



100 वर्षों तक स्वस्थ,
सुखी व सम्पन्न जीने के लिए



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.co.in

Ref. No.

Dated

February 16, 2024

To,

The Manager,
Listing Compliance Department
National Stock Exchange of India Ltd.
Exchange Plaza, Bandra Kurla Complex,
Bandra (East), Mumbai-400051

SYMBOL: JSL
ISIN: INE0J5801011

Sub: Resignation of Mr. Suraj Prakash Choudhary as a Non-Executive and Independent Director.

Ref: Disclosure pursuant to Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations 2015 (the "Listing Regulations").

Respected Sir/Ma'am,

Pursuant to provisions of the Regulation 30 of the Listing Regulations, we wish to intimate you that Mr. Suraj Prakash Choudhary, Non-Executive and Independent Director of Jeena Sikho Lifecare Limited has tendered his resignation w.e.f. February 15, 2024, due to not be able to devote adequate amount of time towards the management of the company due to personal reasons.

Mr. Suraj Prakash Choudhary has confirmed that there is no other material reasons other than the one mentioned herewith for his resignation.

The details as required under Schedule III - Para A(7B) of Part A of SEBI Listing Regulations read with SEBI Circular No CIR/CFD/CMD/4/2015 dated 9 September 2015, are given in "Annexure A" attached to this letter.

This is for your kind information and record.

Thanking You

Yours Faithfully,

For Jeena Sikho Lifecare Limited

MANISH GROVER
Digitally signed by
MANISH GROVER
Date: 2024.02.16
12:01:15 +05'30'

Manish Grover
Managing Director
DIN: 07557886



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Annexure-A

The details as mentioned in SEBI circular No. CIR/CFD/4/2015 dated September 09, 2015 are as follows:

S. No.	Particulars	Mr. Suraj Prakash Choudhary
1.	Reason for change	Resignation due to not be able to devote adequate amount of time towards the management of the company due to personal reasons.
2.	Date of cessation	February 15, 2024
3.	Brief Profile	N.A.
4.	Disclosure of relationship between directors	N.A.
5.	Information as required under BSE circular Number LIST/COM/14/2018-19 and NSE circular no. NSE/CML/2018/24 dated June 20, 2018.	N.A.
Additional Information in case of resignation of an Independent Director		
6.	Letter of Resignation along with detailed reason for resignation.	The Letter of Resignation has been annexed herewith as an "Annexure-B".
7.	Names of Listed Entities in which the Director holds Directorships, indicating the category of Directorship and membership of Board Committees, if any	Nova Iron and Steel Limited Category of directorship: Non-Executive and Independent Director Membership of Board Committees: • Audit Committee; • Nomination and Remuneration Committee; • Stakeholder Relationship Committee; • Corporate Social Responsibility Committee; • Share Transfer Committee
	The independent director shall, along with the detailed reasons, also provide a confirmation that there is no other material reasons other than those provided.	Mr. Suraj Prakash Choudhary has confirmed that there are no material reasons for his resignation other than those mentioned in his resignation letter.

Zimbra**cs@jeenasikho.co.in**

From : suraj choudhary <surajchoudhary08@gmail.com>

Thu, Feb 15, 2024 04:51 PM

Subject : <No Subject>**To :** cs@jeenasikho.co.in

To,
The Board of Directors
Jeena Sikho Lifecare Limited
SCO 11 First floor, Kalgidhar enclave,
Mohali, Zirakpur, Punjab-140604, India

Dear Sir/Ma'am,

Subject: Resignation as a Non-Executive and Independent director of the Company.

I hereby tender my resignation from the position of Non-Executive and Independent Director of the Company w.e.f., February 15, 2024, as I will not be able to devote adequate amount of time towards the management of the Company due to my personal reasons. I am requesting you to submit my notice of resignation to the Board of Directors in the next board meeting as and whenever conducted, National Stock Exchange of India (the "NSE") and Registrar of Companies (the "ROC").

Consequently, I will also be stepping down as a Chairperson of the Audit Committee, Member of the Nomination and Remuneration Committee and Chairperson of the Stakeholders Relationship Committee of the company.

I hereby confirmed that there are no material reasons for my resignation other than those mentioned in this resignation letter.

Please find below the list indicating category of my directorship and membership of the Board Committees in the other listed entities before the resignation becoming effective:

1. Name of Listed Entity: Nova Iron and Steel Limited

Category of Directorship: Non-Executive and Independent Director

Membership of the Board Committees: Audit Committee, Nomination and Remuneration Committee, Stakeholder Relationship Committee, Corporate Social Responsibility Committee and Share Transfer Committee

I hereby express my sincere gratitude for the immeasurable co-operation and support extended to me during my tenure with the Company as an Independent Director.

Kindly take the above facts on record.

I hereby wish the Company and all the Board of Directors all the best for future.

I hereby request the Board of Directors to please provide me with an acknowledgment of the resignation and a copy of the E-form DIR-12 filed with the Registrar of Companies (the "ROC") to that effect for my reference and record.

Thanking You

Yours faithfully

Suraj Prakash Choudhary
Independent Director
DIN: 09241286
