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)

I. REGISTRATION AND OTHER DETAILS

(i) * C	orporate Identification Number (C	IN) of the company	U24233	KL1921PTC001001	Pre-fill
G	lobal Location Number (GLN) of t	he company			
* F	Permanent Account Number (PAN)) of the company	AAFCS2	2387G	
(ii) (a) Name of the company		SITARA	M AYURVEDA PRIVAT	
(b) Registered office address				
	Door No. 36/2800, 4th Floor, Pathayapura Building, Round South, Thrissur Thrissur Kerala	,		3	
(c) *e-mail ID of the company		finance	@sitaramayurveda.com	
(d) *Telephone number with STD co	ode	048724	48570	
(e) Website		www.si	taramayurveda.com	
(iii)	Date of Incorporation		19/05/1	921	
(iv)	Type of the Company	Category of the Company		Sub-category of the	Company
	Private Company	Company limited by share	es	Indian Non-Gove	ernment company
(v) Wh	ether company is having share ca	ipital () Y	es (· Νο	

No

(vi) *Whether shares listed on recognized Stock Exchange(s) O Yes (

vii) *Financial year From date	01/04/2021	(DD/MM/YYYY)	To date	31/03/2022	(DD/MM/YYYY)
viii) *Whether Annual general r	meeting (AGM) held	Ο Ye	es 💿	No	
(a) If yes, date of AGM					
(b) Due date of AGM	30/09/2022				
(c) Whether any extension	for AGM granted	0	Yes	No	
(f) Specify the reasons for	not holding the same				
AGM will be held on 30.09.2	2022				

II. PRINCIPAL BUSINESS ACTIVITIES OF THE COMPANY

*Number of business activities	2
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	Main Activity group code		Business Activity Code		% of turnover of the company
1	с	Manufacturing	C6	Chemical and chemical products, pharmaceuticals, medicinal chemical and	75.39
2	Q	Hospital and Medical Care	Q6	Other Hospital and Medical Care Activities	19.56

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

*No. of Companies for which information is to be given 1

Pre-fill All

S.No	Name of the company	CIN / FCRN	Holding/ Subsidiary/Associate/ Joint Venture	% of shares held
1	SITARAM HEALTHCARE PRIVAT	U85190KL2016PTC045513	Subsidiary	51

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

(i) *SHARE CAPITAL

(a) Equity share capital

Particulars	Authorised capital	lssued capital	Subscribed capital	Paid up capital
Total number of equity shares	90,000	58,463	55,885	55,885
Total amount of equity shares (in Rupees)	900,000	584,630	558,850	558,850

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	Authorised capital	Issued capital	Subscribed capital	Paid up capital
Number of equity shares	90,000	58,463	55,885	55,885
Nominal value per share (in rupees)	10	10	10	10
Total amount of equity shares (in rupees)	900,000	584,630	558,850	558,850

(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

	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

(c) Unclassified share capital

Particulars	Authorised Capital
Total amount of unclassified shares	0

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

Class of shares	Nı	umber of sh	ares	Total nominal amount	Total Paid-up amount	Total premium
Equity shares	Physical	DEMAT	Total			
At the beginning of the year	54,232	1,653	55885	558,850	558,850	
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

	1		1	1		,
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]					
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
iv. Others, specify	1					
At the end of the year	54,232	1,653	55885	558,850	558,850	
Preference shares						
At the beginning of the year						
At the beginning of the year	0	0	0	0	0	
Increase during the year	0	0	0	0	0	0
						0
Increase during the year	0	0	0	0	0	
Increase during the year i. Issues of shares	0	0	0	0	0	0
Increase during the year i. Issues of shares ii. Re-issue of forfeited shares	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0
Increase during the year i. Issues of shares ii. Re-issue of forfeited shares iii. Others, specify	0	0	0	0	0	0
Increase during the year i. Issues of shares ii. Re-issue of forfeited shares iii. Others, specify Decrease during the year	0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0
Increase during the year i. Issues of shares ii. Re-issue of forfeited shares iii. Others, specify Decrease during the year i. Redemption of shares	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0 0	0 0 0 0 0 0 0 0
Increase during the year i. Issues of shares ii. Re-issue of forfeited shares iii. Others, specify Decrease during the year i. Redemption of shares ii. Shares forfeited	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0

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

(iii) 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) *

Nil [Details being provided in a CD/Digital Media]	O Yes	No	O 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 the previous annual general meeting 30/09/2021						
Date of registration of transfer (Date Month Year) 16/04/2021						
Type of transfer Equity Shares 1 - Equity, 2- Preference Shares, 3 - Debentures, 4 - Stock						
Number of Shares/ Debentures/ Units Transferred 53 Amount per Share/ Debenture/Unit (in Rs.) 10						
Ledger Folio of Trans	sferor	152		<u>.</u>		
Transferor's Name			VEL	APPAN	KALARIKKAL	
Surname				middle name	first name	
Ledger Folio of Transferee						

Transferee's Name	RAMANATHAN				JANANI	
	Surname			middle name	first name	
Date of registration o	Date of registration of transfer (Date Month Year) 17/09/2021					
Type of transfer	Equity Shares] 1 - Eq	uity, 2	2- Preference Shares,3 -	Debentures, 4 - Stock	
Number of Shares/ D Units Transferred	ebentures/ 100			Amount per Share/ Debenture/Unit (in Rs.)	10	
Ledger Folio of Transferor 99						
Transferor's Name	Krishna Surya Kumar		And		P.Valli Ramnath	
	Surname			middle name	first name	
Ledger Folio of Trans	sferee	206				
Transferee's Name	RAMANATHAN				JANANI	
	Surname		middle name		first name	
Date of registration o	f transfer (Date Month	Year)	23/0	03/2022		
Type of transfer Equity Shares 1 - Equity, 2- Preference Shares, 3 - Debentures, 4 - Stock						
Number of Shares/ D Units Transferred	Number of Shares/ Debentures/ Units Transferred 1,300 Amount per Share/ Debenture/Unit (in Rs.) 10					
Ledger Folio of Transferor 161						
Transferor's Name	NEELAKANDAN				VAIKAKARA	

	Surname		middle name
Ledger Folio of Trans	sferee	206	

first name

Transferee's Name	RAMANATHAN		JANANI		
	Surname	middle name	first name		
Date of registration of transfer (Date Month Year) 23/03/2022					
Type of transfer Equity Shares 1 - Equity, 2- Preference Shares, 3 - Debentures, 4 - Stock					

Number of Shares/ D Units Transferred	ebentur	es/	100			Amount per Share/ Debenture/Unit (in Rs.)	10	
Ledger Folio of Trans	sferor			161				
Transferor's Name	NEELA	AKANE	DAN				VAIKAKARA	
		Surna	ame			middle name	first name	
Ledger Folio of Trans	sferee			223				
Transferee's Name	Hari				Gov		Vishal	
		Surna	ame			middle name	first name	

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Date of registration of transfer (Date Month Year) 23/03/2022					
Type of transfer Equity Shares 1 - Equity, 2- Preference Shares, 3 - Debentures, 4 - Stock					
Number of Shares/ Debentures/ Units Transferred 9 Amount per Share/ Debenture/Unit (in Rs.) 10					
Ledger Folio of Trans	Ledger Folio of Transferor 161				
Transferor's Name				VAIKAKARA	
	Surname		middle name	first name	
Ledger Folio of Transferee 235					

Transferee's Name	Hebbar	Prasad	Vishnu			
	Surname	middle name	first name			
Date of registration o	Date of registration of transfer (Date Month Year) 23/03/2022					
Type of transfer Equity Shares 1 - Equity, 2- Preference Shares, 3 - Debentures, 4 - Stock						
Number of Shares/ Debentures/ Units Transferred100Amount per Share/ Debenture/Unit (in Rs.)10						
Ledger Folio of Trans	Ledger Folio of Transferor 161					
Transferor's Name	NEELAKANDAN		VAIKAKARA			
	Surname	middle name	first name			
Ledger Folio of Trans	sferee 236					
Transferee's Name	Hegde	Shridhar	Nagaratna			
	Surname	middle name	first name			
Date of registration of transfer (Date Month Year)						

Type of transfer	-	- Equity, 2- Preference Shares,3 -	Debentures, 4 - Stock
Number of Shares/ D Units Transferred	ebentures/	Amount per Share/ Debenture/Unit (in Rs.)	
Ledger Folio of Trans	sferor		
Transferor's Name			
	Surname	middle name	first name
Ledger Folio of Trans	sferee		

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	-	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 Paid up Value of each Unit Total Paid up Value Image: Comparison of Securities Image: Compari

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

(i) Turnover

385,725,224.33

(ii) Net worth of the Company

34,726,792.17

VI. (a) *SHARE HOLDING PATTERN - Promoters

S. No.	Category	Equity		Preference	
		Number of shares	Percentage	Number of shares	Percentage

1.	Individual/Hindu Undivided Family				
	(i) Indian	39,850	71.31	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	
	Total	39,850	71.31	0	0

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

S. No.	Category	Equi	ty	Prefere	Preference	
		Number of shares	Percentage	Number of shares	Percentage	
1.	Individual/Hindu Undivided Family					
	(i) Indian	14,682	26.27	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 IEPF	1,353	2.42	0	
	Total	16,035	28.69	0	0

Total number of shareholders (other than promoters)

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



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	7	7
Members (other than promoters)	75	76
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	4	3	5	2	70.48	0.83

B. Non-Promoter	0	0	0	0	0	0
(i) Non-Independent	0	0	0	0	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	4	3	5	2	70.48	0.83

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)
DEVARAJAIYER MEEN	00577430	Director	465	
VIGNESH DEVRAJ RAI	00577551	Whole-time directo	4,700	
RAMANATHAN DEVAR	01499553	Managing Director	15,031	
VALLY RAMAIYER	01499568	Whole-time directo	16,138	
	03279223	Director	0	
JANANI RAMANATHAN	05102468	Whole-time directo	3,516	
VAIKAKARA NEELAKA ■	06397058	Whole-time directo	0	

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

NameDIN/PANDesignation at the
beginning / during
the financial yearDate of appointment/
change in designation/
cessationNature of change (Appointment/
Change in designation/
Change in designation/
Change in designation/
Change in designationJANANI RAMANATHAN
T05102468Whole-time directo17/09/2021Change in designation

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

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

Number of meetings held	1				
Type of meeting	Date of meeting	Total Number of Members entitled to attend meeting	Attendance		
		C C		% of total shareholding	
AGM	30/09/2021	80	8	62.49	

B. BOARD MEETINGS

*Number of meetings held 7

S. No.	Date of meeting	Total Number of directors associated as on the date			
		of meeting	Number of directors attended	% of attendance	
1	16/04/2021	7	5	71.43	
2	02/09/2021	7	6	85.71	
3	17/09/2021	7	6	85.71	
4	23/09/2021	7	5	71.43	
5	01/11/2021	7	5	71.43	
6	28/12/2021	7	4	57.14	
7	23/03/2022	7	4	57.14	

C. COMMITTEE MEETINGS

Nu	mber of meeting	js held		0		
	S. No.	Type of meeting	Date of meeting		Number of members attended	Attendance % of attendance
	1					

D. *ATTENDANCE OF DIRECTORS

		Board Meetings		Committee Meetings			Whether attended AGM	
S. No.	of the director		Meetings	% of	Number of Meetings which director was	Meetings	% of attendance	held on
		entitled to attended entitled to attend	attended		(Y/N/NA)			
1	DEVARAJAIY	7	1	14.29	0	0	0	
2	VIGNESH DE'	7	6	85.71	0	0	0	
3	RAMANATHA	7	7	100	0	0	0	
4	VALLY RAMA	7	7	100	0	0	0	
5	KALARIKKAL	7	3	42.86	0	0	0	
6	JANANI RAMA	7	4	57.14	0	0	0	
7	VAIKAKARA N	7	7	100	0	0	0	

X. *REMUNERATION OF DIRECTORS AND KEY MANAGERIAL PERSONNEL

Nil

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	VIGNESH DEVRAJ	Whole-time Dire	2,961,816	0	0	21,000	2,982,816
2	RAMANATHAN DE	Managing Direct	3,854,916	0	0	21,000	3,875,916
3	VALLY RAMAIYER	Whole-time Dire	588,816	0	0	21,000	609,816
4	JANANI RAMANAT	Whole-time Dire	948,387	0	0	21,000	969,387
5	VAIKAKARA NEEL	Whole-time Dire	60,220	0	0	0	60,220
	Total		8,414,155	0	0	84,000	8,498,155

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
 Image: Comparison of the state of t

Number of other directors whose remuneration details to be entered

2

0

5

S. No.	Name	Designation	Gross Salary	Commission	Stock Option/ Sweat equity	Others	Total Amount
1	DEVARAJAIYER M	Director	0	0	0	2,000	2,000
2	KALARIKKAL VELA	Director	0	0	0	2,000	2,000
	Total		0	0	0	4,000	4,000

XI. MATTERS RELATED TO CERTIFICATION OF COMPLIANCES AND DISCLOSURES

- * A. Whether the company has made compliances and disclosures in respect of applicable Yes No provisions of the Companies Act, 2013 during the year
 - B. If No, give reasons/observations

XII. PENALTY AND PUNISHMENT - DETAILS THEREOF

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

Name of the company/ directors/ officers		Date of Order	Name of the Act and section under which penalised / punished		Details of appeal (if any) including present status	
(B) DETAILS OF COMPOUNDING OF OFFENCES NII						

Name of the company/ directors/ officers		Isection Linder Which	Amount of compounding (in Rupees)

XIII. Whether complete list of shareholders, debenture holders has been enclosed as an attachment

● Yes ○ No

XIV. COMPLIANCE OF SUB-SECTION (2) OF SECTION 92, IN CASE OF LISTED COMPANIES

In case of a listed company or a company having paid up share capital of Ten Crore rupees or more or turnover of Fifty Crore rupees or more, details of company secretary in whole time practice certifying the annual return in Form MGT-8.

Name	
Whether associate or fellow	○ Associate ○ Fellow
Certificate of practice number	

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 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.

Declaration

I am Authorised by the Board of Directors of the company vide resolution no	3	dated	17/09/2022
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(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	01499553		
To be digitally signed by			
⊖ Company Secretary			
Company secretary in practice	tice		
Membership number 3339	08 Certific	cate of practice number	12322
Attachments			List of attachments
1. List of share holde	ers, debenture holders	Attach	
2. Approval letter for	extension of AGM;	Attach	
3. Copy of MGT-8;		Attach	
4. Optional Attachem	nent(s), if any	Attach	
			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