

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: 18th August 2026

To, Manager- CRD 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: Intimation cum Outcome of Board Meeting held on Tuesday, 18th August 2026 -Talwalkars Better Value Fitness Limited ("the Company")

Pursuant to the provision of Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 ("Listing Regulations"), this is to inform you that the Board of Directors of the Company, at their meeting held today i.e., Tuesday, 18th August 2026, inter alia considered and transacted the following business:

01. Resignation of Mr. Arvind Pradhan Bhanushali (DIN: 00134211) as Managing Director & Continue as an Executive Director of the company.

The Board of Directors has taken note on the Resignation of Mr. Arvind Pradhan Bhanushali (DIN: 00134211) from the position of Managing Director from closure of working hours on Tuesday, 18th August 2026 and continue as Non-Executive Director of the Company.

The details as required under SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 read with SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, 2023, and SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/2023/120 dated July 11, 2023, are provided as per "**Annexure - A**".

02. Appointment of Ms. Meena Arvind Bhanushali [DIN: 10816424] as Managing Director of the Company

The Based on the recommendation of the Nomination and Remuneration Committee, the Board of Directors has appointed Ms. Meena Arvind Bhanushali [DIN: 10816424] as Managing Director of the Company w.e.f. 19th August 2026 for a period of five consecutive years, subject to the approval of regulatory/statutory authorities and the shareholders of the Company at the ensuing General Meeting.

The details as required under SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 read with SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, 2023, and SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/2023/120 dated July 11, 2023, are provided as per "**Annexure - B**".

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03. Resignation of Mr. Kurjibhai Premjibhai Rupareliya (DIN: 05109049) as an Executive Director of the company.

The Board of Directors took note of the resignation of Mr. Kurjibhai Premjibhai Rupareliya (DIN: 05109049) from the position of Executive Director of the Company, with effect from 18th August 2026, due to personal reasons, further he has confirmed that there are no other material reasons for his resignation other than as mentioned above.

The details as required under SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 read with SEBI Circular No. SEBI/HO/CFD/CFD-PoD-1/P/CIR/2023/123 dated July 13, 2023, and SEBI Master Circular No. SEBI/HO/CFD/PoD2/CIR/P/2023/120 dated July 11, 2023, are provided as per “**Annexure – C**”.

The Meeting commenced at 06:15 PM and concluded at 07:00 PM.

Thanking you,

For, **Talwalkars Better Value Fitness Limited**

Arvind Pradhan Bhanushali
Managing Director
DIN: 00134211

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“ANNEXURE-A”

Disclosure of events and information pursuant to Regulation 30 read with Schedule III - Para A(7B) of Part A of the Listing Regulations (as applicable) and SEBI Circular No. SEBI/HO/CFD/CFDPoD-1/P/CIR/2023/123 dated 13th July 2023 ('SEBI Circular')

Details of events that need to be provided	Information of Event
Reason for change viz., appointment , resignation, removal , death or otherwise	Resignation from the Post of Managing Director with effect from closure of Working Hours of 18 th August 2026.
Date of appointment /Cessation (as applicable) & term of appointment	18 th August 2026
Brief profile (in case of appointment)	NA
Relationships between directors (in case of appointment of a director)	NA

Date: 18th August 2026

To,
The Board of Directors
TALWALKARS BETTER VALUE FITNESS LIMITED
CIN: L92411MH2003PLC140134
1702, 17th Floor, Signature (By Lotus),
Off Veera Desai Road Extn., Andheri West,
Andheri, Mumbai, Maharashtra - 400053

**Subject: Resignation from the Office of Managing Director and Continuation as
Non- Executive Director**

Dear Sir/Madam,

I, Arvind Pradhan Bhanushali (DIN: 00134211), hereby tender my resignation from the office of Managing Director of the Company with effect from the closure of working hours on 18th August 2026.

I would like to clarify that this resignation is solely from the office of Managing Director and shall not affect my position as a member of the Board of Directors. I intend to continue serving the Company as Non-Executive Director and remain fully committed to contributing to the Company and its Board in such capacity.

I kindly request the Board of Directors to take note of my resignation from the office of Managing Director and relieve me from the said position with effect from the closure of working hours on 18th August 2026. I further request the Company to make the necessary statutory filings and intimations with the Registrar of Companies and other applicable authorities, as may be required under the applicable provisions of law, to give effect to the change in my designation.

I look forward to continuing my association with the Company as Non-Executive Director and contributing towards its growth and development.

I take this opportunity to thank the Board of Directors and the management for their continued support and cooperation.

Kindly acknowledge receipt of this resignation letter and take the same on record.

Thanking you,

Yours faithfully,

AP Bhanushali
Arvind Pradhan Bhanushali
DIN: 00134211

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“ANNEXURE-B”

Disclosure of events and information pursuant to Regulation 30 read with Schedule III - Para A(7B) of Part A of the Listing Regulations (as applicable) and SEBI Circular No. SEBI/HO/CFD/CFDPoD-1/P/CIR/2023/123 dated 13th July 2023 ('SEBI Circular')

Details of events that need to be provided	Information of events
Reason for change viz., appointment, resignation, removal, death or otherwise	Appointment of Managing Director.
Date of appointment / Cessation (as applicable) & term of appointment	19 th August, 2026
Term of Appointment	5 Years
Brief profile (in case of appointment)	Ms. Meena Arvind Bhanushali has been associated with HIFI Digital Advertisement since 2017. During her tenure, she has gained experience in the digital advertising and business operations domain. She has been actively involved in coordinating business activities, client relationships and supporting the overall operational functions of the organization.
Relationships between directors (in case of appointment of a director)	Spouse of Arvind Pradhan Bhanushali Executive Director of the Company.
Names of listed entities in which the Appointing Director holds directorship (in case of appointment of a director)	NIL
Affirmation pertaining to non-debarment from holding the office of Directors by virtue of any SEBI order or any other such authority	Ms. Meena Arvind Bhanushali is not debarred from accessing capital markets and / or restrained from holding the office of director by virtue of any order of the SEBI or any other such authority.

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“ANNEXURE-C”

Disclosure of events and information pursuant to Regulation 30 read with Schedule III - Para A(7B) of Part A of the Listing Regulations (as applicable) and SEBI Circular No. SEBI/HO/CFD/CFDPoD-1/P/CIR/2023/123 dated 13th July 2023 ('SEBI Circular')

Details of events that need to be provided	Information of Event
Reason for change viz., appointment, resignation, removal, death or otherwise	Resignation from the Post of Executive Director w.e.f., closure of Working Hours of 18 th August 2026.
Date of appointment /Cessation (as applicable) & term of appointment	Close of Business hours on August 18, 2026
Brief profile (in case of appointment)	NA
Relationships between directors (in case of appointment of a director)	NA

Date: 18.08.2026

To,

The Board of Directors

TALWALKARS BETTER VALUE FITNESS LIMITED

CIN: L92411MH2003PLC140134

1702, 17th Floor, Signature (By Lotus),

Off Veera Desai Road Extn., Andheri West,

Andheri, Mumbai, Maharashtra – 400053

Subject: Resignation from the Office of Executive Director

Dear Sir/Madam,

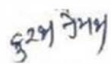
I, Kurjibhai Premjibhai Rupareliya (DIN: 05109049), hereby tender my resignation from the office of Executive Director of the Company, with immediate effect, due to personal reasons. I hereby confirm that there are no other material reasons for my resignation other than as mentioned above.

I request the Board of Directors to kindly take note of my resignation and relieve me from the office of Executive Director with effect from the aforesaid date. I further request the Company to complete all necessary statutory and regulatory compliances and filings with the Registrar of Companies and other applicable authorities in connection with my resignation.

I take this opportunity to express my sincere appreciation to the Board of Directors and the management of the Company for the support and cooperation extended to me during my tenure as Executive Director.

Thanking You,

Yours faithfully,



Kurjibhai Premjibhai Rupareliya

DIN: 05109049