Notice No. 64 CMV/26 Date 21 . 02 - 26

NOTICE

In view of the prevailing heat wave conditions during Summer–2026 and as per the advisory of the Government of Odisha Higher Education Department vide Letter No. 9093/HE dated 17.02.2026. All students of Charampa Mahavidyalaya, Bhadrak are hereby instructed to strictly follow the below guidelines for their safety and well-being.

☑ DO's

1. Drink plenty of water at regular intervals, even if not feeling thirsty.
2. Carry a personal water bottle to the college every day.
3. Wear light-coloured, loose cotton clothes.
4. Use an umbrella, cap, scarf or cloth to cover your head while going outside.
5. Take light, freshly prepared food and seasonal fruits.
6. Consume ORS, lemon water, coconut water or buttermilk to avoid dehydration.
7. Stay in shaded and well-ventilated areas as far as possible.
8. Immediately inform teachers or the office if experiencing dizziness, headache, vomiting or excessive sweating.
9. Follow revised class timings, if any, issued by the college authority.

✗ DON'Ts

1. Do not go out in direct sunlight between 11:00 A.M. and 3:00 P.M. unless unavoidable.
2. Do not skip meals or remain on an empty stomach.
3. Do not consume stale or unhygienic food from roadside vendors.
4. Do not engage in strenuous physical activities during peak heat hours.
5. Do not drink very cold water immediately after coming from the sun.
6. Do not ignore symptoms of heat exhaustion or heat stroke.
7. Do not loiter unnecessarily on the campus during peak heat hours.

All students are advised to remain alert, maintain hydration, and cooperate with the college administration during this period.

Principal
Charampa Mahavidyalaya,
Bhadrak

Memo No. 65 CMV/26   Date 21. 02. 26

Copy to All Notice Board/ All Section of this college/ Head Clerk for information.

Principal
Charampa Mahavidyalaya,
Bhadrak