Disclosures under Regulation 29(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011

1. Name of the Target Company (TC)	Talwalkars Better Value Fitness Limited		
2. Name(s) of the acquirer and Persons Acting in Concert (PAC) with the acquirer	Madhukar Vishnu Talwalkar Usha Madhukar Talwalkar		
3. Whether the acquirer belongs to Promoter/Promoter group	Yes		
4. Name(s) of the Stock Exchange(s) where the shares of TC are Listed	National Stock Exchange of India Ltd. BSE Limited		
5. Details of the acquisition / disposal/holding of shares/voting rights/holding of the Acquirer and PAC	Number	% w.r.t. total share/voting capital wherever applicable	% w.r.t. total diluted share/voting capital of the TC(*)
Before the ~~acquisition~~/disposal under consideration, holding of: a) Shares carrying voting rights b) Voting rights (VR) otherwise than by shares c) Warrants/convertible securities/any other instrument that entitles the acquirer to receive shares carrying voting rights in the T C (specify holding in each category)	8,12,168	3.10	3.10
Total (a+b+c)	**8,12,168**	**3.10**	**3.10**
Details of sale a) Shares carrying voting rights ~~acquired~~/ sold b) VRs acquired/ sold otherwise than by shares c) Warrants/convertible securities/any other instrument that entitles the acquired to receive shares carrying voting rights in the TC (specify holding in each category) acquired/sold.	5,70,000	2.18	2.18
Total (a-b+c+d)	**5,70,000**	**2.18**	**2.18**

After the sale holding of: a) Shares carrying voting rights b) VRs otherwise than by shares c) Warrants/convertible securities/any other instrument that entitles the acquirer to receive shares carrying voting rights in the TC (specify holding in each category) after acquisition.	2,42,168	0.93	0.93
Total (a+b+c)	**2,42,168**	**0.93**	**0.93**
6. Mode of acquisition / sale (e.g. open market / off-market / public issue / rights issue / preferential allotment / inter-se transfer etc).	Open Market Sale		
7. Date of ~~acquisition /~~ sale of shares / ~~VR or date of receipt of intimation of allotment of shares,~~ whichever is applicable	50,000 Shares on 13.02.2015		
	1,50,000 Shares on 20.02.2015		
	50,000 Shares on 24.02.2015		
	1,00,000 Shares on 25.02.2015		
	20,000 Shares on 27.02.2015		
	1,00,000 Shares on 02.03.2015		
	99,260 Shares on 03.03.2015		
	740 Shares on 04.03.2015		
8. Equity share capital / total voting capital of the TC before the said ~~acquisition~~ / sale	26,18,08,880		
9. Equity share capital/ total voting capital of the TC after the said ~~acquisition~~ / sale	26,18,08,880		
10. Total diluted share/voting capital of the TC after the said ~~acquisition~~/sale.	Nil		

(*) 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 Vishnu Talwalkar
Signature of the ~~acquirer~~ / seller

Place: Mumbai
Date: 05.03.2015