FORM NO. MGT-7

Refer the instruction kit for filing the form.

Form language

NEW DELHI South Delhi Delhi

(e) Website

(c) *e-mail ID of the company

(d) *Telephone number with STD code

[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) * Corporate Identification Number (CIN) of the company	L74899DL1990PLC042302	
Global Location Number (GLN) of the company		
* Permanent Account Number (PAN) of the company	AABCS0143C	
(ii) (a) Name of the company	DR. FRESH ASSETS LIMITED.	
(b) Registered office address		
B 1 /E -24MOHAN CO OPERATIVE INDL AREA MATHURA ROAD		

Date of Incorporation			06/12/1	990	
Type of the Company	Category of the Compa	iny		Sub-category of the	Company
Public Company	Company limited b	y shares	5	Indian Non-Gov	vernment company
ether company is having share ca	pital	Ye	es () No	
hether shares listed on recognized	d Stock Exchange(s)	Ye	es () No	
	Type of the Company Public Company ether company is having share ca	Type of the Company Category of the Compa	Type of the Company Public Company Company limited by shares ether company is having share capital Yes	Type of the Company Category of the Company Public Company Company limited by shares ether company is having share capital Yes	Type of the Company Category of the Company Sub-category of the Public Company Company limited by shares Indian Non-Gov ether company is having share capital Yes No

drfresh@drfreshassets.com

01126387281

	e listed	ere shares	where	exchanges	of stock	Details	(a)
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S. No.	Stock Exchange Name	Code
1	Metropolitan Stock Exchange of India	2,048

	(b) CIN of the Registrar and Tran	J			U74899DL	1973PLC006950	Pre-fill
	MAS SERVICES LTD						
	Registered office address of the	Registrar and Tr	ansfer	Agents			
	T-34, 2nd Floor, Okhla Industrial Area, Phase - II						
(vii)	*Financial year From date 01/04	/2021	(DD/	MM/YYYY)	To date	31/03/2022	(DD/MM/YYYY)
(viii)	*Whether Annual general meetin	ig (AGM) held		Ye	es 🔘	No	
	(a) If yes, date of AGM	25/09/2022					
	(b) Due date of AGM	30/09/2022					

II. PRINCIPAL BUSINESS ACTIVITIES OF THE COMPANY

*Number of business activities 1

(c) Whether any extension for AGM granted

	Main Activity group code		Business Activity Code		% of turnover of the company
1	L	Real Estate	L1	Real estate activities with own or leased property	100

Yes

No

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

*No. of Companies for which information is to be given 4 Pre-fill All

S.No	Name of the company	CIN / FCRN	Holding/ Subsidiary/Associate/ Joint Venture	% of shares held
1	DR. FRESH COMMERCIAL LAND	U45400DL2007PTC171654	Subsidiary	100
2	S5 PROPERTY PRIVATE LIMITED	U70102DL2012PTC236316	Subsidiary	100

3	REVERSE AGE HEALTH SERVICE	U74900DL2011PTC213588	Subsidiary	100
4	SEL INTERNATIONAL PTE LTD		Subsidiary	100

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	10,000,000	5,465,753	5,389,553	5,389,553
Total amount of equity shares (in Rupees)	100,000,000	54,657,530	53,895,530	53,895,530

Number of classes 1	
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Class of Shares Equity share capital	Authoricad	icabilai	Subscribed capital	Paid up capital
Number of equity shares	10,000,000	5,465,753	5,389,553	5,389,553
Nominal value per share (in rupees)	10	10	10	10
Total amount of equity shares (in rupees)	100,000,000	54,657,530	53,895,530	53,895,530

(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	ICADIIAI	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

Particulars	Authorised Capital
Total amount of unclassified shares	0

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

Class of shares	Number of shares			Total nominal amount	Total Paid-up amount	Total premium
Equity shares	Physical	DEMAT	Total			
At the beginning of the year	1,380,418	4,009,135	5389553	53,895,530	53,895,530	
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						
Due to Dematerialisation of Share						
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						
Due to Dematerialisation of Share						
At the end of the year	1,380,418	4,009,135	5389553	53,895,530	53,895,530	
Preference shares						
At the beginning of the year	0	0	0	0	0	
Increase during the year	0	0	0	0	0	0
i. Issues of shares	0	0	0	0	0	0
ii. Re-issue of forfeited shares	0	0	0	0	0	0

iii. Others, specify							
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 capi	tal	0	0	0	0	0	0
iv. Others, specify							
and a second							
At the end of the year		0	0	0	0	0	
SIN of the equity shares		oo waar (fan a	ach along o	f ahoros)			
•	it/consolidation during th		acii ciass o			0	
Class o	f shares	(i)		(1	i)		(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 It any time since the vided in a CD/Digital Med	incorporat				·	or in the case
Separate sheet at	tached for details of trans	fers	\circ	Yes () No		
Note: In case list of tran Media may be shown.	sfer exceeds 10, option fo	or submission	as a separa	te sheet att	achment or	submission	in a CD/Digital
Date of the previous	s annual general meetir	ng					

Date of registration of transfer (Date Month Year)						
Type of transfe		1 - E	quity, 2- Preference Shares,3 -	Debentures, 4 - Stock		
Number of Shares/ D Units Transferred	Debentures/	·	Amount per Share/ Debenture/Unit (in Rs.)			
Ledger Folio of Trans	sferor					
Transferor's Name						
	Surname		middle name	first name		
Ledger Folio of Transferee						
Transferee's Name						
	Surname		middle name	first name		
Date of registration of transfer (Date Month Year)						
Date of registration o	f transfer (Date Mor	nth Year)				
Date of registration of Type of transfer			quity, 2- Preference Shares,3 -	Debentures, 4 - Stock		
			Amount per Share/Debenture/Unit (in Rs.)	Debentures, 4 - Stock		
Type of transfer	Debentures/		Amount per Share/	Debentures, 4 - Stock		
Type of transfer Number of Shares/ D Units Transferred	Debentures/		Amount per Share/	Debentures, 4 - Stock		
Type of transfer Number of Shares/ D Units Transferred Ledger Folio of Trans	Debentures/		Amount per Share/	Debentures, 4 - Stock		
Type of transfer Number of Shares/ D Units Transferred Ledger Folio of Trans	Debentures/ Surname		Amount per Share/ Debenture/Unit (in Rs.)			
Type of transfer Number of Shares/ Dunits Transferred Ledger Folio of Transferrer Transferor's Name	Debentures/ Surname		Amount per Share/ Debenture/Unit (in Rs.)			

(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

1	`\ \	Securities	(other than	charac	and	dahanturas	١
Ų	V	Securities	(otner trian	snares	anu	aepentures	,

Type of Securities	Nominal Value of each Unit	Paid up Value of each Unit	Total Paid up Value
Total			

0

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

(i) Turnover

63,329,082.32

(ii) Net worth of the Company

430,204,829.36

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	3,890,731	72.19	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)	125,000	2.32	0	
10.	Others	0	0	0	
	Total	4,015,731	74.51	0	0

Total number of shareholders (promoters)

6			
ס			
-			

(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	1,038,122	19.26	0	
	(ii) Non-resident Indian (NRI)	7,400	0.14	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)	328,300	6.09	0	
10.	Others	0	0	0	
	Total	1,373,822	25.49	0	0

Total number of shareholders (other than promoters)

530

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

- 00	
536	

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	6	6
Members (other than promoters)	533	530
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	0	1	0	1	0	0
B. Non-Promoter	1	2	1	2	0	0
(i) Non-Independent	1	0	1	0	0	0
(ii) Independent	0	2	0	2	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	1	3	1	3	0	0

Number of Directors and Key managerial personnel (who is not director) as on the financial year end date | 6

6

(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)
ANKUR ANAND	00506761	Director	27,750	
SHIKHA NANDA	00095106	Director	364,340	
VIJAY PRAKASH PATH	RAKASH PATH 07081958		1,260	
KAMALJEET RASTOGI	06882439	Additional director	0	
PABITRA KUMAR PATI	ABITRA KUMAR PATI AGIPP1588J		1,930	12/05/2022
SURENDER KUMAR G	ENDER KUMAR G AFFPG4714H		0	

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

3

Name	DIN/PAN	hadinning / diiring lchanga in dacignation/		Nature of change (Appointment/ Change in designation/ Cessation)
GOBBURU VENKATAS	08817818	Director	26/09/2021	Change in designation
KAMALJEET RASTOGI	06882439	Additional director	12/10/2021	Appointment
GOBBURU VENKATAS	08817818	Director	12/10/2021	Cessation

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

A. MEMBERS/CI	_ASS /REC	DUISITIONED/	NCLT/COURT	CONVENED	MEETINGS
---------------	-----------	--------------	------------	----------	----------

Num	ber	of	meeti	ings	he	d	

Type of meeting	Date of meeting		Members entitled to	
Annual General meeting	26/09/2021	592	25	72.28

B. BOARD MEETINGS

*Number of meetings held 7

S. No.	Date of meeting	Total Number of directors associated as on the date of meeting					
			attended	% of attendance			
1	20/05/2021	4	3	75			
2	30/06/2021	4	3	75			
3	14/08/2021	4	3	75			
4	12/10/2021	4	4	100			
5	13/11/2021	4	4	100			
6	14/02/2022	4	4	100			
7	14/03/2022	4	4	100			

C. COMMITTEE MEETINGS

Number of meetings held 11

S. No.	Type of meeting		Total Number of Members as	Attendance				
	3	Date of meeting	on the date of the meeting	Number of members attended	% of attendance			
1	Audit Committe	10/05/2021	3	3	100			
2	Audit Committe	30/06/2021	3	3	100			
3	Audit Committe	14/08/2021	3	3	100			
4	Audit Committe	13/11/2021	3	3	100			
5	Audit Committe	14/02/2022	3	3	100			
6	Nomination an	09/10/2021	3	3	100			
7	stakeholder re	10/05/2021	3	3	100			
8	stakeholder re	30/06/2021	3	3	100			
9	stakeholder re	14/08/2021	3	3	100			

S. No.	Type of meeting				Attendance % of attendance
10	stakeholder re	13/11/2021	3	3	100

D. *ATTENDANCE OF DIRECTORS

	of the director		Board Meetings		Co	Whether attended AGM		
S. No.		Number of Meetings which director was	Meetings	% of		Meetings	% of attendance	held on
		entitled to attend	attended			attended		25/09/2022
								(Y/N/NA)
1	ANKUR ANAN	7	7	100	11	11	100	Yes
2	SHIKHA NANI	7	4	57.14	1	1	100	Yes
3	VIJAY PRAKA	7	7	100	10	10	100	Yes
4	KAMALJEET I	3	3	100	4	4	100	No

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

1

S. No.	. Name Designation		Gross Salary Commission		Stock Option/ Sweat equity	Others	I otal Amount	
1	VIJAY PRAKASH P	WHOLE TIME D	572,400	0	0	0	0	
	Total		572,400	0	0	0	572,400	

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

2

S. No.	Name	Designation	Gross Salary	Commission	Stock Option/ Sweat equity	Others	Total Amount
1	PABITRA KUMAR F	CFO	572,400	0	0	0	0
2	2 SURENDER KUMA COMPANY SEC		134,546	0	0	0	0
	Total		706,946	0	0	0	706,946

Number of other directors whose remuneration details to be entered

0

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

Nar	ne	Designa	ation	Gross Sa	llary	Commission				Others	Total Amount
Total											
ERS RELAT	ED TO CEF	RTIFICATI	ON OF CO	MPLIAN	ICES AN	D DISCLOSU	JRES				
ether the cor visions of the	mpany has i e Companie	made com s Act, 201	pliances ar 3 during th	nd disc l os e year	sures in re	espect of app	olicable	Yes	С) No	
o, give reas	ons/observa	itions									
LTY AND P	UNISHMEN	T - DETA	ILS THER	EOF							
LS OF PEN	ALTIES / PU	JNISHME	NT IMPOS	ED ON C	COMPAN	Y/DIRECTOR	RS /OF	FICERS 🔀	Nil		
	Name of th	e court/			Name of	the Act and	.		, ,	. 7 . 6	1.00
the y/ directors/	concerned	0 0001 0	Date of Order		soction under which					Details of appeal (if any) including present status	
AILS OF CO	MPOUNDIN	NG OF OF	FENCES	⊠ N	il						
the y/ directors/			Date of O	rder	section	under which					npounding (in
ether comp	lete list of	sharehold	lers, debe	nture ho	lders has	been enclo	sed as	an attachm	nent		
Ye	s 🔵 No										
MPLIANCE	OF SUB-S	ECTION (2) OF SEC	TION 92,	IN CASE	E OF LISTED	COMI	PANIES			
									turnov	er of Fifty Cro	ore rupees or
е		DEBA	BRATA DI	EB NATH	ł						
ner associate	e or fellow		○ <i>F</i>	Associat	e F	ellow					
ficate of pra	ctice numbe	er	8612	2							
	Total ERS RELAT ether the convisions of the co	ether the company has revisions of the Companie o, give reasons/observation, give reasons/observ	Total ERS RELATED TO CERTIFICATI ether the company has made com visions of the Companies Act, 201 o, give reasons/observations LTY AND PUNISHMENT - DETA LS OF PENALTIES / PUNISHME The vidirectors/ Authority Name of the court/ concerned Authority Alls OF COMPOUNDING OF OF the vidirectors/ Authority ether complete list of sharehold • Yes No MPLIANCE OF SUB-SECTION (2) of a listed company or a company etails of company secretary in who DEBA	Total ERS RELATED TO CERTIFICATION OF CO ether the company has made compliances and visions of the Companies Act, 2013 during the control on the company of the count of the concerned of the co	Total ERS RELATED TO CERTIFICATION OF COMPLIAN either the company has made compliances and disclorizations of the Companies Act, 2013 during the year o, give reasons/observations LTY AND PUNISHMENT - DETAILS THEREOF LS OF PENALTIES / PUNISHMENT IMPOSED ON Company of the court / concerned / Authority Date of Order All S OF COMPOUNDING OF OFFENCES N Name of the court / concerned / Authority Date of Order Authority Date of Order When is a shareholders, debenture ho Yes No MPLIANCE OF SUB-SECTION (2) OF SECTION 92, of a listed company or a company having paid up sharehals of company secretary in whole time practice certains of the company secretary in	Total ERS RELATED TO CERTIFICATION OF COMPLIANCES ANI ether the company has made compliances and disclosures in re- risions of the Companies Act, 2013 during the year o, give reasons/observations LTY AND PUNISHMENT - DETAILS THEREOF LS OF PENALTIES / PUNISHMENT IMPOSED ON COMPAN: the // directors/ Authority Date of Order Section upenalised Authority Date of Order Name of section upenalised Authority Date of Order Name of section upenalised Authority Date of Order Name of section offence When the concerned Authority Date of Order Name of section offence Authority Date of Order Name of section offence The concerned Authority Date of Order Name of section offence When the count offence of Sub-Section (2) OF Section 92, IN CASE of a listed company or a company having paid up share capital setals of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of company secretary in whole time practice certifying the details of t	ERS RELATED TO CERTIFICATION OF COMPLIANCES AND DISCLOSURES there the company has made compliances and disclosures in respect of apprissions of the Companies Act, 2013 during the year or, give reasons/observations LTY AND PUNISHMENT - DETAILS THEREOF LS OF PENALTIES / PUNISHMENT IMPOSED ON COMPANY/DIRECTOR of the concerned Authority Date of Order Name of the Act and section under which penalised / punished ALLS OF COMPOUNDING OF OFFENCES Nil Name of the court/ concerned Authority Date of Order Name of the Act and section under which penalised / punished When the concerned Authority Date of Order Name of the Act and section under which penalised / punished When the complete list of shareholders, debenture holders has been enclored a listed company or a company having paid up share capital of Ten Crore trails of company secretary in whole time practice certifying the annual returns and the company of the court/concerned and	Total To	Total ERS RELATED TO CERTIFICATION OF COMPLIANCES AND DISCLOSURES ather the company has made compliances and disclosures in respect of applicable yes o, give reasons/observations LTY AND PUNISHMENT - DETAILS THEREOF LS OF PENALTIES / PUNISHMENT IMPOSED ON COMPANY/DIRECTORS /OFFICERS the	Total To	Total To

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. Declaration I am Authorised by the Board of Directors of the company vide resolution no. .. dated 03/09/2022 (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: 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 07081958 DEBABRAT To be digitally signed by Company Secretary Company secretary in practice Certificate of practice number Membership number 7775 8612 **Attachments** List of attachments 1. List of share holders, debenture holders Committee Meeting.pdf **Attach** Form MGT-8.pdf 2. Approval letter for extension of AGM; **Attach** Shareholder List 31032022 pdf Form_MGT_7 signed by Surender Gupta.p 3. Copy of MGT-8; **Attach** Letter to ROC-dsc.pdf 4. Optional Attachement(s), if any **Attach** Remove attachment Prescrutiny Submit Modify Check Form

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