

October 10, 2019

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

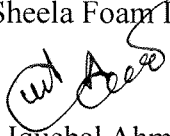
Dear Sir/Madam

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 September 30, 2019.

This is for your information and 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

Date: 03/10/2019

To,  
National Stock Exchange of India Ltd.  
Exchange Plaza, Plot No. C/1, G-Block  
Bandra Kurla Complex, Bandra East  
Mumbai - 400051

Bombay Stock Exchange Ltd.  
Floor 25, P J Towers.  
Dalal Street,  
Mumbai - 400001

Ref: - SYMBOL: - SFL

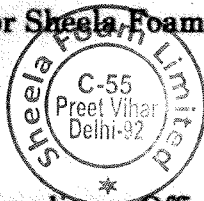
Scrip Code - 540203

Dear Sir / Madam,

Sub: - Compliance certificate pursuant to Regulation 7 (3) of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 during the half year ended 30-09-2019.

Pursuant to Regulation 7 (3) of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, we hereby confirm that activities in relation to both physical and electronic share transfer facility are maintained by the Company's Registrar and Share Transfer Agent, viz., Link Intime India Private Limited, which is a SEBI approved category-I, Registrar & Transfer Agent, registered with Securities and Exchange Board of India (SEBI Registration Number : INR000004058).

For Sheela Foam Limited.



Compliance Officer

For Link Intime India Pvt. Ltd.



Authorized Representative