

**A Report on Sensitization Campaign on Heat Wave Preparedness & Response
by Students of CUTM**

Organized by :

**School of Disaster Management & CSR department
Centurion University of Technology & Management, Bhubaneswar**

Date – 3rd & 4th April 2018

Venue - Seminar hall, Jatani, BBSR

Day- 1 (3rd April 2018)

An orientation program on Heat wave preparedness & Response was held on 3rd April, 2018 organized by School of Disaster Management, CUTM and Culture Sports & Responsibility, CUTM at Seminar hall-6, Jatani. A total of eighty students participated in this orientation program.

The inauguration ceremony was started at 02.00 PM. Ms A. Suchitra, Director, SDM welcomed all Delegates & Addressed the distinguished guest invited for that day. Important personalities on the dais included:

1. Mrs Supriya Pattnaik, DVC, CUTM
2. Mr. Ranjan Panda, a researcher, environmentalist & activist
in the field of water
3. Dr. Asish Kumar Sen, Adjunct Professor, CUTM
4. Ms. A. Suchitra, Director of SDM, CUTM
5. Prof. Sangram Keshari Swain, Professor In Charge-CSR

Esteemed guests from the dais lit the lamp invoking God's presence throughout the program. As part of this a melodious Bhajan was sang by a student.

Soon after lighting of lamps, all the esteemed guests on the dais shared their expert views, experience & suggestions on the said subject & established the importance & relevance of Heat wave preparedness & response in everyday life. Ms A. Suchitra, Director, SDM shared the intention behind organising the event and its need in day to day life. Then she invited Mr. Ranjan panda, a renowned environmentalist & activist in the field of water to share his expertise knowledge on the above said subject.

Mr Ranjan Panda covered many environmental issues like water pollution, ecological balance, deforestation, impact of engineering structures like dams on rivers and natural environment, global warming etc. He started with sources of water. Then he explained how the water gets polluted due to various human activities in the name of development. Then he explained about the life cycle of a river. According to him a river dies with construction of dam to hold the water for future use. Usually a dam covers large area containing vegetation and plants. When water gets stored the plants and vegetation gets submerged in water & gradually die. The dead plants slowly get decomposed & emit Methane gas, which is extremely poisonous & a prime greenhouse gas. This gas contaminates the entire water stored. Second thing is that Rivers are naturally meant to carry water to ocean in order to maintain the surface temperature of Ocean. If the river water is blocked by constructing dams

then the surface temperature of oceans will be imbalanced and it is not good for the environment which can result in global warming.

Coming to the topic on heat wave, he gave importance on plantation drive in order to keep the environment naturally cool. He suggested to plant trees which can grow in to large in size rather than small trees. He suggested adopting recent technologies like transplantation of big trees from the construction site to a different site. During construction of roads, humans cut down a lot of trees. The trees can be transported to other places by using transplantation technology. He gave importance on conservation of indigenous plant species rather than planting foreign species just because they grow faster. Foreign plant species don't contribute much to the local environment. They just compete with local species. Then he advised to keep water in small containers for birds over the terrace or roof top in summer season.

Soon after the keynote address by Mr Ranjan Panda, Dr. Asish Kumar Sen, Adjunct Professor, CUTM shared his expert views on the said subject. He started with the definition of Heat wave. Then he mentioned the heat bearing capacity of human body. He explained how heat wave varies from place to place according to geographical location. For example in a colder region a certain range of temperature may be considered as heat wave however in a hotter region that particular range of temperature may be considered normal. Then he shared the statistical figure as 2000 death in 1998 in Odisha due to heat wave. Then he discussed about the purpose of development of Heat wave Action plan. He emphasised on four key strategies as follows.

- **Establish Early Warning System:** To alert residents on predicted high and Extreme temperature.
- **Capacity Building & training program:** These training programs should focus on medical officers, paramedical staff and community health staff so that they can effectively prevent & manage heat related medical issues to reduce mortality.
- **Public Awareness & Community outreach:** Disseminating public awareness messages on how to protect against the extreme heat wave through print, electronic & social media and IEC materials such as pamphlets, posters and advertisements on Do's and Don'ts.
- **Collaboration with non-government and civil society:** Collaboration with NGOs and civil society organizations to improve bus stands, building temporary shelters, improved water delivery systems in public areas.

According to Indian Meteorological Department (IMD), there is a colour signal for heat alert.

Red Alert (Severe Condition)	Extreme Heat Alert for the Day	Normal Maximum Temp increase 6° C to more
Orange Alert (Moderate Condition)	Heat Alert Day	Normal Maximum Temp increase 4° C to 5° C
Yellow Alert (Heat-wave Warning)	Hot Day	Nearby Normal Maximum Temp.
White (Normal)	Normal Day	Below Normal Maximum Temp.

Then he listed out the Do's & Don'ts which are to be followed during heat wave. Some of them are as follows.

Do's:

1. Listen to radio, watch TV for local weather forecast
2. Drink sufficient water, even if not thirsty
3. Use light coloured & loose clothes. Use protective goggles, umbrella & shoes/ chappals while going out in sun.
4. Use ORS, homemade drinks like lassi, lemon water, buttermilk to re-hydrate the body.
5. Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures.
6. Keep animals in shade with plenty of water to drink.
7. Workers are to avoid direct sunlight.

Don'ts:

1. Don't leave children or pets in parked vehicles.
2. Avoid going out in the sun between 12.00 noon to 3.00 pm.
3. Avoid cooking during peak hours and the cooking room should be properly ventilated.
4. Avoid high protein food & stale food.
5. Avoid alcohol and carbonated soft drinks.

With these valuable informations Dr. Sen concluded his speech.

Soon after the keynote address by Dr. Asish Kumar Sen, a small memento was gifted to Mr Ranjan Panda by Ms A. Suchitra , Director, SDM. Vote of thanks was given by Prof. Sangram Keshari Swain, Professor in Charge-CSR and by a student on behalf of SDM, CUTM. With all these things the orientation program came to end.

Overall the orientation program was fruitful, transformative & eye opening both for the students & SDM.

A REPORT ON SENSITIZATION CAMPAIGN ON HEAT WAVE PREPAREDNESS & RESPONSE BY STUDENTS OF CUTM

Day- 2 (4th April 2018)

A sensitization campaign on Heat wave preparedness & Response by students of CUTM was held on 4th April, 2018 organized by School of Disaster Management, CUTM and Culture Sports & Responsibility, CUTM at Railway station & Barmunda Bus stand. A total of forty two students participated in this sensitization campaign program.

At around 2.00 pm student volunteers gathered near the main building of the university campus. The student volunteers were divided in to three groups and each group travelled in different direction of the campus holding the banner for heat wave preparedness and response organising an awareness rally inside the campus for both students and staffs.

Then the volunteers gathered at the bus stop at around 2.45 pm. Then they travelled to the railway station along with staffs from CUTM. They arrived at the railway station at around 3.30 pm. Then a street play was performed by the students to generate awareness among the people about the heat wave & how to deal with the situation. The IEC materials in the form of pamphlets were distributed among the people at the railway station. The street play was quite effective to gather the attention of public. Then at 4.15 pm the volunteers left for Barmunda bus stop. They arrived there at 4.45 pm. They repeated the street play there to gather the public attention. They interacted with the public regarding heat wave effects, symptoms of various heat related health issue. They distributed IEC materials to the people at the bus stop & informed the Do's & Don'ts which are to be followed to prevent any heat wave related problems.

Then the volunteers left for the campus at around 5.10 pm followed by distribution of snacks & soft drinks. The interaction was quite fruitful as public showed interest towards the on-going interaction at both railway station & bus stop.



PHOTOGRAPHS RELEVANT TO SENSITIZATION CAMPAIGN ON HEAT WAVE PREPAREDNESS & RESPONSE BY STUDENTS OF CUTM



