



May 18, 2020

To

The BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street, Mumbai-400001
Scrip Code: 540203

The National Stock Exchange India Limited
Exchange Plaza, Bandra Kurla Complex
Bandra(E), Mumbai-400051
NSE Symbol: SFL

Subject: Certificate pursuant to Regulation 7(3) of the Securities and Exchange Board of India (Listing Obligation and Disclosure Requirements) Regulations, 2015

Dear Sir/Madam

Please find enclosed the certificate under Regulation 7(3) of the Securities and Exchange Board of India (Listing obligation and Disclosure Requirements) Regulations, 2015 for the half year ended March 31, 2020.

This is for your information and record.

Thanking you,

Yours truly,

For Sheela Foam Limited

(Md. Iqbal Ahmad)

Company Secretary & Compliance Officer

SHEELA FOAM LTD.

37/2, Site-IV, Sahibabad Industrial Area, Ghaziabad, U.P. - 201010, India
Ph: Int-9140)-120-4162200 • Fax: Int-91-(0)-120-4162282, 4162283 • Email: contactus@sheelafoam.com
Regd. Office: C-55, Preet Vihar, Vikas Marg, Delhi-110092, India • Ph: Int-9140)-11-22026875-76
Toll Free: 1800 103 6664 • www.sleepwellproducts.com • www.sheelafoam.com
CIN-L74899DL1971PLC005679

04 May 2020

BSE Limited P J Towers, Dalal Street, Mumbai - 400001 Script Code : 540203	National Stock Exchange of India Limited Exchange Plaza, Bandra Kurla Complex, Bandra (E), Mumbai - 400051 NSE Symbol : SFL
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Dear Sir/Madam,

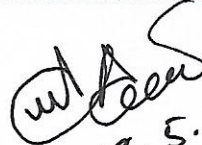
Sub : Compliance Certificate - Regulation 7(3) of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 for the half year ended 31st March, 2020 .

Unit : Sheela Foam Limited

As per the requirement of Regulation 7(3) of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we hereby confirm that activities in relation to both physical and electronic share transfer facility during the period 1st October, 2019 to 31st March, 2020 (both days inclusive) are maintained by the Company's Registrar & Transfer Agent, viz. Link Intime India Private Limited, which is registered as Registrar & Transfer Agent in Category-I with the Securities and Exchange Board of India vide Registration Number : INR000004058.

Thanking You,

For Sheela Foam Limited


18.5.2020

Authorized Signatory

For Link Intime India Private Limited

Signature invalid

Digitally signed by B N Lakrishnan
Date: 2020.05.04 19:30:05:30
Reason: Compliance
Location: Mumbai

Authorized Signatory