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, 33 and 47 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, 5th May, 2016 at the Registered Office of the Company inter-alia to consider the following:

1. Audited stand-alone and consolidated Financial Results of the Company for the quarter ended 31st March, 2016.
2. Audited stand-alone and consolidated Financial Statement for the year ended 31st March, 2016 along with the Directors Report and Auditors Report thereon.
3. Recommend the dividend, if any on equity shares for the year ended 31st March, 2016.
4. Decide date, time and venue for the Annual General Meeting of the Company.
5. Increase the borrowing limit of the Company.
6. To approve the offer or invitation to subscribe to Non-Convertible Debentures on private placement basis.
7. 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.
8. Any other business with the permission of the Board.
9. 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 Friday, 29th April, 2016 to Saturday, 7th May, 2016 (both days inclusive) on account of declaration of audited financial results for the year ended on 31st March, 2016. The Trading Window will remain open from 8th May, 2016.

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

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Avanti Sankav
Company Secretary & Compliance Officer

Date: 25th April, 2016
Place: Mumbai