

# Newsletter

August 2025

Vol.5

Welcome to Pallium India USA Newsletter for August!

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# ARTICLE ON CAREGIVING



**"Caregiving rarely announces itself as a life event. It seeps in, quietly and relentlessly, until one day you realize your life has reorganized itself around someone else's needs."**

## **The Architecture of an Invisible Economy: Love, Labour and the Gendered Cost of Care**

**In this insightful blog post, Najwa reflects on the crucial yet often overlooked role of family caregivers in our healthcare system. She sheds light on the emotional, physical, and economic burdens they bear—largely unpaid and unrecognized—while calling for policies that acknowledge and support their contributions.**



### **About the Author:**

*(Najwa Maqbool currently based out in UAE, is a social impact professional focused on building equitable systems through education, leadership development, and social change. When not navigating the complexities of the development sector, she's likely training for a marathon, watching Formula 1, or plotting a political future she may or may not pursue.)*

**Read the full article: (<https://palliumindia.org/2025/07/the-architecture-of-an-invisible-economy>)**



**PALLIUM  
INDIA**



CARE AND SHARE

**Swarga**  
Life Starts Here

# BREAKING BARRIERS, BUILDING DIGNITY

PROUD PARTNERS

## PROJECT SUGAMYA

Launched on 14th July 2025 with:

- 16 lightweight mobile ramps
- 16 customized wheelchairs

**A STEP FORWARD TOWARDS AN INCLUSIVE KERALA**

**Pallium India partnered with Swarga Foundation, Care and Share, and Southern Railways – Trivandrum Division for the launch of Project Sugamya at Trivandrum Railway Station.**

**This initiative, launched on 14th July 2025, brings:**

- 16 lightweight mobile ramps
- 16 customized wheelchairs

to major stations under the Trivandrum Division, ensuring safe, accessible, and dignified travel for persons with disabilities and the elderly.

A step forward toward an inclusive Kerala — because accessibility is a right, not a privilege.





## Community Engagement in Palliative Care: A Lesson From the Lakshadweep Islands

This article has been a labor of love by Dr Ali Azher, Moulana from the Thanal palliative care group on the Lakshadweep Islands and Dr Ann Broderick. They describe how a remote palliative care team in the Global South met the needs of their community in an intervention that is alien to Palliative care in the Global North YET meets the World Health Organization definition of Palliative Care.



Access the full article at: [https://www.jpsmjournal.com/article/S0885-3924\(25\)00674-8/abstract](https://www.jpsmjournal.com/article/S0885-3924(25)00674-8/abstract)





# DESHAM PALLIATIVE CARE

Desham Palliative Care was born some eighteen months ago when Jairaj Ramachandran, an IIT Madras alumnus residing in the USA, wanted to give back to his ancestral roots. He teamed up with Gopukrishna Pillai, a doctor passionate about making a difference for the underserved in rural Kerala, creating Desham PC. It is located in the town of Nemmara, and serves several adjoining Panchayats. It is currently staffed by one full time facilitator, and a part time doctor, nurse and physiotherapist.



Desham PC relies on Pallium India for its expertise, but is independently funded by the generosity of one corporate donor (CGH Earth), and several donors from the 1977 graduating class of IIT Madras. Thanks to a recent sizable donation, Desham PC was able to acquire its own vehicle. It is a huge boost for the fledgling center, as it continues to reach remote areas with home care.





# INTRODUCING OUR VOLUNTEERS

We are pleased to continue our series acknowledging the invaluable contributions of our volunteers. All our activities in the United States are made possible through their selfless dedication, time, and commitment.

We extend our sincere gratitude to each of them for their support. Featured below are a few of them. We look forward to introducing more in the coming months.



Mr. Ashley Elenjickal has been a passionate advocate for palliative care for over two decades, drawing deep inspiration from his mother and a chance encounter with Sahayathra, Pallium India's monthly newsletter. He has been a driving force in rallying philanthropic support, not just in Seattle but across the United States.



Mr. Reji Kumar and Mrs. Barbara Nelson have been strong supporters and volunteers with us for many years. In addition to the time they spend supporting us, they also have an endowment to support education of students of Pallium India's care receiving families.



Mr. Tony Mathew volunteers with Pallium India USA and has helped organize various fundraising events in the Greater Seattle area. He is passionate about palliative care and has been associated with the Seattle chapter over many years.



Dr. Jerina Kapoor, a pediatrician at Stanford Medicine Children's Health in San Jose, has been an integral part of Pallium India USA since its inception. For over a decade, she has been actively involved in raising awareness about Palliative Care and Advance Care Planning within the Indian diaspora.



Dr. Shashwati Kale is a board-certified family physician and a steadfast champion of Pallium India USA's mission to expand palliative care across India. In addition to her hands-on support at fundraising events, Dr. Kale is working closely with Pallium India's team to advocate for the integration of Palliative Medicine into medical school curricula.



Mr. Pradeep Unni, a Product Management leader by profession, has been a volunteer supporter of Pallium India USA for years and an active member of our Annual Walkathon organizing team and fundraising events.



# PALLIUM INDIA SEATTLE

## UPCOMING EVENTS



### Taste for a Cause: Thattukada by Pallium India Seattle at Summer Fest

Pallium India USA Seattle Chapter is excited to bring a taste of Kerala to the Kerala Association of Washington's Summer Fest with our very own Thattukada (street food) stall!

📅 Date: August 30, 2025

📍 Location: Perrigo Park, Redmond, WA

Enjoy a variety of delicious, home-style snacks lovingly prepared by our dedicated volunteers. All proceeds from the stall will go directly toward supporting the medical and social needs of individuals under the care of Pallium India.

Come for the flavors—stay to support a compassionate cause!

Glimpses from previous years:





# UPCOMING EVENTS



The Pallium India Bay Area team is proud to participate in the 33rd Festival of India Mela & Parade, hosted by FOG on August 16–17, 2025, in Fremont, CA. Join us at Booth #208 to learn how Pallium India is transforming lives through compassionate palliative care for people facing serious health-related suffering across India.

Let's celebrate India's Independence Day by standing in solidarity with communities back home — your presence and encouragement mean the world.

Come celebrate, connect, and make a difference. We'll see you at Booth #208!

The Pallium India Bay Area team is thrilled to officially participate and host a booth at ICC Sevathon, a vibrant walkathon organized by the India Community Center that brings together hundreds of nonprofits to walk, run, and raise awareness for causes that matter.

The Pallium India USA team will be walking to spotlight the urgent need for palliative care in India, where millions still lack access to compassionate support during serious illness.

Held on Sunday, September 28, 2025, at Baylands Park in Sunnyvale, CA, Sevathon features 10K, 5K, and 1K Run/Walks, plus virtual options for those traveling or walking from home — so everyone can join the movement.

Whether you're stepping out with us or cheering from afar, we invite you to walk in spirit, solidarity, and service — and help bring dignity and relief to those who need it most.

Register today at [iccsevathon.org](https://iccsevathon.org) and Select "Pallium India USA" as your chosen charity!

 India Community Center



## SEVATHON 2025

TRANSFORMING MILES INTO SMILES

SEPTEMBER 28, 2025

7 AM ONWARDS  
BAYLANDS PARK  
999 E CARIBBEAN DR,  
SUNNYVALE, CA 94089

10K/5K/1K

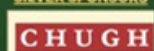
Early Bird Discount  
Ends June 15 -  
Register Now!



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



For more information:

[www.ICCSevathon.org](https://www.ICCSevathon.org)

[sevathonpm@indiacc.org](mailto:sevathonpm@indiacc.org)

[f Sevathon](#)

[@ICCSevathon](#)

Nonprofit Showcase

Medal Distribution

Entertainment

Food & Drinks



# MAKE A DIFFERENCE Today

Whether you choose to volunteer your time or make a donation, every action you take helps bring compassionate care to those who need it most. Together, we can create lasting, meaningful change—starting with **YOU**.

👉 Interested in volunteering?

Email us at **info@palliumindiausa.org**. Let us know your interests or skills—there's a place for everyone to make an impact.

❤️ Ready to donate?

Visit **<https://palliumindiausa.org/donate-now/>**.

No contribution is too small—every gift helps transform lives. Let's build a more compassionate world, together.



\$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*