

## Report on

### Dr. Chennaiah's Talk on “Do's and Don'ts in Summer”

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Submitted by: Mr. E. Aravindraj, Asst. Professor, ECE, MITS

On 02<sup>nd</sup> May, 2024, Dr. Chennaiah, Deputy Civil Surgeon, delivered an informative and engaging talk on the topic "Do's and Don'ts in Summer" at MITS Radio 90.8 CR. The talk aimed to educate the audience about staying healthy and safe during the summer months, especially in hot and humid climates.

#### Key Points:

1. **Stay Hydrated:** Dr. Chennaiah emphasized the importance of staying hydrated during summer. He advised drinking plenty of water, fruit juices, and coconut water to prevent dehydration.
2. **Protect Your Skin:** He highlighted the need to protect the skin from the harmful effects of the sun. Using sunscreen, wearing protective clothing, and avoiding prolonged exposure to the sun were recommended.

3. **Eat Light and Fresh:** Dr. Chennaiah suggested consuming light and fresh foods such as fruits, vegetables, and salads to stay healthy during the summer months.
4. **Avoid Outdoor Activities During Peak Hours:** He advised avoiding outdoor activities, especially during the peak hours of the day when the sun is strongest, to prevent heatstroke and sunburn.
5. **Use Fans and Air Conditioning:** Dr. Chennaiah recommended using fans and air conditioning to stay cool indoors and prevent heat-related illnesses.
6. **Wear Sunglasses:** He advised wearing sunglasses to protect the eyes from harmful UV rays.
7. **Know the Signs of Heat-Related Illnesses:** Dr. Chennaiah educated the audience about the signs and symptoms of heat exhaustion and heatstroke and emphasized the importance of seeking medical help if any of these symptoms occur.

In conclusion, Dr. Chennaiah's talk on "Do's and Don'ts in Summer" provided valuable information and practical tips for staying healthy and safe during the summer months. The audience found the talk to be informative and useful, and it served as a reminder to take necessary precautions to avoid heat-related illnesses.

**Photo:**

