



**LUNG
CONNECT**

TOPIC:

Emotional and Mental Wellbeing for
Lung Cancer Patients

**FOLLOWED BY Q&A SESSION BY
DR. AJAY SINGH &
DR. DEEP VORA.**

106TH LUNG CONNECT

SUPPORT GROUP MEETING



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Zoom Meeting



10th May, 2024
Friday, 4 to 5 pm



Dr Savita Goswami

Clinical Psychologist
Psycho- Oncologist
Tata Memorial Hospital, Mumbai



Dr Ajay Singh

Medical and Haemato Oncologist
Medanta Hospitals
Lucknow



Dr Deep Vora

Assistant Professor
Medical Oncology
Tata memorial hospital.



Mr Nandlal Gupta

Lung Cancer warrior



Ms Vandana Mahajan

Cancer Expert Counsellor
Moderator



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**LUNG
CONNECT**

106TH SUPPORT GROUP MEETING

EMOTIONAL AND MENTAL WELL-BEING FOR LUNG CANCER PATIENTS

KEY TAKEAWAYS

- Lung Connect successfully concluded its 106th Support Group Meeting which was held on 10th May 2024.
- Dr. Savita Goswami gave a very insightful session about Mental well-being. She said that going to a psychologist doesn't mean that you are mentally unstable.
- Dr Ajay Singh gave us some useful information about RET mutation and other advancements.
- Dr. Deep and Dr. Rupjyoti solved all queries of the patients.
- We heard a few words of wisdom from Mr Nandlal Gupta.



PANELIST:

DR SAVITA GOSWAMI
CLINICAL PSYCHOLOGIST AND
PSYCHO ONCOLOGIST
TATA MEMORIAL HOSPITAL, MUMBAI



DR AJAY SINGH
MEDICAL AND HAEMATO
ONCOLOGIST
MEDANTA HOSPITALS, LUCKNOW



NANDESH GUPTA
LUNG CANCER WARRIOR



25TH GERIATRICS OPD SUPPORT GROUP MEETING

Every fight becomes a little bit easier when we fight it together.



TOPIC OF DISCUSSION

Understanding of Resilience in older cancer patients coping strategies and how to bounce back .

We have Dr. Anita Kumar, Dr. Anupa Pillai and Dr. Rup Jyoti Sarma as our support.
We also welcome our guest Ms Beatrice Fernandes.

FRIDAY, MAY 17 2024

4:00 pm



Ms Beatrice Fernandes
Visionary | Facilitator
Life and Career Coach



Dr. Anita Kumar
Geriatrician
Holy Family Hospital



Dr. Anupa Pillai
Geriatrician
Tata Memorial Hospital



Dr Rup Jyoti Sarma
Assistant Professor
Medical Oncologist
Tata Memorial Hospital

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Meeting Id:-
3934929647
Pass code :- 987123



**LUNG
CONNECT**

107TH

LUNG CONNECT

SUPPORT GROUP MEETING- UP- BIHAR

📅 15TH MAY, 2024 ⌚ 4:00PM TO 5:00PM

TOPIC: Importance of Yoga for Lung Cancer Patients

followed by Question and Answer session by Dr Akhil Kapoor and Dr Amit Kumar



Dr. Akhil Kapoor

Associate Professor, Medical Oncology
Tata Memorial Hospital, Varanasi



Ms Anupama Sinha

Yoga Teacher
Energy Yoga Healing Centre



Dr. Amit Kumar

Senior Consultant Medical Oncology,
Medanta Superspeciality Hospital
Patna, Bihar



Ms Antima Rai

Patient Navigator
Lung Connect Moderator



JOIN ZOOM MEETING



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THE ZOOM MEETING

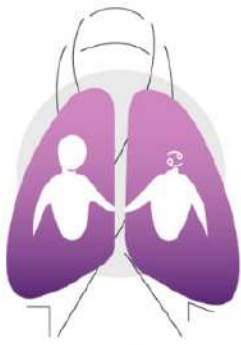


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**LUNG
CONNECT**

107TH SUPPORT GROUP MEETING, UP-BIHAR

IMPORTANCE OF YOGA FOR LUNG CANCER PATIENTS

KEY TAKEAWAYS

- Lung Connect successfully concluded its 107th Support Group Meet, UP-Bihar which was held on 15th May, 2024.
- Ms. Anupama herself is a Cancer Survivor and yoga has helped her a lot. She mentioned that every person must include Pranayam in their daily routine. She performed asanas like Vastrika, Brahma, Bhujangasan etc. with all our patients. She told everyone to focus on Om chanting.
- Dr Amit Kumar and Dr Akhil Kapoor helped the patients by answering their queries.
- 60 patients/ caregivers joined the session and online views are still counting.



PANELIST:

MS. ANUPAMA SINHA

Yoga Teacher

Energy Yoga Healing Centre



DR. AKHIL KAPOOR

Associate Professor, Medical
Oncology

Tata Memorial Hospital, Varanasi



DR. AMIT KUMAR

Senior Consultant Medical
Oncology,

Medanta Hospital, Patna





**LUNG
CONNECT**

108TH LUNG CONNECT

SUPPORT GROUP MEETING, GUJARAT

**TOPIC: Role of Physiotherapy in Lung Cancer Treatment
Followed by a Q&A session with Dr. Rushabh Kothari**



Dr Prachi Narkhede

MPT-CVRS
Department of Physiotherapy
Tata Memorial Hospital, Mumbai



Dr Rushabh Kothari

Consultant Medical Oncologist,
Oncowin Cancer Centre, Ahemdabad



Paresh Shah

Lung Cancer Patient
& Patient Advocate

FRIDAY



SAVE THE DATE
31st May, 2024



TIME
4:00 P.M.- 5:00 P.M.



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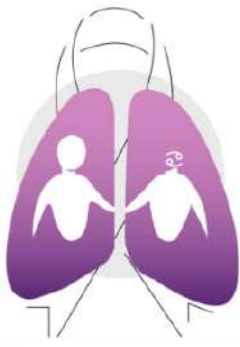
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**LUNG
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108TH SUPPORT GROUP MEETING - GUJARAT

ROLE OF PHYSIOTHERAPY IN LUNG CANCER TREATMENT

KEY TAKEAWAYS

- Lung Connect successfully concluded its 108th Support Group Meet - Gujarat which was held on 31st May, 2024.
- Dr Prachi gave some useful insights about how Physiotherapy/exercises can make a patient feel better during their lung cancer treatment.
- She also showed how to do the breathing exercise with spirometer.
- She said doing 150 minutes of exercise in an week is very important for everyone.
- After the exercises related talk, Dr. Rushabh Kothari addressed various questions from the meeting participants.

PENALISTS

DR. PRACHI NARKHEDE
MPT- CVRS

Department of Physiotherapy
Tata Memorial Hospital



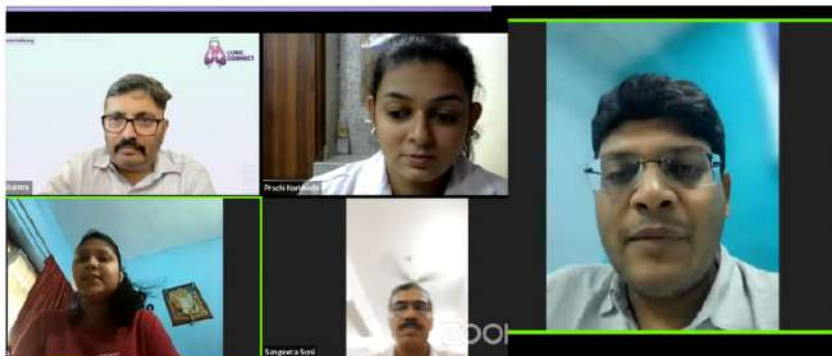
DR. RUSHABH KOTHARI

Consultant Medical Oncologist,
Oncowin cancer centre,
Ahemdabad.



PARESH SHAH

Lung Cancer Patient & Patient
Advocate, Lung Connect.



थकान (fatigue/tiredness)

व्यायाम कैंसर और कैंसर के उपचार से होने वाली थकान को कम कर सकता है

Source: Aha Blogger.com

PLANNING
Prioritizing
PACING