

Date: 16-12-2024

To,

The Manager, Listing Compliance Department National Stock Exchange of India Limited Exchange Plaza, Bandra Kurla Complex, Bandra (East), Mumbai-400051	M/s Jeena Sikho Lifecare Limited Sco 11, First Floor, Kalgidhar Enclave, Mohali, Zirakpur, Punjab, India, 140604
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Subject: Disclosure under Regulation 29(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.

Dear Sir/Madam,

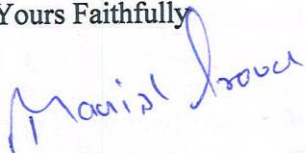
I, Manish Grover Promoter of M/s Jeena Sikho Lifecare Limited have sold 5,73,570 equity shares through open market representing 2.31% of total issued and paid up share capital of the target company.

Enclosed is the disclosure as per regulation 29(2) of Securities and Exchange Board of India (Substantial Acquisition of Shares and Takeovers) Regulations, 2011 in prescribed format.

The above is for your information and doing the needful.

Thanking You,

Yours Faithfully



Manish Grover
Promoter/PAC

Place: Chandigarh

Date: 16.12.2024

Disclosures under Regulation 29(2) of Securities and Exchange Board of India (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

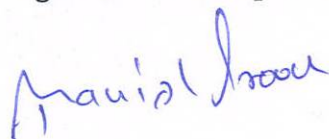
Name of the Target Company (TC)	Jeena Sikho Lifecare Limited		
Name(s) of the Seller/ Acquirer and Persons Acting in Concert (PAC) with the seller.	Mr. Manish Grover		
Whether the seller/ Acquirer belongs to Promoter/Promoter group	Yes		
Name(s) of the Stock Exchange(s) where the shares of TC are Listed	National Stock Exchange of India 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/disposal under consideration, holding of:			
a) Shares carrying voting rights	1,63,01,808	65.57	65.57
b) Shares in the nature of encumbrance (pledge/ lien/ non-disposal undertaking/ others)			
c) Voting rights (VR) otherwise than by shares			
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)			
e) Total (a + b + c + d)	1,63,01,808	65.57	65.57
Details of acquisition/sale			
a) Shares carrying voting rights acquired / sale	5,73,570	2.31	2.31
b) VRs acquired /sold otherwise than by shares			
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			
d) Shares encumbered / invoked/released by the saler			
e) Total (a + b + c + d)	5,73,570	2.31	2.31

After the acquisition/sale, holding of:			
a) Shares carrying voting rights	1,57,28,238	63.27%	63.27%
b) Shares encumbered with the acquirer			
c) VRs otherwise than by shares			
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			
e) Total (a + b + c + d)	1,57,28,238	63.27%	63.27%
Mode of acquisition/ sale (e.g. open market / off-market / public issue / rights issue / preferential allotment / inter-se transfer etc).	Open Market		
Date of acquisition / sale of shares / VR or date of receipt of intimation of allotment of shares, whichever is applicable	10.12.2024		
Equity share capital / total voting capital of the TC before the said acquisition / sale	2,48,60,146 equity shares of 10/- Each		
Equity share capital/ total voting capital of the TC after the said acquisition / sale	2,48,60,146 equity shares of 10/- Each		
Total diluted share/voting capital of the TC after the said acquisition	2,48,60,146 equity shares of 10/- Each		

(*) Total share capital/ voting capital to be taken as per the latest filing done by the company to the Stock Exchange under Clause 35 of the listing Agreement.

(**) 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.

Signature of the acquirer / seller / Authorised



Manish Grover
Promoter/PAC

Place: Chandigarh
Date: 16.12.2024