



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)
(Registered under Acts XXI of 1860 and XXIX of 1950)
BRIGADE GAZETTE

GRATIS

No. 654

November, 2017

PART - I NOTIFICATIONS

Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2018 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.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrollment 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 28, 2017. Members and Well wishers are requested to do wide publicity of the course.

NEWS

87th Ordinary General Meeting

The Eighty Seventh Ordinary General Meeting of the Members of the Society tentatively will be held on Saturday, the 2nd day of the December, 2017 at 3.30 p.m. in the Dr. Moolgavkar Memorial Hall at the Registered Office of the Society (21 New Marine Lines, behind Government of India Offices, Mumbai 400 020).

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 Ground for football matches as under during September-October 2017 :

Sr. No.	Organiser	Date 2017	Time
1.	Western India Football Association	August 26, 29,31 September 1,2,4,6, 8,12,22,23,25,27,29 October 1	3 pm to 7 pm
2.	Mumbai Hockey Association	September 11 to 19, October 6,7, 9 to 16, 18, 21, 23 to 25.	2 pm to 6 pm

Seminars of CPR

No.	Date 2017	No. of Participants	Participants from
17/S/CPR/5	September 9	12	Trinity Gym
17/S/CPR/6	September 16	16	Trinity Gym

Donations to General Fund

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

Date 2017	Amount (Rs.)	Donation received from
September 4	21,000/-	Aatmabodh Academy of Yoga
September 25	10,000/-	Reliance Infra
September 29	21,000/-	Aatmabodh Academy of Yoga
October 4	10,000/-	Pravin Shantilal Kothari
October 30	21,000/-	Aatmabodh Academy of Yoga

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

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

Donations to Station Fund

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

Date 2017	Amount (Rs.)	Donation received from :
October 1	9,000/-	The Mumbai Hockey Association Ltd.
October 14	12,000/-	The Western India Football Association

Note : Next CPR Seminar will be held on December 9, 2017 at the College campus from 2 pm to 6 pm. SMS/WhatsApp on 9930847744 for registration in advance. Registration for the seminar will be at 1.30 pm on the same day.

PART II

HOW TO SURVIVE A STAMPEDE

I cannot change the tragedy but at least sharing this article can save someone next time...

It is interesting to note that the force of only 6 or 7 people pushing in the same direction can generate up to 1000 lbs of force – enough to bend steel railings and topple brick walls.

During a deadly stampede, people can even die standing up... people die when pressure is applied to their bodies in a front to back direction, causing them not to be able to breathe.

When pressure is applied to their side, they often survive, probably because their rib cages are protecting their ability to breathe.

If you are in a crowd, a first and most important thing is to make yourself familiar with your surroundings and mentally notice alternate exits. No matter where you are, make sure you always know how to get out.

Make yourself aware of the type of ground you are standing on, and know that in a crowd of moving people wet or uneven ground can be slippery or hazardous, causing you to fall.

Be aware of the general atmosphere of the event, as panic situations can often be anticipated.

When in danger, a few seconds can make all the difference, giving you the possibility of taking advantage of your escaping route. Always stay closer to the escape route.

If you find yourself in the middle of a moving crowd do not fight against the pressure, do not stand still or sit down, because you could easily get trampled. Instead, move in the same direction of the crowd; take advantage of any space that may open up to move sideways to the crowd movement where the flow is weaker.

Keep your hands up by your chest, like a boxer – it gives you movement and protects your chest.

If you fall, get up quickly. If you can't get up because you are injured, get someone to pull you back up. If you have kids, lift them up.

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.

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

If you fall and cannot get up, keep moving by crawling in the same direction of the crowd, or if that is not possible, then cover your head with your arms and curl up into the fetal position (do not lay on your stomach or back, as this dangerously exposes your lungs).

The worst scenario is to be pushed by the crowd against an immovable object. Try to stay away from walls, fences or barricades, as the crowd pressure can build up rapidly.

After you're pushed forward, like in a wave there's a lull. In that lull is your chance to move, and the way you move is on a diagonal, between pockets of people. There's always space between people. A couple of steps sideways, another wave surge, then another couple of steps in the next lull.

You work your way out in that way till you get to the periphery.

Do share with your loved ones.

— Forwarded by Mrs. Hillo R. Damkevala

MENTAL HEALTH

What is mental health?

We all have mental health and it influences how we feel about ourselves and how we must interact with the world around us, from communication, to dealing with life events.

- ★ One in four people will have a mental health condition in their lifetime.
- ★ People with severe mental health conditions have an average reduced life expectancy of between 16 and 25 years.
- ★ People with a mental health condition are almost twice as likely to die from coronary health disease as the general population, four times more likely to die from respiratory disease and are at a higher risk of being overweight or obese.
- ★ Some people can, and do, recover from mental ill health; others manage their conditions.

What are Myths?

Myth : People with mental health conditions don't experience discrimination.

Fact : Nine out of ten people with mental health conditions experience stigma discrimination.

Myth : People with mental health conditions are likely to cause violence or crimes.

Fact : They are more likely to be the victim of a crime or violence.

Myth : People with mental health conditions have lower intelligence.

Fact : No, mental health can affect anyone regardless of intellect.

Myth : People with mental health conditions can't work.

Fact : No, some may be unable to, but many of us probably work with someone experiencing a mental health condition.

Myth : Depression means a person is sad all the time.

Fact : Depression can be episodic.

PHYSICAL AND MENTAL HEALTH

According to the Royal College of Psychiatrists we should be striving for parity of esteem, where mental health conditions and physical health conditions are treated equally. By looking at a person holistically you will treat physical health conditions together, taking responsibility for the whole health of that person, so no one develops a new health condition that slips through the gaps.

Sometimes it can feel daunting when people have a lot of changes to make, and they may doubt if these are achievable. As a health care professional it is really important that you empower people with information and support.

Wellbeing is important as it impacts mental and physical health and rates of recovery. Wellbeing in the workplace is also important for you and your colleagues, as it allows you to function well and be resilient at work.

Ways to improve wellbeing include :

- ★ Healthy eating
- ★ Exercise – this can improve mood, boost confidence and increase energy levels
- ★ Sleep – effective rest is essential for you to function well
- ★ Meditation is an effective method.

Mind reports that stress and other mental health conditions are second biggest cause of sickness absence, accounting for millions of lost working days every year. Absence can put additional strain on other members of the team and could potentially limit service provision.

References : Center for Pharmacy Post Graduate Education

★ www.cppe.ac.uk/mentalhealth

★ www.freemindfulness.org

SERVICE STATION STATISTICS		
Year 2017	September	October
Calls Registered	04	05
Removal Services	04	05
Services for which NO donations were received	NIL	03
Donations received on account of :		
Removal Services	₹ 1,500/-	₹ 300/-
Donations to the Station Fund	NIL	₹ 21,000/-
Run of Ambulance (Car No.12)	171 Kms.	161 Kms.
Total services rendered till date	80,714	80,719

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,



From :
THE BOMBAY CITY AMBULANCE CORPS
21 New Marine Lines, Mumbai - 400 020.
Telephone Nos. : 2201 42 95 & 6633 48 97

FREE FIRST AID AND AMBULANCE SERVICE STATION
SERVICE STATION STATISTICS FOR THE YEAR 2015 - 2016

Months	Calls Registered	Removal Services Performed	Services without Donations	Donations Received		Run of Ambulance Car No.12 in (K. Metres)
				Removal Services (₹)	Station Fund (₹)	
April 2015	04	04	03	200	29,100	259
May 2015	05	06	04	150	850	184
June 2015	05	05	03	8,000	Nil	164
July 2015	05	06	04	300	1,000	143
August 2015	05	06	01	8,500	5,000	118
September 2015	05	07	02	1,150	1,500	207
October 2015	06	07	04	12,500	17,500	281
November 2015	07	04	03	1,800	1,300	272
December 2015	04	04	01	11,500	32,501	318
January 2016	07	10	06	400	2,200	208
February 2016	04	05	02	20,502	1,000	689
March 2016	10	13	08	1,050	31,000	345
Total	140	231	117	33,900	1,87,266	5,973
Total services rendered till March 2016 : 79,624						
April 2016	02	03	02	250	24,500	165
Total services rendered till April 2016 : 79,627						

SERVICE STATION STATISTICS		
Year 2016	March	April
Calls Registered	10	2
Removal Services	13	3
Services for which NO donations were received	8	2
Donations received on account of :		
Removal Services	₹ 1,050/-	₹ 250/-
Donations to the Station Fund	₹ 31,000/-	₹24,500/-
Run of Ambulance (Car No.12)	345 Kms.	165 Kms.
Total services rendered till date	79,624	79,627

FREE FIRST AID AND AMBULANCE SERVICE STATION						
SERVICE STATION STATISTICS FOR THE YEAR 2011 - 2012						
Months	Calls Registered	Removal Services Performed	Services without Donations	Donations Received		Run of Ambulance Car No.12 in (K. Metres)
				Removal Services (₹)	Station Fund (₹)	
April 2011	10	12	5	1,000	13,800	144
May 2011	9	12	6	1,850	—	965
June 2011	21	35	21	4,001	—	318
July 2011	21	35	18	3,651	900	633
August 2011	15	21	8	4,300	2,300	497
September 2011	33	57	27	8,750	750	594
October 2011	20	29	9	5,700	2,700	634
November 2011	16	27	12	4,500	4,500	566
December 2011	7	9	4	1,500	5,551	306
January 2012	6	9	3	1,600	11,871	357
February 2012	10	12	3	1,450	6,200	264
March 2012	16	18	9	3,700	8,000	400
Total	184	276	125	42,002	56,572	5,678
Total services rendered till March 2012 : 79,093						
April 2012	27	26	11	4,700	25,900	232
Total services rendered till April 2012 : 79,119						

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Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Commandant,
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