



September 01, 2026

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: Intimation under Para A of Part A of Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 ("Listing Regulations")

Dear Sir/Madam,

Pursuant to Regulation 30 read with Schedule III of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we wish to inform you that Ms. Shaili Tyagi, Chief Human Resources Officer (CHRO) of the Company, has been relieved from the services of the Company with effect from the close of business hours on August 31, 2026, pursuant to her resignation from employment.

Further, until a suitable replacement, the responsibilities and functions of the Chief Human Resources Officer shall be overseen and discharged by the Managing Director of the Company, in addition to his existing responsibilities, on an interim basis.

The details required under SEBI Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated November 11, 2024 are enclosed herewith as **Annexure A**.

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-91-120-4868400 • Email: investorrelation@sheelafoam.com • contactus@sheelafoam.com

Regd. Office: 1002 to 1006 The Avenue, International Airport Road, Opp Hotel Leela Sahar,
Andheri East, Mumbai, Maharashtra, India, 400059 • Ph: Int-91-22-28265686/88/89

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

CIN- L74899MH1971PLC427835

Sr. No.	Particulars	Details
1	Reason for Change	Resignation
2	Date of Cessation	With effect from August 31, 2026
3	Brief profile	Not Applicable
4	Disclosure of relationships between directors	Not Applicable
5	Resignation Letter	The Resignation letter is enclosed herewith as per Annexure B.

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To,

Mr. Rahul Gautam
Chairman & Managing Director
SheelaFoam Limited

Subject: Resignation from the role of CHRO at SheelaFoam

Dear Sir,

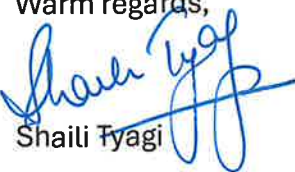
As discussed, I would like to formally resign from my role as CHRO, SheelaFoam, due to personal reasons.

It has been a pleasure working under your guidance and I am grateful for the opportunities extended to me during my tenure. I have valued the experience of being part of the Organization and contributing to its people agenda.

I will serve my notice period and we may mutually agree on a suitable date of relieving to ensure a smooth and seamless transition.

Thank you once again for your support and guidance.

Warm regards,


Shaili Tyagi

06.07.2026