

Date:04<sup>th</sup> April, 2026

To,

The Manager, Listing Compliance Department <b>National Stock Exchange of India Limited</b> Exchange Plaza, Bandra Kurla Complex, Bandra (East), Mumbai-400051 <b>SYMBOL: JSLL</b>	The General Manager, Department of Corporate Service, <b>BSE Limited,</b> P. J. Tower, Dalal Street, Fort, Mumbai-400 023 <b>Scrip Code: 544476</b>	Compliance Officer <b>Jeena Sikho Lifecare Limited.</b> SCO-11, Kalgidhar Enclave, Zirakpur, Punjab- 140604  CIN:L52601PB2017PLC046545	Audit Committee  <b>Jeena Sikho Lifecare Limited.</b> SCO-11, Kalgidhar Enclave, Zirakpur, Punjab- 140604
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**Subject: Declaration under Regulation 31(4) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011 for Financial Year 31st March, 2026.**

With reference to Regulation 31(4) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, I, **Manish Grover**, Promoter of Jeena Sikho Lifecare Limited, hereby declare on my behalf and on behalf of the promoter group and Persons acting in Concert that, no encumbrance has been created, directly or indirectly, on the shares held by us in the Company during the financial year ended March 31, 2026.

The details are attached as **Annexure-I**.

Kindly take the same on record.

Thanking you,

**Yours faithfully,**

**Manish Grover**  
**DIN: 07557886**  
**Promoter & Managing Director**  
**Jeena Sikho Lifecare Limited**

**Place:** Zirakpur, Punjab

**Date:** 04.04.2026

**Annexure-I****Disclosure under Regulation 31(4) of SEBI (Substantial Acquisition of Shares and Takeover) Regulations, 2011****Details of Promoters/Members of Promoter Group and PAC with him as on 31<sup>st</sup> March, 2026.**

S. No.	Name	Category	Shares	% of total diluted shares/voting capital of the TC	Number of shares pledge
1	Manish Grover	Promoter	78641190	63.27%	NIL
2	Bhavna Grover	Promoter	243000	0.20%	NIL
3.	Rohit Grover	Promoter Group	76191	0.06 %	NIL
4	Mukesh Grover	Promoter Group	52740	0.04 %	NIL
5	Santosh Grover	Promoter Group	30461	0.02 %	NIL
6	Sahil Jain	Promoter Group	17191	0.01%	NIL
7	Shreya Grover	Promoter Group	8190	0.01%	NIL
8	Akansha Jain	Promoter Group	8190	0.01%	NIL
9	Ashish Grover	Promoter Group	3495	0%	NIL
10	Madhav Grover	Promoter Group	0	0	NIL
11	Sunil Khurana	Promoter Group	0	0	NIL
12	Som Khurana	Promoter Group	0	0	NIL
13	Premkanta Kapoor	Promoter Group	0	0	NIL
14	Sunita Uppal	Promoter Group	0	0	NIL
15	Shweta Grover	Promoter Group	9450	0	NIL
16	Meetu Grover	Promoter Group	18115	0.01%	NIL
17	Dheeraj Grover	Promoter Group	690	0	NIL
18	Anju Khurana	Promoter Group	682	0	NIL

19	Shweta Aggarwal	Promoter Group	5125	0	NIL
20	Vishal Aggarwal	Promoter Group	12430	0	NIL
21	Vandana Takkar	Promoter Group	935	0	NIL
22	Rajesh Grover	Promoter Group	113	0	NIL
23	Anshika Grover	Promoter Group	450	0	NIL
24	Jeena Green Resources Private Limited	PAC	NIL	NIL	NIL
25	Jeena Sikho International LLC	PAC	NIL	NIL	NIL
26	Back to Roots Ayurveda by Dr. Shyam LLC	PAC	NIL	NIL	NIL

Kindly take the same on record.

Thanking you,

**Yours faithfully,**

**Manish Grover**  
**DIN: 07557886**  
**Promoter & Managing Director**  
**Jeena Sikho Lifecare Limited**

**Place: Zirakpur, Punjab**  
**Date: 04.04.2026**