

ADOLESCENT HEALTH RESEARCH SCHOLARSHIP EXCELLENCE AWARD

Adolescent Health and Wellbeing: Why to Invest ?

Adolescence is a distinct and crucial phase of human development that comes with its unique challenges (Mathews, 2023) and health vulnerabilities (WHO, 2023). Beyond economic gains, investment in this phase offers substantial social benefits, including the potential to reduce disparities in well-being .

Adolescent health situation in India has improved in recent years, significant challenges remain unaddressed, despite the fast pace of socio-economic growth and media revolution.

Estimating the true extent of concerns and needs among adolescents is challenging due to lack of reliable information/data and evidence on adolescent health, both in terms of epidemiology and for policy action in India. A quick search on PubMed in 2021 revealed that only 0.01% of published research focused on adolescents' health, highlighting a significant gap that is further exacerbated by the **lack of funding opportunities, mentoring support, and specialized training in adolescent health research.**

MAMTA with pioneering work on Adolescent health and development for more than three decades aims to build the capacity and promote research in India. To achieve this, "**Mamta Research Scholarship Excellence Award**" in 2016 was initiated. Scholarship aims to provide strategic information, tools & techniques for undertaking the research; study design, collection, analysis, interpretation and dissemination of data, required for strengthening policies and programmes for promoting adolescent health

Every dollar invested in adolescent wellbeing programme can yield returns ranging from USD 4.6 to 71.4 (PMNCH, 2024)

MAMTA scholarship aims to:

- ***Build capacities of researchers within country on adolescent health.***
- ***Promote contextual research***
- ***Create and test culturally appropriate interventions for improving adolescent health***

Scholarship commenced with financial support from Packard Foundation and later Ford Foundation. To continue the journey of improving adolescent health, scholarships are now being supported with institutional funds.

Scholarship supports following themes in adolescent health

Clinical Services in adolescent health

Injuries and Violence

Substance Use

Domains of National Programme

Climate Change

Non-communicable Diseases

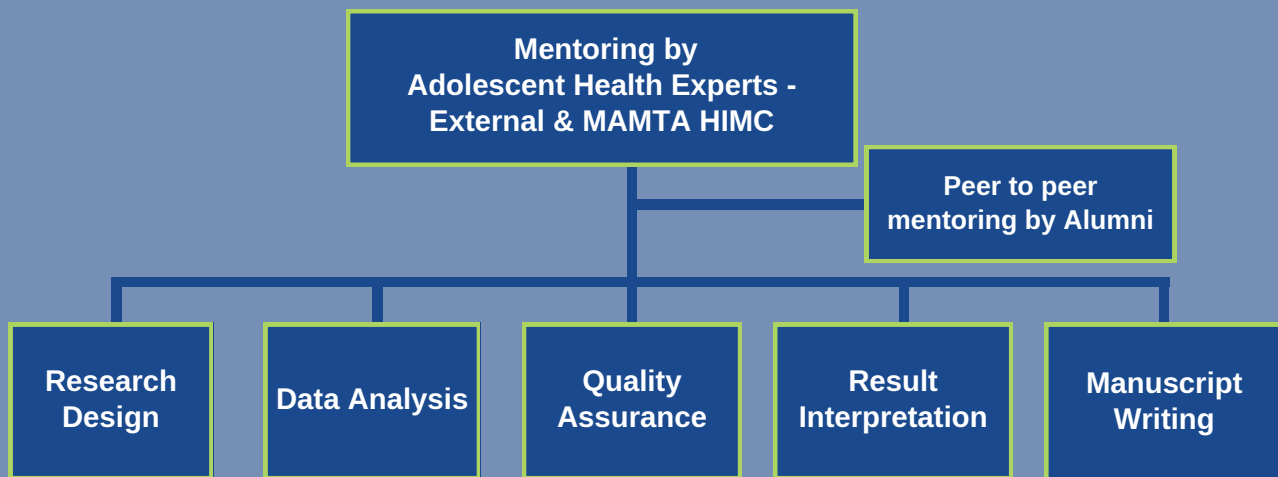
Sexual and Reproductive Health

Mental Health

Nutrition and Physical activity



Scholarship Approach



Eligibility

- Early career researchers (within four years after post -graduation/Ph.D.) in a relevant discipline of adolescent health
- Must be enrolled for a full time MD/Ph.D. degree program from a recognized University/Institution in India
- Mentor or Faculty from the University/Institution

Scholarship Details

Scholarship up to INR 1 lakh for all research activities

Up to INR 50,000/- for publication in national/international journal

Supports

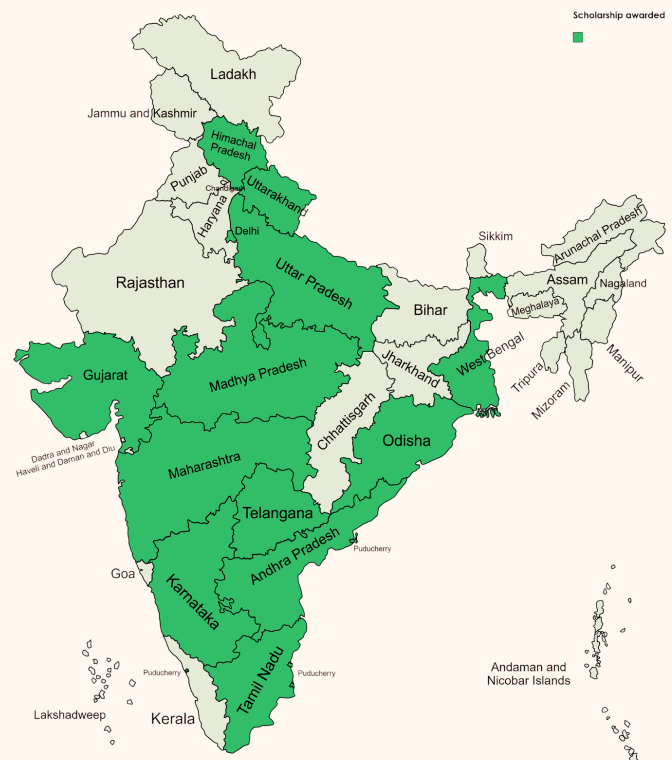
- Travel and cost related to data collection
- Contingencies (stationary/photocopies/ printouts/courier and subscription charges)
- Documentation (e.g. dissertation/report writing)

Does Not Support

- Capital costs like equipment, vehicle, furniture.
- Any foreign travel, or any personal travels, paper presentation, workshop

Scholarships so far

52
awards till date



Outcomes

- Increased evidence based research to guide policy on adolescent health and wellbeing
- Over next five years, a skilled pool of 100 young researchers/ professionals will be created, to advance adolescent health research agenda in India

Our Alumni



Dr. Sithal Dalai
M.K.C.G Medical
College, Odisha

I am deeply grateful to Mamta, New Delhi, for being the cornerstone of my research journey. During my initial postgraduate year, Mamta not only secured essential funding but also ignited my passion for adolescent research. They guided me from developing research questions to achieving publication, boosting my confidence and establishing a strong knowledge base. I am truly grateful for this invaluable opportunity.

Dalai, S., Malini, D. S., Satapathy, D. M., & Patro, S. (2024). A Qualitative Analysis of Urbanization and Menstrual Health Among Young Women. Cureus, 16(3), Article e56390.



Dr. G. Alekhya
All India Institute of
Medical Sciences, Odisha

This grant was crucial for timely completion of my project and has significantly enhanced the impact of my research on adolescent health. The support enabled me to undertake thorough and detailed work, ensuring robust findings and practical recommendations. As part of scholarship, the workshop on adolescent health research conducted for fellows was extremely beneficial, provided valuable insights and skills that further enhanced the quality of my research. I am grateful for the opportunity provided by Mamta and highly recommend their scholarship program.

Alekhya, G., Parida, S.P., Giri, P.P., Begum, J., Patra, S. & Sahu, D. P. (2023) Effectiveness of school-based sexual and reproductive health education among adolescent girls in Urban areas of Odisha, India: a cluster randomized trial. Reproductive Health, 20. <https://doi.org/10.1186/s12978-023-01643-7>



Dr. G. Hari Prakash
JSS Medical College,
Karnataka

Scholarship enabled me to complete a crucial study on improving mental healthcare accessibility for adolescents in Mysuru District through medical technology. MAMTA not only supported my research, but also provided vital assistance throughout the publication process, thereby increasing the impact of my work. This experience has significantly advanced my efforts in digital health solutions for adolescent mental health. It's worth noting that such comprehensive scholarship is not easily available every year, yet Mamta executed this program exceptionally well.

Prakash, G. H., Kumar, D. S., Arun, V., Hegde, S., Yadav, D. & Gopi, A. (2024). Prevalence and correlates of depression, anxiety, and stress among adolescents in urban and rural areas of Mysuru, South India. Journal of Family Medicine and Primary Care, 13(8), 2979-2985. 10.4103/jfmpc.jfmpc_1600_2



Dr. Aman Dua
All India Institute of Medical
Sciences, New Delhi

During my early research career, this scholarship provided me the opportunity to present to and learn from a team of national and international professionals. As a young scholar, this prestigious scholarship not only supported my research but also added credibility to my work in the field of youth mental health.



Dr. Swati Misra
Mahatma Gandhi Institute
of Medical Sciences,
Sevagram, Maharashtra

I am thrilled and honoured to have been selected by MAMTA for the scholarship to implement the Point of Decision Design project, utilizing the innovative co-design strategy. This opportunity represents a significant milestone in my career, allowing me to leverage my expertise and passion for adolescent health research. My research work around adolescent health has been instrumental in shaping my understanding around the unique challenges and opportunities in this field. I am grateful for this opportunity and am eager to contribute to the success of the Point of Decision Design initiative.

1. **Singh, S.**, Singh, S. K., Kar, S. K., Manar, M. K., & Gupta, A. (2024). Perception of self and it's effect on anxiety and depression among adolescent girls. *Journal of family medicine and primary care*, 13(1), 107–111. https://doi.org/10.4103/jfmpc.jfmpc_727_23
2. **Suresh, A.**, Reddy, M. M., Kamath, P. B. T. (2024). Effectiveness of Group Health Education on “Perceived Stress” among High-School Children of Kolar: A Cluster Randomized Controlled Trial. *Indian Journal of Public Health* 68(2) 201-207. 10.4103/ijph.ijph_786_23
3. **Dalai, S.**, Malini, D. S., Satapathy, D. M., & Patro, S. (2024). A Qualitative Analysis of Urbanization and Menstrual Health Among Young Women. *Cureus*, 16(3), Article e56390. <https://doi.org/10.7759/cureus.56390>
4. **Dalai, S.**, Malini D.S., Satapathy, D. M., Patro, S & Jena, D. (2024). Menstrual Health Empowerment in Adolescent Girls: Assessing the Impact of School-Based Health Education on Menstrual Hygiene Practice. *International Journal of Scientific Research*, 13(2). 10.36106/ijsr
5. **Chakrashali, S.B.**, Madhu, B., Sree, M.M., Chaithra, M. Sahana, K.S. & Nagendra, K. (2024). Relationship between the cost of illness and quality of life among adolescents with type 1 diabetes—a mixed method study. *Scientific Reports*, 14. <https://doi.org/10.1038/s41598-024-63536-4>
6. **Prakash, G. H.**, Kumar, D. S., Arun, V., Hegde, S., Yadav, D. & Gopi, A. (2024). Prevalence and correlates of depression, anxiety, and stress among adolescents in urban and rural areas of Mysuru, South India. *Journal of Family Medicine and Primary Care*, 13(8), 2979-2985. 10.4103/jfmpc.jfmpc_1600_23
7. **Kumar, V.R.**, Kiran, M.R., Mishra, S.K., Lavanya, K. M. & Jena S. K. (2023). A Study on Aggressive Behaviour among Adolescents in Andhra Pradesh. *European Journal of Cardiovascular Medicine*, 13(1), 1269-1273
8. **Jain, A.**, Borle, A. L. & Bej, P. (2023). Study on Knowledge About Rashtriya Kishor Swasthya Karyakram (Rksk) Among Adolescents Attending Health Centre in Delhi. *International Journal of Scientific Research*, 12(5). 10.36106/ijsr
9. **Alekhyia, G.**, Parida, S.P., Giri, P.P., Begum, J., Patra, S. & Sahu, D. P. (2023) Effectiveness of school-based sexual and reproductive health education among adolescent girls in Urban areas of Odisha, India: a cluster randomized trial. *Reproductive Health*, 20. <https://doi.org/10.1186/s12978-023-01643-7>
10. **Triveni, V.**, Srengiri, S., Madhavi, K. V. P., Madhavi B. D. & Sivapriya, J. V. (2023). Assessment of Functioning of Adolescent Friendly Health Clinics (AFHC) in North Coastal District of Andhra Pradesh. *International Journal of Academic Medicine and Pharmacy*, 5(3), 1431-1434. DOI:10.47009/jamp.2023.5.3.291
11. **Kulkarni, P. Y.**, & Velhal, G. (2023). Emotional Intelligence from Gender Perspective during Mid to Late Adolescence in an Indian Context. *Indian Journal of Community Medicine*, 48(2), 281–284. https://doi.org/10.4103/ijcm.ijcm_233_22
12. **Gunasekaran, K.**, Vasudevan, K., & Srimadhi, M. (2022). Assessment of mental health status among adolescents in Puducherry, India - A mixed method study. *Journal of family medicine and primary care*, 11(6), 3089–3094. https://doi.org/10.4103/jfmpc.jfmpc_2420_21
13. **Kulkarni, P.**, & Velhal, G. (2022). Impact of online education on mental health of matriculating adolescents during COVID-19 pandemic in Western India. *International Journal of Health Sciences*, 6(S8), 3775–3781. <https://doi.org/10.53730/ijhs.v6nS8.12955>
14. **Kulkarni, P.** & Velhal, G. (2022). Emerging reversal of socio-economic gradient for mental health derangement among adolescent girls in metropolitan cities, India. *NeuroQuantology*, 20(15). 5469-77.
15. **Gangadharan, N.**, Borle, A. L., & Basu, S. (2022). Mobile Phone Addiction as an Emerging Behavioral Form of Addiction Among Adolescents in India. *Cureus*, 14(4), Article e23798. <https://doi.org/10.7759/cureus.23798>
16. **Borle, A. L.**, Gangadharan, N., & Basu, S. (2022). Lifestyle practices predisposing adolescents to non-communicable diseases in Delhi. *Dialogues in health*, 1, Article 100064. <https://doi.org/10.1016/j.dialog.2022.100064>
17. **Singh, S.**, Singh, S. K., Manar, M. K., Kar, S. K., & Gupta, A. (2022). Perception of home environment and its effect on the mental health of school-going adolescent girls of Lucknow: a cross-sectional study. *International Journal of Community Medicine and Public Health*, 9(8), 3125–3131. <https://doi.org/10.18203/2394-6040.ijcmph2022011>
18. **Chauhan, P.** & Rupani, M. (2021). High-risk health behaviours predict depression among school-going adolescents: the need for integration of mental health with school health program in India. *Journal of Community Psychology*, 49. 10.1002/jcop.22627.
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20. **Gam, R. T.**, Singh, S. K., Manar, M., Kar, S. K., & Gupta, A. (2020). Body shaming among school-going adolescents: prevalence and predictors. *International Journal of Community Medicine and Public Health*, 7(4), 1324–1328. <https://doi.org/10.18203/2394-6040.ijcmph20201075>
21. **Kiran, M. R.**, Kumar, U. V., Parthasarathy, N., Ambati, S., Krishna, Y.V., & Kumar, A.R. (2018). Physical Activity and Depression among Adolescents in West Godavari District, Andhra Pradesh. *Indian Journal of Public Health Research & Development*, 9(5), 96-101.



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