

Date: 1.08.2025

To
The Manager,
Listing Department,
National Stock Exchange of India Limited
Exchange Plaza, Bandra Kurla Complex,
Bandra (East), Mumbai – 400 051

Subject: Intimation under Regulation 30 of SEBI (Listing Obligation Disclosure Requirement) Regulations, 2015

Dear Sir / Madam,

Pursuant to regulation 30 and Schedule III of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 (“SEBI Listing Regulations”), we hereby inform you that Ms. Anshika Garg, Company Secretary & Compliance Officer of the Company, has submitted her resignation.

Please find copy of her resignation letter which is attached as “**Annexure A**”.

Further, disclosures as required under Schedule III of the SEBI Listing Regulations read with SEBI Circular bearing reference number: SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November 2024 and SEBI/HO/CFD/CFD-PoD-2/CIR/2024/185 dated 31st December 2024 (“SEBI Circular”) is attached as “**Annexure B**”.

We request you to take this on record, and to treat the same as compliance with the applicable provisions of the SEBI Listing Regulations.

Thanking You,

Yours Faithfully,

For and on behalf of Jeena Sikho Lifecare Limited

Manish Grover
Managing Director
DIN: 07557886
Place: Zirakpur, Punjab
Annexures: As stated above

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

To
The CFO
Jeena Sikho Lifecare Limited
Zirakpur, Punjab-140603
Date: 1st August 2025

Subject: Resignation from the Post of Company Secretary with effect from 01st August 2025.

Sir,
I hereby tender my resignation from the position of Company Secretary at Jeena Seekho Lifecare Limited, due to personal reasons that require my attention at this point in time.
I am thankful for the opportunities and support extended to me during my tenure. It has been a valuable experience being part of the organisation.

Warm regards



Anshika garg
(Company Secretary)

Annexure B

Details under Regulation 30 of SEBI (Listing Obligation and Disclosure Requirements) Regulation, 2015 read along SEBI Circular SEBI/HO/CFD/PoD2/CIR/P/0155 dated 11th November 2024 and SEBI/HO/CFD/CFD-PoD-2/CIR/2024/185 dated 31st December 2024.

Resignation of Company Secretary

Sr. No	Details of events that need to be provided	Details of Change
1	Reason for change viz. appointment, resignation, removal, death or otherwise;	Resignation
2	Date of cessation	01 st August, 2025
3	Brief profile (in case of appointment)	NA
4	Disclosure of relationships between directors (in case of appointment of a director)	NA

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