



KUVEMPU UNIVERSITY



SAHYADRI SCIENCE COLLEGE, SHIMOGA-577203

(Constituent College of Kuvempu University)

COTTON DAY CELEBRATION, A BEST PRACTICE

There are various seasons in a year, summer, storm, harvest time, winter, and spring. With each season, we witness certain progressions in our lives as well as on our Earth. Seasons are suggestions to us that change is unavoidable. India is one of the only a handful of exceptional nation's that encounters each of six seasons in a year. They are summer, storm, fall, pre winter and spring. In any case, these seasons differ from one area to another because of components like scope, longitude, geography and ecological variables.

During Summer Increased body temperature can cause sweating, dizziness, weak pulse, nausea, cramps and clammy skins, and tanning as well. High temperatures can also cause heat strokes. Air pollution also increases due to heat, and the quality of air gets worse, which makes it hard to breathe sometimes. High temperature causes rashes and allergies. Many people die due to dehydration, especially those living on the streets.

People prefer wearing light-colored cotton clothes. Cotton is one of the most common fabrics it is comfortable, hypoallergenic, breathable and durable. But cotton represents so much more than just a commodity. This natural fabric is a life-changing product worldwide that sustains 32 million growers (almost half of them women) and benefits over 100 million families across 80 countries in 5 continents.

These clothes help in maintaining the temperature of the body, and they absorb the body sweat as well. In summer the days are longer than the nights. We need to take care of our health in the summer season. It is advised to drink a lot of water and

eat healthy food. We should also limit the use of oil in our diet. Lack of water in the body can result in feeling tired and dizziness.

Sahyadri Science College is located in Shimoga. The city is popularly nicknamed as "**Gateway of Malnad**" and "**Capital of Malnad**". The climate of Shimoga is tropical wet and dry. During the summer season, an average temperature of about 20 to 35^o C can be found. As Shimoga is surrounded by hills, the rainfall in the city is high and one can witness lush greenery all over the year. As we could notice increased temperature this year, which was recorded from 34-39^o C. Our institution responded for the change in climate and insisted the stakeholders to overcome the high temperature by wearing cotton cloths on the reopening day of the college, which is on 24th April 2023. Therefore everyone including teaching, nonteaching staff members and agency workers worn **cotton cloth** and celebrated the Day as **Cotton Day**.

