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: 28th November, 2018

To,
National Stock Exchange of India Ltd.
Compliance Department
Exchange Plaza, Plot No. C/1,
G Block, BKC, Bandra (East), Mumbai - 400051

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

Dear Sir,

Re: **Talwalkars Better Value Fitness Ltd.; Scrip Code: 533200; Scrip Symbol: TALWALKARS**
Sub: **Filing Information with the Stock Exchanges by Promoter on the Shares Encumbrance as required in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.**

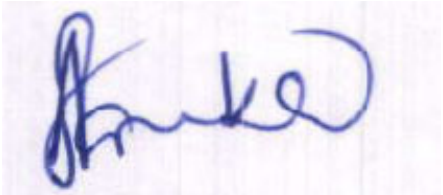
This is to inform the Exchange(s) in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011 that Company has received disclosures from Mr. Anant Gawande regarding pledge of 20,000 equity shares on 26.11.2018 and 2,00,000 equity shares on 27.11.2018 of the Company, together representing 0.71% of the total share capital of the Company.

The requisite disclosure is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,
For Talwalkars Better Value Fitness Limited



Avanti Sankav
Company Secretary & Compliance Officer

Encl : As Above

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

Date: 28th November, 2018

To,
National Stock Exchange of India Ltd.
Compliance Department
Exchange Plaza, Plot No. C/1,
G Block, BKC, Bandra (East), Mumbai - 400051

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

Dear Sir,

Re: **Talwalkars Better Value Fitness Ltd.; Scrip Code: 533200; Scrip Symbol: TALWALKARS**
Sub: **Filing Information with the Stock Exchanges and Company by Promoter on the Shares Encumbrance as required in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011**

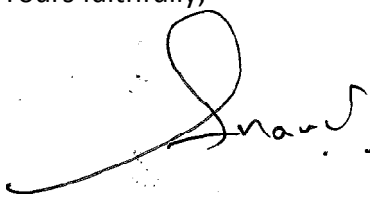
This is to inform you in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, that I, Anant Ratnakar Gawande, Promoter of the Company have pledged 20,000 Equity Shares on 26.11.2018 and 2,00,000 on 27.11.2018 together representing 0.71% of the total share capital of the Company.

The requisite disclosure is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,



Anant Ratnakar Gawande

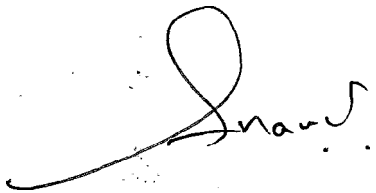
Encl: As Above

CC:
The Company Secretary
Talwalkars Better Value Fitness Limited
801-813, Mahalaxmi Chambers,
22, Bhulabhai Desai Road,
Mumbai – 400026.

Disclosure by the Promoter to the Stock Exchange and to the Target Company for encumbrance of Shares in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers), Regulations, 2011

Name of the Target Company (TC)	Talwalkars Better Value Fitness Limited
Name(s) of the Stock Exchange(s) where the shares of Target Company are Listed	National Stock Exchange of India Limited BSE Limited
Date of Reporting	28.11.2018
Name of the Promoter or PAC on whose shares encumbrance has been created	Mr. Anant Ratnakar Gawande
Details of the creation of encumbrance:	

Name of the promoter or PAC with him	Promoter holding in the target company (1)		Promoter holding already encumbered (2)		Details of events pertaining to encumbrance (3)							Post event holding of encumbered shares (creation (2+3)/release (2-3)/ invocation (1-3)	
	Number	% of total share capital	Number	% of total share capital	Type of event (Creation/release/ invocation)	Date of Creation/ release/ invocation	Type of encumbrance (pledge/lien /non disposal undertaking/ others)	Reasons for encum-brance**	Number	% of total share capital	Name of the entity in whose favour shares encumbered ***	Number	% of total share capital
Mr. Anant Ratnakar Gawande	2500200	8.06	1250000	4.03	Creation	26.11.2018	Pledge	Personal Borrowing	20000	0.06	Catalyst Trusteeship Ltd.	1270000	4.10
Mr. Anant Ratnakar Gawande	2500200	8.06	1270000	4.10	Creation	27.11.2018	Pledge	Personal Borrowing	200000	0.65	Catalyst Trusteeship Ltd.	1470000	4.74



Signature of Authorised Signatory
Place: Mumbai; Date: 28.11.2018