



PALLIUM INDIA
USA

NEWSLETTER

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Welcome to Pallium India USA Newsletter for August 2026!

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FROM ALARMS TO SILENCES: THE INVISIBLE ART OF CARING



What does it mean to care when there are no monitors beeping, no machines recording every action, and no numbers to prove the work being done?

In this moving reflection, Anu Savio Thelly takes us on her journey from the fast-paced world of critical care nursing to the quiet, deeply human world of palliative care. She reminds us that while technology can measure heartbeats and blood pressure, it cannot measure the courage to sit with suffering, the wisdom to recognize unspoken fears, or the compassion to hold a family's hand through grief.

"In critical care, a machine alarmed, and I responded. In palliative care, a silence alarmed me, and I learned to respond to that too."

The article is a powerful tribute to the often unseen expertise of palliative care nurses, whose greatest interventions are not always documented but are profoundly life-changing.

About the author: Anu Savio Thelly is a palliative care nurse, educator, and advocate actively involved with the Global Palliative Nursing Network (GPNN) and the Two Worlds Cancer Collaboration (TWCC). Through her writing and teaching, she champions the recognition of palliative nursing as a skilled, evidence-informed, and deeply compassionate profession.

Read the full article at:

https://ehospice.com/india_posts/from-alarms-to-silences-between-the-waveform-and-the-held-hand-by-anu-savio-thelly/

A HOME CALLED HOPE



What does it mean to restore dignity to someone living with a life-limiting illness? Sometimes, it begins with something as simple as a safe home.

This deeply moving story follows Suja, a mother living with colon cancer, whose daily struggles extended far beyond her illness. Thanks to the generous support of a compassionate donor, Pallium India is now building a new home for Suja and family—one that offers privacy, security, and, above all, hope. It is a powerful reminder that kindness can transform lives in ways that medicine alone cannot.

We invite you to read this inspiring story of resilience, compassion, and the profound impact a single act of generosity can have on a family facing unimaginable challenges.

Read more at: <https://palliumindia.org/2026/06/a-home-called-hope>

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.

MANOJ GOPALAKRISHNAN

Manoj Gopalakrishnan is the Executive Director of Pallium India, where he oversees organisational development, operations, human resources, community engagement, and infrastructure development. He is currently leading the development of ****Pallium Home****, Pallium India's new integrated palliative care campus, which will become the organisation's permanent headquarters and a centre for patient-centred care.

Manoj also leads Pallium India's People Management function, with a focus on supporting staff, developing leaders, and building a healthy and supportive workplace. He believes that people do their best work when they feel valued, trusted, and connected to the organisation's mission.

With more than 28 years of experience in business and the social sector, Manoj has worked across leadership, strategic planning, operations, finance, sales and marketing, administration, and organisational development. This experience has helped him bring a practical and structured approach to managing a not-for-profit healthcare organisation.



FACES OF PALLIUM INDIA

Since joining Pallium India in 2014, he has helped strengthen many of the organisation's internal systems and processes, including operational workflows, management practices, and digital initiatives. His focus has been on making the organisation more effective and accountable while keeping the needs of patients and families at the centre.

Manoj has also been actively involved in strengthening palliative care in Kerala. He served as Secretary of the Trivandrum Initiative in Palliative Care (TIPC) from 2019 to 2023, working with palliative care organisations across Thiruvananthapuram to improve collaboration and community participation. He continues to serve on the Executive Committees of TIPC and the Kerala Chapter of the Indian Association of Palliative Care (IAPC).

Community participation has been an important part of his work at Pallium India. He has been involved in public awareness programmes, fundraising events, food festivals, concerts, charity initiatives, and other community activities that have helped bring more people into the conversation around palliative care and support patient care.



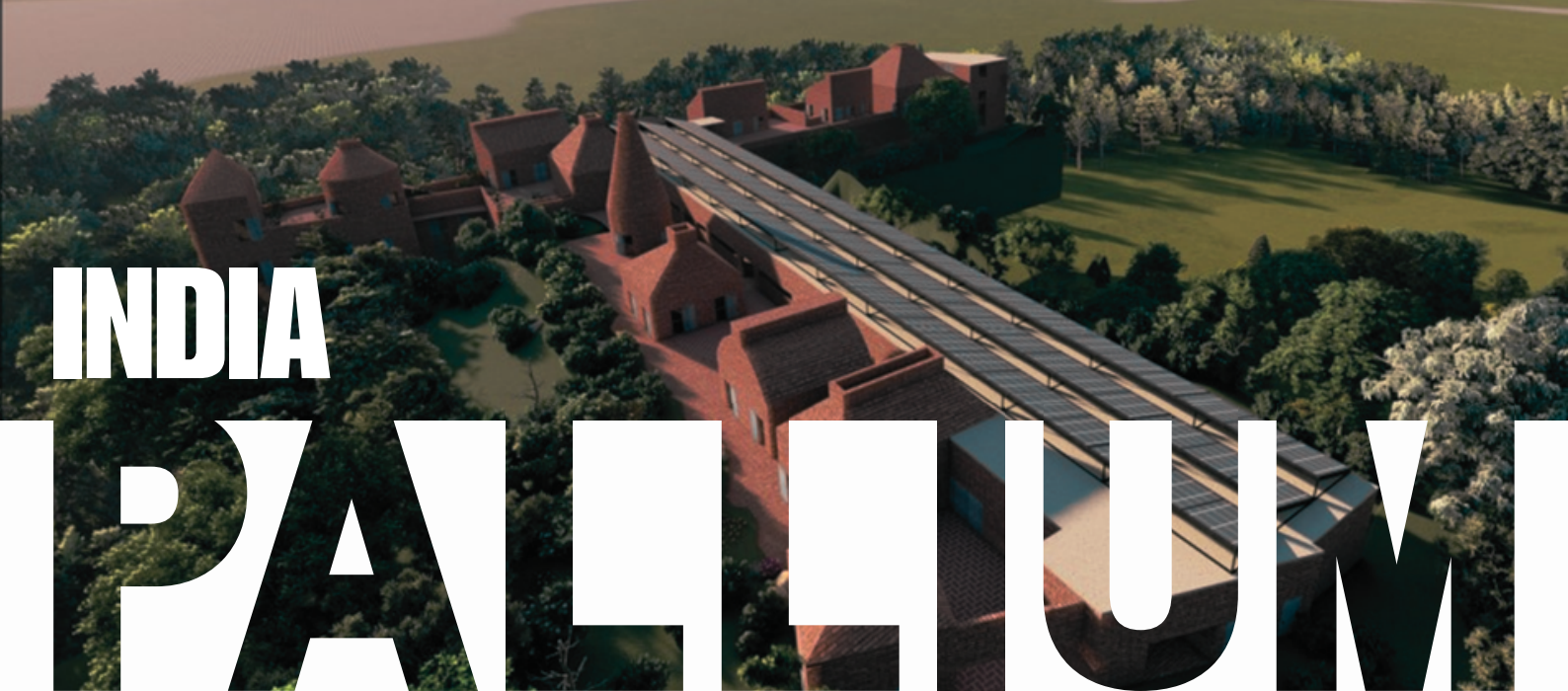
FACES OF PALLIUM INDIA

For Manoj, good leadership ultimately comes down to improving the experience of patients and families. He places importance on dignity, comfort, listening, and understanding different perspectives. Those who work with him often appreciate his approachable nature, calm manner, and practical approach to solving problems.

Away from work, Manoj enjoys music, theatre, and cooking. He is a singer with a particular fondness for classic Malayalam and Hindi songs. During his student years, he was a State Youth Festival winner in theatre. He also enjoys cooking at home and experimenting with both traditional and contemporary dishes.

Through his work at Pallium India, Manoj continues to contribute to the organisation's efforts to make quality palliative care accessible to more people and to strengthen the systems and communities that support patients and their families.





A PERMANENT HOME FOR COMPASSIONATE CARE

A Major Milestone Achieved!

We are thrilled to share a significant milestone in the journey towards the Pallium India Home. All statutory approvals have now been received, clearing the way for construction to begin.

Our project has received approvals from:

- ✓ Town Planning
- ✓ Fire & Safety
- ✓ Pollution Control Board
- ✓ Corporation

This is more than just a set of approvals—it is an important step towards realizing a dream. The Pallium India Home is being envisioned as a place of dignity, compassion, and healing for people living with serious illness and their families.

We are deeply grateful to our supporters, donors, volunteers, and well-wishers whose encouragement has brought us to this moment. Thank you for believing in our vision. We look forward to sharing the next chapter as construction begins and this dream takes shape.



UPCOMING EVENT – SEATTLE THATTUKADA



KERALA ASSOCIATION OF
WASHINGTON

PERRIGO PARK, REDMOND, WA
AUG 9

After the wonderful success of last year's Thattukada, our Seattle Chapter is excited to bring it back for 2026!

What began as a simple food stall has become a celebration of Kerala's rich culinary heritage and a beautiful expression of community spirit.

Prepared and served by our dedicated volunteers, the Thattukada will once again offer delicious Kerala favorites while raising vital funds to support the compassionate work of Pallium India.

Every dish you enjoy and every purchase you make helps bring comfort, dignity, and quality palliative care to people living with serious illness.

Whether you're craving authentic Kerala flavors, reconnecting with friends, or simply looking for a meaningful way to support a worthy cause, we would love to see you there.

Come hungry. Bring your family and friends. Leave knowing that every bite made a difference.



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.

ANNADANAM MEALS FULL OF LOVE!



Celebrate, Remember, Share

Dedicate a Meal Full of Love: Celebrate your birthday, anniversary or honour the memory of a loved one

Choose what you would like to sponsor for 40 patients + caregivers:

Mini Sadhya with Payasam: \$65	
Lunch (veg/non-veg meals): \$60	Breakfast with snacks: \$33
Dinner: \$31	Full Day's Meal: \$125

Sponsors will be acknowledged on a whiteboard at Pallium India (optional for anonymity)



Scan QR to sponsor a meal today

For details/ to mention about your loved one
Write to us: donations@palliumindia.org
Call: +91 97467 45504 / 92490 93770

*Avail Tax Benefits

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.