



THE BOMBAY CITY AMBULANCE CORPS

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

GRATIS

No.689

November 2023

WISH YOU ALL HAPPY DIWALI

PART – I NOTIFICATION

New Instructors' Course

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2024 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 8, 2024 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 December 1 to 28, 2023.**

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

NEWS

Donations to Service Station Fund

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

Date 2023	Amount Rs.	Donations Received from
04-09-2023	15,000.00	Sumukhi Performing Arts Foundation

Donation to General Fund

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

Date 2022	Amount Rs.	Donations Received from
01-09-2023	21,000/-	Aatmabodh Academy of Yoga
02-10-2023	12,000/-	Sumukhei Performing Arts Foundation
02-10-2023	21,000/-	Aatmabodh Academy of Yoga
11-10-2023	12,000/-	Sumukhei Performing Arts Foundation
12-10-2023	21,000/-	Aatmabodh Academy of Yoga

SERVICE STATION STATISTICS

Year 2023	September	October
Calls Registered	11	14
Removal Services	22	26
Services for which NO donation were received	21	22
Amount of Donations received on account of :		
Removal Services	Rs.300.00	Rs. 3,100.00
Donation to Station Fund	15,000.00	0.00
Run of Ambulance Car (Amb. Car No.13)	215 Kms	320 Kms
Total Services rendered till date	82,060	82,086

PART II

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.

Hands-only CPR enough to save a life Mouth-To-Mouth Not Needed in Most Cardiac Arrest Cases

More bystanders are willing to attempt cardio pulmonary resuscitation (CPR) if an emergency dispatcher gives them firm and direct instructions. Especially if they can just press on the chest and skip the mouth-to-mouth, according to new research.

The two new studies conclude that "hands only" chest compression is enough to save a life. They are the largest and most rigorous yet to suggest that breathing into a victim's mouth isn't need in most cases. The American Heart Association has been promoting hands only CPR for two years.

When someone collapses and stops breathing, many people panic and believe that calling emergency help lines is the best they can do to help.

The larger of the two new studies reported survival rates of about 12 % when bystanders did dispatcher directed CPR can dramatically increase a victim's odds of survival.

The studies also spotlighted the importance of having forceful dispatchers coaching bystanders, as per updated CPR Guidelines of the Heart Association.

The standard CPR version calls for alternating 30 hard pushes on a victim's chest with two quick breaths into their mouth.

In both studies (one in London and the Seattle area, and the other in Sweden) there was no significant difference in the survival rates of people who got conventional CPR and those who got the hands only version. The studies are published in Thursday's New England Journal of Medicine.

The aim of CPR is to do some of the mechanical work of the heart by forcing at least some blood and oxygen to the brain and other vital organs.

Are you aware about anxiety disorders?

There are several different types of anxiety disorders, which include panic disorder, post-traumatic stress disorder, social anxiety disorder, obsessive compulsive disorder, certain types of phobias, and generalized anxiety disorder while all of us go through anxiety all certain points in our lives, anxiety disorders are different from that. These disorders can greatly affect the way a person ability to lead a normal life. It is a mental illness that needs professional help.

Panic disorder: People who suffer from this disorder get sudden feelings of fright or terror that come without warning symptoms of a panic attack include sweating profusely, chest discomfort, irregular heartbeats, breathlessness and a feeling of congestion, making the person feel like they're going crazy.

Obsessive-compulsive disorder: Ever felt the need to do something constantly or at least a certain number of times? people who suffer from disorder are constantly hassled with thoughts or fears that will make them perform certain routines repeatedly. They are obsessed with doing rituals till they feel satisfied, which unfortunately is not for long. For example – same people are obsessed with keeping their things

a certain way and get very upset if someone changes their routine.

Pest-traumatic stress disorder: Caused after the occurrence of a traumatizing event, a mental, physical or sexual assault, the loss of a much-loved relationship, death of a close one or even a natural disaster can all trigger off this disorder people who suffer from it often can't stop having frightening thoughts of that event and are unable to get the bad memories from out of their head. They feel numb and feel scared about the event recurring.

Social anxiety disorder: This disorder is also called as social phobia because it involves anxiety and feelings of overwhelming worry people who suffer from this get painstakingly self-conscious about daily social situations. They think that people are continuously staring at them and judging them. This fear of being judged by others, behaving in a way that might cause embarrassment of lead to derision makes such people high stung and nervous.

Specific phobias: These phobias are an intense fear of a certain object. Situations or even a place. Acute fear of certain animals or insects (spiders, cockroaches, lizards etc.) heights, swimming, flying etc. all fit in this category.

Generalized anxiety disorder: This is where a person unnecessarily worries, assumes and jumps to conclusions based on little or no facts.

General symptoms: Feelings of panic, fear, uneasiness, uncontrollable or obsessive thoughts, repeated flashbacks or past traumatic experiences, recurrent night mates, insomnia, palpitations, dry mouth, numbness, nausea or dizziness.

'SUNSHINE VITAMIN' CAN HELP BEAT CANCER, HEART DISEASE

Milk fortified with vitamin D can make our bones not only stronger but also prevent heart disease and cancer, a new study says. The vitamin is vital for calcium absorption and bone health and may help to prevent Alzheimer's, reports the Daily Mail. Recent research has shown that vitamin D supplements are as good as some drugs at keeping prostate cancer under control.

It is also being said that taking vitamin D supplements in pregnancy and childhood could wipe out 80 per cent of cases of multiple sclerosis.

Susan Lanham New, the member of the Scientific Advisory Committee on Nutrition and surrey University nutritionist, said a study of 14,000 pregnant women in Bristol during the 1990s found that more than 90 percent of them were not getting enough of the vitamin.

She said, "Vitamin D is known to be vital for a wide range of body functions. A lot of us are very worried about (deficiencies) and think it needs looking at."

Sugar really does make as sweeter:

Sugar really does make us sweeter – by helping us digest bad news, says a new study, it is believed that the sugar rush provides the brain with the fuel it needs to push away thoughts of blame and revenge, making it easier for us to forgive and forget. "These findings provide the first evidence that forgiveness depends on how efficiently the body uses glucose, "the daily mall quoted researchers at the University of Kentucky as saying. The study has been published in the journal Personality and individual differences.

Jogging in a park is better than at the gym

Jogging in the park boosts energy and improves mood more than going to the gym. A walk in the great outdoors is better for body and mind than pounding the treadmill, according to research and those who burn off calories by jogging in the park of hiking on the moors feel happier than those who break a sweat in the gym. They also have more energy and may even find it easier to concentrate at work. Exercising outdoors is better at cutting anger, fatigue and sadness than exercising indoors. And saving money on gym membership fees could also give many a reason to smile. The finding come from a review of 25 studies comparing the benefits of exercise in natural environments, such as parks, forests and university campuses, with 'synthetic' ones, including gyms and leisure canterers. Those who chose an open-air workout also felt more energetic, and often found it easier to concentrate. However, there was no firm evidence that exercising outdoors is better for blood pressure or the immune system. And not all 'natural' environments are created equal – with those who did physical activity in parks and other green spaces benefitting more than others who pounded pavements. Researchers said this systematic review contributes a rigorous and objective synthesis of the evidence for added benefits to health from activities in a natural environment.

-Courtesy Reader's Digest

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. Philanthropist are request 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

Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Officer Commanding, The Bombay City Ambulance Corps, at Head Quarters, 21 New Marine Lines, Mumbai - 400 020 and printed by him for the owners of the Publication "The Bombay City Ambulance Corps."

BOOK-POST

To,



From :
THE BOMBAY CITY AMBULANCE CORPS
21 New Marine Lines, Mumbai - 400 020.
Telephone No. : 2201 42 95