

**DETAILS OF FAMILARISATION PROGRAMME FOR INDEPENDENT DIRECTORS  
[Pursuant to the Regulations 25(7) and 46 (2) of SEBI (Listing Obligations and  
Disclosure Requirements) Regulations, 2015]**

Pursuant to the requirement of Regulation 25 (7) of the SEBI (LODR) Regulations, 2015, the Company needs to formally arrange Induction or Familiarization Programme for Independent Directors to familiarize them with their role, rights and responsibility as Directors, the working of the Company, nature of the industry in which the Company operates, business model etc.

**PURPOSE**

The Program aims to provide insights into the Company to enable the Independent Directors to understand its business in depth and contribute significantly to the Company.

**FAMILIARIZATION PROCESS**

1. The Company shall through its Executive Directors / Senior Managerial Personnel conduct programs / presentations periodically to familiarize the Independent Directors with the strategy, operations and functions of the Company;
2. Such programs / presentations will provide an opportunity to the Independent Directors to interact with the senior leadership team of the Company and help them to understand the Company's strategy, business model, operations, service and product offerings, markets, organization structure, finance, human resources, technology, quality, facilities and risk management and such other areas as may arise from time to time;
3. The programs / presentations shall also familiarize the Independent Directors with their roles, rights and responsibilities;
4. The Company may circulate news and articles related to the industry on a regular basis and may provide specific regulatory updates from time to time; and
5. The Company may conduct an introductory familiarization program / presentation, when a new Independent Director comes on the Board of the Company.

**DISCLOSURE OF THE POLICY**

This Policy shall be uploaded on the Company's website for public information.

**REVIEW OF THE PROGRAM**

The Board will review this Program and make revisions as may be required

## **JEENA SIKHO LIFECARE LIMITED**

### **BOARD FAMILIARISATION PROGRAMME**

#### **Disclosures as per SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015**

Regulation 25(7) of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 (“the Listing Regulations”), the Company has in place systems and processes to ensure that independent directors are familiar with various aspects of the Company including:

- (a) Nature of the industry in which the company operates;
- (b) Business model of the company;
- (c) Roles, rights, responsibilities of independent directors; and
- (d) Any other relevant information.

During the year under review, the Company conducted various familiarisation sessions through presentations and interactive discussions. These sessions provided insights into the Company’s strategy, business operations, product and service offerings, customer and shareholder profiles, financial performance, human resources, technological developments, manufacturing and operational facilities, internal control systems, and risk management framework. The programmes also included updates on regulatory changes and their implications.

Senior management personnel actively participated in these sessions, facilitating detailed discussions and addressing queries of the Independent Directors.

The Company remains committed to ensuring continuous engagement with its Independent Directors and regularly updates them on significant developments. Opportunities are also provided for direct interaction with functional and business heads to deepen their understanding of the Company’s operations.

In compliance with Regulation 46(2) of the Listing Regulations, details of the familiarisation programmes imparted to Independent Directors are disclosed on the Company’s website.

## **JEENA SIKHO LIFECARE LIMITED**

120+ AYURVEDA CLINICS & HOSPITALS | FREEDOM FROM 2D DISEASES & DRUGS

**Registered Office Address:**

SCO-11, Kalgidhar Enclave, Baltana, Zirakpur,  
Punjab-140604, 01762-513185  
CIN NO.: L52601PB2017PLC046545

**Corporate Office Address:**

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New Multan Nagar, Delhi - 110056  
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## SUMMARY OF FAMILIARISATION PROGRAMME OF INDEPENDENT DIRECTORS

The details of the familiarisation programmes are hosted on the Company's website and can be accessed by stakeholders for reference.

Sr. No.	Name of the Independent Director	Date of Appointment	No. of Programmes attended during FY 2025-26	No. of hours spent in such Programmes during FY 2025-26	No. of Programmes attended on cumulative basis	No. of hours spent in such Programmes on cumulative basis
1.	Mr. Karan Vir Bindra	25/08/2021	One	Approx. 1.5 Hours (Including Specific Items at board meetings)	Five	Approx. 6 Hours
2.	Mr. Chandan Kumar Kaushal	29/04/2024	One	Approx. 1.5 Hours (Including Specific Items at board meetings)	Two	Approx. 3 Hours
3.	Mrs. Priyanka Bansal	21/04/2025	One	Approx. 1.5 Hours (Including Specific Items at board meetings)	one	Approx. 1.5 Hours

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