



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

Date: 17-03-2023

To,
The Manager- Listing,
National Stock Exchange of India Limited
Exchange Plaza , Bandra Kurla Complex,
Bandra East, Mumbai-400051

Dear Sir/Madam,

Sub: Intimation of Board meeting pursuant to Regulation 29 of SEBI (LODR) Regulations, 2015

Pursuant to Regulation 29 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, this is to inform you that a meeting of Board Meeting of **Jeena Sikho Lifecare Limited (the Company)** is scheduled to be held on **Wednesday, March 22, 2023 at 03:00 P.M.** inter alia, to consider and approve the Scheme of Arrangement under Sections 230 to 232 of the Companies Act, 2013 between **Shuddhi Lifecare Private Limited** and **Jeena Sikho Lifecare Limited** and their respective shareholders.

We Further inform you that pursuant to the Company's Code of Conduct for Prevention of Insider Trading adopted by the Company under the SEBI (Prohibition of Insider Trading) Regulations, 2015, the trading window for dealing in the securities of the Company will be closed for the all the Promoters, Directors, key Managerial Persons and "Designated Persons" and their immediate relatives from Saturday, March 18th, 2023 till the expiry of 48 hours from the outcome of the Board Meeting for the aforesaid purpose.

You are requested to take the above information on your records and disseminate the same on your website.

Thanking You,

**For and on behalf of Board of
Jeena Sikho Lifecare Limited**

**Manish Grover
Managing Director
DIN: 07557886**