



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No.703

March 2026

PART - I

NOTIFICATION

NEW YEAR HONORS PARADE

The New Year Honors Parade of the Volunteers of the Corps will be held on Saturday, April 4, 2026, at 1700 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

NEWS

Results of First Aid Basic Course Examination

The Examination of the students of the Basic Course in First Aid to the Injured (Course No B/25/FA/3) of Jamsetji Tata Ambulance College was conducted in February 2026 by the Examiner appointed by the Medical Board of the Society, Captain Rameschandra J. Lad. The following students have been declared successful in order of merit:

(1) Mr. Shaikh Mohd Arif Jamal Mohd Kaleem, (2) Mrs. Vyas Shilpa Ketan, B.com, LL.B, M.A., (3) Mr. Ghadge Rushikesh Pandurang, (4) Mr. Ghadge Om Mahesh, and (5) Mrs. Olkar Swati Shailesh, B.Sc., ADMLT, LL.B

Specialist Instructors' Course in First Aid

The next Specialist Instructors' Course in First Aid to the Injured (February was postponed) (March - April 2026, 11 sessions term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, March 30, 2026 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 March 23 to 28, 2026. Enrollment form and Time Table will be sent. Last date for submitting the form is March 28, 2026, 8 pm.

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

Illness of Lt. Kansara

Lt. Sunil C. Kansara, Hon. Commandant of our Ambulance College, suddenly fell ill with a complaint of severe weakness and was admitted in G.T. Hospital on 11th January 2026. Findings were fluctuating blood sugar and Blood pressure and some deficiency. He has recovered and discharged on 4th February, 2026. He has resumed office on 9th February, 2026.

NEW AMBULANCE CAR No. AC14

Managing Committee at its meeting held on February 14, 2026 resolved to purchase a new Maruti Ecco Ambulance Car (no. 14) by the end of March 2026, out of the New Ambulance Car fund.

Registration of 12AB(1)(b) & Exemption u/s 80G

An order for granting registration u/s 12AB(1)(b) for the period 2027-28 to 2036-37 received on 21/02/2026. Also an Order for granting approval u/s Clause (ii) of 2nd proviso to Sec. 80G(5) for the period 2027-28 to 2031-32 received on 21/02/2026.

Donations to Service Station Fund

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

Date 2026	Amount Rs.	Donations received from:
20.02.2026	15,050.00	Students of B/FA/25/1
23.02.2026	20,000.00	Bombay Masters Printer's Association
23.02.2026	15,803.00	Students of B/FA/25/3

Donation to Building Painting Fund

Date 2026	Amount Rs.	Donations received from:
February 23	25,000.00	Mr. Bhavin Jagdish Pandya

Donation to General Fund

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

Date 2026	Amount Rs.	Donations received from:
07.01.2026	40,000.00	Mrs. Sheela Shivnath Banerjee
28.01.2026	10,000.00	Harjivan Vassonji Ch. Trust

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 2026	Time
Bombay Masters Printer's Association	January 18	7.45 am to 7.00 pm
Mumbai Sports Council	February 12 to 16	9.00 am to 6.30 pm

SERVICE STATION STATISTICS

Year 2026	January	February
Calls Registered	19	5
Removal Services	33	7
Services for which NO donation were received	27	2
Donation received on account of:		
Removal Services	Rs.3,400.00	2,700.00
Donation to the Station Fund Rs.	0.00	68,853.00
Run of Ambulance (Car No.13) km	497	562
Total Services rendered till date	82,941	82,948

PART II

DIABETES & KIDNEY DISEASES

Diabetes leading causes of CKD in India, accounting for nearly 40 % of cases. With over 100 million people living with diabetes in India, public health implications are enormous. Diabetes affects the kidneys by damaging the microscopic blood filters over many years. Persistently high blood sugar causes these delicate structures to thicken causes these delicate structures to thicken and leak protein, gradually reducing the kidney's ability to clean the blood. This process is slow and symptom-free in the early stages, allowing kidney disease to remain undetected for years.

An elevated creatinine suggests kidney involvement, but is an imperfect marker. Even borderline values may reflect significant loss of kidney function. For this reason, nephrologists recommend routine assessment of Estimated Glomerular Filtration Rate (eGFR), which reflects how well the kidneys are working, along with urine albumin testing.

Kidney protection today goes beyond sugar control alone and rests on well-established principles. Consistent blood sugar control is vital, as long-term averages matter more than occasional 'good' reading. Blood pressure needs careful monitoring, since hypertension accelerates kidney damage. Most patients benefit from targets below 130/80 mmHg tailored to individual needs.

Recent years have seen major therapeutic advances. Newer medications such as SGLT2 inhibitors, non-steroidal mineralocorticoid - receptor antagonists, and GLP-1 based therapies have shown evidence in slowing kidney disease progression. These are used along side time-tested blood-pressure-lowering agents. Kidney care starts from the time diabetes is diagnosed. Regular monitoring and early referral to a nephrologist should be viewed as a proactive step toward prevention. Diabetic kidney disease does not develop overnight and it need not progress inevitably to dialysis. With awareness, routine screening and evidence-based treatment, kidneys can be protected—quietly, effectively, and for

decades.

Courtesy Sunday, Bombay times

FIRST AID FOR MISCELLANEOUS CONDITIONS

The boundary between first aid and home medicine is often blurred. Many everyday conditions (for example, headaches, cramp, or a raised temperature) develop quickly and need prompt treatment.

The use of medicines

Use of paracetamol and other tablets to relieve fever and pain; however, giving medication is not strictly within the scope of first aid. It is important to consult a doctor or pharmacist before administering any medication.

When to seek medical aid

An apparently minor complaint can sometimes be the start of a serious illness. If you are in any doubt about your ability to deal with any condition, you should always consult a doctor, even if it is only by telephone.

FIRST AID PRIORITIES

- Make the casualty as comfortable as possible.
- If simple measures fail to provide relief within an hour or so, seek medical advice.

1. FEVER

A sustained body temperature above the normal level of 37C (98.6F) is known as fever. It is usually caused by a bacterial or viral infection, and may be associated with influenza, measles, chicken pox, meningitis, earache, sore throat, or local infections, such as an abscess.

Recognition

- Raised under-the-tongue temperature.

In the early stages:

- Pallor.
- A "chilled" feeling - goose pimples, shivering, and chattering teeth.

As the fever advances:

- Hot, flushed skin, and sweating.
- Headache.
- Generalized "aches and pains".
- Higher temperature.

TREATMENT

1. Make the casualty comfortable in cool surroundings, preferably in bed with a light cover. Allow her to rest.
2. Give the casualty plenty of cool, bland drinks to replace lost fluids.
3. An adult may take two paracetamol tablets. Give a child the recommended dose of paracetamol syrup (not aspirin).

2. HEADACHE

A headache may accompany any illness, particularly a feverish ailment such as 'flu, but it may be the most prominent symptom of a serious condition, such as meningitis or stroke. Mild "poisoning" caused by a stuffy or fume-filled atmosphere, or by excess alcohol or any other drug, can induce a headache in an otherwise healthy person.

Headaches may develop for no apparent reason, but can often be traced to tiredness, nervous tension, stress or emotional upset, or undue heat or cold. Headaches can range from constant low-grade discomfort to "blinding" pain that is completely incapacitating.

TREATMENT

1. Help the casualty to sit or lie down comfortably in a quiet place. If possible, remedy any likely cause of the headache, such as loud noise, bright light, or lack of fresh air.
2. An adult may take two paracetamol tablets or her own painkillers. Give a child the recommended dose of paracetamol syrup (not aspirin).

**To be continued in BG 704
Courtesy First Aid Manual BRCS**

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 and well-wishers for generous donation to following funds.

1. Ambulance Service Station Corpus Fund. Interest income of the endowment can be utilized for the FREE First Aid and Ambulance Service.
2. Service Station Fund
3. 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

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

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