



July, 2026

LETTER OF RECOMMENDATION

To Whomsoever It May Concern,

LETTER OF APPRECIATION & ENDORSEMENT

To Whom It May Concern,

It is with great pleasure that we recognize and endorse Ms. Trishha Behal for her exceptional work through Project MindHer, a student-led initiative dedicated to raising awareness about the neurological effects of menopause among women in underserved communities.

When Trishha first approached our organization, we were immediately impressed by the depth of research and preparation behind her initiative. Rather than presenting general health information, she introduced an evidence-based programme that translated contemporary neuroscience into clear, practical knowledge women could easily understand and apply. Her ability to communicate complex scientific concepts with empathy and clarity made every session both informative and deeply engaging.

Through a series of awareness sessions conducted by her, reaching approximately 150 women in our community, Trishha created a safe and welcoming environment where participants felt comfortable discussing symptoms they had often experienced silently for years.

Topics such as memory lapses, brain fog, mood changes, sleep disturbances, and the role of hormonal changes in brain health were explained in an accessible manner, encouraging women to seek informed conversations with healthcare professionals and better understand their own well-being.

A particularly valuable aspect of Project MindHer was the bilingual educational material that Trishha developed in both English and Hindi. These pamphlets enabled participants to revisit the information after the sessions and share it with family members, extending the impact of the programme beyond the workshops themselves. Their scientific accuracy, accessibility, and practical relevance made them valuable educational resources for our organization.

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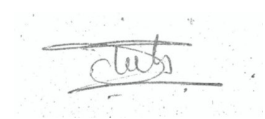
Recognizing the quality and effectiveness of these resources, our organization has continued using the MindHer educational pamphlets and structured awareness format during subsequent women's health outreach programmes hoping to reach 800+ women with the implementation. The framework developed by Trishha has provided our volunteers with a reliable and evidence-based resource that allows important conversations surrounding menopause and women's brain health to continue across the communities we serve. Her work has therefore created an impact that extends well beyond the sessions she personally conducted.

What distinguishes Trishha is not only her academic curiosity but also her remarkable initiative and sense of social responsibility. She sought guidance from medical professionals, welcomed constructive feedback, and consistently ensured that every resource she produced was scientifically accurate while remaining culturally sensitive and accessible. It is uncommon to see a high school student combine rigorous research with such meaningful community engagement and sustained public health impact.

We wholeheartedly endorse Project MindHer as an important contribution to women's health education. Through her dedication, compassion, and commitment to evidence-based awareness, Trishha has empowered women with knowledge that is often unavailable or overlooked, while creating educational resources that continue to benefit our organization and the communities we serve.

We are confident that she will continue making meaningful contributions wherever her academic and professional journey takes her, and we wish her every success in the future.

Sincerely



Sheilza Bhatia

Co- Founder & Managing Trustee

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www.janmfoundation.org

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