



# THE BOMBAY CITY AMBULANCE CORPS

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

GRATIS

No.681

July 2022

## PART – I NOTIFICATION

### Commandant of the College

Medical Board at its meeting held on May 15, 2022, promoted Lieutenant Sunil C. Kansara, Deputy Commandant of JAMSETJI TATA AMBULANCE COLLEGE as Commandant of the college and relieved Captain R.J. Lad from responsibilities of the post with effect from 1<sup>st</sup> July 2022.

### 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/249) of Jamsetji Tata Ambulance College was conducted in May 2022 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 Mr. Nitin S. Lalaji, B.E. (Civil), Dip Amb., Instructor in First Aid and Sanitation as assessors for practical tests. The following students have been declared successful in order of merit:

1. Miss. Ambre Shradha Ravindra, and
2. Mr. Ambre Darshan Ravindra

### Awards

1. Miss. Shradha Ravindra Ambre, has been awarded the "First Aid Instructors' Cup" for standing first in the examination.
2. Mr. Darshan Ravindra Ambre, has been awarded the "First Aid Instructors' Prize for standing Second in the examination

### NEWS

#### Government Recognition and Permanent Grant

The Government of Maharashtra, Medical Education and Drugs Department, has been pleased to accord recognition to the College of Ambulance and to sanction the payment of the recurring TOKEN grant-in-aid of Rs. 30,000/- per year to the Society towards maintenance of the College, on a permanent basis, from the year 1983-84 onwards vide Government Resolution No.GHD-1082/2666/MED, 4-B dated the 28<sup>th</sup> July 1983. **The grant of for the year 2019-2020 and 2020-21 and 2021-22 has not been received till date in spite of Government Resolution.**

#### 92nd Foundation Day

The Bombay City Ambulance Corps was established on 2<sup>nd</sup> June 1930. It started with 27 male volunteers. They were students of Arts and Medical College. The junior division of 15 school boys was started a month later. Ladies Volunteer division then known as Nursing Division was started on in January 1931. To commemorate the foundation day a get-together was organized on Saturday, 4<sup>th</sup> June, 2022 at 5 pm in Dr. Moolgaonkar Memorial Hall. On the occasion certificates of Instructor's course, awards and certificate of CPR seminar were distributed by Mr. Khimji M. Chhadwa and Lt. Lalit M. Pandya. Mr. Chhadwa in his speech wished the passed-out students get associated with the corps and take the corps ahead.

#### Donations to New Ambulance Car Fund

We have received with thanks Rs. 1,00,000/- on June 29, 2022 as earmarked donations to **New Ambulance Car Fund from Mr. Zarsis D. Udhawala**. With this donation the **New Ambulance Car Fund** stands at 1,11,111/-. Philanthropist are requested to donate generously and enhance this fund.

#### Donations to Station Fund

We have received following donation to the General Fund of the Society:

Date 2022	Amount Rs.	Donations Received from
25-05-2022	10,000.00	Mumbai Hockey
28-05-2022	8,000.00	Mumbai Port Sports Council

#### Donation to General Fund

We have received following donations to the General Fund of the Society.

Date 2022	Amount Rs.	Donations Received from
29-4-2022	21000/-	Aatmabodh Academy
12-05-2022	12000/-	Sumukhi Performing Arts
31-05-2022	21000/-	Aatmabodh Academy
11-06-2022	12,000/-	Sumukhi Performing Arts
27-06-2022	20,000/-	Sitaram Jindal Foundation

#### Public Duty

Ambulance Car 13 (MH-01-CV-6683) 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:

Sr. No.	Organizer	Date	Time
1	Mumbai Hockey Association	May 14 to 23, 2022	2.30 pm to 5.30 pm
2	All India Major Port Hockey Tournament	May 24 to 27, 2022	2.30 pm to 6.00 pm

#### SERVICE STATION STATISTICS

Year 2022	May	June
Calls Registered	18	15
Removal Services	33	29
Services for which NO donation were received	29	28
<b>Amount of Donations received on account of :</b>		
Removal Services	Rs.21,800.00	Rs. 200.00
<b>Donation to Station Fund April Rs. 20,000/-</b>	<b>1,500</b>	<b>18,000.00</b>
Run of Ambulance Car (Amb. Car No.12)	1,504 Kms	284 Kms
Total Services rendered till date	81,385	81,414

**Note :** One Patient with long term illness was transported from Mumbai to Ahemdabad

## PART II

### SUPER FRUITS and VEGGIES

We are all aware just how vital a good diet is to our overall health, but you might be surprised just how 'super' some foods can be for certain ailments. Here is a list:

#### BROCCOLI FOR ARTHRITIS:

This vegetable is an arthritis-fighting champion. According to Lynne McTaggart Sulphoraphane, a compound in the vegetable, slows the destruction of joint cartilage by blocking enzymes and interfering with the inflammatory process associated with osteoarthritis.

Researchers from university in England found that eating a handful everyday might prevent the disease or slow its progress once it has been damaged.

**MUSHROOMS for COLDS:**

Mushrooms contain more of an immune-boosting antioxidant called ergothioneine, which can help to ward off colds and other viruses than any other food.

In fact, button mushrooms contain 12 times more of this powerful property than wheatgerm and four times more than chicken - liver the next richest source.

**SPINACH for PERIOD PAIN:**

Women with diets high in plant foods, such as spinach and kale, have fewer painful periods because these foods are rich in magnesium as per Linda Booth. A deficiency in this vital mineral can cause spasms in the uterus and in the smooth muscle tissue of the bowel, contributing to period pain and constipation.

**WATERMELON to boost LIBIDO:**

Shona explains watermelon is packed with the phytonutrient citrulline which increases the body's level of nitric oxide. In turn, this relaxes blood vessels and increases blood circulation. These two elements combined can decrease the amount of time it takes to become aroused.

**PINEAPPLE for PAIN:**

Shona Wilkinson says this fruit has a powerful anti-inflammatory effect offering pain relief from conditions like arthritis. Pineapples contain an enzyme called bromelain which has anti-inflammatory, activity and has found some success in relieving joint pain and osteoarthritis.

**MANUKA HONEY for SKIN:**

Sally warns "Skin care products that contain certain ingredients, like sodium lauryl sulfate, can cause eczema to flare up." Manuka Honey can be a helpful alternative because it naturally contains antibacterial, antifungal and antiseptic properties. Either eat a small amount each day or apply it to the skin.

**CHERRIES for GOUT:**

US researchers have found that the natural compounds in fresh cherries significantly reduce bodily chemicals which cause joint inflammation and pain. Blood levels of urate which accumulates in the joints causing gout plummeted five hours after eating. And contributory chemicals responsible for joint inflammation also decreased after a breakfast of 45 cherries.

**BLUEBERRIES for MEMORY:**

Shona explains "Blueberries may boost learning and memory levels due to the high levels of flavonoids, in particular anthocyanins, they contain. These are thought to protect against oxidative stress (free radical damage) in the brain.

**CELERY for IMMUNITY:**

A rich source of flavonoids including zeaxanthin, lutein, and beta carotene, celery reduces inflammation and enhances the immune system. It supports the gut flora with prebiotics and can enhance mobilization of the body's infection-fighting white blood cells, explains Libby Limon.

**KIWI FRUIT for VISION:**

A surprising good source of lutein - an antioxidant commonly found in eggs and dark green vegetables - that protects against impaired vision. Researchers have found that eating lutein-rich food can lower the incidence of eye diseases such as cataracts and macular degeneration (a breakdown of the certain portion of retina) the most common cause of poor sight in older people.

**ONIONS for FIGHTING INFECTION:**

Onions, like garlic, contain allicin, which is a powerful natural antibiotic and has also been found to protect the circulatory system. They are effective for colds, flu, chest, stomach and urinary infections, and have been known to help with arthritis says naturopath Michael Van Straten. They also contain a compound called quercetin, which promotes 'good' cholesterol and may have cancer-fighting properties.

**HERBS and SPICES for MEMORY:**

Saffron, nutmeg, ginger, pepper, cinnamon, vanilla, peppermint, basil and parsley all contain stimulating substances that boost blood flow to the brain. Sage, in particular, can help boost memory says researchers.

**DARK CHOCOLATES for MOOD:**

The darker the chocolate, the better it is. Findings published in a neuroscience journal suggest that chocolate can not only boost mood but can even help reduce the symptoms of depression because it increases levels of several mood-boosting brain chemicals.

**CINNAMON for TRAVEL SICKNESS:**

Added to snack or meal, cinnamon has an antimicrobial action that helps with digestion, calms stomach muscles and also helps prevent motion sickness says Shona.

-Courtesy Mumbai Mirror

**DONATION APPEAL**

**To run our FREE FIRST AID & AMBULANCE SERVICE, to buy New Ambulance Car and upkeep of infrastructure we need donations to Service Station Fund, New Ambulance Car Fund or General Fund. Philanthropists are requested to donate annually or a corpus donation earmarked for specific purpose.**

**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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