

Date: 15th July, 2026

To, Manager - Listing Compliance National Stock Exchange of India Limited 'Exchange Plaza'. C-1, Block G, Bandra Kurla Complex, Bandra (E), Mumbai - 400 051 SYMBOL: JSLL	To, Head of the Department, Department of Listing Operation, BSE Limited Phiroze Jeejeebhoy Towers, Dalal Street, Mumbai 400001 SCRIP Code: 544476
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Subject: Outcome of Board Meeting held on 15th July, 2026

Dear Sir/Ma'am,

Pursuant to Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 ('Listing Regulations'), we wish to inform you that the Board of Directors of the Company, at its meeting held today i.e. 15th July, 2026 has, inter alia, approved the following:

1. Resignation of the Company Secretary and Compliance Officer as well as key Managerial Personnel of the Company

In terms of Regulation 30 of SEBI (Listing Obligation and Disclosure Requirement) Regulations, 2015 (Listing Regulations), we wish to inform that **Mrs. Smita Chaturvedi**, has tendered her resignation from the position of Company Secretary and Compliance Officer (Key Managerial Personnel) to pursue an alternate career opportunity outside the Organization. A copy of her resignation letter dated 14 July 2026 is enclosed herewith.

Mrs. Smita Chaturvedi tendered her resignation vide her letter dated 14 July 2026 and was relieved from her responsibilities as the Company Secretary and Compliance Officer (Key Managerial Personnel) with effect from the close of business hours on 14 July 2026.

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026 is enclosed as **Annexure A**.

2. Appointment of the Company Secretary and Compliance Officer as well as key Managerial Personnel of the Company:

In terms of Regulation 30 of SEBI (Listing Obligation and Disclosure Requirement) Regulations, 2015 (Listing Regulations), we wish to inform that the Board of Directors of the Company based on the recommendations of the Nomination and Remuneration Committee, have approved the appointment of **Ms. Priya Goyal (Membership No. ACS-71180)**, as Company Secretary and Compliance Officer as well as key Managerial Personnel of the Company w.e.f. 15th July, 2026. A copy of her consent letter dated 14 July 2026 is enclosed herewith.

JEENA SIKHO LIFECARE LIMITED

120+ AYURVEDA CLINICS & HOSPITALS | FREEDOM FROM 2D DISEASES & DRUGS

Registered Office Address:

SCO-11, Kalgidhar Enclave, Baltana, Zirakpur,
Punjab-140604, 01762-513185
CIN NO.: L52601PB2017PLC046545

Corporate Office Address:

B-26, Opp. Metro Pillar No. 223, Rohtak Road,
New Multan Nagar, Delhi - 110056
Email ID: cs@jeenasikho.com | www.jeenasikho.com

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026 is enclosed as **Annexure B**.

3. Appointment of Mr. Ajay Sharma (DIN: 07671350), as an Additional Director (Non-Executive Independent Category) subject to the approval of the members:

The Board of Directors, based on the recommendation of Nomination and Remuneration Committee and after due consideration, approved the appointment of Mr. Ajay Sharma as **Additional Director (Non-Executive Independent Category)** (till the conclusion of next general meeting from the date of appointment) and his appointment will be regularized as Non-Executive Independent Director, not liable to retire by rotation, for a tenure of 2 (Two) consecutive years commencing from 15th July, 2026 to 14th July 2028 subject to approval of the shareholders.

Further, as per the requirement of the Circular No. LIST/COMP/14/2018-19 and SE/CML/2018/24 dated June 20, 2018 issued by the BSE and NSE respectively, we hereby confirm that Mr. Ajay Sharma is not debarred from holding the office of Director by virtue of any Order passed by the Securities and Exchange Board of India or any other such authority.

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026 is enclosed as **Annexure C**.

4. Appointment of Mrs. Sapna Singh (DIN: 11812894), as an Additional Director (Non-Executive Women Independent Director) subject to the approval of the members:

The Board of Directors, based on the recommendation of Nomination and Remuneration Committee and after due consideration, approved the appointment of Mrs. Sapna Singh as **Additional Director (Non-Executive Women Independent Director)** (till the conclusion of next general meeting from the date of appointment) and her appointment will be regularized as Non-Executive Independent Director, not liable to retire by rotation, for a tenure of 2 (Two) consecutive years commencing from 15th July, 2026 to 14th July 2028 subject to approval of the shareholders.

Further, as per the requirement of the Circular No. LIST/COMP/14/2018-19 and SE/CML/2018/24 dated June 20, 2018 issued by the BSE and NSE respectively, we hereby confirm that Mrs. Sapna Singh is not debarred from holding the office of Director by virtue of any Order passed by the Securities and Exchange Board of India or any other such authority.

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5. Appointment of Dr. Ish Sharma (DIN: 11815526), as an Additional Director (Executive Category) and Whole Time Director of the Company, subject to the approval of the shareholders:

The Board of Directors, based on the recommendation of the Nomination and Remuneration Committee and after due consideration, approved the appointment of Dr. Ish Sharma (DIN: 11815526) as an **Additional Director in the category of Executive Director** (till the conclusion of the next general meeting from the date of appointment) and shall also be designated as the **Whole Time Director and Key Managerial Personnel** of the Company, liable to retire by rotation, for a tenure of 2 (two) consecutive years commencing from 15th July, 2026 to 14th July, 2028, subject to the approval of the shareholders.

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026 is enclosed as **Annexure E**.

6. Appointment of Mr. Ankush Kaushal (DIN: 03308862), as an Additional Director (Executive Category) and Whole Time Director of the Company, subject to the approval of the shareholders:

The Board of Directors, based on the recommendation of the Nomination and Remuneration Committee and after due consideration, approved the appointment of Mr. Ankush Kaushal as an **Additional Director in the category of Executive Director** (till the conclusion of the next general meeting from the date of appointment) and shall also be designated as the **Whole Time Director and Key Managerial Personnel** of the Company, liable to retire by rotation, for a tenure of 2 (two) consecutive years commencing from 15th July, 2026 to 14th July, 2028, subject to the approval of the shareholders.

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026 is enclosed as **Annexure F**.

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The Meeting of the Board of Directors of the Company **commenced at 3:30 P.M. (IST) and concluded at 4:30 P.M. (IST).**

The above information is also available on the Company's website www.jeenasikho.com.

You are requested to take the above information on records and disseminate the same on your website.

**Thanking you,
Yours faithfully,**

For Jeena Sikho Lifecare Limited

**Manish Grover
Managing Director
DIN: 07557886**

**Place: Zirakpur, Punjab
Date: 15.07.2026**

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Annexure A

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026:

Resignation of Company Secretary and Compliance Officer as well as the Key Managerial Personnel:

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Mrs. Smita Chaturvedi has tendered her resignation from the position of Company Secretary and Compliance Officer (Key Managerial Personnel) of the Company vide her letter dated 14 July 2026, to pursue alternate career opportunities outside the Organization.
2	Date of appointment / cessation (as applicable) & term of appointment	Mrs. Smita Chaturvedi was relieved from her responsibilities with effect from the close of business hours on 14 July 2026.
3	Brief profile (in case of appointment)	Not Applicable
4	Disclosure of relationships between directors (in case of appointment of a director)	Not Applicable
5	Resignation Letter	Enclosed

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July 14, 2026

To,
The Board of Directors
Jeena Sikho Lifecare Limited
SCO 11 First Floor, Kalgidhar Enclave, Mohali, Zirakpur,
Punjab, India, 140604.

Subject: Resignation from the position of Company Secretary of Jeena Sikho Lifecare Limited.

Dear Sir/Madam,

I hereby tender my resignation from the position of **Company Secretary & Compliance Officer** of Jeena Sikho Lifecare Limited as I have decided to pursue alternate career opportunities. Accordingly, I will be unable to continue discharging the responsibilities associated with my office.

Accordingly, I request the Board to kindly accept my resignation and relieve me from my duties with effect from the close of business hours on **July 14, 2026**.

I sincerely express my gratitude to the Board of Directors, the management, and all my colleagues for the support, guidance, and opportunities extended to me during my tenure with the Company. It has been a privilege to be associated with the Company, and I am grateful for the valuable professional experience and learning gained during this period.

I further request the Company to take the necessary steps for filing the requisite forms and intimations with the Registrar of Companies, the Stock Exchanges, and all other concerned regulatory authorities, as may be applicable, and to acknowledge receipt of this resignation.

I wish the Company continued success and growth in all its future endeavours.

Yours faithfully,



Smita Chaturvedi
Company Secretary & Compliance Officer
Membership no. A48303
Address: 67, IInd Pashupati Nagar, Naubasta, Amlipur,
Kanpur Nagar, Uttar Pradesh-208021

Annexure B

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026:

Appointment of Company Secretary and Compliance Officer as well as the Key Managerial Personnel:

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Ms. Priya Goyal has been appointed as the Company Secretary and Compliance Officer as well as the Key Managerial Personnel of the company
2	Date of Appointment and term of appointment	Date of Appointment: 15 th July, 2026 Term of Appointment: Not fixed; the appointment shall continue until resignation or until further orders of the Board, in accordance with applicable laws
3	ICSI membership number	ACS-71180
4	Brief profile (in case of appointment)	Ms. Priya Goyal is an Associate Member of the Institute of Company Secretaries of India (ICSI). She possesses over three years of experience in secretarial, legal, and regulatory compliances with extensive exposure to listed company compliances, corporate governance, and capital market transactions. She has expertise in compliances under the Companies Act, 2013, SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, and other applicable securities laws. Her professional experience includes handling Board and Committee matters, stock exchange disclosures, corporate governance compliances, secretarial audits, due diligence, IPO-related assignments, preferential issues, regulatory filings, and drafting of corporate and legal documents. She also has experience in advising on corporate restructuring, FEMA/RBI compliances, and other secretarial and regulatory matters.
5	Disclosure of relationships between directors (in case of appointment of a director)	Not Applicable
6	Consent Letter	Enclosed

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DATE: 14.07.2026

TO
THE BOARD OF DIRECTORS
JEENA SIKHO LIFECARE LIMITED
SCO 11, KALGIDILAR ENCLAVE,
MOHALI, ZIRAKPUR PUNJAB -140604.

Dear Sir/Ma'am,

**SUBJECT: CONSENT TO ACT AS COMPANY SECRETARY & COMPLIANCE
OFFICER AS WELL AS KEY MANAGERIAL PERSONNEL**

I, Ms. Priya Goyal, D/o Sh. Jaspal Goyal hereby give my consent to act as the **Company Secretary & Compliance Officer** as well as the **Key Managerial Personnel** of **Jeena Sikho Lifecare Limited**, pursuant to the provisions of Section 203 of the Companies Act, 2013 read with Rule 8 of the Companies (Appointment and Remuneration of Managerial Personnel) Rules, 2014, Regulation 6 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, and other applicable provisions, if any.

I am an Associate Member of the Institute of Company Secretaries of India, holding Membership No. A71180.

The following details with respect to me may be recorded in the statutory records of the Company, filings made with the Registrar of Companies, Stock Exchanges, Securities and Exchange Board of India, and such other regulatory authorities as may be required under applicable laws:

Name: Ms. Priya Goyal

Designation: Company Secretary & Compliance Officer and Key Managerial Personnel

Membership No.: A71180

Current Residential Address: Flat No. 1202, Tower-21, Orris Greenopolis, Sector-89, Near St. Xavier's High School, Gurugram, Haryana – 122505

I further confirm that the above information in relation to me is true, correct and complete and does not omit any material fact.

I also confirm that I possess the requisite qualifications and eligibility prescribed under the applicable provisions of the Companies Act, 2013, the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 and other applicable laws, and that I am not disqualified from being appointed as the Company Secretary & Compliance Officer and Key Managerial Personnel of the Company.

I undertake to promptly intimate the Company of any change in the above particulars or any matter that may affect my appointment or continuation in office.

I hereby authorize the Company to use this consent letter and disclose my name and the above particulars in such statutory records, filings, returns, disclosures, and other documents as may be required under the applicable laws.

Thanking You,
Yours Faithfully,



PRIYA GOYAL
Membership No.: A71180

Annexure-C

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026:

Appointment of Mr. Ajay Sharma

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Mr. Ajay Sharma (DIN: 07671350) is appointed as an Additional Director in the category of Independent Director
2	Date of Appointment and term of appointment	Date of Appointment: 15th July, 2026 Term of Appointment: The appointment as additional director shall continue till the ensuing General Meeting of the Company. Subsequently his appointment will be regularized as Non-Executive Independent Director, not liable to retire by rotation, for a tenure of 2 consecutive years commencing from 15th July, 2026 to 14th July 2028 subject to approval of the shareholders.
3	Brief profile (in case of appointment)	Mr. Ajay Sharma holds a Bachelor's degree in Humanities (B.A.) and has pursued Hospitality Management studies in Australia. He possesses over 25 years of diverse professional experience spanning real estate, hospitality, finance, and travel. He is an accomplished business leader and real estate consultant with extensive expertise in property advisory, business management, client relationship management, and strategic leadership. Over the course of his career, he has successfully led and managed businesses in the hospitality, travel, and finance sectors, both in India and Australia. His broad industry exposure, entrepreneurial acumen, and strong leadership capabilities enable him to contribute effectively to business growth, corporate governance, and strategic decision-making.
4	Disclosure of relationships between directors (in case of appointment of a director)	Not Applicable

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5	Information as required pursuant to BSE circular no. LIST/COMP/14/2018-19 and NSE circular no. NSE/CML/2018/24, dated June 20, 2018	Mr. Ajay Sharma is not debarred from holding office of Directors by virtue of any order passed by Securities and Exchange Board of India or any other authority
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Annexure-D

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Appointment of Mrs. Sapna Singh

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Mrs. Sapna Singh (DIN: 11812894) is appointed as an Additional Director in the category of Independent Director
2	Date of Appointment and term of appointment	Date of Appointment: 15 th July, 2026 Term of Appointment: The appointment as Additional Director (Non-Executive Women Independent Director) shall continue till the ensuing General Meeting of the Company. Subsequently her appointment will be regularized as Non-Executive Independent Director, not liable to retire by rotation, for a tenure of 2 consecutive years commencing from 15th July, 2026 to 14th July 2028 subject to approval of the shareholders.
3	Brief profile (in case of appointment)	Mrs. Sapna Singh holds a Bachelor of Education (B.Ed.) from CMJ University, Meghalaya, and a Bachelor of Arts from Panjab University. She has over five years of experience in customer service operations and team management. Over the course of her career, she has developed expertise in team leadership, customer relationship management, performance monitoring, training and development, and grievance handling. She is known for her strong organizational and interpersonal skills, effective people management, and commitment to operational excellence and service quality.
4	Disclosure of relationships between directors (in case of appointment of a director)	Not Applicable
5	Information as required pursuant to BSE circular no. LIST/COMP/14/2018-19 and NSE circular no. NSE/CML/2018/24, dated June 20, 2018	Mrs. Sapna Singh is not debarred from holding office of Directors by virtue of any order passed by Securities and Exchange Board of India or any other authority

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Annexure-E

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Appointment of Dr. Ish Sharma

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Appointment of Dr. Ish Sharma (DIN: 11815526) as Additional Director (Executive Category) and Whole Time Director (KMP) of the Company
2	Date of Appointment and term of appointment	Date of Appointment: 15th July, 2026 Term of Appointment: The appointment as additional director shall continue till the ensuing General Meeting of the Company. Subsequently his appointment will be regularized as Whole Time Director (KMP) of the Company, for a tenure of 2 consecutive years commencing from 15th July, 2026 to 14th July 2028 subject to approval of the shareholders.
3	Brief profile (in case of appointment)	Dr. Ish Sharma is a distinguished Ayurveda professional with over 20 years of experience in academics, research, healthcare administration, and clinical practice. He holds a BAMS degree, an M.D. and Ph.D. in Ayurveda, along with an MBA in Human Resource Management. He has held several prestigious academic and administrative positions, including Academic Chair in Ayurveda Medicine at the University of Mauritius, Controller of Examinations at Guru Ravidas Ayurved University, Punjab, and Principal of Babeke Ayurveda Medical College, Punjab. Dr. Ish Sharma has made significant contributions to the advancement and global promotion of Ayurveda through academic leadership, clinical research, international collaborations, and healthcare policy initiatives. He has authored books, published numerous research papers in reputed journals, led research projects, and received several national and international awards in recognition of his contributions to Ayurveda

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		and integrative healthcare. His extensive expertise in medical education, research, institutional administration, and healthcare management enables him to contribute effectively to strategic decision-making and corporate governance.
4	Disclosure of relationships between directors (in case of appointment of a director)	Not Applicable
5	Information as required pursuant to BSE circular no. LIST/COMP/14/2018-19 and NSE circular no. NSE/CML/2018/24, dated June 20, 2018	Dr. Ish Sharma is not debarred from holding office of Directors by virtue of any order passed by Securities and Exchange Board of India or any other authority

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B-26, Opp. Metro Pillar No. 223, Rohtak Road,
New Multan Nagar, Delhi - 110056
Email ID: cs@jeenasikho.com | www.jeenasikho.com

Annexure-F

Details required under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, read with SEBI Circular No. CIR/CFD/CMD/4/2015 dated September 9, 2015, SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November, 2024 and SEBI Master Circular No. HO/49/14/14(7)2025-CFD-POD2/I/3762/2026 dated 30th January, 2026:

Appointment of Mr. Ankush Kaushal

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Appointment of Mr. Ankush Kaushal (DIN: 03308862) as Additional Director (Executive Category) and Whole Time Director (KMP) of the Company
2	Date of Appointment and term of appointment	Date of Appointment: 15th July, 2026 Term of Appointment: The appointment as additional director shall continue till the ensuing General Meeting of the Company. Subsequently his appointment will be regularized as Whole Time Director (KMP) of the Company, for a tenure of 2 consecutive years commencing from 15th July, 2026 to 14th July 2028 subject to approval of the shareholders.
3	Brief profile (in case of appointment)	Mr. Ankush Kaushal is a seasoned business leader with over 26 years of experience across the hospitality, healthcare, wellness, and business transformation sectors. He has extensive expertise in corporate strategy, business development, operational excellence, organizational transformation, and brand building. During his distinguished career, he has held senior leadership positions with reputed national and international organizations in the hospitality and healthcare industries, where he successfully led business expansion, operational improvement, premium brand development, and strategic growth initiatives. He has played a key role in driving organizational transformation, enhancing customer experience, improving operational efficiency, and building high-performing teams. Mr. Kaushal possesses significant experience in strategic planning, healthcare and wellness expansion, hospital operations, business process optimization, revenue growth, stakeholder management, and leadership development.

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		His extensive industry knowledge and leadership capabilities enable him to contribute effectively to the Company's strategic growth, operational excellence, and corporate governance.
4	Disclosure of relationships between directors (in case of appointment of a director)	Not Applicable
5	Information as required pursuant to BSE circular no. LIST/COMP/14/2018-19 and NSE circular no. NSE/CML/2018/24, dated June 20, 2018	Mr. Ankush Kaushal is not debarred from holding office of Directors by virtue of any order passed by Securities and Exchange Board of India or any other authority

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