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

Talwalkars
Spreading fitness since 1932

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

To,
Mr. Wilbur Fernandes / Mr. Troydon Bird,
The Manager
BSE Limited
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

Notice

Notice is hereby given pursuant to Clause 19, 41 and other applicable clauses of the Listing Agreement that a meeting of the Board of Directors of the Company will be held on Thursday, 8th May, 2014 at the Registered Office of the Company inter-alia to consider the following:

1. To take on record the audited stand-alone and consolidated financial results of the Company for the year ended 31st March, 2014.
2. To approve and adopt stand-alone and consolidated audited Balance Sheet as at 31st March, 2014 and the Profit and Loss Account for the year ended as on that date along with the Directors Report, Auditors Report and other allied statements and annexure thereon forming a part of the Annual Report.
3. To consider and recommend the dividend on equity shares for the year ended 31st March, 2014.
4. To decide date, time and venue of the Annual General Meeting.
5. To make Talwalkars Club Private Limited, a subsidiary of the Company.
6. Any other business with the permission of Chair.

We further inform you that the Trading Window for trading in the Company's Shares by all the Directors and Designated Employees shall remain closed from Monday, 28th April, 2014 to Friday, 9th May, 2014 (both days inclusive) on account of declaration of audited financial results for the year ended 31st March, 2014. Trading Window will remain open from 10th May, 2014.

Kindly take note of the same.

By Order of the Board
For **Talwalkars Better Value Fitness Limited**

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Date: 25th April, 2014
Place: Mumbai

Avanti Sankav
Company Secretary & Compliance Officer