



**Koneru Lakshmaiah Education Foundation**  
(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

✦ Approved by AICTE ✦ ISO 21001:2018 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

Phone No. +91 8645 - 350 200; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 529 002. Ph: +91 - 866 - 3500122, 2576129

Ref: KLEF/SA/NSS Cell/2025-26

Date: 14-03-2026

**Orders of the Hon'ble Vice Chancellor dt.14-03-2026**

**CIRCULAR**

Sub: Conduction of Prevent Heatstroke during Summer on 15-03-2026 at Nutakki Village  
– Reg.

Ref: Letter received from Mr. P.Srikanth Reddy, Programme Coordinator, KLEF NSS Cell and forwarded by Dr. K.R.S. Prasad, In-charge Dean (Student Affairs).

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This is to inform you that the National Service Scheme (NSS) of KLEF will be organizing Prevent Heatstroke during Summer on 15-03-2026 at Nutakki Village.

**Event** : Prevent Heatstroke during Summer  
**Date** : 15-03-2026  
**Place** : Nutakki  
**Timings** : 10:00 am to 04:00 pm

Interested students can participate in this event.

For further information regarding this event contact Mr. P.Srikanth Reddy (Mobile No. 8466011222), Programme Coordinator, KLEF NSS Cell and Mr. P.Suresh, NSS Coordinator, (Mobile No. 9493171719)



**REGISTRAR**

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**Koneru Lakshmaiah Education Foundation**  
(Deemed to be University)  
Green Fields, VADDESWAREM-522 302.  
Guntur District, Andhra Pradesh.



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## National Service Scheme (NSS)

### “Prevent Heatstroke during Summer”

**KL UNIVERSITY** NATIONAL SERVICE SCHEME

# PREVENT HEATSTROKE DURING SUMMER

STAY COOL. STAY SAFE. STAY HEALTHY.

**WHAT IS HEATSTROKE?**  
Heatstroke occurs when your body overheats due to prolonged exposure to high temperatures and loses the ability to cool down.

**WHO IS AT RISK?**

- Children and Elderly
- Outdoor Workers
- Athletes
- People with Chronic Illnesses

**TIPS TO PREVENT HEATSTROKE**

- STAY HYDRATED**  
Drink plenty of water throughout the day.
- WEAR LIGHT CLOTHING**  
Wear loose, light-colored, and breathable clothing.
- AVOID PEAK SUN HOURS**  
Stay indoors or in shade between 11 AM to 4 PM.
- USE SUN PROTECTION**  
Wear a hat, sunglasses and use an umbrella when outside.
- EAT LIGHT & HEALTHY**  
Eat fresh fruits, salads and light, balanced meals.
- REST OFTEN**  
Take regular breaks and avoid heavy physical activity.

**SIGNS & SYMPTOMS OF HEATSTROKE**

- High body temperature (above 40°C)
- Headache, dizziness
- Nausea, vomiting
- Rapid pulse
- Dry, red skin
- Confusion or unconsciousness

**WHAT TO DO? (FIRST AID)**

- ✓ Move the person to a cool place.
- ✓ Remove extra clothing.
- ✓ Cool the body with wet cloths or take a cool bath.
- ✓ Give water or ORS if the person is conscious.
- ✓ Seek medical help immediately.

**BE AWARE, TAKE CARE – PROTECT YOURSELF AND OTHERS!**  
TOGETHER, LET'S MAKE THIS SUMMER SAFE FOR EVERYONE.

**DATE** 15-03-2026 | **PLACE** NUTAKKI | **STAY COOL STAY SAFE STAY HEALTHY**

**HEAT SAFETY TODAY, HEALTHY LIFE TOMORROW!**

Event : Prevent Heatstroke during Summer

Date : 15-03-2026

Place : Nutakki

**Objective:**

The objective of the program on preventing heatstroke during summer is to create awareness about the causes, symptoms, and risks of heat-related illnesses. It aims to educate people on preventive measures such as staying hydrated, avoiding direct sunlight, and wearing light clothing. The program also highlights the importance of timely first aid and medical care during heatstroke. Overall, it helps in protecting individuals and promoting health and safety during extreme weather conditions.

**Description:**

As per the directions of the Ministry of Youth Affairs and Sports, Government of India, National Service Scheme (NSS), and in accordance with the guidelines of the Regional Directorate, Hyderabad and Andhra Pradesh State NSS, the NSS Unit-6 of the CS&IT Department, KL University organized an awareness program titled “Prevent Heatstroke during Summer” on Sunday, 15th March 2026, in Nuthakki village of Mangalagiri Mandal as part of the NSS Special Camp. Dean of Student Affairs, Dr. K.R.S. Prasad, stated that the program aimed to educate people on protecting themselves from heatstroke caused by extreme summer temperatures.

Head of the CS&IT Department, Dr. A. V. Praveen Krishna, explained that excessive exposure to sunlight and high temperatures can raise body temperature, leading to symptoms such as headache, dizziness, fatigue, and vomiting. He warned that in severe cases, heatstroke can be life-threatening, and emphasized the importance of keeping the body cool during summer.

NSS Program Coordinator, Dr. P. Srikant Reddy, advised people to avoid going outdoors between 11 AM and 4 PM unless necessary. He recommended covering the head, wearing light-colored clothing, and drinking plenty of fluids such as water, buttermilk, and coconut water to prevent dehydration. He also stressed that children, elderly people, and outdoor workers should take extra precautions.

NSS Program Officer, Dr. N. Praveen, highlighted that such awareness programs play a vital role in reducing health risks during summer. He emphasized that heatstroke can be prevented by following simple precautions and promoted the message: “Stay Hydrated, Stay Cool, Stay Safe.”

The program was successfully coordinated by NSS Field Coordinator Mr. P. Suresh. The volunteers were appreciated for their efforts by University Vice-Chancellor Dr. G. Parthasarathi Varma, Pro Vice-Chancellors Dr. A.V.S. Prasad, Dr. N. Venkataram, and Dr. K. Rajashekhara Rao, along with Dean Advisors Dr. Habibullah Khan, Registrar Dr. K. Subbarao, Principal Dr. V. Rajesh, Student Affairs Deans Dr.

K.R.S. Prasad and Dr. Habibullah Khan, Associate Dean Dr. Shanta Sri, and other dignitaries.

**Outcome:**

The outcome of the program was positive as people gained awareness about the causes and prevention of heatstroke. They learned practical steps such as staying hydrated, avoiding peak heat hours, and protecting themselves from extreme temperatures. The awareness helped individuals adopt safer habits during summer. Overall, the program contributed to reducing health risks and promoting community well-being.

**Impact on Society:**

The program has a significant impact on society by reducing the risk of heat-related illnesses during summer. It promotes awareness about preventive measures and encourages healthy lifestyle practices. The initiative helps protect vulnerable groups like children, elderly, and workers from heatstroke. Overall, it contributes to building a healthier and more safety-conscious society.

**Details of the Event:**

Name of the Event : Prevent Heatstroke during Summer

Place of the Event : Nutakki

Date of the event : 15-03-2026

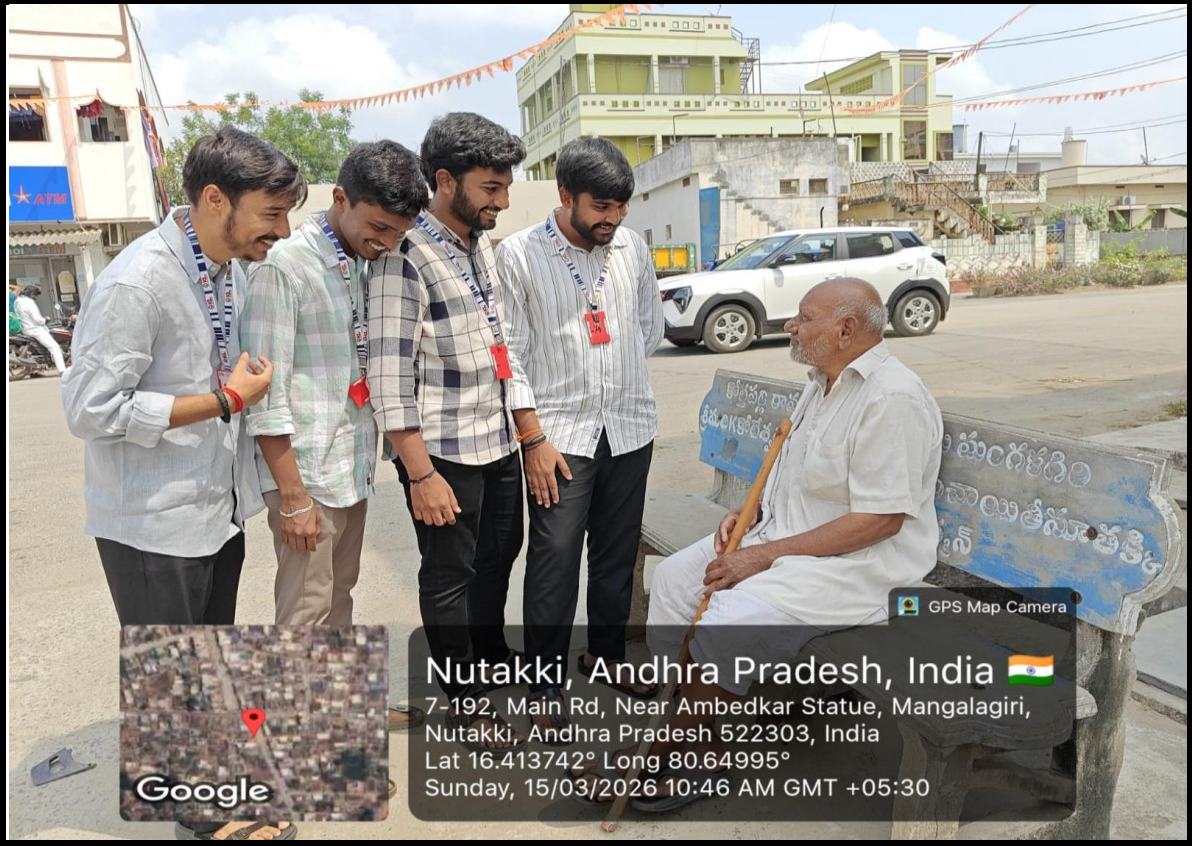
No. of Hours : 10:00 am to 04:00 pm

No. of Participants : Students: 50, Faculty: 02

No. of Beneficiary's : 1853

**Event Photos:**





**Nutakki, Andhra Pradesh, India** 🇮🇳  
7-192, Main Rd, Near Ambedkar Statue, Mangalagiri,  
Nutakki, Andhra Pradesh 522303, India  
Lat 16.413742° Long 80.64995°  
Sunday, 15/03/2026 10:46 AM GMT +05:30



**Nutakki, Andhra Pradesh, India** 🇮🇳  
2-316, Near State Bank Of India, Nutakki, Andhra  
Pradesh 522303, India  
Lat 16.416395° Long 80.650654°  
Sunday, 15/03/2026 10:40 AM GMT +05:30

**Press Clippings:**



**అధిక ఉష్ణోగ్రతల పట్ల ఆరోగ్య జాగ్రత్తలు తప్పనిసరి**  
**మజ్జిక పంపిణీ చేసిన ఎన్ఎస్ఎస్ వాలంటీర్లు**



మంగళగిరి, మేజర్ న్యూస్: ప్రస్తుతం ఉష్ణోగ్రతలు అధికంగా ఉండటంతో ప్రజలు ఆరోగ్యపరంగా ప్రత్యేక జాగ్రత్తలు తీసుకోవాల్సిన అవసరం ఉందని, వృద్ధులు, గర్భిణీ స్త్రీలు, చిన్నారులకు వడదెబ్బ తగలకుండా అప్రమత్తంగా ఉండాలని కెఎల్ యూనివర్సిటీ ఎన్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్ డాక్టర్ ఎన్.ప్రవీణా సూచించారు. మంగళగిరి మండలంలోని నూతక్కి గ్రామంలో సోమవారం సీఎస్ఐబీ ఎన్ఎస్ఎస్ ప్రత్యేక శిబిరంలో

భాగంగా “ఎండల నుంచి రక్షణ” అంశంపై అవగాహన కార్యక్రమాన్ని వాలంటీర్లు గ్రూపులుగా ఏర్పడి ప్రజలకు అవగాహన కల్పించినట్లు ఆమె పేర్కొన్నారు. అత్యవసరమైతే తప్ప ఉదయం 11 నుంచి 4గంటల్లోపు బయటకు తిరగవద్దని, వ్యవసాయ కార్మికులు, వీధి వ్యాపారులు గొడుగు, టోపీ, కండువా ధరించి తరచుగా కొబ్బరి నీరు, మజ్జిక, నిమ్మరసం, పండ్ల రసాలు వంటి ద్రవాలు తీసుకోవాలని సీఎస్ఐబీ విభాగాధిపతి డాక్టర్ ఎవి.ప్రవీణ్ కృష్ణ వివరించారు. అనంతరం గ్రామంలోని వీధివ్యాపారులు, ట్రాక్టర్, ఆటో డ్రైవర్లు, వ్యవసాయ కార్మికులకు మజ్జిక ప్యాకెట్లు పంపిణీ చేశామని, ఎండల వలన అనారోగ్య సమస్యలు తలెత్తితే వెంటనే సమీపంలోని వైద్యులను సంప్రదించాలని ఎన్ఎస్ఎస్ ప్రోగ్రాం కోఆర్డినేటర్ డాక్టర్ పి.శ్రీకాంత్ రెడ్డి తెలియపరిచారు. కార్యక్రమానికి ఫీల్డ్ కోఆర్డినేటర్ పి.సురేష్ సమన్వయకర్తగా వ్యవహరించగా స్టూడెంట్ అపైర్స్ డీన్ డాక్టర్ కెఆర్ఎస్.ప్రసాద్, అసోసియేట్ డీన్ డాక్టర్ టి.శాంతిశ్రీ తదితరులు అభినందించారు.

# సాక్షి

## వేసవిలో ఆరోగ్య జాగ్రత్తలు తప్పనిసరి

మంగళగిరి టౌన్: ఉష్ణోగ్రతలు అధికంగా ఉన్నాయని.. ప్రజలు ఆరోగ్యపరంగా ప్రత్యేక జాగ్రత్తలు తీసుకోవాల్సిన అవసరం ఉందని కేఎల్ యూ ఎన్ఎస్ఎస్ ప్రోగ్రామ్ ఆఫీసర్ డాక్టర్ ఎన్.ప్రవీణా సూచించారు. నూతక్కి గ్రామంలో సోమవారం సీఎస్ అండ్ ఐటీ, ఎన్ఎస్ఎస్ ప్రత్యేక శిబిరంలో భాగంగా ఎండల నుంచి రక్షణ అనే అంశంపై ప్రజలకు అవగాహన కల్పించారు. వృద్ధులు, గర్భిణులు, చిన్నారులకు వడదెబ్బ తగలకుండా అప్రమత్తంగా ఉండాలని. ఈ సందర్భంగా శీతల పానీయాలను పంపిణీ చేశారు. కార్యక్రమంలో సీఎస్ఐబీ విభాగాధిపతి ప్రవీణ్ కృష్ణ, ఎన్ఎస్ఎస్ ప్రోగ్రాం కో ఆర్డినేటర్ శ్రీకాంత్ రెడ్డి, విద్యార్థులు, వాలంటీర్లు పాల్గొన్నారు.

## **Press Clippings Translations:**

### **Surya E-Paper**

#### **Health Precautions Essential during High Temperatures**

##### **- NSS Volunteers Distribute Buttermilk**

**Mangalagiri, Major News:** As temperatures continue to rise, people need to take special health precautions, said KL University NSS Programme Officer Dr. N. Praveena. She advised that the elderly, pregnant women and children should be especially careful to avoid heatstroke. As part of the CSSIT NSS special camp held on Monday in Nutakki village of Mangalagiri mandal, volunteers created awareness among the public on the theme "Protection from Summer Heat" by organizing themselves into groups and spreading information. Head of the CSIT Department, Dr. A.V. Praveen Krishna, explained that people should avoid going outside between 11 AM and 4 PM unless absolutely necessary. He also suggested that farmers, street vendors, and outdoor workers should use umbrellas, caps, or scarves and frequently consume fluids like coconut water, buttermilk, lemon juice, and fruit juices. Later, NSS volunteers distributed buttermilk packets to street vendors, tractor and auto drivers, and agricultural workers in the village. NSS Programme Coordinator Dr. P. Srikanth Reddy advised that if any health issues arise due to the heat, people should immediately consult nearby medical professionals. The program was coordinated by Field Coordinator P. Suresh, and the volunteers were appreciated by Dean of Student Affairs Dr. K.R.S. Prasad and Associate Dean Dr. T. Shantisri, among others.

### **Sakshi E-Paper**

#### **Health Precautions Essential during Summer**

**Mangalagiri Town:** Due to rising temperatures, people need to take special health precautions, said KL University NSS Programme Officer Dr. N. Praveena. As part of the CS & IT NSS special camp held on Monday in Nutakki village, an awareness program on the theme "Protection from Summer Heat" was conducted. She advised that the elderly, pregnant women, and children should be especially cautious to prevent heatstroke. On this occasion, cool beverages were distributed to the public. CSIT Head of the Department Praveen Krishna, NSS Programme Coordinator Srikanth Reddy, along with students and volunteers, participated in the program.