



CIRCULAR

Sub: RGUKT-Student Welfare Office-Precautionary Measures to Tackle Heat Wave-Reg.

In view of the rising temperatures and possible heat wave conditions, all students are advised to take the following precautions to ensure their safety and well-being:

1. Drink plenty of water throughout the day. Do not wait until you feel thirsty.
2. Avoid going out in direct sunlight, especially between 11:00 AM and 4:00 PM.
3. Wear light-colored, loose, and comfortable cotton clothes.
4. Use caps, hats, or umbrellas when stepping outdoors.
5. Avoid strenuous physical activities during peak heat hours.
6. Watch for symptoms of heat-related illnesses such as dizziness, headache, nausea, or excessive sweating, and report immediately to a caretaker/supervisor for assistance or reach out to health centre immediately.

Students are requested to be cautious and take care of their health during this period.

Stay safe and hydrated.

Sd/-

Associate Dean
Student Welfare

Copy to:

1. The Secy to Vice-Chancellor
2. The PS to Administrative Officer
3. The Associate Deans
4. The Chief Warden
5. All the notice boards and University Hub.