



MenoMind

Let's Celebrate Menopause



An initiative by National Commission for Women and Rising India Research Foundation to empower every menopausal woman with scientific and holistic wisdom in physiology, nutrition, yoga, exercise and mental health, enabling Quality of Life.





MenoMind
Let's Celebrate Menopause

Menopause, The problem statement

The menopause in India is characterized by its early onset (average age 46 years, earlier than the global average age 51 years), rising rates of premature and early menopause, and widespread lack of awareness, healthcare access, and social support. Millions of Indian women suffer from menopause-related health risks including osteoporosis, cardiovascular disease, and significant mental health challenges while stigma and silence around menopause lead to under-diagnosis, inadequate management, and poor quality of life. The rapidly growing population of aging women underscores an urgent need for greater awareness, healthcare resources, and targeted interventions to improve menopause care across both rural and urban India.

40-80%

Women experience symptoms of menopause

Fatigue/Tiredness	48.2-74%
Insomnia/Sleep problems	50-51.6%
Joint/Back pain	48.7-51.4%
Muscle pain	44-84.3%
Hot flashes	42.7-67%
Weight gain	40-60%
Headaches	30-50%
Night sweats	40-50%
Vaginal dryness	20-40%
Urinary issues	15-35%
Sexual Complaints	10-30%

50%

Post-menopausal women develop Osteoporosis

Quality of Life Impairment

72-76%	Feeling "tired or worn out"
66-69%	Difficulty sleeping
67-69%	Aching in muscles/joints

Physical Symptoms significantly increase the risk of **Heart Disease, Diabetes, Cancer**

21.5%

Suicidal Ideation/attempt

Depression	33.5-35.6%
Anxiety	52-55%
Stress	60.51%
Cognitive Decline	44-62%
Memory Problem	40-50%
Focus & Attention	35-45%
Mental Processing	25-35%
Sleep Disorder	51.6%
Brain Fog	50%
Mood Swing & Irritability	50%
Sexual Distress	20-40%

<40 Years

Early menopause associated with higher risk of Dementia

51.6%

Menopausal women face Sleep Issues during menopause

Mental Health symptoms significantly affect women with **Dementia, & Depression**

\$150 Billion

Annual Global Productivity Loss due to Menopause

Performance reduction	65%
Presenteeism (working while unwell)	17.7%
Sick Leave taken	18%
Career development affected	33%
Earning reduction	10%

Social Impact

Divorce/Separation	73%
Domestic Abuse	67%
Strain on family life	80%
Physical violence	75%
Sexual violence	57.1%

- Homemakers who also provide caregiving have 50.4% rates of moderate-to-severe symptoms
- Widespread stigma & silence
- Prevalent cultural taboo
- Lack of health literacy, HRT, treatments
- Medical knowledge gap among doctors due to In adequate training in medical schools
- Limited media coverage
- Limited India specific research

**Based on multiple global studies from various countries*

There is a critical need for projects like MenoMind to break the silence and stigma surrounding menopause, provide women with evidence-based information and compassionate support, promote early recognition and effective management of symptoms, and build inclusive health, workplace, and community systems—empowering women to maintain well-being, identity, and quality of life during and after the menopausal transition.



MenoMind

The Solution



MenoMind is an initiative by Rising India Research Foundation in partnership with National Commission for Women, aimed at addressing the menopausal issues for women through awareness, training, capacity building and providing ongoing support. MenoMind is designed by the various qualified professionals with evidence-based & culturally sensitive program addressing menopause-related physical, social and mental health challenges. The program recognizes menopause as a critical life transition requiring comprehensive support encompassing.

Objectives

- ✓ To create a comprehensive, accessible, and culturally appropriate mental health support ecosystem for women experiencing menopause, across India.
- ✓ Transform menopause from a silent struggle into an empowered transition through awareness, capacity building, support network, and research.

Philosophy

- ★ Menopause is a natural biological process, not a disease
- ★ Mental health during menopause deserves specialized attention
- ★ Community support enhances individual coping mechanisms
- ★ Education empowers women to make informed health decisions

Offerings

- ✓ Online self paced training programs
 - ✓ Offline training programs
 - ✓ Train the Trainer programs
 - ✓ Menopausal women's support group
 - ✓ Establishing support network of professionals
 - ✓ Awareness programs on menopause
 - ✓ Research on various aspects of menopause
- Your paragraph text

Target Demographics

- ★ **Primary:** Women aged 35-60 years, working & home-makers
- ★ **Secondary:** Healthcare providers, family members, employers
- ★ **Geographic:** Urban and rural part, across India
- ★ **Socio-economic:** All income groups with special focus on underserved populations

India becomes the first country in the world to take such a massive nationwide initiative of MenoMind for all segments of women.

MenoMind becomes the first comprehensive & holistic online training program in the world addressing the issue of menopause.



MenoMind Training Program



MenoMind Training Modules

- Physiology
- Signs & Symptoms
- Diet & Nutrition
- Exercise & Yoga
- Mental Health

Program Beneficiaries

- Working Women
- Home Makers
- Rural Women
- Under privilege
- Family Members
- Office Employees

Train the Trainer

Train the Trainer program is for capacity building and offering offline training programs.

Train the Trainer program is for Medical & Mental Health Professionals, Dietitians, Fitness & Yoga Experts, Public Health Professionals & Qualified Social Workers.

Training Methodology

Online, Self Paced

The program is online, self-paced and integrated into an online learning management system (LMS).

Integrated Assessments

Menopause assessment is integrated in the LMS for better evaluation and provides personalized reporting.

Interactive & Personalized

The LMS has been developed to provide an interactive and personalized experience tailored to various stages of menopause and addressing individual signs and symptoms.

Multilingual

The MenoMind program is offered in multiple languages and with simple language for any women to understand easily.

About Rising India Research Foundation

Rising India Research Foundation, established in 2013 by Dr. Girish Lad in Pune, is a distinguished Section 8 non-profit organization dedicated to transforming lives through women empowerment and mental health advocacy. Rooted in compassion and driven by purpose, Rising India has championed critical social initiatives, including combating female foeticide and supporting the Government of India's Beti Bachao Beti Padhao campaign.

The foundation's pioneering work includes extensive research on women's physical and mental health and the creation of the world's first independent Centre for Psycho-Oncology in partnership with the Texas School of Mental Health, USA. This centre has brought hope and healing to over 2,000 cancer patients and their families, addressing the often-overlooked psychological impact of cancer. Rising India continues to ignite resilience, foster hope, and build stronger communities through impactful research, awareness programs, and education, making an enduring difference in the lives of women and society at large.

Join hands to be a part of this pathbreaking initiative.



National Commission for Women

www.ncw.gov.in



Rising India Research Foundation

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