



BEAT THE HEAT

Stay Hydrated

Keep Drinking Water even if not thirsty



Stay indoor as much as possible

Stay Indoor

Cool Down

Have a Cold Shower everyday



Avoid Strenuous activities rather Meditate

Meditate



Wear Light

Wear Loose' light Coloured, light weighted Clothes



Cover your head with cap/cloth/umbrella



Cover Head

Eat Light

Avoid Hot or Heavy Meals



Don't go outside bare foot



Use Footwear

3 GOOD HEALTH AND WELL-BEING

