

Mamta

Research Scholarship Excellence Awards in Adolescent Health

Guidelines



MAMTA HIMC
BRIDGE TO HEALTH & BEYOND

Mamta Health Institute for Mother and Child

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A. Background

Adolescence is a unique stage in human development. In contemporary societies adolescent faces unprecedented and emerging challenges and health vulnerabilities which when remains unfulfilled without immediate focus is directed towards the well-being of adolescents.

Repeated National Family Health Survey rounds emphasised the heightened vulnerability of adolescents due to teenage marriage, teenage pregnancy, dual burden of malnutrition, substance use etc. This presents a prevailing case for investing in adolescent health programmes in the countries to promote adolescent health and wellbeing. Every dollar invested in adolescent wellbeing programme in India is estimated to yield returns ranging from USD 4.6 to 71.4 as per the report released in 2024.

In the context of India, generating evidence to identify the prevailing health issues among adolescents and testing potential solutions at the local level is essential. A 2021 search found that only 0.01% of research articles focused on adolescent health, underscoring a significant gap.

Mamta with pioneer work on Adolescent Health and Development for more than three decades, aims to build the capacity and promote adolescent health research in India. Towards this, "Mamta Research Scholarship Excellence Awards" was initiated, in 2016. This scholarship in India for medical postgraduates, PhD students and early career researchers is an opportunity to encourage local context based adolescent health research, advancing the development and well-being of adolescents by generating evidence on contemporary issues as well as longstanding challenges faced by adolescents. As part of its scholarship, adolescent health experts from Mamta HIMC offer mentoring support to the scholarship holders in the stages of the research process including design, data analysis, quality assurance, interpretation of results and scientific writing.

Mamta Research Scholarship Excellence Awards aim to:

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

B. Scholarship support focuses following themes in adolescent health

The research proposals (primary or secondary research) must focus the areas which directly or indirectly help in improving adolescent health and wellbeing. Below are the broad domains.

1. Clinical Services in adolescent health
2. Strategic pillars of National Program
3. Nutrition among adolescents
4. Sexual and Reproductive Health of adolescents
5. Mental Health of adolescents
6. Injuries and Violence among adolescents
7. Substance abuse of adolescents
8. Non-Communicable Disease
9. Climate Change and impact on adolescents

Expanding Our Focus

This year we are encouraging students to explore contemporary **emerging and urgent issues** that require evidence-based solutions and innovative thinking. These include:

1. Cyberbullying
2. Mental Health (with contemporary lens)
3. Climate Change
4. Artificial Intelligence
5. Road Traffic Injuries
6. Self-Harm

These themes reflect the evolving challenges for today's youth and underscore the importance of evidence and research for policy engagement for informed policy action to safeguard adolescent wellbeing.

C. Eligibility

- Early career researchers (within four years after post - graduation/Ph.D.) in a relevant discipline of adolescent health as above
- 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

D. Structure of Scholarship

Grant Sizes:

Scholarship amounts up to **INR 1 lakh** for all research activities. In addition, up to **INR 50,000** APC is included for publication in peer-reviewed national/international journal.

Financial support under the Scholarship will include the following:

- Primary data collection
- Contingencies (stationary/photocopies/ printouts/courier and subscription charges)
- Documentation (e.g. dissertation / report writing)
- Any other expenditure needed to improve quality of Adolescent Health research

Financial support will NOT cover:

- Capital cost such as equipment, vehicle, furniture
- Any foreign travel, or any personal travels, paper presentation, workshop
- Any overhead charges

E. Scholarship duration

Maximum tenure of the Scholarship will be **ONE** year for the proposed study topic.

Please note that *scholars who have received scholarship prior are not eligible for new scholarship.*

F. Submitting Proposal and Application

Interested applicants please submit the following documents to apply for this scholarship:

- **Applications along with a study proposal/protocol** on the prescribed format (*Annexure 1*) should be submitted before the call closing date. The study proposal must include your topic/title of the study, study design, research question and objectives, conceptual framework, geographic

coverage proposed methodology, analysis plan, ethical requirement, implications of the study for public health programmes and policies, detailed timeline (*Annexure-2*) and budget (*Annexure-3*).

- **Certificate of Institutional Ethical Clearance**
- **Proof of enrolment in MD/PhD degree or proof of being a faculty in an institute**
- **Age proof (Birth certificate etc.)**
- **Support letter from Head of the Institution/Department** for efficient use of Scholarship
- **CV of the applicant and his/her guide/ co-guide** along with publications in the relevant area of study must be enclosed (max 3-4 pages)
- **A short note** (maximum five hundred words) on the relevance of this scholarship for your career advancement in adolescent health and development and well-being.

Please note that an applicant can submit only **one application/proposal** in the prescribed format. Duplicate applications/proposals will be rejected.

H. Selection criteria for the Scholarship:

Selection will be made based on the academic record of the candidate and the quality of the proposal submitted. The applications will be screened by a screening committee based on the eligibility criteria. Applications found meeting the eligibility requirements will then be sent to a panel of experts. The evaluation and selection for the award of Scholarship will be guided by the following parameters that will be assigned with a definite score:

- 1) Relevance of the topic (score 10)
- 2) Clarity of the research question and objectives (score 10)
- 3) Study design/Methodology for data collection (score 15)
- 4) Background of the Candidate and Guide/Principal investigator (PI) (score 5)
- 5) Ethics statement (score 5)
- 6) Budget (score 5)

Proposal will be shortlisted based on merit for further discussion.

I. Intimation to candidate and institution to which he/she is attached

Once the proposal is selected, the concerned applicant/candidate, principal investigator and institution/university shall be intimated via email/registered mail. The names of the scholarship recipient will be posted on Mamta's website.

J. Quarterly Monitoring progress

The Scholarship holders are required to submit quarterly progress report. Strict adherence on this is highly recommended for the next releases.

K. Publication

Scholarship recipients will be eligible for reimbursement of journal publication fees up to INR 50,000, upon submission of the payment receipt. Reimbursement for publication is only granted once the plan of manuscript and the manuscript is reviewed by technical team at Mamta (Minimum 2). As shared responsibility, concerned institutional reviewers of the manuscript would join as co-authors. Please note, manuscript which is not shared for review, publication fees will **not** be reimbursed, regardless of acceptance by the journal.

Scholarship holder is strongly encouraged to publish research papers based on the proposed research work with joint authorship of Mamta team as they will be providing the continuous mentoring. Candidate will mention the following funding source information for the research in the publication.

“This study has been funded by Mamta Health Institute for Mother and Child as part of Mamta Research Scholarship Excellence Awards in Adolescent Health” in the acknowledgement section. Mamta-HIMC will have the right to access data and publish reports/papers or make presentations with the Scholarship holder and the principal investigator as co-authors.

L. Submission of application

Application in the prescribed format (Annexure 1-2) along with all the documents (as listed in section G above) to be submitted through Online ([Application Form For Mamta Scholarship Scheme 2025-26](#)) by **December 1st, 2025** and email the screenshot of Acknowledgment on mamtascholarship@mamtahimc.in.

Scholarship Coordinator

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Website– <https://mamtahimc.in>

Annexure-1

Section 2: Details of the Proposed Study Project

Focus themes for 2025-26 are

Cyberbullying, Mental Health (with contemporary lens), Climate Change, Artificial Intelligence, Road Traffic Injuries, Self-Harm

1. Title of Proposed Project:
2. Introduction: The introduction section must be structured. It should open with introduction of the study theme and highlight the important issue with statistical and other relevant data available from standard references. It should also mention the evidence of interventions available in existing literature and potential gaps. In addition, introduction should also contain information about the existing National Programs, guidelines and policies addressing the issues as well as the challenges within the system to address the issue. Based on this, researcher should frame appropriate research questions to address the issues around adolescent health. Researcher should also state how the study will fill the gaps in data by adding latest information. In addition, it should also mention benefits of the outcome for benefit of the public health system.
3. Aim(s) and objectives: Must be framed according to the research question.
4. Detailed study plan. (PI include details of study design, sample size, study site, methodology and analysis)
4a. Study Site (Location, its current situation with subject matter, urban/ rural) and population The details of study location should highlight the relevance with research question and study objective.
4b. Study Design: A) Descriptive or Analytical B) Observational study: Case study/ Cross sectional / Cohort study /Case-control C) Qualitative research/ Quantitative research
4c. Sample size (Sample size estimate & sample method): This section should describe in detail about the strategy/approach for achieving the objective. This should also include appropriate sampling strategy and sample size estimation based on the type of the study adopted.
4d. Data Collection plan and data management This section should describe in detail about the plan for data collection such as who will collect the data and type of data to be collected (Qualitative/Quantitative), variables that will be collected, platform to be used for data collection such as manual or application, etc. It should also list out in detail about methods to maintain data privacy and assurance of data quality. There must be detailed plan for data analysis including the mention of the statistical expert, techniques, tests, software with versions, etc. that will be used for analysis.
Expected outcomes/utility of the study and its future significance
4e. Timeline of proposed study
5. Ethical issues in study The proposed study must adhere to ICMR ethical guidelines.
6. Attach proposed study tools / Questionnaire

Annexure-2

Section 3: Details of the Proposed Budget (Please refer point D of Guidelines)

S.no.	Items	Amount requested in INR	Justification
1.	Human Resource		
2.	Travel		
3.	Contingency		
4.	Any Other Charges		
Total			