

25th March 2026

TAKE/BSE/2025-26
The Manager
Dept. of Corporate Services-Listing
BSE Limited,
P. J. Towers, Dalal Street,
Mumbai - 400001
Script Code: 532890
Script Id: TAKE

TAKE/NSE/2025-26
The Manager-Listing
Department National Stock Exchange of
India Limited
Exchange Plaza, Bandra - Kurla Complex,
Bandra (East), Mumbai - 400051
Script: TAKE

Dear Sir / Madam,

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

Sub: Press Release - TAKE Solutions Launches "Take.Health" - An Intelligent Health Companion Targeting India's \$197 Billion Healthcare Opportunity.

Pursuant to Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we wish to inform you that the Company has issued a press release titled "**TAKE Solutions Launches 'Take.Health' - An Intelligent Health Companion Targeting India's \$197 Billion Healthcare Opportunity.**"

The press release outlines the launch of **Take.Health**, an AI-driven digital health platform focused on preventive healthcare, personalized insights, and continuous health monitoring, aligned with the Company's strategy to build scalable capabilities in digital health and AI-driven solutions.

A copy of the press release is enclosed herewith for your information and record.

You are requested to take the above cited information on your records.

Thanking You,
For M/s. TAKE SOLUTIONS LIMITED

Parmeshvar Dhangare
Director
DIN: 11410125

TAKE SOLUTIONS LIMITED

Registered & Corporate Office : B3, No.9, B-Block, Alsa Arcade, 3rd Floor, 2nd Avenue,
Anna Nagar East, Chennai-600 102, Tamil Nadu, India.

Tel: +91 44 4859 2901; GSTIN: 33AABCT3684M1Z0; CIN: L63090TN2000PLC046338

www.takesolutions.com

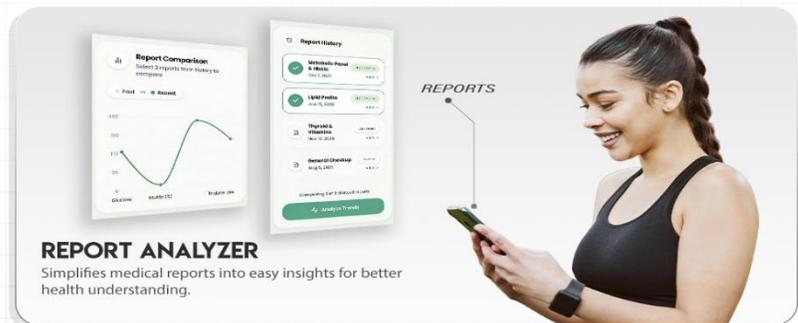
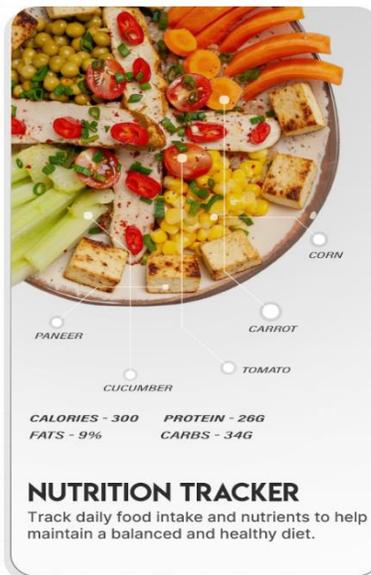
Media Release

TAKE Solutions Launches “Take.Health” – An Intelligent Health Companion Targeting India’s \$197 Billion Healthcare Opportunity

Chennai,, 25 March 2026: Take Solutions Limited today announced the launch of **Take.Health** (www.take.health), a unified, AI-driven health companion built to transform everyday lifestyle and medical data into actionable, personalized health intelligence for India’s rapidly expanding digital population. The platform is designed to unlock a high-growth, high-impact opportunity at the intersection of digital health, AI and consumer wellness, while building scalable, recurring revenue streams across both retail and enterprise (workplace) segments.

This initiative marks a transformational step in Take Solutions evolution, deeply aligned with the Government of India’s push to position AI as a critical development tool for societal good. As the nation focuses on unlocking a USD 370 billion healthcare sector and a USD 197 billion preventive healthcare opportunity, this platform mirrors the summit's core theme of "Sarvajana Hitaya, Sarvajana Sukhaya" (welfare and happiness for all) by ensuring advanced technology reaches every citizen.

India’s healthcare landscape is undergoing a significant transition and the structural shift which creates a massive opportunity. These trends are creating strong demand for scalable, technology-led platforms that can simplify health management and enable early intervention.



- Preventive healthcare market expected to exceed USD 197 billion by 2030.
- Increasing prevalence of lifestyle disorders such as diabetes, cardiovascular diseases, and sleep-related issues.
- Rising consumer focus on early diagnosis, continuous monitoring, and personalized health management.
- Rapid digital adoption supported by over 600 million smartphone users.

“With healthcare rapidly transitioning toward AI-led prevention and personalized wellness, Take.Health establishes a strong strategic foothold for Take Solutions in a high-growth, future-ready segment. By leveraging a scalable, technology-driven model, the platform is expected to deepen the company’s presence in digital healthcare, unlock new revenue streams through subscription and data-led services, and enhance customer lifetime value via continuous engagement. At the same time, it positions Take Solutions to capitalize on the long-term convergence of healthcare, data analytics, and technology, creating a foundation for sustained growth and innovation.” **Said, Mr. Parmeshvar Dhangare, Director of Take Solutions.**

About Take.Health: Building an Integrated Preventive Care Ecosystem

Take.Health is designed as a comprehensive, AI-powered platform that transforms complex medical data into simple, actionable, and personalized health insights.

This model not only addresses rising burdens of diabetes, hypertension, sleep disorders and chronic stress, but also builds a rich, anonymized dataset on real-world lifestyle patterns that can inform better products, programmes and policies over time.

Key Capabilities of Take.Health:

- **AI-Powered Lab Report Analysis:** Converts complex medical reports into easy-to-understand insights, improving health awareness and decision-making
- **Dynamic Health Dashboard:** Tracks critical health parameters such as vitamin levels, cholesterol, and blood sugar for continuous monitoring
- **Predictive Risk Identification:** Enables early detection of potential health issues through data-driven analysis
- **Personalized Nutrition & Calorie Management:** Offers tailored diet plans based on individual health conditions, fitness goals, and lifestyle patterns
- **Condition-Specific Support:** Advanced features such as diabetes tracking and AI-based meal guidance for targeted care
- **Holistic Wellness Integration:** Combines activity tracking, supplement recommendations, and lifestyle inputs for a comprehensive health view.
- **Sleep Tracking & Analysis:** Monitors sleep duration, patterns, and quality.

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Strategic Positioning: Scalable, Data-Driven, and High Engagement Model

Take.Health is built on a technology-first, asset-light model, enabling scalability across geographies while maintaining operational efficiency.

The platform is strategically positioned to:

- Capture growing demand for preventive and personalized healthcare solutions
- Drive recurring user engagement through continuous monitoring and insights
- Build a strong data intelligence layer, enhancing long-term platform value
- Create opportunities for ecosystem partnerships across diagnostics, wellness, and healthcare providers

About Take Solutions

Take Solutions is a global technology company delivering domain-intensive solutions and services for the life sciences and supply chain industries. With deep expertise in building scalable digital platforms and data-driven solutions, the company focuses on enabling enterprises to improve efficiency, compliance, and decision-making. Through its expanding investments in AI, analytics, and digital health technologies, Take Solutions is positioning itself to participate in the next wave of innovation across healthcare and other knowledge-led industries.



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