

# SURAT TEXTILE MILLS LIMITED

Date: 2nd September, 2021

**Corporate Relationship Manager,  
Bombay Stock Exchange Limited,  
1st Floor, New Trading Ring, Rotunda Bldg,  
P.J. Tower, Dalal Street,  
Mumbai 400001  
Stock Code No: 530185**

Sir / Madam,

**Sub: Disclosure under Regulation 30, 44 and 47 of the SEBI (Listing Obligations and Disclosure Requirements) Regulation, 2015 ("Listing Regulations") regarding Newspaper Advertisement of Notice of National Company Law Tribunal (NCLT) convened Meeting.**

Pursuant to Regulation 30 read with Para A of Schedule III, Regulation 44 and Regulation 47 of the SEBI Listing Regulations and in compliance with Section 230 of the Companies Act, 2013 and Ministry of Corporate Affairs ('MCA') Circulars dated 5th May, 2020, 8th April, 2020 and 13th April, 2020, and Securities and Exchange Board of India (SEBI) Circular dated 12th May, 2020, we enclose herewith copies of the following newspaper advertisements published for giving Notice of the NCLT convened meeting of the Equity Shareholders of Surat Textile Mills Limited to be held on **Thursday, the 7th October 2021 at 3:00 p.m. (IST)**, to consider and approve the Scheme of Amalgamation of Vareli Trading Company Limited ('Transferor Company') with Surat Textile Mills Limited, ('Transferee Company' or 'the Company') and their respective Shareholders and Creditors ('the Scheme').

1. Freepress Gujarat (English) Surat Edition dated 1st September 2021; and
2. Lokmitra (Gujarati) Surat Edition dated 1st September 2021.

This is for your information and record.

Thanking you,

Yours faithfully,

**For Surat Textile Mills Limited**

**Chinmay M. Methiwala  
Company Secretary and Compliance Officer**

Encl.: As above.



# Managing Stress for bank Employees



**Vinod Chandrasekhar Dixit**  
Free-lance Journalist, Writer & Cartoonist  
(dixitpatrakar@yahoo.in)

Ahmedabad, We all know a happy worker is a productive worker. Now-a-days working in bank has become a stressful place with the phone ringing, more projects piling up on your desk, meetings to attend, and projects and regular daily work that you have to finish by deadline and the most important is to satisfy our customer. It feels like the walls are coming in and you are just pulling out your hair because of the regular everyday problems that also occur. When such moments come a few minor adjustments, you despair because there are things you can do to make your day easier to handle. Work stress is extremely prevalent in today's society, and can impact happiness levels, health, and other important aspects of your life. We, particularly the bank employees need to learn more about the link between work stress and happiness, and find resources to have a healthier, happier life. Managing stress is all about taking charge, taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. Let us enjoy better our situation with a few minor adjustments, you can't deal with stress unless you recognize and admit its presence. Listen to your body. It will often give you signals indicating stress. Listen to your feelings, too. They will also tell you when you need some relief.

The following ten suggestions are designed to help you to deal with the stress you may be experiencing and also to increase job satisfaction and to lead a balanced life.

Stop taking on too much  
The most common cause of a stress reaction is attempting to do too much with the result that you are at your disposal. There is a limit to everyone's capacity. If you repeatedly make commitments beyond your capacity, you're pushing yourself too hard. Better scheduling and enough self-assertion to say "no" when that is appropriate can help.

Check it out with your Doctor  
Persistent signals that might mean psychological stress are sometimes due to illness or stress. If you are not out with your doctor. If no medical problems are found, ask the physical for suggestions on handling stress or tension.

Balance work with play.  
Set aside some time for recreation and hobbies that are relaxing and enjoyable. Of course, the regularity of work can occasionally help a person through emotional situations that are hard to bear - like the death of a loved one, serious divorce.

Loaf a little  
Some active people who feel guilty about occasionally just sitting and doing nothing should give themselves a chance to learn the art of loafing. The notion of a modern life may keep us in a constantly stimulated state-contributing to a feeling of anxiety. Take a breather. A walk, for example, can bring peace and perspective. Find the time to "make friends" with yourself.

Get enough sleep and rest.  
Nobody can be in the best of health for long without enough sleep and rest. Adults vary in the hours of sleep they need. Probably the best test of whether you are getting



enough sleep is how you feel. If you awake refreshed and energetic, you are no doubt getting required rest. But if you frequently feel tired, the solution may well be as simple as going to bed earlier and being as regular as possible in your sleep habits. Frequent inability to sleep should be discussed with a physician.

Work off tensions.  
When we're upset or angry, we can try to blow off steam or work off our feelings with physical exercise. Enjoying some activity such as playing tennis, cycling, swimming or other exercise helps to relieve tension and makes it easier to face and handle problems more calmly. Getting some regular exercise is also a great way to keep yourself in good physical condition.

Speak out your troubles.  
It helps to get it off your chest sometimes by confiding worries to a sympathetic friend. When what appears to be a serious problem starts to get you down, it's wise to discuss it with your physician, a religious counselor, or with an understanding member of your own family. Often another person can help you to see your problem in a new light. This may be the first step towards a constructive solution. However, if your problems seem to be getting out of hand, your doctor may want to recommend a

specialist.  
Learn to accept what you cannot change.

Many of us get upset about circumstances which are truly beyond our control. Sometimes we even try to make people over to suit our own ideals and then feel frustrated when we find that this cannot be done. We can look for the best in others while realizing that nobody is faultless.

Get away from it all.  
When you feel that you are going around in circles with a problem or a worry, try to divert yourself. As simple a thing as going to the movies, watching TV, reading a story or visiting a friend may help. There is no harm in running away from a painful situation long enough to catch your breath and regain the composure you need to come back and face the problem.

Avoid self-medication.  
If you should need medication, your physician may prescribe some which temporarily helps you to relax without affecting your mental agility. But avoid self-medication. There are different types of tranquilizers or sedatives available for various purposes. A doctor can prescribe the amount and type that's safe for you, if necessary. **(B-15 Jyoti-Kalash Society, Jodhpur Tekra, Satellite, Ahmedabad - 380 015)**

# Teenage YouTuber Prarthna Batra pens debut book

Ahmedabad, Seventeen-year-old YouTuber Prarthna Batra discusses the salient topics and mantras for young individuals to achieve success in her book, which is set to release in December.

"Getting the Bread: The Gen-Z Way to Success" is a firsthand account on what it takes to make it in this competitive world.

Batra, a class 12 student from Delhi, is a content creator across various formats. She runs the YouTube channel "Power People and Prarthna" and is passionate about animal rights, sustainability and more opportunities for women in India.

The book, to be published by Om Books International, is an attempt by Batra to share her journey with millennial readers and tell them how she sees the world and how to make an impact in a



competitive and dynamic world with a human-centric approach.

In the book, she has a series of conversations with industry leaders across the digital internet, food, hospitality, media, and sports. "Writing is cathartic. This being my first book, it taught me a lot and I hope I have been able to communicate my learning and experience through the exercise.(20-4)

**Form No. CAA.2**  
**(Pursant to Section 230(3) and Rule 6 and 7)**  
**IN THE NATIONAL COMPANY LAW TRIBUNAL AHMEDABAD BENCH COMPANY APPLICATION (CAA) NO. 58 OF 2021**

In the matter of the Companies Act, 2013  
AND  
In the matter of Composite Scheme of Arrangement between Vareli Trading Company Limited (Applicant Transferor Company) and Surat Textile Mills Limited (Applicant Transferee Company) and their respective Shareholders and Creditors  
AND  
In the matter of Sections 230 to 232 read with Section 66 of the Companies Act, 2013 and other applicable provisions of the Companies Act, 2013

**Vareli Trading Company Limited**  
(CIN: U65910GJ1987PL009405), a public limited Company incorporated under the Companies Act, 1956 having its registered office at Dr Amichand Shah Wade, RampuraTanki, Surat - 395003, Gujarat, India

... Applicant Transferor Company

**Surat Textile Mills Limited,**  
(CIN: L1719GJ1945PL000214) a public limited Company incorporated under the Companies Act, 1953, having its registered office at Tuli Krupa Arcade, 6th Floor, Near Sai Baba Chowk, Punj Kumbharia Road, Dumbhal, Surat - 395010, Gujarat, India

... Applicant Transferee Company

**ADVERTISEMENT OF NOTICE OF THE MEETING OF THE SHAREHOLDER OF APPLICANT TRANSFEROR COMPANY**

NOTICE is hereby given that by an order dated 16th August 2021 ("the Order") the Ahmedabad Bench of the National Company Law Tribunal ("Tribunal") has directed a meeting of Equity Shareholders of the Applicant Transferee Company will be held and convened on 7th October 2021 at 3:00 p.m. through video conferencing/audio/visual means. Copies of the said arrangement and of the statement under section 230 can be obtained free of charge at the registered office of the Applicant Transferee Company or at the office of its Advocate at 21-23 Laxmi Chambers, 2nd Floor, Navjivan Press Road, Umanarura, Ahmedabad - 380 014. It is clarified that in view of para A(x) of the MCA Circular No.10/2020 dated 8th April 2020, voting through Proxy shall not be permitted. However, voting through duly authorized representative is permitted.

The Tribunal has appointed Mr. Ulas G Shah as chairperson of the said meeting. The above-mentioned Amalgamation, if approved by the meeting, will be subject to the subsequent approval of the Tribunal.

**Dated: at this 1st Day of September 2021 Sd/-**  
**Place: Ahmedabad Ulas G Shah**  
Chairman appointed for the Meeting

# Gujarat's Kamdhenu Aayog almost defunct

AHMEDABAD: Within two years of its formation, the Rashtra's Kamdhenu Aayog (RKA) for the "conservation, protection and development of cows and their progeny" has

almost become defunct. The central government has not appointed any chairman after the term of Vallabh Katharia ended in February this year. According

to sources, the government is aiming to attach the RKA to the Animal Welfare Board of India (AWBI), a statutory body on animal welfare laws.

Meanwhile the website of the RKA, kamdhenu.gov.in, has also become non-operational. Sources associated with the RKA said that after the end of Katharia's term as chairman, it has become non-functional. "To my knowledge, the RKA has not been functional since February this year. I have learnt that it is being attached to the AWBI for the time being," said a source who was closely associated with the aayog. "However, I am not sure what the government

intends to do regarding the RKA." When asked about the fact that RKA is defunct now, Katharia said, "Even with the prevailing Covid-19 situation and other hurdles, we could do well in propagating the message of cow protection." He added: "The RKA was instrumental in creating the model for cow-based entrepreneurship in the country as well." Earlier this month, Lok Sabha member A. M. Ariff sought to know why "irrational facts" were being allowed in the name of the RKA.

# Sootho Healthcare Secures 130 crore seed funding from leading Pefund A91 Partners

Ahmedabad, Sootho

overwhelmingly positive response from consumers. Sootho is a uniquely positioned omnichannel company leveraging both online and D2C capability - deep distribution channels throughout India, modern trade, hypermarket stores and an online presence. (19-10)

**SHRIRAM HOUSING FINANCE LIMITED**  
Registered Office: Office No.123, Angappa Naicken Street, Chennai-600 01.

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