

PALLIUM INDIA
USA

NEWSLETTER

November 2026 Vol.20

Welcome to Pallium India USA Newsletter for November 2026!

CONTENTS

Gift of a Day

Pallium India USA Looks Forward to India Giving Day 2027!

Faces of Pallium India

What's It Like to Live with Serious Illness?

Upcoming Event - Seattle Dance for a cause

Make a Difference

Annadaanam – Meals Full of Love!

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.

SHEEBA R S



I am Sheeba, Lead of Nursing Education at Pallium India. My journey in palliative care began in 2003 at the Care Plus Department of the Regional Cancer Centre (RCC) in Thiruvananthapuram, Kerala. At that time, I did not realise how deeply this work would touch my life. It gradually taught me that caring for someone is not only about treating illness; it is also about listening, offering comfort and helping people feel that they are not alone.

In 2006, I joined Pallium India as a staff nurse and began visiting patients at home. As our team travelled to the outskirts of Thiruvananthapuram, we met people living with serious illness alongside poverty, isolation and the strain of caregiving. Every home had its own story, and every family reminded me that suffering affects more than the person who is ill. We also organised community awareness programmes and built a network of volunteers. I came to understand that when communities are supported and encouraged, they too can become a source of care, comfort and companionship.

FACES OF PALLIUM INDIA









Over time, my work grew to include coordinating palliative care training for doctors, nurses, healthcare workers and community volunteers from India and other countries.

I value the opportunity to help others gain the knowledge, practical skills and confidence to care for people facing serious illness. We also remain available to guide them as they bring this learning into their own settings. When former trainees share how they have used their skills, I feel encouraged: the care we teach can reach many more patients and families than we may ever meet ourselves.

Today, as Lead – Nursing Education at Pallium India, I coordinate nursing education and mentor nurses working in clinical services. I hope to help each nurse grow in knowledge, confidence and compassion, and to provide care that is informed by evidence and grounded in humanity. In 2020, St Christopher's Hospice featured me as a pioneer palliative care nurse —an honour that strengthened my commitment to this work.

For me, education is much more than lectures or training sessions. It is about helping nurses connect what they learn with what they encounter at a patient's bedside. It means making room for questions, reflecting together on difficult experiences, recognizing where we can improve and learning without fear of judgement. Through mentorship, nurses can develop their skills and discover their own strengths. When nurses feel supported and prepared, patients and families benefit too – they are more likely to be heard, understood and cared for with dignity.

FACES OF PALLIUM INDIA

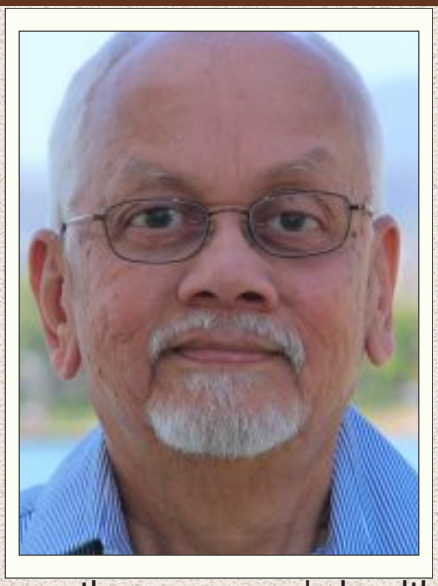


This journey has also shown me that meaningful progress is never achieved alone. It grows through teamwork, shared learning and the encouragement of colleagues and communities. Palliative care in India has advanced because many committed people and organisations, including Pallium India, have worked towards a common purpose. I feel proud to be part of this effort, while remaining mindful that many people who need palliative care have yet to receive it.

Palliative care has changed the way I see illness, relationships and life itself. It has reminded me that behind every diagnosis is a person with hopes, fears, relationships and wishes—and a family that may also need understanding and support. I feel privileged to have moved from witnessing moments of relief during my early home visits to helping other healthcare professionals offer that same compassion to people living with serious illness.

My hope remains simple: to ease avoidable suffering, whether by caring for a patient directly or by helping someone else provide better care. Every person who finds relief, every family that feels supported, every nurse who grows in confidence and every community that learns to care gives meaning to this journey. Palliative care is more than my profession; it is a continuing journey of learning, service and compassion, and a daily reminder of the difference it makes when we care for one another.

WHAT'S IT LIKE TO LIVE WITH SERIOUS ILLNESS?



A serious illness changes much more than a person's health. It can reshape everyday life, relationships, independence and even one's sense of identity. But what does this experience really feel like for the person living with the illness and the family members caring for them? In this thought-provoking article, Mukund Acharya explores the many dimensions of living with serious illness through the experiences and reflections of patients and caregivers. Their voices remind us of the emotional and practical challenges that often remain unseen, the importance of support, and the resilience people discover along the way.

One particularly moving reflection comes from Gokul K Gopikrishna of Pallium India:
"We cannot always take away pain. We cannot always change the course of illness. But we can become, however briefly, the borrowed rain that helps another endure the season they are in."

These words capture the essence of compassionate care – being present, offering comfort and helping someone find strength through difficult times.

Mukund Acharya is a regular columnist for India Currents and President and co-founder of Sukham, an all-volunteer nonprofit organization in the Bay Area that advocates for healthy aging within the South Asian community. He is also a long-time supporter of Pallium India USA. Through his monthly Sukham Blog column, he brings attention to important aspects of health, well-being, aging, serious illness, palliative and hospice care, death and bereavement.

Read the full article: https://indiacurrents.com/whats-it-like-to-live-with-serious-illness/

UPCOMING EVENT – DANCE FOR A CAUSE: PALLIUM INDIA SEATTLE HOSTS A FUNDRAISER DJ NIGHT



Get ready for an evening of music, dancing, food and fun – all for a meaningful cause!
Pallium India Seattle invites you to Fundraiser DJ Night: Dance for a Cause, on Saturday, December 5, 2026. Featuring DJ Kapil, the evening promises four hours of music and dancing, bringing the community together to support pain relief and palliative care initiatives.

The event will be held at the Redmond Ridge Community and Event Center, Redmond, from 8 PM to midnight. Tickets include unlimited food and drinks, making it a wonderful opportunity to enjoy an evening with friends and family while contributing to a cause that makes a difference in the lives of people living with serious illnesses.

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.