

Entertainment & Promotional Features

## Heat exhaustion: Lesser-known symptoms and preventive measures

The climate has become increasingly unpredictable; rising temperatures and intense heat waves can cause significant health risks. Heat exhaustion, a heat-related illness, can lead to severe complications if not addressed promptly. While many people know the common symptoms like heavy sweating, weakness, and dizziness, several lesser-known symptoms can also signal the onset of heat exhaustion.

Understanding these symptoms and taking preventive measures is crucial for public safety and health: **Nausea and vomiting:** The body's response to excessive heat disrupts normal digestive functions. Nausea and vomiting in high temperatures should be taken seriously, as this indicates the body's struggle to cope with heat. This can lead to loss of essential electrolytes and can worsen dehydration.

**Muscle cramps:** Often overlooked, muscle cramps result from dehydration and electrolyte imbalances caused by excessive sweating. These cramps usually affect major muscles like those in the legs and the abdomen. Recognising muscle cramps as a symptom of heat exhaustion is important for timely intervention.

**Headaches:** Headaches are a common but often unrecognised symptom of heat exhaustion. Heat can cause blood vessels in the brain to expand, leading to headaches that may feel like pressure or throbbing pain. Unlike typical headaches, heat-related headaches can escalate quickly, so addressing them with hydration and cooling measures is essential to prevent the onset of heat strokes.

**Confusion or altered mental state:** Excessive heat can impair normal brain functions, leading to confusion, irritability, or agitation. This is particularly dangerous as it can affect an individual's ability to recognize the need for cooling and hydration. Observing peers for signs of disorientation during extreme



heat is critical. **Rapid heartbeat and shallow breathing:** The body's effort to cool itself increases heart rate and respiration. While this may seem like a natural response to exertion, in the context of extreme heat, it indicates severe stress. Monitoring these vital signs can help determine if someone needs immediate intervention.

**Pale or clammy skin:** Unlike the expected flushed appearance from heat, pale or clammy skin suggests that the body struggles to maintain adequate blood flow to the surface for cooling. This symptom, combined with sweating, indicates distress and requires prompt attention.

**PREVENTIVE MEASURES**  
**Stay hydrated:** Drink plenty of water and electrolyte-rich fluids throughout the day.

Avoid caffeinated and alcoholic beverages as they contribute to dehydration.

**Wear appropriate clothing:** Opt for light, loose-fitting, and breathable clothing to facilitate heat dissipation. Light-coloured clothes can also reflect sunlight, keeping you cooler.

**Limit physical activity:** Avoid strenuous activities during peak heat hours, typically between 10am and 4pm. If physical activity is unavoidable, take frequent breaks in shaded or cool areas.

**Seek cool environments:** During extreme heat, spend time in air-conditioned spaces. If air conditioning is not available, use fans, take cool showers, or visit public places with cooling facilities, such as malls or libraries.

**Use sun protection:** Apply sunscreen with a high SPF to



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PHOTOS: HTCS

protect your skin from UV rays. Wear hats and sunglasses, and use umbrellas to provide shade.

In light of Delhi's rising temperatures and erratic weather patterns, public awareness of the lesser-known symptoms of heat exhaustion and implementing preventive measures are essential. Community education advisories should prioritise disseminating this information to ensure residents are equipped with the knowledge to protect themselves and others during extreme heat events.

The author is Dr. Ajay Kumar Gupta

Disclaimer: The veracity of the claims made in this article is the responsibility of the doctor/hospital concerned



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## ADAH REVEALS ENDOMETRIOSIS DIAGNOSIS, SAYS IT WAS FROM STRESS



The actor opens up about the challenges of undergoing physical transformations, and how the stress resulted in endometriosis



Navya Kharbanda

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With as many as four releases in the last year, including a mix of OTT and theatrical projects, actor Adah Sharma is enjoying the best phase of her career. However, the actor confesses that the physical transformation required for her projects took a toll on her health, and she ended up suffering from endometriosis.

"I had to do a lot to transform myself physically for my roles. For example, I had to maintain a petite and lean physique in the first half

of *The Kerala Story* (2023) to convincingly play a college girl. For *Sunflower*, I played a bar dancer, so I had to look voluptuous and sexy. Whereas for *Bastar: The Naxal Story*, I had to appear broad and large and I had to eat about a dozen bananas a day," says Sharma.

The 32-year-old actor adds how carrying heavy guns in *Bastar*, that often weighed about eight kilos, took a toll on her body. "In real life, when you do weight training, you have the liberty to be mindful. But on a shoot, because we were filming a war, my movements were erratic. So, my pelvis shifted and I ended up with severe back

problems."

Talking about how this influenced her health, Sharma continues, "Because of stress, I was diagnosed with endometriosis, a condition which disrupts menstruation cycles, and mine went on for 48 days."

But when it's all said and done, the actor feels she has no regrets. "As an actor, I always go the extra mile for my character. It's an opportunity of a lifetime to be on screen. And, what is the fun if you end up looking exactly like yourself in every film?" concludes Sharma, who will next be seen in an upcoming thriller *The Game of Giriti*.

▲ Adah Sharma had to undergo weight gain for the role of IPS Neerja Madhavan in *Bastar: The Naxal Story*

## JS Institute of Design: A path to successful career

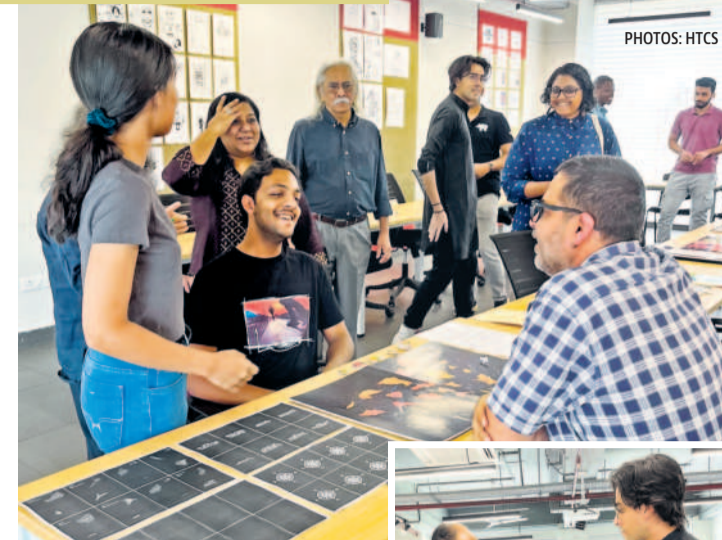
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PHOTOS: HTCS

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### { NO RATING MOVIE REVIEW }

## Munjya tries hard to scare you with an animated ghost, ends up being funny

MUNJYA

Cast: Abhay Verma, Sharvari, Mona J Singh, S Sathyaraj, Suhas Joshi  
Director: Aditya Sarpotdar



As someone who isn't really a fan of the horror genre, the whole concept of blending horror with comedy somewhat worked giving gems like *Stree* (2018), followed by the decently humorous *Bhedhiya* (2022). The latest entrant in this horror comedy universe, *Munjya*, is definitely the weakest of all, not only in terms of the star power, which honestly I didn't miss — but even with the screenplay and direction, it remains only an above average watch.

For a supernatural horror-comedy, the Aditya Sarpotdar directorial blends way too many elements, which intrigue you in the beginning, and gradually, end up only being a series of comedic instances that struggle to scare you. It starts with a Marathi folk tale in Maharashtra's Konkan region where an animation-generated ghost-like figure that's less scary and more mischievous — ends up being actually cartoonish, and the whole screenplay is peppered with generous amount of humour that mostly land, and leave you in splits. Does the movie frighten you? No. Is it even intended to scare you? Doesn't seem like it. It's funny for most part, and where it's not, the loud BGM does the trick. Oh, and you might jump off your seat, laughing out loud on some of the genuinely funny punches.

At the outset, *Munjya* has a

pretty interesting plot that touches upon the legends of the eponymous child demon-cum-monster that many believe in, and others are simply curious to know more about them. *Munjya* is perceived as a creature that is both monstrous and childlike since he died at a young age. Once a demon, he is visible only to people from his bloodline, and he tends to trouble them to fulfil his unfulfilled desires, mostly fixated on marriage and finding Munni.

Whoever did the voice over for this CGI character, needed a better brief about the film being horror first, and then comedy. Niren Bhatt's screenplay, with a solid story by Yogesh Chandekar, does offer a fast-paced and engaging first half, where a lot of back story is mentioned, and the second half takes the story forward with the same pace putting together all the pieces. Special mention to Saurabh Goswami's cinematography, who makes the settings look spooky, especially with the aerial shots of the curved village.

Abhay Verma fits the character

he is portraying well, showcasing a fine blend of being scared and courageous. There's an eerie camaraderie between Bittu and *Munjya*, and while some scenes between them are disturbing, there's something about these two that is cute. I have to mention Bittu's friend Diljit (Taran Singh), who adds a heavy dose of laughter with his jokes. Sharvari, who delivers a decent performance in the beginning, gets to shine only in the second half. Mona J Singh is magical, with comic timing that's unmatched. Suhas Joshi has the most endearing screen presence, especially her scenes with Abhay are too sweet.

In a nutshell, *Munjya* needs your patience. A heady mix of love, obsession, possession, black magic and horror, it isn't your perfect horror comedy, but offers you something new, something old and something to laugh about. Do sit back for end credits, the song and a surprise reveal (\*wink wink\*).

Monika Rawal Kukreja

## Sikandar Kher feels the key to good comedy is timing with your co-stars

PHOTO: INSTAGRAM/SIKANDARKHER

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Actor Sikandar Kher is set to return to comedy after eight long years and he doesn't hesitate to admit that it is one of the most difficult genres for an actor to pull off.

The actor, who last tried his hand at comedy in *Tere Bin Laden: Dead or Alive* (2016), shares, "I can't say what exactly makes comedy the toughest genre, but I think the key to comedy is the timing with your co-stars. The way your lines are written and what you can make with them in the last moment is what matters. That's one of most challenging things."

Ask if he underwent any special prep to improve his comic timing for his

upcoming project and Kher replies, "Every script is different, there is nothing to brush up on. I just read the script and try to understand the character and what kind of person he is. And it works."

The 42-year-old, whose recent projects include *Monica*, *O My Darling* (2022) and the web series *Aarya* and *Tooth Pari: When Love Bites*, is looking forward to audience's reaction to his next. While he remains tight-lipped about the film and his role, he quips, "I have a beard... That's the most I could say about my character. Comedy has always been my passion and I'm excited to bring this story to life in a way that will hopefully resonate with audiences and make them laugh."

