



# Thiruthangal Nadar College

(Belongs to the Chennaivazh Thiruthangal Hindu Nadar Uravinmurai Dharma Fund)

Selavayal, Chennai - 51.

Affiliated to the University of Madras

2(f) Status Under UGC Act

Re-Accredited at 'B++' Grade by NAAC

An ISO 9001:2015 Certified Institution

Office : 2594 1717, 2594 2525, 2594 0393

Mobile : 74488 82082

E-mail : tnc\_96@thiruthangalnadarcollege.edu.in

principal@thiruthangalnadarcollege.edu.in

Website : www.thiruthangalnadarcollege.edu.in

**Dr. V. Devi** M.B.A., M.C.A., M.Phil., Ph.D.,  
Principal

Date: 09.03.2026

TNC/CIR/2025-26/075

## CIRCULAR

Dear Students and Staff members,

Subject: Precautionary Measures – Heatwave / Tamil Nadu Heat Action Plan 2026

As per the instructions issued by the Government regarding the Tamil Nadu Heat Action Plan 2026, all educational institutions are advised to take necessary precautionary measures to safeguard the health and safety of staff and students during periods of extreme heat.

In this regard, all staff members and students are instructed to follow the guidelines given below:

1. Avoid prolonged exposure to direct sunlight, especially during peak heat hours.
2. Drink sufficient drinking water regularly to prevent dehydration.
3. Students and staff participating in outdoor activities such as NSS programmes, sports, or field work should take adequate precautions.
4. Necessary awareness regarding heatwave precautions will be created through NSS volunteers and other student bodies.
5. Flexible academic scheduling may be adopted if required to avoid excessive heat exposure.
6. Any symptoms such as dizziness, fatigue, headache, or dehydration should be reported immediately to the concerned staff or administration.

V. Devi  
09/3/26  
PRINCIPAL

Copy to:

All the classes

Teaching and non teaching Staff members

Office file