

HEAT WAVE ACTION PLAN 2024-25

DISTRICT DISASTER MANAGEMENT AUTHORITY KISHTWAR



DISTRICT KISHTWAR



FOREWORD

With a deep sense of pride, I present the Heat Wave Action Plan for Kishtwar District. This comprehensive strategy epitomizes our steadfast commitment to safeguarding our community during periods of heightened heat.

Acknowledging the critical nature of proactive disaster management in an ever-changing climate, this plan outlines our collective efforts, organizational framework, and swift response mechanisms under the stewardship of the District Administration.

While policy directives originate from higher authorities, it is our responsibility to translate them into actionable strategies. This plan serves as a guiding beacon for alleviating the impact of heat waves, drawing from our shared experiences and aiming for the swift restoration of normalcy.

We express our profound gratitude for the invaluable support and insights from stakeholders, and we eagerly anticipate further collaboration to strengthen our resilience and ensure community well-being amidst extreme heat events. Together, let us march towards a safer, more resilient tomorrow.

Dr. Devansh Yadav (IAS)
Chairman
District Disaster Management Authority
Kishtwar

PREFACE

As climate change intensifies, disruption to traditional global atmospheric circulation system, such as the jet stream in the earth atmosphere, as expected across the planet leading to more frequent and intense extreme climate events. As a result, extreme heat waves will become more common worldwide because of rising average global temperature. This weather pattern, coupled with the El-Nino effect, is increasing the temperatures in Asia. As average global temperatures rise, so too does the probability of more extreme hot temperature anomalies, resulting in earlier, longer and more frequent heat waves. Heat waves now pose a recurring challenge on all inhabited continents and generates an increasing range of threats to human lives and well-being, particularly in cities where built environments magnify heat exposures.

Heat wave can be defined as Silent Hazard and extreme heat can lead to dangerous, even deadly, health consequences, including heat stress and heat stroke. The Impact of rising temperatures along with the increasing frequency, duration and intensity of hot spells, poses a challenge to human safety and sustainability. Our country is prone to much disastrous condition, resulting in the maximum deaths of humans as well as animals.

As per NDMA Guideline Heat Wave action plan 2019 aims to facilitate the stakeholders in preparing a Heat Wave Management Plan by providing insight into the heat related illness and the necessary mitigative and response actions to be undertaken. It would also help in mobilization and co- ordination of various departments, individuals and communities to focus on heat reduction aspects to help and protect their neighbors, friends, relatives and themselves against avoidable health problems during spell of very hot weather.

Heat Wave Action Plan, 2024-25
March, 2024
Issued by: DDMA Kishtwar

S.NO	CHAPTER	PAGE NO
1.	INTRODUCTION TO HEAT WAVE	05
2.	NECESSITY OF HEAT WAVE ACTION PLAN	05
3.	OBJECTIVE	05
4.	CLIMATE CONDITIONS IN KISHTWAR DISTRICT	06
5.	DISTRICT MAXIMUM AND MINIMUM TEMPERATURE	06
6.	HOT SPOT AREAS	06
7.	ROLE AND RESPONSIBILITIES AND IMPLEMENTATION PLAN.	07
8.	ROLES & RESPONSIBILITIES OF VARIOUS DEPARTMENTS	07
9.	HEAT WAVE VULNERABILITY ASSESSMENT	08
10.	MITIGATING STRATEGIES FOR HEATWAVES IN DISTRICT KISHTWAR	08
11.	EARLY WARNING AND COMMUNICATIONS	09
12.	INFORMATION DISSEMINATION OF HEAT WAVE	10
13.	MONITORING HEAT WAVE BY DDMA	10
14.	PREVENTION, PREPAREDNESS AND MITIGATION MEASURES	10
15.	SYMPTOM AND FIRST AID FOR VARIOUS HEAT DISORDERS	11
16.	TRAINING FOR HEAT WAVE PREPAREDNESS	12
17.	HOSPITAL PREPAREDNESS MEASURES FOR MANAGING HEAT-RELATED ILLNESSES	12
18.	DISTRICT IMPORTANT INSTITUTIONS	13
19.	NODAL OFFICER FOR IMPLIMENTAION OF HWAP 2024-25	13
20.	TASK FORCE & CONTACT NUMBERS	14
21.	ANNEXURE I	16
22.	ANNEXURE II	20
23.	ANNEXURE III	21
24.	DO'S AND DON'TS PICTURES	

1. INTRODUCTION

A **Heat Wave** is a period of abnormally high temperatures, more than the normal maximum temperature that occurs during the summer season in the North-Western parts of India. Heat Waves typically occur between March and June, and in some rare cases even extend till July. Heat wave is a condition of atmospheric temperature that leads to physiological stress, which sometimes can cause deaths as well. The World Meteorological Organization defines a heat wave as five or more consecutive days during which the daily maximum temperature exceeds the average maximum temperature by five degrees Celsius. Different countries define heat wave differently in context of their local conditions. In India, as per **IMD classification**, heat wave is considered if maximum temperature of a station reaches at least **40°C** or more for plains, **37°C** or more for coastal stations and at least **30°C** or more for hilly regions. Following criteria are used to declare a heat wave:

(a) Based on Departure from Normal

- Heat Wave: Departure from normal is **4.5°C** to **6.4°C**
- Severe Heat Wave: Departure from normal is **>6.4°C**

(b) Based on Actual Maximum Temperature (for plains only)

- Heat Wave: When actual maximum temperature $\geq 45^{\circ}\text{C}$
- Severe Heat Wave: When actual maximum temperature $\geq 47^{\circ}\text{C}$

***To declare a heat wave, the above criteria should be met at least at two stations in a Meteorological sub-division for at least two consecutive days. A heat wave will be declared on the second day.**

2. NECESSITY OF HEAT WAVE ACTION PLAN

The purpose of the Heat wave Management Plan is to outline the arrangements for the management of heat waves in district Kishtwar across preparedness, response and recovery. The aim of this plan is to enable Kishtwar to mitigate the effects of, prepare for, respond to, and recover from heat waves.

There is a need of a coordinated multi-agency approach to the district management of heat waves. At present, the problem of heat waves is being managed at an operational level but it needs to be managed at a strategic level. There is a need for clear roles and responsibilities in the management of heat waves, as well as sufficient strategic monitoring. Greater clarity is required around triggers for activation and sharing of data across multiple systems, as well as mapping or analysis of the extreme heat impacts across the community.

3. OBJECTIVE OF ACTION PLAN

- **Implementation Framework:** Develop a comprehensive framework for implementing, coordinating, and evaluating extreme heat response activities in urban and rural areas of District Kishtwar.
- **Alert System:** Establish an effective alert system to notify vulnerable populations, including the elderly, children, and outdoor workers, about impending heat waves and necessary precautions.
- **Precautionary Measures:** Outline specific precautionary measures that individuals and communities can take to protect themselves during extreme heat.
- **Livestock Protection:** Include measures to protect livestock and animals from extreme heat stress, such as providing shade, adequate water supply, and proper ventilation in shelters.

- **Interdepartmental Coordination:** Ensure coordination among relevant departments, such as health, disaster management, and animal husbandry, to effectively implement the heat wave action plan.
- **Community Mobilization:** Engage communities in heat wave preparedness and response efforts through awareness campaigns, training programs, and community meetings.
- **Healthcare Preparedness:** Ensure that healthcare facilities are prepared to handle an increase in heat-related illnesses and injuries during heat waves, including adequate staffing, supplies, and equipment.
- **Monitoring and Evaluation:** Establish a monitoring and evaluation framework to assess the effectiveness of the heat wave action plan and make necessary adjustments to improve outcomes.

4. CLIMATIC CONDITIONS IN KISHTWAR DISTRICT

There is no meteorological observatory in the district, hence the meteorological parameters recorded at Kukernag observatory at an elevation about 1920 m in the neighbouring Anantnag district may be taken as representative for this district. Temperature and other meteorological conditions depend very much on the topography of the place.

- The cold season is from mid November to early March.

- January is the coldest month with mean maximum temperature of about 6°C and mean minimum temperature of about -3°C at Kishtwar town.

- The day and night temperatures both begin to rise from March and continue till July or August, while the day temperature reaches its highest in July and August which are the hottest months with a **mean maximum temperature of about 28°C** and mean minimum temperature is 17°C.

- On individual days during the period April to August, the maximum temperature **sometimes reaches up to 35°C** in the **low elevated areas**. Temperatures are generally lower in higher-altitude areas of the district, with variations of 15° to 25°C compared to low-elevation areas.

- The period of April to June and October and November is pleasant with a cool atmosphere

5. DISTRICT MAX AND MIN TEMPERATURE

As per **IMD Seasonal weather outlook 2024** district maximum and minimum temperature is as follows

	March	April	May	June
Min Tem	-2°	-3°	3°	7°
Max Temp	19°	16°	22°	30°

6. HOT SPOT AREAS

In Kishtwar district the areas where heat wave like condition may occur are as under:

(1) Kishtwar Town (1631 m) &

(2) Drabshalla : (22 km away from kishtwar town)

Reason: These 2 locations have been identified as hot spot areas due to their lower elevation from mean sea level as compared to other tehsils/ blocks /places which comparatively are at higher elevations. Additionally, these areas are more urbanized, which increases their vulnerability to heat waves. The combination of lower elevation and urbanization enhances the likelihood of higher temperatures and heat-related impacts in these areas.

7. ROLE AND RESPONSIBILITIES FOR IMPLEMENTATION OF PLAN.

Role of State Government: Jammu and Kashmir have notified Jammu and Kashmir State Disaster Management Authority (JKSDMA) & State Executive Committee (SEC) at State & DDMA's at all Districts under DM Act 2005 to take effective steps for disaster management. These authorities are in charge of the relief and rehabilitation measures to look into the said activities. Department of Revenue has established Disaster Management Cell (DMC) to assist SDMA & DDMA's linkages with the various development and regulatory departments concerned with prevention, mitigation and preparedness. DMC also focuses on capacity building, participation and empowerment of these stakeholders in Heat-wave management.

Role of District Administration:

The DDMA's have the responsibility for overall management of disasters in the district. The Chairman cum District Magistrate has the authority to mobilize the response machinery and has been given financial powers to draw money under the provisions of the General Financial Rules/ Treasury Codes. All departments of the State Government, including the police, fire services, public works, irrigation etc., in accordance with NDMA Guidelines on Heatwave-2019 work in a coordinated manner under the leadership of the Deputy Commissioner during a disaster, except in Municipal Corporations/Council areas where the municipal body plays a major role. DDMA's/District administration should also focus on capacity building, participation and empowerment of these stakeholders in disaster management at local level.

Role of Local Self-Governments:

Local self-governments, both rural and urban, have emerged as important tiers of governance, after the 73rd and 74th Amendments to the Constitution. These units can play an important role in Heat-wave management under the overall leadership of the District Administration.

Role of Public/NGO/Civil Society/Media:

The local community is both victim and usually the first responder in case of a disaster. Local community also carries traditional knowledge and relevant counter measures regarding disaster management. So the role of local community must be utilized with the help of NGOs and media. Mobilization of community action supported by local NGOs, along with government machinery is a must for quick, efficient and effective response. For this, healthy coordination must exist between local administration and local community/NGOs. Local NGOs and civil society must work on developing a deep culture of safety and prevention in society. NGOs, civil society and media also play an active role as pressure groups in a democracy so that any laxity on part of the government can be traced and fixed. So, the public and the NGOs should keep a close vigil over the functioning of the government regarding disaster management and render their services as a watchdog. The (Information, Awareness and Guidance) IAG network created at State & District level should be utilized. The services of trained volunteers should also be utilized for the management of heat wave in the State.

8. ROLES & RESPONSIBILITIES OF VARIOUS DEPARTMENTS

The roles and responsibilities of various departments during a heat wave disaster refer to the specific duties and functions assigned to each department to effectively respond to and mitigate the impacts of a heat wave. These include providing medical assistance, issuing early warnings, ensuring continuous water and power supply, maintaining public infrastructure, conducting awareness campaigns, and coordinating response activities. Each department plays a crucial role in ensuring the safety and well-being of the population during a heat wave.

event. The **roles and responsibilities of various departments** to tackle the heat wave like situation are shown in the [Annexure 1](#).

9. HEAT WAVE VULNERABILITY ASSESSMENT

Extreme heat can help create the conditions for drought and can exacerbate the impacts of drought by putting additional stress on available water supplies. Extreme heat can also lead to increased storm activity, which is linked to both high wind and flash flood hazards. It can also contribute to the spread of wildfires.

Vulnerable Groups of Population: Extreme heat does not impact all people equally; some people are more vulnerable to extreme heat and its impacts than others. It is important to identify the more vulnerable areas and populations of the district in order to establish priorities and minimum thresholds for heat alerts and activities. Incorporating information about vulnerable population groups within the city will help planners create effective, targeted strategies for reaching and protecting these groups. This will make the heat action plan more robust and equitable for all of the district residents.

Following may be considered as vulnerable group:

- (a) Young children.
- (b) Pregnant Women & Nursing mothers.
- (c) Older people mainly above the age of 60.
- (d) Below Poverty Line (BPL) families with no or poor housing conditions.
- (e) Infirm, isolated, and destitute.
- (f) People with pre-existing medical conditions (e.g. cardiovascular and respiratory illness, diabetes), people on certain medications.
- (g) People with limited mobility, impaired thermoregulatory capacity, or reduced ability to perceive changes in temperature are more vulnerable to heat-related illnesses."
- (h) People engaged in outdoor occupations e.g. MNREGA, agricultural workers, and street vendors.

Once people at risk have been identified special care and interventions need to be implemented through the local health care and social services.

List of Do's & Don'ts for vulnerable groups and for all is attached In "[Annexure iii](#)"

10. MITIGATING STRATEGIES FOR HEATWAVES IN DISTRICT KISHTWAR

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 be applied for managing the impacts of heat waves

(A) SHORT-TERM MEASURES

(i) Awareness Campaigns

- Display hoardings, posters, LED screens, TVs, and distribute pamphlets.
- Organize workshops for occupationally exposed groups, such as police, street vendors, construction workers, and school children.

(ii) Mitigation Measures

- Keep gardens, cooling shelters, and other cooling centers open with water availability.
- Ensure availability of water and sheds at open construction sites; water tankers should be stationed at various locations during orange or red alert days.

(iii) Early Warning Communication

-Use social media platforms like Whats-App, Face-book, etc., for an early warning system; also utilize SMS alerts.

-Make public announcements through loudspeakers and press releases.

(iv) Medical Emergencies

-Stock ORS and cool packs at health centers and be ready with cooling and rehydration arrangements.

-Conduct medical camps on alert days.

-Monitor and analyze day and noon temperatures.

B) LONG-TERM MEASURES

-Implement heat alerts and emergency response plans targeting vulnerable spots and high-risk areas; incorporate disaster risk reduction into development plans.

-Prioritize building standards in construction, retrofitting buildings, and implementing ventilation measures.

-Build community capacity through awareness camps and outreach programs.

-Frequently monitor temperatures to check variability and assess measures for climate change.

-Use and improve landscapes through vertical greenery or roof gardens.

-Initiate early warning systems, advisories, and alert systems.

-Encourage investment in water bodies, fountains, and green spaces.

The heat action plan provides a brief outline of coordination among various agencies, including government and private agencies.

11. Early Warning and Communications**Forecast and Issuance of Heat Wave Alert by IMD:**

India Meteorological Department (IMD), Ministry of Earth Sciences, is the nodal agency for providing current and forecast weather information, including warnings for all weather-related hazards for optimum operation of weather-sensitive activities. It provides real time data and Weather prediction of maximum temperature, Heat Wave, extreme temperatures and heat alerts for vulnerable cities/rural areas.

IMD issues temperature forecast & warnings in following range:

a) Short to medium range (lead time/validity of 1 to 5 days)

b) Extended range (lead time/validity up to 4 weeks)

c) Seasonal range (lead time/validity up to 3 months)

A common man may get Heat Wave information from, All India weather forecast bulletin (<https://mausam.imd.gov.in>) and special Heat-Wave guidance bulletins (https://internal.imd.gov.in/pages/heatwave_mausam.php) every day from 1 April to 30 June. The Heat Wave information is shared with concerned State Government Authority, Media and other stakeholders like Indian Railway, Health departments, Power Sector etc. The general public is informed through Print & Electronics Media. IMD issues forecasts and warnings for all weather-related hazards in short to medium range (valid for the next five days) every day as a part of its multi-hazard early warning system. These warnings, updated four times a day. A new system of exclusively heat-related warnings has been introduced with effect from 03 April 2017. These warnings, valid for the next 5(five) days, are issued around 1600 hours IST daily and are provided to all concerned authorities (Departments of Health, Disaster Management, Indian Red Cross and Indian Medical Association, NDMA etc.) for taking suitable action at their end. A bulletin in extended range with outlook for the next two weeks is issued every Thursday available at (https://internal.imd.gov.in/pages/heatwave_mausam.php).

12. INFORMATION DISSEMINATION OF HEAT WAVE WARNING: -

- On receipt of warning messages relating to Heat Wave from I.M.D. / SRC(state response center) / JKDMA and other higher quarters, the District Control Room shall make necessary arrangements to alert the subordinate offices connected with management of calamity adopting necessary measures to combat the heat wave situation to keep the people alert.

-The warnings shall be disseminated through **e-mail, Phone, District what's app Groups, special messenger**. The report on Heat Wave casualty should be reported immediately by the Tehsildar and Medical Officers to the District Emergency Control Room for onward transmission to higher quarters. In case of any causality, it shall be instantly reported to the DEOC by Tehsildars and thereafter joint enquiry report to be submitted within 24 hours and through DAMP(District Administration Management Portal)

- **Colour Code for Heat Wave Warning is given below:**

Red Alert (Severe Condition)	Extreme Heat Alert for the Day	Normal Maximum Temp increases 6° C
Orange Alert (Moderate Condition)	Heat Alert Day	Normal Maximum Tem increase 4°C to 5°C
Yellow Alert (Heat-wave Warning)	Hot Day	Nearby Normal Maximum Temp.
White (Normal)	Normal Day	Below Normal Maximum Temp.

13. MONITORING HEAT WAVE BY DDMA

Based on IMD observations, heat conditions of District are analyzed on a daily basis by DDMA from March-June every year. Maximum temperature map of the state is prepared on GIS platform. The information is disseminated to the different stakeholders through social media.

- Call for a preparatory meeting in the month of March.
- Issue directions to all line departments to take appropriate action as and when required.
- Overall monitoring of the situation in the district.
- Ensure functioning of Control Rooms in all concerned offices.
- Conduct review meeting with all stakeholders if situation arises

14. PREVENTION, PREPAREDNESS AND MITIGATION MEASURES

PHASE I: Pre-Summer (January to March):

1. To convene Meeting with Departments/ Organizations/ NGOs involved in rehab/ agencies to review mechanism to respond extreme heat event.
2. To Interact regularly with concerned departments for review the feedback.
3. To identify High risk area of the Districts vulnerable to heat wave and focus on such area and initiate focused activities (training programs) on prevention for heat-related illness.
4. To organize training for Health Workers, School Children and the local community with the Health Department in prevention measures and treatment protocol.
5. To distribute IEC material (Pamphlets, Posters & Stickers) in Local Language with Tips to prevent heat wave to Hospitals, Schools, and professional associations

PHASE II: During Heat Events (March to July):

1. Issue a Heat alert District-wide when extreme heat events are forecast.
2. When necessary, monitor and increase the heat alert level to match the severity of the forecast and threshold established. Special meetings with key agencies may be convened.
3. Provide access to shaded areas for outdoor workers, slum communities and other vulnerable population on a large scale. For example, confirm that night shelters stay open all day for migratory population during a HEAT ALERT.
4. Hold regular (daily, if necessary) conferences to discuss reports and fresh developments during a heat alert and ensure that communication channels are functional and operating.
5. Monitor temperature data and forecast.
6. Increase efforts to distribute fresh drinking water to the public.
7. Inform power supply companies to prioritize maintaining power to critical facilities (such as Hospitals and dispensaries).
8. Notify when the Heat alert is over.

PHASE-III: Post-Summer Evaluation (July to September):

1. Organize an annual meeting with key agencies and relevant stakeholders to review Heat Wave Action Plan.
2. Evaluate the reach and impact of the plan and update/ revise it based on review and evaluation.
3. Evaluate the plan process based on performance and revise accordingly.
4. Evaluate the reach and impact of the plan and revise accordingly.
5. Display the revised plan to the Disaster Management/ District website ahead of the next Heat season for stakeholders.

15. SYMPTOM AND FIRST AID FOR VARIOUS HEAT DISORDERS

It's important to note that heat-related illnesses can be serious and even life-threatening. If you suspect someone has a heat-related illness, it's crucial to act quickly and seek medical help if necessary. Studying the symptoms and first aid of various heat disorders is crucial for including them in a heat wave action plan for several reasons:

Early Recognition:

Effective Response

Minimize Severity:

Education and Awareness:

Comprehensive Planning:

Legal Compliance:

Public Health Impact

The **symptoms** and **first aid** for various heat disorders are generally shown in **Annexure II**

16. TRAINING FOR HEAT WAVE PREPAREDNESS

Sr. No	Training Module	Participants	Purpose of Training	Methodology	Time frame
1	Institutional Mechanisms to deal with extreme heat and Heat Waves.	Appointed Nodal Officers and Line Departments	(i) To illustrate institutional mechanisms on Heat Wave prevention and management measures at district and block levels.	The trainer may narrate the topic through a PowerPoint presentation and then engage with participants on the question given above at the end of this session.	Mar-June
2.	Awareness about Heat Wave Risks and Prevention	Students, Labour Class, Farmers, Aanganwadi Centres, Vulnerable Groups	(i) To illustrate the understanding of Heat Wave Risks and Prevention. (ii) To enable them understanding the early warning alerts and community action	(i) Interactive presentations tailored for student engagement. (ii) Group discussions and Q&A sessions. (iii) Distribution of educational materials and resources. (iv) Performing mock exercises or "Nukkad Nataks" engaging Civil Defence Volunteers/ Aapda Mitra Volunteers.	Mar-June

17. HOSPITAL PREPAREDNESS MEASURES FOR MANAGING HEAT-RELATED ILLNESSES

Hospital directors and in-charges in state and district hospitals should ensure the following measures are in place to effectively manage heat-related illnesses:

- a) Develop a detailed action plan well in advance of the hotter months to address heat-related illnesses.
- b) Establish Standard Operating Procedures (SOPs) to manage all levels of heat-related illnesses and conduct capacity-building measures for doctors, nurses, and other staff.
- c) Quickly assess cases with suspected heat stroke using standard Treatment Protocols.
- d) Identify surge capacities and allocate beds for treating heat stroke victims. Enhance emergency department preparedness to accommodate more patients.
- e) Establish Rapid Response Teams (RRT) to respond to emergency calls outside the hospitals.
- f) Ensure adequate availability of staff, beds, fluids, ORS, essential medicines, and equipment to manage volume depletion and electrolyte imbalance.
- g) Consider establishing outreach clinics at easily accessible locations for vulnerable populations to reduce the number of affected cases. Conduct awareness campaigns in the community through various information dissemination methods.
- h) Ensure primary centers stabilize and provide basic definitive care before referring patients to higher facilities.
- i) Maintain proper networking with nearby facilities and medical centers to share patient load exceeding surge capacities.
- j) Report all cases of heat-related illnesses to the Integrated Disease Surveillance Programme (IDSP) unit of the district.

18. DISTRICT IMPORTANT INSTITUTIONS

1. Medical:

S.NO	CATEGORY OF INSTITUTION	KISHTWAR
1.	District Hospital	01
2.	Sub District Hospital /CHC	01/01
3.	Primary Health Centre	08
4.	Medical Aid Centers	47
5.	Sub Centers (Normal)	40

2. PWD: -

- a) Division =01
b) Sub-Division =03

3. Jal Shakti (PHE):-

- a) Water supply:- Division =01
b) Sub Division =05

4. Police Station

Near District Hospital, Bus Stand Kishtwar

5. Emergency Operation Centre / Control Unit

DC Office , 1st Floor , Zelna, Kishtwar

19. NODAL OFFICERS FOR THE IMPLEMENTATION OF HWAP 2024-25

The Nodal Officer at both District and Block Levels is the responsible authority for the implementation of the Health Action Plan at their respective level. This authority will serve as a point of coordination and communication, to implement relevant measures before, during, and after the extreme heat season.

Table: Nominated Nodal Officers for the Implementation of HWAP 2024-25

S.NO	NAME OF NODAL OFFICER	DESIGNATION	DISTRICT/BLOCK LEVEL
1.	Sh. Phulail Singh (JKAS)	ACD, District kishtwar	District Level
2.	Sh.SanjeevKumar kotwal (JKAS)	BDO, Kishtwar	Block Level
3.	Sh. Sumit Singh (JKAS)	BDO Padder	Block Level
4.	Sh Hifesh Kumar Loona(JKAS)	BDO Inderwal	Block Level
5.	Sh. Dheeraj Vishvanath Bhim Bahadur (JKAS)	BDO Mughalmaidan	Block Level
6.	Sh Shabir Ahmad (JKAS)	BDO Dachchan	Block Level
7.	Sh Ajay Singh (JKAS)	BDO Drabshalla	Block Level
8.	Smt. Chahat Bharti (JKAS)	BDO Thakrie	Block Level
9.	Sh. Abilash Sharma (JKAS)	BDO Nagseni	Block Level
10.	Sh. Sanjeev Kumar Kotwal (JKAS)	BDO Palmar (with Addl. Charge)	Block Level
11.	Sh Shashank Padha (JKAS)	BDO Marwah	Block Level
12.	Sh. Shashank Padha (JKAS)	BDO Warwan	Block Level
13.	Ms. Chandan Manhas (JKAS)	BDO Trigam	Block Level
14.	Sh. Ajay Singh (JKAS)	BDO Bounjwa	Block Level

20. TASK FORCE**RESPONSE TEAM, IMPORTANT CONTACT NO'S****TEHSIL KISHTWAR**

DESIGNATION	MOBILE NO.
CHAIRMAN DDMA , KISHTWAR(RESPONSIBLE OFFICER)	01995-261455
SENIOR SUPERINTENDENT OF POLICE , KISHTWAR	9906060962
ASSISTANT COMMISSIONER REVENUE	9419130404
SH. SAJJAD AHMED KHAN(DY. SP DAR I/C SDRF)	9419170220
TEHSILDAR , KISHTWAR	8082213818
CHIEF MEDICAL OFFICER, KISHTWAR	9419148466
CHIEF EDUCATION OFFICER, KISHTWAR	8493985278
XEN (JAL SHAKTI DEPARTMENT)	9419110471
ASSISTANT LABOUR COMMISSIONER, KISHTWAR	6006530429
XEN, PWD(R&B) , KISHTWAR	9419160041
DISTRICT INFORMATICS OFFICER, KISHTWAR	9560218692
DFO, KISHTWAR	9419154255
DISTRICT TREASURY OFFICER, KISHTWAR	9906012291
ARTO , KISHTWAR	9419161281
XEN (JPDCL)	9906064840
CHIEF ANIMAL HUSBANDRY OFFICER	9797363964
DISTRICT SOCIAL WELFARE OFFICER	9858448314
NT KISHTWAR (INCIDENT COMMANDER)	9622135163

TEHSIL CHATROO

DESIGN.	CONTACT NO.
SDM, CHATROO (RESPONSIBLE OFFICER)	6006337603
TEHSILDAR, CHATROO(INCIDENT COMMANDER)	9419530304
SHO, CHATROO(OPERATION SECTION CHIEF)	01995-210355
BMO, CHATROO(SAFETY OFFICER)	

TEHSIL PADDER (Atholi)

DESIGN.	CONTACT NO.
SDM(RO)	9419131883
TEHSILDAR ATHOLI(IC)	9596971200
BDO PADDER(DIC)	9622293798

TEHSIL DRABSHALLA

DESIGN.	CONTACT NO.
TEHSILDAR DRABSHALLA(RO)	8492843899
BDO, DRABSHALLA(DIC)	6005478008

TEHSIL MARWAH

DESIGN.	CONTACT NO.
SDM MARWAG(RESPONSIBLE OFFICER)	9622254590
TEHSILDAR, MARWAH(IC)	9419792111
BDO , MARWAGH (DIC)	9419288731

TEHSIL WARWAN

DESIGN.	CONTACT NO.
TEHSILDAR MARWAH	9419792111

TEHSIL NAGSINI

DESIGN.	CONTACT NO.
TEHSILDAR NAGSINI	9906015432

TEHSIL MUGHALMAIDAN

DESIGN.	CONTACT NO.
TEHSILDAR MUGHALMAIDAN	9906480459

TEHSIL DACHCHAN

DESIGN.	CONTACT NO.
TEHSILDAR DACHCHAN	9622794524

TEHSIL BONJWAH

DESIGN.	CONTACT NO.
BDO, BONJWAH	6005478008
TEHSILDAR ,BONJWAH	9469520857

CONTACT NO OF NODAL OFFICERS AT BLOCK LEVEL FOR HWAP 2024-2025

NAME OF NODAL OFFICER	DESIGNATION	MOBILE NO
SH.SANJEEVKUMAR KOTWAL (JKAS)	BDO, KISHTWAR	9622293798
SH. SUMIT SINGH (JKAS)	BDO PADDER	8082105299
SH HITESH KUMAR LOONA(JKAS)	BDO INDERWAL	7889361591
SH. DHEERAJ VISHVANATH BHIM BAHADUR (JKAS)	BDO MUGHALMAIDAN	9541740922
SH SHABIR AHMAD (JKAS)	BDO DACHCHAN	9622165146
SH AJAY SINGH (JKAS)	BDO DRABSHALLA	6005478008
SMT. CHAHAT BHARTI	BDO THAKRIE	9469504503
SH. ABILASH SHARMA (JKAS)	BDO NAGSENI	9596809407
SH. SANJEEV KUMAR KOTWAL (JKAS)	BDO PALMAR (WITH ADDL. CHARGE)	9622293798
SH SHASHANK PADHA (JKAS)	BDO MARWAH	7006488154
SH. SHASHANK PADHA	BDO WARWAN	7006488154
MS. CHANDAN MANHAS	BDO TRIGAM	8492820713
SH. AJAY SINGH (JKAS)	BDO BOUNJWA	6005478008

ANNEXURE I

ADVISORIES FOR HEAT WAVE

Sr. No.	District Agencies and their Role/Responsibilities	
	Agencies	Role/Responsibilities
1.	District-Admin./DDMA	<ul style="list-style-type: none"> • Preparation/revision of Heat Wave Action Plan based on NDMA revised guidelines and local experiences. • Coordination among all stakeholders with clearly defined roles and responsibilities. • Real-time surveillance and evaluation of weather situation. • To disseminate the information received from IMD to the public at large. • Disseminate the heat-health warning, determine the threshold for action and communicate the risks. • Prepare SOP for heat wave response based on forecast and weather prediction • Flexible timing of market and offices. • Collaboration with non-government and civil society. • Special care for vulnerable groups- children, disabled, women and old aged. • Take necessary measures, wherever applicable.
2.	PRIs/ULBs	<ul style="list-style-type: none"> • Appointment of Nodal Officer at each level(District, Tehsil and Block , Department etc.) • Implementation of Heat Wave Action Plan. • Heat wave should be included in annual disaster training calendar. • Open parks/open areas during daytime for providing spaces with shade. • Sprinkling of water on roads. • Construct shelters, sheds at public places, provide access to public parks during heat wave season. • Promote cool roofs initiative such as paint roof white, create green roofs and walls, and plant trees in neighborhood to keep them cool. • Inter district collaboration for sharing experiences and data. • Reviewing preparedness & mitigation measures.

3.	Department of Health	<ul style="list-style-type: none"> • Prepare hospital preparedness plans • Dissemination of heat wave health plan by organizing awareness campaigns. • Undertake orientation/training and issue alerts to village level functionaries. • Adopt heat focused examination procedures at local hospitals. • Deploy additional staff to take care of persons affected due to sunstroke. • Activate Emergency services and keep sufficient stock of ORS and glucose etc. in all hospitals or dispensaries. • Adopt a uniform process for registration of casualties or deaths due to heat wave.
4.	Police Department	<ul style="list-style-type: none"> • Ensure shade for on duty traffic police, as they are more exposed to heat wave and distribution of cool jackets for traffic police personals.
5.	Department of PHE	<ul style="list-style-type: none"> • Ensure drinking water facilities at all commonplaces. • Identify vulnerable places and ensure drinking water facilities. • Repair/maintenance of mechanical faults of tube-wells, ponds at priority basis to ensure water storage. • Suitable arrangement for drinking water supply and promptly respond to water scarcity.
6.	Department of School Education/Higher Education	<ul style="list-style-type: none"> • Rescheduling of school timing and vacation as per heat wave situation. • Ensuring cool places for all educational institutions, and availability of water facilities. • Ensure that students avoid outdoor physical activities during the summer in schools. • Heat wave management should be added in school curriculum to sensitize school children and local people. • Encourage research on heat wave related issue through universities/colleges.
7.	Department of PWD/ Roads & Building	<ul style="list-style-type: none"> • Long term planning for heat resilience infrastructure. • Promote cool roofs technology and use of similar heat reducing technology. • Ensure implementation of mixed-use planning adopted in heat wave affected cities/towns. • Heat appropriate planning of new buildings (consideration, e.g., in architecture, width/ height ratio, street development, orientation and site) in urban and rural areas. • Ensure capacity building of structural engineers, civil engineers and architects for construction of green buildings, maintenance and fire safety of the structures. • Ensure to construction of green buildings, environment and building code related to heat wave risk mitigation. • Ensure implementations of latest Building Code for the construction.

8.	Department of Information and Public Relation	<ul style="list-style-type: none"> • IEC Campaign to create awareness through print media, electronic media, social media, etc. • Display board with color coding for heat wave alert. • Display Do's and Don'ts in the Public Areas, Hospitals, Parks, etc. • Develop of mobile application for faster spread of heat related issues, alertness, space for shelters and drinking water.
9.	Department of Forest	<ul style="list-style-type: none"> • Ensure proper afforestation at public places. • Continuous watch in the forest area to avoid forest fires. • Provide safety drinking water and shade in forest areas. • Maintain water bodies/ponds in the forest area for wild animals and birds.
10.	Department of Tourism	<ul style="list-style-type: none"> • Ensure proper registration of tourists who are visiting the State/UT/District. • Publicize advisories for tourists on Heat Wave conditions in the State/UT/District. • Build temporary shaded areas and ensure availability of safe drinking water for pilgrims at religious places.
11.	Department of Railways	<ul style="list-style-type: none"> • Repair/maintenance of mechanical/electrical system on priority basis including fan and cooling system. • Ensure drinking water facilities in trains and railway stations.
12.	Department of Transportation	<ul style="list-style-type: none"> • To ensure shelter/sheds at buss tops, drinking water facilities at bus stops. • Enable better emergency transport system for affected people to healthcare facilities with adequate essential equipments.
13.	Department of PDD	<ul style="list-style-type: none"> • Ensure repair & maintenance work for uninterrupted power supply before and during the summer. • Re-scheduling load shedding.
14.	Department of Animal Husbandry	<ul style="list-style-type: none"> • Follow the advisory on heat wave. • Shelter for live stock and animal husbandry should be maintained. • Pre-positioning of adequate veterinary medicines and supplies. • Update contingency plan regarding provision of drinking water for animals. • Awareness on the impact of heat on animals and coping mechanisms.
15.	Department of LaboUr/Social Welfare	<ul style="list-style-type: none"> • Training with construction/industries/commercial entities regarding Heat Wave related illness. • Implement the directions for heat wave season. • Re-scheduling of working hours for employees in different sectors. • Ensure drinking water facilities at workplaces. • Coordinate with Health Department and ensure regular health check-up of the workers and provide emergency ice packs and heat illness prevention material to construction workers.

16.	ELECTORAL OFFICE	<ul style="list-style-type: none">• Conduct a comprehensive assessment to identify polling stations, election officials, and voters most at risk during heat wave conditions. Consider factors such as location, demographics, and historical data on heat-related incidents.• Liaise with the Electoral Office to ensure that polling stations and election-related activities are prepared to handle heat wave conditions.• Conduct awareness campaigns to educate voters about heat wave risks and preventive measures. Distribute information through various channels, including social media, posters, and pamphlets, in local languages for better understanding.• Ensure that polling stations have adequate facilities, such as shade, water, and first aid, to mitigate the effects of heat waves.• Develop contingency plans with the Electoral Office to address any heat-related emergencies that may arise during the election.• Provide training to election officials on recognizing and responding to heat-related illnesses.• Establish clear communication channels between the District Disaster Management Authority, Electoral Office, and other relevant stakeholders to ensure a coordinated response to heat wave incidents during the election.
-----	------------------	---

ANNEXURE II

10.1 SYMPTOM AND FIRST AID FOR VARIOUS HEAT DISORDERS

Heat Disorder	Symptoms	First Aid
Heat rash	Skin redness and pain, possible swelling, blisters, fever, headaches.	-Take a shower using soap to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and seek medical attention.
Heat Cramps	Painful spasms usually in leg and abdominal muscles or extremities. Heavy sweating.	-Move to cool or shaded place. -Apply firm pressure on cramping muscles or gently massage to relieve spasm. -Give sips of water. If nausea occurs, discontinue
Heat Exhaustion	Heavy sweating, weakness, Skin cold, pale, headache and clammy extremities. Weak pulse. Normal temperature possible. Fainting, vomiting.	-Get victim to lie down in a cool place. -Loosen clothing. Apply cool, wet cloth. - Fan or move victim to air-conditioned place. - Give sips of water slowly and if nausea occurs, discontinue. -If vomiting occurs, seek immediate medical attention; call 108 and 102 for ambulance.
Heat Stroke (Sun Stroke)	Headaches, Having a raised body temperature sweating heavily, Fatigue, weakness, and restlessness nausea and vomiting, Rapid pulse, Poor coordination, anxiety, Dry skin, Possible unconsciousness or altered mental status.	-Heat stroke is a severe medical emergency. Call 108 and 102 for ambulance for emergency medical services or take the victim to a hospital immediately. -Delay can be fatal. -Move victim to a cooler environment. -Try a cool bath or sponging to reduce body temperature. -Use extreme caution. -Remove clothing. Use fans and/or air conditioners. -Do not give fluids orally if the person is not conscious

ANNEXURE III

Do's

Must for All

1. Listen to Radio; watch TV; read Newspaper for local weather news.
2. Drink sufficient water - even if not thirsty.
3. Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. to keep yourself hydrated.
4. Wear lightweight, light-colored, loose, cotton clothes.
5. Cover your head: Use a cloth, hat or umbrella.
6. Keep animals in shade and give them plenty of water to drink.
7. Keep your home cool, use curtains, shutters or sunshade and open windows at night.
8. Use fans, damp clothing and take bath in cold water frequently.
9. If you feel faint or ill, see a doctor immediately.
10. Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.

Don't

1. Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
2. Avoid strenuous activities when outside in the afternoon.
3. Do not go out barefoot.
4. Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
5. Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
6. Avoid high-protein food and do not eat stale food.
7. Do not leave children or pets in parked vehicles - as they may get affected by Heat.

For Employers and Workers

1. Provide cool drinking water near work place.
2. Caution workers to avoid direct sunlight.
3. Schedule strenuous jobs to cooler times of the day.
4. Increasing the frequency and length of rest breaks for outdoor activities.
5. Pregnant workers and workers with a medical condition should be given additional attention.

Other Precautions

1. Stay indoors as much as possible.
2. Keep your home cool, use curtains, shutters or sunshade and open windows at night.
3. Try to remain on lower floors.
4. Use fans, damp clothing and take bath in cold water frequently.
5. If you feel faint or ill, see a doctor immediately.
6. Keep animals in shade and give them plenty of water to drink.

DO'S AND DON' T FOR THE VULNERABLE GROUPS

This entire vulnerable group should follow some do's and don'ts to remain safe and secure from Heat wave

(a) Young Children**Do:**

Keep them well-hydrated with water or electrolyte drinks.
Dress them in light, loose-fitting clothing.
Provide them with frequent breaks in shaded or cool areas.
Use sunscreen to protect their skin from sunburn.
Limit their outdoor activities during peak heat hours.

Don't:

Leave them unattended in a parked car.
Allow them to play outdoors without adequate sun protection.
Expose them to hot surfaces, such as playground equipment.
Assume they can regulate their body temperature like adults.
Neglect signs of dehydration or heat-related illness.

(b) Pregnant Women & Nursing Mothers**Do:**

Stay Hydrated and drink plenty of fluids.
Rest in cool & shaded areas.
Wear loose, light-colored clothing.
Use fans or air conditioning to stay cool.
Monitor their baby's movements and seek medical help if concerned.

Don't:

Overexert them in the heat.
Consume caffeinated or sugary drinks excessively.
Stay in hot environments for extended periods.
Wear tight or restrictive clothing.
Ignore signs of heat exhaustion or dehydration.

(c) Older People**Do:**

Ensure they have access to cool environments.
Check on them regularly to monitor their condition.
Encourage them to drink plenty of water.
Provide them with light, breathable clothing.
Offer assistance with tasks that may be challenging in the heat.

Don't:

Allow them to remain in hot environments for extended periods.
Leave them without access to water or cooling methods.
Assume they are comfortable without checking on them.
Neglect signs of heat-related illness.
Encourage excessive physical activity.

(d) Police and Traffic Police**Do:**

Wear lightweight, breathable clothing and hats.
Use sunscreen to protect against sunburn.
Stay hydrated by drinking plenty of water.
Take regular breaks in shaded or cool areas.
Monitor their colleagues for signs of heat-related illness.

Don't:

Neglect hydration or skip breaks.
Overexert them in the heat.
Wear heavy or dark-colored clothing.
Ignore signs of heat exhaustion or heat stroke.
Leave their post without proper relief or backup.

(e) Labourers**Do:**

Drink plenty of water before, during, and after work.
Take regular breaks in shaded or cool areas.
Wear lightweight, loose-fitting clothing and hats.
Use sunscreen to protect against sunburn.
Avoid strenuous activity during the hottest part of the day.

Don't:

Overexert them in the heat.
Neglect hydration or skip breaks.
Wear heavy or dark-colored clothes

(f) People with Pre-existing Medical Conditions**Do:**

Ensure they have access to their medications and medical supplies.
Encourage them to stay in cool environments.
Monitor their condition closely for any changes.
Provide them with information about heat-related illness and prevention.
Offer assistance with obtaining medical care if needed.

Don't:

Allow them to neglect their medication regimen.
Expose them to extreme heat without proper precautions.
Assume they can manage without additional support.
Neglect signs of heat-related distress.
Delay seeking medical help if their condition worsens.

TIPS FOR TREATMENT OF A PERSON AFFECTED BY SUNSTROKE:

1. Lay the person in a cool place, under a shade. Wipe her/him with a wet cloth/wash the body frequently. Pour normal temperature water on the head. The main thing is to bring down the body temperature.
2. Give the person ORS to drink or lemon sarbat / torani or whatever is useful to rehydrate the body.
3. Take the person immediately to the nearest health centre. The patient needs immediate hospitalization, as heat strokes could be fatal.



LET THEM SWEAT FOR THE RIGHT REASONS

HOW TO PROTECT CHILDREN FROM HEAT WAVE



School Children Should:

- Always carry a bottle of water. Drink lemon water/ buttermilk/ coconut water/ fresh fruit juice regularly.
- Wear light coloured, lightweight, loose cotton clothes.
- Cover their heads when out in the sun with a cap and an umbrella.
- Avoid junk food during summer, please! Go for fresh fruits, salads and home-cooked meals.
- Stay out of direct sunlight, especially during peak hours from 12 noon to 4 p.m. Play outdoor games in the evenings.
- Take the child to a doctor if he/she complains of dizziness, nausea, constant headache, chest pain and breathing problems.



AVOID GOING OUT IN THE SUN

TAKE THE FOLLOWING PRECAUTIONS



- Listen to Radio; watch TV; read Newspaper for local weather news.
- Drink sufficient water - even if not thirsty.
- Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water) lemon water, buttermilk, etc. to keep yourself hydrated.
- Wear lightweight, light-coloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella.
- Keep animals in shade and give them plenty of water to drink.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.





GIVE ANIMALS PLENTY OF WATER TO DRINK

TAKE THE FOLLOWING PRECAUTIONS



- Listen to Radio; watch TV; read Newspaper for local weather news.
- Drink sufficient water - even if not thirsty.
- Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water) lemon water, buttermilk, etc. to keep yourself hydrated.

- Wear lightweight, light-coloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella.
- Keep animals in shade and give them plenty of water to drink.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.



Issued in public interest by:

DISTRICT DISASTER MANAGEMENT AUTHORITY KISHTWAR

**ISSUED By DDMA Kishtwar
March 2024**

PREPARED BY: Syed Mohammad Umar (Jr. Consultant DDMA kishtwar)

Thank You.....