



GIVING BACK IS SO IMPORTANT, NOT JUST WITH MONEY, BUT ALSO WITH YOUR TIME AND GENUINE CARE FOR OTHERS. IT WILL TRANSFORM YOUR LIFE

A fitness enthusiast, staying fit and getting other people to be fit is her passion. Grow Younger focuses on doing this for women over the age of 50. "I have always disliked the fact that we so easily give up on ourselves as we age. We have got to live our lives to the fullest. Getting fit should not be superficial thing – working out helps release endorphins, it makes you happy, and looking good is just the by-product." As part of 'Grow Younger', Mala runs five batches of an average of 15 people to help women aged 50 plus to stay fit via a variety of activities like meditation, yoga, zumba and the like.

Mala also recently trekked to Kalsubai, the highest mountain in Maharashtra and admits that it was to overcome her fear of heights. "I was really scared and there were two instances where I felt I was going to die. Despite the conflicting emotions, I loved the adrenaline rush. I believe in the power of the human mind and experienced it for myself."

Having led a blessed life, Mala believes that it is important to give back. "I have learnt so much from spending time with people in need that it has made me a more grateful person. I have worked with specially abled children, orphans, under

privileged children, and with old parents who have been abandoned by their families, and it's been a journey that has been overwhelming to say the least. Giving back is so important, not just with money, but also with your time and genuine care for others. It will transform your life." She adds that the ability to put a smile to someone's face is an incredible feeling and encourages everyone to go out and help someone out, in whatever way they can.

And for young women who aspire to be entrepreneurs her advice is simple. "Value yourself and keep your standards high. Keep busy doing the right things so they attract the right kind of people into your lives. Working out is a great way to keep your mind occupied and charity is a great way to build your character. It's the path to a better you, a better life and a better world."

When she is not working, Mala loves spending time with her mother, daughters and grandchildren. A firm believer in God, she believes that He will only give you what you can handle and concludes that her complete faith helps her face challenges head on.



Mala with a ghoomar dance team to entertain the residents of the Home for Aged at the J J Dharamshala in Byculla, Mumbai



With the 'Grow Younger' team