

Heat Wave Action Plan-2023 Nabarangpur District



**District Emergency Operation Centre
Nabarangpur**

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ABBREVIATION

AAO	: Assistant Agriculture Officer
ACSO	: Assistance Civil Supply Officer
ADMO	: Additional District Medical Officer
ADVO	: Additional District Veterinary Officer
AIR	: All India Radio
ASHA	: Accredited Social Health Activist
BEO	: Block Education Officer
CBDM	: Community Based Disaster Management
CCI	: Child Care Institution
CDAO	: Chief District Agriculture Officer
CDMO	: Chief District Medical Officer
CDVO	: Chief District Veterinary Officer
CHC	: Community Health Centre
CSO	: Civil Supply Officer
DEO	: District Education Officer
DLO	: District Labour Officer
DMR	: Digital Mobile Radio
DPC-SSA	: District Project Coordinator, Sarva Shiksha Abhiyan
DPM	: District Programme Manager
DRDA	: District Rural Development Agency
DSSO	: District Social Security Officer
DSWO	: District Social Welfare Officer
EWD	: Early warning dissemination
EWDS	: Early Warning Dissemination System
HAP	: Heatwave Action Plan
I & PR	: Information & Public Relation
IDRN	: India Disaster Resource Network
IMD	: India Meteorological Department
IMD	: India Meteorological Department
LI	: Labour Inspector
LI	: Livestock Inspector
MI	: Marketing Inspector
MO	: Medical Officer
MVI	: Motor Vehicle Inspector
OSPCB	: Odisha State Pollution Control Board
PHC	: Primary Health Centre
RTO	: Regional Transport Officer
RTU	: Remote Terminal Unit
SBMDVT	: Satellite Based Mobile Data Voice Terminal
SI	: Supply Inspector
VAW	: Village Agriculture Worker
MPY	: Matsya Pokhari Yojana
PMMSY	: Pradhan Mantri Matsya Sampada Yojana
VHND	: Village Health Nutrition Day
RI	: Routine Immunization
RI	: Revenue Inspector
ANM	: Auxiliary Nurse Midwife
NCLP	: National Child Labour Project

MGNREGS	: Mahatma Gandhi National Rural Employment Guarantee Scheme
OPWD	: Odisha Public Work Department
PWSS	: Pipe Water Supply Scheme
WUA	: Water User Association
SNP	: Supplementary Nutrition Programme
MOFS	: Ministry of Earth Sciences
WRF	: Weather Research & Forecasting
GFS	: Global Forecast System
GEFS	: Global Ensemble Forecast System
NCUM	: National Center for Medium Range Weather Forecasting
GIS	: Geographic Information System
SRO	: Special Relief Organisation
IEC	: Information Education Communication
ORS	: Oral Rehydration Solutions
ARD	: Animal Resources Development
VD	: Veterinary Dispensaries
LAC	: Livestock Aid Center
NGO	: Non-Govt. Organisation
CBO	: Community Based Organisation
NGT	: National Green Tribunal

FOREWORD

INTRODUCTION

Rationale for Preparation of Heat Action Plan (HAP)

- ❖ In the year 1998 around 2042 people killed in the heat wave menace due to lack of awareness about the harshness of the heat wave on the human and animal health.
- ❖ In the year 2005 we have lost around 236 people in the state in heat wave. As we lost the precious life of the people since then we are working intensively in different aspects to mitigate the heat wave negative impact.
- ❖ As per the climate change experts the severity of the heat wave will be more in coming days due to rapid urbanization, population growth, industrialization, depletion of the natural vegetation.
- ❖ The Heat Wave Action plan aims to provide a framework for implementation, coordination and evaluation of extreme heat response activities in cities/ town that reduce the negative impact of extreme heat.
- ❖ The Plan's primary objective is to alert those at risk of heat-related illness in places where extreme heat conditions either exist or are imminent, and to take appropriate precautions.
- ❖ The Plan also calls for preparedness measures to protect livestock/animals as extreme heat causes significant stress to them as well.
- ❖ The heat wave action plan is intended to mobilize departments and communities to help protect their neighbors, friends, relatives, and themselves against avoidable health problems during spells of very hot weather.

Heat wave Definition

Heat wave is a condition of atmospheric temperature that leads to physiological stress, which sometimes can cause death as well. The World Meteorological Organization defines a heat wave as five or more consecutive days during which the daily maximum temperature exceeds the average maximum temperature by five degrees Celsius. Different countries define heat wave differently in context of their local conditions. In India, as per IMD classification, heat wave is considered if maximum temperature of a station reaches at least 40°C or more for plains, 37°C or more for coastal stations and at least 30°C or more for hilly regions.

Following criteria are used to declare a heat wave:

a) Based on Departure from Normal -

- Heat Wave: Departure from normal is 4.5°C to 6.4°C
- Severe Heat Wave: Departure from normal is >6.4°C

b) Based on Actual Maximum Temperature (for plains only)-

- Heat Wave: When actual maximum temperature > 45°C
- Severe Heat Wave: When actual maximum temperature > 47°C

To declare a heat wave, the above criteria Should be met at least at two stations in a Meteorological sub-division for at least two consecutive days. A heat wave will be declared on the second day.

The level of heat discomfort is determined by a combination of meteorological (temp,RH, wind, direct sunshine), social/cultural (clothing, occupation, accommodation) and physiological (health, fitness, age, level of acclimatization) factors. There will be no harm to the human body if the environmental temperature remains at 37° C. Whenever the environmental temperature increases above 37° C, the human body starts gaining heat from the atmosphere. If humidity is high, a person can suffer from heat stress disorders even with the temperature at 37°C or 38°C as high humidity does not permit loss of heat from human body through perspiration.

District Profile

A. Climate and Location

Nabarangpur District is situated in between longitude 81°52' to 82°53' E and latitude 19°9' to 20°5' N. The district is located in south western corner of Odisha and bound by Kalahandi districts in east, Koraput district in south and the Raipur and Bastar districts of Chattisgarh in the north and west respectively stretches over an area of 5294.00 Sq.Km. approximately.

The natural geographical division of the Nabarangpur district comprises of Nabarangpur and Umerkote region. In the south, there is the plain of Indravati basin forms the border between Nabarangpur and Koraput districts and the Eastern boundary is marked by steep ghats of eastern mountain range. The district gets south-western monsoon rains in the month of July, August and September. There is no effect of north-east monsoon here. In summer the district remains dry.

B. District at a Glance

Sl. No	Particulars	No.	Remarks
1	No. of villages	877	
2	Total Population	120946	
	a. Male	604812	
	b. Female	616134	
	c. Children	176079	
3	No. of Blocks	10	
4	No. of Gram panchayat	189	
5	No. of Tehsil	10	
6	No. of RI circle	66	
7	No. of Police Stations	14	
8	No. of Fire Stations	10	
9	No. of Urban Local Bodies	2	
10	No. of Sub-centres	289	
11	No. of PHC	41	
12	No. of CHC	10	
13	No. of Sub-Divisional Hospital	1	
14	No. of Veterinary hospitals	1	
15	No. of Anganwadi Centres	2330	
16	No. of ASHA	2043	
17	No. of Colleges	1939	
18	No. of Schools	1964	

19	No. of Odisha Adarsh Vidyalaya	10	
20	No. of Rural Water Supply system		
21	a) No. of Tube Wells	18112	
22	b) No. of tube well Functional/running	18112	
22	c) No. of tube well dysfunctional	0	
23	d) No. of tube well dysfunctional but repairable	25	
24	e) No. of tube well having solar power	416	
	f) Functional/running	259	
	g) Dysfunctional	157	
25	h) No. of Mega Water Supply	04	
26	No. of Temporary Shelters	1965	
27	No. of Night Shelters		

Occurrence of Heat Wave

The Heat Waves over Nabarangpur generally occur during the summer season which commences in March and stretches until June/July. The maximum temperature during this period goes well above 40⁰ C. Heat Wave pattern differs from region to region, coastal area of the state experiences humid heat and western part experiences more dry heat.

EARLY WARNING DISSEMINATION

Forecast and Issuance of Heat Wave Alert by IMD

India Meteorological Department (IMD), Ministry of Earth Sciences, is the nodal agency for providing current and forecast weather information, including warnings for all weather-related hazards for optimum operation of weather-sensitive activities. It provides warning against severe weather phenomena like tropical cyclones, squally winds, heavy rainfall/ snow, thunder-squall, hailstorm, dust storms, Heat Wave, warm night, fog, cold wave, cold night, ground frost, etc. It also provides real time data and weather prediction of maximum temperature, Heat Wave, extreme temperatures and heat alerts for vulnerable cities/rural areas.

IMD has a big network of surface observatories covering entire country to measure various metrological parameters like Temperature, Relative humidity, pressure, wind speed & direction etc. Based on daily maximum temperature station data, climatology of maximum temperature is prepared for the period 1981-2010 to find out normal maximum temperature of the day for the particular station. Thereafter, IMD declares Heat Wave over the region as per its definition. IMD issues temperature forecast & warnings in following range:

- a) Short to medium range (lead time/validity of 1 to 5 days)
- b) Extended range (lead time/validity upto 4 weeks)
- c) Seasonal range (lead time/validity upto 3 months)

IMD predicts Heat Wave based on synoptic analysis of various meteorological parameters and from the consensus guidance from various regional & global numerical prediction models like, WRF, GFS, GEFS, NCUM, UMEPS, UM Regional etc. available at Ministry of Earth Sciences (MoES) and other international models accessible under bilateral multi-institutional arrangement

A common man may get Heat Wave information from, All India Weather Forecast Bulletin (<https://mausam.imd.gov.in>) and special Heat Wave guidance bulletins (http://internal.imd.gov.in/pages/heatwave_mausam.php) every day from 1 April to 30 June.

The Heat Wave information is shared with concerned State Government Authority, Media and other stakeholders like Indian Railway, Health departments, Power Sector etc. The general public is informed through Print & Electronics Media.

IMD issues forecasts and warnings for all weather-related hazards in short to medium range (valid for the next five days) every day as a part of its multi-hazard early warning system. These warnings, updated four times a day, are available at <http://www.imd.gov.in/pages/allindiawxfbulletin.php>.

A new system of exclusively heat-related warnings has been introduced with effect from 03 April 2017. These warnings, valid for the next 5(five) days, are issued around 1600 hours IST daily and are provided to all concerned authorities (Departments of Health, Disaster Management, Indian Red Cross and Indian Medical Association, NDMA etc.) for taking suitable action at their end. A bulletin in

extended range with outlook for the next two weeks (for all hazards including Heat Wave) is issued every Thursday (available at <http://www.imd.gov.in/pages/extended.php>).

Monitoring Heat wave by DDMA

Based on IMD observations, heat conditions of District are analyzed on a daily basis by DDMA from March-June every year. Maximum temperature map of the state is prepared on GIS platform. The information is disseminated to the different stakeholders through social media.

Colour Code	Alert	Warning	Impact	Suggested Actions
Green (No action)	Normal Day	Nil	Comfortable temperatures	No cautionary action required
Yellow Alert (Be updated)	Heat Alert	Heat wave conditions at district level, likely to persist for 2 days	Heat is tolerable for general public but moderate health concern for vulnerable people e.g. infants, elderly, people with chronic diseases.	Avoid heat exposure
Orange Alert (Be prepared)	Severe Heat Alert for the day	i. Severe heat wave conditions likely to persist for 2 days. ii. With varied severity, heat wave is likely to persist for 4 days or more.	Increased likelihood of heat illness symptoms in people who are either exposed to sun for a prolonged period or doing heavy work. High health concern for vulnerable people e.g. infants, elderly, people with chronic diseases.	Avoid heat exposure—keep cool. Avoid dehydration
Red Alert (Take Action)	Extreme Heat Alert for the day	i. Severe heat wave likely to persist for more than 2 days. ii. Total number of heat/ severe heat wave days likely to exceed 6 days.	Very high likelihood of developing heat illness and heat stroke in all ages.	Extreme care needed for vulnerable people.

PREPAREDNESS MEASURE

Preparatory meeting of District Natural Calamity Committee meeting have been conducted on 04-03-2023 to mitigate the Heat Wave conditions during Summer-2023 under the Chairmanship of Collector, Nababaranhpur through virtual mode. Hon'ble MLA Dabugam and Umerkote, ADM (Rev), Sub Collector, all line department officials, all BDOs and all Tahsildars of the district ,Chairperson of PS attended the meeting.

Preparedness measures taken by District Administration :-

- ❖ Control Room at the DHH Nabarangpur (06858-295418) have been functionalised round the clock from 5th march 2023.
- ❖ **Heat stress Disorder management Room** have been identified in DHH, SDH, & CHCs.
- ❖ Posters and IEC materials on safety tips relating to Heat Wave have been distributed by H&FW Deptt. for general awareness of the public.
- ❖ Public awareness on heat wave precautionary measures (Do's & Don'ts) will be taken up by the H&FW Deptt.
- ❖ Sufficient Quantity of ORS packets, IV fluids will be made available with HW, AWW, ASHAs and all health institutions of the district.
- ❖ All Deptt. have been directed to submit their Heat Wave action plan by 15th of March 2023.
- ❖ BDOs of the district have been directed to convey meeting of the PRI Representatives & Civil Society Organization to tackle Heat Wave Situation and involved them to create awareness.
- ❖ Action plan for mitigating water scarcity problems in rural areas and Urban areas have been prepared by EE. RWSS Nabarangpur and JE,PHED Nabarangpur and Umerkote.
- ❖ EE, RWSS and JE,PHED have been directed to ensure Preventive maintenance of tube wells and piped water supply through their field staffs.
- ❖ All BDOs have been directed to ensure maintenance of Complain registers & functioning of control rooms in each GPs and Block head quarters. All water related complaints should be addressed within 48 hours
- ❖ All BDOs have been instructed to supply spare parts to the GP Points and prepare two teams to attend the complaints and ensure engagement of Mobile Vans.
- ❖ 58 Nos. of Water crisis area have been identified by EE, RWSS. Collector Nabarangpur has instructed to ensure alternate drinking water arrangement to those areas and Deployment of water tankers if necessary. (Annexure-A & B)
- ❖ EE, RWSS and JE PHED Nabarangpur and Umerkote instructed to submit the progress report on deployment of water tankers, Mobile Van and status of maintenance of Tube Wells every day to district Control Room / DEOC for appraisal of Collector, Nabarangpur.
- ❖ EE, MI has been directed to prepare an action plan for storage of water in the reservoirs to meet the water requirement of drinking water supply facilities and irrigation.
- ❖ DPO Nabarangpur, EO Nabarangpur & Umerkote Municipality, Secretary RMC have been directed to open required numbers of **Paniya Jala Seva Kendras** (water kiosks) in ULBs/GPs/RMC Market Yard and congregation places.
- ❖ Small water vats should be provided near the Tube wells in rural areas to stock water for Cattle during the summer season.

- ❖ BDOs should take immediate steps for Construction of Chua / Chahala in River bed / Tank / Pond through Gram Panchayats concerned to provide drinking water to the domestic animals.
- ❖ DFO shall assess the availability of water for animals in Reserved/ Protected forests and make other provisions, where necessary Drinking water shall be provided through tanker to human habitations facing water scarcity inside reserved forests.
- ❖ EE, RWSS Nabarangpur has been directed to ensure Provision of drinking water in all Schools and Colleges & AWCs.
- ❖ Timing of classes and examinations in schools and colleges can be rescheduled to morning hours after obtaining instruction from S&ME/HE/Skill Dev. & Tech. Education.
- ❖ Water and Health needs Child Care Institutions/AWCs within the district should be properly monitored by the officials of W&CD Deptt.
- ❖ DLO, SE, R&B and RWD Nabarangpur have been directed to reschedule the Workers at worksites. No work should be executed during the peak hours of heat wave period. Drinking water & ORS packets to be supplied at rest shed & worksite.
- ❖ RTO, Nabarangpur to ensure provision of portable Water & ORS packets in public transport vehicles, during severe heat wave condition, timings of public transport services should be rescheduled during peak hours.
- ❖ EE, TPSODL to ensure uninterrupted power supply during summer months. In case load shedding the schedule must be announced for information of consumers. Uninterrupted power supply also to be ensured for critical facilities such as hospitals and urban health centers.
- ❖ If any information on causality received or report published in newspaper, it should be jointly enquired by Tahasildars and the local Medical officers. The joint enquiry report with countersignature of Collector should be sent to SRC, Odisha within **48 hours** of the reported death
- ❖ Prompt steps to be taken by the Tahasildars for payment of ex-gratia to the bereaved family.

Heat Wave DOs and DON'Ts

DOs

Heat Wave conditions can result in physiological strain, which could even result in death.

- ◆ To minimize the impact during the Heat Wave and to prevent serious ailment or death because of heat stroke, you can take the following measures:
- ◆ Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- ◆ Drink sufficient water and as often as possible, even if not thirsty
- ◆ Wear lightweight, light-coloured, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- ◆ Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
- ◆ While travelling, carry water with you.
- ◆ Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrate the body.
- ◆ Avoid high-protein food and do not eat stale food.
- ◆ If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs
- ◆ Do not leave children or pets in parked vehicles
- ◆ If you feel faint or ill, see a doctor immediately.
- ◆ Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.
- ◆ Keep animals in shade and give them plenty of water to drink.
- ◆ Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- ◆ Use fans, damp clothing and take bath in cold water frequently.

Tips for Treatment of a Person Affected by a Sunstroke:

- ◆ Lay the person in a cool place, under a shade. Wipe her/him with a wet cloth/wash the body frequently. Pour normal temperature water on the head. The main thing is to bring down the body temperature.
- ◆ Give the person ORS to drink or lemon sarbat/torani or whatever is useful to rehydrate the body.
- ◆ Take the person immediately to the nearest health center. The patient needs immediate hospitalization, as heat strokes could be fatal.

Acclimatization

People at risk are those who have come from a cooler climate to a hot climate. You may have such a person(s) visiting your family during the Heat Wave season. They should not move about in open field for a period of one week till the body is acclimatized to heat and should drink plenty of water. Acclimatization is achieved by gradual exposure to the hot environment during a Heat Wave.

Must for All

- ◆ Listen to Radio; watch TV; read Newspaper and other sources for local weather news/ heat advisories.
- ◆ Drink sufficient water - even if not thirsty.
- ◆ Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. to keep yourself hydrated.
- ◆ Wear lightweight, light-coloured, loose, cotton clothes.
- ◆ Cover your head: Use a cloth, hat or umbrella and use protective goggles.
- ◆ Avoid caffeine, alcohol or sugared soda because they can dehydrate your

Employers and Workers

- ◆ Provide cool drinking water at the work place.
- ◆ Caution workers to avoid direct sunlight.
- ◆ Schedule strenuous jobs to cooler times of the day.
- ◆ Increasing the frequency and length of rest breaks for outdoor activities.
- ◆ Pregnant workers and workers with a medical condition should be given additional attention.

Other Precautions

- ◆ Stay indoors as much as possible.
- ◆ Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- ◆ Try to remain on lower floors.
- ◆ Use fans, damp clothing and take bath in cold water frequently.
- ◆ If you feel faint or ill, see a doctor immediately.
- ◆ Keep animals in shade and give them plenty of water to drink.
- ◆ Carry water with you.

DON'Ts

- ◆ Avoid going out in the sun, especially between 11.00 noon and 3.00 p.m.
- ◆ Avoid strenuous activities when outside in the afternoon.
- ◆ Do not go out barefoot.
- ◆ Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
- ◆ Avoid alcohol, tea, coffee and carbonated soft drinks which dehydrate the body.
- ◆ Avoid high-protein food and do not eat stale food.
- ◆ Do not leave children, pets or anybody in parked vehicles - as they may get affected by heat.
- ◆ Don't drink cold drinks with ice as they can cause stomach cramping.

Standard Operation Procedure for Different Stakeholders:

Sl No	Name of the Stakeholder / Officer Concerned	Actions to be taken
1	Collector -cum- Chairman District Disaster Management Authority (DDMA), Nabarangpur	<ul style="list-style-type: none"> i. Updating the Heat Action Plan for the District in the month of January ii. Action plan for mitigating water scarcity problems in different towns and villages to be prepared in the January iii. Water scarcity areas to be identified in advance and supply of drinking water and for other uses through tanker to those areas to be ensured iv. Prepare list of water tankers and earmark them to water scarce area wise v. Preventive maintenance of tube wells has to be ensured vi. Suitable arrangements also to be made to promptly respond to reports of water scarcity anywhere in the district vii. Ensuring Public Awareness campaign through electronic and print media on heat wave precautionary measures (Dos and Don'ts) from February onwards viii. Involve Civil Society Organization and Panchayati Raj Institutions (PRI) members in awareness campaign and other measures to tackle the situation arising out of Heat Wave ix. Issue directions to line departments officials for taking measures to tackle heat wave situations in the month of February x. Issue direction to BDOs to convene meeting of PRI representatives-in the month of February xi. Issue direction to ULBs/GPs for opening of "Jal Seva Kendra" (Water Kiosk) at market places, bus stands and other congregation points. Ensuring sanitation and hygiene of water distribution points. xii. Convene meeting of the Civil Society Organization to seek their assistance in Heat Wave mitigation activities including opening of "Jal Seva Kendra" xiii. Issue direction to CDVO/BDOs for construction/repair of vats for ensuring drinking water for roaming livestock xiv. Issue instructions to BDOs, District Education Officer and District Social Welfare Officer for making drinking water arrangements in all schools xv. Principles of all Government and Private colleges are to be instructed to make drinking water arrangements in their institutions xvi. Rescheduling of timing of classes and examination in schools and colleges during summer as per the directions given by SRC/School & Mass Education Department. xvii. DSWO/CDPO/Dist. Child Protection Officer are to be instructed to

		<p>facilitate availability of drinking water and health needs in all Child Care Institutions (CCIs) in the district</p> <p>xviii. District Labour Officer (DLO) to ensure rescheduling of the timing of working hours and make necessary arrangements for supply of drinking water, ORS packets and provision of rest shed at worksites as per directions of SRC/ Labour and ESI department</p> <p>xix. Ensuring restriction of working hours in works under MGNREGA and other schemes</p> <p>xx. Give instructions to the Regional Transport Officer (RTO) to ensure availability of water and ORS packets in public transport vehicles. Timing of public transport services and plying of buses to be rescheduled as per directions of SRC/ C&T (Transport) Department</p> <p>xxi. To issue instruction to the Electricity Distribution Company to ensure uninterrupted power supply during heat wave period. Uninterrupted power supply to be maintained for critical facilities such as hospitals, urban health centres and water supply facilities</p> <p>xxii. If any information on casualty is received or report published in newspaper, it should be immediately enquired jointly by the medical and revenue officers</p> <p>xxiii. Prompt steps are to be taken for payment of ex-gratia to the bereaved family where, upon enquiry, the death is confirmed to be due to sunstroke</p>
2	<p>Urban Local Bodies (ULB)/ Development Authorities</p>	<p>i. Preventive maintenance of tube wells/pipe water supply-arrangements for distribution of water through water tankers in the water scarce areas</p> <p>ii. Awareness generation on Heat Wave Do's and Don'ts with Special attention to slums areas</p> <p>iii. Opening of "Jal Seva Kendra" (Water Kiosk) at market places, bus stands, slums, vending zones and other congregation points- Ensuring sanitation and hygiene of water distribution points</p> <p>iv. Identification of suitable resting places for street vendors during summer</p> <p>v. Increasing access to public parks, public libraries for providing cool resting places for the public</p> <p>vi. Regular sprinkling of water on roads</p> <p>vii. Promote cool roof initiatives (albedo painting of roofs)</p> <p>viii. Encourage use of K-glass, doubly gazed glass in buildings and vehicles.</p>

3	Chief District Medical & Public Health Officer, Nabarangpur	<ul style="list-style-type: none"> i. IEC activities and Public Awareness in the districts relating to Heat Wave conditions/ advisories to be done from the month of February onwards ii. Take necessary steps for albedo/white painting of roof tops of hospitals, Community Health Centres (CHCs), Public Health Centres (PHCs) and patients resting areas in coordination with the concerned engineering Departments iii. Sufficient Storage of life savings medicines, ORS in dispensaries, PHCs, CHCs and District Head Quarter Hospitals to meet any crisis. ORS to be available with ASHA and AWWs iv. Arrangement of separate wards and beds and cool rooms for treatment of heat stroke patients in different hospitals v. Continuous monitoring and preventive measures against diarrhoea and other health hazards during summer season vi. Daily reporting of cases and deaths to H&FW Department, SRC and Collector vii. Copy of the post-mortem report of heat wave casualties to be shared with the Tahasildars to make the process of ex-gratia payment fast and smooth
4	Chief District Veterinary Officer, Nabarangpur	<ul style="list-style-type: none"> i. Issue advisory on animal care during heat wave by making provisions for drinking water for animals and birds with timely replacement at sheds ii. Generate awareness among animal owners for feeding the animals in early morning or during evening hours to avoid heat stress iii. Issue advisory for farmers for not leaving their animals outside the shed during peak hours of heat iv. Encourage the owners of livestock and poultry farms to plant bushy trees near the sheds v. Advisory to be issued for mixing electrolytes in drinking water of animals and birds to avoid dehydration vi. Issue instructions to the concerned authorities not to vaccinate or deworm the animals and birds during heat hours of the day to avoid any extra stress vii. Issue advisory to the farmers for restraining the animals from hard work in open areas during heat hour of the day
5	District Education Officer, / Dist. Welfare Officer, Dist. Child Protection	<ul style="list-style-type: none"> i. Monitoring and enforcement of school timings and other restrictions. ii. Promoting IEC activities on Heat Wave prevention and management in schools iii. Ensuring training of the teachers and conduct of mock drills among

	Officer, Nabarangpur	<p>students on health risks and management during heat waves through workshops, orientation programmes, special classes, etc.</p> <p>iv. Ensuring provision of safe drinking water, ice packs, ORS, etc. in schools and examination centres</p> <p>Encourage concerned authorities/schools for Albedo paintings on roofs of schools</p>
6	District Social Welfare Officer, Nabarangpur	<p>i. Use the Village Health Nutrition Day (VHND) for creating awareness and educate young girls and mothers regarding the dangers of Heat Wave, its related health impact and precautionary measures to be taken</p> <p>ii. Ensure display of IEC materials at Anganwadi Centres</p> <p>iii. Encourage Anganwadi workers to create awareness on Heat Wave with special focus on infants, children below five years, pregnant women, lactating mothers and geriatric population to protect them from dehydration.</p> <p>iv. Ensure provision of drinking water and first aid at all the Anganwadi Centres, old age homes and Child Care Institutions (CCIs)</p> <p>v. Sufficient ORS to be kept in Anganwadi Centres and with AWWs</p>
7	Executive Engineer, TPSODL	<p>i. Identify overload energy points/transformers and take precautionary measures for uninterrupted power supply</p> <p>ii. Ensuring uninterrupted power supply for critical facilities such as hospitals, urban health centres and drinking water supply facilities</p> <p>iii. Keep energy gangs, equipment, spares ready at strategic locations for earliest restoration of power supply in case of outages</p> <p>iv. Setting up timing for power shedding, if absolutely required, and ensuring announcement of power shedding sufficiently in advance</p> <p>v. Record and monitor the peak load of primary substations/feeders regularly, so as to avoid breakdown due to failure of power transformers/overloading and consequent snapping of conductors in co-ordination with competent authorities</p> <p>vi. Instruct all Junior Engineers (JEs)/Sub-Division Officers (SDOs) to monitor and record peak load status of the Distribution Transformers (DTs) (250KVA & both), so as to avoid burning of DTs due to over loading and consequent power outages there to</p>

8	Dist. Labour Officer, Nabarangpur	<ul style="list-style-type: none"> i. Monitoring and enforcement of rescheduling of working hours as per the instructions of SRC/ L&ESI Department iii. Monitoring provision of sufficient drinking water, ORS packets and first-aid, rest sheds at worksites iv. Instruct the Project Directors of all National Child Labours Projects (NCLPs) to reschedule the school timing for special schools running under NCLP in accordance with the timings prescribed by SRC/ School and Mass Education Department v. To ensure creation of awareness among the labourers and workers on risks, signs and symptoms of heat stress during probable heat wave like situations, preventive and precautionary measures including that through constructions agencies/contractors vi. Ensure the supervision of construction sites, quarries, factories and other vulnerable worksites, particularly during high temperature periods, to enforce labour laws related to heat safety
9	RTO Nabarangpur	<ul style="list-style-type: none"> i. Taking initiatives on creating awareness among drivers and helpers of vehicles on Heat Wave ii. Encourage the Bus/Truck owner's association of the district and the local NGOs to involve themselves in public awareness campaign on Heat Wave iii. Ensuring functioning of Control room at RTO office round the clock during Heat Wave period iv. Issue instructions for restriction of Bus plying times during peak hours and rescheduling of timing of the public transport as decided by SRC/ C&T (Transport) department v. Enforce and monitor provision of safe drinking water, ice packs, ORS packets in buses and cool resting places at bus stops vi. Facilitate setting up of "<i>Jal Seva Kendra's</i>" (water kiosk) at bus stops and bus stands vii. Conducting regular meetings with stakeholders for sorting out issues pertaining to Heat Wave conditions
10	Divisional Forest Officer (DFO)	<ul style="list-style-type: none"> i. Identify water scarce locations in forest and prepare a plan of action for ensuring availability of water for animals and human habitation facing water scarcity inside reserved/protected forest ii. Keeping continuous watch in the forest areas to avoid forest

		<p>fire.</p> <p>iii. Issue instruction and ensure arrangements for protection of the zoo animals from heat wave</p> <p>iv. Give instructions for conducting village meetings through NGOs prior to the hot weather seasons for making the villages aware for not setting forest fire</p> <p>v. Ensure proper afforestation (greenery) in public places</p>
11	<p>Project Administrator, Integrated Tribal Development Agencies (PA, ITDA)</p>	<p>i. Generate awareness through IEC activities on Heat Wave prevention and management in tribal schools</p> <p>ii. Ensure availability of safe drinking water, ORS packets, Ice packs and other required first aid materials in tribal schools</p> <p>iii. Monitor and enforce school and examination timing as directed by SRC/SC&ST Department</p> <p>iv. Encourage concerned authorities/schools for albedo paintings on roofs of schools and hostel buildings</p>

Apart from the above, all the concerned Offices will ensure the action to be taken by them as per the discussions held in the Dist. Heat Wave Preparatory meeting and the minutes issued to all. The Minutes of Heat Wave Preparatory meeting is annexed herewith.

Heat Related Illness -

Heat Waves characterized by long duration and high intensity have the highest impact on morbidity and mortality.

Symptoms and First Aid for various Heat Disorders		
Heat Disorder	Symptoms	First Aid
Heat rash	Skin redness and pain, possible swelling, blisters, fever, headaches.	Take a shower using soap to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and seek medical attention.
Heat Cramps	Painful spasms usually in leg and abdominal muscles or extremities. Heavy sweating.	Move to cool or shaded place. Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue
Heat Exhaustion	Heavy sweating, weakness, Skin cold, pale, headache and clammy extremities. Weak pulse. Normal temperature possible. Fainting, vomiting.	Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloth. Fan or move victim to air-conditioned place. Give sips of water slowly and if nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention; call 108 and 102 for ambulance.
Heat Stroke (Sun Stroke)	High body temperature. Hot, dry skin. Rapid, strong pulse. Possible unconsciousness or altered mental status. Victim will likely not sweat	Heat stroke is a severe medical emergency. Call 108 and 102 for ambulance for emergency medical services or take the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. DO NOT GIVE FLUIDS ORALLY if the person is not conscious.

HOSPITAL PREPAREDNESS MEASURES FOR MANAGE OF HEAT RELATED ILLNESS.

- Heat Wave action plan have been prepared by CDMO & PHO Room which is attached in **Annexure-C**
- At DHH, Nabarangpur a room with 02 numbers of beds will be identified as “**HEAT STRESS DISORDER MANAGEMENT ROOM**” and kept ready with all logistics like bed, air cooler, A/C, fan and Oxygen cylinder. Drugs like; IV fluids and other lifesaving drugs will be in position. Similar arrangement will be done at CHC level also (Annexure – D). At PHC level as there is in-sufficient room, at least 01 bed will be earmarked for management of Heat stress disorder. The layout marking for Heat Stress room and important contact numbers will be fixed at the outside (Annexure – E) .

WATER CRISES AREA AND AVAILABILITY OF WATER TANKERS-

Annexure:- A

SL NO	NAME OF THE BLOCK & ULB	VILLAGE / WARD HAVING CRISIS OF DRINKING WATER DURING SUMMER SEASON	POPULATION OF THE VILLAGE HAVING CRISIS OF DRINKING WATER	NO. OF RWSS PVC TANK AVAILABLE	NO. OF WATER TANKER AVAILABLE
					PANCHAYAT / PHED
1	NABARANGPUR	2	240	0	0
2	NANDAHANDI	2	225	0	0
3	KOSAGUMUDA	2	290	0	11
4	TENTULIKHUNTI	4	460	0	0
5	PAPADAHANDI	15	1610	2	5
6	DABUGAON	2	230	0	0
7	JHARIGAM	5	620	0	0
8	CHANDAHANDI	10	1150	0	4
9	UMERKOTE	2	210	0	0
10	RAIGHAR	14	1510	0	6
11	NABARANGPUR MUNICIPALITY	NIL	NIL	58	3
12	UMERKOTE MUNICIPALITY	NIL	NIL	42	2
	TOTAL	58	6545	102	31

ACTION PLAN TO MITIGATE THE HEAT WAVE 2023 R.W.S&S DIVISION, NABARANGPUR

Annexure :- B

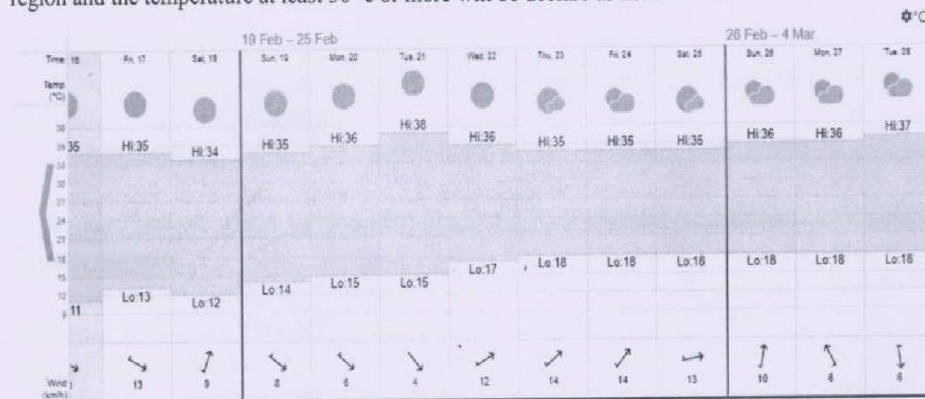
Name of RWSS Division:Nabarangapur					As On Date:02/03/2023							
Sl. No	Name of the Block	Wheather spare parts received	No. of Mobile Van Engagged	No. of Tanker deployed	Tube Wells Details			Piped Water Supply Schemes			Opening of Control Room in Block	Opening of Divisional Control Room
					No. of tube wells	No. of Sanitary Well	Temporary Shutdown TW	No. of PWS	Temporary Shutdown PWS	Disconnection of Power Supply in PWS for Non Payment of Energy Bill.		
1	2	3	4	5	6	7	8	9	10	11	12	13
1	CHANDAHANDI	Yes	0	0	1352	0	0	28	2	Nil	Opened from 01-03-2023	Control Room Phone Number-06858222643
2	DABUGAM	Yes	0	0	1170	28	0	25	0	Nil		
3	JHARIGAM	Yes	0	0	2351	54	0	44	0	Nil		
4	KOSAGUMUDA	Yes	2	0	2147	8	0	46	1	Nil		
5	NABARANGPUR	Yes	1	0	1310	14	0	35	1	Nil		
6	NANDAHANDI	Yes	1	0	941	11	0	30	0	Nil		
7	PAPADAHANDI	Yes	1	0	1954	19	0	46	1	Nil		
8	RAIGHAR	Yes	0	0	2705	30	0	44	0	Nil		
9	TENTULIKHUNTI	Yes	0	0	1387	38	0	32	0	Nil		
10	UMERKOTE	Yes	0	0	2329	3	0	54	0	Nil		
11	Nabarangpur Municipality	Yes	0	0	214	0	12	9	2	Nil		
12	Umerkote Municipality	Yes	0	1	252	0	0	0	0	Nil		
	Total		5	1	18112	205	12	393	7			

ACTION PLAN TO MITIGATE THE HEAT WAVES CONDITION
DURING THE SUMMER FOR THE YEAR- 2023
OF DISTRICT NABARANGPUR

Climate Change over the years has resulted in increase in average temperature and has increased possibilities of sever heat wave event. In the recent past, heat wave during the summer season had a great impact on morbidity and mortality. Looking at the current scenario, effective response is important for saving peoples life and health, besides evolving plans for risk mitigation and management of heat related illness (HRI). The heat wave changes may cause heat stress disorders like; Heat Stroke, Heat Exhaustion, Heat Cramp etc.

Criteria to declare a heat wave:

Heat wave is considered if maximum temperature of station reaches at least 40° c or more for planes, 37° c or more for coastal stations and at least 30° c or more for hilly regions. Nabarangpur is a hilly region and the temperature at least 30° c or more will be declare as heat wave.



Case definition of heat related illness (HRI):

Heat rash: Itchy rash with small red BUMPS at pores in the skin. Seen in setting of heat exposer; bumps can sometimes be filled with clear or white fluid.

Heat cramps: painful spasms of large and frequently used muscle groups.

Heat Exhaustion: feeling overheated, light headedness, exhausted and weak, unsteady and feeling of vomiting, sweaty and thirsty, inability to continue daily activity.

Heat Syncope: Feeling hot and weak, light headedness followed by Brief Loss of consciousness.

Heat stroke: severe over heating with profound water loss from body.

Geo topography of Nabarangpur .

Nabarangpur district, is a district of Odisha, India. The city of **Nabarangpur** is the district capital. Most of its population is tribal and the land is heavily forested. It borders Kalahandi and Koraput districts. According to the 2011 Census of India Nabarangpur district has a population of 1,220,946.

Necessity of preparedness to tackle Heat wave situations

Major followed occupation is harvesting and hunter-gatherers or herders. They work at field without taking protective measures in sunny days. Yet preventive measures and management plan is highly require.

In this context, following arrangements have been made by the district health department.

1. FUNCTIONALIZATION OF CONTROL ROOM-

A control Room will function at District Surveillance Unit (IDSP) in the Office of the CDM & PHO, Nabarangpur from 05th March 2022 round the clock. Similar room will function at Block level at each CHC with contact number which will be communicated to District office as well as to the peripheral health institutions as well as to other line department for immediate communication at all level.

➤ **DISTRICT LEVEL IMPORTANT CONTACT NUMBERS:**

- DPHO- 8249726116
- Epidemiologist - 7008182580
- Data Manager (IDSP) - 9439988468
- Land line No: 06858 - 295418

2. DISTRICT RAPID RESPONSE TEAM-

A Rapid Response Team will be in position at DHH/ CHCs/SDH for taking necessary action and ready for immediate movement.

Ambulances will be kept ready with ice pack and cold water to meet the emergency.

3. FUNCTIONING OF A ROOM FOR MANAGEMENT OF HEAT STRESS DISORDER AT DHH/ CHC/PHC-

At DHH, Nabarangpur a room with 02 numbers of beds will be identified as “HEAT STRESS DISORDER MANAGEMENT ROOM” and kept ready with all logistics like bed, air cooler, A/C, fan and Oxygen cylinder. Drugs like; IV fluids and other lifesaving drugs will be in position. Similar arrangement will be done at CHC level also. At PHC level as there is in-sufficient room, at least 01 bed will be earmarked for management of Heat stress disorder. The layout marking for Heat Stress room and important contact numbers will be fixed at the outside.

Laboratory tests such as RBS, CBC, Serum Electrolytes, LFT, RFT, ECG to be carried out for differential diagnosis of hyperthermia and CNS dysfunction.

4. AVAILABILITY OF DRUGS AND CONSUMABLES-

Sufficient quantity of ORS Packets, IV Fluids and other necessary medicines will be in position at all health institutions. The stock should be available with HW (F) & (M), ASHA and AWW as per the suitability and sufficient ahead. As per the stock position whenever required, the indent will be placed with OSMCL immediately.

5. SENSITIZATION TO MEDICAL AND PARAMEDICAL STAFFS-

All Medical officers & Para Medical Staffs will be sensitized on prevention and management of effects of heat stress on health in different setting throughout the period. The grass root level workers like HW, AWW & ASHA including PRI members will also be sensitized through block level field health staffs. ASHA/ ANM/ MPHW to be sensitized to outreach in heard to reach areas to optimize the coverage of inspection of heat alerts. They must be sensitized on DO's and Don'ts. Heat related illness in pediatric age group and geriatric age group and mentally challenged population to be closely monitored at field level.

6. PROVISION FOR SUPPLY OF COLD WATER AT HEALTH INSTITUTIONS-

Special arrangement will be done at all health institution for supply of cold water for the patients and their attendants at strategic points like; OPD/ IPD/ Patients waiting area. ORS corner will be opened at each health institutions.

Provision for supply of cold water is to be done at each sub centre by the ANM. "Jalachhatra" may be opened at village level through GKS.

7. READINESS OF VEHICLE OF THE HEALTH INSTITUTION-

All the vehicles of the health institutions including ambulances will be kept ready to meet the emergency.

8. INVOLVEMENT OF MHU & MMT-

The services of the MHU & MMT will be utilised as and when required for this purpose. Hence they will be specially sensitised by the block MO I/C.

9. IEC ACTIVITIES-

All the peripheral health staffs will be involved in propagating the message for prevention and management of Heat stress among the public through Inter Personnel Communication (IPC)/ Group meeting. The ADPHCO and PHEOs will look after this activity at district and block level respectively.

- The health workers/MMT will sensitize students and teachers at school.
- An intensive IEC campaign on Do's & Don'ts as regards exposure to heat wave, fluid intake, clothing, work environment during the heat wave period.
- Distribution of leaflet on Do's & Don'ts for prevention and management Heat Stress.
- The field Health Workers will conduct GKS meeting and sensitize the PRI members and the community.

10. INTER DEPARTMENTAL CO-ORDINATION-


Different departments like; Revenue, RWSS, W & CD, H & UD, Education, Labor, Transport, PRI are to be involved to tackle the situation. As such they may be assigned with following responsibility;

- Repair and functionalization of tube well.
- Opening of "JALACHHATRA" through block/ ICDS by AWW, "MOBILE TANK WATER" in water scares area.
- Not to engage labourers at work site during the pick period of the day.
- Bus owners may be directed to avoid overcrowding, provision of drinking water in the bus and bus stop.
- Change of school timing till summer vacation.

11. MONITORING & SUPERVISION WITH REPORT RETURNS-

- The district will monitor the health situation daily with report returns to State Control Room and Emergency section, Collectorate, Nabarangpur over Telephone or E-mail.
- All Medical Officers will report to district control room over telephone/ E-mail daily about the attack and death in prescribed format supplied to them daily by 4.30 PM. A nil report will also be submitted if there is NIL case in their area.
- In case of death it will be reported immediately telephonically to the CDMO/ DPHO. Reports regarding death of a person due to heat stress either at work place or any other area should be jointly **inquired by local Revenue Officer and Local Medical Officer** of PHC/CHC/DHH. The report should be sent to Collector & DM and State Health Control Room.


Epidemiologist / 


Chief District Medical & Public Health Officer
Nabarangpur

Nabarangpur District fire station List

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Nabarangpur FS	Devi Prasad Dash	AFO	9437820817
2	Nabarangpur FS	Bharat Korkora	LFM	8895909909
3	Nabarangpur FS	Prasant kumar Jena	LFM	9337665928
4	Nabarangpur FS	Kamalakanta Das	LFM	9439977508
5	Nabarangpur FS	Padlam Guntha	Dr-Hav	9937064198
6	Nabarangpur FS	Rama Moharana	Dr-Hav	8455993385
7	Nabarangpur FS	Giridhari Gouda	FMD-72	8658998043
8	Nabarangpur FS	Mithun kumar Nahak	FM-864	7978952201
9	Nabarangpur FS	Mohan Behera	FM-1236	9938737754
10	Nabarangpur FS	Bikash majhi	FM-65	9937943717
11	Nabarangpur FS	Sankar Rout	FM-2712	8658263380
12	Nabarangpur FS	B.Santosh Reddy	FM-2635	9777297233
13	Nabarangpur FS	Sashindra Parua	FM-3155	9178349309
14	Nabarangpur FS	Harish Chandra Bag	FM-381	9938358367
15	Nabarangpur FS	Digambar majhi	FM-835	8457887300
16	Nabarangpur FS	Om prakash Sabar	FM-3051	8018190738
17	Nabarangpur FS	Sarathi Patel	FM-1859	8455022254

NANDAHANDI FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Nandahandi FS	Akrura Naik	LFM	9777191414
2	Nandahandi FS	Rajindra Behera	Dr-Hav	7978700761
3	Nandahandi FS	Basanta Nag	FMD-159	9938312689
4	Nandahandi FS	Gopal majhi	FM-2313	9178602512
5	Nandahandi FS	Bikash Chandra Sabar	FM-1562	8327704818
6	Nandahandi FS	Prasant kumar Sabar	FM-1399	7894388512
7	Nandahandi FS	Tejraj Nial	FM-680	9668568414
8	Nandahandi FS	Chandradhawaj Nik	FM-374	9437419107
9	Nandahandi FS	Keshaba Pradhan	FM-2556	8280274783

TENTULIKHUNTI FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Tentulikhunti FS	Mahendra Mishra	LFM	9777908758
2	Tentulikhunti FS	Ashik Xalxo	FMD-173	9438624295
3	Tentulikhunti FS	Sumanta Seth	FM-3605	7008275822
4	Tentulikhunti FS	Daucharan Sabar	FM-2284	9937773594
5	Tentulikhunti FS	Ajit kumar Patel	FM-2948	9777371105
6	Tentulikhunti FS	Prasanta Pradhan	FM-803	9938731432
7	Tentulikhunti FS	Lebarsingh Majhi	FM-3151	8018590182
8	Tentulikhunti FS	Trilokya Prasad Majhi	KDFM-3474	7978484042
9	Tentulikhunti FS	Sarat Majhi	FM-1209	8328990946

KOSAGUMUDA FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Kosagumuda FS	Jagadish Majhi	LFM	8763117831
2	Kosagumuda FS	Rusimuni Dharua	Dr-Hav	8018997031

3	Kosagumuda FS	Hrushikesh Pradhan	FMD-287	7894664217
4	Kosagumuda FS	Gangaraju Kadraka	FM-2642	7894244543
5	Kosagumuda FS	N.Susanta Patra	FM-884	7978050270
6	Kosagumuda FS	Prakash kumar Bhoi	FM-2644	7978785273
7	Kosagumuda FS	Kshiroda Deep	FM-2664	9692308400
8	Kosagumuda FS	Umakanta Bag	FM-2482	9348596293
9	Kosagumuda FS	Pravanjan Sahu	FM-2429	9777401305

CHANDAHANDI FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Chandahandi FS	Budu Sabar	LFM	9668169967
2	Chandahandi FS	Saroja kanta Barik	Dr-Hav	9853450721
3	Chandahandi FS	Prasanta Pujhari	FM-743	8480790299
4	Chandahandi FS	Tulsiram Rana	FM-3152	7750853833
5	Chandahandi FS	Sankarsan Nial	FM-2301	9777476230
6	Chandahandi FS	Anuj kumar sahu	FM-3488	8658899946
7	Chandahandi FS	Thabira Bhoi	FM-1558	9178441309
8	Chandahandi FS	Rabikanta Sahu	FM-1006	8260219405
9	Chandahandi FS	Raju 29rasad Sai	FM-3224	7809303240
10	Chandahandi FS	Prabeer Kisan	FMD-242	9438646839

DABUGAON FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Dabugaon FS	Upendra kumar Maharana	LFM	9348826606
2	Dabugaon FS	Mangaldan Hikoka	Dr-Hav	8658966835
3	Dabugaon FS	Prasanna Biswal	FMD-253	9778569260
4	Dabugaon FS	Hemanta Majhi	FM-507	8327750030
5	Dabugaon FS	Hiroj kumar Behera	FM-522	9556114788
6	Dabugaon FS	Malaya kumar Naik	FM-1037	9439067669
7	Dabugaon FS	Hemanta Naik	FM-1219	8895524246
8	Dabugaon FS	Banabasi Mahapatra	FM-1926	8917263494
9	Dabugaon FS	Janmejaya patel	FM-2652	9777414434
10	Dabugaon FS	Mansingh Sabar	FM-3056	7750805910
11	Dabugaon FS	Sumanta kumar sahu	FM-3631	9777087117

RAIGHAR FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Raighar FS	Pabitra mohan pujhari	LFM	9938629855
2	Raighar FS	Debarchan mahananda	Dr-Hav	7894026601
3	Raighar FS	Rajesh Mahakud	FMD-135	9668706432
4	Raighar FS	Trilochan pujhari	FM-504	8847899018
5	Raighar FS	Binod Banchhor	FM-802	9777767778

6	Raighar FS	Galilio Mahala	FM-1007	7077376904
7	Raighar FS	Gnagaram Majhi	FM-1629	9937067531
8	Raighar FS	Goutam Bhoi	FM-1854	7682021555
9	Raighar FS	Nabin Nayak	FM-2249	556403781
10	Raighar FS	Dilip kumar Sabar	FM-2693	7735064606

PAPADAHANDI FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Papadahandi FS	Debarchan sabar	LFM	9178723312
2	Papadahandi FS	Narottam Pandy	LFM	9178341208
3	Papadahandi FS	Markus Topno	FMD-	9861401149
4	Papadahandi FS	Simanchal Sethy	KDFM-2972	9938708898
5	Papadahandi FS	Nilamani Naik	FM-03	7008074833
6	Papadahandi FS	Narasingha Gadaba	FM-726	8018346636
7	Papadahandi FS	Golak bihari Sabar	FM-750	9178927983
8	Papadahandi FS	Omprakash Sahu	FM-978	9777892969
9	Papadahandi FS	Mithun Barlendia	FM-2643	9668075898
10	Papadahandi FS	Bharat Rana	FM-3541	9178131669

UMERKOTE FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Umerkote FS	Bhagirathi Banua	Station Officer	9937602285
2	Umerkote FS	Binod Kerketta	LFM	8260441005
3	Umerkote FS	Rabindra Nayak	LFM	8249807650
4	Umerkote FS	Gadadhar majhi	Dr-Hav	9090305084
5	Umerkote FS	Raghunandan Das	FMD-219	8249833682
6	Umerkote FS	Basudev patra	Kdfm-69	8018450891
7	Umerkote FS	Suraj behera	FM-1756	9668512348
8	Umerkote FS	Khirod kumar Nag	FM-1072	7752061888
9	Umerkote FS	Jadumani Kok	FM-3145	9178936749
10	Umerkote FS	Dharmendra sha	FM-2671	7894651020

JHARIGAON FIRE STATION

Sl. No	Name of the Fire Stations	Name	Designation	Mobile number
1	Jharigaon FS	Bholanath majhi	LFM	9827509574
2	Jharigaon FS	Nruparaj sabar	FM-1394	9668718717
3	Jharigaon FS	Prasanta kumar sahu	FM-798	8658892882
4	Jharigaon FS	Dolamani majhi	FM-2563	9937189081
5	Jharigaon FS	Padman kumar majhi	FM-1350	9668697071
6	Jharigaon FS	Ajit kumar Bhoi	FM-781	6371868092
7	Jharigaon FS	Dhanurjaya Raut	FM-378	9178210554
8	Jharigaon FS	Suratha jani	FM-625	9178128017
9	Jharigaon FS	Manilal banchhor	FM-3050	9178128017

Details Of Control Room Contact numbers for the Year 2023

Annexure - D

Sl. No.	Name of the Institution	Control Room Contact Numbers				
		Name of the Personal	Designation	Contact Numbers/ Whatsapp Numbers	Timing details	Land line numbers
1	CHC CHANDAHA NDI	Dr.Sngam Kesari Sahoo	Superintendent	9348722696		
		Dr.Ramakrushna Mohapatra	MO	7008037985		
		Sanjib Kumar Patra	Pharmacist	9777828222		
		Sudipta Ranjan Rout	BPM	9439988464		
		Bahamani Hemram	PHEO I/C	9668320628		
		Duty staff of Nursing Station	SN/HW(F)	9777126932		
		Goura Chandra Bissoyi	MRA	7735612845		
2	CHC DABUGAM	Dr. Subhasis Sahu	Superintendent	9439988421	6 AM to 2 PM	
		Santosh Kumar Panigrahi	Pharmacist	9178222422		
		Manas Narayan Sahu	PHEO I/C	9439999461	2 PM to 8 PM	
		Sushil Monaj Korkara	Counselor	7008002881		
		Rosalin Muduli	ANM	8018349895	8 PM to 6 AM	
		Mohan Nayak	Attendant	7978840004		

3	CHC JHARIGAM	Thabira Nayak	MPHS(M)	8093822950	8.00 Am to 1.00 PM
		Pranath Majhi	MPHS(M)		1.00 Pm to 5.00 PM
		Ushakanta Dube	Attendant		5.00 PM to 1.00 AM
		Somanath Pattanaik	Supervisor		
4	CHC KOSAGUMU DA	Dr.Gyana Ranjan Padhy	Superintendent	9438914206	
		Pitabas Swain	Pharmacist	9439999422	
		Pusparani Samal	PHEO	8328813725	
		Ratnakara Sahani	MPHS	9439988959	
		Manas Kumar Rath	BPM	9439988971	
		Control Room		7326828369	7326828369
		Sankar Bissoyi	MRA	9348235232	
5	CHC SANAMOSIG AM	Dr Pravakar Das	Medical Officer	9439988292	10 PM-10 AM (Alternate Day)
		Dr Srikant Sabar	Medical Officer	7978969102	10 PM-10 AM (Alternate Day)
		Krishna Chandra Meher	Counsellor	9777795223	10 AM- 4 PM
		Ananta Sahu	Pharmacist	9439999365	4 PM- 10 PM
6	CHC NANDAHAN DI	Dr Chirag Kumar Acharya	Medical Officer	8984613506	10 PM-10 AM(Alternate Day)
		Dr Beero Kishore Majhi	Medical Officer	9439988453	10 PM-10 AM (Alternate Day)

		Sunita Kumari Panda	Counsellor	8249699637	10 AM- 4 PM	
		Bideshi Pradhan	Pharmacist	9937635581	4 PM- 10 PM	
7	CHC PAPADAHA NDI	Dr.Susrita Sethi	2nd Medical Officer	8847858581	SOS	06869- 299917
		Mr.Ranjan Kumar Bissoyi	Store Pharmacist	6370084146	10am-5.30pm	
		Duty staff of Nursing Station	SN/HW(F)		Shift wise round the clock	
8	CHC HATABHARA NDI	Dr. Dashrath Nag	Superintendent	9439988293/ 8018082814	6 AM to 2 PM	
		Sunil Kumar Sharma	PHEO I/C	9938394505		
		Nilakhanta Bhoi	Pharmacist	6372641317	2 PM to 8 PM	
		Dr. Rupen Kumar	2nd Medical Officer	8093557554		
		Shantilata Sahu	ANM	97777129792	8 PM to 6 AM	
		Subhasini Nayak	Attendant	9668438815		
9	CHC TENTULIKH UNTI	Saheb Kumar Singh	Attendant	9556221545 CHC TENTULIKHUNTI	6 AM to 2 PM	
		Minakshi Soura	SN			
		Pratima Bissoyi	Attendant			
		Pratap Kumar Bagal	Attendant			
		Anjali Buda	SN			

		Trilochan Bissoyi	Attendant		
		Jagannath Pujari	Attendant		
		Usharani Nayak	SN		8 PM to 6 AM
		Sebakanta Khura	Attendant		
10	CHC PUJARIGUD A	Dr.Abhay Kumar Dey	Medical Officer	9040816735	
		Makarand Pradhan	Pharmacist	7894553254	
		Chakrapani Moharana	PHEO	9439988795	
		Jagannath Mishra	BPM	9124543500	
		Ranjan Kumar Das	MPHS	9439988793	
		Control Room		7978142144	
		Prasanjeet Debnath	MRA	8584981920	
11	SDH UMERKOTE	Dr.Sarat Chandra Sethy	Superintendent	9439074813	
		Gagan Bihari Sahu	PMHS	7894592440	
		Biswajit Suna	BAM	9938722242	
		Bhabanath Mallick	Pharmacist	9437279490	
		Narendra Sahu	MRA	9439725616	
		Control Room Contact Numbers		7205471938	

Format for Information about Heat Stress Management, Year:2023

DISTRICT: NABARANGPUR

Heat Stress Room Information

Block Name	Sl. No	Name of the Institution (DHH/SDH/CHC/PHC)	Availability of cold water (Chiller/Aqua Guard)	Supply of cold water (earthen pot at OPD/IPD (Yes/No)	ILR or Deep Freezer Functioning Condition (Yes/No)	Information about Heat Stress Patient room			ASHA/AWW /ICDS Received ORS
						No of Bed	AC/Cooler/ Fan	Other Essential Logistic / Medicine (Present or No)	
Dabugam	1	CHC Dabugam	Aquaguard	OPD/IPD	yes	1	AC/ Fan	yes	50Pcs to each ASHA
Sanamasigam	2	CHC Sanamasigam	Aquaguard	OPD/IPD	yes	2	AC/ Fan	yes	50Pcs to each ASHA
Chandahandi	1	CHC Chandahandi	Aquaguard	OPD/IPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	2	PHC Ankabeda	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	3	PHC Beheramunda	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	4	PHC Deobandha	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	5	PHC Dalabeda	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
Kosagumuda	1	CHC Kosagumuda	Aquaguard	OPD/IPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	2	PHC Asonga	Aquaguard	OPD	Yes	1	Fan	Yes	50Pcs to each ASHA
	3	PHC Kodinga	Aquaguard	OPD	Yes	1	Fan	Yes	50Pcs to each ASHA
	4	PHC Badaambada	Aquaguard	OPD	Yes	1	Fan	Yes	50Pcs to each ASHA
	5	PHC Katagam	Aquaguard	OPD	Yes	1	Fan	Yes	50Pcs to each ASHA
	6	PHC Motigam	Aquaguard	OPD	No	1	Fan	Yes	50Pcs to each ASHA
	7	PHC Sanagumuda	Aquaguard	OPD	nNo	1	Fan	Yes	50Pcs to each ASHA
Tentulikhunti	1	CHC Tentulikhunti	Aquaguard	OPD/IPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	2	PHC Patraput	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	3	PHC Achalaguma	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	4	PHC Mangardara	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	5	PHC Panaspadar	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA

Papadahandi	1	CHC Papadahandi	Aquaguard	OPD/IPD	Yes	1	AC	Yes	50Pcs to each ASHA
	2	PHC Maidalpur	Aquaguard	OPD	Yes	1	Fan	Yes	50Pcs to each ASHA
Raighar	1	CHC Hatabharandi	Aquaguard	OPD/IPD	Yes	2	AC/Cooler	Yes	50Pcs to each ASHA
	2	PHC Jodinga	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	3	PHC Turudi	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	4	PHC Dumurimunda	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	5	PHC Kurabeda	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	6	PHC Gona	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	7	PHC Raighar	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
Jharigam	1	CHC Jharigam	Aquaguard	OPD/IPD	Yes	1	AC & FAN	Yes	50Pcs to each ASHA
	2	PHC Belgam	Aquaguard	OPD	No	1	Fan	Yes	50Pcs to each ASHA
	3	PHC Ichhaapur	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	4	PHC Kodabhata	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	5	PHC Phulgam	Aquaguard	OPD	No	2	Cooler	Yes	50Pcs to each ASHA
	6	PHC Dhodra	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
Pujariguda	1	CHC Pujariguda	Aquaguard	OPD/IPD	Yes	2	Cooler/AC	Yes	50Pcs to each ASHA
	2	PHC Kursi	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
	3	PHC Sunabeda	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	4	PHC Badabharandi	Aquaguard	OPD	No	1	Cooler	Yes	50Pcs to each ASHA
	5	PHC GOVT Hospita	Aquaguard	OPD	Yes	1	Cooler	Yes	50Pcs to each ASHA
SDH Umerkote	1	SDH Umerkote	Aquaguard	OPD/IPD	Yes	1	Cooler/AC	Yes	50Pcs to each ASHA

Annexure- F**Important Contact Numbers**

Sl. No.	Name of the Officers	Office No.	Mobile No	Email. Id
1	Collector		8763354637	dm-nawarangpur@nic.in
2	SP			
3	PD, DRDA		9437094725	ori-dnawarangpur@nic.in
4	ADM		9439613560	admnaba.or@nic.in
5	Deputy Collector, Emergency		9938688120	nabarangpurdeoc1@gmail.com
6	District Project Officer		9437438037	hspatnaik007@gmail.com
7	CDMPHO		9861224077	dhionab@gmail.com
10	BDO Nabarangpur		9438154547	bdonabarangpur@gmail.com
11	BDO Dabugaon		7978144578	ori-dabugaon@nic.in
12	BDO Chandahandi		9437951987	ori-chandahandi@nic.in
13	BDO Tentulikhunti		9437702160	ori-tentulikhunti@nic.in
14	BDO Umerkote		7609069939	ori-umerkote@nic.in
15	BDO Kosagumuda		8895853240	ori-kosagumuda@nic.in
16	BDO Nandahandi		7008249100	ori-nandahandi@nic.in
17	BDO Papadahandi			ori-papadahandi@nic.in
18	BDO Raighar		9078984353	ori-raighar@nic.in
19	BDO Jharigaon		8895605118	ori-jharigaon@nic.in
20	Executive Officer, Nabarangpur Municipality		9437814848	municipalityngpr@gmail.com
21	Executive Officer, Umerkote Municipality		9178615908	nac_umerkote@rediffmail.com
22	City/ Municipal Engineer		9437253482	
23	Executive Engineer, RWSS		9337257094	eerwssngp@gmail.com
24	Executive Engineer, Tata Power		9437959619	Abhijit.padhi@southernodisha.com
25	Indian Red Cross			
26	NGO, Sahara		9437965490	saharaukt@yahoo.com
27	IYASARA		9668663822	iysara_nbp@rediffmail.com
28	Harsa Trust		9178787347	tnabarangpur@harsatrust.org
29	PHRS		9348636907	nabarangpur@phrnindia.org

IEC Activities -

On receipt of warnings on occurrence of heat wave condition from IMD the same will be communicated from district office to all Tahasildars / BDOs for general awareness of public in the area of their jurisdiction. DI & PRO Nabarangpur will announce among the general public soon after receipt of such report from the district office or publication of such report (NEWS) in any of the News Paper.

ଅଂଶୁଘାତ ପ୍ରତି ସାବଧାନ !

- ❗ ଚାଣ ଖରାରେ ପଦାକୁ ବାହାରକୁ ନାହିଁ ।
- ❗ ଖରାରେ କଠିନ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ❗ ଜରୁରୀ କାମରେ ବାହାରକୁ ଯିବାକୁ ହେଲେ କଳା ଚଷମା, ଚପଲ, ମୁଣ୍ଡରେ ଓଦା ଗାମୁଛା ଏବଂ ଛତା ବ୍ୟବହାର କରନ୍ତୁ ।
- ❗ ବାହାରକୁ ଯିବା ସମୟରେ ପାଣି ବୋତଲ ସାଙ୍ଗରେ ନିଅନ୍ତୁ ।
- ❗ ହାଲୁକା ଏବଂ ଢିଲା ପୋଷାକ ପରିଧାନ କରନ୍ତୁ ।
- ❗ ମାଦକ ଦ୍ରବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।
- ❗ ଜଳ ଶୁଷ୍କତାରୁ ରକ୍ଷା ପାଇବା ପାଇଁ ଅଧିକ ପାଣି, ଓ.ଆର୍.ଏସ୍ ଦ୍ରବଣ, ପଣା, ଚୋରାଣି, ଘୋଳଦହି ଓ ଆଖୁରସ ପିଅନ୍ତୁ । କାକୁଡ଼ି, ଚରଭୁଜ ଆଦି ଖାଆନ୍ତୁ ।
- ❗ ଅଂଶୁଘାତରେ ଆକ୍ରାନ୍ତ ବ୍ୟକ୍ତିଙ୍କୁ ଯଥାଶୀଘ୍ର ଡାକ୍ତରଖାନା ନେଇ ଚିକିତ୍ସା କରାନ୍ତୁ ।
- ❗ ଗୃହପାଳିତ ପଶୁପକ୍ଷୀମାନଙ୍କୁ ଛାଇରେ ରଖନ୍ତୁ ଏବଂ ପ୍ରଚୁର ପରିମାଣରେ ପାଣି ପିଇବାକୁ ଦିଅନ୍ତୁ ।
- ❗ ଭାରତୀୟ ପାଣିପାଗ ବିଭାଗ ଦ୍ୱାରା ଗ୍ରୀଷ୍ମ ପ୍ରବାହ ସମ୍ପର୍କୀୟ ବିଆୟାରିଥିବା ସତର୍କ ସୂଚନା ପ୍ରତି ସର୍ବଦା ଧ୍ୟାନ ଦିଅନ୍ତୁ ।

ସମ୍ପର୍କନକା ଓ ସହଯୋଗ କ୍ରିୟାକ୍ରମ !

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ଅଂଶୁଘାତକୁ ସାବଧାନ

ପାଖରେ ଥିବ ପାଣି ବୋତଲ
ହାତରେ ଥିବ ଛତା
ପାଦରେ ଥିବ ଚପଲ ଯଦି
ଖରାକୁ ନାହିଁ ଚିନ୍ତା

- ଦିନ ୧୧ ଟାରୁ ୩ଟା ଭିତରେ ଖରାବ ଚାଟି ସବୁଠାରୁ ଅଧିକ ଥାଏ । ଏଣୁ ଚାଣ ଖରାରେ ପଦାକୁ ବାହାରକୁ ନାହିଁ ।
- ଅଧିକ ପାଣି, ଓ.ଆର୍.ଏସ୍., ପଣା, ଚୋରାଣି, ଘୋଳଦହି, ଆଖୁରସ ପିଅନ୍ତୁ ଓ କାକୁଡ଼ି, ଚରଭୁଜ ଆଦି ଖାଆନ୍ତୁ ।
- ଖରାରେ କଠିନ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ହାଲିଆ ଲାଗିଲେ ଛାଇ ଯାଗାରେ ବିଶ୍ରାମ କରନ୍ତୁ ।
- ମୁଣ୍ଡ ଓ ଦେହରେ ଓଦା ଗାମୁଛା ପକାନ୍ତୁ ।
- ନିଶାଖାଳ ଚାଣ ଖରାକୁ ବାହାରିଲେ କାବନ ପ୍ରତି ବିପଦ ଥାଏ ।
- ଅଂଶୁଘାତ ରୋଗୀ ଦେହରେ ବରଫ ଘଷନ୍ତୁ ନାହିଁ ।

ସରକାରୀ ଡାକ୍ତରଖାନାରେ ଅଂଶୁଘାତ ରୋଗୀଙ୍କ ଚିକିତ୍ସା ପାଇଁ ସୁବିଧା କରାଯାଇଛି ।

ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବାର କଲ୍ୟାଣ ବିଭାଗ, ଓଡ଼ିଶା ସରକାର
ପ୍ରସ୍ତୁତ : ରାଜ୍ୟ ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବାର କଲ୍ୟାଣ ପ୍ରତିଷ୍ଠାନ, ଓଡ଼ିଶା

ଅଂଶୁଘାତ ! ସାବଧାନତା ହିଁ ସୁରକ୍ଷା

ବାହାରକୁ ଯିବା ସୂର୍ଯ୍ୟ ମଧ୍ୟେଷ୍ଟ ଖାଦ୍ୟ ଖାଆନ୍ତୁ ଓ ପ୍ରଚୁର ପାଣି ପିଅନ୍ତୁ ।
ଓଦା ଗାମୁଛା ଓ ପାଣି ବୋତଲ ସାଥରେ ନିଅନ୍ତୁ ।

ପଖାଳ, ଚରଭୁଜ, ଓ କାକୁଡ଼ି ରତ୍ୟାଦି ଖାଆନ୍ତୁ ।

ଚୋରାଣି, କାଞ୍ଜିପାଣି, ବେଲପଣା, ସରବତ, ଘୋଳ ଦହି ଏବଂ ଓ.ଆର୍.ଏସ୍ ଘୋଳ ପିଅନ୍ତୁ ।

ଛତା, କୋଡା, ଚୋପି, ପଗଡ଼ି, କଳା ଚଷମା, ସୂତା ଲୁଗା ବ୍ୟବହାର କରନ୍ତୁ ।

ମାଦକ ଦ୍ରବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।

ଅସୂଚି ଅନୁଭବ କଲେ ଡାକ୍ତରଙ୍କ ପରାମର୍ଶ ନିଅନ୍ତୁ ।

- ଗରମାନ୍ତୁ ସାଧାରଣ ୪୩/୪୪ ଡେଗ୍ରୀ ସେଣ୍ଟରୁ ଅଧିକ ହେଲେ ଏହାକୁ ଗ୍ରୀଷ୍ମ ପ୍ରବାହ ବୁଝାଯାଏ ।
- ଉତ୍ତରବର୍ତ୍ତୀ ଅକ୍ଷରେ ବାୟୁମଣ୍ଡଳର ଅତ୍ୟୁଚ୍ଚ ଅଧିକ ଉତ୍ତରାଂଶୁ ଏହାକୁ କମ୍ ଗତାଗ୍ରରେ ମଧ୍ୟ ଗ୍ରୀଷ୍ମ ପ୍ରବାହ ଭଳି ଚିହ୍ନିତ କୁଣ୍ଡି ହୋଇଥାଏ ।
- ଉତ୍ତର ଚୋରାଂଶୁ ଅଧିକ ହେବୁ ଏବଂ ଜୀବଜଗତର କମ୍ କାରକମାନଙ୍କୁ ନିରାକାର ଯୋଗୁଁ ଗରମାନ୍ତୁ ଅବସ୍ଥା ଦୃଢ଼ ପାଆଏ ।

ଖରା ସମୟରେ ଜଳସାଧାରଣ ସତର୍କତା ଅବଲମ୍ବନ କରିବା ଉଚିତ ।

OSDMA
ଓଡ଼ିଶା ସରକାରଙ୍କ ଦ୍ୱାରା ପ୍ରସ୍ତୁତ
ସାବଧାନତା, ସୁରକ୍ଷା