

8th March 2021

# DIARY OF A MENOPAUSAL WOMAN

HER  
EXPERINCE  
HER  
EXPERINCES

MENOPAUSE  
MEN &  
WOMEN  
DOCTOR  
SAYS

WOMEN  
AFTER 50  
STARTED THE  
BUSINESS  
INSPIRING  
STORIES

MENOPAUSAL  
PHASE  
BLESSING  
ARTICLE

BEAUTIFUL  
ACTRESSES IN  
THEIR 50'S  
FEEL GOOD  
FACTOR



## WOMEN'S DAY SPECIAL

We are launching  
Menopausal Awareness and Support  
Program for a year

We need freedom from our own self to make  
best out of it or restart it

Authored by Rajashri Rajashekhar-founder Poornam Foundation





## HER EXPERINCE

EXPERIENCES OF WOMEN WHO ARE  
CURRENTLY GOING THROUGH THE  
MENOPAUSAL PHASE



### ▼ **Homemaker and a Mother**

Hi...I am very much in the menopausal age. I have mood swings. Overall, I maintain my health n my checkups etc. But I have a lot of stress due to family situation. Shippy wife, so single mom for at least 8 months of the year., add to that raising a growing special child and a young woman.so My daughter helps a lot☒ I share a lot with her. And she understands n chips in as much as she can. sometimes a lot more.

On the other hand, I have no support from my husbands family.it has been completely absent and there is added baggage of those relationships. My husband is home only for 3/4 months. So many times he does not understand what I go through. Or that I need respite. He is helping me a lot, not that he is taking care of kids n home for "US". It is like a favour to me. There is a lack of understanding when it comes to my intellectual needs. No support for my personal growth. I have to do whatever possible if I can manage. No understanding that I need a break, change or I am going through a change so compassion about it.

### ▼ **A Businesswoman**

I think we need love and respect ... often we become a punching bag for family members. Due to menopausal chances, we get super sensitive. A little understanding and patience ...a listening ear.

Like we all know there are swings in moods and days we get very touchy. I try to keep my moods away from me as a person... but yes some days are tough. Meditation and breathing to relax. I little to music as it calms me. Reminding myself that even at this age I can start something afresh ( age is not a factor to start)



## HER EXPERINCE



**EXPERIENCES OF WOMEN WHO ARE  
CURRENTLY GOING THROUGH THE  
MENOPAUSAL PHASE**

### ▼ **A Businesswoman - an Architect**

I have been taking care of my health and the moment I realised its something which is going to be the phase of my life I started visiting my Gynaecologist to understand the changes, did few tests and started the preventive measures hence having little symptoms except the anxiety attacks sometimes which my family support me

### ▼ **Professional in career - USA**

I want my family, society and business community to be aware that I am going through a biological change in my body where even I may not be aware why some behavior changes are happening so be accepting, caring and ask instead of passing negative judgment. To provide all the support and comfort (physical and emotional) during this phase. I educated myself first on menopause and then informed my husband, daughter and son and shared with them clearly that I will need their support and understanding (without beating around the bush or being indirect). If I feel I am experiencing certain behaviour changes in me or any physical issue- first of all I myself accepted that it's okay, it's just a phase and self-love without feeling guilty or beating myself up (I had to reprogram myself as I grew up in our community with the wrong programing of women feeling guilty) and then basically don't care or get bothered if I get the support or not. My biggest learning was self-acceptance and self-love ☒



# Diary of A Menopausal woman



## HER EXPERINCE

EXPERIENCES OF WOMEN WHO ARE  
CURRENTLY GOING THROUGH THE  
MENOPAUSAL PHASE

### ▼ **A Businesswoman - an Architect**

Support reqd mainly from husband ..bcos my mental state is constantly on the edge....hot flashes and hot season and hot kitchen are becoming a killer.

The family and its needs are never-ending...asking for support..sound s illogical to house members bcos I am menopauseing for 4 years now The breakouts on my face don't seem to help and add to my depressed state of mind. I guess society needs to understand and not body shame us....my god u have put on so much weight Bcos of constantly feeling on the edge ..sometimes very tired and lethargy setting in... we seem to give up o not only the body but also the mind...

It's mainly up to us to exercise and meditate and keep going on Taking each day as it comes

### ▼ **A Doctor**

I am personally against the word of Menopause, we have a wonderful word for this phase in all women's life is "rejuvenation" its physiological process so don't think about it, We all are becoming young again. continue with the same lifestyle, proper diet, regular exercise, pursuing your hobbies, normal sexual life and enjoy each and every moment of life. don't think too much. Now your kids are adults let them pursue their own goals. You enjoy your life alone with your husband or friends or partner. Don't expect help from others at home or the workplace. we are strong and this is not a dieses but a phase. we are capable of overcoming everything.



# Diary of A Menopausal woman



## HER EXPERIENCE



**EXPERIENCES OF WOMEN WHO ARE  
CURRENTLY GOING THROUGH THE  
MENOPAUSAL PHASE**



### **A Physiotherapist**

Would like to be treated with a little more empathy and compassion. A little extra pampering would mean a lot. Sharing a bit of responsibility and workload would help to reduce the mental as well as physical stress that a woman goes through during this troubled menopausal phase. Be it at work or at home, just a little patience, understanding and caring would help to sail through this whole natural process.



### **A Working Woman - Senior position in Govt. office**

Menopause is one word I was and am terrified of....

Have heard a lot about the phase every women goes through and keep wondering what I will go through.... Yet from whatever I have gathered....I have started planning on as under :

1. To learn from Yog, what will help me through this testing stage....be it exercises or meditation or or diet
2. Had a discussion with family, explained them about this another phase soon to encroach my happy life... Made them understand that they know me well...if at any point they realise me behaving different...they should immediately pick-up, that it's not me but the M.
3. Office front.... unless I develop a good rapport with my colleagues, it could be difficult to explain and expect them to understand but will have to keep a strict vigil on myself... try to handle it myself and also be ready to handle repercussions of my irratic behaviour, if it so happens as I will be leading a team.

Looking forward for a peaceful phase to pass by.





## MENOPAUSE MEN & WOMEN

Dr. Shobhana Nair

In this section, we have identified  
menopausal symptoms in men and  
women and how it affects their health  
How one can manage the changes,  
social responsibility  
A separate link will be shared



# WOMEN WHO STARTED BUSINESS AFTER 50

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Ernestine started working out when she was 56, thanks to her sister for that inspiration. Today, she takes classes for mostly senior women and older men. She started her classes with just 10 people and now some mornings people can't get in the room.



Cinde Dolphin, 56, when job rejections lead to entrepreneurship. At the age of 55, she began applying for marketing jobs but that didn't work out well. So, she took an alternate track and started a public relations firm that helps winemakers in California.



Radha Daga, 73, founded a food company founder of Triguni Foods which supplies Magic Upma to Indigo Airlines has shown that age is just a number.



# WOMEN WHO STARTED BUSINESS AFTER 50

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Lisa Gable founded a business at the age of 70

At an age when many have retired, Lisa Gable got an idea for a business from her own discomfort and years of frustration trying to conceal fallen bra straps during sales presentations. Tired of this annoyance she invented a new kind of bra strap, the Strap-Mate.

## Why its never late to start a business

Studies have shown that if you're over 55 years old, you are twice as likely as your counterparts who are under 35 to launch a high-growth startup.

<https://www.thebalancesmb.com/10-reasons-it-s-never-too-late-to-start-a-small-business-4083127>



The first thing I'd say to women is put aside the guilt. I think we're all genetically programmed to feel guilty for not giving total effort at the job.

Indra Nooyi



# FEMALE ACTRESSES STILL BEAUTIFUL ABOVE 50





# MENOPAUSE MAKEOVER BY DR.BHARATI PATEL

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Many post-menopausal women, however who have taken all the necessary steps to feel healthier and happier, may note that their physical appearance may have changed.

That is because our skin and bodies take a dramatic physical turn due to a variety of factors including hormonal changes or simply genetic makeup.

The Menopause Makeover is designed to address particular concerns that often result from the ageing process, including facial ageing, breast sagging or loss of volume, and weight gain in stubborn areas around the waist.

It's a controversial subject whether one should go for it or not but I leave it to the readers because its a choice of a woman how she would like to look and feel in her life and what stage of life.

we can't force her to fit into our image that's not in line with how she would like to lead life's journey

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# WHAT'S NEXT IN A DIARY OF A MENOPAUSAL WOMAN

## MENOPAUSE IN MEN AND WOMEN

Audio series by Dr. Shobhana  
Two topics every week  
Stay tuned for the next topic

## MENOPAUSE MAKEOVER

Advice and Q & A by Dr. Bharati Patel  
Stay tuned for her advice and clear your doubts

## MENOPAUSE AWARENESS FOR MEN & WOMEN CORPORATE SERIES

Rajashri Rajashekhar  
Founder Poornam Foundation  
Gender Neutrality Expert

## ANCIENT SECRETS OF AYURVEDA

Ancient secrets of Ayurveda revealed to  
manage the Menopause  
Ayurvedacharya



# Diary of A Menopausal woman

## We are a team and we love what we do



**Rajashri Rajashekhar - creator of "A menopausal woman's Diary "**  
**Founder of Poornam Foundation**  
**Creator of "Poornatva"-Building Gender Neutral Workplaces, Leadership and Mindset**  
**28 years of rich experience as an HR professional, researcher, entrepreneur, founder of two colleges and much more**

**Dr. Shobhana Nair**  
**BSc zoology,**  
**DHMS (CCH) Lokmanya Homoeopathic Medical College Chinchwad(Pune) State topper,**  
**singer, love fitness, knows a lot about Indian ancient secrets of a healthy lifestyle, dotting mother & loves to dance**



**Dr. Bharati Patel**  
**MBBS, MD - Dermatology, DVD**  
**Dermatologist**  
**Hair Transplant Surgeon**  
**She strongly believes that aesthetic medicine (cosmetology) helps people to look good and feel good about themselves, Dr. Bharati has developed her strong passion for aesthetic medicine and anti-ageing medicine since her studies**

**MD ( Ayu & Yog ) is a Founder- Director of Brahmand Ayurveda**  
**90,000+ panchakarma procedures done**  
**He wrote 3 different books on Ayurveda, Karma and Spirituality**  
**Researcher and have presented many papers**





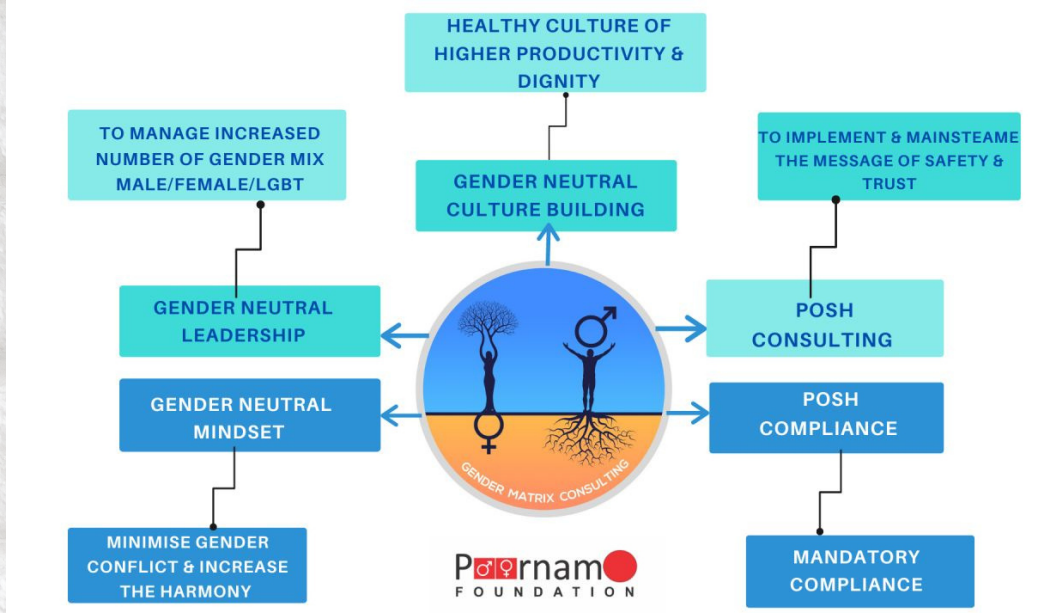
# Diary of A Menopausal woman

Reach us for

- **Corporate speech**
- **Employee Awareness programs**
- **Panel Discussions**
- **Family awareness sessions**
- **Youth awareness sessions**
- **Diagnostic camps**
- **Consulting Camps**
- **Talks Shows**
- **Special health events**

Call on 9820012052/ 9324467749 or write to us at  
poornam.shiksha@gmail.com  
an Initiative of Poornam Foundation





**Institute For Gender Neutrality**  
Education Programs for Adults & Youths

**"Gender Matrix"**  
School Kit for Teachers & awareness programs for students

Gender Neutral Leadership & Culture Building corporate workshops

Community Reach through CSR initiatives to create Gender Awareness

Prevention of Sexual Harassment Consulting for Companies

**"Elan Woman"**  
OUTDOOR Breakthrough Fun filled Workshops for Women

HeforShe Support program for MEN

Gender Neutral Dialogue Center  
Employee Assistance  
Socio-Psychological & Legal support

**Pernam FOUNDATION**  
registration no. E 11704/Thane

# The Woman's Leadership program

"If you want to destroy the society, destroy the status, education and dignity of woman.  
If you want to form a society that stands up to highest benchmarks of principles and nobility,  
**accord highest glory to woman and let her possess knowledge, dignity and leadership"**