



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No.697

March 2025

PART – I

NOTIFICATION

New Year Honors Parade

The New Year Honors Parade of the Volunteers of the Corps will be held on Saturday, April 5, 2025, at 1700 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

NEWS

Instructors' Courses

The Specialist Instructors' Course in First Aid to the Injured (February-March 2025, 11 sessions term under revised pattern), in English medium, was inaugurated under the aegis of Jamsetji Tata Ambulance College on Thursday, February 7, 2025 for 2 hours in the evening on Mondays and Thursdays. 5 students have been enrolled.

One day Seminar on Cardio Pulmonary Resuscitation

No	Date 2025	No. of participants	Participants from
S/CPR/24/3	February 8	11	IIMS and Talwalkar Unique Fitness Institute

Donations to Service Station Fund

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

Date 2025	Amount Rs.	Donations Received from
January 1	3,200.00	Saran Presents
January 9	3,000.00	Garware Club House
January 6	18,000.00	Bombay Masters Printer's Association
January 10	13,160.00	Students of Basic First Aid Course
February 10	5,500.00	Participants of CPR Seminar S/CPR/24/3
February 10	6,400.00	Saran Presents
February 15	3,200.00	Saran Presents

Donation to General Fund

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

Date 2025	Amount Rs.	Donations Received from
January 10	15,000.00	Mumbadevi Temple Charities
January 06	21,000.00	Aatmabodh Academy of Yoga
January 07	11,000.00	Dr. SunandaJanardan Karandikar
January 13	25,000.00	Shree Mumbadevi Mandir Charities
January 13	10000.00	Sitaram Jindal Foundation
January 23	12,000.00	Miss Sudnya Shivnath Baanerjee
January 23	11000.00	Mr. Omprakash Ramashanker Mishra
February 27	21,000.00	Aatmabodh Academy of Yoga

New Life Members

Mrs. Ranjni Arunkumar, Miss Sucheta Gautam Doctor, Mrs. Rupal Rakesh Kansara, Dr. Sunanda Janardan Karandikar, and Mr. Omprakash Ramashanker Mishra are enrolled as Life Member of the society at the meeting managing committee held on February 22, 2025.

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 2025	Time
Garware Club	December 31, 2024 – January 1	7.30 pm to 3.00 pm
NCPA	January 16	8.30 am to 3.30 pm
	January 25, February 1,	8.30 am to 7.30 pm
	February 2, 15,16,22, & 23	8.30 am to 7.00 pm
Saran Presents	February 8	8.30 am to 6.00 pm

SERVICE STATION STATISTICS

Year 2025	January	February
Calls Registered	15	17
Removal Services	29	29
Services for which NO donation were received	27	27
Amount of Donations received on account of :		
Removal Services	Rs. 1,600.00	Rs.900.00
Donation to Station Fund Rs.	6,200.00	Rs.46,260.00
Run of Ambulance Car (Amb. Car No.13)	344 Kms	370 Kms
Total Services rendered till date	82,550	82,579

PART II

CRAMP

This is a sudden, involuntary and painful muscle spasm. It commonly occurs during sleep, but can also happen after strenuous exercise, when it is caused by chemicals building up in the muscle, or by excessive loss of salt and fluid from the body through profuse sweating. Cramp is often relieved by stretching and massaging the affected muscle.

TREATMENT

YOUR AIM IS:

- To relieve both spasm and pain.

FOR CRAMP IN THE FOOT

Help the casualty to stand with her weight on the front of her foot. When the first spasm has passed, massage the foot. Straighten the casualty's knee, and draw her foot firmly and steadily upwards towards the shin. Massage the muscles.

FOR CRAMP IN THE THIGH

For cramp in the back of the thigh, straighten the casualty's knee by raising the leg. Bend the knee for cramp in the front of the thigh. In each case, massage the affected muscle firmly with your fingers until the pain eases.

STITCH

This common condition is usually associated with exercise, when pain is felt in the muscles of the trunk and the sides of the chest. The probable cause is the accumulation of waste products such as lactic acid in the muscles. The pain can be similar to that of angina, but it is usually sharper.

If a casualty is suffering from a stitch, sit him or her down and be reassuring; the pain will usually ease quickly.

HYSTERIA

This is a vague term which is often incorrectly used. True hysteria is a subconscious condition, caused by psychological stress, which manifests itself as some physical complaint, such as blindness.

We are more likely to apply the term "hysterical" to someone who is "over-reacting", possibly at the scene of an accident or on learning that a relative has died or been killed. People with this type of hysteria need to be handled firmly and positively.

Recognition**There may be:**

- Attention-seeking behaviour, such as shouting or rolling on the ground, which is usually made worse by the presence of an audience.
- Hyperventilation, which may induce spasm in the wrists and hands.
- Marked tremor or "paralysis;" the casualty is apparently unable to move.

TREATMENT**YOUR AIM IS:**

- To help the casualty to calm down and regain self-control.
1. Escort the casualty to a quiet place, away from onlookers. Be firm and positive and do not sympathise.
 2. Stay with the casualty quietly until he has recovered. Advise him to consult his doctor. DO NOT throw any water over the casualty's face.

DO NOT slap the casualty's face.

DO NOT use force to restrain the casualty.

PANIC ATTACK

Some people occasionally display anxiety out of proportion to the stress they are actually experiencing. Attacks can be unpredictable with symptoms developing suddenly. Although they are distressing, panic attacks are harmless and last only a few minutes. Signs of an attack include:

- Tension producing headaches, backache, and pressure in the chest.
- Nervous over activity, palpitations, trembling, sweating and difficulty in swallowing.
- Hyperventilation.

What you can do

Treat as for hysteria. It is very important that the casualties see a doctor, so that the cause of the attack can be treated.

HICCUPS

These short, repeated, noisy intakes of air are caused by involuntary contractions of the diaphragm, working against a partially closed windpipe. Hiccups are common and usually last only a few minutes. Short attacks are simply a nuisance, but if an attack is prolonged it may become worrying, tiring, and painful.

TREATMENT**YOUR AIM IS:**

- To increase temporarily carbon dioxide levels in the blood.
- Try any or all of the following methods.
- Tell the casualty to sit quietly and hold his breath for as long as possible.
 - Make him take long drinks from the "wrong" side of a cup or glass.
 - Place a paper (not plastic) bag over the nose and mouth and get the casualty to re-breathe his expired air for a minute to lower the level of oxygen in his blood.

If the hiccups persist for more than a few hours, call a doctor for advice.

ALLERGY

In the same way that the body makes antibodies to combat germs, it may also make antibodies to other substances - pollen, foods, chemicals, drugs - that are regularly touched, inhaled, or swallowed. These could result in an allergy - an adverse reaction, caused by a hypersensitivity to some substance that is not generally recognized to be harmful. Allergies cause problems in one of three ways, but reactions can overlap.

- Respiratory allergies may result in asthma or in hay fever.
- Intestinal allergies may produce abdominal pain, vomiting, and diarrhea.
- Skin allergies may take the form of "nettle rash" (urticaria) or dermatitis.
- Rarely, a generalized allergic reaction (anaphylactic shock) occurs that needs urgent medical attention.

TREATMENT**YOUR AIM IS:**

- To treat any symptoms.
 - To obtain medical aid if necessary.
1. Treat any symptoms, for example, vomiting or an itchy rash.
 2. Advise the casualty to see his or her doctor. Call a doctor if in doubt.

ILLNESS AND OVERSEAS TRAVEL

With the increase in travel, many people are now at risk from diseases that are not commonly encountered in their own country. A hot climate brings problems of its own, such as heat exhaustion and sunburn, to those who are unused to it.

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 well-wishers for generous donations to following funds.

1. New Ambulance Car Fund. We have so far received donations of Rs. 3,11,111/-. We need about Rs. 12,00,000/- more for purchase of New Ambulance Car in 2027 when the present car will have to be put out of service under RTO requirements (maximum 8 years)
2. Ambulance Service Station Corpus Fund. Interest income of the endowment can be utilized for the FREE First Aid and Ambulance Service.
3. Service Station Fund
4. Building Painting Fund. The building has to undergo major repairs post structural audit. We have set aside Rs. 8,44,000/-. 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

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