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SACHDEV RAKESH

Form 4	AKLOH										
November 29	, 2005										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									APPROVAL 3235-0287		
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). TATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES SECURITIES SECURITIES SECURITIES TATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES SECURITIES SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940											
(Print or Type Re	esponses)										
1. Name and Ad SACHDEV F	2. Issuer Name and Ticker or Trading Symbol ARVINMERITOR INC [ARM]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) (First) (Middle) ARVINMERITOR, INC., 2135 WEST MAPLE ROAD			3. Date of Earliest Transaction (Month/Day/Year) 11/25/2005					Director 10% Owner X_ Officer (give title Other (specify below) below) Senior VP, Corporate Strategy			
(Street) TROY, MI 48084-7186				4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 			
(City)	(State)	(Zip)	Tal	ble I - Non	-Derivativ	ve Sec	urities Acq	uired, Disposed o	f, or Benefic	ially Owned	
	Transaction Date Ionth/Day/Year)	2A. Deeme Execution I any (Month/Da	d Date, if	3. Transactic Code (Instr. 8)		ties A sed of	cquired (A) (D)	5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
Common 1 Stock 1	1/25/2005	11/28/20	05	S <u>(6)</u>	698	D	\$ 13.4151	5,324 <u>(5)</u>	D		
Common Stock								1,850	I	ArvinMeritor Savings Plan	
Common Stock								5,187 <u>(5)</u>	I	Restricted Stock (2)	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	d 7. Title and Amount o Underlying Securities (Instr. 3 and 4)		8. Pric Deriva Securit (Instr.
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common Stock Share Equivalents (3)	\$ 0					(4)	(4)	Common Stock	2,622	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director 10% Owner Officer		Officer	Other			
SACHDEV RAKESH ARVINMERITOR, INC. 2135 WEST MAPLE ROAD TROY, MI 48084-7186			Senior VP, Corporate Strategy				
Signatures							
Rakesh Sachdev, By Bonnie W Attorney-in-fact	vilkinson,		11/29/2005				
<u>**</u> Signature of Reportin	g Person		Date				

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Shares purchased periodically and held in ArvinMeritor common stock funds in an employee benefit trust established under the ArvinMeritor, Inc. Savings Plan, based on information furnished by the Plan Administrator as of October 31, 2005.
- (2) Held by the issuer to implement restrictions on transfer unless and until certain conditions are met.
- (3) Share equivalents related to ArvinMeritor common stock, held under ArvinMeritor's supplemental savings plan, based on information furnished by the Plan Administrator as of October 31, 2005.
- (4) Inapplicable.

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- (5) Reflects a change in the form of beneficial ownership of 1,544 shares, from indirect to direct, due to vesting of restricted stock.
- (6) In connection with the vesting and delivery of restricted stock, and pursuant to the terms of the restricted stock agreement, shares were sold and the net proceeds were used to pay required withholding taxes.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.