Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026
Tel.: 6612 6300. Fax: 6612 6363. Website: www.talwalkars.net CIN: L92411MH2003PLC140134

Talwalkars
Spreading fitness since 1932

Date: 4th April, 2016

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

To
BSE Limited
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001

Dear Sir,

Sub: **Furnishing Disclosure under Regulation 30(3) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011 for the financial year ended 31.03.2016.**

I, Avanti Sankav, am signatory authorized to sign and submit the Disclosure of Details of Shareholding in terms of Regulation 30(3) of the SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011 by the promoters and persons acting in concert with them of **Talwalkars Better Value Fitness Limited.**

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

Thanking You.

Yours faithfully,

Avanti Sankav

Encl: As Above

ANANT GAWANDE
A-173, Twin Towers CHSL
Twin Tower Lane, Off. V. S. Marg
Prabhadevi, Mumbai – 400 025

Format for Disclosures under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or	N.A.		
b. Name of Promoter	**Anant Ratnakar Gawande**		
Member of the promoter group and PAC with him	Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016, holding of a) Shares			
Promoter: Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) Any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
Total Promoter: Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.

ANANT GAWANDE
A-173, Twin Towers CHSL
Twin Tower Lane, Off. V. S. Marg
Prabhadevi, Mumbai – 400 025

Better Value Leasing & Finance Limited	7,683	0.03%	N.A.

Signature of the Authorized Signatory

Place: Mumbai
Date: 4th April, 2016

Note

1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.

GIRISH TALWALKAR
101, Disha Apartments
Gulmohar Cross Road No.7
Opp. Costa Coffe, JVPD Scheme,
Mumbai – 400049

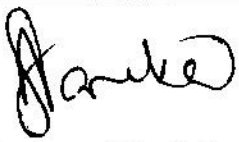
Format for Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
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3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Girish Madhukar Talwalkar** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016, holding of a) Shares			
Promoter: Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder	N.A.	N.A.	N.A.

GIRISH TALWALKAR
101, Disha Apartments
Gulmohar Cross Road No.7
Opp. Costa Coffe, JVPD Scheme,
Mumbai – 400049

to receive shares in the TC.				
Total Promoter:	Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Promoter Group:	Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
	Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
	Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
	Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
	Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
	Better Value Leasing & Finance Limited	7,683	0.03%	N.A.



Signature of the Authorized Signatory

Place: Mumbai
Date: 4th April, 2016

Note

1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.

HARSHA BHATKAL
N-5, Prathamesh
Off. Veer Savarkar Marg
Prabhadevi
Mumbai – 400 025

Format for Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Harsha Ramdas Bhatkal** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016, holding of a) Shares			
Promoter: Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder	N.A.	N.A.	N.A.

HARSHA BHATKAL
N-5, Prathamesh
Off. Veer Savarkar Marg
Prabhadevi
Mumbai – 400 025

to receive shares in the TC.				
Total				
Promoter:	Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Promoter Group:	Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
	Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
	Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
	Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
	Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
	Better Value Leasing & Finance Limited	7,683	0.03%	N.A.

Signature of the Authorized Signatory

Place: Mumbai
Date: 4th April, 2016

Note

1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.

MADHUKAR TALWALKAR
C-37/40, Pandurang Society,
Dr. A. B. Nair Road, Juhu,
Mumbai – 400 049.

Format for Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Madhukar Vishnu Talwalkar** Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016 holding of a) Shares Promoter: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Promoter Group: Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.

MADHUKAR TALWALKAR
C-37/40, Pandurang Society,
Dr. A. B. Nair Road, Juhu,
Mumbai – 400 049.

Total Promoter:	Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Promoter Group:	Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
	Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
	Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
	Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
	Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
	Better Value Leasing & Finance Limited	7,683	0.03%	N.A.

Signature of the Authorized Signatory

Place: Mumbai
Date: 4th April, 2016

Note

1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.

PRASHANT TALWALKAR
26/27, Sheesh Mahal, Pali Hill,
D'Monte Park Road, Bandra (W),
Mumbai – 400 025.

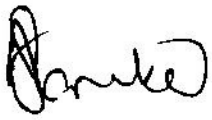
Format for Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Prashant Sudhakar Talwalkar** Madhukar Vishnu Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016, holding of a) Shares			
Promoter: Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.

PRASHANT TALWALKAR
26/27, Sheesh Mahal, Pali Hill,
D'Monte Park Road, Bandra (W),
Mumbai – 400 025.

Total				
Promoter:	Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Promoter Group:	Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
	Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
	Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
	Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
	Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
	Better Value Leasing & Finance Limited	7,683	0.03%	N.A.



Signature of the Authorized Signatory

Place: Mumbai
Date: 4th April, 2016

Note

1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.

VINAYAK GAWANDE
A-231, Twin Towers,
Twin Tower Lane,
Opp. Siddhivinayak Temple,
Prabhadevi, Mumbai - 400 025

Format for Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Vinayak Ratnakar Gawande** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016, holding of a) Shares			
Promoter: Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.

VINAYAK GAWANDE
A-231, Twin Towers,
Twin Tower Lane,
Opp. Siddhivinayak Temple,
Prabhadevi, Mumbai - 400 025

Total				
Promoter:	Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Promoter Group:	Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
	Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
	Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
	Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
	Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
	Better Value Leasing & Finance Limited	7,683	0.03%	N.A.

Signature of the Authorized Signatory
Place: Mumbai
Date: 4th April, 2016

Note
1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.

better value
LEASING AND FINANCE LIMITED
801- 813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai- 400 026.
Tel.: 6612 6300. Fax : 6612 6363. E-mail: info@gawandes.com
CIN-U65990MH1983PLC030357

Format for Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Better Value Fitness Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Better Value Leasing & Finance Limited** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2016, holding of a) Shares			
Promoter: Better Value Leasing & Finance Limited	7,683	0.03%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
Total Promoter: Better Value Leasing & Finance Limited	7,683	0.03%	N.A.

better value
LEASING AND FINANCE LIMITED

801- 813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai- 400 026.
Tel.: 6612 6300. Fax : 6612 6363. E-mail: info@gawandes.com
CIN -U65990MH1983PLC030357

Promoter Group: Madhukar Vishnu Talwalkar	1,00,000	0.34%	N.A.
Prashant Sudhakar Talwalkar	28,84,580	9.71%	N.A.
Vinayak Ratnakar Gawande	19,27,700	6.49%	N.A.
Girish Madhukar Talwalkar	28,72,780	9.67%	N.A.
Harsha Ramdas Bhatkal	15,60,200	5.25%	N.A.
Anant Ratnakar Gawande	19,20,200	6.46%	N.A.

Signature of the Authorized Signatory

Place: Mumbai
Date: 4th April, 2016

Note

1. In case of promoter(s) making disclosure under regulation 30(2), no additional disclosure under regulation 30(1) is required.

(*) Diluted share/voting capital means the total number of shares in the TC assuming full conversion of the outstanding convertible securities/warrants into equity shares of the TC.