



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

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

## BRIGADE GAZETTE

GRATIS

No. 638

March, 2015

### PART - I NOTIFICATION NEW YEAR HONOURS PARADE

The New Year Honours Parade of the Volunteers of the Corps will be held on Sunday, April 5, 2015 at 1030 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

#### NEWS

##### Renovation of Dr. Moolgaonkar Memorial Hall

At its meeting held on February, 21, 2015, Managing Committee has resolved to renovate D. Moolgaonkar Memorial Hall, on First Floor of the Service Station Building at a budgetary estimate of about Rs.18.5 lacs. Quotations for the work will be invited. Past volunteer and retired Deputy Chief Engineer (Civil) of Brihan Mumbai Mahanagar Palika, Mr. Nitin S. Lalaji and Mr. Nitin Doshi Chartered Architect have volunteered to execute the work.

The job involves renovation of Flooring and skirting of the Hall, Sanitary block, stage, air conditioning. Audio and video system will be modernize to suit need for conference and various training course modules such as ambulance staff training, disaster management and First Aid life saving procedures.

Philanthropists are requested by members of the Managing committee and in particular the president of our society Dr. Suresh D. Mehtalia and chairman Medical Board Dr. Deepak M. Parikh to donate generously for the project. Donations to the society are exempted under section 80G of income tax act.

We will place a portrait of the donor who donates Rs.5 lacs or above, matching with the portraits of founders of the society already placed in the hall.

##### Public Duty

Ambulance Car 12 (MH-01-L-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football Ground for football matches as under :

Sr. No.	Organiser	Date 2014/15	Time
1.	Mumbai District Football Association	December 2014: 27, 31 January 2015: 2,5,6, 8,10,12, 18,19,20, 21,22,23,25,26,28, February 2015: 4,	3 pm to 6 pm 8.15 am to 11am
2.	PIFA	January 2015: 4,7,9, 23,24,27	4.30 pm to 7.00pm
3.	Mumbai District Football Association	January 2015: 29, 30 Women's league	10.45 am to 2 pm
4.	Goan's Sports Football	February 2015: 1,8, 15,17,19 &22	1.30pm to 6.00 pm
5.	Karnatak Sports Football	February 2015: 2,3, 7,19	11.00 am to 1.00pm
6.	Cooprage Football ground	January 2015: 31 February 2015: 2,9	4.30 pm to 7.45 pm

#### CORRIGENDUM

November, 2014 No. BG 636

January, 2015 No. BG 637

#### Donations to Service Station Fund

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

Date 2015	Amount (Rs.)	Donations received from:
January 1	1,000/-	Eventswale
January 19	7,200/-	Mumbai District Football Association
January 29	1,001/-	Mr. Kashinath A. Divecha
February 16	18,800/-	Mumbai District Football Association

#### Donation to General Fund

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

Date 2015	Amount (Rs.)	Donations received from:
February 12	9,800/-	TATA Motors
February 19	15,000/-	Shree Mumbadevi Mandir Charities

## PART II

### 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 centers. 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 benefiting 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.

### HEAT RASHES IRRITATING YOU?

Try these home remedies to seek relief from rashes due to soaring temperatures and excessive sweating

Summers are synonymous with hot blazing sun, hot and humid temperature and excess sweating. And along with this, many people tend to suffer from heat rashes. These are also known as sweat rashes or prickly heat rashes. People of all ages get affected by this condition. Heat rashes occur when excessive sweating due to the heat, ends up blocking the sweat glands and as a result the sweat gets trapped in the skin. The common symptoms include small reddish pimple like eruptions on the skin, which are itchy and give prickly sensation to the skin. Heat rashes commonly occur on the neck, armpits, upper chest and the groin. Here are some home remedies to help you seek relief from heat rashes.

It is important to cool your skin when you break out into heat rashes to prevent it from getting worse and spreading further. Therefore, placing an ice pack on the affected area is a good idea. Apply it for a duration of about ten minutes every three to four hours.

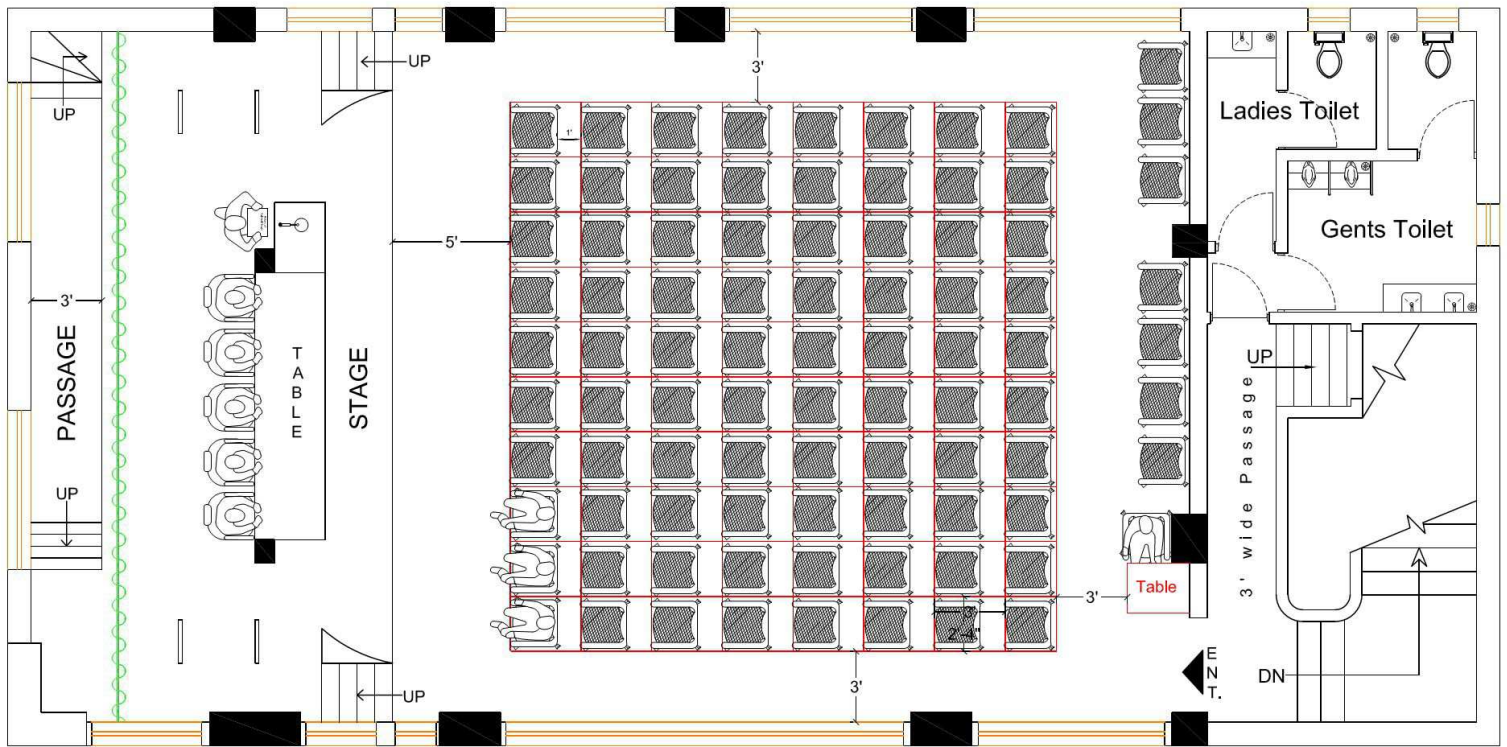
Gently rub cut aloevera piece over the affected area, thrice a day you can use

YOU CAN VIEW BRIGADE GAZZETE ON  
WEBSITE (bcac.co.in)

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : www.bcac.co.in

**PROPOSED RENOVATION OF Dr. MOOLGAONKAR MEMORIAL HALL**



*Doshi & Co.*

CHARTERED ENGINEERS, ARCHITECTS, SURVEYORS, VALUERS & REHAB ENGINEERS ARBITRATORS

aloe vera gel too. Aloe vera contains excellent healing properties and will provide a cooling effect.

While bathing, soak yourself in warm water containing a little baking soda or finely ground oatmeal powder. This is a good remedy to ease the itchy prickly sensation of the heat rashes.

After your bath apply non-perfumes or herbal talcum powder on your skin about three to four times a day. The powder will help keep the body sweat and moisture free.

Apply a paste of gram flour or beson mixed with water over the heat rashes.

Gently rub the paste and leave for about five minutes. Wash it off with cold water.

Time to chillax : sit in front of an air conditioner to cool off your body from the excess heat.

**One – cut solution for abdominal surgeries**

The days of making a 15 cm cut to perform abdominal surgeries are long gone. While laparoscopic surgeries with three four incisions have been in practice for a while now, some city doctors have taken the concept of a minimally invasive surgery a step further.

The current trend is to introduce the instruments through a laparoscopic port in the navel and another small incision alongside it. Though the advantages of this single incision technique is complicated to perform.

As compared to the earlier laparoscopic surgery the single incision inoscopy requires only one cut. This cut (between one to two cms) within the navel is enough to push in a laparoscope and another instrument so the laparoscope is left there through the surgery and other instruments is pushed in as and when required.

From the removal of the gall bladder to a hysterectomy single incision surgeries are being done for a host of problems. Patient can walk a day after the surgery

Surgeons have come up with a technique that involves only a 10 min. cut next to the navel. The surgeries are technically difficult, slightly expensive and need expertise. On the other hand, there is less bleeding and a smaller scar which doesn't show and the patient recovers faster.

One of the main advantages of this surgery is that a child does not have to face the trauma of having a big surgical scar all their life.

SERVICE STATION STATISTICS		
Year 2015	January	February
Calls Registered	3	5
Removal Services	4	5
Services for which NO donations were received	1	2
<b>Donations received on account of :</b>		
Removal Services	₹ 950/-	₹ 1,300/-
Donations to the Station Fund	₹ 9,201/-	₹ 18,800/-
Run of Ambulance Car (No.12)	397 Kms.	153 Kms.
Total services rendered till date	79,550	79,555

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 at Print Percept, Mumbai - 400 098 for the owners of the Publication "The Bombay City Ambulance Corps".

**BOOK - POST**

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From :  
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