



PALLIUM INDIA

USA

NEWSLETTER

July 2026

Vol.16

Welcome to Pallium India USA Newsletter for July 2026!

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EVERY STEP FOR COMPASSION

The 4th Annual Pallium India Seattle Walkathon was more than just a morning of walking—it was a celebration of compassion, community, and the shared belief that no one should have to endure serious health-related suffering alone.

This year, more than 200 participants came together to walk in support of Pallium India's mission. While nearly 400 people had registered, an extreme heat advisory prevented many from joining us in person. Even so, the spirit of generosity remained undiminished. Participants not only walked but also contributed generously to support palliative care services that bring comfort, dignity, and hope to people living with serious illness.

Events like these remind us that meaningful change is built one step at a time—and never by one person alone.

The success of this year's Walkathon was made possible by an extraordinary team of volunteers whose dedication transformed months of planning into a seamless event. From registrations and trail markings to logistics, communications, photography, refreshments, and social media, every detail reflected the care and commitment of people who freely gave their time and talents for a cause they believe in.



EVERY STEP FOR COMPASSION



EVERY STEP FOR COMPASSION

Our youngest chief guests, Drish Vaidyanathan and Ahana Sajith, did the honour of flagging off the walk, symbolising hope for a future where compassionate care is available to everyone who needs it.

We are deeply grateful to everyone who volunteered behind the scenes and on the day of the event. Your enthusiasm, teamwork, and willingness to serve made this Walkathon a memorable experience for every participant.

We also extend our heartfelt thanks to **Le Macaron French Pastries** – Pioneer Square, **Masthi Bar & Grill**, Issaquah, and **KGF Restaurant**, Kirkland for their generous donation of refreshments. Your support helped create a warm and welcoming atmosphere for everyone who joined us.

To every participant, donor, volunteer, sponsor, and well-wisher—thank you for walking with us. Your support strengthens Pallium India's mission to ensure that people facing serious illness receive the compassionate care they deserve.



If you would still like to support the cause, donations are warmly welcomed and remain tax-deductible.

https://www.paypal.com/donate/?hosted_button_id=RW3SJRTWKSCAJ

Together, we are proving that every step taken in compassion brings us closer to a world where no one is left to suffer alone.

KINDKART WALK/RUN



The Pallium India USA Bay Area team proudly participated in the KindKart Walk/Run held on June 14 in Cupertino, California, joining a vibrant community that came together to make giving more engaging and impactful.

Wearing bright green Pallium India Bay Area Walkathon T-shirts, our volunteers joined families, friends, and supporters in walking and running laps — each step contributing to charitable causes through this unique initiative. This year, 233 participants (in person and virtually) completed an incredible 4,293 laps, covering over 1,067 miles — roughly the distance from San Jose to Seattle.

For Pallium India volunteers, the event was a wonderful opportunity to be part of a larger movement of community-driven impact, connect with like-minded changemakers, and proudly represent our mission of compassionate palliative care. Many participants stopped by, curious about the colorful Pallium India Bay Area Walkathon T-shirts, sparking meaningful conversations about our work.

The morning concluded with conversations, connections, and community bonding, leaving everyone inspired by how simple acts — walking, connecting, and giving — can come together to create lasting impact.



FACES OF PALLIUM INDIA

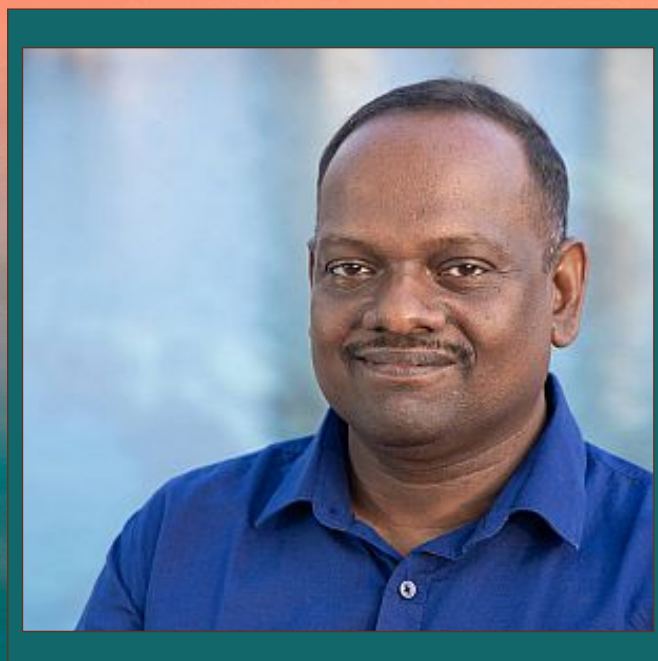
Behind every service, every program, and every life touched by Pallium India is a team of dedicated individuals working with compassion, commitment, and vision. In this new column, we introduce the people who help guide and shape Pallium India's mission of alleviating serious health-related suffering. We hope these profiles will help you get to know the leaders whose passion and perseverance make this work possible every day.

DR. M. M. SUNILKUMAR

Dr. M. M. Sunilkumar, fondly known as "Sunil" to his friends and colleagues, is the Director of the WHO Collaborating Centre for Training and Policy on Access to Pain Relief at the Trivandrum Institute of Palliative Sciences (TIPS), the academic and education arm of Pallium India.

Dr. Sunilkumar has been associated with Pallium India since its inception and has served the organization in various capacities over the years. For the past 13 years, he has been a full-time member of the Pallium India family, contributing significantly to its clinical services, educational initiatives, advocacy efforts, and strategic growth. His journey closely mirrors the growth of the organization itself, reflecting a shared commitment to ensuring that quality palliative care is accessible to all who need it.

With more than 22 years of experience in palliative care, Dr. Sunilkumar is widely recognized as a clinician, educator, mentor, and leader in palliative care. Colleagues often remark that he has a unique ability to “infiltrate and metastasize” into the hearts of patients, caregivers, students, and fellow professionals—not with disease, but with compassion, kindness, and academic excellence.



DR. M. M. SUNILKUMAR



A member of the first University-approved residential Diploma in Pain and Palliative Medicine programme in India in 2005, Dr. Sunilkumar has consistently pursued excellence in education and practice. In the same year, he won First Prize for his paper on Pharmacoeconomics in Palliative Care at the international “Train the Trainers” workshop conducted by Tata Memorial Centre. He later received the prestigious Commonwealth Scholarship to pursue an M.Sc. in Palliative Medicine at Cardiff University, United Kingdom. He continues to serve as an Honorary Tutor in the School of Medicine at Cardiff University. In 2018, he was awarded the International Physician Scholarship by the American Academy of Hospice and Palliative Medicine.



DR. M. M. SUNILKUMAR

A passionate educator, Dr. Sunilkumar has played a leading role in developing innovative learning platforms for healthcare professionals. He was the principal architect of the Global Fellowship in Palliative Medicine (GFPM), a programme that has trained healthcare professionals across India and beyond. Through his educational leadership, he has contributed significantly to strengthening the palliative care workforce and expanding access to quality palliative care education.

Dr. Sunilkumar has held leadership positions including Head of the Medical Division and Head of the Academic Division at Alpha Palliative Care, Thrissur, and has served as a Central Committee Member of the Indian Association of Palliative Care. He currently serves as a National Faculty member in Palliative Medicine and mentors quality improvement initiatives through EQUiP India.

Outside the world of medicine, Sunil enjoys reading, listening to music, and following football and cricket. Those who know him best value not only his professional accomplishments but also his humility, warmth, sense of humour, and unwavering commitment to compassionate care.

Through his leadership at Pallium India, the WHO Collaborating Centre, and his contributions to palliative care education, Dr. Sunilkumar continues to inspire healthcare professionals across the world to combine clinical excellence with humanity, ensuring that compassion remains at the heart of healthcare.





INDIA

PALLIUM

A PERMANENT HOME FOR COMPASSIONATE CARE

Building Hope, One Step at a Time

Every milestone brings us one step closer to creating a home where people living with serious illness can find comfort, dignity, and compassionate care.

After completing land acquisition, and finalizing a design that gives shape to our dream of a permanent home, we are delighted to share that we have now received approvals from:

- Town Planning
- Fire & Safety
- Pollution Control Board
- Corporation Approval (awaited)

We look forward to sharing the final approval and the next exciting chapter as we move towards construction.

Thank you for walking with us in this journey.



UPCOMING EVENT – SEATTLE

GET READY TO DANCE FOR A CAUSE!



Music has a unique way of bringing people together—and when it's combined with compassion, it can create lasting change.

This August–September, Pallium India Seattle chapter is planning a Fundraiser DJ Night—an evening filled with high-energy music, unlimited dancing, delicious food, refreshing beverages, and, most importantly, the opportunity to make a meaningful difference.

Every ticket purchased will directly support Pallium India's mission of ensuring that people living with serious illnesses receive compassionate palliative care, regardless of their financial circumstances. Your evening of celebration will help bring comfort, dignity, and hope to patients and families facing some of life's most difficult moments.

The event is open to adults (21+) and promises to be an unforgettable night of fun with a purpose. **Venue details and the final date will be announced soon, so stay tuned!** Come dance, celebrate, and stand with Pallium India—because together, we can transform lives, one step at a time.

Tickets: \$150 per person | \$200 per couple

We look forward to seeing you on the dance floor for a cause that truly matters!

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**.

Ready to donate? Visit <https://palliumindiausa.org/donate-now/>

No contribution is too small—every gift helps transform lives.

Your donation is tax-deductible in the U.S. under Section 501(c)(3).



\$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

👉 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.

ANNADAANAM MEALS FULL OF LOVE!

Celebrate, Remember, Share



Celebrate your birthday, anniversary or honour the memory of a loved one
Dedicate a Meal full of Love for 40 beneficiaries (20 inpatients and
20 care givers) at Pallium India!

Choose what you would like to sponsor:

Full Day's Meal: \$90 *	
Sadhya Special Lunch: \$56	Breakfast with snacks: \$28
Dinner: \$23	



Scan QR to sponsor a meal today

For details/to mention about your loved one, or if you wish to
schedule the meals on a particular day, write to us at
info@palliumindiausa.org

**Every contribution, big or small, makes a difference. Together, let's celebrate, remember,
and share love—one meal at a time.**

**Each meal you sponsor reaches 40 beneficiaries—20 inpatients and 20
caregivers—at Pallium India, filling their day with warmth and compassion.**