

AMS POLYMERS LIMITED

Details of Familiarisation Programmes imparted during the Financial Year 2022-23

Sl. No.	Date of the Familiarisation Programme imparted	Coverage	Duration of the Programme (in Hours)
1	07-10-2022	Amendments in SEBI (LODR) Regulations, 2015	01:00
2	18-03-2023	Orientation Programme on : <ul style="list-style-type: none">• Board Meetings Effectiveness• Role & Responsibilities of Independent Directors	02:00

Details of Attendance & Time Spent by Independent Directors in such Programmes

Sl. No.	Name of the Independent Director	No. of Programmes attended		No. of Hours Spent	
		Programmes for F.Y. 2022-23	Cumulative till date	For F.Y. 2022-23	Cumulative till date
1	Ms. Shashi Yadav	2	12	03:00	17:00
2	Ms. Manila Goel	2	7	03:00	10:00