



# DAV CENTENARY PUBLIC SCHOOL, HARDWAR

EVENT : BEAT THE SUMMER HEAT





Summer

Hair gets lighter, Skin gets darker.  
Water gets warmer, Drinks gets hotter.  
Music gets louder, Nights gets longer.  
Life gets better

**BUT**



# SUMMER HEALTH TIPS

## DO's

**Use Eye  
Protection**



**Eat light & regular meal**

**Use Sunscreen**



**Stay in cool & shady area**

**Keep curtains closed till noon to avoid direct heat**



**Wear light & loose fitted clothes**

**Drink plenty of liquids to stay hydrated**

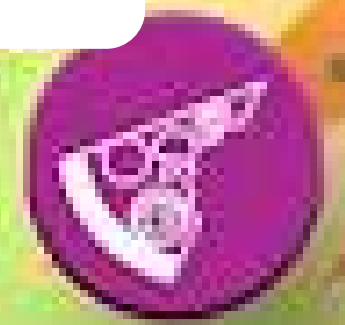




# SUMMER HEALTH TIPS

## Don'ts

**Don't eat  
leftover food**



**Avoid excess heat  
exposure**



**Say no to fast food  
& sugary drinks**

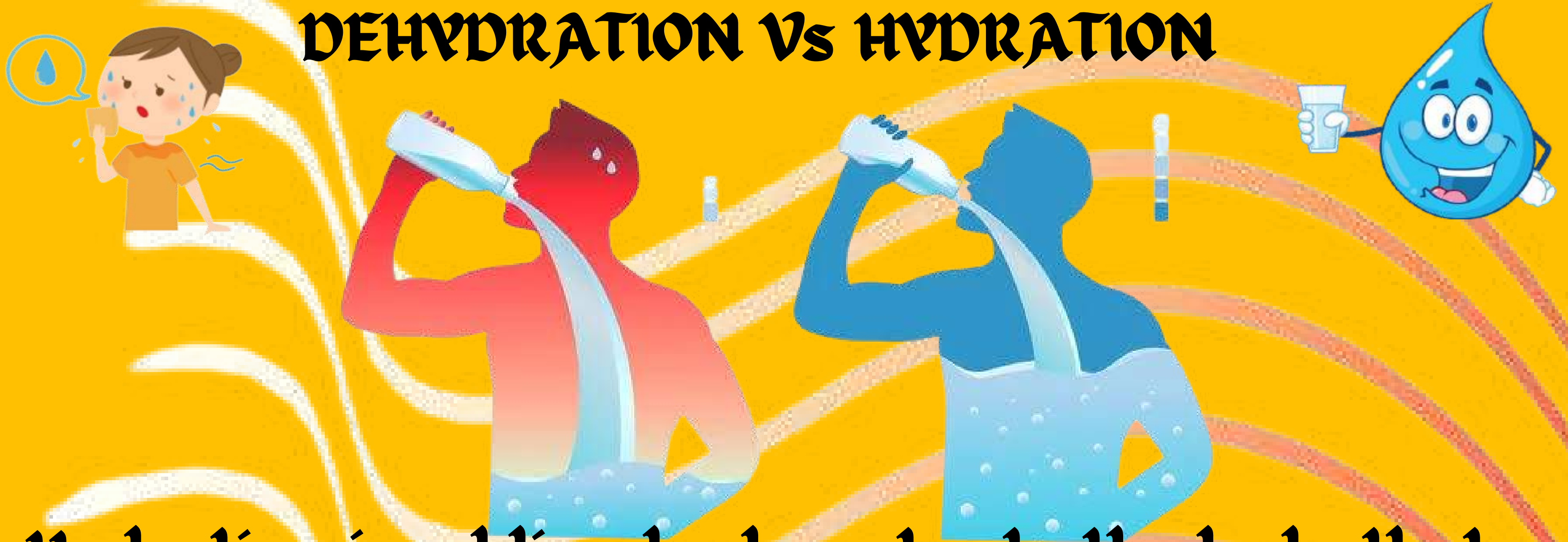


**Don't drink unclean  
water**



**Say no to tea & coffee**

# DEHYDRATION VS HYDRATION



**Hydration is adding back water to the body that has been lost in order to keep it functioning properly. Dehydration means there is not enough water in the body.**



**BEAT THE HEAT! · Carry bottles of water wherever you go**



# HEATING UP.....RISING TEMPERATURE???????

Avoid strenuous activities when the outside temperature is high. Avoid working or going outside during afternoon hours.





**AND NOW LET'S HAVE SOME  
HEALTHY DRINKS  
TO BEAT THE WAVES OF HEAT**



Can you  
beat my  
Heat ???





# Health benefits of *coconut water*



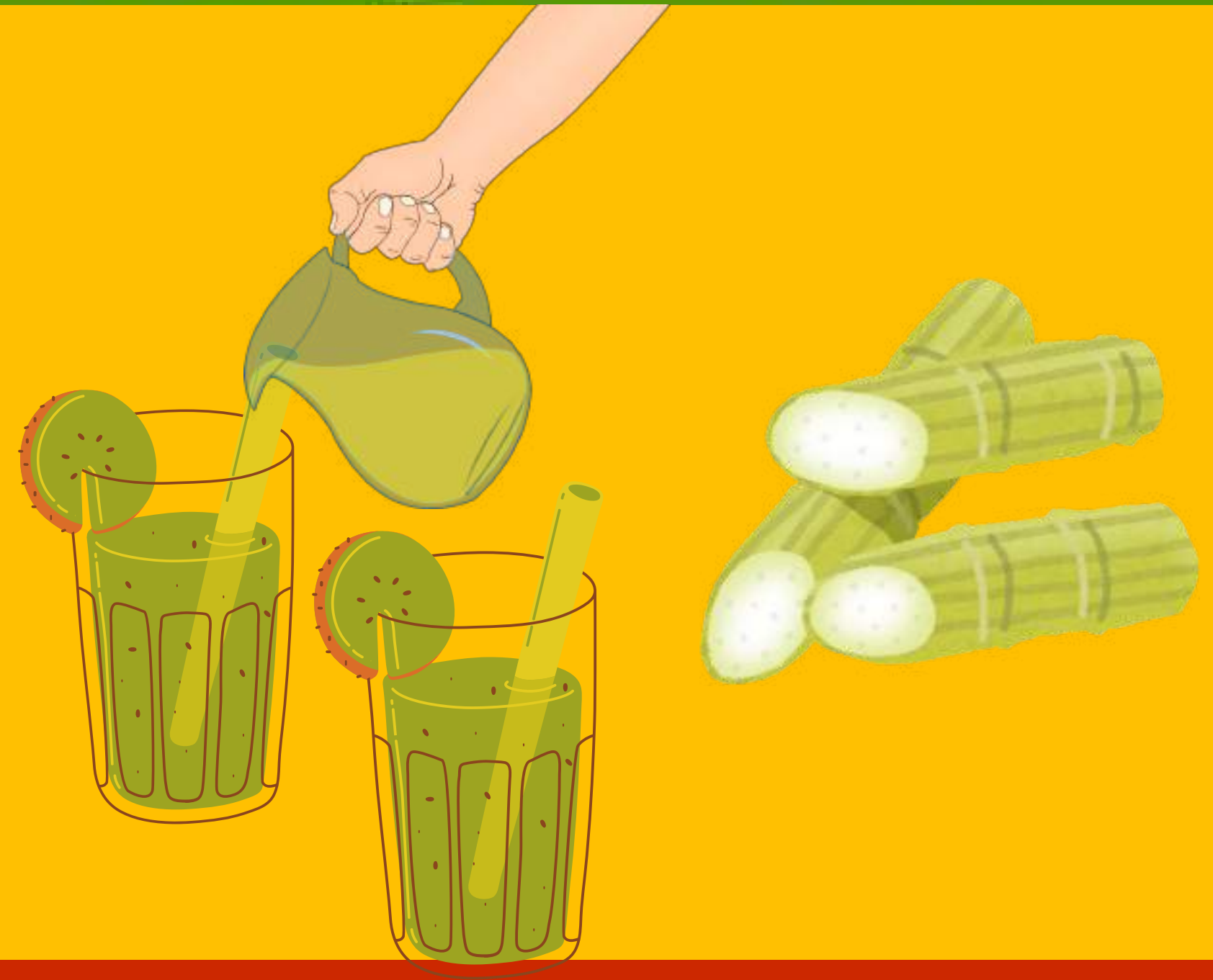
**Coconut**  
WATER



- Keeps you hydrated
- High in potassium
- Low in calories
- Keeps your skin healthy
- Improvises immunity

# Health Benefits of Sugarcane Juice

- **Can help cure acne**
- **Instant energy**
- **Helps in development of bones and teeth**
- **Maintains Kidney , liver functioning**
- **Improves digestion**







# **Health Benefits of Fruits for kids**

Fruits help your children fight the heat and stay hydrated, especially in summer. Juicy plums, luscious strawberries, mouth-watering melons, and delicious mangoes are all summertime fruits that you should include in your child's diet.



WATERMELON



GRAPES

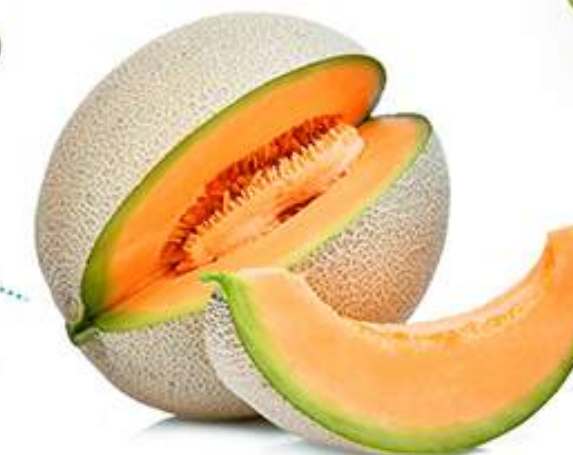
## 5 SUMMER FRUITS TO KEEP YOU COOL



PAPAYA



ICE APPLES



MUSKMELON





# WHY UMBRELLA????

Summers have already hit the shore, and the sun makes us go all sweaty along with creating a burning effect on the body. The scorching sun gives everyone a tough time whenever you are on the street or somewhere outside. In such a situation, the umbrella plays a crucial role in protecting our skin from the UV rays, hence barring the problem of tanning. In fact, umbrella act as a sunscreen lotion when it comes to saving our skin. So, one must carry an umbrella during a sunny day to protect oneself from the harmful sun rays.





# WHY CAP & SUNGLASSES??????

Hats to protect the face, ears and neck

Sunglasses to protect the eyes. Look for youth-sized sunglasses with at least 99% UV protection



Choose cool, comfortable clothing that covers the body for additional protection



# WAYS TO STAY HYDRATED AND HEALTHY DURING SUMMERS



- Eat foods that are higher in water content
- Use reminders to encourage you to drink more juices & water
- Avoid food & drinks , that can make you dehydrated.
- Avoid high protein food and do not eat stale food
- Avoid going out in the sun especially between 12.00 to 3.00 noon.
- Wear light weight, light coloured, cotton clothes.
- Use goggles, cap and footwears while going out in sun. Don't go barefeet.





# Summer Care Tips For Kids:

- Keep Your Kids well-hydrated
- Apply sunscreen on the skin
- Cover the head with caps
- Do not allow outside food
- Swimming should be supervised
- Accompany your child whenever possible
- Use mosquito repellent when outdoor







"Summer is singing with joy, and the beaches are  
inviting you with dancing waves."