

In the peak current summer situation of 2026, extreme heat waves severely affected vulnerable communities across Nellore district. Temperatures crossed 43°C, making daily life difficult for elderly persons, daily wage workers, women, and children. Many families living in low-income settlements had limited access to drinking water, shade, and awareness about heat-related illnesses.

Among them was Lakshamma, a 68-year-old widow from a vulnerable community in Nellore district. She depended on small daily labor work and often spent long hours outside under the scorching sun. Like many others in her community, she was unaware of the symptoms of heat exhaustion and dehydration.

As part of the Heat Wave Management initiative, volunteers from Chaitanya Jyothi Welfare Society (CJWS), in coordination with IHH, visited her locality and conducted awareness sessions on heat safety measures. The team distributed ORS packets, drinking water support materials, caps, and informational leaflets explaining how to stay safe during extreme temperatures.

During one awareness session, Lakshamma learned the importance of drinking water frequently, avoiding outdoor work during peak afternoon hours, and recognizing early warning signs such as dizziness, weakness, and headaches. Community volunteers also regularly checked on elderly persons living alone.

A few days later, Lakshamma experienced symptoms of dehydration while returning from work. Remembering the guidance shared by CJWS volunteers, she immediately rested in a shaded area, used ORS solution provided during the campaign, and informed nearby community volunteers. Early action helped prevent serious health complications.

Speaking about the support, Lakshamma shared:

“Earlier we did not know how dangerous the heat could be. The awareness and support given by CJWS and IHH helped us protect ourselves and our families during this difficult summer.”

Through coordinated community outreach, awareness campaigns, and preventive support, CJWS and IHH were able to strengthen preparedness and reduce heat-related risks among vulnerable populations in Nellore district. The initiative demonstrated how localized humanitarian action and community engagement can save lives during climate-related emergencies.

This effort not only provided immediate relief but also empowered communities with knowledge and confidence to face future heat wave challenges.