

PALLIUM™ INDIA

ANNUAL REPORT 2023-24



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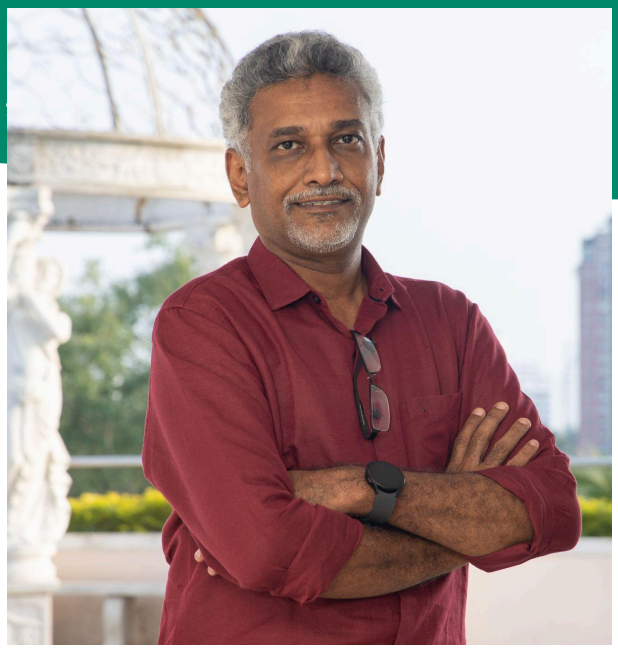
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MESSAGE FROM THE CHAIRPERSON



Binod Hariharan
Chairman,Pallium India

The year 2023-24 brought both challenges and triumphs as Pallium India navigated a world recovering from COVID-19. This year also marked a significant transition, with our founder, Dr. M.R. Rajagopal, becoming Chairman Emeritus and passing the leadership to me. I embrace this role with immense respect for his legacy and confidence in our dedicated team.

Our mission remains steadfast: **to reach 10 million people by 2030 with quality palliative care.** We achieve this through our three-pronged approach: **Demonstrate, Educate, and Facilitate.** The Trivandrum Institute of Palliative Sciences (TIPS) exemplifies palliative care excellence, while our Education wing empowers healthcare professionals across the country through comprehensive training.

Our Facilitation team works tirelessly to raise awareness, dispel misconceptions, and enable organizations to join our cause. A key focus is integrating palliative care into mainstream healthcare. We are breaking down barriers to access by collaborating with hospitals like PRS Hospital and Government Medical Colleges in Kollam and Thiruvananthapuram, ensuring palliative care is an integral part of patient care.**In 2023-24, our team provided compassionate support to 5,278 patients, with 37,260 patient contacts and over 10,000 home visits. Our telehealth services extended our reach, connecting with 2,253 individuals and supporting 954 beneficiaries.** Recognizing that illness affects the entire family, **we provided educational support to 385 children and monthly food kits to 185 families. Our Education wing embraces both virtual and in-person training, reaching 714 healthcare professionals and 148 stakeholders virtually, and 113 professionals through classroom training. TIPS-trained doctors made an estimated 118,400 patient contacts.**

We launched two innovative hybrid courses, EPCI and ICPM, combining self-directed learning with online sessions. Our partnership with Queen's University established a Global Fellowship in Palliative Medicine, developing global leaders in the field. The ECHO Excellence Award recognized our Virtual Education department's outstanding work.

Our Facilitation team conducted opioid availability **workshops for 17 State Drug Controllers,** advocating for improved access to essential medicines. Our online directory now lists 950 verified palliative care centres across India, including Ladakh. Through collaborations, we facilitated 40,329 new patient contacts.
We welcomed new members to our trustee board, enhancing our governance. The renewal of our FCRA license and TIPS' WHO Collaborating Centre designation reaffirm our commitment to ethical practices and global collaboration. We invested in our dedicated volunteers and employees through training programs and feedback initiatives.

In December 2023, Pallium India celebrated two decades of service. This milestone reflects the unwavering support of countless individuals who have journeyed with us. We remain dedicated to relieving suffering and improving quality of life.

Join us as we strive towards a world where palliative care is accessible to all.

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 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

DEMONSTRATION IN TRIVANDRUM DISTRICT

- Total no. of unique patients reached - 5278
- Total patient contacts - 37260
- No. of home visits- 13946
- New Registrations - 1976
- Telehealth contacts - 2253
- No. of beneficiaries provided telehealth support- 954
- No. of patients admitted in In-patient - 255
- No. of beneficiaries provided rehabilitation support - 501
- No. of patients provided free medicines- 2978
- No. of beneficiaries provided physiatry/physiotherapy- 578
- No. of children provided education support- 385
- No. of provided physical aids & assistive devices- 225
- No. of beneficiaries/families provided food assistance- 185
- No. of families provided vocational/livelihood support- 7
- No. of beneficiaries provided home modifications- 4
- No. of patients/families that were provided special/additional support- 338



EDUCATION & SKILL BUILDING

Virtual

- No. of health professionals trained - 714
- No. of other stakeholders trained - 148

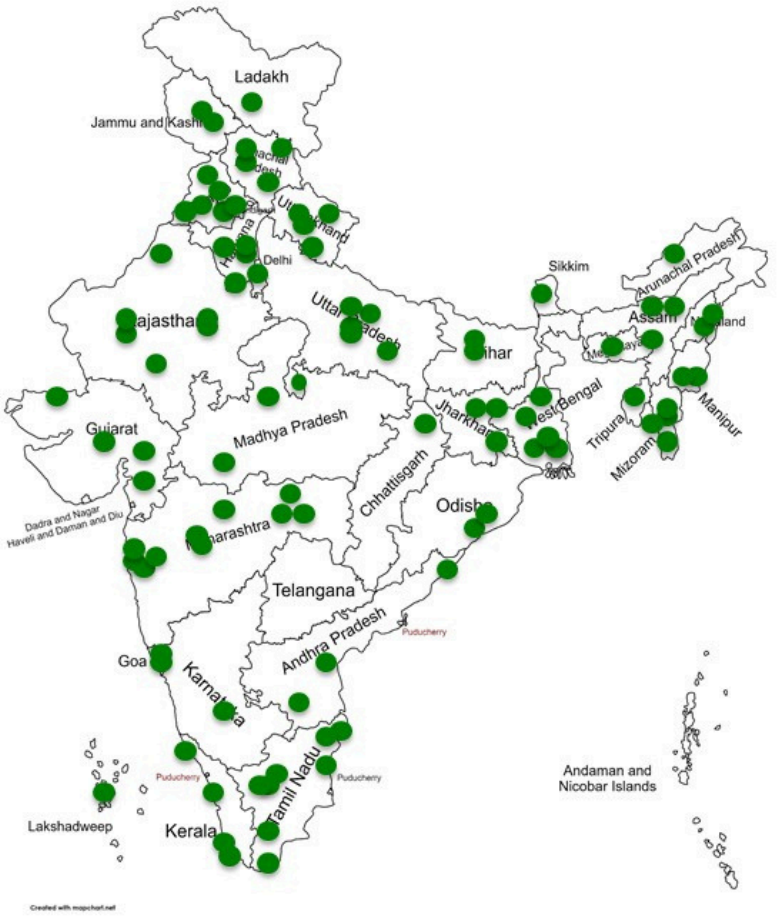
In-person at TIPS

- No. of doctors trained - 74
- No. of nurses trained - 39
- No. of patients seen by trained doctors- 118400

*Based on a projected model

FACILITATION

- Palliative Care Centres Catalysed- Government - 27
- Palliative Care Centres Catalysed- Non- Non-Government- 32
- New patients reached out through our collaborators across India- 40329
- Hands-on Training Sites - 1
- Opioid Access Facilitated (RMIs)- 28 (17 states)
- NHMs /State Governments /State Drug Controllers - 13 states & 4 UTs
- Opioid Availability Workshops with the State Drug Controllers - 15
- Community Outreach Projects - 4



YEAR IN REVIEW
(APRIL 23- MAR 24)

Pallium India went through major transitions at the leadership level this past year.

Binod Hariharan took over as the new Chairman, while Dr. M.R Rajagopal was elevated to Chairman Emeritus. 4 new Trustees joined the Board - Dr Soumya Swaminathan, Dr Vijayakumar, Dr. Vandana Gopikumar and Dr. Rajam Iyer.

TIPS REDESIGNATED AS WHO COLLABORATING CENTER

Trivandrum Institute of Palliative Sciences

World Health Organization Collaborating Centre for Training and Policy on Access to Pain Relief

Pallium India's Trivandrum Institute of Palliative Sciences (TIPS) has been a WHO Collaborating Center for Training and Policy on Access to Pain Relief for South-east Asia Region (SEAR) countries since 2012. The terms of reference and activities are decided at the time of redesignation every four years. The process of redesignation is a rigorous one and dependent on past record as well as the current health of the organisation.

We are glad to report that as of March 2024, we have been redesignated for the 4th time. Ms Smriti Rana, Pallium India's Head of Strategic Programs and Partnerships, is appointed the Head of the collaborating center from this year.

PALLIUM INDIA HOME

Total land acquired: 1.2 Acres
Architect finalised: Gautam Bhatia & Navin Gupta Associates, Delhi
Construction is to begin in October 2024.

GLOBAL FELLOWSHIP IN PALLIATIVE MEDICINE

Pallium India's first batch of Global Fellowship in Palliative Medicine (GFPM) participants have completed the course with flying colours!

GFPM is a one-year hybrid course which is delivered mainly online, along with 30 days hands-on training at Trivandrum Institute of Palliative Sciences (TIPS) and other institutions recognized by Pallium India. The objectives of this training program are the following:

- To provide an overview of the practice of palliative care globally with special focus on Low and Middle Income Countries (LMICs).
- To facilitate research and quality improvement programs in palliative care.
- To impart attitude, knowledge and skills for practicing palliative care in cancer and non-cancer illness.
- To ensure understanding of the ground realities of elements of suffering of people with serious health-related suffering and possible solutions with community participation.

24 Fellows, comprising the first batch (2023-2024) have successfully completed their course in December 2023. There were 4 international fellows (UK, Dubai, Nigeria, Trinidad and Tobago) and 20 nationals from different parts of India.The feedback about the course has been positive.

The participants were enthusiastic and eager to help each other; making good friends and exchanging ideas among them and they were like family members. All of them are now confident to practise palliative care in its real meaning and to integrate palliative care into their practice.

The outcome was clearly visible even before finishing the course as some of them were able to open new palliative care centres / wards, take part in various educational programs as faculties and add to the existing palliative care programs.We would like to thank each of the fellows for their hard work and mutual learning and wish them all the best for the future.Special thanks to all the faculties and examiners who joined us from various parts of the globe to enlighten the fellows on palliative care.

Thank you Dr. Scott Berry, Dr. Christopher Booth, Dr. Jean Mathews and Mr. Daniel Afolayan of Global Oncology Team at Queens University, Canada for providing us all the support and hand-holding us to attain this success. Without you this would not have been possible.

INTERNATIONAL

WHO SEARO WORKSHOP ON EXPANDING AVAILABILITY AND ACCESS TO PALLIATIVE CARE



An estimated ten million individuals in the South-East Asian region require palliative care. Non Communicable diseases like stroke and cancer account for over 69% of the requirement for palliative care. Palliative care will likely become more and more necessary as the population ages and the burden of non-communicable diseases is predicted to increase. Early palliative care delivery to those in need lowers the number of needless hospital admissions.

Less than half of the nations in the Southeast Asian region indicated that palliative care was “generally available” in the World Health Organization (WHO) NCD country capacity survey conducted in 2021. The availability of services in the region varies significantly between nations, according to a 2020 survey.

Only 14% of patients worldwide are thought to receive the palliative care they require; in order for countries to meet Sustainable Development Goal 3, which aims to attain universal health coverage, palliative care services must be strengthened and made available. Palliative care must be made widely available and easily accessible to those who require it.

Recognising the above, The WHO SEARO (South East Asia Regional Office) hosted a workshop in Colombo, Sri Lanka, from 11-13 October, 2023 in an attempt to assist nations in making palliative care a top priority in their policies and to improve their ability to develop and carry out palliative care programmes.

The WHO South-East Asia Regional workshop on expanding availability and access to palliative care was attended by officials from health ministries of 7 countries in the region and representatives from 7 WHO country offices. In addition, 10 experts were invited to contribute to the proceedings. Smriti Rana from Pallium India and Dr. Suresh Kumar from Institute of Palliative Medicine, Kozhikode were amongst the experts.

Participants also visited existing centers in and around Colombo and observed work being done by teams in Sri Lanka.

The countries who attended the workshop renewed their commitments to make palliative care a priority and to collaborate with one another to achieve better outcomes for the region.

PALLIUM INDIA AT THE EUROPEAN ASSOCIATION FOR PALLIATIVE CARE 18TH WORLD CONGRESS

The European Association for Palliative Care had its 18th World Congress in Rotterdam, The Netherlands between June 15th and 17th 2023. The theme for this year was **'Equity and Diversity'.**

Pallium India's Head of Policy, Strategic Programs and Partnerships, Smriti Rana was invited to speak at two parallel sessions.

The first was a panel discussion on **Rethinking Palliative Care in Cultural Traditions to Optimize Equity and Diversity,** where she made a presentation on **'Reframing Palliative Care through a Global South Perspective'**.

The second was the Lancet Commission on the Value of Death: Future Actions for Palliative Care, where Smriti presented on 'Loss, Caring and Suffering: The Role of Palliative Care in Low and Middle Income Countries'. Smriti was there in lieu of Dr. Rajagopal, who was one of the Commissioners on the report, as were the other panelists and the Chair – Dr. Libby Sallnow, Dr. Ros Taylor and Prof. Katherine Sleeman respectively.
The presentations were well received, earning Smriti warm ovations and a place amongst the top 5 influencers of the EAPC Congress.

NATIONAL
KEY PARTNERSHIPS

Maharashtra: MoU signed with the Commissionerate of Health Services to pilot palliative care centers in Pune and Aurangabad, including training and opioid availability support.





Himachal Pradesh: MoU with NHM-HP to integrate palliative care into the state's healthcare system, focusing on capacity building and awareness.

Dr MGR Medical University, Tamil Nadu: MoU to conduct end-of-life care research and establish a new Palliative Care department. The University plans to launch BSc and MD programs in palliative care.

NATIONAL EVENTS & ADVOCACY



1st International Patient Summit, New Delhi:

Pallium India participated as a panelist, advocating for patient-centered healthcare in the Asia Pacific region.



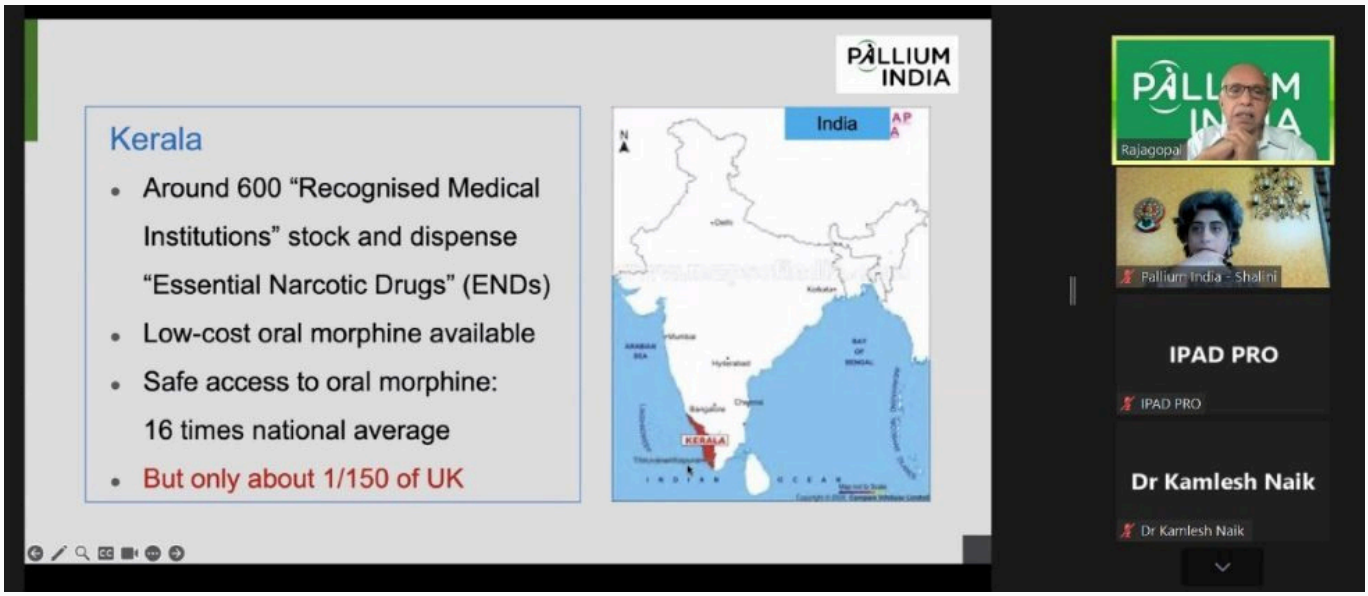
8th National Consultation on Non-Communicable Diseases, New Delhi:

Pallium India contributed to discussions on meaningfully involving people living with NCDs in policy and implementation frameworks.

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. April 17th 2023 : Odisha
2. May 9th 2023: Chandigarh, Punjab,Himachal, J&K and Haryana : all together in one workshop
3. June 6th 2023: West Bengal
4. June 14th 2023: Nagaland
5. July 4th 2023: Goa
6. Aug 24th 2023: UP
7. Oct 19th 2023: Bihar
8. Nov 28th 2023: Himachal Pradesh
9. Dec 22nd 2023: Delhi
10. Dec 27th 2023: Chhattisgarh
11. Feb 20th 2024: Tamil Nadu
12. March 19th 2024: Pondicherry



Odisha: Workshop with the Drug Controller's office resulted in a commitment to expedite RMI certification for medical institutions.

Northern Region: Joint workshop for Haryana, Punjab, J&K, Himachal Pradesh, and Chandigarh brought together State Drug Controllers to discuss opioid access challenges.

West Bengal: Workshop with government officials and stakeholders addressed the need for improved palliative care and opioid access in the state.

Nagaland: Session focused on clarifying the NDPS Amendment Rules of 2014 and facilitating access to essential medicines.

Other states: Workshops conducted in Goa, UP, Bihar, Himachal Pradesh, Delhi, Chhattisgarh, Tamil Nadu, and Pondicherry focused on raising awareness about the NDPS Act amendments, clarifying RMI requirements, and promoting collaboration between healthcare providers and drug regulators.

OTHER NOTABLE ACTIVITIES

National Roundtable Conference on Oncology, New Delhi: Pallium India participated in discussions on improving cancer care in India.



Pallium India continues to play a crucial role in advancing palliative care in India through strategic partnerships, advocacy, education, and awareness initiatives. The organization remains committed to improving access to quality palliative care for all those in need.

STATE LEVEL

PALLIUM INDIA TEAM VISITS AKKARA FOUNDATION



A team from Pallium India, including a doctor, nurse, and social officer, along with our regional facilitator for the southern region, visited the Akkara Foundation (AF) in Kasaragod for a mutual learning experience. The team consisted of Sr. Anu, Mr. Sarath, Mr. Lalit, and Dr. Greeshma. Despite their busy schedules, the AF staff's hospitality and dedication to helping others were truly inspiring. We were impressed by the systematic and organized operation of the Akkara Foundation.

During our visit to their children's rehabilitation center, we were reminded of the ongoing challenges faced by children with special needs. Early identification and intervention are crucial for helping these children become self-sufficient and potentially slowing or preventing the progression of disabilities. However, families require consistent support, including psychological counseling and therapies, to maintain hope and well-being.

We had the opportunity to meet the staff and volunteers, observe their homecare activities, and gain a deeper understanding of their impactful work in the community and with children. Their weekly team meetings to discuss patient care demonstrate a strong collaborative environment across departments.

The Akkara Foundation's management is commendable for its continuous improvement efforts, flexibility, and quick action, ensuring they reach their goals. Their staff recreation activities are also noteworthy.

Life is a mission, but with vision, it can change the world. Special thanks to the dedicated individuals behind the Akkara Foundation, especially the Chairman and his family, Mr. Yasir, the palliative care team, Moicha, volunteers, and all other members.

We encourage readers to consider spending time with these families. It serves as a powerful reminder of our own good fortune and the importance of gratitude. Let's join hands to make their lives more beautiful and meaningful.

NGOS IN AIRCRAFT DISASTERS: A LIFELINE OF HOPE



Emirates Airlines invited Pallium India to participate in a tabletop discussion on "NGOs in Aircraft Disasters: A Lifeline of Hope." This discussion focused on the crucial role NGOs play during aircraft disasters, drawing on experiences from the 2016 Emirates crash and the 2020 Air India crash in Calicut. In both instances, NGOs and local communities stepped up when airport rescue teams were overwhelmed. NGOs possess valuable resources and dedicated personnel who can respond effectively and efficiently in emergencies.

The program aimed to develop a proposal for the Airports Authority of India, outlining an emergency rescue plan with designated roles for NGOs to provide support and ensure security clearance. This session was the first step in identifying the services NGOs can offer and presenting them to the Aircraft Rescue and Fire Fighting (ARFF) unit. Dr. Arjun Devarajan, Senior Palliative Care Physician and Section Head of Medical Services, represented Pallium India.

PALLIUM INDIA AT GTECH LEADERS' MEET



GTech, the industry association for Information Technology (IT) and Business Process Management (BPM) companies in Kerala, collaborates with the state government to promote IT sector growth. Founded in 2001,

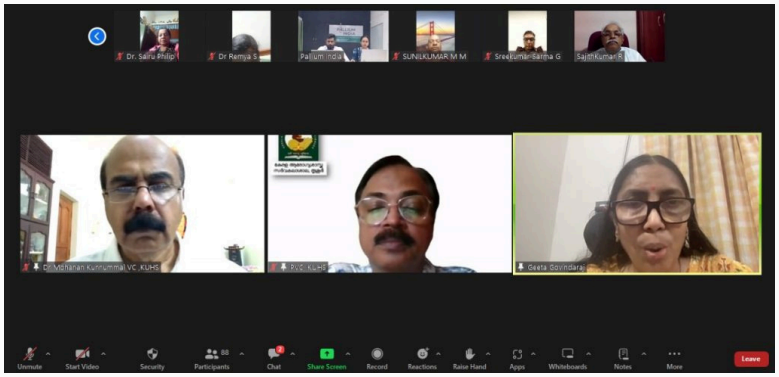
GTech connects domain and technology companies worldwide with its 117+ member organizations for business and strategic partnerships.

Dr. M.R. Rajagopal was the guest of honor at the GTech Leaders' Meet on October 27th at Hotel Gokulam Grand in Trivandrum.

The meeting was attended by CEOs and MDs from various IT companies in Kerala. Dr. Rajagopal spoke about the significance of palliative care, and Mr. Raj Kalady (CEO) introduced Pallium India and its activities. One participant shared a personal story of how Pallium India provided home care and comfort to two elderly relatives at the end of their lives.

Many companies expressed interest in supporting Pallium India through IT solutions. Mr. Binod Hariharan (Chairman of Pallium India) and Ms. Shriya Singh (Head of Resource Mobilization) were also present. We extend our gratitude to Mr. Sreekumar (Secretary of GTech and Center Head of Tata Elxsi) for providing this platform to showcase our work and for supporting palliative care.





FOUNDATION COURSE FOR KUHS FACULTY

The Trivandrum Institute of Palliative Sciences (TIPS), a division of Pallium India, launched a Foundation Course in Palliative Medicine exclusively for faculty members of Kerala University of Health Sciences (KUHS). This marks the first step towards integrating palliative care into the medical curriculum.

Ninety-five faculty members from KUHS-affiliated colleges will undergo 20 weeks of training, covering pain and symptom management, communication skills, and opioid management.

The program was inaugurated by Prof. Dr. Mohanan Kunnummal, Vice-Chancellor of KUHS, with Pro Vice-Chancellor Dr. C.P. Vijayan and Dr. M.R. Rajagopal, Director of TIPS, among the dignitaries present. We are enthusiastic about this collaboration and anticipate further partnerships with KUHS.

THE JOURNEY OF COMPASSIONATE LEADERSHIP – A TRANSFORMATIONAL EXPERIENCE



The Compassionate Leadership Fellowship (CLF) is a beacon of hope in palliative care.

This transformative program is a collaboration between Believers Church Medical College Hospital (BCMCH), Cairdeas International Palliative Care Trust (Cairdeas IPCT), Global Health Academy, University of Edinburgh (UoE), the Indian Association of Palliative Care (IAPC), and RMD Trust.

It is a year-long advanced leadership program designed to inspire, empower, and transform future leaders in palliative care. Dr. Sunil Kumar M.M., Dr. Arjun Devarajan, and Rontu Sangma represented Pallium India in this program.

WORKSHOP FOR PALLIATIVE CARE NURSES



The Indian Association of Palliative Care (IAPC) Kerala chapter organized a two-day workshop for palliative care nurses on August 12th and 13th, 2023, at the Kerala Institute of Local Administration (KILA) in Thrissur district. 140 nurses from 11 districts participated, including 12 from Pallium India.

Day one featured sessions on basic care and procedure updates by Team Malappuram, practical points in geriatric care by Dr. Ramla Beebi (PPCS Thrissur) and Sr Alice Stella Verginia (IPM Kozhikode), and group discussions on nursing protocols.

Day two included a nursing protocol presentation, a session on new medicines and applications by Dr. Rajasree (Amrutha Institute of Medical Sciences), and concluded with a summary and future directions presented by Sr Sini & Sr Shyni (IPM Kozhikode) and Sr Sheeba (Pallium India).

TRIVANDRUM

EVENING SPECIAL HOME CARE



Pallium India has launched a new service, Evening Special Home Care (ESHC), to provide patient care from 2 PM to 8 PM. A team comprising a male nurse and a palliative care assistant will address the emergency needs of registered patients during hours when the regular home visit team is conducting scheduled visits.

APHASIA CAMP 2023

In June, Aphasia Awareness Month, Pallium India collaborated with the Acquired Neuro Communication Disorders unit of the Department of Audiology and Speech Language Pathology (ASLP) at the National Institute for Speech and Hearing (NISH) to conduct an Aphasia Camp. Held on June 21st and 23rd, 2023, at Pallium India, the camp focused on the theme "TALK ABOUT APHASIA."

Aphasia is a communication disorder impacting speech, writing, and comprehension of spoken and written language. It often occurs suddenly after a stroke or head injury, but can also develop gradually due to a brain tumor or degenerative conditions. Treatment involves addressing the underlying cause and providing speech and language therapy to help individuals relearn communication skills.

Seven NISH members, including faculty and students (Ms. Preethy Susan Reni, Dr. Vineetha Sara Philip, Ms. Sarah Subhash, Ms. Jophia Sunny, Ms. Nandhana, Ms. Brengana, Ms. Adhitya), provided consultations to 16 beneficiaries from various Pallium India link centers, identifying speech abnormalities and aphasia-related issues.

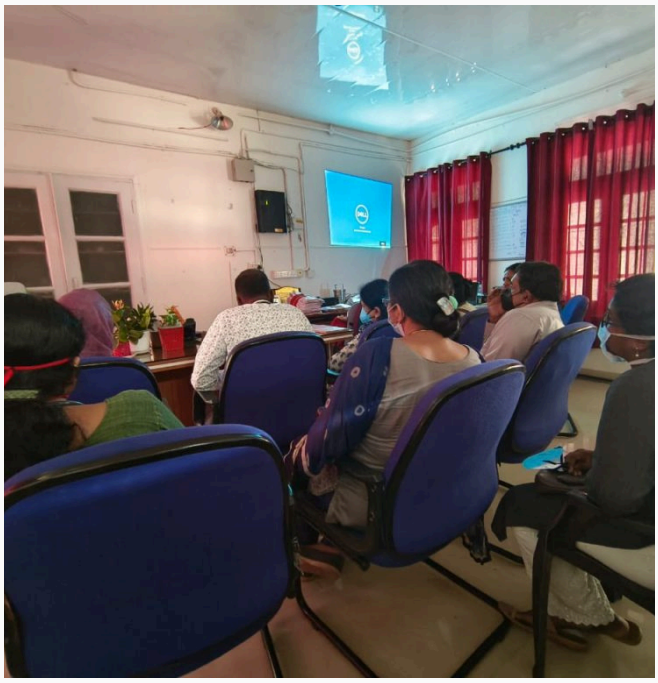
A NEW ABODE FOR PASS PALLIUM IN PALLITHURA

On November 21st, 2023, the new office of PASS Pallium, a Pallium India link center in Pallithura, was blessed by Fr Binu Alex, Parish priest of St. Magdalene Church.

Dr. Arjun Devarajan, Senior Palliative Care Physician and Section Head of Medical Services at Pallium India, officially inaugurated the center.

Attendees included PASS Pallium President Mr. Jude Fernandez, Vice President Thomas Gomez, Pallium India staff, and well-wishers.

PALLIATIVE CARE IN RESPIRATORY MEDICINE



Pallium India conducted an orientation session on palliative care's role in respiratory medicine for pulmonologists at Chest Diseases Hospital (CDH), Trivandrum. Dr. Rajam Iyer, a pulmonologist practicing in Mumbai and a Pallium India trustee, led the session, which was attended by 12 pulmonologists, including unit chiefs.

A Q&A session followed, with doctors expressing concerns and confirming their willingness to refer patients requiring palliative care. Participants found the session informative, and it concluded with an overview of Pallium India's outpatient services at CDH.

PAEDIATRIC OP AT CHILD DEVELOPMENT CENTER (CDC)

To integrate palliative care into pediatrics, Pallium India launched a Paediatric Supportive Care Outpatient (OP) clinic at the Child Development Center (CDC) near SAT Hospital, Thiruvananthapuram. Inaugurated on January 17th, 2024, the clinic operates twice a month, offering palliative care and counseling to pediatric patients.



TRANSFORMATIVE PAEDIATRIC PALLIATIVE CARE WORKSHOP



On December 9th and 10th, 2023, Pallium India hosted a Paediatric Palliative Care Workshop at the CDC in collaboration with the Indian Academy of Pediatrics, Elisabeth Kübler-Ross Foundation, and SAT Hospital. Attended by approximately 100 participants, including Pallium India staff, the workshop featured international and national faculty who provided comprehensive training on compassionate and effective care for children with life-limiting illnesses.

The workshop fostered interdisciplinary collaboration, offered practical insights through case studies, and included hands-on learning experiences. Participants praised the comprehensive content, expert faculty, and practical applicability of the training. The workshop facilitated networking and collaboration among healthcare professionals, strengthening paediatric palliative care.

PEDIATRIC MEDICAL CAMP AT MURUKKUMPUZHA

On March 17th, 2023, Pallium India held a Pediatric Medical Camp at Sneha Palliative Care Society in Murukkumpuzha, Trivandrum. 22 children participated in the camp, which aimed to raise awareness about pediatric palliative care in the community.

The camp, organized in collaboration with Sneha Palliative Care Society, included checkups, consultations with pediatricians and palliative care physicians, and health education sessions for parents. The event was organized by Pallium India's Children's Palliative Care team and supported by local volunteers. The camp successfully raised awareness and provided valuable services to the community.

AWARDS & RECOGNITION

PALLIUM INDIA WINS ECHO EXCELLENCE AWARD 2023



Project ECHO® (Extension for Community Healthcare Outcomes) has been a game changer in reaching healthcare providers no matter their setting, and uses technology to leverage scarce resources.

It creates virtual communities where participants engage with their peers, share support, guidance and feedback. Project ECHO has 900+ partners globally and its impact has been felt in 63 countries. Its founder, Dr. Sanjeev Arora created this platform with a vision to ensure the right knowledge exists at the right place at the right time.

This year, Project ECHO celebrated '20 Years of ECHO'. ECHO leaders, partner teams, government officials, funders, policymakers, industry experts, and more gathered to share retrospective work and thoughts on the future of ECHO. ECHO Excellence awards were given to individuals or organisations who have helped the movement grow into what it is today.

Using the ECHO training platform, Pallium India has provided palliative care training to **5872 participants** from **33 countries**.

Individual programs saw participation of **1590 doctors, 618 nurses, 499 allied medical professionals, 86 palliative care beneficiaries, 32 physiotherapists, 20 counsellors and 1589 volunteers.**

In the thick of the COVID-19 pandemic, a group of experts came together and trained **1331 healthcare providers across 12 countries** in palliative care approaches to manage covid.Pallium India is proud to be associated with Project ECHO, and greatly appreciate the efforts of our virtual education team led by Rajalekshmi Balu, Dr Sreedevi Warrier, Dr Sunilkumar M M, along with team members past and present – Sree Priya S, Siniya S, Sangeeth Krishna P, Vishnu M, Anoop S S, Agathiya Vayshnav and Arun Santh.

We would also like to acknowledge with deep gratitude palliative care providers in India and abroad who have collaborated with us on these programs as faculty, facilitators and content co-creators. And a special thank you to all our participants who have contributed to the success of these programs.

INTERNATIONAL EXCELLENCE AWARDS PRESENTED AT IAPCON 2024

Cancer Aid Society's International Awards for Excellence were presented to Dr Sunilkumar M. M., Ms Anu Thelly and Mr Mujeeb Kuttamassery at the International Conference of Indian Association of Palliative Care (IAPCON2024) at Ahmedabad. Anu Thelly's father Dr Savio Thelly received the award on her behalf.



Dr Sunil Kumar (Additional Director, TIPS, Pallium India), who is the winner in the category “doctors”, has over 20 years experience in palliative care. He oversees the function of the Palliative Care Center and Education & Skill building department at Pallium India. He is Honorary Tutor in the School of Medicine, Cardiff University, UK and was awarded International Physician scholarship from American Academy of Hospice and Palliative Medicine in 2018.

Ms Anu Savio Thelly, the winner in the category “nurses / paramedical”, is Nurse Consultant at Dept. of Palliative Medicine, Mahatma Gandhi Medical College and Research Institute (MGMCRI), Puducherry. She is also a guest faculty at Pallium India.

Mr Mujeeb Kuttamassery, the winner in the category “volunteers”, holds the position of Central Council Member (South Zone), Indian Association of Palliative Care (IAPC). He is Kerala State Chapter Secretary, National Association of Palliative Care for Ayush & Integrative Medicine (NAPCAIM) and Chairman of Life Care Foundation. He is also the winner of NAPCAIM 2022 National Award in Palliative Care.

Congratulations to the winners of Cancer Aid Society International Excellence Award 2024!

V CARE FOUNDATION HONORS DR. RAJAGOPAL WITH SENA AWARD



V Care Foundation awarded Dr. M R Rajagopal, Chairman Emeritus, Pallium India, with the prestigious ‘Sena Award’ for his relentless commitment to working with cancer patients.
Dr. M.R Rajagopal’s unwavering dedication and exemplary service in the field of oncology have made a significant impact on the lives of countless individuals battling cancer.

Founded nearly three decades ago by cancer survivor Mrs. Vandana Gupta, V Care Foundation has been a beacon of hope for cancer patients and their families. Mrs. Gupta’s personal journey through cancer treatment inspired the establishment of V Care Foundation, which aims to empower cancer patients with compassionate care and support

One of the hallmark events of V Care Foundation is Cancer Survivors’ Day, held annually in February. This event serves as a platform to honour and celebrate survivors, caregivers, patient advocates, and individuals who have demonstrated exceptional dedication to the field of cancer care.

Dr. M.R Rajagopal’s receipt of the ‘Sena Award’ underscores the profound impact of his contributions to cancer care.

His commitment to improving patient outcomes and enhancing the quality of care exemplifies the values upheld by V Care Foundation. Through his exemplary service, Dr. M. R Rajagopal has inspired hope and provided comfort to countless individuals facing the challenges of cancer.

DR.M.R RAJAGOPAL-100 MOST POPULAR ANESTHESIOLOGISTS

Dr Rajagopal, Chairman of Pallium India, has been named one of the 100 Most Popular Anesthesiologists of India in a national survey, based on several criteria, conducted by Dr Tushar Chokshi and his team, over a period of six months. Dr Rajagopal was ranked 16 in the list.

KEY EVENTS

20TH ANNIVERSARY CELEBRATION

Pallium India's 20th anniversary celebrations were held on 15th December 2023 from 9.30 am at Hassan Marikar Hall, Palayam, Thiruvananthapuram.

The ceremony was inaugurated by Dr. Divya S. Iyer (Managing Director, Vizhinjam International Seaport; Director, Solid Waste Management Project).

Dr. Sanjay Behari (Director, Srichitra Institute of Medical Sciences), Dr. MV Pillai (Professor of Oncology, Thomas Jefferson University, USA), Nishan Nisar (Model, Motivational Speaker) Dr. M. R. Rajagopal (Chairman Emeritus, Pallium India) and Binod Hariharan (Chairman, Pallium India) spoke at the occasion.



The organization's twenty years' journey was showcased in video form. Volunteers, link center office bearers and staff members were felicitated.

Violinist and singer Gautham Gopan, famous singer and actor Akhil, Swathi Thirunal Sangeetha Academy student Shweta Harimohan, Gopan of Flowers Channel Comedy Utsavam fame performed at the event. This was followed by cultural performances by the staff and volunteers of Pallium India.The complete event was streamed live on Pallium India's Facebook page.



REPRESENTING BEST PRACTICES IN COMMUNITY-BASED PALLIATIVE CARE AT THE G20 SUMMIT



Pallium India had the privilege to be invited to the C20 (Civil Society 20) engagement group of the G20 in April. We were invited to present our work as part of 20 "Udaharans" or Best Practices by Civil Society organisations in the country.

In addition, we were part of the working group for Elderly Care and End of Life Care, and were amongst those that contributed towards the development of various draft policies on these subjects as well as strategies for fund generation for palliative care. These are tasks in progress, and will be taken up for further deliberation. Once finalised, the overarching policy recommendation will be presented by the representatives of the government to the G20 members.

WORLD HOSPICE AND PALLIATIVE CARE DAY 2023

On World Hospice and Palliative Day 2023, organizations, medical professionals, and volunteers across India came together to celebrate the spirit of compassionate care and highlight the importance of palliative services. The day, observed on the second Saturday of October every year, saw a series of events in different regions of the country, aimed to create awareness, educate and engage communities in discussions around palliative care and the support it provides to individuals and their families during challenging times. Let's take a closer look at the key programs that unfolded on this significant day.

Pallium India, in collaboration with Institute of Hospital Management and Catering Technology (IHMCT), Kovalam, Thiruvananthapuram, celebrated World Hospice and Palliative Care Day on 14th October with a get-together of patients and family members.



The program was inaugurated by Dr M R Rajagopal (Chairman Emeritus, Pallium India), in the presence of Mr Binod Hariharan (Chairman, Pallium India), Dr M M Sunil Kumar (Additional Director, Trivandrum Institute of Palliative Sciences) and Mr K Rajshekhar (Principal, IHMCT), as well as Pallium India's beneficiaries, family members, staff and volunteers.

SIPC DAY

The annual Students Initiative in Palliative Care (SIPC) day is observed on 2nd October. This year, Pallium India, in association with APJ Abdul Kalam Technological University's NSS Cell and KTU Care, organised an event at the LBS Institute of Technology for Women, Poojapura. 180 students from Kerala University, Kalam Technological University and Calicut University participated.

The theme for this year's SIPC Day was "Leave No One Behind – Equity in Access to Palliative Care".

The program was inaugurated by Ms Tiffany Brar, Founder of Jyothirgamaya Foundation and Ms Deeja Satheeshan, Director, Nymithra Food Products. Shri Dr M Abdul Rahiman (Director, LBS Centre for Science and Technology) delivered the Presidential address, and Dr Joy Varghese (State KTU NSS Cell Program Coordinator) gave the keynote address.

The first prize for SIPC Report presentation was bagged by Farook College (Autonomous), Kozhikode. Loyola College of Social Sciences and SN College, Kollam received the second and third positions respectively. Loyola College of Social Sciences won the first prize for video presentation. The second and third position winners were S N College, Kollam and Ace College of Engineering.

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES



On December 3, 2023, Pallium India organised an event at Shankumugham Beach, Thiruvananthapuram. Students of the Social Work Department, National College, Trivandrum, performed a flash mob to promote awareness among people about disability rights and inclusion.

PALLIUM INDIA TEAM AT IAPCON 2024, AHMEDABAD



FINANCIALS

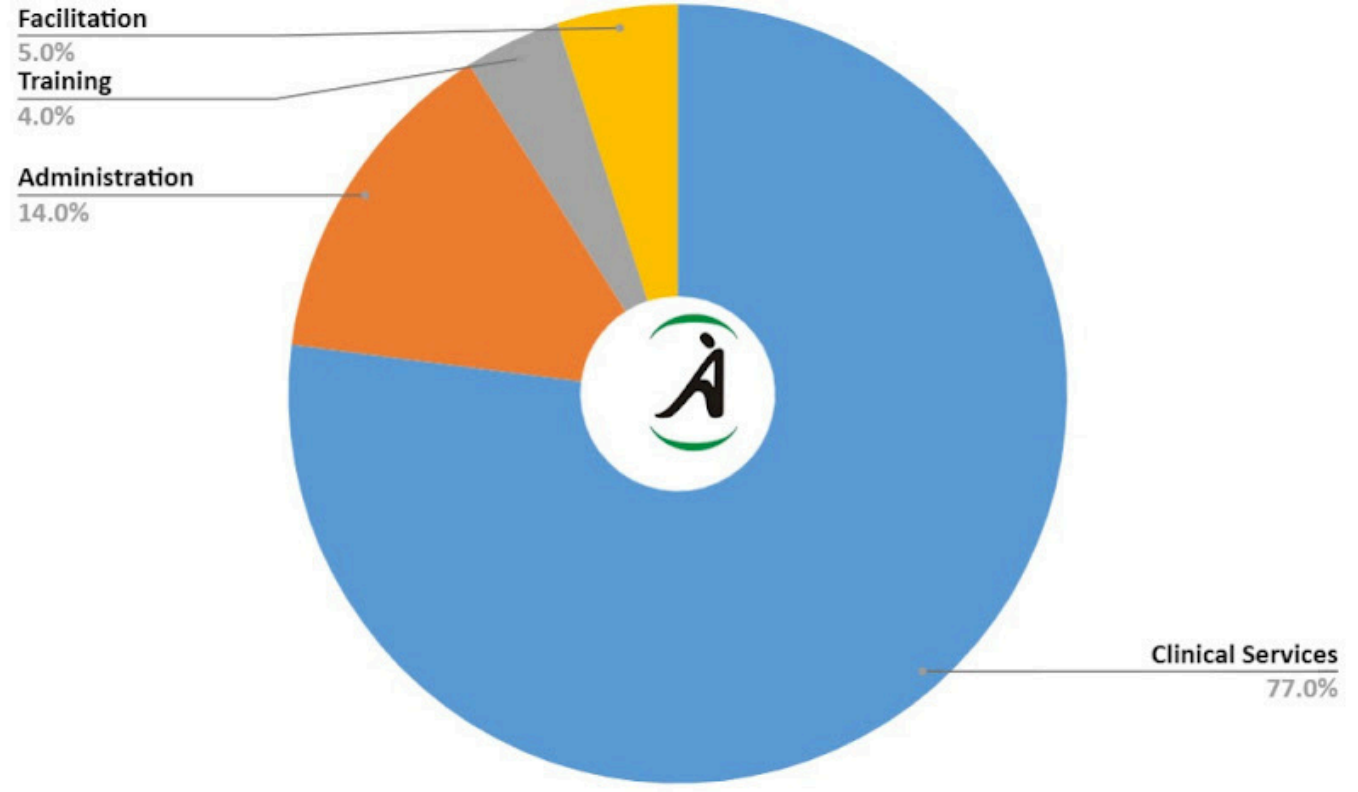
INCOME

Income (Rs Lakhs)	FY 2023-24	FY 2022-23
Donations	307.16	389.75
Grants	661.65	360.71
Other Income	60.50	55.23
Total	**1,029.31**	**805.69**

EXPENDITURE

Expenditure (Rs lakhs)	FY 2023-24	FY 2022-23
Hospital & Patient Aid	120.91	191.71
Training & Advocacy	47.25	46.00
Project Expenses	681.15	452.72
Other Expenses	53.24	103.69
Depreciation	17.82	17.21
Total	**920.38**	**811.33**

HOW WE PUT YOUR DONATION TO WORK



TESTIMONIALS
BENEFICIARIES



On December 3, 2023, Pallium India organised an event at Shankumugham Beach, Thiruvananthapuram. Students of the Social Work Department, National College, Trivandrum, performed a flash mob to promote awareness among people about disability rights and inclusion.

In 2022, our precious daughter Nilu was born. I attended a corporate event by GTECH in 2023, where Pallium India was a guest. I had the chance to express my gratitude in front of everyone and met Rajagopal Sir and other team members. Little did I know that just a month later, our lives would change unimaginably. Nilu was diagnosed with a rare and aggressive brain tumour called ATRT in November 2023.

We sought every option, including a visit to Tata Memorial Hospital in Mumbai and connections with St. Jude Hospital USA. However, the medical world offered little hope, and we decided to bring her home to Kollam.

As she struggled more each day, I connected with other ATRT moms, primarily abroad, who had access to comprehensive palliative care. It was the bare minimum I could do for my baby girl. I came to know that Pallium India's pediatric team wasn't very active in Kollam. Desperate for help, I posted in a Facebook group, and Pallium India responded immediately, arranging a team of professionals from Trivandrum to visit us. They spent half a day at our home, talking to each family member, giving us an idea of what to expect, and promising their unwavering support.

Two weeks later, Nilu needed hospital care for oxygen support and seizures. The hospital considered tube feeding and intubation, but I didn't want her to endure any more struggle. Pallium India intervened, educating the doctors on how to provide comfort and administer morphine. Nilu was given morphine twice when she showed signs of struggle. We knew her time was near, but ensuring she passed peacefully and with dignity was a right I fought for, and it was made possible with the help of Pallium India.

Thank you, Pallium India, for being our pillar of support during those final days. Your compassion and dedication made all the difference in ensuring my daughter had the peaceful passing she deserved.

TESTIMONIALS

LILACS OF THE DEAD LAND



Thus spoke the Book of Job: "So am i made to possess months of vanity, and wearisome nights are appointed to me".

My life was going through the same plight before being rescued to Pallium India.

A cheap rented room and meagre food was much enough for a man of dyed youth. Life was beautiful. Suddenly, on a day after prolonged sitting and continuous watching of mobile phone, there came a pain from the lower back to the toe of the left leg. It was like sciatica in nature.

OTC medicine could not fix the pain, i collapsed and was taken to the hospital. I was there on the trolley like a torn slipper left in the street after a police action. At last a spectacled arrogance consulted me. Prescribed painkillers and advised bed rest. Bed rest lasted for two and half months. Had many pain killers, tried other systems of medicine, herbal oil massage..... All but in vain

It is during this time the news of Pallium India came to my notice. After the registration their medical team consulted me and provided me with free medicines. I came under the umbrella of their medical care.
The pain was reduced to a minimum in a month's time. But i became fully bedridden. Condition reiterated daily. Toilet going became totally impossible. I was taken to the care centre and admitted there.

Being an inpatient my bodily functions are regularly monitored, administered medicines in time, necessary medical check-ups and scanning are done, provided proper food etc. With the reports and results I was diagnosed with spinal TB.

The beacon of hope was very bleak. No stars ever shined my path. Yet i resolved to stand aright and step forward. I have nothing to lose, but life.

I had great faith in the doctors and the nurses with me, for they are the true followers of the 'one who walked ahead of time with the weary'.

TESTIMONIALS



By 2025, it will be two years since my son Niranjan left me. My son had a genetic disorder called Mengis Kinky Hair Disease.

Even though we knew that we would not get him back, we gave all the treatments that could be given to our son. Still no result. We faced the pain with a smile even during the situations in life where we did not know what to do.

When my son's condition worsened, the doctors gave up on me, and I was swaying like a captured kite without knowing where to go, when a hand from somewhere held me and it was "Pallium India." From a situation where there was no one, I realized the truth that I have everyone.

My son's last days were only blessed. The days I come to Palium have given me indescribable memories. I don't know how to express it. I still live with the confidence that every single person there will never let go of the hands that held me together then and now.

OUR TRAINEES

I'm an anesthesia doctor with over a decade of experience, specializing in pain management and palliative care. Pursuing the GFPM course at TIPS (Trivandrum Institute of Palliative Sciences) was transformative. With a diverse background in corporate, freelancing, and medical college settings, I chose TIPS due to its updated curriculum and dedicated team.

For medical professionals keen on palliative care, especially staying connected in a community of like-minded doctors, TIPS' GFPM course is ideal. My clinical skills dramatically improved, empowering me to address pain and symptom burdens. India's growing palliative medicine field offers ample opportunities for aspirants.

Choosing the GFPM course at TIPS was life-altering. I'm grateful for the knowledge gained and connections formed. TIPS' excellence in palliative care education is evident, making it a top choice for those aspiring to make a difference…



Dr Punithavathy Dhanasekharan, Asst Professor, Anesthesiology, Kovai Medical Center and Hospital Ltd. Coimbatore, TN
Fellow, Global Fellowship Program in Palliative Medicine

TESTIMONIALS

The fellowship program's comprehensive curriculum beautifully blends theory with case-based learning. Under the guidance of esteemed palliative care experts, the program creates a supportive environment that encourages critical thinking, collaborative problem-solving, and empathy. The well-structured modules cover diverse topics, such as managing any health-related suffering, pain management, end-of-life care, communication skills, and cultural sensitivity, thereby helping us understand the challenges faced by patients and families everywhere. This ongoing experience is genuinely transforming my professional and personal life, equipping me with the skills and compassion to make a meaningful impact in palliative care. One of the highlights of this fellowship program has been connecting with peers from different countries. This global exposure has broadened my perspective and emphasised the importance of adaptability and open-mindedness in providing excellent care.



Dr Parul Raina, Assistant professor, Dept of Anesthesia, Sharda Hospital, UP
Fellow, Global Fellowship Program in Palliative Medicine

As I near the completion of the Program, I am empowered to advocate for compassionate care, ensuring that patients receive the best support and comfort during their most vulnerable times. This program has given me the confidence to make a meaningful impact in palliative care and has reinforced my commitment to health equity. It has honed my skills, deepened my understanding, and enriched my perspective on palliative care. I strongly recommend this program to those passionate about making a difference…



Dr Bindu Kesarmal, Registrar in Stroke medicine department, Russell's Hall Hospital, England, UK
Fellow, Global Fellowship Program in Palliative Medicine

The structure of GFPM is excellent, very approachable and helpful faculty. Hands on training at pallium India is an eye opener and a wonderful experience with lifetime of memories. Fellowship has definitely enhanced my knowledge about palliative care. GFPM has been the best decision I made in 2023.

TESTIMONIALS

As a doctor, we are accustomed to trying to help patients recover from their illnesses and become healthy again. However, we certainly realize that not all illnesses can be cured and eventually some of our patients will die. The Foundation Course in Palliative Medicine will open our eyes to how as a doctor we can accompany our patients at the end of life and perhaps provide a dignified death, a lesson that is rarely taught in medical schools.



Dr. Vincent Chrisnata
Anesthesiologist & Intensivist,
Husada Hospital & Pluit Hospital,
Jakarta, Indonesia
Participant of Foundation Course
in Palliative Medicine



Dr Lorna Fernandez
Project Coordinator-
Compassionate Communities
Program,
Palliative Care Centre,
South Goa District Hospital,
Margao-Goa
Participant of Foundation Course in
Palliative Medicine

Working as the Project Coordinator for the Compassionate Communities Program, started in October 2023, (in keeping with the theme for WHPCDay on 14th October 2023- Compassionate Communities-Together for Palliative Care) which is a part of Palliative Care, Program, South Goa, it was important that I got properly trained in Palliative Care.

The "Pallium India-Foundation course in Palliative Medicine for Doctors" gave me an excellent opportunity to update my knowledge and skills. The sessions conducted by experienced professionals were well presented, informative, interesting, interactive and also backed up by scientific studies. All queries were addressed adequately. The cases presented, treatment and difficulties discussed, opened my eyes to the right way of approaching a case. I will surely need a lot of practice in listening, effective communication and showing empathy, the keystones to Palliative Care. The reading matter made the sessions more informative n complete. Assignments helped us recap all we learnt. The Pallium India team worked hard to provide seamless and excellent sessions and helped solve all issues. I express my heartfelt gratitude to all the resource persons and team Pallium India for their exceptional work in educating and bringing about awareness about Palliative Care. I will surely recommend this course to my colleagues. Keep up your marvelous work team Pallium India.

TRUSTEES



Dr M R Rajagopal
Chairman Emeritus



Mr Binod Hariharan
Chairman



Ms Poonam Bagai
Vice-Chairman



Mr S M Vijayanand IAS
Trustee



Dr Soumya Swaminathan
Trustee



Dr Vijayakumar K
Trustee



Dr C Mohanan
Trustee



Ms Ashla Rani
Trustee



Dr T S Guruprasad
Trustee



Dr Vandana Gopikumar PhD
Trustee



Dr Rajam Iyer
Trustee



OUR SUPPORTERS

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

LEADERSHIP TEAM



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, 119 staff and 85+ 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.

DONATION & CONTACT INFORMATION

DONATION DETAILS:

For Foreign Transfers:

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

Pallium India is authorized by the Government of India to receive Foreign Donations under Foreign Contribution Regulation Act (FCRA).

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: https://palliumindia.org/donate

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

CONTACT DETAILS:

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