



Companies House
— for the record —

AR01 (ef)

Annual Return



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

Company Number: **04059347**

Date of this return: **13/08/2010**

SIC codes: **7487**

Company Type: **Private company limited by shares**

Situation of Registered Office: **386 GREEN LANE
ILFORD
IG3 9JU**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **SUSHMA**

Surname: **BHANOT**

Former names:

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

Company Director ***I***

Type: **Person**

Full forename(s): **RABINDER NATH**

Surname: **BHANOT**

Former names:

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

Country/State Usually Resident: **ENGLAND**

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

Nationality: **BRITISH**

Occupation: **PHARMACIST**

Company Director 2

Type: **Person**
Full forename(s): **MRS SUSHMA**

Surname: **BHANOT**

Former names:

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

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **03/01/1963** *Nationality:* **BRITISH**
Occupation: **PHARMACIST**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NONE			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	2
		<i>Total aggregate nominal value</i>	2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/08/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : 1 ORDINARY shares held as at 2010-08-13
Name: R N BHANOT

Shareholding 2 : 1 ORDINARY shares held as at 2010-08-13
Name: S BHANOT

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.