



Sahasra

CSR PROJECTS APPROVED BY THE BOARD FOR THE FINANCIAL YEAR 2024-25

A. Background

Corporate social responsibility (CSR) is a proactive and synergistic business philosophy, while attention is paid to broader economic, environmental, and social issues in a balanced way. Augmenting profits is no longer the sole business performance indicator for the corporates and they have to play the role of responsible corporate citizens by undertaking activities for betterment of the society and the environment under the umbrella of Corporate Social Responsibility (CSR).

A socially responsible organisation cannot, and does not, limit itself to merely increasing its own profits. Neither does it treat Corporate Social Responsibility (“CSR”) as a burden to be borne, but instead, believes it to be one of the fundamental duties of an organisation towards society. CSR is a way of conducting business, by which a corporate entity visibly contributes to the social good.

At SAHASRA ELECTRONIC SOLUTIONS LIMITED (“the Company”), we are constantly aware of our role in society, as that of a mentor and a builder

of the lives of the children of our society, and therefore, its future. We endeavour to evolve our relationship with all our stakeholders for the common good, and validate our commitment in this regard by adopting appropriate business processes and strategies.

The provisions related to CSR is incorporated under Section 135 of Companies Act, 2013 (“the Act”) read with Schedule VII to the Act and the Companies (Corporate Social Responsibility Policy) Rules, 2014 (“the Rules”) and further amendments thereto. Hence, the corpus to be spent by the Company on CSR shall include at least 2% of the average net profits of for preceding three financial years.

The Company’s CSR efforts focus on **Healthcare Education**, in today's world, numerous myths surround health and diet, both historical and those propagated by social media. Hence, acquiring accurate knowledge about the physical and emotional aspects of health, as well as understanding diet and nutrition, is crucial for leading a healthier, happier life. To achieve this goal the Board has decided to undertake its CSR obligation through **Plant-Based Wellness Foundation (‘Foundation’)** a Section 8 company incorporated under Company Act, 2013 dated October 28, 2021. The Foundation is dedicated to transforming lives through a holistic healthy lifestyle, including a plant-based whole-food diet, intermittent fasting, and an active lifestyle. The Foundation helps people to take control of their health, provides valuable insights, and liberates them from dependence on medications and supplements.

B. List of Projects/Activities by the Board of the Company approved for the financial year 2024-25:

1. Healthcare Education

- 1.1 Healthcare awareness programs on healthy lifestyle & overall wellbeing;
- 1.2 Briefing target public with importance of nutrition & diet and how to nutrition ensures overall wellbeing;
- 1.3 Educating and promoting Plant-Based Whole Food (PBWF) diet, intermittent fasting, and an active lifestyle.
- 1.4 Guidance on various essential aspects of a healthy lifestyle, including:
 - Education about what constitutes a healthy and nutritious diet.
 - Optimal times for nourishment through intermittent fasting.

- Insights into the art of cooking and preparing plant-based whole-food meals.
- Encouraging individuals to attain the right nutrition and exercise regime to maintain physical health, including physical strength, endurance, a robust immune system, effective detoxification processes, and a healthy musculoskeletal system.
- Highlighting the importance of healthy nutrition, regular exercise, stress management, and sufficient sleep for physical and emotional health.
- Emphasizing the importance of spiritual well-being in the holistic approach to health.