Government of India

Earth System Science Organization

Ministry of Earth Sciences

India Meteorological Department

Press Release: Dated: 29th January 2026

Subject: Current Weather Status and Extended Range Forecast for the next two weeks (29 January to 11 February 2026)

1. Salient Observed Features for the week ending 28th January 2026:

- **First time in the season, two major wet spells accompanied with thunderstorms, gusty winds and hailstorms occurred across Northwest India including over Delhi due to two successive active Western Disturbances (WDs; 22 – 24 January & 26 – 28 January) during the week: Light to moderate rainfall/snowfall with thunderstorm and squally/gusty winds** prevailed over Jammu-Kashmir-Ladakh, Uttarakhand on 23rd, 24th & 28th January, Himachal Pradesh during 23rd – 25th & 28th January and **light to moderate rainfall with thunderstorm and squally/gusty winds** prevailed over Punjab, Haryana, Chandigarh & Delhi, Rajasthan on 23rd, 24th & 28th January, Uttar Pradesh on 24th & 28th January**. Thunderstorm accompanied with squally/gusty winds** also prevailed at isolated places over Arunachal Pradesh on 24th & 25th January, West Madhya Pradesh, East Madhya Pradesh, Marathawada, Konkan, Madhya Maharashtra on 28th January. **Isolated hailstorm** activity was recorded over Jammu-Kashmir on 23rd & 24th January, Punjab on 23rd & 28th January, East Rajasthan on 23rd January, Himachal Pradesh, West Uttar Pradesh on 24th & 28th January, Uttarakhand, Haryana, East Madhya Pradesh, Madhya Maharashtra, Delhi on 28th January**.** In addition, **very heavy rainfall** was recorded at isolated places over Jammu-Kashmir on 24th January and **heavy rainfall** at isolated places over Jammu-Kashmir on 23rd January, Uttarakhand on 24th January, Himachal Pradesh on 24th & 28th January, Punjab, West Uttar Pradesh on 24th January, West Madhya Pradesh on 28th January**.**
- **Sub-dued fog coverage continued across North India due to quick successive movements of two active Western Disturbances across the region followed by windy conditions. However, isolated dense to very dense fog** prevailed over Punjab, Haryana on 22nd & 28th January, West Uttar Pradesh during 26th – 28th January, East Uttar Pradesh on 26th January, Uttarakhand on 26th January. **Dense fog** prevailed over West Uttar Pradesh on 22nd & 25th January, East Uttar Pradesh, Punjab on 26th & 27th January, Himachal Pradesh on 26th January, East Rajasthan. **Dense fog** prevailed over Odisha on 24th and 28 January, Bihar on 28

Jan Assam & Meghalaya during 22nd – 27th January, Sub-Himalayan West Bengal & Sikkim on 22nd January, West Madhya Pradesh on 25th & 28th January, East Madhya Pradesh during 25th – 27th January.

- **Windy, cloudy and rainfall/snowfall conditions also caused cold day to severe cold day** conditions at isolated places over Himachal Pradesh on 28th January. **Cold day** conditions were also observed at isolated places Himachal Pradesh on 25th & 27th January, Haryana on 25th January, West Rajasthan on 26th January.
- **Severe Cold Wave** prevailed in isolated places over Himachal Pradesh on 22nd January, West Rajasthan on 25th January, East Rajasthan on 25th & 26th January. **Cold wave** conditions observed at isolated places over Punjab on 22nd January, Himachal Pradesh, Haryana on 25th & 26th January, West Rajasthan on 26th January.
- **Ground frost** conditions were observed in isolated pockets of Uttarakhand on 22nd January.
- **Heavy rainfall** also occurred at isolated places over Tamil Nadu, Puducherry & Karaikal on 26th January and **thunderstorm accompanied with squally/gusty winds** prevailed at isolated places over Andaman & Nicobar Islands on 24th & 25th January.
- **Weekly Average Maximum temperature** was below normal by 3-5°C over many parts of north, northwest and adjoining central India, and above normal by 2-4°C over parts of east and northeast India during the week. It was nearly normal over remaining parts of the country during the week. **Weekly Average Minimum temperature** was above normal by 2-4°C over parts of west, north, northwest and adjoining central & east India, and nearly normal over remaining parts of the country during the week.
- **Temperature Scenario:** The lowest minimum temperature of **-2.7°C** had been recorded at **Fatehpur (Rajasthan)** on **25th January, 2026** and the highest maximum temperature of **36.3°C** had been recorded at **Kochi (Kerala) on 28th January, 2026** over the plains of the country during the week

- **Analysis of weekly overall rainfall distribution during the week ending on 28th January and the Winter Season's Rainfall Scenario (01.01.2026 to 28.01.2026):** The country as a whole, the weekly cumulative All India Rainfall (ending on 28th January) in % departure from its long period average (LPA) is 113%. All India Seasonal cumulative rainfall % departure during this year's Winter Season Rainfall (01.01.2026 to 28.01.2026) is -23%. 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		
	22.01.2026 TO 28.01.2026			01.01.2026 TO 28.01.2026		
	Actual (mm)	Normal (mm)	Departure (%)	Actual (mm)	Normal (mm)	Departure (%)
EAST & NORTHEAST INDIA	**0.7**	**4.2**	**-82%**	**1.7**	**14.8**	**-89%**
NORTHWEST INDIA	**28.8**	**10.3**	**179%**	**30.0**	**30.1**	**0%**
CENTRAL INDIA	**1.4**	**1.7**	**-15%**	**1.5**	**6.4**	**-76%**
SOUTH PENINSULA	**1.9**	**1.0**	**85%**	**8.6**	**7.3**	**18%**
THE COUNTRY AS A WHOLE	**9.8**	**4.6**	**113%**	**11.7**	**15.2**	**-23%**

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 8 with an amplitude greater than 1. It is likely to remain in Phase 8, with an amplitude greater than 1, for the majority of week 1. At the end of Week 1, it is likely to migrate to Phase 1 with amplitude remaining greater than 1. During Week 2, it is likely to loop and remain in Phase 1 with amplitude becoming less than 1.

3. Forecast for the next two weeks

Weather systems & associated Precipitation during Week 1 (29 January to 04 February 2026) and Week 2 (04 to 11 February 2026)

Weather systems & associated Precipitation during Week 1 (29 January to 04 February 2026):

- ❖ A fresh **Western Disturbance** seen as a **cyclonic circulation** over northeast Iran in middle tropospheric level.

- **Subtropical westerly Jet Stream** with core winds of the order of 130 knots at 12.6 km above mean sea level continues to prevail over Northeast India.
- **An upper air cyclonic circulation** lies over northeast Assam in lower tropospheric level.
- An **upper air cyclonic circulation** lies over southeast Arabian sea and adjoining south Kerala coast in lower tropospheric level.
- Another fresh **western disturbance** is likely to affect northwest India from 2nd February 2026.

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

- **Isolated** light/moderate rainfall **accompanied with thunderstorm, lightning** very likely over Madhya Pradesh on 01st & 02nd February and Chhattisgarh on 02nd February.
- A fresh **western disturbance** is likely to affect northwest India from the night of 30th January 2026. Under its influence, scattered to fairly widespread rainfall/snowfall with **thunderstorm, lightning & gusty winds speed reaching 30-40 kmph** likely over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad on 31st January and 01st February; Himachal Pradesh, Punjab, Haryana and Chandigarh on 01st February and Uttarakhand on 01st & 02nd February. **Isolated** light rainfall with **thunderstorm, lightning** likely over Rajasthan during 31st January- 03rd February.
- **Ground frost** conditions likely to prevail over Uttarakhand on 29th & 30th January.

Precipitation for week 2 (04 to 11 February 2026):

- Under the influence of active western disturbance, light/moderate scattered to fairly widespread rainfall/snowfall likely over Western Himalayan Region (WHR) and light/moderate isolated to scattered rainfall over adjoining plains of Northwest India during some days of the week.
- Under the influence of the westerly trough, light rainfall/snowfall at isolated places also likely over Sikkim and Arunachal Pradesh during some days of the week.
- Overall, rainfall activity is likely to be normal to above normal over many parts of Northwest India. It is likely to be below normal over remaining parts of the country. (Annexure III).

Temperature forecast for Week 1 (29 January to 04 February 2026) and Week 2 (04 to 11 February 2026)

Temperature forecast for Week 1 (29 January to 04 February 2026):

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

- **Minimum temperatures** were **5-10°C** over north-west Uttar Pradesh, Rajasthan, Madhya Pradesh, Bihar, Assam & Meghalaya, Manipur and Mizoram. It is 10°C and above for remaining parts of the country, except higher reaches of Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad and at isolated places of Uttarakhand, Himachal Pradesh where it was less than 0°C.
- **Minimum Temperature Departures** were above normal by (3°C to 5°C) over Haryana Chandigarh & Delhi, West Rajasthan, Marathawada, Madhya Maharashtra, Chhattisgarh, Assam & Meghalaya; by (1°C to 3°C) over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Himachal Pradesh, Uttar Pradesh, East Rajasthan, Madhya Pradesh, Chhattisgarh, Bihar, Jharkhand, Odisha, West Bengal & Sikkim, Northeast India, Maharashtra and South Peninsular India and near normal over rest parts of the country.
- The **lowest minimum temperature** of 2.0°C was observed at **Narnaul (Haryana)** over the plains of India.

Forecast of minimum temperatures:

- No significant change likely over Northwest India during next 2 days; gradual rise by 3-5°C during subsequent 3 days and gradual fall by 2-4°C during subsequent 2 days thereafter.
- Gradual rise in minimum temperatures by 2-3°C likely over Central India during next 24 hours; gradual fall by 2-3°C during subsequent 2 days and no significant change thereafter.
- Gradual rise in minimum temperatures by 2-4°C likely over Maharashtra during next 4 days and no significant change thereafter.
- Rise in minimum temperatures by 3-5°C likely over Gujarat during next 2 days; gradual fall by 2-3°C during subsequent 3 days and rise by 2-3°C during subsequent 2 days thereafter.
- 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 some/isolated pockets over Punjab, Haryana, Chandigarh, Uttar Pradesh till 31st and **dense fog conditions** likely over isolated places over Himachal Pradesh,

Uttarakhand, Rajasthan, Odisha, Sub-Himalayan West Bengal & Sikkim, Bihar till 31st January and East Uttar Pradesh till 01st February.

- **Cold wave** conditions likely in isolated pockets over Punjab, Haryana, Chandigarh on 30th-31st January.

Temperature forecast for Week 2 (04 to 11 February 2026):

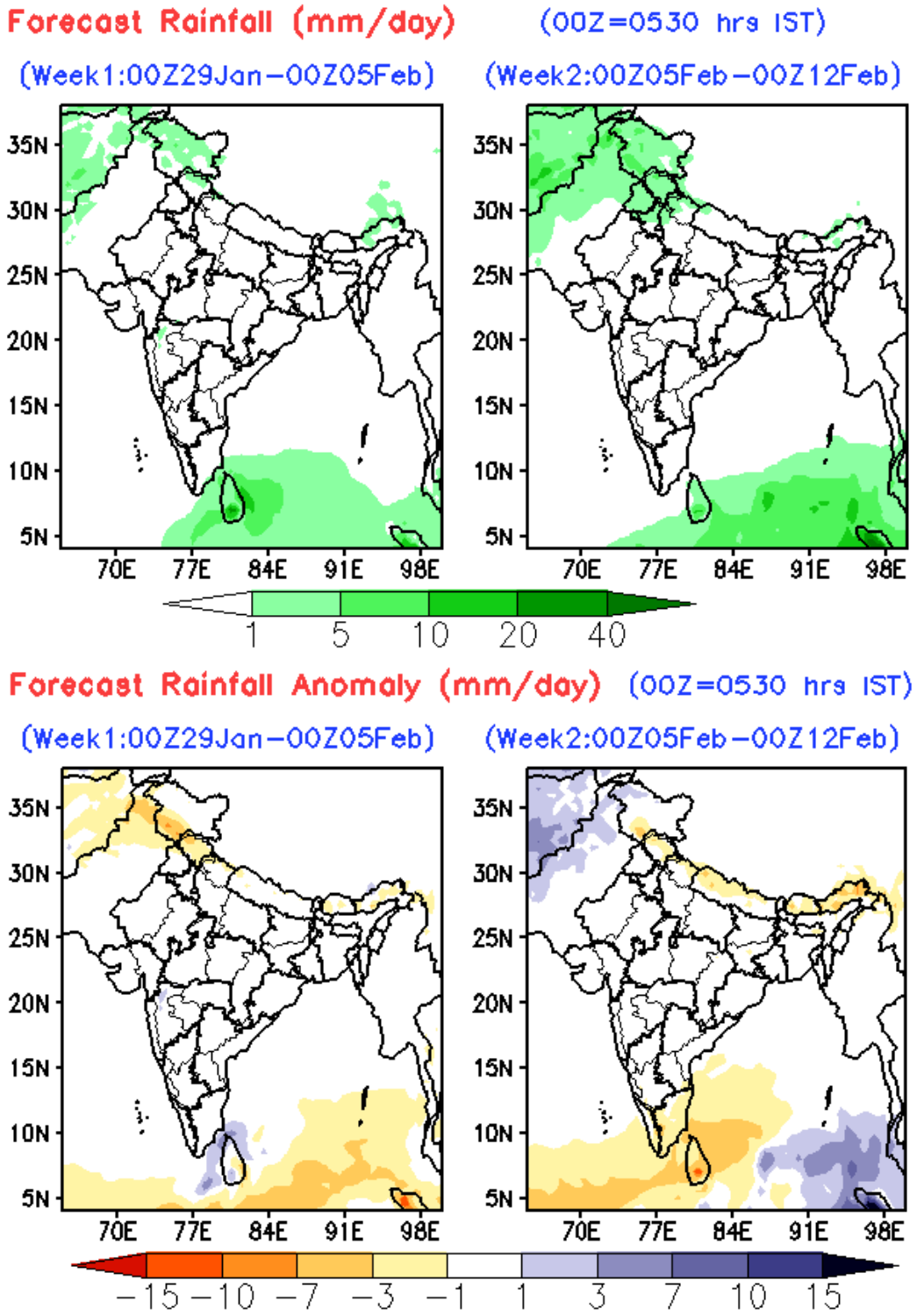
- Minimum temperatures are likely to be above normal 2-3°C over Western Himalayan Region and below normal 2-4°C over East India; It is likely to be near normal or slightly below normal (by 1-2°C) over rest parts of the country. (Annexure IV)
- Cold wave conditions are unlikely over any part of the country 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: 22-01-2026 to 28-01-2026
N
ALL INDIA
Actual Normal %Dep
9.8 4.6 113%
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.

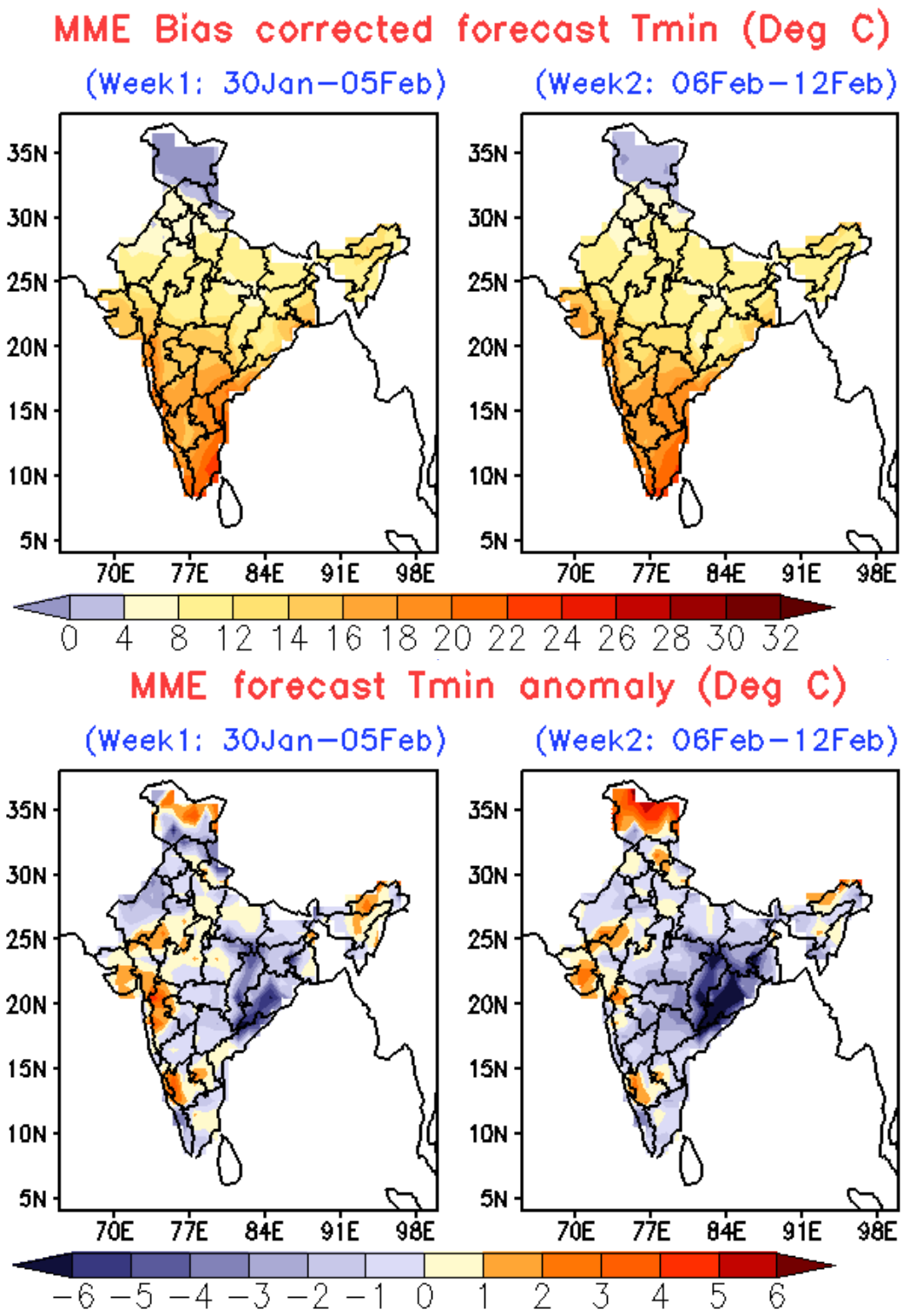
Annexure II

Annexure III



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

Annexure IV



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: 29.01.2026 - 04.02.2026

Week 2: 05.02.2026 - 11.02.2026

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	