Work Plan)

**Step I:** The investigator obtains prior permission from respective authority to conduct the study.

**Step II:** Recruitment and training of research assistants for collection of data.

**Step III:** Selection of subjects by using non-probability, convenient sampling.

**Step IV:** Investigator/research assistants introduces herself/himself to the post-menopausal mothers and notifies about her/his aims, objectives and steps of the study and takes written consent.

**Step V:** Obtains data by using structured questionnaire.

**Step VI:** Data will be analyzed and interpreted by using descriptive and inferential statistics.

**UTILITY**

The study results help in following situations -

- making health programmes that helps to solve the specific health problems.
- also provides data by which government can utilize the data to develop the programmes for post-menopausal women.
- the study sensitizes policy makers to develop the schemes for post-menopausal women.
- the study results can also be used by The Menopausal Society of India to develop strategies.
• since the problems/needs of menopausal women are untold, the study sensitizes family members of such women.

• majority of Indian population resides in rural areas, therefore there is an urgent need to focus our health services to post menopausal women residing in rural area for this my study results can be used.

this study is therefore expected to bring out the magnitude of suffering due to bio-psycho-social issues among post menopausal women in rural areas.