



MAHARAJA AGRASEN COLLEGE
UNIVERSITY OF DELHI
VASUNDHARA ENCLAVE, DELHI-110096



May 29, 2025

Heat Wave Advisory

To minimize the health impacts of heat wave, the following measures are useful:

- Drink water often, even if not thirsty.
- Use ORS, homemade drinks like lassi, lemon water, buttermilk, etc. which re-hydrate the body and replace mineral loss. •
- Wear light weight, light-coloured, loose, and cotton clothes.
- Use protective goggles, umbrella/hat, shoes or chappals while going out in the sun.
- Always Carry sufficient water with you

Principal

प्राचार्य / Principal
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