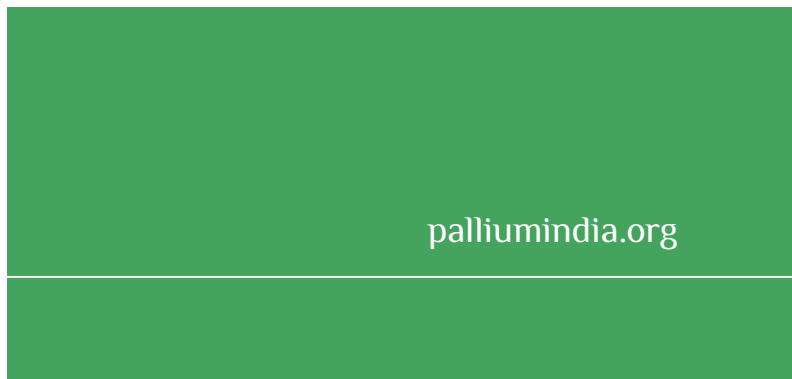
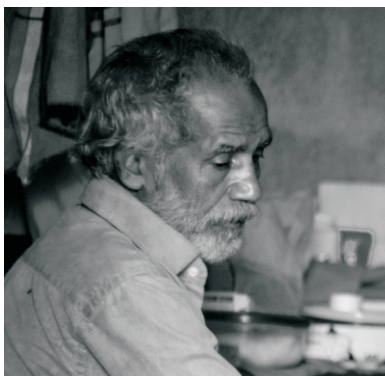
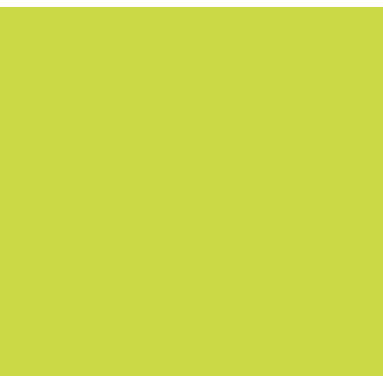


# Annual Report 2024-2025



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# From the Chairman's Desk



**Binod Hariharan**

In 2024–25, Pallium India made meaningful progress in palliative care education, advocacy, and community engagement across India. A long-cherished dream came closer to reality with the foundation stone for Pallium India Home laid on 5th October 2024—a milestone that will expand our care services in Thiruvananthapuram and strengthen our training infrastructure.

After more than a decade we revisited our vision and mission statements. Our new vision, “Stop needless health-related suffering to enable people to wake up to life, love and hope”, brings renewed focus and clarity to our purpose.

During the year, over 695 healthcare professionals and 368 volunteers were trained by our Education team, enhancing national capacity for palliative care. The Global Fellowship in Palliative Medicine saw 29 fellows successfully complete the programme, while collaboration with major health universities enabled integration of palliative care training into the MBBS curriculum introduced by the National Medical Council in 2019.

We helped catalyse 70 new palliative care centres across India and conducted 15 workshops in 24 states/UTs to improve access to essential opioids for pain relief.

In collaboration with the Singapore International Foundation (SIF), Pallium India launched the Palliative Care Accessibility Core Training (PACT) Project, offering hands-on training to professionals across India. Our teams represented Pallium India at key international platforms, including McGill, MASCC, and the Emirates Palliative Care Conferences, strengthening India's global presence in palliative care. We also deepened partnerships with organisations such as PHFI, Institute of Palliative Medicine, Calicut, and the Indian Academy of Geriatrics.

This year, Pallium India was certified a Great Place to Work®, reflecting our commitment not just to those we serve, but also to the dedicated team that makes it all possible. Our achievements in 2024–25 reaffirm Pallium India's leadership and unwavering dedication to compassionate, equitable, and person-centred care.

As we move on in our journey to stop needless suffering, we extend our gratitude to our donors, partners, volunteers and staff who have walked this path with us.

## Vision

Stop needless health-related suffering to enable people to wake up to life, love and hope.

Integrate quality palliative care into healthcare by collaborating with and empowering care seekers, care providers and communities.

## Mission

## 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 endeavour to do the right thing for the right reason as best as we can.
- We recognise the strength of the 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 (DEF)

### Demonstrate (Trivandrum)

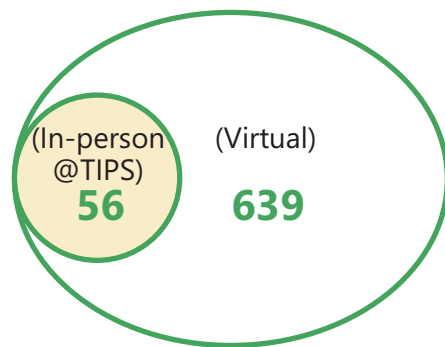
Support Type	Count	Description
 Unique patients reached	<b>5215</b>	Represents total patients served
 Patient contacts*	<b>39817</b>	Total interactions with patients
 Home visits	<b>13955</b>	No. of visits to patient homes
 Home-care patients attended	<b>2643</b>	Patients seen at home
 Outpatients attended to	<b>2848</b>	Patients seen as outpatients
 New Registrations	<b>2240</b>	Newly registered patients
 Telehealth contacts	<b>3144</b>	Remote patient interactions
 Telehealth support beneficiaries	<b>1501</b>	Beneficiaries receiving telehealth
 Inpatient admissions	<b>198</b>	Patients admitted
 Total inpatient admissions	<b>246</b>	Total number of patients admitted
 Psycho-social support	<b>7454</b>	Beneficiaries receiving mental health support
 Free medicines	<b>3266</b>	Patients receiving free medicines
 Physiatry / Physiotherapy	<b>919</b>	Beneficiaries receiving physical therapy
 Education Support (Children)	<b>305</b>	Children provided with education support
 Physical Aids / Devices	<b>234</b>	Beneficiaries provided with assistive devices
 Food Assistance	<b>276</b>	Beneficiaries/families provided with food assistance
 Vocation / Livelihood Support	<b>7</b>	Families provided vocational/ livelihood support
 Home Modifications	<b>3</b>	Beneficiaries provided home modifications
 Bereavement Support	<b>448</b>	Families provided bereavement support
 Special / Additional Support	<b>380</b>	Patients / families receiving extra support

\*Contacts - Any instance in which a patient receives care from multidisciplinary team on the same calendar day as part of a coordinated care plan regardless of the number or type of services provided



## Education and Skill Building

Healthcare professionals trained:



(In-person @TIPS)

Doctors - 25

Nurses - 31

Patients seen by trained doctors - 537339\*

\*Based on a projected model for 5 years



## Facilitation



**37**

Palliative Care  
Centres Catalysed  
(Government)



**33**

Palliative Care  
Centres Catalysed  
(Non-Government)



**8497\***

New patients reached  
through our collaborators  
(\*based on impact  
report submitted)



**4**

Hands-on  
Training Sites



**24**

Opioid Access  
Facilitated (RMIs)  
(States)



**17 states / 3 UTs**

Work with State Govts /  
NHMs / Drug Controllers



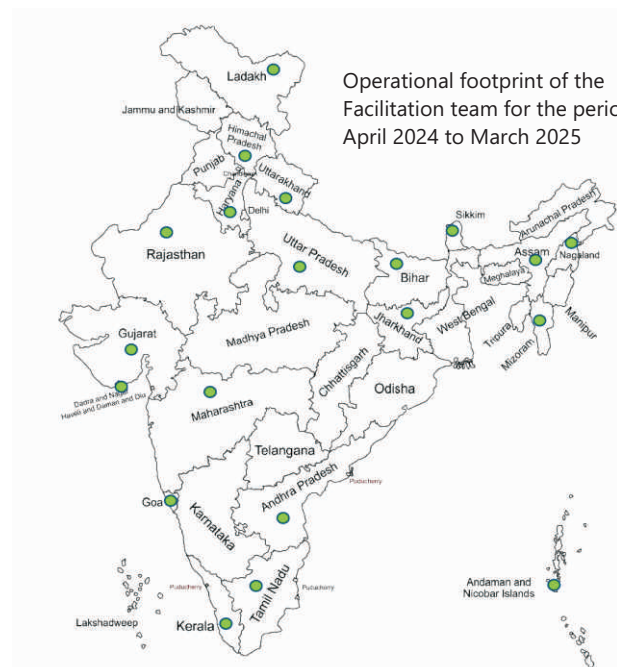
**15**

Opioid Availability  
Workshops with  
State Drug Controllers



**368**

Volunteers Trained  
Across India



Operational footprint of the  
Facilitation team for the period  
April 2024 to March 2025

# Year in Review

(April 2024 -March 2025)

## Foundation Stone Laying Ceremony - Pallium India Home



The foundation stone for Pallium India Home was laid on 5 October 2024 by Justice J. Devan Ramachandran (Kerala High Court) in the presence of Kadakampally Surendran, MLA, and Mr. S. M. Vijayanand, former Chief Secretary. The event, attended by dignitaries, medical professionals, volunteers, and supporters, marked a major milestone toward expanding comprehensive palliative care services. Sign language interpretation was provided by Shri Vinayachandran, ensuring inclusivity.

## Great Place To Work® Certification

Pallium India received the Great Place to Work-Certified™ recognition, affirming our commitment to building a purpose-driven, compassionate, and inclusive workplace. This honor reflects not only our dedication to delivering quality palliative care but also our continuous effort to nurture a culture of trust, empathy, and shared purpose.



# International

## Visit by Jon Baines Palliative Care Tour Group - Australia

Pallium India welcomed the Jon Baines Tours' South India Palliative Care Tour group from Australia to the Trivandrum Institute of Palliative Sciences (TIPS). The diverse group of international palliative care professionals—nurses, social workers, general practitioners, and psychosocial specialists—spent two days gaining firsthand experience of Pallium India's work. Dr. M.R. Rajagopal, Chairman Emeritus, addressed the group, sharing the organisation's community-based approach and its evolution.



## Emirates Palliative Care Conference, Abu Dhabi



At the 1st Emirates Palliative Care Conference in Abu Dhabi (19–20 Oct 2024), Dr. M. R. Rajagopal delivered a keynote titled "Gently Shaking the World: 30 Years of Palliative Care — A Legacy of Relieving Suffering." Hosted by Burjeel Holdings, the event brought together over 500 delegates and 3,000 virtual participants, marking a major milestone in advancing end-of-life care and global collaboration in palliative care.

## Global Representation at McGill International Palliative Care Congress

Dr. Sreedevi Warriar, Head – Education & Skill Building at Pallium India, represented India as a panelist at the prestigious McGill International Palliative Care Congress 2024 in Montreal. During a special one-hour session hosted by Pallium Canada, she joined experts from the UK, USA, Canada, Brazil, Kenya, Spain, and India in what became the world's largest palliative care ECHO gathering. Thousands participated online, with many more attending in person.





## Indonesia International Cancer Conference 2024



Pallium India's Head of Strategic Partnerships and Programs, Smriti Rana, was invited as a keynote speaker and panelist at the 1st Indonesia International Cancer Conference, held in Bali from 3–5 October 2024. Centered on the theme "Bridging North and South," the conference emphasized global collaboration and policy reform in advancing cancer and palliative care. The event was inaugurated by Indonesia's Health Minister Budi Gunadi Sadikin, IAEA Director General Rafael Mariano Grossi, and WHO Director-General Dr. Tedros Adhanom Ghebreyesus.

## PallCHASE Webinar on Palliative Care in Humanitarian Settings

The 15th PallCHASE webinar (23–24 October 2024), held alongside World Hospice and Palliative Care Day, marked the tenth anniversary of the WHA 2014 Resolution on palliative care. Over 50 participants from 15+ countries joined discussions on integrating palliative care into humanitarian contexts and shaping its future. The session honoured Dr. Robert Twycross's lasting legacy and featured insights from global experts, including Smriti Rana of Pallium India, on challenges and innovations in low-resource settings.



Click [Here to watch](#) this webinar on You Tube

## Adding to the Tribe: Global Fellowship in Palliative Medicine



The Education & Skill Building team conducted the final examinations for the 2024 Global Fellowship in Palliative Medicine (GFPM) from 14–18 December. Thirty-two fellows participated, including candidates from Nepal, Sri Lanka, and one joining online from Nigeria. 29 successfully cleared the exam—21 with A+, seven with A, and one with B—emerging as champions of palliative care in their regions. The program also hosted its first-ever two-day Training of Trainers (ToT) workshop, led by JIPMER faculty. A celebratory course dinner with music and camaraderie closed what participants called "an experience of a lifetime."



## MASCC Annual Meet, Paris

The MASCC 2024 Annual Meeting in Lille brought together researchers from nearly 60 countries to advance supportive cancer care, with key discussions on home-based care, patient-centric approaches, & multidisciplinary collaboration. Dr. Parth Sharma presented an abstract on the socioeconomic security profile of patients receiving home-based palliative care in Kerala, based on collaborative work by Pallium India and the Association of Socially Applicable Research (ASAR).



## International Webinar on Innovations and Excellence in Palliative Care Education

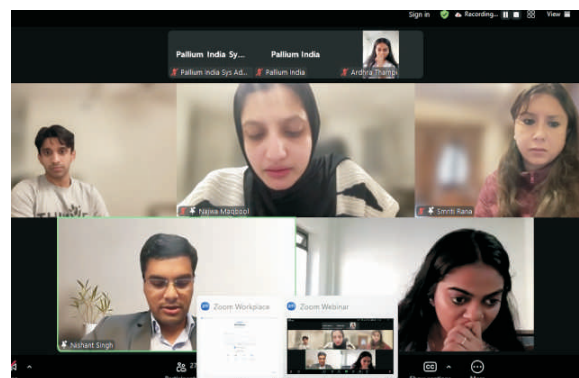


On 13 February 2025, Pallium India, in collaboration with Focus Games, hosted the International Webinar on Innovations and Excellence in Palliative Care Education, bringing together over 300 global participants. The event featured discussions on symptom control, end-of-life care, and game-based learning, with a keynote by Dr. Sreedevi Warriar, Head of Education & Skill Building. The webinar marked a step forward in advancing global standards and creativity in palliative care education.

Click [Here to watch](#) the webinar on You Tube

## India Giving Day Webinar: “Hidden Faces of Caregiving – Uncovering Gaps and Solutions”

On 22 February 2025, Pallium India and Pallium USA co-hosted the India Giving Day webinar, “Hidden Faces of Caregiving – Uncovering Gaps and Solutions.” Moderated by Smriti Rana, the session featured young caregivers from across the globe sharing personal experiences and insights. The discussion underscored caregiving as a cornerstone of palliative care and called for stronger policies, social recognition, and support systems for caregivers.



Click [Here to watch](#) the webinar on You Tube

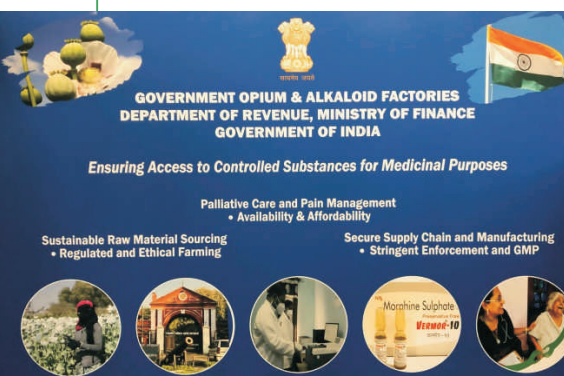
## Comedy for Compassion: Laughter with Purpose

On March 14, 2025, Pallium India USA, in partnership with Relief from Cancer and as part of India Giving Day, hosted Comedy for Compassion at Shubham Halls, Sunnyvale, CA. Headlined by renowned comedian Dhaya Lakshmi narayanan, the sold-out show blended humor, charity, and community spirit to raise awareness and funds for palliative care and cancer relief.

Made possible by the generosity of sponsors, donors, and volunteers, the event highlighted how laughter and shared purpose can drive meaningful change.



## India Champions Pain Relief and Palliative Care at the UN



India chaired the 68th Session of the UN-backed Commission on Narcotic Drugs (CND) in Vienna — a historic first underscoring its commitment to improving global and domestic access to pain relief and palliative care. The event highlighted the medical importance of opioids, featuring an image of Dr. Amirtha (Clinical Head, Pallium India) in patient care. Dr. Parth Sharma represented Pallium India through the UNODC Young Doctors Network. This milestone reinforces India's pledge — and Pallium India's mission — to ensure equitable and compassionate access to pain relief for all.

## Successful Launch of Singapore–India PACT Project

On March 3, 2025, Pallium India and the Singapore International Foundation (SIF) launched the Palliative Care Accessibility Core Training (PACT) Project in Kochi.

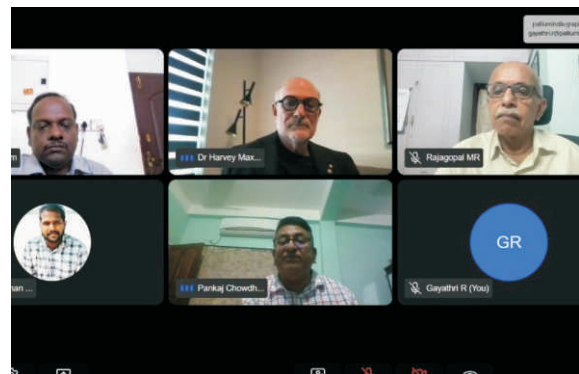
Over 30 healthcare professionals participated in the four-day program to strengthen patient-centered palliative care through cross-border collaboration. Expected to benefit 35,000+ patients and caregivers, the initiative—hailed by Chairman Binod Hariharan as “an exciting step in enriching palliative care in India”—received national media coverage from PTI and The Hindu.



## Webinar on Dignity in Care

On 24th and 26th March, 2025, Pallium India hosted a two-day online webinar on “Dignity in Care,” led by Dr. Harvey Max Chochinov (Distinguished Professor, University of Manitoba; Senior Scientist, Cancare Manitoba Research Institute). Over 200 participants joined the 90-minute sessions, exploring how dignity shapes patient-centred care.

Day 1 introduced the foundational principles, including the Patient Dignity Question (PDQ). Day 2 focused on cultural and personal perspectives, with Dr. M. R. Rajagopal offering insights on dignity in the Indian context.



Click [Here to watch the Part 1](#) of the webinar

Click [Here to watch the Part 2](#) of the webinar

## National

## Key Partnerships

### New Collaboration: Strengthening Geriatrics & Palliative Care

In December 2024, Pallium India signed an MoU with the Indian Academy of Geriatrics (IAG) – Kerala Chapter, marking the start of a collaborative effort to strengthen geriatrics and palliative care services. The partnership aims to integrate geriatrics into palliative care (and vice versa) through joint education programs, clinical service enhancement, research, and advocacy.

With the support of Dr. Divyamol K. Sasidharan, President of IAG–Kerala, this initiative will promote holistic, person-centred care for older adults, equip healthcare providers with specialised skills, and address emerging needs in ageing and serious illness. Together, we look forward to improving quality of life for seniors and their families.





## MoU Between India's two WHO Collaborating Centres

In a significant step for palliative care collaboration, India's two WHO Collaborating Centres (WHOCCs) — the Institute of Palliative Medicine (IPM) and Trivandrum Institute of Palliative Sciences (TIPS) — signed a Memorandum of Understanding. Represented by their Heads, Dr. Suresh Kumar (IPM) and Ms. Smriti Rana (TIPS), the agreement paves the way for joint initiatives at organisational, national, and regional levels. This partnership will focus on advancing education, research, advocacy, and service delivery, strengthening the collective impact of these pioneering institutions on palliative care in India and beyond.



## Renewal of Partnership with PHFI

A promotional poster for the Certificate Course in Palliative Care (CCPC). The poster features the Pallium India logo and logos of partner organizations. It states the course dates as 25th October 2025 to 29th November 2025, running weekly on six Saturdays. Eligibility criteria require an MD degree with a minimum 3 years of clinical experience. The course fee is INR 5,500/- (plus GST). The course schedule is as follows:

Course Schedule	Date
1. Introduction to Palliative Care	25th Oct 2025
2. Communication Skills	01st Nov 2025
3. Pain Assessment and Management	08th Nov 2025
4. Symptom Assessment and Management	15th Nov 2025
5. Palliative Care in Home Care: Issues and Challenges	22nd Nov 2025
6. End of Life Palliative Care	29th Nov 2025

The poster also includes a list of salient features such as a curriculum designed by experts, evidence-based content, and a certificate upon completion. A registration link is provided at the bottom.

Pallium India has renewed its partnership with the Public Health Foundation of India (PHFI) for another five years, reinforcing a shared commitment to palliative care education. This collaboration has already delivered four successful virtual batches of the Certificate Course in Palliative Care (CCPC) for MD-level doctors. Under the renewed agreement, the CCPC will be updated, and new courses for allied healthcare professionals will be developed, alongside other capacity-building initiatives. Pallium India values PHFI's continued support in strengthening palliative care training across India.

## MoU with Haryana DGHS to Strengthen Palliative Care

Pallium India signed a MoU with the Directorate General of Health Services (DGHS), Haryana, to enhance palliative care services across the state. As the technical knowledge partner, Pallium India will support capacity building for palliative care teams at all levels of government healthcare institutions. The collaboration includes implementing and operationalizing palliative care units in government hospitals, facilitating the procurement and safe use of Essential Narcotic Drugs, raising awareness, and addressing service gaps at individual centres.



## SBI Supports Pallium India's Homecare Services

State Bank of India (SBI), Thiruvananthapuram Circle, has extended generous support of ₹25 lakhs through its CSR initiative to strengthen Pallium India's homecare services. At SBI's annual meeting in Kochi, Mr. Vinay Tonse, Managing Director, presented the contribution to Mr. Binod Hariharan, Chairman, and Ms. Shriya Singh, Head of Resource Mobilisation, Pallium India. Mr. Tonse lauded Pallium India's work and expressed interest in visiting and engaging with the team. This partnership will help bring compassionate care to more patients and families facing serious health challenges.



## National Events & Advocacy

### Himachal Pradesh's Health Minister and senior bureaucrats visit Pallium India



From 23rd-26th October, 2024, a senior delegation from Himachal Pradesh, led by Health Minister Col. (Dr.) Dhani Ram Shandil, visited Pallium India in Kerala to study the state's acclaimed community palliative care model. The team—including Health Secretary Ms. M. Sudha Devi, NHM Mission Directors Ms. Priyanka Verma and Dr. Gopal Beri, Director of Medical Education Dr. Rakesh Sharma, and State NCD Program Officer Dr. Anadi Gupta—toured Pallium India's headquarters and the Trivandrum Institute of Palliative Sciences (TIPS). The visit offered valuable insights to inform palliative care initiatives in Himachal Pradesh.





## Visit by Punjab State Drug Controller



On 17 December 2024, Mr. Sanjiv Garg, State Drug Controller of Punjab, visited Pallium India, becoming the first from outside Kerala to do so. He observed Pallium's opioid management systems and discussed improving access to Essential Narcotic Drugs in Punjab.

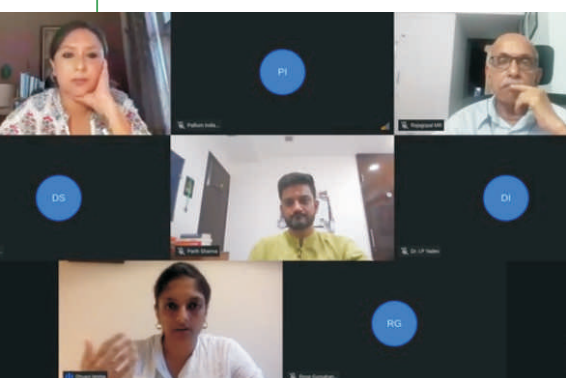
Dr. M. R. Rajagopal submitted a request for balanced implementation of the 2015 NDPS rules, which Mr. Garg assured he would pursue.

## Advancing Awareness on Advance Care Planning

In 2024, Pallium India actively supported national efforts to promote Advance Care Planning (ACP) through advocacy, education, and dialogue. In February, an ACP Task Force was formed under the Indian Association of Palliative Care, with Smriti Rana, Head of the WHO Collaborating Centre at TIPS, serving as a member. She led an awareness session at the Coonoor Club in the Nilgiris, attended by over 75 community members. The 90-minute program introduced participants to palliative care, highlighted the importance of ACP, and guided them through the latest Advance Medical Directive.



## Let's Change the Ending: A Conversation about Dying Well



Click [Here to watch](#) the webinar

A 90-minute webinar on Advance Medical Directives (Living Wills) was organized by the Model Palliative Care Division, Govt. Medical College Kollam, in collaboration with Pallium India, Vidhi Centre for Legal Policy, and supported by IAPC. Experts from medicine, law, and public health—including Dr. M. R. Rajagopal, Dr. Dhvani Mehta, Dr. Roop Gursahani, Dr. Parth Sharma, and others—shared insights on planning healthcare decisions in advance, promoting awareness of patients' rights and end-of-life care choices.

## Bridging Gaps: Expanding Access to Cancer Care in India

The ECHO India Partner Launch Training & TOT (Training of Trainers) event, held on 8th and 9th October 2024, at The Suryaa, New Delhi, was a pivotal moment in India's journey towards improving cancer care. The event brought together healthcare professionals, experts, and stakeholders to discuss, train, and collaborate on expanding access to quality cancer care across the country. Pallium India was represented by Dr. Preeti Chauhan, Sr. Sheeba, and Dr. Hashmath Farhaana.



## Mannotsava 2024 – Mental Health Festival in Bengaluru



On 26th and 27th October 2024, NIMHANS hosted the National Mental Health Festival, in collaboration with National Centre for Biological Sciences and Rohini Nilekani Philanthropies. Pallium India's Smriti Rana was part of a panel on the **Invisibilisation of Mental Disabilities** where she spoke about the invisibilisation of pain, caregiving and grief at a societal level.

Click [Here to watch](#) the panel discussion on YouTube

## Keynote Address at RISE for Healthy Aging Conference

At the RISE 2025 – Longevity India Conference (10th - 12th March 2025) hosted at IISc Bengaluru, Dr. M. R. Rajagopal delivered the keynote address on the closing day. Speaking on "End of Life and Palliative Care," he underscored the pressing gaps in India's palliative care ecosystem, particularly in elder care and mental health. Drawing on decades of experience, he called for robust policy implementation, systemic reform, and sustained commitment to improve quality of life for patients and families. His talk set the tone for continued dialogue, paving the way for RISE 2026 to build on these insights.



## Dying with Dignity': India Today Conclave

At the India Today Conclave 2025 held on 7–8 March at the Taj Palace, New Delhi, Smriti Rana, Head of Strategic Programs and Partnerships at Pallium India, represented the palliative care community in a panel on “The Right to Die with Dignity.” The Conclave, India’s leading thought forum, brought together experts to explore legal, medical, and spiritual perspectives on end-of-life dignity.

Click [Here to watch](#) the panel discussion on YouTube



## Compassionate Leadership Fellowship – A Journey of Growth and Transformation



The Compassionate Leadership Fellowship (CLF)—a year-long program held in collaboration with Believers Church Medical College Hospital, Cairdeas International Palliative Care Trust, Global Health Academy, University of Edinburgh, and IAPC—aims to nurture transformative leadership in palliative care. Representing Pallium India, Dr. Sunilkumar M.M., Dr. Arjun Devarajan, and Rontu Sangma completed the 2024–25 cohort, which emphasized that lasting organizational change begins with inner transformation and purpose-driven leadership.

## 1st Assam IAPCON 2024: A New Dawn for Palliative Care in Assam

The first-ever Assam IAPCON 2024, held on 14–15 December in Dibrugarh, was a landmark event for palliative care in the state. Organized by Pratishruti Cancer and Palliative Trust and the IAPC Assam Chapter, it brought together nearly 600 professionals from across India. With over 40 lectures, 17 posters, and key sessions by national leaders and Pallium India’s Rontu Sangma, the conference underscored the urgent need for palliative care training and innovation, paving the way for stronger access and collaboration in the Northeast.





# Opioid Availability Workshops



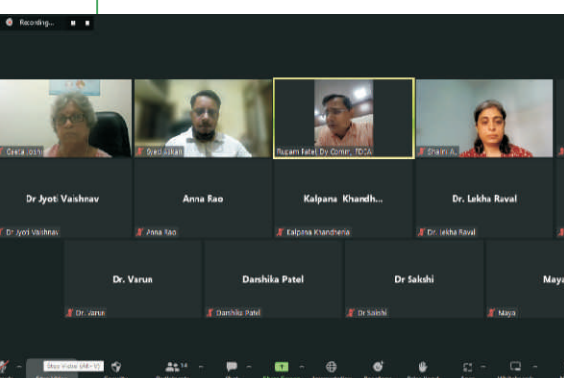
Pallium India conducted numerous workshops across India to address the critical issue of opioid access for pain relief. Key highlights include:

## 1. Mizoram OAW - held on 20th June 2024

The Mizoram Opioid Workshop (OAW), held on June 20, 2024, by Pallium India, focused on improving access to opioids for pain relief and palliative care. Key stakeholders, including health officials and medical professionals, discussed regulatory challenges and strategies to enhance patient care in the region.

## 2. Assam OAW - held on 22nd August 2024

The Assam OAW brought together health officials & palliative care experts to address challenges in accessing essential opioids like morphine. The session focused on improving training for medical professionals, streamlining regulations to enhance pain management across Assam.

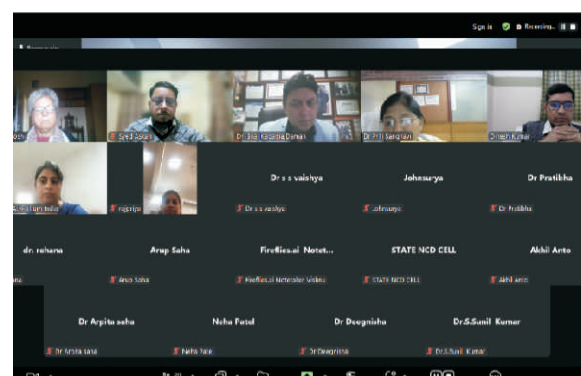


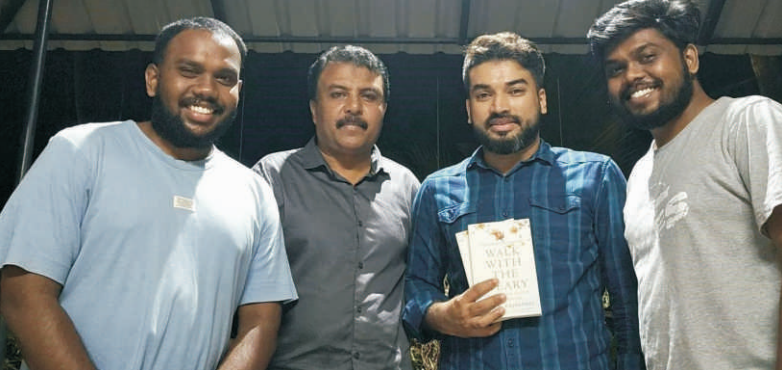
## 3. Gujarat OAW - held on 28th August 2024

The Gujarat OAW focused on improving access to essential opioids for pain relief and palliative care. The workshop engaged healthcare professionals and policymakers to address regulatory barriers and promote better pain management across the state.

## 4. Daman OAW - held on 17th December 2024

The Daman OAW focused on enhancing access to essential opioids for pain relief. The workshop brought together healthcare professionals and regulators to discuss policy improvements and strengthen palliative care in the region.





## Palliative Care in the Islands of Lakshadweep

Under the guidance of Dr. Ali, Primary Palliative Care Physician and Nodal Officer for the National Program for Palliative Care with Lakshadweep's NHM, Thanal Charitable Organisation has been spearheading palliative care in the islands since 2014. Originating in Kavaratti with the mentorship of Dr. M. R. Rajagopal, the initiative has now expanded its reach all 11 inhabited islands, with key offices in Amini, Androth, and Kalpeni. Pallium India's Regional Facilitators, Lalit S and John Surya J, visited Thanal to assess the scope for deeper collaboration, reinforcing our shared commitment to expanding compassionate care across India.

## Breaking new ground in Andaman & Nicobar Islands



In December 2024, John Surya and Shalini A. J. from Pallium India visited the Andaman & Nicobar Islands to initiate palliative care services in collaboration with local health authorities. Welcomed by Health Secretary Dr. Anil Agarwal, the visit led to plans for a formal action strategy with the NHM and NCD teams, marking a vital step toward extending palliative care to one of India's most remote regions.

## Regional Facilitation in Andhra Pradesh

On 23 January 2025, Pallium India's Facilitation Head Shalini, together with Sneha Sandhya Age Care Foundation (Dr. N. S. Raju) and Dementia India Alliance, submitted a joint proposal to the Honourable Health Minister of Andhra Pradesh, seeking establishment of dementia care centres and palliative care units in government hospitals. The delegation emphasized priority areas such as capacity building, opioid access, policy development, and improved service accessibility for ageing and chronically ill populations.





## Enlightening Visit to Hyderabad: Exploring Government–NGO Partnerships in Palliative Care

In March 2025, Pallium India's facilitation team visited Hyderabad to study the successful Pain Relief and Palliative Care Society (PRPCS) model, which has integrated palliative care into 33 district hospitals through NHM Telangana. Guided by Dr. Gayatri Palat, the team explored key facilities, including MNJ Cancer Institute, and met with stakeholders like Mr. G. Ramadhan, Joint Director, Drugs Control Administration, to discuss opioid access and RMI certification—strengthening collaboration to expand palliative care across Telangana.



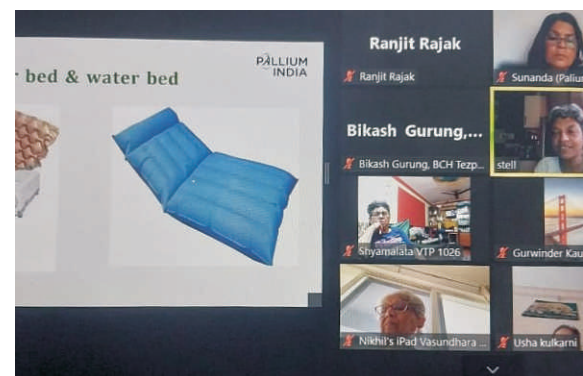
## A Haven of Hope: Baptist Christian Hospital, Tezpur



On 2 March 2025, Baptist Christian Hospital (BCH), Tezpur, Assam, inaugurated its upgraded 15-bed Palliative Care Ward, a milestone achieved through a partnership with Rotary International and the Rotary Club of Greater Tezpur. Ms. Gilly Burn, Founder and Director of Cancer Relief India, virtually gave the inaugural address. Pallium India has supported BCH's palliative care efforts by training doctors, nurses and staff.

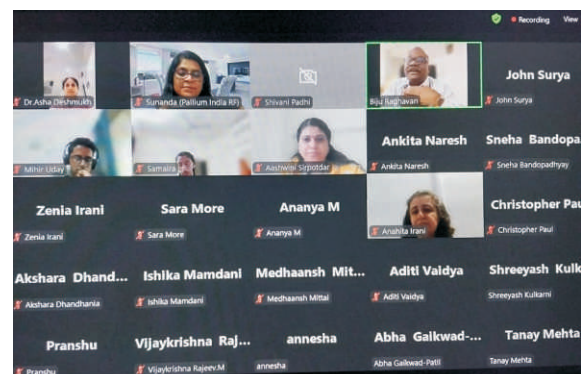
## The First Hindi Batch of Online Volunteers Training Program

To strengthen volunteer engagement, Pallium India's Facilitation Team launched its first five-day online Volunteer Training Program (VTP) in Hindi, responding to requests for more accessible learning. Nearly 230 participants from across India joined, representing a wide spectrum—patients with Parkinson's and their caregivers, cancer survivors, psychologists, counsellors, teachers, government officials, students, and senior citizens—reflecting the program's inclusive spirit.



## Inspiring the Next Generation of Compassionate Caregivers

From 15–22 January 2025, Pallium India conducted a six-day online Volunteer Training Program for Class XI students of Indus International School, Pune, with 30 students, teachers, and parents participating. Featuring readings from *Walk with the Weary* and interactive sessions, the program nurtured empathy, resilience, and compassion—instilling in young minds the lifelong value of caring for those in need.



# The 5M Approach to Geriatrics in Palliative Care – Online Education Program



On 10th September 2024, Pallium India launched The 5M Approach to Geriatrics in Palliative Care, an online program for MBBS/BDS doctors trained in palliative care. Adapted from the internationally recognised 5M framework to the Indian context, the 13-session course (19.5 hours) equipped 49 participants to better address the complex needs of India's 100M+ elderly population.

Developed by Dr. Rosmy Jimmy and Dr. Sreedevi Warriar, with support from the Indian Academy of Geriatrics (Kerala Chapter), the program blended lectures and patient stories, earning excellent feedback. Its success has paved the way for a second batch in April 2025.

## Cross-Sector Partnerships for Community Empowerment

In April 2024, Pallium India conducted a first-of-its-kind awareness session on palliative care for the Maharashtra State Rural Livelihood Mission (MSRLM). 2 sessions lasting two days each were held in Amravati and Yavatmal districts. This is the first collaboration between Pallium India and a non-health department. It sets a significant precedence in enhancing community health and well-being through cross-sector partnerships. The collaboration was formalised through a Memorandum of Understanding (MoU) between Pallium India and MSRLM. MSRLM's extensive grassroots reach allows wider dissemination of knowledge and practices related to palliative care, especially in rural areas that lack these services.

## Leadership Training and Development

Pallium India's HR team facilitated a leadership training program. Key learnings included effective communication, strategic prioritisation, and constructive conflict resolution — essential for evolving as leaders.



## Exploring Palliative Care in Ladakh



In April 2024, Pallium India's Regional Facilitator, Syed Askari, and Head of Facilitation, Shalini Arora Joseph, visited Ladakh—the highest inhabited region in India—to assess access to palliative care in this remote landscape where many of the nation's wars have been fought.

With a population of just 2.7 lakh across the districts of Leh and Kargil, healthcare in Ladakh is largely served by Sonam Nurboo Memorial Hospital (Leh) and Kargil District Hospital.

The team met Dr. Motup Dorjey, Mission Director, NHM Ladakh, to discuss potential partnerships to strengthen palliative care within government health facilities.

## Facilitating access to Palliative Care in Haridwar and Almora

In May 2024, Pallium India's team visited Haridwar and Almora to assess palliative care gaps and strengthen collaborations. Meetings with senior officials at Har Milap District Hospital and Soban Singh Jeena Govt. Institute of Medical Sciences led to discussions on integrating palliative care into hospital systems. An awareness session in Almora, attended by 50+ healthcare professionals, reinforced the commitment to expanding palliative care access in Uttarakhand.





## Bridging the Gaps: Palliative Care for Tribals

In May 2024, Dr. Shilpa Khanna from Sangwari and Syed Askari, Regional Facilitator at Pallium India, visited Chhattisgarh to assess palliative care access and explore collaboration opportunities.

With 30% of the state's 3 crore population living in tribal areas with limited healthcare, Sangwari provides community-based palliative care through clinics in Sarguja, partnering with the Medical College and Urban PHC, Ambikapur.



## 1st North East Palliative Care Conclave 2024



In Assam, Rontu Sangma represented Pallium India at the first Palliative Care Conclave in Guwahati, strengthening visibility in the Northeast. Rontu Sangma also led a session on strengthening home-based palliative care at a capacity-building workshop in Guwahati, Assam, organized by the NHSRC for State and District Nodal Officers from seven states.

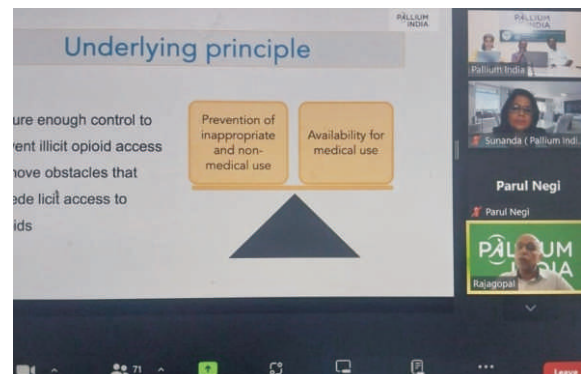
## Advancing Palliative Care in Himachal Pradesh

Dr. Jatin Bhukal's visit to Himachal Pradesh marked a key step in expanding palliative care across the state. Meetings with health authorities in Shimla, Lahaul & Spiti, and Kinnaur led to NHM Himachal issuing directives to all district CMOs to support the initiative. Discussions in Kinnaur explored setting up a Palliative Care OPD and home-based services, supported by NHM's commitment to train healthcare staff. The visit also underscored the dedication required to reach remote regions, including Hikkim (4,400 m) and Komic (4,587 m), among the world's highest villages.



## Addressing Barriers to Pain Relief in Maharashtra

On 30 August 2024, Pallium India partnered with the FDA Maharashtra for a state-wide virtual workshop on improving access to Essential Narcotic Drugs (ENDs). Led by Shri D. R. Ghahane, Joint Commissioner–FDA, the session brought together 76 participants, including officials and palliative care providers. Shri K. J. John, retired Drug Controller of Kerala, shared Kerala's best practices, helping address myths and operational challenges. The interactive session marked a key step toward strengthening pain relief access across



## Enhancing Palliative Care: A Workshop in Nagercoil



Pallium India, in collaboration with the Tamil Nadu Apex Skill Development Centre (TNASDC), initiated a series of workshops aimed at increasing palliative care awareness across Tamil Nadu. The inaugural workshop was held on 31st August 2024, in partnership with Dr. Jeyasekharan Medical Trust, Nagercoil, with 111 participants from local nursing colleges and hospitals. This successful event marks the beginning of a series aimed at integrating palliative care into healthcare services in Tamil Nadu.

## Foundation Course in Palliative Medicine and Nursing Sopore, Kashmir

From 23–28 September 2024, Pallium India, in collaboration with Hakim Sanaullah Specialist Hospital and Haneefa Nursing College, conducted a Foundation Course in Palliative Medicine and Nursing at Sopore, Kashmir. Led by Dr. Shad Saleem, the program combined online sessions by Pallium India experts with in-person lectures from leading local institutions. Despite challenges posed by state elections and strict security, the dedication of faculty and local organisers made the program a landmark step in strengthening palliative care education in Kashmir.





# State Level

## KCL Team, Alleppey Ripples, Bats for Compassionate Care

The Kerala Cricket League team Alleppey Ripples pledged and donated ₹5 lakh to support Pallium India's palliative care initiatives. The team also committed to raising awareness through fundraising campaigns and by wearing Pallium India-branded jerseys during their league matches.

We thank Shri T. S. Kaladharan, the team, and the Kerala Influencers' Community for helping spread awareness and hope to those in pain.



## Integrating Palliative Care into Medical Education



Pallium India partnered with the Kerala University of Health Sciences (KUHS) to integrate palliative care into the undergraduate MBBS curriculum. Dr. Mohanan Kunnummal (VC, KUHS) and Pallium India's TIPS team launched a comprehensive Faculty Development Program. 95 faculty members from KUHS-affiliated colleges completed a 30-hour online course, followed by a two-day workshop in Thrissur (9–10 September 2024) focused on pain management, end-of-life care, advance directives, and communication. The

initiative inspired deep reflection among educators and reinforced the collective commitment to making compassionate, patient-centred care an integral part of medical training.

## Dr. T. K. Ramachandran Memorial Lecture

Dignity in death is as important as dignified living, pointed out Dr. M. R. Rajagopal, while delivering the T. K. Ramachandran Memorial Lecture at Kochi. He added that patients who are terminally ill should be prepared for a peaceful death without imposing unnecessary life-sustaining devices on them prolonging their misery.



## Commemorating World Cancer Day 2025

On 10 February 2025, Dr. Hashmath Farhaana, Lead – Virtual Education at Pallium India, spoke at a Cancer Awareness Programme organised by Sadakathullah Appa College, Palayamkottai, and the Government Museum, Tirunelveli. Addressing around 150 students, she highlighted that palliative care should begin at diagnosis, not just at end-of-life, to enhance quality of life. Her session connected palliative principles to students' fields of study and inspired them to embrace compassion and community engagement in healthcare.



## Home-Based Care (HBC) Conference Wrap-Up Workshop



Pallium India participated in the HBC Conference Wrap-Up Workshop at St. John's Medical College, Bangalore, convened by the HBC Consortium to develop standardized national guidelines for home-based palliative care. Represented by Mrs. Reshma Sreekumar and Dr. Arjun Devarajan, the team contributed to discussions on nursing procedures, logistics, and preparedness. The workshop fostered collaboration among leading institutions and concluded with draft actionable guidelines and a roadmap to strengthen home-based palliative care across India.

# Thiruvananthapuram

## Sunday Special Home Care



In an effort to provide our patients with better access to healthcare, we have extended our hours to include Sundays starting on 5th May 5, 2024. On Sundays from 9am to 5pm, a dedicated team consisting of a physician, nurse, and palliative care assistant will be on hand to attend to the requirements of our registered patients. Our home care is now operational seven days a week in Trivandrum District.

## Military Hospital Palliative Care OPD Inaugurated

A dedicated Pain and Palliative Care OPD was inaugurated at the Military Hospital, Trivandrum on 13th August 2024, by Dr. M. R. Rajagopal and Brigadier Salil M.P. The clinic began functioning from 19th August and operates every Monday. Staffed by a palliative care physician, nurse, and social officer, this OPD will offer specialized pain management and holistic care for serving personnel and veterans—demonstrating a shared commitment to honouring & supporting our soldiers.



## Integrating Palliative Care at SUT Academy of Medical Sciences



A palliative care workshop organised by Dr. M. K. Krishna Kumar (HoD, Community Medicine) and Dr. Arun R. (Vice-Principal, Academics) was inaugurated by Dr. M.R. Rajagopal, Chairman Emeritus, Pallium India. Led by Dr. Sunil Kumar, Dr. Sreedevi Warriar, Dr. Amirtha Thampi, Dr. Arjun Devarajan, and Br. Sajan, the sessions provided practical insights to over 50 participants to strengthen hospital-based palliative care.



## Children's Palliative Care Medical Camp – April 2024

On April 23, 2024, Pallium India, in collaboration with VMJ UP School, organised a Children's Palliative Care Medical Camp at VMJ Convention Centre, Thiruvananthapuram. Over 36 children and their families attended the event, which aimed to raise awareness and provide essential medical support. The camp featured an inaugural session led by senior pediatricians and dignitaries, followed by an engaging talk by Dr. Sunil Kumar, Director, WHO Collaborating Centre for Training and Policy on Access to Pain Relief, who helped dispel myths surrounding palliative care. A multidisciplinary team offered health checkups, consultations, and parent education sessions, identifying children in need of continued care.



## Pharmacy Students Awareness Session



As part of its educational outreach, Pallium India conducted two palliative care awareness sessions at the College of Pharmaceutical Sciences, Government Medical College, Thiruvananthapuram, on 6th and 20th April 2024. Led by Dr. Hashmath Farhaana S, the sessions introduced around 100 B-Pharm and D-Pharm students to the principles of palliative care and the pharmacist's role in patient-centred support, fostering empathy and deeper engagement in compassionate healthcare.

## Palliative Care Awareness Session at Thiruvananthapuram Medical College

With the support of Dr. Sheela Rani (Palliative Care Nodal Officer), Pallium India's team at Government Medical College, Thiruvananthapuram, conducted an Introduction to Pain and Palliative Care session for faculty and postgraduate residents of the Radiotherapy Department on 24 July 2024. Led by Dr. Sunil Kumar M.M., the session engaged 25 doctors, many of whom expressed interest in pursuing advanced training in palliative care.



## One Health- All for One, One for All



Dr. M. R. Rajagopal, Chairman Emeritus of Pallium India, was invited as a guest speaker at the Annual Management Convention of the Trivandrum Management Association, held on 16th - 17th May 2024, at O by Tamara Anayara, Thiruvananthapuram. The event, themed "Connect, Innovate and Enable a Healthier Future," focused on the World Health Organization's "One Health" concept. Dr. Rajagopal offered a unique perspective by exploring the theme through a palliative care lens.

## Palliative Care Training for Dental Students (NIMS Medicity)

In May 2024, TIPS conducted a 5-day certificate course titled 'An In-Depth Look at Palliative Care' at Noorul Islam College of Dental Sciences (NICDS), NIMS Medicity, in collaboration with the college's Student Enrichment Programme Committee and Alumni Association. Led by Sr. Sheeba, Dr. Hashmath Farhaana, and Ms. Anusree, the training covered key topics including pain management, end-of-life care, communication, and nursing perspectives. The program, held from 10th May, engaged 37 final-year BDS students, introducing them to core palliative care principles and practices.



## Palliative Care Awareness Session @Military Hospital, Pangode



On 26th October 2024, Pallium India conducted an awareness session on palliative care at the Military Hospital, Pangode. Led by Dr. Sunil Kumar M.M. (Director-in-Charge, TIPS), with Dr. Amirtha Thampi (Head, Clinical Services) and Dr. Tony (Palliative Care Physician, Military Hospital OP), the session engaged around 20 healthcare professionals from the hospital and nearby polyclinics. The interactive discussion highlighted the scope and benefits of palliative care, supported by posters detailing referral pathways and OP timings. The initiative is

expected to encourage more referrals from military facilities, strengthening access to compassionate care for service members and their families.

# Awards & Recognition

## KUHS Honours Dr M R Rajagopal

In June 2024, the Kerala University of Health Sciences (KUHS) conferred honorary doctorates on three distinguished figures in science and technology. Among the awardees was Dr. M. R. Rajagopal, Founder and Chairman Emeritus of Pallium India, honoured for his pioneering work in palliative care. He was joined by Dr. P. Madhavankutty Warriar, Managing Trustee and Chief Physician of Kottakkal Arya Vaidya Sala, and Dr. S. Somanath, Chairman of ISRO. Governor Arif Mohammed Khan presented the honours at the ceremony.



## Key Events

### Pallium India's 21st Anniversary Celebration



On 20th December 2024, Pallium India marked its 21st anniversary with a full-day celebration. The event was inaugurated by beneficiary Ms. Swathi and renowned singer G. Sreeram, with volunteer G. Balachandran welcoming the gathering. Dr. M.R. Rajagopal (Founder & Chairman Emeritus) and volunteer Mrs. Rajeshwari shared reflections, and Social Officer Ms. Angel Augustine delivered the vote of thanks. Music by Akhil Vinay from the Shankar Mahadevan Academy captivated the audience. Long-serving employees were

honoured for 15, 10, and 5 years of service, followed by cultural performances, games, and a Christmas tree decoration contest. Staff and volunteers exchanged "Secret Santa" gifts, with Sree Priya and Sharath Krishna coordinating the festivities.





## World Hospice and Palliative Care Day 2024

Marking ten years since the World Health Assembly's landmark resolution on integrating palliative care into health systems, WHPCD 2024 posed the critical question: "Ten Years Since the Resolution: How are we doing?" Pallium India joined the global community in this moment of reflection and recommitment. Pallium India celebrated World Hospice & Palliative Care Day (WHPCD) at Lagoona Beach resort, Thiruvananthapuram, on 12th October 12, 2024. The event was inaugurated by Ms. Gilly Burn and Pallium India's beneficiary Mr. Rajesh.

Patients and their family members delivered moving testimonials, offering insight into the profound, life-changing impact that palliative care has had on their personal journeys. Mr. Binod Hariharan, Chairman of Pallium India, and Dr. Sunil Kumar, Director-in-Charge of Trivandrum Institute of Palliative Sciences (TIPS) addressed the gathering.

Pallium India's leadership reaffirmed the organisation's commitment to advocacy, partnerships, and systemic integration to ensure that palliative care becomes a reality for all who need it.

## SIPC Day



In a vibrant public awareness drive, Pallium India brought palliative care conversations into the heart of the city. At Thampanoor Bus Stand, volunteers and social workers performed a flash mob and engaged commuters, spreading the message of dignity, comfort, and rights for people with life-limiting illnesses. The initiative also highlighted the "Students Initiative in Palliative Care" (SIPC), inspiring meaningful conversations about compassionate healthcare. The momentum continued with the launch of SIPC Clubs at

MG College and the College of Engineering Trivandrum—student-led hubs for awareness, outreach, and volunteer training, nurturing the next generation of advocates for patient rights.

## International Day of Persons with Disabilities

On 3 December 2024, Pallium India celebrated the International Day for Persons with Disabilities at Akkulam Tourist Village, Thiruvananthapuram, highlighting inclusion and empowerment. Ms. Nincy Mariam Mondly, psychologist and paraplegic artist, inspired attendees to focus on abilities and rights, while Dr. Sunil Kumar (Director-in-Charge, TIPS) emphasized empathy-driven empowerment. Chief Guest Nagaraju Chakilam IPS, Transport Commissioner of Kerala, inaugurated the event, underscoring the need for inclusive governance and active participation of persons with disabilities in policymaking.



## Pallium India Team at IAPCON 2025, Jammu



The 32nd International Conference of the Indian Association of Palliative Care (IAPCON 2025), hosted by IAPC Jammu & Kashmir and AIIMS Jammu, highlighted evidence-based approaches to palliative care across clinical and community settings. Key sessions addressed compassionate leadership, sexual health in chronic illness, dementia care, and system integration. With contributions from experts like Dr. Sunil Kumar, Dr. Savita Luka, and Dr. Frank Ferris, the event blended science with holistic practices such as yoga and music therapy.

A special session celebrated Jammu & Kashmir's progress in palliative care, while cultural events and local hospitality made the gathering both enriching and memorable.

## Kuttikkottam Summer Camp 2024

This year's Kuttikkootam Summer Camp 2024 for children was inaugurated on 29th April 2024 at Mitra Niketan, Thiruvananthapuram. The 3-day camp, which included career guidance programs, life skill development, indoor & outdoor games, art therapy, a visit to the beach, and more.

Kuttikkootam comprises a group of children from families that receive palliative care. Pallium India provides educational support and guidance to these children.





## Manjuthulli Art Exhibition: Celebrating Creativity & Compassion



From 10–13 January 2025, Pallium India hosted the Manjuthulli Art Exhibition at MAUVE Art Gallery, Sasthamangalam, showcasing the creativity of palliative care volunteers, beneficiaries, and caregivers. Inaugurated by artist Kattoor Narayanapillai in the presence of Padma Shri Dr. M. R. Rajagopal, the exhibition celebrated resilience and hope through art. Extended due to public demand, it attracted strong media attention and community support, with proceeds benefiting Pallium India’s care initiatives.

## Mahima 2024

On 6–7 December 2024, Pallium India, in partnership with Tejas Jewellery, hosted a Christmas Bazaar in Thiruvananthapuram showcasing handmade products by patients and caregivers — from crochet crafts and jewellery to soaps, cakes, and linens. The event celebrated how Pallium India’s rehabilitation programmes restore independence, income, and purpose to those facing life-altering illnesses.



## Rithu-Dec 2024: Spreading Joy and Hope through Togetherness



On 28 December 2024, Pallium India hosted the year’s final Rithu gathering at Akkulam Tourist Village, Thiruvananthapuram, bringing together 31 families, staff, and volunteers in a celebration of resilience and togetherness. The event featured inspiring messages, cultural performances, a magic show, and Santa’s visit, ending with shared treats and reflections — a heartwarming close to the year for the Rithu pediatric palliative care community.

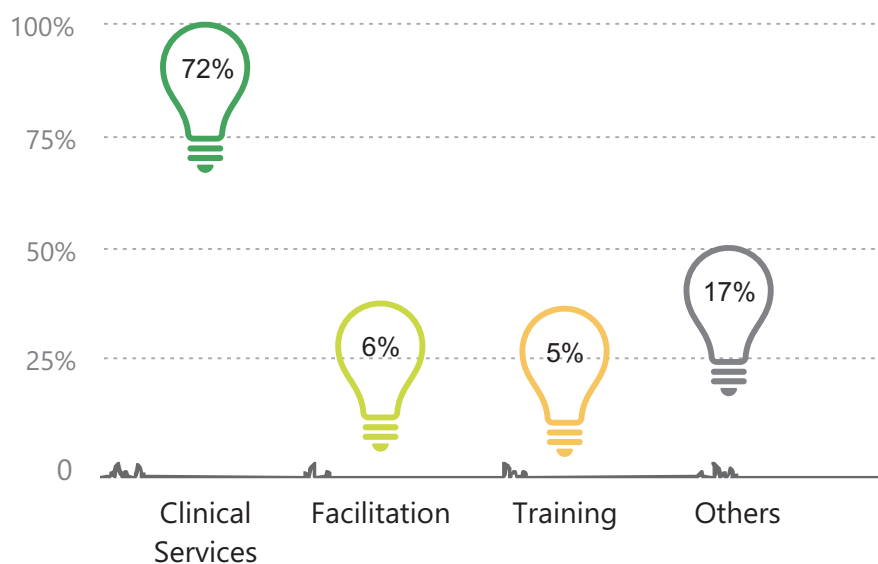


# Financials

## Income & Expenditure (Consolidated)

Income (₹ Lakhs)	FY 2024-25	FY 2023-24	Income (₹ Lakhs)	FY 2024-25	FY 2023-24
Donations	230.60	307.15	Donations	44.65	119.76
Grants	744.37	661.65	Grants	132.28	70.83
Other Income	97.55	60.50	Other Income	23.26	9.15
<b>Total</b>	<b>1072.52</b>	<b>1029.30</b>	<b>Total</b>	<b>200.19</b>	<b>199.74</b>
Expenditure (₹ lakhs)	FY 2024-25	FY 2023-24	Expenditure (₹ lakhs)	FY 2024-25	FY 2023-24
Hospital & Patient Aid	146.41	91.26	Hospital & Patient Aid	29.85	23.73
Training & Advocacy	51.82	47.25	Training & Advocacy	6.09	6.55
Project Expenses	700.51	681.15	Project Expenses	116.29	79.82
Other Expenses	167.57	82.89	Other Expenses	41.30	5.8
Depreciation	20.93	17.82	Depreciation	2.08	2.01
<b>Total</b>	<b>1087.24</b>	<b>920.37</b>	<b>Total</b>	<b>195.61</b>	<b>117.91</b>

## How is Your Donation Put to Work



# Testimonials

## Beneficiaries

### “You Became My Light – My Journey with Pallium India” - Beena D. L



Once, life felt like a dream. My husband and I had steady jobs, good health, and a happy family. We never imagined how quickly everything could change. After my second delivery, I was left paralysed from the hips down. Soon after, my husband was diagnosed with Chronic Kidney Disease. With two small children, our home—once full of laughter—turned into a place of fear and struggle.

When I first connected with Pallium India in October 2023, I was at my lowest — physically weak, emotionally drained, and mentally lost. I remember saying, “Only you people call to ask if I’m okay.” Their voices felt like a lifeline. Though their office was far away, they reached me through telehealth, listening patiently to my pain, worries, and even my dreams. Later, a team of nurses, a doctor, a physiotherapist, and a social worker visited my home. They brought not just medical care, but also warmth, compassion, and hope.

They provided medicines, schooling support for my children, and essentials like an airbed and cushions that made life easier. Most of all, they gave us the comfort of knowing we were not alone.

I may not be able to walk, but Pallium India helped me find strength. I remembered learning tailoring as a teenager and, with help from well-wishers, bought a motorised sewing machine. Creating and selling clothes brought me joy again. When my sales slowed and I felt lost, Pallium India stood by me, helping me find new customers across India.

Their care still continues, improving my quality of life in ways I never thought possible. Today, I am not just a wife and mother—I’m also a tailor, and above all, a woman who has learned that even in the darkest times, there is always light when someone cares enough to share it.

## “From Despair to Hope: A Family’s Journey with Pallium India” - Anu Shibu Kuriyakose

“I don’t want anything from you. All I need is for someone to pick up my call.” That’s all I said that night. I didn’t need anything else.”

My name is Anu Shibu Kuriyakose, wife of Shibu Kuriyakose. Illness can take away everything — income, children’s education, even the will to go on. That’s what happened to us. Life was once full of joy: Shibu worked hard, I cared for patients, and our two sons did well in school. Then everything collapsed. Both our families turned away because of our intercaste marriage, and we were left completely alone.



At that dark time, Pallium India became our angels. A doctor, nurse, and social workers walked into our lives, helping with treatment, dialysis, medicines, food, and school fees — but most of all, giving us love and hope.

I’ll never forget the night Shibu’s health worsened and I had no money or support. Desperate, I thought of ending it all. But when I called Pallium India, even late at night, they answered: “You are not alone. We’re coming.” They arrived with food, comfort, and help, saving not just my husband but me too. Within half an hour, they arrived — carrying food because they knew my children and I had not eaten. That night, they not only saved my husband, they saved me. That was the night I buried the thought of ending my life. That was the night I began to fight again. Since then, Pallium India has continued to walk with us. When we struggled to pay my elder son’s school fees, they found a kind sponsor to cover his education, restoring his confidence. They also supported my younger son’s schooling and began providing us with monthly food kits. Step by step, everything we had lost was rebuilt with their help. Today, I am grateful beyond words — as a wife, a mother, and a human being — to Pallium India for giving us not just survival, but life again. Today, we are not merely existing. Today, we are truly living.



## “From Danger to Dignity: How we Found a New Home” - Ratheesh Kumar



My name is Ratheesh Kumar, father of 12-year-old Vignesh, who lives with Duchenne Muscular Dystrophy. This cruel disease slowly takes away his strength, and he needs constant care, medicines, and physiotherapy. My wife Deepa and I stay by his side every moment, living only on my mother's modest earnings as a housemaid.

For years, we lived in a small, flood-prone house in Thuravickal, Ulloor, where snakes and damp walls threatened Vignesh's fragile health. In 2018, we got a small plot through the PMAY scheme and began building a home at Ayiroorpara, but we ran out of money—and without water, we couldn't move in.

That's when Pallium India stepped in. They listened, assessed our needs, and found a kind donor. I'll never forget watching the borewell being drilled and feeling sheer relief when water gushed out at 60 meters. Soon, a pump was installed, and the remaining funds met other needs.

Today, we finally live in our safe home—no floods, no snakes, no fear. Vignesh is healthier and happier, and I feel peace in my heart for the first time in years. What Pallium India and the donor gave us was far more than a borewell—they gave our son safety, dignity, and hope.

# Our Trainees

## Global Fellowship Program in Palliative Medicine (GFPM)

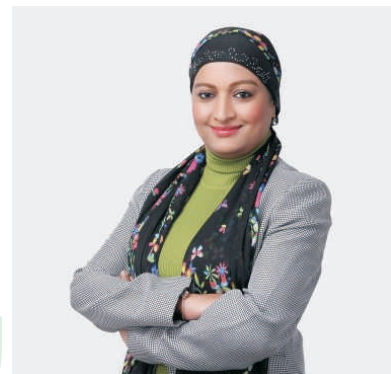


“Completing the Global Fellowship in Palliative Care from Pallium India has been a truly life-altering experience. The entire journey was marked by deep compassion, clinical insight, and a transformative shift in how I view patient care... The curriculum was thoughtfully designed—each module, masterclass, and lecture (especially by the remarkable Dr. Parvati) offered profound learning grounded in theory and humane practice. The touch of trainer training (TOT) and the structured assessment add to the value of this program.”

Dr. Deepak Sundar Shrestha, (Nepal)  
MD, Internal Medicine | Fellow, GFPM

“GFPM is a structured academic course, which gave me a base in palliative care, especially in rendering holistic care to terminally ill patients in their psychosocial, spiritual physical domains. Being a rehabilitation physician I used to feel incomplete or void in my patient care without ample knowledge and training in palliative medicine. This structured program definitely helped me to shape my career and added on to quality care of suffering individuals in total pain concept, and after successfully completing GFPM I believe I am doing justice to my patient population.”

Dr. Suhaila Kallada, PMR Physician  
Cambridge Medical and Rehabilitation Centre, Abu Dhabi, UAE | Fellow, GFPM



“The Global Fellowship Program in Palliative Medicine with Pallium India has been a truly transformative experience—both professionally and personally for me... The fellowship provided a comprehensive and a global perspective, delivered by highly experienced faculty. The emphasis on patient-centered care, empathy, ethical reflection, and multi-disciplinary collaboration deeply enriched my clinical approach.”

Dr. Dumindu Wijewardana  
MD, MCGP, FCGP, GFPM  
Medical Officer – Lady Ridgeway Hospital for Children, Colombo, Sri Lanka | Fellow, GFPM



# Our Trainees

## Other Courses



The course offered by Pallium India was a truly transformative experience. It not only deepened my knowledge in palliative care but also enhanced my ability to provide compassionate, patient-centered support. The sessions were well-structured, engaging, and filled with practical insights. The faculty's expertise and the practical insights shared have been invaluable in my professional journey.

Dr. Aishwarya Thakur

Medical officer, Health and Family Welfare Department, Himachal Pradesh  
Foundation Course in Palliative Medicine (FCPM)



I had a wonderful experience as a student once again when I enrolled in the 5M approach to Geriatric Palliative care course of TIPS/ ECHO of Pallium India. The faculties were excellent teachers and we had a good interactive session after the lecture and case presentation. We enjoyed each session as it taught us something new which helped in our day to day practice. Of course the exam was always stressful but I discovered it was easy while attempting it.

Dr. Asoke Chackalackal Mathew

Senior Specialist Palliative Physician, Lakshmi Pain and Palliative Care Trust, Chennai  
5M Approach to Geriatrics in Palliative Care



The Foundation Course for Palliative Care offered by Pallium India was an incredibly enriching experience. The course provided a comprehensive and well-structured curriculum that covered all essential aspects of palliative care. The instructors were highly knowledgeable and passionate, creating an engaging and supportive learning environment. The practical insights and case studies presented during the sessions were particularly valuable, offering real-world applications that I could immediately relate to my work in palliative care.

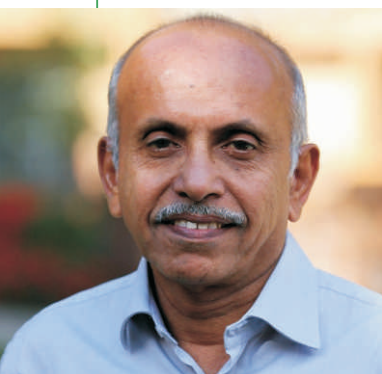
Lt. Col Saju Thomas (Retd)

CEO, St Mary's Palliative Care Unit, Thumpamon, Kerala  
Foundation Course in Palliative Care (FCPC)





# Trustees



## **Dr. M. R. Rajagopal - Chairman Emeritus**

Dr. M.R. Rajagopal, an anaesthesiologist and intensivist turned palliative care physician, founded Pallium India in 2003 to integrate palliative care into India's healthcare system. His advocacy led to the NDPS Act amendment (2014), Kerala's Palliative Care Policy (2008), and India's National Palliative Care Strategy (2012). Recipient of the Padma Shri (2018) and Human Rights Watch Alison Des Forges Award (2014), his life and work inspired the documentary Hippocratic. His memoir, Walk with the Weary (2022), reflects his belief in balancing compassion and competence in medicine.

## **Binod Hariharan - Chairman**

Binod Hariharan is an engineering graduate with three decades of experience in different capacities. He is a successful entrepreneur and on the board of 3 IT companies. He has been a trustee of Pallium India for over ten years and has been actively involved with the organization since its inception. Binod has been a volunteer with Pain and Palliative care society, Calicut, and has held the position of Vice President IAPC, Kerala. Binod is a strong believer in the power of 'Listening', 'Collaborating' and 'Building communities'.



## **Poonam Bagai - Vice Chairperson**

An ex-bureaucrat, Ms Poonam Bagai is a cancer survivor. Her fight with cancer left her with the determination to do something about it and she founded "Cankids...Kidscan", a very successful Non-Government Organization that provides comprehensive cancer care to children in many parts of India. She is also a joint secretary of the Indian Cancer Society. In 2011, the American Cancer Society chose her to be a "Global Cancer Ambassador". She is based in New Delhi.



### **S M Vijayanand - Trustee**

Former secretary for Rural Development of Government of India and later Chief Secretary of the government of Kerala. He heads Kerala State Finance Commission and is based in Trivandrum. Enjoys a great reputation as a person with integrity, commitment and exceptional pragmatism. Has been active as an advisor to Pallium India for two years before becoming a trustee.

### **Dr. Soumya Swaminathan - Trustee**

As the chief scientist at the World Health Organization, Dr Soumya has lead the Science Division during the time of the COVID-19 pandemic. Prior to that, she was the Deputy Director General of Programmes (DDP) at the World Health Organization. She has also held various senior positions at Indian Council for Medical Research, National Institute for Research in Tuberculosis.



### **Dr. Vijayakumar K - Trustee**

Dr Vijayakumar K has been the Prof & HOD for community medicine at Amrita Institute of Medical Science, Kochi and also the Professor of Community Medicine at CSI Medical College and Medical college Trivandrum. He has multiple national and international publications to his name and is a well known public health activist.

### **Dr. C Mohanan - Trustee**

An Anaesthesiologist by training and till recently a member of the teaching faculty at a Medical College, Dr Mohanan was volunteering as Senior Administrator of Trivandrum Institute of Palliative Sciences since its inception. He has been associated with Pallium India activities since 2006.



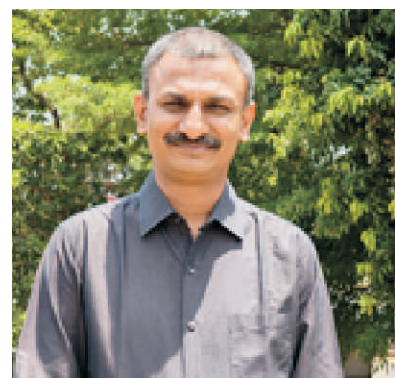


### **Ashla Rani - Trustee**

Ashla Rani joined Pallium India in 2014 as a care recipient and grew into a full-time volunteer, now serving as both caregiver and counsellor for children and persons with disabilities. Her inspiring journey earned her the Kerala Government's Youth Icon Award and the State Award for Most Efficient Employee (Non-Government Sector) in 2017.

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

Dr. Guruprasad, caregiver to his wife living with MS and his late father who battled Parkinsonism and Alzheimer's, is the Co-Founder Trustee of Swarga Foundation, Coimbatore, supporting people with neurological conditions. A PhD holder in Supply Chain Management and alumnus of IIM Kozhikode, he brings 24 years of industry experience and is the visionary behind Sarathi, Tamil Nadu's first transport service for persons with disabilities.



### **Dr. Vandana Gopikumar - Trustee**

Co-founder of The Banyan, Vandana has been a leading advocate for homeless individuals with mental health issues since 1993. She developed three transformative care models adopted across India and other LMICs and provides strategic and clinical leadership to The Banyan and BALM. Recipient of the Renfield Foundation Award and the WHO Public Health Champion Award, she also leads the Other Identity Foundation, promoting mental health and human rights.

### **Dr. Rajam Iyer - Trustee**

Dr. Rajam Iyer is a Consultant Pulmonologist and palliative care physician at Bhatia and Hinduja Hospital, Mumbai. With a Masters in Respiratory Medicine, her experience includes 28 years of clinical work both in India and international settings. She has a fellowship in Palliative Medicine from IPM- Calicut-2018 and a PG Diploma in Palliative Medicine from Cardiff University, UK.





# Donors & Partners

Our sincere thanks to all the our donors who contributed this year. Your contributions have been instrumental in helping us achieve our mission and make a significant impact across India.



# Our People

## The Heart of Pallium India



Pallium India thrives because of its dedicated staff and volunteers. Many were first drawn to palliative care through personal challenges, finding purpose in easing the suffering of others. Some came with little knowledge but grew into lifelong advocates. At the core are our volunteers—the backbone of our mission—who bridge the gap between our care teams and the people we serve.

Today, Pallium India has 138 full-time staff, including 10 consultants, supported by a vibrant network of 150+ active volunteers. Our care team comprises 15 doctors, 31 nurses, and 16 non-medical clinical staff, all working together to provide compassionate, person-centred care. We run 17 outpatient clinics, 16 home-care teams, and a State Facilitation Team with seven regional coordinators, helping us extend quality palliative care across India.



# For Donations



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



## Pallium India

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