



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 639

May, 2015

PART - I CORPS ORDER

Efficient Service Certificate 2012 - 2013

No.1 of 2015-16 - The following volunteers of the 'A' division of the corps, having attended 75 per cent of the total number of parades (i.e. 78 parades out of 105) conducted during 2013-14, are awarded the Efficient Service Certificate 2014-15 :

Sg. Chittaranjan N. Mehta.

Sg. Milkhasing H. Bedi

NEWS

Specialist Instructors' Course in First aid to the Injured

A Specialist Instructors' Course in First aid to the Injured (I/240) January - June 2015 term, was inaugurated on Monday, January 5, 2015 at 18.30 hours in the Dr. Moolgavkar Memorial Hall by the Officer Commanding of the Corps, Captain R.J. Lad, under the aegis of Jamsetji Tata Ambulance College.

11 students have been enrolled in the course. They comprise of highly qualified and experienced social workers, school teachers. They were selected from 21 applicants.

Condensed First Aid Course

Three days condensed Basic First Aid Course was conducted at Guru Nanak Higher Secondary School, Sion (E), Mumbai from January 6 to 8 January 2015.

One Day Workshop on First Aid

One day workshop on First Aid to the Injured was conducted on March 7, 2015 for 45 security persons of Reserve Bank of India at its Main Building, Fort, Mumbai.

One Day Seminar on CPR

One day seminar on Cardio Pulmonary Resuscitation was conducted on April 25, 2015 for 11 participants from BFY.

New Year Honours Parade

The New Year Honours Parade of the Volunteers of the Corps was held at the Head Quarters on Sunday, April 6, 2014 at 10-30 hours when the Officer Commanding, Captain Rameshchandra J. Lad, took the salute and unfurled the Corps flag.

Overseas visit of Officer Commanding

Honorary Officer Commanding, Captain R. J. Lad will be on family visit in U.K. from May 20, 2015 to June 20, 2015. In his absence Lt. Sunil Kansara will be in charge of the Station and College of Ambulance.

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:

No.	Organiser	Date 2015	Time
1.	Mumbai District Football Association	March 5,7,8,9,10,11, 12, 13, 14, 15, 21, 24,25, 27,28,29, 30, 31 April 1, 2, 6, 7, 8, 13, 15 &16	8.30 am to 11 am and 3 pm to 6 pm

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

2.	Catholic Gymkhana	March 22, 23,24,25, 26, 27, 28,	9.30 am to 1pm & 6 pm to 11 night
3.	Bombay Stock Exchange	April 8	9 am to 11 am
4.	Goans Sports	April 12	1 pm to 6 pm

CORPUS DONATIONS

We have received 1.On February 5, 2015 Rs. 2,500/- from Harjivan Vassonji Charitable Trust and 2. On March 27, 2015 Rs. 10,000/- from The Verma Trust for the prevention of Industrial Accidents and Occupational Diseases as Corpus donations for the earmarked fund for Service Station.

Donations to Service Station Fund

We have received 1. on March 16, 2015 Rs. 10,000/- from Fulchand Manekchand Shah Charitable Trust in memory of Late Mr. Ghadiali, and 2. on April 20, 2015 Rs. 5,000/- from Jamnadas Laxmidas.

Donations to Service Station Fund

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

Date 2015	Amount (Rs.)	Donations Received from
March 7	3,000/-	Indira Health & Life styles Pvt. Ltd.
March 12	7,000/-	Mrs. Hilloo R. Damkevala
April 1	4,000/-	The Catholic Gymkhana
April 20	500/-	Bombay Stock Exchange
April 20	24,600/-	Mumbai District Football Association

PART – II

Eyesight Loss : Symptoms and Natural Treatments

Our eyes are perhaps one of our most important sensory tools. They are the primary way for most of us to gather information about what's going on around us so we can sense the world, live, work, interact with people, and walk around safely, being able to tell what is coming up ahead with remarkable accuracy. However, with age, our eyesight may become dim and our eyes tired. It is, therefore, very important that we take good care of them through a proper diet, special exercises, and healthy habits that reduce the eye's stress and effort.

But first, how do we even know if we are losing our eyesight?

If you are losing your vision, chances are you may not even know it. Vision loss happens so gradually that you may not recognize you have a problem until it becomes a much larger one. According to the World Health Organization, more than 285 million people worldwide are visually impaired. About 80 percent of those cases could have been avoided or cured with proper treatment. The best way to prevent such deterioration is by going to regular checkups with your eye doctor, but there are additional things you can do yourself to prevent and treat eyesight loss.

If you find yourself suffering from sudden and temporary blurred vision, changes in your night vision, changes in how you read and write, increased clumsiness (brushing more and more against objects) or an increased sensitivity to light, then you may be developing an eyesight problem.

If you found out about your problem early, or if you just want to keep your eyes healthy, there are many things you can do for your eyes that are completely natural and highly beneficial.

Natural ways to improve your eyesight:

Eye friendly Diet :

Eating a healthy diet with plenty of fruits and vegetables will keep your eyesight from deteriorating and might even help improve it! Vitamin A, C, and E, are all important to eye health as well as foods rich in antioxidants.

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Also, don't forget to add Omega 3 to your regular diet. These fatty acids are essential nutrients that have great health benefits. Most people know that they are good for your heart, but many don't realize that it can help keep your retinas healthy and slow down age-related eyesight deterioration.

To get all of these great nutrients, you can eat more things kale, chard, collards, spinach and carrots. Salmon and tuna are excellent for omega 3 and if you want even more beneficial non-meat protein you can have some bananas, beans or nuts.

It's important to remember that a change in your diet alone will only protect your eyes from more harm and can only lead to a minor improvement in your sight.

Perform Eye Exercises

One of the best ways to naturally improve your vision is to perform daily eye exercises. Don't forget, your eyes have muscles just your arms or legs.

Start by doing an eye "warm up", rub your palms together and place them over your eyes. Hold your hands over your eyes for five to 10 seconds, and repeat 3-4 times.

Your first exercise should be to just roll your eyes up and down without straining them too much. Look up as far as you can, and then look down. Repeat this 10 times. Now look to each side, repeating 10 times. Finally, roll your eyes in a clockwise motion about 10 times, then reverse the movement and roll them counter-clockwise 10 times as well.

When you are done, grab a pen or a pencil and hold it at arm's length, making sure it is at eye level. Focus on the tip as you slowly move it closer to your eyes. Always focus on the tip as you move it closer to you, and then back to arm's length. Repeat this 9 more times.

When you're done, massage your temples with your fingertips and gently move to your eyebrows and under your eyes as well. If your eyes feel

tired close them and let them rest for a few moments. Just at the gym, these muscles can get tired if you overwork them.

Lifestyle Changes:

The thing about our habits - they accumulate. Even the little things we do, when done often enough, can have negative consequences that keep building up.

1 - Stop smoking : Smoking can lead to macular degeneration later in life, as well as cataracts.

2 - Make things bigger and brighter : It is very straining for our eyes to look at small and dark objects, and doing so may lead to a decline in your eyesight. To prevent this you can do many things - changing the font size of the text you read and using the zoom option on computers and cellphones. You can also adjust the brightness settings on electronic screens and see if your paper has a larger-print edition.

3 - Take more breaks : Practice the "20-20-20" rule. If your work or hobbies involve staring at a screen for long periods of time, take a break every 20 minutes, and focus on a point 20 feet away (6 meters) for at least 20 seconds. It will let your eyes relax a bit and change your focus.

4 - Rest properly : Getting enough sleep at night is important for the health of your eyes. If your eyes are well-rested, they will be in a much better condition during the day.

5 - Wear sunglasses : Too much exposure to ultraviolet light can lead to macular degeneration and cataracts. The old myth about staring at the sun has some truth in it, so avoid it when you can.

If you don't want to wear sunglasses, a simple hat will also protect your eyes nicely.

I hope these tips will help you and that your eyes will continue to serve you well for many more years to come!

— Courtesy : Mumbai Mirror

FREE FIRST AID AND AMBULANCE SERVICE STATION

SERVICE STATION STATISTICS FOR THE YEAR 2014 - 2015

Months	Calls Registered	Removal Services Performed	Services without Donations	Donations Received		Run of Ambulance Car No.12 in (K. Metres)
				Removal Services (₹)	Station Fund (₹)	
April 2014	10	15	07	2,500	10,100	331
May 2014	06	07	03	1,100	15,500	271
June 2014	15	19	07	3,421	13,214	249
July 2014	06	08	05	600	6,500	277
August 2014	12	16	10	1,750	42,100	312
September 2014	09	15	07	1,851	4,000	303
October 2014	14	20	09	5,400	24,500	390
November 2014	22	38	20	8,300	0	420
December 2014	04	05	02	1,400	16,000	274
January 2015	03	04	01	950	9,201	395
February 2015	05	05	02	1,300	18,800	153
March 2015	12	17	10	3,800	10,000	474
Total	118	169	83	32,372	1,69,915	3,849
Total services rendered till March 2015 : 79,567						
April 2015	04	04	03	200	29,100	259
Total services rendered till April 2015 : 79,571						

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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