

Date: 03rd February 2026

To,
Manager - Listing Compliance
National Stock Exchange of India Limited
'Exchange Plaza'. C-1, Block G,
Bandra Kurla Complex, Bandra (E),
Mumbai - 400 051
SYMBOL: JSLL

To,
Head of the Department,
Department of Listing Operation,
BSE Limited
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai 400001
SCRIP Code: 544476

Sub: Prior Intimation of Board Meeting

Ref: Regulation 29 of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 (the 'Listing Regulations').

Dear Sir/Ma'am,

Pursuant to the provisions of Regulation 29 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we hereby inform you that a meeting of the Board of Directors of the Company is scheduled to be held on **Saturday, 07th February 2026**, at the Registered Office of the Company situated at SCO 11, First Floor, Kalgidhar Enclave, Zirakpur, Mohali, Punjab – 140604, to inter alia consider and approve the following business:

1. the Unaudited Financial Results (Standalone and Consolidated) of the Company for the quarter and nine months ended 31st December 2025, along with the Limited Review Report thereon.
2. To consider any other matter with the permission of the Chairperson.

Further, as intimated earlier dated December 27th 2025, pursuant to the provisions of the SEBI (Prohibition of Insider Trading) Regulations, 2015 and the Insider Trading Prohibition Code of the Company, as amended from time to time, the Trading Window shall remain closed for dealing in securities of the Company for all Designated Persons from Thursday, January 01, 2026 to Monday, February 09th 2026 (both days inclusive).

The above intimation is also being made available on the Company's website at www.jeenasikho.com

Kindly take the above information on record.

**Thanking you,
Yours faithfully,**

For Jeena Sikho Lifecare Limited

**Manish Grover
Managing Director
DIN: 07557886**

**Place: Zirakpur, Punjab
Date: 03rd February 2026**

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:

B-26, Opp. Metro Pillar No. 223, Rohtak Road,
New Multan Nagar, Delhi - 110056
Email ID: cs@jeenasikho.com | www.jeenasikho.com