



*Companies House*  
— for the record —

**363a<sub>(ef)</sub>**

**Annual Return**



**XPP7Z2VE**

*Received for filing in Electronic Format on the:* **05/09/2008**

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

*Company Number:* **04059347**

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### *Company Details*

*Period Ending:* **13/08/2008**

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

*Principal Business Activities:*

*SIC codes:*

**7487**

*Registered Office  
Address:*

*Register of  
Members Address:*

*Register of Debenture  
Holders Address:*

**386 GREEN LANE  
ILFORD  
IG3 9JU**

## *Details of Officers of the Company*

*Company Secretary 1:*

*Name:* **SUSHMA BHANOT**

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

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*Director 1 :*

*Name:* **RABINDER NATH BHANOT**

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

*Date of Birth:*

**30/04/1961**

*Nationality:*

**BRITISH**

*Occupation:*

**PHARMACIST**

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*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>
<b>ORDINARY</b>	<b>2</b>	<b>GBP2</b>
<i>TOTALS</i>		
	<b>2</b>	<b>GBP2</b>

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### Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/08/2008 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 13/08/2008**

*Name:* **R N BHANOT**  
*Address:* **49 BUCKINGHAM ROAD**  
**LONDON**  
**E18 2NH**

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#### Shareholding 2:

**1 ORDINARY Shares held as at 13/08/2008**

*Name:* **S BHANOT**  
*Address:* **49 BUCKINGHAM ROAD**  
**LONDON**  
**E18 2NH**

## *Authorisation*

*Authoriser Designation:* **director**

*Date Authorised:* **05/09/2008**

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