



## VEER SURENDRA SAI UNIVERSITY OF TECHNOLOGY BURLA

### ବୀର ସୁରେନ୍ଦ୍ର ସାଏ ଟେକ୍ନୋଲୋଜି ବିଶ୍ୱବିଦ୍ୟାଳୟ

(A UGC Recognized State Government University by an Act of Assembly, 2009)

PO: Engineering College Burla (Siddhi Vihar) Dist. – Sambalpur, Odisha – 768018, INDIA

No. VSSUT/Exam/ 218 / 2025

Date:23/04/2025

#### **Advisory for heat waves during examination**

At present, heat wave conditions are prevailing and can cause adverse effects on human health. Golden Jubilee seminar hall is identified as an emergency room for supporting first aid health facility to students with the support of our dispensary staff. The ambulance is available and could be availed when required. Students are advised to follow the Dos and Don'ts so as to avoid any health issues.

#### **Dos:**

- Take proper food and sufficient rest.
- Can bring water bottle and sip water intermittently to avoid dehydration. Drinking water is also made available in the corridor.
- Stay indoors and in shaded places.
- Use umbrella/hat/cap/towel when outside. Wear thin loose cotton, light colored garments.
- Drink frequently water and salted drinks - lassi, lemon water, fruit juices, and ORS. Eat fruits such as water melon, cucumber, lemon, orange etc.
- Student feeling unwell, should be shifted to a cooler place, put on minimum clothing, be sponged with cold water, applied ice packs wrapped in cloth, and transported to nearest health facility.

#### **Don'ts:**

- Consume Junk food.
- Drink alcohol, tea, coffee and carbonated soft drinks.
- Wear dark colored, synthetic and tight clothing.

**Controller of Examination**