Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
Tel.: 6612 6300. Fax: 6612 6363. Website: www.talwalkars.net CIN: L92411MH2003PLC140134

Talwalkars™
Spreading fitness since 1932

Date: 1st December, 2014

To
National Stock Exchange of India Ltd.
Listing Department
Exchange Plaza, Plot No. C/1, G Block,
Bandra-Kurla Complex, Bandra (East),
Mumbai - 400 051.

To
BSE Limited
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street,
Mumbai - 400 001

Dear Sir,

Re: **Talwalkars Better Value Fitness Ltd.; Scrip Code:533200; Scrip Name: TALWALKARS**
Sub: **Disclosure of Details of Sale to Stock Exchanges in terms of Regulation 13(4), 13 (4A) and 13(6) of the SEBI(Prohibition of Insider Trading) Regulations, 1992.**

This is to inform the exchange(s) that Mr. Madhukar Visnhu Talwalkar, Director of the Company has sold the shares of our Company.

The requisite disclosure in terms of Regulation 13(4), 13(4A) and 13(6) of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992 received by us from the Seller of the shares is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,
For **Talwalkars Better Value Fitness Limited**

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Avanti Sankav
Company Secretary & Compliance Officer
Encl: As Above

Madhukar Vishnu Talwalkar

C-37/40, Pandurang Society, Near Sun-N-Sand Hotel, Juhu, Mumbai – 400049.

Date: 1st December, 2014

To
National Stock Exchange of India Ltd.
Listing Department
Exchange Plaza, Plot No. C/1, G Block,
Bandra-Kurla Complex, Bandra (East),
Mumbai - 400 051.

To
BSE Limited
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street,
Mumbai - 400 001

Dear Sir,

Sub: Notice of Sale of Shares of 'Talwalkars Better Value Fitness Limited' (Company).

This is to inform Exchange(s) and Company the sale of Shares of Talwalkars Better Value Fitness Limited by me.

The requisite disclosure in terms of Regulation 13 (4), 13(4A) and 13(6) of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992 is attached herewith.

Kindly acknowledge the receipt of same.

Thanking You.

Yours faithfully,



Madhukar Vishnu Talwalkar
Signature of the ~~acquirer~~ / seller

Encl: As Above

CC:

To
The Company Secretary & Compliance Officer
Talwalkars Better Value Fitness Limited
801-813, Mahalaxmi Chambers,
22, Bhulabhai Desai Road,
Mumbai – 400 026.

Form D (Talwalkars Better Value Fitness Limited)

Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992 [Regulation 13(4), 13(4A) and 13(6)]

DETAILS OF CHANGE IN SHAREHOLDING OR VOTING RIGHTS HELD BY DIRECTOR OR OFFICER AND HIS DEPENDENTS OR PROMOTER OR PERSON WHO IS PART OF PROMOTER GROUP OF A LISTED COMPANY

Name, PAN No. & Address of Promoter / Person who is part of Promoter Group / Director/Officer	Shareholding prior to ~~acquisition~~/ Sale	No. & % shares / voting rights ~~acquired~~ /sold	Date of ~~Receipt of allotment advice/ acquisition~~ / sale of shares (Specify)	Date of Intimation to Company	Mode of acquisition (market purchase/ public/rights /preferential offer etc.) / Sale	No. & % of shares/ voting rights, post-~~acquisition/~~ sale	Trading member through whom the trade was executed with SEBI Registration No. of TM	Exchange on which the trade was executed	Buy Qty.	Buy value	Sell Qty.	Sell Value
Mr. Madhukar Vishnu Talwalkar (PAN:AAAPT8172A) Jointly with Mrs.Usha Madhukar Talwalkar (PAN:AAFPT3741G) Address:C-37/40, Pandurang Society, Near Sun-N-Sand Hotel, Juhu, Mumbai - 400049	19,32,280 Shares (7.38%)	1,00,000 Shares (0.38%)	28.11.2014	01.12.2014	Open Market Sale	18,32,280 Shares (7%)	Jamnadas Virji Shares & Stock Brokers Private Limited NSE: INB231183733	National Stock Exchange of India Limited	N.A.	N.A.	1,00,000 Shares (0.38%)	229.19 INR/ Share
	Total	**1,00,000 Shares (0.38%)**									**1,00,000 Shares (0.38%)**	

Madhukar Vishnu Talwalkar

Date: 1.12.2014
Place: Mumbai