



Date: September 29, 2022

To
The Secretary
(Listing Department)
The BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street, Mumbai-400001

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

BSE Scrip Code: 540203

NSE Symbol: SFL

Subject: Closure of trading window

Dear Sir/Madam,

Pursuant to the Company's Code of Conduct under the provisions of Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015, amendment thereof ("the Code"), trading window for dealing in shares of the Company, for persons specified under the Code, shall remain closed from October 1, 2022 till the end of 48 hours after the Financial Results for the quarter ending September 30, 2022 shall be made public.

This is for your information and record

Thanking you,

Yours truly,

For Sheela Foam Limited

Md Iquebal Ahmad
(Company Secretary and Compliance officer)

SHEELA FOAM LTD.

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