



# Index

## INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India  
& Ministry of Health & Family Welfare, New Delhi)  
**Constituent Unit of Malwanchal University, Indore**



Ref.No.:IIDS/Misc.VAC/2024/ 42-B

Date: 21.04.2024

### CIRCULAR

Index Institute of Dental Sciences, Indore is organizing a value added course entitled "EMPOWERING YOUTH " to aware about the initiatives for Youth Empowerment and Development . Interested students and interns can attend the session and gain insights for the same. The value added course will be held on 25/04/2024-28/04/24 , at Auditorium IIDS.

Details are as per the brochure attached

S. Gargya

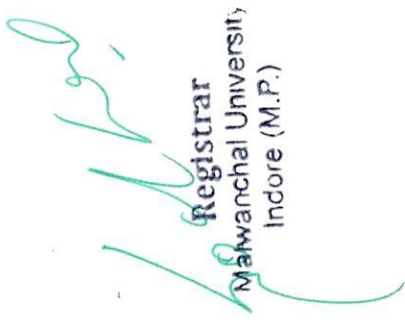
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Index Institute of Dental Sciences,  
Indore



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- Registrar (Malwanchal University, Indore)
- All concerned authorities
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Prepared By: Dr. Chinmay Vyas.

  
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Indore (M.P.)

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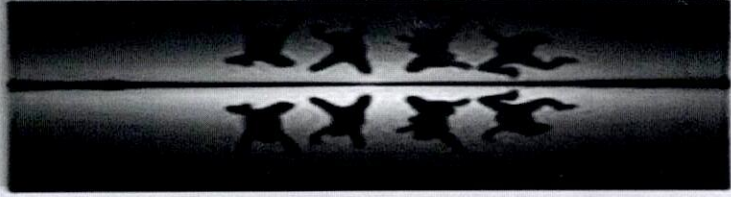




**MALWANCHAL UNIVERSITY**  
**IQAC, MALWANCHAL UNIVERSITY & INDEX**  
**INSTITUTE OF DENTAL SCIENCES**

# YOUTH

The  
 Secrets to  
 Wealth



# EMPOWERING YOUTH

## ABOUT

Youth empowerment is the process of providing young people with the resources, skills, and opportunities they need to positively impact their lives, their communities, and society. Empowering youth is crucial as it contributes to economic growth, social cohesion, and sustainable development. Young people represent a vast and dynamic group with the potential to drive change, address social issues, and inspire future generations.

## RESOURCE PERSON

**Dr. Manasi Kewlani**  
 25<sup>th</sup> APRIL - 28<sup>th</sup> APRIL 2024  
 Venue - Index Institute Of Dental Science,  
 Indore  
 Timing - 9:30 am onwards  
 Registration Free

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## PROGRAM OUTCOMES

Youth empowerment is a critical element for fostering a progressive, innovative, and inclusive society. By equipping young people with education, skills, and opportunities, we create a foundation for a more equitable and sustainable world. When youth are empowered, they not only contribute positively to society but also become champions of change, driving progress for generations to come. Empowering youth is not merely an investment in individuals but a long-term commitment to a resilient, vibrant future.

## COURSE OBJECTIVES

- Education and Skill Development
- Economic Empowerment
- Civic Engagement and Leadership
- Health and Well-being
- Environmental Awareness and Sustainability

## MODULES

- Significance of Youth Empowerment
- Barriers to Youth Empowerment
- Lack of Mentorship and Guidance
- Recommendations for Effective Youth Empowerment

## REGISTRATION CONTACTS

Dr. Anu Vashisht 9561910483 Department of  
 Conservative & Endodontic Dentistry  
 Mr. Shivam Sharma 91952770393  
 Student Section, Malwanchal University





# Index

## INSTITUTE OF DENTAL SCIENCES

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**Constituent Unit of Malwanchal University, Indore**



### REPORT

#### Value Added Course - Empowering Youth

Date- 25/04/24- 28/04/24

Venue- IIDS Auditorium

Course Code: IIDS/VAC/2024/07

Number of attendees: 70

Subject-“ Empowering Youth”

Index Institute of Dental Sciences (IIDS), Indore, organized a comprehensive 3-day value-added course titled " Empowering Youth " from April 25 to April 28, 2024. The program was a resounding success, with notable sessions led by esteemed expert Dr. Manasi Kewlani, M.D.S., who delivered insightful lectures.

The programme was scheduled for 16 hours from 25/04/24- 28/04/24. These modules were discussed during the free hours of the students. The registration was done free for all students. The total duration of course was 16 hours.

The resource person was Dr. Manasi Kewlani. Different modules were covered in detail with simultaneous student interaction.

#### Day 1: Introduction to Youth Empowerment

Youth empowerment refers to the process of equipping young people with the necessary resources, skills, and opportunities to enhance their lives, contribute meaningfully to their communities, and positively impact society at large. It is an essential process for fostering the growth and development of individuals and, by extension, the collective growth of society. As young people represent a vast and dynamic segment of the global population, their potential to drive social change, tackle emerging challenges, and inspire future generations is immense. When youth are empowered, they not only improve their own lives but also contribute to broader societal goals such as economic growth, social justice, and sustainable development.

The significance of youth empowerment cannot be overstated. Young people, by virtue of their numbers and their energy, have the ability to reshape the world. When empowered, they possess the capacity to solve pressing issues such as poverty, inequality, and environmental degradation. Empowering youth helps in creating an inclusive, innovative, and resilient society. Investing in their development leads to a more productive workforce, socially conscious citizens, and effective leaders who can take on the challenges of today and prepare for the future of tomorrow.

S. Gargya



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the future. Therefore, youth empowerment is not just about improving the lives of young individuals—it is about fostering a society that thrives through their contributions.

### **Day 2: Core Components and Barriers of Youth Empowerment**

Youth empowerment is a multi-faceted process, underpinned by several key components. These components collectively contribute to the personal, social, and professional development of young people, and by strengthening them, we ensure that youth are adequately prepared to lead change. The core components of youth empowerment are:

- 1. Education and Skill Development**  
Education is a fundamental pillar in the empowerment of youth. It provides the knowledge and critical thinking abilities necessary for informed decision-making, problem-solving, and innovation. Access to quality education also plays a key role in equipping young people with the skills they need to succeed in a rapidly evolving global economy. Beyond formal education, vocational training, and life skills development are also critical in preparing youth for the workforce.
- 2. Economic Empowerment**  
Empowering youth economically is a vital aspect of their overall development. Providing young people with opportunities for employment, entrepreneurship, and financial literacy not only ensures their financial independence but also boosts economic growth. Economic empowerment creates pathways for youth to contribute to their communities through job creation, innovation, and the fostering of sustainable businesses.
- 3. Civic Engagement and Leadership**  
A critical aspect of youth empowerment is fostering active civic engagement. When young people are encouraged to participate in civic activities, volunteerism, and leadership roles, they develop a sense of responsibility toward their communities and the world. This involvement nurtures leadership qualities, fosters social cohesion, and promotes democratic values.
- 4. Health and Well-being**  
Empowered youth must also have access to adequate healthcare, mental health support, and general well-being initiatives. A holistic approach to youth empowerment includes addressing physical, emotional, and psychological needs, as young people are more likely to succeed when they are in good health. Supportive mental health services, nutrition, and health education are integral to ensuring that youth are prepared to meet the challenges they face.
- 5. Environmental Awareness and Sustainability**  
Given the growing environmental challenges that the world faces, youth empowerment also involves increasing awareness about sustainability. Educating young people on environmental issues, such as climate change and conservation, and equipping them with the tools to take action, helps to ensure a sustainable future for generations to come.

While these core components are essential for empowering youth, there are numerous barriers that can impede the realization of their full potential. These barriers include:



Dr. Manoj Kumar  
Dean, Institute for Research and Development in Education, Indore (M.P.)



- **Limited Access to Resources:** Many young people, especially in disadvantaged communities, face challenges accessing quality education, training, and employment opportunities. Socioeconomic inequality and lack of infrastructure can further deepen these disparities.
- **Discrimination:** Youth in marginalized groups—whether based on gender, ethnicity, disability, or other factors—often encounter discrimination that hinders their access to opportunities and resources. This creates significant barriers to empowerment, preventing young people from fully realizing their potential.
- **Political and Social Instability:** In areas experiencing political turmoil, conflict, or instability, youth empowerment initiatives are often deprioritized or underfunded. This lack of investment in youth development can leave young people without the support they need to succeed.
- **Lack of Mentorship and Guidance:** The absence of role models or mentors who can provide guidance, encouragement, and advice limits youth's opportunities for personal and professional growth. Mentorship is essential for helping youth navigate their goals and challenges.

To overcome these barriers, there are several strategies that can be implemented:

1. **Strengthen Educational Infrastructure:** Ensuring that educational institutions are accessible, inclusive, and equipped with the resources needed to foster learning is a critical step in empowering youth. Investments in education can provide young people with the tools they need to succeed.
2. **Increase Funding for Youth Programs:** Governments, NGOs, and other stakeholders must prioritize funding for youth empowerment programs. These programs can provide young people with training, mentorship, leadership development, and employment opportunities.
3. **Promote Youth Participation in Policy-making:** Involving young people in decision-making processes—especially those that affect their future—can empower them by giving them a voice. Encouraging youth participation in civic activities and policy-making fosters ownership and accountability in society.
4. **Encourage Global Collaborations:** Youth empowerment is a global challenge that requires collaborative solutions. Governments, businesses, and international organizations must work together to share knowledge, resources, and opportunities that benefit young people across the globe.

### Day 3: Conclusion and Call to Action

Youth empowerment is crucial for building a progressive, inclusive, and sustainable future. It is about more than just providing young people with education and opportunities; it is about fostering a mindset of resilience, leadership, and civic responsibility. When young people are empowered, they contribute not only to their own well-being but also to the betterment of their communities and societies. They become the change makers who can drive progress in areas such as economic development, social justice, environmental sustainability, and global peace.



S. Gargya

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As Dr. Manasi Kewlani, a recognized advocate for youth empowerment, was felicitated by Dr. Suparna G. Saha, it highlighted the importance of recognizing the contributions of those who champion the cause of empowering the next generation. Celebrating such efforts reinforces the message that youth empowerment is not just an ideal but a crucial goal for achieving long-term global progress.

The call to action is clear: Stakeholders—including governments, NGOs, businesses, and local communities—must collaborate to provide comprehensive and inclusive youth empowerment initiatives. By investing in the youth of today, we are ensuring a better, more resilient tomorrow. It is time to harness the collective potential of young people and empower them to be the leaders, innovators, and advocates for a brighter future.

S. Garguly



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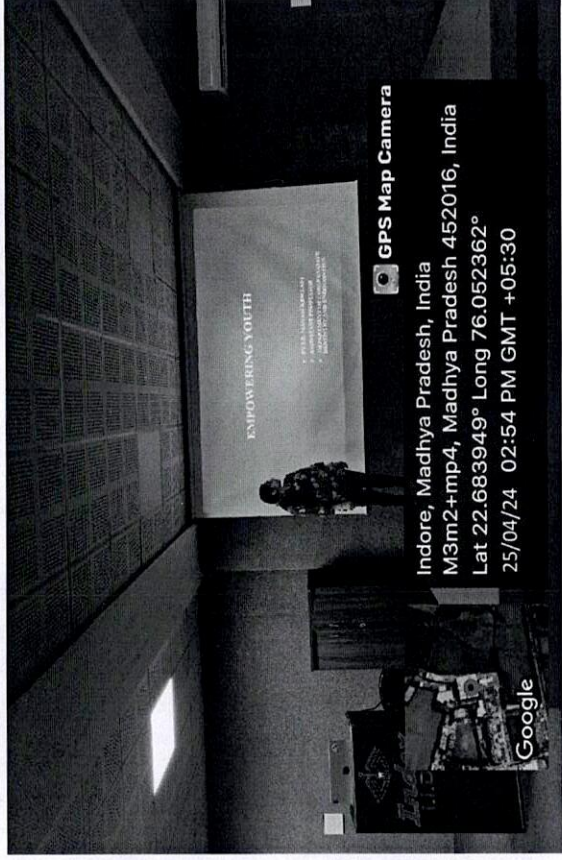
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