**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: 25th November, 2014

To
**National Stock Exchange of India Ltd.**
**Listing Department**
Exchange Plaza, Plot No. C/1, G Block,
Bandra-Kurla Complex, Bandra (East),
Mumbai - 400 051.

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 Name: TALWALKARS**
Sub: **Disclosure of Details of Sale to Stock Exchanges in terms of Regulation 13(4), 13 (4A) and 13(6) of the SEBI(Prohibition of Insider Trading) Regulations, 1992.**

This is to inform the exchange(s) that Mr. Madhukar Visnhu Talwalkar, Director of the Company has sold the shares of our Company.

The requisite disclosure in terms of Regulation 13(4), 13(4A) and 13(6) of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992 received by us from the Seller of the shares is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,
For **Talwalkars Better Value Fitness Limited**

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

**Avanti Sankav**
**Company Secretary & Compliance Officer**
Encl: As Above

# Madhukar Vishnu Talwalkar

C-37/40, Pandurang Society, Near Sun-N-Sand Hotel, Juhu, Mumbai – 400049.

Date: 25th November, 2014

To
**National Stock Exchange of India Ltd.**
**Listing Department**
Exchange Plaza, Plot No. C/1, G Block,
Bandra-Kurla Complex, Bandra (East),
Mumbai - 400 051.

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

Dear Sir,

**Sub: Notice of Sale of Shares of 'Talwalkars Better Value Fitness Limited' (Company).**

This is to inform Exchange(s) and Company the sale of Shares of Talwalkars Better Value Fitness Limited by me.

The requisite disclosure in terms of Regulation 13 (4), 13(4A) and 13(6) of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992 is attached herewith.

Kindly acknowledge the receipt of same.

Thanking you,

Yours faithfully,

**Madhukar Vishnu Talwalkar**
**Signature of the ~~acquirer~~ / seller**

Encl: As Above

**CC:**

To
**The Company Secretary & Compliance Officer**
**Talwalkars Better Value Fitness Limited**
801-813, Mahalaxmi Chambers,
22, Bhulabhai Desai Road,
Mumbai – 400 026.

**Form D (Talwalkars Better Value Fitness Limited)**

*Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992* [Regulation 13(4), 13(4A) and 13(6)]

**DETAILS OF CHANGE IN SHAREHOLDING OR VOTING RIGHTS HELD BY DIRECTOR OR OFFICER AND HIS DEPENDENTS OR PROMOTER OR PERSON WHO IS PART OF PROMOTER GROUP OF A LISTED COMPANY**

| Name, PAN No. & Address of Promoter / Person who is part of Promoter Group / Director/Officer | Shareholding prior to ~~acquisition~~/ Sale | No. & % shares / voting rights ~~acquired~~ /sold | Date of ~~Receipt of allotment advice/ acquisition~~/ sale of shares (Specify) | Date of intimation to Company | Mode of acquisition (market purchase/ public/rights /preferential offer etc.) / Sale | No. & % of shares/ voting rights, post-~~acquisition~~/ sale | Trading member through whom the trade was executed with SEBI Registration No. of TM | Exchange on which the trade was executed | Buy Qty. | Buy value | Sell Qty. | Sell Value |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mr. Madhukar Vishnu Talwalkar (PAN:AAAPT8172A) Jointly with Mrs.Usha Madhukar Talwalkar (PAN:AAFPT3741G) Address:C-37/40, Pandurang Society, Near Sun-N-Sand Hotel, Juhu, Mumbai - 400049 | 22,07,280 Shares (8.43%) | 1,25,000 Shares (0.48%) | 21.11.2014 | 25.11.2014 | Open Market Sale | 20,82,280 Shares (7.95%) | Jamnadas Virji Shares & Stock Brokers Private Limited NSE: INB231183733 | National Stock Exchange of India Limited | N.A. | N.A. | 1,25,000 Shares (0.48%) | 232.63 INR/ Share |
| | **Total** | **1,25,000 Shares (0.48%)** | | | | | | | | | **1,25,000 Shares (0.48%)** | |

Madhukar Vishnu Talwalkar

Date: 25.11.2014
Place: Mumbai