



MPOWER
Meghalaya Project for
Adolescent Wellbeing,
Empowerment & Resilience

OUTLINE

- Why should we **focus on Adolescents**
- Meghalaya's unique **Challenges & Opportunities**
- **Our Life-Cycle Approach** to build positive outcomes
- MPOWER **Comprehensive Adolescent Development Framework**
- **Operationalising** the MPOWER Framework
- Design and Implementation
- **Budget, Timelines and Project Readiness Checklist**

Adolescence | A Critical Window

Along with the early childhood period, the adolescence age has been identified as a critical window of opportunity. Moreover, adolescence is a much longer age window than previously recognized.

9-14

Transition into Adolescence

“Changes in neural systems and re-orientation to social and emotional information processing streams”

15-19

Spiraling Patterns of Development

“Behavioral and emotional patterns experienced across adolescence can spiral into positive or negative outcomes as a result of complex interactions of social, emotional, psychological, behavioral and neurodevelopmental processes”

20-25

Transition to adulthood

“young adulthood is a time of dramatic change in basic thinking structures, as well as in the brain”

Sources

https://all4ed.org/wp-content/uploads/2017/01/EDUCATION_4_Dahl_nov_11_2016.pdf
<https://www.unicef-irc.org/article/1750-the-adolescent-brain-a-second-window-of-opportunity.html>
<https://developingadolescent.semel.ucla.edu/topics/item/6-fast-facts-about-adolescent-development>
https://www.unicef-irc.org/publications/pdf/adolescent_brain_a_second_window_of_opportunity_a_compendium.pdf
<https://hr.mit.edu/static/worklife/youngadult/cchanges.html>

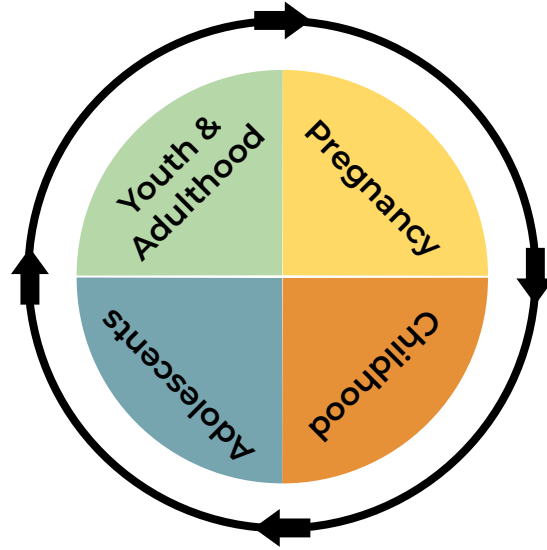
Meghalaya has a young population with **74% of the state's population below the age of 35**

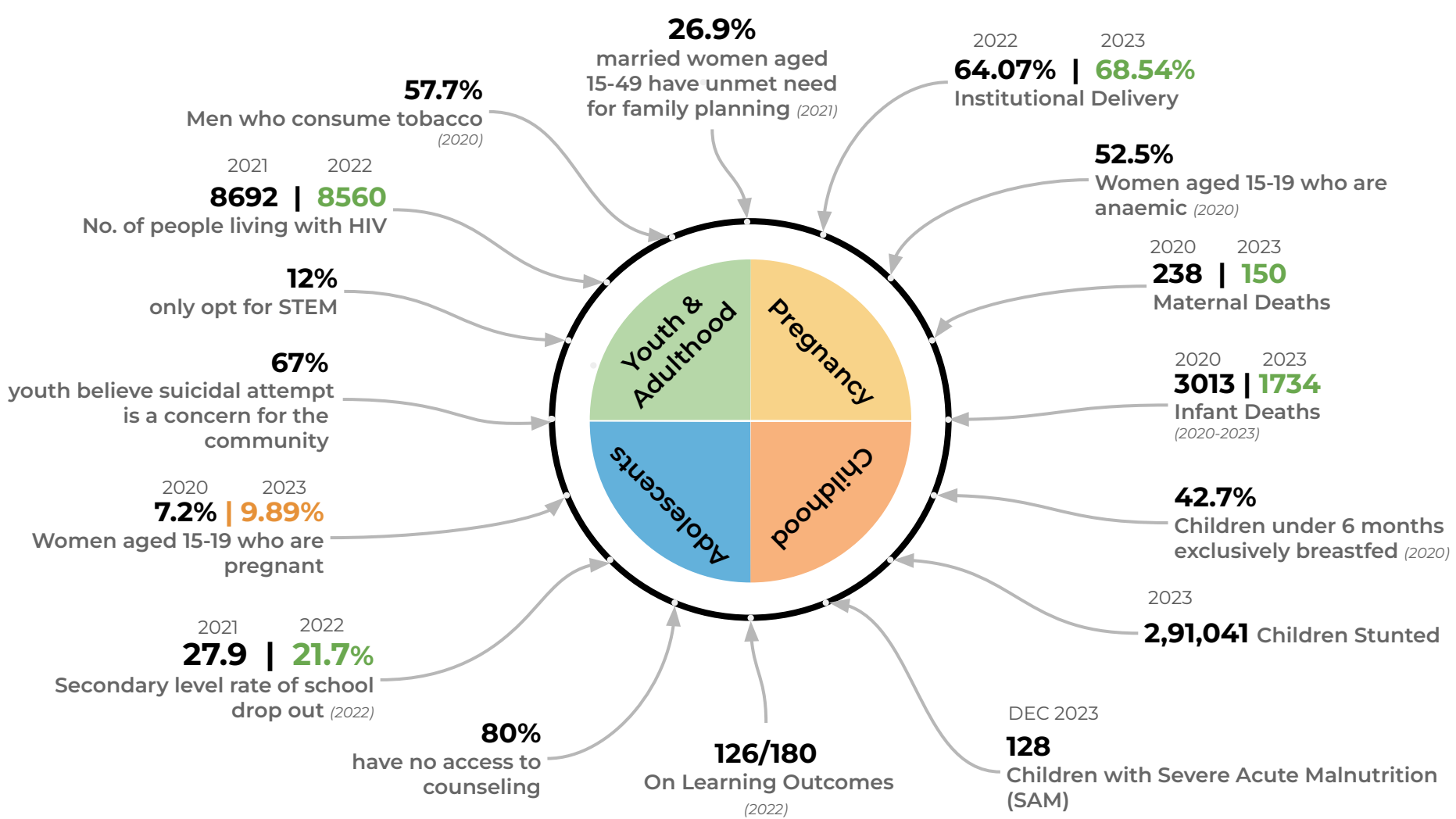
Growing up in a unique context that present distinct **challenges and opportunities**

Our young population is a huge opportunity for Meghalaya, and also a huge responsibility for the State to achieve our development goals

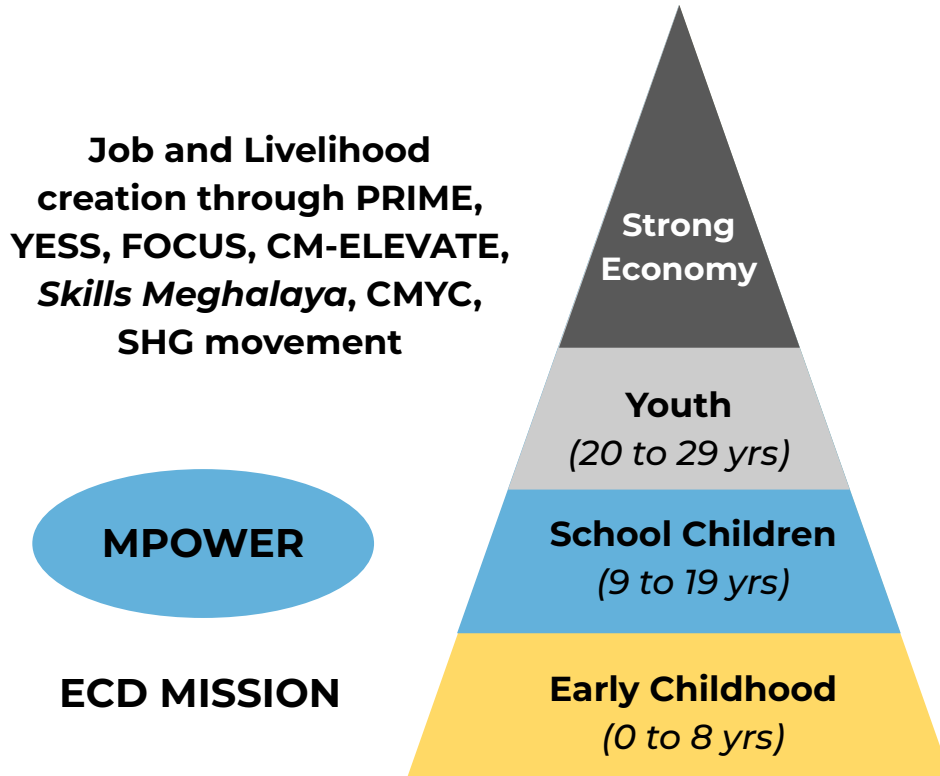


We need to use a **Life Cycle Approach** to understand the challenges of adolescents and youth in the state





Life cycle approach to nurture human capital in the state



Goal: To create strong foundations for future development of Meghalaya

Skilling, employment and entrepreneurship systems for youth will help us reap the benefits of demographic dividend

Adolescence is a critical window of opportunity to improve the physical health & mental well being of our youth to achieve their full potential

90% of Brain Growth happens just in the first 5 years. This period lays the foundation for a strong economy

MPOWER has been conceptualised
by the state to address the critical
gaps for a more **comprehensive
development of adolescents in
Meghalaya**

MPOWER will develop a tailored & contextualised

Comprehensive Adolescent Development Framework

Socio-Emotional & Mental Wellbeing

Build strong social relationships and ability to promote strong mental wellbeing

Physical Health

Generate awareness and promote practices for healthy behaviors and choices

Cognitive Capacity

Develop key skills such as critical thinking, executive functioning, learning outcomes and increased high school graduation

Careers & Aspirations

Cultivate interests and aspirations from early ages, build a growth mindset and pathways to make them future-ready

Schools

- Remedial support in Literacy & Numeracy - **Learning Mission**
- Build **safe spaces** with peer led discussions on mental wellbeing, SRH & career aspirations
- Clubs to encourage positive extracurricular activities to achieve CM's **One Child One Skill** Vision

CM Youth Centres

- **Cultivate interest** in innovation and entrepreneurship
- **Build aspiration** through career counselling and mentors
- **Create pathways** for out-of-school youth to transition to school or skilling opportunities

Communities

- Community reading program to build **foundation learning**
- Community safe spaces for important **discussions on adolescent development**
- Community clubs where positive extracurricular activities **build networks**
- Innovative **dynamic content** on adolescents

Comprehensive Adolescent Development Framework

Socio-Emotional & Mental Wellbeing

Physical Health

Cognitive Capacity

Careers & Aspirations

Clubs in Schools and Communities

Explore passions through
extracurricular clubs
tailored to interests



STEM/Coding: Developing an engaging world of science, technology, engineering, and mathematics through coding and other hands-on activities.



Music, Art & Video: Creative expression through art, music composition, video production, and multimedia projects.



Sports: Stay active and build teamwork skills through participation in various sports activities and competitions.



Start a new club: Discover new interests and talents through a diverse range of clubs based on unique passions and hobbies.

Operationalising the **MPOWER** Framework

Leveraging existing systems

School Health & Wellness Program & Bag less days in Schools; SHGs, Village Health Councils, YESS in Communities

Gatherings

Local events such as Market days, Festivals, Competitions, Fetes, Seng Khih Lang, Seng Khynnah, etc.

Media & Web

Engagement through Webcomics, Webseries, Whatsapp Chatbot, etc.

MPOWER will adopt the
State Capability Principles
keeping adolescents and school
children at the **CORE**

Data Innovation Lab

to improve the Human
Development Data Ecosystem
& Utilisation



State Capability

Wellbeing Data

- Health & Nutrition
- Mental Health
- Education & Skilling

Economy Data

- GDP at State & District Level
- Labor Force Survey
- Product Space Analysis

Data on Demand

System to collect data and surveys through Village Community Facilitators

Strategy & Policy Support

- Science-Based **Adolescent Development Framework**
- Job Creation Strategy
- **Assessments on systemic issues** such as the School Dropouts.

Implementation Support

- Establish the **Centre for Adolescents & Youth**

Build capability across departments to solve problems and improve outcomes

Community participation

Increased involvement of community stakeholders in leading adolescent development

Key Outcomes



Physical Health

1. Low Teenage Pregnancy
2. Lower Prevalence of cigarettes, tobacco use & drug abuse
3. Reduced Anaemia among adolescents
4. Improved Weight status



Socio Emotional Wellbeing

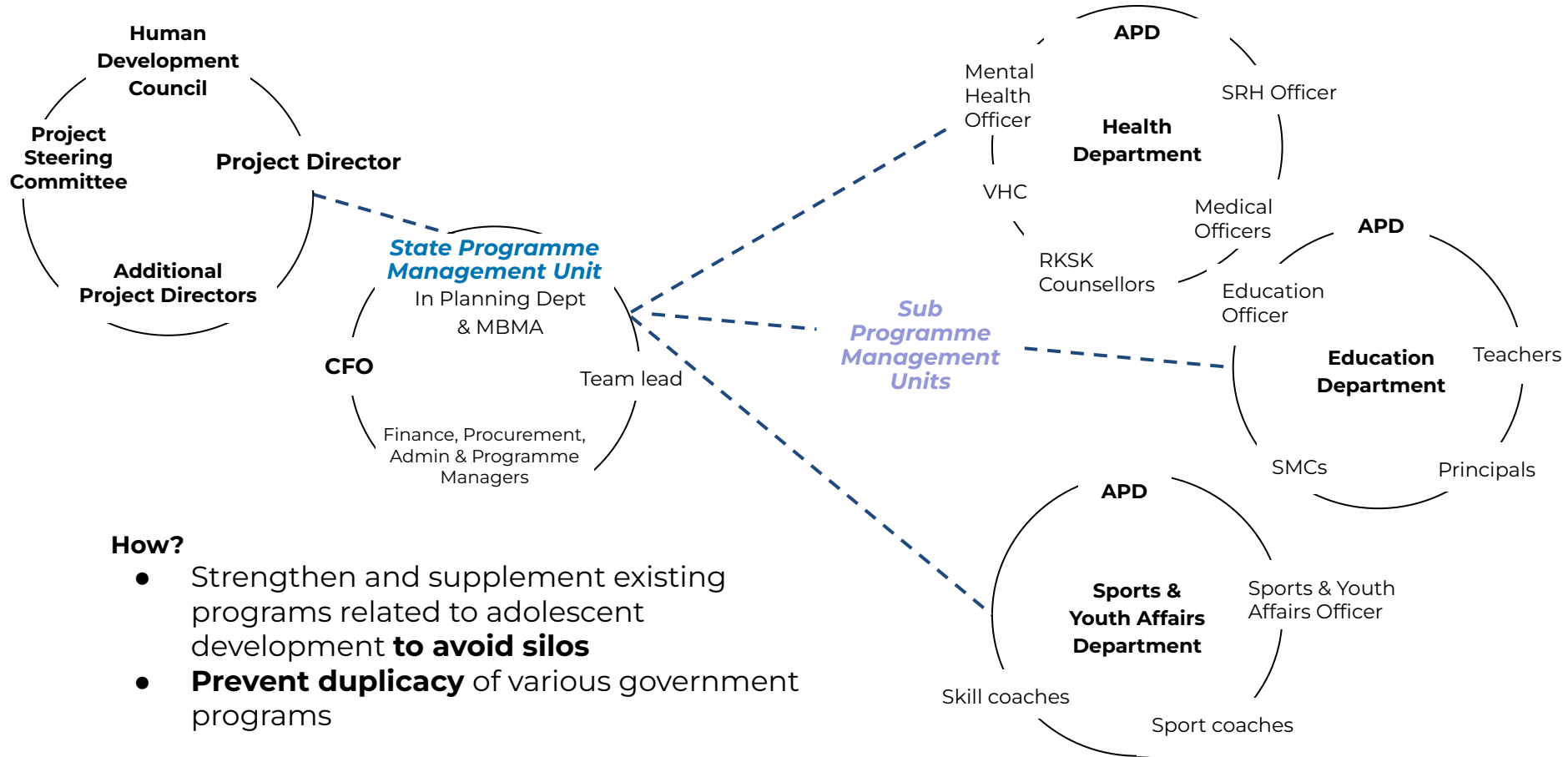
1. Reduced depression and/or anxiety
2. Reduced suicidal thoughts
3. Improved care seeking among adolescents
4. Healthier coping mechanisms than Substance abuse



Education & Economic

1. Improve students' learning outcomes in Foundational Learning & Numeracy
2. Higher retention of adolescents in School
3. More Students in STEM Fields
4. Higher Class 10 & 12 pass percentage
5. Increased employment among youth with a successful school to work transition

Design & Implementation



Human Development Council

Hon'ble
Chief
Minister

Chairman

Cabinet Ministers of the following Departments

- Health & Family Welfare
- Social Welfare
- Education
- Community & Rural Development
- Urban Affairs
- Sports & Youth Affairs
- Agriculture
- Food and Civil Supplies

- **Chief Secretary** to the Government of Meghalaya
- **Additional Chief Secretary** to the Government of Meghalaya

Member Secretary:
Development Commissioner to the Government of Meghalaya

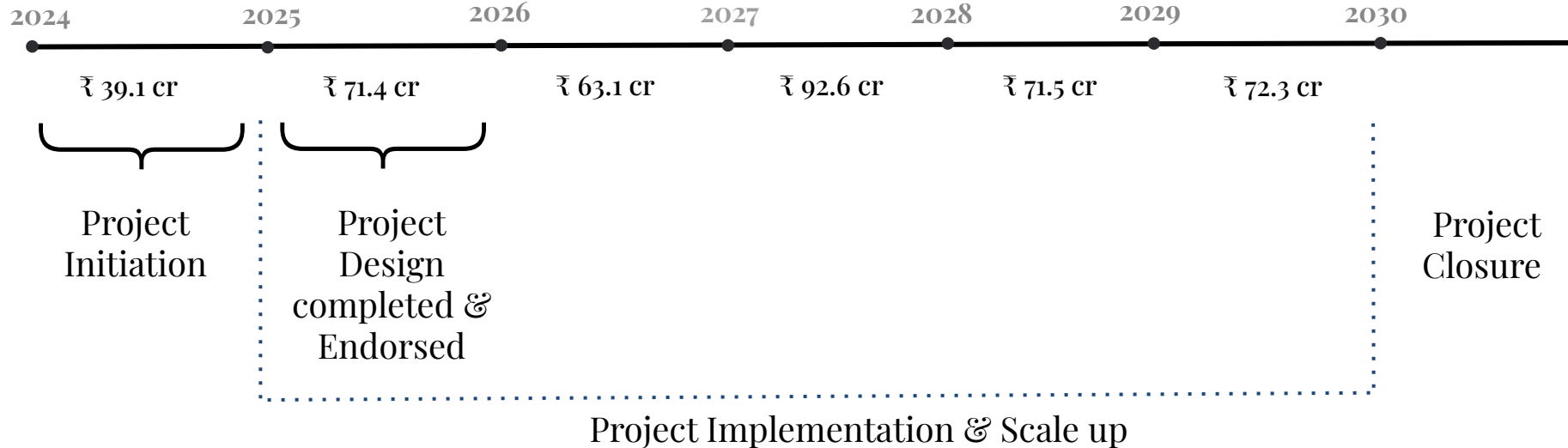
Principal Secretaries of the following Departments

- Health & Family Welfare
- Social Welfare
- Education
- Community & Rural Development
- Urban Affairs
- Sports & Youth Affairs
- Agriculture
- Food and Civil Supplies

BUDGET

Total Budget
World Bank's share
State share
₹ 82
₹ 410 Crore

US\$ 50 million
US\$ 40 million
US\$ 10 million
US\$ 1
US\$ 50 million



EXPECTED OUTCOMES

Year	Adolescents reporting improvement in well-being	Adolescents receiving life-skills and mental health education	Reduction in the drop-out rate
2025	0	50,000	21.70%
2026	0.02	125,000	21%
2027	0.04	2,50,000	20%
2028	0.06	3,00,000	20%
2029	0.08	4,00,000	19.50%
2030	0.1	5,00,000	19.50%

Timeline And Outcomes

January 2024

Project Initiation

January 2025

Project Design completed and Endorsed

February 2025- January 2030

Project Implementation and Scale up

February 2030

Project Closure

Outcomes		
	January 2025	February 2030
Adolescents reporting increased well-being (Percentage)	Baseline established	+10 percentage points
Adolescents receiving life-skills and mental health education (in school, out-of-school) (Number)	50,000 adolescents trained	5,00,000 adolescents trained
Reduction in the drop-out rate of adolescents in secondary education (Percentage)	21.7% drop out rate	18.5% drop out rate

Thank You

Appendix

17%

of Maternal Deaths
were of **Teenagers**

**Teenage girls are at a
higher risk of facing
complications during
pregnancy**

61%

of Teenage Maternal
Deaths were at
Home or in Transit

**Teens are also less likely to
seek medical care
potentially due to fear of
legal ramifications**

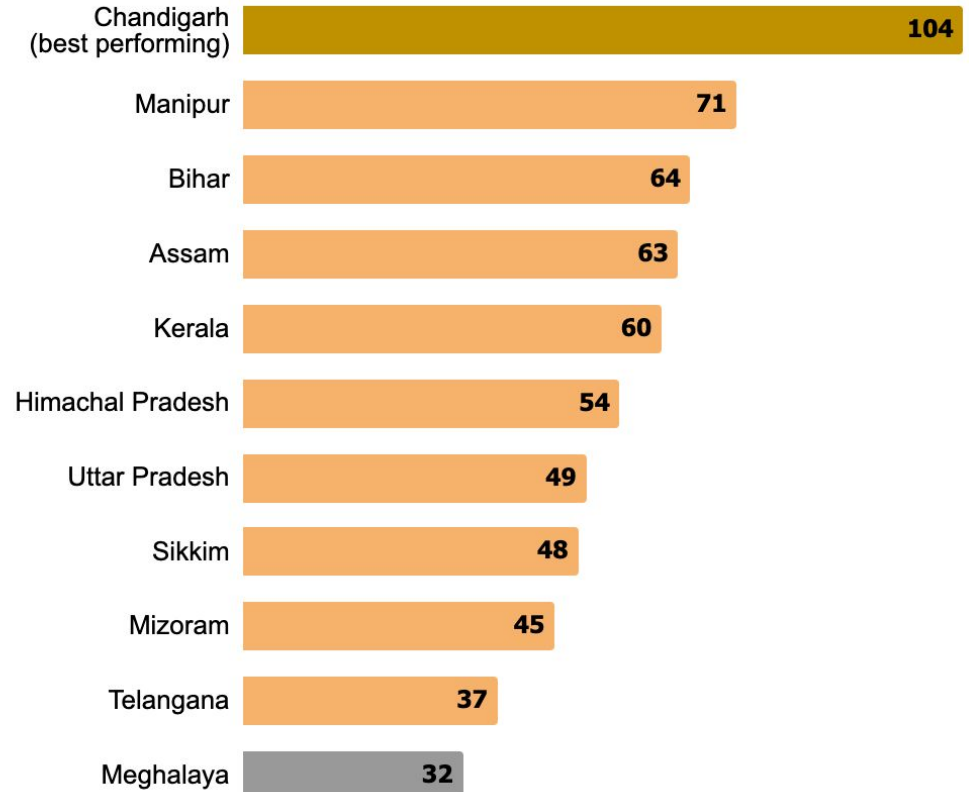
**Aside from health, young people
in Meghalaya are facing
numerous other challenges**

According to the report, **Meghalaya demonstrates the lowest learning outcomes score among all states**, achieving only 31.6 out of 290.

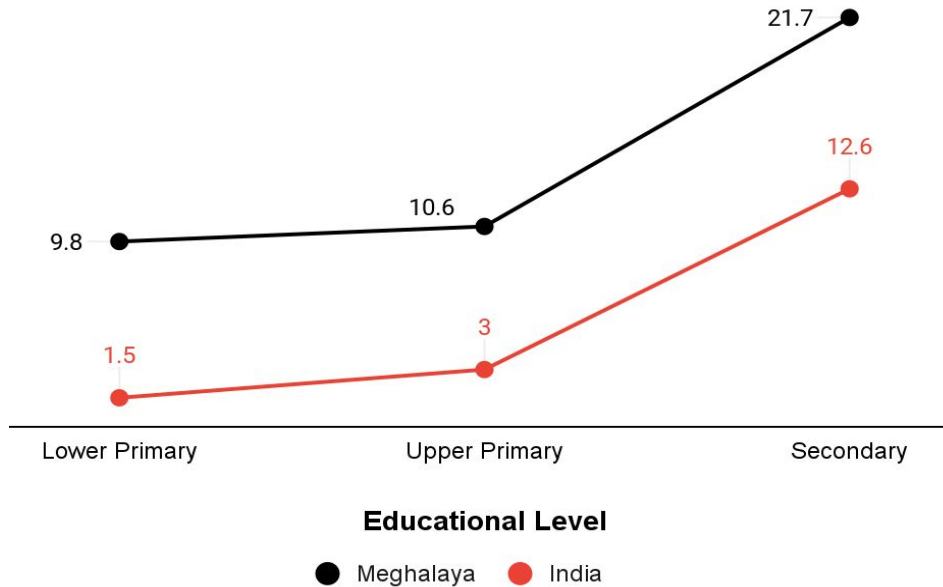
Over the past few years, the state has made considerable progress on improving infrastructure. **The state needs a targeted mission to address learning outcomes**

Learning Outcomes (score out of 290)

Source: Performance Grading Index 2021-22, Ministry of Education



Meghalaya's dropout rate versus the National Average in 2021-22



Source: UDISE+

Meghalaya's dropout rate is higher than the National Average at every education level.

Meghalaya's high dropout rate at secondary level, (21.7%) is the second-highest among Indian states.

At the national level, significant dropout takes place at secondary level wherein out of the 12.6% only 3% can be accounted for in lower levels.

MPOWER Component Summary

1. School-Based Activities

1.1 Remedial Learning at UP grades led by teacher and student volunteers (**Learning Mission**)

1.2 School Clubs for SS and HS Schools supported by Youth Facilitators & Skill Coaches (tagged to **CMYC**) (**One Child One Skill**)

1.3 Life Skills activities and discussions in UP, HS and SS schools led by teachers and Youth Facilitators

1.4 Career Counselling in HS and SS schools by trained teachers

2. Community-Based Activities

2.1 Community reading program led by local volunteers (**Learning Mission**)

2.2 Community Adolescent Clubs led by Youth Facilitators (tagged to **CMYC**) + Gatherings of Clubs

2.3 Communication & Outreach using edutainment, webcomics, whatsapp chatbots, etc.

2.4 Economic Pathways for out-of-school students: eg. bridging/NIOS/vocational training in high-demand fields

3. State Capability Interventions

3.1 Development of Competency and Wellbeing Framework for Adolescents

3.2 State Capability and Institutional Strengthening using State Resource Centre / Lab through expanding Center for Developing Child. Will train community institutions & ground-level & cluster-level volunteers

3.3 Testing and Scaling Innovative models for adolescent development

3.4 Data Systems + Monitoring & Evaluation + Project Management

Adolescent Clubs



Inspired from the success of Self-Help Groups in the state, student-led Adolescent Clubs will be formed **in schools & communities** to engage the adolescents.

School Level

Strong Foundations Club

Weekly Safe Space discussion led by Student Ambassadors that will be attended by all students.

+

Special Interest Clubs

STEM/
Coding

Music &
Video

Sports

Other Areas
(based on interest)

State & District/Cluster Level

Curriculum & Activity Guides

for different types of clubs, which can also be made available online.

Career Guidance

to help adolescents develop career pathways for successful school to work transition

Competitions & Gathering

for clubs at cluster and state level to build interest and networks.

Megh Opportunity to Rise (MORE)

Mentoring & Exposure Visits for selected students and clubs. Potential partners:

Entrepreneurship - PRIME

Tourism - Meghalayan Age

Management - IIM

STEM & AI - CMYC and IT Park

Music - MGMP

Peer Discussion Circles



Weekly small group discussions taking place in schools and in communities that is guided by the aged based **Adolescent Development Curriculum**



Curriculum to be disseminated through multiple platforms

Existing Systems

School Health & Wellness Program
Chief Minister Youth Center (CMYC)
RKSK Counsellors & 14410 Helpline
SHGs & Village Health Councils

Social & Other Media

Webcomics & Web-series
Events such as Youth Film Series

Technology Platform

Engaging website for all Adolescent & Youth Issues
Whatsapp Chatbot

Edutainment Campaigns



Boost visibility to garner more participation, promote activities to garnager reach, visibility and recognition, and enge the community



- Short Videos on Adolescent Development that can be used in discussion circles and in community gatherings, eg. VHC meetings, VEC meetings, SHGs
- Club Competitions such as art for mental health, coding challenges, etc.
- Engaging IEC material such as comic strips, webseries, etc. to raise awareness on adolescent development