Jeena Sikho
Health | Wealth | Happiness

Date: 13th 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

Subject: Intimation of Schedule of Analyst / Investor Meet/ Conference under Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015

Pursuant to Regulation 30 read with Para A of Part A of Schedule III of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended, we hereby inform you that the management of the Company will be participating in the "**Avendus Spark INDX: Annual Investor Conference"**, hosted by Avendus Spark Institutional Equities, as per the schedule given below:

Particulars	**Details**
Date	Wednesday, 18th November, 2026
Institution Name / Event	Avendus Spark INDX: Annual Investor Conference
Mode of Meeting	Physical Meeting
Type of Interaction	1x1/Group/In-Person
Location	Grand Hyatt, Kalina, Mumbai
Timing	10:00 AM to 1:00 PM
Organizer	Avendus Spark Institutional Equities

The above schedule is indicative and is subject to changes necessitated by any unforeseen developments on the part of the Company or the Organizer.

The Company will be referring to publicly available documents for discussions during the interaction and no unpublished price sensitive information (UPSI) is intended to be discussed during the interaction.

This is also being made available on the Company's website at https://jeenasikho.com/. This is for your information and records.

Thanking you,
Yours faithfully,
For Jeena Sikho Lifecare Limited

MANISH GROVER Digitally signed by MANISH GROVER Date: 2026.11.13 12:33:47 +05'30'

Manish Grover
Managing Director
DIN: 07557886
Place: Zirakpur, Punjab

Registered Office Address:
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