

April 9, 2019

To

The Secretary (Listing Department)
The BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street, Mumbai-400001

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

BSE Scrip Code: 540203

NSE Symbol: SFL

Subject: Appointment of Woman Independent Director

Dear Sir/Madam

Pursuant to Regulation 30 and other relevant provisions of the Securities and Exchange Board of India (Listing obligation and Disclosure Requirements) Regulations, 2015, we wish to inform that on recommendation of Nomination and Remuneration Committee, on April 8, 2019, the Board has approved the appointment of Ms. Meena Jagtiani as an Independent Woman Director.

Please find enclosed herewith brief profile of new Director (as annexure B) as prescribed vide SEBI (Listing obligation and Disclosure Requirements) Regulations, 2015.

Thanking you.

Yours faithfully,

For Sheela Foam Limited



(Md. Iqbal Ahmad)

Company Secretary and Compliance Officer

SHEELA FOAM LTD.

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Annexure A

Detail under Regulation 30 and other relevant provisions of the Securities and Exchange Board of India (Listing obligation and Disclosure Requirements) Regulations, 2015.

Sr. No.	Particulars	Details
1	Reason for change viz. appointment, resignation, removal, death or otherwise	Appointment
2	Date of appointment/cessation(as applicable) & terms of appointment	April 8, 2019
3	Brief profile in case of appointment	Attached as Annexure B
4	Disclosure of relationship between directors(in case of appointment of Director)	Not related with the Directors

Annexure B

Ms. Meena Jagtiani is an MBA from the Symbiosis Institute of Business Management. She has done an Executive Development Programme from Wharton Business School, University of Pennsylvania. Presently she is working as an Independent HR Advisor.

She has three decades rich industry experience in the field of HR. She served in various corporates such as Aditya Birla Group, Daksh eServices Private Limited and Korn/Ferry International(the world's leading search firm) etc. before taking her Independent Advisory.