

160th

Support Group Meeting
Mumbai

LUNG CANCER AWARENESS MONTH SPECIAL

Topic :

Making Sense of Lung Cancer Staging What TNM Really means?

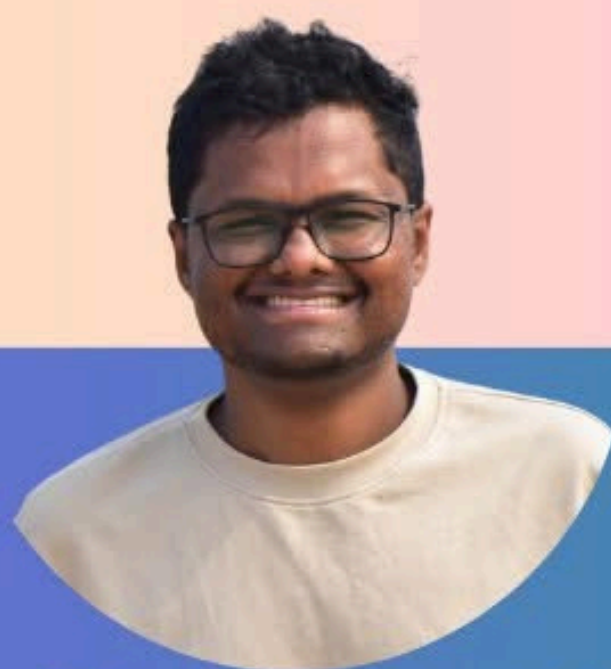


4pm
to
5pm
IST



Dr Minit Shah

Professor
Medical Oncology
TMH, Mumbai



Dr Debdeep Samaddar

Medical Oncologist
TMH, Mumbai



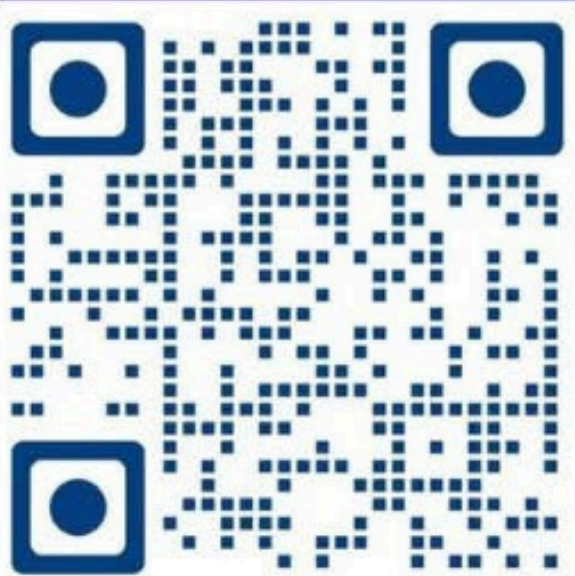
Paresh Shah

Patient Advocate
Living with Lung Cancer



Vandana Mahajan

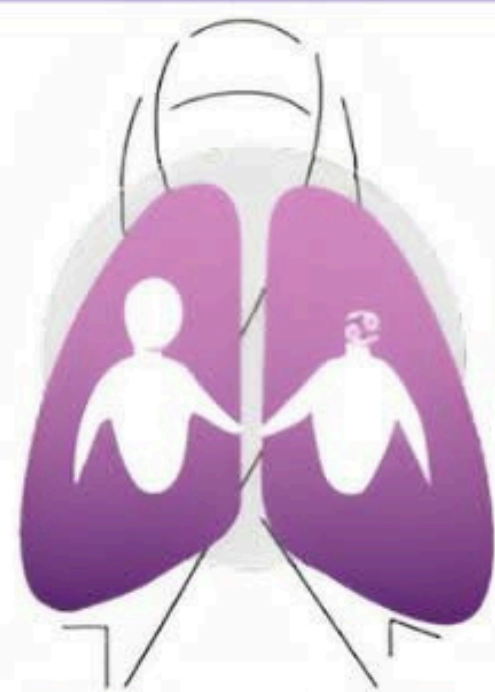
Counselling Expert
Moderator



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**LUNG
CONNECT**

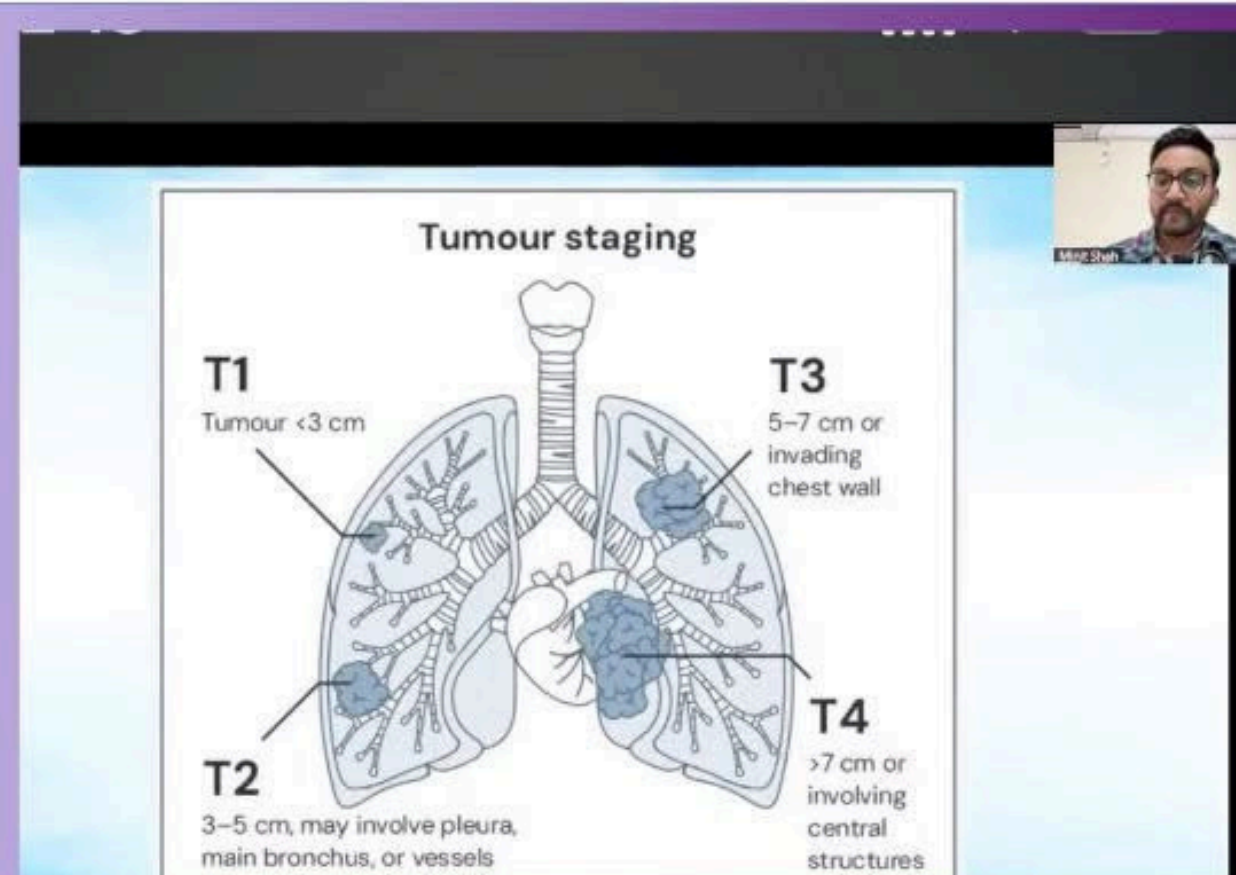
A FORUM FOR PATIENTS & CAREGIVERS

160TH SUPPORT GROUP MEETING – MUMBAI

MAKING SENSE OF LUNG CANCER STAGING- WHAT TNM MEANS?

KEY TAKEAWAYS

- Lung Connect India Foundation successfully concluded its 160th Support Group Meeting – Mumbai Chapter on 14th November 2025.
- It was successfully conducted with active participation from patients, caregivers, and experts.
- Dr. Minit delivered an insightful and educational session on Tumour Staging in simple language.
- He mentioned that the tumour can be small yet metastatic and vice versa. It is very important to know the Stage for giving a successful treatment.
- Dr. Debdeep addressed and resolved multiple patient queries.
- Mr. Paresh is living with lung cancer for more than 6 years now.
- He shared some words of wisdom for other patients.



PANELIST:

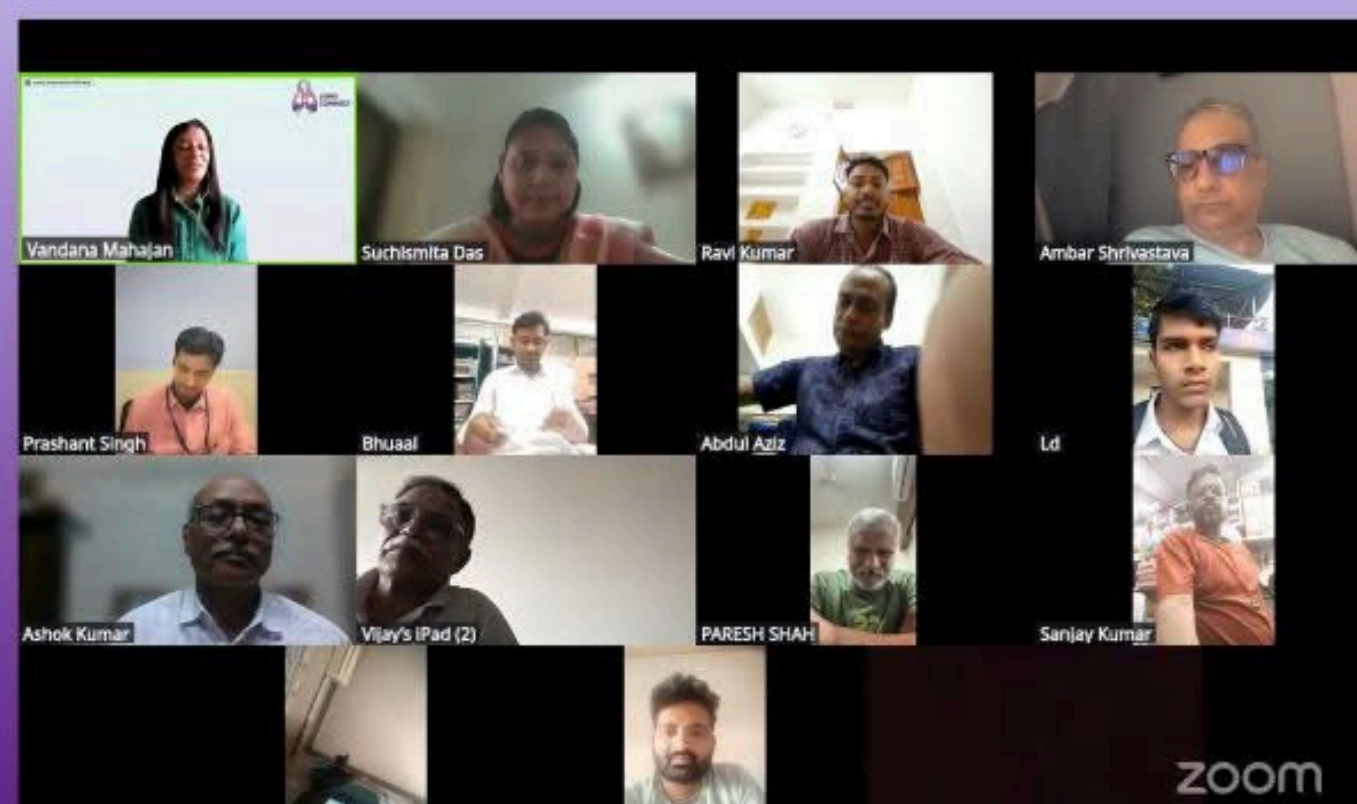
DR MINIT SHAH
PROFESSOR
MEDICAL ONCOLOGY
TMH, MUMBAI



DR DEBDEEP SAMADDAR
MEDICAL ONCOLOGIST
TMH, MUMBAI



MR PARESH SHAH
LIVING WITH LUNG CANCER



161st

*Support Group Meeting
UP- Bihar*



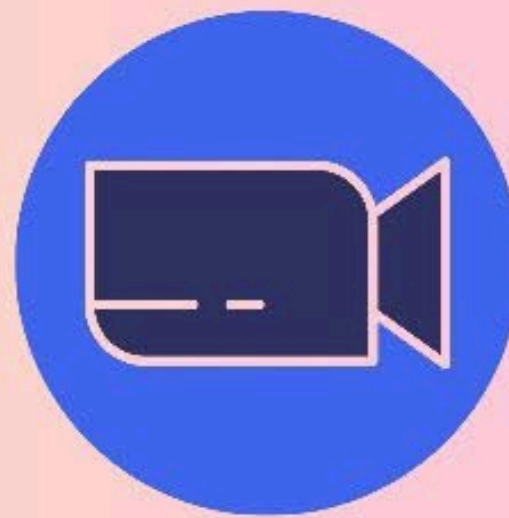
LUNG CANCER AWARENESS MONTH SPECIAL

Topic :

Safe Nutrition Food Hygiene, Supplements & Myths



2025



4pm
to
5pm
IST



Dt Anshu Rai

Assistant Dietician
MPMMCC
Varanasi



Dr Akhil Kapoor

Professor- Medical Oncology
MPMMCC
Varanasi



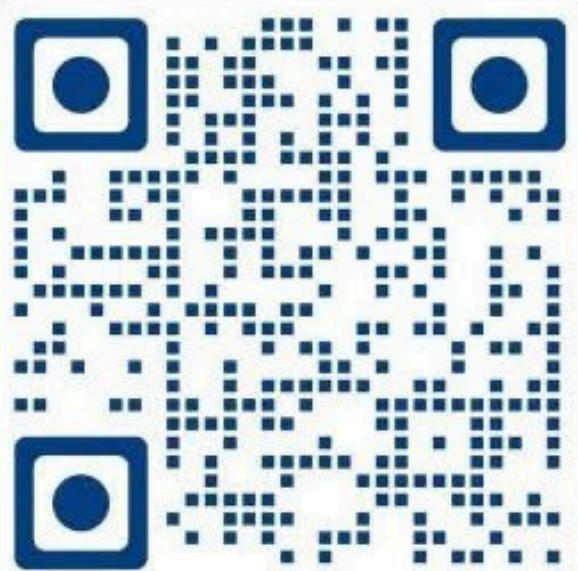
Dr Amit Kumar

Senior Consultant
Medical Oncology
Medanta Hospital, Patna



Prabhat Ranjan

Patient Advocate
Social & Political worker
Bihar



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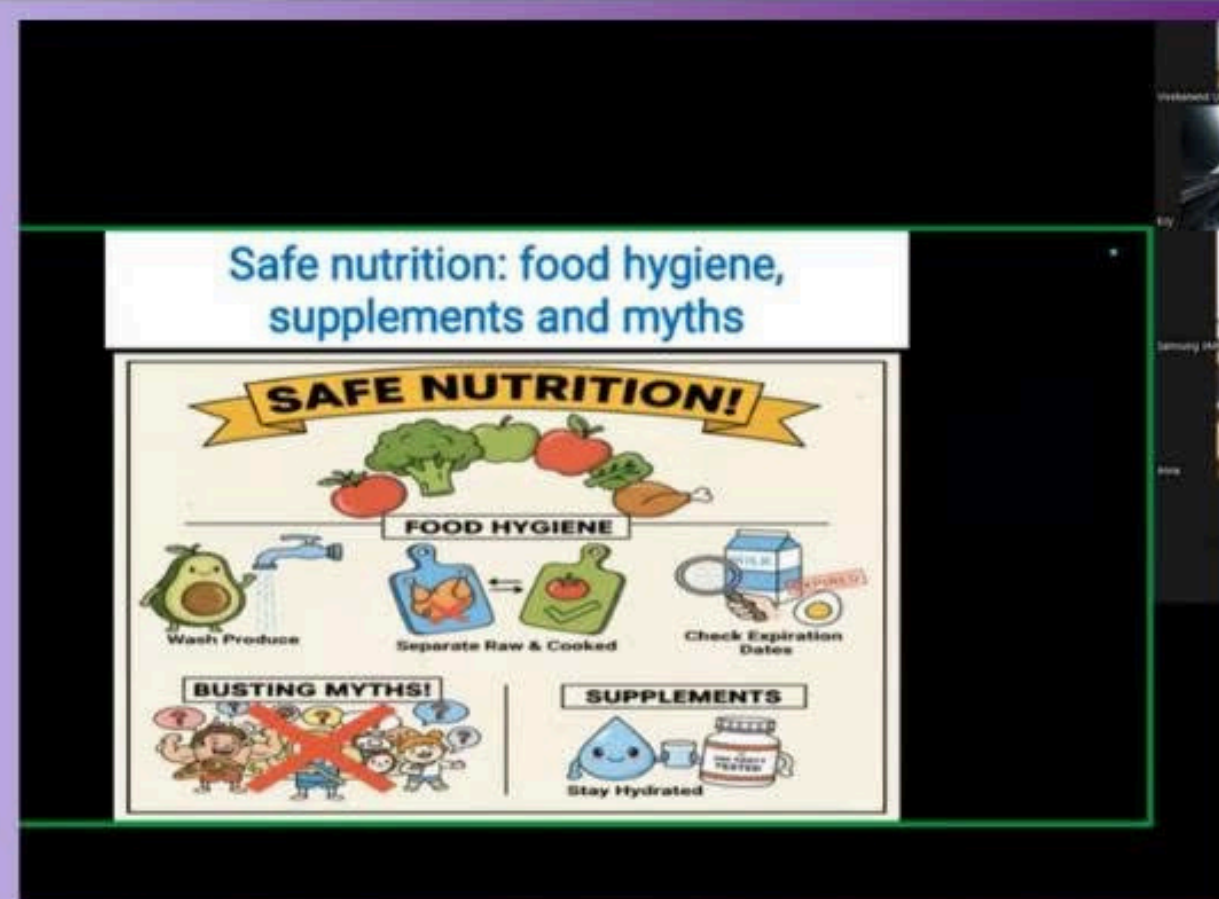


161ST SUPPORT GROUP MEETING – UP-BIHAR

SAFE NUTRITION- FOOD HYGEINE, SUPPLEMENTS AND MYTHS

KEY TAKEAWAYS

- Lung Connect successfully concluded its 161st Support Group Meeting- UP-Bihar Edition held on 19th November 2025.
- Anshu Rai was our guest speaker this time.
- She explained about nutrition/food to be taken during lung cancer journey.
- She also highlighted why food hygiene is very important for well being.
- She also cleared out some very common myths among patients related to diet in simple words.
- The session was very well recieved.
- Dr. Amit Kumar addressed and clarified patients' queries effectively.



PANELIST:

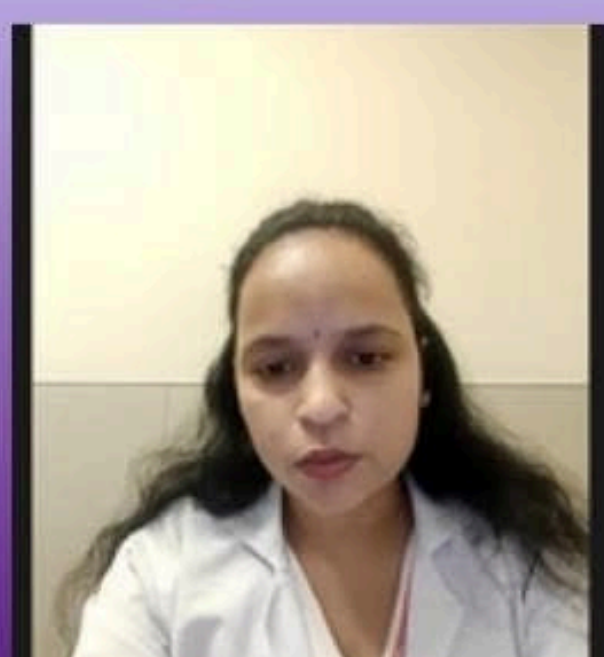
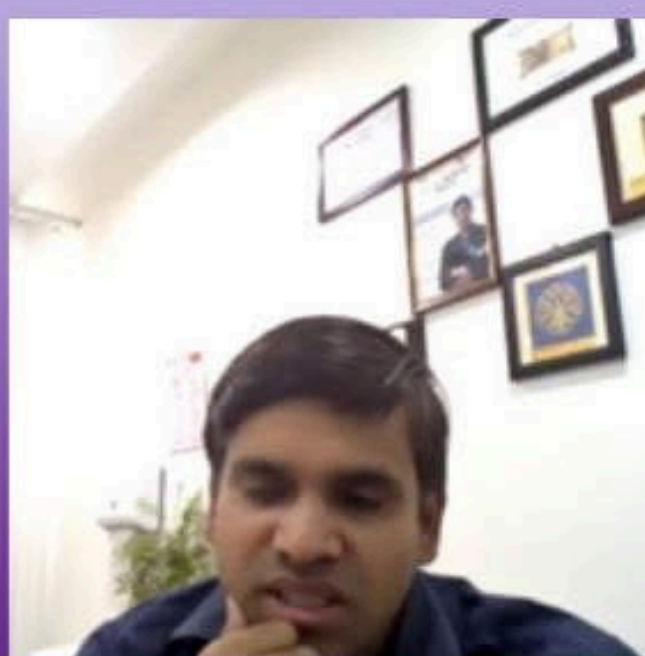
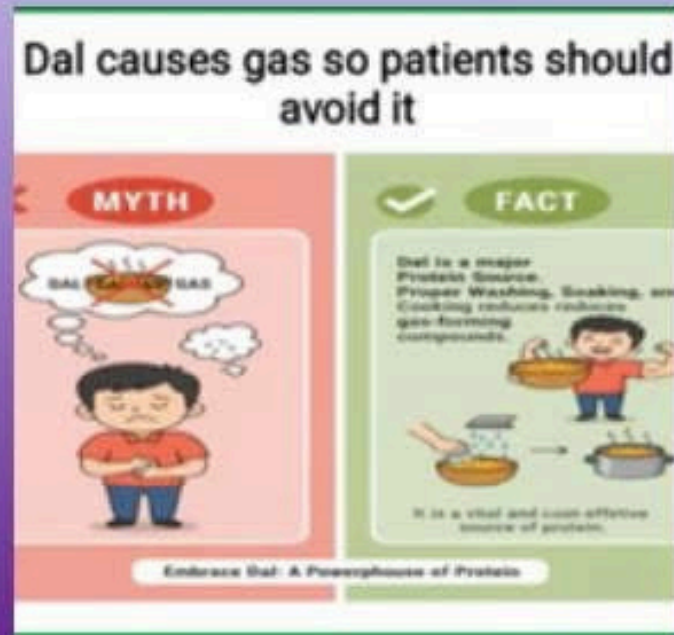
DT ANSHU RAI
Dietician
MPMMCC, Varanasi



DR. AKHIL KAPOOR
Professor
Medical Oncology
MPMMCC, Varanasi



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



43rd GERIATRICS OPD SUPPORT GROUP MEETING

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



TOPIC OF DISCUSSION

Navigating Irritability and Anger Emotions through Cancer Journey

We have Dr. Anupa Pillai and Dr. Debdeep Samaddar as our support

We also welcome our guest Fathimath Naeema Nasreen

FRIDAY- 21st NOVEMBER 2025

4:00 pm



Fathimath Naeema Nasreen
Psycho- Oncologist
TMH, Mumbai



Dr Debdeep Samaddar
Medical Oncologist
TMH, Mumbai



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

162nd

Support Group Meeting
Gujarat



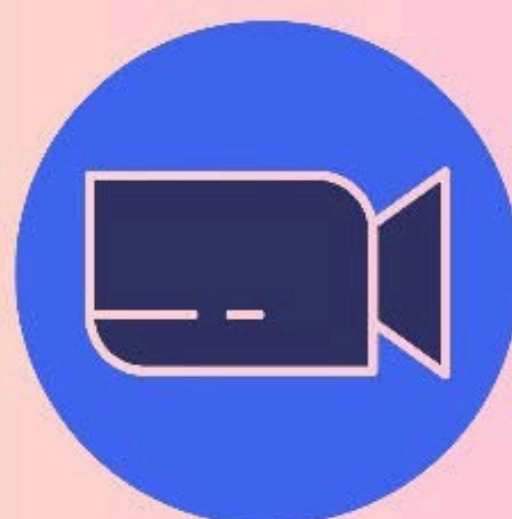
LUNG CANCER AWARENESS MONTH SPECIAL

Topic :

Physiotherapy for Managing **Breathlessness and Fatigue in Lung Cancer**



2025



4pm
to
5pm
IST



Dr Prachi Narkhede

Physiotherapist
Tata Memorial Hospital
Mumbai



Dr Rushabh Kothari

Medical Oncologist
Oncowin Cancer Centre
Ahmedabad



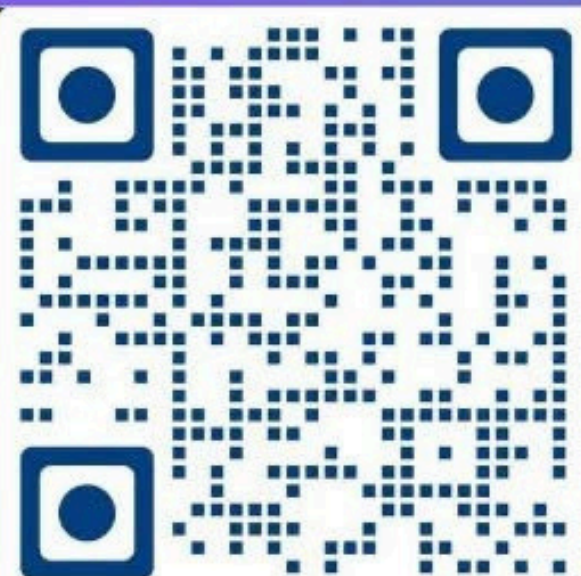
Dr Palak Bhatt

Medical Oncologist
Oncowin Cancer Centre
Ahmedabad



Suchismita Das

Cancer Survivor
Patient Advocate
Nagpur (Moderator)



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162ND SUPPORT GROUP MEETING – GUJARAT

PHYSIOTHERAPY FOR MANAGING BREATHLESSNESS AND FATIGUE

KEY TAKEAWAYS

- Lung Connect successfully concluded its 162nd Support Group Meeting - Gujarat which was held on 28th November 2025.
- This, we invited Dr Prachi who took an insightful session for physiotherapy.
- She mentioned some simple exercises for practice to cope up with breathlessness.
- She highlighted the importance of Spirometer.
- She said walking or doing some activities is very important.
- The session was very well recieved.
- Later Dr Palak Bhatt addressed all the queries of the meeting participants.

PANELISTS

DR. PRACHI NARKHEDE
PHYSIOTHERAPIST
TMH, MUMBAI



DR. PALAK BHATT
Medical Oncologist
Ahmedabad



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

