

Date:

To,

AAYUSH FOOD AND HERBS LIMITED 55, 2 nd Floor, Lane 2, Westend Marg, Saidullajab, Near Saket Metro Station, Gadaipur New Delhi South West Delhi 110030.	BSE LIMITED P. J. Towers, Dalal Street, Mumbai – 400 001.	METROPOLITAN STOCK EXCHANGE OF INDIA LIMITED Vibgyor Towers, 4th floor, Plot No C 62, G - Block, Opp. Trident Hotel, Bandra Kurla Complex, Bandra (E), Mumbai – 400 098.
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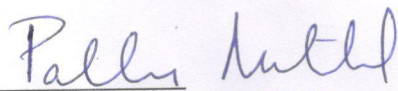
Subject: Disclosure under Regulation 29(2) of SEBI(SAST) Regulations, 2011.

Dear Sir/Madam,

Please find enclosed herewith disclosure under Regulation 29(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.

Kindly take the same on your record and acknowledge receipt of the same.

Thanking You,



Pallavi Mittal
DIN: 07704583

Place: Delhi
Date: 27.10.2023

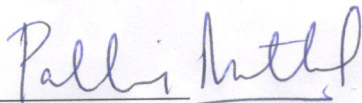
**Format for disclosures under Regulation 29(2) of
SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011**

Name of the Target Company (TC)	Aayush Food and Herbs Limited		
Name(s) of the acquirer and Persons Acting in Concert (PAC) with the acquirer	Pallavi Mittal		
Whether the acquirer belongs to Promoter / Promoter group	Yes		
Name(s) of the Stock Exchange(s) where the shares of TC are Listed	BSE Limited Metropolitan Stock Exchange of India Limited		
Details of the acquisition / disposal as follows	Number	% w.r.t. total share/voting capital wherever applicable (*)	% w.r.t. total diluted share/voting capital of the TC (**)
Before the acquisition under consideration, holding of:			
a) Shares carrying voting rights	9,05,378	27.9%	27.9%
b) Shares in the nature of encumbrance (pledge/ lien/ non- disposal undertaking/ others)	-	-	-
c) Voting rights (VR) otherwise than by shares	-	-	-
d) Warrants/convertible securities/any other instrument that entitles the acquirer to receive shares carrying voting rights in the TC (specify holding in each category)	-	-	-
e) Total (a+b+c+d)	9,05,378	27.9%	27.9%
Details of acquisition / sale			
a) Shares carrying voting rights acquired / sold	5,81,250	17.91%	17.91%
b) VRs acquired /sold otherwise than by shares	-	-	-
c) Warrants/convertible securities/any other instrument that entitles the acquirer to receive shares carrying voting rights in the TC (specify holding in each category) acquired/sold	-	-	-
d) Shares encumbered / invoked / released by the acquirer	5,81,250	17.91%	17.91%
e) Total (a+b+c+/-d)			

After the acquisition / sale, holdingof:			
a) Shares carrying voting rights acquired	3,24,128	9.99%	9.99%
b) Shares encumbered with the acquirer	-	-	-
c) VRs otherwise than by shares	-	-	-
d) Warrants / convertible securities / any other instrument that entitles the acquirer to receive shares carrying voting rights in the TC (specify holding in each category) after acquisition	-	-	-
e) Total (a+b+c+d)	3,24,128	9.99%	9.99%
Mode of acquisition / sale (e.g. open market / off-market / public issue / rights issue/ preferential allotment / inter-settransfer etc).	Off market		
Date of acquisition / sale of shares / VR or date of receipt of intimation of allotment of shares, whichever is applicable	27/09/2023		
Equity share capital / total voting capital of the TC before the said acquisition / sale	Rs 3,24,50,000/- (32,45,000 Equity Shares of Rs. 10/- each)		
Equity share capital/ total voting capital of the TC after the said acquisition / sale	Rs 3,24,50,000/- (32,45,000 Equity Shares of Rs. 10/- each)		
Total diluted share/voting capital of the TC after the said acquisition	Rs 3,24,50,000/- (32,45,000 Equity Shares of Rs. 10/- each)		

(* Total share capital/ voting capital to be taken as per the latest filing done by the company to the Stock Exchange under Clause 35 of the listing Agreement.

(**) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.



Pallavi Mittal
DIN: 07704583

Place: Delhi
Date: 27.10.2023