

# LUNG CONNECT INDIA FOUNDATION'S

145<sup>th</sup>

## SUPPORT GROUP MEETING MUMBAI-MAHARASHTRA

Topic

### PALLIATIVE CARE AND PAIN MANAGEMENT IN LUNG CANCER

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

#### GUEST SPEAKERS



**DR AVINASH TIWARI**

Palliative Medicine Physician  
Sanjeevani Cancer Care  
Hospital, Raipur



**DR MEHAK TRIKHA**

Medical Oncologist  
TMH, Mumbai



**DR ARVIND VAIDYANATHAN**

Medical Oncologist  
TMH, Mumbai



**MR RAVI**

Caregiver  
Uttar Pradesh



**MS VANDANA MAHAJAN**

Lead Counselor  
Lung Connect India  
Foundation

#### MODERATOR

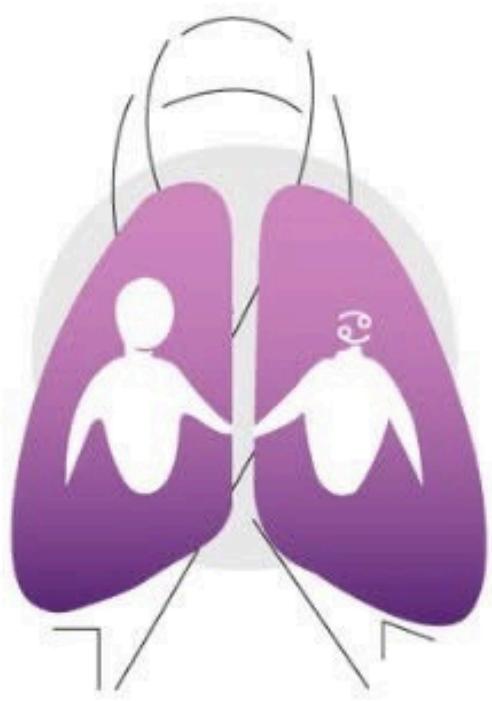


More information  
+91 73040 14717



Visit our website  
[lungconnectindia.org](http://lungconnectindia.org)





**LUNG  
CONNECT**

# 145TH SUPPORT GROUP MEETING – MUMBAI

## PALLIATIVE CARE AND PAIN RELIEF IN LUNG CANCER

### KEY TAKEAWAYS

- Lung Connect successfully concluded its 145th Support Group Meeting which was held on 13th June, 2025
- This time, we had Dr Avinash who focussed on palliative care is not only for EOL patients but everyone has the right to get pain relief.
- Palliative Care team can also help in symptom management.
- If a patient is given a pain relief medicine they must take it instead of tolerating the pain.
- He also discussed about myths related to Morphine.
- We had Dr Mehak Trikha who solved the queries of the meeting participants.
- We heard the challenges faced by patient from Ms Priti Dsouza.

#### Evolution of Palliative Care

पश्चामक देखभाल उन रोगियों की सक्रिय संपर्ण देखभाल है जिनकी बीमारी उपचारात्मक उपचार के प्रति अनुक्रियाशील नहीं दर्द, अन्य लक्षणों और मनोवैज्ञानिक, सामाजिक और ध्यात्मिक समस्याओं पर नियंत्रण सर्वोपरि है।

World Health Organization, 1990

शामक देखभाल एक ऐसा विषिकोण है जो जीवन के लिए खतरा पैदा ने बहुती बीमारी से जड़ी समस्या का सामना कर रहे रोगियों और उनके वारा के जीवन की गुणवत्ता में सधार करता है, जिसमें दर्द और अन्य गोरक्ष, मानसिक और आध्यात्मिक समस्याओं की शीघ्र पहचान और हीन मल्यांकन और उपचार के माध्यम से पीड़ा की रोकथाम और त्रपदन की जाती है।

World Health Organization, 2002

### PANELIST:

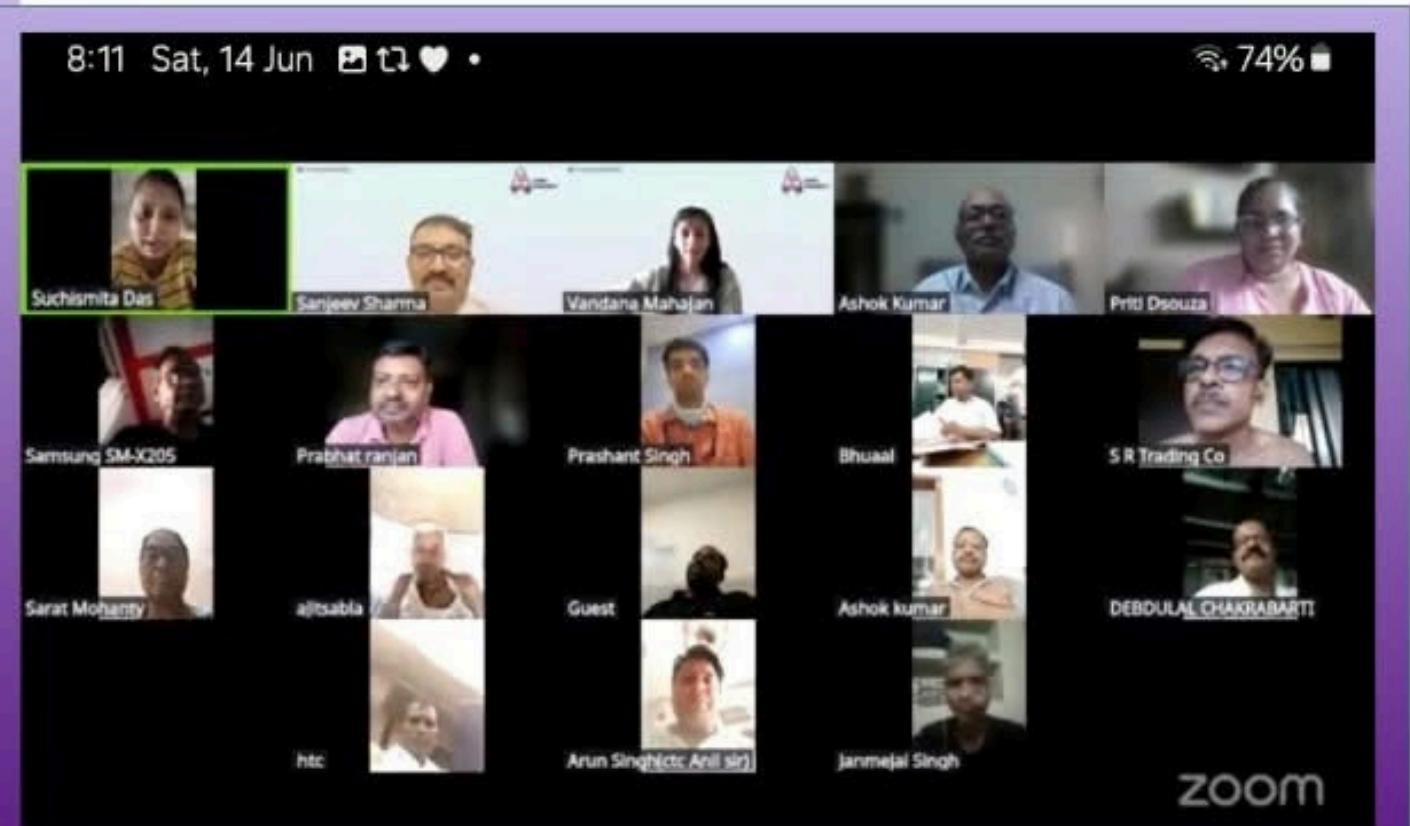
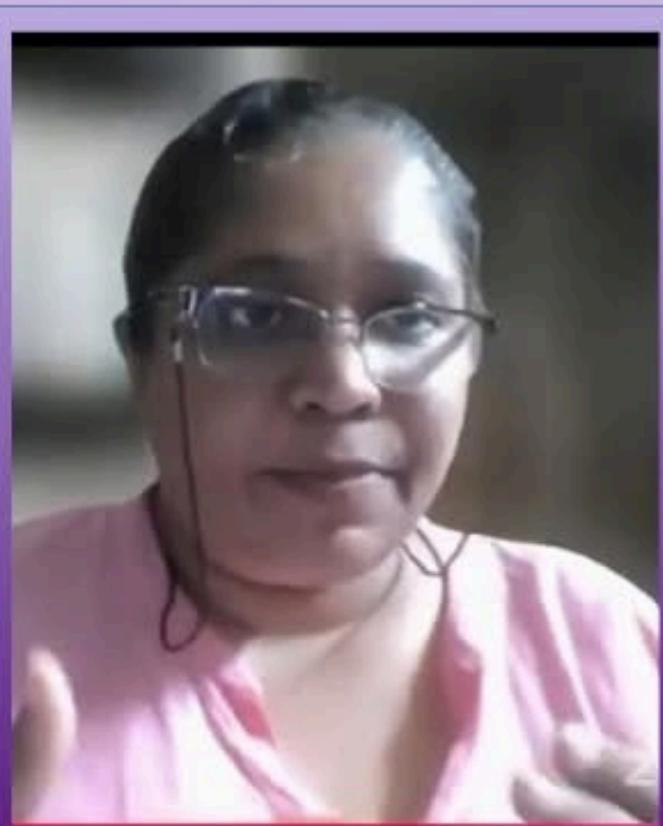
**DR AVINASH TIWARI**  
PALLIATIVE PHYSICIAN  
SANJEEVANI CANCER CARE  
RAIPUR



**DR MEHAK TRIKHA**  
MEDICAL ONCOLOGIST  
TMH, MUMBAI



**MS PRITI DSOUZA**  
LIVING WITH LUNG CANCER



146<sup>th</sup>

# SUPPORT GROUP MEETING

## UP-BIHAR



Topic: Role of Nursing Care (PICC & PORT) in focus

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



**DR AMIT KUMAR**

Medical Oncologist  
Medanta Hospital  
Patna



**MR SHUBHAM DUBEY**

Designation- Nurse B  
CVAD Clinic Incharge



**DR AKHIL KAPOOR**

Medical Oncologist  
TMH, Varanasi



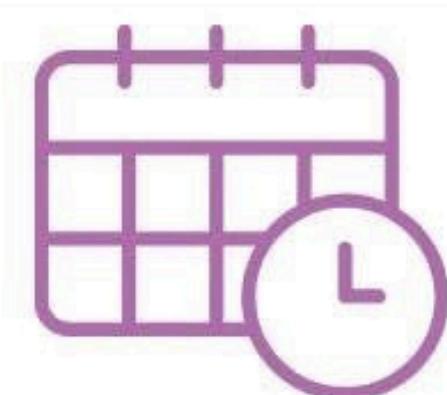
**ASHOK KUMAR**

Lung Cancer Warrior and  
Patient Advocate



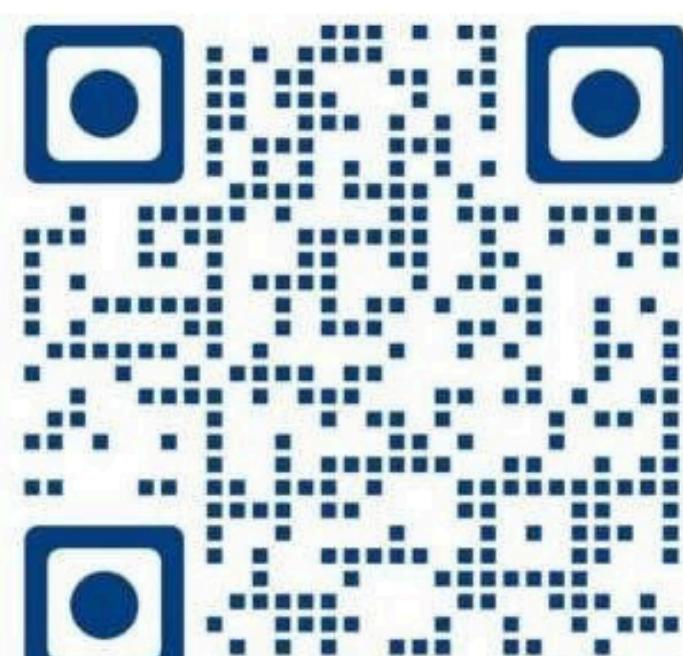
**PRABHAT RANJAN**

Caregiver  
Moderator



**18th June, 2025**  
**4pm onwards**

**JOIN ZOOM MEETING**



**JOIN OUR SOCIAL MEDIA**

# 38TH GERIATRICS OPD SUPPORT GROUP MEETING

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



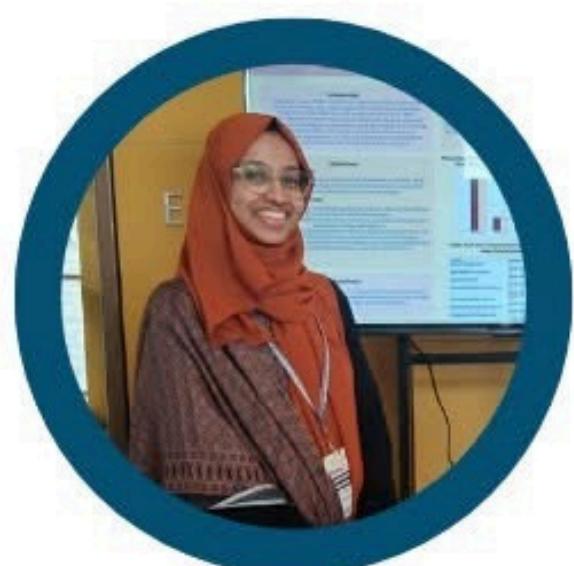
## TOPIC OF DISCUSSION

### **Loneliness in older adults and how to cope with it ?**

We have Dr. Anupa Pillai and Dr. Mehak Trikha as our support.

We also welcome our guest Ms Fatimath Naeema Nasreen

FRIDAY- 20<sup>th</sup> JUNE, 2025  
4:00 pm



Ms Fatimath Naeema Nasreen  
Psycho Oncologist  
TMH, Mumbai

Dr Mehak Trikha  
Medical Oncologist  
Tata Memorial Hospital

Dr Anupa Pillai  
Geriatrician  
Tata Memorial Hospital

Ratan Dhekale  
Patient Advocate  
Moderator

JOIN US

[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

147<sup>th</sup>



## SUPPORT GROUP MEETING- GUJARAT

### TOPIC

### **BREATH OF STRENGTH**

**The Transformative Role of Yoga and Exercise in the Journey of a Lung Cancer Warrior**



KEYNOTE SPEAKER

**MS RASIKA BOMBATKAR**

PHYSIOTHERAPIST, UK  
LIVING WITH LUNG CANCER



**DR RUSHABH KOTHARI**

MEDICAL ONCOLOGIST  
AHMEDABAD



PARESH SHAH  
PATIENT ADVOCATE

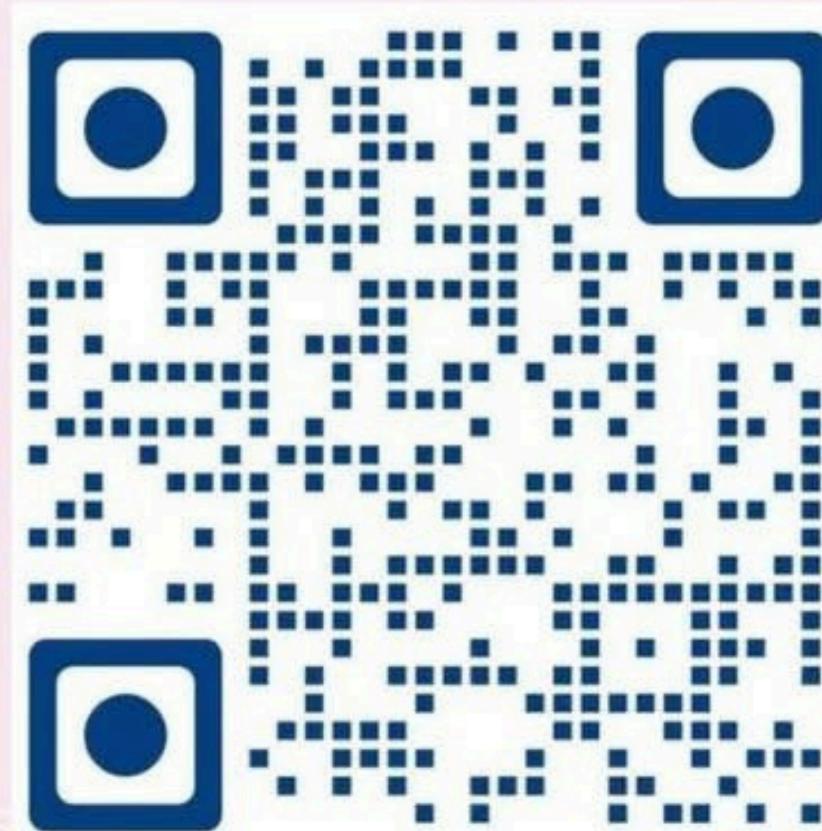


SUCHISMITA DAS  
MODERATOR

Join Meeting



Join our social media



**Every 4th Friday  
AT 04:00 PM**



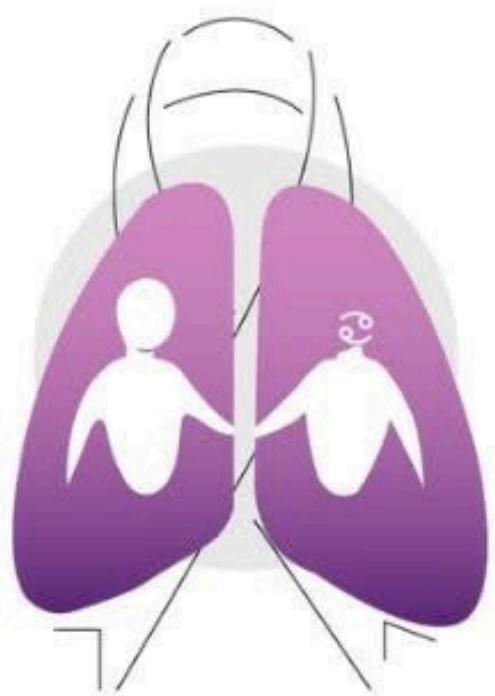
+91 73040 14717



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



[contact@lungconnectindia.org](mailto:contact@lungconnectindia.org)



**LUNG  
CONNECT**

# 147TH SUPPORT GROUP MEETING – GUJARAT

**TRANSFORMATIVE ROLE OF YOGA AND EXERCISE  
IN THE JOURNEY OF A LUNG CANCER WARRIOR**

## KEY TAKEAWAYS

- Lung Connect successfully concluded its 147th Support Group Meeting - Gujarat which was held on 27th June, 2025.**
- This time we had Rasika who spoke how yoga and exercised have help her survive in her tough times.**
- She mentioned that discipline is very important in life.**
- Some breathing exercises and walking must be a part of everybody's daily routine.**
- We also received some good feedbacks from patients.**
- Dr Palak solved our patient queries.**
- He also spoke about brain metastasis for awareness.**
- We had our regular supporter Prabhat Ranjan who spoke about our Buddy Program.**

## PANELISTS

**MS RASIKA BOMBATKAR  
PHYSIOTHERAPIST  
LIVING WITH LUNG CANCER**



**DR. PALAK BHATT  
Medical Oncologist  
Ahmedabad**



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

