

PALLIUM INDIA
USA

NEWSLETTER

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Welcome to Pallium India USA Newsletter for October 2026!

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LISTENING TO THE COMMUNITY



What happens when we listen to the community rather than simply talk about palliative care? At a gathering at Jayanagar General Hospital, Bengaluru, nearly 20 community representatives came together to share their experiences of serious illness, caregiving and suffering.

The conversations brought out the often-unseen struggles of caregivers, the challenges of accessing care at home and the importance of supporting entire families.

As Dr. Arjun Devarajan writes:

“Communities do not need to cure disease—they need to ensure that no one faces serious illness alone.”

The gathering marked the first step towards building compassionate communities in Karnataka, where care extends beyond hospitals and neighbours become part of the support system.

“Every participant came to discuss palliative care; they left determined to become part of it.

Read the full article at https://palliumindia.org/2026/08/listening-to-the-community



Dr Arjun Devarajan
In-Charge-Clinical Services
Karnataka Mission, Pallium India

THE ICONIC CHANGEMAKER AWARD 2026 – DR. M. R. RAJAGOPAL



Stepping into its 8th successful year, the businessline Changemaker Awards recognises extraordinary thinkers and achievers whose work has made a positive impact on the world. The award show was hosted in New Delhi, on September 22, 2026, with Hon'ble Union Finance Minister Smt. Nirmala Sitharaman as the Chief Guest, who presented the award.

Dr. M. R. Rajagopal, (Founder & Chairman Emeritus, Pallium India) has been honoured with the Iconic Changemaker Award at the businessline Changemaker Awards 2026, in recognition of more than three decades of work to expand access to palliative care and advance the right of every person to live and die with dignity and freedom from needless suffering. This honor celebrates his lifelong dedication to transforming palliative care across India and advocating for a world where no individual lives or dies in avoidable pain. This recognition belongs as much to our community of supporters as it does to our team.

The award was received on behalf of Dr. Rajagopal by Ms. Poonam Bagai, Vice Chairman, Pallium India and Founder Chairman, CanKids Kidscan.

Click here to watch the video

SEVATHON AT BAY AREA



The Pallium India Bay Area team had a wonderful time at Sevathon on Sunday, September 20, 2026 at Baylands Park, Sunnyvale. We loved connecting with participants, sharing our mission around palliative care, and learning alongside so many amazing partner organizations.

A huge thank you to everyone who visited our booth, offered support, and made generous donations. Your support directly helps us bring comfort and dignity to patients in India.

We look forward to staying connected with you all at future events!





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. SANGEETHA SURESH



A calling that grew with experience

I am Dr. Sangeetha Suresh, a palliative care physician at Pallium India, where I have had the privilege of working for more than six years. I began my journey as a physician committed to easing suffering and supporting people living with serious illness. Over time, my work introduced me to the distinct needs of children and their families. What began as a growing interest in children's palliative care gradually became a deeper commitment—and an opportunity to help build a dedicated service within Pallium India.

Learning, then putting learning into practice

Moving into children's palliative care meant recognising how much there was to learn. Caring for a child with a serious or life-limiting condition calls for clinical knowledge, communication suited to the child's developmental stage, and attention to the hopes, fears and practical realities of the whole family. I therefore pursued further learning and professional development in this field, including fellowship and leadership training. These experiences strengthened my understanding and helped me bring new perspectives back to our team. I continue to learn from children, caregivers, colleagues and partner organisations; in this work, learning is not separate from care—it is part of it.

FACES OF PALLIUM INDIA







Building a service, one relationship at a time

At Pallium India, I have been involved in developing and strengthening the Children's Palliative Care Unit. As the unit has grown, so has the importance of creating clear pathways for care: accessible outpatient support, coordinated inpatient and home-based care, and close collaboration among doctors, nurses, social workers, psychologists and other professionals. I also serve as the in-charge of clinical services at the Trivandrum Institute of Palliative Sciences (TIPS), and as the nodal officer for the Children's Palliative Care OPD at SAT Hospital. These responsibilities connect service delivery with teamwork, planning and the day-to-day work of making care more responsive to families.

Care beyond the clinic

Children's palliative care cannot be limited to appointments, prescriptions or procedures. A child's experience of illness is shaped by family life, school, friendships, community and the emotional world around them. Our work therefore includes listening to caregivers, helping families navigate difficult decisions, addressing symptoms and supporting quality of life in ways that matter to each child. It also means recognising siblings and caregivers as people who may need attention and support in their own right. I value the contribution of every member of the multidisciplinary team, and the trust that families place in us.

FACES OF PALLIUM INDIA





Growing a wider circle of care

Strengthening children's palliative care also means sharing knowledge and building capacity beyond one institution. Through training and collaboration with link centres and healthcare professionals, Pallium India can help more teams feel prepared to care for children closer to where they live. Capacity-building efforts—combining practical learning, clinical discussion and exposure to home-based care—are an important part of making services sustainable. They also remind us that no single clinician or centre can meet every need alone. Partnerships, local leadership and ongoing mentorship are essential.

RITHU: a space for parents and caregivers

One part of this journey that is especially close to my heart is RITHU, our parent support group. RITHU brings together parents and caregivers of children living with serious illnesses, offering a space to connect, share experiences and feel less alone. The group is more than a programme on a calendar: it is a reminder that families carry a great deal, and that being heard and understood can itself be meaningful support. The name evokes a season—a fitting image for a community that makes room for different experiences, changing needs and moments of hope. Watching relationships form within the group has been deeply moving and continues to reinforce why family-centred care matters.

What keeps me going

Working in children's palliative care can be demanding, but it is also full of moments of courage, tenderness and connection. I am continually inspired by the strength and individuality of the children we meet, and by the dedication of their families. I am equally grateful to colleagues across Pallium India whose commitment turns shared values into practical care. Each person contributes something essential: clinical expertise, careful listening, advocacy, coordination, comfort or simply the willingness to stay alongside a family through uncertainty.

UPCOMING EVENT – BAY AREA
FREE HEALTH EVENT AT KERALA FEST



Our Bay Area Chapter will be participating in Free Health Event, organized as part of Kerala Fest in partnership with the South Asian Heart Center.

Your Health Matters!
FREE Community Health Fair
The Health Fair will include:
Heart Health Screenings
Diabetes A1C Testing
Nutrition & Lifestyle Guidance
Expert Health Presentations

📅 Saturday, October 3
⏰ 1:00 PM – 5:00 PM
📍 Kerala House, Fremont

RSVP required for logistics
👉 Register: KeralaFest.com

UPCOMING EVENT – PALLIUM INDIA



Pallium India, Thiruvananthapuram, is looking forward to its annual gathering of care seekers and their families on October 10, 2026. A day filled with joy, togetherness and compassion, the event brings care seekers, caregivers, healthcare professionals, volunteers and well-wishers together to celebrate life and dignity.

This year's theme is "Pain Management: An Essential Part of Palliative Care." We look forward to another memorable day of smiles, connection and shared moments.

UPCOMING EVENT - PALLIUM INDIA
GLIMPSES FROM LAST YEAR

















MAKE A DIFFERENCE

PALLIUM INDIA USA

Give the Gift of a Day to Look Forward To



For many people living with serious illness, stepping out of home is not easy. Pallium India's annual World Hospice and Palliative Care Day celebration gives careseekers and their families a precious opportunity to leave their homes, meet others, enjoy a meal, share smiles, and simply have a day of joy and togetherness.





Last year, 1,367 people came together for this special day:

398	813	84	58	14
Care receivers	Caregivers & accompanying persons	Employees & volunteers	Student volunteers	Donors & well-wishers

For many careseekers, this is a day they look forward to all year.

This year, we hope to make it possible for even more families.

We are expecting around 1,800 participants, including nearly 1,500 beneficiaries and family members.

Funds needed:

$19,000

A donation of **$10** gives the Gift of A Day to one person

Help us give them a day filled with joy, dignity and belonging.

Donate today

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.

PALLIUM INDIA
USA

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:

Full Day's Meal: $125 *	
Lunch (veg/non-veg meals): $60	Breakfast with snacks: $33
Dinner: $31	

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.