Health | Wealth | Happiness

Date: 3rd November 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: Intimation of Board Meeting pursuant to Regulation 29 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015.

Dear Sir/Ma'am,

Pursuant to Regulation 29 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we hereby inform you that a meeting of the Board of Directors of the Company is scheduled to be held on **Saturday**, **14th day of November, 2026**, at the Registered Office of the Company situated at SCO 11, First Floor, Kalgidhar Enclave, Zirakpur, Mohali, Punjab – 140604, inter alia, to:

1. Consider and approve the Unaudited Financial Results (Standalone and Consolidated) for Quarter and half year ended September 30, 2026, along with Limited Review Report thereon.
2. Consider any other matter with the permission of the Chairperson.

Further, as intimated earlier vide our intimation dated 25th September, 2026, pursuant to the provisions of the SEBI (Prohibition of Insider Trading) Regulations, 2015, read with the Company's Code of Conduct for Prohibition of Insider Trading, as amended from time to time, the Trading Window shall remain closed for dealing in securities of the Company by all Designated Persons and their Immediate Relatives with effect from Thursday, 1st October, 2026, until 48 hours after the declaration of the aforesaid Unaudited Financial Results to the Stock Exchanges for Quarter and half year ended September 30, 2026.

The above intimation is also being made available on the Company's website at www.jeenasikho.com

Kindly take the above information on record.

Thanking you,
Yours faithfully,

For Jeena Sikho Lifecare Limited

MANISH GROVER Digitally signed by MANISH GROVER Date: 2026.11.03 14:01:42 +05'30'

Manish Grover
Managing Director
DIN: 07557886

Place: Zirakpur, Punjab
Date: 03.11.2026