

LUNG CONNECT INDIA FOUNDATION NEWSLETTER

VOL 45**August 2026**

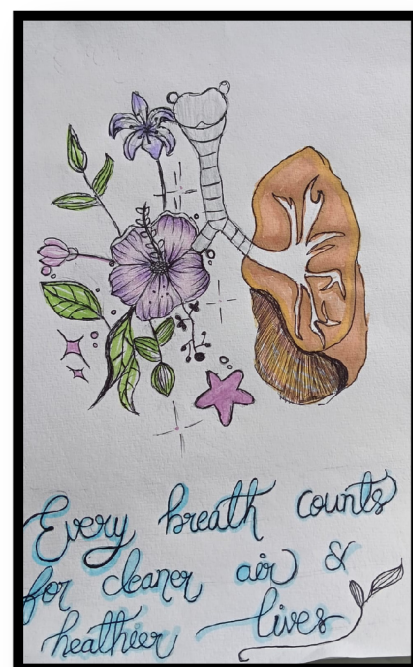
WHAT IS HAPPENING IN THE ORGANISATION?

Doodle against Lung Cancer

This World Lung Cancer Day, Lung Connect India Foundation launched a digital campaign “Every breath counts for cleaner air and healthier lives-” emphasizing the untold effects of air pollution on lung cancer.

Every campaign at Lung Connect India Foundation is made meaningful by the voices and contributions of our patients and caregivers.

We're happy to share this beautiful doodle created by one of our patients, Mrs. Sangeeta Upadhyay, reminding us that clean air is everyone's responsibility.



World Lung Cancer Day 2026- Awareness & Advocacy Program

On the occasion of **World Lung Cancer Day**, Lung Connect India Foundation organised an awareness programme at **MPMMCC, Varanasi**, bringing together healthcare professionals, patients, caregivers, and the community.

The event featured **expert sessions, a panel discussion, yoga, and a street play**, highlighting the importance of lung cancer awareness, patient advocacy, access to reliable information, and reducing stigma.

Through such initiatives, LCIF continues to work towards a future where every person affected by lung cancer is **informed, supported, and empowered**.





STREET THEATRE FOR LUNG CANCER AWARENESS

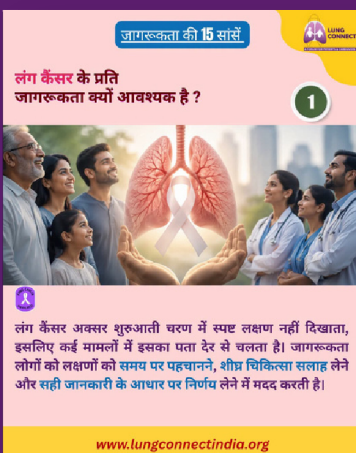
Art has the power to educate, inspire, and spark meaningful conversations. On **World Lung Cancer Day**, Lung Connect India Foundation presented a **Hindi Nukkad Natak** by **Team Rangshala** at MPMMCC, Varanasi. Through the power of street theatre, the performance highlighted the importance of **lung cancer awareness and early detection**, while addressing misconceptions and challenging the stigma surrounding the disease.

PATIENT ADVOCACY IN ACTION SPREADING AWARENESS

On **World Lung Cancer Day**, our patient advocate **Mr Ravi Kumar**, a 24-year-old living with lung cancer from Bihar, conducted an educational session at **Study Way Tuition Centre**.

Sharing his personal journey, Ravi encouraged young people to understand the importance of **lung cancer awareness, early diagnosis, and timely medical care**. The session provided an opportunity to engage with young minds and encourage open conversations around a disease that is often surrounded by misconceptions and stigma.

By speaking openly about his experience, Ravi demonstrated how **lived experiences can become a powerful tool for education and advocacy**. His initiative also highlights the important role patients can play in creating awareness within their communities. At **Lung Connect India Foundation**, we are proud of advocates like Ravi who continue to transform their personal journeys into opportunities to **educate, inspire, and empower others**. **Every conversation creates awareness. Every voice can inspire change.**



15-DAY LUNG CANCER AWARENESS SERIES

Lung Connect India Foundation conducted a **15-day Lung Cancer Awareness Series** "Jagrukta ke 15 saanse" to promote understanding, encourage timely medical consultation, and address common misconceptions surrounding the disease.

Through a series of informative posts, the campaign covered key aspects of lung cancer, including **risk factors, warning signs, early detection, diagnosis, treatment options, and the importance of informed decision-making**.

The initiative aimed to make reliable information more accessible to patients, caregivers, and the wider community, reinforcing the message that **awareness is the first step towards timely action and better care**.

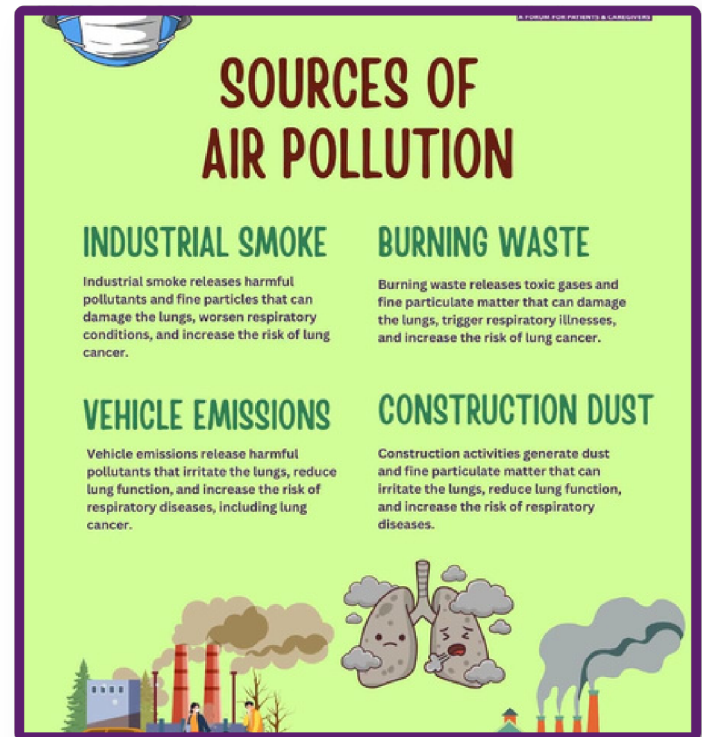
7-DAY AIR POLLUTION AWARENESS CAMPAIGN “EVERY BREATH COUNTS”

Lung Connect India Foundation organised a 7-day awareness campaign, “Every Breath Counts - For Cleaner Air and Healthier Lives”, highlighting the impact of air pollution on lung health.

The campaign explored common sources of air pollution, including vehicle emissions, industrial pollution, construction dust, and open waste burning, while raising awareness about their potential impact on respiratory health and lung cancer risk.

Through informative posts, the campaign encouraged people to understand the sources of pollution, make informed choices, and support collective efforts towards cleaner air and healthier communities.

Cleaner air begins with awareness, and every breath counts.



A New Chapter of Support Begins in Ranchi

the LCIF's Ranchi Patient Support Group Meeting

A safe, compassionate space for lung cancer patients, survivors, and caregivers

The Panelists

 Dr. Satish Sharma Senior Medical Oncologist, Ranchi	 Ms. Gauri Pillai Dietician TMH Mumbai	 Mr. Ashok Kumar Patient Advocate Living with Lung Cancer	 Mr. Arun Mishra Patient Advocate Cancer Survivor Motivational Speaker	 Mr. Prateek Prakash Moderator Caregiver
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Nourish, Understand, and Empower
Nutrition During and Post Treatment
With Dr. Satish sharma

26th August 2026
Wednesday
8 PM IST

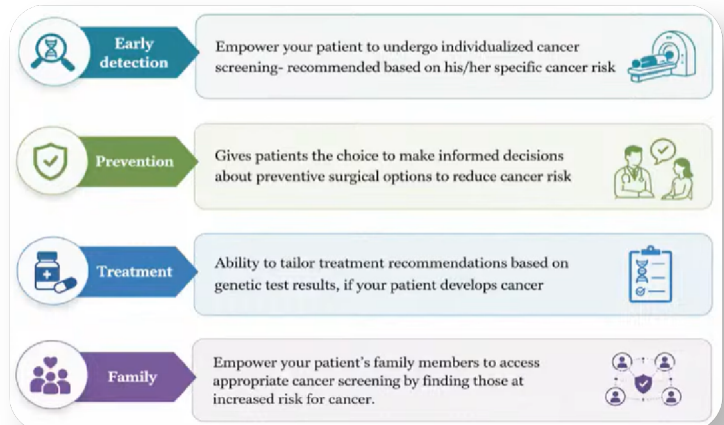
Scan to join the meeting on zoom!

Following **190 successful Support Group Meetings** across Delhi, Mumbai, Gujarat, and UP-Bihar, Lung Connect India Foundation expanded its patient support community to **Ranchi** with the launch of its new Patient Support Group. The inaugural session, “**Nourish, Understand, and Empower: Nutrition During and Post Treatment,**” focused on the importance of nutrition during and after cancer treatment. The session brought together patients, caregivers, healthcare professionals, and patient advocates to **learn, share experiences, and support one another**. The Ranchi Chapter marks another step towards building accessible, compassionate, and patient-centred support communities for people affected by lung cancer.

PATIENT SUPPORT GROUP MEETINGS

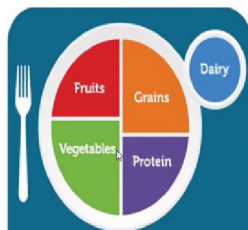
MUMBAI CHAPTER

Lung Connect India Foundation successfully conducted our 189th Support Group Meeting on "Genes, Mutations & Cancer: What Patients Need to Know" with Dr. Aparna Dhar. The session focused on helping patients understand the role of genes and mutations in lung cancer. Participants gained valuable insights and had the opportunity to ask their questions. A meaningful session focused on learning, awareness, and patient empowerment.



Build a Balanced Plate

1. Cereals (avoid Refined Cereals And Cereals Products)
2. Pulses And Legumes
3. Fruits And Vegetables
4. Pasteurized Milk And Milk Products
5. Eggs/Fish/Chicken
6. Healthy fat



UP-BIHAR CHAPTER

Lung Connect India Foundation successfully conducted our 190th Support Group Meeting on "What to Eat During Lung Cancer Treatment?" with Ms. Soumita Bandhopadhyay. The session focused on the importance of nutrition during lung cancer treatment. Participants gained useful insights on making informed dietary choices and had the opportunity to ask their questions. A valuable session focused on nutrition, awareness, and patient well-being.

GUJARAT CHAPTER

Lung Connect India Foundation successfully conducted our 192nd Support Group Meeting on "Debunking Cancer Myths: Separating Facts from Fiction" with Dr. Arth Shah. The session focused on addressing common misconceptions about cancer and understanding the facts behind them. Participants gained valuable insights and had the opportunity to clarify their questions. A meaningful session focused on awareness, accurate information, and patient empowerment.

Myth #6: "Cancer always causes pain."

MYTH → FACT → WHAT YOU SHOULD DO



MYTH

If it doesn't hurt, it cannot be cancer.



FACT

Some cancers cause no pain especially early in the disease.



WHAT YOU SHOULD DO

Do not wait for pain before seeking medical advice.

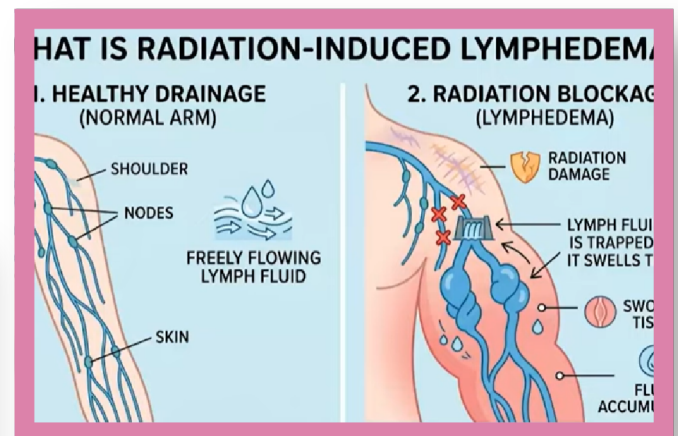
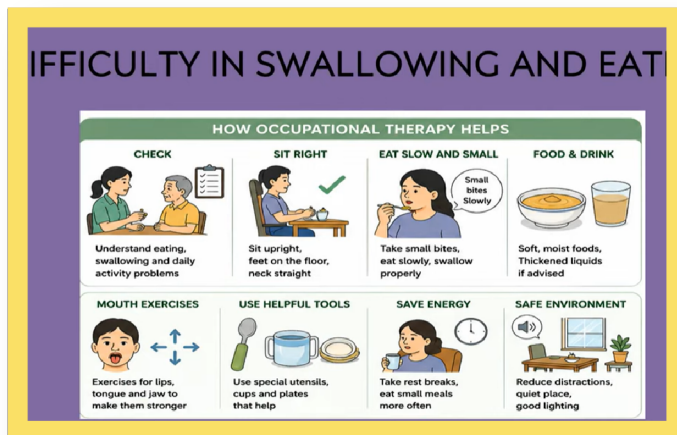
DELHI

Lung Connect India Foundation successfully conducted our 193rd Support Group Meeting on "Lung Cancer Surgery: What Every Patient & Caregiver Should Know Before, During and After Surgery" with Dr. L. M. Darlong and Team. The session provided important insights into lung cancer surgery, preparation, recovery, and post-surgical care, helping patients and caregivers better understand the surgical journey.

THORACOTOMY

SUPPORT MEETS FOR OLDER ADULTS

Successfully conducted our 52nd Support Group Meeting on "Occupational Therapy Management in Radiation-Induced Side Effects" with Dr. Tina Parker. The session focused on understanding and managing side effects related to radiation therapy through occupational therapy. Participants gained valuable insights and had the opportunity to clarify their questions. A meaningful session focused on awareness, support, and improving quality of life.

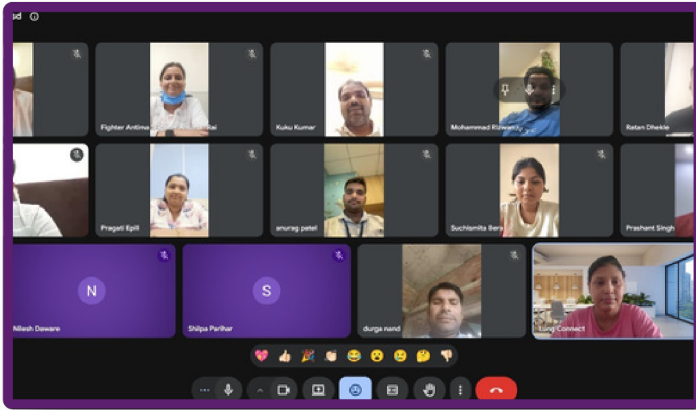


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Since its inception, the Buddy Program – Saath Nibhaaye, Hauslaa Badhaye has successfully connected 801 buddy seekers with trained survivors and experienced peers. Supported by a dedicated network of 33 buddy supporters, the programme continues to provide emotional support, practical guidance, and reassurance to patients and caregivers across India.

BUDDY PROGRAM- SAATH NIBHAAYE HAUSLA BADHAAYE



At Lung Connect India Foundation (LCIF), our Buddy Program 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. As the program continues to grow, so does its impact across our community. Every month we take feedback from our navigators and volunteers about their experience with the new patients.

Raksha Bandhan celebrates the bonds of care, trust, and protection. At Lung Connect India Foundation, we see a similar bond in our Buddy Programme, where Buddy Mentors and Buddy Seekers connect through shared experiences and understanding.

A Buddy Mentor offers guidance, encouragement, and a listening ear to patients and caregivers navigating their lung cancer journey. This Raksha Bandhan, let's celebrate the power of support, trust, and togetherness—because no one should have to face their journey alone.

Join the LCIF Buddy Programme and find a companion who understands.



Patient/Caregiver Corner



DEBDULAL CHAKRABORTY

LIVING WITH LUNG CANCER
WEST BENGAL, INDIA

This is the story of Mr Debdulal Chakraborty who is from Bankura, West Bengal. He was detected with lung cancer in January, 2019. First, when he was having symptoms like cough and breathlessness, fever, vomiting, pain in the right leg the doctors here thought maybe it was tuberculosis (TB). He went through all the tests for TB but everything came out to be negative. So, the local doctor suggested to go to a bigger facility. He went to the district hospital without any delay. A CT Scan was done for him in the Pulmonology Department. The reports devastated him as it showed a tumor in his right lung. To add further information to the tumor, the doctors performed FNAC, where it came out to be malignant. He became numb in that point that how he went to the hospital as a normal patient and came out of the hospital after a week as a cancer patient. So many thoughts tickled his mind which he had never thought in his nightmare also. He was only thinking about his children who were too young and his wife who is a homemaker. He is the sole bread earner of the family. However, the journey has to go on, so his well-wishers and family suggested him to go to Tata Memorial Hospital, Mumbai. He was even facing some problem with his right eye. Over there again, he went through a series of test which confirmed that he had ALK + lung cancer.

[READ MORE](#)



His message to every patient is one of courage and hope: "A difficult journey may test your strength, but never let it take away your hope. Keep believing, keep fighting, and keep moving forward."