



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

(Registered under Acts XXI of 1860 and XXXIX of 1950)

BRIGADE GAZETTE

GRATIS

No.673

March 2021

PART – I

NOTIFICATION NEW YEAR HONORS PARADE

The New Year Honors Parade of the Volunteers of the Corps will be held on Sunday, April 4, 2021 at 10.30 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

90TH ORDINARY GENERAL MEETING

The 90th Ordinary General Meeting of the Members of the Society **was held on Saturday, the 20th day of the February 2021 at 4.30 p.m.** in the Dr. Moolgaonkar Memorial Hall at the Registered Office of the Society (21 New Marine Lines, Behind Government of India Offices, Mumbai - 400 020).

MR. NARIMAN D UDHNAWALA

Mr. Nariman D. Udhawala, member of the Managing Committee since February 2010, tendered resignation due to advancing age. He has settled down at Udawada, Gujarat. Managing Committee at its meeting held on February 20, 2021 accepted the resignation and placed on record services rendered by him.

SERVICE STATION STATISTICS

Year 2021	January	February
Calls Registered	29	21
Removal Services	55	36
Services for which NO donation were received	38	28
Amount of Donations received on account of :		
Removal Services	Rs.8,000.00	Rs. 1,600.00
Donation to the Station Fund	NIL	NIL
Run of Ambulance Car (Amb. Car No.13)	548 Kms	181 Kms
Total Services rendered till date	81,059	81,095

PART – II

MOBILIZING & SUSTAINING VOLUNTEERS

Noshir H. Dadrawala

Voluntarism embodies the principle of voluntary action, done out of one's free will rather than compulsion, Generally, the services of a volunteer are extended free and discharged out of a higher sense of purpose, compassion or strong belief in the cause. Whatever the motivating force, voluntary giving' ('giving', here, includes gift of time, skill and other non-financial resources) is an important cornerstone of philanthropy.

According to a study titled "Volunteering & Giving Among American Teenagers" by Independent, Sector, the number of teenagers (age 12-17) doing volunteer activities is on the increase.

Top reasons why American Teenagers volunteer, include:

Feel compassion for the needy	84 %
Cause important to them	84 %
Get new perspective on life	74 %
If you help others, others help you	73 %
Is important to people they respect	73 %
Looks good on resume	63 %

More than anything else, volunteering makes one feel good. It

gives individuals the opportunity to be a part of activities that are of community, regional, national or even global importance. It often provides the opportunity for utilizing one's special knowledge or skills or to gain experience. For many it is the most satisfying way of utilizing leisure time of meet new people. For some it is a panacea for feeling needed and useful or to earn recognition. In some case volunteering can open doors to employment.

According to Ms. Diane Morgan, Executive Director, Volunteer Centre of Queensland, Australia, **effective management of volunteers depends on six fundamental steps:**

- 1) Planning the volunteer program:** understanding the purpose of the volunteer program and how that interacts with the purpose and philosophy of the whole organization, what the volunteers are going to do once they have been recruited (clear job descriptions), how the volunteers are going to perform the task (well-documented policies and procedures), who the volunteers will be, what sort of skill, values and qualifications are required to perform the volunteer job;
- 2) Recruiting volunteers to a specific job :** what exactly is expected of volunteer, the benefits (if any) for the volunteer, expectations of the organization;
- 3) Interviewing and selection the right volunteer for the right job :** it is important to say "no" if the job does not meet or does not match the expectations or needs of the volunteer applying for that specific job;
- 4) Orientation and training volunteers to do the job :** the greatest gift a volunteer can have is to be well trained to undertake the tasks required of them;
- 5) Recognition and support :** Most volunteers like to be recognized for their work and it is only proper that the organization makes a special effort to provide an encouraging and supportive "pat on the back" to all volunteers;
- 6) Evaluation :** feedback sessions for volunteers not only provides support and the opportunity for personal development, but also provides the organization with a means to evaluate how well its volunteer program is operating.

It would be best to provide every volunteer with a written job description and specify his / her role and responsibility when it comes to decision-making and who the volunteer is supposed to report to, within the organization. Assign tasks in accordance with what the person is capable of doing and what the person wants to do. Do not assign "make-work" tasks to your volunteers just to keep them busy. Make sure that you have meaningful tasks for your volunteers.

Holidays are generally an important consideration when planning a recruiting drive. Also, the organization's message should have a real appeal. To teenagers and youth, one may say; "We need your drive, enthusiasm and creativity. "To the retired, one may say, "We need your skills and experience." Other appeals may include "The aged need your help" or "Make new friends by helping others."

Whatever you say, make the message interesting, clear and specific.

A volunteer registration form is useful both for keeping records and helping the volunteer to clearly identify why he or she wishes to

volunteer and the sort of volunteer work he / she would like to do and his / her time available, etc.

While volunteers may work *gratis*, it would be quite in order to reimburse them for travel and other out-of-pocket expenses.

It is important to “formalize” voluntary work and encourage a professional working atmosphere.

The last thing you would like to hear from your volunteer is “But I'm just a volunteer!” The rights and responsibilities of the volunteer should be very clear right at the beginning.

The need for recognition and support needs to be reiterated. Volunteers generally work *gratis* and therefore, a simple, yet sincere, “thank you” is very essential. Even the most altruistic volunteer needs to feel appreciated and not taken for granted.

Volunteers investing their time, energy or skill needs to feel they are wanted and appreciated. Recognition is an important factor in promoting a sense of commitment and loyalty. They should not be treated casually because they are not being paid. If anything, they should be treated more carefully than people who are paid for their services.

There are many simple and effective ways of saying “thank you” to a volunteer:

- Mention the importance of volunteers within the organization in newsletters and annual reports;
- Surprise them with a gift on their birthday or any special occasion;
- Plan special excursions or social outings to give volunteers a break and a feeling of “good work being appreciated”;
- Encourage feedback;
- Make daily provisions for tea / coffee for the volunteers;
- Give certificates or letters of appreciation,

Doubtlessly, volunteers are a vital resource in any voluntary organization and therefore should be given the status of “co-workers” or “team-members”, not just “free help”.

On the other hand, it is important that the work of the volunteer supplements humanizes and enhances but in no way, competes with the work of other paid staff.

Note: Our volunteer corps has thinned out for various reasons. Voluntary giving, including gift of time, skill and other non-financial resources also has reduced drastically. Members and well wishers are request to extend helping hand for continuation of our services.

Aerobic exercise may improve asthma symptoms

Brazilian researchers have found that regular aerobic exercise may help improve respiratory symptoms and psychological distress in adult patients with asthma. Researchers evaluated the outcomes of an asthma program in patients with asthma. In the control group, 50 patients received educational programming and underwent breathing exercises, in the aerobic training group, 51 patients underwent

additional aerobic training beyond educational programming and breathing exercises. After three months, quality of life scores, asthma symptom free days, anxiety and depression levels improved only in the aerobic training group. Furthermore, there was a linear relationship between improvement in aerobic capacity and days without asthma symptoms.

A natural replacement for worn-out joint

In experiments on rabbits, researchers coaxed the animals' stem cells to rebuild the bone and cartilage of a missing leg joint. This is the first time an entire joint surface was regenerated with return of functions, including weight-bearing and locomotion.

Parls: Scientists have shown for the first time that it may be possible to replace a human hip or knee with a joint grown naturally inside the body using the patient's stem cells.

In experiments on rabbits, the researchers coaxed the animals' stem cells to rebuild the bone and cartilage of a missing leg joint, according to a study published recently. “This is the first time an entire joint surface was regenerated with return of functions including weight bearing and locomotion,” lead researcher Jeremy Mao, a professor at Columbia University Medical Center, said.

Naturally-grown joints would likely last longer than the current generation of artificial mechanisms, he said in a statement.

With ageing populations and many people under 65 requiring replacement surgery, there is a real danger patient will outlive metallic joints and require a second grueling operation late in life.

In the experiments, Mao and colleagues removed the forelimb thigh joint of 10 rabbits, and then implanted a kind of scaffolding made of biologically compatible materials.

A naturally-occurring substance that stimulates cell growth then cued the rabbits' stem cells to go to the site of the missing joint and regenerate both cartilage and bone in two distinct layers.

Within four weeks, the animals resumed normal movements a medical first, the researchers reported in the British medical journal the Lancet.

The fact that the regenerated limb joint was created from the stem cells in the host animal-rather than being harvested and then cultivated outside the body is also unprecedented, they said.

This new procedure “may ultimately lead to clinical applications”, said Mao. “In patients who need the knee, shoulder, hip or finger joints regenerated, the rabbit model provides a proof of principle.” But a number of scientific and regulatory issue remain before the procedure can be tested on humans, he said.

For hip replacements, for example, recovery in people will be more difficult because humans carry all their weight on two legs. The period of immobility while a joint regenerate also presents its own risks.

Curtsey : Mumbai Mirror

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