

2026-01-08

Time of Issue: 16:42:00 hours IST
(Evening)

ALL INDIA WEATHER SUMMARY AND FORECAST BULLETIN

Significant Weather Features

Weather Forecast and warning:

- **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.

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 9th evening. It would gradually decrease then, becoming 40-50 gusting to 60 kmph by 9th midnight and 35-45 gusting to 55 kmph by 10th early morning.

(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.

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(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 by 10th morning.

(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. It would gradually increase thereafter and squally winds reaching 40 – 50 gusting to 60 kmph are very likely to prevail from 9th morning to 10th morning. 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 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.

Main Weather Observations:

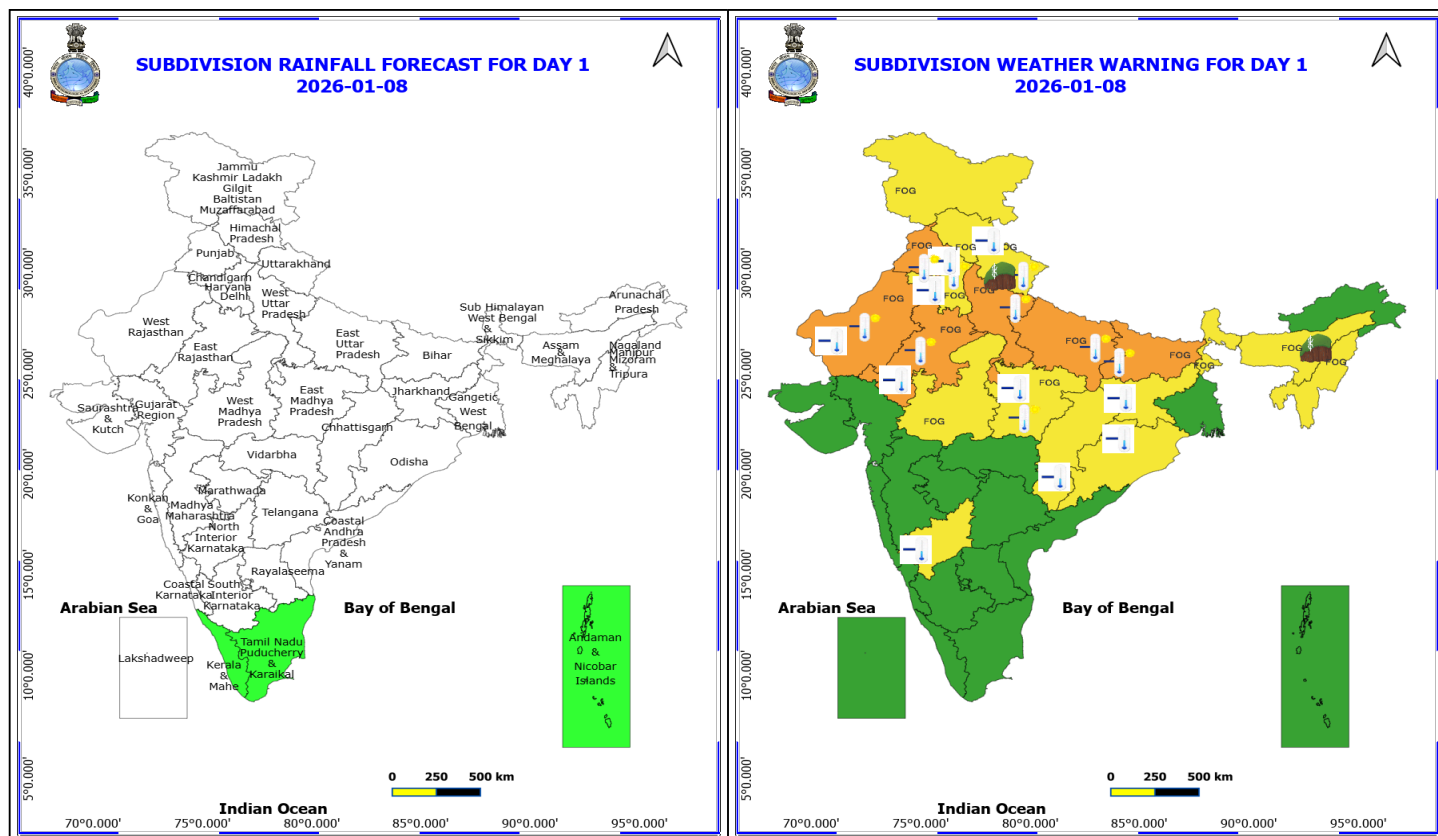
- ❖ **Rainfall distribution** (from 0830 hours IST of yesterday to 0830 hours IST of today): **at a few places** over Andaman & Nicobar Islands; **Dry** over rest of the country.
- ❖ **Fog Condition Observed (at 0830 hours of today): Dense to very Dense fog conditions** prevailed in some parts of Uttar Pradesh, Delhi, Jammu, Rajasthan, Madhya Pradesh, Sub-Himalayan West Bengal and Assam; **dense fog:** prevailed in isolated pockets over Bihar, Himachal Pradesh, Uttarakhand, Punjab and Tripura,
- ❖ **Visibility reported (at 0830 hours of today): 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(laf), 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.
- ❖ **Minimum Temperature Departures (as on 08-01-2026): 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. **The lowest minimum temperature of 2.5°C** was observed **at Sikar (East Rajasthan)** over the plains of India.
- ❖ **Maximum Temperature Departures (as on 07-01-2026): below normal(-1.6°C to -3.0°C)** at few places over West Uttar Pradesh; at isolated places over East Uttar Pradesh, Punjab and East Rajasthan. **appreciably below normal(-5.0°C to -3.1°C)** at many places over Bihar. **The highest maximum temperature of 35.8°C** is reported at KOTTAYAM (KERALA).

Meteorological Analysis (Based on 1430 hours IST)

- The **deep depression** over southwest Bay of Bengal and adjoining East Equatorial Indian Ocean moved nearly west-northwestwards with a speed of 15 kmph during past 6 hours, and lay centred at 1130 hours IST of today, the 8th January, 2026 over the same region, near latitude 5.7°N and longitude 84.5°E, about 320 km east-southeast of Pottuvil (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.
- The **Western disturbance** as an **upper air cyclonic circulation** over north Punjab & neighbourhood at 3.1 km above mean sea level persists.
- **Subtropical westerly Jet Stream** with core winds of the order of 140 knots at 12.6 km above mean sea level continues to prevail over north India.
- The **Upper air cyclonic circulation** over northeast assam & neighbourhood at 3.1 km above mean sea level persists.
- The **Upper air cyclonic circulation** over southeast Arabian sea & adjoining south Kerala coast at 0.9 km above mean sea level persists.

Weather Outlook for subsequent 3 days

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



8 January (Day 1)

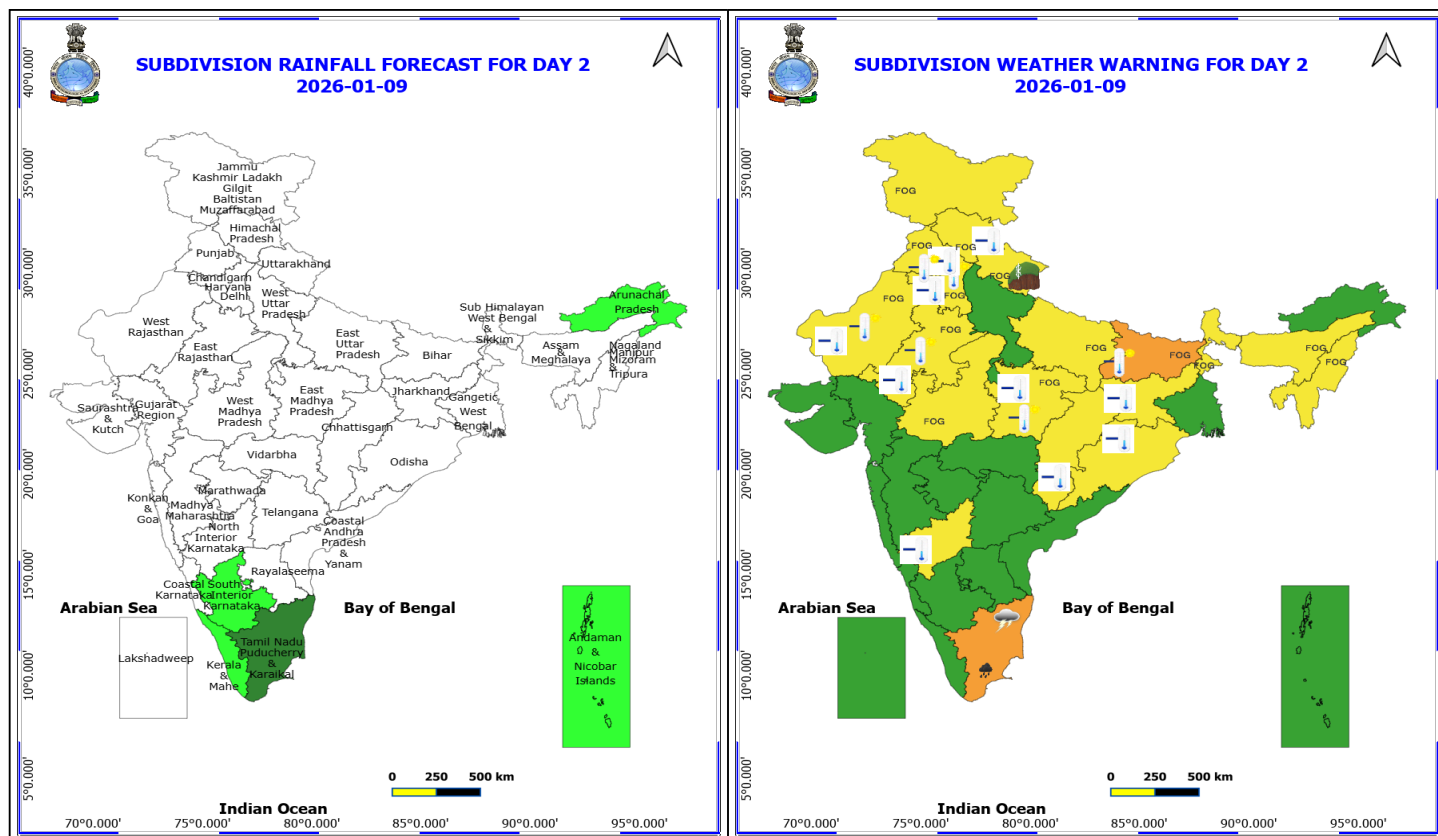
- ❖ **Cold wave conditions** very likely at isolated places over Chhattisgarh, East Madhya Pradesh, Haryana, Chandigarh & Delhi, Himachal Pradesh, Jharkhand, North Interior Karnataka, Odisha, Punjab and Rajasthan.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar, East Madhya Pradesh, Haryana, Chandigarh & Delhi, Punjab, Uttar Pradesh, Uttarakhand and West Rajasthan.
- ❖ **Cold Day to Severe Cold Day conditions** very likely at isolated places over East Rajasthan.
- ❖ **Ground Frost** very likely at isolated places over Assam & Meghalaya and Uttarakhand.
- ❖ **Dense Fog** very likely at isolated places over Assam & Meghalaya, Bihar, Haryana, Chandigarh & Delhi, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Sub Himalayan West Bengal & Sikkim and Uttarakhand.
- ❖ **Dense to Very Dense Fog** very likely at isolated places over 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 southwest Bay of Bengal & adjoining East Equatorial Indian Ocean, over southeast Bay of Bengal, over Gulf of Mannar and adjoining Comorin area, rough to very rough along & off Tamil Nadu Puducherry coasts.

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9 January (Day 2)

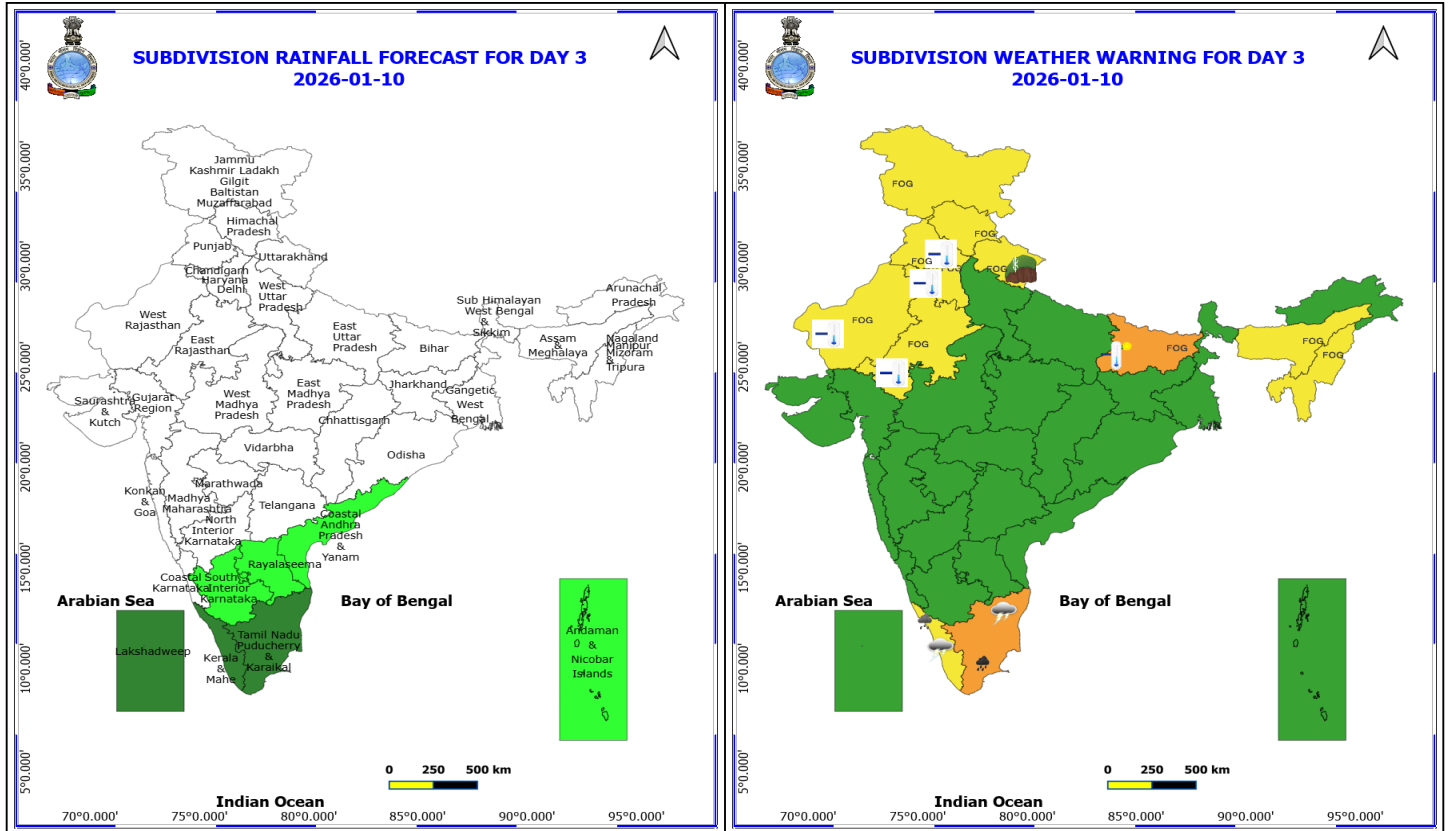
- ❖ **Heavy to Very Heavy Rainfall** very likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Thunderstorm accompanied with Lightning** very likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Cold wave conditions** very likely at isolated places over Chhattisgarh, East Madhya Pradesh, Haryana, Chandigarh & Delhi, Himachal Pradesh, Jharkhand, North Interior Karnataka, Odisha, Punjab and Rajasthan.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar, East Madhya Pradesh, Haryana, Chandigarh & Delhi, Punjab and Rajasthan.
- ❖ **Ground Frost** very likely at isolated places over Uttarakhand.
- ❖ **Dense Fog** very likely at isolated places over Assam & Meghalaya, Bihar, East Uttar Pradesh, Haryana, Chandigarh & Delhi, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Punjab, Sub Himalayan West Bengal & Sikkim, Uttarakhand and West Rajasthan.
- ❖ **Dense to Very Dense Fog** very likely at isolated places over East Rajasthan.
- ❖ **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 southwest Bay of Bengal & adjoining East Equatorial Indian Ocean, over Gulf of Mannar and adjoining Comorin area, rough to very rough along & off Tamil Nadu Puducherry coasts.

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10 January (Day 3)

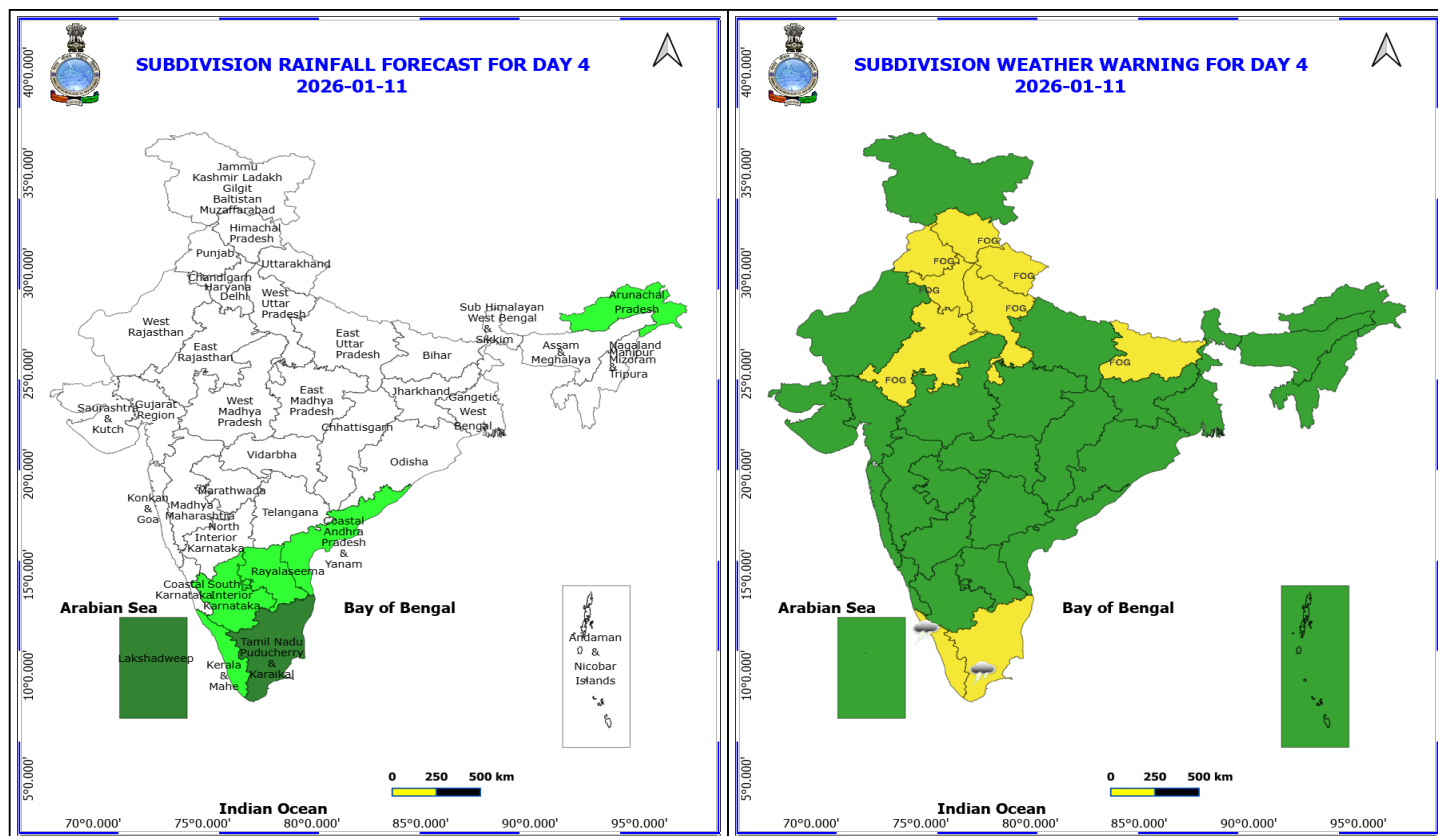
- ❖ **Heavy to Very Heavy Rainfall** very likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Heavy Rainfall** very likely at isolated places over Kerala & Mahe.
- ❖ **Thunderstorm accompanied with Lightning** very likely at isolated places over Kerala & Mahe and Tamil Nadu Puducherry & Karaikal.
- ❖ **Cold wave conditions** very likely at isolated places over Haryana, Chandigarh & Delhi, Punjab and Rajasthan.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar.
- ❖ **Ground Frost** very likely at isolated places over Uttarakhand.
- ❖ **Dense Fog** very likely at isolated places over Assam & Meghalaya, Bihar, Haryana, Chandigarh & Delhi, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Nagaland, Manipur, Mizoram and Tripura, Punjab, Rajasthan 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 southwest Bay of Bengal & adjoining East Equatorial Indian Ocean, over Gulf of Mannar and adjoining Comorin area, rough to very rough along & off Tamil Nadu Puducherry coasts.

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11 January (Day 4)

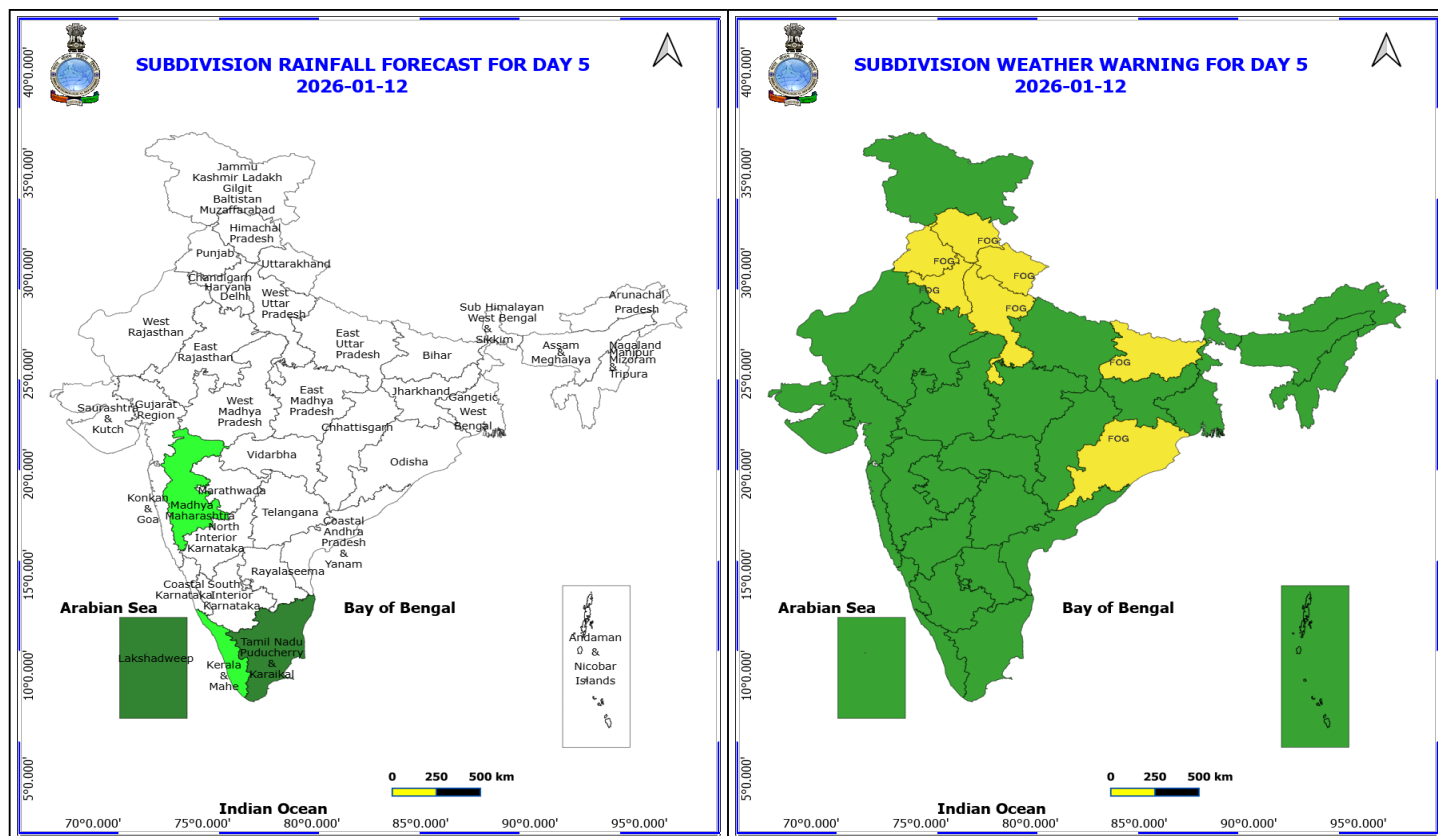
- ❖ **Thunderstorm accompanied with Lightning** likely at isolated places over Kerala & Mahe and Tamil Nadu Puducherry & Karaikal.
 - ❖ **Dense Fog** likely at isolated places over Bihar, East Rajasthan, Haryana, Chandigarh & Delhi, Himachal Pradesh, Punjab, Uttarakhand and West Uttar Pradesh.
- No Fishermen Warning**

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12 January (Day 5)

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

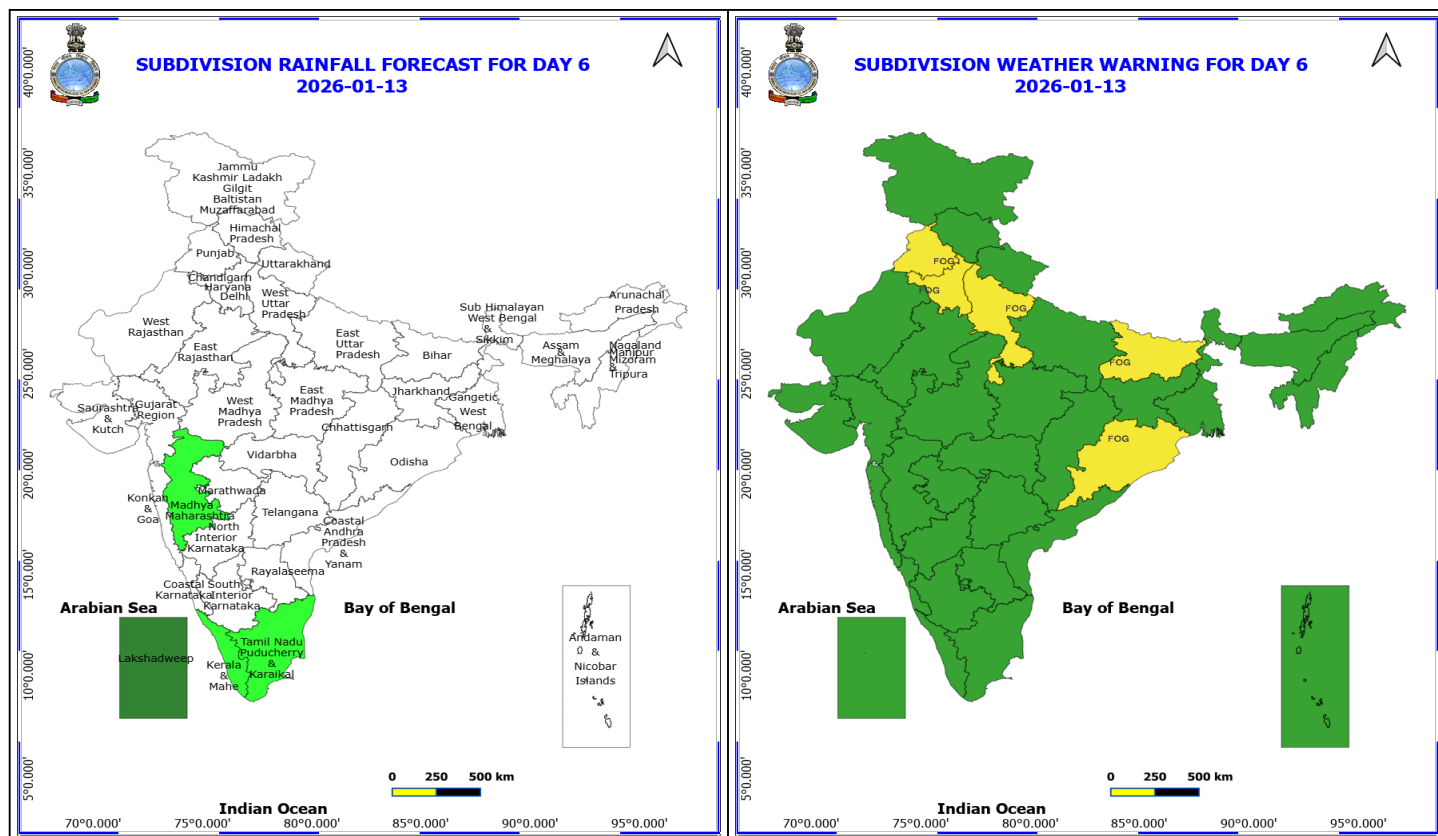
No Fishermen Warning

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13 January (Day 6)

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

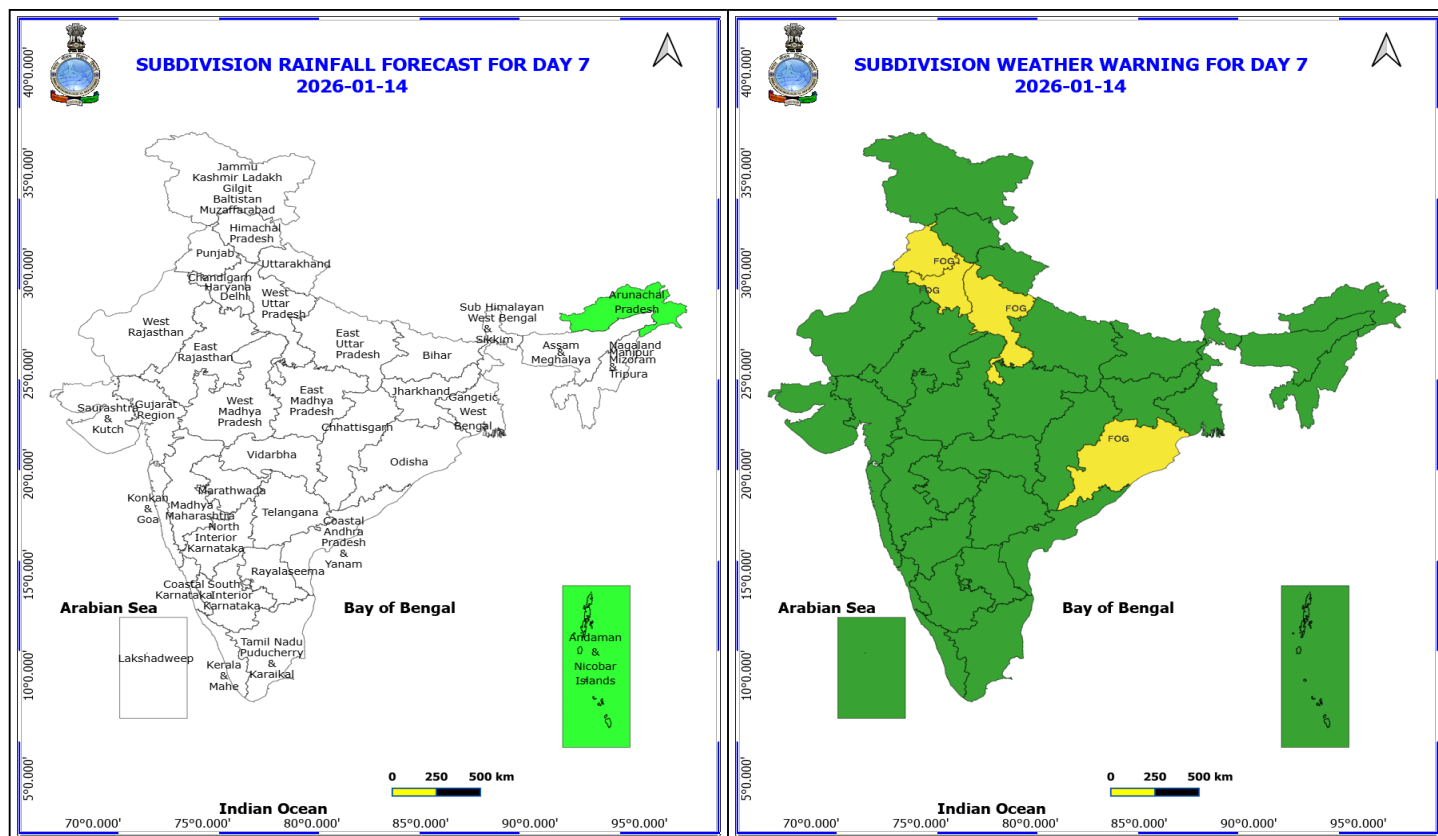
No Fishermen Warning

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14 January (Day 7)

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

No Fishermen Warning

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Table-1

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

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 2026-01-07

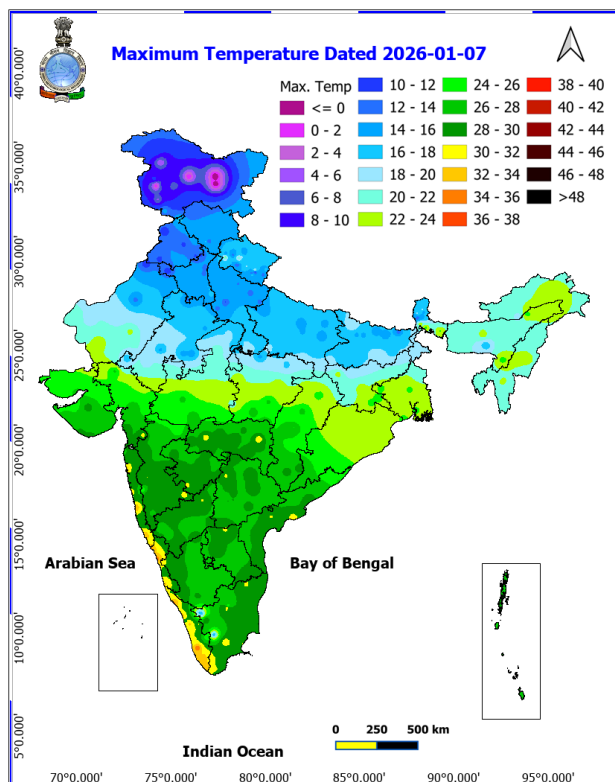


Fig. 2: Departure of Maximum Temp. Dated 2026-01-07

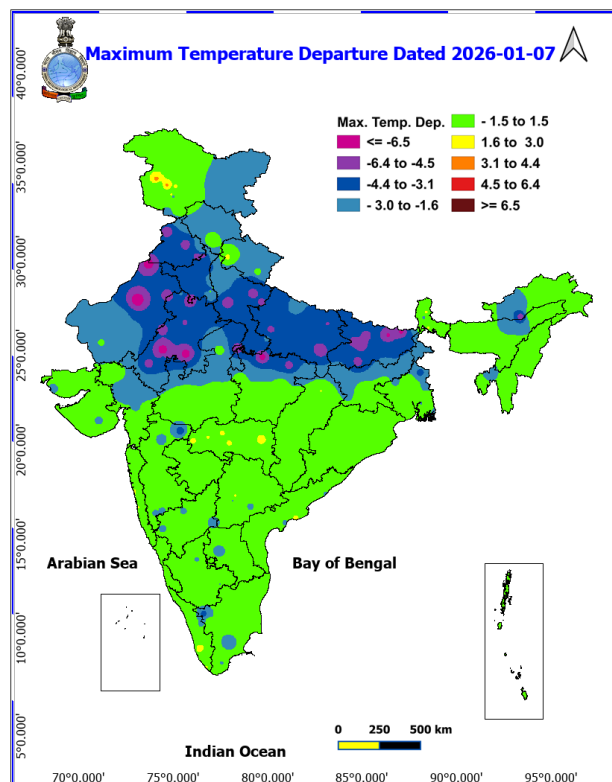


Fig. 3: Minimum Temperatures Dated 2026-01-08

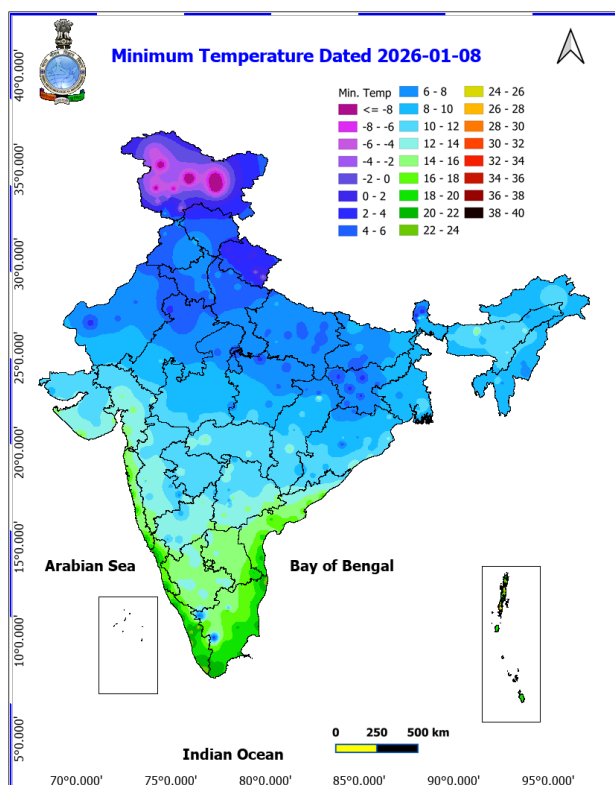
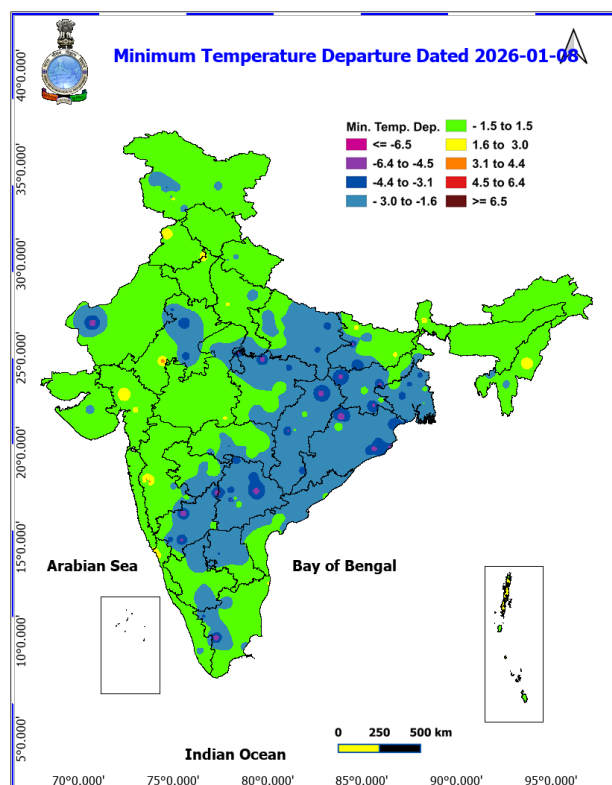
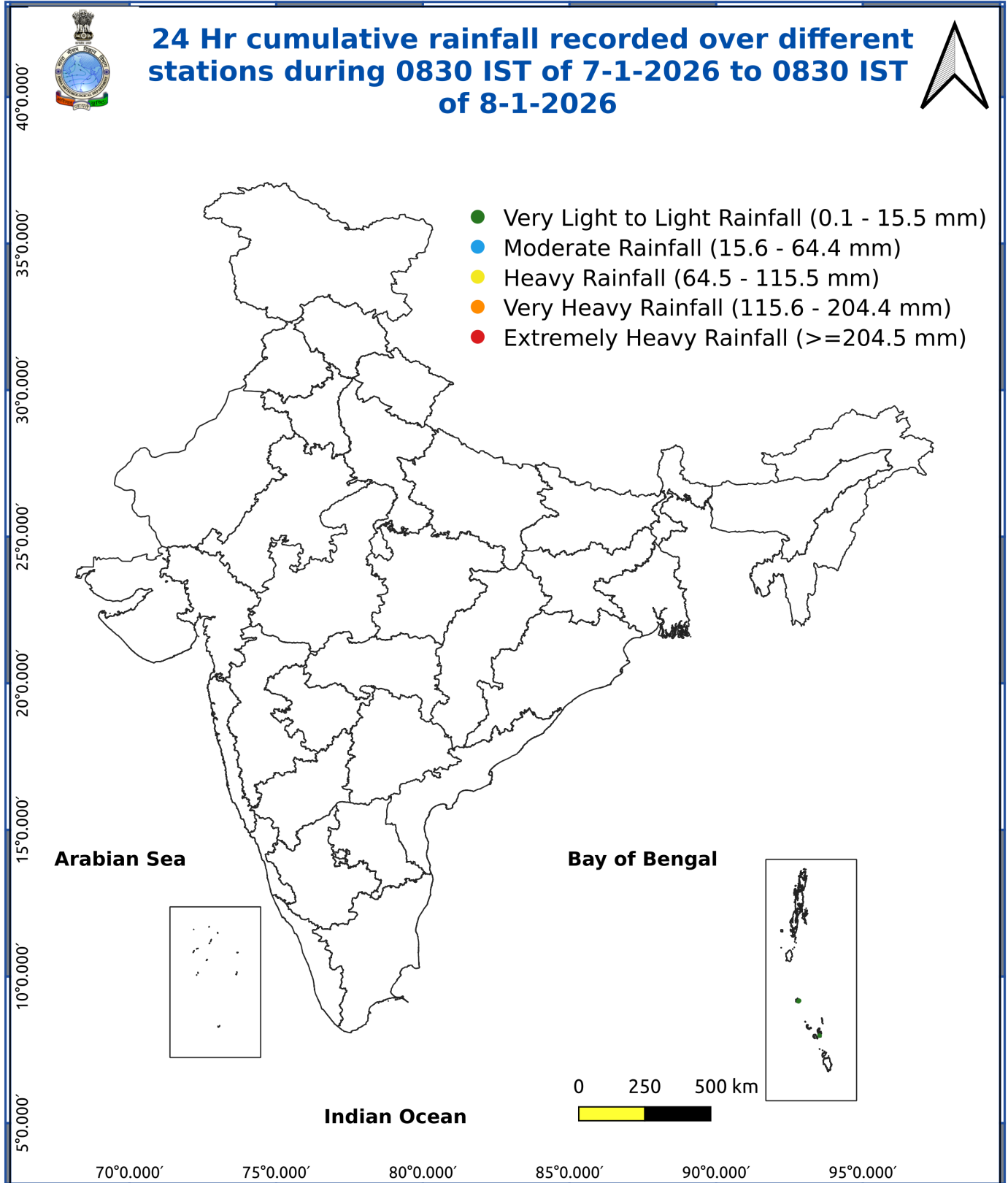


Fig. 4: Departure of Minimum Temp. Dated 2026-01-08





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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/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:

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.

- 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 to severe 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 Woollen clothing rather than one layer of heavy cloth.

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- 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 various parts of the country

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.

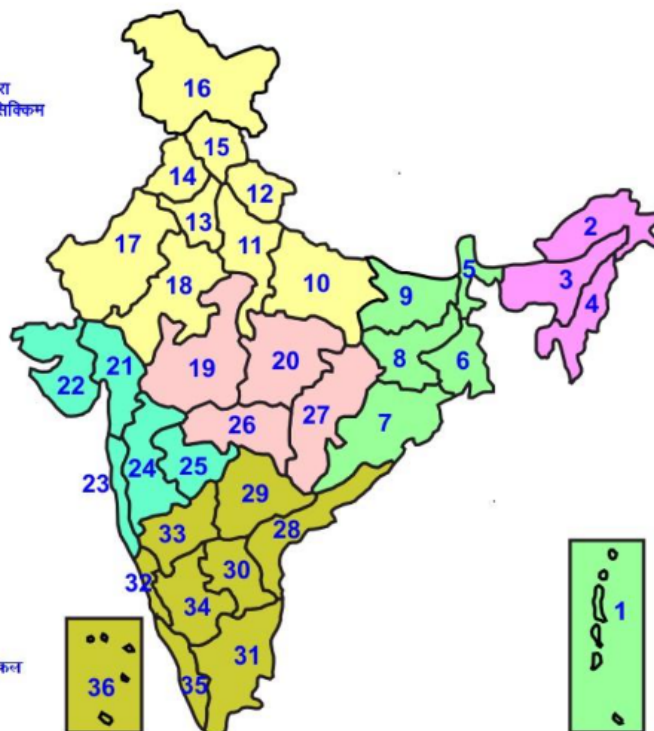
Legends & abbreviations:

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 चंडीगढ़ 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 मराठावाड़ा
- 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

 Thunderstorm & Lightning

 Strong surface winds

 Cold Wave

 Hot & Humid

 Very Heavy Rain

 Hailstorm

 Heat Wave

 Cold Day

 Extremely Heavy Rain

 Dust Storm

 Hot Day

 Ground Frost

 Heavy Snow

 Dust Raising Winds

 Warm Night

 Fog

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

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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 at least 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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