



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No.690

January 2024

The Bombay City Ambulance Corps wishes Patrons, Life Members and Well-wishers of the Society a very Happy and a Prosperous New Year 2024

PART – I

NOTIFICATION

Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2024 term), in English medium, will be inaugurated under the aegis of Jamsetji Tata Ambulance College on Monday, January 8, 2024 for 2 hours in the evening on Mondays and Thursdays in First Aid.

NOTIFICATION

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/251) of Jamsetji Tata Ambulance College was conducted in November-December 2023 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., Dip Amb. Work as assessor for practical tests. The following students have been declared successful in order of merit:

1. Miss Bhakti P. Bhardwaj, M.Sc., 2. Mr. Lalit S. Patil, M.E., 3. Mr. Latishkumar Bangera, 4. Mr. Kunal S. Pathak, 5. Miss Vaishali M Singh, M.B.A. 6. Mr. Vishal S. Singh.

Awards

1. Miss Bhakti P. Bhardwaj, M.Sc., has been awarded the "First Aid Instructors' Cup" for standing first in the examination.
2. Mr. Lalit S. Patil, M.E., has been awarded the "First Aid Instructors' Prize for standing Second in the examination.

Basic Rescue Demonstration

Basic Rescue Demonstration was carried out in our campus for 14 volunteers of Parsi Ambulance Division, Dhobitalao, Mumbai, included: In case of fire in a building- 1. Escape from first floor through a window, coming down from higher floors using a rope, in case of fire in a building. 2. Search of a building and a room. 3. Saving a victim whose clothes are on fire

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
November 25	10,000.00	Mrs. Hilloo R. Damkevala
December 04	8,100.00	Trupti Jain
December 04	6,400.00	Saran Presents
December 15	10,000.00	Mumbai Port Sports Council
December 17	3,200.00	Saran Presents

SERVICE STATION STATISTICS

Year 2022	November	December
Calls Registered	14	21
Removal Services	25	38
Services for which NO donation were received	21	30
Amount of Donations received on account of :		
Removal Services	1,500.00	Rs.3,900.00
Donation to Station Fund Rs.	10,000.00	27,700.00
Run of Ambulance Car (Amb. Car No.13)	251 Kms	465 Kms
Total Services rendered till date	82,111	82,149

Donation to General Fund

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

Date 2023	Amount Rs.	Donations Received from
November 6	21,000.00	Aatmabodh Academy of Yoga
November 25	7,500.00	Hilloo R. Damkevala
November 30	12,000.00	Sumukhei Performing Arts
December 5	21,000.00	Aatmabodh Academy of Yoga

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 Port Sports Council	December 11	8.30 am to 2.15 pm
		December 11	3.30 pm to 5.30 pm
		December 12	7.30 am to 12.30 noon
		December 12	3.15 pm to 5.45 pm
		December 13	8.00 am to 12.15 noon
		December 13	3.30 pm to 5.30 pm
		December 14	8.00 am to 12.30 noon
		December 15	8.00 am to 12.30 noon
		December 23	8.00 am to 5.30 pm
2	Saran Presents	November 25	8.30 am to 6.30 pm
		November 26	9.00 am to 6.30 pm
		December 2	8.30 am to 6.30 pm
		December 17	8.45 am to 6.45 pm

PART II

Harmful Effects of staying indoors on your Skin

1. The blue light effect: You might have heard about the horrors of blue light. Emitted by the screen of the gadgets we use such as laptops, mobiles, TVs, and tablets, prolonged exposure to blue light can contribute to the weakening of your skin barrier, hyperpigmentation and premature skin aging. In extreme cases it can lead to skin cancer. As we find ourselves working remotely from home, it is evident that our that our screen time has increased significantly. This turns out to be nightmare for our skin. So as much as possible, take breaks from your gadgets and show some love to your skin. If, due to work you cannot avoid exposure, there are blue light filters available today to minimize the impact.
2. Sun can harm your skin even indoors: It is one of our biggest misconception that we do not need sun protection if we are not outside. Believe us, sun rays have many ways to reach you and damage your skin, even indoors. They can seep in through your glass windows. The time you spend working remotely indoors also exposes your skin to the sun. So, while you are working from home, the sun's rays are doing their work of damaging your skin. Do not assume that you do not need sun screen while at home. When you get ready in the morning, apply a protective layer of sunscreen with an SPF of at least 30 to your skin.
3. Being lazy can cost you the natural glow: While many of us are embracing the remote work skin care craze, there are those of us who have become lazy and neglected proper skin care. Remember that your skincare routine is a habit that your skin has grown accustomed to. Neglecting

your skincare routine can make your skin look dull and tired. If you think that just because you are not going out, your skin is not exposed to dirt and impurities, think again. It is important to cleanse and pamper your skin regularly to prevent the buildup of impurities and clogging of skin pores.

4. **Hasty DIYs (Do It Yourself)** can lead to skin disasters: Remote work seems like the perfect time to try some nourishing DIYs, doesn't it? While we agree that homemade natural remedies are the best for your skin, using them blindly can cause irreversible damage. Before you get caught up in the frenzy of remote work skincare, conduct thorough research before applying anything to your face. You also need to limit the frequency with which you use DIY treatments on your face. Your skin needs a break to rejuvenate itself, and applying substance to it every day, no matter how enriching the ingredients are, can lead to disasters. DIYs and take your time figuring out what works best for your skin.
5. **Air conditioners** can make your skin dry: Have you noticed your skin becoming dull and dry lately? Constantly being in air-conditioned rooms might be the reasons for that. Air conditioners provide us with a lot of comfort, but they can also make our skin extremely dry. Being in air-conditioned room for extended periods can disrupt the moisture balance of your skin, causing various skin disorders such as itchiness, flakiness, and redness. It can even worsen acne. If you have air conditioners at home, we suggest monitoring the amount of time you spend in them to protect your skin from possible damage.

- Courtesy Free Press Info Journal

Why cold symptoms get worse at night?

1. It's cold and flu season. That means you are very likely surrounded by a symphony of coughs and sniffing noses if you are not actively coughing yourself. And whether your main complaint is a coughs, a fever, a headache or runny or stuffy nose, you may notice that you tend to feel worse at night. That's not your imagination. Several factors are to blame, starting with circadian rhythm, which is your body's internal clock. When the sun sets, it tells your brain to wind down for bed and, at same time, spurs certain immune cells to become more active. Every night, those cells are recruited to different parts of the your body, on the lookout for invading viruses and bacteria. When they identify and try to fight off viruses, the immune cells can cause irritation and inflammation, which ends up making respiratory symptoms worse at night.
2. The triggers: Certain hormones, like cortisol, also follow circadian rhythm.

Cortisol levels are highest in the morning, which may help suppress inflammation during the day and in turn, tamp down symptoms. As Cortisol levels begin to fall in the evening, symptoms may start to flare up again.

Another factor that make cough and cold symptoms worse at night is called postnasal drip, the mucus that starts to pool at the back of your throat when you are lying down.

Throughout the day, the accumulation of mucus is less of a problem because gravity helps drain it when you are upright and moving around. But at night, mucus can build up and trigger your instinct to cough and clear your airways.

The environmental conditions in your bedroom, like the dryness of air, can also irritate your respiratory tract.

Other illness, like allergies, asthma and gastrointestinal reflux, are also linked to coughing that tends to worsen at night for many of the same reasons. And some medicines also make you cough more.

3. **The Cure:** Fortunately, there are several home remedies that can help improve cough and cold symptoms at night. Drink more fluids throughout the day to keep mucus thinner and to minimize the postnasal drip when you do lie down. Taking a hot bath, using a nasal saline spray or flushing your nose with a neti pot before bedtime can also thin out mucus, and these are particularly helpful in young children who cannot blow their own nose.

You can also consider running a humidifier at night to keep nasal passage moisturized. Research has shown that keeping rooms at a humidity level of about 40 to 60% reduces the transmission of respiratory viruses and may ease symptoms like cough or congestion when you are sick.

Try elevating your head with few extra pillows to help mucus drain while you sleep. For infants, use a wedge under their mattress or prop up one side of their crib.

For adults, cough suppressants that contain dextromethorphan can provide relief by reducing the to cough. Cough expectorants, such as medicines that contain guaifenesin, can help loosen mucus, making it easier to expel. These are available as stand-alone drugs or in form of combination cough-and-cold medicines. Some combination produce also include antihistamines, which can alleviate nasal congestion and reduce postnasal drip.

Another option is to use cough drops or honey, which can help prevent your throat from getting dry and irritated. Coughing can be very disruptive to sleep. And sleep is essential for recovery. So whatever you can do to help you rest will help you recover faster.

-The New York Times

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.

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

1. **New Ambulance Car Fund.** We have so far received donations of Rs. 3,11,111/-. We need about Rs. 12,00,000/- more for purchase of New Ambulance Car in 2027 when the present car will have to be put out of service under RTO requirements (maximum 8 years)
2. **Ambulance Service Station Corpus Fund.** Interest income of the endowment can be utilized for the FREE First Aid and Ambulance Service.
3. **Service Station Fund**
4. **Building Painting Fund.** The building has to undergo major repairs post structural audit. We have set aside Rs. 8,44,000/-. We need about Rs. 8,00,000/- more.

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

KINDLY VISIT OUR WEBSITE TO READ BRIGADE GAZETTE - bcac.co.in

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