

TALWALKARS BETTER VALUE FITNESS LIMITED

CIN: L92411MH2003PLC140134

Registered Office: 1702, 17th Floor, Signature (By Lotus), Off Veera Desai Road Extn., Andheri West, Andheri,
Mumbai, Mumbai, Maharashtra, India, 400053

✉ talwalkarbetter@gmail.com | ☎ +91 98199 44575 | 🌐 talwalkarsfitness.com

Date: **08-10-2026**

To, Department of Corporate Service BSE Limited Phiroze Jeejeebhoy Towers, Dalal Street, Fort, Mumbai - 400 001. Scrip Code: 533200	To, The Manager – Listing National Stock Exchange of India Limited Exchange Plaza, Bandra Kurla Complex, Bandra (East), Mumbai - 400 051. SYMBOL: TALWALKARS
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Dear Sir/Madam,

Subject: Regulation 74(5) of the SEBI (Depositories and Participants) Regulations, 2018 for the Quarter ended on September 30, 2026

Please find enclosed herewith a certificate received from M/s. MUFG Intime India Pvt. Ltd. (Formerly known as M/s Link Intime India Pvt Ltd), Registrar and Share Transfer Agent of the Company under Regulation 74(5) of the Securities and Exchange Board of India (Depositories and Participants) Regulations, 2018 for the Quarter ended September 30, 2026.

Kindly take the same on the records.

Thanking You.

For, **Talwalkars Better Value Fitness Limited**

Shilpa Singh
Digitally signed
by Shilpa Singh
Date: 2026.10.08
13:02:44 +05'30'

Shilpa Singh
Managing Director
DIN: 08448114

Registered Address:

C-101, Embassy 247, L.B.S. Marg,
Vikhroli (West), Mumbai - 400083.

Tel: +91 22 4918 6000

www.in.mpms.mufg.com

Date : 03-10-2026

To,
The Compliance Officer/ Company Secretary
TALWALKARS BETTER VALUE FITNESS LIMITED
801-813, MAHALAXMI CHAMBERS,
22, BHULABHAI DESAI ROAD,
MUMBAI - 400 026.
MUMBAI
PINCODE : 400026

Sub : Confirmation Certificate under Regulation 74(5) of Securities and Exchange Board of India (Depositories and Participants) Regulations, 2018.

Dear Sir/Madam,

In reference to the above captioned regulation, we hereby confirm that the securities received from the depository participants for dematerialisation during the quarter ended 30th September 2026, were confirmed (accepted/rejected) to the depositories by us and that securities comprised in the said certificates have been listed on the stock exchanges where the earlier issued securities are listed.

We hereby also confirm that the security certificates received for dematerialisation have been confirmed/rejected and the security certificates received were mutilated and cancelled after due verification by the depository participant and the name of the depositories have been substituted in the register of members as the registered owner within the prescribed timelines. We request you to kindly take note of the above in your records.

Thanking you,

Yours faithfully,

For **MUFG Intime India Private Limited**
(Formerly Link Intime India Private Limited)



Ashok Shetty
Sr. Vice President-Corporate Registry