

CIRCULAR

It is hereby notified to all University Employees / Students that in order to protect yourself from heatstroke, following precautionary measure are required to be taken during summer season:

1. Drink plenty of water at least 2 liters per day to maintain proper hydration and prevent urinary tract infection and dehydration.
2. Avoid excessive exposure of direct sunlight especially between 1200 hours to 1600 hours. Wear a hat, use sunshades and umbrella during day time.
3. Wear Loose and airy, preferably light color cotton clothes.
4. Eat properly cooked and hygienic home-made food. Fruits and vegetable should be washed properly before eating so that gastrointestinal diseases like diarrhea, cholera, Hepatitis-A and typhoid etc can be prevented.
5. Avoid unnecessary travelling, strenuous activity, outdoor games and events during day time.

REGISTRAR

Electronic copy for information to:

1. PA to the Vice Chancellor
2. PA to the Pro Vice Chancellor
3. All Deans
4. All Chairperson / HoDs
5. Director Finance
6. Principal Medical Office
7. Deputy Registrar (Cdn)/(Acad)/(Estab)-II
8. Resident Auditor