

Particulars	Details
Name	Ms. Upasana Kamineni Konidela
Director Identification Number (DIN)	02781278
Date of Birth	July 20, 1986
Date of initial date of appointment on the Board	November 29, 2022
Date of re-appointment on the Board	-
Designation	Independent Woman Director
Educational Qualification	Degree in International Business Marketing & Management from Regents University, London, United Kingdom and did the Executive Education Programme at Harvard Business School, Boston, USA.
Expertise in functional area	Knowledge and expertise in HR, IT and CSR
Achievements	Ms. Upasana Kamineni Konidela received the Femina Award for Recognition in Healthcare in 2017. She was recognized as one of the Tycoons of Tomorrow and felicitated by Forbes in 2018. In 2019 she was awarded the Dadasaheb Phalke Excellence Award for Philanthropist of the Year. She was also one of GQ magazine's Heroes 2021, for leading work on the war against Covid-19.

Brief Profile	<p>Ms. Upasana Kamineni Konidela believes in creating sustainable businesses rooted in social welfare that create a deep, long-term impact. She is a third-generation entrepreneur and philanthropist from the Apollo Hospitals family in India. Her heritage of healing and building community infrastructure is reflected in her business ventures and her giving practices. URLife is built on the idea of urban wellness and productivity, while the Apollo Foundation is based on founder-chairperson of Apollo Hospitals, Dr Prathap C Reddy's model of womb-to-tomb care. Upasana's professional life is an extension of herself, her values, and the way she lives her life. She believes that the world can #HealInIndia and that it is possible to #TransformURLife. Today URLife has the highest number of occupational health centres in India, along with venturing into the food and fitness space, while Apollo Foundation works across the country in the urban, rural, and tribal context. Her philosophy is based on kindness: to herself, her family, her community, and the world she reaches through her social media presence. This fosters respect and empathy in the work she does and the communities she impacts. While her education, at Regents University, UK, and Harvard University, USA, has given her the skills to run businesses, her energy comes from working with people, especially those who may not have the opportunities and access to reach their full potential. She is also passionate about the environment and has expanded the Apollo Foundation's mandate to include the rehabilitation of tribal people. WWF has nominated her as the Ambassador of Forest Department Heroes, and the Philanthropy Ambassador of Andhra Pradesh and Telangana. Ms. Upasana received the Femina Award for Recognition in Healthcare in 2017. She was recognized as one of the Tycoons of Tomorrow and felicitated by Forbes in 2018. In 2019 she was awarded the Dadasaheb Phalke Excellence Award for Philanthropist of the Year. She was also one of GQ magazine's Heroes 2021, for leading work on the war against Covid-19. She believes that technology should be used as a</p>
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	robust tool to heal the world and, has expressed her views at various forums such as The Sages & Scientists Conference in Beverly Hills and the India Today Conclave South. She is also a member of the YPO Hyderabad chapter and of CII, Telangana. An explorer of the world, Upasana and her actor-producer husband Ram Charan are known to be young inspirational influencers in South India.				
Name of the companies in which Ms. Upasana Kamineni Konidela is a director and the chairmanship / membership in committees	Sr. No.	Name of the Company	Designation	Name of the Committee in which Upasana Kamineni Konidela is the Chairman / Member	Chairman / Member
	1.	Zydus Lifesciences Limited	Independent Director	Corporate Social Responsibility and Environment, Social and Governance Committee	Member
				Nomination and Remuneration Committee	Member
	2.	Lifetime Wellness Rx International Limited	Managing Director	-	-
	3.	Apollo Healthco Limited	Director	-	-
	4.	Apollo Health Resources Limited	Non-Executive Director	-	-
	5.	Family Health Plan Insurance TPA Limited	Managing Director	-	-
	6.	Healthnet Global Limited	Non-Executive Director	-	-

	7.	Apollo 24/7 Insurance Services Limited	Non-Executive Director	-	-
	8.	Apollo Telehealth Service Private Limited	Non-Executive Director	-	-
	9.	Apokos Rehab Private Limited	Non-Executive Director	-	-
	10.	Happ Tech Private Limited	Non-Executive Director	-	-
	11.	FHPL Technologies Private Limited	Non-Executive Director	-	-
	12.	Athamma's Kitchen Private Limited	Non-Executive Director	-	-
	13.	Total Health	Director	-	-
Number of shares held in Zydus Lifesciences Limited	Nil				