



ज्ञान-विज्ञान विमुक्तये

सचिव

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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20th December, 2021

Subject: Advisory and Do's and Don't on Cold and Frost.

22 DEC 2021

Respected Madam/Sir,

The Ministry of Education vide its letter F.No.M.11014/02/2021-CDN dated 09.12.2021 has forwarded the letter No.16/17/2021-RR dated 29.11.2021 from National Disaster Management Authority (NDMA) on the subject mentioned above. NDMA has issued "**National Guidelines for preparation of Action Plan- Prevention and Management of Cold Wave and Frost**" to prepare for and mitigate the effects of Cold Wave and Frost (<https://ndma.gov.in/sites/default/files/PDF/Guidelines/Guidelines-on-Cold-Wave-and-Frost.pdf>).

Cold wave season occurs in the month of December- January every year. In recent years, the occurrences of extreme low temperature in association with incursion of dry cold winds from north into the sub-continent caused substantial discomfort, illness and even loss of lives. The adverse impact on the sectors of Health, Agriculture & Food Security, livestock, livelihood and other economic activities has also been experienced. As the country is passing through COVID-19 Pandemic, there is a need to prepare for the ongoing cold wave season as a concurrent disaster along with COVID-19.

NDMA has also prepared a suggestive Advisory and Do's & Don'ts and the same is enclosed herewith (Annexure 1& 2). NDMA regularly conducts awareness campaigns on cold wave on social media platform. To know more about on Cold wave, it is requested to follow **twitter pages** (<https://twitter.com/ndmaindia> and **Facebook pages** <https://www.facebook.com/ndma.in/>) of NDMA.

All the Higher Educational Institutions and affiliated Colleges/Institutions situated especially in the hilly regions and the adjoining plain areas comprising the Core Cold Wave Zone where students / faculty/staff are more vulnerable to cold wave are requested to create awareness extensively through their website, display banners, pamphlets and prepare mitigation measures and awareness generation activities among the students / faculty / staff.

With kind regards

Yours sincerely,

(Rajnish Jain)

To

The Vice-Chancellor of All Universities
The Principals of All Colleges/Institutes

Advisory for Cold wave 2021-22

STATE LEVEL

- State governments must prepare and customise their Cold Wave Action plans as per NDMA guidelines 2021, which have already been circulated to all concerned vide NDMA letter No. 16/13/2021*RR dated 27th October 2021 and also uploaded on the NDMA website. (<https://ndma.gov.in/sites/default/files/PDF/Guidelines/Guidelines-on-Cold-Wave-and-Frost.pdf>)
- Cold Wave Action Plan of the State may be circulated to all Collectors & HoDs of concerned line departments with instructions for its implementation.
- Integrate training sessions on Cold Wave management as part of other official training programmes at various line departments. Shelter Management including essential supplies and medicines may be added into training program for local administrations
- States must appoint a Nodal Officer at each level (State, District and Block levels) for communicating impact based early warning and implementation of Cold wave.
- Warnings may be disseminated by using SMSes, WhatsApp etc. as required
- Give directions to stakeholders to take precautionary measures of concurrent disaster of COVID-19.
- State government must review and monitor the Cold wave situation through video conferencing with concerned line departments/ districts/ blocks.
- Identification and first-aid of cold disorders in both human beings and animals need to be addressed under all campaigns and programmes on cold waves
- Setting up of bonfire or Alay at public places.
- Setting up special shelters for unorganised daily workers with proper facilities
- Widely publicise Do's & Don'ts especially in view of concurrent COVID-19 disaster
- Mass awareness campaigns involving print, TV, radio, social media, etc., reaching out to all the vulnerable areas / regions / States
- Put up display boards with colour coding for Cold wave alert at different locations.
- Publish IEC print material (print material, radio jingles and TVCs) in regional language.

DISTRICT LEVEL/LOCAL LEVEL

- Undertake necessary steps to prevent Cold Wave-related illness and deaths.
- Undertake precautionary measures of concurrent disaster of COVID-19. Provisions should be made to ensure physical distancing along with wearing of mask.
- Hold regular Press conferences on the risks and dangers of Cold wave-related illnesses
- Activate "warm centres" at public place and urge NGOs, community groups and individuals to open warm centres at public places.
- First-aid of cold disorders in both human beings and animals need to be addressed under all campaigns on cold waves
- Urge power companies to prioritise maintaining power supply to critical facilities (such as hospitals and PHCs/CHCs).
- Conduct regular training and awareness programmes of cold wave including demonstrating the safety tips in their local language, using local customs, cultural aspects.
- Carry out special awareness programmes for specific occupations (farmers, horticulturists, livestock reapers, construction & other outdoor workers, etc.) them aware of impacts and the preventive and curative measures to be adopted in the event of a cold wave.
- Undertake Carry out mass awareness campaign in local languages and to inform and educate the public on Cold Wave Do's & Don'ts.

Cold Wave/ Frost

Do's and Don'ts

Before

- Listen to the radio, watch TV, read newspapers for local weather forecast to know if a cold wave is round the corner.
- Stock adequate winter clothing. Multiple layers of clothing are more helpful.
- Keep emergency supplies ready.
- An increased likelihood of various illnesses like flu, running/ stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold. Consult the doctor immediately for such symptoms.

During

- Follow weather information closely and act as advised.
- Stay indoors and minimise travel to prevent exposure to cold wind.
- Keep yourself dry, wear multiple layers of loose fitting woollen clothing, cover your head, neck, hands and toes adequately.
- Eat healthy food, fruits and vegetables rich in Vitamin-C to maintain adequate immunity and equilibrium of body temperature
- Drink hot fluids regularly, as this will maintain body heat to fight cold.
- Store essential supply of goods as per requirement and adequate water as pipes may freeze.
- Take care of elderly people and children and check neighbours who live alone.
- Do not burn coal indoors for generating heat –closed spaces could be dangerous as it can produce carbon monoxide which is very poisonous and can kill persons in the room
- Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes and the tip of the nose, while exposed to cold waves.
- Someone suffering from Frostbite / Hypothermia – like a decrease in body temperature which can cause shivering, difficulty in speaking, sleepiness, stiff muscles, heavy breathing, weakness and/or loss of consciousness. Hypothermia is a medical emergency that needs immediate medical attention.
- Consult doctor immediately for symptoms like various illnesses, running/ stuffy nose particularly during the period of COVID -19.
- Download NDMA's mobile application: First Aid for Students and Teachers (FAST) for information on first aid.

In the case of hypothermia:

- Get the person into a warm place and change clothes.
- Warm the person's body with skin-to-skin contact, dry layers of blankets, clothes, towels, or sheets.
- Give warm drinks to help increase body temperature. Do not give alcohol.
- Seek medical attention if the condition worsens.

Don'ts

- Avoid prolonged exposure to cold,
- Don't drink alcohol that reduces body temperature; and narrows blood vessels, particularly in hands, which can increase the risk of hypothermia.
- Do not massage the frostbitten area. This can cause more damage.
- Do not ignore shivering. It is the first sign that the body is losing heat - get indoors.
- Do not give the affected person any fluids unless fully alert.

AGRICULTURE

Do's and Don'ts

Cold wave and frost damages crops by causing illnesses including diseases of black rust, white rust, late blight etc. Cold wave also causes a variety of physiological disruptions in germination, growth, flowering, yield and storage life.

Do's

- Undertake curative measures for cold illness/injury like spray with Bordeaux mixture or Copper Oxi-chloride, phosphorus (P) and potassium (K) to activate better root growth.
- Do light and frequent surface irrigations (high specific heat of water) during the cold wave wherever it is possible.
- Use sprinkler irrigation (condensation-release heat into surrounding), if possible.
- Cultivate cold/frost resistant plants/crops/varieties.
- Use intercropping farming in horticulture and orchards.
- Mixed cropping of vegetables, viz., tomato, brinjal with a tall crop like mustard / pigeon pea will provide necessary shelter against cold winds (shelter against cold).
- Increase radiation absorption and provide warmer thermal regime through covering of nursery and young fruit plants during winter by plastic or by making thatches (jhuggies) of straw or sarkanda grass etc.
- Organic mulching (for thermal insulation).
- Planting of wind breaks/shelter belts (to reduce wind speed).

ANIMAL HUSBANDRY/LIVESTOCK

Do's and Don'ts

During Cold waves animals and livestock require more food for sustenance as the energy requirement goes up. Extreme variations in temperature may affect the fertility rate in animals during the optimum breeding season for buffaloes /cattle.

Do's

- Cover the animal habitat from all sides during night in order to avoid direct exposure of cold winds.
- Protect and cover livestock and poultry from cold weather by keeping them inside.
- Improving livestock feeding practice and dietary additives.
- Use of high-quality forage or pastures.
- Provide fat supplements - concentrate ratio on feed intake, feeding, and chewing behaviour.
- Construction of climate smart sheds which allow maximum sunlight during winters and low radiation during summers.
- Apply some bedding materials such as dry straw under animals during winters.
- Selecting animal breeds especially fit for these conditions.

Don'ts

- Do not leave animals tied/roam in open area during cold wave
- Avoid animal fares (pashumela) during cold wave
- Avoid giving cold feed and cold water to the animals
- Avoid dampness and smoke in animal shelter
- Carcasses of dead animals should not be discarded on the regular grazing routes of the animals.