

# NEWSLETTER

Lung Connect India Foundation

## What Happened In The Organisation Last Month ?

This Women's Day, LCIF celebrated the strength and resilience of women in our community—patients, caregivers, and team members. Through a special reel, we shared their inspiring journeys of courage, hope, and determination. Honoring the women who continue to fight, support, and inspire every day.




Dr Abhisekh Shankar, in a recent interview with LCIF, highlighted the importance of patient advocacy in India. He emphasized that many patients still hesitate to ask questions or fully understand their diagnosis and treatment options. At LCIF, we remain committed to supporting patients and families in feeling informed, heard, and more in control of their journey.

At Lung Connect India Foundation (LCIF), our Buddy Program—Saath Nibhaye, Hauslaa Badhaye stands as a reminder that support goes beyond treatment. By connecting patients and caregivers with trained survivors and experienced peers, we are building a network rooted in empathy, understanding, and shared strength. Each interaction offers more than guidance—it brings comfort, reduces fear, and helps individuals feel seen and heard during a challenging time. Sometimes, the greatest support comes from someone who truly understands your journey. This initiative has helped over 500 patients till now.

**बडी प्रोग्राम**  
साथ निभाए, हौसला बढ़ाए

**क्यों जुड़ें हमारे बडी प्रोग्राम से?**

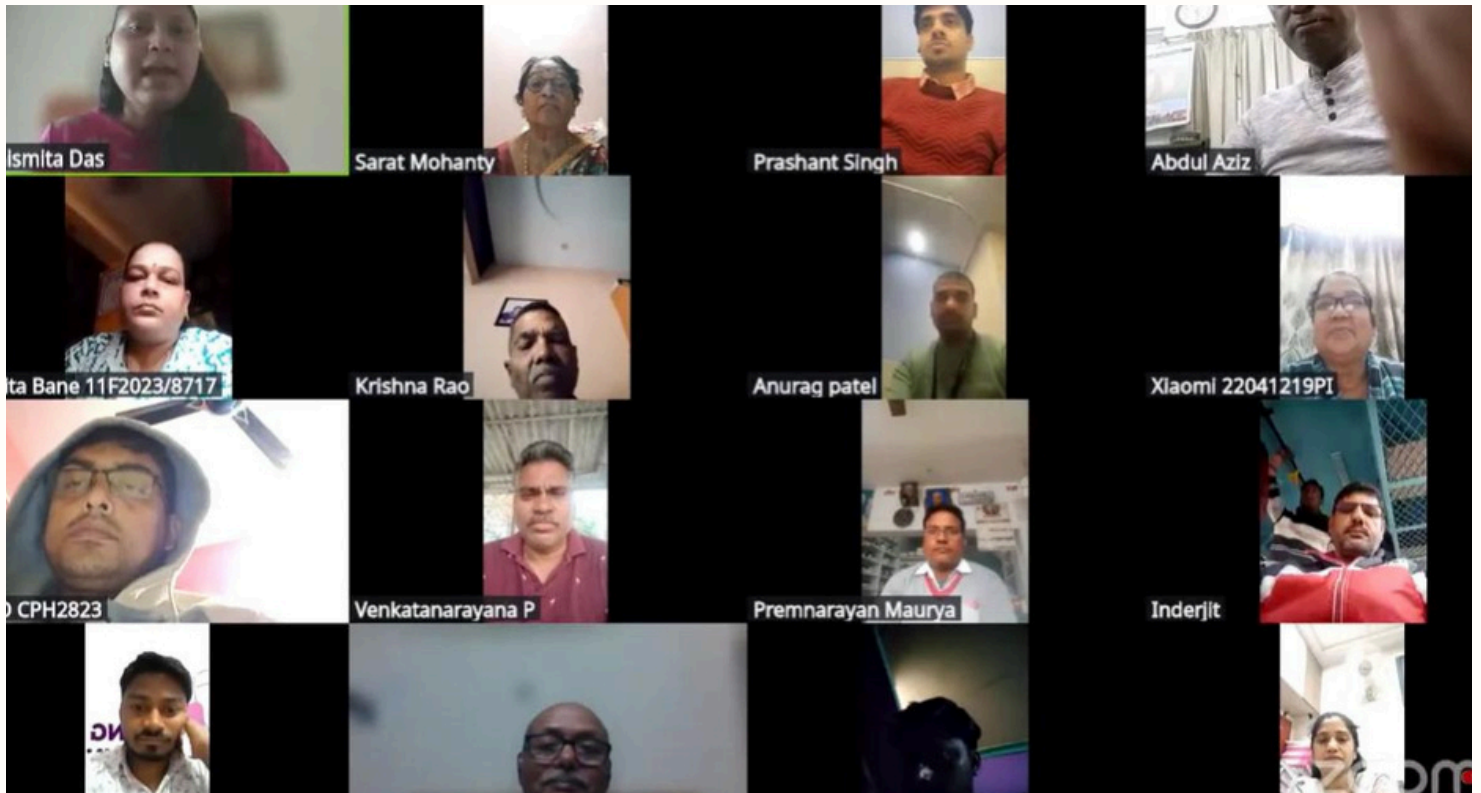
लंग कैंसर के इलाज की जटिलताओं को समझना एक कठिन प्रक्रिया हो सकती है, और यही कारण है कि लंग कनेक्ट का बडी प्रोग्राम मरीजों की देखभाल के अनुभव में एक महत्वपूर्ण भूमिका निभाता है। एक बडी एक भरोसेमंद सल्लाहगामी होता है, जो मरीजों को इलाज से जुड़ी विभिन्न जिम्मेदारियों और कार्यों को प्रबंधित करने में मदद करता है।



- भावनात्मक सहयोग
- स्वास्थ्य देखभाल में समन्वय
- दुष्प्रभावों के प्रबंधन में सहायता
- वित्तीय मार्गदर्शन
- देखभाल में सहायता



We recently shared a message from Ms. Helena Wilcox, and it truly felt like a reminder that we are not alone in this journey. She spoke about how, across the world, patients and caregivers are facing similar challenges – trying to understand their diagnosis, finding the right support, and simply wanting to be heard. And despite being in different countries, the need for compassion, information, and connection remains the same everywhere. What felt most relatable was how her message reflected what we see every day at LCIF.



## Support Group Meetings

**Mumbai Chapter- We have successfully conducted 172nd Support Group Meeting "Understanding Genetic, Familial & Acquired Mutations" by Dr Sunil Chopade.**

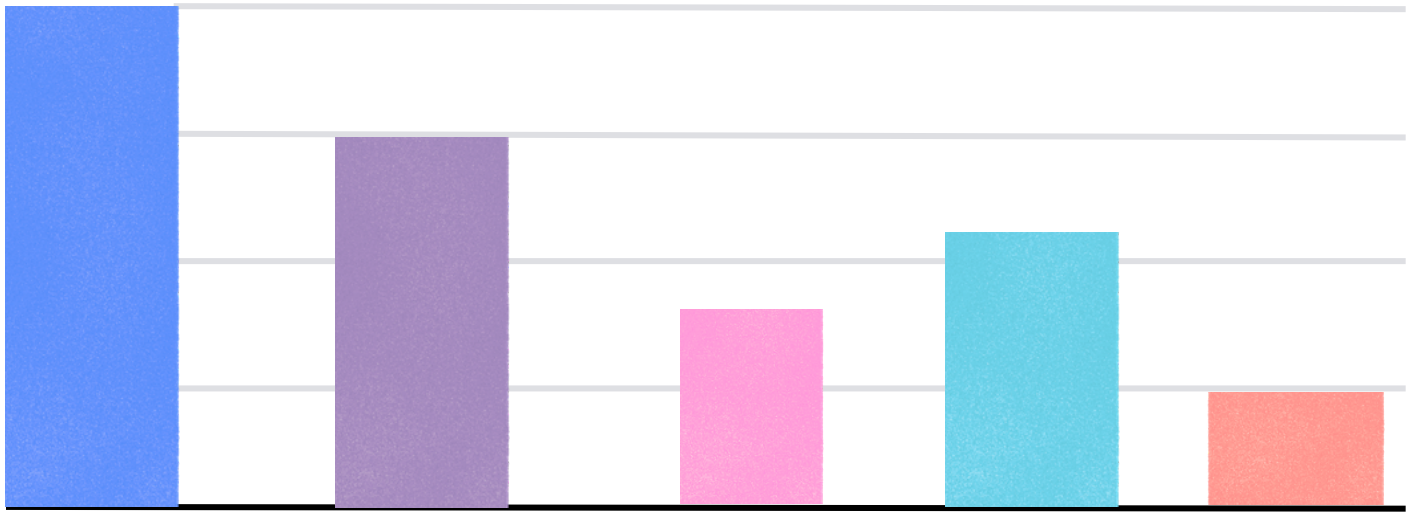
**UP-Bihar Chapter- We have successfully concluded 173rd Support Group Meeting "Early Signs of Lung Cancer" by Dr Devendra Yadav.**

**Gujarat Chapter- We have successfully concluded 174th Support Group Meeting "The Impact of Tobacco on Lung Cancer Awareness, Prevention & Hope " by Dr Arth Shah.**

**Geriatric OPD Meeting- We have successfully concluded 47th Support Group Meeting "Worry to Wellness for Elderly Patients " by Ms Lekhika Sonkusare.**

# Glimpse Of Our Social Media

● Facebook   
 ● Instagram   
 ● Twitter   
 ● LinkedIn   
 ● You Tube



Facebook

Instagram

Twitter

LinkedIn

You Tube

**HELENA WILCOX**  
ASSOCIATE DIRECTOR OF RESEARCH AND POLICY,  
PROGRAMME LEAD, LUNG CANCER POLICY NETWORK

**LUNG CONNECT INDIA FOUNDATION'S**  
172<sup>nd</sup> SUPPORT GROUP MEETING  
MUMBAI-MAHARASHTRA  
HEREDITARY/INHERITED OR NOT?  
Understanding Genetic, Familial & Acquired Mutations  
Followed by Q & A Session by Dr Arun Lal!

**OUR NAVIGATOR PROVIDES A GUIDING HAND, OFFERING CRUCIAL SUPPORT AND INFORMATION TO 2500 LUNG CANCER PATIENTS EACH YEAR.**

**MAKE A DIFFERENCE**  
5000 Impacts  
25 Lives  
100 donation empowers our navigator to patients throughout the year.  
(Tax-Exempt under 80G)

**बडी प्रोग्राम**  
साथ निभाए, होसला बढ़ाए  
वर्षों जुड़े हमारे बडी प्रोग्राम से  
लंग कैंसर के इलाज की जटिलताओं को समझना एक कठिन प्रक्रिया हो सकती है, और यही कारण है कि लंग कनेक्ट का बडी प्रोग्राम मरीजों की देखभाल के अनुभव में एक महत्वपूर्ण भूमिका निभाता है। एक बडी एक भरोसेमंद हकदार है, जो मरीजों को इलाज से जुड़ी विभिन्न जिम्मेदारियों और कार्यों को प्रबंधित करने में मदद करता है।

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- वित्तीय मार्गदर्शन
- देखभाल में सहाय

**DONATE**



## Publications

Diagnosed with stage 3B lung cancer at age 26, Rasika Bombatkar describes how assumptions about who gets lung cancer, social stigma, and limited access to psychosocial support, shaped her experience. She now volunteers with Lung Connect India Foundation, a UICC member.

Ms Rasika Bombatkar obtains her Masters Degree at Oxford with her parents after being treated for advanced lung cancer, diagnosed when she was 26.

# Patient/ Caregiver Corner

**NOT EVERY BATTLE IS FOUGHT ALONE—BEHIND EVERY PATIENT IS A CAREGIVER HOLDING ON WITH QUIET STRENGTH, AND THIS SPACE IS FOR BOTH THEIR STORIES TO BE SEEN AND FELT.**

Hello, My name is Silpi Sural from West Bengal, India. In August 2024, my life took an unexpected turn. It began with fever, persistent cough, and uncontrollable shivering. At first, I sought treatment from local mobile doctors in my area, hoping it was just a seasonal illness. When the symptoms did not improve, I was advised to undergo further medical tests, including a biopsy. The biopsy changed everything. It revealed that I had lung cancer. That moment was one of the most painful experiences of my life. It was devastating not just for me, but for my entire family. Fear, uncertainty, and countless questions filled our minds.yet, even in that darkness, my family stood firmly by my side.

It is not a punishment or a curse. The greatest medicine against cancer is the strength of the mind. When your mind is strong, your body finds the courage to fight. To everyone walking this difficult path, I want to say—do not lose hope. .

Cancer does not automatically mean death. Your mental strength can defeat fear, pain, and doubt. Stay motivated, stay joyful, and hold on to positivity. With courage and determination, even the sky can be conquered. Today, I am doing well. My strength comes from within—from belief, resilience, and hope. I truly believe that I will continue to live well and move forward with confidence. Thank you to everyone who supported me. May strength, courage, and good health be with you all..



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activities, workshops, free  
resources and more!

**Silpi Sural- Lung Cancer Survivor  
West Bengal, India**