

Date: October 28, 2020

To,
Department of Corporate Services,
Bombay Stock Exchange Limited.,
P J Towers, Dalal Street,
Mumbai- 400001

Sub. : Newspaper Advertisement- Notice of Postal Ballot
Ref. : ISIN – INE420B01028; Security Code- 511605.

Dear Sir/Madam,

Pursuant to Regulation 47 of the SEBI (Listing Obligation & Disclosure Requirement) Regulation, 2015, we are enclosing herewith the copy of the newspaper advertisement published in the Free Press (English edition) and Choutha Sansar (Hindi edition) on 28th October, 2020.

This is for your information and record.

Thanking You,

Yours faithfully,

For Arihant Capital Markets Limited



Mahesh Pancholi
(Company Secretary)
M. No. F-7143



ARIHANT CAPITAL MARKETS LTD.

Member of NSE, BSE, NSDL, CDSL

Reg. Office : 6 Lad Colony, Y. N. Road, Indore-452 001 T: +91-731-4217100 F: +91-731-4217199

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NASA spacecraft to stow asteroid sample to stop leakage

WASHINGTON: NASA on Tuesday said its OSIRIS-REx spacecraft is ready to perform an early stow on October 27 of the large sample it collected last week from the surface of the asteroid Benu to protect and return as much of the sample as possible. On October 22, the OSIRIS-REx mission team received images that showed the spacecraft's collector head overflowing with material collected from Benu's surface - well over the 60-gram mission requirement. The images showed that some of these particles appeared to be slowly escaping from the collection head, called the Touch-And-Go Sample Acquisition Mechanism (TAGSAM). A mylar flap on the TAGSAM allows material to easily enter the collector head, and should seal shut once the particles pass through. -IANS



Let's Talk Nutrition

Luke Coutinho

6 ways to cheat right

Somebody following a restrictive eating lifestyle or a strict diet knows the yearning of 'desired for cheat meal'. That single meal one is allowed to indulge in, once a week, where they eat food one has been craving for, allowing yourself to go on a break. Consumefoods that you aren't allowed to have, as part of the diet, and once the longing is over you can come back to your healthy eating plan with a re-energized and new determination to stay in the sequence of healthy eating.

No matter how hard one tries to follow the healthy regime, they rebound, to slip up and misuse this right to binge and overindulge, only to regret it later. But as it is said 'where there is a will, there's always a way'. Here is how one can make the utmost of their cheat meal by making astute choices, the primary one of which is to call it a "reward meal" as the term aids reinforce a optimistic rationale.

Here are 6 steps to reward yourself without tilting the scale to the heavier side...

Don't binge: Just for the reason that it says 'cheat', doesn't mean that one should splurge the complete day. Be mindful of what you're consuming. This meal is a reward to eat what one likes and not a hall pass to eat whatever one can. Binging would unbutton your full week's hard work. Don't go overboard and have a full day of eating a lot of additional calories or eating a lot of junk food.

Upsurge Leptin levels: Leptin levels drip when the body wits a calorie deficit. Increase levels of leptin by surging carb consumption. The "anti-starvation" hormone identified as leptin is accountable for conveying hunger messages to the body. Studies have shown that carbohydrates impact levels of leptin. Eat a well-proportioned meal that comprises proteins, carbohydrates and fats with leptin foods to aid turn off the growl and give you a satiating feeling.

Indulge sensibly: Some meals are better at helping you stay on track with your health and fitness goals. A meal high in carb with moderate protein can be such a meal. And a high-carb, moderate-protein meal can help you stay on track with your diet. A meal high in fat causes immediate fat storage than a high-carb meal. Re-imagine your favourite foods in a healthy avatar without compromising on taste. Use new ingredients, whole foods and seasonal vegetables to rustle up a tasty yet healthy and rewarding meal.

Don't starve yourself: Some people deprive themselves by severely restricting their food intake for days in advance before the D-day. While a calorie buffer can be a smart strategy, but having a feast by depriving oneself in advance almost always backfires. You're more likely to overeat if you starve yourself. Eating a meal high in protein, and fiber and low on starch maximizes satiety for the lowest number of calories. You won't be starving and won't unleash a hungry you on cheat days. The key is to stay consistent observing the discipline.

Control thy portions: On days when you take a break from your strict dieting regime, don't let go of yourself in gluttony through the day as it will only undo an entire week's hard work, bringing you back where you started. Eating through the entirety of the day would only encourage more cravings. Reward yourself with a piece or two of pizza instead of the whole pie. Be mindful of what you eat on your off days. Stay the course of small portions to ensure a well-planned and portioned meal.

COVID-19 can damage heart in various ways

According to a study, coronavirus patients are likely to develop cardiac structural abnormalities, and as compared to women, men are more likely to face death risk.

AGENCIES
New York

Scientists have identified the different types of structural injuries to the heart experienced by COVID-19 patients that are associated with life-threatening blood clots and cardiac arrest, findings that may lead to better monitoring of people vulnerable to these deadly conditions.

According to the study, published in the Journal of the American College of Cardiology, these abnormalities in the heart are associated with higher risk of death among hospitalised COVID-19 patients.

The researchers, including those from The Mount Sinai Hospital in the US, believe the new insights may help doctors better understand the mechanism of cardiac injury among those infected with the novel coronavirus, leading to quicker identification of patients at risk and guidance on future therapies.

"Early detection of structural abnormalities may dictate more appropriate treatments, including anticoagulation and post-hospitalised patients," said study co-author Valentin Fuster from The Mount Sinai Hospital.

In the current study, the scientists



looked at the levels of the protein troponin, which is released when the heart muscle becomes damaged, in combination with the presence of cardiac scan abnormalities seen using an echocardiogram instrument.

The researchers found that the combination was associated with worse prognosis and mortality than troponin elevations alone. "This is one of the first studies to provide detailed echocardiographic and electrocardiographic data in hospitalized patients with COVID-19 and laboratory evidence of myocardial injury," explained study corresponding author Gennaro Giustino from The Mount Sinai Hospital.

"We found that among COVID-19 patients who underwent transthoracic echocardiography these cardiac structural

abnormalities were diverse and present in nearly two-thirds of patients," Giustino said.

According to the study, the average age of the patients was 63 years and 67.2 per cent were men. The scientists found that patients with myocardial injury had more heart scan abnormalities, and higher levels of molecules indicating inflammation when compared to patients without heart injury. They said these abnormalities were diverse with some patients exhibiting multiple signs of heart injury.

According to the study, 26.3 per cent of the patients had dysfunction in the heart's right ventricle chamber, and 23.7 per cent had regional left ventricular wall motion abnormalities, which can be associated with heart attacks.

The scientists said 18.4 per cent had cardiac abnormalities which can be associated with inflammation of the heart and heart damage, and 13.2 per cent had grade II or III diastolic dysfunction - a condition leading to stiffer cardiac chambers. They said 7.2 per cent had extra fluid around the heart that causes abnormal pumping of the heart.

The researchers said they adjusted for other major complications from COVID-19 including shock, acute respiratory distress syndrome, and renal failure. -PTI

NASA's SOFIA discovers water on sunlit surface of Moon

AGENCIES
Washington

The NASA's Stratospheric Observatory for Infrared Astronomy (SOFIA) has confirmed, for the first time, water on the sunlit surface of the Moon. This discovery indicates that water may be distributed across the lunar surface, and not limited to cold, shadowed places, according to a statement by NASA.

NASA scientist on Monday said that though the moon lacks the bodies of liquid water that are a hallmark of Earth, the lunar water is more widespread than previously known, with water molecules trapped within mineral grains on the surface

and more water is perhaps hidden in ice patches residing in permanent shadows.

A team led by Casey Honniball of NASA's Goddard Space Flight Centre in Maryland detected molecular water on the lunar surface, trapped within natural glasses or between debris grains.

The SOFIA has detected water molecules (H₂O) in Clavius Crater, one of the largest craters visible from Earth, located in the Moon's southern hemisphere. Previous observations of the Moon's surface detected some form of hydrogen, but were unable to distinguish between water and its close chemical relative, hydroxyl (OH). "Data from this location



might be present on the sunlit side of the Moon," said Paul Hertz, director of the Astrophysics Division in the Science Mission Directorate at NASA Headquarters in Washington. "Now we know it is there. This discovery challenges our understanding of the lunar surface and raises intriguing questions about resources relevant for deep space exploration." As a comparison, the Sahara desert has 100 times the amount of water than what SOFIA detected in the lunar soil, the statement read. Despite the small amounts, the discovery raises new questions about how water is created and how it persists on the harsh, airless lunar surface.

"We had indications that H₂O - the familiar water we know -

might be present on the sunlit side of the Moon," said Paul Hertz, director of the Astrophysics Division in the Science Mission Directorate at NASA Headquarters in Washington. "Now we know it is there. This discovery challenges our understanding of the lunar surface and raises intriguing questions about resources relevant for deep space exploration." As a comparison, the Sahara desert has 100 times the amount of water than what SOFIA detected in the lunar soil, the statement read. Despite the small amounts, the discovery raises new questions about how water is created and how it persists on the harsh, airless lunar surface.

Corona Vaccine Tracker

US ends Eli Lilly COVID trials



US government officials are putting an early end to a study testing an Eli Lilly antibody drug for people hospitalised with COVID-19 because it doesn't seem to be helping them.

Independent monitors had paused enrolment in the study two weeks ago because of a possible safety issue.

But on Monday, the National Institute of Allergy and Infectious Diseases, which sponsors the study, said a closer look found no safety problem but a low chance that the drug would prove helpful for hospitalized patients.

In a statement Lilly notes that the government is continuing a separate study testing the antibody drug in mild to moderately ill patients, to try to prevent hospitalization and severe illness.

The company also is continuing its own studies testing the drug, which is being developed with the Canadian company AbCellera.

Khaitan Chemicals and Fertilizers Limited
CIN: L24219MP1982PLC004937
Regd. Office: A.B. Road, Village Nimrasi, Tehsil Kasrawad, Dist. Khargone-451569 (M.P.) Ph: 0731-4237926, Fax: 0731-4753655
E-mail: khaitanchemfert@gmail.com, Website: www.khaitanchemfert.com

NOTICE
Notice is hereby given, pursuant to Regulation 29 and 47 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, that the 4th Board Meeting of calendar year 2020 of the Company is scheduled to be held on Monday, November 2, 2020, to take on record the Unaudited Financial Results for the Quarter Ended September 30, 2020. The notice is also available on the Company's website (<http://www.khaitanchemfert.com>) and also on website of Bombay Stock Exchange Limited (<http://www.bseindia.com>).

By order of the Board
For Khaitan Chemicals and Fertilizers Limited
Sd/-
CS Kamlesh Joshi
(Company Secretary & General Manager)

Place: Indore
Date: October 27, 2020

COMMERCIAL SYN BAGS LIMITED
CIN: L25202MP1984PLC002669
Regd. Office: Commercial House, 3-4, Jaora Compound M.Y.H. Road Indore (MP) 452001
Website: www.comsyn.com, Email: investors@comsyn.com, Contact: 0731-4279525/26

NOTICE pursuant to Regulation 29(1)(a) read with Regulation 47(1)(a) of SEBI (LODR) Regulations, 2015 is hereby given that the Meeting of the Board of directors of the Company is scheduled to be held on **Tuesday, the 3rd day of November, 2020 at 12:15 P.M.** at the Registered Office of the Company to consider and approve the Standalone and Consolidated Unaudited Financial Results for the Quarter/Half Year ended on **30th September, 2020** along with other routine business. For further details, please refer the web link <https://www.bseindia.com/xml-data/corpfilings/AttachLive/704f08d-f1b7-4278-8d3a-f1e6a064c27c.pdf>

Place: Indore
Date: 27/10/2020

Sd/-
SANDEEP PATEL
COMPANY SECRETARY & COMPLIANCE OFFICER

TAROT CARD FOR THE DAY QUEEN OF WANDS

Today is a day to be confident and stay in your power.

You can be assertive and loving, at the same time.

Some of you will do shopping for yourself or your home.

A confident woman can guide you, listen to her. Stay hydrated and keep calm.

Don't hold any resentment towards anyone and let go.

TIP OF THE DAY: Visualise your aura golden, see it expanding and say, "I stand in my power" 3 times.

—By Sheetal Sapan Mhatre
(For online appointments, Whatsapp team on 9820533750)

FPJ - SUDOKU - 029 Level: Hard

4				9	
		4	5		
5	2		3		8
1		5			8
5	6				3
8			7		4
	3		9	8	2
		8	2		
	1				4

WHAT TO DO: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9. Every puzzle has only one correct solution.

FUN CORNER

DON'T MESS WITH THE CHEMIST!

LADIES, CHILL!

Tips to keep the virus away...

Avoid touching MEN!

M: Mouth
E: Eyes
N: Nose

Me: Coronavirus ki vaccine dena
Chemist: Translate Tweet

—Compiled by FPJ Features Desk

Disclaimer - this is a joke copy and no ill will is intended against anyone.

BLONDIE / Dean Young & Mile Gersher

DID I TELL YOU THAT I'M NOT A LADY AT THE MALL AT ALL? I THOUGHT I LOOKED SURPRISED, A LOT LIKE GEORGE GLOONEY?

WAS SHE WORKING AT THE MEN'S COSMETIC COUNTER? I KNOW WHAT YOU'RE THINKING, HONEY.

THE POINT IS NOW I HAVE SOME AMAZING PRODUCTS THAT WILL KEEP ME LOOKING AS SHARP AS GEORGE GLOONEY!

Arihant Capital Markets Ltd.
(Group concerns member of BSE, NSE, NCDEX, MCX, DP-NSDL, CDSL)
CIN - L67120MP1992PLC007182
Regd. Office: 6, Lad Colony, Y.N. Road, Indore-452 001
Phone: 0731-4217100 Fax: 0731-3016199
Email: compliance@arihantcapital.com, Website: www.arihantcapital.com

NOTICE OF POSTAL BALLOT TO MEMBERS

In terms of Section 110 of the Companies Act, 2013 ("the Act") read with Rule 22 of the Companies (Management and Administration) Rules, 2014 (including any statutory modification or re-enactment thereof for the time being in force and as amended from time to time), and pursuant to other applicable laws and regulations, Members of the Company are hereby informed that Arihant Capital Markets Limited ("The Company") has completed the dispatch of Notice of Postal Ballot through electronic means on Monday, October 26th, 2020, to transact the following special businesses and for seeking approval of members on the following resolutions:

- To make investment in Electrum Investment Managers Private Limited ("EIML") upto 49% of Share Capital.
- To Sale or Transfer the whole of a company as specified under Section 180 (1) (a) of the Companies Act, 2013.

The Board of Directors has appointed CS Virendra G. Bhatt (ICSI Membership No.: 1157, COP: 124) as the Scrutinizer ("Scrutinizer") for conducting the Postal Ballot (Electronic Voting) in a fair and transparent manner and in accordance with the provisions of the Act and rules framed there under.

In view of the current circumstances due to COVID-19 pandemic and in terms of the General Circular No.14/2020 dated 8th April, 2020 and General Circular No. 17/2020 dated 13th April, 2020 read with General Circular No. 22/2020 dated 15th June, 2020, issued by the Ministry of Corporate Affairs, Government of India (the "MCA Circulars"), hard copy of Postal Ballot Notice along with Postal Ballot Form and pre-paid business reply envelope has not been sent to the shareholders for this Postal Ballot.

Notice of Postal Ballot has been sent only through electronic mode to those shareholder whose names appear in the Register of Members List of Beneficial Owners as received from Registrar & Share Transfer Agent, National Securities Depository Limited (NSDL) as on Friday, 23rd October, 2020 (Cut-off date) and who have registered their e-mail addresses, in respect of electronic holdings, with the Depositories through the concerned Depository Participants and in respect of physical holdings with the Company's Registrar & Share Transfer Agent (RTA) i.e. M/s. Ankit Consultancy Private Limited.

The Company has engaged the services of National Securities Depository Limited (NSDL) as the agency to provide electronic voting facility. The procedure for E-voting as well as the details of user ID and password is given in the Notice of Postal Ballot.

Shareholders whose name appearing on the Register of Members List of Beneficial Owners as on Friday, 23rd October, 2020 (Cut-off date) only shall be entitled to vote and are requested to communicate their assent or dissent through the remote e-voting system only. Voting by post is not allowed, in view of the prevailing situation. Vote by post shall be treated invalid.

E-voting will commence from Friday, 30th October, 2020 (9:00 A.M.) till Saturday, 28th November, 2020 (5:00 P.M.). The voting shall not be allowed beyond the said date and time and the E-voting module shall be disabled thereafter.

Shareholders may note that the Notice will also be available on the Company's website at www.arihantcapital.com & websites of the Stock Exchange i.e. BSE Limited www.bseindia.com and on website of the E-voting agency National Securities Depository Limited (NSDL) at <https://www.evoting.nsdl.com>.

Shareholders who are holding shares of the Company on Friday, 23rd October, 2020 (Cut-off date) and who have not registered their e-mail addresses with the Company/ RTA/ Depositories, are requested to kindly register their e-mail IDs with the RTA.

Results of the Postal Ballot will be announced on or before Monday, November 30, 2020 and the same will also be posted on the Company's website www.arihantcapital.com, as well as communicating to the stock exchanges on which the shares of the Company are listed i.e. BSE Limited at www.bseindia.com.

In case you have any queries/ issues/ grievances connected with E-voting for Postal Ballot, you may refer the Frequently Asked Questions ("FAQs") and E-voting manual available at www.evoting.nsdl.com, under help section or write an e-mail at ankit_4321@yahoo.com and Mr. Mahesh Pancholi, Company Secretary at compliance@arihantcapital.com at Registered Office: 6, Lad Colony, Y.N. Road, Indore-452001

A person who is not shareholder as on Friday, 23rd October, 2020 (Cut-off date) should treat this notice for information purpose only.

ARIHANT CAPITAL MARKETS LTD., CIN: L67120MP1992PLC007182
6, Lad Colony, Y.N. Road, Indore, Madhya Pradesh-452 001
Tel: +0731-4217100, Fax: 0731-3016199
Email: compliance@arihantcapital.com
Website: www.arihantcapital.com

By Order of the Board of Directors
Sd/-
Mahesh Pancholi
(Company Secretary)
M. No. F-7143

GUIDING LIGHT

Being Spiritual: Taking charge of your health and well-being

— Kartik Naidu

When we think of spirituality, we often mistake it for being religious. But that is not the case. Spirituality is a broader term but not definitive. So, what is Spirituality?

Spirituality is a person's contact with the inner truth, or an ecstatic experience of the self, not by an external stimulus but by your own nature. Simply put, Spirituality is experiencing the god within. When we say that a person is on a "spiritual pursuit", it means that the person is on the pursuit of trying to make contact with the divine. The divine can have different meanings for different people, based on the culture and religion you grew up to adopt. Essentially, divine is in everything and everything is in divine, it is in fact our inability to drop the duality and experience the oneness which leads us to draw different meanings of the Divine.

In the process of being in pursuit of Spirituality, people resort to varied methods like- being in seclusion, perform prayers, meditation, and/or yoga. This can be achieved by an individual or through collective practice(s). The collective practice is usually performed under the guidance of trained personnel and/or a spiritual Guru. For some, who do not believe in the presence of something/somebody divine, they may resort to performing selfless services for the community/people, that will be at least a start.

Spirituality and health: Because of the increasing curiosity and competition and the inability to be still,

people have lost their sense of being. Due to rising competence and backlashes, it has become rather difficult to find life's meaning. Losing purpose and meaning of life can push people towards unhappiness or depression. Spirituality can encourage meaningful social engagement and help in finding one's lost sense of individuality, meaning, and purpose.

Spirituality and well-being: Research has shown that spiritual practices can contribute to positive health outcomes. Spiritual practices improve physical well-being and quality of life. Spiritual well-being means existential well-being; which means the purpose in life is so profound and pleasant that your existence is a spark of awakening in others.

The indicators of Spiritual Health and Well-Being are majorly the connections between the human with God, Nature, Himself/Herself, and/or Others. Any major conflict of and with the self can be the SELF-assessment. The self-assessment concept is inclusive of reality as understood from a transpersonal perspective of spirituality. Transpersonal therapy takes a more holistic approach. It addresses mental, physical, social, emotional, creative, and intellectual needs, with a stress on the purpose of a healthy spirit. It focuses on holistic forms of healing by indulging in diverse spiritual pathways.

(The writer is a Transpersonal Therapist, trainer and the founder of Green Aura Holistic. You can write to him at kartik@greenauraholistic.com)

CROSSWORD
By THOMAS JOSEPH

ACROSS
1 Headings
6 Fire proof
11 Be of use
12 Crab's place
13 Barista's creation
14 Soak
15 Series-ending abbr.
16 Groom's promise
18 Country singer David Allan
19 Slangy denial
20 "Varmosel"
21 That lass
22 Country singer
24 Auction actions
25 Overall profit
27 Hamster soldier
29 Hardy
32 One-time connection
33 Hotel feature
34 In the style of
35 Join the crew
36 Moody music
37 Mythical paper

DOWN
1 Knack
2 Film set
3 Surfer's activity
4 Young fox
5 Artifice
6 Monastery figure
7 Iale surrounder
8 Conspirator's activity
9 Reverberated
10 Thin window curtains
17 Chart
23 Take in
24 Sizable figure
26 Colorful sky
27 Winter airs
28 Like some clocks
30 Galahad's mother
31 Hula and hora
33 Savage creature
39 Brood watcher
41 H look-alike

Yesterday's answer

ACROSS
10 BALE
11 AGAVE
12 RHINO
13 RETIRED
14 ALBERT
15 BILLY
16 ELIAS
17 NADIA
18 LATER
19 OPTER
20 ASHLEY
21 MEN
22 AOT
23 SILVY
24 PABLO
25 RAISE
26 AXIOM
27 TIFINER
28 TENNIS
29 OTTER

DOWN
1 KRAK
2 FILM
3 SURFER
4 FOX
5 ARTIFICE
6 MONASTERY
7 IALE
8 CONSPIRATOR
9 REVERBERATED
10 THIN
11 AGAVE
12 RHINO
13 RETIRED
14 ALBERT
15 BILLY
16 ELIAS
17 NADIA
18 LATER
19 OPTER
20 ASHLEY
21 MEN
22 AOT
23 SILVY
24 PABLO
25 RAISE
26 AXIOM
27 TIFINER
28 TENNIS
29 OTTER

YOUR DAY

ARIES: You may make profits with help of associates. Buying a new home is likely. Those who are single should meet new people and mingle.

GEMINI: You will be in a romantic mood and would spend most of your time with partner. Students will succeed in exams, parents will help them in choosing the right start.

LEO: Avoid involving into pointless arguments. Express your views but don't force them on others. Don't waste your time in convincing people. Love life will bloom.

LIBRA: You may form a new business or a venture in association with a friend or an acquaintance. Your possessive attitude can spoil the marital and romantic bliss.

SAGITTARIUS: You will be in an enthusiastic mood. With constant hard work and efforts, you will be soon able to achieve desired success.

AQUARIUS: There is expansion in several spheres. It is advisable that you make thoughtful investment for future. Gains come, and so do happiness.

TARUS: People related to automobile, cotton or import-export sector will do well. New opportunities are on the cards for budding and sports persons.

CANCER: You should stay alert and careful as problems may appear from anywhere and anytime. Health may be troublesome. You may feel disturbed emotionally.

VIRGO: A lot may happen today in your interests. Your romantic life will get more exciting and passionate. Your bond with your spouse/lover will become stronger.

SCORPIO: Meditation will help you tide over the bumps today. Do not get depressed if seniors don't appreciate your work, keep doing your best.

CAPRICORN: New projects may come to your way which will give a push to your career. Present your thoughts, ideas carefully in to avoid misunderstandings.

PISCES: Legal and foreign matters must be handled tactfully. Your organisational skills will be appreciated. Take precaution while doing financial transaction.

By Niiikash P. Pradhan