



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

Date: 14th August, 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 Release of Encumbrance on Shares as required in terms of Regulation 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.**

This is to inform the Exchange(s) in terms of Regulation 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, that Company has received disclosure from Mr. Harsha Bhatkal regarding release of pledge on 6,60,000 Equity Shares of the Company representing 2.22% 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

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

Date: 14th August, 2017

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Compliance Department
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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 Release of Encumbrance on Shares as required in terms of Regulation 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011.**

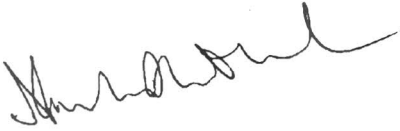
I, Harsha Ramdas Bhatkal, Promoter of the Company wish to inform you in terms of Regulation 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011 that pledge on 6,60,000 Equity Shares of the Company representing 2.22% of the total share capital of the Company has been released.

The requisite disclosure is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,



Harsha Ramdas Bhatkal

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 release of encumbrance on Shares in terms of Regulation 31(2) 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		14.08.2017										
Name of the Promoter or PAC on whose shares encumbrance has been released		Mr. Harsha Ramdas Bhatkal										
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 encumbrance (pledge/lien /non disposal undertaking/ others)	Reasons for encumbrance**	Number		% of total share capital			
Mr. Harsha Ramdas Bhatkal	1560200	5.25	660000	2.22	Release	Pledge	Release post repayment of Personal Borrowing	660000	2.22	Nil	Nil	Nil



Signature of Authorised Signatory
Place: Mumbai; Date: 14.08.2017