

29 July 2026

Letter of Appreciation

To Whom It May Concern,

It is my pleasure to acknowledge and endorse Ms. Trishha Behal for her initiative, Project MindHer, which addresses an important yet under-recognised gap in women's healthcare: the limited awareness and communication surrounding the neurological effects of menopause.

As a Consultant Gynecologist and leader associated with the Indian Menopause Society, I have seen firsthand that many women present with symptoms such as memory lapses, difficulty concentrating, sleep disturbances, and mood changes during the menopausal transition. While these symptoms are common, they are often poorly understood by patients and not always recognised as consequences of the profound neurobiological changes associated with declining estrogen levels. This disconnect frequently leaves women anxious, confused, and insufficiently informed about what they are experiencing.

What impressed me most about Trishha's work was not simply her interest in menopause, but the academic rigour with which she approached the subject. Rather than relying on general health information, she examined contemporary neuroscience literature explaining estrogen's role in brain function and translated this research into clear, accurate, patient-friendly educational material. Her work demonstrates an uncommon ability to bridge scientific research with practical clinical communication.

I had the opportunity to involve Trishha in educational sessions conducted at hospitals and public forums, where she observed conversations between clinicians and patients and developed a deeper understanding of the challenges surrounding menopause education. She approached these experiences with genuine curiosity, asked thoughtful questions, and consistently sought to understand how scientific knowledge could improve patient care rather than exist solely within academic literature. It was evident that Project MindHer evolved from these observations into a thoughtful attempt to address a real clinical need.

I was particularly impressed by her development of bilingual educational pamphlets in both English and Hindi. These resources explain the neurological basis of menopause, helping women understand why symptoms such as brain fog, changes in memory, altered mood, and sleep disruption occur, while encouraging informed discussions with their treating physicians rather than replacing professional medical advice. The English versions have been adopted as educational resources in clinics and hospital settings, where they continue to support patient education and facilitate more informed clinical conversations. Through their placement in these healthcare facilities, these materials have the potential to reach approximately 100 women every day.



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What distinguishes Trishha is her ability to combine scientific inquiry, clinical observation, and meaningful public engagement. She identified an overlooked problem, grounded her response in evidence, sought guidance from medical professionals, and produced resources that are both scientifically responsible and practically valuable. This level of initiative, particularly from a high school student, is exceptionally rare.

I wholeheartedly endorse Project MindHer as a meaningful contribution to women's health education. By translating complex neuroscience into accessible clinical resources, Trishha has demonstrated both intellectual maturity and a genuine commitment to improving patient understanding. I am confident she will continue to make valuable contributions wherever her academic and professional journey takes her.

I wish Trishha every success in expanding this important initiative and in her future pursuits



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