Shareholding Pattern under Regulation 31 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015	
1	**Name of Listed Entity:** PARAS HEALTHCARE LIMITED
2	**Scrip Code/Name of Scrip/Class of Security:** EQUITY SHARES (545005)
3	**Share Holding Pattern Filed under:** Reg 31(1)(a)
4	**Share Holding Pattern as on:** 27/10/2026
5	**Declaration:** The Listed entity is required to submit the following declaration to the extent of submission of information:-

S. No.	Particulars	Yes/No
1	Whether the Listed Entity has issued any partly paid up shares?	No
2	Whether the Listed Entity has issued any Convertible Securities?	No
3	Whether the Listed Entity has issued any Warrants?	No
4	Whether Listed Entity has granted any ESOPs, which are outstanding?	Yes
5	Whether the Listed Entity has any shares against which depository receipts are issued?	No
6	Whether the Listed Entity has any shares in locked-in?	Yes
7	Whether any shares held by promoters are encumbered under Pledged?	No
8	Whether any shares held by promoters are encumbered under Non-Disposal Undertaking?	No
9	Whether any shares held by promoters are encumbered, other than by way of Pledge or NDU, if any?	No
10	Whether company has equity shares with differential voting rights?	No
11	Whether the listed entity has any significant beneficial owner?	No

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Table I - Summary Statement holding of specified securities

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 (VII) =(IV)+(V)+ (VI)	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 (including Warrants)	Shareholding, as a % assuming full conversion of convertible securities (as a percentage of diluted share capital) (XI)= (VII)+(X) As a % of (A+B+C2)	Number of Locked in shares		Number of Shares pledged or Otherwise encumbered		Number of equity shares held in dematerialized form
								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)	
								Class eg: X	Class eg: Y	Total								
(I)	(II)	(III)	(IV)	(V)	(VI)	(VII)	(VIII)	(IX)				(X)	(XI)	(XII)		(XIII)		(XIV)
A	Promoter & Promoter Group	3	69190236	0	0	69190236	63.95	69190236	0	69190236	63.95	0	63.77	69190236	100	0	0	69190236
B	Public	108782	39010958	0	0	39010958	36.05	39010958	0	39010958	36.05	299596	36.23	16851460	43.20	0	0	39010958
C	Non Promoter-Non Public	0	0	0	0	0		0	0	0	0	0		0	0	0	0	0
C1	Shares underlying DRs	0	0	0	0	0		0	0	0	0	0		0	0	0	0	0
C2	Shares held by Employee Trusts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Total	108785	108201194	0	0	108201194	100	108201194	0	108201194	100	299596	100	86041696	79.52	0	0	108201194

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Table II - Statement showing shareholding pattern of the Promoter and Promoter Group

Category	Category & Name of the Shareholders	No. of shareholder	No. of Fully paid up Equity shares held	Partly paid-up equity shares held	Nos. of shares underlying Depository Receipts	Total nos. shares held (VII = IV+V+VI)	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 (including Warrants)	Shareholding , as a % assuming full conversion of convertible securities (as a percentage of diluted share capital) (XI) = (VII)+(X) as a % of A+B+C2	Number of Locked in shares		Number of Shares pledged or otherwise encumbered		Number of Equity shares held in dematerialized form
								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)	
								Class X	Class Y	Total								
(I)	(II)	(III)	(IV)	(V)	(VI)	(VII)	(VIII)	(IX)				(X)	(XI)	(XII)		(XIII)		(XIV)
1	Indian	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
a	Individuals/Hindu undivided Family	3	69190236	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Dharminder Kumar Nagar	1	69190234	63.95	0	69190234	63.95	69190234	0	69190234	63.95	0	63.77	69190234	100	0	0	69190234
	Gurdeep Kaur Nagar	1	1	0	0	1	0	1	0	1	0	0	0	1	100	0	0	1
	Ranya Nagar	1	1	0	0	1	0	1	0	1	0	0	0	1	100	0	0	1
	Ms. Deleena Nagar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Rajendra Singh	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Surendra Singh Nagar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Gajinder Kumar Nagar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Narendra Singh Nagar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Harendra Nagar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
b	Central Government/ State Government(s)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
c	Financial Institutions/ Banks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
d	Any Other (specify)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Trusts	Ch. Ved Ram Charitable Trust	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Green Land Builders Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	VRS Foods Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Paras Natural Spring Water Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Natural Box Retail Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Dharamwati Infrastructures Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Ved Ram Dairy Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Prishe Beauty Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Healthways Milk & Food Products Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Visage Ventures Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies	Paras Buildtech India Private	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Corporate	Limited																	
Bodies Corporate	Haruchi Fashions Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Terra Sans International Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Ambit Buildcon LLP	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Dynasty Buildwell Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Hyacinth Estates Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Cordial Infrastructure Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Rapid Buildtech Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Paras RE Facilities Management Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Regional Construction Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Blackberry Realcon Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Admired Height Projects Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Corona Realtors Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bodies Corporate	Proquest Nutrition Private Limited	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Sub-Total (A)(1)	3	69190236	0	0	69190236	63.95	69190236	0	69190236	63.95	0	63.77	69190236	100	0	0	69190236
2	Foreign	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
a	Individuals (Non-Resident Individuals/ Foreign Individuals)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Harbaksh Singh Khangura	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mrs. Jagdish Kaur	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mr. Tejinderpal Singh Khangura	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mrs. Gurjit Sekhon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Ms. Gurpreet Khangura	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Ms. Preminder Khangura	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
b	Government	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
c	Institutions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
d	Foreign Portfolio Investor	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
e	Any Other (specify)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Bodies Corporate	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Sub-Total (A)(2)	0	0	0	0	0	0	0	0	0	0	0	0	0	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	63.77	69190236	100	0	0	69190236

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Table III - Statement showing shareholding pattern of the Public shareholder

Category	Category & Name of the Shareholders	Nos. of shareholder	No. of fully paid up equity shares held	Partly paid-up equity shares held	Nos. of shares underlying Depository Receipts	Total nos. shares held VII = IV+V+VI	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 (including Warrants)	Total shareholding, as a % assuming full conversion of convertible securities (as a percentage of diluted share capital)	Number of Locked in shares		Number of Shares pledged or otherwise encumbered		Number of equity shares held in dematerialized form
								No. of Voting Rights			Total as a % of Total Voting rights			No. (a)	As a % of total Shares held (b)	No. (Not applicable) (a)	As a % of total shares held (Not applicable) (b)	
								Class X	Class Y	Total								
(I)	(II)	(III)	(IV)	(V)	(VI)	(VII)	(VIII)	(IX)				(X)	(XI)	(XII)		(XIII)		(XIV)
1	Institutions (Domestic)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
a	Mutual Funds	9	9349272	0	0	9349272	8.64	9349272	0	9349272	8.64	0	8.62	5555574	59.42	0	0	9349272
	Sbi Multi Asset Allocation Fund	1	4993580	0	0	4993580	4.62	4993580	0	4993580	4.62	0	4.60	2885967	57.79	0	0	4993580
	Hdfc Trustee Company Limited - Hdfc Infr	1	2341117	0	0	2341117	2.16	2341117	0	2341117	2.16	0	2.16	865788	36.98	0	0	2341117
b	Venture Capital Funds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
c	Alternate Investment Funds	12	12036594	0	0	12036594	11.12	12036594	0	12036594	11.12	0	11.09	643864	5.35	0	0	12036594
	360 One Special Opportunities Fund - Ser	1	5255854	0	0	5255854	4.86	5255854	0	5255854	4.86	0	4.84	0	0	0	0	5255854
	Axis New Opportunities Aif - Series Ii	1	3668439	0	0	3668439	3.39	3668439	0	3668439	3.39	0	3.38	0	0	0	0	3668439
	360 One Special Opportunities Fund - Ser	1	1395095	0	0	1395095	1.29	1395095	0	1395095	1.29	0	1.2	0	0	0	0	1395095
d	Banks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
e	Insurance Companies	3	885209	0	0	885209	0.82	885209	0	885209	0.82	0	0.82	649362	73.36	0	0	885209
f	Provident Funds/ Pension Funds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
g	Asset reconstruction companies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
h	Sovereign Wealth Funds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
i	NBFCs registered with RBI	1	539	0	0	539	0	539	0	539	0	0	0	0	0	0	0	539
j	Other Financial Institutions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
k	Any Other (specify)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Sub-Total (B)(1)	25	22271614	0	0	22271614	20.58	22271614	0	22271614	20.58	0	20.53	6848800	30.75	0	0	22271614
2	Institutions (Foreign)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
a	Foreign Direct Investment	1	7224866	0	0	7224866	6.68	7224866	0	7224866	6.68	0	6.66	7224866	100	0	0	7224866
	Commelina Ltd	1	7224866	0	0	7224866	6.68	7224866	0	7224866	6.68	0	6.66	7224866	100	0	0	7224866
b	Foreign Venture Capital Investors	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
c	Sovereign Wealth Funds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
d	Foreign Portfolio Investors Category I	12	5218566	0	0	5218566	4.82	5218566	0	5218566	4.82	0	4.81	2777754	53.23	0	0	5218566

	Bnp Paribas Financial Markets - Odi	1	1336140	0	0	1336140	1.23	1336140	0	1336140	1.23	0	1.23	0	0	0	0	1336140
e	Foreign Portfolio Investors Category II	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
f	Overseas Depositories (holding DRs) (balancing figure)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
g	Any Other (specify)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Sub-Total (B)(2)	13	12443432	0	0	12443432	11.50	12443432	0	12443432	11.50	0	11.47	10002620	80.38	0	0	12443432
3	Central Government / State Government(s)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
a	Central Government / President of India	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
b	State Government / Governor	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
c	Shareholding by Companies or Bodies Corporate where Central / State Government is a promoter	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Sub-Total (B)(3)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
4	Non-institutions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
a	Associate companies / Subsidiaries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
b	Directors and their relatives (excluding independent directors and nominee directors)	1	20	0	0	20	0	20	0	20	0	33492	0.03	20	100	0	0	20
c	Key Managerial Personnel	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
d	Relatives of promoters (other than "Immediate Relatives" of promoters disclosed under "Promoter and Promoter Group" category)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
e	Trusts where any person belonging to "Promoter and Promoter Group" category is "trustee", "beneficiary", or "author of the trust"	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
f	Investor Education and Protection Fund (IEPF)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
g	Resident Individuals holding nominal share capital up to Rs. 2 lakhs	108156	4190262	0	0	4190262	3.87	4190262	0	4190262	3.87	0	3.86	20	0	0	0	4190262
h	Resident Individuals holding nominal share capital in excess of Rs. 2 lakhs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
i	Non Resident Indians (NRIs)	516	28161	0	0	28161	0.03	28161	0	28161	0.03	0	0.03	0	0	0	0	28161
j	Foreign Nationals	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
k	Foreign Companies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
l	Bodies Corporate	67	70287	0	0	70287	0.06	70287	0	70287	0.06	0	0.06	0	0	0	0	70287
m	Any Other (specify)	4	7182	0	0	7182	0.01	7182	0	7182	0.01	266104	0.25	0	0	0	0	7182
	LLP	4	7182	0	0	7182	0.01	7182	0	7182	0.01	0	0.25	0	0	0	0	7182

	ESOP or ESOS or ESPS	0	0	0	0	0	0	0	0	0	0	2661040	0	0	0	0	0	0
	Sub-Total (B)(4)	108744	4295912	0	0	4295912	3.97	4295912	0	4295912	3.97	299596	4.24	40	0	0	0	4295912
	Total Public Shareholding (B)=(B)(1)+(B)(2)+(B)(3)+(B)(4)	108782	39010958	0	0	39010958	36.05	39010958	0	39010958	36.05	299596	36.23	16851460	43.20	0	0	39010958

Table IV - Statement showing shareholding pattern of the Non Promoter- Non Public shareholder

Category	Category & Name of the Shareholders	No. of shareholder	No. of fully paid up equity shares held	Partly paid-up equity shares held	Nos. of shares underlying Depository Receipts	Total no. shares held (VII = IV+V+VI)	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 (including Warrants)	Total shareholding , as a % assuming full conversion of convertible securities (as a percentage of diluted share capital)	Number of Locked in shares		Number of Shares pledged or otherwise encumbered		Number of Equity shares held in dematerialized form
								No. of Voting Rights			Total as a % of Total Voting rights			No.	As a % of total Shares held	No. (Not applicable)	As a % of total shares held (Not applicable)	
								Class X	Class Y	Total								
(I)	(II)	(III)	(IV)	(V)	(VI)	(VII)	(VIII)	(IX)				(X)	(XI)	(XII)		(XIII)		(XIV)
1	Custodian/DR Holder	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Employee Benefit Trust / Employee Welfare Trust under SEBI (Share Based Employee Benefits and Sweat Equity) Regulations, 2021	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Total Non-Promoter- Non Public Shareholding (C)= (C)(1)+(C)(2)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Table V - Statement showing shareholding pattern of the Significant Beneficiary Owner (SBO)

Sr. no.	Name	PAN	Passport No. in case of a foreign national	Nationality	Details of holding/ exercise of right of the SBO in the reporting company, whether direct or indirect*					Date of creation / acquisition of significant beneficial interest
					Shares	Voting rights	Rights on distributable dividend or any other distribution	Exercise of control	Exercise of significant influence	

Table VI - Statement showing foreign ownership limits

Particulars	Board approved limits (%)	Limits utilized (%)
As on shareholding date	100.00	11.51
As on the end of previous 1st quarter	100.00	16.44
As on the end of previous 2nd quarter	100.00	16.44
As on the end of previous 3rd quarter	100.00	16.44
As on the end of previous 4th quarter	100.00	16.44