

U74999DL2015PTC278159

Pre-fill

Global Location Number (GLN) of the company

\* Permanent Account Number (PAN) of the company

AAICP0648J

(ii) (a) Name of the company

PARIJAT FITNESS PRIVATE LIM

(b) Registered office address

M-77, IIND FLOOR, M- BLOCK MARKET, GREATER KAILASH  
PART-II, NEW DELHI-110048  
NEW DELHI  
South Delhi  
Delhi  
110048

(c) \*email-ID of the company

UD\*\*\*\*\*SH.FIT

(d) \*Telephone number with STD code

01\*\*\*\*\*55

(e) Website

http://www.mycrush.fit/

(iii) Date of Incorporation

20/03/2015

(iv)	Type of the Company	Category of the Company	Sub-category of the Company
	Private Company	Company limited by shares	Indian Non-Government company

(v) Whether company is having share capital

☒ Yes

☐ No

(vi) Whether the form is filed for

☐ OPC

☒ Small Company

(vii) \*Financial year From  (DD/MM/YYYY) To  (DD/MM/YYYY)

(viii) \*Whether Annual General Meeting (AGM) held (not applicable in case of OPC)

☒ Yes ☐ No

(a) If yes, date of AGM

(b) Due date of AGM

(c) Whether any extension for AGM granted ☐ Yes ☒ No

## II. PRINCIPAL BUSINESS ACTIVITIES OF THE COMPANY

\*Number of business activities

S.No	Main Activity group code	Description of Main Activity group	Business Activity Code	Description of Business Activity	% of turnover of the company
1	R	Arts, entertainment and recreation	R4	Sports, amusement and recreation activities	100

## III. PARTICULARS OF ASSOCIATE COMPANIES (INCLUDING JOINT VENTURES) (not applicable for OPC)

\*No. of Companies for which information is to be given

Pre-fill All

S.No	Name of the company	CIN / FCRN	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	Authorised capital	Issued capital	Subscribed capital	Paid Up capital
Total number of equity shares	4,000,000	2,157,215	2,157,215	2,157,215
Total amount of equity shares (in rupees)	4,000,000	2,157,215	2,157,215	2,157,215

Number of classes

Class of Shares	Authorised capital	Issued capital	Subscribed capital	Paid Up capital
EQUITY SHARE CAPITAL				
Number of equity shares	4,000,000	2,157,215	2,157,215	2,157,215

Nominal value per share (in rupees)	1	1	1	1
Total amount of equity shares (in rupees)	4,000,000	2,157,215	2,157,215	2,157,215

**(b) Preference share capital**

Particulars	Authorised capital	Issued capital	Subscribed capital	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	Authorised capital	Issued capital	Subscribed capital	Paid up capital
Number of preference shares				
Nominal value per share (in rupees)				
Total amount of preference shares (in rupees)	0	0		

**(c) Unclassified share capital (not applicable for OPC)**

Particulars	Authorised Capital
Total amount of unclassified shares	0

**(d) Break-up of paid-up share capital (not applicable for OPC)**

Class of shares	Number of shares	Total nominal Amount	Total Paid-up amount	Total premium
<b>Equity shares</b>				
<b>At the beginning of the year</b>	2,157,215	2,157,215	2,157,215	
<b>Increase during the year</b>	0	0	0	0
i. Public Issues	0	0	0	0
ii. Rights issue	0	0	0	0
iii. Bonus issue	0	0	0	0
iv. Private Placement/ Preferential allotment	0	0	0	0
v. ESOPs	0	0	0	0
vi. Sweat equity shares allotted	0	0	0	0
vii. Conversion of Preference share	0	0	0	0

viii. Conversion of Debentures	0	0	0	0
ix. GDRs/ADRs	0	0	0	0
x. Others, specify <div></div>				
<b>Decrease during the year</b>	0	0	0	0
i. Buy-back of shares	0	0	0	0
ii. Shares forfeited	0	0	0	0
iii. Reduction of share capital	0	0	0	0
iv. Others, specify <div></div>				
<b>At the end of the year</b>	2,157,215	2,157,215	2,157,215	
<b>Preference shares</b>				
<b>At the beginning of the year</b>	0	0	0	
<b>Increase during the year</b>	0	0	0	0
i. Issues of shares	0	0	0	0
ii. Re-issue of forfeited shares	0	0	0	0
iii. Others, specify <div></div>				
<b>Decrease during the year</b>	0	0	0	0
i. Redemption of shares	0	0	0	0
ii. Shares forfeited	0	0	0	0
iii. Reduction of share capital	0	0	0	0
iv. Others, specify <div></div>				
<b>At the end of the year</b>	0	0	0	

(ii) Details of shares/Debentures Transfers since closure date of last financial year (or in the case of the first return at any time since the incorporation of the company) \* (not applicable for OPC)

☒ Nil

[Details being provided in a CD/Digital Media]

☐ Yes ☐ No ☐ Not applicable

Separate sheet attached for details of transfers

☐ Yes ☐ No

Note: In case list of transfer exceeds 10, option for submission as a separate sheet attachment or submission in a CD/Digital Media may be shown.

Date of Previous AGM		<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	
Date of Registration of Transfer		<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	
Type of Transfer	<div style="border: 1px solid black; height: 20px; width: 50px;"></div>	1 - Equity, 2- Preference Shares, 3 - Debentures, 4 - Stock	
Number of Shares/ Debentures/ Units Transferred	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>	Amount per Share/ debenture/unit (in Rs.)	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>
Ledger Folio of Transferor		<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	
Transferor's Name	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>
	Surname	Middle name	First name
Ledger Folio of Transferee		<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	
Transferee's Name	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>	<div style="border: 1px solid black; height: 20px; width: 150px;"></div>
	Surname	middle name	first name

Date of Registration of Transfer				<input type="text"/>	
Type of Transfer		<input type="text"/>	1 - Equity, 2- Preference Shares,3 - Debentures, 4 - Stock		
Number of Shares/ Debentures/ Units Transferred		<input type="text"/>	Amount per Share/ debenture/unit (in Rs.)		<input type="text"/>
Ledger Folio of Transferor			<input type="text"/>		
Transferor's Name	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Surname	Middle name	First name		
Ledger Folio of Transferee			<input type="text"/>		
Transferee's Name	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Surname	middle name	first name		

(iii) \*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
<b>Total</b>			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

(iv) Securities (other than shares and debentures) (not applicable for OPC)

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

11,146,832

(ii) Net worth of the Company

-4,085,181

VI. (a) \*SHARE HOLDING PATTERN - Promoters (not applicable for OPC)

S. No.	Category	Equity	Preference
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		Number of shares	Percentage	Number of shares	Percentage
1.	Individual/Hindu Undivided Family				
	(i) Indian	2,131,215	98.79	0	
	(ii) Non-resident Indian (NRI)	0	0	0	
	(iii) Foreign national (other than NRI)	0	0	0	
2.	Government				
	(i) Central Government	0	0	0	
	(ii) State Government	0	0	0	
	(iii) Government companies	0	0	0	
3.	Insurance companies	0	0	0	
4.	Banks	0	0	0	
5.	Financial institutions	0	0	0	
6.	Foreign institutional investors	0	0	0	
7.	Mutual funds	0	0	0	
8.	Venture capital	0	0	0	
9.	Body corporate (not mentioned above)	26,000	1.21	0	
10.	Others	0	0	0	
	<b>Total</b>	2,157,215	100		0

**Total number of shareholders (promoters)**

5

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

S. No.	Category	Equity		Preference	
		Number of shares	Percentage	Number of shares	Percentage
1.	Individual/Hindu Undivided Family				
	(i) Indian	0	0	0	
	(ii) Non-resident Indian (NRI)	0	0	0	
	(iii) Foreign national (other than NRI)	0	0	0	



2.	Government				
	(i) Central Government	0	0	0	
	(ii) State Government	0	0	0	
	(iii) Government companies	0	0	0	
3.	Insurance companies	0	0	0	
4.	Banks	0	0	0	
5.	Financial institutions	0	0	0	
6.	Foreign institutional investors	0	0	0	
7.	Mutual funds	0	0	0	
8.	Venture capital	0	0	0	
9.	Body corporate (not mentioned above)	0	0	0	
10.	Others	0	0	0	
	<b>Total</b>	0	0	0	0

**Total number of shareholders (other than promoters)**

0

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

5

## **VII. \*NUMBER OF PROMOTERS, MEMBERS, DEBENTURE HOLDERS**

Details	At the beginning of the year	At the end of the year
Promoters	5	5
Members (other than promoters)	0	0
Debenture holders	0	0

## **VIII. \*MEETINGS OF MEMBERS/CLASS OF MEMBERS/BOARD/COMMITTEES OF THE BOARD OF DIRECTORS**

**A. MEMBERS/CLASS /REQUISITIONED/CLB/NCLT/COURT CONVENED MEETINGS** (not applicable for OPC)

Number of meetings held

1

Type of meeting	Date of meeting	Total Number of Members entitled to attend meeting	Attendance	
			Number of members attended	% of total shareholding
Annual General Meeting	27/09/2023	5	2	97.01

**B. BOARD MEETINGS (not applicable for OPC)**

\*Number of meetings held

4

S. No.	Date of meeting	Total Number of directors as on the date of meeting	Attendance	
			Number of directors attended	% of attendance
1	19/06/2023	3	3	100
2	05/09/2023	3	3	100
3	12/12/2023	3	2	66.67
4	11/03/2024	3	2	66.67

**C. \*ATTENDANCE OF DIRECTORS (not applicable for OPC)**

S. No.	DIN	Name of the Director	Board Meetings			Committee Meetings			Whether attended AGM held on
			Number of Meetings which director was entitled to attend	Number of Meetings attended	% of attendance	Number of Meetings which director was entitled to attend	Number of Meetings attended	% of attendance	27/09/2024
									(Y/N/NA)
1	06432765	UDAY RAJ ANAND	4	4	100	0	0	0	Yes
2	07100198	PARTH PHIROZE MEH	4	2	50	0	0	0	Yes
3	07926815	CHETAN GULATI	4	4	100	0	0	0	Yes
4									
5									
6									
7									
8									
9									
10									

11									
12									
13									
14									
15									

## IX. \*REMUNERATION OF DIRECTORS

☒ Nil

A. Number of Managing Director, Whole-time Directors and/or Manager whose remuneration details to be entered

S. No.	Name	Designation	Gross salary	Commission	Stock Option/ Sweat equity	Others	Total Amount
1							0
	Total						

B. Number of other directors whose remuneration details to be entered

S. No.	Name	Designation	Gross salary	Commission	Stock Option/ Sweat equity	Others	Total Amount
1							0
	Total						

## X. MATTERS RELATED TO CERTIFICATION OF COMPLIANCES AND DISCLOSURES

A. \*Whether the company has made compliances and disclosures in respect of applicable provisions of the Companies Act, 2013 during the year ☒ Yes ☐ No

B. If No, give the reasons/observations

## XI. PENALTY AND PUNISHMENT - DETAILS THEREOF

(A) DETAILS OF PENALTIES / PUNISHMENT IMPOSED ON COMPANY/DIRECTORS /OFFICERS ☒ Nil

Name of the company/ directors/ officers	Name of the court/ concerned Authority	Date of Order	Name of the Act and section under which penalised / punished	Details of penalty/ punishment	Details of appeal (if any) including present status

(B) DETAILS OF COMPOUNDING OF OFFENCES ☒ 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)

**I/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 applicable 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.

**Declaration**

I am authorised by the Board of Directors of the company vide resolution no. ...  dated

(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 complied with. I further declare that:

- 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.
- 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

UDAY RAJ  
ANAND  
Digitally signed by  
UDAY RAJ ANAND  
Date: 2024.10.04  
17:31:51 +05'30'

DIN of the director

0\*4\*2\*6\*

**Attachments**

1. List of share holders, debenture holders;
2. Approval letter for extension of AGM;
3. List of Directors;
4. Optional Attachment(s), if any;

**Attach****Attach****Attach****Attach****List of attachments**

List of Shareholders.pdf  
List of Directors.pdf

**Remove Attachment**

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**

Auto-approved By