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

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

To,
BSE Limited
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

NOTICE

NOTICE is hereby given pursuant to Regulations 29, 30, 50 and other applicable provisions 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, 20th July, 2017 at the Registered Office of the Company inter-alia to consider the following:

1. Issuance of Equity Shares on preferential basis to promoter group;

2. To increase the borrowing limit of the Company and to approve creation of charge on the assets of the Company in respect of the borrowings;

3. To approve the offer or invitation to subscribe to Non-Convertible Debentures on private placement basis. The issuance of these NCDs will be within the overall borrowing limits of the Company as mentioned in point 2 above;

4. Conduct Postal Ballot pursuant to Section 110 and other applicable provisions of the Companies Act, 2013 and relevant rules made there-under and to authorize Mr. Vinayak Gawande, Whole-time Director and Ms. Avanti Sankav, Company Secretary to supervise and control the entire Postal Ballot process;

5. Any other business with the permission of the Board.

6. 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, 13th July, 2017 to Saturday, 22nd July, 2017 (both days inclusive). The Trading Window will remain open from 23rd July, 2017.

By Order of the Board
For **Talwalkars Better Value Fitness Limited**

Date: 12th July, 2017
Place: Mumbai

Avanti Sankav
Company Secretary & Compliance Officer