

JEENA SIKHO LIFECARE LIMITED

(Formerly known as Jeena Sikho Lifecare Private Limited)

REGD OFFICE: SCO-11, Kalgidhar Enclave, Baltana, Zirakpur, Punjab-140604, 01762-513185

Branch: B-26, Opp. Metro Pillar No. 223, Rohtak Road, New Multan Nagar, Delhi - 110056

CIN NO.: L52601PB2017PLC046545

Email ID.: cs@jeenasikho.com

Ref. No.

Dated

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

SYMBOL: JSLL
ISIN: INE0J5801011

Subject: Disclosure under Regulation 7(2) of Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015.

Dear Sir/Madam.

This is to inform you that our company has received disclosure in Form C under regulation 7(2) of Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015 dated 16.12.2024 from Mr. Manish Grover Promoter cum KMP of Company, for disposition of 5,73,570 equity shares representing 2.31% of total issued and paid up share capital of the company.

Therefore, Pursuant to Regulation 7 (2)(b) of Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015, Please find enclosed herewith the copy of above said disclosure. Kindly take the same on record and display the same on the website of your exchange.

Thanking you,
Yours faithfully,

For Jeena Sikho Lifecare Limited

Bhavna Grover
Whole-time director
DIN: 07557913
Place: Zirakpur, Punjab

To,
The Compliance Officer
Jeena Sikho Lifecare Limited ("Company")
SCO 11 First Floor, Kalgidhar Enclave,
Zirakpur, Punjab-140604

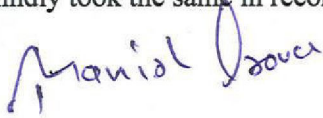
Subject: Submission of disclosure under regulation 7(2) of Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015

In reference to the captioned subject, I Manish Grover, Promoter and Managing Director of the Company hereby inform that I have sold the securities of the Company as per the following details:

Name of holder	No. of securities dealt with	Bought/sold/Subscribed	DP ID/Client ID /Folio No	Price (Rs.)
Manish Grover	573570	sold	IN300214	2314.11

In accordance with the provision of Regulation 7(2) of SEBI (Prohibition of Insider Trading) Regulations 2015, I am enclosing herewith requisite disclosure in Form C duly signed by me.

Kindly took the same in record.



Name: Manish Grover
Designation: Promoter and KMP
Date: 16.12.2024
Place: Chandigarh

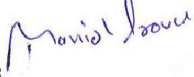
FORM C
Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015
[Regulation 7 (2) read with Regulation 6(2)- Continual disclosure]

Name of the Company: **JEENA SIKHO LIFECARE LIMITED**
 ISIN of the Company: **INE0J5801011**

Details of change in holding of Securities of Promoter, Designated Persons and Employees and other such persons as mentioned in Regulation 6(2) of SEBI (Prohibition of Insider Trading) Regulations, 2015

Name, PAN, CIN/ DIN, & address of Promoter/ Employee / Director with contact nos.	Category of Person (Promoters / KMP / Directors/ immediate relatives/ others etc.)	Securities held prior to acquisition /disposal		Securities Acquired/ Disposed				Securities held post-acquisition/ disposal		Date of allotment advice/ acquisition of shares/ sale of shares Specify		Date of intimation to company	Mode of acquisition /disposal (on market/ public/ rights/ preferential offer/ off market/ Inter-se transfer, ESOPs, etc.)	Exchange on which the trade was executed
		Type of security (For e.g. -Shares, Warrants, Convertible, Debentures etc.)	No. and % of shareholding	Type of security (For e.g. - Shares, Warrants, Convertible, Debentures etc.)	No.	Value	Transaction Type (Purchase /sale /pledge / Revocation / Invocation / Others- please specify)	Type of security (For e.g. -Shares, Warrants, Convertible, Debentures etc.)	No. and % of shareholding	From	To			
Mr. Manish Grover Pan: XXXXXXXXX Address: House No. 2324, Sector 44-C, Chandigarh - 160047	Promoter and KMP	Equity Shares	16301808 Shares (65.57%)	Equity Shares	573570	1327305078	Sale	Equity Shares	15728238 Shares (63.27%)	10.12.2024	10.12.2024	16.12.2024	on market	National Stock Exchange

Note: "Securities" shall have the meaning as defined under regulation 2(1)(i) of SEBI (Prohibition of Insider Trading) Regulations, 2015.

Signature: 
 Designation: Promoter
 Date: 16.12.2024
 Place: Chandigarh