



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

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

## BRIGADE GAZETTE

GRATIS

No. 645

May, 2016

### PART - I NOTIFICATION

A whatsapp group has been formed. To join the group, send SMS with your name and mobile No. on 9930847744. A get together of all BCAC associates is scheduled on foundation day Thursday, June 2, 2016. Tentative programme is as under. Every BCAC associates need not wait for invitation. Convey your and your BCAC contact associates details on [rjlad48@gmail.com](mailto:rjlad48@gmail.com). Contribution for the expenses of the get together is voluntary. You may sponsor fully or partly tea, refreshment or dinner.

- 1730 hrs Welcome Tea and refreshments  
1830 hrs Gathering in Moolgaonkar Memorial Hall and Lighting of Lamp  
1845 hrs Welcome address by Honorary Officer Commanding  
1900 hrs Interaction and open session for attending associates to present their views and suggestions  
1930 hrs High Tea

### NEWS

#### *First Aid Orientation for Dialysis patients and their family*

**Dialysis Patients - Ekta Support Group meeting** under the auspices of Rangoonwala Foundation, on March 19, 2016 (Saturday) from 5.30 pm to 7 pm was conducted at Framjee Cawasjee Institute Hall, Opposite Metro Cinema, Dhobi Talao, Mumbai. During the meeting First Aid orientation programme was conducted by Capt. R.J. Lad, Officer commanding of the Bombay City Ambulance Corps. More than 700 participants consisting of Dialysis Patients, their family members, volunteers of Utkarsh and members of Rangoonwala Foundation attended the lecture come demonstration.

#### *Specialist Instructors Course in First aid to the Injured*

A Specialist Instructors Course in First aid to the Injured (I/241) January - June 2015 term, was inaugurated on Monday, January 4, 2016 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.

13 students have been enrolled in the course. They comprise of highly qualified and experienced social workers, school teachers. They were selected from 20 applicants.

#### *Condensed First Aid Course*

Two days condensed Basic First Aid Course was conducted at Head Quarters, March 1 & 2 March 2016, each day from 1 pm to 6 pm for volunteers group Utkarsh of Rangoonwala Foundation.

#### *One Day Seminar on CPR*

One day seminar on CPR was conducted on April 25, 2016 for 11 participants from BFY.

#### **CORPUS DONATIONS**

We have received, on March 28, 2016 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 General Fund*

We have received 1. on February 27, 2016 Rs. 11,000/- and on April 1, 2016 Rs. 11,000/- from Aatmbodh Academy of Yoga.

#### *Donations to Service Station Fund*

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

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WEBSITE ([bcac.co.in](http://bcac.co.in))

Date 2016	Amount (Rs.)	Donations Received from
February 24	6000	Saran Presents Pvt. Ltd
February 27	4000	Catholic Gymkhana
March 2	2000	Saran Presents Pvt. Ltd
March 5	3000	Mumbai Port Sports
March 21	1000	Ms. Maltiben S. Shelawala
March 31	4000	Saran Presents Pvt. Ltd
April 1	7500	Rangoonwala Foundation
April 18	3000	Colaba Sports League

#### *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 during 2015-2016 as under :

Sr. No.	Organiser	Date 2015	Time
1.	Mumbai District Football Association	April 1, 2, 6, 7, 8, 13, 15 & 16 May 5-9, 11, 14, 17-20, 23- 30 June 1	8.30 am to 11 am and 3 pm to 6 pm
2.	Bombay Stock Exchange	April 8	9 am to 11 am
3.	Goans Sports	April 12, 27, 28, and 29,	1 pm to 6 pm
4	Mahendra Stadium, Churchgate	August 16 to 27 '15 (except 25th Aug.)	1 p.m. to 5 pm
5	Mumbai Hockey Association	August 27, Sept. 7 to 22, 24, Oct. 17 & 18	14.30 hrs to 19.00 hrs.
6	Saran Presents (Football)	October 31, November 1 December 5	9 am to 6 pm 9 am to 4 pm
7	Mumbai Hockey Association	December 3, 4, & 6 to 16 December 5	2 pm to 6 pm 4 pm to 6 pm
8	Saran Presents	<b>Date 2016</b> January : 24, 26 & 31 February 7	9 am to 6 pm
9	Goans Sports Football	January 27 to 30, February 1 to 5, & 8 to 10	2.15 pm to 5.00 pm
10	Catholic Gymkhana	February 14 February 14 to 19	9.30 am to 1.30 pm 5.30 pm to 11.00 pm
11	ITmagia Solutions	March 23 & 24	10 am to 6 pm
12	Western India Football Association	April 28, 29	2.30 to 6.30 pm
13	Colaba Sports league	April 9, 10, 13, 15, 23, 24	2.30 to 9 pm

### PART - II

#### **Emetics**

An emetic is a substance or a medicine which, when taken by mouth, causes vomiting, the body's natural reflex action to rid itself of stomach contents.

**Uses:**

Emetics are used to eliminate poisons, taken either accidentally or deliberately. This is done by first increasing the intake of fluids and then using an emetic to empty the stomach. Where an emetic is not appropriate, a stomach pump (gastric lavage) is used.

**ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS**

**OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : [www.bcac.co.in](http://www.bcac.co.in)**

Immediate treatment is vital. If there is any doubt as to whether a poison has been taken (as in case of children), the induction of vomiting termed 'emesis', is usually a safer bet than adopting a 'wait and see' approach.

However, an emetic should not be used if the poison taken is known to be corrosive in nature, such as bleach: the lining of the stomach may be burnt and vomiting could cause perforation. And in the case of a patient who is drowsy or unconscious, the protective cough reflex may be impaired, and although the emetic may still work, vomit may be inhaled, causing pneumonia.

Some drugs, such as sea-sickness pills, are anti-emetic. In a case of overdose, an ordinary emetic would not be effective, so a gastric lavage would be used instead.

#### Types and techniques

Vomiting can be induced in a variety of ways, the first of which involves mechanical means. The Romans used a feather to tickle the back of their throats; a finger is best used. Both techniques work stimulating the gag reflex which encourages regurgitation.

Use the patient's finger rather than your own, otherwise it may get bitten. Gently insert a straight index finger down into the mouth until it touches the back of the throat, causing the patient to gag and retch. If vomiting does not occur, repeat the treatment until he or she vomits, encouraging him to bend forward, head down, to allow the chunder (stomach contents) to run out.

The safest emergency emetic in general use is the drug ipecacuanha, which works by stimulating the stomach and the vomiting centre of the brain. The exact dose depends on the formulation, but this is always indicated on any bottle purchased from a chemist. Once the correct amount has been given, the patient should drink several glasses of water so as not to retch on empty stomach.

#### THESE DENTAL MISTAKES CAN HARM YOUR TEETH

Our teeth can give us much joy or grief, depending on the way we treat them. Maintaining regular dental hygiene will not only ensure that features, but will also save you painful and costly trips to the dentist. In spite of knowing what an important role teeth play, a large number of people continue to make these common mistakes. The problem is that we often commit these mistakes even without even realizing that we are making them. The following are some of the most common dental mistakes people make.

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

1. Don't use your teeth to tear open a packet of chips. This puts unnecessary pressure on your teeth and over a time it will cause them to become loose. Use your fingers or a scissors instead.
2. Are you guilty of chewing on your pens and pen and pencils while using them? This innocuous habit will erode your tooth enamel after a period of time, leading to a number of dental problems.
3. If you are lucky enough to have little or no dental issues, don't take it for granted that you don't have to visit dentist. Annual trips to the dentist will ensure that problems if any, will get discovered and treated before they become worse. Also, regular cleaning and scaling sessions will ensure that you keep cavities at bay.
4. Eating ice regularly affects the delicate soft tissues present in your mouth, making the nerves so sensitive that eating certain foods will cause severe discomforts.
5. Habit of grinding teeth during sleep for some underlying medical issues or some other reasons is harmful. Such people need to wear a mouth guard at night to prevent erosion of enamel.
6. Extra candy can lead to cavities if you do not brush your teeth after eating candy. In fact flossing is equally important.
7. Do you brush your teeth correctly? And do you brush for long enough? Brush for at least two minutes and give each corner of mouth about 30 seconds. Your brushing technique should comprise wide, circular strokes just along your gums to prevent accumulation of plaque.
8. Change your tooth brush every two to three months and minimize use of tooth pick.

— Courtesy : Bombay Times

### FREE FIRST AID AND AMBULANCE SERVICE STATION

#### SERVICE STATION STATISTICS FOR THE YEAR 2015 - 2016

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 2015	04	04	03	200	29,100	259
May 2015	05	06	04	150	8,000	184
June 2015	05	05	03	850	Nil	164
July 2015	05	06	04	300	1,000	143
August 2015	05	06	01	1,000	5,000	118
September 2015	05	07	02	1,150	1,500	207
October 2015	06	07	04	1,500	17,500	281
November 2015	07	04	03	1,800	11,500	272
December 2015	04	04	01	1,300	32,501	318
January 2016	07	10	06	400	2,200	208
February 2016	04	05	02	1,000	20,502	689
March 2016	10	13	08	1,050	20,000	345
<b>Total</b>	<b>67</b>	<b>77</b>	<b>41</b>	<b>10,700</b>	<b>1,48,803</b>	<b>3,188</b>
<b>Total services rendered till March 2016 : 79,624</b>						
April 2016	02	03	02	250	24,500	165
<b>Total services rendered till April 2016 : 79,627</b>						

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

### BOOK - POST

To,

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From :  
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