Government of India

Earth System Science Organization

Ministry of Earth Sciences

India Meteorological Department

Press Release: Dated: 08th January, 2026

Subject: Current Weather Status and Extended range Forecast for the next two weeks (08th to 20th January 2026)

1. Salient Observed Features for the week ending 7th January 2026:

- **Formation of the year's first Depression over southeast Bay of Bengal & adjoining east Equatorial Indian Ocean on 7th January**: Under the influence of an upper air cyclonic circulation over Equatorial Indian Ocean adjoining central parts of south Bay of Bengal, a Low-Pressure Area formed over southeast Bay of Bengal & adjoining east Equatorial Indian Ocean at 1730 hrs IST of 5th January. It lay as a Well-Marked Low-Pressure Area over the same region at 0530 hrs IST of 6th January and concentrated into a Depression at 0830 hours IST of 7th January and lay centred over the same region near latitude 4.8°N and longitude 88.2°E.
- **Last week's large-scale dense fog layer continued to persist** in most dates in the week and its areal spread increased towards end of the week across Indo-Gangetic plains of North India with large spread over Rajasthan and Madhya Pradesh during the week: **Dense to very dense fog** prevailed over West Uttar Pradesh during 1st – 4th & 6th – 7th January, East Uttar Pradesh during 1st – 7th January, Odisha during 1st – 3rd & 5th January, Bihar on 1st, 2nd & 6th January, Jammu & Kashmir on 2nd, 3rd & 6th January, Punjab during 2nd – 4th & 6th – 7th January, West Madhya Pradesh during 2nd – 6th January, Uttarakhand during 4th – 6th January, West Rajasthan on 4th & 7th January, East Madhya Pradesh on 5th January, East Rajasthan on 6th & 7th January.
- **Cold day conditions intensified** over Rajasthan and Madhya Pradesh: Cold day to severe cold day conditions prevailed at isolated places over East Uttar Pradesh on 1st, 4th & 5th January, Bihar on 1st January, West Madhya Pradesh on 5th & 6th January, East Madhya Pradesh on 5th January, West Rajasthan and East Rajasthan on 7th January. Cold day conditions were also observed at isolated places West Uttar Pradesh on 1st & 7th January, East Uttar Pradesh on 3rd, 6th & 7th January, East Rajasthan on 4th & 6th January, Haryana on 4th & 5th January, Himachal Pradesh, Punjab on 4th January, Bihar during 5th – 7th January, Chhattisgarh on 6th January, Gangetic West Bengal, Jharkhand on 7th January.

- ❖ **Isolated Extremely heavy rainfall was observed over Tamil Nadu, Puducherry and Karaikal** on 2nd January and Heavy rainfall observed at isolated places over Kerala & Mahe on 2nd January.
- ❖ **Weekly Average Maximum** temperature was below normal by 3-5°C over many parts of foothills of Himalayas and parts of northeast India, and near normal over remaining parts of the country during the week. Weekly Average Minimum temperature was above normal by 2-4°C over parts of northwest, north & adjoining central India during first half of the week, and below normal by 1-3°C over parts of east & adjoining central India during second half of the week. It was nearly normal over remaining parts of the country during the week.

❖ **Temperature Scenario:** The **lowest minimum** temperature of 2.0°C had been recorded at **Rajgarh** (**West Madhya Pradesh**) on 06th January, 2026 and the highest maximum temperature of 35.8°C had been recorded at Kottayam (Kerala) on 07th January, 2026 over the plains of the country during the week.

❖ **Analysis of weekly overall rainfall distribution during the week-ending on 7th January and Season's Rainfall Scenario (1st Jan – 07 Jan 2026):** The country as a whole, the weekly cumulative All India Rainfall (for 1st to 7th January 2026) is 73% departure from its long period average (LPA). All India Seasonal cumulative rainfall departure during this year's Season Rainfall (01st to 7th January 2026) is -73%. Details of the rainfall distribution over the four broad geographical regions of India are given in Table 1, and Meteorological sub-division-wise rainfall for week and season are given in Annexure I & II, respectively.

Table 1: Rainfall status (Week and season)

Region	Week			Season		
	01.01.2026 TO 07.01.2026			01.01.2026 TO 07.01.2026		
	Actual (mm)	Normal (mm)	Departure (%)	Actual (mm)	Normal (mm)	Departure (%)
EAST & NORTHEAST INDIA	**0.8**	**3.2**	**-74%**	**0.8**	**3.2**	**-74%**
NORTHWEST INDIA	**1.2**	**5.6**	**-79%**	**1.2**	**5.6**	**-79%**
CENTRAL INDIA	**0.0**	**1.6**	**-98%**	**0.0**	**1.6**	**-98%**
SOUTH PENINSULA	**1.8**	**2.4**	**-24%**	**1.8**	**2.4**	**-24%**
THE COUNTRY AS A WHOLE	**0.9**	**3.2**	**-73%**	**0.9**	**3.2**	**-73%**

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 6 with amplitude less than 1. It is likely to continue in same phase during the entire forecast period. However, the amplitude will become more than 1 from latter half of week 1.

Forecast for next two week

Weather systems & associated Precipitation during Week 1 (08 to 14 January, 2026) and Week 2 (15 to 21 January, 2026)

Weather systems & associated Precipitation during Week 1 (08 to 14 January, 2026):

Weather Systems:

- A deep depression lay centred at 1130 hours IST of today, the 8th January, 2026 over southwest Bay of Bengal & adjoining East Equatorial Indian Ocean, near latitude 5.7°N and longitude 84.5°E, about 320 km east-southeast of Pottsville (Sri Lanka), 380 km east-southeast of Hambantota (Sri Lanka), 380 km east-southeast of Batticaloa (Sri Lanka), 480 km southeast of Trincomalee (Sri Lanka), 780 km southeast of Karaikal (Puducherry) and 940 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 Batticaloa around evening/night of tomorrow, the 9th January 2026.
- A 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.

Forecast and Warnings:

- Under the influence of Deep Depression over southwest Bay of Bengal & adjoining East Equatorial Indian Ocean, 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.
- Overall rainfall activity is likely to near normal to above normal over south Peninsular India and below normal over rest parts of India.

Precipitation for week 2 (15 to 21 January, 2026):

- ❖ Under the influence of feeble Western Disturbances, light to moderate isolated/ scattered rainfall/snowfall is likely over Western Himalayan Region and Arunachal Pradesh during some days of the week.
- ❖ No significant weather system likely to affect Indian region during the week.
- ❖ Overall, rainfall activity is likely to be below over all the homogeneous regions of India.

Temperature forecast for Week 1 (08 to 14 January, 2026) and Week 2 (15 to 21 January, 2026)

Temperature forecast for Week 1 (08 to 14 January, 2026):

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.

Temperature forecast for Week 2 (15 to 21 January, 2026):

- **Minimum temperatures** are likely to be above normal 2-4°C over Western Himalayan Region and northeast India, these are likely to be near normal over plains of northwest India & adjoining central India. These are likely to be below normal by 2-4°C over East & adjoining Central India during the week.
- **Cold wave conditions** likely to occur at isolated pockets of Chhattisgarh, Jharkhand and Odisha during some days of the week.
- **Dense fog conditions** likely to prevail during early morning hours in isolated pockets of Western Himalayan region, Punjab, Haryana & Chandigarh and north Rajasthan, Uttar Pradesh, Bihar and northeastern states during some days of the week.

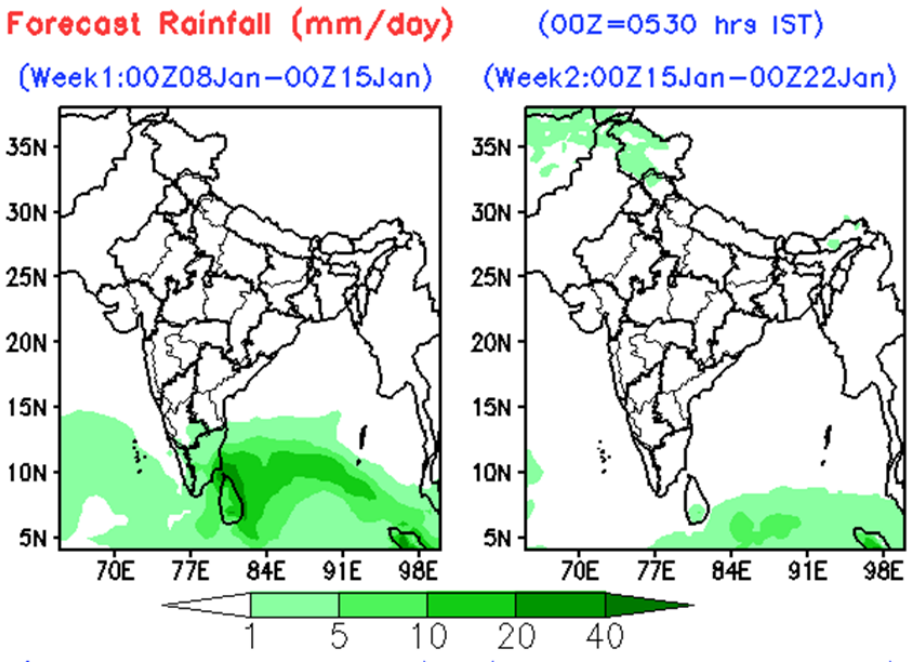
Annexure I

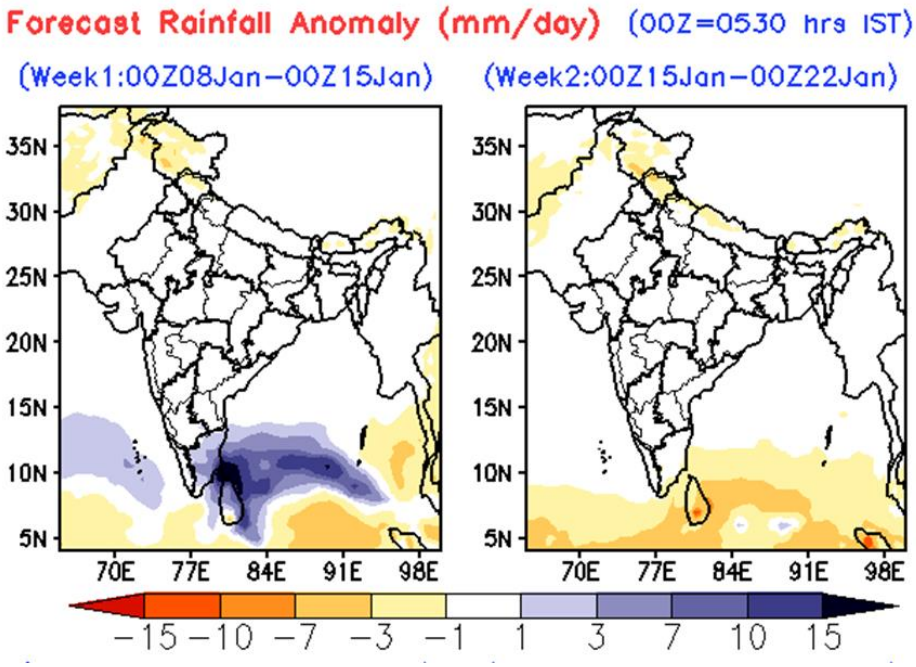

भारत मौसम विज्ञान विभाग
India Meteorological Department
जल मौसम विज्ञान प्रभाग, नई दिल्ली
Hydromet Division, New Delhi
SUBDIVISION RAINFALL MAP
Week: 01-01-2026 to 07-01-2026
150
Years of Service to the Nation
N
1.4 (-91%) J & K AND LADAKH 16.0
2.8 (-77%) HIMACHAL PRADESH 12.3
3.5 (-60%) PUNJAB 3.7
0.0 (-100%) UTTARAKHAND 7.3
0.6 (-77%) HAR. CHD & DELHI 2.5
2.1 (325%) WEST RAJ. 0.5
0.0 (-99%) WEST U.P 2.2
0.0 (-100%) EAST U.P 2.1
5.2 (202%) EAST RAJASTHAN 0.4
0.2 (-82%) SHWB&SIKKIM 3.9
5.0 (-36%) ARUNACHAL PRADESH 7.8
0.0 (-99%) ASSAM & MEGHALAYA 2.2
0.0 (-100%) BIHAR 1.5
0.0 (-100%) NMMT 2.5
0.0 (-100%) EAST M.P 3.9
0.0 (-100%) JHARKHAND 1.5
0.0 (-100%) GANGETIC WB 3.7
0.2 (92%) SAURASHTRA & KUTCH 0.1
0.1 (-21%) GUJARAT 0.1
0.0 (-100%) WEST M.P 1.5
0.0 (-100%) CHHATTISGARH 2.3
0.0 (-100%) ODISHA 2.0
0.0 (-100%) VIDARBHA 2.2
0.0 (-100%) MARATHWADA 0.9
0.0 (-99%) M. MAHARASHTRA 0.3
0.3 (43%) KONKAN & GOA 0.2
0.0 (-100%) TELENGANA 1.9
0.0 (-100%) N. I. KARNATAKA 0.5
0.2 (-94%) COASTAL A. R& YANAM 3.6
0.0 (-100%) RAYALASEEMA 0.8
0.0 (-100%) COASTAL KARNATAKA 0.4
0.5 (-8%) S. I. KARNATAKA 0.5
7.8 (82%) TAMIL, PUDU. & KARAIKAL 4.3
6.3 (47%) LAKSHADWEEP 4.3
2.2 (5%) KEARALA &MAHE 2.1
2.1 (-90%) A & N ISLAND 20.3
ALL INDIA
Actual Normal %Dep
0.9 3.2 -73%
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


भारत मौसम विज्ञान विभाग
India Meteorological Department
जल मौसम विज्ञान प्रभाग, नई दिल्ली
Hydromet Division, New Delhi
SUBDIVISION RAINFALL MAP
Period: 01-01-2026 to 07-01-2026
150
Years of Service to the Nation
N
1.4 (-91%) J & K AND LADAKH 16.0
2.8 (-77%) HIMACHAL PRADESH 12.3
1.5 (-60%) PUNJAB 3.7
0.0 (-100%) UTTARAKHAND 7.3
0.6 (-77%) HAR. CHD & DELHI 2.5
0.0 (-99%) WEST U.P 2.2
2.1 (325%) WEST RAJ. 0.5
2.2 (202%) EAST RAJASTHAN 0.4
0.0 (-100%) EAST U.P 2.1
0.0 (-100%) BIHAR 1.5
0.2 (-92%) SHWB&SIKKIM 3.0
5.0 (-36%) ARUNACHAL PRADESH 7.8
0.0 (-99%) ASSAM & MEGHALAYA 2.2
0.0 (-100%) NMMT 2.5
0.0 (-100%) JHARKHAND 1.9
0.0 (-100%) EAST M.P 3.9
0.0 (-100%) WEST M.P 1.5
0.2 (92%) SAURASHTRA & KUTCH 0.4
0.1 (-21%) GUJARAT 0.1
0.0 (-100%) GANGETIC WB 3.3
0.0 (-100%) CHHATTISGARH 2.3
0.0 (-100%) ODISHA 2.0
0.0 (-100%) VIDARBHA 2.2
0.0 (-100%) MARATHWADA 0.9
0.0 (-99%) M.MAHARASHTRA 0.3
0.3 (43%) KONKAN & GOA 0.2
0.0 (-100%) TELENGANA 1.9
0.0 (-100%) N. I. KARNATAKA 0.5
0.2 (-94%) COASTAL A. & YANAM 3.6
0.0 (-100%) RAYALASEEMA 0.8
0.0 (-100%) COASTAL KARNATAKA 0.4
0.5 (-8%) S. I. KARNATAKA 0.5
7.8 (82%) TAMIL, PUDU. & KARAIKAL 4.3
6.3 (47%) LAKSHADWEEP 4.3
2.2 (5%) KEARALA &MAHE 2.1
ALL INDIA
Actual Normal %Dep
0.9 3.2 -73%
2.1 (-90%) A & N ISLAND 20.3
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.

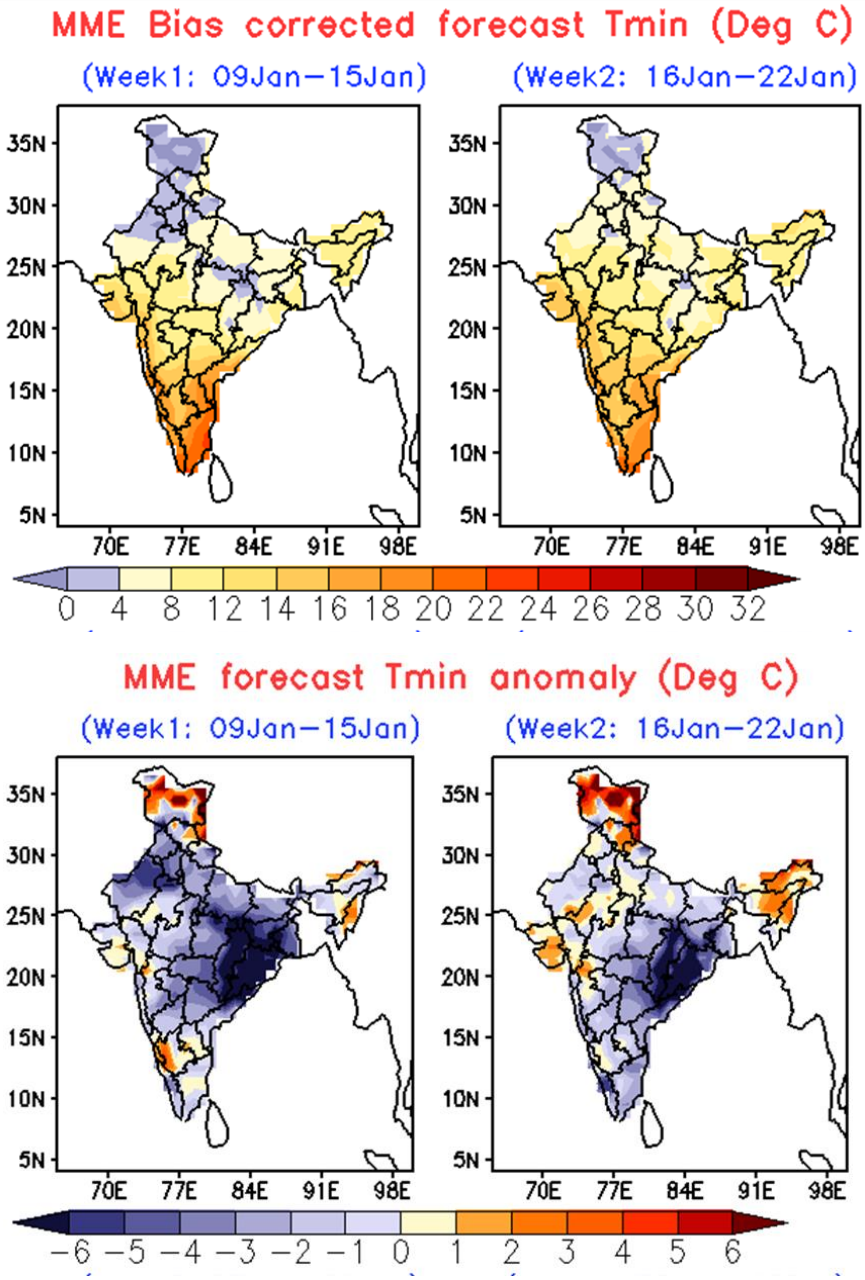
Annexure III





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

Annexure IV

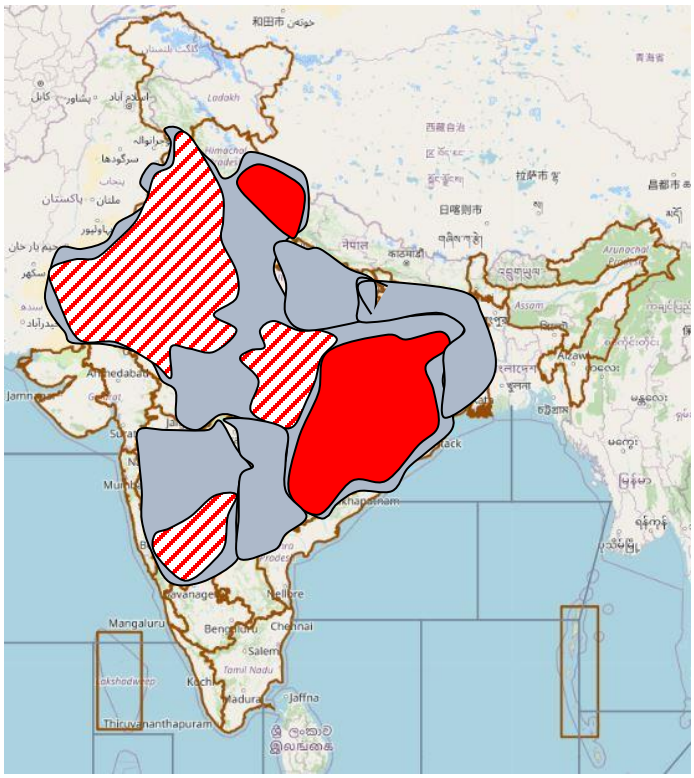


Extended range forecast of weekly distribution of Maximum Temperature in °C (top panel) and anomalies (lower panel) from IMD Bias Corrected Forecast

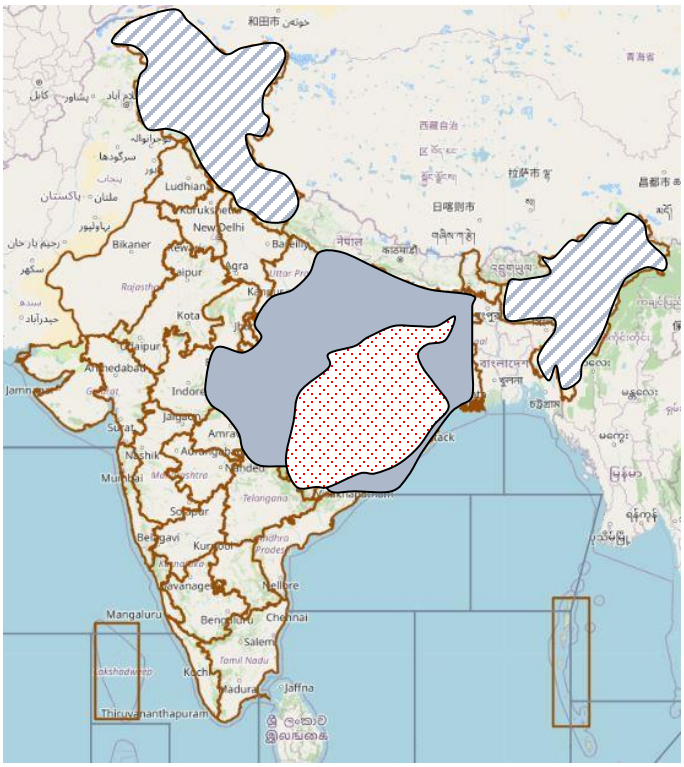
Annexure V

EXTENDED RANGE OUTLOOK FOR COLD WAVE & MINIMUM TEMPERATURE

Week 1: 08.01.2026 - 14.01.2026



Week 2: 15.01.2026 - 21.01.2026



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	