



# ANNUAL REPORT

2022-2023

 **PALLIUM**<sup>TM</sup>  
**INDIA**



FOREWORD BY SHASHI THAROOR

# WALK WITH THE WEARY

*LIFE-CHANGING LESSONS  
IN HEALTHCARE*

DR M.R. RAJAGOPAL

**Walk With The Weary\***

Authored by Dr. M. R. Rajagopal.

Available on Amazon, Aleph Book Company, and Flipkart.

\*All proceeds from the sale of the book will go towards the patient care activities of Pallium India.



# TABLE OF CONTENTS

---



02

Chairman's Message

23

Key Events

33

Donors and Partners

04

Vision & Mission

29

Financials

34

Team

05

Impact

30

Testimonials

36

Donations and Contact Info

06

Year in Review

32

Trustees

# CHAIRMAN'S MESSAGE

---

As we report to you on our activities during the financial year from April 2022 to March 2023, we have some achievements that we cherish, like the institutional award from the 'International Association for Hospice and Palliative Care' and the membership in the United Nations Economic and Social Council (ECOSOC) with Consultative status. But let me try to avoid that temptation and focus on our mission - our mission of working towards relief from serious health-related suffering of 10 million Indians. We continue to do that by our strategy of "demonstrate, educate, facilitate" (DEF).

To start with the demonstration of palliative care delivery balancing quality and coverage, I am happy to report that we could care for 4874 unique patients in our demonstration centre in Trivandrum directly. And I am glad that when we celebrated World Hospice and Palliative Care Day, more than 500 of them and their families attended the get-together. The smiles on their faces reminded us of why our organization exists and why we do this work. My colleagues join me in renewing our pledge to keep the focus on them rather than the organization or any other consideration.

Realizing that what we do in our headquarters will reach only a tiny minority of people that we eventually want to reach, we concentrated on education. This year, we delivered our 100th virtual training session and reached 1153 healthcare providers through this mode. We also trained 74 doctors and 39 nurses in person.

Our facilitation team has been working hard to translate the work of demonstration and education into realities in various parts of the country. To achieve this, we worked with the governments of Indian states and union territories and with individuals and institutions to catalyse the development of, or collaborated in the functioning of 30 palliative care centres during this current year of report. One important part of this work was conducting opioid access workshops in seven different states. In each of them, the drug regulators, healthcare managers and healthcare providers got together to exchange notes, to bring problems to light and to find solutions. We have found this strategy to be most helpful and meaningful in bringing pain-relieving medications to those needing it most.



## CHAIRMAN'S MESSAGE

---

At the same time, our team also worked in New Delhi to continue our efforts towards the implementation of the 2014 amendment of the Narcotic Drugs and Psychotropic Substances Act and to improve access to opioids for pain relief. For this, we worked with the Department of Revenue and the Department of Ministry of Health and Family Welfare in New Delhi.

In the meantime, our 'strategic partnerships' activity has continued to build bridges with organizations in India and abroad. Many of the problems are common to all low and middle-income countries (LMICs), and we are quite convinced that it is essential to work together as a body advocating for access to quality care in LMICs. We are all part of one world and will work towards Rabindranath Tagore's vision of a world which is "not divided into tiny fragments by narrow domestic walls".



While our doctors and nurses were addressing the physical pain of our patients, our social work team has been working tirelessly to provide support in the form of monthly rations to 156 families, education support to 346 children, assistive devices to 262 beneficiaries, and assistance with house modification for six families.

A much-awaited dream; building a permanent building for Pallium India, the Pallium Home, is close to becoming a reality. We ended the year by procuring 69 cents of land by the generosity of our donors. We hope to see the Pallium home to be a reality in a couple of years.

Thank you for supporting us to reach our mission of wiping the tears on every face in serious health-related suffering.

**- Dr. M.R. Rajagopal, Chairman**



# VISION & MISSION

## Vision

An India in which palliative care is integrated into all health care so that every person has access to adequate pain relief, quality palliative care, and disease-specific treatment across the continuum of care.



## Mission

To catalyze the development of effective pain relief and quality palliative care services and their integration into health care across India by delivering services, education, building capacities, policy, research, advocacy, and information.

# CORE VALUES

The patient is the most important consideration. Commitment to Pallium India will be secondary to a commitment to the patient and family.



Care is the right of the patient and family, and we stand committed to giving it to them. Care is not a charity that we give them. By allowing us to care for them, they are enriching our lives.



Compassionate and competent care and the value of human dignity are at the heart of what we do and why we exist. We shall endeavor to do the right thing for the right reason as best as we can.



We recognise the strength of social capital and shall engage in a partnership with the community enlisting the support of volunteers and other community entities, creating the capacity to meet community needs. Each of us shall treat everyone else with respect, remembering that every individual is superior to each of us in some way.



We shall embrace the ethical principles of autonomy, beneficence, non-maleficence, and justice, exercising them in the best interest of those we care for.

# IMPACT - DEMONSTRATE, EDUCATE & FACILITATE (D.E.F)

## Demonstration

### In Trivandrum District

- Unique patients reached - 4874
- Total patient contacts - 36262
- Home visits - 5239
- New Registrations - 2293
- Telehealth contacts - 2452
- Beneficiaries provided telehealth support - 301
- Patients admitted in In-patient - 218
- Beneficiaries provided psychosocial support - 1351
- Beneficiaries provided physiatry/physiotherapy - 415
- Educational support for children - 346
- Beneficiaries provided physical aids and assistive devices - 262
- Beneficiaries provided food assistance - 156
- Beneficiaries provided home modifications - 6
- Patients/families provided special/additional support - 190

## Education & Skill Building

### Virtual - Across India

- Health professionals trained - 948
- Other stakeholders trained - 205

### In-person at TIPS

- Doctors trained - 74
- Nurses trained - 39
- Patients seen by trained doctors- 74,000\*

## Facilitation

- Palliative Care Centres Catalysed-  
Government - 26  
Non-Government - 14
- New patients reached out through our collaborators across India- 17967
- Hands-on Training Sites - 14
- Opioid Access Facilitated (RMIs)- 16
- NHMs /State Governments /State Drug Controllers - 13  
States & 2 UTs
- Opioid Availability Workshops with the State Drug  
Controllers - 7
- Community Outreach Projects -1

Patients & family members impacted across India - 3,18,841\*

\*Based on a projected model

# YEAR IN REVIEW (APRIL 2022- MARCH 2023)

## Pallium India turned 19 on December 15, 2022

19 years of providing holistic palliative care and paving the path for a pain-free India. We work to demonstrate, educate, and facilitate the integration of palliative care into mainstream healthcare.

Our education and advocacy activities take us to different parts of the country and the globe.



Here at our headquarters in Trivandrum, we strive to demonstrate what good Palliative Care looks like. And it looks a lot like this picture.

These services are our offering to patients and families wherever they may be.

Join us as we enter our 20th year of service.

“Walk with us, as we walk thousands home.”

## Home for Pallium India - a reality

We are delighted to announce that our long-cherished dream of having a permanent home for Pallium India, the Pallium Home, is on the verge of coming true. Thanks to the generosity of our donors, especially Chittilappilly Foundation and other donors, we have acquired 69 cents of land for this purpose. We plan to start the construction by March 2024.

[www.palliumindia.org](http://www.palliumindia.org)





## YEAR IN REVIEW - INTERNATIONAL RECOGNITION

---

### Pallium India Wins International Recognition

Pallium India is among the three institutions that won this year's International Association for Hospice and Palliative Care (IAHPC) Institutional Recognition Awards, which celebrate institutions dedicated to developing and providing palliative care to improve patient's quality of life with serious health-related suffering.

While Pallium India won the award among middle-income countries, Hospice Africa Uganda (HAU) won the low-income country award, and Anam Cara House Colac, Australia, was selected winner among high-income countries. The award consists of a US\$1,000 cash prize and a one-year IAHPC institutional membership.

Thank you for this recognition and honor, IAHPC.  
Congratulations, Hospice Africa Uganda and Anam Cara House, Colac.



### Pallium India receives Consultative Status with the United Nations Economic and Social Council

Pallium India has achieved Consultative Status (Special Category) with the United Nations Economic and Social Council (ECOSOC). This prestigious recognition enables Pallium India to engage closely with the UN, offering expert advice and influencing the work of the Council and its subsidiary bodies.

The accreditation aligns with the UN's commitment to collaborate with accredited non-governmental organizations and supports global initiatives such as the Millennium Development Goals and the 2030 Agenda for Sustainable Development.

ECOSOC serves as the primary gateway for NGOs to gain official recognition within the UN system, facilitating collaboration and the exchange of views.



**United Nations**  
Economic and Social  
Council (ECOSOC)

# YEAR IN REVIEW - INTERNATIONAL LEVEL

## Collaboration for balanced access to opioids: webinar on 29 April 2022

H.E Mr. Ghislain D’Hoop calls for pain relief and exhorts, “Leave no patient behind.” Chairs of two Lancet Commissions – Felicia Knaul of Access to Pain Relief & Palliative Care 2017 and Keith N Humphreys of Opioid Governance 2022 – lay out the specifics.

This webinar, co-organised by the UN Office of Drugs and Crime (UNODC), the Vienna NGO Committee on Drugs (VNGOC) and the International Association for Hospice and Palliative Care (IAHPC) fills us with hope for the future. Instead of advocates for either addiction medicine or palliative medicine, let us hope, that we will have advocates for humanity and compassion.



## World, focus on mitigation of suffering, or assist harm – Geripal Podcast



Dr. M.R. Rajagopal spoke on 12 May 2022 in GeriPal, a geriatrics and palliative care podcast at the University of California, San Francisco, created to showcase the “brightest minds in geriatrics, hospice, and palliative care.”

He answered pertinent questions from hosts Dr. Eric Widera and Dr. Alex Smith, also joined by guest host Tom McNally, a rehab and pediatric palliative care doctor. Alex is a palliative medicine physician-researcher and Professor of Medicine. Eric is a clinician-educator in the University of California San Francisco Division of Geriatrics.

The podcast is available with a full transcript here:  
<https://geripal.org/palliative-care-in-india-m-r-rajagopal/>

## YEAR IN REVIEW - INTERNATIONAL LEVEL

### Queen's University and Pallium India Announce Partnership

Queen's Global Oncology, Queen's University, Kingston, Canada, and Pallium India have formalized their long-standing partnership to improve palliative care services in India through education, research, and policy initiatives.

The partnership between Queen's University and Pallium India began in 2016 when Queen's oncologist, Dr. Christopher Booth, traveled to Kerala, India, for a six-month sabbatical. After meeting the Founder and Chairman of Pallium India, Dr. M.R. Rajagopal, Dr. Booth was determined to foster collaboration between Queen's and Pallium. This partnership has continued to grow and expand, with support from the Pallium India team and members of the Global Oncology team within the School of Medicine's Department of Oncology at Queen's Health Sciences.



### Joint statement by IAHPC and Pallium India

On August 30, 2022, Katherine Pettus, Senior Advocacy and Partnerships Director at the International Association for Hospice and Palliative Care (IAHPC), presented a joint statement on behalf of IAHPC and Pallium India at a UN Human Rights meeting.

Both organizations, with ECOSOC Consultative Status, advocated for the inclusion of the right to palliative care in the human rights discourse for older persons. The intervention emphasized that palliative care, including pain relief and holistic support, enables individuals, particularly older women, to participate fully in various aspects of life.

The statement underscored the necessity for age-disaggregated data on health-related suffering to plan for publicly provided palliative care and address the global shortage of essential medicines like morphine. The right to palliative care was emphasized as a crucial support for older persons to enjoy their fundamental rights.





# YEAR IN REVIEW - NATIONAL LEVEL

## Celebrating 100 Virtual Training Programmes



In March 2022, with the commencement of the 100th Virtual Training Program, Pallium India has crossed a significant milestone in its efforts to enable healthcare professionals to reduce unnecessary health-related suffering—a proud moment for the Virtual Education department at Pallium India.



Our virtual education journey that started in 2017, with the help of our partners Project ECHO and ECHO India, has enabled us to reach around 4500 individuals in 20 countries and all states of India.

[www.palliumindia.org](http://www.palliumindia.org)

## Lifetime Achievement Award for Dr Rajagopal

Dr. M R Rajagopal, Chairman, Pallium India Trust, received the Lifetime Achievement Award instituted by the National Association of Palliative Care for AYUSH and Integrative Medicine (NAPCAIM) from NAPCAIM delegation consisting of Shri K Radhakrishna Menon (National Vice President, NAPCAIM), Sr. Susheela, (Vice President, Kanyakumari City Chapter), Sr. Mercy, S/Shri Dileep and Sunil, (Mother Anna Care Centre, Kulasekharam) at Pallium India, Trivandrum.

The Award was formally received by Dr. Jagruti Kamdar, Vice President, Maharashtra State Chapter, on behalf of Dr. M.R. Rajagopal at the first international conference of NAPCAIM held at Sri Guru Ram Das University of Health Sciences, Amritsar, Punjab.



# YEAR IN REVIEW - NATIONAL LEVEL

## CME: Getting comfortable with Essential Narcotic Drugs in Chhattisgarh

The importance of pain management is known only to people who have gone through severe pain. You may not find it easy to believe this, but modern pain management got into the MBBS curriculum only a few years back. Doctors and hospital administrators do not yet know how to procure opioids or how to stock and dispense them safely. Nor do healthcare administrators.

Dr Shilpa Khanna from Sangwari in Chhattisgarh, having initiated palliative care services reaching out to the community, decided to sensitize medical professionals on the matter. On the 7th of July 2022, from 12 noon to 3 pm, she coordinated a hybrid event organized by the Department of Anaesthesia in collaboration with the Department of Medicine and Department of Paediatrics of Rajmata Srimati Devendra Kumari Singhdeo Government Medical College, Ambikapur. This is followed by extensive hand-holding and trouble-shooting on practical issues in smaller groups.

The 126 attendees included the Dean, Medical Superintendent, heads of Paediatrics and Gynaecology, senior faculty, senior residents, junior residents of various clinical and non-clinical departments, nurses in charge of OPD, IPD, OT, and ICU, central store in charge, pharmacists, dietician, and hospital management consultants and final year MBBS students. So, it is essential to sensitize all categories of stakeholders.



## National nurses' team to prepare nursing modules on palliative care.

The Indian Nursing Council (INC) has commenced the process of integrating palliative care into the UG nursing curriculum, starting with the 2022 batch. According to the latest syllabus, a 20-hour mandatory module on Palliative Care is included in the 4th semester (second year) of the four-year BSc Nursing Course. Following this announcement, the Indian Nursing Council has published the course outline for the mandatory modules. Pallium India Education and Skill Building department is coordinating this project.



## YEAR IN REVIEW - NATIONAL LEVEL

### Opioid Availability Workshop and other developments in Puducherry

Union Territory of Puducherry has prioritized health most and strives to provide quality care at all three levels of mainstream healthcare.

However, access to pain relief and palliative care remains a challenge as the government has to prioritize the available limited resources. Addressing the need for quality palliative care in the union territory, Pallium India and Aarupadai Veedu Medical College & Hospital, in association with the Department of Drugs Control, Puducherry, conducted an “Opioid Availability” workshop for palliative care professionals, drug vendors and pharmacists of medical institutions in Puducherry.

This workshop shed light on the operational procedures to ensure the implementation of the amended NDPS rules 2015 to have uninterrupted access to pain relief in the union territory.



Dr. Rajagopal presented the case study of Kerala and the importance of the accountability of RMLs to avoid opioid misuse. The Drugs Controller presented the keynote address specifying the challenges and current scenario in Puducherry about purchasing/dispensing opioids for medical purposes. He talked about the NDPS Amendment Act in detail and the application process to obtain the recognized medical institution status. It was commendable to note that the Drugs controller talked from a facilitator perspective rather than from an enforcement authority, sharing the responsibility that stakeholders have to alleviate the pain relief of the suffering patients.

There was an interactive Q&A session with the drugs controller and Dr. Rajagopal, where drug vendors shared the logistical challenges of procuring opioids, and medical institutes asked about the documentation required for smooth drug availability.

The workshop was completed with high participation from drug vendors, retailers, medical institutes, and palliative care professionals (134 people). It was the first-of-its-kind event in the union territory where all the stakeholders came together under one roof to discuss the challenges and find solutions for easy opioid availability for medical use and safe usage of the same. Drugs controller suggested that a stakeholder network would be created from this workshop and similar meetings can be conducted in the future.

Pallium India takes this opportunity to thank the Govt. of Puducherry, the Controlling authority Dr. E Anandakirouchenane, the Association of Druggists & chemists association, and AVMC College for making this happen.

# YEAR IN REVIEW - NATIONAL LEVEL

## Workshop on Opioid Availability in Rajasthan

In coordination with Dr. Anjum Khan Joad of BMCHRC (Bhagwan Mahaveer Cancer Hospital & Research Centre), Jaipur, Pallium India, organized a Workshop on Opioid availability in Rajasthan on 4th August 2022.

35 participants were present at the event, including Mr Ajay Pathak, State Drug Controller Rajasthan, and Dr Nirmala, In-charge Officer NPPC, NHM Rajasthan, and twenty doctors from government & private sectors, Rajasthan.

## Opioid availability workshops in Punjab and Jharkhand

On 25 August 2022, Pallium India organized an online workshop on Opioid Availability in Punjab, with support from Mr Sanjeev Garg, Joint Commissioner FDA Punjab.

In collaboration with Mrs. Ritu Sahay (Director Director, State Drug Control Directorate – SDCCD, Jharkhand) and Dr. Sujit Kumar (Joint Director, SDCCD Jharkhand), Pallium India organized an online workshop on Opioid availability in Jharkhand on September 5, 2022.

## Opioid Workshop with Meghalaya Drugs Department

In January 2023, Meghalaya State Drug Department took the initiative to conduct an Opioid Workshop, facilitated by Pallium India.



## Opioid Workshop in Ladakh

Pallium India organized an online opioid availability workshop for the Union Territory of Ladakh, facilitated by Dr M R Rajagopal (Chairman of Pallium India), on January 3, 2023. Mohd Bashir Bandey, (Drug Controller, Ladakh) attended the event, along with 24 other participants including Dr Sunil Kumar Ahirwar (In-charge officer, NPPC NHM), and Dr Tashi Thinlasand (Palliative care consultant, NCD Leh), Dr Rinchan Dolma DH Kargil and others from Leh and Kargil district hospitals of Ladakh.

## YEAR IN REVIEW - NATIONAL LEVEL

### 10-day Foundation Training in Puducherry

Pallium India's Trivandrum Institute of Palliative Sciences (TIPS), the WHO Collaborating Centre for Training and Policy on Access to Pain Relief, in association with Aarupadai Veedu Medical College (AVMC) Puducherry, conducted a 10-day foundation training program for palliative care professionals (doctors and nurses) in the union territory of Puducherry. This course emphasizes the importance of psychosocial, emotional and spiritual issues along with physical problems in chronically ill patients.



These 10 days of foundation training for doctors and nurses enabled the participants to learn how to integrate palliative care's standard procedures into primary healthcare. The program's clinical posting was the most notable accomplishment which allowed participants to get firsthand exposure of the inpatient facilities and home care visits in nearby villages. This combined training initiative was a first-of-its-kind in Puducherry.

The 29 trainees who attended the program will be the flag bearers in their own institutions and in Puducherry to ensure appropriate palliative care is delivered.

### Palliative Care training in Ladakh

Pallium India, in collaboration with Project ECHO India and National Health Mission (NHM) Ladakh, organized a palliative care sensitization workshop for Community Health Officers (CHO) across Ladakh in February and March 2023.

120 CHOs, including medical officers and nurses, were trained in the different aspects of Palliative Care by Dr. Anjum Joad Khan and Dr. Minhaj Akhter of Bhagwan Mahaveer Cancer Hospital and Research Centre, Jaipur. Other speakers at the event included Mr. Gylax (State Program Officer, NHM Ladakh), Dr. Sandeep Bhalla (Associate Vice President, ECHO India), Dr. Iftakhar Ahmed Chowdhary (NHM, Ladakh), and Dr. Fajar Shah (ECHO India).



# YEAR IN REVIEW - NATIONAL LEVEL

## Dr Rajagopal receives Best Doctor Award



Chairman of Pallium India, Dr M R Rajagopal was one of the recipients of the Best Doctor award instituted by the Nehru Group of Institutions and the P K Das Institute of Medical Sciences (PKDIMS), Vaniyamkulam, in memory of Nehru group founder P.K. Das. The awards were presented at a function hosted by the PKDIMS on January 14, 2023.

6 doctors from Kerala and 3 doctors from Tamil Nadu were selected for the awards considering their services in four categories.

## Babu Abraham wins International Award for Excellence in Palliative Care



Pallium India's Social Engagement Department Head, Babu Abraham is one of the winners of the International Award for Excellence in Palliative Care 2022-23 instituted by Cancer Aid Society. The awards were presented at the 30th International Conference of Indian Association Of Palliative Care (IAPCON 2023), at Bengaluru in February.

## Dr Arjun Devarajan wins Bruce Davis Gold Medal

Heartiest Congratulations to Dr Arjun Devarajan (Senior Palliative Care Physician & Section Head-Medical Services, Pallium India), the winner of the Bruce Davis Gold Medal 2022, established by Institute of Palliative Medicine, Kozhikode, Kerala. Dr Arjun received the Bruce Davis Gold Medal, a citation and a cash award of ₹25,000 at an award ceremony to be held on 11th February, 2023, at the 30th IAPCON at Bengaluru.





## YEAR IN REVIEW - NATIONAL LEVEL

Athulya Senior Care and Pallium India have collaborated to launch palliative care services in the organized senior care sector across South India



The training of doctors, nursing staff, and other key members at all Athulya Senior Care centres will be provided by Pallium India, focusing on pain and symptom management, end-of-life care, and communication skills, among other essential areas. Dr. Sreedevi Warriar, Head of the Education and Skill-building division of Pallium India, said, "Our goal is to make Palliative Care accessible to all who need it. By working with Athulya Senior Care, we are bringing this critical service to senior citizens in South India and training the clinical team to provide the highest quality care."

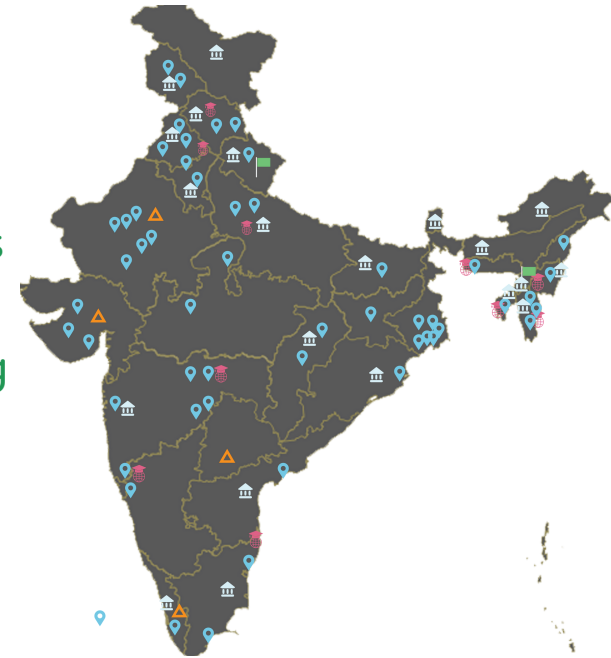
[www.palliumindia.org](http://www.palliumindia.org)

### Palliative Care Unit launched at Hiranandani Hospital, Vashi

Hiranandani Hospital, Vashi, a Fortis Network Hospital, has launched palliative care services.

This palliative care unit has been set up in accordance with Pallium India's guidelines, which aim to catalyze the development of effective pain relief and quality palliative care services & its integration across healthcare platforms.

National Impact  
across 28 states  
and 6 UT's  
through training  
& facilitation.



# YEAR IN REVIEW - TRIVANDRUM

## Pallium India's new Pediatric Supportive and Palliative Care Outpatient Clinic

Pallium India's new outpatient clinic for children who need palliative care has started functioning at Pallium India's premises. It was inaugurated on Saturday, November 12, 2022, at 10 a.m. by Miss Lydia, a beneficiary, Dr. Chinchilu (SAT hospital), and Pallium India's chairman, Dr. M R Rajagopal.



The pediatric outpatient clinic has been initiated with support from UST Global's Corporate Social Responsibility (CSR) Initiative. Representatives of the UST CSR team, Ms. Lakshmi, Mr. Vineet Mohan, and Dr. Sangeetha (Pallium India's pediatric palliative care physician), were also present, along with the staff and well-wishers of Pallium India.

Mr. Vijayakumar and Mr. Anil from Himalaya Friends by Tarkett donated pediatric wheelchairs, diapers, etc., for the children receiving care.

## World Health Day – Medical Camp at Njaraneeli

In connection with World Health Day, Pallium India, Nanniyode Pain & Palliative Care Society, NSS unit Iqbal College Njaraneeli, and Govt. Upper Primary School Njaraneeli jointly organized a Palliative Care Community Awareness program and Palliative Care Medical Camp at Govt. Upper Primary School Njaraneeli, Peringamala Panchayath 6th Ward, on Sunday, 10th April, 2022.

The palliative care medical camp was inaugurated by Shri. Shinu Madathara, President Peringamala Grampanchayat. The palliative care awareness program was inaugurated by Smt. Sheeja Shajahan, Health and Education Standing Committee Chairperson, Peringamla Grampanchayat. Shri K Sivadasan, Smt Karthika CP, Shri Venu, Smt Razia Beevi, Dr. R Sumesh, Shri Hijir Muhammed, Dr SunilKumar M M, and Shri Babu Abraham also spoke at the event.





## YEAR IN REVIEW - TRIVANDRUM

### Jeevana & KTU Annual Meet 2022



On 15th & 16th October 2022, APJ Abdul Kalam Technological University National Service Scheme cell and Pallium India jointly organized a 2-day Palliative Care training program at Viswajyothi College of Engineering & Technology, Muvattupuzha.

Mr. Babu Abraham (Head – Social Engagement, Pallium India), Ms. Abhirami PS, Mr. A P Sreekanth (Community Social Officers, Pallium India), and Ms. Reena R (Senior Community Social Officer, Pallium India) were the resource persons for this program.

The inauguration of a state-level fundraising program for kidney patients titled “Jeevana”, organized by VJCET NSS and Jeevadhara Renal Care Foundation, took place during the event. “Redwings”, a blood bank data book comprising information related to donors who are willing to donate blood, was also released.

### Ashla Rani receives Znehazandram Excellence Award

Pallium India’s trustee, Ashla Rani received the second Znehazandram Excellence Award instituted by the Kozhikode-based Zmart Foundation for inspiring personalities. Ashla, 39, was selected in recognition of her advocacy for disability rights in India.



The award was presented on November 11th at the Pallium India office in Trivandrum by Dr. Biju Jacob IA&AS (Principal Accountant General, Kerala) in the presence of Dr. Beena Oommen and Dr. Alex Oommen (ZMART Foundation Trustees), Fr. Koshy Alexander Ashby and Chairman Dr M. R. Rajagopal. Pallium India’s staff, volunteers and well-wishers joined the program in person or via zoom.

“I feel honored to receive this award in memory of Sandra. The award goes to team Pallium India and to my mother, who enables me to do my bit,” said Ashla Rani.

# YEAR IN REVIEW - TRIVANDRUM

## 7-day residential camp

The annual National Service Scheme 7-day VHSE (Vocational Higher Secondary Education) school's residential camp began on December 26, 2022. The camp implemented various social welfare projects state-wide. One of the ambitious social welfare projects was "SAMARPITHAM," which aimed to sensitize young minds to palliative care and motivate them to understand and address the problems of palliative care beneficiaries.

SAMARPITHAM was carried out with the support of Pallium India and IAPC Kerala Chapter across 338 schools across Kerala. Through the project, students were trained in the basics of palliative care and visited palliative care beneficiaries near their campsite. Statewide, around 4 lakh students benefited from the project.

Pallium India was able to reach 26 VHSE schools in Thiruvananthapuram District.



## Donation by Siemens Healthineers



Siemens Healthineers has donated protective gear to Government Medical College Hospital, Thiruvananthapuram, facilitated by Pallium India. The medical equipment included 6000 protective eyewear, 9000 shoe covers, and 3000 protective body suits. The formal handover was organized at Government Medical College on March 20, 2023.

Govt. Medical College Principal Prof. Dr. Kala Kesavan, Dr Anil Sundaram (Deputy Superintendent) and Mohan Roy (Resident Medical Officer) attended. Dr. Sunil Kumar M M (Additional Director, TIPS, Pallium India), Dr Sangeetha Suresh (Palliative Care Physician, Pallium India), Mr Sourav Singh (Lead – Resource Mobilization, Pallium India) and others were also part of this handover ceremony.

Pallium India runs a Palliative Care Outpatient Clinic at Govt. Medical College Hospital.



# YEAR IN REVIEW - TRIVANDRUM

## Community Physiotherapy



As Pallium India looks after all patients with serious health-related suffering, we have various patients suffering from cancer, stroke, paraplegia, muscular dystrophies, frailty, etc. In some of these conditions, physiotherapy can help the patient come to the mainstream by improving mobility and social function.

However, some patients find physiotherapy unaffordable and end up with more complications. For such cases, Pallium India provides physiotherapy at their homes to improve their quality of life. The Community Physiotherapy (CPT) program was started by a community physiotherapist in Poovar Link Center, offering five sessions per day, thrice a week. CPT was started in mid-November 2021, supported by the Azim Premji Foundation. Due to the benefits of this program, we extended CPT to 3 more link centers in July 2022. We currently have 4 CPTs working in 7 link centers in Trivandrum District.

## Stroke Rehabilitation Program

Pallium India has collaborated with the Department of Neurology at Medical College Hospital, Trivandrum, to initiate a Palliative Care Stroke Integrated Program with Neuromedicine Unit 1.

The project focuses on admitting willing patients with recent strokes to Pallium India's inpatient unit for rehabilitation after the acute phase. Over nine months, there were 69 referrals, and 28 patients were admitted for rehabilitation.

Preliminary data analysis indicates a promising improvement in the quality of life and reduced mortality risk for them.

Additionally, a joint Outpatient Unit for stroke patient review was established in April 2022, held every 1st Wednesday of the month. This outpatient clinic involves collaboration between the Neurology Department and Pallium India's team, including a palliative care physician, physiatrist, physiotherapist, social officer, and nurse.

The Neuro Project has registered around 93 patients in nine months from the Neuro Medicine Unit. The project is scheduled for completion in May 2023.

# YEAR IN REVIEW - TRIVANDRUM

## Migrated to a new Hospital Management System

We migrated to a brand new Hospital Management System (HMS) and digitized all our medical records, enabling us to work smarter and with more efficiency. We will also be becoming paperless soon.

## Community Nursing

Pallium India introduced the Community Nurse (CN) Program under the Home Care project, funded by the Azim Premji Foundation. The program aimed to ensure quality palliative care delivery to registered and new patients in specific communities.

Trained community nurses, using two-wheelers, visited patients five days a week. Once a week, the nurse reported to the Trivandrum Institute of Palliative Sciences (TIPS) for monitoring and evaluation.

Launched in Bharatanoor and Palode link centers in April 2022, on average, the CN visited 180 patients per month in the communities served.

Regular evaluation at TIPS ensured program effectiveness, and a study conducted after ten months highlighted positive impacts on palliative care delivery.

A few takeaways from the study:

1. Visits aligned with the review schedule, ensuring timely patient care.
2. Increased visit frequency with CN support led to improved quality of care.
3. New patient registrations rose by 43.6% in Bharatanoor and 59.3% in Palode.



4. Cost analysis showed 65.8% and 36.6% cost benefits in Bharatanoor and Palode, respectively. Savings: ₹3,43,680 in Bharatanoor, ₹1,45,524 in Palode annually.

5. The introduction of CN significantly reduced the need for the Field Support Team.

6. Due to benefits, the CN program was extended to the Poovar link center in August 2022.

## KEY EVENTS

### Dancing to relieve suffering

The students and faculty of the School of Indian Dance in California decided that everyone has a part to play in relieving needless suffering in India. They danced and baked to raise money, and Pallium India gratefully received more than \$4000.

Thank you, dear children and Mrs Rani Sunil, for your initiative!



### Pallium India celebrates World Hospice & Palliative Care Day: October 8, 2022



It was a day filled with moments of love, light, laughter, sharing, and a lot of caring. The World Hospice & Palliative Care Day (WHPCD) celebrations on the second Saturday of October were organized by Pallium India after a hiatus of 3 long years due to the COVID pandemic.

We hosted many of our beneficiaries and other stakeholders at the picturesque Kerala Arts and Crafts Village (KACV) en route to Kovalam. KACV is a corporate social responsibility initiative of the Uralungal Labour Contract Co-operative Society Limited, which takes up key infrastructure projects in the state.



# KEY EVENTS

## Humanising Healthcare through Storytelling – Stories as a tool for transformation



Indian Association of Palliative Care (IAPC) and Pallium India jointly conducted a webinar on 'Humanising Healthcare through Storytelling – Stories as a tool for transformation' on Wednesday, 23rd March 2022, between 7 p.m. and 8:15 p.m.

Panelists: Chinthana Gopinath (Care provider and Care receiver), Joan Marston (Founder, Sunflower Children's Hospice and Global Ambassador, International Children's Palliative Care Network), Dr Vidya Viswanath (Palliative Care Physician, Homi Bhabha Cancer Hospital and Research Center), Dr Yogesh Jain (Public Health Physician and Founder, Jan Swasthya Sahyog).

Moderators: Dr Frank Brennan (Palliative Care Physician, Australia) and Smriti Rana (Head, Strategic Programs and Partnerships Division, Pallium India). Dr Sushma Bhatnagar (President, IAPC) also spoke on the occasion.

## Kuttikkoottam Summer Camp 2022



Glimpses from a one-day camp organized for the children of our beneficiaries, in collaboration with UST Global, who are currently supporting our Paediatric Palliative Care OPD through their CSR initiative. A day of fun and laughter, learning and exploration!





## KEY EVENTS

### ‘Tea with Dignitaries’ on International Day of Persons with Disabilities

“Why should people think of themselves as a person with a disability? Why can’t we talk about ourselves just as a person, without focusing on the disability?” was a question raised by Krishna while attending the “Tea with dignitaries” program conducted at Pallium India on December 3rd, 2022, International Day of Persons with Disabilities.

This opened questions and comments from the group. They shared how they were reminded of their disability every moment in life, either by the attitude of society or by the infrastructure (or the lack thereof).



### Walkathon on Universal Health Coverage Day

A Walkathon was organized by Pallium India on Dec 11, Sunday morning at 7 a.m. to commemorate Universal Health Coverage Day (Dec 12, 2022).

The Walkathon began at Kowdiar Junction and proceeded to LMS and back, covering a distance of 4 km. It was flagged off by Justice M R Hariharan Nair, Pallium India’s Legal Advisor.



### Manjuthulli 2023

Manjuthulli is an annual event organized by Pallium India’s volunteers and staff since 2014 to raise funds for palliative care activities.

Our sincere thanks to everyone who supported the event that was held in Thiruvananthapuram on March 10-12, 2023.



# KEY EVENTS

## Pallium India's 19th birthday celebrations

Pallium India celebrated its 19th birthday on December 16, 2022. Mr Madhupal (Actor and Director) inaugurated the event. Also present were Mr. Nagakumar (Beneficiary, Pallium India), Mr S M Vijayanand IAS and Mr. T S Guruprasad (trustees, Pallium India), and Dr. M R Rajagopal (Chairman, Pallium India).

Volunteers who have been with us for five or more years were honored for their selfless service towards palliative care. The inauguration was followed by cultural programs.

The event was coordinated by Sharath, Devika, and Sree Priya and was streamed live on Pallium India's Facebook page.



## Ruchimela 2022



Pallium India's Food Festival, Ruchimela 2022, was organized at Canara Bank premises, Thiruvananthapuram, on November 4 and 5, 2022.

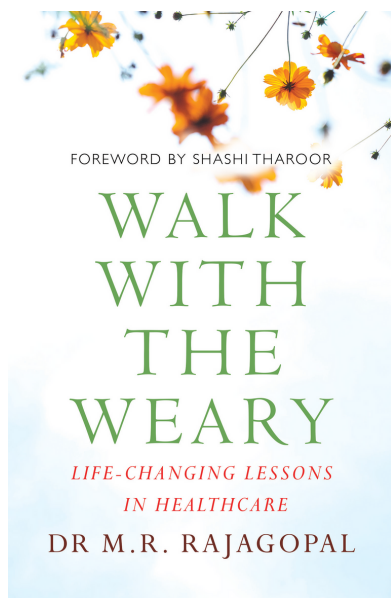
The event was inaugurated by Mr Sanjay Kumar Mishra (DGM, Canara Bank) and Dr. Biju Jacob IA&AS (Principal Accountant General Kerala) in the presence of Pallium India's staff, volunteers, and well-wishers.

The funds raised from this food fest go towards patient care activities, free medicines, food kits, children's education, rehabilitation, and more. Both days of the event saw an influx of people, and the food items were sold out.

We thank everyone who visited and supported us.

## KEY EVENTS

‘Walk with the Weary’ (2nd edition) released at IAPCON in Bengaluru



The new edition of ‘Walk with the Weary – Life-Changing Lessons in Healthcare’ by Dr. M R Rajagopal, published by Aleph Book Company, with a Foreword by Dr. Shashi Tharoor MP, was released at IAPCON 2023, Bengaluru, by Dr. Nagesh Simha (Medical Director, Karunashraya Hospice) and Dr. Sushma Bhatnagar (President of IAPC and the Director of the WHO Collaborating Centre at AIIMS, New Delhi). Dr Seema Rao also spoke on the occasion.



This was followed by a book signing by the author.

In Walk with the Weary: Life-changing Lessons in Healthcare, Dr Rajagopal knits his own experiences as a doctor with stories of the unique lives of his many patients, asserting that medicine can bring comfort and security to those at their most vulnerable and provide them the opportunity to not only live healthy lives but to die with dignity.

Get your copy of “Walk With the Weary” on Amazon.in, Aleph Book Company and Flipkart.

If you have already read the book, please leave a review on the website or email it to us: [info@palliumindia.org](mailto:info@palliumindia.org)



# KEY EVENTS

## Cycle Rally for Palliative Care

A cycle rally to commemorate Kerala Palliative Care Day (January 15, 2023) was organized by Pallium India in partnership with Sthiti, Life Care Foundation, and Alappuzha Initiative in Palliative Care. The riders started from Palakkad on January 11 and reached Trivandrum on Jan 14, 2023.

Anshad Hassan, Viswaraj. B, Dileep. R, volunteers from Sthiti, carried the message of palliative care, the need to hold hands and take care of each other for a compassionate community. As palliative care and environment activists, they are keen to develop palliative care services in Palakkad. This was a journey of learning and discovery for these young men, who will become future leaders and torchbearers of the palliative care movement.

Our thanks to palliative care enthusiasts and organizations who provided support to the riders along the way.



## Pallium India at IAPCON 2023



The theme of the Indian Association of Palliative Care Conference (IAPCON 2023) held at Bengaluru, Karnataka, on 10-12 February 2023 was “Metamorphosis: The Emergence of Subspecialty Palliative Medicine.”

A three-day conference was held to discuss the importance of raising awareness and further enhancing palliative care to integrate into other medical specialties, with the inclusion of technology.

During the conference, the speaker illustrated the potential of emerging and transformative advances in Artificial Intelligence (AI) to accelerate progress in palliative care. However, it was also acknowledged that the stakes are high in this pursuit. A total of 19 members from the Pallium India team actively participated in the conference.



# FINANCIALS

## Income

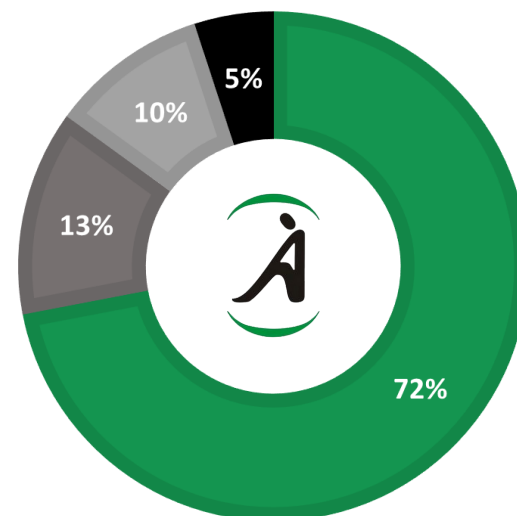
Income (INR-Lacs)	FY 2022-23	FY 2021-22
Donations	389.75	162.44
Grants	360.71	349.84
Other Income	55.23	40.12
Total	805.69	552.40

## Expenditure

Expenditure (INR- lacs)	FY 2022-23	FY 2021-22
Hospital & Patient Aid	191.71	194.60
Training & Advocacy	46.00	15.33
Project Expenses	452.72	458.43
Other Expenses	103.69	48.30
Depreciation	17.21	13.18
Total	811.33	729.84

How we put donations to work.

■ Clinical Services ■ Administration ■ Training & Advocacy ■ Facilitation



[Click here for the detailed Audit Report for 2022-23](#)

Link to access all reports- <https://palliumindia.org/pallium-india/reports>

# TESTIMONIALS

---

"Attending this program has been a huge step in my learning process of pain and palliative care. Being an oncologist, I have always wanted to delve deeper into the pain management and palliative care issues of cancer patients, which is normally not a part of our post-graduation curriculum. Hence, being able to attend this program has given me a huge boost towards my better understanding of the issues of pain and palliative care, and I am confident now that I shall be able to incorporate my knowledge in my daily practice and hence help those patients in need.

Also, I hope to teach my postgraduate juniors the importance of incorporating palliative care early in the course of cancer and some basics of managing pain in these patients. Teaching patients and caregivers about palliative care and removing the myths and misconceptions surrounding it is another aspect I hope to do in the near future.

Thank you, Pallium India, for introducing me to such a wonderful course."

Dr. Nilaxi Khataniar  
(Current designation: Consultant, Radiation Oncology  
Yashoda Hospitals, Somajiguda, Hyderabad)



"I found through these modules what palliative care entails, that it begins with the diagnosis of a terminal illness and that we go with the ups and downs of the patient, till their recovery or their eventual death and ends with bereavement with the family. These modules helped me to understand how to manage pain effectively, with all the aspects covered regarding the types and their treatment. It helped me to learn morphine dosing. It helped me to learn about other symptoms associated, and how to effectively manage them, so that the patient can lead a good quality of life.

It helped me to learn about how to communicate with the patient and their relatives regarding their disease and the best ways to answer their queries. It helped me to learn about futile interventions that are done at the end of life. It helped me to learn about dementia, which is also an essential topic, as the average lifespan has increased than previous decades and managing dementia is the need of the hour."

Dr Anbin Thomas M Boban  
MBBS, Coimbatore

# TESTIMONIALS

---

“For the doctors who want to upgrade their knowledge in palliative care, Integrated Basic and advanced courses in palliative care will be very helpful to them.

After doing a foundation course in palliative care from Pallium India, I was satisfied but wanted to increase my understanding. This course, actually a deeper one, showed me all the doors to further studies by providing website addresses and giving all the required materials.

I joined Assam Cancer Care Foundation, leaving my previous job as a family physician after doing my foundation course. I am confidently managing pain, advising morphine. Not only that, I am managing pain due to chronic diseases, and symptoms of advanced diseases much better.

Anyone will learn to manage not only symptoms of malignant disease but also of any advanced disease much better. So, please go for the course and give a touch of palliative care in your daily practice.”

Dr Krishnapriya Banerjee  
MBBS, PGDFM  
Medical officer,  
Tezpur cancer centre, ACCF



“I happened to enroll myself in this palliative course conducted by Trivandrum Institute of Palliative Sciences in the month of June 2023 and found it very useful in upgrading my limited knowledge in Palliative medicine. They have incorporated it in a well-organized manner for the students to enhance and commit oneself to Palliative care. What was more interesting was how each topic was provided with apt guidelines and criteria assessment and also meticulously tested our understanding with each course and ended with the question-and-answer session provided until we managed to correct our concepts precisely.

This course is designed for those candidates who want to explore in depth what Palliative medicine and care is all about. Highly recommended. Thank you to the team for accomplishing this feat.”

Dr Shanila Abdul Majid, specializes in Oral Medicine and Radiology and a PhD Scholar under KUHS, is presently working as an Associate Professor at Malabar Dental College and Research Centre, Edappal.

# BOARD OF TRUSTEES

---



## **Dr. M.R. Rajagopal, Chairman**

Dr. M.R. Rajagopal, director of Trivandrum Institute of Palliative Sciences, founded Pallium India in 2003 to integrate palliative care with Indian healthcare. He was honored with the Padma Shri award by the Indian Government in 2018.



## **Poonam Bagai, Vice-Chairman**

Ms. Poonam Bagai, a former bureaucrat and cancer survivor, founded "Cankids...Kidscan," a highly successful NGO offering comprehensive cancer care to children across India. She serves as the joint secretary of the Indian Cancer Society and was selected as a "Global Cancer Ambassador" by the American Cancer Society in 2011. Ms. Bagai is based in New Delhi.



## **Dr. C. Mohanan, Trustee**

A trained anesthesiologist and former medical college faculty member, he volunteered as Senior Administrator at Trivandrum Institute of Palliative Sciences from the beginning. He's been involved with Pallium India since 2006.



## **S.M. Vijayanand, IAS, Trustee**

Former Secretary for Rural Development in the Government of India and later Chief Secretary of Kerala. Retired and based in Trivandrum, known for integrity, commitment, and pragmatism. Served as an advisor to Pallium India for two years before becoming a trustee.

## **Binod Hariharan, Trustee**

Binod Hariharan took over as the Chairman for Pallium India in June 2023. He is an engineering graduate with 18+ years in IT, chairs Astro-Vision Futuretech Pvt. Ltd. and Malayogam Pvt. Ltd. He's long been associated with Pallium India, recently focusing on professionalizing its management.



## **Dr.T.S. Guruprasad, Trustee**

Dr. Guruprasad is a co-founder and trustee of Swarga Foundation, an NGO in Coimbatore, Tamil Nadu, supporting those with neurological diseases. With a Ph.D. in Supply Chain Management from IIM Kozhikode, he brings 24 years of industry experience in logistics and supply chain planning. He's also the innovator behind Sarathi, Tamil Nadu's first transport service for people with disabilities.



## **Ashla Rani, Trustee**

Ashla Rani, initially a care receiver at Pallium India in 2014, is now a full-time volunteer and caregiver. She supports individuals with disabilities and counsels children from families affected by serious illnesses. In 2017, she earned the "Youth Icon" award from the Kerala Government and the state award for the most efficient non-government sector employee.





## DONORS AND PARTNERS

---



Azim Premji  
Foundation



We thank you for your continued support in our efforts to make palliative care accessible in India.

# TEAM PALLIUM INDIA

Our organization flourishes due to a committed team of staff and volunteers. Many, touched by personal trials, discovered the power of palliative care while seeking solutions for their loved ones. Some, initially unfamiliar, evolved into lifelong advocates. Core volunteers, the organization's backbone, lead initiatives, acting as a bridge between our palliative care team and those we assist.

In the past financial year, 116 staff and 84 volunteers worked collaboratively, prioritizing the organization's vision. We're immensely grateful for these individuals who selflessly prioritize beneficiaries' well-being, ensuring they receive the attention and support they deserve.



AI OPPO F7

# LEADERSHIP

---



Mr. Raj Kalady  
CEO



Mr. Manoj G.S  
Executive Director,  
TIPS



Mr. Cyriac Jacob  
Head- Finance



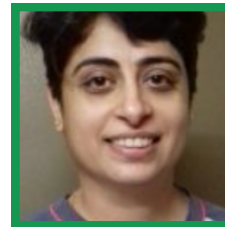
Dr. Sunil Kumar  
Additional Director- TIPS



Ms. Smriti Rana  
Head – Strategic Programs  
& Partnerships



Dr. Sreedevi Warriar  
Head – Education & Skill  
Building



Ms. Shalini Arora Joseph  
National Lead – Facilitation



Ms. Shriya Singh  
Head - Resource Mobilization



Dr. Amirtha Thampi  
Head – Clinical Services  
Department, TIPS



Ms. Geetha Viswakumar  
Assistant Manager – HR



Ms. Geetha S.  
Nurse in-charge



## DONATION & CONTACT INFORMATION

FOR FOREIGN TRANSFER

Account Name: Pallium India Trust

Bank: State Bank of India (code: 00691)

Branch: FCRA Cell, 4th Floor, State Bank of India,

New Delhi Main Branch, 11, Sansad Marg,

New Delhi 1100001

Account No: 40098265669

IFSC Code: SBIN0000691

SWIFT Code: SBININBB104

FOR DOMESTIC TRANSFER

Bank: State Bank of India

Branch: Pattom, Trivandrum

Beneficiary: Pallium India Trust

Account No: 30086491915

IFSC Code: SBIN0003355

MICR No: 695002007

FOR ONLINE TRANSFER: [CLICK HERE](#)

Pallium India is a charitable trust registered under the Societies Registration Act (no. 693/IV/2003). Contributions to Pallium India are exempted from Income Tax u/s 80G.

We have enrolled with the Ministry of Corporate Affairs on receiving CSR Funds with CSR Registration Number – CSR00003852

The Government of India authorizes Pallium India to receive Foreign Donations under Foreign Contribution Regulation Act (FCRA).

## CONTACT INFORMATION

Pallium India

## Aisha Memorial Hospital Building,

Manacaud P.O., Paruthikkuzhy,

Thiruvananthapuram – 695009

Kerala, India.

## General Enquiries:

+91 97467 45497

+91 93872 96889

Email: [info@palliumindia.org](mailto:info@palliumindia.org)

Donations:

Email: [donations@palliumindia.org](mailto:donations@palliumindia.org)

Contact: +91 9980744419

# Palliative Care Telehealth

MON - SAT  
9:30 AM - 04:00 PM

We can speak

- English
- Hindi
- Tamil
- Malayalam



96458 84889  
86068 84889



PALLIUM  
INDIA



ENROLL FOR OUR PALLIATIVE CARE  
COURSES HERE

Contact: +91 90726 20041

Email: [tipsecho@palliumindia.org](mailto:tipsecho@palliumindia.org)







**Pallium India**

Aisha Memorial Hospital Building, Manacaud P.O., Paruthikkuzhy,  
Thiruvananthapuram – 695009, Kerala, India.