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]

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



Annual Return

(other than OPCs and Small Companies)

Refer the instruction kit for filing the fo				
I. REGISTRATION AND OTHE	RDETAILS			
(i) * Corporate Identification Number (CIN) of the company	L74110[DL1982PLC013956	Pre-fill
Global Location Number (GLN) of	the company			
* Permanent Account Number (PAI	N) of the company	AAACG3141M		
(ii) (a) Name of the company		GOALPO	OST INDUSTRIES LIMITE	
(b) Registered office address				
324A, IIIRD FLOOR, AGGARWAL PLA SECTOR-14, ROHINI NEW DELHI North Delhi Delhi	AZA			
(c) *e-mail ID of the company		gulmoh	arlimited@gmail.com	
(d) *Telephone number with STD of	code	9810260	0127	
(e) Website		www.gc	palpostltd.in	
(iii) Date of Incorporation		13/06/1	982	
(iv) Type of the Company	Category of the Company		Sub-category of the	Company
Public Company	Company limited by sha	nares Indian Non-Go		ernment company
(v) Whether company is having share o	eapital	Yes () No	

Yes

O No

(a) [Details	of	stock	exchanges	where	shares	are	listed
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S. No.	Stock Exchange Name	Code
1	METROPOLITAN STOCK EXCHANGE OF INDIA LIMITED	16
2	CALCUTTA STOCK EXCHANGE LIMITED	3

(b) CIN of the Registrar and Tr	ansfer Agent		U74899DL	1995PTC071324	Pre-fill
Name of the Registrar and Tra	ansfer Agent				
SKYLINE FINANCIAL SERVICES P	RIVATE LIMITED				
Registered office address of the	ne Registrar and Ti	ransfer Agents			
D-153A, FIRST FLOOR OKHLA INDUSTRIAL AREA, PHA	SE-I				
(vii) *Financial year From date 01/	04/2021	(DD/MM/YYYY	′) To date	31/03/2022	(DD/MM/YYYY)
(viii) *Whether Annual general mee	ting (AGM) held	• '	Yes 🔾	No	_
(a) If yes, date of AGM	16/09/2022				
(b) Due date of AGM	30/09/2022				
(c) Whether any extension for	AGM granted		Yes	No	
II. PRINCIPAL BUSINESS A	CTIVITIES OF	THE COMPAN	1Y		
*Number of business activiti	es 1				
S.No Main Description Activity	of Main Activity gro	Business Activity	Description of	of Business Activity	% of turnover of the

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

*No. of Companies for which information is to be given	0	Pre-fill All

Trade

G

S.No	Name of the company	CIN / FCRN	Holding/ Subsidiary/Associate/ Joint Venture	% of shares held
1				

G1

Wholesale Trading

IV. SHARE CAPITAL, DEBENTURES AND OTHER SECURITIES OF THE COMPANY

100

(i) *SHARE CAPITAL

(a) Equity share capital

Particulars	Authorised capital	Issued capital	Subscribed capital	Paid up capital
Total number of equity shares	10,500,000	245,000	245,000	245,000
Total amount of equity shares (in Rupees)	105,000,000	2,450,000	2,450,000	2,450,000

Number of classes 1

Class of Shares EQUITY	Authoricad	icaonai	Subscribed capital	Paid up capital
Number of equity shares	10,500,000	245,000	245,000	245,000
Nominal value per share (in rupees)	10	10	10	10
Total amount of equity shares (in rupees)	105,000,000	2,450,000	2,450,000	2,450,000

(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
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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	
Equity shares	Physical	DEMAT	Total			
At the beginning of the year	245,000	0	245000	2,450,000	2,450,000	

Increase during the year	0	0	0	0	0	0
i. Pubic 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						
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						
At the end of the year	245,000	0	245000	2,450,000	2,450,000	
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						
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 cap	ital	0	0	0	0	0	0
iv. Others, specify							
At the end of the year			_	_	_	_	
At the end of the year		0	0	0	0	0	
SIN of the equity shares	of the company						
(ii) Details of stock spl	it/consolidation during th	ne year (for ea	ch class of s	hares)	0		
Class o	of shares	(i)		(ii)		(ii	i)
Before split /	Number of shares						
Consolidation	Face value per share						
After split /	Number of shares						
Consolidation	Face value per share						
⊠ Nil	at any time since the	-		company)	* No	Not App	icable
	tached for details of trans			res (No	πουπρ	
Note: In case list of tran Media may be shown.	sfer exceeds 10, option fo	er submission a	as a separate	sheet attach	ment or sub	mission in	a CD/Digital
Date of the previou	s annual general meetir	ıg					
	s annual general meetir of transfer (Date Month						
	of transfer (Date Month		2- Preferenc	ce Shares,3	- Debentu	res, 4 - St	ock

Ledger Folio of Transferor							
Transferor's Name							
	Surname	middle name	first name				
Ledger Folio of Trans	sferee						
Transferee's Name							
	Surname	middle name	first name				
Date of registration of transfer (Date Month Year)							
Type of transfer	r 1	- Equity, 2- Preference Shares,3	- Debentures, 4 - Stock				
Number of Shares/ D Units Transferred	Debentures/	Amount per Share/ Debenture/Unit (in Rs.)					
Ledger Folio of Trans	sferor						
Transferor's Name							
	Surname	middle name	first name				
Ledger Folio of Trans	sferee						
Transferee's Name							
	Surname	middle name	first name				
(iv) *Debentures (Oน	ıtstanding as at the en	d 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

Particulars	Number of units	Nominal value per unit	Total value
Total			0

Details of debentures

Class of debentures	Outstanding as at the beginning of 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	n shares	and	debentures
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Type of Securities	Number of Securities	Nominal Value of each Unit	Paid up Value of each Unit	Total Paid up Value
Total				

0

V. *Turnover and net worth of the company (as defined in the Companies Act, 2013)

(i) Turnover

12,512,843

(ii) Net worth of the Company

6,509,558

VI. (a) *SHARE HOLDING PATTERN - Promoters

S. No.	Category	Equ	Equity		ence
		Number of shares	Percentage	Number of shares	Percentage
1.	Individual/Hindu Undivided Family				
	(i) Indian	37,130	15.16	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)	72,000	29.39	0	
10.	Others	0	0	0	
	Total	109,130	44.55	0	0

Total number of shareholders (promoters)

2		

(b) *SHARE HOLDING PATTERN - Public/Other than promoters

S. No.	Category	Equi	ity	Preference		
		Number of shares	Percentage	Number of shares	Percentage	
1.	Individual/Hindu Undivided Family					
	(i) Indian	135,520	55.31	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 HUF	350	0.14	0	
	Total	135,870	55.45	0	0

Total number of shareholders (other than promoters) | 116

116

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

1	18	

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	2	2
Members (other than promoters)	116	116
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	0	0	0	0	0	0
B. Non-Promoter	0	5	0	4	0	0
(i) Non-Independent	0	2	0	2	0	0
(ii) Independent	0	3	0	2	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	0	5	0	4	0	0

Number of Directors and Key managerial personnel (who is not director) as on the financial year end date | 7

7

(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)
PAWAN KUMAR MITTA	00749265	Director	0	
KIRAN MITTAL	00749457	Director	0	
ISH SADANA	07141836	Director	0	
ACHAL KAPOOR	09150394	Director	0	
KANTA BANSAL	AJAPB4793Q	CEO	0	
MOHD ASLAM BAQUI	AAQPB3094B	CFO	0	
SUNDER	IAVPS8829A	Company Secretar	0	22/04/2022

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

7

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)
JAI BHAGWAN AGGAF	07498421	Director	13/08/2021	RESIGNATION
PANKAJ KAPOOR	07501136	Director	13/08/2021	RESIGNATION
HITESH RAI MAKHIJA	07509495	Director	13/08/2021	RESIGNATION
ISH SADANA	07141836	Director	30/06/2021	APPOINTMENT
ACHAL KAPOOR	09150394	Director	30/06/2021	APPOINTMENT
SUNAYANA SHARMA	EZRPS7035H	Company Secretar	14/01/2022	RESIGNATION
SUNDER	IAVPS8829A	Company Secretar	01/02/2022	APPOINTMENT

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

Type of meeting	Date of meeting Total Number of Members entitled to		Attendance		
				% of total shareholding	
ANNUAL GENERAL MEETI	30/09/2021	118	6	13.24	

B. BOARD MEETINGS

*Number of meetings held 8

S. No.	Date of meeting	Total Number of directors associated as on the date of meeting		Attendance
			attended	% of attendance
1	30/06/2021	5	5	100
2	13/08/2021	4	4	100
3	01/09/2021	4	4	100
4	10/11/2021	4	4	100
5	14/01/2022	4	4	100
6	01/02/2022	4	4	100
7	12/02/2022	4	4	100
8	12/03/2022	4	4	100

C. COMMITTEE MEETINGS

Number of meetings held

S. No.	Type of meeting	Data of magating	Total Number of Members as		Attendance
		Date of meeting		Number of members attended	% of attendance
1	AUDIT COMM	30/06/2021	3	3	100
2	AUDIT COMM	13/08/2021	3	3	100
3	AUDIT COMM	10/11/2021	3	3	100
4	AUDIT COMM	12/02/2022	3	3	100
5	NOMINATION	30/06/2021	3	3	100
6	NOMINATION	13/08/2021	3	3	100
7	NOMINATION	01/02/2022	3	3	100
8	STAKEHOLDE	30/06/2021	3	3	100

S. No.	Type of meeting	Date of meeting	Total Number of Members as	Attendance		
				Number of members attended	% of attendance	
9	STAKEHOLDE	13/08/2021	3	3	100	
10	STAKEHOLDE	01/02/2022	3	3	100	

D. *ATTENDANCE OF DIRECTORS

			Board Meetings		Co	Whether attended AGM		
S. No.	of the director	Number of Meetings which director was	Meetings	% of	Number of Meetings which director was	Number of Meetings	% of attendance	held on
		entitled to attend	attended	atteridance	entitled to attend	attended		16/09/2022
								(Y/N/NA)
1	PAWAN KUM	8	8	100	7	7	100	Yes
2	KIRAN MITTA	8	8	100	0	0	0	Yes
3	ISH SADANA	7	7	100	7	7	100	Yes
4	ACHAL KAPO	7	7	100	7	7	100	Yes

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

0

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

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

4

S. No.	Name	Designation	Gross Salary	Commission	Stock Option/ Sweat equity	Others	Total Amount
1	Sunayana Sharma	Company Secre	113,420	0	0	0	113,420
2	Mohd Aslam Baqui	CFO	600,000	0	0	0	600,000
3	Kanta Bansal	CEO	960,000	0	0	0	960,000
4	Sunder	COmpany Secre	24,000	0	0	0	24,000
	Total		1,697,420	0	0	0	1,697,420

Number o	of other direc	tors whose ren	nuneration de	tails to be en	tered				0	
S. No.	Nar	me [Designation	Gross Sa	alary	Commission		Option/ It equity	Others	Total Amount
1										0
	Total									
* A. Wh	ether the convisions of the	mpany has made Companies A	de complianc ct, 2013 duri	es and disclo				Yes	○ No	
		UNISHMENT ALTIES / PUNI			COMPAN	IY/DIRECTOF	RS /OFFICE	RS ⊠ N	lil	
Name or compan officers		Name of the concerned Authority		of Order	section	f the Act and under which ed / punished	Details of punishmer		Details of app including pres	
(B) DET	AILS OF CO	MPOUNDING	OF OFFENC	ES N	 il					
Name or compan officers	f the y/ directors/	Name of the concerned Authority		of Order	section	of the Act and under which committed	Particula offence	rs of	Amount of c	compounding (in
XIII. Wh	ether comp • Ye	lete list of sha	reholders, c	lebenture ho	lders ha	s been enclo	sed as an a	attachmen	t	
XIV. CC	MPLIANCE	OF SUB-SEC	TION (2) OF	SECTION 92	, IN CAS	E OF LISTED	COMPANI	ES		
		mpany or a co pany secretary							nover of Fifty (Crore rupees or
Name			AAKASH G	KASH GOEL						
Whet	her associate	e or fellow) Associat	e O	ellow				
Cert	tificate of pra	ctice number		21629						

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. .. 04 dated 12/08/2022

(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 compiled with. I further declare that:

- 1. 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.
- 2. 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	PAWAN Digitally signed by PAWAN KUMAR HMTTAL Dete: 2022.09.20 10:24.21 +0530								
DIN of the director	00749265								
To be digitally signed by	AAKAS Digitally signed by AAKASH GOEL Date: 2022.09.20 12:16:45 + 05'30'								
Company Secretary									
 Company secretary in practice 									
Membership number 57213	Certificate of practice number			nber	21629				
Attachments						List of attachments			
1. List of share holders, de	ebenture holders		Δtt	tach	Shareholde	ers-MGT_7m.pdf			
Approval letter for exter				tach	MGT-8-GULMOHAR 2021-22.pdf				
•	iolori or 7 tom,		Att	tacn	AR-Transfe	er_ Goalpost.pdf			
3. Copy of MGT-8;			Att	tach					
4. Optional Attachement(s	s), if any		Att	tach					
						Remove attachment			
Modify	Check	k Form	Р	Prescrutiny	1	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