

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]



सत्यमेव जयते

Annual Return (other than 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

U15142PB1992PLC012726

Pre-fill

Global Location Number (GLN) of the company

* Permanent Account Number (PAN) of the company

AAACD6180B

(ii) (a) Name of the company

RICELA HEALTH FOODS LIMITE

(b) Registered office address

SCO.No.14, First Floor Royal Sector Satara
within Omaxe Royal Residency Pakhowal Road
Ludhiana
Ludhiana
Punjab
142022

(c) *e-mail ID of the company

finance.ricela@gmail.com

(d) *Telephone number with STD code

01612402095

(e) Website

(iii) Date of Incorporation

13/11/1992

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

(v) Whether company is having share capital

Yes No

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

Yes No

(b) CIN of the Registrar and Transfer Agent

U93090MH2006PLC164885

Pre-fill

Name of the Registrar and Transfer Agent

CDSL VENTURES LIMITED

Registered office address of the Registrar and Transfer Agents

A- Wing, Marathon Futurex, 25th Floor, Mafatlal Mills Compound, N.M. Joshi Marg, Lower Parel (E)

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

(viii) *Whether Annual general meeting (AGM) held 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	C	Manufacturing	C1	Food, beverages and tobacco products	100

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

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

Pre-fill All

S.No	Name of the company	CIN / FCRN	Holding/ Subsidiary/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	150,000	123,750	123,750	123,750
Total amount of equity shares (in Rupees)	15,000,000	12,375,000	12,375,000	12,375,000

Number of classes

Class of Shares	Authorised capital	Issued capital	Subscribed capital	Paid up capital
EQUITY SHARES				
Number of equity shares	150,000	123,750	123,750	123,750
Nominal value per share (in rupees)	100	100	100	100
Total amount of equity shares (in rupees)	15,000,000	12,375,000	12,375,000	12,375,000

(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)				

(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
	Physical	DEMAT	Total			
Equity shares						
At the beginning of the year	77,027	46,723	123750	12,375,000	12,375,000	
Increase during the year	0	0	0	0	0	0
i. Public 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 <input type="text"/>						
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 <input type="text"/>						
At the end of the year	77,027	46,723	123750	12,375,000	12,375,000	
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 <input type="text"/>						
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 <input type="text"/>						
At the end of the year	0	0	0	0	0	

ISIN of the equity shares of the company

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

0

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

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 the previous annual general meeting		30/09/2021	
Date of registration of transfer (Date Month Year)			
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			
Transferor's Name	<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"/>
	Surname	middle name	first name

Date of registration of transfer (Date Month Year)	<input type="text"/>
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Type of transfer	<input type="text"/>	1 - Equity, 2- Preference Shares,3 - Debentures, 4 - Stock
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Number of Shares/ Debentures/ Units Transferred	<input type="text"/>	Amount per Share/ Debenture/Unit (in Rs.)	<input type="text"/>
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Ledger Folio of Transferor	<input type="text"/>
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Transferor's Name	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Surname	middle name	first name

Ledger Folio of Transferee	<input type="text"/>
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Transferee's Name	<input type="text"/>	<input type="text"/>	<input type="text"/>
	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	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

(v) Securities (other than shares and debentures)

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

11,193,272,351

(ii) Net worth of the Company

871,480,825

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	115,955	93.7	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)	7,795	6.3	0	
10.	Others	0	0	0	
	Total	123,750	100	0	0

Total number of shareholders (promoters)

88

(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	

	Total	0	0	0	0
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Total number of shareholders (other than promoters)

0

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

88

**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	85	88
Members (other than promoters)	0	0
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	2	1	2	0	22.63
B. Non-Promoter	0	3	0	3	0	0
(i) Non-Independent	0	0	0	0	0	0
(ii) Independent	0	3	0	3	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	5	1	5	0	22.63

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

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)
PARSHOTAM DASS	00147734	Whole-time director	0	
VIJAY KUMAR GOYAL	00162292	Director	10,760	
ACHHRU RAM SHARM	00224747	Director	17,253	
PARMOD GOYAL	00507724	Director	0	
BALDEV RAJ KALRA	01802855	Director	0	
JYOTI SINGLA	08164935	Director	0	

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

0

Name	DIN/PAN	Designation at the beginning / during the financial year	Date of appointment/ change in designation/ cessation	Nature of change (Appointment/ Change in designation/ Cessation)

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

1

Type of meeting	Date of meeting	Total Number of Members entitled to attend meeting	Attendance	
			Number of members attended	% of total shareholding
AGM	30/09/2021	85	5	13.98

B. BOARD MEETINGS

*Number of meetings held

5

S. No.	Date of meeting	Total Number of directors associated as on the date of meeting	Attendance	
			Number of directors attended	% of attendance
1	11/05/2021	6	5	83.33
2	31/07/2021	6	6	100
3	22/11/2021	6	6	100

S. No.	Date of meeting	Total Number of directors associated as on the date of meeting	Attendance	
			Number of directors attended	% of attendance
4	15/01/2022	6	5	83.33
5	28/03/2022	6	6	100

C. COMMITTEE MEETINGS

Number of meetings held

7

S. No.	Type of meeting	Date of meeting	Total Number of Members as on the date of the meeting	Attendance	
				Number of members attended	% of attendance
1	CSR Committee	11/05/2021	3	3	100
2	CSR Committee	31/07/2021	3	3	100
3	Nomination and Remuneration Committee	31/07/2021	3	2	66.67
4	Audit Committee	11/05/2021	3	2	66.67
5	Audit Committee	31/07/2021	3	2	66.67
6	Audit Committee	22/11/2021	3	2	66.67
7	Audit Committee	15/01/2022	3	2	66.67

D. *ATTENDANCE OF DIRECTORS

S. No.	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	30/09/2022
								(Y/N/NA)
1	PARSHOTAM	5	5	100	0	0	0	No
2	VIJAY KUMAR	5	5	100	5	5	100	No
3	ACHHRU RAM	5	5	100	2	2	100	Yes
4	PARMOD GO	5	3	60	7	3	42.86	No
5	BALDEV RAJ	5	5	100	5	5	100	No
6	JYOTI SINGH	5	5	100	2	2	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	Total Amount
1	PARSHOTAM DAS	Wholetime Direc	9,600,000	0	0	0	9,600,000
	Total		9,600,000	0	0	0	9,600,000

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

0

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

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
	Total						

XI. 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

XII. 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)

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

Gaurav Mehta

Whether associate or fellow

Associate Fellow

Certificate of practice number

13981

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

(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

ACHHRU
RAM
SHARMA
Digitally signed by
ACHHRU RAM
SHARMA
Date: 2022.12.28
21:41:20 +05'30'

DIN of the director

00224747

To be digitally signed by

Gaurav
Mehta
Digitally signed by
Gaurav Mehta
Date: 2022.12.28
21:55:55 +05'30'

Company Secretary

Company secretary in practice

Membership number

Certificate of practice number

Attachments

1. List of share holders, debenture holders
2. Approval letter for extension of AGM;
3. Copy of MGT-8;
4. Optional Attachment(s), if any

Attach
Attach
Attach
Attach

List of attachments

LOS -RHFL.pdf MGT 8 2022_RHFL.pdf LOT-RHFL.pdf
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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



RICELA HEALTH FOODS LIMITED

Saron Road, DHURI - 148 024 (Pb.) India

Ph. : 01675-220700, 221100, 228900, Fax. 01675-222104

(An ISO 9001:2015 Certified Company)

GST NO: 03AABCA4459R1ZD

List of Shareholders as on 31st March 2022

Sr. No.	Shareholder Name	Address	Type of Shares	No. of Shares
1.	Achhru Ram Sharma	A.P.Enclave, Opp.Nirankari Bhawan, Dhuri	Equity	17253
2.	Nirmal Sharma	HOUSE NO.349, WARD NO.10,SANGRUR BYE PASS ROAD, A.P. ENCLAVE,DHURI-148024	Equity	5956
3.	Kirtan Devi Sharma	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	12
4.	Isha Vashisht	H.No.188, Ward No. 22, Kishan Niwas, Near Bus Stand GTB Market Khanna Punjab	Equity	1180
5.	Pooja Mahajan	H NO - 33/B, BEHIND AGAR NAGAR, RAGHUNATH ENCLAVE, RAJGURU NAGAR, LUDHIANA-PUNJAB-141012	Equity	5666
6.	Bala Rattan Sharma	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	12
7.	Bimal Muni Sharma	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	1000
8.	Sheela Devi Sharma	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	10
9.	RKB Financiers Ltd.	B-XIX-220, Rani Jhansi Road Ludhiana Punjab	Equity	1482
10.	Swati Fashions Private Limited	Flat-71-A, DDA LIG Flats, Prasad Nagar, Patel Nagar, New Delhi - 110008	Equity	1300
11.	Kamlesh Singla	H.NO.274/3, MALERKOTLA ROAD, WARD NO.3/C, OPP.CHARANJIT RICE MILL,DHURI-148024	Equity	1968
12.	Prem Lata	HOUSE NO.244, OPP.PSEB, WARD NO.3/C,M.K ROAD DHURI 148024	Equity	2297
13.	Tarun rattan	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	10
14.	Varun Rattan	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	10
15.	Achhru Ram Sharma & Sons HUF	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	2
16.	Karam Chand & sons HUF	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	2
17.	Vijay Shibe	3297/3, Gurdev Nagar, Ludhiana	Equity	10
18.	Sonia Shibe	3297/3, Gurdev Nagar, Ludhiana	Equity	10
19.	Gaurav Shibe	3297/3, Gurdev Nagar, Ludhiana	Equity	10
20.	Saurav Shibe	3297/3,Gurdev Nagar, Ludhiana	Equity	10
21.	Palvi Shibe	3297/3,Gurdev Nagar, Ludhiana	Equity	10
22.	Kanta Rani Garg	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	3111
23.	Parshotam Dass HUF	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	12
24.	Luxmi Devi Garg	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	10

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25.	Kaveri Shilpkala Ltd	Flat-71-A, DDA LIG FLATS, PRASAD NAGAR, PATEL NAGAR, New Delhi - 110008	Equity	3813
26.	Neha Kansal	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	8452
27.	Nitasha Gupta	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	8403
28.	Neeraj Bala	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	2
29.	Varun Goyal	A.P.Enclave, Opp. Nirankari Bhawan, Dhuri	Equity	2
30.	Sanjay Goyal	C/o Shiva Protien Prorducts Pvt. Ltd. Vill Gehle, Mansa	Equity	2
31.	Arun Goyal	A-126, Guru Nanak Colony, Sangrur	Equity	2
32.	Sukhdev Raj	C/o M/s Jagan Nath Nathu Ram Commission Agents, New Anaj Mand, Shop no. 48 B Dhuri	Equity	2
33.	Krishan Murari	C/o M/s Jagan Nath Nathu Ram Commission Agents, New Anaj Mand, Shop no. 48 B Dhuri	Equity	2
34.	Nathu Ram	C/o M/s Jagan Nath Nathu Ram Commission Agents, New Anaj Mand, Shop no. 48 B Dhuri	Equity	2
35.	Kulwinder Singh	VPO Dehkalan, Disst Sangrur	Equity	2
36.	Shashi Bhushan	H.No. 7 Ward No. 16 Tehsil Mohalla Dhuri	Equity	2
37.	Vinod Kumar	H.No. 102, W.No. 15 C Opp. Water Tank, Tehsil Mohalla Dhuri	Equity	2
38.	Rakesh Kumar	Kothi No. 46, Ekta Vihar Colony, Dhuri	Equity	2
39.	Ravish Kumar	HOUSE NO-244, OPP.PSEB, WARD NO.3C, M.K ROAD DHURI-148024	Equity	1535
40.	Ravish Gupta	160/6/A MAJOR GURDIAL SINGH RD, OPP KUNAL TOWER MALL ROAD, LUDHIANA-PUNJAB-141001		1607
41.	Rita Singla	HNO 246, MALERKOTLA ROAD WARD NO 3/C, OPP P.S.P.C LTD, DHURI-148024	Equity	6869
42.	Surinder Kumar Singla	Kothi Opp. PSEB, M.K.Road, Dhuri	Equity	12
43.	Kailash Wati Singla	Kothi Opp. PSEB, M.K.Road, Dhuri	Equity	10
44.	Ramesh Kumar Singla	Kothi Opp. PSEB, M.K.Road, Dhuri	Equity	10
45.	Dev Raj Singla	HOUSE NO-244, OPP.PSEB, WARD NO.3C, M.K ROAD DHURI-148024	Equity	1625
46.	Pushp Parag Singla	HNO 246 WARD NO W/3C, M.K ROAD OPP PSEB, DHURI-148024	Equity	2
47.	Navreety Singla	CINEMA ROAD, NAI ABADI, NABHA-147201	Equity	2
48.	Preeti Singla Gupta	437 B, BHAI RANDHIR SINGH NAGAR, OPP DEFENCE COLONY, LUDHIANA-PUNJAB-141001	Equity	2
49.	Puneet Singla	HOUSE NO-274/3, MALERKOTLA ROAD, OPP.CHARANJIT RICE MILL, DHURI-148024	Equity	3489
50.	Nandita Singla	HOUSE NO.274/3, MALERKOTLA ROAD, WARD NO.3/A OPP.CHARANJIT RICE Mill, Dhuri-148024	Equity	1029

51.	Sarita Rani	HOUSE NO.244, OPP. PSEB, WARD NO.3/C, M.K ROAD DHURI-148024	Equity	1402
52.	Dipin Mahajan	H NO - 33/B, BEHIND AGAR NAGAR, RAGHUNATH ENCLAVE, RAJGURU NAGAR, LUDHIANA-PUNJAB-141012		1950
53.	Vijay Kumar Goyal	H.No.16-B/146, Ward No.16, Dhuri- District Sangrur-148024 PB INDIA	Equity	10760
54.	Subhash Chand Goyal	HNO 382 SABUN WALI GALI, WARD NO 16 B, TEHSIL MOHALLA DHURI, 148024	Equity	2320
55.	Murti Devi Goyal	Ward No. 10, House No. 225, Pacci Gali, Dhuri	Equity	210
56.	Tarsem Chand Goyal	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	764
57.	Vishal Goyal	HOUSE NO.382, SABUN WALI GALI, WARD NO-16B, TEHSIL MOHALLA, DHURI-148024	Equity	320
58.	Shashi Kanta	HOUSE NO.228, WARD NO-10A, A.P. ENCLAVE, NEAR KHAWAJA PEER DARGHA DHURI-148024	Equity	2193
59.	Saroj Goyal	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	650
60.	Sneh Lata	HNO 146/6 WARD NO 16 B, YASH CHOUDHARY MARKET, TEHSIL DHURI-148024	Equity	1895
61.	Nishu Organics (P) Ltd	485-B Sham Nagar Ludhiana Punjab	Equity	1200
62.	Puneet Goyal	HOUSE NO.228/8, WARD NO-10A, AP ENCLAVE DHURI-148024	Equity	425
63.	Tarsem Lal HUF	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	600
64.	Ruchika Goyal	HOUSE NO.382, SABUN WALI GALI, WARD NO.16 B, TEHSIL MOHALLA DHURI-148024	Equity	400
65.	Subhash chand Vishal goyal HUF	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	250
66.	Vishal Goyal HUF	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	300
67.	Saloni Goyal	HOUSE NO.382, SABUN WALI GALI, WARD NO.16 B, TEHSIL MOHALLA DHURI-148024	Equity	300
68.	Vikas Goyal	HOUSE NO.382, SABUN WALI GALI, WARD NO.16 B, TEHSIL MOHALLA DHURI-148024	Equity	300
69.	Abhishek Goyal	Opp. Singla Garments, Yash Chaudhary Market, Dhuri	Equity	280
70.	Vijay Goyal Vivek Goyal HUF	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	300
71.	Vivek Goyal	Opp. Singla Garments, Yash Chaudhary Market, Dhuri	Equity	50
72.	Babu Ram Payara Lal HUF	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	500
73.	Alpa Goyal	Opp. Singla Garments, Yash Chaudhary Market, Dhuri	Equity	5
74.	Vikas Goyal HUF	C/o Babu Ram Payara Lal, Anaj Mandi, Dhuri	Equity	25

75.	Arun Kumar Goyal	Kharkhana No. 2, MK Road, Dhuri	Equity	5300
76.	Nimmy Goyal	Kharkhana No. 2, MK Road, Dhuri	Equity	2900
77.	Arun Kumar Goyal HUF	Kharkhana No. 2, MK Road, Dhuri	Equity	10
78.	Ravi Nandan Goyal	AP Enclave, Sangrur Road, Dhuri	Equity	2490
79.	Rekha Rani Goyal	Kharkhana No. 2, MK Road, Dhuri	Equity	10
80.	Ravi Nandan Goyal HUF	AP Enclave, Sangrur Road, Dhuri	Equity	10
81.	Sham Lal Goyal	AP Enclave, Sangrur Road, Dhuri	Equity	10
82.	Devki Devi Goyal	AP Enclave, Sangrur Road, Dhuri	Equity	10
83.	Nitin Vashisht	H.No.188/22, Kishan Niwas, Near Bus Stand, GTB Market, Khanna-141401, Punjab	Equity	3020
84.	Vinod Vashisht	H.No.188, Ward No. 22, Kishan Niwas, Near Bus Stand GTB Market Khanna-141401, Punjab	Equity	1063
85.	Minakshi Goyal	HNO 146/6 WARD NO 16B, YASH CHOUDHARY MARKET, TEHSIL DHURI- 148024	Equity	500
86.	Neetu Vashisht	H.No.188, Ward No. 22, Kishan Niwas, Near Bus Stand, GTB Market, Khanna-141401, Punjab	Equity	1818
87.	Priyanka Gupta	WARD NO 11, BACK SIDE TEHSIL, DURGA COLONY SAMANA-147104	Equity	485
88.	Tanya	172, WARD NO 9, OPP SINGLA NURSING HOME, TEH ROAD SAMANA-147101	Equity	500
Total				123750

FOR RICELA HEALTH FOODS LIMITED

Vijay Kumar Goyal

Vijay Kumar Goyal
Director

DIN: 00162292

List of Transmission registered during the financial year 2021-22

Date of Transmission	Name of Transferor	Name of Transferee	Number of Share
11-05-2021	Pawan Kumar Singla	Ritu Singla	5967
11-05-2021	Pawan Kumar Singla & HUF	Ritu Singla	156
11-05-2021	Durgi Devi	Ritu Singla	1280

FORM NO. MGT-8

[Pursuant to section 92(2) of the Companies Act, 2013 and rule 11(2) of Companies (Management and Administration) Rules, 2014]

CERTIFICATE BY A COMPANY SECRETARY IN PRACTICE

We have examined the registers, records and books and papers of Ricela Health Foods Limited formerly known as A P Solvex Limited (the Company) as required to be maintained under the Companies Act, 2013 (the Act) and the rules made thereunder for the financial year ended on 31st March 2022. In our opinion and to the best of our information and according to the examinations carried out by us and explanations furnished to us by the company, its officers and agents, We certify that:

- A. the Annual Return states the facts as at the close of the aforesaid financial year correctly and adequately.
- B. during the aforesaid financial year the Company has complied with provisions of the Act & Rules made there under in respect of:
 1. its status under the Act;
 2. maintenance of registers/records & making entries therein within the time prescribed therefor;
 3. filing of forms and returns as stated in the annual return, with the Registrar of Companies. However there was no requirement to file any form with Regional Director, Central Government, the Tribunal, Court or other authorities;
 4. calling/ convening/ holding meetings of Board of Directors and the meetings of the members of the company on due dates as stated in the annual return in respect of which meetings, proper notices were given and the proceedings have been properly recorded in the Minute Book maintained for the purpose and the same have been signed;
 5. signing of audited financial statement as per the provisions of section 134 of the Act and report of directors is as per sub - sections (3), (4) and (5) thereof;
 6. constitution/ re-appointments / disclosures of the Directors and remuneration paid to its directors;
 7. appointment of auditors as per the provisions of section 139 of the Act;
 8. acceptance/ renewal/ repayment of deposits;
 9. borrowings from its director/ public financial institutions, banks and creation/ modification/ satisfaction of charges in that respect.
 10. transfer/ transmission of securities and issue of share certificates.



C. However, there were no instances of

1. closure of Register of Members / Security holders, as the case may be.
2. advances/loans to its directors and/or persons or firms or companies referred in section 185 of the Act;
3. keeping in abeyance the rights to dividend, rights shares and bonus shares pending registration of transfer of shares in compliance with the provisions of the Act
4. declaration/ payment of dividend; transfer of unpaid/ unclaimed dividend/other amounts as applicable to the Investor Education and Protection Fund in accordance with section 125 of the Act;
5. approvals required to be taken from the Central Government, Tribunal, Regional Director, Registrar, Court or such other authorities under the various provisions of the Act;
6. loans and investments or guarantees given or providing of securities to other bodies corporate or persons falling under the provisions of section 186 of the Act ;
7. allotment or buy back of securities/ redemption of preference shares or debentures/ alteration or reduction of share capital/ conversion of shares/ securities and issue of security certificates in connection therewith.
8. contracts/arrangements with related parties as specified in section 188 of the Act which are not ordinary course of business and on arm's length basis.

For Gaurav Mehta & Associates,
Company Secretaries



(Gaurav Mehta)
M.No. A34394
C.P No.13981

UDIN: A034394D002539127

Place: Ludhiana-Punjab
Date: 30.11.2022