Government of India

Earth System Science Organization

Ministry of Earth Sciences

India Meteorological Department

Press Release: Dated: 22nd January 2026

Subject: Current Weather Status and Extended Range Forecast for the next two weeks (22 January to 04 February 2026)

1. Salient Observed Features for the week ending 21st January 2026:

- **Northeast Monsoon rains ceased over southeast peninsular India from 19th January** in association with (a) no significant rainfall activity over southeast peninsular India during past 2 days, (b) dry winds from northern India prevailed in lower levels over the region.
- **Last week's large-scale dense fog layer over northwest India decreased significantly during the second half of the week. The dense fog layer was almost absent since 19th January except over south Punjab, south Haryana and parts of Northwest Rajasthan during morning hours of 19th – 21st January: Dense to very dense fog** prevailed over West Uttar Pradesh, East Uttar Pradesh during 15th – 19th January, Punjab during 15th – 19th & 21st January, Haryana during 15th – 21st January, Uttarakhand on 15th & 16th January, Himachal Pradesh on 15th January, Odisha on 16th January, Delhi, Gujarat Region on 18th January, West Rajasthan on 20th January. **Dense fog** prevailed over West Rajasthan on 15th, 16th & 18th January, Jammu & Kashmir on 15th & 17th January, Nagaland, Manipur, Mizoram & Tripura on 15th January, Chandigarh on 16th January, Assam & Meghalaya on 16th, 19th & 20th January, Uttarakhand on 17th January, Bihar on 18th & 19th January, Saurashtra & Kutch on 18th January, East Rajasthan on 19th & 20th January, Punjab, West Uttar Pradesh on 20th January.
- **Last week's cold day to severe cold day over northwest India abated since 17th January with Cold day to severe cold day** conditions prevailed at isolated places over Punjab, Haryana on 15th January, Uttarakhand on 15th & 16th January, West Uttar Pradesh on 16th January. **Cold day** conditions were also observed at isolated places West Uttar Pradesh on 15th & 17th January, Haryana on 16th January.
- **Last week's cold wave to severe cold wave spell over northwest India continued to prevail till 16th January and reduced in intensity thereafter with Severe Cold Wave** prevailed in isolated places over Himachal Pradesh on 15th & 19th – 21st January, Uttarakhand on 15th January, Punjab on 16th & 21st

January. **Cold wave** conditions observed at isolated places over Jharkhand during 15th – 17th January, Punjab on 15th, 19th & 20th January, East Rajasthan, Haryana on 15th & 16th January, West Rajasthan, West Uttar Pradesh on 15th January, East Uttar Pradesh, Odisha during 16th – 18th January, Chhattisgarh on 16th & 17th January, Himachal Pradesh, Uttarakhand on 16th January.

- **Ground frost** conditions were observed in isolated pockets of Uttarakhand during 15th, 16th & 19th – 21st January.
- **Weekly Average Maximum temperature** was above normal by 3-5°C over many parts of north India and foothills of Himalayas, and above normal by 2-4°C over parts of west, east, northeast and northern parts of central India during the week. It was nearly normal over remaining parts of the country during the week. **Weekly Average Minimum temperature** was below normal by 2-4°C over parts of east and adjoining central India during first half of the week, and above normal by 2-4°C over parts of west, and east India during second half of the week. It was nearly normal over remaining parts of the country during the week.
- **Temperature Scenario:** The lowest minimum temperature of **0.2°C** had been recorded at **Hissar (Haryana)** on **15th January, 2026** and the highest maximum temperature of **38.0°C** had been recorded at **Bhira (Konkan & Goa) on 16th January, 2026** over the plains of the country during the week.

- **Analysis of weekly overall rainfall distribution during the week ending on 21st January and the Winter Season's Rainfall Scenario (01.01.2026 to 21.01.2026):** The country as a whole, the weekly cumulative All India Rainfall (ending on 21st January) in % departure from its long period average (LPA) is -97%. All India Seasonal cumulative rainfall % departure during this year's Winter Season Rainfall (01.01.2026 to 21.01.2026) is -82%. Details of the rainfall distribution over the four broad geographical regions of India are provided in Table 1. Meteorological sub-division-wise rainfall for the week and season is presented in **Annexure I & II,** respectively.

Table 1: Rainfall status (Week and season)

Region	Week			Season		
	15.01.2026 TO 21.01.2026			01.01.2026 TO 21.01.2026		
	Actual (mm)	Normal (mm)	Departure (%)	Actual (mm)	Normal (mm)	Departure (%)
EAST & NORTHEAST INDIA	0.1	4.3	-98%	0.9	10.6	-91%
NORTHWEST INDIA	0.0	7.9	-99%	1.2	19.8	-94%
CENTRAL INDIA	0.0	1.2	-99%	0.1	4.7	-99%
SOUTH PENINSULA	0.3	1.7	-81%	6.8	6.3	8%
THE COUNTRY AS A WHOLE	**0.1**	**3.9**	**-97%**	**1.9**	**10.6**	**-82%**

2. Large-scale features:

- ❖ At present, weak La Niña conditions are prevailing over the equatorial Pacific region. The latest forecasts from the Monsoon Mission Climate Forecast System (MMCFS), there is an almost certain probability (approaching 100%) that ENSO conditions will remain in the neutral phase throughout the DJF 2026 season and thereafter.
- ❖ Currently, negative Indian Ocean Dipole (IOD) conditions are prevailing over the Indian Ocean. The latest MMCFS forecast suggests that these negative IOD conditions are likely to weaken, with an increasing probability of a transition to neutral conditions during the DJF season and thereafter.
- ❖ Madden Julian Oscillation (MJO) index is currently in Phase 7 with an amplitude greater than 1. It is likely to rapidly move across Phase 7 and enter Phase 8 during the starting days of Week 1 with an amplitude greater than 1. Thereafter, it is likely to remain in Phase 8 for the remaining duration of Week 1 and most days of Week 2, with amplitude remaining greater than 1. At the end of Week 2, it is likely to migrate to Phase 1 with amplitude remaining greater than 1.

3. Forecast for the next two weeks

Weather systems & associated Precipitation during Week 1 (22 to 28 January 2026) and Week 2 (29 January to 04 February 2026)

Weather systems & associated Precipitation during Week 1 (22 to 28 January 2026):

- ❖ The **Western disturbance** seen as a Trough in middle & upper Tropospheric westerlies with its axis at 5.8 km above mean sea level roughly along Long. 60°E to the north of Lat. 25°N.
- ❖ The **upper air cyclonic circulation** over northeast Assam in lower tropospheric level.
- ❖ **Subtropical westerly Jet Stream** with core winds of the order of 110 knots at 12.6 km above mean sea level prevails over Northeast India.
- ❖ The **upper air cyclonic circulation** over southeast Arabian sea and adjoining Lakshadweep in lower tropospheric level.
- ❖ A **fresh western disturbance** is likely to affect northwest India from 26th January 2026.

Under the influence of above system, the following weather is likely:

- ❖ Fairly widespread to widespread rainfall/snowfall over Jammu-Kashmir-Ladakh, Himachal Pradesh and Uttarakhand on 22nd & 23rd January**.**
- ❖ Fairly widespread to widespread light to moderate rainfall over Punjab on 22nd & 23rdwith isolated/scattered light to moderate rainfall over Haryana Chandigarh &

Delhi, West Uttar Pradesh and Rajasthan on 22nd & 23rd and East Uttar Pradesh on 23rd & 24th January.

- Thunderstorm activity accompanied with **lightning & wind speed reaching 40-50 kmph gusting to 60 kmph** likely over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Himachal Pradesh, Punjab and Rajasthan on 22nd and 23rd; Uttarakhand, Haryana, Chandigarh, Delhi and Uttar Pradesh on 23rd January.
- **Isolated heavy rainfall/snowfall** over Kashmir valley on 22nd & 23rd and higher reaches of Himachal Pradesh and Uttarakhand on 23rd and heavy rainfall over Punjab on 23rd January.
- **Hailstorm activity** likely over Himachal Pradesh, Uttarakhand, Haryana and West Uttar Pradesh on 23rd; Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Punjab and north Rajasthan on 22nd & 23rd January.
- **Thunderstorm activity accompanied with lightning** also likely over Gujarat Region and Saurashtra & Kutch on 22nd; Tamil Nadu, Puducherry & Karaikal on 25th & 26th and over Kerala & Mahe on 26th with isolated heavy rain likely over Tamil Nadu, Puducherry & Karaikal on 25th January.

Precipitation for week 2 (29 January to 04 February 2026):

- Under the influence of western disturbance, isolated to scattered rainfall/snowfall likely over Western Himalayan Region (WHR) during few days of the week.
- Light rainfall/snowfall at isolated places also likely over Sikkim and Arunachal Pradesh under the influence of the westerly trough during some days of the week.
- Overall, rainfall activity is likely to be below normal throughout the country during the week (Annexure III).

Temperature forecast for Week 1 (22 to 28 January 2026) and Week 2 (29 January to 04 February 2026)

Temperature forecast for Week 1 (22 to 28 January 2026):

Temperature Conditions during past 24 hours till 0830 hours IST of today:

- **Minimum temperatures** were **1-4°C** at many places over Himachal Pradesh and north Punjab; at some places over Jammu division and isolated places over Uttarakhand, north Haryana & Sub-Himalayan West Bengal **5°-9°C** at remaining places of Punjab & Haryana, many places over Delhi and Uttar Pradesh and at isolated places over Madhya Pradesh and North Rajasthan, Bihar, Jharkhand, Manipur, Meghalaya and Mizoram. It is 10°C and above for remaining parts of the country, except higher reaches of Western Himalayan region where it was less than 0°C.

- **Minimum Temperatures** were above normal by (2°C to 5°C) over Jammu-Kashmir, Himachal Pradesh, Rajasthan, Central India and adjoining western India, Bihar, Odisha, Gangetic West Bengal, Assam & Meghalaya and Arunachal Pradesh and below normal at isolated pockets of (-2°C to -4°C) over Haryana, Telangana, Rayalaseema, Coastal Andhra Pradesh & Yanam, Interior Karnataka and Tamil Nadu and near normal over rest parts of the country.
- The **lowest minimum temperature** of 3.4 °C was observed at Amritsar **(Punjab)** over the plains of India.

Forecast of minimum temperatures:

- Rise in minimum temperatures by 2-4°C likely over Northwest India during next 24 hours; gradual fall by 2-4°C during subsequent 2 days and rise by 2-4°C thereafter during subsequent next 4 days.
- Rise in minimum temperatures by 2-3°C likely over Central India during next 24 hours; gradual fall by 3-4°C during subsequent 2 days and rise by 2-3°C during subsequent 2 days and no significant change thereafter.
- Rise in minimum temperatures by 2-3°C likely over Maharashtra during next 24 hours; gradual fall by 2-3°C during subsequent 2 days and rise by 2-3°C during subsequent 3 days and no significant change thereafter.
- No significant change in minimum temperatures likely over Gujarat during next 24 hours and gradual fall by 2-3°C during subsequent 2 days and gradual rise by 2-4°C thereafter during subsequent next 4 days.
- No significant change in minimum temperatures likely over rest parts of the country.

Dense Fog & Cold wave Warnings:

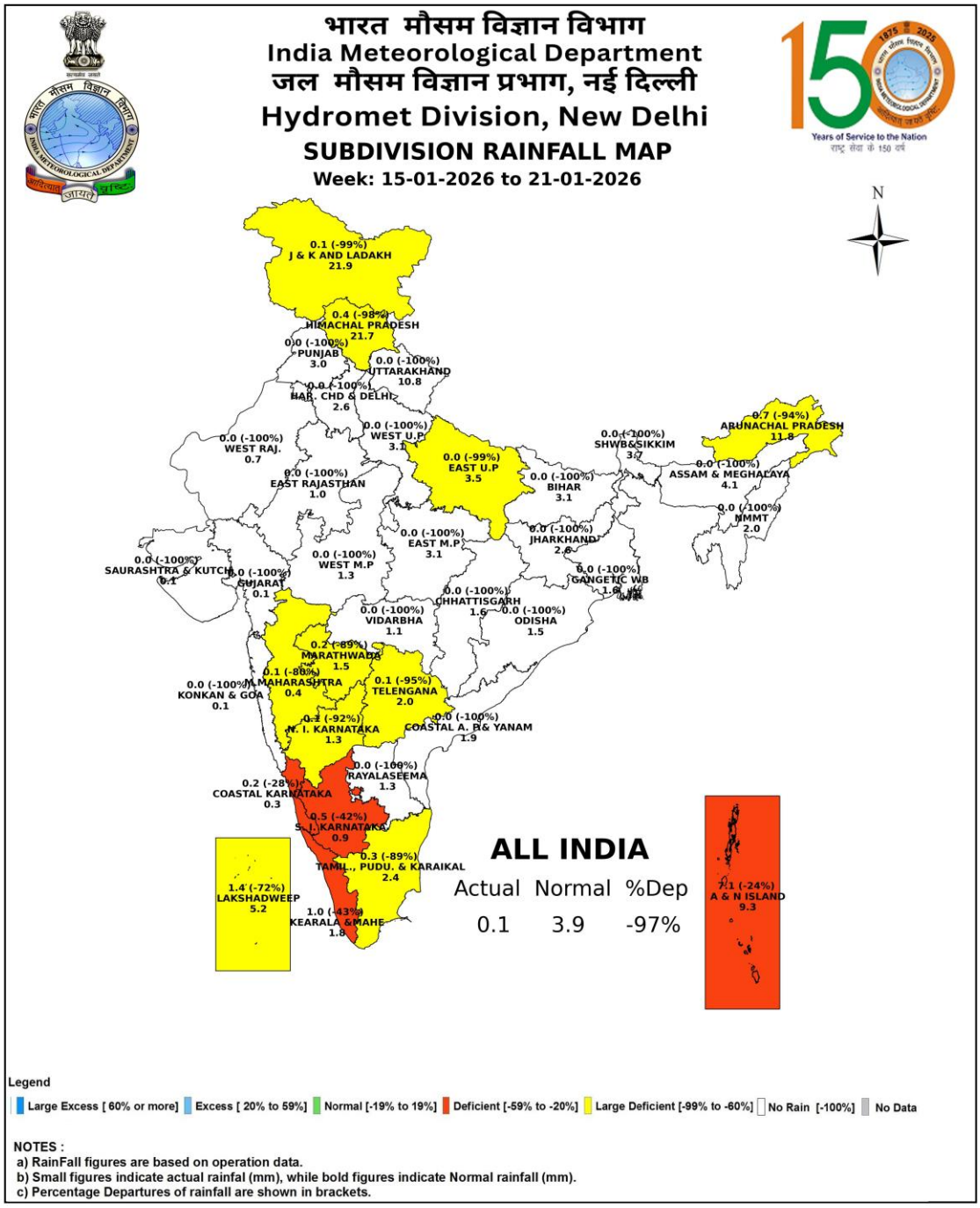
- **Dense to very dense fog** conditions likely during morning/ night hours in isolated pockets over Punjab and Haryana & Chandigarh on 25th & 26th **and dense fog conditions** at isolated places over 24th & 25th January.
- **Dense fog** conditions also likely during morning/night hours in isolated pockets over Rajasthan during 24th -26th; Sub-Himalayan West Bengal & Sikkim till 24th January.
- **Cold day** conditions likely during in isolated pockets over Himachal Pradesh and Uttarakhand on 23rd January.

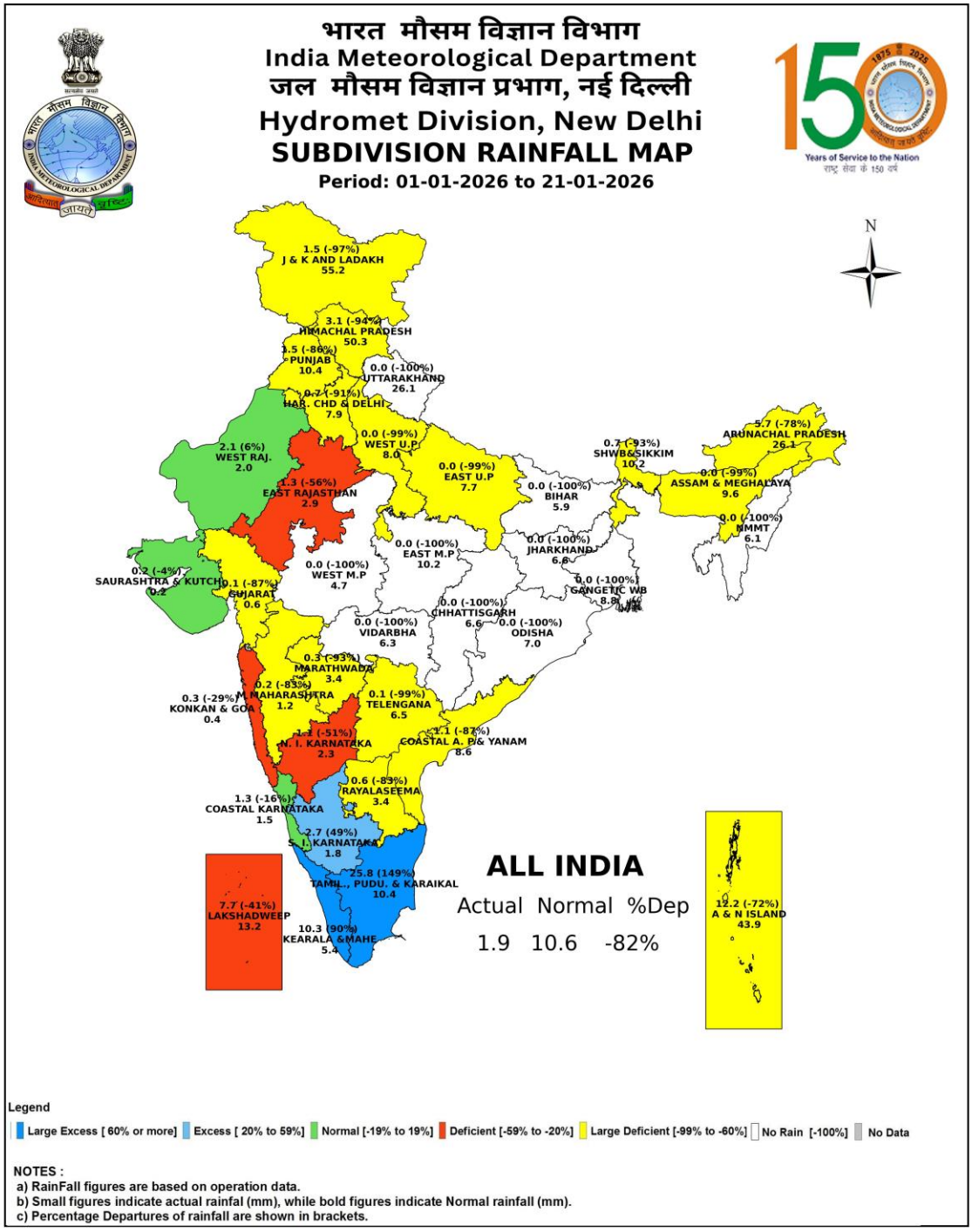
Temperature forecast for Week 2 (29 January to 04 February 2026):

- Minimum temperatures are likely to be above normal 1-3°C over most parts of the northwest, west, central and northeast India. It is likely to be below normal 2-4°C over East India; near normal or slightly below normal (by 1-2°C) over rest parts of the country. (Annexure IV)

- ❖ Cold wave conditions are unlikely over any part of the country during the week. (Annexure V).
- ❖ Dense fog conditions are likely to prevail during early morning hours in isolated pockets of north India on some days of the week.

Annexure I


भारत मौसम विज्ञान विभाग
India Meteorological Department
जल मौसम विज्ञान प्रभाग, नई दिल्ली
Hydromet Division, New Delhi
SUBDIVISION RAINFALL MAP
Week: 15-01-2026 to 21-01-2026
Years of Service to the Nation
राष्ट्र सेवा के 150 वर्ष
N
0.1 (-99%) J & K AND LADAKH 21.9
0.4 (-98%) HIMACHAL PRADESH 21.7
0.0 (-100%) PUNJAB 3.0
0.0 (-100%) UTTARAKHAND 10.8
0.0 (-100%) HAR. CHD & DELHI 2.6
0.0 (-100%) WEST RAJ. 0.7
0.0 (-100%) EAST RAJASTHAN 1.0
0.0 (-100%) WEST U.P 3.1
0.0 (-99%) EAST U.P 3.5
0.0 (-100%) BIHAR 3.1
0.0 (-100%) SHWB&SIKKIM 3.7
0.7 (-94%) ARUNACHAL PRADESH 11.8
0.0 (-100%) ASSAM & MEGHALAYA 4.1
0.0 (-100%) NMMT 2.0
0.0 (-100%) JHARKHAND 2.6
0.0 (-100%) GANGETIC WB 1.6
0.0 (-100%) EAST M.P 3.1
0.0 (-100%) WEST M.P 1.3
0.0 (-100%) SAURASHTRA & KUTCH 0.1
0.0 (-100%) GUJARAT 0.1
0.0 (-100%) CHHATTISGARH 1.6
0.0 (-100%) ODISHA 1.5
0.0 (-100%) VIDARBHA 1.1
0.2 (-89%) MARATHWADA 1.5
0.1 (-88%) M.MAHARASHTRA 0.4
0.0 (-100%) KONKAN & GOA 0.1
0.1 (-95%) TELENGANA 2.0
0.2 (-92%) N. I. KARNATAKA 1.3
0.0 (-100%) COASTAL A. P& YANAM 1.9
0.0 (-100%) RAYALASEEMA 1.3
0.2 (-28%) COASTAL KARNATAKA 0.3
0.5 (-42%) S. I. KARNATAKA 0.9
0.3 (-89%) TAMIL., PUDU. & KARAIKAL 2.4
1.4 (-72%) LAKSHADWEEP 5.2
1.0 (-43%) KEARALA &MAHE 1.8
0.1 (-24%) A & N ISLAND 9.3
ALL INDIA
Actual Normal %Dep
0.1 3.9 -97%
Legend
Large Excess [60% or more]
Excess [20% to 59%]
Normal [-19% to 19%]
Deficient [-59% to -20%]
Large Deficient [-99% to -60%]
No Rain [-100%]
No Data
NOTES :
a) RainFall figures are based on operation data.
b) Small figures indicate actual rainfal (mm), while bold figures indicate Normal rainfall (mm).
c) Percentage Departures of rainfall are shown in brackets.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जल मौसम विज्ञान प्रभाग, नई दिल्ली
Hydromet Division, New Delhi
SUBDIVISION RAINFALL MAP
Period: 01-01-2026 to 21-01-2026
Years of Service to the Nation
राष्ट्र सेवा के 150 वर्ष
N
1.5 (-97%) J & K AND LADAKH 55.2
3.1 (-94%) HIMACHAL PRADESH 50.3
1.5 (-86%) PUNJAB 10.4
0.0 (-100%) UTTARAKHAND 26.1
0.7 (-91%) HAR. CHD & DELHI 7.9
2.1 (6%) WEST RAJ. 2.0
0.0 (-99%) WEST U.P 8.0
1.3 (-56%) EAST RAJASTHAN 2.9
0.0 (-99%) EAST U.P 7.7
0.0 (-100%) BIHAR 5.9
0.7 (-93%) SHWB&SIKKIM 10.2
5.7 (-78%) ARUNACHAL PRADESH 26.1
0.0 (-99%) ASSAM & MEGHALAYA 9.6
0.0 (-100%) NMMT 6.1
0.0 (-100%) EAST M.P 10.2
0.0 (-100%) JHARKHAND 6.6
0.0 (-100%) WEST M.P 4.7
0.2 (-4%) SAURASHTRA & KUTCH 0.2
0.1 (-87%) GUJARAT 0.6
0.0 (-100%) GANGETIC WB 8.8
0.0 (-100%) CHHATTISGARH 6.6
0.0 (-100%) VIDARBHA 6.3
0.0 (-100%) ODISHA 7.0
0.3 (-93%) MARATHWADA 3.4
0.2 (-83%) M. MAHARASHTRA 1.2
0.3 (-29%) KONKAN & GOA 0.4
0.1 (-99%) TELENGANA 6.5
1.2 (-51%) N. I. KARNATAKA 2.3
1.1 (-87%) COASTAL A. P& YANAM 8.6
0.6 (-83%) RAYALASEEMA 3.4
1.3 (-16%) COASTAL KARNATAKA 1.5
2.7 (49%) S. I. KARNATAKA 1.8
25.8 (149%) TAMIL., PUDU. & KARAIKAL 10.4
7.7 (-41%) LAKSHADWEEP 13.2
10.3 (90%) KEARALA &MAHE 5.4
ALL INDIA
Actual Normal %Dep
1.9 10.6 -82%
12.2 (-72%) A & N ISLAND 43.9
Legend
Large Excess [60% or more]
Excess [20% to 59%]
Normal [-19% to 19%]
Deficient [-59% to -20%]
Large Deficient [-99% to -60%]
No Rain [-100%]
No Data
NOTES :
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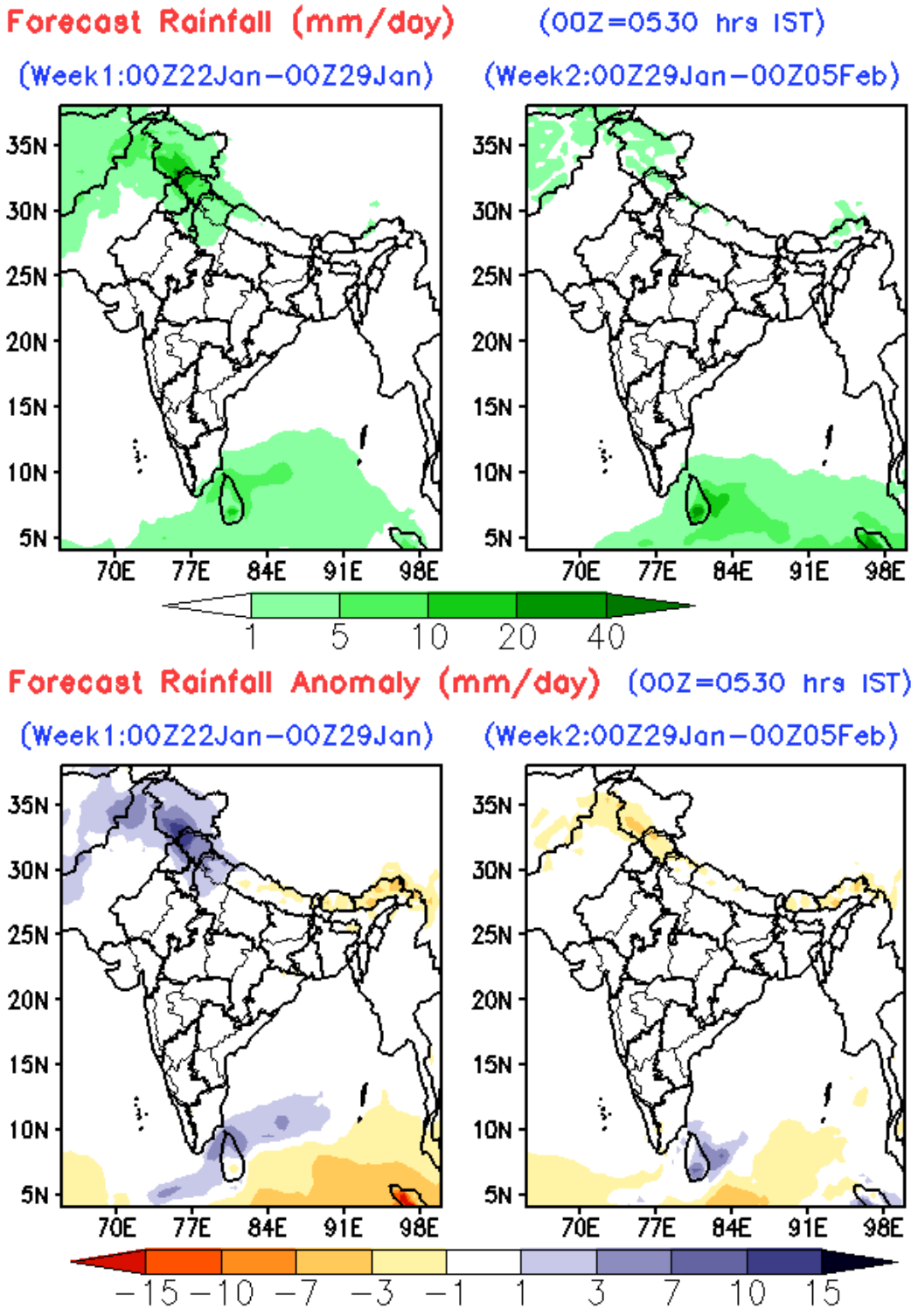
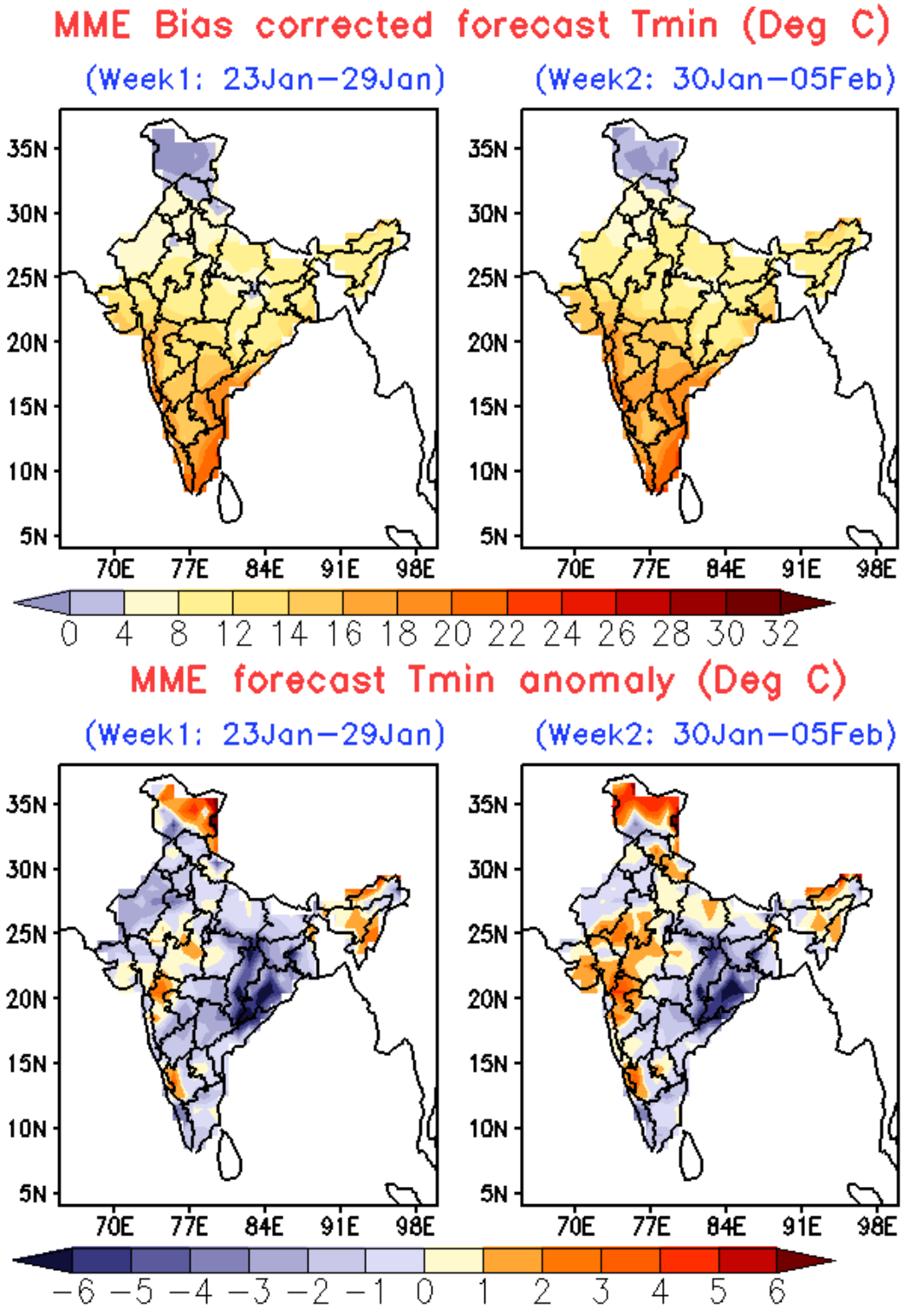


Extended range forecast of weekly distribution of rainfall in mm per day (top panel) and anomalies (lower panel) from IMD MME

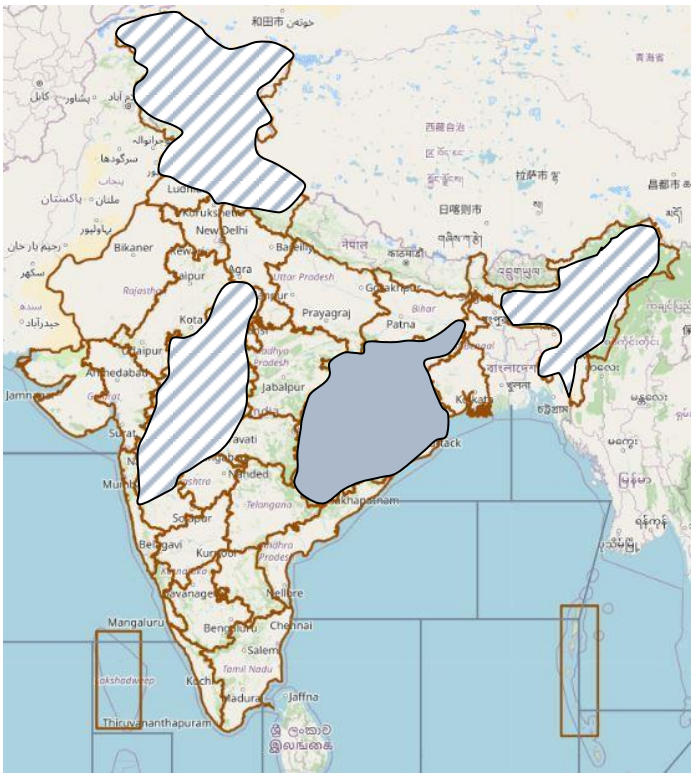


Extended range forecast of weekly distribution of Minimum Temperature in °C (top panel) and anomalies (lower panel) from IMD Bias Corrected Forecast

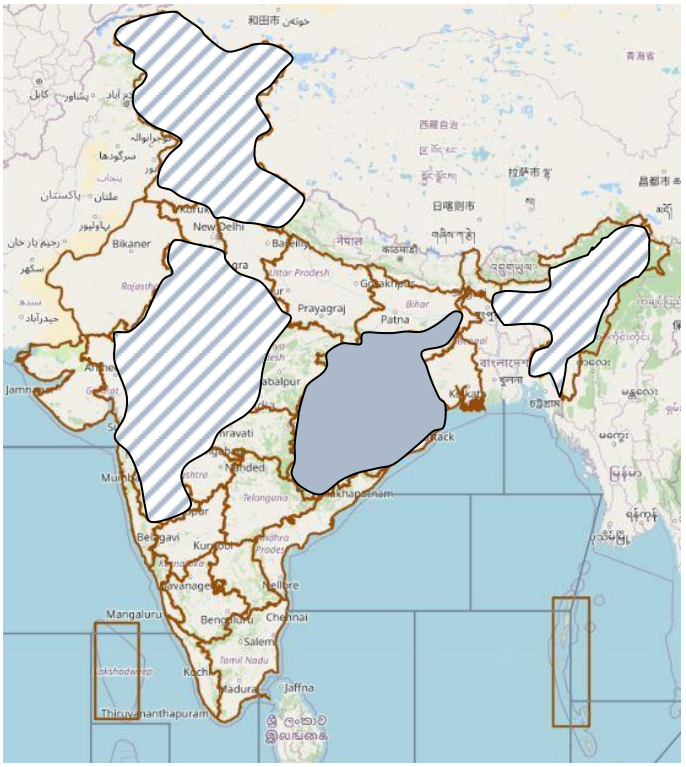
Annexure V

EXTENDED RANGE OUTLOOK FOR COLD WAVE & MINIMUM TEMPERATURE

Week 1: 22.01.2026 - 28.01.2026



Week 2: 29.01.2026 - 04.02.2026



PROBABILITY OF COLD WAVE	CONFIDENCE
LOW (1-33% PROBABILITY)	
MODERATE (34-67% PROBABILITY)	
HIGH (68-100% PROBABILITY)	
Below Normal Minimum Temperature	
Above Normal Minimum Temperatures	
Near Normal Minimum Temperatures	