**Government of India**
**Ministry of Earth Sciences**
**India Meteorological Department**

**Press Release**
**Date:08th January 2026**
**Time of Issue: 1300 hours IST**

**Subject: (i) Deep Depression over southwest & adjoining areas of southeast Bay of Bengal and East Equatorial Indian Ocean**
**(ii) Dense fog conditions very likely to continue during morning hours over northwest India and Bihar during next 5-7 days and over isolated parts of central India, northeast India and Sub-Himalayan West Bengal & Sikkim during next 2-3 days.**
**(iii) Cold day conditions likely to prevail in isolated parts over Uttarakhand, Punjab, Uttar Pradesh, Haryana, Chandigarh, Rajasthan, East Madhya Pradesh and Bihar during next 1-3 days.**
**(iv) Cold wave conditions very likely in isolated pockets of Himachal Pradesh, Punjab, Haryana & Chandigarh, Rajasthan, East Madhya Pradesh, Chhattisgarh, Jharkhand, Odisha and North Interior Karnataka for next 2-3 days.**

**Realised weather during past 24 hours ending at 0830 hours IST of today, the 08th January, 2026:**

- **Dense to very Dense fog (visibility <50 m) conditions** prevailed in some parts of Uttar Pradesh, Delhi, Jammu, Rajasthan, Madhya Pradesh, Sub-Himalayan West Bengal and Assam; **dense fog (visibility 50-199 m):** prevailed in isolated pockets over Bihar, Himachal Pradesh, Uttarakhand, Punjab and Tripura,

- **Visibility reported (in meters ≤200 m): Assam & Meghalaya:** Tezpur(30), ,Dhubri(100), Dibrugarh(150), Jorhat(150); **Tripura**: Agartala(50), Kailasahar(100); **Bihar**: Gaya (50m); **Himachal Pradesh**: Bilaspur-150m; Uttarakhand: Kashipur (50), Laksar (100), Pantnagar (100), Khatima (150); **Punjab**: Amritsar(150); **West Uttar Pradesh:** Bareilly(IAF)(00), Bareilly(25), Agra(Ta) & Jhansi-30 Each, Aligarh, Shahjahanpur & Hamirpur(40) Each, Agra(IAF)-50; **East Uttar Pradesh**: Prayagraj(IAF), Gorakhpur(IAF), Varanasi(AP) & Kanpur(IAF)(00) Each, Prayagraj(15), Varanasi(Bhu), Ballia & Kanpur(City)-30 Each, Fatehgarh-40, Ayodhya, Fursatganj, Azamgarh & Churk-50 Each, Hardoi-60, Lucknow(Ap), Banda & Fatehpur-100 Each, Gorakhpur-150; **West Rajasthan**: Jaisalmer, Churu, Bikaner; **East Rajasthan:** Sikar, Jaipur, Vanasthali; West Madhya Pradesh: Gwalior, Datia <50m; **East Madhya Pradesh**: Khajuraho, Satna, Rewa.

- **Severe cold day prevailed in isolated places over** Haryana, West Uttar Pradesh**,** Rajasthan, Bihar and **cold day prevailed over** Punjab, East Uttar Pradesh.
- **Severe cold Wave prevailed in isolated places over** Himachal Pradesh and **Cold wave conditions prevailed over** East Madhya Pradesh, Chhattisgarh, Odisha and Jharkhand.
- **Ground frost conditions** has been recorded in isolated pockets over Uttarakhand.

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

- Yesterday's Depression over southwest & adjoining areas of southeast Bay of Bengal and East Equatorial Indian Ocean concentrated into a deep depression at 0530 hours IST of today, the 8th January, 2026. The deep depression over southwest & adjoining areas of southeast Bay of Bengal and East Equatorial Indian Ocean moved nearly west-northwestwards with a speed of 13 kmph during past 6 hours, and lay centred at 0830 hours IST of today, the 8th January, 2026 over southwest Bay of Bengal and adjoining East Equatorial Indian Ocean, near latitude 5.5°N and longitude 84.8°E, about 360 km east-southeast of Pottuvil (Sri Lanka), 410 km east-southeast of Hambantota (Sri Lanka), 420 km east-southeast of Batticaloa (Sri Lanka), 520 km southeast of Trincomalee (Sri Lanka), 810 km southeast of Karaikal (Puducherry) and 980 km south-southeast of Chennai (Tamil Nadu).
  It is very likely to move west-northwestwards across southwest Bay of Bengal during next 36 hours and cross Sri Lanka coast between Hambantota and Kalmunai around evening/night of tomorrow, the 9th January 2026.

- The **Western disturbance** as an upper air cyclonic circulation lies over north Punjab in lower tropospheric levels.
- **Subtropical westerly Jet Stream** with core winds of the order of 140 knots at 12.6 km above mean sea level prevails over north India.
- An **Upper air cyclonic circulation** lies over northeast assam & neighbourhood in lower tropospheric levels.
- An **Upper air cyclonic circulation** lies over southeast Arabian sea adjoining south Kerala coast in lower tropospheric levels.

**Under the influence of Deep Depression over southwest & adjoining areas of southeast Bay of Bengal and East Equatorial Indian Ocean, the following weather is likely:**

- **Heavy to very rainfall** accompanied with thunderstorm, lightning very likely at isolated places over Tamil Nadu on 9th & 10th and heavy rainfall at isolated places likely over Kerala 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 and at isolated places over Himachal Pradesh; **0-5°C** at a isolated places over Uttarakhand, Delhi, north Madhya Pradesh; **5°-10°C** at many places over Uttar Pradesh ,Rajasthan, Madhya Pradesh, Odisha, West Bengal & Sikkim; at some places over Punjab, Haryana Chandigarh, Bihar; at isolated places over Chhattisgarh, Jharkhand, Assam, Meghalaya, Tripura, Mizoram, Saurashtra & Kutch, Madhya Maharashtra and Telangana .
- Minimum Temperatures departures were markedly below normal(> -5.1) at isolated places over Odisha appreciably below normal (-5.0°C to -3.1°C) at isolated places over Gangetic West Bengal, Telangana, East Uttar Pradesh and East Rajasthan below normal (-3.0°C to -1.6°C) at isolated places over Jammu & Kashmir, Himachal Pradesh , Uttarakhand, Bihar, West Uttar Pradesh, Madhya Pradesh, Marathawada, Vidarbha, Coastal Andhra Pradesh & Yanam, Rayalaseema, Tamil Nadu, Puducherry & Karaikal, Saurashtra & Kutch(**refer to ANNEXURE IV**)
- The **lowest minimum temperature** of 2.5°C was observed **at Sikar (East Rajasthan)** over the plains of India.

**Forecast of minimum temperatures:**

- No significant change in minimum temperature likely over plains of northwest India, over East India and Gujrat during next 7 days.
- Gradual rise in minimum temperature over Central India & Maharashtra by 2-3°C for next 4 days and thereafter no significant change.
- No significant change in minimum temperature likely over Northeast India for next 2 days and gradual rise by 3-4°C during subsequent 3 days.

**Dense Fog, Cold day & Cold wave Warnings:**

- **Dense to very dense fog** conditions very likely to prevail in morning hours in some/isolated parts over Punjab till 09th January and Dense fog in isolated pockets during 10th -15th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in isolated parts over West Uttar Pradesh till 09th January and Dense fog in isolated pockets during 12th -15th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in isolated parts over East Uttar Pradesh till 09th and dense fog on 10th.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in some parts West Rajasthan till 09th and Dense fog in isolated pockets during 10th-11th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in isolated parts over East Rajasthan till 10th January and Dense fog in isolated pockets till 12th January 2026.
- **Dense fog** conditions also likely during morning hours in isolated/some pockets over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Assam & Meghalaya, Nagaland, Manipur, Mizoram & Tripura till 11th, Himachal Pradesh, Uttarakhand till 13th, Haryana till 15th, Madhya Pradesh, Sub-Himalayan West Bengal & Sikkim till 10th, Bihar till 14th, Odisha during 13th-15th January.
- **Cold day conditions** likely to prevail in isolated parts over Uttarakhand and Uttar Pradesh on 08th, Punjab, Haryana, Chandigarh, Rajasthan and East Madhya Pradesh on 08th & 09th, Bihar during 08th-10th January.
- **Cold wave** conditions very likely in isolated pockets of Himachal Pradesh, East Madhya Pradesh, Chhattisgarh, Jharkhand, Odisha, North Interior Karnataka on 09th & 10th; Punjab, Haryana Chandigarh and Rajasthan during 09th-11th January.
- **Ground frost conditions** very likely in isolated pockets over Uttarakhand during 8th-10th and Meghalaya on 8th January, 2026.

## Wind Warning:

**(a) Southwest Bay of Bengal and adjoining areas of East Equatorial Indian Ocean:**
Squally weather with wind speed reaching 50-60 gusting to 70 kmph is likely to prevail till 10th morning. It would gradually decrease then, becoming 40-50 gusting to 60 kmph by 10th afternoon.
**(b) Southeast Bay of Bengal:**
Squally weather with wind speed reaching 50-60 gusting to 70 kmph is very likely to prevail over adjoining areas of southeast Bay of Bengal and 45-55 gusting to 65 kmph over remaining areas of southeast Bay of Bengal on 8th January, 2026 and gradually decrease thereafter.
**(c) Along & off Sri Lanka coast, Gulf of Mannar and adjoining Comorin Area:**
Squally weather with wind speed reaching 45-55 gusting to 65 kmph is prevailing over the region. It would increase gradually becoming 50-60 gusting to 70 kmph on 9th and gradually decrease thereafter becoming 40-50 gusting to 60 kmph on 10th January.
**(d) Along & off Tamil Nadu - Puducherry coasts**
Squally weather with wind speed reaching 35-45 gusting to 55 kmph is very likely to prevail along and off South Tamil Nadu coast on 8th January and 40 – 50 gusting to 60 kmph from 9th morning to 10th afternoon. It would gradually decrease thereafter.

Squally weather with wind speed reaching 35-45 gusting to 55 kmph is very likely to prevail along and off North Tamil Nadu & Puducherry coasts on 9th & 10th January and decrease thereafter.

## Sea Condition:

- Sea condition is very likely to be very rough over southwest Bay of Bengal & adjoining areas of East Equatorial Indian Ocean during 8th to 10th January and along & off Sri Lanka coast, Gulf of Mannar and adjoining Comorin area during 8th to 10th January.
- Sea condition is very likely to be Rough to very rough along & off Tamil Nadu-Puducherry coasts during 8th and 10th January and improve gradually thereafter.
- Sea condition is very likely to be very rough to rough over southeast Bay of Bengal on 8th January.

## Fishermen Warning:

Fishermen are advised not to venture into southwest Bay of Bengal & adjoining East Equatorial Indian Ocean during 08th to 10th; adjoining areas of southeast Bay of Bengal on 8th & 9th January; along & off Sri Lanka coast, Gulf of Mannar and adjoining Comorin, South Tamil Nadu coast during 8th to 10th January and along & off North Tamil Nadu-Puducherry coast during 9th and 10th January.

## Weather conditions and forecast over Delhi/NCR during 08th -11th January, 2026 (ANNEXURE III)

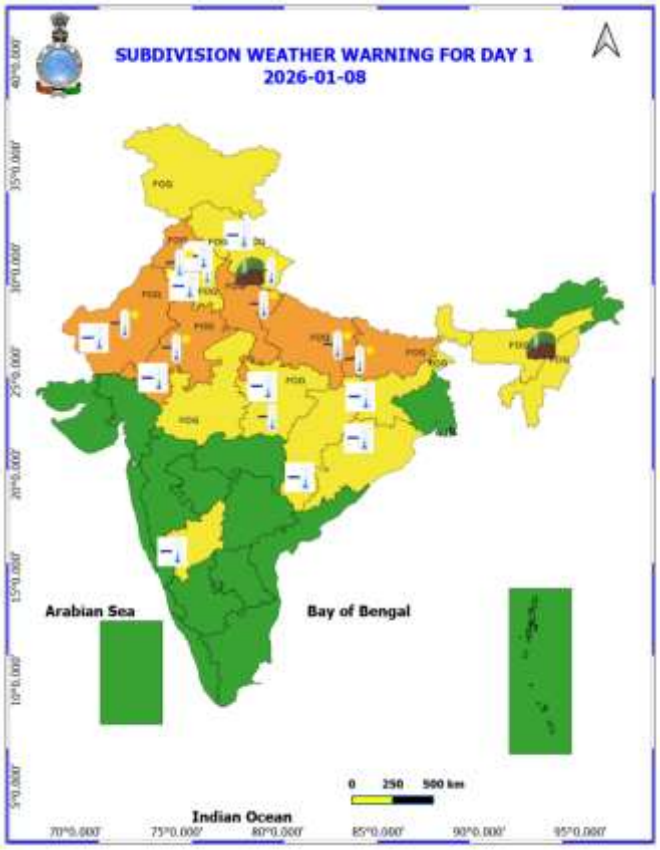
**For more details, kindly refer National Weather Bulletin:**
https://mausam.imd.gov.in/responsive/all_india_forcast_bulletin.php
**For District wise warnings refer:** https://mausam.imd.gov.in/responsive/districtWiseWarningGIS.php
**For Fishermen warning refer https://rsmcnewdelhi.imd.gov.in/fishermen-warning.php**

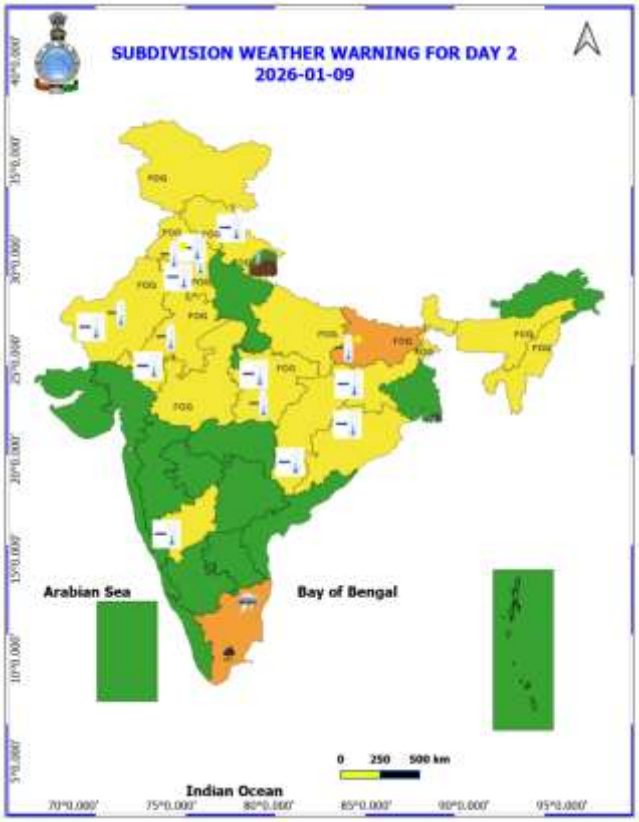
**ANNEXURE I**

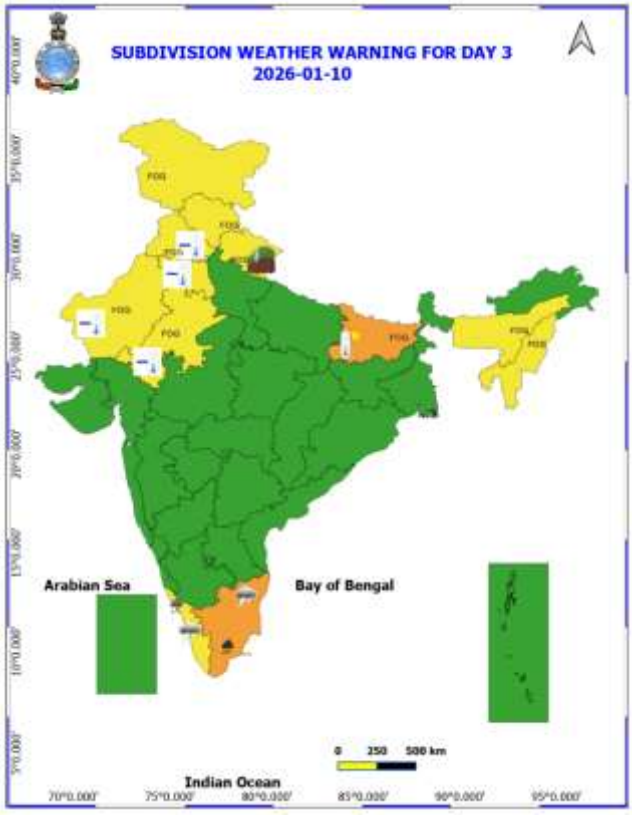
| Table-1<br>7 Days Rainfall Forecast | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| S.No. | Subdivision | 8- Jan | 9- Jan | 10- Jan | 11- Jan | 12- Jan | 13- Jan | 14- Jan |
| | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| 1 | ANDAMAN & NICOBAR ISLANDS | ISOL | ISOL | ISOL | DRY | DRY | DRY | ISOL |
| 2 | ARUNACHAL PRADESH | DRY | ISOL | DRY | ISOL | DRY | DRY | ISOL |
| 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 | DRY | 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 | DRY | 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 | DRY | DRY | DRY | DRY | DRY | DRY | DRY |
| 16 | JAMMU AND KASHMIR AND LADAKH | DRY | 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 | ISOL | ISOL | 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 | ISOL | ISOL | DRY | DRY | DRY |
| 29 | TELANGANA | DRY | DRY | DRY | DRY | DRY | DRY | DRY |
| 30 | RAYALASEEMA | DRY | DRY | ISOL | ISOL | DRY | DRY | DRY |
| 31 | TAMILNADU & PUDUCHERRY | ISOL | SCT | SCT | SCT | SCT | ISOL | DRY |
| 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 | ISOL | ISOL | ISOL | DRY | DRY | DRY |
| 35 | KERALA AND MAHE | ISOL | ISOL | SCT | ISOL | ISOL | ISOL | DRY |
| 36 | LAKSHADWEEP | DRY | DRY | SCT | SCT | SCT | SCT | DRY |

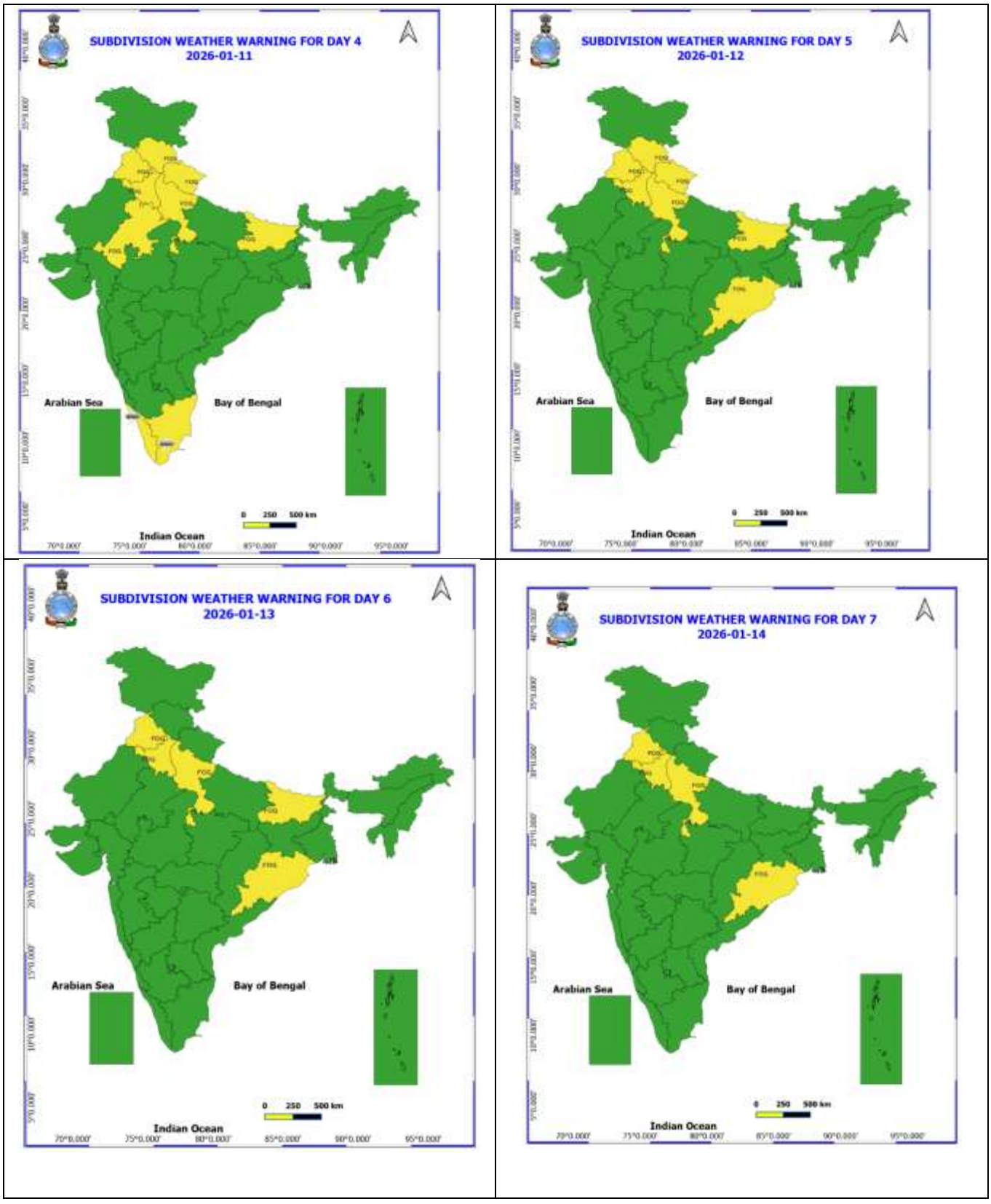
- **As the lead period increases forecast accuracy decrease.**

**ANNEXURE II**


SUBDIVISION WEATHER WARNING FOR DAY 1
2026-01-08
FOG
Arabian Sea
Bay of Bengal
0 250 500 km
Indian Ocean


SUBDIVISION WEATHER WARNING FOR DAY 2
2026-01-09
FOG
Arabian Sea
Bay of Bengal
0 250 500 km
Indian Ocean


SUBDIVISION WEATHER WARNING FOR DAY 3
2026-01-10
FOG
Arabian Sea
Bay of Bengal
0 250 500 km
Indian Ocean




- **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 08th January to 11th January 2026

**Past Weather:**

There has been a fall in minimum temperature by 2-3°C and rise in maximum temperatures by 1-2°C during the past 24 hours over Delhi. The maximum and minimum temperatures over Delhi were around 14°C to 17°C and 05°C to 06°C, respectively. The minimum temperatures are below normal (-1.6 to -3.0°C) at isolated places and 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, below normal (-1.6°C to -3.0°C) at isolated places and normal (-1.5°C to 1.5°C) over remaining places of Delhi. Safdarjung reported lowest visibility 500m from 0030 to 0100 IST, which thereafter improved to 700m at 0130 IST of today, 08.01.2026. Palam reported lowest visibility 100m from 0030 to 0130 IST, which thereafter improved to 300m at 0200 IST of today, 08.01.2026. Mainly clear sky with moderate to dense fog, predominant surface wind from the westerly direction with a wind speed up to 15kmph prevailed during the past 24 hours. Mainly clear sky. Cold day conditions at isolated places. Mist/haze during night and wind speed reaching up to 12 kmph from the west direction prevailed over the region in the forenoon today.

**Weather Forecast:**

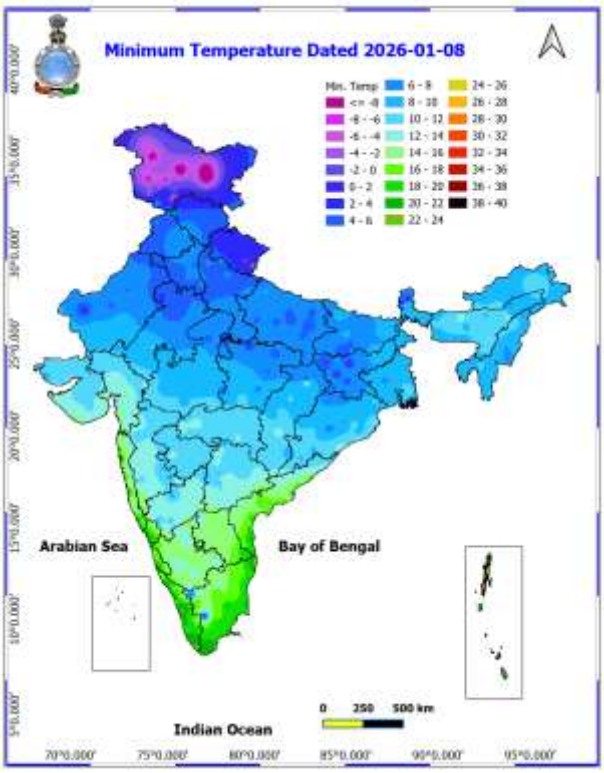
**08.01.2026**: Mainly clear sky. Cold day conditions at isolated places. Mist/haze during night. The maximum temperatures are likely to be in the range of 15°C to 17°C. Maximum temperatures will be below normal (-1.6°C to -3.0°C) over Delhi. The predominant surface wind is likely to be from the west direction with wind speeds less than 15kmph during the afternoon hours. The wind speed will decrease, becoming less than 05 kmph from the north direction during the evening and night.

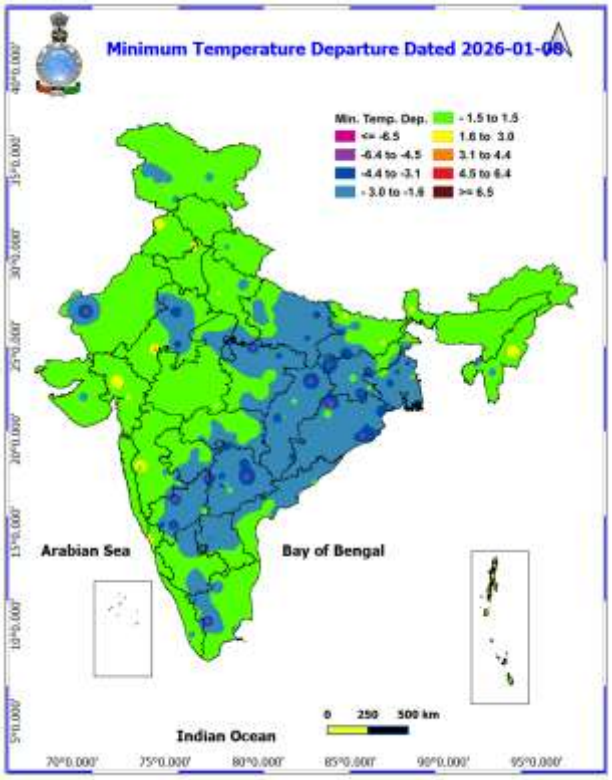
**09.01.2026**: Mainly clear sky. Moderate fog at many places with dense fog at isolated places during morning hours. The maximum and minimum temperatures in Delhi are likely to be in the ranges of 16°C to 18°C and 5°C to 7°C, respectively. The minimum temperature will be near normal and the maximum temperatures will be below normal (-1.6°C to -3°C) over Delhi. The predominant surface wind is likely to be from the west direction with wind speed less than 05kmph 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 north direction during evening and night.

**10.01.2025**: Mainly clear sky. Shallow to moderate fog during morning hours. The maximum and minimum temperatures in Delhi are likely to be in the ranges of 16°C to 18°C and 06°C to 08°C, respectively. The minimum temperatures will be near normal and the maximum temperatures will be below normal (-1.6°C to -3°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 20kmph from the northwest direction in the afternoon. The wind speed will decrease up to 10kmph from northwest direction during the evening and night.

**11.01.2026**: Mainly clear sky. shallow to moderate fog during morning hours. The maximum and minimum temperatures in Delhi are likely to be in the ranges of 15°C to 17°C and 05°C to 07°C, respectively. The minimum temperatures will be near normal and the maximum temperatures will be below normal (-1.6°C to -3.0°C) over Delhi. The predominant surface wind is likely to be from the west direction with wind speeds gradually increasing reaching up to 10kmph during the morning hours. The wind speed will increase becoming 20kmph from the northwest direction in the afternoon and wind speed will decrease up to 10kmph from the west direction during the evening/night.

**ANNEXURE IV**




**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/isolated parts over Punjab till 09th January and Dense fog in isolated pockets during 10th -15th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in isolated parts over West Uttar Pradesh till 09th January and Dense fog in isolated pockets during 12th -15th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in isolated parts over East Uttar Pradesh till 09th and dense fog on 10th.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in some parts West Rajasthan till 09th and Dense fog in isolated pockets during 10th-11th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in isolated parts over East Rajasthan till 10th January and Dense fog in isolated pockets till 12th January 2026.
- **Dense fog** conditions also likely during morning hours in isolated/some pockets over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Assam & Meghalaya, Nagaland, Manipur, Mizoram & Tripura till 11th, Himachal Pradesh, Uttarakhand till 13th, Haryana till 15th, Madhya Pradesh, Sub-Himalayan West Bengal & Sikkim till 10th, Bihar till 14th, Odisha during 13th-15th January.

**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:** likely in isolated pockets of Himachal Pradesh, East Madhya Pradesh, Chhattisgarh, Jharkhand, Odisha, North Interior Karnataka on 09th & 10th; Punjab, Haryana Chandigarh and Rajasthan during 09th-11th January.

- ❖ 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:** likely to prevail in isolated parts over Uttarakhand and Uttar Pradesh on 08th, Punjab, Haryana, Chandigarh, Rajasthan and East Madhya Pradesh on 08th & 09th, Bihar during 08th-10th January.

- ❖ 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.
- ❖ 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.

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

- ➢ In **Himachal Pradesh, Punjab, Haryana, Rajasthan, East Madhya Pradesh, Chhattisgarh, North Interior Karnataka, Odisha, Jharkhand** and **Meghalaya,** apply light and frequent irrigation to the standing crops in the evening hours to protect crops from low temperature stress or cold injury. Use mulching and cover the vegetable nurseries and young fruit plants with straw / polythene sheets to maintain optimum soil temperature.
- ➢ In **Tamil Nadu**, prioritize harvesting of matured paddy, maize, black gram, clove & black pepper before commencement of heavy rainfall spell; keep the harvested produce in safe places. Make necessary arrangements to drain out excess rain water from the standing crops and vegetable fields. Provide staking to tomato, chilli, climbers, and vine vegetables. Strengthen supports, and pandals in vegetable fields.
- ➢ In **Kerala**, harvest the matured rice crop and keep the harvested produce in safe places. In the Ghat region, make necessary arrangements to drain out excess rain water from the standing crops and vegetable fields.

## 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:

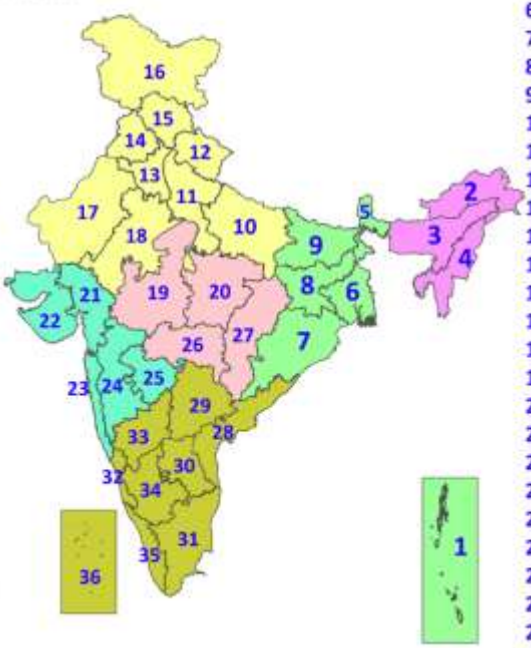
- ❖ **Heavy Rain:**64.5-115.5mm; **Very Heavy Rain:**115.6-204.4mm; **Extremely Heavy Rain:** >204.4mm.
- ❖ **Obsy:** Observatory; Automatic Weather Station; **ARG:** Automatic Rain Gauge; **dist:** District: **NH:** National Highway; **KVK**: Krishi Vigyan Kendra; **DVC:** Damodar Valley Corporation; **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)

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# DEFINITION/CRITERIA

| | |
|---|---|
| **Rain/ Snow *** | **Heavy:** 64.5 to 115.5 mm/cm *<br>**Very Heavy:** 115.6 to 204.4 mm/cm*<br>**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**<br>**(a) Based on Departure from normal**<br>**Heat Wave:** Maximum Temperature Departure from normal 4.5° C to 6.4° C.<br>**Severe Heat Wave:** Maximum Temperature Departure from normal ≥6.5° C<br>**(b). Based on Actual maximum temperature**<br>**Heat Wave:** When actual maximum temperature ≥45°C.<br>**Severe Heat Wave:** When actual maximum temperature ≥47°C<br>**( c). Criteria for heat wave for coastal stations**<br>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**<br>**Warm Night:** When minimum temperature departure 4.5 °C to 6.4 °C.<br>**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.**<br>**(a). Based on departure**<br>**Cold Wave:** Minimum Temperature Departure from normal -4.5 °C to -6.4 °C.<br>**Severe Cold Wave:** Minimum Temperature Departure from normal ≤ -6.5 °C<br>**(b) Based on actual Minimum Temperature (for Plains only)**<br>**Cold Wave :** When Minimum Temperature is ≤ 4.0 °C<br>**Severe Cold Wave:** When Minimum Temperature is ≤ 2.0 °C<br>**( c) For Coastal Stations**<br>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**<br>**Based on departure**<br>**Cold Day:** Maximum Temperature Departure from normal -4.5 °C to -6.4 °C.<br>**Severe Cold Day:** Maximum Temperature Departure from normal ≤ -6.5 °C |
| **Fog** | **Phenomenon of small droplets suspended in air and the horizontal visibility < 1km**<br>**Moderate Fog:** When the visibility between 500-200 metres<br>**Dense Fog:** when the visibility between 50- 200 metres<br>**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**<br>Air temperature ≤4°C ( over Plains) |
| **Squall** | **A strong wind that rises suddenly, lasts for atleast 1 minute.**<br>**Moderate**: Wind speed 52-61 kmph<br>**Severe**: Wind speed 62-87 kmph<br>**Very Severe**: Wind speed >87 kmph |
| **Sea State** | **Effect of various waves in the sea over specific area**<br>**Rough to very rough**: Wind speed 41-62 kmph (22-33 knots) & Wave height 2.5-6 metre<br>**High to very high**: Wind speed 63-117 kmph ( 34-63 knots) & Wave height 6-14 metre<br>**Phenomenal**: Wind speed >117 kmph (>63 knots) & Wave height >14 metre |
| **Cyclone** | **Cyclonic Storm**: Wind speed 62-87 kmph (34-47 knots)<br>**Severe Cyclonic Storm**: Wind speed 88-117 kmph (48-63 knots)<br>**Very Severe Cyclonic Storm**: Wind speed 118-165 kmph (64 - 89 knots)<br>**Extremely Severe Cyclonic Storm**: Wind speed 166-220 kmph (90 -119 knots)<br>**Super Cyclone Strom**: Wind speed >220 kmph (>119 knots) |

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