

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI**  
**DIRECTORATE OF EDUCATION: SCHOOL BRANCH (HEALTH)**  
**OLD SECRETARIAT: DELHI - 110054**

No. DE.23(386)/Sch.Br/SHP/2026/66-73

Dated: 21/04/2026

**CIRCULAR**

**Subject: Guidelines for "Precautionary Measures to be Followed by all Schools of Delhi" in View of Changing Weather (hot) Conditions.**

In furtherance of the circular No. DE.23(386)/Sch.Br/SHP/2026/52-57 Dated: 08.04.2026 issued regarding Guidelines for Heat Wave Precautionary Measures for Schools, it is hereby informed that the **India Meteorological Department has issued a Yellow Alert for Delhi, indicating the likelihood of heatwave/adverse weather conditions in the coming days.**

In view of the above, all Heads of Government, Government Aided and Private Unaided Recognized Schools are once again directed to strictly adhere to and reiterate the following guidelines:

**Outdoor Assemblies:** Outdoor assemblies to be curtailed or conducted in shaded/indoor areas with minimal duration. No open air classes to be conducted.

**Water Bell Initiative:** Schools shall implement a "Water Bell" system, whereby a bell is rung at regular intervals (every 45-60 minutes) reminding students to drink water to prevent dehydration.

**Hydration Measures:** Students must carry adequate drinking water. Schools must ensure availability of safe and cool drinking water at multiple accessible points.

**Display of IEC Material:** IEC (Information, Education and Communication) material issued by the Health Department, Government of NCT of Delhi on heatwave precautions shall be prominently displayed at visible locations in schools, including notice boards, corridors, and classrooms. (attached herewith)

**Awareness Sessions:** Schools shall conduct short awareness sessions/briefings for students during class hours/assembly to educate them about preventive measures, importance of hydration, and identification of symptoms of heat-related illnesses. Immediate first aid and medical attention must be ensured wherever required.

**Buddy System:** Establishing a buddy system wherein each student may be paired up with another student during school hours to monitor and take care of the each others physical wellbeing.

**Outdoor Activities:** It must be ensured that students avoid outdoor physical activities.

**Regular Advisory Updates:** Class teachers shall share advisories of India Meteorological Department (IMD) with parents through their respective class-specific WhatsApp groups, ensuring regular guidance and awareness regarding heat safety measures. Schools shall share daily heat wave forecasts and alerts with students through prayer time/assembly and notice boards to ensure timely awareness and necessary precautions.

**Appropriate Clothing and Personal Hygiene:** Parents are advised to ensure that their wards come to school dressed in light, breathable cotton clothing. They should also reinforce the importance of personal hygiene, including daily bathing, to help children stay fresh and reduce the impact of heat.

**Nodal Officer:** Each school shall designate a nodal teacher responsible for implementation and monitoring of the following measures.

- Implementation of Water Bell initiative
- Conduct of awareness sessions
- Display of IEC materials

All schools are directed to disseminate these instructions among staff, students, and parents and ensure strict compliance in letter and spirit.

An ATR must be submitted by each school to their respective Zonal DDEs and compiled report may be submitted by concerned DDE (Districts) at below mentioned e-mail [healthschoolbranch@gmail.com](mailto:healthschoolbranch@gmail.com) before 02.05.2026.

All DDE's (Districts/Zones) are directed to ensure strict compliance of these instructions.

*Harsh*  
*21/04/26*  
(Dr. Harsh Arya)  
Addl. DE (Health)

**Enclosed: As above**

**All Heads of Govt., Govt. Aided and Private Unaided Recognized Schools under Directorate of Education through DEL-E**

**No. DE.23(386)/Sch.Br/SHP/2026/66-73**

**Dated: 21/04/2026**

Copy to:-

1. PS to Secretary (Education)
2. PA to Director (Education)
3. PA to Addl. DE (Schools)
4. DDE (PSB)
5. DDE (ASB)
6. All RDEs, DDEs (District/Zone) to ensure compliance.
7. Programmer (MIS) for uploading on MIS
8. Guard File

*Vandana*  
*21/4/26*  
(Vandana Agrawal)  
OSD (Health)

78/c

# Beat the Heat



## FIRST AID MEASURES

If you feel dizzy or uneasy



Drink water to rehydrate



Move to a cooler place immediately



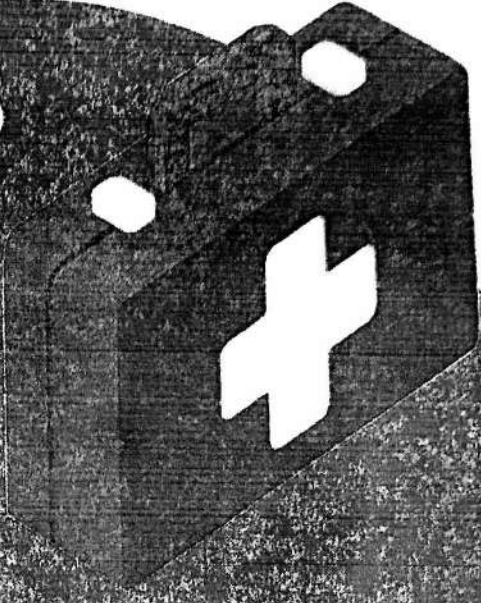
Loosen clothes if possible



Sponge with water



If unconscious do not forcefeed or give water



If symptoms persist, immediately visit the nearest health centre or call an ambulance



National Program for Climate Change and Human Health  
Directorate General of Health Services, GNCTD



## SYMPTOMS OF HEAT-RELATED ILLNESSES



Acts or talks confused



Nausea and vomiting



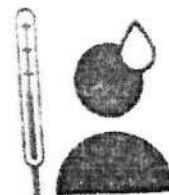
Increased sweating and thirst



Muscle cramps



Fainting, weakness, dizziness



Body temperature rises to 40.5°C (105°F) or higher

If symptoms persist, immediately visit the nearest health centre or call an ambulance



National Program for Climate Change and Human Health  
Directorate General of Health Services, GNCTD



# बच्चे तो गर्मी में खेलेंगे जनाब, पर तेज़ धूप/लू ना करें उनका मज़ा ख़राब

## गर्मी से संबंधित बीमारी के लक्षण ।

 बेहोशी	 मांसपेशियों में जकड़न	 गिर्रा/दोरा पड़ना	 थिड़थिकापन	 सिर दर्द	 अधिक पसीना आना
 कमजोरी/चक्कर आना	 बेतुफ़ी बातें करना	 सांस और दिल की धड़कन तेज़ होना	 मतली और उल्टी	 नींद से जागने में कठिनाई या नींद ना खुलना	 शरीर का तापमान 105° F (40.5°C) या उससे अधिक होना





## सतर्क रहें जब बच्चे ।

 धूप में पैदल चले या साहकिल चलाएं	 स्कूल असेंबली में हो	 धूप में नंगे पांव खेले
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## प्राथमिक चिकित्सा के उपाय ।

 बच्चे को तुरंत अंदर या छांव में लाएं	 बच्चों के कपड़ों को जहाँ तक हो सके ढीला कर दें	 पैरों को थोड़ा सा ऊँचा करके लेटाएं	 पंखे के इस्तेमाल से हवा के प्रवाह को तेज़ करें
 नल के पानी से पोंछें या ठिंफकाव करें	 यदि बच्चा सतर्क या होरा में है तो उसे तुरंत शीतल पेय जल पिलाएं	 अगर बच्चे को उल्टियाँ हों, तो उसे करबट के बल लिटाएं चाकी गले में कुछ ना फेंसे	 बेहोरी की हालत में उसे कुछ भी खाने पीने को ना दें

## बचाव ।

 पर्याप्त तरल पदार्थों को लें	 अपने आपको अच्छे से ढकें	 धूप में खेलना	 गाड़ी लॉक ना करे जब बच्चे गाड़ी में हों
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यदि आपके बच्चे में कोई भी गंभीर लक्षण है तो तुरंत नज़दीकी स्वास्थ्य केंद्र पर जाएं या एम्बुलेंस को (बुलाएं) कॉल करें



अतिसेवेदनशील लोग

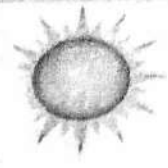


जलवायु परिवर्तन और मानव स्वास्थ्य के लिए राष्ट्रीय कार्यक्रम स्वास्थ्य सेवाएं निर्देशालय, राष्ट्रीय राजधानी क्षेत्र दिल्ली

75/C



# हम पर ना पड़े भारी, गर्मी वाली बीमारी



सतर्क रहें बीमारी के लक्षणों को याद रखें और सावधानी बरतें



गर्म, लाल और सुखी त्वचा



शरीर का तापमान  $\geq 40^\circ$  सेल्सियस या  $104^\circ$  फारेनाइट



मतली या उल्टी



बहुत तेज सिर दर्द



भांसापेशियों में कमजोरी या ऐठन



सांस फूलना या दिल की धड़कन तेज होना



घबराहट होना, चक्कर आना, बेहोशी और हल्का सिरदर्द

यदि आप या अन्य कोई अस्वस्थ महसूस करें तो



तुरंत पानी का सेवन करें



किसी छायादार एवं ठंडी जगह पर आराम करें



अगर हो सकें तो ठंडे पानी से नहा लें

डॉक्टर के पास जाएं या एम्बुलेंस को कॉल करें



घूप एवम् गर्मी में ऐठन एक घंटे से ज्यादा रहती है



बेहोशी



शरीर का तापमान  $\geq 40^\circ$  सेल्सियस या  $104^\circ$  फारेनाइट से ज्यादा



लक्षणों का गंभीर होना



अतिसावेदनशील लोग



जलवायु परिवर्तन और मानव स्वास्थ्य के लिए राष्ट्रीय कार्यक्रम स्वास्थ्य सेवाएं निदेशालय, राष्ट्रीय संयुक्त क्षेत्र दिल्ली

7/1/12



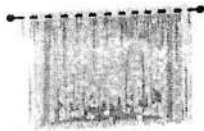
# गर्मी को मात दें



## क्या करें



हाइड्रेटेड रहें



सीधी धूप को रोके



शरीर को ढकें, ढीले एवं हल्के रंग के कपड़े पहनें



घर पर ही रहें  
दिन में 12 बजे से 4 बजे तक

## क्या नहीं



दिन में 12 बजे से 4 बजे तक धूप में जाने से बचें



धूप में भारी कार्य जैसे कसरत इत्यादि न करें



धूप में बच्चों और पालतू जानवरों को गाड़ी में अकेला ना छोड़ें



शराब, चाय, कॉफी उच्च शर्करा पेय और गैस मिश्रित पेय पदार्थों का सेवन न करें



दोपहर में 2 बजे से 4 बजे के बीच में खाना बनाने से बचें



धूप में नंगे पैर ना घुमें

## लोग जो ज्यादा जोखिम पर हैं



जलवायु परिवर्तन और मानव स्वास्थ्य के लिए राष्ट्रीय कार्यक्रम  
स्वास्थ्य सेवाएं निदेशालय, राष्ट्रीय राजधानी क्षेत्र दिल्ली

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY DELHI**  
**DIRECTORATE OF EDUCATION: SCHOOL BRANCH (HEALTH)**  
**OLD SECRETARIAT: DELHI-110054**

No. DE.23 (386)/Sch.Br./SHP/2026/52-57

Dated: 08.04.26

**CIRCULAR**

**Sub: Guidelines for Heat Wave Precautionary Measures for Schools.**

Delhi weather varies with different climatic conditions and its seasons are marked by extreme temperatures. In view of the forecast of above than normal temperature and increased likelihood of heatwave conditions in the summer season in the National Capital territory of Delhi and the fact that school going children constitute a vulnerable group requiring preventive interventions and monitoring during extreme weather conditions, the following guidelines and preventive measures are hereby issued for strict compliance by all Heads of Govt., Govt. Aided and Pvt. Unaided Recognized Schools in Delhi.

- **Afternoon Assembly:** Avoid Students' assembly in the schools during afternoon shift during heat wave conditions.
- **Outdoor Classes/Activities:** No classes shall be conducted in open-air environments and all outdoor activities shall be suspended during heat wave conditions.
- **Potable Water:** An adequate supply of clean drinking water must be readily accessible to students at all times. RO systems and water coolers must be maintained in proper working order.
- **Classroom Ventilation:** Ensure all classrooms are ventilated and equipped with functional fans.
- **Water Breaks:** Scheduled water breaks should be integrated into the class routine.
- **Fire Safety:**
  - i) Schools must ensure that fire equipment (fire extinguishers, sand buckets etc.) are functional, refilled and easily accessible at all times.
  - ii) Electrical systems, wiring, fans, coolers etc. must be inspected regularly to prevent short circuits.
- **Sun Protection Awareness:** Sensitize students on the importance of covering their heads (using umbrellas, hats, caps, towels, or other traditional headgear) during peak heat hours, particularly while commuting to and from school during the day.
- **Sensitization:** Awareness sessions on heat wave precautions and hydration practices should be conducted among students.
- **Heat-Related Illness Response:** Any instance of heat-related illness must be addressed promptly. First Aid kits should include Oral Rehydration Solution (ORS) for students exhibiting symptoms.
- **Reporting Heat-Related Illness:** All cases of heat-related illness must be reported to the nearest health facility or hospital.
- **General Safety and Hygiene:** All other existing safety measures and hygienic conditions must be consistently maintained.

All Deputy Directors of Education (DDEs) of Districts/Zones are directed to ensure strict compliance with these instructions.

This issues with the prior approval of Competent Authority.

*(Dr. Sudhakar Gaikwad)*  
08/04/2026  
DDE (School)

Enclosed : As above

All Heads of Govt./Govt. Aided/ Unaided Recognized Pvt. Schools under DoE through DEL-E.

No. DE.23 (386)/Sch.Br./SHP/2026/52-57

Dated: 08/04/26

Copy to:-

1. PS to Secretary (Education).
2. PA to Director (Education).
3. PA to Addl. DE (Schools).
4. All RDEs, DDEs (District/Zone) to ensure compliance please.
5. System Analyst (MIS) for uploading on MIS.
6. Guard file.

*Vandana*  
08/04/26  
Vandana Agarwal  
OSD (Health)



पुण्य सलिला श्रीवास्तव, भा.प्र.से.  
सचिव

PUNYA SALILA SRIVASTAVA, IAS  
Secretary



भारत सरकार  
स्वास्थ्य एवं परिवार कल्याण विभाग  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
Government of India  
Department of Health and Family Welfare  
Ministry of Health and Family Welfare  
DO no: 90/NCDC/CEOH&CCH/2020-21  
9.3.2026

*Dear Colleague,*

As you aware, many States/UTs in India face frequent, intense heatwaves, elevated temperatures, and urban heat island effects which may lead to heat stress, heat exhaustion, and heat stroke. Vulnerable groups like the elderly, pregnant women, children, those with underlying health conditions, and outdoor workers are more likely to face health impact of extreme heat. Ministry of Health and Family Welfare issues annual advisories to States, aligned with IMD forecasts, to prepare the health sector for heat-related illnesses. Given IMD's year 2026 seasonal outlook, States/UTs must proactively enhance delivery of early warning to health functionaries, undertake health sector preparedness, strengthen health workforce capacity, take up IEC activities, and maintain a sensitive surveillance system.

I would like to request that all heat-prone States/UTs ensure comprehensive preparedness of ambulance services and the operationalization of dedicated Heat Stroke Management Units at health facilities. This may include maintaining adequate stocks of Oral Rehydration Salts (ORS), essential medicines, intravenous fluids, ice packs, and appropriate cooling equipment to enable timely and effective management of heat-related illnesses. States/UTs may also undertake capacity building of healthcare personnel and community health workers for early identification, prompt management, and proper reporting of heat-related conditions.

In addition, fire safety audits and the adoption of heat-resilience measures, such as cool roofs and provision of adequate shading within healthcare facilities, may be prioritized to safeguard patients and healthcare workers during extreme heat events. Further, States/UTs are requested to strengthen surveillance mechanisms through mandatory daily reporting of heatstroke cases and deaths, including nil reporting, on the Integrated Health Information Platform (IHIP) Portal to ensure real-time monitoring and timely public health response.

#StopObesity

टीबी हारेगा देश जीतेगा / TB Harega Desh Jeetega

I am confident that through proactive planning and coordinated action, States/UTs will effectively mitigate the health impacts of extreme heat throughout the 2026 summer season. Your personal intervention in ensuring the implementation of these directives will be instrumental in safeguarding public health and preventing avoidable heat-related mortality.

I look forward to your continued leadership in strengthening our collective resilience against this public health challenge.

*With regards,*

Yours sincerely,

*Punya Salila*

**(Punya Salila Srivastava)**

**Enclosures:**

1. Heat Wave Advisory for State Health Departments for Summer 2026 (A)
2. Public Health Advisory: Extreme Heat/Heatwave (B)
3. Health Impact of Heat: Heat Related Illnesses (C)
4. Outlook for the Seasonal Temperatures during the Hot Weather Season (March to May) and Monthly Rainfall and Temperatures During March, 2026 (D)

To:

Chief Secretary of States and UTs  
Advisor to Administrators of UTs