

# Redemption from Heatwaves:

## Advice for Students

As temperatures soar and heatwaves become more frequent, college students must adapt to ensure their health, safety, and academic success. Here's a guide to help you navigate through these extreme weather conditions effectively.

1. Stay Hydrated- Water is your best ally during a heatwave. Aim to drink at least eight glasses of water a day. Plenty of ORS should be kept handy with the students and to be taken as and when required.
2. Dress Appropriately- Choose lightweight, loose-fitting, and light-colored clothing.
3. Optimize Your Study Environment- Use fans strategically to promote airflow, and consider using a damp cloth on your neck or a spray bottle with water for quick cooling.
4. Eat Light and Healthy- Heavy meals can increase your body's heat production. Opt for smaller, lighter meals rich in fruits and vegetables, which have high water content. Avoid excessive caffeine and alcohol, as they can contribute to dehydration.
5. Look Out for Each Other- Heatwaves can affect everyone differently, so check on your friends, especially those who might be more vulnerable due to health conditions. Encourage each other to stay hydrated and take breaks from the heat.
6. Maintain a Balanced Lifestyle- Stress and fatigue can exacerbate the effects of heat, so ensure you get enough sleep and manage your academic workload effectively. Balancing study, rest, and recreation is crucial for maintaining your overall well-being during challenging weather conditions.

Sd/-

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