Date: 3rd April, 2019

To,
National Stock Exchange of India Limited
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: **Furnishing Disclosure under Regulation 30(3) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011 for the financial year ended 31.03.2019**

I, Avanti Sankav, am the signatory authorized to sign and submit the Disclosure of Details of Shareholding in terms of Regulation 30(3) of the SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011 by the promoters and persons acting in concert with them of **Talwalkars Healthclubs Limited.**

Kindly take the same on record and acknowledge the receipt of the same.

Thanking You.

Yours faithfully,



Avanti Sankav
Authorized Signatory
Encl: As Above

ANANT GAWANDE
A-173, Twin Towers CHSL
Twin Tower Lane, Off. V. S. Marg
Prabhadevi, Mumbai – 400 025

Disclosures under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than **25% of the voting rights of the TC** or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Anant Ratnakar Gawande** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2019, holding of a) Shares			
Promoter: Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	5,20,000	1.68%	N.A.
Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) Any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
Total	11677234	37.66	

GIRISH TALWALKAR
101, Disha Apartments
Gulmohar Cross Road No.7
Opp. Costa Coffe, JVPD Scheme,
Mumbai – 400049

Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Girish Madhukar Talwalkar** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2019, holding of a) Shares			
Promoter: Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	5,20,000	1.68%	N.A.
Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
Total	1,16,77,234	37.66	

HARSHA BHATKAL
N-5, Prathamesh
Off. Veer Savarkar Marg
Prabhadevi
Mumbai – 400 025

Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Harsha Ramdas Bhatkal** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2019, holding of a) Shares			
Promoter: Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Promoter Group: Madhukar Vishnu Talwalkar	5,20,000	1.68%	N.A.
Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
Total	1,16,77,234	37.66	

MADHUKAR TALWALKAR
C-37/40, Pandurang Society,
Dr. A. B. Nair Road, Juhu,
Mumbai – 400 049.

Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or b. Name of Promoter Member of the promoter group and PAC with him	N.A. **Madhukar Vishnu Talwalkar** Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2019 holding of a) Shares Promoter: Madhukar Vishnu Talwalkar	5,20,000	1.68%	N.A.
Promoter Group: Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
TOTAL	1,16,77,234	37.66	

PRASHANT TALWALKAR
26/27, Sheesh Mahal, Pali Hill,
D'Monte Park Road, Bandra (W),
Mumbai – 400 025.

Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or	N.A.		
b. Name of Promoter Member of the promoter group and PAC with him	**Prashant Sudhakar Talwalkar** Madhukar Vishnu Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2019, holding of a) Shares			
Promoter: Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Promoter Group: Madhukar VIshnu Talwalkar	5,20,000	1.68%	N.A.
Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
TOTAL	1,16,77,234	37.66	

VINAYAK GAWANDE
A-231, Twin Towers,
Twin Tower Lane,
Opp. Siddhivinayak Temple,
Prabhadevi, Mumbai - 400 025

Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
3. Particulars of the shareholder(s): a. Name of person(s) together with Persons Acting in Concert (PAC) whose total holding (including that in the form of shares, warrants, convertible securities and any other instrument that would entitle the holder to receive shares in TC) is more than 25% of the voting rights of the TC or	N.A.		
b. Name of Promoter Member of the promoter group and PAC with him	**Vinayak Ratnakar Gawande** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande Better Value Leasing & Finance Limited		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
As of March 31st of the year, 2019, holding of a) Shares			
Promoter: Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Promoter Group: Madhukar VIshnu Talwalkar	5,20,000	1.68%	N.A.
Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A	N.A.	N.A.
	1,16,77,234	37.66	

better value
LEASING AND FINANCE LIMITED
301-813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai- 400 026.
Tel.: 6612 6300. Fax : 6612 6363. E-mail: info@gawandes.com
CIN-U65990MH1983PLC030357

Disclosure under Regulation 30(1) and 30(2) of SEBI (Substantial Acquisition of Shares & Takeovers) Regulations, 2011

PART – A – Details of Shareholding

1. Name of the Target Company.	**Talwalkars Healthclubs Limited**		
2. Name of the stock exchange(s) where the shares of the TC are listed.	1. National Stock Exchange of India Limited. 2. BSE Limited.		
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b. Name of Promoter Member of the promoter group and PAC with him	**Better Value Leasing & Finance Limited** Madhukar Vishnu Talwalkar Prashant Sudhakar Talwalkar Vinayak Ratnakar Gawande Girish Madhukar Talwalkar Harsha Ramdas Bhatkal Anant Ratnakar Gawande		
4. Particulars of the shareholding of person(s) mentioned at (3) above	Number of shares	% w.r.t. total share/voting capital wherever applicable	% of total diluted share/voting capital of TC(*)
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Promoter: Better Value Leasing & Finance Limited	91,174	0.29%	N.A.
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Prashant Sudhakar Talwalkar	28,87,780	9.72%	N.A.
Vinayak Ratnakar Gawande	16,31,900	5.26%	N.A.
Girish Madhukar Talwalkar	22,75,980	7.34%	N.A.
Harsha Ramdas Bhatkal	18,25,200	5.89%	N.A.
Anant Ratnakar Gawande	24,45,200	7.89%	N.A.
b) voting rights (otherwise than by shares)	N.A.	N.A.	N.A.
c) warrants	N.A.	N.A.	N.A.
d) convertible securities	N.A.	N.A.	N.A.
e) any other instrument that would entitle the holder to receive shares in the TC.	N.A.	N.A.	N.A.
Total	1,16,77,234	37.66	