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: 17th July, 2017

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 15.07.2017

We enclose herewith scanned copy of Newspaper Advertisement of Nav Shakti and Free Press dated 15th July, 2017 in which Notice of the Board Meeting is published for the meeting to be held on 20th July, 2017 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**

Sandesh Patil

Authorised Signatory
Encl: a/a

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

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 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 thereunder and to authorize Mr. Vinayak Gawande, Wholetime 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**

By Order of the Board
For Talwalkars Better Value Fitness Limited

Date : 13th July, 2017
Place : Mumbai

Avanti Sankav
Company Secretary & Compliance Officer

THE FREE PRESS JOURNAL
MUMBAI | SATURDAY | JULY 15, 2017

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

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 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 thereunder and to authorize Mr. Vinayak Gawande, Wholetime 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**

By Order of the Board
For Talwalkars Better Value Fitness Limited

Date : 13th July, 2017
Place : Mumbai

Avanti Sankav
Company Secretary & Compliance Officer