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

Talwalkars
Spreading fitness since 1932

Date: 6th August, 2018

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 4th August, 2018

We enclose herewith scanned copy of Newspaper Advertisement of Nav Shakti and Free Press dated 4th August, 2018 in which Notice of the Board Meeting is published for the meeting to be held on 9th August, 2018 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**

Authorised Signatory
Encl: a/a

नवशक्ति
मुंबई, शनिवार, ४ ऑगस्ट २०१८

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Talwalkars

NOTICE

NOTICE is hereby given pursuant to Regulations 29 and 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 that a meeting of the Board of Directors of the Company will be held on Thursday, 9th August, 2018 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 for the quarter ended 30th June, 2018.
2. To consider and take on record Limited Review Report for the quarter ended 30th June, 2018.
3. Any other business with the permission of the Chairman.
4. 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 the Trading Window for trading in the Company's Shares by all the Directors and Designated Employees shall remain closed from Thursday, 2nd August, 2018 to Saturday, 11th August, 2018 (both days inclusive) on account of declaration of unaudited financial results for the quarter ended on 30th June, 2018. The Trading Window will remain open from 12th August, 2018.

By Order of the Board
For Talwalkars Better Value Fitness Limited

Date : 1st August, 2018
Place : Mumbai

Avanti Sankav
Company Secretary &
Compliance Officer

THE FREE PRESS JOURNAL
www.freepressjournal.in MUMBAI | SATURDAY | AUGUST 4, 2018

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