



Adi Shankara INSTITUTE OF ENGINEERING AND TECHNOLOGY

Approved by AICTE & Affiliated to API Abdul Kalam Technological University
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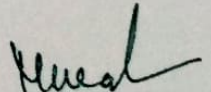
CIRCULAR

Sub: institutional protocol regarding severe heat

The following advisory is issued to safe guard against the severe heat being experienced in the state, and considering the possibility of Heat stroke, Sun burn, and dehydration.

1. Frequent consumption of clean and safe water is advised to avoid dehydration.
2. Excessive consumption of highly caffeinated drinks (like strong coffee or tea) and carbonated sodas, are discouraged as these can increase fluid loss.
3. Beyond plain water, salted buttermilk (Sambharam), tender coconut water, freshly prepared fruit juice is preferable to replenish essential minerals lost through sweat.
4. Smaller more frequent meals that are easy to digest are recommended. Consumption of fruits like Watermelon is advisable.
5. Wearing white or light-coloured, Loose-fitting cotton clothing is advisable as synthetic fabrics trap heat and can exacerbate skin irritation or heat rash.
6. Use umbrellas, while stepping outdoors during daytime.
7. Windows are to be kept closed and shaded with curtains or blinds during the hottest part of the day to block radiant heat from entering the building. Open them late in the evening or early morning for cross-ventilation.
8. Outdoor activities that involve direct exposure to sunlight are prohibited between 11 a.m. and 3 p.m.
9. All stakeholders are encouraged to keep an eye on each other for early signs of heat exhaustion, such as dizziness, heavy sweating, or nausea.
10. If someone shows signs of heatstroke (confusion, high body temperature, lack of sweat), it is advised to move the person to a cool area, apply wet cloths to their skin, and call for emergency medical help




PRINCIPAL