Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
Tel.: 2355 6000 Fax: 2355 6363 Website: www.talwalkars.net CIN: L92411MH2003PLC140134

Talwalkars
Spreading fitness since 1932

Date: 8th February, 2019

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

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

Dear Sir,

Re: Talwalkars Better Value Fitness Ltd.; Scrip Symbol: TALWALKARS; Scrip Code: 533200.
Sub: Submission of scanned Newspaper Advertisement of Nav Shakti and Free Press

We enclose herewith scanned copy of Newspaper Advertisement of Nav Shakti and Free Press dated 8th February, 2019 in which Notice of the Board Meeting is published for the meeting to be held on 14th February, 2019 at the registered office of the Company.

Kindly take the same on your record and acknowledge receipt of the same.

Thanking You.

Yours faithfully,
For **Talwalkars Better Value Fitness Limited**



Avanti Sankav
Company Secretary & Compliance Officer
Encl: a/a

THE FREE PRESS JOURNAL
www.freepressjournal.in MUMBAI | FRIDAY | FEBRUARY 8, 2019

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Talwalkars

NOTICE

NOTICE is hereby given pursuant to Regulations 29, 33 and other applicable regulations of the SEBI (Listing obligations and Disclosure Requirements) Regulations, 2015 including amendments thereof, that a meeting of Board of Directors of the Company which was earlier announced to be held on Wednesday, 13th February, 2019, is now rescheduled on **Thursday, 14th February,** 2019 inter-alia to consider the following business :

1. To take on record the unaudited standalone and consolidated financial results of the Company for the quarter and nine months ended 31st December, 2018.
2. To consider and take on record Limited Review Report for the quarter ended 31st December, 2018.
3. Any other business with the permission of the Chairman.
4. The intimation is also available on the :

I. Company's website **www.talwalkars.net**
II. BSE Limited **www.bseindia.com**
III. NSE Limited **www.nseindia.com**

By Order of the Board
For Talwalkars Better Value Fitness Limited
Avanti Sankav
Sd/-
Company Secretary &
Compliance Officer

Date : 6th February, 2019
Place : Mumbai

Talwalkars Better Value Fitness Ltd.
Regd. Off. : 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai-400 026.
Tel. : 2355 6000, Fax : 2355 6363. Website : www.talwalkars.net, CIN : L92411MH2003PLC140134

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By Order of the Board
For Talwalkars Better Value Fitness Limited
Avanti Sankav
Sd/-
Company Secretary &
Compliance Officer

Date : 6th February, 2019
Place : Mumbai