



Rajdhani College

University of Delhi



Examinations – May / June 2025-26

⚠ HEALTH ADVISORY FOR STUDENTS ⚠

💧 Stay Hydrated

1. Carry a water bottle.
2. Drink sufficient water whenever possible, even if you are not thirsty.
3. **Thirst is not a good indicator of dehydration.**

☀ Keep Cool

1. Wear thin, loose cotton garments — preferably light coloured.
2. Avoid standing in direct sunlight. Use shaded and ventilated areas while waiting.

👉 During the Exam

Inform the invigilator immediately if you feel unwell. You will be attended to.

🚨 Warning Signs – Act Immediately

If you experience **dizziness, nausea, weakness, or excessive sweating** – report to the **Nursing Station without hesitation.**

+ Available at the Nursing Station

ORS (Oral Rehydration Salts) • Cool Packs

Prof. Mahendra Singh
Superintendent of Examination

Prof. Darshan Pandey
Principal