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 November, 2017

To,
National Stock Exchange of India Ltd.
Compliance Department
Exchange Plaza, Plot No. C/1,
G Block, BKC, Bandra (East), Mumbai - 400051

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 Symbol: TALWALKARS
Sub: Filing Information with the Stock Exchanges by Promoter on the Shares Encumbrance as required in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.

This is to inform the Exchange(s) in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, that Company has received disclosure from Mr. Vinayak Gawande regarding pledge of 20,000 Equity Shares of the Company representing 0.06% of the total share capital of the Company.

The requisite disclosure is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,
For Talwalkars Better Value Fitness Limited

Avanti Sankav
Company Secretary & Compliance Officer

Encl: As Above

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

Date: 17th November, 2017

To,
National Stock Exchange of India Ltd.
Compliance Department
Exchange Plaza, Plot No. C/1,
G Block, BKC, Bandra (East), Mumbai - 400051

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 Symbol: TALWALKARS
Sub: Filing Information with the Stock Exchanges and Company by Promoter on the Shares Encumbrance as required in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.

This is to inform you in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, that I, Vinayak Ratnakar Gawande, Promoter of the Company have pledged of 20,000 Equity Shares of the Company representing 0.06% of the total share capital of the Company.

The requisite disclosure is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,

Vinayak Ratnakar Gawande

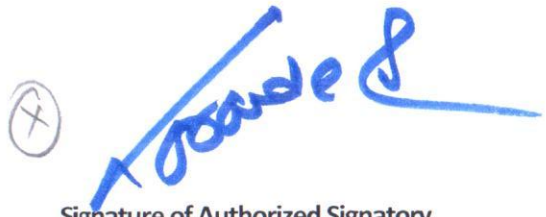
Encl: As Above

CC:
The Company Secretary
Talwalkars Better Value Fitness Limited
801-813, Mahalaxmi Chambers, 22,
Bhulabhai Desai Road, Mumbai – 400026.

Disclosure by the Promoter to the Stock Exchange and to the Target Company for the encumbrance on Shares in terms of Regulation 31(1) of SEBI (Substantial Acquisition of Shares and Takeovers), Regulations, 2011

Name of the Target Company (TC)	Talwalkars Better Value Fitness Limited
Name(s) of the Stock Exchange(s) where the shares of Target Company are Listed	National Stock Exchange of India Limited BSE Limited
Date of Reporting	17.11.2017
Name of the Promoter or PAC on whose shares encumbrance has been created	Mr. Vinayak Ratnakar Gawande
Details of the creation of encumbrance:	

Name of the promoter or PAC with him	Promoter holding in the target company (1)		Promoter holding already encumbered (2)		Details of events pertaining to encumbrance (3)							Post event holding of encumbered shares (creation (2+3)/release (2-3)/ invocation (1-3)	
	Number	% of total share capital	Number	% of total share capital	Type of event (Creation/release/ invocation)	Date of Creation/ release/ invocation	Type of encumbrance (pledge/lien /non disposal undertaking/ others)	Reasons for encum-brance**	Number	% of total share capital	Name of the entity in whose favour shares encumbered ***	Number	% of total share capital
Mr. Vinayak Ratnakar Gawande	1531900	4.94	1294500	4.18	Creation	16.11.2017	Pledge	Personal Borrowing	20000	0.06	Capital First Limited	1314500	4.23



Signature of Authorized Signatory
Place: Mumbai; Date: 17.11.2017