



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No.691

March 2024

PART – I NOTIFICATION

New Year Honors Parade

The New Year Honors Parade of the Volunteers of the Corps will be held on Sunday, April 7, 2024, at 1030 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

NEWS

Instructors' Courses

The Specialist Instructors' Course in First Aid to the Injured (January-June 2024 term), in English medium, was 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. 10 students have been enrolled in the course.

One day Seminar on Cardio Pulmonary Resuscitation

No	Date 2023	No. of participants	Participants from
S/23/CPR/3	February 10	9	International Institute of Sports Management

President & General Secretary

Managing committee considered resignation to retire of Dr. S. D. Mehtalia from the post of President due to age and accepted the same with immediate effect. The members of the managing committee were pleased to place on record the yeoman service rendered by Dr. S. D. Mehtalia as President of the society and wish him healthy and peaceful life ahead.

Mrs. Sonal Doshi has been elected as President of the society as Dr. S. D. Mehtalia has resigned from the post of President.

The managing committee considered resignation to retire of Mr. Anjan S. Lalaji from the post of General secretary due to Long Term Illness and accepted the same with immediate effect.

The members of the managing committee were pleased to place on record the yeoman service rendered by Mr. Anjan S. Lalaji as General Secretary of society and wishes him a healthy and peaceful life ahead.

Mr. Nitin S. Lalaji has been elected as General Secretary of the society as Mr. Anjan S. Lalaji has resigned from the post of General Secretary.



Mrs. Sonal Doshi
B.Com., LL.B., Solicitor

Ms Sonal Doshi has been a practising advocate and solicitor in Mumbai for the last 35 years. Her main areas of work are corporate, dispute resolution and property laws. She is an ex-partner of a well-known law firm in Mumbai, M/s Kanga & Co.

Ms Doshi is actively involved with the projects related to the women empowerment and for betterment of the underprivileged people of the society. She is the past president of the Rotary Club of Mumbai South. She is often guiding and helping the women in distress by making them aware of their rights in law.

Ms Doshi has penned 2 books, "Women and Law" and "Child Abuse". Both the books narrate the rights of women and children in simple language. The book, "Women and Law" was appreciated by the social organizations working for women. This book was also translated into Hindi language due to the request made by certain social organizations.

Basic Medical and Advance Medical Help

Mr. Vishal Singh, who passed Specialist Instructor's Course in First Aid to the Injured (Course I/251 July-December 2023 term), was invited as resource person for training program on Disaster Management, arranged by Department of Rural Development for students at St. Joseph College, Virar (West). He conducted a session on "Basic Medical and Advance Medical Help" on 27th February 2024. Dr. (Mrs.) Clementine J. Rebello, Convener of Disaster Management Course, Department of Rural Development expressed in her letter "The proceeds will support their community outreach program."

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
February 9	8,000.00	Aatmabodh Academy of Yoga
February 5	15,000.00	The Bombay Master Printers' Association
January 23	6,000.00	Saran Presents
January 23	3,200.00	Saran Presents
February 6	21,000.00	Mr. Ghanshyam Kalwani
February 10	6,750.00	Students of International Institute of Sports Management
February 15	10,000.00	Mumbai Port Sports Council
February 17	3,200.00	Saran Presents

Donation to General Fund

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

Date 2023	Amount Rs.	Donations Received from
January 10	15,000.00	Mumbadevi Temple Charities
January 04	21,000.00	Aatmabodh Academy of Yoga
January 05	25,000.00	Mumbadevi Temple Charities
January 18	12,000.00	Sumukhei Performing Arts Foundation
February 02	12,000.00	Sumukhei Performing Arts Foundation
February 12	21,000.00	Aatmabodh Academy of Yoga
February 15	2,00,000.00	Mahalakshmi Temple Charities
February 21	12,000.00	Sumukhei Performing Arts Foundation

Public Duty

Ambulance Car 13 (MH-01-CV-6683) with trained staff and equipment's such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at:

Organizer	Date 2024	Time
Saran Presents (Foot Ball) (Event)	January 6 & 7	8.30 pm to 6.00 pm
	January 13	9.00 am to 6.00 pm
	January 21	10.30 am to 6.00 pm
	February 17	9.00 am to 6.00 pm
The Bombay Master Printers' Association	January 18 (NCPA Event)	8.00 am to 11.30 pm

SERVICE STATION STATISTICS

Year 2023	January	February
Calls Registered	20	14
Removal Services	36	28
Services for which NO donation were received	29	26
Amount of Donations received on account of :		
Removal Services	Rs. 2,200.00	Rs.1,200.00
Donation to Station Fund Rs.	24,600.00	Rs.34,450.00
Run of Ambulance Car (Amb. Car No.13)	393 Kms	282 Kms
Total Services rendered till date	82,185	82,213

PART II

What Indians can learn from Blue Zone Diet

We are surrounded by fad diets people fasting for hours at a time or forsaking all forms of sugar or carbs altogether, as they insist on telling you all the benefits they are reaping. No, really, it is great, they tell you against your will at a dinner party where they can barely eat the food served. But focusing on longevity and quality of life has brought another kind of diet, or rather lifestyle, to the limelight. It's named after Blue Zone, five pockets across the world that have the highest concentration of centenarians. A new docuseries, based on the travels and research of Dan Buettner who pioneered the diet, has made many Indians curious about how to live a 100.

95% Plant and 80 % full

Plant-based foods make up the vast majority of what those in Blue zone areas eat. They tend to eat a lot of beans, whole grains, olive oil, in terms of liquids, they prefer water and keep their caffeine and alcohol and alcohol intake minimal. While Blue Zone don't all share the same diet it would be unusual for someone in Costa Rica to eat the same things as a person in Japan there are commonalities that emerge. They don't eat foods which are processed, so they only have natural fats and oils. Plus, they do not have too much sugar, especially if it is processed. The common denominator is they don't use chemicals, pesticides, preservatives, and additives. Another principle of diet is that you eat till you are 80% full. You need not do calorie counting, protein counting and all the rubbish. Eat seasonal and locally grown produce, exercise moderately and eat at the right time.

Cut Inflammation

While the diet has been around for about 20 years, it has been becoming better known. The benefit of this way eating comes down to inflammation. Those foods do not cause inflammation, which keeps us healthy. If there is no injury at the cellular level, then diseases do not have procedure in the body. These diets contain good omega 6 and omega 3 fatty acids which also reduce inflammation.

Well about the mind too

Incorporating sensible food habits is all and good but true-Blue Zone dwelling is not a one-trick pony. People in Blue Zone lifestyles do not count calories or track the number of steps they take. Fitness there is not about doing one hour of gymming. They prioritize family-time, indulge in self-care, have hobbies, enjoy gardening, they walk or cycle to work, do household chores, and go out to buy groceries. It is a lot about how they manage their time, emotions, and sleep. It aims for physical, mental, emotional, and spiritual alignment.

Don't copy, eat local

Given that these diets originate in contexts rather different from ours, it is important to note that they cannot simply copy-and-pasted. Rather than taking sheep's milk and Goat's milk, it makes more sense to take whatever is locally available. There are some people in every country who are already following something akin to a "Blue Zone" diet which is mostly based on whole foods and plant-based diets. There is a little bit of meat thrown in, some seafood sometimes. People eat more home cooked food, there are early dinners one's activity level is high, they are close to nature to me it all sounds like a traditional

Indian way of living. Or how our grandparents lived. In fact, you should eat like your grandmother did.

EAT LIKE A 100-YEAR-OLD

- Consume a lot of plants and legumes, especially beans.
- Eat two handfuls of nuts daily.
- Moderate amounts of meat, alcohol, dairy and sugar are allowed.
- Eat less and move more is the mantra.
- Avoid processed and artificially sweetened foods.

- Courtesy Sunday Times

What you need to keep in mind about different types of strokes

Every year, more than 12 million people globally suffer a stroke. Studies say that stroke is the second leading cause of death I the world. One in four people over age of 25 suffer a stroke in their lifetime. In the last 15 years, India has seen an increase of 17.5% in the number of stroke cases.

What is a Stroke?

Stroke, paralysis, lakwa are commonly used interchangeable words for the same problem. There are mainly two types of strokes:

- An ischemic stroke occurs when there is blockage of blood vessel that supplies blood to the brain.
- A hemorrhagic stroke/bleeding in the brain occurs when blood vessel bursts in the brain.

What are the risk factors for stroke?

Patients with diabetes, by pretension, high cholesterol, cardiac problems as well as people smoking cigarettes/bidies, chewing tobacco, gutka/mava or taking excess alcohol are at higher risk for developing strokes.

How is it diagnosed and treated?

Stroke is diagnosed with the help of CT scan and MRI scan of the brain. Hence, it is important to reach a hospital with these facilities immediately in case of symptoms of stroke. Unlike before, we now have multiple treatment options for stroke patients. But these options work best within specific time frame. If a patient has a blood clot in the brain, we can give a clot bursting drug within first 4-5 hours from the time of symptom onset. In selected cases, we can do angiography and thrombectomy (clot removal) upto 24 hours. With the advances in medical care, it is now possible for many with stroke to live a disability-free, better of life of treatment is given in time.

Symptoms to watch out for Remember the mnemonic B E F A S T

- B - Balance: Sudden loss of imbalance while walking.
- E - Eyesight: Sudden loss of vision or double vision.
- F - Face: Ask the person to smile. Does one side of the face drop?
- A - Arms: Weakness in arm/leg on one side.
- S - Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- T - Time: If you see any of these signs, quickly reach an emergency room of a hospital nearby.

- Curtesy Mumbai 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.

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

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