

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: 18th October, 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
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. Prashant Talwalkar regarding release of pledge on 1,40,000 Equity Shares of the Company representing 0.47% 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

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

Date: 18th October, 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
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.

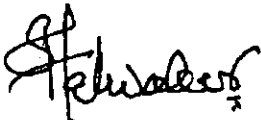
I, Prashant Sudhakar Talwalkar, Promoter of the Company wish is to inform you in terms of Regulation 31(2) of SEBI (Substantial Acquisition of Shares and Takeovers) Regulations, 2011, that pledge on 1,40,000 Equity Shares of the Company representing 0.47% of the total share capital of the Company has been released.

The requisite disclosure is attached herewith.

Kindly acknowledge the receipt of the same.

Thanking You.

Yours faithfully,



Prashant Sudhakar Talwalkar

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 encumbrance of 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		18.10.2017									
Name of the Promoter or PAC on whose shares encumbrance has been created		Mr. Prashant Sudhakar Talwalkar									
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	Name of the entity in whose favour shares encumbered ***	Number	% of total share capital
Mr. Prashant Sudhakar Talwalkar	2887780	9.72	915196	3.08	Release	Release post repayment of Personal Borrowing	140000	0.47	JM Financial Products Limited	775196	2.61



Signature of Authorised Signatory
Place: Mumbai; Date: 18.10.2017