

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SCHOOL BRANCH (HEALTH)  
OLD SECRETARIAT: DELHI - 110054**

No. DE.23(386)/Sch.Br/SHP/2026/75-84

Dated: 27/04/2026

**CIRCULAR**

**Subject: "Beat the Heat" Initiative – Innovative Measures to Safeguard Students from Heat Wave Conditions in Government, Government Aided and Private Unaided Recognized Schools of Delhi.**

In view of the intensified heat wave conditions forecast by the India Meteorological Department and in furtherance of the Heat Wave Action Plan issued by the Delhi Disaster Management Authority, the Directorate of Education introduces a student-centric and environmentally responsible **"Beat the Heat" Initiative**.

The initiative aims not only to protect students from heat-related illnesses but also to inculcate lifelong habits of hydration, environmental stewardship, and compassion for all living beings.

All Heads of Government, Government Aided and Private Unaided Recognized Schools are hereby directed to implement the following innovative and impactful measures:

**1. "Hydration Bell" & ORS Wellness Break**

- A daily "Hydration Bell" shall be observed during the penultimate period, where every student will consume Oral Rehydration Solution (ORS).
- Teachers will reinforce the importance of hydration in a brief 2-minute interaction.
- Schools may create a "Cool Corner" with earthen matkas /dispensers to promote traditional cooling practices.

**2. "One Child – One Plant" Green Mission**

- Each student shall be encouraged to plant and nurture at least one sapling either at school or home.
- Schools may maintain a "Green Register" to track plantation and survival of plants.

- Special assemblies/competitions may be organized on heat mitigation through green cover.

### **3. “(Jal Mitra)” – Care for Birds & Animals**

Designate student volunteers as “Jal Mitras” responsible for:

- Placing and refilling water bowls/earthen pots for birds and stray animals.
- Promoting kindness towards urban wildlife during extreme heat.
- Schools may identify safe shaded spots for such arrangements.

Heads of Schools shall also assign the responsibility of maintaining “Jal Mitra” arrangements during summer vacations to a designated responsible staff member to ensure continuity of care.

### **4. Smart Hydration Practices**

- Ensure availability of safe drinking water stations across the campus.
- Encourage students to carry reusable water bottles and adopt a “No Empty Bottle” rule before leaving school.
- Promote awareness about natural cooling drinks (like lemon water, buttermilk) without mandating sale.

### **5. “Stay Cool – Stay Safe” Awareness Drive**

Conduct short, engaging awareness sessions in classrooms covering:

- Early signs of heat exhaustion and heat stroke
- Preventive practices (light clothing, head covering, avoiding sun exposure)
- Display IEC material prominently in corridors, classrooms, and common areas.

### **6. “Heat Watch” – Student Health Vigilance**

- Teachers shall act as first responders to identify symptoms of heat stress.
- Maintain a basic heat response readiness (ORS, drinking water, shaded rest area).
- Immediate attention must be given to any child showing discomfort.

## **7. Learning Beyond Classrooms**

- Integrate heat wave awareness with Environmental Studies/Science lessons.
- Encourage creative expression through posters, slogans, and skits on climate sensitivity and sustainability.

## **8. Emergency Response & Helpline Numbers**

All schools shall prominently display and disseminate the following emergency contact numbers among students and staff:

- National Emergency Helpline: 112
- Ambulance Services: 102 / 108
- Delhi Disaster Management Authority (DDMA) Control Room: 1077
- Child Helpline: 1098

Schools must ensure that:

- Staff and students are well aware of these numbers.
- Immediate assistance is sought in case of any heat-related emergency.
- A quick response protocol is followed without delay.

## **9. Action Taken Report (ATR):**

All Heads of Schools shall submit an Action Taken Report (ATR) on the above measures to their respective District Offices, which shall compile the same and forward a consolidated report to the Health Branch, Directorate of Education, latest by 28 April 2026 on the following e mail id-

**healthschoolbranch@gmail.com**

This initiative envisions schools not merely as places of learning, but as safe, responsive, and compassionate ecosystems during challenging climatic conditions.

All Heads of Schools shall ensure wide dissemination, active student participation, and strict compliance with the above measures.

All DDE's (Districts/Zones) are directed to ensure strict compliance of these instructions.

This issues with prior approval of the Competent Authority.

*Harsh*  
27/04/26  
(Dr. Harsh Arya)  
Addl. DE (Health)

All Heads of Govt., Govt. Aided and Private Unaided Recognized Schools under Directorate of Education through DEL-E

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Copy to:-

1. PS to Secretary (Education)
2. PA to Director (Education)
3. Chairman, NDMC
4. Commissioner, MCD
5. PA to Addl. DE (Schools)
6. DDE (PSB)
7. DDE (ASB)
8. All RDEs, DDEs (District/Zone) to ensure compliance.
9. Programmer (MIS) for uploading on MIS.
10. Guard File

*Vandana*  
(Vandana Agrawal)  
OSD (Health)