



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

GRATIS

No. 652

July, 2017

## PART - I NOTIFICATION

### *Results of First Aid Instructors' Examination*

The Examination of the students of the Specialist Instructors' Course in First Aid to the Injured (Course No I/243) of Jamsetji Tata Ambulance College was conducted in May 2017 by the Board of Examiners appointed by the Medical Board of the Society consisting of (1) Dr. A.H. Kantharia, M.D. (Bom), and (2) Dr. Girish G. Lad, M.S. (Bom.), The Board was assisted by (i) Mr. Anjan S. Lalaji, B.Com., Dip. Amb. Work: and (ii) Mr. Nitin S. Lalaji, B.E., Dip Amb. Work as assessors for practical tests. The following students have been declared successful in order of merit:

1. Mrs. Smita Dinesh Vartak, 2. Miss Naushin Salim Memon, 3. Mr. Mukesh Ishwarlal Mistri, 4. Miss Chinab Vijay Gore, 5. Miss Vaishali Subhash Fulpagar and 6. Mr Ashish Laltaprasad Tiwari

### *Awards*

1. Mrs. Smita Dinesh Vartak, has been awarded the "First Aid Instructors' Cup" for standing First in the examination.
2. Miss Naushin Salim Memon, has been awarded the "First Aid Instructors' Prize" for standing Second in the examination.
3. Mr. Mukesh Ishwarlal Mistri, has been awarded the "Consolation Prize" for standing Third in the examination.

## NEWS

### *87th Foundation day*

A get together of all BCAC associates was held on Saturday, June 3, 2017. It went on a very low tune as there were only seven members including present volunteers and Honorary Officer Commanding. Progress on future full time Diploma in Ambulance Work was narrated by Honorary Officer Commanding. He appealed everyone extend helping hand in whatever way each one can. Members presented shared suggestions and views.

### *Public Duty*

Ambulance Car 12 (MH-01-L-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at football tournament matches organized by Saran Presents on May 27 & 28 in the morning from 9-00 to 5-00 p.m. and women championship football tournament matches organized by WIFA on June 23 to 30, 2017 in the morning from 9-30 to 12-30 p.m.

### *Condensed First Aid Course*

The Examination of the students of the Basic Course in First Aid to the Injured (Course No B/FA/16/ 8 & 9) of Jamsetji Tata Ambulance College was conducted in April & May 2017 respectively. These courses were conducted from January 21, 2017 to April 10, 2017 and from August 20, 2016 to May 13, 2017 once a week on Saturday and Monday respectively.

The following students have been declared successful in order of merit :

B/FA/16/8: 1. Mrs. Alka S. Shah, 2. Mr. Istkhar Islam Daraji, 3. Mrs. Lohiya Manoj Seema, B.A., 4. Mrs. Sujatha Narsinha, B.Com., 5. Mrs. Anuradha Tanaji Satre, M.A., 6. Miss Vaishnavi Ganesh Shinde, and 6. Mr. Mayank Devendra Desai.

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

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

B/FA/16/9: 1. Mrs. Puneet Kaur, B.Ed., 2. Mrs. Geeta Curmsey, B.A., 3. Mrs. Nikitaa Parmar, B.Com., 4. Mrs. Sangeeta Mehta, B.Com., 5. Mr. Dushyant Kuruwa, M.Arch., 6. Mis Trupti Rajesh Jain/Singhi, B.M.S., PGDFM, CCYE, 7. Mrs. Nikita Ramesh Merchant, B.A., and 9. Mrs. Udit Achintya Pal, B.Com.

### *General Fund Donations*

We have received donations for General Fund of the Society.

<i>Date 2017</i>	<i>Amount Rs.</i>	<i>Donation received from</i>
May 27	10,000.00	Manav Jagriti Foundation
May 29	11,000.00	Aatmabodh Academy of Yoga

### *Station Fund Donations*

We have received donations on June 2, 2017 of Rs. 4,000/- from Saran Presents for Station Fund of the Society.

### *Obituary*

**Mr. Madhusudan H. Kaku** life member of our Society since 1980 and volunteer in "C" Division of our Corps (1947-1978), expired at age of about 86 years on May 15, 2017. We convey our sincere condolences to bereaved family members. May his noble soul rests in eternal peace.

## PART II

### *YOU ARE ADULT NOT SO BRAIN*

Leach H, Somerville, a Harvard neuroscientist, sometimes finds herself in front of an audience of judges. They come to hear her speak about how the brain develops.

It's a subject on which many legal questions depend. How old does someone have to be sentenced to death? When should someone get to vote? Can an 18-year-old give informed consent? "Often times, the very first question I get at the end of presentation are 'OK, that's all very nice, but when is the brain finished? When is it done developing?'" Dr. Somerville said. "And I give a very no satisfying answer."

Dr. Somerville laid out the conundrum in detail in a commentary published on Wednesday in the journal Neuron. The human brain reaches its adult volume by age 10, but the neurons that make it up continue to change for years after that. The connections between neighbouring neurons get pruned back, as new links emerge between more widely separated areas of the brain. Eventually this reshaping slows, a sign that the brain is maturing. But it happens at different rates in different parts of the brain.

The pruning in the occipital lobe, at the back of the brain, tapers off by age 20. In the frontal lobe, in the front of the brain, new links are still forming at age 30, if not beyond. "It is challenges the notion of what 'done' really means," Dr. Somerville said.

As the anatomy of the brain changes, its activity changes as well. In a child's brain, neighbouring regions tend to work together. By

### **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.

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adulthood, distant regions start acting in concert. Neuroscientists have speculated that this long-distance harmony lets the adult brain work more efficiently and process more information.

But the development of these networks is still mysterious, and it's not yet clear how they influence behaviour. Some children, researchers have found neural networks that looks as if they belong to an adult. But they're still just children. Dr. Somerville's own research focuses on how the changes in the maturing brain affect how people think.

Adolescents do about as well as adults on cognition tests, for instance. But if they're feeling strong emotions, those scores can plummet. The problem seems to be that teenagers have not yet developed a strong brain system that keeps emotions under control.

"The young adults looked like teenagers," said Laurence Steinberg, a psychologist at Temple University. Dr. Steinberg agreed with Dr. Somerville that the maturing of the brain was proving to be a long, complicated process without obvious milestones.

NYT News Service,  
Curtsey Times of India

**SOME SYMPTOMS SHOULD NEVER BE IGNORED**

**IS IT HEARTBURN OR A HEART ATTACK**

Your Odds

More than 20 million people suffer indigestion everyday and the problem accounts for about 20 visits to the GP. But that doesn't mean your chest pains are not sign of a dodgy ticker, though. "Heartburn's often confused with a heart attack as the pain is in the same region, behind the breastbone." It hits when the acidic contents of stomach pass into the gullet.

The first step is to eat smaller meals and eat more often to stop a build-up of acid in stomach. And if you smoke, don't, as it reduces the strength of the valve which stops stomach acid flow into oesophagus. For immediate relief take an antacid and chew gum which naturally

stimulates saliva flow.

When to Worry?

Heart related chest pain generally produce a feeling of pressure, accompanied by shortness of breath which radiates outwards towards the arms, shoulders and neck. "If it lasts for more than 10 minutes, even it fades; contact your GP to get checked"

**IS IT BUTTERFLIES, OR IBS?**

Your Odds

While we have all suffered from jittery nerves before a big event, Irritable Bowel Syndrome is a different matter altogether. One fifth of us suffer ongoing, stomach-crunching IBS at some stage of our lives and it is most common in young and adults and women. Butterflies could well be a warning signs. "There is strong link between IBS and stress." Keep a diary to see if it's a particular event which is causing the discomfort. The biggest trigger for IBS is food intolerances, most notably wheat, milk, cheese citrus fruits and coffee. Ease the strain on your digestive system with non wheat based fibres such as oats, pulses, fruits and vegetables, and does some light exercise". Peppermint oil capsules were shown to help 60% of sufferers in tests.

When to worry

If you suffer ongoing stomach cramps, bloating, bouts of heartburn, flatulence, constipation and diarrhoea, even if it's not IBS, if you suffer from any of these for more than 24 hours, inform your GP.

**IS IT ITCH OR THRUSH**

Your Odds

Three-quarters of will get the fungal infection Candida, (Known as Thrush) at some point in our lives, so don't rule it out. In fact, the fungus is always present in small quantities in the vaginal passage, skin and intestines—it's only when overgrowth occurs that you have to take action. If it only lasts for a day or two and there's no thick, white discharge, it's more likely to be an irritation caused by a new washing powder or soap. So ditch any smelliest for perfume-free soap and use a non-bio powder.

Thrush comes on because of hot or moist conditions, antibiotics or having sex with partners who is suffering. The good news? There are no long term health risks and over-the-counter anti-fungal cream can clear it up in five to six days. Also avoid man-made fabrics and opt for breathable cotton. And get your partner sorted out as thrush can be passed on to others.

When to Worry

If it doesn't clear up with the ointment, see GP. It could be an STI with similar symptoms, or it could be scabies, eczema or a different fungal infection.

SERVICE STATION STATISTICS		
Year 2017	May	June
Calls Registered	08	10
Removal Services	12	17
Services for which NO donations were received	06	04
<b>Donations received on account of :</b>		
Removal Services	₹ 1,500/-	₹ 3050/-
Donations to the Station Fund	NIL	₹4,000/-
Run of Ambulance (Car No.12)	213 Kms.	376 Kms.
Total services rendered till date	80,663	80,680

**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**

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From :  
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