

ALL INDIA WEATHER SUMMARY AND FORECAST BULLETIN

Significant Weather Features

Weather Forecast and warning:

- **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 & Maheon 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.

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

*Red color warning does not mean "Red Alert" Red color warning means "Take Action"

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Main Weather Observations:

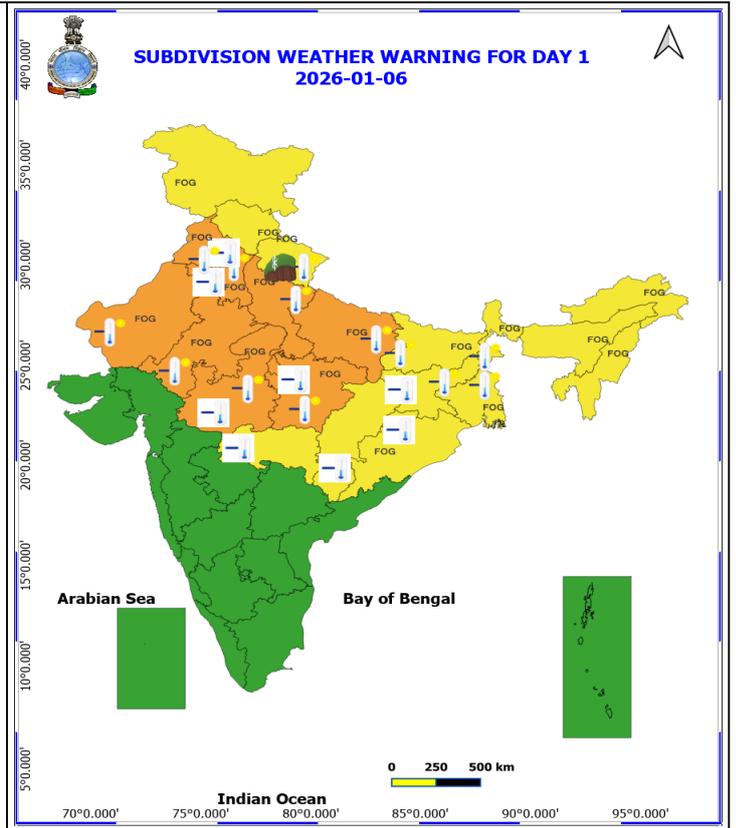
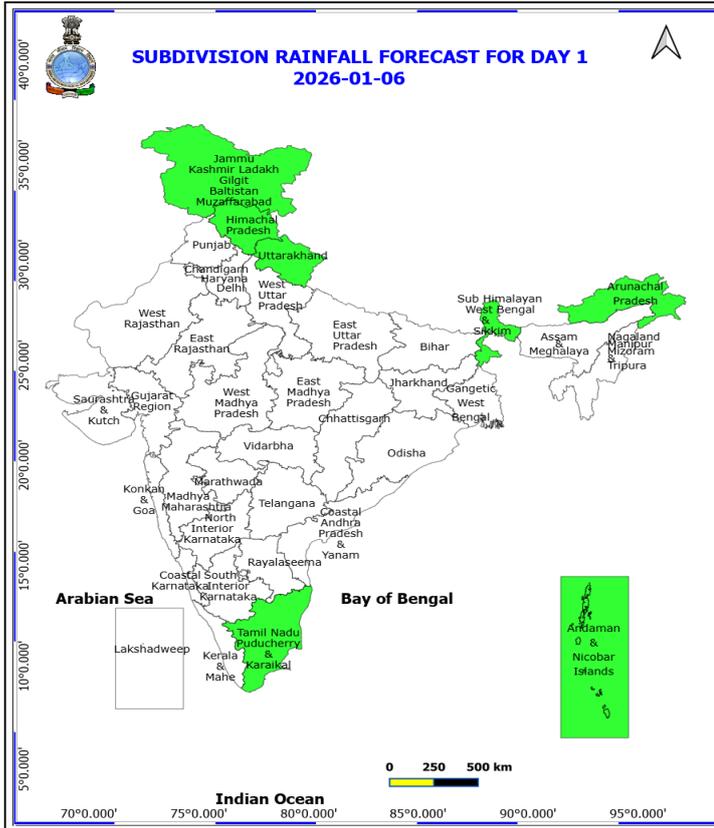
- ❖ **Rainfall distribution** (from 0830 hours IST of yesterday to 0830 hours IST of today): **at isolated places** over Andaman & Nicobar Islands, Arunachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad and Tamil Nadu, Puducherry & Karaikal; **Dry** over rest of the country.
- ❖ **Significant rainfall recorded(in cm)** (from 0830 hours IST of yesterday to 0830 hours IST of today): **Andaman & Nicobar Islands:** Nancowry (dist Nicobar) 1.
- ❖ **Fog Condition Observed (at 0830 hours of today): Dense to very Dense fog conditions** prevailed in many parts of Uttar Pradesh; some parts over Jammu, Uttarakhand, Punjab, Bihar, Punjab, East Rajasthan and west Madhya Pradesh; **dense fog:** 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 (at 0830 hours of today): 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), Ballawal Saunkari (10),Bathinda(150); **Haryana & Chandigarh:**Chandigarh (150), Ambala (50), Karnal (200), Bhiwani (50); **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); **Delhi:** Palam 100.
- ❖ **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.
- ❖ **Minimum Temperature Departures (as on 06-01-2026):** 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. The **lowest minimum temperature** of 2.0°C was observed **at Rajgarh (West Madhya Pradesh)** over the plains of India.
- ❖ **Maximum Temperature Departures (as on 05-01-2026):** below normal (-1.6°C to -3.0°C) at many places over East Madhya Pradesh; at few places over Jharkhand; at isolated places over Gangetic West Bengal and East Rajasthan. **appreciably below normal(-5.0°C to -3.1°C)** at few places over Bihar. The **highest maximum temperature** of 35.0°C is reported at KOTTAYAM (KERALA).

Meteorological Analysis (Based on 0830 hours IST)

- 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. The associated cyclonic circulation extends upto 5.8 km above mean sea level. 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.
- The **Western Disturbance** as a cyclonic circulation over north Pakistan and neighbourhood at 5.8 km above mean sea level persists.
- **Subtropical westerly Jet Stream** with core winds of the order of 130 knots at 12.6 km above mean sea level continues to prevail over northwest India.
- A **cyclonic circulation** lies over East central Arabian sea & adjoining Lakshadweep area at 3.1 km above mean sea level.
- A **cyclonic circulation** lies over Comorian area & neighbourhood at 0.9 km above mean sea level.
- A **cyclonic circulation** lies over Tripura & neighbourhood and extends upto 1.5 km above mean sea level.
- The **Western Disturbance** as a cyclonic circulation over northwest Uttar Pradesh at 3.1 km above mean sea level moved away northeastwards.
- The **trough** in easterlies over Maldives and adjoining Lakshadweep area at 3.1 km above mean sea level has become less marked.

Weather Outlook for subsequent 3 days

Isolated rainfall activity likely over Western Himalayan Region, Kerala, Tamil Nadu, Lakshadweep and Nicobar islands.



6 January (Day 1)

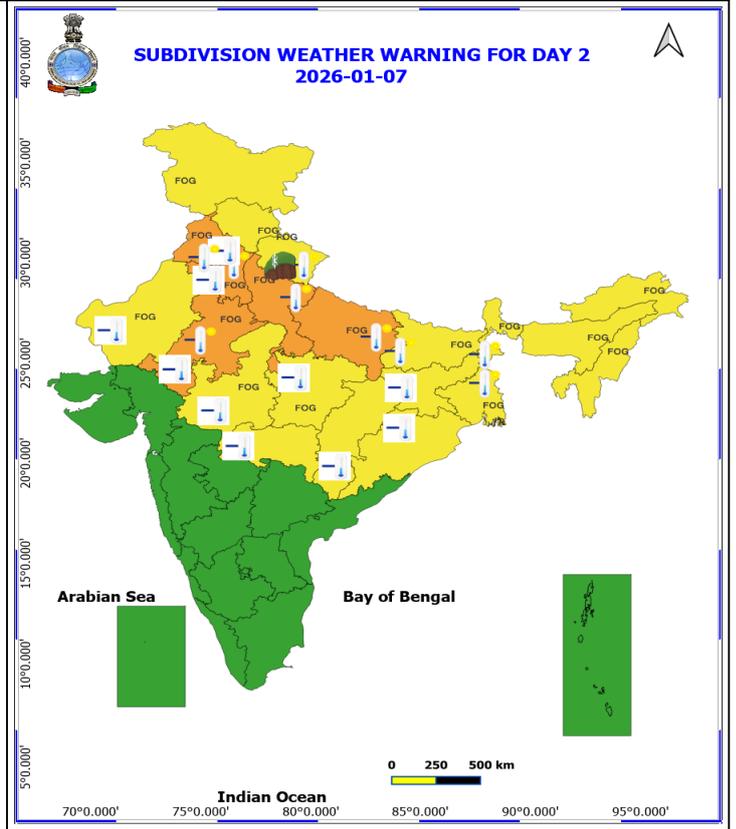
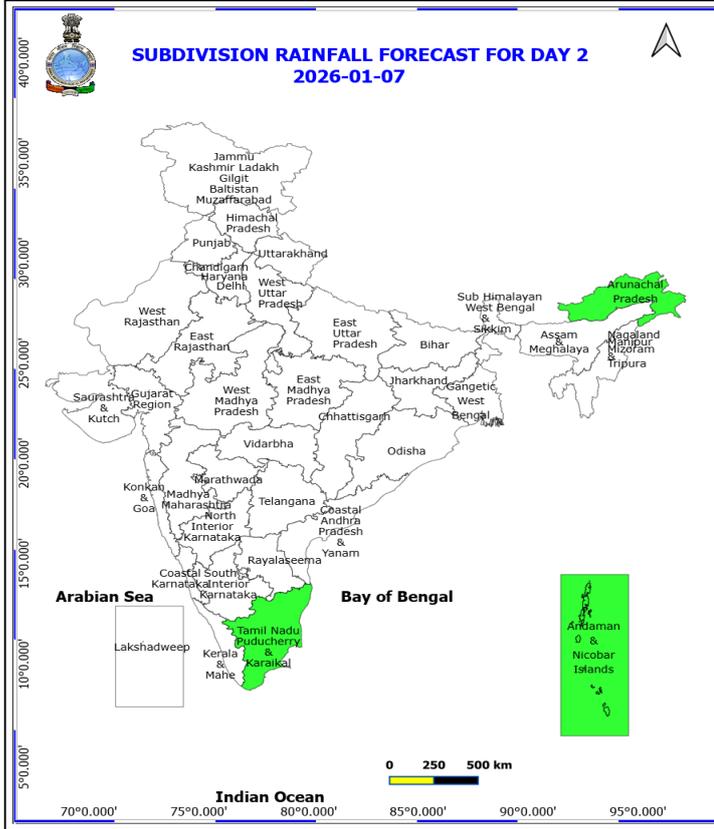
- ❖ **Cold wave conditions** very likely at isolated places over Chhattisgarh, Haryana, Chandigarh & Delhi, Jharkhand, Madhya Pradesh, Odisha, Punjab and Vidarbha.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar, Haryana, Chandigarh & Delhi, Jharkhand, Madhya Pradesh, Punjab, Rajasthan, Uttar Pradesh, Uttarakhand and West Bengal & Sikkim.
- ❖ **Ground Frost** very likely at isolated places over Uttarakhand.
- ❖ **Dense Fog** very likely at isolated places over Arunachal Pradesh, Assam & Meghalaya, Bihar, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Odisha, Uttarakhand and West Bengal & Sikkim.
- ❖ **Dense to Very Dense Fog** very likely at isolated places over Haryana, Chandigarh & Delhi, Punjab, Rajasthan and Uttar Pradesh.
- ❖ **Squally weather with wind speeds reaching 35 kmph to 45 kmph gusting to 55 kmph** is likely to prevail along and off Sri Lanka coast, over most parts of southwest Bay of Bengal & adjoining, many parts of southeast Bay of Bengal, over Gulf of Mannar and adjoining, some parts of Comorin area.
- ❖ **Squally winds with speeds reaching 45 kmph to 55 kmph gusting to 65 kmph** is likely to prevail along and off Somalia coast and adjoining sea areas.

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7 January (Day 2)

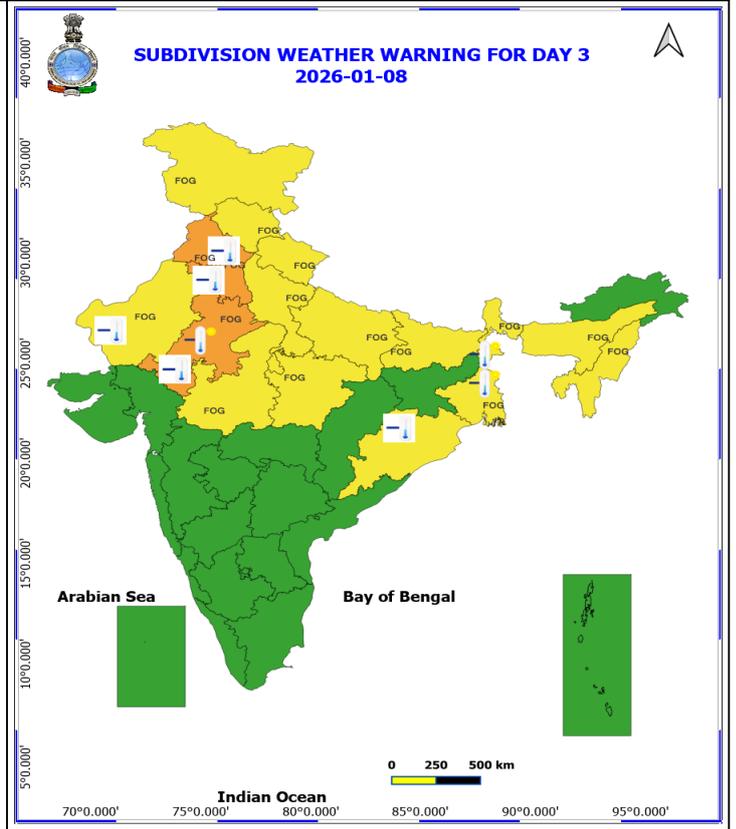
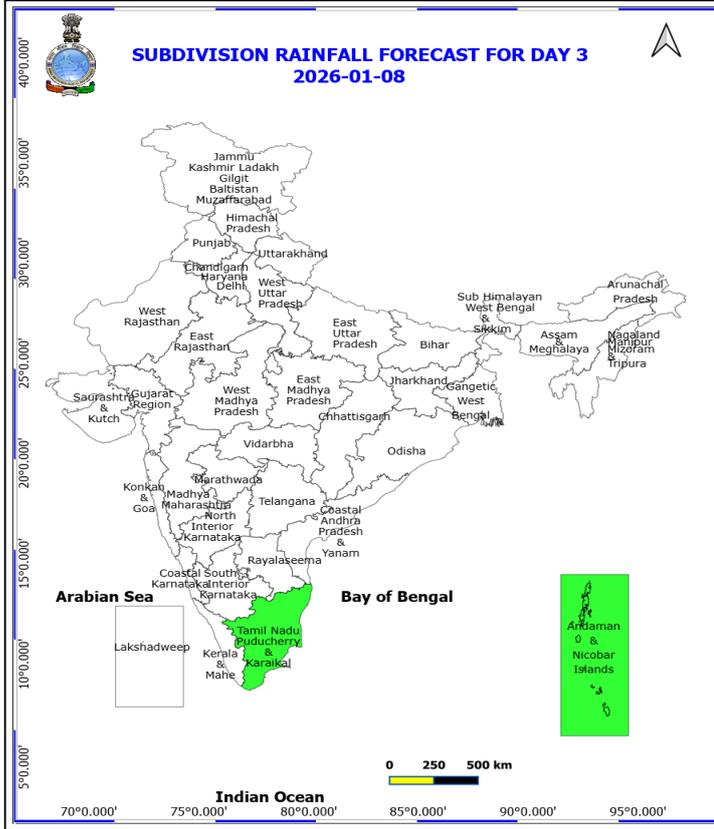
- ❖ **Cold wave conditions** very likely at isolated places over Chhattisgarh, Haryana, Chandigarh & Delhi, Jharkhand, Madhya Pradesh, Odisha, Punjab, Rajasthan and Vidarbha.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar, East Rajasthan, Haryana, Chandigarh & Delhi, Punjab, Uttar Pradesh, Uttarakhand and West Bengal & Sikkim.
- ❖ **Ground Frost** very likely at isolated places over Uttarakhand.
- ❖ **Dense Fog** very likely at isolated places over Arunachal Pradesh, Assam & Meghalaya, Bihar, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Uttarakhand, West Bengal & Sikkim and West Rajasthan.
- ❖ **Dense to Very Dense Fog** very likely at isolated places over East Rajasthan, Haryana, Chandigarh & Delhi, Punjab and Uttar Pradesh.
- ❖ **Squally weather with wind speeds reaching 35 kmph to 45 kmph gusting to 55 kmph** is likely to prevail along and off Sri Lanka coast, over many parts of southwest Bay of Bengal & adjoining, many parts of southeast Bay of Bengal, over Gulf of Mannar and adjoining, some parts of Comorin area.

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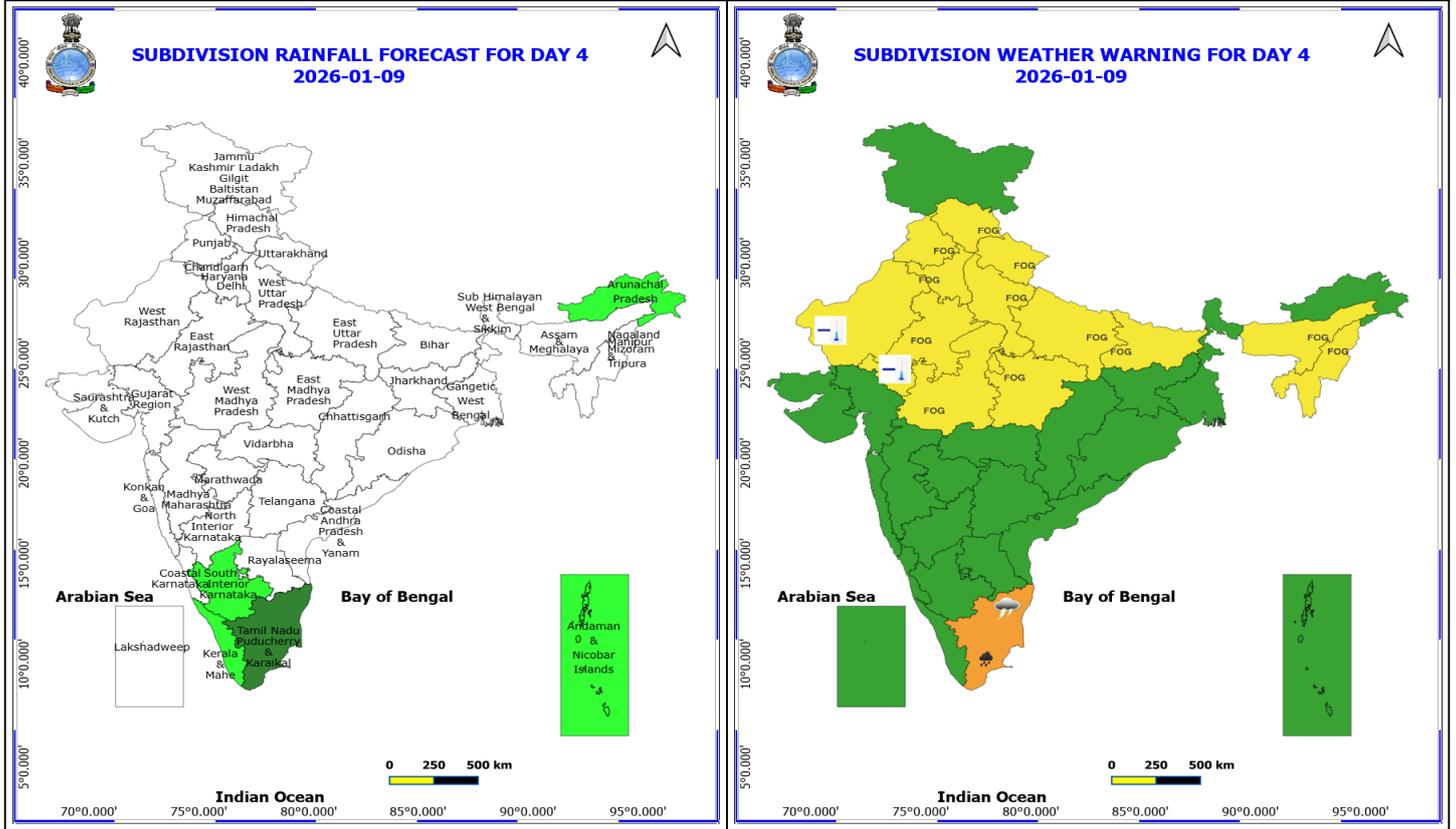
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8 January (Day 3)

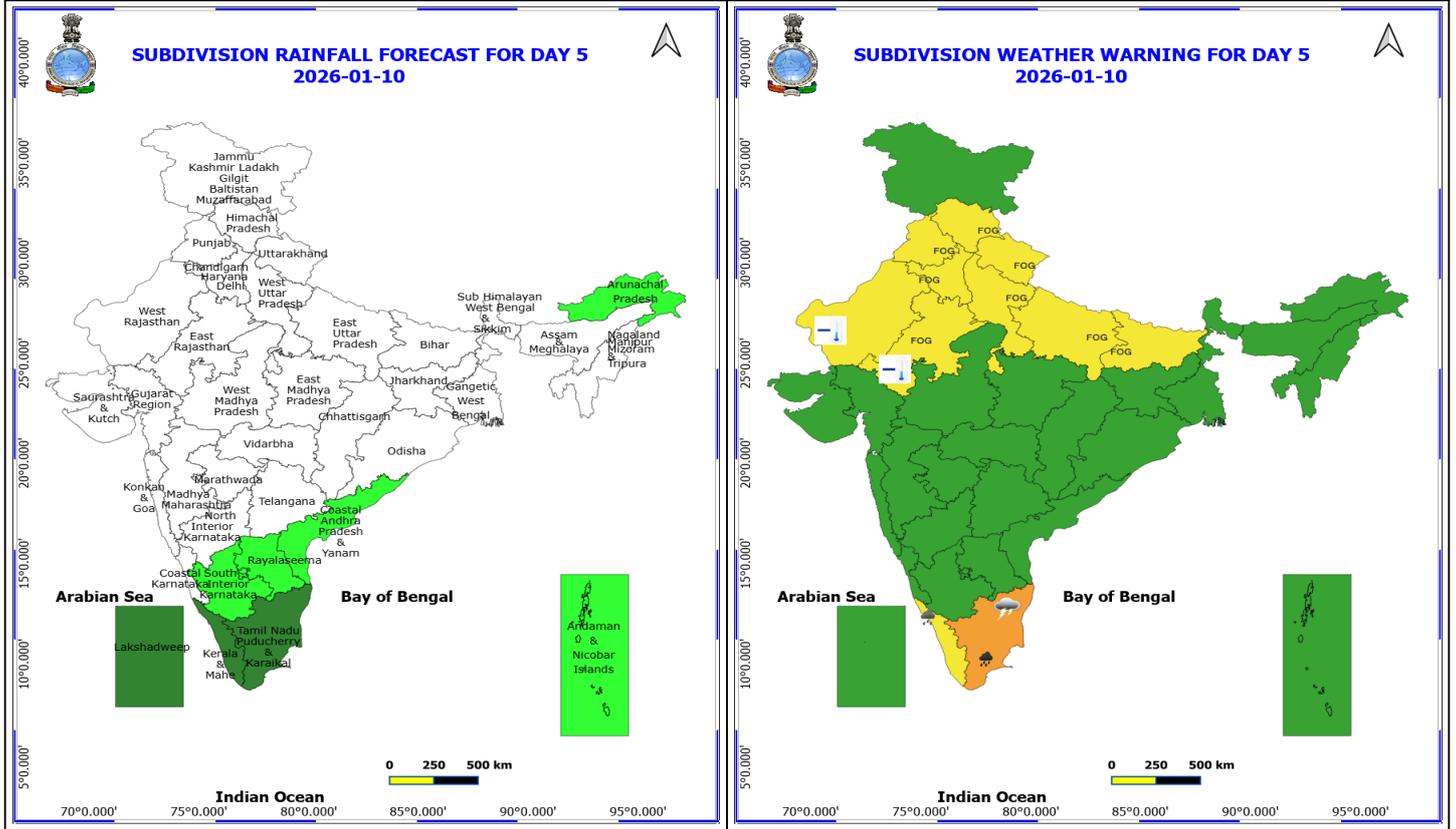
- ❖ **Cold wave conditions** very likely at isolated places over Haryana, Chandigarh & Delhi, Odisha, Punjab and Rajasthan.
- ❖ **Cold Day conditions** very likely at isolated places over East Rajasthan and West Bengal & Sikkim.
- ❖ **Dense Fog** very likely at isolated places over Assam & Meghalaya, Bihar, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Uttar Pradesh, Uttarakhand, West Bengal & Sikkim and West Rajasthan.
- ❖ **Dense to Very Dense Fog** very likely at isolated places over East Rajasthan, Haryana, Chandigarh & Delhi and Punjab.
- ❖ **Squally weather with wind speeds reaching 35 kmph to 45 kmph gusting to 55 kmph** is likely to prevail along and off Sri Lanka coast, over most parts of southwest Bay of Bengal & adjoining parts of westcentral Bay of Bengal, over most parts of southeast Bay of Bengal, over Gulf of Mannar and adjoining, some parts of Comorin area.



9 January (Day 4)

- ❖ **Heavy to Very Heavy Rainfall** likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Thunderstorm accompanied with Lightning** likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Cold sea wave conditions** likely at isolated places over Rajasthan.
- ❖ **Dense Fog** likely at isolated places over Assam & Meghalaya, Bihar, East Rajasthan, Haryana, Chandigarh & Delhi, Himachal Pradesh, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Punjab, Uttar Pradesh and Uttarakhand.
- ❖ **Squally weather with wind speeds reaching 35 kmph to 45 kmph gusting to 55 kmph** is likely to prevail along and off Sri Lanka coast, over most parts of southwest Bay of Bengal & adjoining parts of westcentral, southeast Bay of Bengal, over Gulf of Mannar and adjoining, some parts of Comorin area, along and off Tamil Nadu coast.

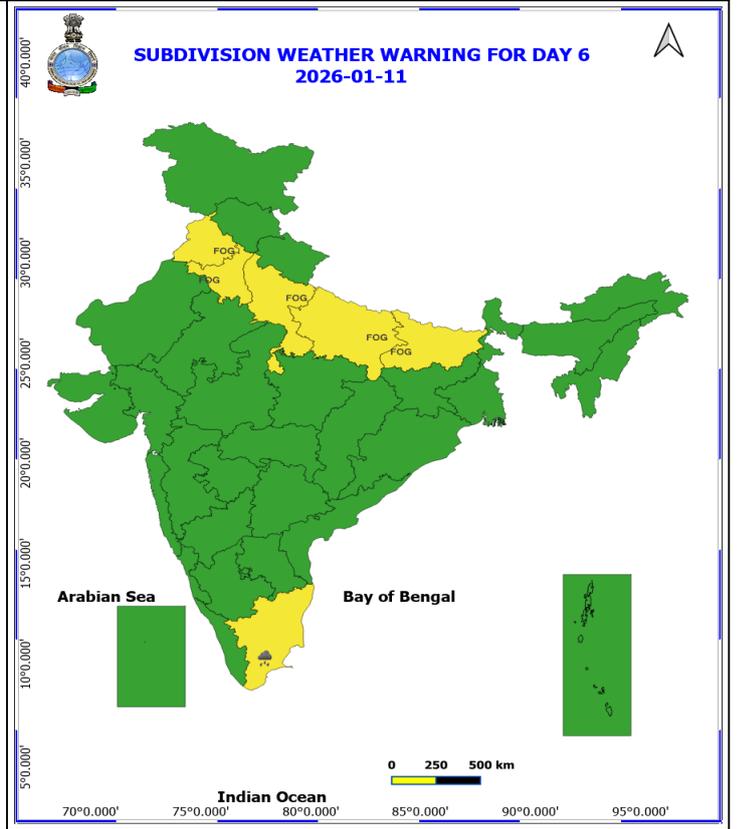
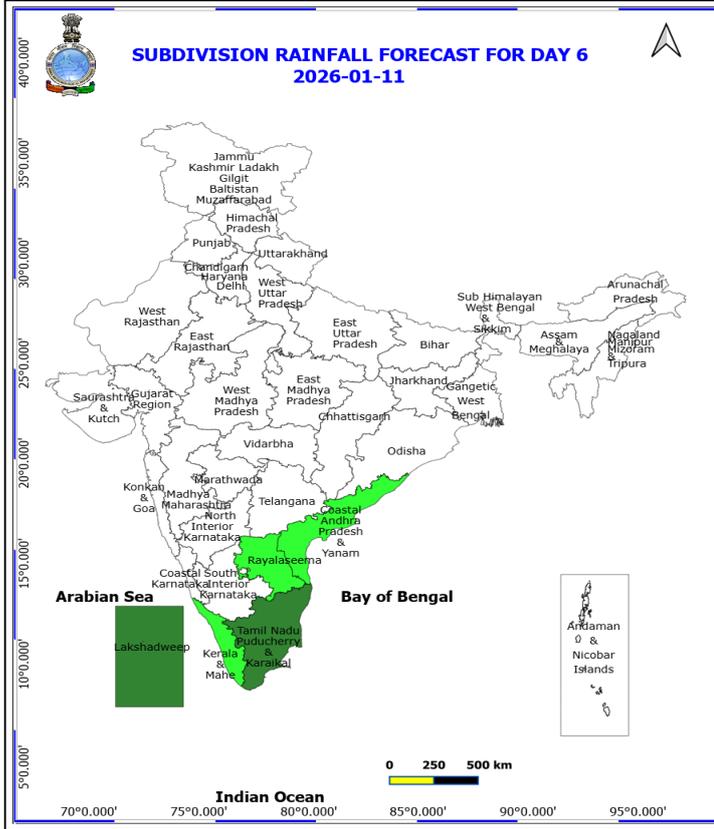
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10 January (Day 5)

- ❖ **Heavy to Very Heavy Rainfall** likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Heavy Rainfall** likely at isolated places over Kerala & Mahe.
- ❖ **Thunderstorm accompanied with Lightning** likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Cold wave conditions** likely at isolated places over Rajasthan.
- ❖ **Dense Fog** likely at isolated places over Bihar, East Rajasthan, Haryana, Chandigarh & Delhi, Himachal Pradesh, Punjab, Uttar Pradesh and Uttarakhand.

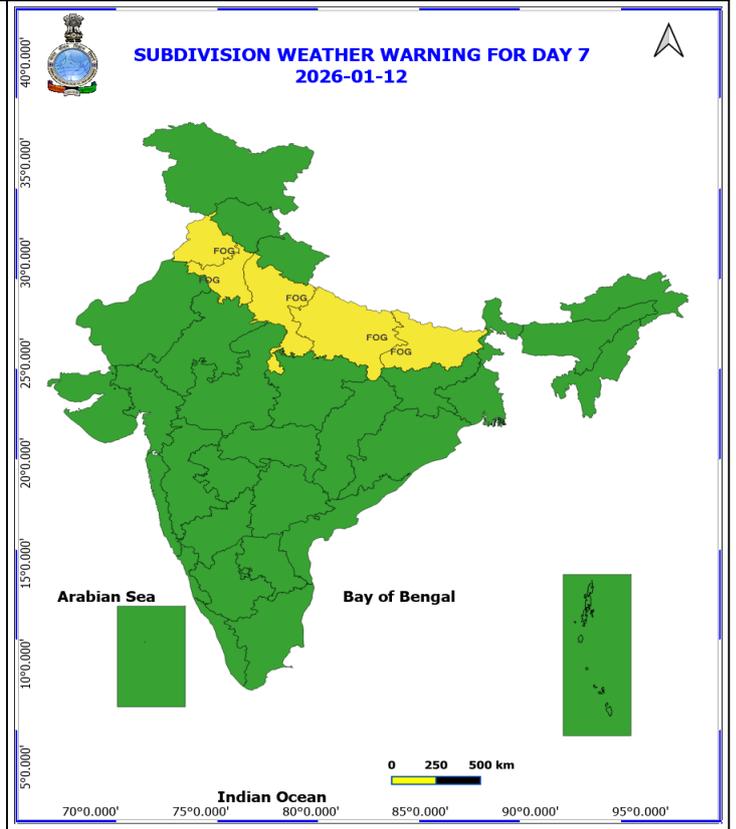
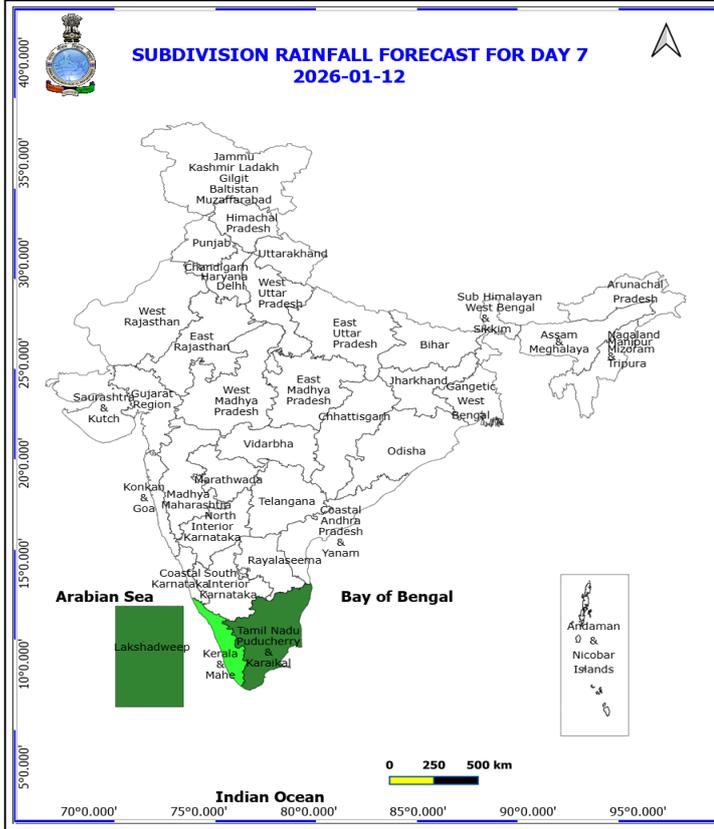
No Fishermen Warning



11 January (Day 6)

- ❖ **Heavy Rainfall** likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Dense Fog** likely at isolated places over Bihar, Haryana, Chandigarh & Delhi, Punjab and Uttar Pradesh.

No Fishermen Warning



12 January (Day 7)

❖ **Dense Fog** likely at isolated places over Bihar, Haryana, Chandigarh & Delhi, Punjab and Uttar Pradesh.

No Fishermen Warning



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	N. M. M. & T.	DRY	DRY	DRY	DRY	DRY	DRY	DRY
5	S.H. 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, CHD & 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	CHATTISGARH	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	DRY	DRY	DRY	ISOL	SCT	ISOL	ISOL
36	LAKSHDWEEP	DRY	DRY	DRY	DRY	SCT	SCT	SCT

Legend	Category	%Stations
WS	Widespread/Most Places	76-100
FWS	Fairly Widespread/Many Places	51-75
SCT	Scattered/ A Few Places	26-50
ISOL	Isolated Places	1-25
DRY	No Rain	0

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Fig. 1: Maximum Temperatures Dated 2026-01-05

Fig. 2: Departure of Maximum Temp. Dated 2026-01-05

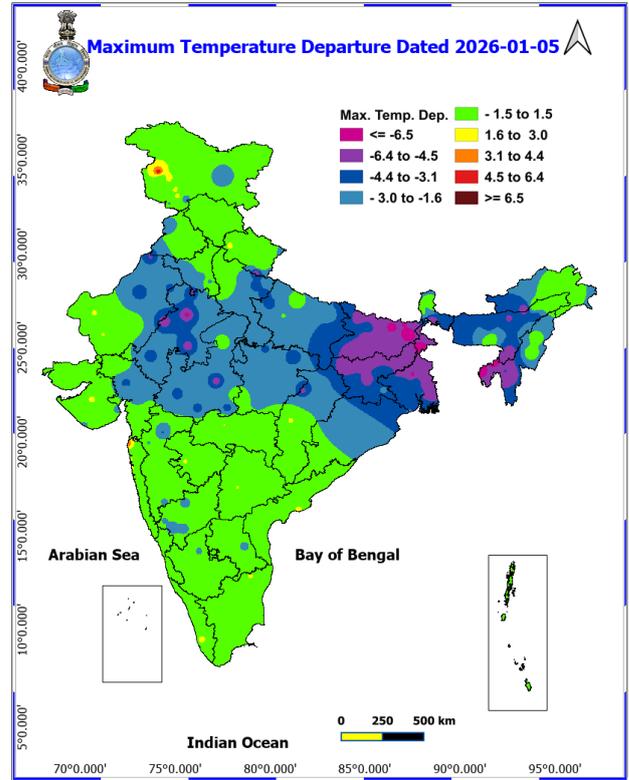
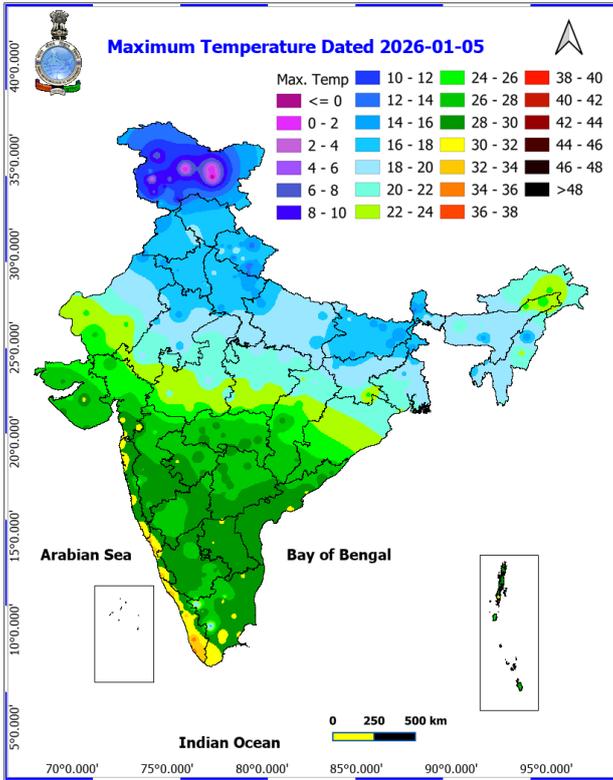
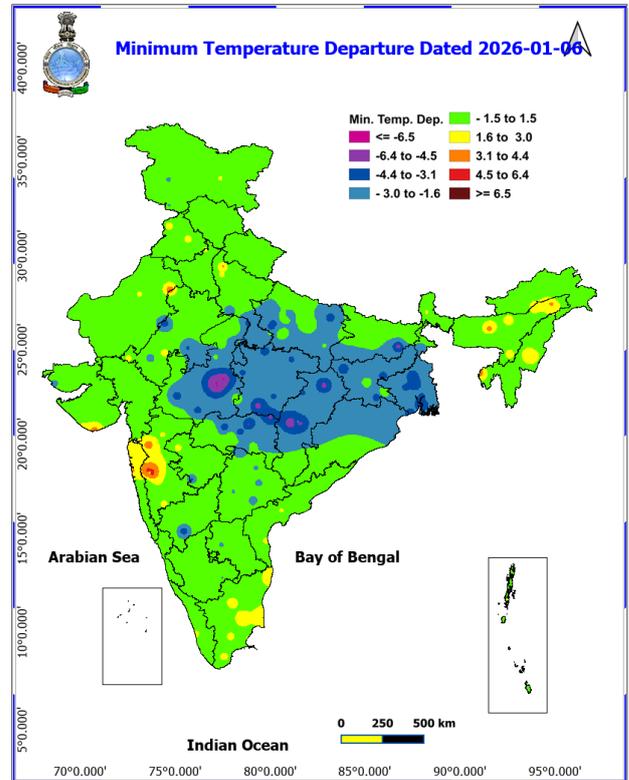
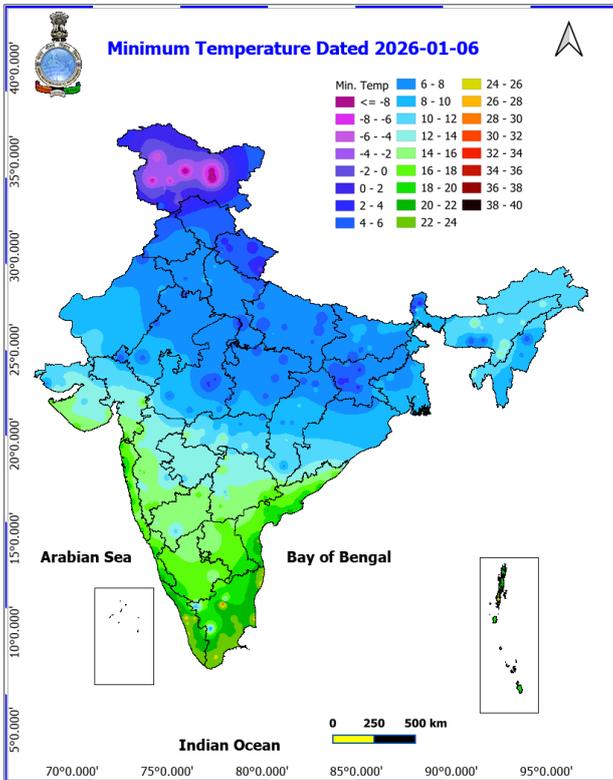


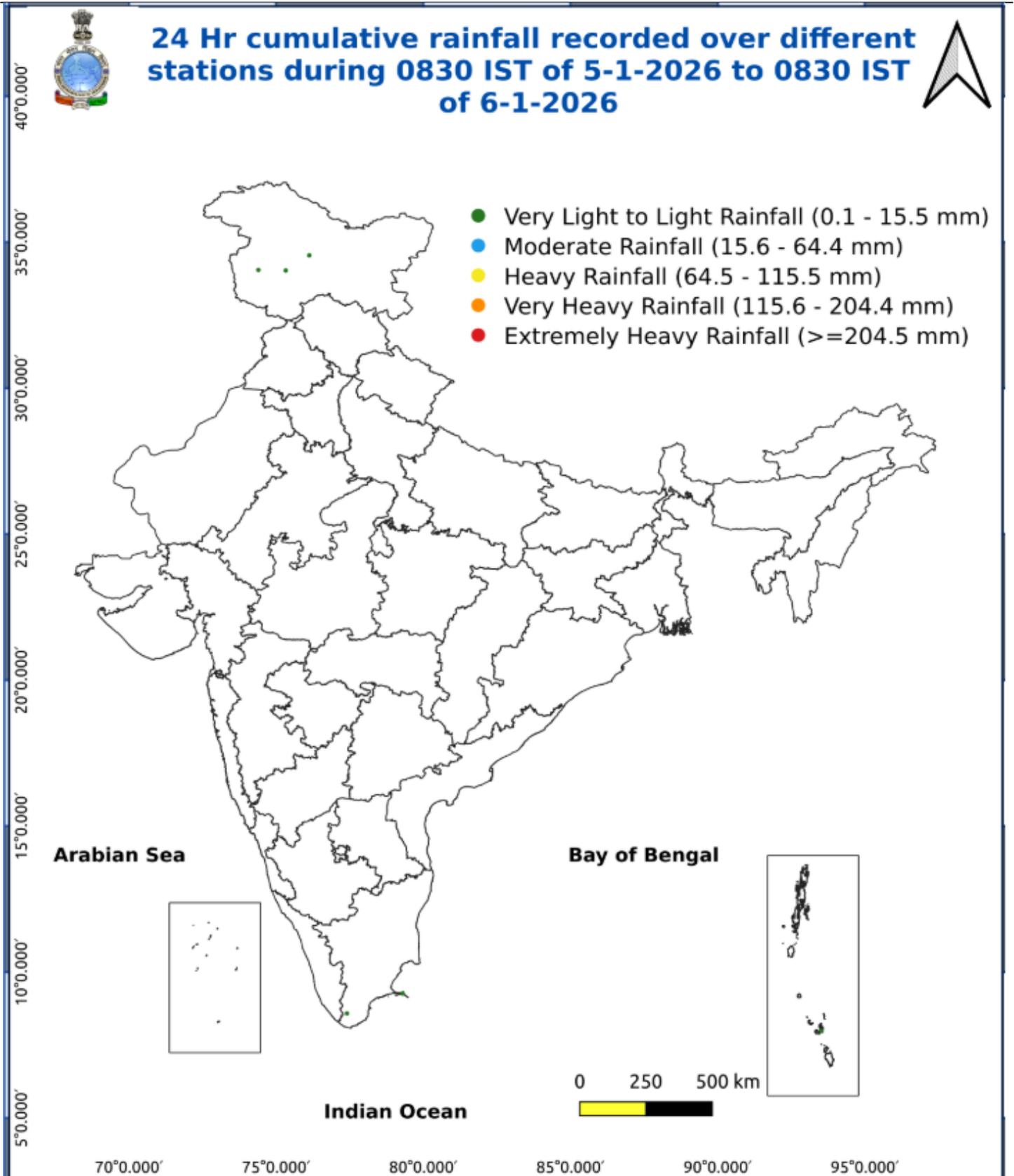
Fig. 3: Minimum Temperatures Dated 2026-01-06

Fig. 4: Departure of Minimum Temp. Dated 2026-01-06



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Impact and Actions

Impact expected due to dense/very dense fog in the night/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: 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: Cold day conditions very likely in isolated pockets 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.
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- 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.

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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 various parts of the country

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.

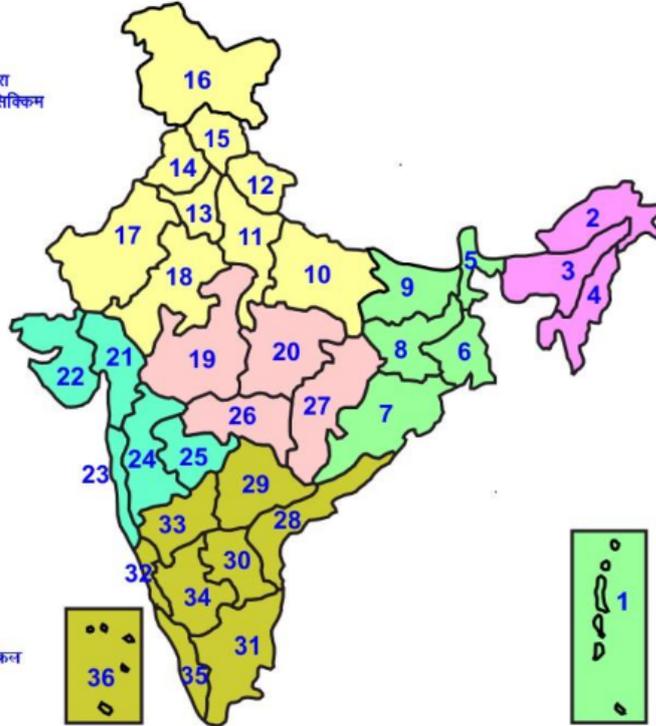
Legends & abbreviations:

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.

LEGENDS

- 1 अंडमान और निकोबार द्वीप समुह
- 2 अरुणाचल प्रदेश
- 3 असम और मेघालय
- 4 नागालैंड मनीपुर मीजोरम और त्रिपुरा
- 5 उप हिमालय पश्चिम बंगाल एवं सिक्किम
- 6 पश्चिम बंगाल
- 7 ओडिसा
- 8 झारखंड
- 9 बिहार
- 10 पूर्वी उत्तर प्रदेश
- 11 पश्चिम उत्तर प्रदेश
- 12 उत्तराखंड
- 13 हरियाणा चंडिगढ़ एवं दिल्ली
- 14 पंजाब
- 15 हिमाचल प्रदेश
- 16 जम्मू एवं कश्मीर एवं लद्दाख
- 17 पश्चिम राजस्थान
- 18 पूर्वी राजस्थान
- 19 पश्चिम मध्य प्रदेश
- 20 पूर्वी मध्य प्रदेश
- 21 गुजरात क्षेत्र
- 22 सौराष्ट्र एवं कच्छ
- 23 कोंकण एवं गोवा
- 24 मध्य महाराष्ट्र
- 25 मराठावाडा
- 26 विदर्भ
- 27 छत्तीसगढ़
- 28 तटीय आंध्र प्रदेश एवं यनम
- 29 तेलंगाना
- 30 रायलसीमा
- 31 तमिलनाडु, पुदुचेरी एवं कराईकल
- 32 तटिय कर्नाटक
- 33 आंतरिक उत्तरी कर्नाटक
- 34 आंतरिक दक्षिणी कर्नाटक
- 35 केरल एवं 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. Orissa
8. Jharkhand
9. Bihar
10. East Uttar Pradesh
11. West Uttar Pradesh
12. Uttarakhand
13. Haryana, Chd & 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. Marathawada
26. Vidharbha
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)

Subdivision Colour

- NO WARNING
- WATCH (BE UPDATED)
- 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

- | | | | |
|--------------------------|-----------------|----------------------|--------------------|
| Heavy Rain | Very Heavy Rain | Extremely Heavy Rain | Heavy Snow |
| Thunderstorm & Lightning | Hailstorm | Dust Storm | Dust Raising Winds |
| Strong surface winds | Heat Wave | Hot Day | Warm Night |
| Cold Wave | Cold Day | Ground Frost | Fog |
| Hot & Humid | | | |

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LEGENDS

WARNING

WARNING (TAKE ACTION)
ALERT (BE PREPARED)
WATCH (BE UPDATED)
NO WARNING (NO ACTION)

Probabilistic Forecast

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



Heavy: 64.5 to 115.5 mm/cm *
Very Heavy: 115.6 to 204.4 mm/cm*
Extremely Heavy: > 204.4 mm/cm *



When maximum temperature of a station reaches $\geq 40^{\circ}\text{C}$ for plains and $\geq 30^{\circ}\text{C}$ 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 $\geq 6.5^{\circ}\text{C}$

(b). Based on Actual maximum temperature

Heat Wave: When actual maximum temperature $\geq 45^{\circ}\text{C}$.
Severe Heat Wave: When actual maximum temperature $\geq 47^{\circ}\text{C}$

(c). Criteria for heat wave for coastal stations

When maximum temperature departure is $> 4.5^{\circ}\text{C}$ from normal. Heat Wave may be described provided maximum temperature $\geq 37^{\circ}\text{C}$



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 $> 6.4^{\circ}\text{C}$.



When minimum temperature of a station $\leq 10^{\circ}\text{C}$ for plains and $\leq 0^{\circ}\text{C}$ 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 $\leq -6.5^{\circ}\text{C}$

(b) Based on actual Minimum Temperature (for Plains only)

Cold Wave : When Minimum Temperature is $\leq 4.0^{\circ}\text{C}$
Severe Cold Wave: When Minimum Temperature is $\leq 2.0^{\circ}\text{C}$

(c) For Coastal Stations

When Minimum Temperature departure is $\leq -4.5^{\circ}\text{C}$ & actual Minimum Temperature is $\leq 15^{\circ}\text{C}$



When minimum temperature of a station $\leq 10^{\circ}\text{C}$ for plains and $\leq 0^{\circ}\text{C}$ 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 $\leq -6.5^{\circ}\text{C}$



Phenomenon of small droplets suspended in air and the horizontal visibility $< 1\text{km}$

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



Sudden electrical discharges manifested by a flash of light (Lightning) and a sharp rumbling sound (thunder)



An ensemble of particles of dust or sand energetically lifted to great heights by a strong and turbulent wind.



Ice deposits on ground

Air temperature $\leq 4^{\circ}\text{C}$ (over Plains)



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



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



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 Storm: Wind speed > 220 kmph (> 119 knots)

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