



Student Educational Scholarship Program Annual activities report - 2025-2026



Skills acquisition

Life skills

Day trips

Radio drama

Photography

**Overall Program executed by Nalamdana & Kalvi Trust
Academic year – June 2025 to May 2026**



Youth Education & Leadership Program Nalamdana & Kalvi Trust

Annual activities report – 2025-2026 (June 2025 to May 2026)

Program background

This Youth Education & Leadership program has been running successfully over **31 years** since 1996 and **379 students** have been supported till date. Of these, **nearly 65% of students were supported consistently for 5 years**. Many of them have gone on to become professionals in their chosen field. Number of them work in the IT industry for reputed companies.

Academic year 2025-2026:

A total of 18 students were supported under this program for the year 2025–2026: 5 from Saradha Vidyalaya Schools, T. Nagar, and 13 deserving students from nearby communities where Nalamdana has established a good rapport.

List of students -2025-2026

S.No	Name of the student	Age & Sex	STD	Support from
1	V.Rachitha Sree	16-F	11th	2022-2023
2	V.Ganga Sree	15-F	10th	2022-2023
3	S. Nagaraj	16-M	12th	2022-2023
4	N.Selena Jain	13-F	8th	2023-2024
5	M.Divya Sri	16-F	11th	2023-2024
6	M.Priyavathi	16-F	12th	2024-2025
7	E.Divya	13-F	8th	2024-2025
8	P.Rakshika	13-F	8th	2025-2026
9	S. Harini	13-F	9th	2025-2026
10	R. Rithika	13-F	9th	2025-2026
11	S. Sonit	13-M	9th	2025-2026
12	S. Dharshan	14-M	9th	2025-2026
13	F. Jessy	12-F	8th	2025-2026
14	E.Vishwesh	12-M	8th	2025-2026
15	S.Varalakshmi	13-F	8th	2025-2026
16	P.Benil	13-M	8th	2025-2026
Other deserving supports				
17	Avanthika Arivazhagan	14-F	9 th	2016-2017
18	R.Nandini	16-F	11 th	2024-2025

12th & 10th Board exam results

Two students written their 12th board exam & 1 student 10th exam this year (2025-2026)

Name of the student	Std	Marks scored	Percentage	School
M.Priyavathi	12 th	532 / 600	89 %	Private
S.Nagaraj	12 th	433 / 600	72 %	Government
V.Ganga sree	10 th	359 / 500	72 %	Private

Student skills development classes during this summer – April & May 2026

Summer classes were organized at the Nalamdana office from April 25 to May 13, 2026, totalling 14 days. A new, temporary WhatsApp group was created on April 5, 2026, to ensure easy communication with students and parents specifically for these summer classes.

List of classes organised – Total 14 days

S No	Date	Class	Days
1	April 25, 2026	Introduction & Interaction	
2	April 25, 27,28,29 & 30, 2026	Life skills workshop	5
3	May 2, 2026	Tholkappia Poonga- Eco park visit	1
4	May 5, 2026	STEM program at American Center, US Consulate, Chennai	1
5	May 3,6,7,8,11,&12, 2026	Radio Drama for Thendral CR 91.2MHz	6
6	May 13, 2026	Photography session	1

IN DETAIL:

1. Introduction Class This session was led by Mr. Sampath Muthuvelan from Nalamdana. As the first step in interacting with the students informally, he asked them to introduce themselves and share their goals. The conversation then naturally transitioned into a discussion about their health, eating habits, daily routines, and academic challenges. We also outlined what they would be learning during these sessions and asked what specific topics they would like to cover. Ultimately, this served as an excellent ice-breaker session, setting a smooth and positive tone for the rest of the classes.



2. Life skills workshop for adolescents

A 5-day Life Skills Workshop for adolescents was conducted by Ms.Reshma Malick with the objective of strengthening practical competencies that support informed decision-making, interpersonal effectiveness, and overall well-being. The program built upon prior engagement and emphasized experiential learning through interactive Arts based therapy sessions.

Workshop structure and Theme - Each day explored a specific theme:

Day 1: Communication and Boundaries.

The session focused on effective communication skills, including active listening, expressing thoughts clearly, and understanding personal boundaries. Activities encouraged students to practice assertiveness and respect for others' limits.





Day 2: Digital Well-being and Identity.

The focus was on responsible technology use, online safety, and developing a healthy digital identity. Students discussed screen time, social media behaviour, and the importance of privacy.



Day 3: Basic Financial Literacy

This session introduced fundamental concepts such as saving, budgeting, and understanding needs versus wants. Interactive exercises enabled students to apply these concepts in everyday contexts.



Day 4: Critical Thinking and Decision Making

Students explored techniques to analyse situations, evaluate options, and make thoughtful decisions. Real-life scenarios and group discussions helped them understand consequences and responsible choices.

R.Jeevanandham, Director of Nalamdana interacted with students about the overall life skill sessions.



Day 5: Resilience and Dealing with Failure

The final session emphasized coping with setbacks, managing emotions, and building resilience. Activities encouraged reflection on personal experiences and strategies for overcoming challenges.



Methodology

Each session was designed to be interactive and age-appropriate, incorporating group discussions, story, and hands-on arts based therapy activities. This approach ensured engagement and facilitated deeper understanding of the topics.

Assignments

At the end of each day, students were given a take-away assignment related to the session theme. These assignments reinforced learning and encouraged students to apply concepts in real-life situations.

Outcomes

- Improved communication and interpersonal awareness
- Enhanced decision-making and critical thinking skills
- Basic understanding of financial management
- Increased awareness of digital responsibility
- Strengthened resilience and coping strategies

The workshop successfully achieved its objectives by equipping adolescents with essential life skills in a supportive and engaging environment. The students' enthusiasm and active involvement contributed significantly to the effectiveness of the program.

Resource person Ms Reshma Malick, Counselling Psychologist & Founder of "Heartistry" Psychological Services, Chennai - She is an experienced and compassionate Counselling Psychologist with over 20 years of dedicated practice in the field of addiction management and psychological well-being. Her academic journey includes a Pre-Doctoral Degree (M.Phil.) in Guidance and Counselling and a Master's in Applied Psychology from leading institutions in Chennai. Ms Malick currently runs a private practice focused on counselling, addiction management, and professional training. She offers one-on-one counselling and family therapy for individuals dealing with addiction, using a combination of talk therapy, arts-based interventions, and life skills training. As a Life Skills Education Trainer, she also conducts programs aimed at empowering youth, women, and children in schools and community settings.

3. "Tholkappia Poonga" – Eco Park – One day visit – Chennai Rivers Restoration Trust

The Chennai City is abound with lakes and rivers, providing a habitat for wide variety of flora and fauna. The Chennai City is drained by 3 east flowing rivers namely Kosasthalaiyar, Cooum and Adyar between its north and south boundaries. After meandering through the city, these rivers finally flow into the Bay of Bengal. A major canal, namely, Buckingham Canal traverses parallel to the coast and has considerable importance in shaping up the aquatic environment of the Chennai City.

The lakes and rivers within Chennai City are being abused by dumping of solid waste and disposal of wastewater due to lack of awareness on the values of water bodies and rivers which plays an important role for lifeline for urban community. In order to protect the lakes and rivers and also to provide healthy environment, the Government of Tamil Nadu have formed a Trust namely Adyar Poonga Trust in the year 2006 and later it was renamed as Chennai Rivers Restoration Trust.



Track map of Eco Park

Our scholarship students went on a one-day visit to the Eco Park. They walked around, exploring the natural surroundings, artificial features, sculptures, artwork, paintings, water bodies, and the rooftop view, as well as the indoor exhibition. The supervisor explained the facts behind the creation of the park. Inside, there were two types of walking tracks: a short 1.3 km track and a long 3.2 km track. Our students chose the short track, where they explored various types of plants and insects.

Mr.Kailash Sampath, a first year BS Computer science student at Ahmedabad University volunteered for this event.



Park instructor interacting with our students



Students are visiting exhibit gallery at Eco Park

4. STEM camp for students - Information about the STEM program.

American Center Chennai announces, "Freedom 250: Celebrating American Excellence in Technology and Space". This program was for students from grades 6 to 12. Learned about the founding of the United States and 250 years of American excellence in innovation, amazing American inventors, scientists, innovations, and space expeditions while exploring their curated STEM self-paced learning experiences – coding kits, 3D printing, electronic circuits, NASA Lego construction sets, and AR tools.

On May 5, 2026, our scholarship students had the opportunity to attend a program at the American Center in Chennai. They learned about American excellence in STEM and space exploration! This was an excellent opportunity for our students to utilize the American Center library and its online resources. They also had a chance to work with students from other schools in groups and engage in hands-on activities at the center. During the four-hour session, a quiz contest was conducted, and the students were honoured with participation certificates. Since security protocols strictly prohibited taking pictures inside or in front of the American Center, the participating students took a nice group photo nearby instead.



Mr. Kailash Sampath, a first year BS Computer science student at Ahmedabad University volunteered for this event. Mr. Oyyavandhan, Mr. Sampath Muthuvelan from Nalamdana also accompanied the students.

5. Radio Drama for Thendral CR 91.2 MHz – By students

During this production, students were asked to work on creating radio episodes on the following mentioned topics.

Topics & Title:

- "Yemaradhe Yemaradhe" - (Don't be deceived) – This is based on Digital wellbeing, Financial literacy – Duration of this episode is 24min: 14 secs.
- "Kanavey kalaiyadhe" – (May the dream not disappear) – This is based on Resilience and dealing with failure, Critical thinking & Decision making – Duration of this episode is 22min: 23secs.



Initial brainstorming session



The script, screenplay, characterization, and dialogues were created entirely by the students with the guidance of our expert, Mr. Oyyavandhan, a core member of Nalamdana. The audio was recorded at Nalamdana's Thendral Studio and is planned for broadcast on Thendral 91.2 MHz, complete with a background score. Our in-house resource persons, Mr. Bharathiraja and Ms. Jayanthi, assisted with the recording and final background scoring. This was certainly a unique experience for the students—one they could not have gotten anywhere else. They truly enjoyed it, and the final outcome was amazing.



Script discussion



Dialogue writing



Recording in progress



Students enacting with their own dialogues



6. Photography

Nalamdana in-house resource person Mr. Bharathiraja, Studio Engineer who showed interest to have a class on "Professional photography" for our scholarship students. This session took place on May 13, 2026 at Nalamdana office.

The students were taught the following basic functions using a professional digital camera:

- Basic operations of a professional digital camera
- Framing, lighting, and focus
- Indoor and outdoor lighting techniques
- How to capture high-quality pictures

Each student got an opportunity to take their own creative pictures using the professional camera, applying what they had learned during the session.



Bharathiraja instructing the students



Learning on fixing the FOCUS



Day light image capture



Picture clarity trial



A few pictures were captured by our students. The first image taken by a student was not very clear. However, with the instructor's help, the student adjusted the camera parameters and settings to capture the exact same image with excellent resolution, quality, and clarity.



Overall Feedback from the students:

- **The life skills sessions** were very helpful, especially the module on financial literacy.
- **Radio production** was something I had never experienced anywhere else. It helped us think critically about how to incorporate important information into a script to create awareness for the general public.
- **This was a lifetime opportunity** for us.
- **We felt very proud and happy** seeing our own handmade creations related to the life skills sessions.
- **The one-day trip to Tholkappia Poonga** was amazing, and we really enjoyed the snacks too.
- **The STEM program at the American Center** was thrilling. Passing through the high-security protocol to enter the US Consulate was an incredible experience, and we thoroughly enjoyed the session inside the center.
- **It was my first time** getting the opportunity to use a professional camera and capture photos in a professional way.

Travel & Conveyance paid to students and refreshments served during the classes.

Educational Support given by Former Nalamdana scholarship student:

Mr.Subramanian who (Husband of our former scholarship student Ms.Rajalakshmi) has started to support our scholarship program by donating Rs 2000/- every month from May 2023. Ms.Rajalakshmi was benefited 5 years of educational support from Nalamdana from 8th std to 12th std. Received donation Rs 24,000/ for this year.

Mr.Ramasamy (Former Nalamdana scholarship student) He was received Nalamdana's support for 5 years (8th std to 12th std) from 1998 to 2002. Currently he is working as "Senior Consultant" in Baxter Health care, New Zealand. He was donated twice to support students' education totally Rs 20,000/- under this program.

Current Endowments

The funding for this Youth Education and Leadership Program comes from family foundations as well as individual donors. Other than annual support, there have been specific endowments which are set up to ensure continued support to the students under this program.

How the students are supported

Each of the endowed amounts fixed in the respective name, to earn annual interest to support student education and related training sessions. Once this particular student finishes school, another is selected in her/his place. Program implementation cost is kept to the minimum. Actual transport and communication costs, resource persons token remuneration, use of Nalamdana office equipment and part time staff involvement etc. comes under the program costs.

This entire program and field activities are executed by Nalamdana's partner NGO - Kalvi Trust from 2009. It is the not-for-profit registered NGO exclusively handling this educational program. Some of the core members from Nalamdana are the founders of Kalvi trust. They also supervise all the activities very closely.

List of Endowments

- The Lalitha Jayaraman Memorial Fund
- The Rani Chandran Memorial Fund
- Nassim Manji Memorial Fund - Cassia / Acacia
- Vinodh Srikanth Memorial Fund
- Sudha Jain Memorial Fund
- The Kaveri Mani Memorial Fund
- Mrs. Anandavalli and Dr. G. Swaminathan - 'Silamboli Foundation'
- V. S. Krishnamurthy Endowment Fund
- Shiela Sharma Family Endowment Fund
- Mini Shah & Mahul Shah Endowment Fund
- Ms.Saranya Rajagopalan Endowment Fund
- Vikaram Chandran Endowment Fund (In Rani Chandran's name)

Other supports

- Apart from this, Nalamdana is continuing its support to Ms.Avanthika Arivazhagan who has been supported by Ms.Vandana Vishwanathan since 2016-2017. The total amount was Rs 96,702. Received Rs 81,801 /- from Ms. Vandana and the remaining amount was paid by Nalamdana for the year 2025-2026.
- The deserving student R.Nandini, 10th std who is supported by Mini and Mahul Shah Fund for 2025-2026 academic year. Referred by Uttara Bharath.

Next academic year – 2026-2027

We plan to continue supporting our existing students for the 2026–2027 academic year. The bank interest we receive from our endowments will help fund this educational support. Additionally, we can leverage support from Mr. Subramanian (the husband of a former scholarship student) and Mr. Ramasamy (a former scholarship student). To secure further funding, we also plan to send a requisition letter along with our annual activities report to local donors to seek their continued support.

For more information on how you can support a student annually or create an endowment, please visit www.nalamdana.in – www.facebook.com/nalamdana - www.youtube.com/@nalamdanachennai184
Instagram: nalamdanachennai93

Reported by
Sampath Muthuvelan, Executive – Projects & Operations, Nalamdana

With inputs and guidance from:
R.Jeevanandham, Uttara Bharath, Vijayakalyan and P.Oyyavandhan, Nalamdana



Thank you so much for your kind support