

April 18, 2023

Listing Compliance Department
National Stock Exchange of India Ltd
Exchange Plaza, Bandra-Kurla
Complex, Bandra (E), Mumbai - 400051
NSE Symbol: VIKASLIFE

Listing Compliance Department
BSE Limited
Phirozee Jeejeebhoy Towers,
Dalal Street, Fort, Mumbai - 400 001
Scrip Code: 542655

The Company Secretary
Vikas Lifecare Limited
G-1, 34/1
East Punjabi Bagh
New Delhi - 110026

Sub: : Disclosure under Regulation 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

Dear Sir/ Ma'am,

Please find enclosed herewith disclosure in terms of Regulation 31(1) & 31(2) of Securities and Exchange Board of India (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.

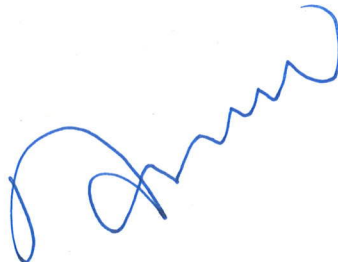
The same may please be taken on record and suitably disseminated to all concerned

This is for your information & record.

Thanking you,

Yours Faithfully,
for Vikas Lifecare Limited

Nand Kishore Garg
Place: New Delhi
Date : 18-04-2023



Format for disclosure by the Promoter(s) to the stock exchanges and to the Target Company for encumbrance of shares / invocation of encumbrance/ release of encumbrance in terms of Regulation 31(1) and 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

Name of the Target Company (TC)							Vikas Lifecare Limited						
Names of the Stock Exchanges where the shares of the target company are listed							1. National Stock Exchange of India (NSE) 2. Bombay Stock Exchange (BSE)						
Date of reporting							18-04-2023						
Name of the promoter or PAC on whose shares encumbrance has been created/released/invoked							Nand Kishore Garg						
Details of the creation/invocation/release of encumbrance:													
Name of the promoter (s) or PACs with him(**)	Promoter holding in the target company (1)			Promoter holding already encumbered (2)		Details of events pertaining to encumbrance (3)						Post event holding of encumbered shares {creation [(2)+(3)] / release [(2)-(3)] / invocation [(2)-(3)]}	
	No. of shares	% of total share capital	% w.r.t diluted share capital(*)	No. of shares	% of total share capital	Type of event (creation / release / invocation)	Date of creation/ invocation release of encumbrance	Type of encumbrance (pledge/ lien/ non disposal undertaking/ others)	No. of shares	% of total share capital	Name of the entity in whose favor shares are encumbered	No. of shares	% of total share capital
Nand Kishore Garg	52350	0.0036 %		44575	0.0031 %	Release	12-04-2023	Pledge	44575	0.0031 %	Globe Capital Market Limited	Nil	-

Nand Kishore Garg

Place: New Delhi
Date : 18-04-2023

Vikas Lifecare Limited
Details of encumbrance of Residual Shareholder 12.04.2023

S.No	Name of Shareholder	Total Shares Held		Shares Pledge or otherwise encumbered	
		No. of Share Held	As a % of total share capital	No. of Shares Held	As a % of total share capital
1	VIVEK GARG	20001550	1.39	0	0
2	VIKAS GARG	143353080	9.94	2,05,25,904	1.42
3	NAND KISHORE GARG HUF	750	0	0	0
4	VIKAS GARG HUF	29750	0	0	0
5	ASHA GARG	8025	0	0	0
6	VINOD KUMAR GARG & SONS HUF	84781	0.01	0	0
7	VINOD KUMAR GARG	41720	0	0	0
8	SUKRITI GARG	27507	0	0	0
9	ISHWAR GUPTA	42800	0	0	0
10	JAI KUMAR GARG & SONS HUF	18500	0	0	0
11	USHA GARG	9075	0	0	0
12	SEEMA GARG	7307	0	5132	0
13	VAIBHAV GARG	7616	0	0	0
14	SHASHI GARG	68000	0	68000	0
15	NAMITA GARG	738	0	0	0.004
16	VIVEK GARG HUF	1904	0	0	0
17	VRINDAA ADVANCED METEIRALS LIMITED	58515	0	48515	0.003