

Date: 1st January, 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 of Grant of Stock Options to the eligible employees.

Dear Sir/Madam,

Pursuant to Regulation 30 read with Schedule III of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, we wish to inform you that the Nomination and Remuneration Committee ("NRC") of the Board of Directors at its meeting held today i.e., **January 01, 2026**, has, inter alia, approved the following:

The NRC has approved the grant of **2,18,875 (Two Lakh Eighteen Thousand Eight Hundred Seventy-Five) Employee Stock Options** to **1,176 (One Thousand One Hundred Seventy-Six) eligible employees** of the Company, in accordance with the **JEENA SIKHO EMPLOYEES STOCK OPTION SCHEME, 2025 ("ESOP 2025")**.

The disclosure as required under Regulation 30 of the SEBI Listing Regulations read with **SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated November 11, 2024**, is enclosed herewith as **Annexure – A**.

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
Date: 01.01.2026**

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

Annexure – A

Disclosure of Material Events as per Part A of Schedule III of Regulation 30 of the SEBI (LODR) Regulations, 2015 read with SEBI Circular no. SEBI/HO/CFD/PoD2/CIR/P/0155 dated November 11, 2024

S. No.	Particulars	Details
a.	Brief details of options granted	Grant of 2,18,875 Employee Stock Options to 1,176 (One Thousand One Hundred Seventy-Six) eligible employees under JEENA SIKHO EMPLOYEES STOCK OPTION SCHEME, 2025 (“ESOP 2025”) , aimed at employee motivation and long-term value creation.
b.	Whether the scheme is in terms of SEBI (Share Based Employee Benefits) Regulations, 2021	The JEENA SIKHO EMPLOYEES STOCK OPTION SCHEME, 2025 (“ESOP 2025”) is in compliance with the SEBI (Share Based Employee Benefits and Sweat Equity) Regulations, 2021 and other applicable laws.
c.	Total number of shares covered by these options	Each option, upon exercise, shall be converted into one fully paid-up equity share of face value ₹2/- each . Total equity shares covered: 2,18,875 .
d.	Pricing formula	The Exercise Price is fixed as Rs. 2/- per Stock Option.
e.	Options vested	Not Applicable, as this outcome is pertaining to grant of Options under the Scheme.
f.	Time within which option may be exercised	The exercise period would commence from the date of vesting and will expire on completion of one year from the date of vesting of options.
g.	Options exercised	Not Applicable, as this outcome is pertaining to grant of Options under the Scheme.
h.	Money realized by exercise of options	Not Applicable, as this outcome is pertaining to grant of Options under the Scheme.
i.	The total number of shares arising as a result of exercise of option	Not Applicable.
j.	Options lapsed	Not Applicable.
k.	Variation of terms of options	Not Applicable.
l.	Brief details of significant terms	Shares arising on conversion of the Options will rank <i>pari passu</i> with all other Equity Shares of the Company for the time being in issue.

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m.	Subsequent changes or cancellation or exercise of such options	Not Applicable
n.	Diluted earnings per share pursuant to issue of equity shares on exercise of Options	Not Applicable

**Thanking you,
Yours faithfully,**

For Jeena Sikho Lifecare Limited

**Manish Grover
Managing Director
DIN: 07557886**

**Place: Zirakpur, Punjab
Date: 01.01.2026**

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