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: 3rd September 2018

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

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

Dear Sir,

Re: **Talwalkars Better Value Fitness Ltd; Scrip Symbol: TALWALKARS, Scrip Code: 533200**
Sub: **Submission of newspaper advertisement of the dispatch of Annual Reports for the year 2017 - 18**

We enclose herewith the newspaper advertisement published in The Freepress Journal and Nav shakti dated 3rd September, 2018 about the dispatch/ email of Annual Reports for the year 2017 – 18 and e-voting facility offered by the Company to its members.

Kindly take the same on your record and 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
Encl: a/a

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

NOTICE

Notice is hereby given pursuant to Regulation 30, 44 and other applicable provisions of the SEBI (Listing Obligations and Disclosure Requirements), Regulations, 2015 and Section 108 of the Companies Act, 2013 ("the Act") read with Rule 20 of the Companies (Management and Administration) Rules, 2014 (including any amendment thereto or enactment/re-enactment thereof), details of which are as follows:

1. The Company offers electronic voting (remote electronic voting) facility to the Members to cast their votes by electronic means on all the resolutions set out in the Notice of Annual General Meeting (AGM) to be held on 27th September, 2018 and that the ordinary and special business specified in the Notice of AGM may be transacted through voting by electronic means from a place other than the venue of the Meeting ('remote e-voting'). The Notice of Annual General Meeting is displayed on the Company's website **www.talwalkars.net.**
2. The Company has completed dispatch of Annual Report for the financial year 2017-18 along with the Notice of AGM and instructions related to E-Voting to the members of the Company on 1st September, 2018.
3. The Electronic voting period commences from 24th September, 2018 (9:00 am) and ends on 26th September, 2018 (5:00 pm). Remote e-Voting module shall be disabled by NSDL for voting after 5.00 p.m. of 26th September, 2018 and voting shall not be allowed beyond the said timings.
4. The shareholders of the Company, holding shares either in physical form or in dematerialized form, as on the cut-off date of 20th September, 2018, shall be entitled to avail the facility of remote e-voting as well as voting in the AGM. The voting rights of the Members shall be in proportion to their shares in the paid-up equity share capital of the Company as on this cut-off date.
5. Persons, who have acquired shares and become members of the Company after the dispatch of Notice of AGM, are requested to refer the Notice of AGM on the Company's website **www.talwalkars.net** for the instructions relating to login ID and password.
6. The members who have cast their vote by remote e-voting may also attend the Meeting but shall not be entitled to cast their vote again.
7. Members who have not cast their vote by remote e-voting shall be able to exercise their voting right at the Meeting.
8. Mr. Bharat R. Upadhyay, Practicing Company Secretary has been appointed as the Scrutinizer to scrutinize the E-Voting process in a fair and transparent manner.
9. The Company has engaged the services of National Securities Depository Limited (NSDL) to provide electronic voting facility to the Members of the Company.
10. The Scrutinizer, after scrutinizing the votes cast through remote e-voting, will, not later than three days of conclusion of the Meeting, make a consolidated scrutinizer's report and submit the same to the Chairman or Authorised person in this behalf. The results declared along with the scrutinizer's report shall be placed on the website of the Company **www.talwalkars.net** and on the website of NSDL. The results shall simultaneously be communicated to the Stock Exchanges.
11. In case of any queries, Members may refer to the Frequently Asked Questions (FAQs) for members and e-voting user manual for members available at the Downloads sections of **https://www.evoting.nsdl.com** or contact NSDL at the following toll free no.: 1800-222-990

In case of any queries relating to voting by electronic means, please refer to the Frequently Asked Questions (FAQs) and e-voting user manual for Shareholders available at the downloads section of **www.evoting.nsdl.com** or contact at toll free no. 1800-222-990 or send a request at **evoting@nsdl.co.in.** In case of any grievances connected with facility for voting by electronic means, please contact Ms. Pallavi Mhatre, Assistant Manager, NSDL, 4th Floor, 'A' Wing, Trade World, Kamala Mills Compound, Senapati Bapat Marg, Lower Parel, Mumbai 400 013. Email: **evoting@nsdl.co.in/ pallavid@nsdl.co.in,** Tel: 91 22 2499 4545/1800-222-990.

For Talwalkars Better Value Fitness Limited
Avanti Sankav
Company Secretary & Compliance officer

Date: 1st September, 2018
Place: Mumbai

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

NOTICE

Notice is hereby given pursuant to Regulation 30, 44 and other applicable provisions of the SEBI (Listing Obligations and Disclosure Requirements), Regulations, 2015 and Section 108 of the Companies Act, 2013 ("the Act") read with Rule 20 of the Companies (Management and Administration) Rules, 2014 (including any amendment thereto or enactment/re-enactment thereof), details of which are as follows:

1. The Company offers electronic voting (remote electronic voting) facility to the Members to cast their votes by electronic means on all the resolutions set out in the Notice of Annual General Meeting (AGM) to be held on 27th September, 2018 and that the ordinary and special business specified in the Notice of AGM may be transacted through voting by electronic means from a place other than the venue of the Meeting ('remote e-voting'). The Notice of Annual General Meeting is displayed on the Company's website **www.talwalkars.net.**
2. The Company has completed dispatch of Annual Report for the financial year 2017-18 along with the Notice of AGM and instructions related to E-Voting to the members of the Company on 1st September, 2018.
3. The Electronic voting period commences from 24th September, 2018 (9:00 am) and ends on 26th September, 2018 (5:00 pm). Remote e-Voting module shall be disabled by NSDL for voting after 5.00 p.m. of 26th September, 2018 and voting shall not be allowed beyond the said timings.
4. The shareholders of the Company, holding shares either in physical form or in dematerialized form, as on the cut-off date of 20th September, 2018, shall be entitled to avail the facility of remote e-voting as well as voting in the AGM. The voting rights of the Members shall be in proportion to their shares in the paid-up equity share capital of the Company as on this cut-off date.
5. Persons, who have acquired shares and become members of the Company after the dispatch of Notice of AGM, are requested to refer the Notice of AGM on the Company's website **www.talwalkars.net** for the instructions relating to login ID and password.
6. The members who have cast their vote by remote e-voting may also attend the Meeting but shall not be entitled to cast their vote again.
7. Members who have not cast their vote by remote e-voting shall be able to exercise their voting right at the Meeting.
8. Mr. Bharat R. Upadhyay, Practicing Company Secretary has been appointed as the Scrutinizer to scrutinize the E-Voting process in a fair and transparent manner.
9. The Company has engaged the services of National Securities Depository Limited (NSDL) to provide electronic voting facility to the Members of the Company.
10. The Scrutinizer, after scrutinizing the votes cast through remote e-voting, will, not later than three days of conclusion of the Meeting, make a consolidated scrutinizer's report and submit the same to the Chairman or Authorised person in this behalf. The results declared along with the scrutinizer's report shall be placed on the website of the Company **www.talwalkars.net** and on the website of NSDL. The results shall simultaneously be communicated to the Stock Exchanges.
11. In case of any queries, Members may refer to the Frequently Asked Questions (FAQs) for members and e-voting user manual for members available at the Downloads sections of **https://www.evoting.nsdl.com** or contact NSDL at the following toll free no.: 1800-222-990

In case of any queries relating to voting by electronic means, please refer to the Frequently Asked Questions (FAQs) and e-voting user manual for Shareholders available at the downloads section of **www.evoting.nsdl.com** or contact at toll free no. 1800-222-990 or send a request at **evoting@nsdl.co.in.** In case of any grievances connected with facility for voting by electronic means, please contact Ms. Pallavi Mhatre, Assistant Manager, NSDL, 4th Floor, 'A' Wing, Trade World, Kamala Mills Compound, Senapati Bapat Marg, Lower Parel, Mumbai 400 013. Email: **evoting@nsdl.co.in/ pallavid@nsdl.co.in,** Tel: 91 22 2499 4545/1800-222-990.

For Talwalkars Better Value Fitness Limited
Avanti Sankav
Company Secretary & Compliance officer

Date: 1st September, 2018
Place: Mumbai