



April 20, 2023

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 year ended March 31, 2023.

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.

#14, Sleepwell Tower , Sector 135, Noida- 201301

Ph: Int-91(0)-120-4162200 • Fax: Int-91-(0)-120-4162282, 4162283 • Email: contactus@sheelafoam.com

Regd. Office: 604 Ashadeep, 9 Hailey Road, New Delhi-110001, India • Ph: Int-91(0)-11-22026875-76

Toll Free: 1800 103 6664 • www.sleepwellproducts.com • www.sheelafoam.com

CIN-L74899DL1971PLC005679

April 06, 2023

BSE Limited
Corporate Relationship Department
1st Floor, New Trading Ring,
Rotunda Building, P. J. Towers,
Dalal Street, Fort,
Mumbai – 400 001

National Stock Exchange of India
Exchange Plaza
Bandra Kurla Complex
Bandra (E)
Mumbai 400 051

Dear Sirs,

Subject: Compliance Certificate - Regulation 7 (3) of Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015.

As per the requirement of Regulation 7(3) of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, we hereby confirm that all 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 Pvt Ltd a Category-I, Registrar & Share Transfer Agent (RTA), registered with the Securities and Exchange Board of India (SEBI) vide Registration Number: INR000004058 during the period April 1, 2022 to March 31, 2023 (both days inclusive).

Thanking you,

Very truly yours,


For Sheela Foam Limited
Iquebal Ahmad
Company Secretary & Compliance Officer


For Link Intime India Pvt. Ltd
Bharat Bhushan
Assistant Vice President