

Newsletter

May 2025

Vol.2

Welcome to Pallium India USA Newsletter for May!

Thank you for the warm response to our first newsletter!

This month, read about the Kuttikootam Summer Camp, the Annual Youth Essay Competition, walkathons, and more.

A HEARTWARMING JOURNEY: KUTTIKOOTAM SUMMER CAMP 2025

From April 24 to 26, 2025, the JMM Study Centre at Mannanthala buzzed with laughter, learning, and the bright energy of young minds as Pallium India successfully hosted the Kuttikootam Summer Camp 2025.



KUTTIKOOTAM SUMMER CAMP 2025

This special initiative, designed for children of care seekers of Pallium India, aimed to nurture their emotional well-being, inspire learning, and build a strong sense of community among them. 44 participants, from Grades 9 to 12, are students whose education is fully supported by Pallium India — and for some of them, this camp was truly a once-in-a-lifetime experience, being the very first camp they had ever attended.

The camp was inaugurated by Shri Harikishore IAS, Director of Industries and Commerce and Managing Director of the Kerala State Industrial Development Corporation. His inspiring words set a powerful tone for the days ahead, encouraging the children to dream big and reach for the stars. Padmashri Dr. M. R. Rajagopal, founder of Pallium India and a global advocate for palliative care, delivered the Presidential Address, filling the hearts of everyone present with hope and strength.

Over the three days, the children took part in sessions and lively group activities that brought endless smiles and forged new friendships. A highlight of the camp was the second day's outing to Happyland Water Theme & Amusement Park, a day filled with adventure, laughter, and wonder. One of the students shared that he had always dreamed of visiting Happyland — and at Kuttikootam Summer Camp, that dream was finally fulfilled.

For many, the camp offered more than just learning — it provided a safe space where they could simply be children, filled with laughter, curiosity, and dreams for the future. Their joy was palpable, and the experience left an indelible mark not just on them, but on all who had the privilege to be part of it.

Pallium India extends heartfelt thanks to all volunteers and donors who made the Kuttikootam Summer Camp 2025 a memorable success.



KUTTIKOOTAM SUMMER CAMP 2025



*Photos taken with the consent

PALLIUM INDIA AT KOOTTAM 2025 (INDIA'S LARGEST VOLUNTEERING CARNIVAL)

Tagore Theater in Trivandrum witnessed a buzz with a gathering of more than 30 odd NGOs across the city, with their stalls put up on two days 26th and 27th April!

Into it's second year, KOOTTAM, 2025 an initiative of Volunteer For India in collaboration with the Trivandrum Municipal Corporation had everything in place displaying community spirit, fun activities, exciting games, musical concerts, experience zones and workshops with an opportunity to become a volunteer with any of the participant NGOs. Added attraction included two live musical concerts by "Mehfil - E- Sama" and "Jassi Gift" on day 1 and day 2 respectively.

In stall number 24, Pallium India offered a variety of engaging activities to attract people and over the two days. Caricature by brilliant artist Allumol and mehendi were two of our major engaging activities and attracted visitors very frequently to our stalls!

Over a period of 2 days, we received upto 40 new registrations from people showing interest to volunteer with us and willing to invest their free time to Pallium India.

We look forward to the next year.



ECOSOC YOUTH FORUM SIDE EVENT: A HEARTFELT DISCUSSION ON CAREGIVING

We are pleased to share that the ECOSOC Youth Forum Side Event — **"Caregiving and the Youth: Gaps and Solutions"** — held on 16 April 2025, was successfully completed and very well received by participants from across the globe.

Moderated by Smriti Rana (Head, Strategic Programs & Partnerships, Pallium India), the event featured an inspiring panel comprising Najwa Maqbool, Nishant Singh, and Nihala Kathoon. Together, they shed light on the growing phenomenon of young caregivers, exploring the impact on their education, careers, mental health, and more.

For those who were unable to attend, a recording of the session is now available on YouTube. Watch it here: <https://youtu.be/5FAhr7DaANc>

We extend our heartfelt thanks to all participants, speakers, and organizing partners — Pallium India, Nivarana, and IAHPD — for making this event a memorable and impactful experience.

My Role in Providing Psycho-Social Support



- Psycho-Social Support Programme: A 6-month program to gain skills in providing hands on psycho-social support to persons with palliative care needs



- Allotment of patients for continuous engagement.
- Mandatory visits to patients' homes at least twice a week to address emotional and social issues
- Participation in monthly theory sessions.
- Attendance at weekly team meetings to discuss experiences and support provided.
- Mentors (nurses or experienced volunteers) provide guidance and monitor progress.

UPCOMING EVENTS

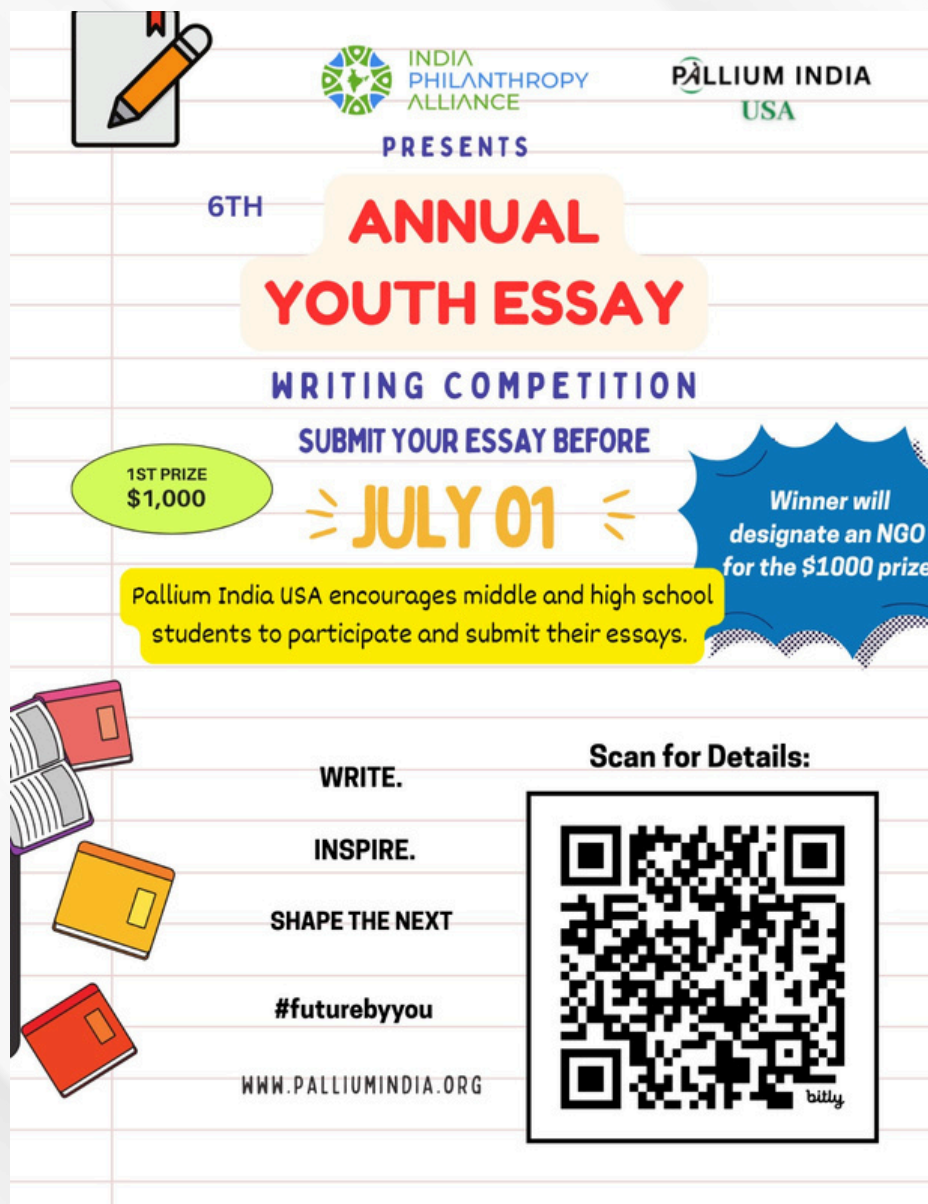
Youth Essay Competition




Are you passionate about changing the world for the better? This is your chance! Join the India Philanthropy Alliance Youth Essay Competition and shine a light on an issue that is important to you. This is a great opportunity to find your voice, and be a force for good in the world!

The essay competition is open to middle and high school students who are U.S. citizens or permanent residents.

Submit your entries by July 01. Winners to be announced in late August or early September.

For more, visit: <https://www.indiaphilanthropyalliance.org/2025youthessay>.



PRESENTS

6TH **ANNUAL YOUTH ESSAY**

WRITING COMPETITION


SUBMIT YOUR ESSAY BEFORE

1ST PRIZE \$1,000

JULY 01

Winner will designate an NGO for the \$1000 prize

Pallium India USA encourages middle and high school students to participate and submit their essays.



WRITE.


INSPIRE.

SHAPE THE NEXT

#futurebyyou

WWW.PALLIUMINDIA.ORG

Scan for Details:



billy

UPCOMING EVENTS

Dr. M. R. Rajagopal to Speak at Hopkins India Conference



We are honored to share that Dr. M. R. Rajagopal, Founder and Chairman Emeritus of Pallium India, will be participating **virtually** in the upcoming Hopkins India Conference, taking place May 9–10, 2025, in Washington D.C. Themed “Innovations & Partnerships for Global Progress”, the conference serves as a platform for leading voices across sectors to explore impactful collaborations between India and global partners.

Dr. Rajagopal will be joining a distinguished panel to discuss “**The Changing Reality of Palliative Care in India: From Margins to Mainstream Healthcare.**” A pioneer in the field, Dr. Rajagopal has dedicated his career to transforming how serious health-related suffering is addressed in India. Through his advocacy, clinical innovation, and policy work, he has played a crucial role in improving access to palliative care in India.

UPCOMING EVENTS

As shared in the April Newsletter, Pallium India USA is thrilled to announce WALKATHON 2025 at its two chapters—Seattle and the Bay Area! These events are dedicated to raising awareness and support for palliative care in India.

By participating in Walkathon 2025, you're not only supporting a noble cause but also helping ensure that those in need receive the care and comfort they deserve. Whether you walk 3K, 5K, or 10K, every step makes a difference!

If you're unable to join the walk but still wish to contribute, you can support the cause by donating (<https://palliumindiausa.org/donate-now/>).

May 10 – Seattle Walkathon 2025

Pallium India USA (Seattle Chapter) is making great strides in their efforts towards the annual Walkathon 2025 event to be held on May 10th, 2025. We anticipate an attendance to the tune of 250+ community members involving various regional India cultural associations and sports groups. Every year the attendance is growing and this year we anticipate a record number of people to attend the walkathon to bring Pain and Palliative awareness within the community. If you are in Seattle on 10 May, please register and join us!



UPCOMING EVENTS

May 11 – Bay Area Walkathon 2025

Pallium India USA's San Francisco Bay Area Chapter continues its community outreach with a Walkathon planned for May 11th, 2025. This second major initiative follows their successful "Comedy for Compassion" event in March 2025. The Walkathon aims to raise awareness about palliative care challenges in India while showcasing Pallium India's efforts to improve healthcare access nationwide.

A promotional poster for the Pallium India Bay Area Walkathon 2025. The background features a blue-toned image of rolling hills. At the top, the Pallium India Bay Area logo is in a white box. Below it, a pair of yellow sneakers is shown next to the event title 'WALKATHON 2025' in large, bold, orange letters. Underneath the title is the tagline 'WALKING TOGETHER FOR A PAIN FREE INDIA' in green. A QR code is centered, with the text 'Scan the QR code to register' above it. Below the QR code is a URL: 'https://tinyurl.com/pallium-walkathon-registration'. At the bottom, there are four colored banners: a white one with 'DISTANCE: 3K, 5K, 10K', a green one with 'May 11, Sunday', a pink one with '10:00AM - 1:00PM', and an orange one with the address 'BAYLANDS PARK, 999 E CARIBBEAN DR, SUNNYVALE, CA 94089'.

PALLIUM INDIA
BAY AREA



WALKATHON 2025

WALKING TOGETHER FOR A PAIN FREE INDIA

Scan the QR code to
register



<https://tinyurl.com/pallium-walkathon-registration>

DISTANCE: 3K, 5K, 10K

May 11, Sunday

10:00AM - 1:00PM

**BAYLANDS PARK, 999 E CARIBBEAN DR,
SUNNYVALE, CA 94089**

MAKE A DIFFERENCE TODAY!

Join us in making a difference! Whether by volunteering your time or making a donation, every contribution brings us closer to creating a meaningful impact. Together, we can transform lives —starting with YOU!

To volunteer, send your CV to info@palliumindiausa.org.

To donate, visit: <https://palliumindiausa.org/donate-now/>



\$100

Sponsor medicines for patients in home care and IP (In-Patient) for 1 Year



\$300

Monthly Food Kit for 12 months for home care patient



\$500

Sponsor a Home Visit from doctors and nurses for 10 months



\$750

Education support for 10 children for 1 year whose parents cannot work



\$1,000

Physical Therapy for one year OR Salary for a Regional Facilitator