

**DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - CORPORATE HEAD OFFICE**

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

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

<b>Sl. No.</b>	<b>Name of Employee (Shri/Smt.)</b>	<b>Designation</b>	<b>Position in the Committee</b>	<b>Email ID</b>	<b>Contact Number</b>
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**

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

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

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

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

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

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

**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**

<b>S.N</b>	<b>Name of Employee (Shri/Smt.)</b>	<b>Designation</b>	<b>Position in the Committee</b>	<b>Email ID</b>	<b>Contact Number</b>
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





**DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - NORTHERN REGION**

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Shyamali	Sr. Manager (RBD)	Chairperson	<a href="mailto:shyamali@lifecarehll.com">shyamali@lifecarehll.com</a>	8527060707
2	Deepika	Manager (SD-RBD)	Member	<a href="mailto:deepikahll@lifecarehll.com">deepikahll@lifecarehll.com</a>	8557064056
3	Kavita Singh	Manager (SD-RBD)	Member	<a href="mailto:kavitasingh@lifecarehll.com">kavitasingh@lifecarehll.com</a>	8800213037
4	Deepak Kumar Saroj	Sr. Manager (GBDD)	Member	<a href="mailto:deepaksaroj@lifecarehll.com">deepaksaroj@lifecarehll.com</a>	8506070200
5	Bharat Kumar Mishra	Sr. Manager (INB-NR)	Member	<a href="mailto:bharatkumarmishra@lifecarehll.com">bharatkumarmishra@lifecarehll.com</a>	7824001065

**DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - EASTERN REGION**

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Rupa Chakravorty	Sr. Manager (Mktg)	Chairperson	<a href="mailto:rupac@lifecarehll.com">rupac@lifecarehll.com</a>	9831320750
2	Rakesh Kumar Singh	Sr. Manager (F)	Member	<a href="mailto:rakeshsingh@lifecarehll.com">rakeshsingh@lifecarehll.com</a>	7824001012
3	Santhosh A S	Manager (SD-RBD)	Member	<a href="mailto:sreenivasansanthosh@lifecarehll.com">sreenivasansanthosh@lifecarehll.com</a>	9744526455
4	Mayouri Handique	HR Assistant(DS)	Member	<a href="mailto:mayourihllhr@gmail.com">mayourihllhr@gmail.com</a>	8876414037
5	Dr.Nadia Ullah	District Project Co-ordinator(DS)	Member	<a href="mailto:ullahnadia4@gmail.com">ullahnadia4@gmail.com</a>	9508102642

**DETAILS OF MEMBERS IN THE INTERNAL COMMITTEE - WESTERN REGION**

Sl. No.	Name of Employee (Shri/Smt.)	Designation	Position in the Committee	Email ID	Contact Number
1	Priya Chitriv	Dy. Manager (Quality), DS	Chairperson	<a href="mailto:priyachitriv@lifecarehll.com">priyachitriv@lifecarehll.com</a>	7021517424
2	Ridhina Ameya Dhule	Dy. Manager (Procurement), HCS&DS	Member	<a href="mailto:ridhinaameya@lifecarehll.com">ridhinaameya@lifecarehll.com</a>	7738073303
3	Dr. Salesh Chandran P	Manager (DS)	Member	<a href="mailto:saleshchandranp@lifecarehll.com">saleshchandranp@lifecarehll.com</a>	9926904598
4	Arun R Gangadharan	Dy. General Manager (HCS)	Member	<a href="mailto:arungangadharan@lifecarehll.com">arungangadharan@lifecarehll.com</a>	9619896959
5	Hari R Pillai	Dy. Vice President (HCD-SPM)i/c	Member	<a href="mailto:haripillai@lifecarehll.com">haripillai@lifecarehll.com</a>	7824001024