Jeena Sikho
Health | Wealth | Happiness

Date: 29th September 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

Sub: Disclosure under Regulation 29(2) of the Securities and Exchange Board of India (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

Dear Sir/Ma'am,

Pursuant to Regulation 29(2) of the Securities and Exchange Board of India (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, we hereby submit the enclosed disclosure received from Mrs. Bhavna Grover, Promoter, Whole Time Director of the Company, regarding the purchase of 35,000 equity shares of the Company through the open market on 28th September, 2026.

Kindly take the above information on record.

Thanking you,
Yours faithfully,

For Jeena Sikho Lifecare Limited

PRIYA GOYAL
Digitally signed by PRIYA GOYAL
Date: 2026.09.29 13:15:01 +05'30'

Priya Goyal
Company Secretary & Compliance Officer
M. No. A71180

Place: Zirakpur, Punjab
Date: 29.09.2026

BHAVNA GROVER
House No. 2157, Sector 35C, Chandigarh, -160022

Dated: 29.09.2026

To,
Manager - Listing Compliance
National Stock Exchange of India Limited 'Exchange Plaza'. C-1, Block G,
Bandra Kurla Complex, Bandra (E),
Mumbai - 400 051

To,
Head of the Department,
Department of Listing Operation,
BSE Limited
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai 400001

To,
The Company Secretary
Jeena Sikho Lifecare Limited
SCO 11 First Floor, Kalgidhar Enclave,
Mohali, Zirakpur, Punjab, India, 140604

SYMBOL: JSLL
ISIN: INE0J5801029

Sub: Disclosure of acquisition~~/ disposal~~ of shares under Regulation 29(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

Dear Sir/Madam,

With reference to the above subject, please find enclosed herewith my disclosure under Regulation 29(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, relating to **Purchase of Equity shares through open market purchase of Jeena Sikho Lifecare Limited**, in a prescribed format:

The details of the disclosure are as follows:

S.No	Name	Category	Number of shares purchased
1.	Bhavna Grover	Promoter	35,000

You are requested to kindly take the same on your record.

Thanking you
Yours faithfully,

BHAVNA GROVER Digitally signed by BHAVNA GROVER Date: 2026.09.29 12:53:26 +05'30'

Bhavna Grover
Promoter
DIN: 07557913
Encl.: As above

Disclosures under Regulation 29(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

Name of the Target Company (TC)	JEENA SIKHO LIFECARE LIMITED
Name(s) of the acquirer and Persons Acting in Concert (PAC) with the acquirer	Acquirer – Bhavna Grover PAC: Not Applicable
Whether the acquirer belongs to Promoter/Promoter group	Yes **(Acquirer is a Promoter)**

Name(s) of the Stock Exchange(s) where the shares of TC are Listed	National Stock Exchange of India (NSE) and BSE 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	**2,43,000**	**0.20%**	**0.20%**
b) Shares in the nature of encumbrance (pledge/ lien/ nondisposal undertaking/ others)	Nil	N.A.	N.A
c) Voting rights (VR) otherwise than by shares	Nil	N.A.	N.A
d) Warrants/convertible securities/any other instrument that entitles the acquirer to receive shares carrying voting rights in the T C (specify holding in each category)	Nil	N.A.	N.A
e) **Total (a+b+c+d)**	**2,43,000**	**0.20%**	**0.20%**
Details of acquisition/~~sale~~ a) Shares carrying voting rights acquired/~~sold~~	**35,000**	**0.02%**	**0.02%**
b) VRs acquired /sold otherwise than by shares	Nil	N.A.	N.A
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	Nil	N.A.	N.A
d) Shares encumbered / invoked/released by the acquirer	Nil	N.A.	N.A
e) **Total (a+b+c+/-d)**	**35,000**	**0.02%**	**0.02%**
After the acquisition/~~sale~~, holding of: a) Shares carrying voting rights	**2,78,000**	**0.22%**	**0.22%**
b) Shares encumbered with the acquirer	Nil	N.A.	N.A
c) VRs otherwise than by shares	Nil	N.A.	N.A
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	Nil	N.A.	N.A
e) **Total (a+b+c+/-d)**	**2,78,000**	**0.22%**	**0.22%**

Mode of acquisition / ~~sale~~ (e.g. open market / off-market / public issue / rights issue / preferential allotment / inter-se transfer etc).	Acquisition of equity shares through open market purchase
Date of acquisition / ~~sale~~ of shares / VR or date of receipt of intimation of allotment of shares, whichever is applicable	28th September, 2026
Equity share capital / total voting capital of the TC before the said acquisition ~~/ sale~~	Rs. 24,86,01,460/- divided into 12,43,00,730 Equity shares of Rs. 2/- each
Equity share capital/ total voting capital of the TC after the said acquisition ~~/ sale~~	Rs. 24,86,01,460/- divided into 12,43,00,730 Equity shares of Rs. 2/- each
Total diluted share/voting capital of the TC after the said acquisition	Rs. 24,86,01,460/- divided into 12,43,00,730 Equity shares of Rs. 2/- each

(*) Total share capital/ voting capital to be taken as per the latest filing done by the company to the Stock Exchange.
(**) 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.

Notes:
The aggregate shareholding of the Promoter and Promoter Group in the Target Company was 63.62% prior to the transaction and 63.64% after the transaction.
My shareholding in the Target Company was 0.20% prior to the transaction and is 0.22% after the transaction, pursuant to the acquisition of equity shares through open market purchase.

BHAVNA GROVER
Digitally signed by BHAVNA GROVER
Date: 2026.09.29 12:53:41 +05'30'

Bhavna Grover
Promoter
Place: Chandigarh
Date: 29.09.2026