

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - CORPORATE HEAD OFFICE

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Udayakumari K S	Associate Vice President (IT)	Chairperson	udaya@lifecarehll.com	0471-2358014
2	M Sreekumari	Hon Secretary, SMSS Hindu Mahila Mandiram	NGO Nominee	info@lifecarehll.com	0471-2354949
3	Thomas P Abraham	Deputy Vice President (HR)	Member	thomaspa@lifecarehll.com	0471-2354949
4	Raji L	Deputy General Manager (F&A)	Member	rajil@lifecare hll.com	0471-2354949
5	Beena Achan L	Deputy General Manager (Legal)	Member	beenaachan@lifecarehll.com	0471-2354949
6	Aparna A V	Senior Manager (BS&SA)	Member	aparnavgopal@lifecarehll.com	0471-2354949
7	Salini S S	Officer Grade 3	Member	hindi@lifecarehll.com	0471-2354949

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - PEROORKADA FACTORY, TRIVANDRUM

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Sumol Saraswathy	Jt. General Manager (ETD)	Presiding Officer	sumols@lifecarehll.com	0471-2432147
2	M Sreekumari	Hon Secretary, SMSS Hindu Mahila Mandiram	NGO Nominee	info@lifecarehll.com	0471-2432147
3	Sobha K	Deputy General Manager(Packing)	Member	sobhak@lifecarehll.com	0471-2432147
4	Ramesh Mohan R P	Senior Manager (HR)	Member	rameshmohan@lifecarehll.com	0471-2432652
5	Bindu S	Assistant Manager (HR)	Member	bindus@lifecarehll.com	0471-2432147
6	Jayamani S	Officer Grade 5	Member	hrpft@lifecarehll.com	0471-2432147
7	T Sailaja	Officer Grade 5	Member	hrpft@lifecarehll.com	0471-2432147
8	Sandhya V S	Middle Grade 4	Member	hrpft@lifecarehll.com	0471-2432147
9	Ragini V	Middle Grade 4	Member	hrpft@lifecarehll.com	0471-2432147
10	Salini V	Middle Grade 2	Member	hrpft@lifecarehll.com	0471-2432147
11	Shiju N	Middle Grade 2	Member	hrpft@lifecarehll.com	0471-2432147

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - AKKULAM FACTORY, TRIVANDRUM

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Rashmi Nair	Senior Manager (Finance)	Chairperson	rashminair@lifecarehll.com	0471 - 2442619
2	M Sreekumari	Hon Secretary, SMSS Hindu Mahila Mandiram	NGO Nominee	info@lifecarehll.com	0471-2442641
3	Praveen P	General Manager (HR)	Convenor	praveennair@lifecarehll.com	0471-2442697
4	Tom B Mathew	Jt. General Manager (BB)	Member	tommathews@lifecarehll.com	0471 - 2442616
5	V B Sarathkala	Officer Grade 2	Member	hraft@lifecarehll.com	0471-2442641
6	Sandhya P R	Middle Grade 4	Member	hraft@lifecarehll.com	0471-2442641

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - KANAGALA FACTORY, BELGAUM

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Geeta C Hegde	Deputy General Manager (F&A)	Chairperson	geeta@lifecarehll.com	08333-279244
2	Anup Maurya	Manager (Unipill)	Member	anupmaurya@lifecarehll.com	08333-279244
3	R R Mahajan	Asst. Plant Manager (Electrical)	Member	hrkfb@lifecarehll.com	08333-279244
4	V V Shinde	Officer Grade 5	Member	hrkfb@lifecarehll.com	08333-279244
5	Hema B Belawadi	Officer Grade 4	Member	hrkfb@lifecarehll.com	08333-279244
6	A B Nagarali	Officer Grade 3	Secretary	hrkfb@lifecarehll.com	08333-279244
7	General Secretary	L. E. Union Federation	Member	hrkfb@lifecarehll.com	08333-279244
8	General Secretary	B. R. DR. BRA. SC/ST W. Union	Member	hrkfb@lifecarehll.com	08333-279244
9	R R Ginimav	Middle Grade VI	Member	hrkfb@lifecarehll.com	08333-279244

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - KAKKANAD FACTORY, COCHIN					
Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Lijy T K	Senior Manager (Purchase)	Presiding Officer	lijytk@lifecarehll.com	0484-2413102
2	Dini Kumari	Sr. Clerk, Jt. Director Office of Factories and Boilers	NGO Nominee	hrkfc@lifecarehll.com	0484-2413999
3	Binu Sundar	Senior Manager (Projects, IT, Sales & Stores)	Member	binusundar@lifecarehll.com	0484-2413107
4	Kamal V	Manager (HR)	Convenor	kamalv@lifecarehll.com	0484-2413999
5	Samyukta S	Deputy Manager (Finance)	Member	samyuktas@lifecarehll.com	0484-2413999
6	Bindu Mathew	Middle Grade 6	Member	hrkfc@lifecarehll.com	0484-2413999

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - IRAPURAM FACTORY, COCHIN

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Samyukta S	Deputy Manager (Finance)	Chairperson	samyuktas@lifecarehll.com	0484-2597200
2	Dini Kumari	Sr. Clerk, Jt. Director Office of Factories and Boilers	NGO Nominee	kamalv@lifecarehll.com	0484-2597200
3	Jitesh Prabhu S L	Senior Manager (P&S)	Member	jiteshprabhu@lifecarehll.com	0484-2597200
4	Kamal V	Manager (HR)	Convenor	kamalv@lifecarehll.com	0484-2597200
5	Preethy T R	Assistant (QA)	Member	kamalv@lifecarehll.com	0484-2597200
6	Preeja M	Middle Grade 2	Member	kamalv@lifecarehll.com	0484-2597200
7	Sheeba T V	Middle Grade 2	Member	kamalv@lifecarehll.com	0484-2597200

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE – CORPORATE R&D CENTRE AKKULAM

SL No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Dr.Diksha Painuly	Scientist E-4 (DGM)	Chairperson	dikshapainuly@lifecarehll.com	0471-2774705
2	M Sreekumari	Hon Secretary, SMSS Hindu Mahila Mandiram	NGO Nominee	info@lifecarehll.com	0.471-254949
3	Praveen P	GM(HR)	Member	praveennair@lifecarehll.com	0471-2441384
4	Dr.Suja K P	Scientist E-3	Member	sujakp@lifecarehll.com	0471-274722
5	Padmasruthy S	Deputy Manager (Finance)	Member	padmasruthys@lifecarehll.com	0471-274789
6	Kavitha Rajesh	AM(HR & MtIs)	Member	kavitharajesh@lifecarehll.com	0471-274787
7	Padmapriya.S	MG-5	Member	priyavarsh74@gmail.com	0471-274786

DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE – CENTRAL MARKETING OFFICE , CHENNAI

S.N	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Ms. Anuradha Nair	DVP (MKT)	Presiding Officer	anuradhanair@lifecarehll.com	044 - 35011308
2	Ms.Sujatha N J	DVP (NDHM)	Member	sujathanj@lifecarehll.com	044 - 35011308
3	Shri. Deva Sagayam J	DGM (HR – MKTG & HCS)	Member	devasagayam@lifecarehll.com	044 - 35011308
4	Shri. Kannan R	SM (F)	Member	rkannan@lifecarehll.com	044 - 35011308
5	Ms. Devika Tilak	TRUSTEE, UPLIFT INDAI (A UNIT OF MYLRAJ MEMORIAL CHARITABLE TRUST – MMCT), CHENNAI.	NGO Nominee	info@lifecarehll.com	044 - 35011308

