**PRESS RELEASE**

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भारत सरकार

**Government of India**

पृथ्वी विज्ञान मंत्रालय

(एम. ओ. ई. एस.)

**Ministry of Earth Sciences**

**(MoES)**

Years of Service to the Nation

राष्ट्र सेवा के 150 वर्ष

# भारत मौसम विज्ञान विभाग

# INDIA METEOROLOGICAL DEPARTMENT

## Monthly Outlook for the Temperature and Rainfall during May 2026

### Highlights

- During May 2026, maximum temperatures are expected to be normal to below normal across many parts of the country. However, above-normal temperatures are likely in many parts of southern peninsular India, some parts of the northeast, and northwest India.
- During May 2026, minimum temperatures are expected to be above normal across many parts of the country. However, many areas of northwest India, along with some parts of the central India and adjoining areas of peninsular India and southern parts of northeast India, are likely to experience normal to below-normal minimum temperatures.
- During May 2026, above normal heatwave days are likely over some parts of the foothills of the Himalayas, east coast states, Gujarat and Maharashtra.
- The rainfall during May, 2026 averaged over the country as a whole is most likely to be above normal (>110% of LPA). The normal to above-normal rainfall is likely over most parts of the country except some parts of east and northeast India and east central India where below normal rainfall is likely.
- Currently, ENSO-neutral conditions are evolving toward El Niño conditions over the equatorial Pacific. The latest MMCFS (Monsoon Mission Coupled Forecasting System) forecast indicates the development of El Niño conditions during the SW Monsoon season.
- At present neutral Indian Ocean Dipole (IOD) conditions are prevailing over the Indian Ocean. The latest climate models indicate that Positive IOD conditions are likely to develop towards the end of the monsoon season.

# Monthly Outlook for the Temperature and Rainfall during May 2026

## 1. Background

The India Meteorological Department (IMD), Ministry of Earth Sciences (MoES) has been issuing seasonal outlooks for hot and cold weather seasons since 2016, providing temperature forecasts for the country. IMD is continuously working to improve its forecasting models and currently uses the Multi-Model Ensemble (MME) approach, which utilizes coupled global climate models (CGCMs) from various global climate prediction and research centers, including the IMD/MoES Monsoon Mission Climate Forecast System (MMCFS) model.

IMD has now prepared the monthly temperature and rainfall outlook for May, 2026. The outlook for the temperature in May 2026 is presented in section 2, while section 3 provides the heatwave outlook for the same month. A heatwave is a period of abnormally high temperatures exceeding the normal maximum temperature for the hot weather season. Additionally, the monthly rainfall outlook for May, 2026 is provided in section 4.

## 2. Monthly Temperature Forecast for May 2026

Fig. 1a and Fig. 1b present the predicted probabilities for the maximum and minimum temperatures in May 2026, respectively. Maximum temperatures are likely to be normal to below normal across many parts of the country. However, above-normal temperatures are likely in many parts of southern peninsular India, some parts of the northeast, and northwest India. (Fig. 1a).

During May 2026, Minimum temperatures are likely to be above normal across many parts of the country. However, many areas of northwest India, along with some parts of the central India and adjoining areas of peninsular India and southern parts of northeast India, are likely to experience normal to below-normal minimum temperatures (Fig. 1b).

## 3. Heatwave outlook for May 2026

The anomaly (deviation from normal) forecast for the number of heatwave days in the country for May 2026 is presented in Fig. 2. During May 2026, above normal heatwave days are likely over some parts of the foothills of the Himalayas, east coast states, Gujarat and Maharashtra.

## 4. Monthly Rainfall Forecast for May 2026

The rainfall during May, 2026 averaged over the country as a whole is most likely to be above normal (>110% of LPA). The LPA of rainfall over the country as a whole during May based on data of 1971-2020 is about 61.4 mm.

The forecast probability of tercile rainfall categories (above normal, normal, and below normal) over India for May, 2026 is shown in Fig. 3. The normal to above-normal rainfall is likely over most parts of the country except some parts of east and northeast India and east central India where below normal rainfall is likely. The dotted areas on the map typically receive very little rainfall during May, while the white shaded areas within the land represent no forecast signal from the model.

## 5. SST conditions in the Pacific and the Indian Oceans

Currently, ENSO-neutral conditions are evolving toward El Niño conditions over the equatorial Pacific. The latest MMCFS (Monsoon Mission Coupled Forecasting System) forecast indicates the development of El Niño conditions during the SW Monsoon season.

In addition to El Niño-Southern Oscillation (ENSO) conditions over the Pacific, other factors such as the Indian Ocean SSTs also influence the climate in India. Neutral Indian Ocean Dipole (IOD) conditions are prevailing over the Indian Ocean. The latest climate models indicate that Positive IOD conditions are likely to develop towards the end of the monsoon season.

## 6. Extended Range Forecast and short to medium range forecasting services

The IMD also provides extended range forecasts (7-day averaged forecasts for the next four weeks) of rainfall and maximum and minimum temperatures across the country. These forecasts are updated every Thursday and are based on the Multi-model ensemble dynamical Extended Range Forecasting System, which is currently operational at IMD. The forecasts are available on the IMD website https://mausam.imd.gov.in/imd_latest/contents/extendedrangeforecast.php).

The extended range forecast is followed by short to medium range forecast issued daily by IMD.

## 7. Likely Impact of Temperature & Heat Wave

**7.1** The increased likelihood of heatwave conditions may pose significant risks to public health, water resources, power demand, and essential services, particularly affecting vulnerable populations such as the elderly, children, outdoor workers, and individuals with pre-existing medical conditions. Elevated temperatures can lead to heat-related illnesses and additional stress on infrastructure and resource management systems. Accordingly, State authorities and district administrations are advised to ensure timely preparedness, including operational readiness of cooling shelters, adequate drinking water supply, and strengthened health surveillance. The India Meteorological Department (IMD) provides weekly and extended range forecasts, along with Early Warnings and Impact-Based Forecasts (IBF), indicating the likely severity and spatial distribution of heatwave conditions to support proactive planning. The public is advised to monitor updates and adopt precautionary measures such as staying hydrated, avoiding peak heat exposure, and taking special care of vulnerable individuals during the season.

### 7.2 Likely Impact of Temperature Forecast on Agriculture in May 2026

- Moderately favourable conditions for harvesting and threshing of late *rabi* crops in north and northwest India
- Normal to below-normal maximum temperatures over most parts of the country may help in reducing heat stress and support better grain filling and harvesting operations.
- Localised above-normal temperatures in parts of the southern peninsular, northeast and northwest India may induce heat stress during the reproductive stages (flowering and grain filling) of rice (summer/Boro), maize, pulses (green gram, black gram) and vegetables, leading to poor grain setting and flower drop.

- Above-normal minimum temperatures across most parts of the country may increase respiration losses and reduce grain filling efficiency in rice, maize and pulses.
- Increased heatwave days over parts of Gangetic plains, coastal and western India may lead to severe moisture stress in crops due to high evapotranspiration, causing flower and fruit drop in crops like mango, banana, tomato and chilli, and sunburn in fruits and vegetables.
- Rapid depletion of soil moisture in heatwave-prone regions, affecting summer crops and increasing irrigation demand.

**Agromet Advisories due to Temperature Forecast for May 2026**

- Provide light and frequent irrigation to standing crops at critical growth stages (flowering and grain filling) in rice, maize, pulses and vegetables, particularly over heatwave-prone regions (Gangetic plains, coastal and western India). Apply foliar spray of potassium nitrate or other anti-transpirants to help crops manage heat stress.
- Maintain adequate soil moisture through mulching and adopt short-duration and heat-tolerant varieties for summer crops wherever possible.
- Schedule field operations during morning and evening hours and avoid peak afternoon periods.
- Provide shade, adequate drinking water and proper ventilation for livestock; avoid exposure to extreme heat during peak hours.
- Regularly monitor crops for increased incidence of insect pests and diseases and adopt appropriate control measures.

## 8. Likely Impact of Rainfall Forecast on Agriculture in May 2026

- Above-normal rainfall over most parts of the country may improve soil moisture availability, favouring summer crops and land preparation for *kharif* sowing
- Excess rainfall may cause waterlogging, poor aeration and increased incidence of fungal diseases.
- Improved soil moisture conditions may support preparatory tillage and early activities for *kharif* sowing.
- Delay in harvesting and threshing operations of late *rabi* crops in regions receiving excess rainfall.
- IN regions with less rainfall, soil moisture stress may develop, particularly in rainfed areas, affecting standing summer crops and irrigation availability.

**Agromet Advisories due to Rainfall forecast for May 2026**

- Ensure proper drainage in fields to avoid waterlogging in regions receiving above-normal rainfall.
- Undertake timely harvesting of matured crops during dry spells to minimize losses due to rainfall.
- Adopt water conservation practices such as mulching and efficient irrigation methods.
- Undertake appropriate plant protection measures to prevent fungal diseases under humid conditions.

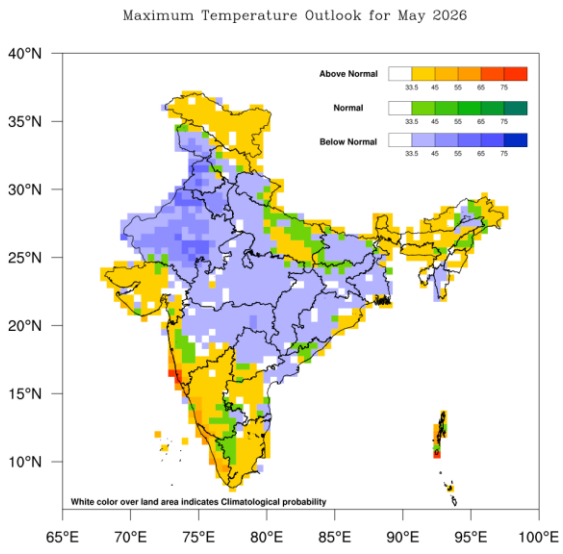


**Fig.1a.** Probability forecast of Maximum Temperature for May 2026.

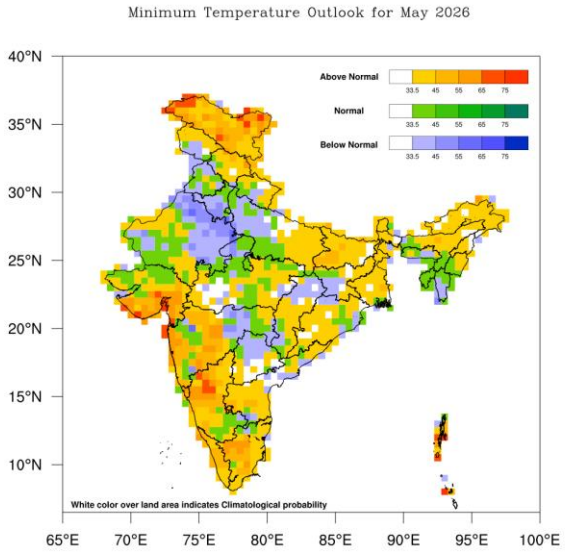


**Fig.1b.** Probability forecast of Minimum Temperature for May 2026.

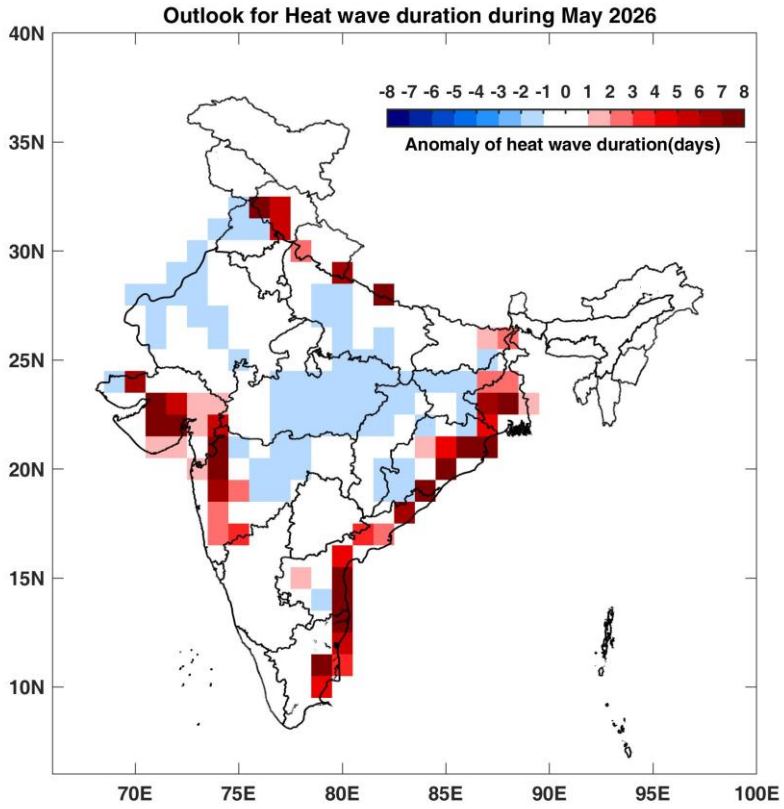


**Fig 2.** Anomaly (deviation from normal) of Heat Wave Duration (in days) for May 2026.

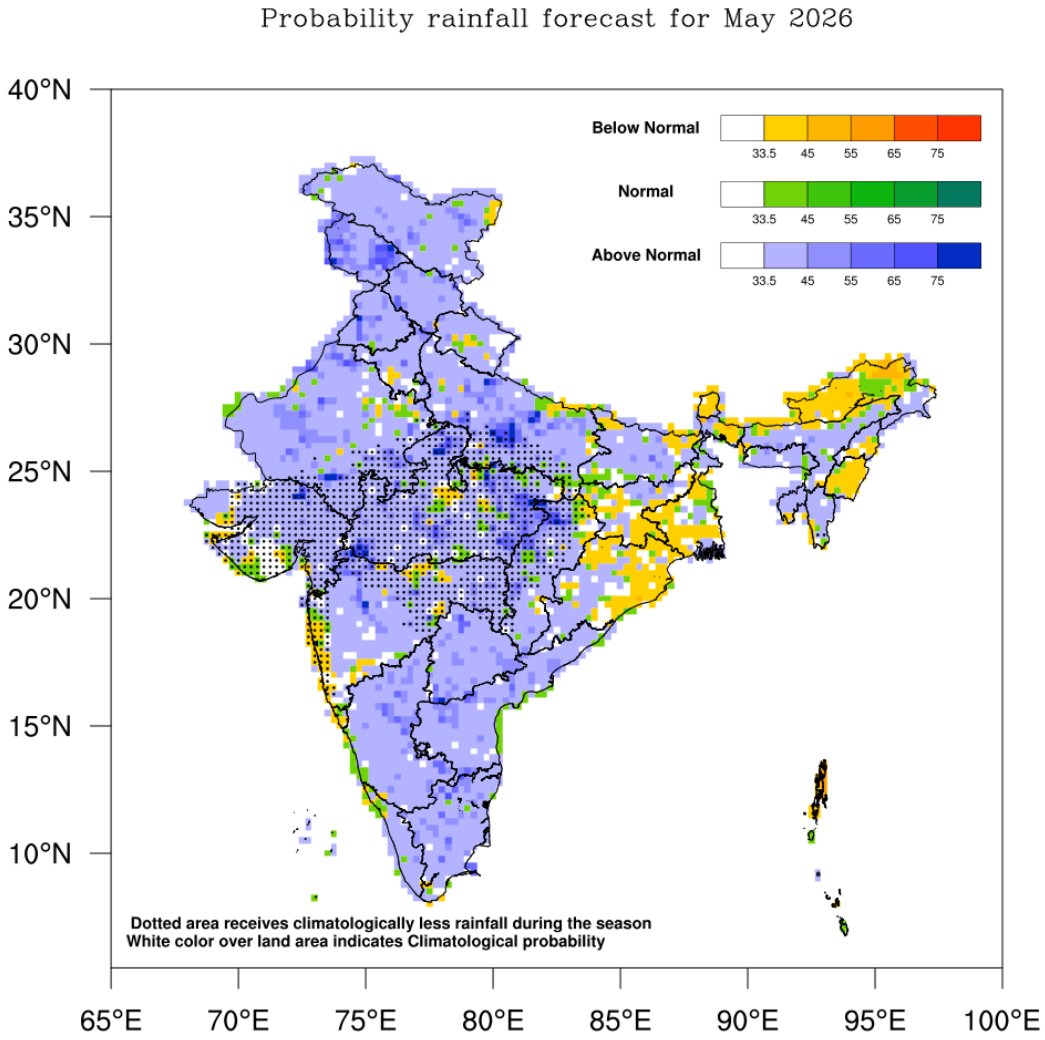


**Fig.3.** Probability forecast of tercile categories* (below normal, normal and above normal) for the rainfall over India during May 2026. The figure illustrates the most likely categories as well as their probabilities. (*Tercile categories have equal climatological probabilities, of 33.33% each).