


FORM D
Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992
Regulation 13(4) — Details of change in shareholding by Director or Officer of a listed company
[Regulation 13(4) and (6)]

Name, PAN No. & Address of Director	No. & % of shares/ voting rights held by the Director (Pre acquisition)	Date of receipt of allotment/ acquisition/ sale of shares/ voting rights	Date of intimation to company	Mode of acquisition (market purchase/ public rights / preferential offer etc.)	No. & % of shares/ post acquisition/ voting rights sale	Trading member through whom the trade was executed with SEBI Registration No. of the TM	Exchange on which the trade was executed	Buy quantity	Buy value	Sell quantity	Sell Value
1 Mr. G.S. Sandhu, PAN No.: AAOPSI505 Address: Sandhu Farms, Rudrapur, Udham Singh Nagar, Utrakhand.	2 800995 (4.52%)	3 29/03/10	4 30/03/10	5 Transfer	6 16,59,362 (9.36%)	7 N.A	8 N.A	9 858367	10 Rs.4.10 Lacs	11 N.A.	12 N.A.

TARA FOODS LIMITED

 Manoj Kumar
 Director