



August 04, 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 for Appointment of Director under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 (“SEBI Listing Regulations”)

Dear Sir/Madam,

Pursuant to Regulation 30, read with Schedule III, Part A, Para A of the SEBI Listing Regulations, we wish to inform that, based on the recommendation of the Nomination & Remuneration Committee and subject to approval of the shareholders, the Board of Directors of the Company, at its meeting held today i.e., August 04, 2026, has approved the appointment of Ms. Avantika Singh Gautam (DIN: 08368772) as a non-executive, non-independent director of the Company for a period of five (5) years with effect from August 04, 2026.

The details as required under Regulation 30 of the SEBI Listing Regulations read with SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/0155 dated November 11, 2024 are given as Annexure A.

Kindly take the same on 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

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CIN- L74899MH1971PLC427835

Annexure A

Appointment of Ms. Avantika Singh Gautam (DIN: 08368772) as Non-Executive Non-Independent Director		
Sr. No.	Particular	Details
1.	Reason for Change	Appointment as a Non-Executive Non-Independent Director
2.	Date of Appointment & Terms of Appointment	August 04, 2026 For a term of five (5) consecutive years with effect from the date of appointment, subject to approval of the Shareholders.
3.	Brief Profile (in case of Appointment)	Ms. Avantika Singh Gautam is a broadcast journalist, senior news anchor, and media professional with over two decades of distinguished experience covering critical national and international affairs. She has served as a prime-time anchor with the India Today Group and Network18, and is one of the most respected editorial voices in television news. She also worked with Teach For India, a member of the global Teach For All network, where she led the strategy and execution of the organisation's expansion initiatives, contributing significantly to its successful growth and impact. She completed the Persuasive Communication programme at the Harvard Kennedy School and subsequently earned a Master's degree in Global Leadership and Global Affairs from The Fletcher School at Tufts University.
4.	Disclosure of relationship between directors (in case of appointment of Directors)	Ms. Avantika Singh Gautam is the wife of Mr. Tushaar Gautam and the daughter-in-law of Mr. Rahul Gautam and Ms. Namita Gautam
5.	Information as required pursuant to BSE Circular ref. no. LIST/COMP/14/2018-19 and NSE ref. no. NSE/ML/2018/24 dated June 20, 2018.	Ms. Avantika Singh Gautam is not debarred from holding the office of Director by virtue of any SEBI Order or any such authority.

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