



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

**CENTRAL BOARD OF SECONDARY EDUCATION**

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



केमाशिबो /निदे.(शैक्ष.)/2022

13 मई 2022

परिपत्र संख्या शैक्ष.-56/2022

केमाशिबो से संबद्ध सभी संस्थानों के प्रमुख

विषय: -ग्रीष्म लहर (हीट वेव) के दुष्प्रभावों से निपटने के उपायों पर दिशानिर्देश के सम्बन्ध में।

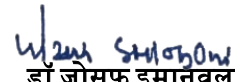
महोदय/महोदया,

देश के विभिन्न भागों में चल रही ग्रीष्म लहर, विद्यालय जाने वाले विद्यार्थियों के स्वास्थ्य के लिए खतरा उत्पन्न कर सकती है।

अतः ग्रीष्म लहर के दुष्प्रभावों से निपटने के लिए, स्कूल शिक्षा विभाग, शिक्षा मंत्रालय, भारत सरकार ने संलग्न दिशानिर्देश जारी किए हैं।

ये दिशानिर्देश परामर्श प्रकृति के हैं और विद्यालय स्थानीय परिस्थितियों के अनुसार अपने विद्यालयों में ग्रीष्म लहर के दुष्प्रभावों से निपटने के लिए अपने स्वयं के मानक संचालन प्रक्रिया(एसओपी) / दिशानिर्देश तैयार करने के लिए उपयुक्त तरीके का उपयोग कर सकते हैं।

अधिकतम देखभाल और लाभ के लिए कृपया अभिभावकों, विद्यार्थियों और शिक्षकों के मध्य दिशानिर्देशों के विषय में जानकारी का प्रसार करें।

  
डा. जोसफ इमानुवेल  
निदेशक (शैक्षणिक)

प्रतिलिपि:

प्रतिलिपि नीचे दिए गए अनुसार निदेशालयों, संगठनों और संस्थानों के संबंधित प्रमुखों को उनके अधिकार क्षेत्र के सभी विद्यालयों में सूचना प्रसारित करने के अनुरोध के साथ:

1. सचिव, एकलव्य मॉडल आवासीय विद्यालय (ईएमआरएस), जनजातीय मामलों के मंत्रालय, भारत सरकार, शास्त्री भवन, ए-विंग, डॉ. राजेंद्र प्रसाद रोड, नई दिल्ली, 110001



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002  
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2. संयुक्त सचिव (बीआर/सीईआर/सैनिक विद्यालय), सैनिक विद्यालय सोसायटी, कमरा नंबर 108 (आई), साउथ ब्लॉक, नई दिल्ली-110001।
3. अध्यक्ष, ओडिशा आदर्श विद्यालय संगठन (ओएवीएस), एन-1/9, दूरदर्शन केंद्र के पास, पीओ सैनिक विद्यालय नयापल्ली, भुवनेश्वर, ओडिशा-751005।
4. आयुक्त, केन्द्रीय विद्यालय संगठन, 18 संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-16
5. आयुक्त, नवोदय विद्यालय समिति, बी-15, सेक्टर-62, संस्थागत क्षेत्र, नोएडा- 201309
6. शिक्षा निदेशक, शिक्षा निदेशालय, राष्ट्रीय राजधानी क्षेत्र दिल्ली सरकार, पुराना सचिवालय, दिल्ली-110054
7. सार्वजनिक निर्देश निदेशक (विद्यालय), संघ शासित प्रदेश सचिवालय, सेक्टर-9, चंडीगढ़- 160017
8. निदेशक (परीक्षा और छात्रवृत्ति), मानव संसाधन विकास विभाग, गंगटोक, सिक्किम सरकार, सिक्किम-737101
9. माध्यमिक शिक्षा निदेशक, शिक्षा विभाग, अरुणाचल प्रदेश सरकार, ईटानगर - 791111।
10. निदेशक (शिक्षा), शिक्षा निदेशालय वीआईपी रोड, अंडमान और निकोबार द्वीप, पोर्ट ब्लेयर - 744103
11. निदेशक, केन्द्रीय तिब्बती विद्यालय प्रशासन, ईएसएसएसएस प्लाजा, सामुदायिक केंद्र, सेक्टर-3, रोहिणी, दिल्ली।
12. सचिव, सैनिक स्कूल सोसायटी, कमरा नं. 101, डी-1 विंग, सेना भवन, न्यू दिल्ली-110001।
13. निदेशक एडब्ल्यूईएस, रक्षा मंत्रालय (सेना) का एकीकृत मुख्यालय, एफडीआरसी बिल्डिंग नंबर 202, शंकर विहार (एपीएस के पास), दिल्ली कैंट-110010
14. केमाशिबो के सभी क्षेत्रीय निदेशकों/क्षेत्रीय अधिकारियों को इस परिपत्र को किसी भी क्षेत्र में बोर्ड के संबद्ध विद्यालयों के सभी प्रमुखों को भेजने के अनुग्रह के साथ
15. सभी संयुक्त सचिव / उप सचिव / सहायक सचिव / वरिष्ठ निजी सचिव / विश्लेषक, केमाशिबो
16. सभी प्रमुख/ प्रभारी, उत्कृष्टता केंद्र, केमाशिबो
17. इस परिपत्र को केमाशिबो की शैक्षणिक वेबसाइट पर डालने की मांग के साथ प्रभारी आईटी इकाई
18. प्रभारी, पुस्तकालय
19. प्रमुख (मीडिया और जनसंपर्क), केमाशिबो
20. अध्यक्ष, केमाशिबो के उप सचिव
21. सचिव, केमाशिबो के वरिष्ठ निजी सचिव
22. निदेशक (शैक्षणिक), केमाशिबो के वरिष्ठ निजी सचिव
23. निदेशक (सूचना प्रौद्योगिकी), केमाशिबो को वरिष्ठ निजी सचिव
24. परीक्षा नियंत्रक, केमाशिबो के प्रमुख निजी सचिव
25. निदेशक (प्रशिक्षण और कौशल शिक्षा), केमाशिबो के वरिष्ठ निजी सचिव
26. निदेशक (व्यावसायिक परीक्षा), केमाशिबो के प्रमुख निजी सचिव
27. निदेशक (सीटीईटी), केमाशिबो के प्रमुख निजी सचिव
28. निदेशक (एडुसैट), केमाशिबो के वरिष्ठ निजी सचिव
29. रिकॉर्ड फ़ाइल

निदेशक (शैक्षणिक)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002  
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## **Guidelines regarding precautions to be observed by schools to combat the ill-effects of the heat-wave**

### **1. Modification in School timings and daily routine**

- School hours may start early and get over before noon. Timing may be from 7.00 AM onwards.
- Number of school hours per day may be reduced.
- Sports/other outdoor activities which expose students directly to the sunlight may be appropriately adjusted in the early morning.
- School assembly should be conducted in covered area or in classrooms with reduced timing.
- Similar care may be taken during dispersal after school is over.

### **2. Transportation**

- School bus/van should not be over-crowded. It should not carry students more than the seating capacity.
- Drinking water and first aid kit should be available in the bus/van.
- Students coming to school on foot/bicycle should be advised to keep their head covered.
- Parents should be sensitised to pick-up the students themselves, to the extent possible, to avoid public transport and minimise their time out in the sun.
- School bus/van may be parked in a shaded area.

### **3. Hydration**

- Students may be advised to carry their own water bottles, caps and umbrellas and use them when out in the open
- School should ensure availability of sufficient potable water at multiple places preferably at temperature lower than that of surroundings.
- Water cooler/earthen pots (pitchers) may be used for providing cold water.
- In every period, teacher should remind students to sip water from their water bottles.
- While going back home, schools must ensure that students are carrying water in their bottles.
- Students should be made aware of the importance of proper hydration to combat the heat wave and advised to drink sufficient water at regular interval.
- With increased hydration, use of washrooms may increase and schools should be prepared for it by keeping the washrooms hygienic and clean

#### 4. Food and Meals

##### PM POSHAN:

- Heat can spoil food therefore hot-cooked meals under PM POSHAN must be served hot and fresh. In charge teacher may check the food before serving.
- Children carrying tiffins may be advised not to carry food that can turn stale quickly.
- Canteens in schools should ensure that fresh and healthy food is served.
- Children may be advised to have light food during lunch/tiffin.

#### 5. Comfortable classroom

- School should ensure that all fans are functional and that all classrooms are properly ventilated.
- Availability of alternate power back up may be arranged, if possible.
- Curtains/blinds/newspaper, etc. may be used to stop the sunlight entering directly into the classroom.
- If any local traditional practices are being followed by the school to keep the surroundings cool such as 'khus' curtains, bamboo/jute chiks etc., they may be continued.

#### 6. Uniform

- Students may be allowed to wear loose and light coloured cotton material dress.
- Schools may relax norms regarding uniform such as neck ties.
- Canvas shoes may be allowed instead of leather shoes.
- Students may be advised to preferably wear full-sleeve shirt.

#### 7. First-Aid facilities

- Sachets of ORS solution, or salt and sugar solution to treat mild heat-stroke should be readily available in the schools.
- Teaching and non-teaching staff should be trained to provide first aid to students in case of mild heat-stroke
- Schools must ensure quick access to nearest hospital/clinic/doctor/nurse, etc. in case of heatstroke.
- Essential medical kits should be available in school.

#### 8. Do's and Don'ts for students

- Do's & Don'ts regarding heat wave should be displayed at prominent places in the school. These may include the following:-

**Do's:**

- Drink sufficient water- even if not thirsty
- Use ORS (Oral Rehydration solution), homemade drink like lassi, torani (rice water), lemon water, butter milk, etc. to keep yourself hydrated.
- Wear lightweight, light coloured, loose, cotton clothes.
- Cover your head by using cloth, hat or umbrella, etc.
- Stay indoor as much as possible
- If you feel faint or ill, see a doctor immediately

**Don'ts:**

- Do not go outside on an empty stomach or after consuming heavy food
- Avoid going out in the sun, especially in the afternoon if not required
- Avoid strenuous activities when outside in the afternoon
- Do not go outside barefoot
- Do not eat junk/stale/spicy food

**8. Exam Centres:**

- Children may be allowed to bring their own transparent water bottle in the examination hall.
- Examination centres should ensure availability of potable drinking water which is easily accessible to the candidates at the centres.
- Examination Centres should ensure that the candidates are promptly supplied water when asked for at their seats in the examination hall
- Examination halls may be provided with fans.
- Students waiting area at the examination centre may be in a shaded/covered area with provision of water.
- Linkage of examination centres should be made with local health worker and medical centres for any emergency.

**9. Residential Schools**

In addition to the above, residential schools may take the following additional measures:

- Essential medicines for common ailments related with summer season should be available with Staff Nurse.
- Students may be made aware regarding prevention of heat stroke.
- Windows in the dormitories should be provided with curtains.

- Lemon, butter milk & seasonal fruits with high water content should be included in the diet.
- Spicy food should be avoided.
- Continuous availability of water and electricity should be ensured in classrooms, hostels and dining hall.
- Sports and games activities should be conducted in the evening.

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