



Companies House

CS01 (ef)

Confirmation Statement

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

Company Number: **04059347**



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

Company Number: **04059347**

Confirmation **08/11/2023**

Statement date:

Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	89368
	A	Aggregate nominal value:	89.368

Currency: **GBP**

Prescribed particulars

ALL SHARES HAVE VOTING RIGHTS, RIGHTS TO DIVIDENDS AND TO ASSETS ON WINDING UP

Class of Shares:	ORDINARY	Number allotted	89368
	B	Aggregate nominal value:	89.368

Currency: **GBP**

Prescribed particulars

ALL SHARES HAVE VOTING RIGHTS, RIGHTS TO DIVIDENDS AND TO ASSETS ON WINDING UP

Class of Shares:	ORDINARY	Number allotted	7088
	C	Aggregate nominal value:	7.088

Currency: **GBP**

Prescribed particulars

ALL SHARES HAVE VOTING RIGHTS, RIGHTS TO DIVIDENDS AND TO ASSETS ON WINDING UP

Class of Shares:	ORDINARY	Number allotted	7088
	D	Aggregate nominal value:	7.088

Currency: **GBP**

Prescribed particulars

ALL SHARES HAVE VOTING RIGHTS, RIGHTS TO DIVIDENDS AND TO ASSETS ON WINDING UP

Class of Shares:	ORDINARY	Number allotted	7088
	E	Aggregate nominal value:	7.088

Currency: **GBP**

Prescribed particulars

ALL SHARES HAVE VOTING RIGHTS, RIGHTS TO DIVIDENDS AND TO ASSETS ON WINDING UP

Statement of Capital (Totals)

Currency: **GBP**

Total number of shares: **200000**

Total aggregate nominal value: **200**

Total aggregate amount **0**

unpaid:

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders during the review period or that had ceased to be shareholders since the date of the previous confirmation statement.

Shareholder information for a non-traded company as at the confirmation statement date is shown below

Shareholding 1: **7088 ORDINARY C shares held as at the date of this confirmation statement**

Name: **PRANAV BHANOT**

Shareholding 2: **7088 ORDINARY E shares held as at the date of this confirmation statement**

Name: **R BHANOT**

Shareholding 3: **89368 ORDINARY A shares held as at the date of this confirmation statement**

Name: **RABINDER NATH BHANOT**

Shareholding 4: **89368 ORDINARY B shares held as at the date of this confirmation statement**

Name: **SUSHMA BHANOT**

Shareholding 5: **7088 ORDINARY D shares held as at the date of this confirmation statement**

Name: **VARUN BHANOT**

Confirmation Statement

I confirm that all information required to be delivered by the company to the registrar in relation to the confirmation period concerned either has been delivered or is being delivered at the same time as the confirmation statement

Authorisation

Authenticated

This form was authorised by one of the following:

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