



20 April, 2022

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 period from April 1, 2021 to March 31, 2022.

This is for your information and record.

Thanking you,

Yours truly,

(Md. Iquebal Ahmad)
Company Secretary & Compliance Officer

SHEELA FOAM LTD.

37/2, Site-IV, Sahibabad Industrial Area, Ghaziabad, U.P. - 201010, India
Ph: Int-9140)-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-9140)-11-22026875-76
Toll Free: 1800 103 6664 • www.sleepwellproducts.com www.sheelafoam.com

April 05, 2022

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,

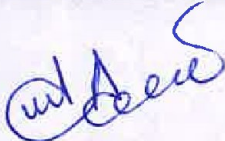
Subject: Compliance Certificate - Regulation 7 (3) of Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015.

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 during the period April 1, 2021 to March 31, 2022 (both days inclusive) 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.

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