



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

GRATIS

No.668

March 2020

PART – I

NOTIFICATION

NEW YEAR HONOURS PARADE

The New Year Honours Parade of the Volunteers of the Corps will be held on Sunday, April 5, 2020 at 10.30 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

NEWS

Specialist Instructors' Course in First Aid to the Injured

A Specialist Instructors' Course in First Aid to the Injured (I/248) January - June 2020 term, was inaugurated on Monday, January 6, 2020 at 18.30 hours in the Dr. Moolgaonkar Memorial Hall, by the Officer Commanding of the Corps, Captain R. J. Lad, under the aegis of Jamsetji Tata Ambulance College. 11 students have been enrolled in the course.

First Aid Basic courses for Aatmabodh

RESULTS of the examination for the above course, held on Saturday, February 9, 2019 in Written Paper, Oral and Practical test. The following students have been declared successful in order of merit :

Mrs. Suruchi Ramesh Mittal, 2. Mrs. Nirupama Kishore 3. Mr. Karthikey Singh, 4. Dr. Nishith Madhusudan Oza. 5. Mr. Bhupesh Dwarkanath Sawant, 6. Mrs. Aparana Agarwal, 7. Mr. Nilesh Lalit Mehta, 8. Miss Khushi Dipesh Jhaveri, 9. Mr. Shushil Singh Kunwar, 10. Miss Vidhi Hitesh Chheta, 11. Miss Palak Harakhchand Chheda, 12. Mr. Abhay Chandrakant Joshi, 13. Miss Poonam Ashok Nayak.

Seminar on Fundamentals of First Aid

One day Seminar on Fundamentals of First Aid was conducted on Saturday, January 25, 2020, Ultra Tech laboratories on occasion of their 35th Annual day celebration at their premises at Thane. 80 participants of the organization attended the seminar. The Seminar was conducted by Captain Lad along with Lieutenant Sunil Kansara and Sergeant Chittaranjan Mehta.

Seminar on CPR

One day Seminar on Cardio Pulmonary Resuscitation was conducted on Saturday, February 22, 2020. 8 participants of Specialist Instructor's Course in First Aid attended the seminar.

Public Duty

Ambulance Car 12 (MH-01-CV-6683) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football/Hockey Ground for Football/Hockey matches as under :

Sr. No.	Organiser	Date 2020	Time
1.	Mumbai Marathon	January 19	8.00 am to 3.00 pm
2	Saran Presents (Football)	February 2	9.00 am to 6.00 pm
		February 15	9.00 am to 7.00 pm
3	Mumbai Hockey Association	January 28	8.00 am to 10.00 am
		February 6	7.30 am to 10.30 am
		February 6,7,8,9 & 11	1.30 pm to 6.00 pm
		February 9	7.30 am to 10.30 am
		February 12	3.30 pm to 5.45 pm
4	Mumbai District Football Association	February 20	1.30 pm to 4.00 pm

NOTE: Our alternative Telephone No.66334897 is disconnected

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

OUR TELEPHONE NO. : 2201 42 95 • Website : www.bcac.co.in

Donations to Service Station Fund

We have received following donations to the Service Station Fund of the Society: -

Date 2020	Amount Rs.	Donations received from:
02-01-2020	700	Mrs. Aparna Agarwal
02-01-2020	700	Mr. Satesh C. Chavan
02-01-2020	700	Miss Vidhi Chetta
02-01-2020	700	Miss Palak Chheda
02-01-2020	700	Miss Khushi D. Jhaveri
02-01-2020	700	Mr. Abhay Chandrakant Joshi
02-01-2020	700	Mrs. Nirupama Kishore
02-01-2020	700	Mr. Sushil Singh Kunwar
02-01-2020	700	Mrs. Suruchi Mittal
02-01-2020	700	Miss Poonam Ashok Nayak
02-01-2020	700	Dr. Oza Nishith M.
02-01-2020	700	Mr. Bhupesh D. Sawant
02-01-2020	700	Mrs. Vidya S. Sheth
02-01-2020	700	Miss Shaikh Tabassum
02-01-2020	700	Mr. Kartikey Singh
02-01-2020	700	Mr. Joshi Sarthak Deepak
04-01-2020	1,111	Mr. Kashinath A. Divecha
25-01-2020	500	Mr. Vinay Wagh
27-01-2020	15,000	Ultra Tech
07-02-2020	2,500	Saran Present
26-02-2020	2,500	Saran Present

Donations to General Fund

We have received following donations to the General Fund of the Society: -

Date 2020	Amount Rs.	Donations received from:
01-01-2020	21,000/-	Aatmabodh Academy of Yoga
03-02-2020	21,000/-	Aatmabodh Academy of Yoga

PART II

HOME REMEDIES DOCTORS SWEAR BY

Despite the debate about home remedies vs modern medicine, many medical used in the preliminary stage of a wide range of conditions. Here are some remedies.

Neem Champi to Fight DANDRUFF

Oiling is good for the scalp health, and adding some neem to coconut oil is an effective and quick way to get rid of dandruff. Add a few drops of pure neem oil to your required quantity of coconut oil and apply the lukewarm mixture on your scalp and along the length of your hair. Keep it for at least an hour or two, or apply it overnight. Wash your hair with a mild shampoo next morning.

Why does it work?

Neem is one of the most versatile medicinal plants in the Indian subcontinent. Neem activates antiviral, antifungal and antibacterial activities in the body. Neem leaves are considered safe to be taken internally or applied externally. Neem is also most powerful blood purifiers and detoxifiers.

Drumsticks for JOINT PAIN Relief

Natural products have come been used for modern drug development. However, consuming them in their natural form in a saatvik diet is more effective. Adding drumsticks to curries stews, sambhar, dals or even pulao can help those age group get relief from joint pain and bone-related deficiencies or weakness. It can also be consumed regularly in the form of a juice or with milk.

Why does it work?

Drum sticks contain calcium, iron and other vitamins that help to strengthen bones. Compared to spinach, drumsticks leaves have 30 to 100 times more iron and calcium respectively.

Ghee balm for CHAPPED LIPS

Even in subtle Mumbai winter can give you chapped lips. Pure Ghee is natural moisturiser. Apply to your lips in the morning and bedtime; it helps just as much as a balm.

Why does it work?

Ghee contains essential fatty acids that activates hydration in skin cells, thus moisturising the skin. It is a kind of bonding agent that can pair with other nutrients to get to the deepest layers of the skin. In its purest form, it is safe for sensitive skin.

Clove beats COUGH and COLD

There is a natural ingredient in your kitchen's spice cabinet for every seasonal health condition, from common cold to summertime dehydration. Cloves in either the bud or ground form, works like a heat radiator for your body, while roasting clove bud in a pan and inhaling the vapours, or putting finely ground clove buds in your tea can do wonders for a cough and cold. No wonder clove is a staple in traditional winter sweets like ladoos or halwas.

Why does it work?

Clove is natural anti-inflammatory, antibacterial and warming properties. Its heating effect help melt the cough or clear the mucous tracts leading to decongestion and relief.

Cummins for WEIGHT LOSS

The key to losing weight is to improve metabolism. An optimal metabolic rate leads to proper digestion and break down of fats. Having jeera goli (candy) or jeera soda post dinner is an age-old Indian habit. However, you start the morning with a spoonful of jeera seeds or powder, with a tablespoon of water, followed by half a glass of lukewarm water. This activates metabolism.

Why does it work?

Cumin increases the activity of digestive enzymes, spreading up digestion, and also increases the release of bile in the liver, which helps digest fats and certain nutrients in your gut. It has properties that help get rid of the body of bad, LDL cholesterol.

Acidity relief with COLD MILK

Cold milk is your magic tonic. Any time you feel acidity is building in the stomach or a sensation of heart burn, sip on a glass of chilled milk, with or without a sweetener / syrup.

Why does it work?

Milk absorbs acid formation in the stomach and helps neutralise the effect

SERVICE STATION STATISTICS		
Year 2020	January	February
Calls Registered	09	06
Removal Services	13	07
Services for which NO donations were received	05	02
Donations received on account of :		
Removal Services	₹ 3,050/-	₹1,100/-
Donations to the Station Fund	₹ 12,811/-	₹2,500/-
Run of Ambulance (Car No.13)	430 Kms.	73 Kms.
Total services rendered till date	80,809	80,816

of the reflux. This stops the burning sensation and gradually combat acidity. The natural cooling property of milk can also help to ease the discomfort caused by peptic ulcers. But it is important to note that cold milk is a remedy not advisable for lactose – intolerant persons.

Note : While most of these remedies can be used by everyone and do not have any harmful side effects, one's personal medical history has to be kept in mind.

OBSESSIVE COMPULSIVE DISORDER (OCD)

OCD is an anxiety disorder and anyone suffering from the disorder will not be able to identify symptoms till they start interfering with their everyday lives.

Obsessions are thoughts that keep repeating in brain. One may wish to not have those thoughts, but they persist and cause anxiety and restlessness. The action which is taken to end those obsessions is compulsion. For example, one may have a fear of germs and they keep thinking that they are going to get infected (that's obsession). To relieve oneself from the thought one is compelled to wash hands, take bath repeatedly (that terminology any behaviour is a disorder when it is continuous and excessive (excessive is defined by its impact on social and occupational life).

The disorder can be mild moderate or severe. For example, in severe cases of OCD, a person may have such an excessive fear of getting infected by germs that he/she takes showers several times a day and also insists that people staying with him/her should also take shower several times and wash their clothes every time they take a shower. In some cases, people wash currency notes and doctor's prescription also.

OCD affects adults, adolescents and children of all races and backgrounds equally. Research shows that OCD runs in families, meaning people with parent or sibling who has OCD are at a higher risk of developing themselves. Some research suggests genes play a larger role when OCD starts in childhood.

SIGNS of OCD:

- Washing hands repeatedly
- Excessive check on locks, appliances and switches
- Counting or repeating certain words
- Spending too much time in arranging things in a particular order
- Hoarding or collecting junk like empty containers, old newspapers etc.

THERAPY :

- Seek medical help
- As a family member be supportive and be patient
- Exposure and Response Therapy – person is exposed to his/her triggers and he/she has to resist the compulsive action. For example, they are exposed to touching objects like door knobs and they have to control the urge to wash hands.

— Courtesy : Mumbai Mirror

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.

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

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

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BOOK - POST

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