

The Deputy General Manager
The Bombay Stock Exchange Ltd
P. J. Towers, 25th Floor

Date: 01-10-2019

Illegals' Exposed

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

© 2004, Blackwell Publishing, Inc. *Journal of Interpersonal Violence* 19(12): 1371-1387


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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measurements of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in BMI, waist circumference, and blood pressure. It also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The control group showed no significant changes in any of the measured variables. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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Allyle E. Johnson
 2000-2001
 2002-2003
 2004-2005



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Date of AGM	30.09.2019
Total Number of Shareholders as on cut of date i.e. 23.09.2019	12986
No of shareholders who participated in E-voting	151
No of shareholders who attended meeting in person	38
No of shareholder who attended meeting through proxy	13

VOTING RESULTS OF ANNUAL GENERAL MEETING OF THE COMPANY :

Resolution No.	Resolution	E-voting		Poll		Total	
		For	Against	For	Against	For	Against
Ordinary Business							
1	Adoption Of Audited Accounts For The Year Ended 31st March 2019 Along With Directors Report And Auditors Thereon.	7099728	Nil	375259	Nil	7474987	Nil
2	Re-Appointment of Mr. Pawan Kumar Sethia Who Retires By Rotation.	7099540	188	375259	Nil	7474799	188
Special Business							
3	Re-Appointment of Mrs. Gita Sharma(DIN: 06766560) As An	7099728	Nil	375259	Nil	7474987	Nil
	Independent Director For A Period Of 5 Years W.E.F. 1/10/2019						



4	Appointment of Mr. Mridul Kanti Datta (DIN: 08515786), as an Independent Director for a period of 5 years w.e.f. 1/10/2019	7099540	188	375259	Nil	7474799	188
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All resolution has been declared as passed unanimously





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As required under the said Act read with Rules, a Notice dated

2010-09-01, No. 2010-01, was issued by the Director, Central Board of Secondary Education, New Delhi, India, regarding the

issuance of the said Notice, in the said Notice, the Director, Central Board of Secondary Education, New Delhi, India, has

stated that the said Notice is issued in the said Notice, the Director, Central Board of Secondary Education, New Delhi, India, has

offered by the Central Board of Secondary Education, New Delhi, India.

Pursuant to the applicable provisions of the Acts and Rules, the

Director, Central Board of Secondary Education, New Delhi, India, has



unblocked on 30th September, 2019 in the presence of two witnesses namely Mr. Naveen Agarwal and Mr. Raj Kumar Dhar who were not in employment of the Company.

Based on the report of e-voting generated from the CDSL eVoting System, we put forward the outcome of voting as under -

Item No. 1

ORDINARY RESOLUTION

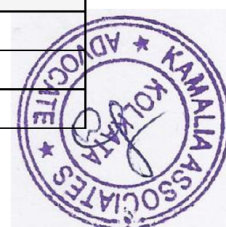
To consider and adopt the audited balance sheet as at March 31, 2019, the statement of profit and loss for the year ended on that date and the reports of the Board of Directors and Auditors thereon.

Votes cast in favor of the Resolution

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	151	7099728	95
Polling Paper	38	375259	05
Total	189	7474987	100

Votes cast against the Resolution

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	0	0	0
Polling Paper	0	0	0
Total	0	0	0



Invalid Votes

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	0	0	0
Polling Paper	0	0	0
Total	0	0	0

Item No. 2

ORDINARY RESOLUTION

To appoint a Director in place of Shri Pawan Kumar Sethia (DIN No: 00482462) who retire by rotation and being eligible, offers himself for reappointment.

Votes cast in favor of the Resolution

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	150	7099540	95
Polling Paper	38	375259	05
Total	188	7474799	100

Votes cast against the Resolution

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	01	188	0
Polling Paper	0	0	0
Total	01	188	0



Invalid Votes

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	0	0	0
Polling Paper	0	0	0
Total	0	0	0

Item No. 3

SPECIAL RESOLUTION

Re-Appointment of Mrs. Gita Sharma as Non- Executive Independent Director of the Company

Votes cast in favor of the Resolution

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	151	7099728	95
Polling Paper	38	375250	05

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Invalid Votes

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	0	0	0
Polling Paper	0	0	0
Total	0	0	0

Item No. 4

SPECIAL RESOLUTION

Appointment of Mr. Mridul Kanti Datta as Non- Executive Independent Director of the Company

Votes cast in favor of the Resolution

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	150	7099540	95
Polling Paper	38	375259	05
Total	188	7474799	100

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
Total	01	188	0



Invalid Votes

Mode of Voting	Total number of members casted there Vote	Total number of Votes cast	% of total number of Votes cast
E- Voting	0	0	0
Polling Paper	0	0	0
Total	0	0	0

The poll papers and all other relevant records were sealed and handed over to the Director authorized by the Board for safe keeping.

Thanks & regards,

For and on behalf of

Kamalia Associates



Udit Agarwal
Advocate

