

राजस्थान सरकार
ग्रामीण विकास एवं पंचायती राज विभाग
(महात्मा गांधी नरेगा, अनुभाग-3)



क्रमांक एफ 1(8)ग्रावि/नरेगा/आपदा/2017 / 00792
जिला कलक्टर एवं जिला कार्यक्रम समन्वयक,
महात्मा गांधी नरेगा राष्ट्रीय ग्रामीण रोजगार गारंटी योजना,
समस्त राजस्थान।

जयपुर, दिनांक:

13 DEC 2021

विषय :- पाला व शीतलहर से बचाव हेतु आवश्यक तैयारियों के संबंध में।

प्रसंग :- भारत सरकार से प्राप्त पत्र दिनांक 29.11.2021 एवं संयुक्त शासन सचिव, आपदा प्रबन्धन एवं सहायता विभाग के पत्र क्रमांक 15465-501 दिनांक 06.12.2021 के क्रम में।

महोदय,

उपरोक्त विषयान्तर्गत प्रासंगिक पत्रों के क्रम में निवेदन है कि वर्ष 2021-22 की सर्दी का मौसम प्रारम्भ होने को है, जिसमें पाला व शीतलहर की स्थिति को देखते हुए " शीतलहर और ठंड पर सलाह और क्या करें क्या न करे के संबंध में" राष्ट्रीय आपदा प्रबंधन प्राधिकरण, भारत सरकार का अशा.टीप पत्र क्रमांक 16/17/2021-RR दिनांक 29.11.2021 प्राप्त हुआ है जो संलग्न प्रेषित है।

उक्त पत्र के साथ संलग्न Advisory के अनुसार आवश्यक कार्यवाही किया जाना सुनिश्चित करावें तथा की गई कार्यवाही से इस विभाग को अवगत कराने श्रम करावें।

संलग्न:- उपरोक्तानुसार

भवदीय

(के.के.शर्मा)
परि.निदे.एवं उप सचिव, ईजीएस

प्रतिलिपि सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित है :-

1. निजी सचिव, शासन सचिव, ग्रामीण विकास विभाग।
2. निजी सचिव, आयुक्त, ईजीएस।
3. निजी सचिव, संयुक्त शासन सचिव, आपदा प्रबन्धन एवं सहायता विभाग, शासन सचिवालय, जयपुर।
4. अतिरिक्त जिला कार्यक्रम समन्वयक एवं मुख्य कार्यकारी अधिकारी, जिला परिषद, समस्त राजस्थान।

परि.निदे.एवं उप सचिव, ईजीएस



अति आवश्यक

2686
I. D. No. /CEG
Date. 9/12/21

राजस्थान सरकार
आपदा प्रबन्धन एवं सहायता विभाग

I. D. No. 3140 Secy/RD/2021
Date. 08 DEC 2021

क्रमांक: एफ.1(3)आ.प्र. एवं सहा/पाला/शीतलहर/2021/15465-50/ जयपुर, दिनांक 06.12.2021

1. शासन सचिव, ग्रामीण विकास विभाग, राज., जयपुर।
2. शासन सचिव, पंचायतीराज विभाग, राज., जयपुर।
3. संयुक्त सचिव एवं निदेशक, स्थानीय निकाय विभाग, राज., जयपुर।
4. समस्त जिला कलक्टर, राजस्थान।

R.No. 3696 /EGS/
Date. 9/12/2021

Comm. EGS

विषय:- पाला व शीतलहर से बचाव हेतु आवश्यक तैयारियों के सम्बंध में।

प्रसंग:- राष्ट्रीय आपदा प्रबंधन प्राधिकरण, भारत सरकार का अ. शा. पत्रक्रमांक
16/17/2021-RR दिनांक 29.11.2021

महोदय,

उपरोक्त विषयान्तर्गत प्रासंगिक पत्र के क्रम में निवेदन है कि वर्ष 2021-22 की सर्दी का मौसम प्रारम्भ होने को है, जिसमें पाला व शीतलहर की स्थिति को देखते हुये "शीत लहर और ठंड पर सलाह और क्या करें और क्या न करें के सम्बंध में" राष्ट्रीय आपदा प्रबंधन प्राधिकरण, भारत सरकार का अ. शा. पत्रक्रमांक 16/17/2021-RR दिनांक 29.11.2021 प्राप्त हुआ है, जो संलग्न कर प्रेषित है।

कृपया उक्त पत्र के अनुसार आवश्यक कार्यवाही कर की गई कार्यवाही से इस विभाग को अवगत करवाने का श्रम करावे।

संलग्न:- उपरोक्तानुसार -- 04

भवदीया

(चिल्पना अग्रवाल)

संयुक्त शासन सचिव



Government of India
NATIONAL DISASTER MANAGEMENT AUTHORITY
NDMA Bhawan, A-1, Safdarjung Enclave,
New Delhi-110 029
Phone: 011-26701707



No. 16/17/2021-RR

Date: 29th November, 2021

To,

1. Secretary in-charge of Disaster Management of States / UTs
(as per list attached) (Annexure-I).
2. Secretary of concerned Ministries / Departments
(as per list attached) (Annexure-II)

Sub: Advisory and Do's and Don'ts on Cold Wave and Frost-reg.

Sir/ Madam,

Please refer to NDMA's D.O. No. 16/13/2021-RR dated 27th October 2021 wherein, "**National Guidelines for preparation of Action Plan – Prevention and Management of Cold Wave and Frost**" was shared with concerned Ministries/ Departments of Central Govt. and all the State Governments/ and Union Territories to prepare for and mitigate the effects of Cold Wave and Frost.

2. Cold wave season occurs in the month of December – January every year. In recent years, the occurrences of extreme low temperature in association with incursion of dry cold winds from north into the sub-continent caused substantial discomfort, illness and even loss of lives. The adverse impact on the sectors of Health, Agriculture & Food Security, livestock, livelihood and other economic activities has also been experienced. As the country is passing through COVID-19 Pandemic, there is a need to prepare for the ongoing cold wave season as a concurrent disaster along with Covid-19.

3. NDMA has also prepared a suggestive Advisory and Do's & Don'ts and the same is enclosed herewith (Annexure 1 & 2). In addition, it is to inform that NDMA regularly conducts awareness campaigns on cold wave on social media platform. To know more about on Cold wave, it is requested to follow **twitter pages** (<https://twitter.com/ndmaindia> and **Facebook pages** <https://www.facebook.com/ndma.in/>) of NDMA.

4. Accordingly, it is requested to carry out necessary preparedness, mitigation measures and awareness generation activities among the public and all stakeholders to avoid cold wave related adverse impacts. It is also requested to create awareness extensively through social media, print & electronic media.

Enclosures: As above

Yours sincerely,

(Dr. S. K. Jena)
Joint Advisor (RR)

Advisory for Cold wave 2021-22

STATE LEVEL

- State governments must prepare and customise their Cold Wave Action plans as per NDMA guidelines 2021, which have already been circulated to all concerned vide NDMA letter No. 16/13/2021-RR dated 27th October 2021 and also uploaded on the NDMA website. (<https://ndma.gov.in/sites/default/files/PDF/Guidelines/Guidelines-on-Cold-Wave-and-Frost.pdf>)
- Cold Wave Action Plan of the State may be circulated to all Collectors & HoDs of concerned line departments with instructions for its implementation.
- Integrate training sessions on Cold Wave management as part of other official training programmes at various line departments. Shelter Management including essential supplies and medicines may be added into training program for local administrations
- States must appoint a Nodal Officer at each level (State, District and Block levels) for communicating impact based early warning and implementation of Cold wave.
- Warnings may be disseminated by using SMSes, WhatsApp etc. as required
- Give directions to stakeholders to take precautionary measures of concurrent disaster of COVID-19.
- State government must review and monitor the Cold wave situation through video conferencing with concerned line departments/ districts/ blocks.
- Identification and first-aid of cold disorders in both human beings and animals need to be addressed under all campaigns and programmes on cold waves
- Setting up of bonfire or Alav at public places.
- Setting up special shelters for unorganised daily workers with proper facilities
- Widely publicise Do's & Don'ts especially in view of concurrent COVID-19 disaster
- Mass awareness campaigns involving print, TV, radio, social media, etc., reaching out to all the vulnerable areas / regions / States
- Put up display boards with colour coding for Cold wave alert at different locations.
- Publish IEC print material (print material, radio jingles and TVCs) in regional language.

DISTRICT LEVEL/LOCAL LEVEL

- Undertake necessary steps to prevent Cold Wave-related illness and deaths.
- Undertake precautionary measures of concurrent disaster of COVID-19. Provisions should be made to ensure physical distancing along with wearing of mask.
- Hold regular Press conferences on the risks and dangers of Cold wave-related illnesses
- Activate "warm centres" at public place and urge NGOs, community groups and individuals to open warm centres at public places.
- First-aid of cold disorders in both human beings and animals need to be addressed under all campaigns on cold waves
- Urge power companies to prioritise maintaining power supply to critical facilities (such as hospitals and PHCs/CHCs).
- Conduct regular training and awareness programmes of cold wave including demonstrating the safety tips in their local language, using local customs, cultural aspects.
- Carry out special awareness programmes for specific occupations (farmers, horticulturists, livestock reapers, construction & other outdoor workers, etc.) them aware of impacts and the preventive and curative measures to be adopted in the event of a cold wave.
- Undertake Carry out mass awareness campaign in local languages and to inform and educate the public on Cold Wave Do's & Don'ts.

Cold Wave/ Frost

Do's and Don'ts

Before

- Listen to the radio, watch TV, read newspapers for local weather forecast to know if a cold wave is round the corner.
- Stock adequate winter clothing. Multiple layers of clothing are more helpful.
- Keep emergency supplies ready.
- An increased likelihood of various illnesses like flu, running/ stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold. Consult the doctor immediately for such symptoms.

During

- Follow weather information closely and act as advised.
- Stay indoors and minimise travel to prevent exposure to cold wind.
- Keep yourself dry, wear multiple layers of loose fitting woollen clothing, cover your head, neck, hands and toes adequately.
- Eat healthy food, fruits and vegetables rich in Vitamin-C to maintain adequate immunity and equilibrium of body temperature
- Drink hot fluids regularly, as this will maintain body heat to fight cold.
- Store essential supply of goods as per requirement and adequate water as pipes may freeze.
- Take care of elderly people and children and check neighbours who live alone.
- Do not burn coal indoors for generating heat –closed spaces could be dangerous as it can produce carbon monoxide which is very poisonous and can kill persons in the room
- Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes and the tip of the nose, while exposed to cold waves.
- Someone suffering from Frostbite / Hypothermia – like a decrease in body temperature which can cause shivering, difficulty in speaking, sleepiness, stiff muscles, heavy breathing, weakness and/or loss of consciousness. Hypothermia is a medical emergency that needs immediate medical attention.
- Consult doctor immediately for symptoms like various illnesses, running/ stuffy nose particularly during the period of COVID -19.
- Download NDMA's mobile application: First Aid for Students and Teachers (FAST) for information on first aid.

In the case of hypothermia:

- Get the person into a warm place and change clothes.
- Warm the person's body with skin-to-skin contact, dry layers of blankets, clothes, towels, or sheets.
- Give warm drinks to help increase body temperature. Do not give alcohol.
- Seek medical attention if the condition worsens.

Don'ts

- Avoid prolonged exposure to cold,
- Don't drink alcohol that reduces body temperature; and narrows blood vessels, particularly in hands, which can increase the risk of hypothermia.
- Do not massage the frostbitten area. This can cause more damage.
- Do not ignore shivering. It is the first sign that the body is losing heat - get indoors.
- Do not give the affected person any fluids unless fully alert.

AGRICULTURE

Do's and Don'ts

Cold wave and frost damages crops by causing illnesses including diseases of black rust, white rust, late blight etc. Cold wave also causes a variety of physiological disruptions in germination, growth, flowering, yield and storage life.

Do's

- Undertake curative measures for cold illness/injury like spray with Bordeaux mixture or Copper Oxi-chloride, phosphorus (P) and potassium (K) to activate better root growth.
- Do light and frequent surface irrigations (high specific heat of water) during the cold wave wherever it is possible.
- Use sprinkler irrigation (condensation-release heat into surrounding), if possible.
- Cultivate cold/frost resistant plants/crops/varieties.
- Use intercropping farming in horticulture and orchards.
- Mixed cropping of vegetables, viz., tomato, brinjal with a tall crop like mustard / pigeon pea will provide necessary shelter against cold winds (shelter against cold).
- Increase radiation absorption and provide warmer thermal regime through covering of nursery and young fruit plants during winter by plastic or by making thatches (jhuggies) of straw or sarkanda grass etc.
- Organic mulching (for thermal insulation).
- Planting of wind breaks/shelter belts (to reduce wind speed).

ANIMAL HUSBANDRY/LIVESTOCK

Do's and Don'ts

During Cold waves animals and livestock require more food for sustenance as the energy requirement goes up. Extreme variations in temperature may affect the fertility rate in animals during the optimum breeding season for buffaloes /cattle.

Do's

- Cover the animal habitat from all sides during night in order to avoid direct exposure of cold winds.
- Protect and cover livestock and poultry from cold weather by keeping them inside.
- Improving livestock feeding practice and dietary additives.
- Use of high-quality forage or pastures.
- Provide fat supplements - concentrate ratio on feed intake, feeding, and chewing behaviour.
- Construction of climate smart sheds which allow maximum sunlight during winters and low radiation during summers.
- Apply some bedding materials such as dry straw under animals during winters.
- Selecting animal breeds especially fit for these conditions.

Don'ts

- Do not leave animals tied/roam in open area during cold wave
- Avoid animal fares (pashumela) during cold wave
- Avoid giving cold feed and cold water to the animals
- Avoid dampness and smoke in animal shelter
- Carcasses of dead animals should not be discarded on the regular grazing routes of the animals.