



GIAN LIFE CARE LIMITED

Regd Office:- 7/216 (6) Swaroop Nagar (Infront of L.L.R. Hospital), Kanpur, Uttar Pradesh-208002
CIN: L85100UP2018PLC110119; Mobile: 8808051576
Website: <https://gianlifecare.org/>;
Email: gpxreport@gmail.com

To,
Corporate Relations Department,
Bombay Stock Exchange Limited,
2nd Floor, PJ Towers,
Dalal Street,
Mumbai – 400001.

March 04, 2024

Scrip Code: 542918

Dear Sir/Madam,

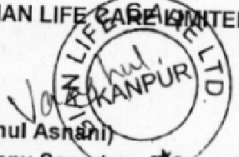
Sub: Disclosure under Regulation 7(2) of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015 as amended ("SEBI Insider Trading Regulations") – Continual Disclosure

Pursuant to Regulation 7(2) of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015, please find attached herewith disclosure dated March 04, 2024, in Form 'C' as received from Shri Arun Kumar Gupta, Promoter of the Company.

Kindly take the same on record.

Yours faithfully,

For GIAN LIFE CARE LIMITED


(Vanshu Ashish)
Company Secretary & Compliance Officer

Encl:- As above

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:- **GIAN LIFE CARE LIMITED**
ISIN of the Company:- **INE063601012**

Details of change in holding of securities of Promoter, Member of the Promoter Group, Designated Persons or Director of a listed Company and immediate relatives of such persons and other such persons as mentioned in regulation 6(2)

Name, PAN, CIN/ DIN & Address of Promoter/ Employee/ Director with contact nos	Category of person/ member of promoter group/ Designated Persons/ Directors/ Immediate Relatives/ Others Etc.	Securities held prior to disposal			Securities Disposed			Securities held post disposal			Date of sale of shares specify		Date of Intimation to the Company	Mode of acquisition/ disposal (on market/ public rights/ preferential offer/ off market/ inter- se transfer, ESOPs etc.)	Exchange on which the trade was executed
		Type of security (for e.g. Shares, Warrants, Convertible Debentures, Right Entitlements etc.	No. and % of shareholding	Type of security (for e.g. Shares, Warrants, Convertible Debentures, Right Entitlements etc.	No. and % of shareholding	Value	Transacti on Type (Purchase / Sale/ Pledge/ Retrocall on/ Invocatio n/ Others please specify	Type of security (for e.g. Shares, Warrants, Convertible Debentur es, Right Entitleme nts etc.	No. and % of shareholding	From	To				
Arun Gupta, PAN:- AFRPG1455P Address:- 7/216 (6), Swaroop Nagar, Kanpur - 208002, Uttar Pradesh. Designation:- Managing Director DIN:- 01331593 Contact No. +91 8795681111	Promoter	Equity Shares	49,79,929 Equity Shares of Rs. 10/- each aggregating to 49.15 % of the issued and paid-up Equity Share Capital of the Company	Equity Shares	5,70,286 Equity Shares aggregating to 5.51 % of the issued and paid up share capital of the Company	INR 1,37,16,917 \$6/-	Sale of Equity Shares by Promoter	Equity Shares	44,09,663 Equity Shares of Rs. 10/- each aggregating to 42.64 % of the issued and paid-up Equity Share Capital of the Company	February 29, 2024	March 01, 2024	March 02, 2024	On Market	BSE	



(Arun Kumar Gupta)

Arun Kumar Gupta

Details of trading in derivatives on the securities of Promoter, Member of the Promoter Group, Designated Persons or Director of a listed Company and immediate relatives of such persons and other such persons as mentioned in regulation 6(2)

Type of Contract	Contract Specifications	Trading in derivatives (Specify type of Contract, Futures or Options etc.)				Exchange on which the trade was executed
		Buy		Sell		
		Notional value	Number of Units (contracts lot size)	Notional value	Number of Units (contracts lot size)	
Not Applicable	-	-	-	-	-	-



(Arun Kumar Gupta)

Arun Kumar Gupta