



Health | Wealth | Happiness

Date: 23rd March, 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
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Subject: Intimation under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 – Publication of Case Study and Case Reports.

Dear Sir/Madam,

Pursuant to Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we wish to inform you that following academic publications, namely case studies and case reports, have been published in the *"International Journal of Advanced Research (IJAR)"*. These publications have been authored by medical professionals associated with **Jeena Sikho Lifecare Limited**, including our Managing Director, senior consultants, and Ayurvedic experts.

These publications demonstrate the Company's ongoing commitment to Ayurvedic research and evidence-based clinical practice. The details of the case study and case reports are as follows:

S. No.	Type	Name	Link
1.	Case Study	Ayurvedic Management of Chronic Liver Disease	https://www.journalijar.com/article/58966/ayurvedic-management-of-chronic-liver-disease:-a-case-study/
2.	Case Report	Comprehensive Management of Chronic Kidney Disease: A Holistic Approach Integrating Lifestyle Modifications and Ayurvedic Principles	https://www.journalijar.com/article/59024/comprehensive-management-of-chronic-kidney-disease:-a-holistic-approach-integrating-lifestyle-modifications-and-ayurvedic-principles:-a-case-report/
3.	Case Report	Therapeutic Impact Of Nidan Parivarjan, Ahar, Vihar And Shaman Chikitsa In A Case Of Prostatomegaly (Paurush Granthi)	https://www.journalijar.com/article/59158/therapeutic-impact-of-nidan-parivarjan,-ahar,-vihar-and-shaman-chikitsa-in-a-case-of-prostatomegaly-(paurush-granthi/

Links of all the Case Studies and Case Reports are enclosed for your records. The above information is also available on the Company's website at www.jeenasikho.com

This is for your kind information and record.

Thanking you,
Yours faithfully,

For Jeena Sikho Lifecare Limited

Manish Grover
Managing Director
DIN: 07557886
Place: Zirakpur, Punjab

JEENA SIKHO LIFECARE LIMITED

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

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