

Shareholding Pattern under Regulation 31 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015

1. Name of Listed Entity: PARAS HEALTHCARE LIMITED

POST ISSUE

2. Scrip Code/Name of Scrip/Class of Security: EQUITY

26.10.2026

3. Share Holding Pattern Filed under: Reg. 31(1)(a)

4. Declaration : The Listed entity is required to submit the following declaration to the extent of submission of information:

Particulars	YES*	NO*
a Whether the Listed Entity has issued any partly paid up shares?		NO*
b Whether the Listed Entity has issued any Convertible Securities ?		NO*
c Whether the Listed Entity has issued any Warrants ?		NO*
d Whether Listed Entity has granted any ESOPs, which are outstanding?	YES*	
e Whether the Listed Entity has any shares against which depository receipts are issued?		NO*
f Whether the Listed Entity has any shares in locked-in?	YES*	
g Whether any shares held by promoters are encumbered under "Pledged"?		NO*
h Whether any shares held by promoters are encumbered under "Non-Disposal Undertaking"?		NO*
i Whether any shares held by promoters are encumbered, other than by way of Pledge or NDU, if any?		NO*
j Whether company has equity shares with differential voting rights?		NO*
k Whether the listed entity has any significant beneficial owner?		NO*

*if the Listed Entity selectes the option 'NO' for the questions above, the columns for the partly paid up shares, Outstanding Convertible Securities/Warrants, depository receipts, locked-in shares, No of shares pledged or otherwise encumbered by promoters, as applicable, shall not be displayed at the time of dissemination on the Stock Exchange website. Also wherever there is 'No' declared by Listed entity in above table the values will be considered as 'Zero' by default on submission of the format of holding of specified securities.

5 The tabular format for disclosure of holding of specified securities is as follows:

Rahul
Kumar

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by Rahul Kumar
Date: 2026.10.26
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	Introductory sub-table (I)(a) -
Name of the Company:	PARAS HEALTHCARE LIMITED
Scrip Code, Name of the scrip, class of security :	EQUITY
As on :	26.10.2026

POST ISSUE

Table I - Summary Statement showing holding of specified securities of the listed entity

Category	Category of shareholder	Nos. of shareholders	No. of fully paid up equity shares held	No. of Partly paid-up equity shares held	No. of shares underlying Depository Receipts	Total nos. shares held	Shareholding as a % of total no. of shares (calculated as per SCRR, 1957) As a % of (A+B+C2)	Number of Voting Rights held in each class of securities				No. of Shares Underlying Outstanding convertible securities	No. of Shares Underlying Outstanding Warrants	No. of Underlying Outstanding ESOP Granted	No. of Shares Underlying Outstanding convertible securities, No of Warrants and ESOP etc.	Total No of shares on fully diluted basis (including warrants, ESOP, Convertible Securities etc.)	Shareholding , as a % assuming full conversion of convertible securities (as a percentage of diluted share capital) As a % of (A+B+C2)	Number of Locked in shares		Number of Shares pledged		Non-Disposal Undertaking		Other encumbrances, if any		Total Number of Shares encumbered		Number of equity shares held in dematerialized form	Sub-categorization of shares																																																																																																																																																																																																																																																																	
								No of Voting Rights			Total as a % of (A+B+C)							No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)		No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (

Table II - Statement showing holding of specified securities by the Promoter and Promoter Group

	Category & Name of the Shareholders	Entity type Promoter or Promoter group (Promoter group would exclude promoters)	Nos. of shareholders	No. of fully paid up equity shares held	Partly paid-up equity shares held	Nos. of shares underlying Depository Receipts	Total nos. shares held	Shareholding % calculated as per SCRR, 1957 As a % of (A+B+C2)	Number of Voting Rights held in each class of securities			No. of Shares Underlying Outstanding convertible securities	No. of Shares Underlying Outstanding Warrants	No. of Underlying Outstanding ESOP	No. of Shares Underlying Outstanding convertible securities, No of Warrants and ESOP etc.	Total No of shares on fully diluted basis (including warrants, ESOP, Convertible Securities etc.)	Shareholding , as a % assuming full conversion of convertible securities (as a percentage of diluted share capital) As a % of (A+B+C2)	Number of Locked in shares		Number of Shares pledged		Non-Disposal Undertaking		Other encumbrances, if any		Total Number of Shares encumbered		Number of equity shares held in dematerialized form	Sub-categorization of shares					
									No of Voting Rights									Total as a % of Total Voting rights	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)		As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	Sub-category (i)	Sub-category (ii)	Sub-category (iii)
									Class: Equity Shares	Class: NIL	Total																							
	(I)	(II)	(IV)	(V)	(VI)	(VII)	(VIII)= (V)+(VI)+(VII)	(IX)	(X)			(XIA)	(XIB)	(XIC)	(XI)= (XIA+XIB+XIC)	(XII)= (VIII)-(XI)	(XIII)= (VIII)-(XI)	(XIV)		(XV)		(XVI)		(XVII)		(XVIII) = (XV)+(XVI)+(XVII)		(XIX)						
(1) Indian																																		
Individuals/Hindu undivided Family			3	69190236	0		69190236	63.95	69190236		69190236	63.95	0	0	0	69190236	63.77	69190236	100.00	0	0.00	0	0.00	0	0.00	0	0.00	69190236	0	0	0			
Dharminder Kumar Nagar	Promoter			69190234	0	0	69190234	63.95	69190234	0	69190234	63.95	0	0	0	69190234	63.77	69190234	100.00	0	0.00	0	0.00	0	0.00	0	0.00	69190234	0	0	0			
Gurdeep Kaur Nagar	Promoter Group			1	0	0	1	0.00	1	0	1	0.00	0	0	0	1	0.00	1	100.00	0	0.00	0	0.00	0	0.00	0	0.00	1	0	0	0			
Ranya Nagar	Promoter Group			1	0	0	1	0.00	1	0	1	0.00	0	0	0	1	0.00	1	100.00	0	0.00	0	0.00	0	0.00	0	0.00	1	0	0	0			
(b) Central Government/ State Government(s)			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00		0.00		0.00		0	0.00	0	0	0	0				
(c) Financial Institutions/ Banks			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
(d) Any Other (specify)			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
Sub-Total (A)(1)			3	69190236	0	0	69190236	63.95	69190236	0	69190236	63.95	0	0	0	69190236	63.77	69190236	100.00	0	0.00	0	0.00	0	0.00	0	0.00	69190236	0	0	0			
(2) Foreign																																		
Individuals (Non-Resident Individuals/ Foreign Individuals)			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
(b) Government			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
(c) Institutions			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
(d) Foreign Portfolio Investor			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
(e) Any Other (specify)			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00		0.00		0.00		0	0.00	0	0	0	0				
Sub-Total (A)(2)			0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0	0	0			
Total Shareholding of Promoter and Promoter Group (A)= (A)(1)+(A)(2)			3	69190236	0	0	69190236	63.95	69190236	0	69190236	63.95	0	0	0	69190236	63.77	69190236	100.00	0	0.00	0	0.00	0	0.00	0	0.00	69190236	0	0	0			
Note: 1) PAN would not be displayed on website of Stock Exchange(s). 2) The term "Encumbrance" has the same meaning as assigned under SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, as amended from time to time. 3) Details of promoter and promoter group with shareholding "NIL" can be accessed from here. List of Promoter Group who does not hold any Equity Share in Paras Healthcare Limited is annexed as Annexure A																																		

Table III - Statement showing holding of specified securities by the Public shareholders

Category & Name of the Shareholders	Nos. of shareholders	No. of fully paid up equity shares held	Partly paid-up equity shares held	Nos. of shares underlying Depository Receipts	Total nos. shares held	Shareholding % calculated as per SCRR, 1957 As a % of (A+B+C2)	Number of Voting Rights held in each class of securities				No. of Shares Underlying Outstanding convertible securities	No. of Shares Underlying Outstanding Warrants	No. of Underlying Outstanding ESOP	No. of Shares Underlying Outstanding convertible securities, No of Warrants and ESOP etc.	Total No of shares on fully diluted basis (including warrants, ESOP, Convertible Securities etc.)	Total Shareholding , as a % assuming full conversion of convertible securities (as a percentage of diluted share capital) as a % of A+B+C2	Number of Locked in shares		Number of Shares pledged		Non-Disposal Undertaking		Other encumbrances, if any		Total Number of Shares encumbered		Number of equity shares held in dematerialized form	Sub-categorization of shares																																																																																																																																																																																																																																																																		
							No of Voting Rights			Total as a % of Total Voting rights							No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)		No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)

[illegible]

Table IV - Statement showing holding of specified securities by the Non Promoter- Non Public shareholders

	Category & Name of the Shareholders		Nos. of shareholders	No. of fully paid up equity shares held	Partly paid-up equity shares held	Nos. of shares underlying Depository Receipts	Total nos. shares held	Shareholding % calculated as per SCRR, 1957 As a % of (A+B+C2)	Number of Voting Rights held in each class of securities				No. of Shares Underlying Outstanding convertible securities	No. of Shares Underlying Outstanding Warrants	No. of Underlying Outstanding ESOP	No. of Shares Underlying Outstanding convertible securities, No. of Warrants and ESOP etc.	Total No of shares on fully diluted basis (including warrants, ESOP, Convertible Securities etc.)	Total Shareholding , as a % assuming full conversion of convertible securities (as a percentage of diluted share capital) as a % of A+B+C2	Number of Locked in shares		Number of Shares pledged		Non-Disposal Undertaking		Other encumbrances, if any		Total Number of Shares encumbered		Number of equity shares held in dematerialized form	Sub-categorization of shares		
									No of Voting Rights			Total as a % of Total Voting rights							No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)	No. (a)	As a % of total Shares held (b)		No. (a)	As a % of total Shares held (b)	Shareholding (No. of shares) under XXX
									Class: Equity Shares	Class: NIL	Total																					
	(I)		(III)	(IV)	(V)	(VI)	(VII)= (IV)+(V)+(VI)	(VIII)	(IX)				(XA)	(XB)	(XC)	(X)= (XA+XB+XC)	(XI)= (VII)+(X)	(XII)= (VII)+(X)	(XIII)	(XIV)		(XV)		(XVI)		(XVII) = (XIV+XV+XVI)		(XVIII)	Sub-category (I)	Sub-category (II)	Sub-category (III)	
	Custodian/DR Holder - Name of DR Holders (if Available)		0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0	0.00	NA	NA	NA	NA	0	0	0	0				
(1)																																
(2)	Employee Benefit Trust / Employee Welfare Trust under SEBI (Share Based Employee Benefits and Sweat Equity) Regulations, 2021		0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	NA	NA	NA	NA	0	0	0	0					
(3)																																
	Total Non-Promoter- Non Public Shareholding (C)= (C)(1)+(C)(2)		0	0	0	0	0	0.00	0	0	0	0.00	0	0	0	0	0.00	0	0.00	NA	NA	NA	NA	0	0	0	0					
	Note:																															
	(1) PAN would not be displayed on website of Stock Exchange(s).																															
	(2) The above format needs to be disclosed along with the names of the shareholders holding 1% or more than 1% of shares of the listed entity. Column no. (XIII) is not applicable in the above format.																															
	(3) W.r.t. the information pertaining to Depository Receipts, the same may be disclosed in the respective columns to the extent information available.																															

Table V - Statement showing details of Significant Beneficial Owners (SBOs)

Sr. No	Details of the SBO (I)		Details of the registered owner (II)		Details of holding/ exercise of right of the SBO in the reporting company, whether direct or indirect*: (III)					Date of creation / acquisition of significant beneficial interest# (IX)
	Name	Nationality	Name	Nationality	Whether by virtue of:					
					Shares (%) (a)	Voting Rights (%) (b)	Rights on distributable dividend or any other distribution (%) (c)	Exercise of control (d)	Exercise of significant influence (e)	
NOT APPLICABLE										
Note:										
* In case the nature of the holding / exercise of the right of a SBO falls under multiple categories specified under (a) to (e) under Column (III), multiple rows for the same SBO shall be inserted accordingly for each of the categories.										
# This column shall have the details as specified by the listed entity under Form No. BEN-2 as submitted to the Registrar.										
\$ PAN/ Passport number not to be disclosed on the website of the Stock Exchange(s).										

Table VI - Statement showing foreign ownership limits

		Board approved limits (%)	Limits utilized (%)
1	As on shareholding date	100	11.51
2	As on the end of previous 1st quarter	100	16.44
3	As on the end of previous 2nd quarter	100	16.44
4	As on the end of previous 3rd quarter	100	16.44
5	As on the end of previous 4th quarter	100	16.44

Annexure A

List of Promoter Group who does not hold any Equity Share in Paras Healthcare Limited

PROMOTER GROUP

Natural Persons

Sr. No.	Name
1.	Ms. Deleena Nagar
2.	Mr. Rajendra Singh
3.	Mr. Surendra Singh Nagar
4.	Mr. Gajinder Kumar Nagar
5.	Mr. Narendra Singh Nagar
6.	Mr. Harendra Nagar
7.	Mr. Harbaksh Singh Khangura
8.	Mrs. Jagdish Kaur
9.	Mr. Tejinderpal Singh Khangura
10.	Mrs. Gurjit Sekhon
11.	Ms. Gurpreet Khangura
12.	Ms. Preminder Khangura

PROMOTER GROUP

Entities

Sr. No.	Name
1.	Ch. Ved Ram Charitable Trust
2.	Green Land Builders Private Limited
3.	VRS Foods Limited
4.	Paras Natural Spring Water Private Limited
5.	Natural Box Retail Private Limited
6.	Dharamwati Infrastructures Private Limited
7.	Ved Ram Dairy Private Limited
8.	Prishe Beauty Private Limited
9.	Healthways Milk & Food Products Private Limited
10.	Visage Ventures Private Limited
11.	Paras Buildtech India Private Limited
12.	Haruchi Fashions Private Limited
13.	Terra Sans International Private Limited
14.	Ambit Buildcon LLP
15.	Dynasty Buildwell Private Limited
16.	Hyacinth Estates Private Limited
17.	Cordial Infrastructure Private Limited
18.	Rapid Buildtech Private Limited
19.	Paras RE Facilities Management Private Limited

Sr. No.	Name
20.	Regional Construction Private Limited
21.	Blackberry Realcon Private Limited
22.	Admired Height Projects Private Limited
23.	Corona Realtors Private Limited
24.	Proquest Nutrition Private Limited

Rahul
Kumar

Digitally signed
by Rahul Kumar
Date:
2026.10.26
23:38:54 +05'30'