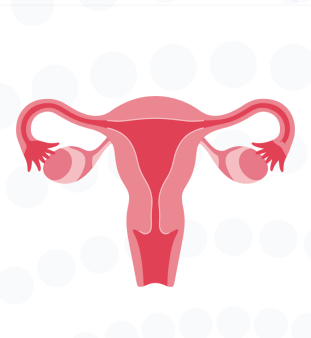




TEXAS SCHOOL OF
MENTAL HEALTH



World's First
**Post Graduate Diploma in
Menopause
Management**



Nutrition



**Yoga &
Exercise**



**Patho
Physiology**



**Mental
Health**



Lifestyle

Menopause Beyond Hormones

A holistic and integrated Menopause Management Program, thoughtfully designed by the Texas School of Mental Health to redefine care and elevate quality of life through a scientifically grounded **Five-Pillar Model** for Menopause Management.

Globally,
1.2 billion Women
are in Menopause &
47 million enter
every year

Menopause is a global public health challenge that affects every aspect of a woman's life. Yet persistent myths, stigma, fragmented treatment approaches, and a shortage of trained professionals continue to hinder comprehensive care and undermine quality of life.



Modules

Physiology of Menopause

Anatomy/Physiology of Female Reproductive System |
Role of Hormones | Systemic Signs & Symptoms |
HRT and other treatments

Menopausal Psychology

Basics of psychology and counseling techniques | Mood |
Mind and Body | Memory | Sleep Disorders | Brain fog
and cognitive functions | Relationships and Sexuality
Work-Life Balance | Family and Social Dimensions |
Risk assessment and clinical management |
Therapeutic Interventions

Diet and Nutrition in Menopause

Core Concepts of Diet | Nutrition and Metabolism |
Applied Clinical Nutrition | Calorie Profiling and Energy
Balance | Menopausal Weight-gain Management |
Symptom Specific Personalized Diet Planning

Exercise & Yoga

Basics of Exercise physiology | Mobility and Yoga |
Types of Exercises and Yoga | Pranayam and Yoga Nidra |
Symptom Specific Mobility Planning

Menopause in Co-morbidities and Complex conditions

Menopausal management for co-morbidities | Complex
medical conditions and gender diverse individuals |
Focus on risk reduction and integrated care strategies |
Scope and referral management

Assessment in Menopause

Validated Comprehensive Menopausal Assessment Scale
| History taking | Clinical Symptom Assessment and Risk
Profiling | Interpretation of Laboratory and Diagnostic
Reports for Menopause Management



Methodology



Duration

01
Year



Blended Mode

Online &
Offline



Live Sessions

Weekly
Interactive
Live Sessions



Expert Faculties

International
Multi-Specialty
Faculty



Case Studies

Real-time
Stakeholder
Case Studies



Research/ Internship

Guided Internship
or Research



Assessment Methodology

Objective,
Subjective
Viva voce



Learning Technology

Customised &
User Friendly
LMS



Clinicians often lack targeted menopause training and do not consistently follow guidelines. This leads to fragmented care, unclear referral pathways for complex cases, and limited use of trauma-informed, culturally sensitive communication. In addition, outcome measurement is scarce. Together, these gaps hinder the delivery of timely, person-centred, and accountable menopause care.

Our program is your Guarantee to a Global Career

Join a first-of-its-kind programme in menopause care. Graduate with a credential that opens doors to patients worldwide, from day one.

Upon successful completion, every graduate is enrolled on our dedicated online counselling and consultation platform, **MenoMind**, exclusively focused on menopause care.



Global Reach

Practise across borders — serve patients anywhere through a dedicated online platform.

Specialised Niche

Stand out in a fast-growing, underserved field where qualified experts are in high demand.



Eligibility

Minimum Bachelor's degree in:

- Medical Sciences
- Allied Health Sciences
- Ayurveda
- Homeopathy
- Physiotherapy
- Psychiatry
- Psychology
- Nutrition
- Yoga & Fitness
- Life Sciences
- Pharmacology
- Nursing
- Pathology
- Pure Sciences
- Social Sciences
- Public Health

Any Graduate with min. 2 yrs exp in health or wellness field



Career Avenues

Clinical Settings

- **Menopause Specialist** @ Hospitals, Gynaecology Clinics, Fertility Clinics, Private Practice
- **Online Menopause Coach** @ Digital Wellness Platforms, Mobile Health Apps, Virtual Clinic
- **Menopause Nutrition Expert** @Hospitals, Multi-Specialty Clinics, Private Practice
- **Menopause Yoga & Fitness Expert** @Wellness & Health Studios, Digital Wellness Platforms

Mental Health & Wellness

- **Menopause Counsellor** @ Mental Health Clinics, Wellness Centres, Private Practice
- **Holistic Menopause Wellness Coach** @Integrative Health Clinics, Wellness Retreats

Corporate & Policy

- **Corporate Wellness Advisor** @ Corporates, Employee Health Programmes
- **Health Policy Analyst** @ Government Bodies, International Health Agencies
- **Menopause Advocacy Specialist** @ NGOs, Women's Rights Organisations, UN Bodies

Education & Research

- **Clinical Educator & Trainer** @ Medical Colleges, Professional Training Institutes
- **Academic Researcher** @ Universities, Research Institutions





About Us

Incorporated in 2019 in Texas, USA, the Texas School of Mental Health (TSMH) was founded with a clear vision: Working Towards Mental Fitness for individuals and communities worldwide. TSMH operates at the intersection of specialised professional training, clinical services, and applied research in the field of Oncology, Menopause, Pregnancy, Obesity & Screen De Addiction.

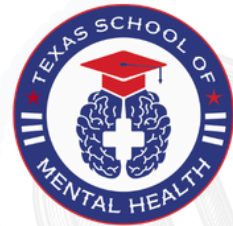
Our Centre for Mental Fitness offers online and offline counseling services to individuals, families and groups using latest technology to enable mental health services to anyone around the world.



MenoMind

Launched by TSMH in 2025, **MenoMind** is an awareness and capacity-building initiative for menopausal women. It is an **online**

platform where trained professionals spanning healthcare, nutrition, mental health, exercise, and yoga are empanelled to offer **menopause consultations online**, from anywhere to anyone around the world.



TEXAS SCHOOL OF MENTAL HEALTH



Clients & Associates



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Indian Institute of Technology Hyderabad



RIISING INDIA
RESEARCH FOUNDATION



ALIGN EFFICIENT
HEALTH CONSULTANTS



YOU WE CAN
FIGHT CANCER



Embassy of India
The Hague, The Netherlands



DECCAN EDUCATION SOCIETY - Since 1884
DES PUNE UNIVERSITY



Gokhale Institute of Politics and Economics

Enroll Now

www.tsmhfs.com/pgdmm



Join the world's First Cohort of Certified Menopause Management Professionals

Delivering care that transforms midlife health for women and their families.



USA | UAE | INDIA



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