



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 644

November, 2014

PART - I NOTIFICATIONS *Instructors' Courses*

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2015 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 5, 2014 for 2 hours in the evening on Mondays and Thursdays in First Aid.

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, 2014.**

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

News

84th Ordinary General Meeting

The Eighty Fourth Ordinary General Meeting of the Members of the Society will be held in the Dr. Moolgavkar Memorial Hall at the Registered Office of the Society (21 New Marine Lines, behind Government of India Offices, Mumbai 400 020) on **Saturday, the 15th day of the November 2014 at 3.30 p.m.**

New Life Members

Following new Life Members have been enrolled at the Managing Committee Meeting held on Saturday, September 13, 2014.

1. Mr. Vijay R. Mankermi, 2. Dr. Gaurang B. Shroff, B.D.S., 3. Mr. Nitin P. Doshi, B.Tech (Civil), M.Tech (Structure), 3. Dr. Munira A. Khambaty, M.B.,B.S., M.D.(Paediatric), 4. Mr. Zoeb S. Kamdar, and 5. Mrs. Insiyah Z. Kamdar.

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	Time
1.	Mumbai District Football Association	October 17, 19	3.30 p.m. - 6.15 p.m.
2.	Reserve Bank of India	October 13	7.30 a.m. to 10.30 a.m.
3 .	Mumbai Hockey Association	September 1 to 29	4.00 p.m. to 6.15 p.m.

Donations to General Fund

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

Date 2014	Amount (Rs.)	Donation Received from
August 28	1,900/-	Dr. Gaurang B. Shroff in memory of Late Mrs. Kanta B. Shroff
September 24	5,000/-	Dr. Munira A. Khambaty

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

Corpus Donation to Station Fund

We have received Rs. 10,000/- on September 22, 2014, and Rs. 15,000/- on October 29, 2014 as corpus donations for Free First Aid Ambulance Service Station from Mr. Ramesh S. Merchant.

Donations to Station Fund

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

Date 2014	Amount (Rs.)	Donation Received from :
September 18	3,000/-	Mumbai District Football Association
September 22	1,000/-	Dr. Pradip S. Sambhare
October 8	1,000/-	Ms. Geetaben N. Kanani
October 11	3,500/-	Participants of CPR Seminar
October 11	19,000/-	Mumbai Hockey Association
October 13	1,000/-	Reserve Bank of India

PART II

Cardio Pulmonary Resuscitation

Cardio pulmonary resuscitation, commonly known as **CPR**, is an emergency procedure performed in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is indicated in those who are unresponsive with no breathing or abnormal breathing.

According to the International Liaison Committee on Resuscitation guidelines, CPR involves chest compressions at least 5 cm (2 in) deep and at a rate of at least 100 per minute in an effort to create artificial circulation by manually pumping blood through the heart and thus the body. The rescuer may also provide breaths by either exhaling into the subject's mouth or nose or using a device that pushes air into the subject's lungs. This process of externally providing ventilation is termed artificial respiration. Current recommendations place emphasis on high-quality chest compressions over artificial respiration; a simplified CPR method involving chest compressions only is recommended for untrained rescuers.

CPR alone is unlikely to restart the heart. Its main purpose is to restore partial flow of oxygenated blood to the brain and heart. The objective is to delay tissue death and to extend the brief window of opportunity for a successful resuscitation without permanent brain damage. Administration of an electric shock to the subject's heart, termed defibrillation, is usually needed in order to restore a viable or "per fusing" heart rhythm. Defibrillation is effective only for certain heart rhythms, namely ventricular fibrillation or pulse less ventricular tachycardia, rather than systole or pulse less electrical activity. CPR may succeed in inducing a heart rhythm that may be shockable. In general, CPR is continued until the patient has a return of spontaneous circulation (ROSC) or is declared dead.

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

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

An appeal for UPGADATION OF DR. MOOLGAVKAR MEMORIAL HALL.

Managing Committee at its meeting held on Saturday, September 13, 2014 decided to upgrade Dr. Moolgavkar Memorial Hall on first floor of the Service station in order to hold workshops, seminars and programmes related to enhance activities of the college of Ambulance and Ambulance service. The project is expected to cost Rs. 18 lacs.

Philanthropists are requested to sponsor the project. Name of the donor will be suitably displayed in the Hall.

The entire work will be supervised by M/s. Doshi & Co., Chartered Architect.

Upgradation involves : 1. Stage and its arrangements 2. Sanitary facilities 3. Air conditioning 4. Public address system 5. Projection system.

I AM NOT GOD... But neither am I the devil *Dr. Pranav H. Kodial, Dahanu*

Welcome my dear patient, confide in me your suffering,
My decades of long study, and my hard, exhaustive training,
is always at your service, but understand this, my friend,
I am not god... but neither am I the Devil.

My sleep at night, I give up, and my time with my family too,
I sacrifice my own health sometimes, in order to heal you,
These sacrifices I don't regret, but understand this, my friend,
That I am not God... but neither am I the Devil.

I shall treat your illness, every night and day,
But will you get well by it? I confess, I cannot say,
"What do you mean?" You ask, and my answer is, my friend,
That I am not God... but neither am I the Devil.

SERVICE STATION STATISTICS		
Year 2014	September	October
Calls Registered	9	14
Removal Services	15	20
Services for which NO donations were received	7	9
Donations received on account of :		
Removal Services	₹ 1,851/-	₹ 5,400/-
Donations to the Station Fund	₹ 4,000/-	₹ 24,500/-
Run of Ambulance	303 Kms.	390 Kms.
Total services rendered till date	79,483	79,503

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

To,



From :
THE BOMBAY CITY AMBULANCE CORPS
21 New Marine Lines, Mumbai - 400 020.
Telephone Nos. : 2201 42 95 & 6633 48 97

Note : Next CPR Seminar will be held on November 22, 2014 at the College campus from 2-00 p.m. to 6-00 p.m. Registration for the seminar will be at 1-30 p.m. on the same day.

You may get better, your health, vigour renewed,
Your eyes will then be filled... with tears of gratitude,
I do not deserve those tears; please offer them to god,
That I am not God... but neither am I the Devil.

I merely give you medicine, as my Teaching would tell me to,
But god is really the One, who restores health back to you,
He deserves the credit, please understand this, my friend,
That I am not God... but neither am I the Devil.

The same medicine that healed you may also sadly however,
Unexpectedly, without warning, cause the death of another,
It's all Destiny and god's will, and that's the truth, my friend,
That I am not God... but neither am I the Devil.

Illness, health, life and death, are decided by Fate, you see,
They cannot be guaranteed, neither by you, nor me,
As your well-wishing doctor, I can only try my best,
For I am not God... but neither am I the Devil

So shower me, my dear patient, neither with praise nor hatred,
Try to understand and remember, this cardinal truth instead,
I am a human being like you, imperfect and mortal,
I am not God... but neither am I the Devil.

Remember this about surgery

There are risks
There are benefits
There are choices
There are alternatives
It is your body
It is your life
The final decision is yours

— *Courtesy Readers digest*