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: 21st May, 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 dated 21st May, 2019

We enclose herewith scanned copy of Newspaper Advertisement of Nav Shakti and Free Press dated 21st May, 2019 in which Notice of the Board Meeting is published for the meeting to be held on 28th May, 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**

Vinayak Gawande
Director
DIN: 00324591

Encl: a/a

THE FREE PRESS JOURNAL
www.freepressjournal.in MUMBAI | TUESDAY | MAY 21, 2019

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Talwalkars

NOTICE

NOTICE is hereby given pursuant to Regulations 29, 30, 33, 47, 50, 52 and other applicable provisions of the SEBI (Listing obligations and Disclosure Requirements) Regulations, 2015 including amendments thereof that meeting of the Board of Directors of the Company will be held on Tuesday, 28th May, 2019 at the Registered Office of the Company inter-alia to consider the following :

1. Audited stand-alone and consolidated Financial Results of the Company for the quarter and year ended 31st March, 2019.
2. Audited stand-alone and consolidated Financial Statement for the year ended 31st March, 2019 along with the Directors Report and Auditors Report thereon.
3. Decide date, time and venue for the Annual General Meeting of the Company.
4. To approve the offer or invitation to subscribe to Non-Convertible Debentures on private placement basis.
5. Any other business with the permission of the Board.
6. The intimation is also available on the :
1. Company's website www.talwalkars.net
2. BSE Limited www.bseindia.com
3. NSE Limited www.nseindia.com

We further inform you that trading window closure period has been commenced with immediate effect and will end after 48 hours from the declaration of audited financial results for the year ended on 31st March, 2019.

Accordingly all the Directors, their immediate relatives, Designated Employees and their immediate relatives have been advised not to deal in Securities of the Company from 1st April, 2019 upto the completion of 48 hours after the declaration of audited financial results for the year ended on 31st March, 2019.

By Order of the Board
For Talwalkars Better Value Fitness Limited

Date : 18th May, 2019
Place : Mumbai

Vinayak Gawande
Director
DIN : 00324591

नवशक्ति
मुंबई, मंगळवार, २१ मे २०१९

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