Talwalkars Healthclubs Limited

(Formerly known as Talwalkars Lifestyles Limited)
Regd Office: 801-813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai – 400026.
CIN: U93090MH2016PLC280127; Tel.: 022-2355 6000 Fax: 022-2355 6363
email: investor@talwalkars.net website: www.talwalkarslifestyles.com

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 Healthclubs Limited; Scrip Symbol: TALWGYM; Scrip Code: 541545.
Sub: Submission of scanned Newspaper Advertisement of Nav Shakti and Free Press dated 8th February, 2019.

We enclose herewith scanned copy of Newspaper Advertisement of Nav Shakti and Free Press dated 8th February, 2019 in which Notice of the Rescheduled Board Meeting is published for the meeting to be held on 13th 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 Healthclubs Limited**

TALWALKARS HEALTHCLUBS LIMITED MUMBAI

Gayatri Valan Prasad
Company Secretary & Compliance Officer
Encl: a/a

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NOTICE

This is further to our Board Meeting Notice published in the newspaper dated 6th February, 2019, the meeting of the Board of Directors of the Company which was originally scheduled on 14th February, 2019 has been rescheduled to Wednesday, 13th February, 2019, at the Registered Office of the Company inter-alia to consider the following :

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 Chairman
4. The intimation is also available on the :

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

We further inform you that the Trading Window for trading in the Company's Shares by all the Directors and Designated Employees shall remain closed from Wednesday, 6th February, 2019 to Friday, 15th February, 2019 (both days inclusive) on account of declaration of unaudited financial results for the quarter and nine months ended on 31st December, 2018. The Trading Window will remain open from 16th February, 2019.

By Order of the Board
For **Talwalkars Healthclubs Limited**
Gayatri Velan Prasad
Company Secretary & Compliance Officer

Date : 6th February, 2019.
Place : Mumbai

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

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By Order of the Board
For **Talwalkars Healthclubs Limited**
Gayatri Valan Prasad
Company Secretary & Compliance Officer

Date : 6th February, 2019.
Place : Mumbai