

August 13, 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: Intimation of Board Meeting

Dear Sir/Madam

Pursuant to the provisions of Regulation 29 of the Securities and Exchange Board of India (Listing obligations and Disclosure Requirements) Regulations, 2015, we hereby intimate that the meeting of the Board of Directors of the Company is scheduled to be held on Thursday, 20<sup>th</sup> August, 2020 to inter alia to approve and take on record the Un-audited Financial Results of the Company for the quarter ended on 30<sup>th</sup> June, 2020.

Kindly take the same on record.

Thanking you,

Yours truly,  
For Sheela Foam Limited



Md. Iquebal Ahmad  
Company Secretary & Compliance Officer

**SHEELA FOAM LTD.**

37/2, Site-IV, Sahibabad Industrial Area, Ghaziabad, U.P. - 201010, India  
Ph: Int-91-(0)-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-91-(0)-11-22026875-76  
Toll Free: 1800 103 6664 • www.sleepwellproducts.com • www.sheelafoam.com  
CIN-L74899DL1971PLC005679