



# THE BOMBAY CITY AMBULANCE CORPS

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

GRATIS

No.686

May 2023

**8<sup>th</sup> May is International Red Cross Day: We remember and salute Henry Dunant a Swiss businessman for initiating Red Cross Movement**

## PART – I

### NOTIFICATION

#### 92nd Foundation Day

You are invited at Get together of all BCAC associates on June 3, 2023 (instead of June 2) to commemorate foundation day at 5 pm. Please convey your presence on 9930847744 by Whatsapp or SMS or email [bcac1930@gmail.com](mailto:bcac1930@gmail.com) so that suitable arrangements can be made

#### Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (July-December 2023 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, July 3, 2023 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 June 1 to 30, 2023.**

Members and Well wishers are requested to do wide publicity of the course.

### NEWS

#### Government Recognition and Permanent Grant

The Government of Maharashtra, Medical Education and Drugs Department, did not accord the payment of the recurring TOKEN grant-in-aid of Rs. 30,000/- per year to the Society towards maintenance of the College, since 2020-2021.

#### Donations to Station Fund

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

Date 2023	Amount Rs.	Donations Received from
04-03-2023	12000.00	Chhotalal H. Shah & Co.
09-03-2023	3000.00	Saran Presents
27-03-2023	750.00	Miss Mishra Devika

#### Donation to Corpus Fund

We have received following donations to the Corpus Fund of the Society for Free Ambulance Service:-

Date 2023	Amount Rs.	Donations Received from
17-03-2023	10,000.00	The Harjivan Vassonji Charitable Trust
27-03-2023	10,000.00	Verma Trust for Prevention of Ind Accidents

#### Donation to General Fund

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

Date 2023	Amount Rs.	Donations Received from
14-02-2023	10,000.00	Sumukhi Performing Arts
06-03-2023	21,000.00	Aatmabodh Academy
14-03-2023	12,000.00	Sumukhei Performing Arts
16-03-2023	25,000.00	Kashiram Pranshanker Advharyu Ch. Trust
27-03-2023	1,00,000.00	Shri Mahalaksmi Temple Trust
31-03-2023	21,000.00	Aatmabodh Academy
03-04-2023	15,000.00	Sumukhei Performing Arts
13-04-2023	12,000.00	Sumukhei Performing Arts

#### Service Station's Statistics for the year 2021-22

Months 2021 & 2022	Calls Registered	Removal Services Performed	Services without donations	Donations Received		Run of Amb. Car No. 13 in Kilometers
				Removal Services (Rs.)	Station Fund (Rs.)	
April	03	03	03	0.00	20000.00	000
May	18	33	29	21,800.00	1,500.00	1,504*
June	15	29	28	200.00	18,000.00	284
July	22	35	26	3,900.00	15,000.00	394
August	19	34	28	3,300.00	0.00	302
September	17	30	27	2,400.00	10,000.00	450
October	17	33	29	2,000.00	10,000.00	325
November	28	44	31	10,500.00	0.00	661
December	16	29	22	5,700.00	25,000.00	614
2022						
January	17	27	20	3,200.00	0.00	361
February	12	21	18	1,400.00	31,000.00	281
March	12	23	20	2,000.00	15,000.00	234
TOTAL	196	341	281	56,400.00	1,45,500.00	5,410
<b>Total services rendered till March 2023:81687</b>						
April	15	23	16	2,900.00	3,750.00	278
<b>Total services rendered till April 2023: 81,710</b>						

\* Note: One patient with long-term illness was transported from Mumbai to Ahmedabad.

OUR TELEPHONE NO. : 2201 42 95 • Website : [www.bcac.co.in](http://www.bcac.co.in) • E-mail : [bcac1930@gmail.com](mailto:bcac1930@gmail.com)

**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 for 104 hours as under:

Sr. No.	Organizer	Date	Time
1.	Mumbai Hockey Association	May 14 to 23, 2022	2.30 pm to 5.30 pm
		Aug. 22, 23 & 24, 2022	2.00 pm to 3.30 pm
2	All India Major Port Hockey Tournament	May 24 to 27, 2022	7.00 am to 9.00 am
3	HDFC Bank Mock Drill	Aug. 11, 2022	2.30 pm to 6.00 pm
4	Saran Presents	Nov. 12, 19, 20, 26	2.00 pm to 4.00 pm
		Dec. 3, 4, 10, & 11	9.30 am to 7.00 pm
		Jan. 6, 2023	9.00 am to 6.30 pm
		Jan. 7	3.00 pm to 4.30 pm
		Jan. 21	4.15 am to 4.45 pm
		Feb. 4	9.00 am to 6.00 pm
		Feb. 5	9.00 am to 6.00 pm
		Feb. 11	9.00 am to 6.00 pm
		Mar. 11	9.00 am to 6.00 pm
5	Mumbai Port Sports Council	Feb. 7, 2023	9.00 am to 10.30 am & 3.30 pm to 5.00 pm
		Feb. 8	9.00 am to 10.30 am & 1.30 pm to 6.00 pm
		Feb. 9	9.00 am to 10.30 am & 2.00 pm to 5.50 pm
		Feb. 10	2.00 pm to 3.30 pm
		Mar. 18	9.00 am to 6.30 pm

**PART II****Why Does child snore**

Snoring can be both distracting and worrying and parents may lie sleepless listening to their child. However, snoring rarely has a serious cause. It happens when breathing is blocked during sleep, in adults as well as children, and the sound of snoring is caused by air being inhaled through the soft tissues of the mouth, nose and throat so they vibrate. There are several causes of snoring in children.

It could be

1. Enlarged tonsils and adenoids that are part of child's immune system and work hard to prevent throat and chest infections, become bulky obstructing airflow and causing snoring.  
In old days, tonsils and adenoids were removed at the first sign of snore.

Now they are not removed for recurring infections and if they are affecting child's sleep.

2. An allergy that results in inflammation and nasal congestion creating breathing obstruction that triggers snoring. Allergens can be dust, mites, cat fur, dog hair and allergy to bedding like feathers.

Child should be tested at an allergy clinic to find their particular allergens, which are then avoided. They will be given medication, including anti-histamines to treat the symptoms.

3. Excess weight can cause snoring. Fat in your child's neck presses on their throat while they are a sleep leading constriction of the airway. Losing weight will help and research shows aerobic exercise can also help to stop snoring and head off the much serious sleep apnea, which can be accompanied by bed-wetting.

*-Curtesy Daily Mirror March 14, 2023*

**REMEDIES WHICH ARE COLD OR HOT**

**(From BG 586-September 2006)**

**ICE:** Ice is the treatment of choice for injuries occurring within 48 hours that are characterized by swelling. A sprained ankle is perfect example. When ankle gets twisted it starts to swell. This is body's natural response to injury. Unfortunately, body can overreact and the swelling can become as much problem as the original injury.

Ice, a natural vasoconstrictor, lessens the blood flow to the area and temporarily numbs it. The combined effect reduces swelling and pain. The natural anti-inflammatory property of ice can be useful to heat older injuries that are worsened by using the joint or muscle.

(Remember "RICE" - Rest, Ice, Compression (a tight bandaging) and Elevation)

**HOT SUFF :** In contrast, heat therapy is used to combat older injuries where no swelling is present. Sore, aching, stiff muscles or joints can often benefit from heat before exercise. Heat increases blood flow in the area of application and increase the elasticity of connective tissues. Warmer, more relaxed muscles and joints will have a better range of motion. This translates into enhanced performance and less likelihood of further injury. Heat should never be applied immediately after an athletic activity because it may encourage inflammation.

If you do opt for the above, follow these tips:

Choose an ice pack that fits the shape of your Injured body part. Keep it on for 10 to 15 minutes, and then let the skin return to normal temperature before replacing. Repeat this process as often as possible. You can reduce swelling by resting and elevating and, if your doctor recommends it, wrapping injured body part in a highly compressive bandage.

Remember, moist heat tends to work better than dry. You can use a wet, hot towel. Just make sure it is not hot enough to burn and apply the heat for 15 to 20 minutes at a time. If your injury doesn't improve or get worse, be sure to see doctor.

*--Curtesy Mumbai Mirror*

**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**

To,

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**From :**  
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