



# THE BOMBAY CITY AMBULANCE CORPS

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

GRATIS

No.679

March 2022

## PART – I NOTIFICATION

### New Year Honors Parade

The New Year Honors Parade of the Volunteers of the Corps will be held on Sunday, April 3, 2022 at 1030 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

## NEWS

### 80G Approval

**Application for exemption to Donations to our society u/s 80 G for FY 2022-2023 to 2026-2027 has been approved by Principal Commissioner of Income Tax by order of approval Unique Registration No. AAATT0073GF20218 dated 20-02-2022.**

### Instructors' Courses

The Specialist Instructors' Course in First Aid to the Injured (January-June 2022 term), in English medium, was inaugurated under the aegis of Jamsetji Tata Ambulance College on Monday, January 10, 2022 for 2 hours in the evening on Mondays and Thursdays in First Aid. 12 students have enrolled in the course.

### NEW LIFE MEMBERS

**Mrs. Sonal Nitin Doshi and Mrs. Urmi Jatin Shah has been Enrolled as life members at the managing committee meeting held on October 16, 2021 and February 12, 2022 respectively.**

### Co-option on Managing Committee

**Mrs. Sonal N Doshi and Mr. Khimji M. Chhadwa have been co-opted as Members of the Managing Committee for a period of one year under Rule No. 18(A) of the Rules and Regulations of the Society.**

### Donations to Service Station Fund

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

Date 2021	Amount Rs.	Donations Received from
January 1	2,500.00	M/s Saran Presents
January 11	10,000.00	Mr. Balkrishan Satam
February 14	3,000.00	Ms. S. J. Karandikar

### Donation to General Fund

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

Date 2021	Amount Rs.	Donations Received from
January 1	21,000.00	Aatmabodh Academy of Yoga
January 14	10,000.00	Sumukhi Performing Arts Foundation
January 18	13,000.00	Aatmabodh Academy of Yoga
February 8	10,000.00	Sumukhi Performing Arts January February

### SERVICE STATION STATISTICS

Year 2022	January	February
Calls Registered	19	17
Removal Services	34	34
Services for which NO donation were received	29	29
Amount of Donations received on account of :		
Removal Services	Rs. 3,000.00	Rs.3,900.00
Donation to Station Fund Rs.	Rs. 12,500.00	Rs. 3,000.00
Run of Ambulance Car (Amb. Car No.13)	391 Kms	316 Kms
Total Services rendered till date	81,295	81,329

## PART II

### Facts about Narcolepsy

Most people are somewhat familiar with sleep disorders such as insomnia and sleep apnea but not with narcolepsy, a neurological disorder that affects the way the brain controls sleep-wake cycles and causes symptoms such as excessive daytime sleepiness; sudden muscle weakness; and vivid hallucinations and sleep paralysis while waking up or falling asleep. It is estimated to be seriously underdiagnosed and typically goes undetected for years after symptoms develop. Here are some of the most common myths that persist about this lesser-known sleep disorder.

1. While narcolepsy may not be as common as more widely known sleep disorders, such as obstructive sleep apnea, the condition is not rare.
2. Children can have narcolepsy. In fact, symptoms often start in childhood or adolescence. Symptoms have been reported in kids as young as 5 or 6, but in most cases, children are not diagnosed until adolescence or even later.

Another factor that can hinder a narcolepsy diagnosis is that many kids, especially teens, don't get enough sleep. As many as 69 percent of high school students sleep less than 7 hours each night, falling short of the recommended 8 to 10 hours.

Kids can be sleepy for a host of other reasons, including overusing electronic devices late into the night; anxiety and depression, which can interfere with good sleep; and a natural sleep-wake cycle that tends to shift their tiredness to later at night (meaning early-start school days can leave kids sleep deprived during the day).

If a student is getting enough sleep but is still exhausted at school, doctors usually look for common medical reasons for the excessive daytime sleepiness, such as mono, hypothyroidism, or depression, says Stevens. "If symptoms still persist, a sleep disorder needs to be considered."

3. There's a misunderstanding that people with narcolepsy are lazy or have control over their energy levels or their sleepiness. This is due to long delay in diagnosis or, in some cases, people not being diagnosed at all, because they may not realize they need to see a doctor for their sleepiness. When they do get the diagnosis, sometimes teachers, bosses, or even friends or family still can't believe it. These people are not incapable, and they very much

want to be awake and productive and interactive, but they have this medical disorder that makes them sleepy and when they get help for that, they can do wonders.

4. Narcolepsy has nothing to do with how long a person sleeps: They can sleep the recommended number of hours at night and still be exhausted during the day. Narcolepsy is a neurological disorder that impacts the way the brain controls periods of sleep and wakefulness, which means the signal to sleep or wake up can come at the wrong times.

There is so much sleep deprivation in society, you can mix in very easily if you are tired. The first thing people will think it is not narcolepsy. They will assume you have been up all night, even though you have been trying to sleep the whole night. What's more, there is no cure for narcolepsy. But with the right treatment, which often involves a combination of medication and lifestyle management strategies, many people with narcolepsy are able to achieve good symptom management and daily function.

*-To be continued*

#### DONATION APPEAL

**The Bombay city ambulance Corps a society and a charitable trust provides free ambulance services and ambulance education. Except for the ambulance staff and a menial staff everybody renders honorary services to the society. The maintenance of the society mainly depends on voluntary donations.**

**We therefore appeal well-wishers for generous donations. Donations to the society are exempted from payment of Income Tax u/s 80G.**

**Donations may be paid by Crossed order Cheque in the name of : "THE BOMBAY CITY AMBULANCE CORPS".**

**THANKS**

**KINDLY VISIT OUR WEBSITE TO READ BRIGADE GAZETTE - [bcac.co.in](http://bcac.co.in)**

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#### BOOK-POST

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