

**OPTIMIZED BODY & MIND LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE PERIOD FROM 1 DECEMBER 2021 TO 31 MARCH 2023**

OPTIMIZED BODY & MIND LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
CONTENTS

	Page
<u>Company information</u>	<u>3</u>
<u>Statement of financial position</u>	<u>4</u>
<u>Notes to the accounts</u>	<u>5</u>

OPTIMIZED BODY & MIND LIMITED
COMPANY INFORMATION
FOR THE PERIOD FROM 1 DECEMBER 2021 TO 31 MARCH 2023

Director	Mr Nasar Farid
Secretary	Dr Farkhanda Zareen
Company Number	12336544 (England and Wales)
Registered Office	326-340 Dunstable Road Aa Business Centre Luton LU4 8JS England
Accountants	Taxwise Accountancy 16 Titan Court Laporte Way Luton Bedfordshire LU4 8EF

OPTIMIZED BODY & MIND LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2023

	Notes	2023 £	2021 £
Fixed assets			
Tangible assets	<u>4</u>	145,201	60,637
Current assets			
Cash at bank and in hand		458,235	367,908
Creditors: amounts falling due within one year		(330,727)	(250,209)
Net current assets		<u>127,508</u>	<u>117,699</u>
Total assets less current liabilities		272,709	178,336
Creditors: amounts falling due after more than one year		(8,974)	(14,260)
Net assets		<u>263,735</u>	<u>164,076</u>
Capital and reserves			
Called up share capital	<u>5</u>	1	1
Profit and loss account		<u>263,734</u>	<u>164,075</u>
Shareholders' funds		<u>263,735</u>	<u>164,076</u>

For the period ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The members have agreed to the preparation of abridged accounts for the period in accordance with Section 444(2A).

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 28 March 2024 and were signed on its behalf by

Mr Nasar Farid
Director

Company Registration No. 12336544

OPTIMIZED BODY & MIND LIMITED
NOTES TO THE ACCOUNTS
FOR THE PERIOD FROM 1 DECEMBER 2021 TO 31 MARCH 2023

1 Statutory information

OPTIMIZED BODY & MIND LIMITED is a private company, limited by shares, registered in England and Wales, registration number 12336544. The registered office is 326-340 Dunstable Road, Aa Business Centre, Luton, LU4 8JS, England.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous period, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Motor vehicles	Over 10 years
Fixtures & fittings	15% Reducing method
Computer equipment	10% Reducing method

4 Tangible fixed assets

	Total £
Cost or valuation	
At 1 December 2021	80,850
Additions	102,498
At 31 March 2023	183,348
Depreciation	
At 1 December 2021	20,213
Charge for the period	17,934
At 31 March 2023	38,147
Net book value	
At 31 March 2023	145,201
At 30 November 2021	60,637

5 Share capital

	2023 £	2021 £
Allotted, called up and fully paid:		
1 Ordinary shares of £1 each	1	1

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6 Average number of employees

During the period the average number of employees was 24 (2021: 3).

