



हैदराबाद विश्वविद्यालय / University of Hyderabad

अध्यक्ष, छात्र कल्याण का कार्यालय

Office of the Dean, Students' Welfare

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Ref.: No. UoH//DSW/2024 1954

12.07.2024

Advisory Note

Dear Students,

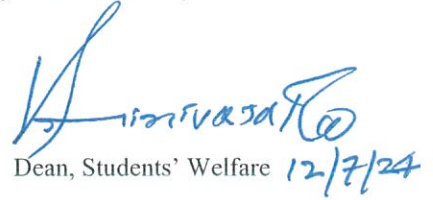
As we all know that the Monsoon season has brought not only a great relief from the summer heat but also potential health challenges, making it essential for us to follow certain monsoon safety precautions.

Rainy weather can create an environment conducive to the outbreak of several diseases such as dengue, malaria, and typhoid fever etc. Therefore, we need to understand and implement these safety precautions during the rainy season to protect our health.

Here are some valuable tips that help you to keep healthy and safe during the monsoon season.

1. Stay Hygienic: Wash hands frequently with soap and water, especially before meals and after using the restrooms.
2. Stay Dry and Comfortable: Damp clothes and footwear can lead to skin infections and fungal diseases.
3. Drink clean and safe water: Always drink clean and purified water, it is good to drink boiled water.
4. Maintain a Healthy Diet: A balanced diet is crucial for maintaining a strong immune system. Always include fresh fruits and vegetables in your daily meals and avoid eating junk foods.
5. Prevent Mosquito-borne diseases: It is advised to use mosquito repellents or creams and to wear full hand sleeves and long pants to keep mosquitos at bay.
6. Boost immunity: A strong immune system helps to fight against various infections through regular exercise and physical activities.
7. Maintain Social distance: Maintain distance from people having cold, cough and fever. Wear a mask to prevent the spread of infections.

By following the above-mentioned safety measures one can prevent oneself from being infected and can focus and progress in academics. All the freshers are advised to utilize the health center services in case of any emergency. Moreover, the students are strictly warned not to go into the deep forests at night and stay safe and healthy on the Campus.


Dean, Students' Welfare 12/7/24

DEAN
STUDENTS WELFARE
UNIVERSITY OF HYDERABAD
HYDERABAD-500046, T.S. INDIA.

To,

All the Concerned

Copy to:

1. OSD to VC
2. S.O to Registrar/ P.S to C.E.
3. The President & the General Secretary, Students' Union, 2023-24.
4. All Deans/ Heads/ Directors of Schools/ Departments/ Centres.
5. Webmaster – with a request to upload it on our university website.