

TALWALKARS HEALTHCLUBS LIMITED

Regd Off. : 801, Mahalaxmi Chambers, 22 Bhulabhai Desai Road, Mumbai - 400 026
CIN: U93090MH2016PLC280127 Tel.: 6612 6300

Date: 7th November, 2019

To,
BSE LIMITED
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400001.

To,
NATIONAL STOCK EXCHANGE OF INDIA LTD.
Exchange Plaza, Plot No. C/1,
G Block, BKC, Bandra (East), Mumbai - 400051.

Dear Sirs,

Re: Talwalkars Healthclubs Limited; Scrip Symbol: TALWALKARS; Scrip Code: 541545

Sub: Notice of the Board Meeting on Thursday, 14th November, 2019.

Pursuant to Regulation 29, 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) regulations 2015 (" SEBI Regulations), we wish to inform you that meeting of Board of Directors of the Company is scheduled to be held on Thursday, 14th November, 2019 at the registered office of the Company inter-alia to consider the following :

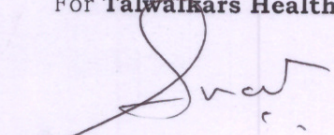
1. To approve the un-audited standalone and consolidated financial results of the Company for the quarter and half year ended September 30, 2019.
2. To consider and take on record limited review report for the quarter ended 30th September, 2019.
3. To decide the date and venue of the Annual General Meeting.
4. Any other business with the permission of the Chairman.

The intimation is also available on the :

- Company's website www.talwalkarshealthclubs.com
- BSE Ltd : www.bseindia.com
- NSE Ltd : www.nseindia.com

Further, pursuant to the provisions of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015 and in accordance with the Company's Code of Conduct to regulate , monitor and report trades in securities by Designated persons, please note that the trading window to deal in the securities of the Company will remain closed from Tuesday 5th November, 2019 to Thursday 14th November, 2019 (both days inclusive) on account of declaration of unaudited financial results for the quarter and half year ended on 30th September, 2019. The trading window will open from 15th November, 2019.

By Order of the Board
For **Talwalkars Healthclubs Limited**


Anant Gawande
Director