



LUXEBOOK TOP-50

Most Powerful
Women of 2020

Mallika Tarkas Parekh

Owner | Physique 57 India



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A businesswoman, a medical science professional and a public health graduate, Mallika Parekh's Physique 57 is an Indian franchise of the reputed barre fitness brand in the US. The studio that she opened in April 2018 in Four Seasons Residences, Worli, is dedicated to the ballet-inspired fitness regime that uses a ballet bar, yoga mats, hand weights, exercise balls and resistance bands.

In 2015, she founded Valiance Healthcare System in Mumbai, which aims to offer the best-in-class specialised and disease-focused hospitals, with a special emphasis on women's health. The fitness lover has double Masters in Medical Science and Public Health from the University of Medicine and Dentistry of New Jersey in 2012 and Boston University Medical School in 2007.

Parekh spent her career studying and researching medical science, helping hospitals in America implement best practice management principles and increase clinical efficiency, before she moved to Mumbai in 2015.

"We live in times today where health and wellness is the rage. Amidst the products and services that have the health halo, I'm very confident and proud to say that Physique 57 delivers," says Parekh. The studio trainers go through a rigorous programme and credentialing process at the headquarters in New York City. ❧