

## CORPORATE INFORMATION

#### **BOARD OF DIRECTORS**

Girish Talwalkar - Chairman

Madhukar Talwalkar - Whole-time Director
Prashant Talwalkar - Managing Director & CEO

Vinayak Gawande Whole-time Director Harsha Bhatkal Whole-time Director Anant Gawande -Whole-time Director Manohar Bhide -**Independent Director** Raman Maroo -**Independent Director** Independent Director Mohan Jayakar -Avinash Phadke -Independent Director Abhijeet Patil **Independent Director** 

Mrunalini Deshmukh - Independent Director

COMPANY SECRETARY

CHIEF FINANCIAL OFFICER

STATUTORY AUDITORS

Avanti Sankav

Girish Nayak

M.K. Dandeker & Co. Chartered Accountants, 244 (Old No. 138), 2<sup>nd</sup> Floor, Angappa Naicken Street, Chennai - 600 001

BANKERS
Axis Bank Limited

**REGISTRAR & SHARE TRANSFER AGENTS** 

Link Intime India Private Limited

C-101, 247 Park, L B S Marg, Vikhroli West, Mumbai - 400 083. REGISTERED OFFICE

801 – 813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai – 400 026.

## **DEBENTURE TRUSTEES**

Axis Trustee Services Limited Ground Floor, Axis House, Bombay Dyeing Mills Compound, Pandurang Budhkar Marg, Worli, Mumbai - 400 025

## 15th ANNUAL GENERAL MEETING

Thursday, 27<sup>th</sup> September, 2018 at 11.30 a.m.

Venue: M.C. Ghia Hall of Indian Textile Accessories & Machinery Manufacturer's Association, Bhogilal Hargovindas Building, 4<sup>th</sup> Floor, Kala Ghoda, 18/20, K. Dubash Marg, Mumbai – 400 001.

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INDIA'S PURE-PLAY LISTED WELLNESS COMPANY.

his is the annual report of Talwalkars Better Value Fitness Limited as pure - play wellness company.

The Company is committed to enhance its respect as a focused play that provides a holistic world-class wellness proposition.

From club infrastructure at one end to a range of products and services like yoga, weight loss and nutrition on the other making it one of the most attractive proxies. One of most visible manifestations of India's consumer revolution.











Tushar wants to spend an evening with the family without going to a mall or the multiplex – and feels a club would be the best idea.



Shikha has a vibrant group centred around yoga where each one is encouraged to stretch beyond what was considered possible.



Sharon feels the time has come when fitness and fun need to go together; she enrolled for Zumba.



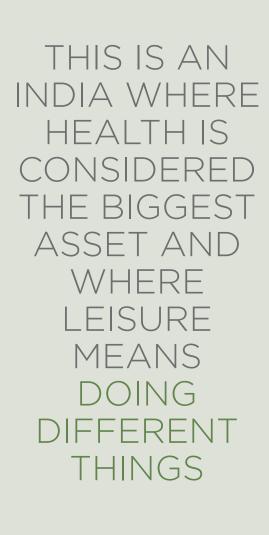
Tina was resigned to the fact that every weight-loss initiative involved giving something up until she came across Reduce.



Fatima was tired working long hours, showing signs of depression until she found hope in Medastouch- Theme Therapies



Shailesh, an executive, often works round-the-clock. He hardly gets time to check his health. He was relieved when he heard of Nuform services which needed a mere 20-minute weekly workout regime.



THIS IS AN
INDIA WHERE
'WELL' IS A
STATE OF
BODY BUT
'WELLNESS'
IS A STATE
OF INCOME,
MIND AND
MINDSET



# The last couple of decades have decisively transformed India.

Increased incomes have translated into enriched lifestyles.

Increased fitness requirements have evolved into increased wellness needs.

Increased wellness has translated into a widening range of requirements.

The result is a complete revolution in the way people need to stay fit – in the body and the mind.

What used to be a solitary workout with gymnasium weights has become a widening experiment with variations.

What used to be a dreary communion with boring gymnasium equipment has become a fun-driven engagement with new wellness forms.

What used to be a singular focus on the body has since extended into a balance of body, mind and soul.

Laying the foundation for an entirely new sector (wellness) where Talwalkars Better Value Fitness Limited is among the largest and possibly among a handful of pureplay Indian listed companies — an exciting company in a sunrise sector.



