

TALWALKARS BETTER VALUE FITNESS LIMITED

CIN: L92411MH2003PLC140134

Registered Office: Grd Flr, Mangal Simran Off Turner Rd, 20th Rd, Bandra West, Mumbai City,
Mumbai-400050, Maharashtra, India

Email Id: talwalkarbetter@gmail.com

Contact No. +91 98199 44575

Date: 25/03/2026

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
---	--

Dear Sir/Madam,

Subject: Intimation of Closure Trading Window

With reference to circular No. LIST/COMP/01/2019-20 dated 2nd April, 2019 and SEBI (Prohibition of Insider Trading) Regulations, 2015 read with the provisions of the Company's Insider Trading code as amended, the "Trading Window" for dealing in the Securities of the Company for all the Designated Persons (as defined in the said code) has been closed from Wednesday, 1st April, 2026 to till 48 hours after the announcement of the Company's Audited financial result for the quarter and year ended March 31, 2026.

The date of the meeting of the Board of Directors to approve the Audited Financial Result of the Company for the quarter and year ended March 31, 2026, will be intimated in due course.

Accordingly, Designated Persons are advised not to trade in the Securities of the Company during the aforesaid period of closure of trading window.

Kindly take the same on the records.

For, Talwalkars Better Value Fitness Limited

Arvind
Pradhan
Bhanushali
Digitally signed by
Arvind Pradhan
Bhanushali
Date: 2026.03.25
15:44:18 +05'30'

Arvind Pradhan Bhanushali
Managing Director
DIN: 00134211