

151st

SUPPORT GROUP MEETING

MUMBAI-MAHARASHTRA

know your drugs series

Topic

KNOWING THE SIDE EFFECTS AND MANAGEMENT *of Targeted Therapy in Lung Cancer Patients*

By Dr Ajay Kumar Singh

Followed by Q & A Session by Dr Athira & Dr Arvind

GUEST SPEAKERS



DR AJAY KUMAR SINGH
Medical Oncologist
Paras Hospital, Kanpur



DR ATHIRA SURENDRAN
Medical Oncologist
TMH, Mumbai



DR ARVIND VAIDYANATHAN
Medical Oncologist
TMH, Mumbai



MR BRIJESH JAISWAL
Living with lung cancer
Dadra and Nagar Haveli



MS VANDANA MAHAJAN
Lead Counselor
Lung Connect India Foundation

MODERATOR



Friday

SCAN ME



TO JOIN SOCIAL MEDIA

SCAN ME



TO JOIN MEETING



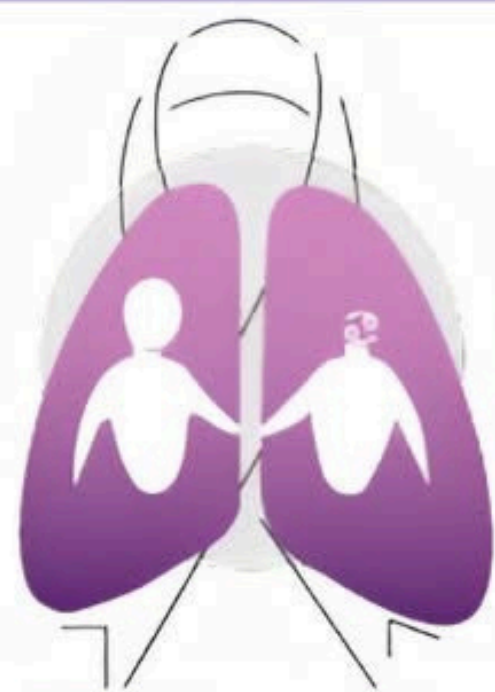
AM
PM



More information
+91 73040 14717



Visit our website
lungconnectindia.org



**LUNG
CONNECT**

A FORUM FOR PATIENTS & CAREGIVERS

151ST SUPPORT GROUP MEETING – MUMBAI

KNOWING THE SIDE-EFFECTS OF TARGETED THERAPY IN LUNG CANCER

KEY TAKEAWAYS

- Lung Connect successfully hosted its 151st Support Group Meeting on 8th August 2025.
- This session featured Dr. Ajay, who shared valuable insights on the various side effects of TKIs (Tyrosine Kinase Inhibitor).
- Highlighting that the most common ones include skin rashes and diarrhoea. He also discussed other possible side effects such as pedal edema, weight gain, and gastrointestinal toxicity, while emphasizing the importance of never missing a single dose of the prescribed medication.
- Following this, Dr. Athira addressed and clarified all participant queries.
- The meeting also included an inspiring sharing by Brijesh Jaiswal, who spoke about his journey and how he is managing life as a lung cancer survivor.

EGFR TKI

- Most common driver mutation in lung cancer is EGFR
- Multiple generations of EGFR TKI available
- 1st Gen- Gefitinib, Erlotinib
- 2nd Gen- Afatinib, Dacomatinib
- 3rd Gen- Osimertinib, Lazertinib
- 4th Gen- in trials

PANELIST:

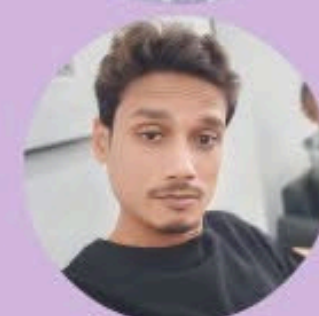
DR AJAY KUMAR SINGH
MEDICAL ONCOLOGIST
PARAS HOSPITALS
KANPUR



DR ATHIRA SURENDRAN
MEDICAL ONCOLOGIST
TMH, MUMBAI



MR BRIJESH JAISWAL
LIVING WITH LUNG CANCER



152nd SUPPORT GROUP MEETING UP-BIHAR



Topic:

Importance of Support Groups in Lung Cancer Care

Followed by Q&A session with Dr Akhil Kapoor and Dr Amit Kumar

KEYNOTE SPEAKER



MS RAJNI KARDAM

Caregiver
Patient Advocate



DR AMIT KUMAR

Medical Oncologist
Medanta Hospital
Patna



DR AKHIL KAPOOR

Medical Oncologist
TMH, Varanasi



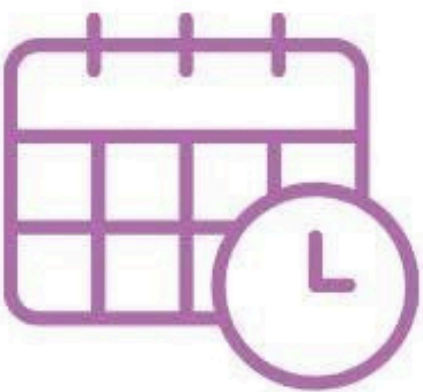
ASHOK KUMAR

Lung Cancer Warrior and
Patient Advocate



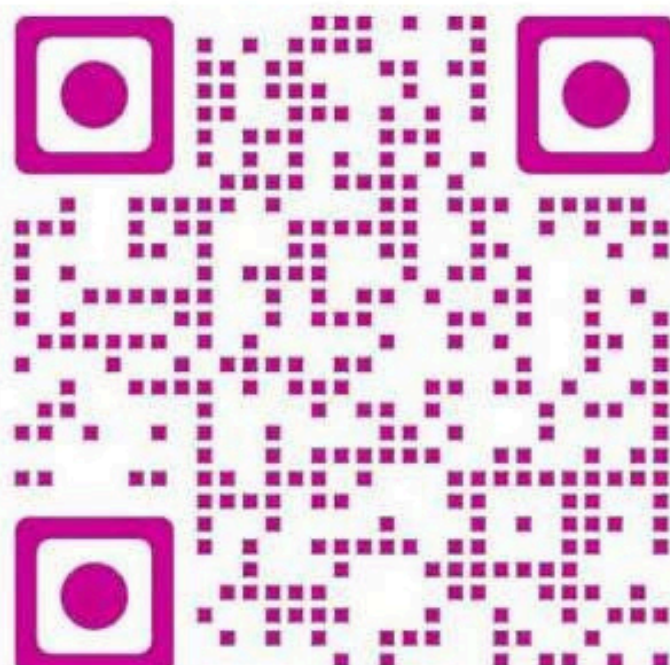
PRABHAT RANJAN

Caregiver
Moderator



**20th August, 2025
4pm onwards**

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152ND SUPPORT GROUP MEETING- UP- BIHAR

IMPORTANCE OF SUPPORT GROUPS IN LUNG CANCER CARE

KEY TAKEAWAYS

- 152nd Support Group Meeting – UP-Bihar Chapter held on 20th August 2025.
- Mohammad Rizwan spoke on the importance of support groups during the lung cancer journey – highlighting emotional support, coping strategies, and shared experiences. He appreciated Lung Connect as the only dedicated lung cancer support group in India, doing commendable work.
- Dr. Amit addressed patient queries and provided medical guidance.
- Mr. Ambar spoke about the Buddy Program, our newest initiative to connect patients with trained companions.
- Mr. Ashok shared his personal lung cancer experience, inspiring all participants.
- The session reinforced the power of community, compassion, and shared knowledge in coping with lung cancer.

BENEFIT OF SUPPORT GROUP

- Reduce feeling of isolation
- Increase self esteem and empowerment
- Enhance emotional wellbeing- support group can reduce stress, anxiety and depression.
- Access to information & resources
- Sense of hope & optimism



PANELISTS:

DR. AMIT KUMAR
Senior Consultant Medical
Oncology,
Medanta Hospital, Patna

MOHAMMAD RIZWAN
Caregiver
Lead Caregiver Support
LCIF



PRABHAT RANJAN
Caregiver
Moderator



40th GERIATRICS OPD SUPPORT GROUP MEETING

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



TOPIC OF DISCUSSION

Coping with Uncertainty in Cancer Care for Older Adults

We have Dr. Anupa Pillai and Dr. Ashok Singhal as our support.

We also welcome our guest Dr Lekhika Sonkusare

FRIDAY- 22nd AUGUST, 2025
4:00 pm



Dr Lekhika Sonkusare
Onco- Psychologist
TMH, Mumbai



Dr Ashok Singhal
Medical Oncologist
TMH, Mumbai



Dr Anupa Pillai
Geriatrician
Tata Memorial Hospital



Ratan Dhekale
Patient Advocate
Moderator

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[https://us06web.zoom.us/j/86748530411?
pwd=jCK1fB4lisytQngh2ba9FKz7bbCYvv.1](https://us06web.zoom.us/j/86748530411?pwd=jCK1fB4lisytQngh2ba9FKz7bbCYvv.1)



Meeting Id:-
867 4853 0411
Pass code :- 213876

153rd

SUPPORT GROUP MEETING- GUJARAT

TOPIC

HEALING HARMONIES: FINDING STRENGTH THROUGH MUSIC

Followed by a Q&A session with Dr Rushabh and Dr Palak



KEYNOTE SPEAKER

MS BINAL SHAH

MUSIC THERAPIST
FOUNDER OF AAROHA MUSIC THERAPY



DR PALAK BHATT
MEDICAL ONCOLOGIST
AHMEDABAD



DR RUSHABH KOTHARI
MEDICAL ONCOLOGIST
AHMEDABAD



PARESH SHAH
LIVING WITH LUNG CANCER,
PATIENT ADVOCATE



SUCHISMITA DAS
LUNG CANCER SURVIVOR, MODERATOR

The last Friday of every month

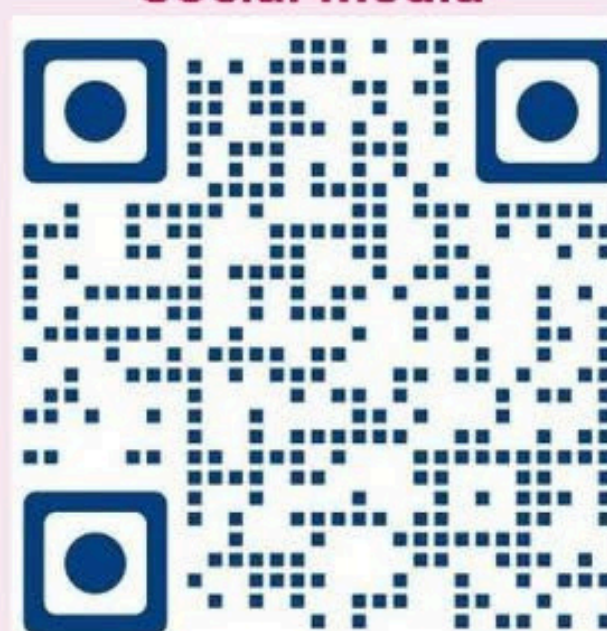
AT 04:00 PM

Join Meeting



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153RD SUPPORT GROUP MEETING – GUJARAT

HEALING HARMONIES- FINDING STRENGTH IN MUSIC

KEY TAKEAWAYS

- Lung Connect successfully concluded its 153rd Support Group Meeting - Gujarat which was held on 29th August 2025.
- Ms. Binal Shah empowered participants with music.
- Highlighted how music can support lung health.
- Led patients and caregivers in singing their favourite songs.
- Guided simple breathing and relaxation exercises with music.
- Dr. Palak Bhatt addressed and solved patient queries.
- Ms. Shalini Bijurkar shared words of wisdom.
- Mr. Prabhat Ranjan spoke about the Buddy Program towards the end.

PANELISTS

MS BINAL SHAH
MUSIC THERAPIST
FOUNDER- AAROHA MUSIC
THERAPY



DR. PALAK BHATT
Medical Oncologist
Ahmedabad



MR. PARESH SHAH
Lung Cancer Patient & Patient
Advocate, Lung Connect.



Music for lung health

गाना - गाना का एक विशेष विधि है जिसमें रोगी को एक लंबी संगीतमय धुन उनके श्वसन से संबंधित स्तर को स्थिर कर सकता है।

ध्यान और मेडिटेशन: ध्यान और मेडिटेशन की तकनीकें उन्हें शांति और सांजिससे उनका श्वसन प्रणाली संतुलित हो सकता है।

राग चिकित्सा: विशेष रागों की आवाज से लंबाई रोगियों की मनोवैज्ञानिक स्थिति सुधारा जा सकता है।

स्वर अभ्यास: स्वरों की अभ्यास से रोगी की श्वसन प्रणाली को सुधारा जा सकता है।

गतिविधि: संगीतीय गतिविधियों जैसे कि नृत्य, वादन, या गायन, श्वसन की शक्ति को सुधारा जा सकता है।

