



# Sunbeam Women's College Varuna

College Code: 198

(Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi)  
(Accredited by NAAC)

Towards Women Empowerment ...

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## NOTICE



### Guidelines for Heat Safety:

In view of the prevailing heat wave conditions, all students are advised to take necessary precautions to safeguard their health.

- **Stay Hydrated:** Drink water at regular intervals. Water coolers are available on all floors.
- **Cover Your Body:** Wear light-colored, loose, full-sleeve cotton clothes. Use caps, scarves, or umbrellas when moving outdoors.
- **Avoid Direct Sunlight:** Do not step out in direct sunlight unnecessarily, especially during peak afternoon hours.
- **Use of AC Precautions:** When moving from AC to outside, avoid direct exposure to sunlight immediately. Allow 2–3 minutes to acclimatize to prevent sudden temperature shock.
- **Report Illness:** Any student feeling dizzy, nauseous, or unwell should immediately report to the college infirmary.
- **Wear a Cap:** Students are advised to wear a cap while outdoors.
- **Avoid Strenuous Activities:** Refrain from heavy physical activities, sports, or exertion during peak heat hours to prevent heat exhaustion.

**Dr. Shalini Singh**  
Administrative Head

**Dr. Rajeev Singh**  
Principal