



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 630

November, 2013

The Bombay City Ambulance Corps wishes Patrons, Life Members and Well wishers of the society a very Happy Diwali and Sal Mubarak

PART - I NOTIFICATIONS

Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2013 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 6, 2014 for 2 hours in the evening on Mondays and Thursdays in First Aid and on Tuesdays and Fridays in Home Nursing.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrolment will be at the sole discretion of the Commandant of the College. Those desirous of enrolling in the course should call in person at the College office between 6 and 8 p.m. from December 1 to 25, 2013.

NEWS

Volunteers Meet

The meeting of the past volunteers was held on Saturday, September 14, 2013. It was aimed at meeting past volunteers and explore available contribution of past volunteers for taking the Corps further ahead. It has been decided to meet often to get a concept.

Report of the meeting with data sheet seeking certain information of past volunteers were prepared and send to volunteers whose details are available. More and more past volunteers should join the drive.

Expenses of the meeting was borne by Mr. Vijay Mankermi.

The Second meeting was organized on October 19, 2013 after the 83rd Ordinary General Meeting at the Head Quarters. Volunteers present were asked to fill in the data-sheet forms to update our record.

General Secretary & Treasurer

The members of the Managing Committee at their meeting on August 10, 2013 resolved to elect Mr. Dinesh N. Majmudar, and Mrs. Sheela S. Banerjee as General Secretary and Treasurer respectively.

83rd Ordinary General Meeting

The members of the Society, at their 83rd Ordinary General Meeting held on 19th October 2013 resolved to (1) elect Captain Rameshchandra J. Lad as the Officer Commanding of the Corps under Rule 38 of the Rules and Regulations of the Society and (2) Reconstitute Medical Board as under.

**KINDLY SEND YOUR OPTIONS TO RECEIVE
BRIGADE GAZETTE ON WEBSITE (bcac.co.in)
OR BY E-MAIL (send your email id)**

1. Dr. Deepak M. Parikh., M.S., F.I.C.A (Chairman)
2. Dr. Dinesh V. Pandya, M.B.,B.S.
3. Dr. Ajay H. Kantharia, M.D.
4. Dr. Madhavi Kelker, M.D.
5. Dr. Saumeel S. Mehtalia, M.D.
6. Dr. Girish G. Lad, M.S.
7. Dr. Munira A. Khambaty, M.D.
8. Dr. Gaurang B. Shroff, B.D.S.
9. The Officer Commanding (Ex-Officio) (Secretary)

Painting of Two Buildings

In view of the completion of 75 years of Free First Aid and Ambulance Service Station in 2014 it has been decided to paint two buildings of the society. Suitable contractors are being reviewed with the help of Mr. Nitin Sakerlal Lalaji, B.E.(Civil), Retired Engineer of Greater Mumbai Mahanagarपालिका and ex volunteer of the corps.

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 Ground for Football/Hockey matches as under:

Sr. No.	Organiser	Date 2013	Time
1.	Mumbai District Football Association	September 8, 15 & 22	10 am to 6 pm
2.	Soccer School of Excellence	August 27,28, September 10, 11, 17, 19, 24,25, October 1,5, 6,9, 12 & 13	7pm to 11.45pm
3.	Mumbai Hockey Association	October 20 to 27 except 25, 2013	2.30 p.m. to 8.45p.m.

Donations to General Fund

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

Date 2013	Amount (Rs.)	Donations received from
September 5	75,000/-	General Practitioner's Association, Greater Mumbai
October 10	15,000/-	Mumbadevi Mandir Charities

Donations to Station Fund

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

Date 2013	Amount (Rs.)	Donations received from
September 1	500/-	Bombay Stock Exchange
September 7	500/-	Mr. Nagesh Siddharth Pawar
September 16	300/-	Mr. Vijay Mankermi
September 21	16,800/-	Soccer School of Excellence, Mumbai
October 17	4,800/-	Soccer School of Excellence

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

Donation in Kind

On October 8, 2013 we have received Five Books each of 2x100 sheets of Removal Service Application forms and Certificates of Removal Service along with temporary receipt, printed and bound from Champion Press, Avantikabai Gokhale Road, Mumbai 400 004. We convey sincere thanks to Mr. Bharat Kanubhai Shah, proprietor of the press, a past volunteer of the corps and life member of our society, for the Gift.

PART II**ACIDITY ON THE RISE AMONG CHILDREN**

Acidity has always been an 'adult complaint'. However, recent years have seen a rise in the number of children suffering from it. Not surprisingly, stress and the lifestyle habits are the villains here as well. Read on to know more...

THE REASONS :

1. Children in the age group of 10 to 16 years are routinely seen presenting themselves with symptoms of hyperacidity. This trend has been steadily increasing over the past few years. The main reasons include a high-calorie low-fibre diet, long intervals between meals, gulping down food rather than slowly chewing it thoroughly, academic stress, increased consumption of cold drinks and less consumption of water, he explains.
2. Stress is one of the most important factors behind hyperacidity. Acid secretion occurs under autonomic control. Any alteration in this autonomic system, due to stress, causes an imbalance in acid secretion and inhibition. It leads to hyper secretion.

HOW IT HAPPENS

Our body has some natural defence mechanisms. For example, the mucus lining in the stomach and chemicals (prostaglandins) protect our stomach and food pipe from acid (digestive juices) injuries. At the same time, these acids are required for digestion (especially proteins). Anything disrupting this barrier causes relative hyperacidity even in the absence of true acid hyper secretion.

The factors that increase acid secretion and /or disrupt the

barrier are: Stress, inadequate sleep, inappropriate diet, long fasts, binge eating, exclusive high-protein diet and excessive use of caffeine, colas, cigarettes, fried foods and painkillers. Another common cause of acid hyper secretion and defence-barrier disruption – across all age groups – in India is a bacteria named H Pylori.

There is a condition called Gastro-oesophageal Reflux disease (GERD). In this, the acid is regurgitated to the food pipe because of laxity of the sphincter between it and the stomach. This regurgitation may, sometimes, even reach the throat and enter the windpipe, leading to continuous throat irritation and cough. Continuous exposure of food pipe to acid can also lead to cancer.

The laxity of the sphincter can be caused by smoking and excessive intake of caffeinated drinks and colas. Lifestyle habits like sleeping immediately after eating can also lead to a similar situation.

TREATMENT

The most important line of action is to identify the underlying cause and treat it. There are drugs that reduce gastric acid hyper secretion. However, this need to be used as supportive therapy under a doctor's supervision, till the cause is cured.

- Hyperacidity due to H. Pylori infestation can be treated.
- Sleep and stress management help a lot.
- Smoking and intake of caffeinated beverages, colas and ready-made fatty fried foods should be discouraged.
- Anatomical defects like Hiatus hernia should be diagnosed and treated in time.
- Lifestyle modification is of utmost importance.

SHIELD YOUR CHILD FROM STRESS

Many studies have proved that children who felt loved by and connected to their parents suffer from significantly lower levels of stress. Some tips for parents to help their children combat the problem:

Talk to your child about their day at school. Ask if they need help. Whether you are able to help or not is not crucial; what is vital is your positive interest in the child and his/her problems.

You should regularly hug your child; it will relax him/her instantly.

Music as an effective tool as most children love it. There are plenty of studies about music's ability to reduce stress.

Play with your child often. Sometimes, you can even try dancing with him/her, especially if your child likes to dance. Dancing and any form physical exercise are wonderful stress-busters for children.

Teach your child some form of meditation or chanting, it will bring about a feeling of tranquillity, apart from opening the mind to new experiences and learning.

Teach your child to be positive. But it's possible only if you lead by example.

Courtesy : Mumbai Mirror

SERVICE STATION STATISTICS		
<i>Year 2013</i>	<i>September</i>	<i>October</i>
Calls Registered	6	7
Removal Services	7	18
Services for which NO donations were received	2	14
Donations received on account of :		
Removal Services	₹ 1,000/-	₹ 400/-
Donations to the Station Fund	₹ 18,100/-	₹ 4,800/-
Run of Ambulance (Car No.12)	325 Kms.	839 Kms.
Total services rendered till date	79,814	79,832

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

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 - 400 101 for the owners of the Publication "The Bombay City Ambulance Corps".

BOOK - POST

To,



From :
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