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

Date : 16th March, 2018

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

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

Dear Sirs,

Re: **Talwalkars Better Value Fitness Limited; Scrip Symbol: TALWALKARS; Scrip Code: 533200**
Sub: **Outcome of the Board Meeting held on 16th March, 2018**

This is to inform that pursuant to Regulations 42 and other applicable provisions of the SEBI (Listing obligations and Disclosure Requirements) Regulations, 2015 that the Board of Directors of the Company in its meeting held on 16th March, 2018 (commenced at 11:30 a.m. and concluded at 12.00 p.m.) has discussed and decided on the following:

The record date for determining the shareholders of Talwalkars Better Value Fitness Limited who are entitled for allotment of the equity shares of Talwalkars Lifestyles Limited pursuant to the Scheme of Arrangement between Talwalkars Better Value Fitness Limited ("Demerged Company") and Talwalkars Lifestyles Limited ("Resulting Company") and their respective shareholders is Wednesday, 28th March, 2018.

Kindly take the same on your records.

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

TALWALKARS BETTER VALUE FITNESS LTD.

Avanti Sankav
Company Secretary & Compliance Officer