

## There are a number of ways in which you can support Nalamdana

**Nalamdana**, meaning "Are you well?" in Tamil, is a non-profit organization based in Chennai, South India. It was founded in 1993 by a group of like-minded young people who felt strongly that information and creative persuasion can create positive social change and lead to a healthier and more empowered society.

Using innovative and participatory communication methods ranging from community drama, music, radio and film to interactive teaching tools and interpersonal communication, Nalamdana reaches out to low literacy and vulnerable groups with key health and life skills information.

***Nalamdana** is a catalyst for social change.*

Over the last 18 years, Nalamdana has reached out to many audiences around Tamil Nadu and in some other Southern States. Most of Nalamdana's funding has come from international organizations. With the changing international atmosphere in terms of funding and India's increasing prominence in the world stage, and Tamil Nadu's growing economy and success, Nalamdana feels strongly that future support for programmes that affect our own communities must come from within.

1. **Direct and Unrestricted Donations:** These are typically larger, one-time donations that help Nalamdana build a corpus fund for their operational expenses. Make a direct donation to Nalamdana to support their already ongoing programmes that can benefit from additional support to make them more effective and reach more widely.
2. **Annual Giving:** Individuals or companies in India and abroad sometimes choose to make annual donations of a certain sum. Reminders will go out to them annually for the same. Sign up for an annual donation commitment.

### 3. Workplace Programmes:

- Engage Nalamdana to develop a tailor-made programme for their work force on the health or social topic that concerns them the most
- Take advantage of the excellent tools already developed by Nalamdana on a range of issues and sponsor additional copies of them for their own work communities or other communities/ schools/ beneficiaries that Nalamdana can help identify.

### 4. Wish List

	Item	Cost (in Rupees)
1.	Own vehicle. A hardy, 4-wheel drive, field capable vehicle like a Toyota Innova.	12,00,000.00
2.	Programme sponsors for <b>NEW Thendral</b> Community Radio Station. Will include an entertaining sponsored programme series on health and social issues as well as advertisement space during that time.	5,00,000.00
3.	Support to the Nalamdana Youth Education and Leadership	
	Annual Sponsorship of one student	7,000.00
	Lifetime endowment (one student supported annually from interest)	1,00,000.00
	<i>Support includes school fees, books, uniform, activities and annual summer workshop</i>	
4.	Top to Toe Adolescent health flip-chart for classrooms - sponsor the printing of copies	1,00,000.00
5.	Printing copies of the Sakhi Saheli (a training module on RH for girls). This manual has been translated from English to Tamil by Nalamdana.	1,00,000.00
6.	Making copies of the <i>Red and Blue Book</i> (on growing up for adolescents) in Tamil to distribute them to the schools, colleges and the youth clubs of <i>Nehru Yuva Kendra Sangathan</i>	2,00,000.00
7.	Supporting the <b>annual</b> part running cost for the “ <i>Are you well: Arts - in - the - Hospital</i> ” Project ( <i>Thendral</i> Cable radio, role plays and full length plays) at the Government Hospital of Thoracic Medicine.	6,00,000.00
8.	Community drama performance in a slum or village on any health or social topic Nalamdana has scripts for (eg: HIV/AIDS, female infanticide, alcoholism, reproductive health)	20,000.00
9.	Performance: School setting (example: on sexual abuse, hygiene, child rights, etc.)	(cost per show) 10,000.00
10.	Sponsorship of education for 20 HIV infected/ affected children per year (Rs. 2,000 per child, per year)	(per show cost) 40,000.00
11.	Sponsorship of copies of Nalamdana films on DVD like <i>Maaya Changu</i> , <i>Nandavanathil</i> , <i>Pesu Maname Pesu</i> . Rs. 100 per copy	1,00,000.00

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# How to Give

All donations in India are exempt from Income Tax under Section 80G of the Income Tax Act. Nalamdana has FCRA approval to receive foreign funds.

## **If you are in India:**

Send your cheques, (made payable to **Nalamdana**), to:

R.Jeevanadham, Director,  
Nalamdana, First Floor, Kadambam Apts.  
4/192, Ellaiamman Kovil Street,  
Neelankarai, Chennai 600 041  
Phone: +91 (44) 24493772 or 24491422  
[jeevanalamdana@gmail.com](mailto:jeevanalamdana@gmail.com) or [nalamdana@bsnl.in](mailto:nalamdana@bsnl.in) or [nalamdana@gmail.com](mailto:nalamdana@gmail.com)

## **If you are in the United States:**

Tax deductible donations may be made through FRIENDS OF NALAMDANA. Friends of Nalamdana is a 501(c)(3) not-for-profit organization, whose purpose is to support the work of Nalamdana in India. Please mail your checks (made payable to **Friends of Nalamdana**), to:

Friends of Nalamdana,  
C/o Karina H. Corrigan, Treasurer,  
14 Curtis Street, Salem, MA 01970, U.S.A.  
Phone: 978-729-9339  
[karina.corrigan@pem.com](mailto:karina.corrigan@pem.com)

## **If you are in the United Kingdom**

UK FRIENDS OF NALAMDANA is a group that supports Nalamdana's work in India. If you are based in the UK and are a UK tax payer, your donations will be increased by donating through CAF (Charities Aid Foundation). Complete a Gift Aid form and send it with your cheque, (made payable to **CAF-UK Friends of Nalamdana**), and send to:

Charities Aid Foundation,  
25 Kings Hill Avenue, Kings Hill, West Malling,  
Kent ME19 4TA  
[sylviamarland@hotmail.com](mailto:sylviamarland@hotmail.com)  
For Gift Aid forms and any more information, please contact Sylvia Marland