Government of India
Ministry of Earth Sciences
India Meteorological Department

Press Release
Date:06th January 2026
Time of Issue: 1415 hours IST

Subject: (i) A Well-Marked Low Pressure area over southeast Bay of Bengal and adjoining east Equatorial Indian Ocean
(ii) Dense fog conditions very likely to continue during morning hours over northwest, central, east & northeast India during next 5-7 days.
(iii) Cold day conditions very likely over Uttarakhand, Punjab, Haryana, Chandigarh, Bihar, Uttar Pradesh on 6th & 7th; Delhi, West Rajasthan and Madhya Pradesh on 6th; East Rajasthan, West Bengal & Sikkim during 6th -8th; Jharkhand on 6th January, 2026.
(iv) Cold wave conditions very likely over Punjab, Haryana, Chandigarh and Odisha during 07th-09th; Rajasthan during 08th-11th; Madhya Pradesh on 7th & 8th, Vidarbha, Jharkhand and Chhattisgarh during 06th-08th January 2026.

Realised weather during past 24 hours ending at 0830 hours IST of today, the 06th January, 2026:

- **Dense to very Dense fog (visibility <50 m) conditions** prevailed in many parts of Uttar Pradesh; some parts over Jammu, Uttarakhand, Punjab, Bihar, Punjab, East Rajasthan and west Madhya Pradesh; **dense fog (visibility 50-199 m):** prevailed in isolated pockets over Gangetic West Bengal, Sub-Himalayan West Bengal & Sikkim, Himachal Pradesh, Haryana, Chandigarh, Manipur, Assam and East Madhya Pradesh.

- **Visibility reported (in meters; ≤200 m): Assam:** Dibrugarh, Dhuburi(100); Manipur: Lengpui(100); Gangetic West Bengal: Sriniketan (100); **Sub-Himalayan West Bengal & Sikkim:** Coochbehar, Jalpaiguri (50); Bihar: Gaya (50); **Jammu:** Airport Jammu (900),Udhampur(0); **Himachal Pradesh:** Bilaspur(100); **Uttarakhand:** Kashipur (20), Roshnabad (50), Pantnagar (100), Khatima (100); **Punjab:** Amritsar (0), Halwara (0), Ballowal Saunkari (10),Bathinda(150); **Haryana, Chandigarh & Delhi:** Bhiwani (50), Ambala (50), Palam (100), Chandigarh (150), Karnal (200),; **West Uttar Pradesh:** AMS Aligarh(00), Bareilly(25), Agra(Taj) & Aligarh-(30) Each, Hamirpur-(40), AMS Moradabad, Etawah, Shahjahanpur & Najibabad(50) Each, Jhansi(70), Meerut(100); **East Uttar Pradesh:** Prayagraj(IAF), AMS Kushinagar, Kanpur(IAF), Gorakhpur IAF & Barabanki, Kanpur(City) & Gorakhpur(10) Each, Prayagraj(20), Ayodhya, Fursatganj, Fatehgarh, Azamgarh, Churk, Varanasi(AP) & Hardoi(50) Each, Bahraich(70), Fatehpur, Banda, Basti, Lucknow(AP) & Ballia(100) Each; **West Madhya Pradesh:** Gwalior(0) , Datia (50), **East Madhya Pradesh:** Khajuraho (50); **East Rajasthan:** Udaipur(100) & Kota (50), Jaipur(0), Pilani(0); **West Rajasthan:** Phalodi(0), Churu(50)
- **Severe cold day prevailed in isolated places over** West Madhya Pradesh and **cold day prevailed over** East Uttar Pradesh, East Rajasthan, Chhattisgarh and Bihar.
- **Ground frost conditions** has been recorded in isolated pockets over Uttarakhand.
- **Snowfall** has been recorded at isolated places over Jammu-Kashmir-Ladakh, Himachal Pradesh and Sikkim.

Weather Systems, Forecast and Warnings (refer to ANNEXURE I & II):

- Under the influence of the upper air cyclonic circulation over Equatorial Indian Ocean & adjoining central parts of south Bay of Bengal, a low pressure area has formed over southeast Bay of Bengal and adjoining east Equatorial Indian Ocean at 1730 hrs IST of yesterday, the 5th January 2026. It became a Well marked low pressure area over the same region at 0530 hrs IST of today, the 6th January 2026. The well marked low pressure area over southeast Bay of Bengal and adjoining east Equatorial Indian Ocean persisted over the same region at 0830 hrs IST of today, the 6th January 2026. It is likely to move west-northwestwards and intensify into a **depression** over southwest Bay of Bengal during next 24 hours. Thereafter, it is likely to continue to move west-northwestwards across southwest Bay of Bengal during subsequent 48 hours.
- A **Western Disturbance** as a cyclonic circulation lies over north Pakistan and neighbourhood in middle tropospheric level.

- The **Sub tropical westerly Jet Stream** with core winds of the order of 130 knots at 12.6 km above mean sea level continues to prevail over northwest India.
- A **cyclonic circulation** lies over East central Arabian sea & adjoining Lakshadweep area in lower tropospheric level.
- A **cyclonic circulation** lies over Comorian area & neighbourhood in lower tropospheric level.
- A **cyclonic circulation** lies over Tripura & neighbourhood and extends in lower tropospheric level .

Under the influence of these systems, the following weather is likely:

- **Isolated light** rainfall/snowfall very likely over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Himachal Pradesh & Uttarakhand on 06th January, 2026.
- Light/moderate rainfall at isolated/scattered places accompanied with thunderstorm, lightning likely over Tamil Nadu and Kerala & Mahe on 09th to 11th January; **Heavy to very heavy rainfall** very likely at isolated places over Tamil Nadu on 9th & 10th and isolated heavy on 11th and heavy rainfall at isolated places also likely over Kerala & Mahe on 10th January, 2026.

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

- **Minimum temperatures** were **below 0°C** at many places over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad; **0-5°C** at a few places over Himachal Pradesh & Uttarakhand; **5°-10°C** at many places over Uttar Pradesh, Rajasthan, Madhya Pradesh, Bihar and Odisha; at some places over Punjab, Haryana, Chandigarh & Delhi and Vidarbha; at isolated places over Chhattisgarh, Jharkhand, Bihar, Assam, Meghalaya, Mizoram, West Bengal & Sikkim.
- Minimum Temperatures departures were appreciably below normal (-5.0°C to -3.1°C) at isolated places over East Rajasthan, Vidarbha and Chhattisgarh below normal (-3.0°C to -1.6°C) at some places over Odisha and Madhya Pradesh and at isolated places over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, East Uttar Pradesh, Gangetic West Bengal, Telangana, South Interior Karnataka and Bihar (**refer to ANNEXURE IV**)
- The **lowest minimum temperature** of 2.0°C was observed **at Rajgarh (West Madhya Pradesh)** over the plains of India.

Forecast of minimum temperatures:

- Gradual fall in minimum temperatures likely by 2-3°C over Punjab, Haryana Chandigarh & Delhi during next 2 days and no significant change thereafter for next 5 days.
- No significant change in minimum temperature likely over Central India for next 24 hours, thereafter gradual rise by 2-3°C for subsequent 3 days and no large change thereafter for next 3 days.
- No significant change in minimum temperature likely over East India during 4 days, thereafter slight rise by about 2°C for subsequent 3 days.
- No significant change in minimum temperature likely over Maharashtra for next 24 hours and gradual rise by 2-3°C for subsequent 5 days.
- No significant change in minimum temperature likely over Gujarat State for next 4 days and thereafter gradual rise by 2-3°C for subsequent 3 days.
- No significant change in minimum temperature likely over remaining parts of India.

Dense Fog, Cold day & Cold wave Warnings:

- **Dense to very dense fog** conditions very likely to prevail in morning hours in some parts over Punjab, Haryana-Chandigarh during 07th-09th January and Dense fog in isolated pockets for subsequent 4 days.
- **Dense to very dense fog** conditions very likely to prevail in morning/night hours in some parts over Uttar Pradesh on 7th & 8th January and Dense fog in isolated pockets for subsequent 5 days.
- **Dense to very dense fog** conditions very likely to prevail in morning/night hours in some parts over East Rajasthan during 07th -9th and dense fog in subsequent 4 days; Dense to very dense fog conditions very likely to prevail in morning hours in some parts West Rajasthan on 7th January and Dense fog in isolated pockets for subsequent 2 days.
- **Dense fog** conditions also likely during morning hours in isolated pockets over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad and West Bengal & Sikkim till 9th; Himachal Pradesh and Uttarakhand till 11th; Delhi on 7th & 8th; Madhya Pradesh, Assam & Meghalaya and Nagaland, Manipur, Mizoram & Tripura till 10th; Bihar till 13th; Odisha till 7th; Arunachal Pradesh till 8th January, 2026.

- **Cold day conditions** in isolated/some pockets over Uttarakhand, Punjab, Haryana, Chandigarh & Delhi, Bihar, Uttar Pradesh on 6th & 7th; Delhi, West Rajasthan and Madhya Pradesh on 6th; East Rajasthan, West Bengal & Sikkim during 6th -8th; Jharkhand on 6th January, 2026.
- **Cold wave** conditions very likely in isolated pockets of Punjab, Haryana, Chandigarh and Odisha during 07th-09th; Rajasthan during 08th-11th; Madhya Pradesh on 7th & 8th, Vidarbha, Jharkhand and Chhattisgarh during 06th-08th January 2026.
- **Ground frost conditions** very likely in isolated pockets over Uttarakhand on 06th & 07th January, 2026.

Fisherman Warning:

Fishermen are advised not to venture into the following areas during 06th January to 11th January, 2026:

- **Bay of Bengal:**
  Over Gulf of Mannar & adjoining, some parts of Comorin area during 06th to 11th January; along and off Sri Lanka coast during 06th to 11th January; over most parts of south Bay of Bengal on 06th January; over most parts of southwest & adjoining, some parts of southeast and westcentral Bay of Bengal during 07th to 11th January; many parts of westcentral Bay of Bengal on 10th January; along and off Tamil Nadu coast on 09th & 10th January; along and off south Andhra Pradesh coast on 10th January.

- **Arabian Sea:**
  Along and off Somalia coast and adjoining sea areas during 06th to 11th January.

Weather conditions and forecast over Delhi/NCR during 06th -09th January, 2026 (ANNEXURE III)

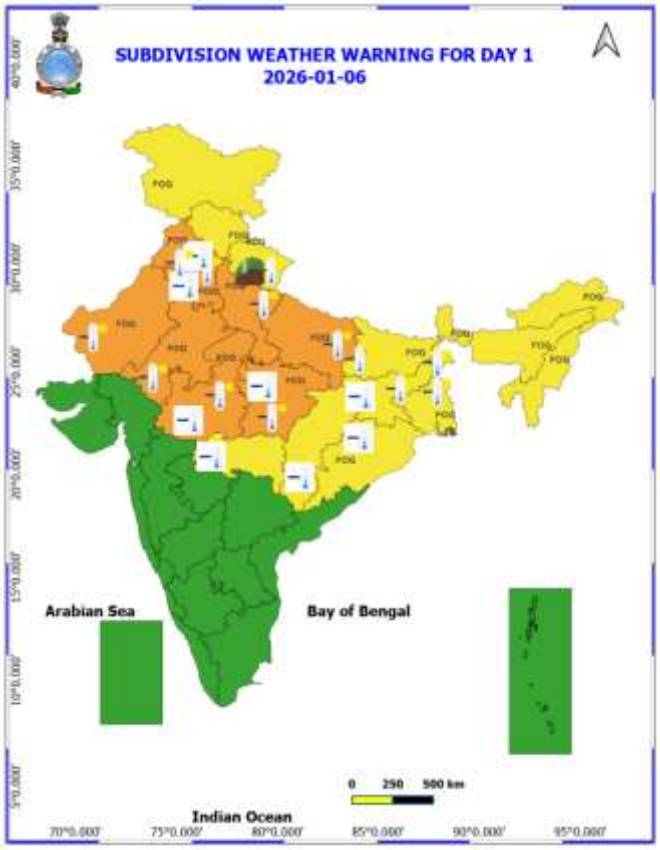
For more details, kindly refer National Weather Bulletin:
https://mausam.imd.gov.in/responsive/all_india_forcast_bulletin.php
For District wise warnings refer: https://mausam.imd.gov.in/responsive/districtWiseWarningGIS.php
For Fishermen warning refer https://rsmcnewdelhi.imd.gov.in/fishermen-warning.php

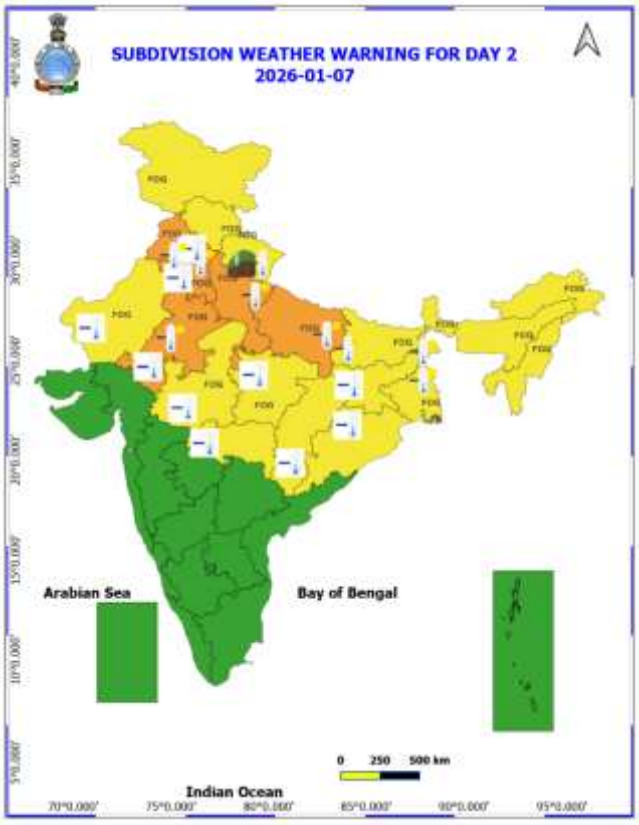
ANNEXURE I

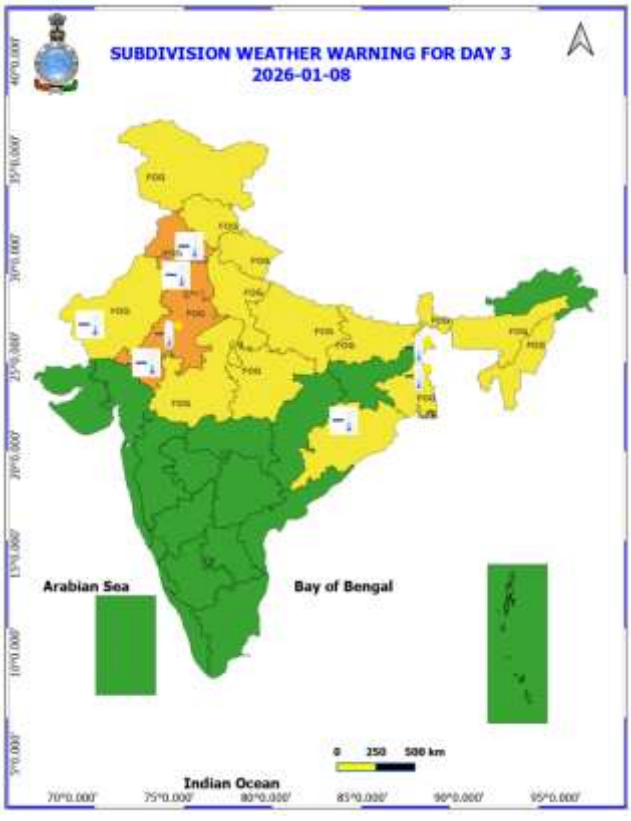
Table-1								
7 Days Rainfall Forecast								
S.No.	Subdivision	6- Jan	7- Jan	8- Jan	9- Jan	10- Jan	11- Jan	12- Jan
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	ANDAMAN & NICOBAR ISLANDS	ISOL	ISOL	ISOL	ISOL	ISOL	DRY	DRY
2	ARUNACHAL PRADESH	ISOL	ISOL	DRY	ISOL	ISOL	DRY	DRY
3	ASSAM & MEHGHALAYA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
4	NAGALAND, MANIPUR, MIZORAM AND TRIPURA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
5	SUB HIMALAYAN WEST BENGAL & SIKKIM	ISOL	DRY	DRY	DRY	DRY	DRY	DRY
6	GANGETIC WEST BENGAL	DRY	DRY	DRY	DRY	DRY	DRY	DRY
7	ODISHA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
8	JHARKHAND	DRY	DRY	DRY	DRY	DRY	DRY	DRY
9	BIHAR	DRY	DRY	DRY	DRY	DRY	DRY	DRY
10	EAST UTTAR PRADESH	DRY	DRY	DRY	DRY	DRY	DRY	DRY
11	WEST UTTAR PRADESH	DRY	DRY	DRY	DRY	DRY	DRY	DRY
12	UTTARAKHAND	ISOL	DRY	DRY	DRY	DRY	DRY	DRY
13	HARYANA, CHANDIGARH & DELHI	DRY	DRY	DRY	DRY	DRY	DRY	DRY
14	PUNJAB	DRY	DRY	DRY	DRY	DRY	DRY	DRY
15	HIMACHAL PRADESH	ISOL	DRY	DRY	DRY	DRY	DRY	DRY
16	JAMMU AND KASHMIR AND LADAKH	ISOL	DRY	DRY	DRY	DRY	DRY	DRY
17	WEST RAJASTHAN	DRY	DRY	DRY	DRY	DRY	DRY	DRY
18	EAST RAJASTHAN	DRY	DRY	DRY	DRY	DRY	DRY	DRY
19	WEST MADHYA PRADESH	DRY	DRY	DRY	DRY	DRY	DRY	DRY
20	EAST MADHYA PRADESH	DRY	DRY	DRY	DRY	DRY	DRY	DRY
21	GUJRAT REGION	DRY	DRY	DRY	DRY	DRY	DRY	DRY
22	SAURASHTRA & KUTCH	DRY	DRY	DRY	DRY	DRY	DRY	DRY
23	KONKAN & GOA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
24	MADHYA MAHARASHTRA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
25	MARATHWADA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
26	VIDARBHA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
27	CHHATTISGARH	DRY	DRY	DRY	DRY	DRY	DRY	DRY
28	COASTAL ANDHRA PRADESH	DRY	DRY	DRY	DRY	ISOL	ISOL	DRY
29	TELANGANA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
30	RAYALASEEMA	DRY	DRY	DRY	DRY	ISOL	ISOL	DRY
31	TAMILNADU & PUDUCHERRY	ISOL	ISOL	ISOL	SCT	SCT	SCT	SCT
32	COSTAL KARNATAKA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
33	NORTH INTERIOR KARNATAKA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
34	SOUTH INTERIOR KARNATAKA	DRY	DRY	DRY	ISOL	ISOL	DRY	DRY
35	KERALA AND MAHE	DRY	DRY	DRY	ISOL	SCT	ISOL	ISOL
36	LAKSHADWEEP	DRY	DRY	DRY	DRY	SCT	SCT	SCT

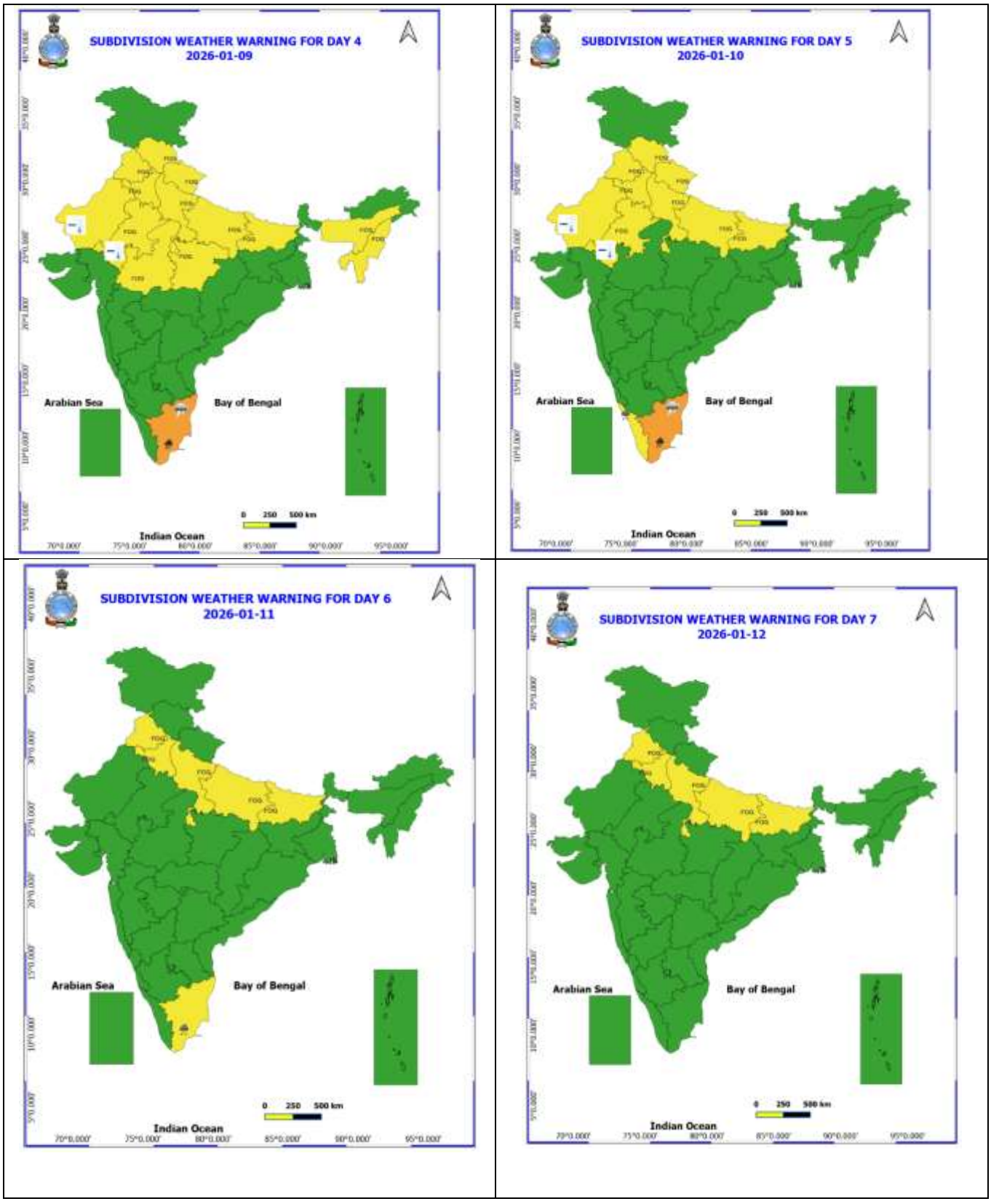
- **As the lead period increases forecast accuracy decrease.**

ANNEXURE II


SUBDIVISION WEATHER WARNING FOR DAY 1
2026-01-06
Arabian Sea
Bay of Bengal
Indian Ocean
0 250 500 km


SUBDIVISION WEATHER WARNING FOR DAY 2
2026-01-07
Arabian Sea
Bay of Bengal
Indian Ocean
0 250 500 km


SUBDIVISION WEATHER WARNING FOR DAY 3
2026-01-08
Arabian Sea
Bay of Bengal
Indian Ocean
0 250 500 km



- **Action may be taken based on ORANGE AND REDCOLOUR warnings.**
- **Vulnerable regions likely urban and hilly areas action may be initiated for heavy rainfall warning.**
- **As the lead period increases forecast accuracy decreases.**

DetaileddistrictwiseMultiHazardweatherwarningfornextfivedaysavailableat
https://mausam.imd.gov.in/responsive/districtWiseWarningGIS.php

ANNEXURE III

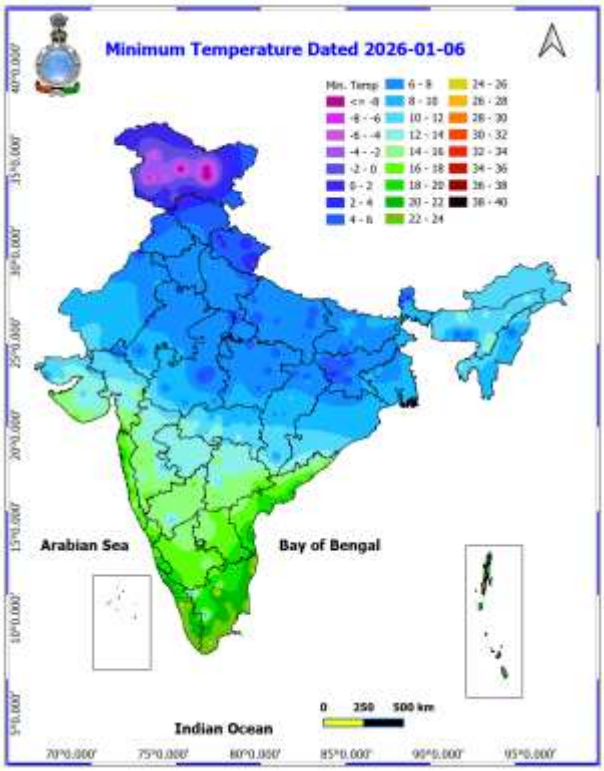
Weather forecast over Delhi/NCR during 06th January to 09th January 2026

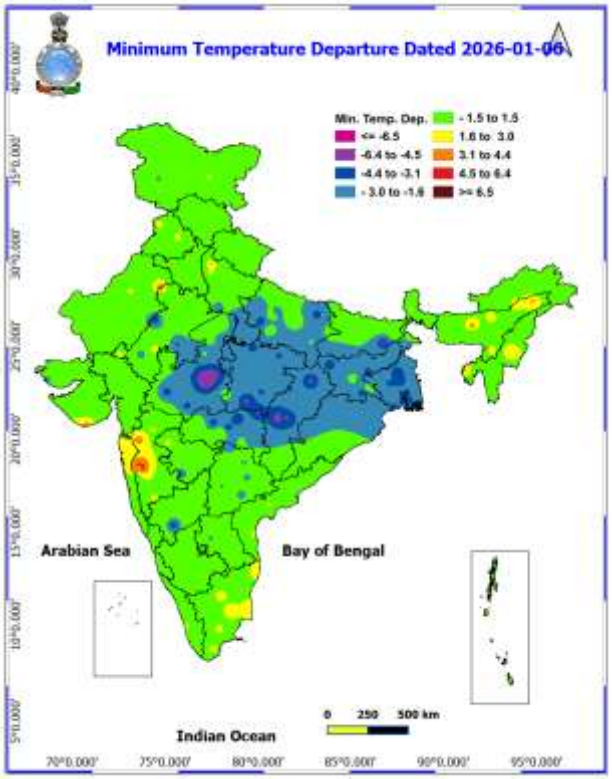
Past Weather:

There has been a rise in minimum temperature by 1-2°C and no significant change in maximum temperatures during the past 24 hours over Delhi. The maximum and minimum temperatures over Delhi were around 15°C to 18°C and 06°C to 08°C, respectively. The minimum temperatures are above normal (1.6 to 3.0°C) at a few places and above normal (-1.5°C to 1.5°C) over remaining places of Delhi. The maximum temperatures were appreciably below normal (-3.1 or -5.0) at a few places and normal (-1.5°C to 1.5°C) over remaining places of Delhi. Safdarjung reported lowest visibility 250m from 0630 to 0700 IST, which thereafter improved to 300m at 0730 IST of today, 06.01.2026. Palam reported lowest visibility 100m from 0630 to 0730 IST, which thereafter improved to 150m at 0800 IST of today, 06.01.2026. Mainly clear sky with moderate to dense fog, predominant surface wind from the south-westerly direction with a wind speed up to 12kmph prevailed during the past 24 hours. Partly cloudy sky. Moderate fog till forenoon, predominant surface wind from the west direction with a wind speed up to 10 kmph prevailed over the region in the forenoon today.

Weather Forecast:

06.01.2026: Partly cloudy sky. Cold day at isolated places. Mist/haze during night. The maximum temperatures are likely to be in the range of 13°C to 15°C. Maximum temperatures will be near normal over Delhi. The predominant surface wind is likely to be from the northwest direction with wind speeds less than 15kmph during the afternoon hours. The wind speed will decrease, becoming less than 10 kmph from the northwest direction during the evening and night.
07.01.2026: Mainly clear sky. Moderate fog at many places with dense fog at few places during morning hours. The maximum and minimum temperatures in Delhi are likely to be in the ranges of 15°C to 17°C and 6°C to 8°C, respectively. The minimum temperature will be near normal and the maximum temperatures will be near normal over Delhi. The predominant surface wind is likely to be from the west direction with wind speed less than 10kmph during the morning hours. The wind speed will increase becoming less than 15kmph from the northwest direction in the afternoon hours. The wind speed will decrease becoming less than 10kmph from the west direction during evening and night.
08.01.2025: Mainly clear sky. Moderate fog at many places with dense fog at isolated places during morning hours. The maximum and minimum temperatures in Delhi are likely to be in the ranges of 16°C to 18°C and 05°C to 07°C, respectively. The minimum temperatures will be below normal (-1.5 or -3.0) and the maximum temperatures will be below normal (0.1°C to 2.1°C) over Delhi. The predominant surface wind is likely to be from the west direction with wind speeds less than 10kmph during the morning hours. The wind speed will increase becoming 15kmph from the northwest direction in the afternoon. The wind speed will decrease up to 05 kmph with north direction during the evening and night.
09.01.2026: Partly cloudy sky becoming generally cloudy sky towards evening/night. shallow to moderate fog during morning hours. The maximum and minimum temperatures in Delhi are likely to be in the ranges of 18°C to 20°C and 06°C to 08°C, respectively. The minimum temperatures will be near normal and the maximum temperatures will be near normal over Delhi. The predominant surface wind is likely to be from the west direction with wind speeds calm, gradually increasing reaching up to 10kmph during the morning hours. The wind speed will increase becoming 15kmph from the northwest direction in the afternoon and wind speed will decrease up to 10kmph from the northwest direction during the evening and night.





- **Impact expected due to dense/very dense fog in the morning hours**: **Dense to very dense fog** conditions very likely to prevail in morning hours in some parts over Punjab, Haryana-Chandigarh during 07th-09th January and Dense fog in isolated pockets for subsequent 4 days.
- **Dense to very dense fog** conditions very likely to prevail in morning/night hours in some parts over Uttar Pradesh on 7th & 8th January and Dense fog in isolated pockets for subsequent 5 days.
- **Dense to very dense fog** conditions very likely to prevail in morning/night hours in some parts over East Rajasthan during 07th -9th and dense fog in subsequent 4 days; Dense to very dense fog conditions very likely to prevail in morning hours in some parts West Rajasthan on 7th January and Dense fog in isolated pockets for subsequent 2 days.
- **Dense fog** conditions also likely during morning hours in isolated pockets over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad and West Bengal & Sikkim till 9th; Himachal Pradesh and Uttarakhand till 11th; Delhi on 7th & 8th; Madhya Pradesh, Assam & Meghalaya and Nagaland, Manipur, Mizoram & Tripura till 10th; Bihar till 13th; Odisha till 7th; Arunachal Pradesh till 8th January, 2026.

Transport and Aviation:

- May affect some airports, highways and railway routes in the areas of met- sub-division.
- Difficult driving conditions with slower journey times.
- Unless taken precautionary measures, it may lead to some road traffic collisions.

Power Sector:

- Chances of Tripping of Power lines in the very dense fog routes.

Human Health:

- Lung related health impacts: Dense fog contains particulate matter and other pollutants and in case exposed it gets lodged in the lungs, clogging them and decreasing their functional capacity which increases episodes of wheezing, coughing and shortness of breath.
- Impact on people having asthma bronchitis: Long time exposure to dense fog may cause respiratory problem for people having asthma bronchitis and other lung related health problems.
- Eye Irritation: Dense fog contains pollutions of various types and these Pollutants in the air if exposed may tend to irritate the membranes of the eye causing various infections leading to redness or swelling of the eye.

Action suggested:

Transport and Aviation:

- Be careful while driving or outing through any transport.
- Use fog lights during driving.
- Be in touch with airlines, railways and state transport for schedule of your journey.

❖ Power Sector:
- To keep ready Maintenance Team.
- Human Health: To avoid outing until unless emergency and to cover the face.

❖ **Impact expected due to Cold Wave conditions:** very likely in isolated pockets of Punjab, Haryana, Chandigarh and Odisha during 07th-09th; Rajasthan during 08th-11th; Madhya Pradesh on 7th & 8th, Vidarbha, Jharkhand and Chhattisgarh during 06th-08th January 2026.

- ❖ An increased likelihood of various illnesses like flu, running/ stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold.
- ❖ Do not ignore shivering. It is the first sign that the body is losing heat. Get Indoors.
- ❖ Frostbite can occur due to prolonged exposure to cold. The skin turns pale, hard and numb and eventually black blisters appear on exposed body parts such as fingers, toes, nose and or earlobes. Severe frostbite needs immediate medical attention and treatment.
- ❖ Impact on agriculture, crop, livestock, water supply, transport and power sector at some places.

Action suggested:
- ❖ Wear several layers of loose fitting, light weight; warm woollen clothing.
- ❖ Cover your head, neck, hands and toes adequately as majority of heat loss occurs through these body parts. Wear several layers of loose fitting, light weight; warm woollen clothing rather than one layer of heavy cloth.
- ❖ Eat vitamin-C rich fruits & vegetable and drink sufficient fluids preferably warm fluids to maintain adequate immunity.
- ❖ Avoid or limit outdoor activities.
- ❖ Keep dry, if wet, change cloths immediately to prevent loss of body heat. Wear insulated/waterproof shoes.
- ❖ Warm the affected area of the body slowly with lukewarm water; do not rub the skin vigorously.
- ❖ If the affected skin area turns black, immediately consult a doctor.
- ❖ Maintain ventilation while using Heaters to avoid inhaling toxic fumes.
- ❖ Take safety measures while using electrical and gas heating devices.
- ❖ Extreme care needed for vulnerable people.
- ❖ Seek medical attention as soon as possible for someone suffering from frostbite/ Hypothermia.
- ❖ Protect livestock from cold weather.

❖ **Impact expected due to Cold Day conditions:** over Uttarakhand, Punjab, Haryana, Chandigarh, Bihar, Uttar Pradesh on 6th & 7th; West Rajasthan and Madhya Pradesh on 6th; East Rajasthan, West Bengal & Sikkim during 6th -8th; Jharkhand on 6th January, 2026.

- ❖ An increased likelihood of various illnesses like flu, running/ stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold.
- ❖ Do not ignore shivering. It is the first sign that the body is losing heat. Get Indoors.
- ❖ Frostbite can occur due to prolonged exposure to cold. The skin turns pale, hard and numb and eventually black blisters appear on exposed body parts such as fingers, toes, nose and or earlobes. Severe frostbite needs immediate medical attention and treatment.
- ❖ Impact on agriculture, crop, livestock, water supply, transport and power sector at some places.

Action suggested:
- ❖ Wear several layers of loose fitting, light weight; warm woollen clothing.
- ❖ Cover your head, neck, hands and toes adequately as majority of heat loss occurs through these body parts. Wear several layers of loose fitting, light weight; warm Woolen clothing rather than one layer of heavy cloth.
- ❖ Eat vitamin-C rich fruits & vegetable and drink sufficient fluids preferably warm fluids to maintain adequate immunity.
- ❖ Avoid or limit outdoor activities.
- ❖ Keep dry, if wet, change cloths immediately to prevent loss of body heat. Wear insulated/waterproof shoes.
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- ❖ Maintain ventilation while using Heaters to avoid inhaling toxic fumes.
- ❖ Take safety measures while using electrical and gas heating devices.
- ❖ Extreme care needed for vulnerable people.
- ❖ Seek medical attention as soon as possible for someone suffering from frostbite/ Hypothermia.
- ❖ Protect livestock from cold weather.

Agromet advisories for likely impact of Cold Waves/ Ground Frost/ Low Temperatures

- ➢ In **Uttarakhand, Punjab, Haryana, West Rajasthan, Madhya Pradesh, Vidarbha, Chhattisgarh, Odisha** and **Jharkhand,** apply light and frequent irrigation to the standing crops in the evening to protect the crops from low temperature stress or cold injuries. Use mulching and cover vegetable nurseries and young fruit plants with straw / polythene sheets to maintain optimum soil temperature.
- ➢ In **Tamil Nadu**, harvest the matured black gram and keep the harvested produce in safe places. Make necessary arrangements to drain excess water from standing crop fields and vegetables.
- ➢ In **Kerala**, harvest the matured rice crop and keep the harvested produce in safe places. Make necessary arrangements to drain excess water from standing crop fields and vegetables.

Livestock / Poultry

- ➢ Keep cattle inside the sheds during night and provide dry bedding to protect them from cold.
- ➢ Keep the chicks warm by providing artificial light in the poultry sheds.

Agromet advisories for likely impact of Thunderstorm / Gusty Winds

- ➢ Provide mechanical support to horticultural crops and staking or support to vegetables and young fruit plants / fruit-bearing plants to avoid lodging due to strong winds.

Legends & abbreviations:

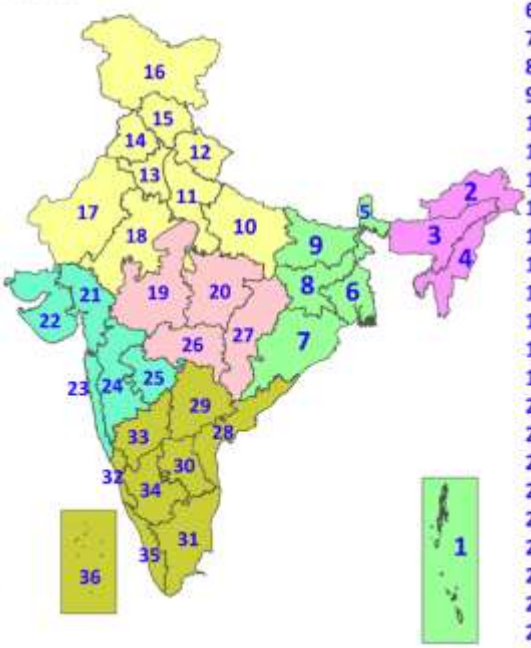
- ❖ **Heavy Rain:**64.5-115.5mm; **Very Heavy Rain:**115.6-204.4mm; **Extremely Heavy Rain:** >204.4mm.
- ❖ **Obsy:** Observatory; Automatic Weather Station; **ARG:** Automatic Rain Gauge; **dist:** District: **NH:** National Highway; **KVK**: Krishi Vigyan Kendra; **DVC:** Damodar Valley Corporation; **PTO**: Part Time Office, **Aero:** Aerodrome, **IAF:** Indian Air Force.
- ❖ **Region wise classification of meteorological Sub-Divisions:**
  - **Northwest India:** Western Himalayan Region (Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Himachal Pradesh and Uttarakhand); Punjab, Haryana-Chandigarh-Delhi; West Uttar Pradesh, East Uttar Pradesh, West Rajasthan and East Rajasthan.
  - **Central India:** West Madhya Pradesh, East Madhya Pradesh, Vidarbha and Chhattisgarh.
  - **East India:** Bihar, Jharkhand, Sub-Himalayan West Bengal & Sikkim; Gangetic West Bengal, Odisha and Andaman & Nicobar Islands.
  - **Northeast India:** Arunachal Pradesh, Assam & Meghalaya and Nagaland, Manipur, Mizoram & Tripura.
  - **West India:** Gujarat Region, Saurashtra & Kutch, Konkan & Goa, Madhya Maharashtra and Marathawada.
  - **South India:** Coastal Andhra Pradesh & Yanam, Telangana, Rayalaseema, Coastal Karnataka, North Interior Karnataka, South Interior Karnataka, Kerala & Mahe, Tamil Nadu, Puducherry & Karaikal and Lakshadweep.

राष्ट्रीय मौसम पूर्वानुमान केन्द्र
भारत मौसम विज्ञान विभाग
पृथ्वी विज्ञान मंत्रालय

National Weather Forecasting Centre
India Meteorological Department
Ministry of Earth Sciences

LEGENDS

1. अंडमान और निकोबार द्वीपसमूह
2. अरुणाचल प्रदेश
3. असम और मेघालय
4. नागालैंड, मणिपुर, मिजोरम और त्रिपुरा
5. उप-हिमालयी पश्चिम बंगाल और सिक्किम
6. गंगीय पश्चिम बंगाल
7. ओडिशा
8. झारखंड
9. बिहार
10. पूर्वी उत्तर प्रदेश
11. पश्चिम उत्तर प्रदेश
12. उत्तराखंड
13. हरियाणा, चंडीगढ़ और दिल्ली
14. पंजाब
15. हिमाचल प्रदेश
16. जम्मू और कश्मीर और लद्दाख
17. पश्चिम राजस्थान
18. पूर्वी राजस्थान
19. पश्चिम मध्य प्रदेश
20. पूर्वी मध्य प्रदेश
21. गुजरात
22. सौराष्ट्र
23. कोंकण और गोवा
24. मध्य महाराष्ट्र
25. मराठवाड़ा
26. विदर्भ
27. छत्तीसगढ़
28. तटीय आंध्र प्रदेश और यनम
29. तेलंगाना
30. रायलसीमा
31. तमिलनाडु, पुडुचेरी और कराईकल
32. तटीय कर्नाटक
33. आंतरिक उत्तरी कर्नाटक
34. आंतरिक दक्षिणी कर्नाटक
35. केरल और माहे
36. लक्षद्वीप



1. Andaman & Nicobar Islands
2. Arunachal Pradesh
3. Assam & Meghalaya
4. Nagaland, Manipur, Mizoram & Tripura
5. Sub-Himalayan West Bengal & Sikkim
6. Gangetic West Bengal
7. Odisha
8. Jharkhand
9. Bihar
10. East Uttar Pradesh
11. West Uttar Pradesh
12. Uttarakhand
13. Haryana, Chandigarh & Delhi
14. Punjab
15. Himachal Pradesh
16. Jammu & Kashmir and Ladakh
17. West Rajasthan
18. East Rajasthan
19. West Madhya Pradesh
20. East Madhya Pradesh
21. Gujarat
22. Saurashtra
23. Konkan & Goa
24. Madhya Maharashtra
25. Marathwada
26. Vidarbha
27. Chhattisgarh
28. Coastal Andhra Pradesh & Yanam
29. Telangana
30. Rayalaseema
31. Tamilnadu, Puducherry & Karaikal
32. Coastal Karnataka
33. North Interior Karnataka
34. South Interior Karnataka
35. Kerala & Mahe
36. Lakshadweep

SPATIAL DISTRIBUTION (% of Stations reporting)

% Stations	Category	% Stations	Category
76-100	Widespread (WS/Most Places)	26-50	Scattered (SCT/A Few Places)
51-75	Fairly Widespread (FWS/Many Places)	1-25	Isolated (ISOL)

Fog
Heavy Rain
Very Heavy Rain
Extremely Heavy Rain
Thunder & Lightning
Hailstorm
Dust Raising Winds
Heavy Snow
Dust Storm
Heat Wave
Warm Night
Hot Day
Hot & Humid
Strong Surface Winds
Cold Wave
Cold Day
Ground Frost

COLOUR CODED WARNING

- No Warning (No Action)
- Watch (Be Aware)
- Alert (Be Prepared To Take Action)
- Warning (Take Action)

Probabilistic Forecast

Terms	Probability of Occurrence (%)
Unlikely	< 25
Likely	25 - 50
Very Likely	50 - 75
Most Likely	> 75

* Red colour warning does not mean "Red Alert", Red colour warning means "Take Action".
Forecast and Warning for any day is valid from 0830 hours IST of day till 0830 hours IST of next day.
For more details, kindly visit https://mausam.imd.gov.in or contact: 011-2434-4599
(Service to the Nation since 1875)

DEFINITION/CRITERIA

Rain/ Snow *	**Heavy:** 64.5 to 115.5 mm/cm * **Very Heavy:** 115.6 to 204.4 mm/cm* **Extremely Heavy:** > 204.4 mm/cm *
Heat Wave	**When maximum temperature of a station reaches ≥40° C for plains and ≥30° C for hilly regions** **(a) Based on Departure from normal** **Heat Wave:** Maximum Temperature Departure from normal 4.5° C to 6.4° C. **Severe Heat Wave:** Maximum Temperature Departure from normal ≥6.5° C **(b). Based on Actual maximum temperature** **Heat Wave:** When actual maximum temperature ≥45°C. **Severe Heat Wave:** When actual maximum temperature ≥47°C **(c). Criteria for heat wave for coastal stations** When maximum temperature departure is >4.5°C from normal. Heat Wave may be described provided maximum temperature ≥37°C
Warm Night	**When maximum temperature remains 40°C** **Warm Night:** When minimum temperature departure 4.5 °C to 6.4 °C. **Severe Warm Night:** When minimum temperature departure >6.4 °C.
Cold Wave	**When minimum temperature of a station ≤10°C for plains and ≤0°C for hilly regions.** **(a). Based on departure** **Cold Wave:** Minimum Temperature Departure from normal -4.5 °C to -6.4 °C. **Severe Cold Wave:** Minimum Temperature Departure from normal ≤ -6.5 °C **(b) Based on actual Minimum Temperature (for Plains only)** **Cold Wave :** When Minimum Temperature is ≤ 4.0 °C **Severe Cold Wave:** When Minimum Temperature is ≤ 2.0 °C **(c) For Coastal Stations** When Minimum Temperature departure is ≤-4.5 °C & actual Minimum Temperature is ≤ 15 °C
Cold Day	**When minimum temperature of a station ≤10°C for plains and ≤0°C for hilly regions** **Based on departure** **Cold Day:** Maximum Temperature Departure from normal -4.5 °C to -6.4 °C. **Severe Cold Day:** Maximum Temperature Departure from normal ≤ -6.5 °C
Fog	**Phenomenon of small droplets suspended in air and the horizontal visibility < 1km** **Moderate Fog:** When the visibility between 500-200 metres **Dense Fog:** when the visibility between 50- 200 metres **Very Dense Fog:** when the visibility < 50 metres
Thunderstorm	**Sudden electrical discharges manifested by a flash of light (Lightning) and a sharp rumbling sound (thunder)**
Dust/Sand Storm	**An ensemble of particles of dust or sand energetically lifted to great heights by a strong and turbulent wind.**
Frost	**Ice deposits on ground** Air temperature ≤4°C (over Plains)
Squall	**A strong wind that rises suddenly, lasts for atleast 1 minute.** **Moderate**: Wind speed 52-61 kmph **Severe**: Wind speed 62-87 kmph **Very Severe**: Wind speed >87 kmph
Sea State	**Effect of various waves in the sea over specific area** **Rough to very rough**: Wind speed 41-62 kmph (22-33 knots) & Wave height 2.5-6 metre **High to very high**: Wind speed 63-117 kmph (34-63 knots) & Wave height 6-14 metre **Phenomenal**: Wind speed >117 kmph (>63 knots) & Wave height >14 metre
Cyclone	**Cyclonic Storm**: Wind speed 62-87 kmph (34-47 knots) **Severe Cyclonic Storm**: Wind speed 88-117 kmph (48-63 knots) **Very Severe Cyclonic Storm**: Wind speed 118-165 kmph (64 - 89 knots) **Extremely Severe Cyclonic Storm**: Wind speed 166-220 kmph (90 -119 knots) **Super Cyclone Strom**: Wind speed >220 kmph (>119 knots)

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