



Ideas for a new day

November 15, 2019

To, Compliance Department, BSE Limited, Phiroze Jeejeebhoy Tower, Dalal Street, Fort, Mumbai- 400001	To, Compliance Department, National Stock Exchange of India Ltd. Exchange Plaza, Plot No. C/1, G-Block, Bandra-Kurla Complex Bandra-(E), Mumbai-400051
Scrip Code :- 539889	Scrip Symbol:- PARAGMILK

Dear Sir(s)/Madam

Sub: Disclosure Under Regulation 7(2) of SEBI (Prohibition of Insider Trading) Regulations, 2015

We refer to the provisions of Regulation 7(2) read with regulation 6(2) of SEBI (Prohibition of Insider Trading) Regulations, 2015 regarding continual disclosure by promoter of every Company.

In this regard, we wish to inform you that we have received an intimation dated November 15, 2019 from Mr. Devendra Shah, promoter of the Company, disclosing his acquisition of 2,00,000 (Two Lakhs) Equity shares of the Company from the market, on November 15 , 2019.

Accordingly, we are enclosing herewith the copy of disclosure pursuant to Regulation 7(2) of SEBI (Prohibition of Insider Trading) Regulations, 2015

We request you to kindly take the same on record.

Thanking You.

For Parag Milk Foods Limited

Rachana Sangneria
Company Secretary and Compliance Officer
ACS No. 10280

Encl: a/a



Parag Milk Foods Ltd.,

CIN-L15204PN1992PLC070209

Regd. Office: Flat No. 1 Plot No. 19, Nav Rajasthan Co-Op Housing Society, Behind Ratna Memorial Hospital, Senapati Bapat Road, Shivaji Nagar, Pune - 411016. Ph.: +91 72764 70001

Corporate Office: 20th floor, Nirmal building, Nariman point, Mumbai - 40021 Tel.: 022-43005555 Fax: 022-43005580

Website: www.paragmilkfoods.com | email: investors@paragmilkfoods.com

FORM C
Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015
[Regulation 7 (2) read with Regulation 6(2)]

Name of the Company: **M/s. Parag Milk Foods Limited**
 ISIN of the Company: **INE83N01014**

Details of change in holding of Promoter, Employee or Director of a of a listed company and other such persons as mentioned in Regulation 6(2).

Name, PAN No., CIN/DIN & Address with contact nos.	Category of Person (Promoters/ KMP / Directors/finance relatees/other s etc.)	Type of security (for eg. - Shares, Warrants, Convertible e Debiture s etc.)	Securities acquired/di sposed			Transa ction type (Buy/sa le/Pledge e/Revo ke/Invo ke)	Type of security (For eg. - Shares, Warrants, Convertible Debitures etc.)	Securities held post acquisition/di sposal		Date of attestation addres/ acquisition of shares/ sale of shares specify		Date of intimation to company	Mode of acquisition/di sposal (on market/publi c rights/preferential offer / off market/ Inter-se transfer, ES OPs etc.)	Trading in derivatives (Specify type of contract, Futures or Options etc)						Exchange on which the trade was executed	
			No. and % of shareholding	Type of security (For eg. - Shares, Warrants, Convertible Debitures etc.)	No.			Value	No. and % of Shareholding	From	To			Type of Contract	Buy	Sell					
														Contract specific actions	Notional Value	Number of units (contract size * lot size)	Notional Value	Number of units (contract size * lot size)			
1. Mr. Devendra P. Shah, PAN No.- AHOPSI104N, Address-Bhagya Laxmi Niwas, Bazar Peth, Manchar, Tal- Amegaon, Pune 410 503, Contact Nos 022-43005555	Promoter	Equity shares	15006400 (17.84%)	Equity shares	2,00,000	25,399,867	Buy	Equity Shares	15206400 (18.08%)	15/11/2019	15/11/2019	15/11/2019	market purchase	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	BSE

Note: "Securities" shall have the meaning as defined under regulation 2(1)(i) of SEBI (Prohibition of Insider Trading) Regulations, 2015.

Signature: 
 Name: **Rachana Sangarneria**
 Place: **Mumbai**
 Date: **November 15, 2019**

