



# THE BOMBAY CITY AMBULANCE CORPS ( FOUNDED 1930 ) ( Registered under Acts XXI of 1860 and XXIX of 1950 ) BRIGADE GAZETTE

GRATIS

No. 653

September, 2017

## PART - I NOTIFICATIONS

### Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2017 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 8, 2018 for 2 hours in the evening on Mondays and Thursdays in First Aid.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrolment will be at the sole discretion of the Commandant of the College. Those desirous of enrolling in the course should call in person at the College office between 6 and 8 p.m. from December 1 to 25, 2017.

Members and Well wishers are requested to do wide publicity of the course.

### Basic Courses

Two Basic courses in First Aid to the Injured (courses B/17/FA/2 and B/17/FA/3) for Aatmabodh Academy started on Monday, June 12, and Thursday August 3, 2017 respectively. The courses will be conducted for one and half hour each day on Mondays and Thursdays respectively. They are part of Diploma course in Yoga, Ayurveda-Panchkarma & Naturopathy, and Certificate Therapy course in Yoga Ayurveda-Panchkarma & Naturopathy.

### Condensed Basic Courses

A condensed Basic First course in first aid to the Injured courses B/17/FA/1 was conducted, on Saturday, July 29, 2017, from 9 am to 6. 30 p.m., for 2nd year's students of Masters in Disaster Management from Tata Institute of Social Science, Deonar, Mumbai.

### Seminars of CPR

One day seminar on Cardio Pulmonary Resuscitation (17/S/CPR/2) was conducted for 14 participants from BFY and others on August 5, 2017 from 2 p.m. to 6 p.m. at Head Quarters.

| No.        | Date 2017 | No. of Participants | Participants from             |
|------------|-----------|---------------------|-------------------------------|
| 17/S/CPR/2 | August 5  | 14                  | BFY                           |
| 17/S/CPR/3 | August 27 | 31                  | Rajasthan Hospital, Ahmedabad |
| 17/S/CPR/4 | August 28 | 21                  | Sway Dance Studio, Ahmedabad  |

### Service Station Fund Donations

| Date 2017 | Amount (Rs.) | Donations received from:                      |
|-----------|--------------|---|
| July 10   | 9,500/-      | BFY   |
| July 29   | 5,000/-      | Masters' students in Disaster Management-TISS |
| August 17 | 5,400/-      | Mr. Saran Presents                            |

### General Fund Donations

| Date 2017 | Amount (Rs.) | Donations received from:          |
|-----------|--------------|-----------------------------------|
| July 10   | 21,000/-     | Aatmabodh Academy of Yoga         |
| July 13   | 1,51,000/-   | Reliance Industries Ltd.          |
| July 19   | 25,000/-     | Reliance Industries Ltd.          |
| July 27   | 1,00,000/-   | Mahalakshmi Temple Charities      |
| August 7  | 15,000/-     | KYT Event Securities Pvt. Ltd     |
| August 17 | 1,00,000/-   | G. P. Association, Greater Mumbai |
| August 21 | 10,000/-     | Hexacraft Events & Entertainment  |

**ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS**

**YOU CAN VIEW BRIGADE GAZETTE ON  
WEBSITE (bcac.co.in)**

**OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : www.bcac.co.in**

### Donation in Kind

On August 16, 2017, we have received Five Books each of 5x100 sheets of Removal Service Application forms and Certificates of Removal Service along with temporary receipt, printed and bound from Champion Press, Avantikabai Gokhale Road, Mumbai 400 004. We convey sincere thanks to Mr. Bharat Kanubhai Shah, proprietor of the press, a past volunteer of the corps and life member of our society, for the Gift.

## PART II

### ALL THAT YOU NEED TO KNOW ABOUT CALCIUM SUPPLEMENTS

More than one-third of population is deficient in calcium to some degree. Researchers say that these people are not getting the bone-building mineral from daily diet and need supplements. Here are a few points to keep in mind if you are taking calcium supplements.

- When taking a calcium supplement, always take calcium citrate, as this does not cause kidney stone formation. All other calcium supplements have an increased risk of forming kidney stones.
- Always check what kind of calcium you are taking. Most supplements (including calcium carbonate and calcium phosphate) should always be taken with food. Only calcium citrate can be taken at any time, with or without food.
- If you are taking flavoured calcium supplement, always check if it contains sugar or not.
- Your daily requirement of calcium is highest during teenage years and after the age of 40. Most people, especially women, require around 1,200 mg of calcium, which is very difficult to get from our normal diet alone (you would need over 10 glasses of milk a day). Therefore, always check that your supplements are giving you enough calcium.
- Vitamin D is essential for proper absorption of calcium, so make sure your supplements has added vitamin D.
- Different types of calcium are absorbed into our bodies at different rates. Generally, 40 per cent of calcium citrates absorbed while calcium carbonate and calcium phosphate are absorbed at a rate of 15-25 percent. Therefore, make sure you are actually absorbing as much calcium as you think you are.

### TOP TEN ESSENTIAL MINERALS THAT YOU NEED TO INCLUDE IN YOUR DIET

Do we really know, what, kinds of mineral are required for proper functioning of our body? While we're content with knowledge of sodium, calcium and iron, there are many more that are equally necessary. Listed below are 10 essential minerals you need to include in your diet.

1. **CALCIUM** : Calcium is essential for strengthening teeth and bones, and deficiency can pose a risk of osteoporosis. Milk, cheese, yogurt, spinach, figs, soybeans, chickpeas and corn flakes are calcium rich foods.
2. **IRON** : Iron is an important part of haemoglobin. Deficiency of iron can cause anaemia. Food like chickpeas, pumpkin seeds, raisins, lentils and sesame seeds are high in iron among others.
3. **ZINC** : Zinc plays crucial role in fighting cold, infection, and boosts our immunity. Zinc is essential for fertility too and zinc deficiency can pose because great risk of sperm quality. A man should consume more

### An Appeal

Since use of our Ambulance Service is very poor, Members and well wishers are requested to give publicity of our Free Ambulance Service.

Suggestions for improvement of our services are welcome.

Donations for the FREE FIRST AID AND AMBULANCE SERVICE STATION FUND will be appreciated.

than 10 mg (approximately) zinc in their diet. Cashews, chickpeas, yogurt, oatmeal, chicken breast, green peas, almonds and kidney beans are all good source of zinc.

4. **MAGNESIUM** : Magnesium plays a key role in glucose metabolism and heart health. A deficiency can pose risk like hypertension and can affect our body's insulin sensitivity. Flax seeds, cashew, almonds, fish like tuna and mackerel. Bananas, avocado, dark chocolate and whole grains are its good sources.
5. **SODIUM** : Sodium is another key mineral that ensures proper blood pressure level and balances fluids in our body. However, excess intake of sodium is harmful. Salt is a primary source of sodium. Others are pickles, roasted, salted nuts, buttermilk, egg-plant, watermelon and pineapples.
6. **POTASSIUM** : Potassium, which is also known to be an electrolyte, helps in building proteins, breaks down carbohydrates and manages proper functioning of our heart. Potatoes (with skin), tomatoes, broccoli, red meat, chicken, bananas, kidney beans, apricots, nuts and oranges are good sources of potassium.
7. **COPPER** : Copper helps in collagen formation that plays key role in tissue's health. It is essential for regulated heart rhythm. Mushrooms, cashews, avocados, dried prunes, sesame seeds, eggs, litchi and lemon have copper.
8. **IODINE** : Iodine deficiency can pose problems like fatigue, depression, high cholesterol levels and swelling of thyroid glands. Shrimp, dried prunes, boiled eggs, strawberries, green beans and bananas can fulfil your iodine requirements.
9. **COBALT** : Cobalt is an essential element of vitamin B12 and is also called cobalamin. Though in smaller amount cobalt is essential for proper functioning of our body. Eggs, milk, meat, fish, nuts, broccoli, spinach, oats etc. are excellent sources of cobalt.
10. **PHOSPHORUS** : Phosphorus helps in good digestion, hormonal balance and is the second best mineral after calcium in maintain bone's health. Beans, lentils, tofu, broccoli, corn, peanut butter, chia seeds, watermelon seeds, tuna and mackerel fish, etc. are excellent sources of phosphorus.

#### **CORRECT YOUR POSTURE TO COMBAT BACK PAIN**

One of the off-repeated complaints prevalent amongst teenagers is back pain. And interestingly, it is largely due to our tendency to ignore our elder's rather annoying reprimands of 'sit up straight' and 'stop slouching'. Paying heed to such dictums actually help including good

posture habits from early age.

Doctors say that youngsters have to deal with back problems in their formative years because of various reasons, mostly bad posture. And this becomes a continual source of aggravation and discomfort even in their adult life. 70 % of the time, back pain is caused by poor posture or faulty body alignment, 30% is due to trauma, congenital defects and pathological causes.

Your posture is important and good posture ensures that all bones and joints are aligned properly, muscles are working in balance and there is no excess strain or early fatigue in the muscles.

Teenagers often spend a lot of time sitting in front of television or computers, playing video games, and this contributes to an increase in chances of getting back pain. Incorrect clothing like low waist jeans or shorts alters the posture and leads to slouching. Poor posture is often associated with a sedentary lifestyle as people tend to slouch or slump whilst sitting for longed time periods again creating unnecessary stress on the back.

#### **Here are few things to avoid back pain....**

- Design and quality of the chair is important. Investing in an appropriate chair is essential. Choose one that has comfortable support under the thighs and you should be able to rest your feet comfortably on the floor when you sit on it. You should sit straight on the chair without leaning on any side. You should get up and walk around periodically. Avoid resting your arm permanently on your chair's arm-rest because constant use puts pressure on the nerves in your elbow.
- Pick the right backpack. Teenagers usually have the habit of slinging the bag only on one shoulder, thereby putting a strain on that shoulder and completely skewing the posture. A backpack is more comfortable than a sling or shoulder bag. However it shouldn't be overloaded. Ensure that the shoulder straps are tight, padded and the weight is evenly distributed.
- Exercising daily is essential. Leading a sedentary life and sitting at one place through the day puts pressure on the spine that is actually designed to be on the move. A desk bound sluggish life, or being a couch potato, can make the spine weak. Inactive life makes it unable to hold up the body weight. Exercise has a range of benefits for people of all ages and there are specific exercises that are very good for correcting the posture of teens. It conditions the body, strengthens the muscles and therefore reduces the risk of injury.
  - ★ Exercises such as backward and forward bends, spinal twist, pawan muktasan, suryanamaskar, cat-pose, sethubandhasana, swimming, and cycling target the abdominal muscles. They also boost digestive efficiency, remove toxins, nourish the intestines and promote a sense of equilibrium. Be regular, consistent, and disciplined with your diet and exercise.
- Why good posture is essential?
  - ★ Poor posture can lead to back pain, neck pain, shoulders and hips problems, headaches, fatigue and weak muscles.
  - ★ It can also make you look shorter than you are and it may also give people the impression that you are bored or disinterested.
  - ★ Good posture reflects self-confidence and positive self-esteem.

| <b>SERVICE STATION STATISTICS</b>             |             |               |
|---|-------------|---------------|
| <b>Year 2017</b>                              | <b>July</b> | <b>August</b> |
| Calls Registered                              | 12          | 10            |
| Removal Services                              | 16          | 14            |
| Services for which NO donations were received | 08          | 07            |
| <b>Donations received on account of :</b>     |             |               |
| Removal Services                              | ₹ 1,400/-   | ₹ 1,300/-     |
| Donations to the Station Fund                 | ₹ 14,500/-  | ₹ 5,400/-     |
| Run of Ambulance (Car No.12)                  | 275 Kms.    | 171 Kms.      |
| Total services rendered till date             | 80,696      | 80,710        |

**KINDLY SEND YOUR OPTIONS TO RECEIVE BRIGADE GAZZETE ON WEBSITE (bcac.co.in) OR BY E-MAIL (send your email id)**

Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Officer Commanding, The Bombay City Ambulance Corps, at Head Quarters, 21 New Marine Lines, Mumbai - 400 020 and printed by him for the owners of the Publication "The Bombay City Ambulance Corps".

#### **BOOK - POST**

To,

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From :  
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