



**JEENA SIKHO LIFECARE LIMITED**

**CIN: L52601PB2017PLC046545**

**Registered Office:** SCO 11, Kalgidhar Enclave, Zirakpur, Mohali Punjab – 140604, India,

**Tel. No.:** 017-62513185,

**Website:** <https://www.jeenasikho.co.in/>, **Email ID:** [cs@jeenasikho.co.in](mailto:cs@jeenasikho.co.in)

**Notice** is hereby given that an **Extra Ordinary General Meeting** (hereinafter referred to as “EGM”) of the members (EGM Sr. No. 1 for the Financial Year 2023-24) of **Jeena Sikho Lifecare Limited** (hereinafter referred to as “the Company”) will be held **on Monday, 23<sup>rd</sup> October, 2023 at 12:00 P.M.** at Shuddhi Ayurveda Panchkarma Hospital, Pind Devinagar, Hadbast No. 18 Tehsil, Derabassi Dist, Punjab – 140507 to transact following items of Special business:

## **SPECIAL BUSINESS**

### **1. To Increase the Authorized Share Capital of the Company**

To consider and, if thought fit, to pass with or without modification(s), the following resolution as an **Ordinary Resolution:**

**“Resolved that** pursuant to the provisions of Section 13, 61, 64 and all other applicable provisions, if any, of the Companies Act, 2013 (“the Act”), and all other applicable provisions, if any, of the said Act read with the rules and regulations framed thereunder and applicable provisions of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 (“SEBI LODR Regulations”) (including any statutory modification (s) or re-enactment thereof, for the time being in force) and in accordance with the applicable provisions of the Memorandum and Articles of Association of the Company, the consent of members of the Company be and is hereby accorded to increase the existing Authorised Share Capital of the Company from Rs. 15,00,00,000/- (Rupees Fifteen Crore Only) divided into 1,50,00,000 (One Crore Fifty Lakhs) equity shares of Rs. 10/- (Rupees Ten Only) each to Rs. 25,00,00,000/- (Rupees Twenty-Five Crore Only) divided into 2,50,00,000 (Two Crore Fifty Lakh) Equity shares of Rs.10 /- (Rupees Ten Only) each by the creation of additional 1,00,00,000 (One Crore) equity shares of Rs. 10/- (Rupees Ten Only) each ranking pari-passu in all respect with the existing Equity Shares of the Company.

**Resolved further that** the consent of the members be and is hereby accorded to alter the memorandum of association by substituting existing clause 5 by the following new clause 5 as under:

5. *“The Authorized Share Capital of the Company is Rs. 25,00,00,000/- (Rupees Twenty-Five Crore Only) divided into 2,50,00,000 (Two Crore Fifty Lakh) Equity shares of Rs.10 /- (Rupees Ten Only) each.”*

**Resolved further that** the Board of Directors of the Company be and is hereby authorized to do all such acts, deeds and things as may be necessary to bring about increase and alteration of the Authorized Share Capital in the manner as aforementioned, including settling the questions, doubts or disputes if any, which may arise in this regard, and making the necessary filings with the Registrar of Companies.”

### **2. To approve the Issue of Bonus share**

To consider and, if thought fit, to pass with or without modification(s), the following resolution as an **Ordinary Resolution:**

**“Resolved that** pursuant to the provisions of Section 63 of the Companies Act, 2013 (“Act”) and all other applicable provisions, if any, of the said act read with Rule 14 of The Companies (Share Capital and Debentures) Rules, 2014 and other applicable Rules, if any, and applicable provisions of the Securities and Exchange Board of India (Issue of Capital and Disclosure Requirements) Regulations, 2018 (“the ICDR Regulations”), the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 (“SEBI LODR Regulations”) (including any statutory modification or re-enactment thereof for the time being in force) and other applicable regulations, rules and guidelines issued by the Securities and Exchange Board of India (“SEBI”) and Reserve Bank of India (“RBI”) from time to time, the enabling provisions of the Memorandum and the provisions of clause No. 226 of the Articles of Association of the Company, and pursuant to the recommendation of the Board of Directors of the Company (hereinafter referred to as "the Board", which expression shall be deemed to include a Committee of Directors or officer(s) of the Company duly authorized in this behalf), and subject to such approvals as may be required in this regard, approval of the Members be and is hereby accorded to the Board for capitalization of a sum of Rs. 11,04,89,540/- from the balance, as available in the Securities Premium Account of the Company as per the audited financial statements of the Company for the financial year ended March 31, 2023 for the purpose of issue of 1,10,48,954 Equity Shares as bonus shares, credited as fully paid-up to the holders of the Equity shares of the Company whose names shall appear on the Register of Members on the ‘Record Date’ to be determined by the Board, in the proportion of 4:5, i.e., 4 (four) Bonus Equity Share (fully paid-up) of Rs. 10/- each for every 5 (five) existing Equity Shares of Rs. 10/- each, held by the Shareholders in the Company and the Bonus Shares so issued shall, for all purposes, be treated as an increase in the Paid-up capital of the Company.

**Resolved further that** the Bonus shares so issued and distributed shall, for all purposes, be treated as an increase in the nominal amount in the capital of the Company held by each such member, and not as income or distribution in lieu of dividend.

**Resolved further that** the bonus equity shares so issued and allotted shall rank pari-passu in all respects with the fully paid-up equity shares of the Company and carry the same rights with the existing equity shares of the Company in all respects and shall always be subject to the applicable terms and conditions of the Memorandum and Articles of Association of the Company.

**Resolved further that** the allotment of new equity bonus shares to the extent that they relate to non-residents including Non-Resident Indians (NRIs), Overseas Citizen of India, Overseas Corporate Bodies (OCBs), Foreign Portfolio Investors (FPIs) and other foreign members of the Company, shall be subject to the approval, if any, of the Reserve Bank of India under the Foreign Exchange Management Act, 1999, as amended or any other Regulatory authority, if any, as may be deemed necessary.

**Resolved further that** in case of fractional shares, if any, arising out of the issue and allotment of the bonus equity shares, the Board be and is hereby authorized to make suitable arrangements to deal with such fractions for the benefit of the eligible shareholders, including but not limited to, allotting the total number of new equity shares representing such fractions to a Committee/person(s) to be appointed by the Board of Directors who would hold them in trust for such shareholders and shall, as soon as possible, sell such equity shares at the prevailing market rate and the net sale proceeds of such equity shares, after adjusting the cost and the expenses in respect thereof, be distributed among such shareholders who are entitled to such fractions in proportion of their respective fractional entitlements. The amount for capitalization of Securities Premium Account for the purpose of bonus issue and the number of bonus issue, as per the aforesaid resolution, shall be deemed be amended, if required, due the adjustment for the fractional entitlement of the shareholders.

**Resolved further that** pursuant to SEBI (Issue of Capital and Disclosure Requirements) Regulations, 2018 and SEBI (Listing Obligations and Disclosures Requirements), the allotment of shares in bonus issue shall be made in dematerialized form only and thus, in case of members who holds equity shares in

dematerialized form, the bonus equity shares shall be credited to the respective beneficiary accounts of the Members with their respective Depository Participant(s) and in the case of Members who hold equity shares in physical form, if any, the bonus equity shares shall be transferred to the Suspense Account to be opened in this regard, within such time as prescribed by law and the relevant authorities, subject to guidelines issued by SEBI in this regard.

**Resolved further that** for the purposes of giving effect to the bonus issue of equity shares as resolved herein before, the issuance of equity shares or securities representing the same, the Board and other designated officers of the Company be and are hereby authorized on behalf of the Company to do all such acts, deeds, matters and things as it may at its discretion deem necessary or desirable for such purpose, including without limitation to file any documents with the Securities and Exchange Board of India, Stock Exchange where the shares of the Company are presently listed, Depositories, Ministry of Corporate Affairs and/ or concerned authorities, applying and seeking necessary listing approvals from the Stock Exchange, and to settle any question, difficulty or doubt that may arise in regard thereto.”

For and on behalf of Board of Directors  
**JEENA SIKHO LIFECARE LIMITED**

Sd/-  
**Manish Grover**  
**Managing Director**  
**(DIN: 07557886)**

**Date: 25/09/2023**  
**Place: Zirakpur, Punjab**

## NOTES

1. The Explanatory Statement, pursuant to Section 102 of the Companies Act 2013, in respect of the business under item no 1 and 2 of accompanying notice is annexed hereto.
2. **A MEMBER ENTITLED TO ATTEND AND VOTE AT THE MEETING IS ENTITLED TO APPOINT A PROXY TO ATTEND AND VOTE INSTEAD OF HIMSELF AND THE PROXY NEED NOT BE A MEMBER OF THE COMPANY. INSTRUMENT APPOINTING THE PROXY IS ANNEXED HEREWITH AS ANNEXURE-A.**
3. Proxy forms, in order to be effective, must be deposited at the Registered Office of the Company not later than 48 hours before the time fixed for the meeting, duly completed and signed. A proxy does not have the right to speak at the meeting and cast votes only on a poll. A proxy form is annexed to this report. Proxies submitted on behalf of limited companies, societies, etc. must be supported by an appropriate resolution/ authority, as applicable.
4. A person can act as proxy on behalf of members not exceeding fifty in number and holding in the aggregate not more than 10% of the total share capital of the company carrying voting rights. However, a member holding more than 10% of the total share capital of the company carrying voting rights may appoint a single person as proxy and such person shall not act as proxy for any other person or shareholder.
5. Members are requested to notify immediately any change in their addresses to the Company at its Registered Office.
6. Corporate members intending to send their authorised representative to attend the Meeting pursuant to section 113 of the companies act 2013 are requested to send to the company, a certified true copy of the relevant Board of Director resolution together with their respective specimen signatures authorising their representative (s) to attend and vote on their behalf at the meeting.
7. Members/proxies should bring duly filled Attendance Slip to attend the extra ordinary general meeting. Attendance slip is annexed herewith as **ANNEXURE-B**.
8. In case of Joint holders attending the meeting, only such joint holders who are first holders/ higher in order of names will be entitled to vote.
9. The voting rights of members shall be in proportion to their shares in the paid-up equity share capital of the Company as on cut-off date. A person, whose name is recorded in the register of members or in the register of beneficial owners maintained by the depositories as on cut-off date i.e., Wednesday, October 18, 2023, shall be entitled to avail the facility of voting at the venue of the meeting. A person who is not a member as on the cutoff date should treat this notice for information purpose only.
10. Any person, who acquires shares of the Company and becomes a member of the Company after dispatch of the Notice and holding shares as on cut-off date, may cast vote as provided in this Notice convening the Meeting, which is available on the website of the Company.
11. Shareholders may be aware that the Companies Act, 2013, permits service of the Notice of the Extra Ordinary General Meeting through electronic mode. In view of this the Company would communicate the important and relevant information, events and send the documents including the intimations, notices etc. in electronic form, to the registered email address of the respective

Member. Members who have not registered their e-mail addresses, so far, are requested to register their e-mail addresses.

12. The shareholders who are holding shares in demat form and have not yet registered their e-mail IDs with their Depository Participant are requested to register their e-mail address at the earliest. Electronic copy of the Notice and other relevant documents for this Extra Ordinary General Meeting of the Company inter-alia indicating the manner of voting along with Attendance Slip, Proxy Form is being sent to all the members whose email IDs are registered with the Company/Depository Participant(s) for communication purposes.

However, those members who desire to have a physical copy may request for the same to Company. For members who have not registered their email IDs, the Notice of this extra ordinary general meeting will be send through permitted mode.

13. Pursuant to Section 108 of the Companies Act, 2013 (hereinafter referred to as “the Act”), read with the relevant Rules of the Act, the Company is pleased to provide the facility to Members to exercise their right to vote by electronic means. The Members, whose names appear in the Register of Members / list of Beneficial Owners as on Wednesday, October 18, 2023 are entitled to vote on the resolutions set forth in this Notice. The remote e-voting period will commence at 9:00 a.m. on Friday, October 20, 2023 and will end at 5:00 p.m. on Sunday, October 22, 2023. The Company has appointed M/s J Nain & Associates, Company Secretaries, to act as the Scrutinizer, to conduct the scrutiny of the votes cast. The Members desiring to vote through electronic mode may refer to the detailed procedure on e-voting given in this notice of EGM.
14. In terms of SEBI Circular dated 09/12/2020, the depository shall send SMS/email alerts regarding the details of the upcoming EGM to the demat holders at least 2 days prior to the date of commencement of e-voting. Hence members are requested to update the mobile no./email ID with their respective depository participants.
15. Members holding equity shares in electronic form, and proxies thereof, are requested to bring their DP Id and Client Id for identification. The shareholder needs to furnish the printed Attendance slip along with a valid identity proof such as the PAN card, Passport, AADHAR card or driving license for identification purpose.
16. Route-map to the venue of the Meeting is provided in this Notice.
17. During the period beginning 24 hours before the time fixed for the commencement of the Meeting and ending with the conclusion of meeting, a member would be entitled to inspect the proxies lodged at any time during the business hours of the Company. All documents referred to in the notice and the explanatory statement and other statutory registers shall be available for inspection by the Members at the registered office of the Company during office hours on all working days between 11.00 a.m. and 4.00 p.m. on all days except Saturdays, Sundays and public holidays, from the date hereof up to the date of the Meeting and at the venue of the Meeting for the duration of the Meeting.

#### **INSTRUCTIONS FOR EVOTING AT EXTRA ORDINARY GENERAL MEETING**

- (i) The voting period begins on 9:00 a.m. on Friday, October 20, 2023 and will end at 5:00 p.m. on Sunday, October 22, 2023. During this period shareholders' of the Company, holding shares either in physical form or in dematerialized form, as on the cut-off date being Wednesday, October 18, 2023 may cast their vote electronically. The e-voting module shall be disabled by CDSL for voting thereafter.

(ii) Shareholders who have already voted prior to the meeting date would not be entitled to vote at the meeting venue.

(iii) Pursuant to SEBI Circular No. SEBI/HO/CFD/CMD/CIR/P/2020/242 dated 09.12.2020, under Regulation 44 of Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, listed entities are required to provide remote e-voting facility to its shareholders, in respect of all shareholders' resolutions. However, it has been observed that the participation by the public non-institutional shareholders/retail shareholders is at a negligible level.

**Step 1 : Access through Depositories CDSL/NSDL e-Voting system in case of individual shareholders holding shares in demat mode**

(iv) In terms of SEBI circular no. SEBI/HO/CFD/CMD/CIR/P/2020/242 dated December 9, 2020 on e-Voting facility provided by Listed Companies, Individual shareholders holding securities in demat mode are allowed to vote through their demat account maintained with Depositories and Depository Participants. Shareholders are advised to update their mobile number and email Id in their demat accounts in order to access e-Voting facility.

Type of shareholders	Login Method
Individual Shareholders holding securities in Demat mode with <b>CDSL Depository</b>	<ol style="list-style-type: none"> <li>1) Users who have opted for CDSL Easi / Easiest facility, can login through their existing user id and password. Option will be made available to reach e-Voting page without any further authentication. The users to login to Easi / Easiest are requested to visit cdsl website <a href="http://www.cdslindia.com">www.cdslindia.com</a> and click on login icon &amp; New System Myeasi Tab.</li> <li>2) After successful login the Easi / Easiest user will be able to see the e-Voting option for eligible companies where the evoting is in progress as per the information provided by company. On clicking the evoting option, the user will be able to see e-Voting page of the e-Voting service provider for casting your vote during the remote e-Voting period or joining virtual meeting &amp; voting during the meeting. Additionally, there is also links provided to access the system of all e-Voting Service Providers, so that the user can visit the e-Voting service providers' website directly.</li> <li>3) If the user is not registered for Easi/Easiest, option to register is available at cdsl website <a href="http://www.cdslindia.com">www.cdslindia.com</a> and click on login &amp; New System Myeasi Tab and then click on registration option.</li> <li>4) Alternatively, the user can directly access e-Voting page by providing Demat Account Number and PAN No. from a e-Voting link available on <a href="http://www.cdslindia.com">www.cdslindia.com</a> home page. The system will authenticate the user by sending OTP on registered Mobile &amp; Email as recorded in the Demat Account. After successful authentication, user will be able to see the e-Voting option where the evoting is in progress and also able to directly access the system of all e-Voting Service Providers.</li> </ol>

<p>Individual Shareholders holding securities in demat mode with <b>NSDL Depository</b></p>	<ol style="list-style-type: none"> <li>1) If you are already registered for NSDL IDeAS facility, please visit the e-Services website of NSDL. Open web browser by typing the following URL: <a href="https://eservices.nsdl.com">https://eservices.nsdl.com</a> either on a Personal Computer or on a mobile. Once the home page of e-Services is launched, click on the “Beneficial Owner” icon under “Login” which is available under ‘IDeAS’ section. A new screen will open. You will have to enter your User ID and Password. After successful authentication, you will be able to see e-Voting services. Click on “Access to e-Voting” under e-Voting services and you will be able to see e-Voting page. Click on company name or e-Voting service provider name and you will be re-directed to e-Voting service provider website for casting your vote during the remote e-Voting period.</li> <li>2) If the user is not registered for IDeAS e-Services, option to register is available at <a href="https://eservices.nsdl.com">https://eservices.nsdl.com</a>. Select “Register Online for IDeAS “Portal or click at <a href="https://eservices.nsdl.com/SecureWeb/IdeasDirectReg.jsp">https://eservices.nsdl.com/SecureWeb/IdeasDirectReg.jsp</a></li> <li>3) Visit the e-Voting website of NSDL. Open web browser by typing the following URL: <a href="https://www.evoting.nsdl.com/">https://www.evoting.nsdl.com/</a> either on a Personal Computer or on a mobile. Once the home page of e-Voting system is launched, click on the icon “Login” which is available under ‘Shareholder/Member’ section. A new screen will open. You will have to enter your User ID (i.e., your sixteen digit demat account number hold with NSDL), Password/OTP and a Verification Code as shown on the screen. After successful authentication, you will be redirected to NSDL Depository site wherein you can see e-Voting page. Click on company name or e-Voting service provider name and you will be redirected to e-Voting service provider website for casting your vote during the remote e-Voting period.</li> </ol>
<p>Individual Shareholders (holding securities in demat mode) login through their <b>Depository Participants (DP)</b></p>	<p>You can also login using the login credentials of your demat account through your Depository Participant registered with NSDL/CDSL for e-Voting facility. After Successful login, you will be able to see e-Voting option. Once you click on e-Voting option, you will be redirected to NSDL/CDSL Depository site after successful authentication, wherein you can see e-Voting feature. Click on company name or e-Voting service provider name and you will be redirected to e-Voting service provider website for casting your vote during the remote e-Voting period.</p>

*\* Important note: Members who are unable to retrieve User ID/ Password are advised to use Forget User ID and Forget Password option available at abovementioned website.*

**Helpdesk for Individual Shareholders holding securities in demat mode for any technical issues related to login through Depository i.e. CDSL and NSDL**

<b>Login type</b>	<b>Helpdesk details</b>
<p>Individual Shareholders holding securities in Demat mode with <b>CDSL</b></p>	<p>Members facing any technical issue in login can contact CDSL helpdesk by sending a request at <a href="mailto:helpdesk.evoting@cdslindia.com">helpdesk.evoting@cdslindia.com</a> or contact at toll free no. 1800 22 55 33</p>
<p>Individual Shareholders holding securities in Demat mode with <b>NSDL</b></p>	<p>Members facing any technical issue in login can contact NSDL helpdesk by sending a request at <a href="mailto:evoting@nsdl.co.in">evoting@nsdl.co.in</a> or call at : 022 - 4886 7000 and 022 - 2499 7000</p>

**Step 2** : Access through CDSL e-Voting system in case of shareholders holding shares in physical mode and non-individual shareholders in demat mode.

(v) Login method for Remote e-Voting for Physical shareholders and shareholders other than individual holding in Demat form.

- 1) The shareholders should log on to the e-voting website [www.evotingindia.com](http://www.evotingindia.com).
- 2) Click on “Shareholders” module.
- 3) Now enter your User ID
  - a. For CDSL: 16 digits beneficiary ID,
  - b. For NSDL: 8 Character DP ID followed by 8 Digits Client ID,
  - c. Shareholders holding shares in Physical Form should enter Folio Number registered with the Company
- 4) Next enter the Image Verification as displayed and Click on Login.
- 5) If you are holding shares in demat form and had logged on to [www.evotingindia.com](http://www.evotingindia.com) and voted on an earlier e-voting of any company, then your existing password is to be used.
- 6) If you are a first-time user follow the steps given below:

<b>For Physical shareholders and other than individual shareholders holding shares in Demat.</b>	
PAN	Enter your 10 digit alpha-numeric *PAN issued by Income Tax Department (Applicable for both demat shareholders as well as physical shareholders) <ul style="list-style-type: none"> <li>• Shareholders who have not updated their PAN with the Company/Depository Participant are requested to use the sequence number sent by Company/RTA or contact Company/RTA.</li> </ul>
Dividend Bank Details <b>OR</b> Date of Birth (DOB)	Enter the Dividend Bank Details or Date of Birth (in dd/mm/yyyy format) as recorded in your demat account or in the company records in order to login. <ul style="list-style-type: none"> <li>• If both the details are not recorded with the depository or company, please enter the member id / folio number in the Dividend Bank details field.</li> </ul>

(vi) After entering these details appropriately, click on “SUBMIT” tab.

(vii) Shareholders holding shares in physical form will then directly reach the Company selection screen. However, shareholders holding shares in demat form will now reach ‘Password Creation’ menu wherein they are required to mandatorily enter their login password in the new password field. Kindly note that this password is to be also used by the demat holders for voting for resolutions of any other company on which they are eligible to vote, provided that company opts for e-voting through CDSL platform. It is strongly recommended not to share your password with any other person and take utmost care to keep your password confidential.

(viii) For shareholders holding shares in physical form, the details can be used only for e-voting on the resolutions contained in this Notice.



- (ix) Click on the EVSN for the relevant Company on which you choose to vote. In our case kindly chose **Jeena Sikho Lifecare Limited EVSN ie., 230927004**
- (x) On the voting page, you will see “RESOLUTION DESCRIPTION” and against the same the option “YES/NO” for voting. Select the option YES or NO as desired. The option YES implies that you assent to the Resolution and option NO implies that you dissent to the Resolution.
- (xi) Click on the “RESOLUTIONS FILE LINK” if you wish to view the entire Resolution details.
- (xii) After selecting the resolution, you have decided to vote on, click on “SUBMIT”. A confirmation box will be displayed. If you wish to confirm your vote, click on “OK”, else to change your vote, click on “CANCEL” and accordingly modify your vote.
- (xiii) Once you “CONFIRM” your vote on the resolution, you will not be allowed to modify your vote.
- (xiv) You can also take a print of the votes cast by clicking on “Click here to print” option on the Voting page.
- (xv) If a demat account holder has forgotten the login password then Enter the User ID and the image verification code and click on Forgot Password & enter the details as prompted by the system.
- (xvi) There is also an optional provision to upload BR/POA if any uploaded, which will be made available to scrutinizer for verification.
- (xvii) **Additional Facility for Non – Individual Shareholders and Custodians –For Remote Voting only.**
- Non-Individual shareholders (i.e., other than Individuals, HUF, NRI etc.) and Custodians are required to log on to [www.evotingindia.com](http://www.evotingindia.com) and register themselves in the “Corporates” module.
  - A scanned copy of the Registration Form bearing the stamp and sign of the entity should be emailed to [helpdesk.evoting@cdslindia.com](mailto:helpdesk.evoting@cdslindia.com).
  - After receiving the login details a Compliance User should be created using the admin login and password. The Compliance User would be able to link the account(s) for which they wish to vote on.
  - The list of accounts linked in the login will be mapped automatically & can be delink in case of any wrong mapping.
  - It is Mandatory that, a scanned copy of the Board Resolution and Power of Attorney (POA) which they have issued in favour of the Custodian, if any, should be uploaded in PDF format in the system for the scrutinizer to verify the same.
  - Alternatively Non Individual shareholders are required mandatory to send the relevant Board Resolution/ Authority letter etc. together with attested specimen signature of the duly authorized signatory who are authorized to vote, to the Scrutinizer and to the Company at the email address viz; [investors@jeenasikho.co.in](mailto:investors@jeenasikho.co.in), if they have voted from individual tab & not uploaded same in the CDSL e-voting system for the scrutinizer to verify the same.

**PROCESS FOR THOSE SHAREHOLDERS WHOSE EMAIL/MOBILE NO. ARE NOT REGISTERED WITH THE COMPANY/DEPOSITORIES.**

1. **For Physical shareholders-** please provide necessary details like Folio No., Name of shareholder, scanned copy of the share certificate (front and back), PAN (self attested scanned copy of PAN card), AADHAR (self attested scanned copy of Aadhar Card) by email to **Company/RTA email id**.

2. **For Demat shareholders** -, Please update your email id & mobile no. with your respective Depository Participant (DP)
3. **For Individual Demat shareholders** – Please update your email id & mobile no. with your respective Depository Participant (DP) which is mandatory while e-Voting & joining virtual meetings through Depository.

If you have any queries or issues regarding e-Voting from the CDSL e-Voting System, you can write an email to [helpdesk.evoting@cdslindia.com](mailto:helpdesk.evoting@cdslindia.com) or contact at toll free no. 1800 22 55 33

All grievances connected with the facility for voting by electronic means may be addressed to Mr. Rakesh Dalvi, Sr. Manager, (CDSL) Central Depository Services (India) Limited, A Wing, 25th Floor, Marathon Futurex, Mafatlal Mill Compounds, N M Joshi Marg, Lower Parel (East), Mumbai - 400013 or send an email to [helpdesk.evoting@cdslindia.com](mailto:helpdesk.evoting@cdslindia.com) or call at toll free no. 1800 22 55 33

## **Explanatory Statement Pursuant to Section 102 (1) of Companies Act, 2013**

### **Item No. 1**

Currently the Authorized Share Capital of the Company is Rs. 15.00 crores divided into 1,50,00,000 equity shares of Rs. 10 each. In order to issue equity shares of the Company by way of Bonus Issue as proposed in Item No. 2 of this Notice, the Company needs to increase its authorized capital, which could go beyond the present Authorized Share Capital of the Company, available for the purpose. Thus, it necessitates an increase in the Authorized Capital of the Company.

The Board of Directors had in their meeting held on 25<sup>th</sup> September, 2023, has approved the increase in Authorized Share Capital of the Company from the present Rs. 15.00 Crores to Rs. 25.00 Crores and subsequent alteration to and substitution of the existing Clause 5 of the Memorandum of Association ("MOA") of the Company, subject to approval of the members.

Since in terms of Sections 13 and 61 of the Companies Act, 2013 read with the relevant rules framed thereunder; any increase in the Authorized Share Capital and the consequential alteration of the capital clause of the Memorandum of Association, requires the approval of the shareholders, a resolution has been set out item no. 1 of the notice and is recommended by your directors for approval by way of an Ordinary Resolution.

The Board of Directors hereby confirm that none of the directors or key managerial personnel of the Company or their relatives, are in any way concerned or interested, financially or otherwise in the resolution, except to the extent of their shareholding, if any, in the Company.

### **Item No. 2**

Your Company was listed in the year 2022. Since then that financial performance of the Company has grown significantly, as may be viewed from the financial statements of the Company. Considering the balance of Reserves and Surplus (including the sum of Securities Premium Account) and with a view to rationalize the capital structure of the Company, the Board of Directors of the Company in its meeting held on 25<sup>th</sup> September, 2023, in accordance with the provisions of Section 63 and other applicable provisions of Companies Act, 2013 read with Rule 14 of Companies (Share Capital and Debentures) Rules, 2014 and in accordance with the provisions of Chapter XI of SEBI ICDR Regulations, SEBI Listing Regulations, and as per the enabling provisions of the Article No. 226 of the Articles of Association of the Company, and subject to applicable approvals, permissions, consents and sanctions as may be required from concerned statutory authorities, subject to approval of Shareholders of the Company, approved and recommended to capitalize a sum of Rs. 11,04,89,540/- from the balance as available in the Securities Premium Account of the Company as per the audited financial statements of the Company for the financial year ended March 31, 2023 for the purpose of issue of 1,10,48,954 Equity Shares as bonus shares, credited as fully paid-up to the holders of the Equity shares of the Company whose names shall appear on the Register of Members on the 'Record Date' to be determined by the Board, in the proportion of 4:5, i.e., 4 (four) Bonus Equity Share (fully paid-up) of Rs. 10/- each for every 5 (five) existing Equity Shares of Rs. 10/- each, held by the Shareholders in the Company.

Pursuant to the provisions of Section 63 and other applicable provisions, if any, of the Companies Act, 2013 and subject to applicable statutory and regulatory approvals, the issue of bonus shares of the Company along with capitalization of the credit amount standing in the general reserves and/or retained earnings and/or securities premium account requires the approval of the Members of the Company. Accordingly, approval of the Members of the Company is hereby sought.

The Bonus Issue of the Equity Shares of the Company shall be made to the eligible shareholders of the Company whose names appears in the Register of members of the Company/ List of Beneficial owners as maintained with the Depositories as on the Record Date as may be determined by the Board for the said purpose and that the new bonus shares so issued and allotted shall, for all purposes, be treated as an increase in the paid-up equity share capital of the Company held by each such Shareholders and not as the income of the Shareholders.

The Bonus Equity Shares shall rank pari passu and carry the same rights with the existing equity shares of the Company in all respects and shall always be subject to the applicable terms and conditions of the Memorandum and Articles of Association of the Company.

Further, pursuant to the Regulation 294(6) of SEBI (Issue of Capital and Disclosure Requirements) Regulations, 2018, the allotment of shares in bonus issue shall be made in dematerialized form only and thus, in case of members who holds equity shares in dematerialized form, the bonus equity shares shall be credited to the respective beneficiary accounts of the Members with their respective Depository Participant(s) and in the case of Members who hold equity shares in physical form, the bonus equity shares shall be transferred to the Suspense Account opened in this regard, within such time as prescribed by law and the relevant authorities, subject to guidelines issued by SEBI in this regard.

The Board of Directors is of the opinion that the aforesaid proposal is in the best interest of the Company and hence recommends passing of the resolutions set out at Item No. 2 as an Ordinary Resolution.

The Board of Directors hereby confirm that none of the directors or key managerial personnel of the Company or their relatives, are in any way concerned or interested, financially or otherwise in the resolution, except to the extent of issue and allotment of bonus shares to them consequent to their shareholding, if any, in the Company.

For and on behalf of Board of Directors  
**JEENA SIKHO LIFECARE LIMITED**

**Sd/-**  
**Manish Grover**  
Managing Director  
**(DIN: 07557886)**

**Date: 25/09/2023**  
**Place: Zirakpur, Punjab**

**Form No. MGT-11  
Proxy form**

*[Pursuant to section 105(6) of the Companies Act, 2013 and rule 19(3) of the Companies (Management and Administration) Rules, 2014]*

**CIN:** L52601PB2017PLC046545

**NAME OF THE COMPANY:** JEENA SIKHO LIFECARE LIMITED

**REGISTERED OFFICE:** SCO 11 First Floor, Kalgidhar Enclave, Zirakpur, Mohali, Punjab-140604

**VENUE FOR MEETING:** Shuddhi Ayurveda Panchkarma Hospital, Pind Devinagar, Hadbast No. 18 Tehsil, Derabassi Dist, Punjab – 140507

Name of the members (s): .....

Registered address: .....

E-Mail Id: .....

Folio No/Client Id: .....

DP ID: .....

I/We, being the member (s) of ..... shares of the above-named company, hereby appoint

1. Name: .....

Address: .....

E-mail Id: .....

Signature: ....., or failing him.

2. Name: .....

Address: .....

E-mail Id: .....

Signature: ....., or failing him

3. Name: .....

Address: .....

E-mail Id: .....

Signature: .....

as my proxy to attend and vote (on a poll) for me and on my behalf at the Extra Ordinary General Meeting of the company, to be held on Monday, 23<sup>rd</sup> October 2023 at 12:00 Noon at Shuddhi Ayurveda Panchkarma Hospital, Pind Devinagar, Hadbast No. 18 Tehsil, Derabassi Dist, Punjab – 140507 and at any adjournment thereof in respect of such resolutions as are indicated below:

S. No.	Resolution(s)	Vote	
		For	Against
1	To Increase the Authorized Share Capital of the Company.		
2	To approve the Issue of Bonus share.		

Signed this \_\_\_\_\_ day of \_\_\_\_\_ 2023

Signature of shareholder: \_\_\_\_\_

Signature of Proxy holder(s) \_\_\_\_\_

Signature of the shareholder across the Revenue Stamp

## ATTENDANCE SLIP

Extra Ordinary General Meeting of "JEENA SIKHO LIFECARE LIMITED"

Registered Office: SCO 11 First Floor, Kalgidhar Enclave, Zirakpur, Mohali Punjab-140604

VENUE FOR MEETING: Shuddhi Ayurveda Panchkarma Hospital, Pind Devinagar, Hadbast No. 18 Tehsil, Derabassi Dist, Punjab – 140507

Reg. Folio: ..... No. of Shares Held: .....

Full Name of Shareholder: .....

Full Name of Proxy/ Authorised Representative: .....

Regd. Folio No. : .....

DP Id: .....

No. of Shares Held: .....

Client Id: .....

I hereby record my presence at the Extra Ordinary General Meeting of the Company held on Monday, October 23, 2023 at 12:00 Noon at Shuddhi Ayurveda Panchkarma Hospital, Pind Devinagar, Hadbast No. 18 Tehsil, Derabassi Dist, Punjab – 140507.

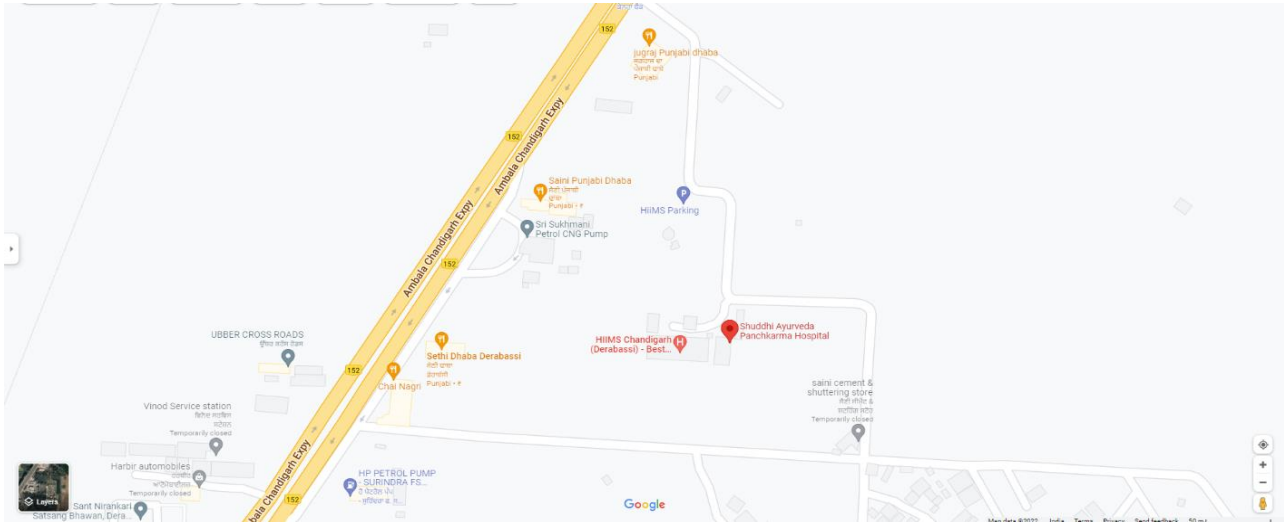
.....  
Name of the member/ Proxy/ Authorised Representative  
(In BLOCK LETTERS)

.....  
Signature of member/ Proxy/ Authorised Representative

**Note:** Please fill in this attendance slip and hand it over at the venue.

**\* Strike out whichever is not applicable.**

## ROUTE MAP TO THE EGM VENUE



### **JEENA SIKHO LIFECARE LIMITED**

Shuddhi Ayurveda Panchkarma Hospital,

PIND DEVINAGAR, HADBAST NO. 18 TEHSIL DERABASSI DIST, PUNJAB 140507

**Extra Ordinary General Meeting**

**23<sup>rd</sup> Day, October, 2023, at 12:00 Noon**