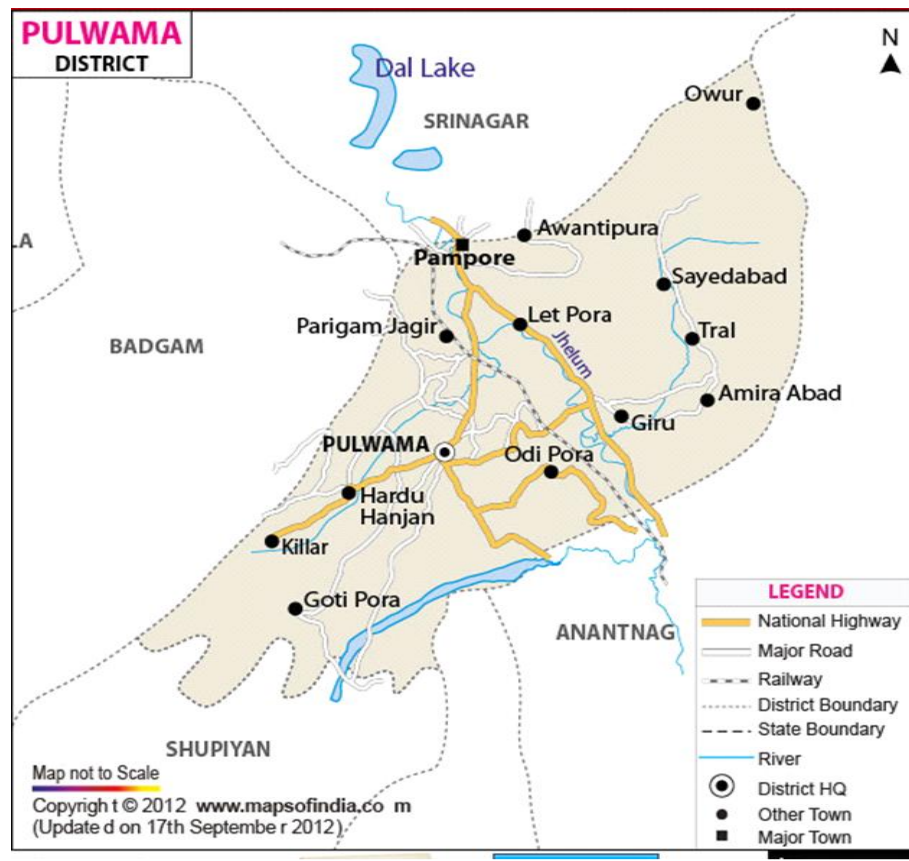


**Heat Wave Action Plan**

Heat wave action Plan  
2024-25



*This document has been prepared and reviewed purely on the basis of information received from authentic or concerned sources of the district. This document provides the guide for preparedness, mitigation and response before, during and after Heat waves and mitigates the consequences. Any sort of feedback regarding the draft is appreciated & welcomed.*

**Approved By: Mr. Mohd Ashraf Sheikh (JKAS), Additional Deputy Commissioner, Pulwama.**

**Author & Drafted by: Mr. Shariq Bashir Junior Consultant District Disaster Management Authority Pulwama & Mr. Mohd Iqbal Ganie Operator SDRF, DC Office Pulwama under the guidance of Incharge SDRF, DC Office Pulwama Mr. Mushtaq Ahmad Alaie.**

**Heat Wave Action Plan**

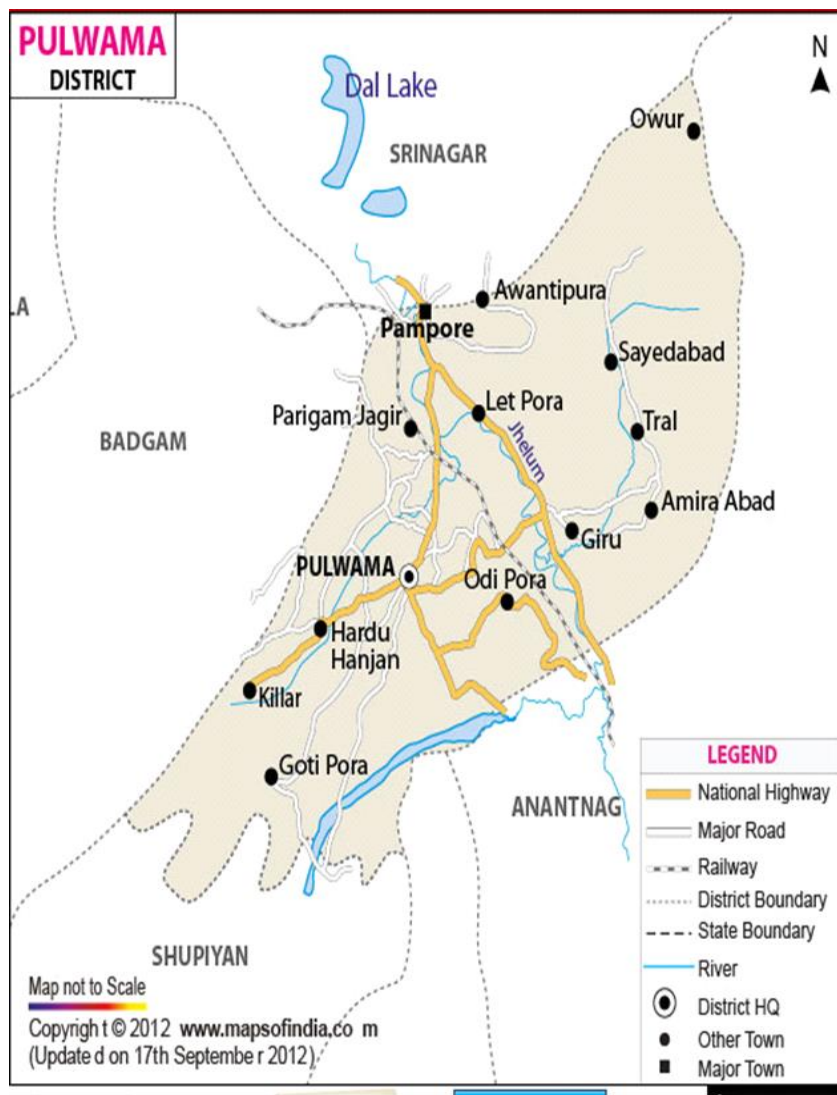
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**Heat Wave Action Plan**

**Brief Introduction**

Heat wave is atmospheric condition that may leads to physiological stress which sometimes may cause death. According to Indian Meteorological Department (IMD) when the normal temperature exceeds more than average temperature for several consecutive days especially above 30° c. the probability of occurrence of heat waves may occur in June July months(expected).Heat Wave may have negative consequences on the exposed population living in an area. There are certain triggering mechanism that may cause or intensify the impacts viz physical vulnerability, social vulnerability & economic vulnerability.



***Heat Wave Action Plan***

**Demography:**

Pulwama being a part of the beautiful valley of UT of J&K is bounded by Srinagar in the North, by Budgam and Poonch Districts in the west and by Anantnag Districts in the South and East. The District being vulnerable to different types of disasters ranging from low to high risk intensity which includes floods, Earthquakes, Forest fires, snow avalanches, drought, flash floods. The total area of the district is 1090 Sq. Kms. District Pulwama is situated at an altitude of 1500 to 2000 meters above mean sea level. The District is located at 33.8830554(latitude), 74.9208705(longitude). The climate in the district is temperate with mercury going 30o C in summer and below freezing point in winter. The district is surrounded by Hilly terrains, which are 2000 Mtrs. above sea level. As per altitude from sea level the district can be divided into three zones i.e. zone 1st falls upto the level of 1700 meters. Zone 2nd falls between 1700 to 2000 mtrs. And zone 3rd above 2000 mtrs. Zone 1st covers the entire area of tehsil Pulwama, Pampore and a portion of Tehsil Tral. Zone 2nd major portion of Tehsil Tral is falling under this zone. Forests with extending up to alpine height fall in zone 3rd with a number of meadows. The river Jehlum passes through this district from Anantnag to Srinagar. The water of river Jehlum, a navigated channel is utilized for irrigation purposes through lift irrigation system. Most of the higher reaches in Tehsil Tral experience early snowfall in winters. The district experiences rainfall during the winter and early summer from western disturbances & monsoon rains from July onward. The district has met with severe drought since a couple of last year's also.

The District is centrally located in the valley of Kashmir. The economy of the District mainly depends on the Agriculture Sector. The District is famous for Rice production. Besides rice production District Pulwama is famous for quality Saffron production all over the world. The District is also famous for production of Milk which is largest in state and literary known as "Anand of Kashmir". The Pulwama District as per census 2011 consists of 327 census villages, out of which 08 are un-inhabited. The villages have been grouped into 8 Tehsils viz, Pulwama, Awantipora, Tral, Pampore, Kakapora, Aripal, Rajpora & Litter, 11 CD Blocks Viz Tral, Aripal, Dadsara, Awantipora, Pampore, Kakapora, Pulwama, Shadimarg, Ichgoz, Lassipora and Newa, 5 Municipal Counsels Viz Tral, Pampore, Khrew, Awantipore and Pulwama. The total population of the District is 5.60 lac, as per census 2011. The geographical area of the District is 1090 sq. Km and the administrative center of the District is situated at Pulwama, which is 31 Km. from Srinagar, 85.65% of the population live in Rural areas and 14.35% in Urban areas.

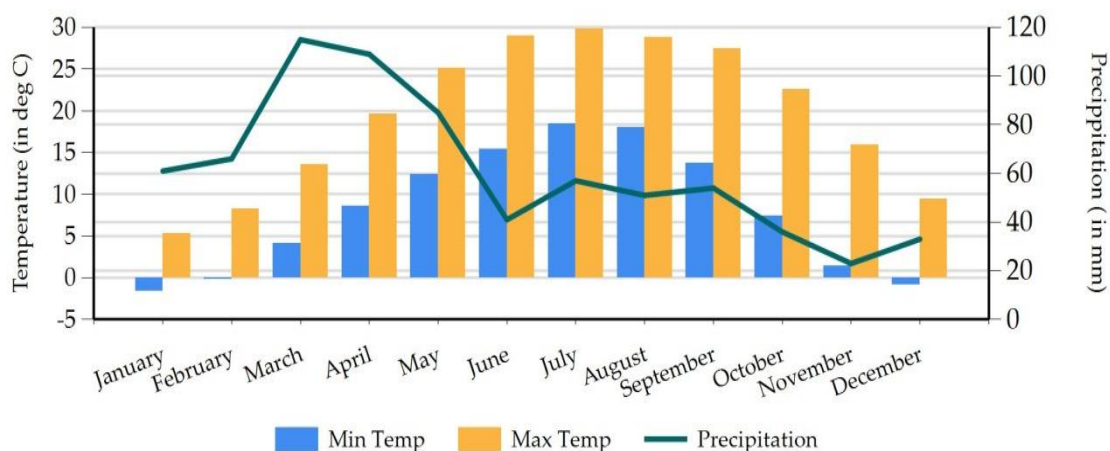
**Heat Wave Action Plan**

<b>S. No.</b>	<b>Description</b>	<b>Unit</b>	<b>Magnitude</b>
1.	Geographical Area	Sq. Km	1090
2.	Sub-Divisions	No.	02
3.	Tehsil	No.	08
4.	C.D Block	No.	11
5.	Village	No.	349
6.	Panchayat Halqas	No.	190
7.	Police Stations	No.	08
9.	Municipal Committee	No.	05
10.	Population	Lac persons	7.14 (census 2023)

**Heat Wave Action Plan**

**Climate in District Pulwama:**

Climate in pulwama is although not exceeding from thresh hold level, although there are some plain areas which includes viz Pulwama, areas of Awantipora and kakapora that witnessed a high temperature range in 2023 ranging from 30 to 32 degrees.



GOVT. OF INDIA MINISTRY OF EARTH SCIENCE INDIA METEOROLOGICAL DEPARTMENT METEOROLOGICAL CENTRE, RAMBAGH, SRINAGAR WEATHER PARAMETER :- 09-02-2024										
KASHMIR DIVISION										
STATIONS	MAX. Temp <sup>o</sup> C			Min. Temp. <sup>o</sup> C			% R.H		24 Hrs R/F in (mm) ending 0530 of date	Snow depth (cms)
	Previ- ous date	NOR	DEP	Today	NOR	DEP	0830	1730		
SRINAGAR	11.0	9.2	1.8	-4.8	-0.4	-4.4	84	33	0.0	0.0
QAZIGUND	9.6	9.1	0.5	-6.4	-1.5	-4.9	58	62	0.0	0.0
PAHALGAM	7.0	5.9	1.1	-10.3	-6.2	-4.1	94	78	0.0	0.0
KUPWARA	10.5	8.6	1.9	-4.9	-2.0	-2.9	92	47	0.0	0.0
KUKERNAG	8.7	7.2	1.5	-5.0	-2.0	-3.0	96	75	0.0	0.0
GULMARG	2.2	1.4	0.8	-9.0	-6.7	-2.3	60	71	0.0	0.0
KONIBAL	11.2	-	-	-5.5	-	-	92	-	0.0	0.0
MUZAFARABAD	20.5	-	-	1.9	-	-	92	-	0.0	0.0
MC LEH	-1.0	-	-	-15.0	-	-	33	22	0.0	0.0
JAMMU DIVISION										
JAMMU	21.4	21.0	0.4	5.3	9.5	-4.2	80	31	0.0	0.0
BANIHAL	9.0	11.2	-2.2	2.0	1.0	1.0	48	34	0.0	0.0
BATOTE	12.2	11.1	1.1	3.3	2.2	1.1	43	47	0.0	0.0
KATRA	20.0	18.3	1.7	5.8	7.4	-1.6	68	50	0.0	0.0
BHADARWAH	15.6	12.8	2.8	-1.6	-0.3	-1.3	73	43	0.0	0.0
KATHUA	18.6	20.7	-2.1	5.6	8.5	-2.9	88	-	0.0	0.0
MIRPUR	N/A	-	-	4.4	-	-	84	-	0.0	0.0
OTHER STATIONS										
STATION	MAX	MIN	RF(mm)	SF(cm)	STATION	MAX	MIN	RF(mm)	SF(cm)	
SRINAGAR	11.1	-4.0	0.0	N/A	BARAMULLA	10.6	-4.1	0.0	0.0	
AWANTIPUR	9.3	-5.3	0.0	N/A	BANDIPORA	9.0	-3.6	0.0	0.0	
JAMMU	20.8	6.7	0.0	N/A	PULWAMA	10.0	-6.2	0.0	0.0	
UDHAMPUR	23.0	0.6	0.0	N/A	SHOPAIN	7.3	-7.6	0.0	0.0	
RAMBAN	18.1	7.0	0.0	0.0	KULGAM	7.4	-5.9	0.0	0.0	
SAMBA	19.8	2.8	1.0	0.0	GANDERBAL	8.2	-4.7	0.0	0.0	
LEH	3.9	-16.1	0.0	N/A	SONEMARG	1.4	-4.3	0.0	0.0	
KARGIL	-1.0	-19.8	0.0	N/A	POONCH	N/A	N/A	N/A	N/A	
DRASS	N/A	N/A	N/A	N/A	RAJOURI	19.5	-0.4	0.0	0.0	
SRINAGAR										
DATE	SUNRISE				DATE	SUNSET				
09-02-2024	7:23				09-02-2024	18:09				
JAMMU										
DATE	SUNRISE				DATE	SUNSET				
09-02-2024	7:21				09-02-2024	18:11				

**Heat Wave Action Plan**

**Hazard Probability in District Pulwama**

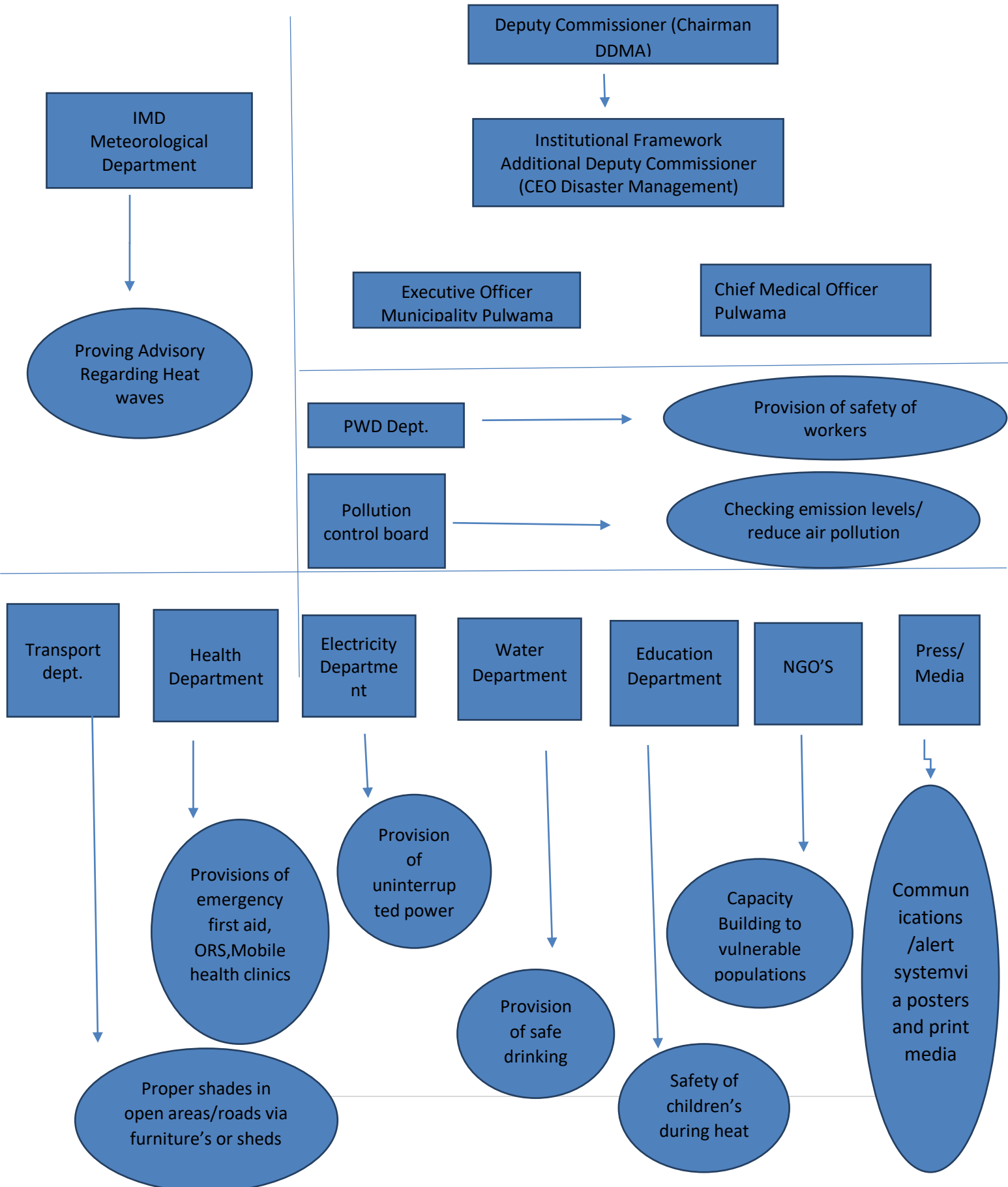
Earthquake	
1. Past History	Yes
2. Frequency	Zone IV (High Risk Zone)
3. Impact	Whole District
4. Vulnerability	100 % of District Population
Floods/Flash floods	
1. Past History	Yes.
2. Frequency	Likely (Rainy season April- Aug)
3. Impact	Jhelum Belt Throughout its Course
4. Vulnerable Population	1/3rd of District
Drought	
1. Past History	Yes (Summer season)
2. Frequency	Likely.
3. Impact	Whole District
4. Vulnerable Population	Whole District
Landslides / Landslips	
1. Past History	Yes(Rainy season)
2. Frequency	Very likely.
3. Impact	Household and village.
4. Vulnerable Population	8% of the district, higher reaches of District
Wind Storms	
1. Past History	Yes
2. Frequency	very likely
3. Impact	Household and village.
4. Vulnerable Population	8% of the district, higher reaches of District
<b>5 Heat Waves</b>	<b>Likely few areas of Pulwama District</b>
Vulnerable Populations	Economically less, physically weak, infants ,pregnant women, old aged persons
Frequency	Likely June, july
Impacts	Populations
Building Fire:-	
1. Past History	Yes
2. Frequency	Very Likely ;spring, summer
3. Impact	Household
4. Vulnerable Population	10% of whole District Kutcha House
Accident	
(i)Road	
1. Past History	Yes
2. Frequency	Likely
3. Impact	Whole District
4. Vulnerable Population	Travelers, Pedestrians
(ii) Air	
1. Past History	Yes
2. Frequency	May be
3. Impact	Air base Awantipora is very close to many villages and any air disaster can be detrimental to inhabitants adjacent to the base. District

# District Disaster Management Authority Pulwama

ddmapul@gmail.com

## Heat Wave Action Plan

### Institutional framework during heat waves





**District Disaster Management Authority Pulwama**  
ddmapul@gmail.com

**Heat Wave Action Plan**

**Tehsil Level Task Force (Response teams for Heat Waves)**

S. No	Tehsil	Functionaries of IRS	Name of Officer	Designated Officer	Contact No.
1	Pulwama	Responsible Officer	Mr. Mohd Iqbal	Tehsildar	7006136416
		Incident Commander	Mr. Rayees Ahmad	Naib-Tehsildar	7780840726
		Deputy Incident Commander	Mr Mohdaltaf	Zonal Education officer	9419030264
		Operation Section	Mr. Arif	AEE	9469183616
		Planning Section Chief	Mr. Momin-ul-Isalm	AD F&ES	9797074242
		Safety Officer	Dr.Tehmeena	Chief Medical Officer	7006429651
2	Awantipora	Responsible Officer	Mr. Shakeel Ahmad	Tehsildar	7889962626
		Incident Commander	Mr. Rayees Ahmad	Naib-Tehsildar	7780840726
		Deputy Incident Commander	Mohd Azad	ZEO	9469030537
		Operation Section	Mr. Ishfaq Hameed	AEE	7006220933
		Planning Section Chief	Mr. Momin-ul-Isalm	AD F&ES	9797074242 241970
		Safety Officer	Dr.IrfanaGanai	Medical Supritedent	7889361175
3	Kakapora	Responsible officer	Mr. Raouf Iqbal	Tehsildar	9797015308
		Incident Commander	Mr Firdous ah.	Naib Tehsildar	9906589828
		Deputy Incident Commander	Mr. Mohd Altaf	ZEO	9419030264
		Operation Section	Mr. Riyaz Ah.	JE	7006525524
		Planning Section Chief	Mr. Momin-ul-Isalm	AD F&ES	9797074242 /241970
		Safety Officer	Dr. Abdul Gani	Medical Superintendent	9906665715

**Heat Wave Action Plan**

**Identification of Colour Signals for Heat wave in District pulwama**

This system advises on severity of an expected heat hazards. There are different thresh hold warning assessments that determines warning signals for a particular area. The detailed information about warning/alert signs are given below:

<b>S. No.</b>	<b>Colour codes</b>	<b>Alert</b>	<b>Warning</b>	<b>Impact</b>	<b>Actions</b>
01	Green	Normal	Nil	Comfortable temperature	Nil
02	Yellow Alert	Heat Alert	Heat wave days likely to persist in district for two – three days	Usually heat is tolerable for normal people but concern for vulnerable sections of populations	Avoid Heat Exposures
03	Orange Alert	Severe Heat Alert	Severe heat wave conditions persist for two – three days Heat waves likely to persist for 4 days	-Increased symptoms of heat illness in people especially for the people with long exposures -There are health concerns for vulnerable people viz elderly, infants and pregnant women	Avoid heat exposures Drink water, plenty of fluids
04	Red Alert	Very Extreme Heat Alerts	Severe heat waves likely to exceed for 6 more days	Very Likelihood of heat strokes, heat illness, rashes, dizziness	Vulnerable populations should be given priority

**Heat Wave Action Plan**

**Roles and Responsibility for managing heat waves:**

<b>S. No</b>	<b>Activities</b>	<b>Name of department</b>	<b>Responsibility</b>	<b>Directions</b>
01	Early warning /Alert System Mitigating Heat waves	Indian Meteorological Department	Heat wave alerts Temperature district wise	Dissemination of advisory to General Public through media
02	Mitigating Heat waves	KPDCL PHE Jall Shakti Department	Provide un interrupted power supply during heatwave days, Identification of Hot spots in cities/construction sites. Provision of construction of shelter sites/sheds, Provide safe drinking water in all areas	Ensure all hotspots/cities receive electricity and safe drinking water
		Education Department	Provision of Safe drinking water to school children, Posters ,Hoardings , LED displays at various sites for heatwaves needs to be implemented Proper cooling facility at schools should be ensured If possible announce holidays in heatwave days	Education Department in coordination with DSEK should ensure all basic facilities in all schools Capacity Buildingprograms prior to heatwaves needs to conducted
03	Response	Municipality, Medical & Health Department Pollution control board	Proper dumping of debris away from habitual areas, Spray of disinfectants to prevent outbreak infection, Stockpiling of emergency medicines, ORS, and other oral solutions, Special attention to vulnerable sections of people, Establishment of medical units, operationalisation of mobile medical vans , Checking of inventories & emission levels that may cause several health concerns.	

**Heat Wave Action Plan**

04	Information education and communication /media campaigns	Information and relation	<p>Create awareness among local masses through print media ,                  Display of hoardings at local or public places ,                  Creating of WhatsApp groups for information ,                  Utilization of local tv channels, radio channels for dissemination of alert messages</p>	
		F&EMS Pulwama	<p>Availability of water at the time of any event to mitigate/respond during any exigencies.</p>	
05	Community participations & NGO's	Community Groups and self help groups, Local bodies village heads	<p>Community capacity building programs with local masses ,asha groups , anganwadi workers , non governmental organizations etc</p> <p>Identification of volunteers, Ngo's self-help groups and vulnerable sections of the society</p>	

**Heat Wave Action Plan**

**Designated Departments / officers for Heat Waves**

<b>S.No.</b>	<b>Name of the officer</b>	<b>Designation</b>	<b>Contact</b>
01	Deputy commissioner	Chairman	9484310408
02	Additional Deputy Commissioner	Nodal Officer/CEO	9419055444
03	Superintendent of police	Member	01933241237
04	Chief Medical officer	Member	7006429651
05	Chief Education Officer	Member	7006147256
06	Executive Eng. KPDCL	Member	7006215698
07	Executive Eng. R&B	Member	9419006110
08	Executive Engineer PHE	Member	7006919317
09	Executive Officer Municipality	Member	7006907639
10	Chief Agricultural Officer	Member	9622839097
11	Tehsildar Pulwama	Member	7006136416
12	Tehsildar Pampore	Member	7889776099
13	Tehsildar Awantipora	Member	7889962626
14	Tehsildar Tral	Member	7006575236
15	Tehsildar Airpal	Member	8130490727
16	Tehsildar kakapora	Member	9797015308
17	Tehsildar Rajpora	Member	7006072110
18	Tehsildar litter	Member	9419119502
19	Assistant Regional Transport Officer	Member	8492011555
20	AD F&EMS	Member	9797074242/01933241222
21	I/C Dist. Disaster Management Officer	Member	9419037790
22	Junior Consultant (DDMA)	Dealing Assistant	9596025672
23	MTS (Operator) SDRF Section	Dealing Assistant	7051836623

**Preparedness measures:**

Range of activities both short term and long term to mitigate the consequences of particular disaster. There is need too have preparedness plan in place to cater the impacts of heat waves there are few measures to be taken into consideration among them are listed below .

**Vulnerability assessment.**

Identifying the population which is vulnerable to heatwaves causes of vulnerability and the population which is risk, type of vulnerability viz physical vulnerability, economic vulnerability, social vulnerability, psychological vulnerability. . The vulnerability analysis should be performed

### **Heat Wave Action Plan**

including vulnerability hazard maps .The vulnerability assessment focuses on age, pregnancy, chronic diseases, type of house etc

#### **Key strategies:**

Severe and extended heat waves can cause disruption to general, social and economic services. Government has the critical role to play in preparing and responding to heat waves at local level, working closely with health and related departments on long term strategic plan.

- Establish early warning system and communication system
- Develop inter agency response plan and coordination in field
- Preparedness at local level for health eventualities
- Health care system capacity building
- Public awareness and community outreach
- Collaboration with private ,non government and civil society
- Assessing the review and feedback on action plans .

#### **Mitigation Measures**

The impacts caused by Heat waves needs to be mitigated at all levels. there are short term and long-term measures in mitigation that can applied for managing the impacts of heat waves

### **Short term measures**

#### **Awareness camps**

- Hoardings posters, to be displayed by LED's tv's and pamphlets  
Awareness ,workshps for occupationally exposed
- police, street vendors, construction workers & school children's

#### **Mitigation Measures:**

- Keeping Gardens, cooling shelters and other possible cooling centres open with water availability
- Availibility of water and sheds at open construction sites water tankers should be available at various locations during orange or red alert days

#### **Early warning communication**

- Using social media for early warning system vizwhatsapp, facebook etc also use SMS alerts s
- Public announcements through loud speakers
- Press release
- Medical Emergencies
- Stocking ORS and cools packs at health centers and readiness with cooling rehydration arrangements
- Medical camps on alert days
- Monitoring and analysis
- Monitoring and analysis of day temperatures and noon temperates

**Heat Wave Action Plan**

**Long Term Measures**

- Heat alerts and emergency response plans to target vulnerable spots, high risk areas and incorporation disaster risk reduction in development plans
- Building Standards needs to taken as first priority in construction of buildings, retrofitting building laws and ventilation measures needs to taken into consideration
- Capacity Building at community, through awareness camps and outreach programs
- Monitoring of temperatures frequently to check the variability and assess the measures to take steps for climate change
- Use and improvising the landscapes through vertical greenery or roof gardens
- Initiating early warning system, advisories and alert system
- Encourage investing in water bodies, fountains and promote greeneries

Heat action plan gives the brief outline about coordination among various agencies including government and private agencies

**Emergency Do's & Don'ts For Heat Waves:**

Heat waves are having serious impacts on health .To minimize the health impacts of heat waves, the following measures are useful:

**DO's**

- Always follow weather advisory on radio , tv, newspaper for preparedness in advance
- Drink plenty of fluids especially water
- Always carry water with you
- For protection of high intense sunlight wear coloured shades
- Use ORS, homemade drinks for rehydration of body
- Keep animals in shades and give them plenty of water
- Recognize the signs of heat strokes,rashes and nausea. if feel faint contact medical units
- Caution workers to avoid direct sunlight
- Keeps home cool, use curtains, shutters and sunshades and open window at night
- Give special attention to physically weaker sections of the society by providing basic or emergency needs

**Heat Wave Action Plan**

**DON'Ts**

- Avoid walking the open sunlight as it may cause heat strokes
- Avoid harsh exercises or work in sunlight or temperatures
- Avoid going in the sun, especially between 12.00 noon and 3:00 pm
- Avoid strenuous activities when outside in the afternoon
- Don't go out barefoot
- Avoid alcohol , tea coffee and carbonated soft drinks which dehydrates the body
- Don't leave children's and pets in parked vehicles as they may get affected by heat waves