

MEHTA HOUSING FINANCE LIMITED

Regd. Off: Plot No. 1A, Revenue Survey No 203, Savarkundla Road, Taveda,
Mahuva Bhavnagar, Gujarat - 364290

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May 30, 2023

To,
General Manager,
The Department of Corporate Services - CRD,
BSE Limited,
Phiroze Jeejeebhoy Towers,
Dalal Street,
Mumbai – 400 001

Dear Sir/Madam

Scrip Code: 511740

**Subject: Newspaper Cutting of Abridged Audited Financial Results for the quarter
and year ended March 31, 2023**

In compliance with Regulation 47 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, the Abridged Audited Financial Results for the quarter and year ended March 31, 2023, has been published in "Free Press Gujarat" and "Lokmitra" on May 30, 2023.

We are enclosing the newspaper clippings of the reporting in "Free Press Gujarat" and "Lokmitra" for your information and records.

Kindly take the above on record.

Thanking you.

Your faithfully

For Mehta Housing Finance Limited

Kinjal Kothari
Company Secretary & Compliance officer
Membership No: A60997
Encl: a/a

Keys for success in the Big Pharma field

The Food and Drug Administration (FDA) is responsible for the safety and effectiveness of drugs sold in the United States. The process to get the FDA's approval for a pharmaceutical product is usually very long and complicated.

The FDA's Center for Drug Evaluation and Research (CDER) conducts research to test the drugs' quality, but the pharmaceutical companies that aim at introducing a new product on the US market are responsible for extensive testing of the drugs to prove they're safe and effective. The CDER then reviews the data included in the new drug application (NDA). After the development phase, the FDA goes through preclinical and clinical research, review, and post-market safety monitoring. Experts in the field rarely share their advice on how to deal with the FDA in the most effective way and how to be successful in the pharmaceutical business.

"Mastering the art of communication and being proficient in marketing techniques can be helpful," told us Alessandro Ricci,



president of the US branch of the Chinese big pharma company Aurisco. "You have to discover a product's potential, develop a plan, and clearly describe the assets and advantages a drug can bring to the American market and the world in general," explained the Italian CEO, product developer and expert of the life-cycle management associated with the supply chain. Having a nice dose of charm, being personable, and able to put people at ease are other important qualities to develop. Mr. Ricci is

responsible for the success of very popular drugs and active substances, such as the extremely popular steroid medicine Fluticasone Propionate, generic of Advair. Sold today under the brand names Flovent and Flonase among others, this product works by decreasing inflammation and is used for the long-term management of asthma, but also to treat hay fever, nasal polyps, and mouth ulcers. With over 24 million prescriptions, Fluticasone was the 23rd most prescribed medication

in the United States in 2020. "I make the technical aspects very simple for clients and supervise the document filing for drugs to be successful with the FDA's approval," the 43-year-old entrepreneur added. Mr. Ricci is also the mind behind the development of the Active Pharmaceutical Ingredient (API) Fulvestrant, used in the generic oncologic drug Fasiodex and of Abiraterone acetate, a medication used to treat prostate cancer, sold under the brand name Zytiga. Mr. Ricci's knowledge of the US marketing and business world has been a crucial asset for many international companies in America. Probably his most important piece of advice is inspired to professional sports and the athlete's mentality, which he gets from his passion for marathon running: "Be persistent. Just like athletes must train every day in order to be able to finish a marathon, you should fight every day to get to your short-term goals," he explained. "Working in this field is just like a long-distance race: You need to fight every mile to get to the finish line."

What is the right age to give smartphones to children?

Children should not get addicted to smartphones - Two-four parents used to discuss the topic while sitting on Sunday. "To prevent the child from disturbing the session, the father started him watching cartoon videos on YouTube." The mother set the child in the corner of the sofa with the mobile phone and said: "It won't matter now, they will play!" "Almost everywhere around us today is a scenario like this fantasy. Despite understanding that digital devices including smartphones have serious effects on children's physical and mental health, parents cannot keep their children away from smartphones. Many times, bowing down to the child's stubbornness and holding the mobile in his hand, many times he entrusts the mobile to the child for his own convenience." "In the world, 90 out of 100 parents admit that the use of smartphones is dangerous for children, but 70 out of 100 parents do not

prevent their children from using smartphones - this confusion of an online survey in Australia is not surprising at all. In a survey of 2,500 parents, 56 percent admitted that they had a role in getting their child addicted to mobile phones. However, by the time they realize this, children get used to smartphones." "From 2013 to 2020, mobile usage has increased by 250 percent. It has a direct impact on children. Since there is more than one smartphone in the house, the possibility of children getting access to mobile phones has also increased by 125 percent in this period. Parents get mobile help to get away from misbehaving or crying before he/she understands. Parents start giving mobiles to their children in order to introduce them to the new mobile. The mobile stops to keep the child sitting in one place while eating. When going with friends or family to a restaurant or for a walk, the child is kept busy with the mobile

so that he does not have to run behind. It is not possible to think about how it affects the child's mind. Parents do not want harm to the child. They have such a logic that there will be no big impact in a few minutes. But that short period starts coming again and again. "An American survey found that children between the ages of 8 and 12 spent 4 hours and 44 minutes on mobile phones. After the corona period, this period has increased to 5 hours and 37 minutes. Children between the ages of 12 and 18 spend 7 hours and 22 minutes on screen. It also includes spending an hour and a half up to five hours living in digital homework. This trend is going on in developed and developing countries around the world. 54 percent of children up to three years have recorded online activity, 68 percent of children start using computers and their screen time increases in sum." "In this situation, the question is, what is the right

time to hold a mobile phone in the child's hand? At what age does introducing a child to devices including smartphones have positive effects instead of side effects? Until what age is it necessary to keep mobiles away from children? Various findings have been presented at the end of multiple researches, discussions. In America, the average nine-year-old child owns a mobile phone, while in Britain, 11-year-olds become mobile phone owners. A survey conducted in 19 European countries found that 80 percent of European children get their own mobile phone by the age of 16 at the latest. At the age of 12 to 15, these children have their own social media accounts. According to Professor Candice Odger, Head of the Department of Psychology at the University of California, 90 percent of children living in cities around the world are given a smartphone-tab or laptop at the age of 9 to 10 years.

THE ESSENCE OF SPIRITUAL, PHYSICAL AND MENTAL WELLNESS

What is Mental Health?
According to "Uk Mental Health Source" Mental health includes: our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

A state of mental wellbeing of a person with an ability to cope with stress or not. Undoubtedly,

Over the course of your life journey if you experience mental health problems it will be established that your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry. Life experiences, such as trauma or abuse. Family history of mental health problems.

Early Warning Signs
Eating or sleeping too much or too little (Bulimia nervosa, SRED), pulling away from people and usual activities, Having low or no energy, Feeling numb or like nothing matters, having unexplained aches and pains, Feeling helpless or hopeless,

DEFERRED EXPECTATIONS:
Prov.13.12 - Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

MENTAL WELLNESS
Mental wellness simply means in my own definition taking the necessary steps to ensure you're living healthy and these steps can be spiritually, medically and physically or ability to achieve an optimal functional state of the body system of a person. But let's understand that man is TRIPARTITE BEING he is made of 3 important PARTS which includes: spirit, soul and body and of most importance all these three various compartments need care without an exception from another. Perhaps, for us to achieve mental wellness there must be a synergy between these 3 compartments. Anyone of these three various breakdown will definitely affect the overall mental stability of our system.

Depression and mental illness are real, it might be

medically or spiritually inclined but the fundamental truth remains that everything about spiritual/mental illness has its' genesis and exodus from our mind; "our mind is a fertile ground where seeds both (good or bad) are sown, it's the seat of power of man, it's the trigger point of actions and inactions" our inability to

establish a few factors that cause spiritual and mental decline against our mental wellness. **WHEN VISION AND ASPIRATIONS LACKS SUPPORT:**
Ecd.9.15 - Now there lived in the city a man poor but wise, and he saved the city by his wisdom. But nobody remembered that poor man.

TALENTED but your voice isn't heard, **BIRTHED** with great visions but no support; all these causes mental breakdown and disorder physically, spiritually and mentally.

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Bonding over something hilarious with a loved one might even trigger oxytocin release.

HAPPY HORMONES OR MOOD BOOSTERS
Hormones are chemicals produced by different glands

across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes. One of these important functions? Certain hormones are known to help promote positive feelings, including happiness and pleasure; these "happy hormones" include:

Dopamine: Known as the "feel-good" hormone, dopamine is a neurotransmitter that's an important part of your brain's reward system. It's associated with pleasurable sensations, along with learning, memory, and more.

Serotonin: This hormone and neurotransmitter helps regulate your mood as well as your sleep, appetite, digestion, learning ability, and memory.

Oxytocin: Often called the "love hormone," oxytocin is essential for childbirth, breastfeeding, and strong parent-child bonding. It can also help promote trust, empathy, and bonding in relationships. Levels generally increase with physical affection.

Endorphins: These hormones are your body's natural pain reliever, which your body produces in response to stress or discomfort. Levels may also increase when you engage in reward-producing activities such as eating, working out, or having sex.

WAY TO PRODUCE MORE OF THE NATURAL MOOD BOOSTERS.
Looking to boost your serotonin level? Spending time outdoors, in sunlight, is a great way to do this. According to research,

you're a dog lover, this might happen when you get a chance to pet any dog at all. Get a good night's sleep: Not getting enough quality sleep can affect your health in multiple ways. For one, it can contribute to an imbalance of hormones, particularly dopamine, in your body. This can have a negative impact on your mood as well as your physical health, setting aside 7 to 9 hours each night for sleep can help restore the balance of hormones in your body, which will likely help you feel better. If you find it difficult to get a good night's sleep, try going to bed and getting up around the same time every day, creating a quiet, restful sleeping environment (try reducing light, noise, and screens) decreasing caffeine intake, especially in the afternoon

UNDERSTAND YOUR'RE NOT DEFINED BY YOUR UNHEALTHY THOUGHTS:
Prov.4.23 - Above all else, guard your heart, for it is the wellspring of life. John.8.44 - You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. Perhaps this can cause anxiety disorder, depression and inferiority complex and low self-esteem but the scriptures gives hope which helps us to curb fear of the unknown - Jer 29:11, Jer 1:5, Prov 25:2

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may also experience an endorphin release while performing music, especially in a large group. For example, a 2016 study

Trusted Source found that choir members experienced increased endorphin release

exposure to ultraviolet (UV) radiation from the sun can increase the production of serotonin. But exercise doesn't just work on endorphins. Regular physical activity can also increase your dopamine and serotonin levels, making it a great option to boost your happy hormones

COOKING AND ENJOYING A FAVORITE MEAL WITH A LOVED ONE:
The enjoyment you get from eating something delicious can trigger the release of dopamine along with endorphins. Sharing the meal with someone you love, and bonding over meal preparation, can boost oxytocin levels. Certain foods can also have an impact on hormone levels, so note the following when meal planning for a happy hormone boost: spicy foods may trigger endorphin release, yogurt, beans, eggs, meats with low-fat content, and almonds are just a few foods linked to dopamine release foods high in tryptophan have been linked to increased serotonin levels, foods containing probiotics such as yogurt, kimchi, and sauerkraut, can influence the release of hormones.

LISTEN TO MUSIC (OR MAKE SOME):
Music can give more than one of your happy hormones a boost. Listening to instrumental music, especially music that gives you chills, can increase dopamine production in your brain. You

during rehearsals? Meditate: If you're familiar with meditation, you might already know of its many wellness benefits from improving sleep to reducing stress.

PLAN A ROMANTIC EVENING:
Oxytocin's reputation as the "love hormone" is well earned. Simply being attracted to someone can lead to the production of oxytocin. But physical affection, including kissing, cuddling, or having sex, also contributes to oxytocin production. Just spending time with someone you care about can also help boost oxytocin production. This can help increase closeness and positive relationship feelings, making you feel happy, blissful, or even euphoric. If you really want to feel those happy hormones, note that dancing and sex both lead to endorphin release, while orgasm triggers dopamine release, you can also share a glass of wine with your partner for an added endorphin boost.

PET YOUR DOG:
If you have a dog, giving your furry friend some affection is a great way to boost oxytocin levels for you and your dog. According to research "Trusted Source", dog owners as well as their dogs see an increase in oxytocin when interacting. Even if you don't own a dog, you might also experience an oxytocin boost when you see a dog you know and like. If

you're a dog lover, this might happen when you get a chance to pet any dog at all. Get a good night's sleep: Not getting enough quality sleep can affect your health in multiple ways. For one, it can contribute to an imbalance of hormones, particularly dopamine, in your body. This can have a negative impact on your mood as well as your physical health, setting aside 7 to 9 hours each night for sleep can help restore the balance of hormones in your body, which will likely help you feel better. If you find it difficult to get a good night's sleep, try going to bed and getting up around the same time every day, creating a quiet, restful sleeping environment (try reducing light, noise, and screens) decreasing caffeine intake, especially in the afternoon

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UNHEALTHY COMPETITION:
Peer group pressure, social media pressure (behind social media are many unseen battles, shaft waters, untold stories, lies and deceit, family pressure) it's paramount to understand there's no competition in destiny, life happens to everyone at his own time and season, billions of stars in our galaxy system are shining independently with no pressure and competition from another. Having established the above facts about mental health let's see the essence of mental health, spiritually and physically?

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CIN: L15100GJ1993PLC020699 M: 98989 08652 Email: mehtahousingfinanceindia@gmail.com						
Website: www.mehtahousing.com						
EXTRACT OF STANDALONE FINANCIAL RESULTS FOR THE QUARTER & FINANCIAL YEAR ENDED						
MARCH 31, 2023						
Sr. No.	Particulars	Quarter Ended			Year Ended	
		31.03.2023 (Audited)	31.12.2022 (Unaudited)	31.03.2022 (Audited)	31.03.2023 (Audited)	31.03.2022 (Audited)
1.	Total Income from Operations	0.00	0.00	0.00	0.00	0.00
	Net Profit / (Loss) for the period (before Tax, Exceptional and/or Extraordinary Items)	(4.62)	(4.61)	(3.28)	(19.43)	(9.41)
3.	Net Profit / (Loss) for the period before tax (after Exceptional and/or Extraordinary Items)	(4.62)	(4.61)	(3.28)	(19.43)	(9.41)
4.	Net Profit / (Loss) for the period after tax (after Exceptional and/or Extraordinary Items)	(4.62)	(4.61)	(3.28)	(19.43)	(9.41)
5.	Total Comprehensive Income for the period (Comprising Profit / (Loss) for the period (after tax) and Other Comprehensive Income (after tax))	(4.62)	(4.61)	(3.28)	(19.43)	(9.41)
6.	Equity Share Capital	308.20	308.20	308.20	308.20	308.20
7.	Earnings Per Share (of Rs. 10/- each) (for continuing and discontinued operations)					
	1) Basic:	(0.150)	(0.150)	(0.106)	(0.630)	(0.305)
	2) Diluted:	(0.150)	(0.150)	(0.106)	(0.630)	(0.305)

Note: 1. The above is an extract of the detailed format of Audited Financial Results filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The said results along with the Auditors Report of the Statutory Auditors are available on BSE Limited (BSE) website (URL: www.bseindia.com) and on the Company's website (URL: www.mehtahousing.com). The Audited Financial Results were reviewed by the Audit Committee and by the Board of Directors at their Meeting held on May 29, 2023.

2. Previous years' Quarters figures have been regrouped/rearranged wherever necessary to make them comparable.

For Mehta Housing Finance Limited
Sd/-
Vishal Ruparel
Chairman & Managing Director
DIN: 00277872

Date: 29.05.2023
Place: Mahuva

