



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

GRATIS

No. 659

September, 2018

## PART - I NOTIFICATIONS

### Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January - June 2019 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 7, 2019 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. 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 25, 2018.

Members and well wishers of our society are requested to do wide publicity of the course.

## NEWS

### Specialist Instructors' Course in First aid to the Injured

A Specialist Instructors' Course in First aid to the Injured (I/245) July - December 2018 term, was inaugurated on Monday, July 2, 2018 at 18.30 hours in the Dr. Moolgaonkar Memorial Hall by Mrs. Sheela S. Banerjee, Treasurer of our Society, under the aegis of Jamsetji Tata Ambulance College. 15 students have been enrolled in the course. The student body consists of a group from Jai Bhagwan Acupressure Service International, Mumbai, Medical Officers from Tata Housing Development Const. Ltd. "Amantra Project" and social workers.

Mrs. Banerjee, 1. handed over enrolment papers to newly enrolled students, 2. Distributed certificates to successful students, 3. Awards to students standing 1st and 2nd in the examination of Specialist Instructors' Course in First aid to the Injured (I/244) January - June 2018 term and 4. Issued Warrant of Appointment as a First Aid Warrant Instructor for conducting Basic First Aid courses at Pune under the aegis of "Safeport Centre for Training & Consultancy".

### Basic Courses

Three Basic courses in First Aid to the Injured (courses B/18/FA/1, B/18/FA/2, on July 14, 2018 and B/17/FA/4) on August 16, 2018, for Aatmabodh Academy were started. 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/18/FA/3 was conducted, from Tuesday, July 30 to August 1, 2018, from 10-00 a.m. to 6-30 p.m., for 2nd year's students of Masters in Disaster Management from Tata Institute of Social Science, Deonar, Mumbai. On second day a disaster was simulated in the compound. They were also trained in fire fighting by Mr. Laxman of Mira-Bhyander Fire Brigade.

### Sequence of events:

Lecture : **6-00 p.m.** Preparing for Disaster Management **Capt. Lad.**  
Declaration of Mock Drill by Capt. Lad : **6-45 p.m.**

1. Evacuation of Hall as fire started around the corner. Evacuation team search any enclosed places around
  - a. Evacuation i/c : **Baljeet Kaur**
  - b. Assisted by : No. 31 to 40
2. Assembly Point Near Well **7-00 p.m.**
  - a. Head Count by Evacuation i/c **7-05 p.m.**
  - b. Formation of Teams and start assignment **7-10 p.m.**
    - i. Fire Fighting & Rescue : **Abhay Vashisht** with No. 1 to 10
    - ii. First Aid Treatment : Two Teams

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

1. **Mahek Baveja** with No. 11 to 20 Casualties from Room on fire and near wall/tree. Load in Ambulance.
2. **Shweta Bhardwaj** with No. 21 to 30 C Treat Casualties near Garage. Transport to First Aid Post.
- iii. Incident Control Officer : **Lt. Kansara.**
3. Observers : **Mr. Shibumani, Mr. Satam, Mrs. Snehal Mane.**

### Service Station Fund Donations

Date 2018	Amount (Rs.)	Donations received from
August 1	10,000/-	Mr. Jehangir R. Damkevala
August 3	7,000/-	Saran Present
August 1	4,200/-	BFY

### General Fund Donations

Date 2018	Amount (Rs.)	Donations received from:
July 1	1,75,000/-	Reliance Industries Ltd.
July 2	21,000/-	Aatmabodh Academy of Yoga
July 19	18,000/-	KYT Event Services Pvt. Ltd.
July 21	6,910/-	Aatmabodh Academy of Yoga
July 26	10,000/-	Hexacraft Events & Entertainment
August 1	1,00,000/-	Mahalakshmi Temple Charities
August 4	21,000/-	Aatmabodh Academy of Yoga
August 4	14,700/-	TATA Motors

### Public Duty

Ambulance Car 12 (MH-01-L-9420) with trained staff and equipment such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football Ground for football matches as under :

No.	Organizer	Date 2018	Time
1.	Mumbai Football Association	June 30, July 1,2,4 to 8, 15,21 & 22	9.30 a.m. to 6.00 p.m.
2.	Mumbai District Football Association	August 5,12,15 & 19	9.30 a.m. to 6.00 p.m.
3.	Western India Football Association	August 20 to 22	8.00 a.m. to 1.00 p.m. & 3.00 to 7.30 p.m.

### 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)**

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

**PART - II****THE BARE BONES OF THE MATTER****(Myths & Facts)**

— Dr. Vasundhara Atre

**MYTH** : Osteoporosis is not a very serious or deadly condition**FACT** : Osteoporosis creeps up without any warning symptoms until the first fracture occurs. The lifetime risk, for a woman or man, of dying from hip fracture complications is same as for dying of breast cancer or prostate cancer respectively.**MYTH** : Osteoporosis is the problem of elderly women.**FACT** : Women have naturally smaller and thinner bones than men, putting them at a higher risk. However, an estimated 10 to 25 per cent of men develop Osteoporosis during lifetime. Men tends to suffer Osteoporotic fractures a decade later in the life than women. In older men and women of the same age, women have about 90% of the spine fracture, but men have about one third of the hip fractures.

Meanwhile, the risk of developing osteoporosis of osteopenia increases in younger women suffering from autoimmune disorders, digestive and gastrointestinal disorders, diabetes mellitus, thyroid disorders, amenorrhoea, depression, eating disorders or breast cancer.

**MYTH** : Osteoporosis is natural part of aging.**FACT** : Think again. While some bone density is lost with aging, not everyone is doomed to suffer broken hips and haunch backs. The bone mass acquired during youth is an important determinant of the risk of osteoporotic fracture later in life.**MYTH** : The only risk factor for Osteoporosis is advance age.**FACT** : Age is a major factor, especially for those older than 65 years. But there are a host of other risk factors, some of which are hereditary and some, such as sedentary lifestyle and medication, which can be

SERVICE STATION STATISTICS		
Year 2018	July	August
Calls Registered	13	04
Removal Services	18	05
Services for which NO donations were received	08	00
<b>Donations received on account of :</b>		
Removal Services	₹ 7,100/-	₹1,000/-
Donations to the Station Fund	₹ Nil	₹21,200/-
Run of Ambulance (Car No.12)	647 Kms.	164 Kms.
Total services rendered till date	80,848	80,853

controlled or managed.

**MYTH** : Broken bones are the only way to tell if one has Osteoporosis.**FACT** : Often osteoporosis is detected only when a bone fracture occurs. However, bone density test every few years for those at higher risk of developing osteoporosis helps monitor and detect any bone loss. The test gives important information about the bone strength and probable risk for fracturing a bone in the future.**MYTH** : A bone density test is painful and complicated.**FACT** : The bone density test is simple and comfortable. A bone densitometer is a large, padded exam table and measures bone density using a small amount of radiation. While one lies on back, a scanner passes over the spine and hip area and using small amounts of X-ray the densitometer measures the amount of bone mineral that directly relates to bone strength.**MYTH** : Drinking milk and taking calcium supplements guarantee prevention of Osteoporosis.**FACT** : While calcium is important, bone is made of protein as well as minerals. Calcium is essential but is not enough to prevent osteoporosis. There are at least 17 other nutrients that are important for bone health. Many dietary sources contain protein, phosphorous and other nutrients important for bone health. Additionally, regular exercise and making other healthy lifestyle choices like not smoking all contribute to good health.**MYTH** : Only Osteoporosis medications can prevent future bone loss.**FACT** : Certain medications to prevent and/or treat osteoporosis have been approved. Most of the drugs act by inhibiting the cells that cause breakdown, while one actually stimulates the growth of new bone. Along with the medication a bone friendly diet is recommended.

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**7 Easy sources of Calcium**

Sesame seeds	1 tablespoon=	280 mg
Almonds	½ cup of roasted nuts=	200 mg
Figs	½ cup of dried figs =	120 mg
	/ 2 fresh figs =	55 mg
Amaranth	1 cup of this grain =	275 mg
Turnip Green	1 cup =	200 mg
Buttermilk	1 cup =	284 mg
Yogurt	1 cup =	415 mg

The daily value for Calcium as per US FDA is 1,000 mg for adults and child aged 4 years old.

— Courtesy : **T.O.I.**

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Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Officer Commanding,  
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and printed by him for the owners of the Publication "The Bombay City Ambulance Corps".

**BOOK - POST**

To,

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