

6th March 2019

To

The BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street, Mumbai-400001

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

Scrip Code: 540203

Symbol: SFL

Ref.: Regulation 30(6) of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements), Regulations, 2015.

Dear Sir/Madam,

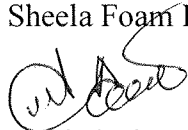
Pursuant to the relevant provisions of SEBI (Listing Obligations and Disclosure Requirements), Regulations 2015, we would like to inform you that the officials of the Company will be meeting with various Investors on March 07, 2019 in Singapore and on March 08, 2019 in Hongkong.

This is for your information and records.

Yours faithfully,
For Sheela Foam Limited

Thanking you,

Yours truly,
For Sheela Foam Limited



Md Iqbal Ahmad
Company Secretary & Compliance Officer

SHEELA FOAM LTD.