

AGE NO BAR

MALA MANSUKHANI IS A GRANDMOTHER, A FASHION DESIGNER, AN ENTREPRENEUR, A FITNESS ENTHUSIAST AND A PHILANTHROPIST WHO EPITOMIZES THE MODERN INDIAN WOMAN. **BINDU GOPAL RAO** SPEAKS TO HER TO SEE HOW SHE HAS CHALLENGED AND BROKEN NORMS IN HER EXCITING LIFE TO DATE



What does a grandmother do? I'm sure several clichés are cropping up in your mind. But wait, this is no ordinary grandmother. Mala Mansukhani is an entrepreneur who ran a successful fashion label since she was 17 years old. She soon began exporting her designs to boutiques in London. Her love for fashion came largely from watching her mother do her business. "My mother made the finest outfits and it all looked so beautiful that it left me inspired."

The 59-year-old has three children and three grandchildren. A certified marathon trainer she is also certified in CPR (Cardio Pulmonary Resuscitation), first aid, and has trained in plyometrics for agility and power. She is currently studying Graphology & CBT (Cognitive Behavioural Therapy) from Pune and has been part of several ramp walks including some for

equality.

Mala's work has appeared in many magazines as well. "When I had my third daughter I pressed pause on the boutique to focus on my baby and reopened years later. I have now shut it down to focus on my company 'Grow Younger' as I am at this point in my life more inclined towards creating a fitness revolution for women over 50." She has run many marathons and every Wednesday you will find her at the Nike Run Club doing the 5 km run.

As the oldest participant and only grandmother in the Gladrags Mrs. India contest, Mala has always challenged stereotypes. "I've always had excitement in my life and I've never set limitations for myself. I worked out so much that I transformed myself; people refused to believe I had kids and nearly passed out when they discovered I was a grandma! I bagged the title Gladrags Mrs. Courage and I actually witnessed that the limitations we associate with age are our own."