

Date: 10th December, 2025

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

Subject: Intimation of In-principle approval received for listing of up to a maximum of 2,50,000 Equity Shares of Rs. 2/- each of Jeena Sikho Lifecare Limited to be issued under Jeena Sikho Employees Stock Option Scheme, 2025.

Dear Sir/Madam,

Pursuant to Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended and in continuation of earlier intimation in this regard dated 27th August, 2025, The Company has received the in-principle approval in respect of these shares from:

- National Stock Exchange of India Limited (NSE) vide Ref: NSE/LIST/51687 dated December 9, 2025 for the listing of upto a maximum of 2,50,000 Equity Shares of Rs. 2/- each under "Jeena Sikho Employees Stock Option Scheme, 2025".
- BSE Limited vide Ref: DCS/ESOP/IP/RG/3955/2025-26 dated December 10, 2025 for the listing of upto a maximum of 2,50,000 Equity Shares of Rs. 2/- each under "Jeena Sikho Employees Stock Option Scheme", 2025.

The In-principle approval letter received from National Stock Exchange of India Limited (NSE) and BSE Limited is enclosed herewith.

This is for your kind information and record.

**Thanking you,
Yours faithfully,**

For Jeena Sikho Lifecare Limited

**Manish Grover
Managing Director
DIN: 07557886**

**Place: Zirakpur, Punjab
Date: 10.12.2025**

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

Ref: NSE/LIST/51687

December 09, 2025

The Company Secretary
Jeena Sikho Lifecare Limited

Dear Sir/Madam,

Sub: In - Principle approval for listing upto a maximum of 2,50,000 equity shares of Rs. 2/- each of Jeena Sikho Lifecare Limited to be allotted under Jeena Sikho Employees Stock Option Scheme, 2025.

We are in receipt of your letter along with Statement under Regulation 10(b) as required under SEBI (Share Based Employee Benefits and Sweat Equity) Regulations, 2021 and subsequent correspondences thereto, seeking in - principle approval for listing of a maximum of 2,50,000 equity shares of Rs. 2/- each to be allotted to the employees of the Company under the Jeena Sikho Employees Stock Option Scheme, 2025 of the Company.

In this regard, the Exchange is pleased to grant in-principle approval for the above equity shares to be allotted on exercise of options as and when exercised subject to fulfilling the following listing conditions:

1. Notification to the Exchange as per Regulation 10 (c) together with listing application only after allotment of securities and credit to the beneficiaries account or dispatch of share certificates, as may be applicable.
2. Receipt of statutory and other approvals and compliance of guidelines issued by the statutory authorities including SEBI, RBI, MCA, etc.
3. Compliance with all the guidelines, regulations, directions of the Exchange or any statutory authorities, documentary requirements from time to time.
4. Compliance of all conditions of SEBI (LODR) Regulations, 2015 as on date of listing.
5. Compliance to the Companies Act, 1956, Companies Act, 2013 and other applicable laws.
6. Submissions of documents as given in the enclosed list (as per annexure).

The Exchange reserves its right to withdraw its in-principle approval at any later stage if the information submitted to the Exchange is found to be incomplete/incorrect/ misleading/false or in contravention of any Rules, Bye-laws and Regulations of the Exchange, Listing Regulations, Guidelines/ Regulations issued by statutory authorities, etc.

Kindly note that the Exchange will issue approval for listing and trading of equity shares subject to the compliances as stated above.

Kindly note, this Exchange letter should not be construed as approval under any other Act/Regulation/rule/bye laws (except as referred above) for which the Company may be required to obtain approval from other department(s) of the Exchange. The Company is requested to separately take up matter with the concerned departments for approval, if any.

Yours faithfully,
For National Stock Exchange of India Limited

Ankita Gupta
Manager

P.S. Checklist of all the further issues is available on website of the exchange at the following URL:
<https://www.nseindia.com/companies-listing/raising-capital-further-issues-main-sme-checklist>

Annexure:

1. Certified true copy of statement under Regulation 10(c) as per the format prescribed in SEBI regulations/circulars.
2. NSDL/CDSL credit and/or dispatch of physical certificate confirmation by the R & T agent.
3. Certified true copy of Board resolution of allotment of shares.
4. List of allottees specifying the name of the allottee, number of shares allotted for the same.
5. Details of employees who have been granted options / shares in excess of 1% of share capital (in case of ESOPs) or 5% (in case of ESPS) of options / shares issued in one year.
6. Confirmation as to whether any Directors have been issued shares pursuant to ESOP/ESPS. If so, details of the issue to the Directors.

The National Stock Exchange of India (NSE) has announced the launch of NEAPS mobile application. The app can be downloaded from the App Store/ Play store with the name "NEAPS APP"



Signed by: Ankita Gupta
Date: Tue, Dec 9, 2025 14:40:48 IST
Location: NSE

DCS/ESOP/IP/RG/3955/2025-26

December 10, 2025

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

Dear Sir/Madam,

Re: Application of In-principle approval for 2,50,000 Equity shares of Rs. 2/- each to be issued under " Jeena Sikho Employees Stock Option Scheme, 2025."

We acknowledge the receipt of your letter on the captioned matter regarding in-principle approval for issue and allotment of 2,50,000 Equity shares of Rs. 2/- each to be allotted by the Company, upon exercise of stock options in terms of Securities Exchange Board of India (Share Based Employee Benefits and Sweat Equity) Regulations, 2021, together with copy of statement under Regulation 10(b) and other enclosures and subsequent submissions by the Company. In this regard, the Exchange is pleased to grant in-principle approval for issue and allotment of a maximum of 2,50,000 Equity shares, which are likely to arise out of exercise of options as and when exercised under the Scheme subject to the Company fulfilling the following conditions:

1. The Company shall notify the Exchange as per the format prescribed under Regulation 10(c) of Securities Exchange Board of India (Share Based Employee Benefits and Sweat Equity) Regulations, 2021 together with listing application after the shares were allotted and the same are credited to the beneficiaries account or share certificates have been dispatched, as may be applicable.
2. Payment of fees as may be prescribed from time to time.
3. Receipt of statutory and other approvals and compliance of guidelines issued by the statutory authorities including SEBI, RBI, and MCA etc.
4. Compliance to all guidelines/regulation/directions of the Exchange or any statutory authorities, documentary requirements from time to time.
5. Compliance of all conditions of Listing Agreement as on date of Listing.
6. Compliance to the Companies Act, 1956 / 2013 and other applicable laws.
7. Submissions of documents as given in the Checklist available on the BSE website under link <http://www.bseindia.com/static/about/downloads.aspx?expandable=2>

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The Exchange reserves its right to withdraw its in-principle approval at any later stage if the information submitted to the Exchange is found to be incomplete / incorrect / misleading / false or for any contravention of Rules, Bye-laws and Regulations of the Exchange, Listing Agreement, Guidelines/Regulations issued by statutory authorities etc. Kindly note that the Exchange will issue trading permission from time to time upon receipt of notification under Regulation 10(c) and subject to the compliance of the conditions as stated above.

Yours faithfully,

TL


Kinnar Mehta
Assistant Vice President



Raghav Garg
Deputy Manager