

151<sup>st</sup>

## 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 SURENDRA  
Medical Oncologist  
TMH, Mumbai



DR ARVIND VAIDYANATHAN  
Medical Oncologist  
TMH, Mumbai



MR BRIJESH JAISWAL  
Living with lung cancer  
Dadra and Nagar Haveli

#### MODERATOR



MS VANDANA MAHAJAN  
Lead Counselor  
Lung Connect India Foundation



*Friday*

SCAN ME

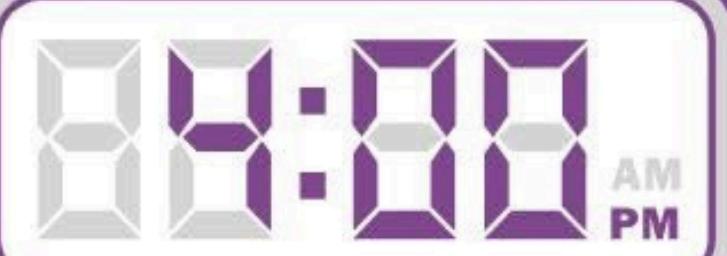


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SCAN ME



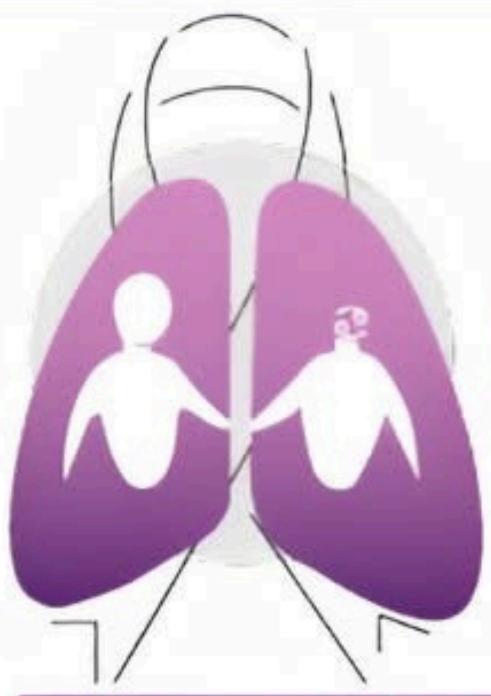
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[lungconnectindia.org](http://lungconnectindia.org)



## 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
  - 1<sup>st</sup> Gen- Gefitinib, Erlotinib
  - 2<sup>nd</sup> Gen- Afatinib, Dacomitinib
  - 3<sup>rd</sup> Gen- Osimertinib, Lazertinib
  - 4<sup>th</sup> Gen- in trials

### PANELIST:

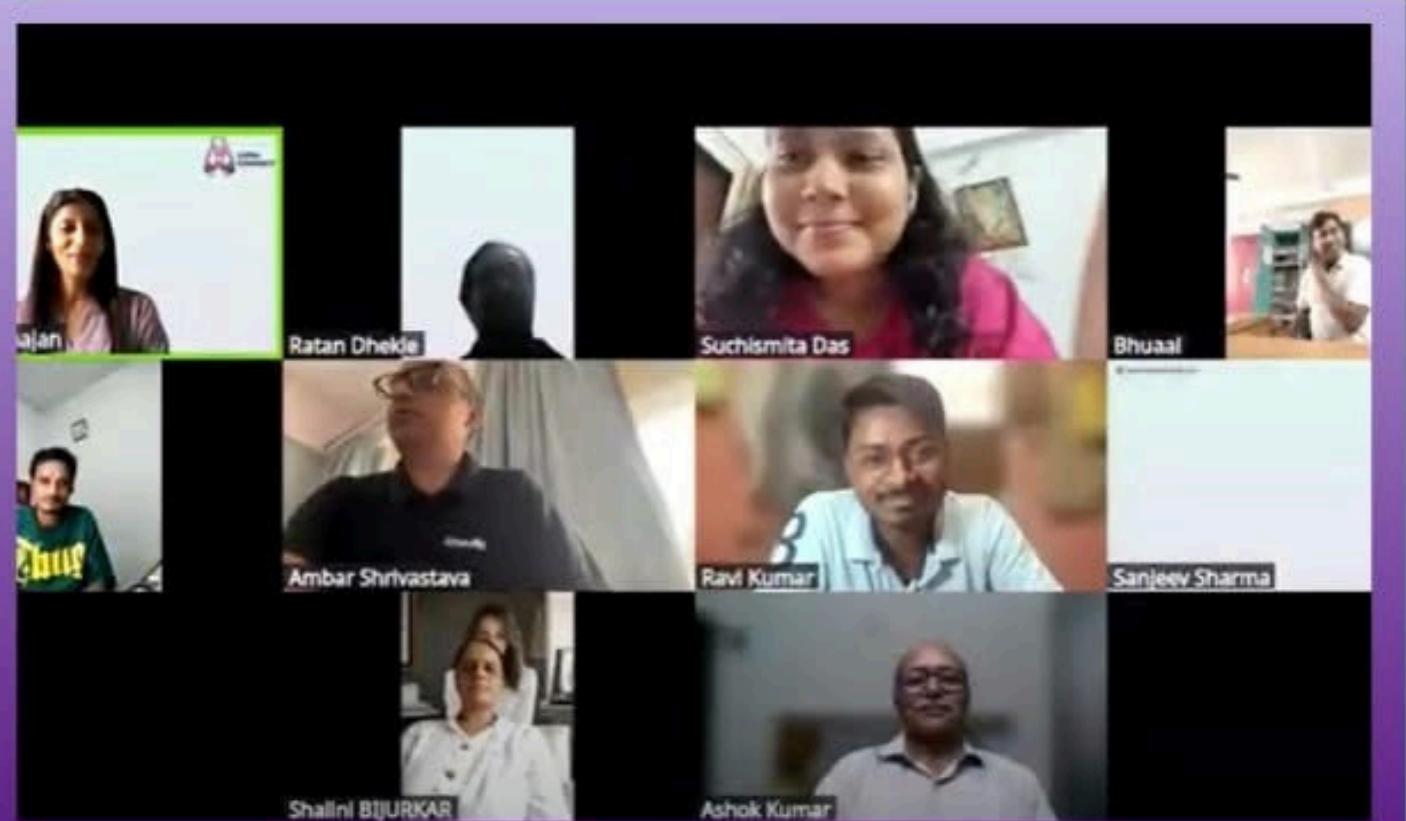
DR AJAY KUMAR SINGH  
MEDICAL ONCOLOGIST  
PARAS HOSPITALS  
KANPUR



DR ATHIRA SURENDRA  
MEDICAL ONCOLOGIST  
TMH, MUMBAI



MR BRIJESH JAISWAL  
LIVING WITH LUNG CANCER



# 152<sup>nd</sup> SUPPORT GROUP MEETING UP-BHAR



## 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



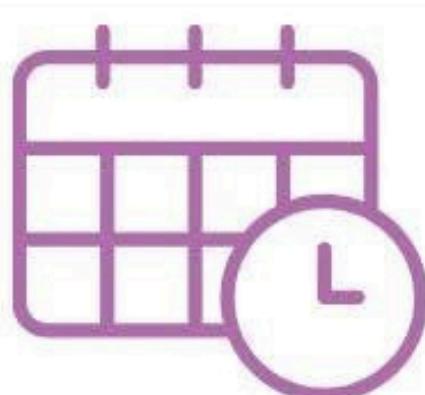
**ASHOK KUMAR**

Lung Cancer Warrior and  
Patient Advocate



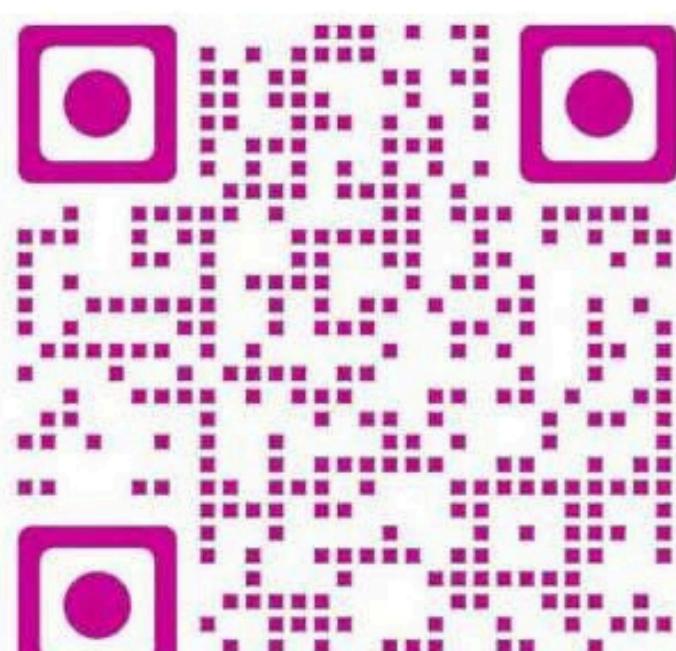
**PRABHAT RANJAN**

Caregiver  
Moderator

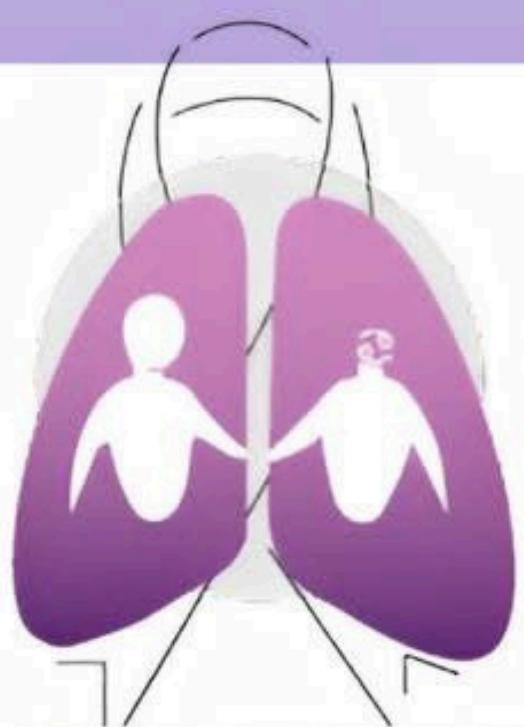


**20th August, 2025  
4pm onwards**

**JOIN ZOOM MEETING**



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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

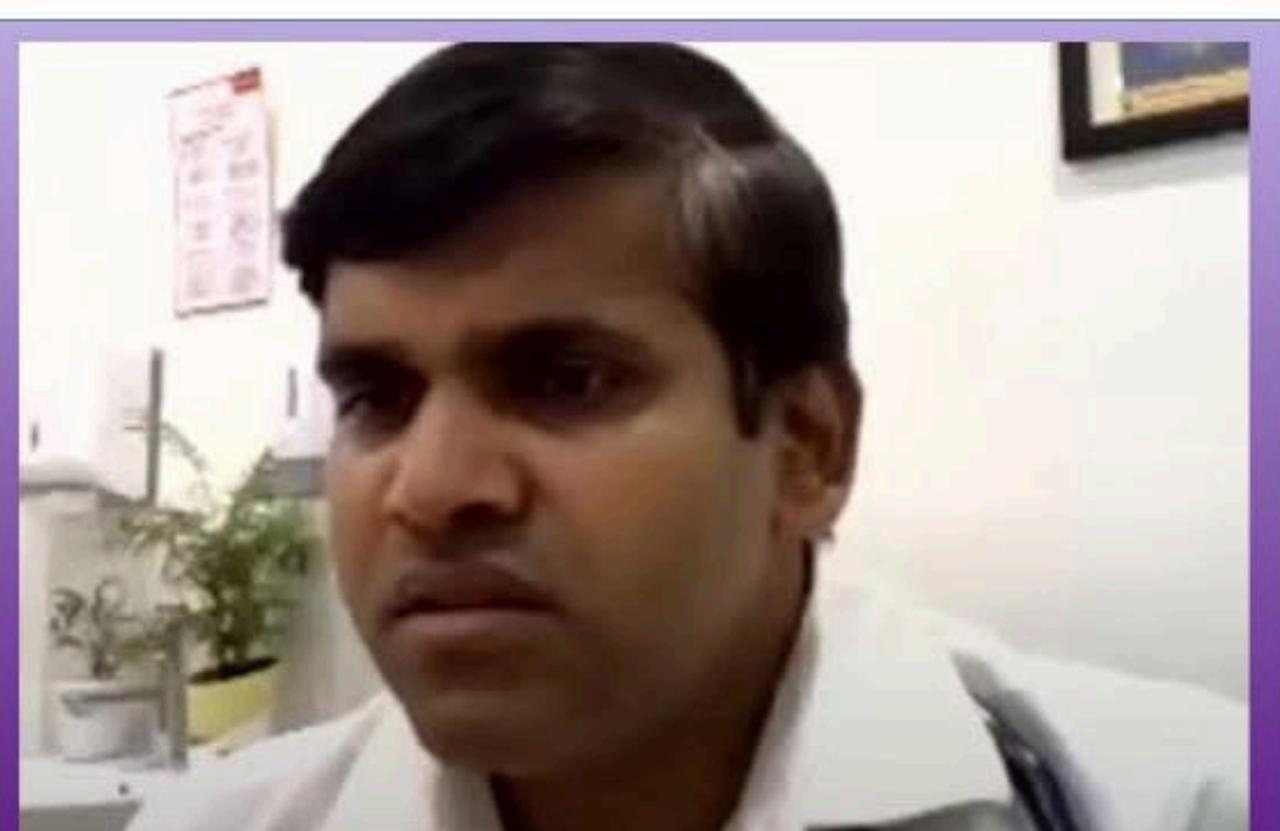
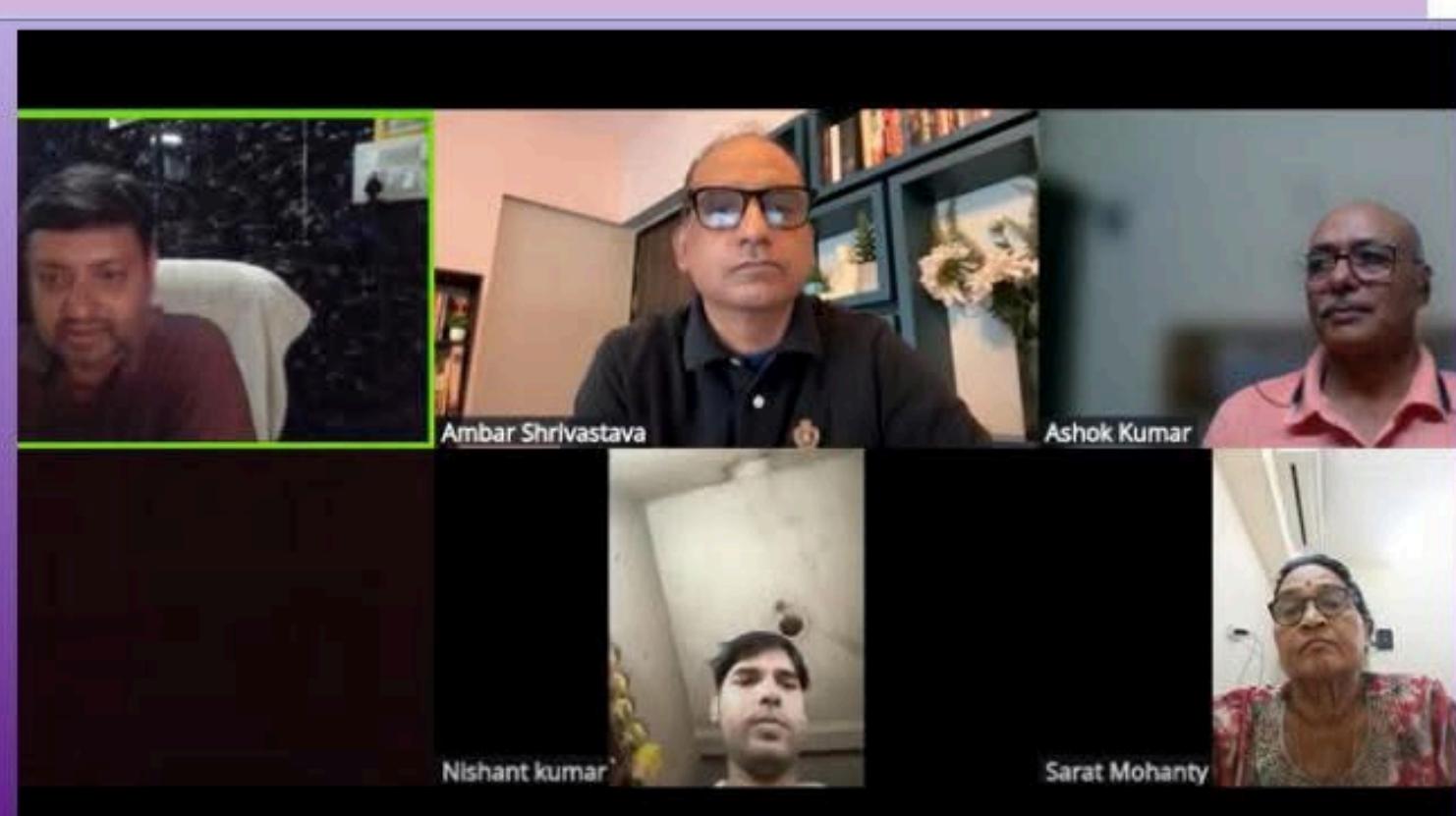


### PANELISTS:

**DR. AMIT KUMAR**  
Senior Consultant Medical  
Oncology,  
Medanta Hospital, Patna  
**MOHAMMAD RIZWAN**  
Caregiver  
Lead Caregiver Support  
LCIF



**PRABHAT RANJAN**  
Caregiver  
Moderator



# 40<sup>th</sup> 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- 22<sup>nd</sup> 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

153<sup>rd</sup>



## 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**

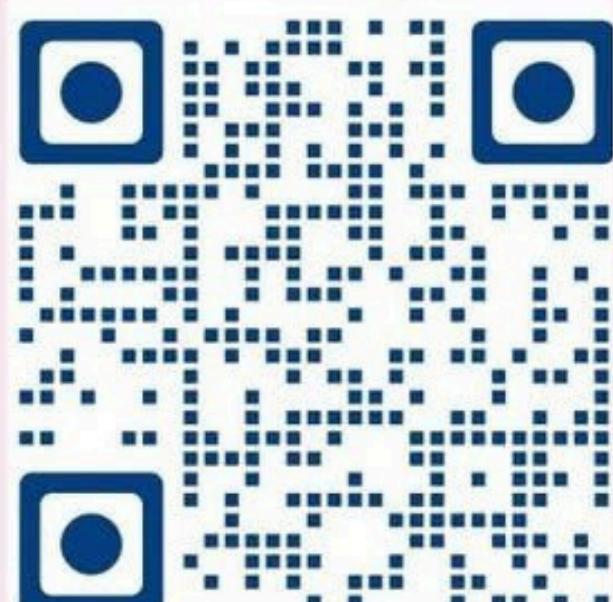
**AT 04:00 PM**

Join Meeting

**SCAN FOR**



Social media





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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 29<sup>th</sup> 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 सांस जिससे उनका श्वसन प्रणाली संतुलित हो सकता है।

राग चिकित्सा: विशेष रागों की आवाज से लंबाई रोगियों की मनोवैज्ञानिक स्थिरता हो सकती 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 शांति और स्वस्थीय को सुधार कर सकती है।

