

Form No. MGT-7A**Abridged Annual Return for OPCs and Small Companies**

[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]



Form language

☒ English ☐ Hindi

Refer Instruction kit for filing the form

All fields marked in * are mandatory

I REGISTRATION AND OTHER DETAILS

i *Corporate Identity Number (CIN)

U74999DL2015PTC278159

ii (a) *Financial year for which the annual return is being filed (From date) (DD/MM/YYYY)

01/04/2024

(b) *Financial year for which the annual return is being filed (To date) (DD/MM/YYYY)

31/03/2025

(c) *Type of Annual filing

☒ Original

☐ Revised

(d) SRN of MGT-7A/ MGT-7 filed earlier for the same financial years

iii

Particulars	As on filing date	As on the financial year end date
Name of the company	PARIJAT FITNESS PRIVATE LIMITED	PARIJAT FITNESS PRIVATE LIMITED
Registered office address	M-77, IIND FLOOR, M- BLOCK MARKET, GREATER KAILASH PART-II, NEW DELHI-110048,NA,NEW DELHI,South Delhi,Delhi,India,110048	M-77, IIND FLOOR, M- BLOCK MARKET, GREATER KAILASH PART-II, NEW DELHI-110048,NA,NEW DELHI,South Delhi,Delhi,India,110048
Latitude details	28.532604	28.532604
Longitude details	77.243125	77.243125

(a) *Photograph of the registered office of the Company showing external building and name prominently visible

Photo.pdf

(b) *Permanent Account Number (PAN) of the company

AA*****8J

(c) *e-mail ID of the company

*****mycrush.fit

(d) *Telephone number with STD code

01*****00

(e) Website		
iv *Date of Incorporation (DD/MM/YYYY)	20/03/2015	
v (a) *Class of Company (as on the financial year end date) (Private company/One Person Company)	Private	
(b) *Category of the Company (as on the financial year end date) (Company limited by shares/Company limited by guarantee/Unlimited company)	Company limited by shares	
(c) *Sub-category of the Company (as on the financial year end date) (Indian Non-Government company/Union Government Company/State Government Company/ Guarantee and association company/Subsidiary of Foreign Company)	Non-government company	
vi *Whether the form is filed for	☐ OPC	☒ Small Company
vii *Whether company is having share capital (as on the financial year end date)	☒ Yes	☐ No
viii (a) Whether Annual General Meeting (AGM) held (not applicable in case of OPC)	☒ Yes	☐ No
(b) If yes, date of AGM (DD/MM/YYYY)	30/09/2025	
(c) Due date of AGM (DD/MM/YYYY)	30/09/2025	
(d) Whether any extension for AGM granted	☐ Yes	☒ No
(e) If yes, provide the Service Request Number (SRN) of the GNL-1 application form filed for extension		
(f) Extended due date of AGM after grant of extension (DD/MM/YYYY)		
(g) Specify the reasons for not holding the same		

II PRINCIPAL BUSINESS ACTIVITIES OF THE COMPANY

i *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	93	Sports activities and amusement and recreation activities	100

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

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

0

S. No.	CIN /FCRN	Other registration number	Name of the company	Associate/Joint Venture	% of shares held

IV SHARE CAPITAL, DEBENTURES AND OTHER SECURITIES OF THE COMPANY

i SHARE CAPITAL

(a) Equity share capital

Particulars	Authorized Capital	Issued capital	Subscribed capital	Paid Up capital
Total number of equity shares	4000000	2157215	2157215	2157215
Total amount of equity shares (in rupees)	4000000.00	2157215.00	2157215.00	2157215.00

Number of classes

1

Class of shares EQUITY SHARE CAPITAL	Authorized Capital	Issued capital	Subscribed Capital	Paid Up capital
Number of equity shares	4000000	2157215	2157215	2157215
Nominal value per share (in rupees)	1	1	1	1
Total amount of equity shares (in rupees)	4000000.00	2157215.00	2157215	2157215

(b) Preference share capital

Particulars	Authorized Capital	Issued capital	Subscribed capital	Paid Up capital
Total number of preference shares	0	0	0	0
Total amount of preference shares (in rupees)	0.00	0.00	0.00	0.00

Number of classes

0

Class of shares 	Authorized 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)				

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

Particulars	Authorized Capital
Total amount of unclassified shares	0

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

Particulars	Number of shares	Total Nominal Amount	Total Paid-up amount	Total premium
(i) Equity shares				
At the beginning of the year	2157215	2157215	2157215	
Increase during the year	0.00	0.00	0.00	0.00
i Rights issue	0	0	0	
ii Bonus issue	0	0	0	
iii Private Placement/ Preferential allotment	0	0	0	
iv ESOPs	0	0	0	
v Sweat equity shares allotted	0	0	0	
vi Conversion of Preference share	0	0	0	
vii Conversion of Debentures	0	0	0	
viii Others, specify NA	0	0	0	0
Decrease during the year	0.00	0.00	0.00	0.00
i Buy-back of shares	0	0	0	
ii Shares forfeited	0	0	0	
iii Reduction of share capital	0	0	0	
iv Others, specify NA	0	0	0	0
At the end of the year	2157215.00	2157215.00	2157215.00	
(ii) Preference shares				
At the beginning of the year	0	0	0	

Increase during the year	0.00	0.00	0.00	0.00
i Issues of shares	0	0	0	
ii Re-issue of forfeited shares	0	0	0	
iii Others, specify 0	0	0	0	0
Decrease during the year	0.00	0.00	0.00	0.00
i Redemption of shares	0	0	0	
ii Shares forfeited	0	0	0	
iii Reduction of share capital	0	0	0	
iii Others, specify NA	0	0	0	0
At the end of the year	0.00	0.00	0.00	

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

Number of transfers

Attachments:

1. Details of shares/Debentures Transfers

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

(a) Non-convertible debentures

*Number of classes

Classes of non-convertible debentures	Number of units	Nominal value per unit	Total value (Outstanding at the end of the year)
Total			

Classes of non-convertible 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
Total				

(b) Partly convertible debentures

*Number of classes

0

Classes of partly convertible debentures	Number of units	Nominal value per unit	Total value (Outstanding at the end of the year)
Total			

Classes of partly convertible 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
Total				

(c) Fully convertible debentures

*Number of classes

0

Classes of fully convertible debentures	Number of units	Nominal value per unit	Total value (Outstanding at the end of the year)
Total			

Classes of fully convertible 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

Classes of fully convertible 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
Total				

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

8220429

ii * Net worth of the Company

-5222424

VI SHARE HOLDING PATTERN

A Promoters (not applicable for OPC)

S. No	Category	Equity		Preference	
		Number of shares	Percentage	Number of shares	Percentage
1	Individual/Hindu Undivided Family				
	(i) Indian	2131215	98.79	0	0.00
	(ii) Non-resident Indian (NRI)	0	0.00	0	0.00
	(iii) Foreign national (other than NRI)	0	0.00	0	0.00
2	Government				
	(i) Central Government	0	0.00	0	0.00

	(ii) State Government	0	0.00	0	0.00
	(iii) Government companies	0	0.00	0	0.00
3	Insurance companies	0	0.00	0	0.00
4	Banks	0	0.00	0	0.00
5	Financial institutions	0	0.00	0	0.00
6	Foreign institutional investors	0	0.00	0	0.00
7	Mutual funds	0	0.00	0	0.00
8	Venture capital	0	0.00	0	0.00
9	Body corporate (not mentioned above)	26000	1.21	0	0.00
10	Others 	0	0.00	0	0.00
	Total	2157215.00	100	0.00	0

Total number of shareholders (promoters)

5

B Other than promoters (not applicable for OPC)

S. No	Category	Equity		Preference	
		Number of shares	Percentage	Number of shares	Percentage
1	Individual/Hindu Undivided Family				
	(i) Indian	0	0.00	0	0.00
	(ii) Non-resident Indian (NRI)	0	0.00	0	0.00
	(iii) Foreign national (other than NRI)	0	0.00	0	0.00
2	Government				

	(i) Central Government	0	0.00	0	0.00
	(ii) State Government	0	0.00	0	0.00
	(iii) Government companies	0	0.00	0	0.00
3	Insurance companies	0	0.00	0	0.00
4	Banks	0	0.00	0	0.00
5	Financial institutions	0	0.00	0	0.00
6	Foreign institutional investors	0	0.00	0	0.00
7	Mutual funds	0	0.00	0	0.00
8	Venture capital	0	0.00	0	0.00
9	Body corporate (not mentioned above)	0	0.00	0	0.00
10	Others 	0	0.00	0	0.00
	Total	0.00	0	0.00	0

Total number of shareholders (other than promoters)

0

Total number of shareholders (Promoters + Other than promoters)

5.00

Breakup of total number of shareholders (Promoters + Other than promoters)

Sl.No	Category	
1	Individual - Female	1
2	Individual - Male	3
3	Individual - Transgender	0
4	Other than individuals	1
	Total	5

VII NUMBER OF PROMOTERS, MEMBERS, DEBENTURE HOLDERS

[Details of Promoters, Members (other than promoters), 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/NCLT/COURT CONVENED MEETINGS (not applicable for OPC)

*Number of meetings held

1

Type of meeting	Date of meeting (DD/MM/YYYY)	Total Number of Members entitled to attend meeting	Attendance	
			Number of members attended	% of total shareholding
Annual General Meeting	27/09/2024	5	2	97.01

B BOARD MEETINGS (not applicable for OPC)

*Number of meetings held

4

S.No	Date of meeting (DD/MM/YYYY)	Total Number of directors associated as on the date of meeting	Attendance	
			Number of directors attended	% of attendance
1	24/06/2024	3	3	100
2	05/09/2024	3	3	100
3	02/12/2024	3	2	66.67
4	21/03/2025	3	3	100

C ATTENDANCE OF DIRECTORS (not applicable for OPC)

S. N o	DIN	Name of the Director	Board Meetings	Whether attended AGM held on
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			Number of Meetings which director was entitled to attend	Number of Meetings attended	% of attendance	30/09/2025 (Y/N/NA)
1	06432765	UDAY RAJ ANAND	4	3	75.00	Yes
2	07100198	PARTH PHIROZE MEHROTRA	4	4	100.00	Yes
3	07926815	CHETAN GULATI	4	4	100.00	Yes

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
	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
	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 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 (DD/MM/YYYY)	Name of the Act and section under which penalized / 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 (DD/MM/YYYY)	Name of the Act and section under which offence committed	Particulars of offence	Amount of compounding (in rupees)

XII Details of Shareholder / Debenture holder

Number of shareholder/ debenture holder

XIII Attachments

(a) List of share holders, debenture holders

(b) Optional Attachment(s), if any

XIV Declaration under Rule 9(4) of the Companies (Management and Administration) Rules, 2014

*(a) DIN/PAN/Membership number of Designated Person

*(b) Name of the Designated Person

Declaration

I am authorized by the Board of Directors of the Company vide resolution number* dated*
(DD/MM/YYYY) to sign this form and declare that all the requirements of 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:

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.

***To be digitally signed by**

***Designation**

(Director /Liquidator/ Interim Resolution Professional (IRP)/Resolution Professional (RP)/Company secretary)

Director

***DIN of the Director; or PAN of the Interim Resolution Professional (IRP) or Resolution Professional (RP) or Liquidator or Membership number of the company secretary**

0*9*6*1*

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

For office use only:

eForm Service request number (SRN)

AB8595656

eForm filing date (DD/MM/YYYY)

03/11/2025

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