

JFL/NSE-BSE/2022-23/41

May 31, 2022

BSE Ltd.
P.J. Towers, Dalal Street
Mumbai - 400001

National Stock Exchange of India Limited
Exchange Plaza, Bandra Kurla Complex
Bandra(E), Mumbai - 400051

Scrip Code: 533155

Symbol: JUBLFOOD

Sub: Submission of copies of Newspaper advertisements

Dear Sir/Madam,

In continuation of our letter no. JFL/NSE-BSE/2022-23/36 dated May 30, 2022 and pursuant to Regulation 30 and 47 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, please find enclosed herewith copies of newspaper advertisements published today i.e. May 31, 2022 in Mint (English) & Rashtriya Sahara (Hindi) with respect to statement of Standalone & Consolidated Financial Results for the quarter and year ended March 31, 2022.

The copies of newspaper advertisements are also being disseminated on the Company's website at www.jubilantfoodworks.com.

This is for your information and records.

Thanking you,

For **Jubilant FoodWorks Limited**

Mona Aggarwal
Company Secretary and Compliance Officer

Investor E-mail id: investor@jublfood.com

Encl: A/a

A Jubilant Bhartia Company

Jubilant FoodWorks Limited

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5th Floor, Tower-D, Plot No. 5,
Logix Techno Park, Sector-127,
Noida - 201 304, U.P., India
Tel : +91 120 4090500
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CIN No.: L74899UP1995PLC043677
Email: contact@jublfood.com

Gut instinct: Improving your digestive health with a reset

As awareness of gut health and metabolism grows, more and more people are jumping onto gut reset programmes that promise to reverse bad gut health

By Bhumika K

You could be downing loads of kombucha, flushing your system with green juices and 15 glasses of water a day, filling up on fibre, following an intermittent fasting routine all by yourself at home, looking up tips and tricks offered on the internet for weight loss, good health, or dealing with food allergies. Or you could be enrolled in a formal gut reset programme with a nutritionist. Whatever your chosen way, the chances are that you are aware and worried about your gut health.

Post-covid, the gut has come into deep focus—bad gut health appears to be the seat of many issues. A 'gut reset' is now being seen as an answer to nagging physical and mental health problems. It is a trend that is fast catching up in India, with many different approaches and varied timelines. New Delhi-based clinical nutritionist Ishi Khosla and author of *Eating at Work*, agrees. She is firmly convinced that there is a need to look at the gut as the starting point of all diseases. "That's the starting of the understanding of health and wellness. Today, in general, illness is the norm, and wellness is a luxury," says Khosla. Conventional medicine has 'band-aid approaches' to simply treat symptoms; gut health has come to the forefront because many have realized that the 'cure is in the cause'; getting to the root of the problem has taken us back to the gut. Khosla says this approach is not novel—Ayurveda, Unani, Homeopathy, or Naturopathy—have always examined digestive health first. Also, conversations around immunity have taken off in a big way in the recent past. "There is now an awareness about the connection between the gut and immunity, and that's why the gut is being looked at seriously," she says.

GETTING DOWN TO THE BASICS

First, let's just get down to some basics. "Every millilitre of intestinal fluid contains more than one lakh bacteria. Gut health is the balance between good and bad bacteria," says Dr Shankar Zanwar, consultant gastroenterologist, Wockhardt Hospital, Mumbai Central. The gut is now increasingly seen as the seat where many diseases develop. Good nutritious food feeds the good bacteria; junk food feeds the harmful bacteria. A gut reset programme aims to withdraw food that feeds the bad bacteria, flushes the system, and regenerate it with nutritious food or probiotics that feed the good bacteria and grow it.

Khosla, for instance, says that her patients have addressed some major issues within weeks of doing a gut cleanse. Once they see the difference, they want to do more. The reset happens in four stages—elimination or removal, replacement with the right alternative, restoring the system and rebuilding. "Reset means healing the gut. There are two aspects to it. Usually, the healing inside takes about a year or so. But the symptoms or issues resolve within weeks."

Jalandhar-based 43-year-old Divya Mahajan must agree. She herself went



PHOTOGRAPHS BY ISTOCKPHOTO

through the 40-day PHATT (Putting Health At The Top) gut detox programme in November 2020 before becoming a mentor of the programme herself. The first time she heard about the programme from her friend, she was sceptical. Then she saw her friend lose weight, showing dramatic changes in her energy levels; her mood swings stopped too. So she decided to try it out herself. "You're put on basic home-cooked food. The only thing you go off is milk, oil and carbs. Meal plans and a list of approved foods are given to you," says Mahajan. Additionally, you are asked to drink 15 glasses of water a day and consume fibre in the form of husk; vitamins and digestive enzymes provided by PHATT are also part of the diet. "During the detox, all my PMS problems, my migraines, were gone. I used to have massive period cramps. I didn't have any of that. I was super active, and I lost four kilos at the end of it, and I was happy with it," she says.

She adds that she has seen people who have even lost about eight kilos in 40 days. After the detox, she gradually came back to normal eating. Her skin was glowing, her hair started looking amazing, and everyone around her noticed it. She regained about two kilos after 1.5 years. She repeated the detox then for 20 days to recalibrate and get back to healthy eating. Over one year, she mentored about 15 clients, almost all of whom came to her with the aim of weight loss and achieved it.

HOW TO RESET YOUR GUT

While weight loss continues to be one of the reasons why people are choosing to reset their gut, it has gone way beyond that. Ask Rashi Chowdhary, a nutritionist



and diabetes educator based in Dubai who specializes in gut-related issues. She started a community-based 15-day gut-cleanse programme in August 2021. To date, about 1,800 people have been

A gut reset programme aims to withdraw food that feeds the bad bacteria, flushes the system, and regenerates it

me healthier!" says Chowdhary. Dairy and wheat appear to be the biggest culprits for poor gut health. The way dairy and wheat are processed these days has led to a lot of problems, she says.

Increasingly many people around us are suddenly allergic to these two products. "Wheat today has 35% more gluten compared to what we had, say, 60 years ago. The green revolution and agricultural advancements have changed everything. Our gut has not been able to adapt and keep pace. So we are not able to process this food. Dairy is laced with growth hor-

mones and steroids. That's why girls as young as 16 have PCOS and endometriosis; girls as young as 9 start their periods."

Most of us on a traditional Indian diet, eating rotis, milk, yoghurt, cheese, refined sugars, and leading a sedentary lifestyle coupled with poor sleep and bad stress management have "gut dysbiosis"—more bad and less good bacteria. Gas, bloating, constipation, diarrhoea, and IBS are all triggered by gut dysbiosis, she says. Other issues include stubborn weight, PCOS, thyroid, autoimmune conditions, and skin issues. "The way we think and feel, mood changes, decisions we make—all come from the gut," says Rashi.

While the world around us changes and we recalibrate our lives in this post-pandemic world, the gut also seems to want a reset and a fresh start. Dr Zanwar, however, argues that gut resets are not scientifically very strongly proven. Of course, there are a few conditions where changing your dietary habits makes a big difference. If you are allergic to wheat, you might have a positive benefit if you stop eating it, for instance, points out Dr Zanwar. If you have irritable bowel syndrome (IBS), then changing the diet can benefit your body. Also, in very rare cases like infective diarrhoea. However, most of the time, the modification has to be long-standing. "Just changing it for a stipulated period of time and then coming back to the original diet is not going to make a real difference," he says. And yes, you should definitely consult your clinician before starting on any such programme, he says.

Bhumika K is a Bengaluru-based writer and editor

Better Insides

GUIDELINES FOR A GUT-FRIENDLY DIET (Courtesy: Ishi Khosla)

► Gut-friendly diet should eliminate trigger foods. This could include the following: dairy, gluten, corn, soya, and pro-inflammatory foods.

► Too much sugar should be avoided.

► Eat food high in good fats, proteins, probiotics and prebiotics.

► Maintain optimal levels of micronutrients with good hydration.

► Avoid excessive alcohol, toxic fats, too much salt, and trans fats.

► Food should ideally be seasonal, local and organic.

► What you're eating is important, but how you're eating it and when you're eating it are also important

YOU GOT THE GUTS? (Courtesy: Rashi Chowdhary)

► The gut is the largest immune organ. Nearly 70% of our immune system lies in the gut

► Nearly 90% of serotonin, the "happy hormone" is in your gut

► The gut is like your second brain; they are Siamese twins. If one is not ok, the other won't be either

► Anxiety, depression, and psychological stress start in the gut.

► Vagus nerve goes from the gut to the brain, carrying messages.

► There is a hormone called Peptide YY to tell brain to stop eating. If the gut is not ok, that signal doesn't go through; the 'appetite hormone' is not secreted properly.

► There's a set of gut microbes called estrobolome that takes care of estrogen metabolism. When you don't have this microbiome, this doesn't take place properly, leading to mood swings, weight gain and so on.

SBI
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Central Recruitment & Promotion Department
Corporate Centre, Mumbai
Phone: 022-22820427; Fax: 022-22820411

Recruitment of Specialist Cadre Officers on Regular Basis

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Sr. No.	Post	Vacancy	Grade/Scale	Advertisement No.
1.	Risk Specialist-Sector	5	MMGS-II	CRPD/SCO/ 2022-23/10
2.	Risk Specialist-Sector	2		
3.	Risk Specialist-Credit Risk	1		
4.	Risk Specialist-Climate Risk	1	MMGS-III	
5.	Risk Specialist-IND AS	3		
6.	Risk Specialist-Market Risk	2		

For eligibility criteria (age, experience, job profile etc.), requisite fees and other details, log on to Bank's website <https://bank.sbi/web/careers> with a link for online submission of application as well as online payment of application fee. Refer detailed advertisement to ensure eligibility and other details before applying and remitting fees.

DATE FOR FILING ONLINE APPLICATION & PAYMENT OF FEES: FROM 27.05.2022 TO 16.06.2022.

For any query, please write to us through link "CONTACT US" → "Post Your Query" which is available on Bank's website.

Place: Mumbai
Date: 27.05.2022
General Manager

JUBILANT FOODWORKS LIMITED
CIN NO. L74899UP1995PLC043677
Regd. Office: Plot No. 1A, Sector - 16A, Noida - 201301 (U.P.)
Corporate Office: 5th Floor, Tower D, Plot No. 5, Logix Techno Park, Sector-127, Noida - 201304 (U.P.)
Contact No: +91-120-4090500, Fax No: +91-120-4090599, E-mail: investor@jubfood.com
Website: www.jubilantfoodworks.com

STATEMENT OF STANDALONE AND CONSOLIDATED FINANCIAL RESULTS FOR THE QUARTER AND YEAR ENDED 31ST MARCH, 2022
(Figures-INR in Lakhs, Unless Otherwise Stated)

Sr. No.	PARTICULARS	STANDALONE RESULTS				CONSOLIDATED RESULTS					
		For the Quarter ended		For the year ended		For the Quarter ended		For the year ended			
		31 st March 2022	31 st Dec 2021	31 st March 2021	31 st March 2022	31 st March 2021	31 st March 2022	31 st Dec 2021	31 st March 2021	31 st March 2022	31 st March 2021
1	Total Income from Operations (net)	115,788.65	119,350.43	102,585.84	433,109.98	326,887.27	117,597.46	121,077.37	103,785.63	439,612.29	331,187.13
2	Net Profit for the period/year (before Tax, Exceptional and / or Extraordinary items)	15,394.77	18,312.21	13,732.32	58,928.04	30,910.45	13,406.89	17,917.37	13,807.47	57,058.58	30,617.41
3	Net Profit for the period/year before Tax (after Exceptional and/or Extraordinary items)	15,355.52	18,302.53	13,732.32	58,195.50	30,910.45	13,367.64	17,907.69	13,807.47	56,326.04	30,617.41
4	Net Profit for the period/year after Tax (after Exceptional and / or Extraordinary items) (Refer Note 6)	11,611.26	13,732.79	10,429.89	43,752.21	23,368.64	9,600.74	13,319.54	10,530.42	41,808.83	23,052.17
5	Total Comprehensive Income for the period/year [comprising Profit for the period after Tax and Other Comprehensive Income after Tax]	5,718.07	24,186.31	18,466.41	68,052.36	31,174.47	1,221.16	23,971.94	18,258.84	62,929.66	30,522.24
6	Equity Share Capital	13,196.90	13,196.90	13,196.90	13,196.90	13,196.90	13,196.90	13,196.90	13,196.90	13,196.90	13,196.90
7	Reserves excluding Revaluation Reserve as at Balance Sheet date				197,153.12	136,516.16				181,299.93	129,485.78
8	Earnings per share (after exceptional items) (of INR.2 each) (Refer Note 7)										
	a) Basic (in INR.)	1.76	2.08	1.58	6.63	3.54	1.47	2.03	1.60	6.37	3.51
	b) Diluted (in INR.)	1.76	2.08	1.58	6.63	3.54	1.47	2.03	1.60	6.37	3.51

NOTES:

- These financial results have been prepared in accordance with the recognition and measurement principles as laid down in the Indian Accounting Standards (referred to as "Ind AS") prescribed under Section 133 of the Companies Act, 2013 read with the Companies (Indian Accounting Standards) Rules as amended from time to time. The above standalone and consolidated financial results were reviewed by the Audit Committee and approved by the Board of Directors of the Company at their meetings held on 30th May 2022. The statutory auditor's report on audit of annual standalone and consolidated financial results for the year ended 31st March 2022 and review of quarterly standalone and consolidated financial results for the quarter ended 31st March 2022 is being filed with the BSE Limited and National Stock Exchange of India Limited.
- The Company's business activity falls within a single business segment i.e. Food and Beverages in terms of Ind AS 108 on Segment Reporting.
- The figures for the quarter ended 31st March, 2022 and the corresponding quarter ended in the previous year, as reported in these financial results, are the balancing figures between audited figures in respect of the full financial year and the published year to date figures upto the end of third quarter of the relevant financial year. Also, the figures upto the end of the third quarter had only been reviewed and not subjected to audit.
- The COVID-19 situation across the country prevailed during the financial year and has posed challenges in restaurant sales. However, the Company has taken various measures to protect profit margins. The Company has made detailed assessments of its liquidity position for the next one year and of the recoverability and carrying values of all its assets and liabilities as at 31st March 2022 and on the basis of evaluation based on the current estimates has concluded that no material adjustments is required in the financial results. Given the uncertainties associated with nature, condition and duration of COVID-19, the impact assessment on the Company's financial statements will be continuously made and provided for as required.
- The Board of Directors of the Company has recommended a dividend of INR 1.20 (i.e. 60%) per Equity share of INR 2/- each fully paid up (post share split) for the financial year 2021-22 amounting to INR 7,918.14 lakhs, subject to approval of the shareholders at the ensuing Annual General Meeting.
- Exceptional items during the quarter includes costs of INR 39.25 lakhs (previous quarter INR 9.68 lakhs and year ended 31st March 2022 INR 732.54 lakhs) incurred by the Company to support its employees, associates and their dependents during COVID-19 pandemic. These includes assistance to families of deceased employees and associates, vaccination of employees, associates and their dependents, quarantine facilities for COVID-19 impacted employees and associates, etc.
- Subsequent to quarter ended 31st March 2022, the equity shares of the Company were split/ sub-divided such that each equity share having face value of INR 10/- (Rupees Ten only) fully paid-up, was sub-divided into five (5) equity shares having face value of INR 2/- (Rupees Two only) each, fully paid-up with effect from 20th April 2022 (Record Date). The Earnings Per Share (EPS) numbers of the current quarter and all comparative periods presented above have been restated to give effect of the share split.
- The above is an extract of detailed format of financial results for the quarter and year ended 31st March 2022 filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the financial results are available on the Stock Exchanges websites (www.bseindia.com and www.nseindia.com) and on Company's website (www.jubilantfoodworks.com).

Place: Delhi
Date: 30th May, 2022

For and on behalf of the Board of Directors of JUBILANT FOODWORKS LIMITED
SHYAM S. BHARTIA
CHAIRMAN & DIRECTOR
DIN No. 00010484

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तप, त्याग, अदम्य साहस, वीरता की प्रतिमूर्ति के रूप में भागना परशुराम साजग के लिए प्रेरणा स्रोत हैं।

डा. रमेश पोखरियाल 'निशंक', पूर्व केंद्रीय मंत्री



'हिंदी पत्रकारिता दिवस' पर मीडिया के समस्त प्रतिनिधियों को हार्दिक शुभकामनाएं।

डॉ. हर्षवर्धन, भाग्या सांसद

सत्येंद्र जैन की गिरफ्तारी पर चढ़ा राजनीतिक पारा

नई दिल्ली (एसएनपी)। दिल्ली सरकार में मंत्री सत्येंद्र जैन की गिरफ्तारी के बाद राजधानी का राजनीतिक तानमय बह चला है।

हिमाचल जाने से रोकने के लिए जैन की हुई गिरफ्तारी: सिसोदिया

पीएमजी में सत्येंद्र जैन से जवाब मांगा जा रहा है। अमीर इंडी बॉय का बहाना नहीं है।

जल स्रोतों का अतिक्रमण न होना सुनिश्चित करे डीडीए : हाईकोर्ट

नई दिल्ली (एसएनपी)। हाईकोर्ट ने स्वास्थ्य निष्ठा दिल्ली विकास प्राधिकरण (डीडीए) को निर्देश दिया कि वह जल स्रोतों का अतिक्रमण न होने देना सुनिश्चित करे।



कोर्ट ने डीडीए से जल स्रोतों का फोटो एक हफ्ते में खींचने के वहां से सभी अतिक्रमणों को एक महीने के भीतर हटा देने को कहा

पीठ ने इसके साथ ही जल स्रोतों के अतिक्रमण किए गए वहां से अतिक्रमण या उत्खनन रोकने के बाद उठाया गए कर्मियों की जानकारी स्थिति रिपोर्ट दायित्व कर देने को कहा है।

आत्मरक्षा का उपाय #4 गुप्तांग पर सामने से जोरदार लात मारें

Advertisement for self-defense training featuring a woman in a red top and blue pants. Includes contact info for Delhi Police and Rashtriya Samiksha.

साफाई व कूड़े के पहाड़ गंभीर समस्या, इन पर चर्चा हो : आप

नई दिल्ली (एसएनपी)। आम आदमी पार्टी ने दिल्ली को स्वच्छ रखने के तरीके पर चर्चा के लिए उपस्थान विचार समिति को लिखा पत्र लिखा है।

आशा है कि उपस्थान को बीजेप सरकार हमारे साथ चर्चा के लिए अत्यंत बेहोश होने से बाधित नहीं करेगी।

वर्षिष्ठ नागरिक संबंधी कानून के सही ढंग से क्रियान्वयन न होने पर जवाब-तलब

नई दिल्ली (एसएनपी)। वर्षिष्ठ नागरिकों से संबंधित कानून का सही ढंग से क्रियान्वयन नहीं करने पर हाईकोर्ट ने दिल्ली सरकार, जिला विधिक सेवा प्राधिकरण, सभी जिला अधिकारी व एसडीएम बताए कि वर्षिष्ठ नागरिकों की शिकायत पर विचार दिवस में कारवाई की जाए।

हाईकोर्ट ने यह जवाब तलाब एक पत्र पर स्वतंत्र संज्ञान लेना किया

हाईकोर्ट ने यह जवाब तलाब एक पत्र पर स्वतंत्र संज्ञान लेना किया। उन्होंने यह संज्ञान लेना अतिरिक्त मानते हुए विचार किया है।

यह भी सुनिश्चित करें कि इसको लेकर बनाया गए हेल्पलाइन कार्डों पर, पत्र लिखने वाली अतिरिक्त तलाब न करे।

PUBLIC NOTICE regarding land acquisition and compensation details.

एनाएसएस की रिपोर्ट ने केजरीवाल के दिल्ली मॉडल को दिखाया आईना : गुप्ता

नई दिल्ली (एसएनपी)। दिल्ली भूजग के अनास एनाएसएस को देना है कि दिल्ली के मुद्रामंत्री अरविंद केजरीवाल ने अपना मॉडल को दिखाया आईना।

गुप्ता ने कहा कि जिन इष्ट और बेवैधानिक वार्डों के केजरीवाल ने अपनी सत्ता की दीवारें खड़ी की हैं, उन्हीं की दिल्ली की जना उपजग में हिलाने वाली है।

पंचायत में आम आदमी पार्टी के आने ही की कानून व्यवस्था पूरी तरह से चरगा बंद है। दिल्ली की नैनेओं की सुरक्षा धरकर केजरीवाल अपने लोगों को सुरक्षा देना ही नहीं करता।

Table with 4 columns: क्रम, हस्त धारण का नाम, हस्त धारण का कोड, विषय. Lists various officials and their roles.

कोरोना के 212 नए केस, एक मौत

नई दिल्ली (एसएनपी)। दिल्ली सरकार के स्वास्थ्य विभाग की ओर से सोमवार को जारी मौकिक बुलेटिन के अनुसार दिल्ली 24 अंश के दौरान कोरोना के 212 नए मामले आए।

दिल्ली पुलिस विरोध प्रदर्शन को रिपोर्टेड मुद्रामंत्री सचिवालय को दे : हाईकोर्ट

नई दिल्ली (एसएनपी)। मुद्रामंत्री अरविंद केजरीवाल के आदेश के बावजूद 20 मार्च को हुए विरोध प्रदर्शन के मामले में हाईकोर्ट ने दिल्ली पुलिस को निर्देश दिया कि वह अपने जॉब से संबंधित स्थिति रिपोर्ट दायित्व कर देने को कहा है।

JUBILANT FOODWORKS LIMITED financial statement table showing STANDALONE AND CONSOLIDATED FINANCIAL RESULTS for the quarter and year ended 31st March, 2022.

Advertisement for Mamari University and Kothival Dental College & Research Centre. Includes contact info and accreditation details.

Advertisement for MDS 17th Batch (All 9 Specialities) with contact info for Kothival Dental College.

Advertisement for 'गृहमंथन/असहकारी की तलाश' with contact info for Soniyana Bano.