



Companies House
— for the record —

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Annual Return



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Received for filing in Electronic Format on the: 24/09/2009

Company Name: **HEALTH AND STRESS SOLUTIONS LTD**

Company Number: **04059347**

Company Details

Period Ending: **13/08/2009**

Company Type: **PRIVATE COMPANY LIMITED BY SHARES**

Principal Business Activities:

SIC codes:

7487

*Registered Office
Address:*

**386 GREEN LANE
ILFORD
IG3 9JU**

*Register of
Members Address:*

*Register of Debenture
Holders Address:*

Details of Officers of the Company

Company Secretary 1:

Name: **SUSHMA BHANOT**

Address: **49 BUCKINGHAM ROAD
LONDON
E18 2NH**

Director 1 :

Name: **RABINDER NATH BHANOT**

Address: **49 BUCKINGHAM ROAD
LONDON
E18 2NH**

Date of Birth: **30/04/1961**

Nationality: **BRITISH**

Occupation: **PHARMACIST**

Director 2 :

Name: **SUSHMA BHANOT**

Address: **49 BUCKINGHAM ROAD
LONDON
E18 2NH**

Date of Birth: **03/01/1963**

Nationality: **BRITISH**

Occupation: **PHARMACIST**

Share Capital

Issued Share Capital Details:

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
ORDINARY	2	GBP2
<i>TOTALS</i>		
	2	GBP2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/08/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

Shareholding 1:

1 ORDINARY Shares held as at 13/08/2009

Name: **R N BHANOT**

Address:

Shareholding 2:

1 ORDINARY Shares held as at 13/08/2009

Name: **S BHANOT**

Address:

Authorisation

Authoriser Designation: **director**

Date Authorised: **24/09/2009**

Authenticated: **Yes (E/W)**