



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

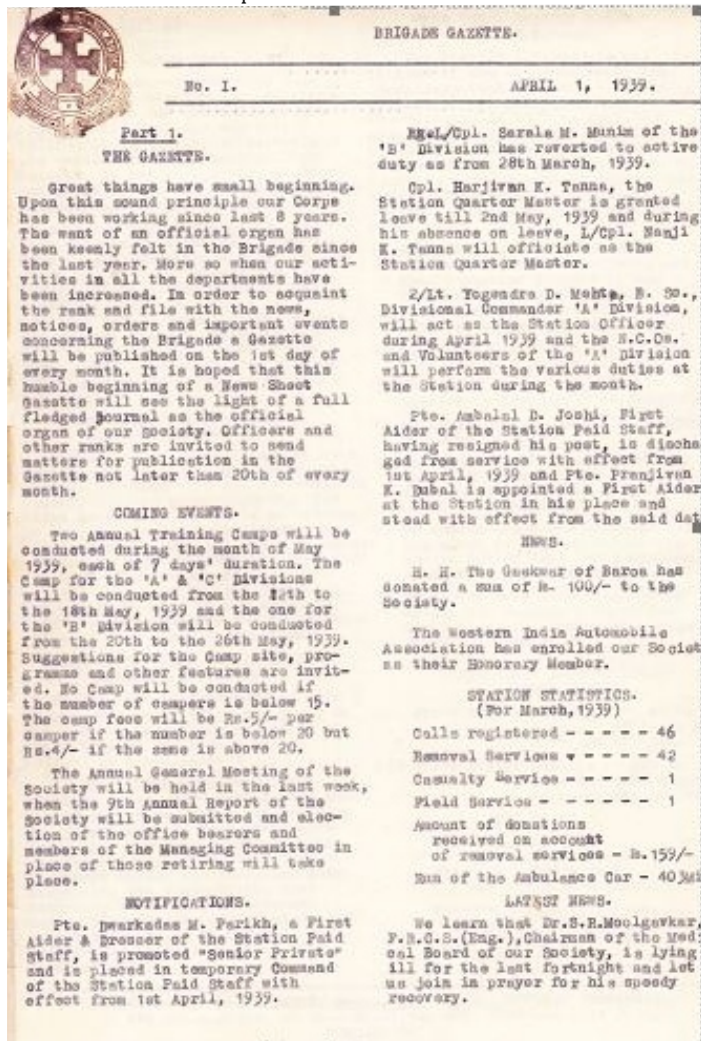
GRATIS

No.700

September 2025

PART - I

On occasion of publishing BG 700, We recollect memory of type written BG 001 dated April 1939.



NOTIFICATION INSTRUCTOR'S COURSES

The next Specialist Instructors' Course in First Aid to the Injured (November-December 2025, 11 sessions term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, November 3, 2025 for 2 hours in the evening on Mondays and Thursdays.

Admission is open to participants who have successfully completed Basic First Aid Course. Enrollment will be at the sole discretion of the Commandant of the College. Those desirous of enrolling in the course should send WhatsApp message to Lt. Kansara on 981949871 or Captain Lad on 9930847744 from October 13 to 31, 2025. Enrolment form and Time Table will be sent. Last date for submitting the form is October 31, 2025, 8 pm.

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

NEWS

CONDENSED BASIC COURSE IN FIRST-AID

A short introductory course in First Aid to the injured totaling ten hours spread over (Two Sundays 5 hours each day) Conducted on July 27 and August 3, 2025 was conducted. 12 participants from GSBS Medical Trust were enrolled in the course.

One day Seminar on Cardio Pulmonary Resuscitation

One day Seminar (S/25/CPR/2) was conducted on Thursday, July 17, 2025 and Monday, July 21, 2025 for students of B/FA/25/1. 7 participants attended the seminar.

Donations to Service Station Fund

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

Date 2025	Amount Rs.	Donation Received From
July 3	500.00	Anonymous
July 16	15000.00	Chhotatal H. Shah & Co.
July 27	10000.00	GSBS Medical Trust

Donation to General Fund

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

Date 2025	Amount Rs.	Donations Received from
July 23	12,000.00	Sudnya Shivnath Banerjee
July 26	12,000.00	Sudnya Shivnath Banerjee

SERVICE STATION STATISTICS

Year 2025	July	August
Calls Registered	18	27
Removal Services	31	44
Services for which NO donation were received	28	37
Amount of Donations received on account of :		
Removal Services	Rs.2,300.00	Rs. 8,100.00
Donation to Station Fund Rs.	25,500	0.00
Run of Ambulance Car (Amb. Car No.12)	244 Kms	551 Kms
Total Services rendered till date	82,773	82,817

PART II

Understanding Arthritis and Autoimmune Disease

Arthritis or vaat is the name given to disease of joint. There are more than 100 different types of Arthritis of which Rheumatoid Arthritis (RA), Ankylosing Spondylitis (AS), Connective Tissue Disease (CTD) and Psoriatic Arthritis (PsA) are most common types of arthritis.

Consultant Rheumatologist Dr. Isha Sood (MD (Med), DNB Rheumatology) says "most arthritis are auto immune disease which occur because of a dysfunctional immune system, but some like osteoarthritis can also occur because of age-related degeneration. Most arthritis has a specific pattern, which defines them like RA and mainly affects small joints of the hands and feet, causing early morning stiffness, difficulty in making fist and holding objects.

As mainly affects the back and spine leading to back pain, buttock pain, difficulty in turning in the bed and morning stiffness in the back. CTD group includes diseases like Lupus or Systematic Lupus Erythematosus (SLE), which can affects joints, Skin and kidney leading kidney failure, Sjogren, which leads to dryness of eyes and mouth, parotid swelling along with lung disease, Scleroderma which causes tightness and lung disease.”

There are specific laboratory markers that help in diagnosing these diseases, but clinical examination and history mainly decide the diagnosis. Certain tests like Rheumatoid Factor (RF), Anti CCP, HLA B27, Anti – Nuclear Antibody (ANA) are some of the important markers for these diseases.

“Treatment of these diseases may vary according to the type and severity of the disease, but most of these are treatable. Exercise plays an important role in theses disease and diet in these is largely not known to aggravate them. Early diagnosis and timely treatment are crucial for arthritis for arthritis and autoimmune diseases, as they can lead to permanent damage to the joints, kidneys, or lungs if left unmanaged. Theses conditions are best treated by a rheumatologist.”

- Courtesy: Times of India

WHAT IS CPR AND WHY IS IT A LIFESAVING SKILL?



DR. RAVI GUPTA
SENIOR CONSULTANT
CARDIOLOGIST
RAVI GUPTA HEART CLINIC,
MUMBAI

Cardiopulmonary Resuscitation (CPR) is a critical emergency procedure that can mean the difference between life and death during cardiac arrest. Cardiac arrest occurs when the heart suddenly stops beating, cutting off blood flow to the brain and other vital organs. Without immediate intervention, it can result in severe complications or death.

WHAT IS CPR?
CPR is a combination of chest compressions and rescue breaths designed to restore circulation and oxygen delivery to vital organs. Chest compressions help pump blood, while rescue breaths provide oxygen, keeping the brain and heart alive until professional medical help arrives.

WHY IS CPR LIFESAVING?
When the heart stops, blood circulation ceases, depriving organs of oxygen. CPR helps maintain circulation

by mimicking the heart's natural pumping action. Chest compressions squeeze the heart between the breastbone and backbone, pushing blood toward vital organs. Releasing the pressure allows blood to refill the heart, continuing the cycle. This process keeps the person alive until their heart starts beating again or emergency responders arrive.

Studies show that immediate CPR by a bystander can double or even triple the survival chances of someone experiencing out-of-hospital cardiac arrest. CPR acts as a crucial bridge, sustaining life until advanced medical care is available.

WHO NEEDS TO LEARN CPR?
Everyone should learn CPR, as cardiac emergencies can happen anywhere—at home, work, or in public places. Performing CPR quickly and correctly significantly increases the likelihood of survival. The American Heart Association includes CPR as a key step in the "chain of survival," a series of critical actions that, when followed, improve survival rates.

WHY LEARNING CPR MATTERS
CPR is not just a medical procedure—it's an essential life skill. It doesn't require years of training, just a willingness to act. In cardiac arrest, every second counts. By knowing CPR, you can provide crucial support and potentially save the life of a loved one, friend, or even a stranger.

QUICK TIPS

- Give chest compressions at a rate of 100-120 per minute.
- Always call emergency services before starting CPR.
- Even imperfect CPR is better than doing nothing.



Disclaimer: Issued in public interest for patient awareness by Subh Pharma, Information Team ©

AN APPEAL FOR DONATION

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. 5,00,000/- 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. 2,10,000/-. 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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