



2026-01-07

Time of Issue: 21:20:00 hours IST
(Night)

ALL INDIA WEATHER SUMMARY AND FORECAST BULLETIN

Significant Weather Features

Weather Forecast and warning:

- Heavy rainfall accompanied with thunderstorm, lightning very likely at isolated places over Tamil Nadu during 9th-11th and over Kerala & Mahe on 10th and isolated **very heavy** rainfall over Tamilnadu on 10th January, 2026.

Forecast of minimum temperatures:

- No significant change in minimum temperature likely over northwest and northeast India.
- Gradual rise in minimum temperature over Central India by 2-3°C for next 3 days and thereafter no significant change.
- No significant change in minimum temperature likely over East India during 3 days, thereafter slight rise by about 2°C for subsequent 2 days and no significant change thereafter.
- No significant change in minimum temperature likely over Gujarat State for next 3 days and gradual rise by 2-3°C for subsequent 4 days.
- No significant change in minimum temperature likely over Maharashtra for next 24 hours and thereafter gradual rise by 2-3°C.

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, Haryana-Chandigarh during 08th-10th January and Dense fog in isolated pockets during 11th -14th January 2026.
- Dense to very dense fog** conditions very likely to prevail in morning hours in some parts over Uttar Pradesh on 8th January and Dense fog in isolated pockets during 9th -14th January 2026.
- Dense to very dense fog** conditions very likely to prevail in morning hours in some parts over East Rajasthan during 8th-10th and dense fog on 11th & 12th. Dense to very dense fog conditions very likely to prevail in morning hours in some parts West Rajasthan on 8th January and Dense fog in isolated pockets during 9th -11th January 2026.
- Dense fog** conditions also likely during morning hours in isolated/some pockets over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad and Madhya Pradesh till 10th; Himachal Pradesh, Uttarakhand, Assam & Meghalaya, Nagaland, Manipur, Mizoram & Tripura, Bihar till 12th; Odisha and Gangetic West Bengal till 8th; Sub-Himalayan West Bengal & Sikkim till 9th January, 2026.
- Cold day to severe cold day conditions** likely to prevail in isolated parts of East Rajasthan on 7th & 8th **Cold day conditions** in isolated/some pockets over Uttarakhand, Punjab, East Uttar Pradesh, Sub-Himalayan West Bengal & Sikkim, Jharkhand, Haryana Chandigarh & Delhi 7th & 8th; Gangetic West Bengal and West Uttar Pradesh on 7th; West Rajasthan during 7th -9th; East Rajasthan on 9th & 10th; Bihar during 7th -10th January, 2026.
- Cold wave** conditions very likely in isolated pockets of Himachal Pradesh, East Madhya Pradesh, Chhattisgarh, Odisha Jharkhand on 8th & 9th; Punjab, Haryana Chandigarh & Delhi during 8th -10th; Rajasthan during 9th -12th; January 2026.
- Ground frost conditions** very likely in isolated pockets over Uttarakhand during 7th -9th and Meghalaya on 7th & 8th January, 2026.

Wind Warning:

(a) Southeast Bay of Bengal and adjoining East Equatorial Indian Ocean:

Squally weather with wind speed reaching 40-50 gusting to 60 kmph is very likely to prevail on 7th & 8th January, 2026 and gradually decrease thereafter.

(b) Southwest Bay of Bengal and adjoining East Equatorial Indian Ocean:

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

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Squally weather with wind speed reaching 40 - 50 gusting to 60 kmph is very likely to prevail till morning of 8th January. Thereafter, the winds would gradually increase and squally winds with speed reaching 50-60 gusting to 70 kmph are likely to prevail during 8th morning to 9th morning. It would gradually decrease then, becoming 40-50 gusting to 60 kmph by 9th evening.

(c) Along & off Sri Lanka coast, Gulf of Mannar and adjoining Comorin Area:

Squally weather with wind speed reaching 35-45 gusting to 55 kmph is very likely to prevail on 7th January. It would gradually increase and squally winds speed reaching 40-50 gusting to 60 kmph are likely to prevail from 8th morning to 9th evening and gradually decrease thereafter.

(d) Along & off Tamil Nadu - Puducherry coasts

Squally weather with wind speed reaching 35-45 gusting to 55 kmph is very likely to prevail along and off South Tamil Nadu coast on 8th January and 40 – 50 gusting to 60 kmph on 9th January. It would gradually decrease from 10th January.

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 rough to very rough over most parts of southeast Bay of Bengal & adjoining East Equatorial Indian Ocea on 7th & 8th January, southwest Bay of Bengal during 7th to 10th January, along & off Sri Lanka coast, Gulf of Mannar and adjoining Comorin during 8th to 10th January, along & off Tamil Nadu-Puducherry coasts during 8th and 10th January and improve gradually thereafter.

Fishermen Warning:

Fishermen are advised not to venture into southeast Bay of Bengal & adjoining East Equatorial Indian Ocea on 7th & 8th January; southwest Bay of Bengal during 7th to 10th January; along & off Sri Lanka coast, Gulf of Mannar and adjoining Comorin, South Tamil Nadu coast during 8th to 10th January; along & off North Tamil Nadu-Puducherry coast during 9th and 10th January.



Main Weather Observations:

- ❖ **Rainfall distribution** (from 0830 hours IST to 1730 hours IST of today): **at many places** over Andaman & Nicobar Islands; **Dry** over rest of the country.
- ❖ **Fog Condition Observed (at 1730 hours of today): Moderate fog conditions:** at isolated places over East Uttar Pradesh **Shallow fog conditions:** at a few places over Punjab, at isolated places over East Uttar Pradesh, West Uttar Pradesh, Haryana Chandigarh & Delhi, West Rajasthan and East Rajasthan.
- ❖ **Visibility reported (at 1730 hours of today):** West Uttar Pradesh: Bulandshahr (dist Bulandshahr) , Aligarh (dist Aligarh) 500.0; Gangetic West Bengal: Basirhat (dist North 24 Parganas), Suri (dist Birbhum) Each; Odisha: Sundargarh (dist Sundargarh), Bolangir, Titlagarh (dist Balangir), Koraput (dist Koraput), Phulbani (dist Kandhamal), Chhatarpur (dist Ganjam), Rayagada-obs (dist Rayagada), Boudh (dist Boudh), Malkangiri-obs (dist Malkangiri), Paralakhemundi-obs (dist Gajapati) Each; East Uttar Pradesh: Barabanki (dist Barabanki) 200.0, Gorakhpur (dist Gorakhpur), Hardoi (dist Hardoi), Basti-obs (dist Basti), Ballia-obs2 (dist Ballia) 500.0 Each; West Rajasthan: Sriganganagar (dist Sri Ganganagar) 500.0; Punjab: Amritsar (rajasansi) AP (dist Amritsar), Ludhiana (dist Ludhiana) 500.0 Each; Haryana Chandigarh & Delhi: Ambala (dist Ambala) 500.0; East Rajasthan: Kota AP (dist Kota) 500.0;
- ❖ **Cold day to severe cold day** conditions prevailed in isolated pockets of Rajasthan, Uttar Pradesh and north Madhya Pradesh; **cold day** conditions prevailed in isolated pockets of Punjab, Haryana, Delhi and Bihar.
- ❖ **Minimum Temperature Departures (as on 07-01-2026):** appreciably below normal (-5.0°C to -3.1°C) at isolated places over Vidarbha, Telangana, North Interior Karnataka, Odisha, East Uttar Pradesh and East Rajasthan below normal (-3.0°C to -1.6°C) at isolated places over Madhya Pradesh, Saurashtra & Kutch, Marathawada, Bihar, Jharkhand and Gangetic West Bengal. **The lowest minimum temperature** of 3.3°C was observed **at Ambikapur (Chhattisgarh)** 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 and Rayalaseema; at isolated places over East Uttar Pradesh, Punjab and East Rajasthan. **appreciably below normal**(-5.0°C to -3.1°C) at few places over Bihar. **The highest maximum temperature** of 35.8°C is reported at KOTTAYAM (KERALA).

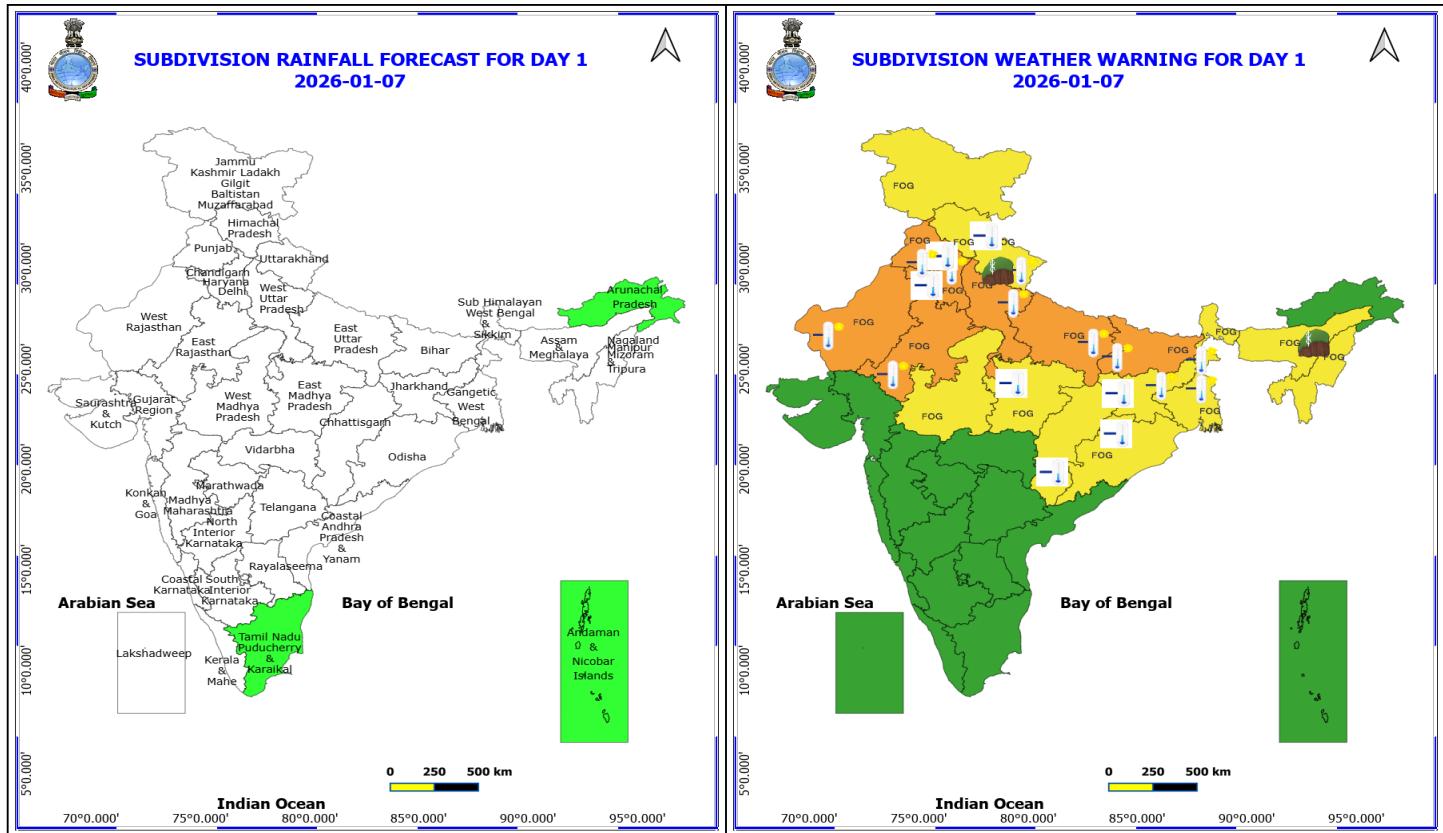


Meteorological Analysis (Based on 1730 hours IST)

- The **depression** over southeast Bay of Bengal and adjoining East Equatorial Indian Ocean moved nearly west-northwestwards with a speed of 18 kmph during past 6 hours and lay centred at 1730 hours IST of today, the 7th January, 2026 over southeast & adjoining areas of southwest Bay of Bengal and East Equatorial Indian Ocean, near latitude 5.0°N and longitude 86.8°E, about 570 km east-southeast of Pottuvil (Sri Lanka), 620 km east-southeast of Batticaloa (Sri Lanka), 710 km east-southeast of Trincomalee (Sri Lanka), 990 km southeast of Karaikal (Puducherry) and 1140 km south-southeast of Chennai (Tamil Nadu). It is very likely to intensify further into a **deep depression** during next 12 hours. It is very likely to move west-northwestwards initially across southwest Bay of Bengal during next 36 hours.
- The **Western disturbance** seen as a cyclonic circulation over Jammu & neighbourhood between 3.1 km & 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 north India.
- The **cyclonic circulation** over Tripura adjoining Bangladesh persists and now extends upto 1.5 km above mean sea level.

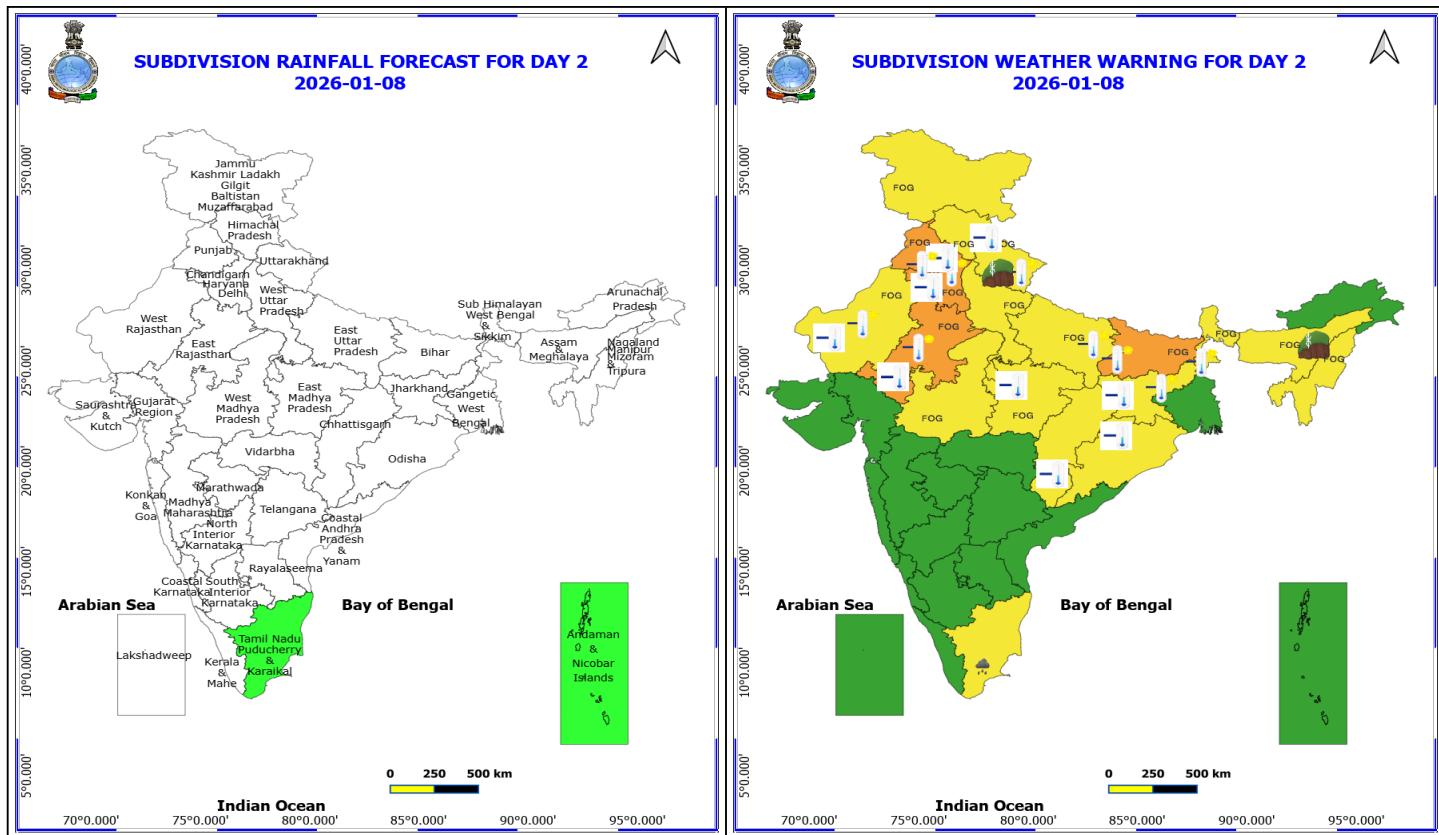
Weather Outlook for subsequent 3 days

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



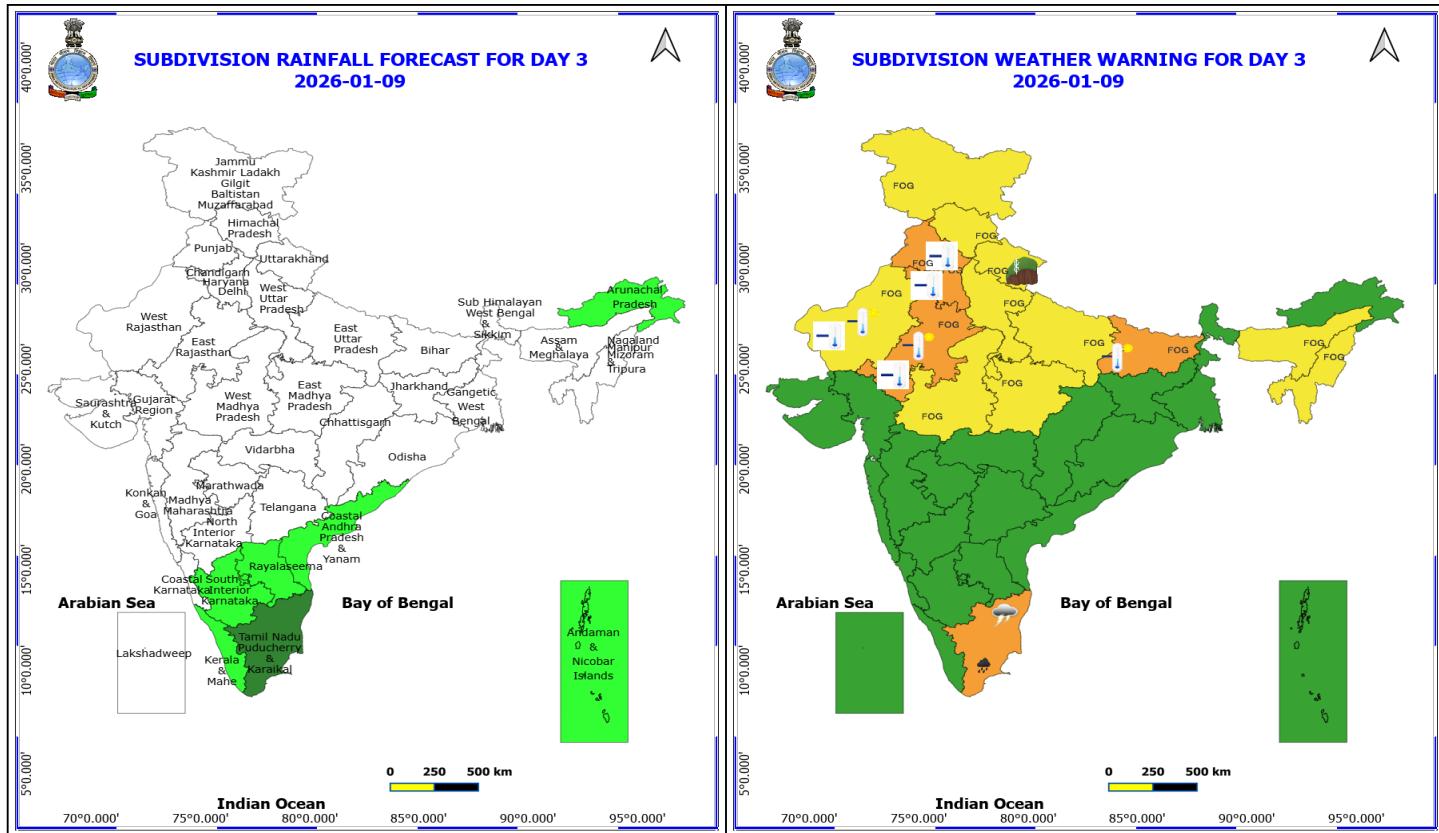
7 January (Day 1)

- ❖ **Cold wave conditions** very likely at isolated places over Chhattisgarh, East Madhya Pradesh, Haryana, Chandigarh & Delhi, Himachal Pradesh, Jharkhand, Odisha and Punjab.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar, Haryana, Chandigarh & Delhi, Jharkhand, Punjab, Uttar Pradesh, Uttarakhand, West Bengal & Sikkim 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, 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 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.



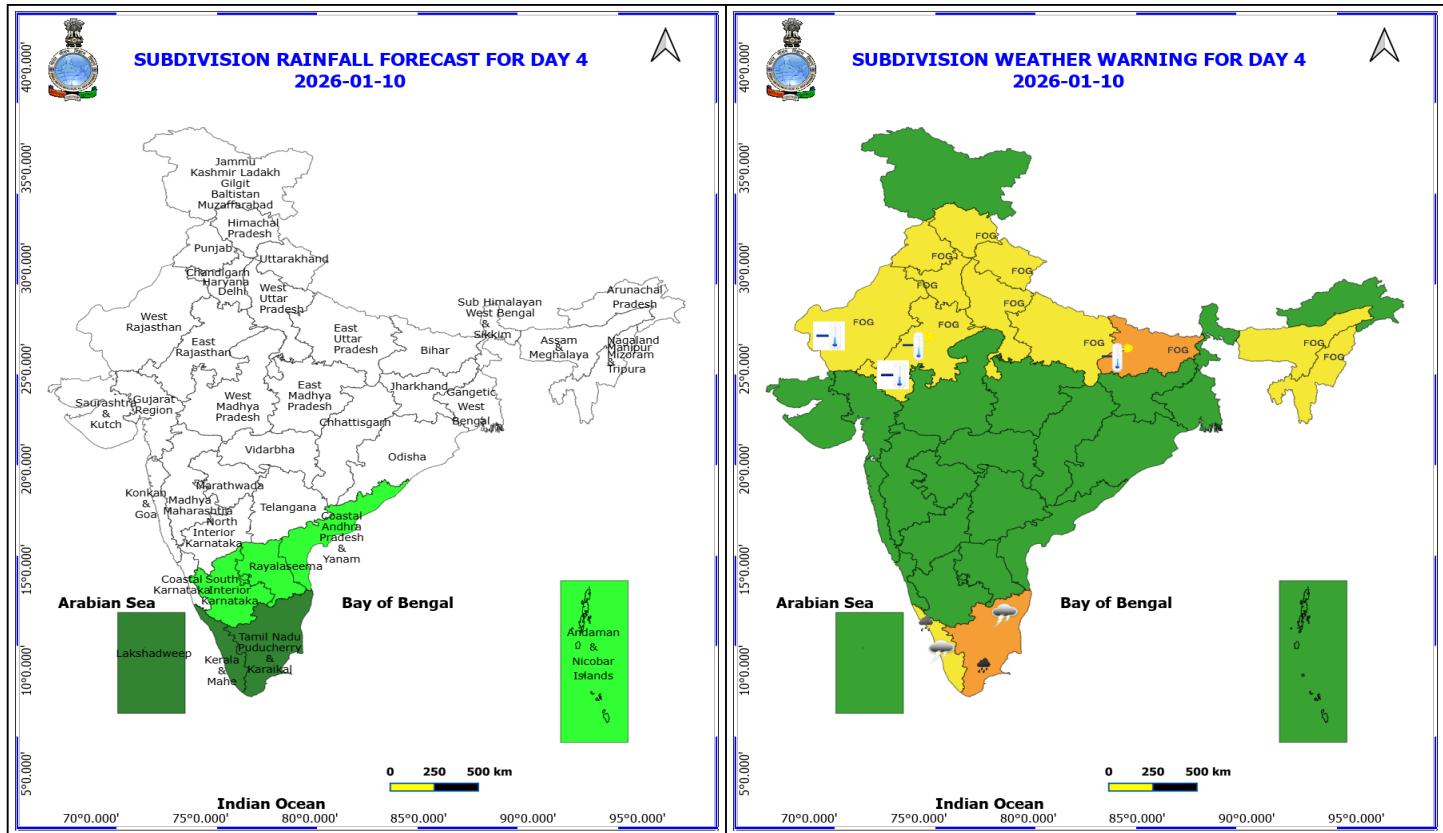
8 January (Day 2)

- ❖ **Heavy Rainfall** 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, Odisha, Punjab and Rajasthan.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar, East Uttar Pradesh, Haryana, Chandigarh & Delhi, Jharkhand, Punjab, Sub Himalayan West Bengal & Sikkim, 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, Himachal Pradesh, Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad, Madhya Pradesh, Nagaland, Manipur, Mizoram and Tripura, Sub Himalayan West Bengal & Sikkim, Uttar Pradesh, Uttarakhand 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 3)

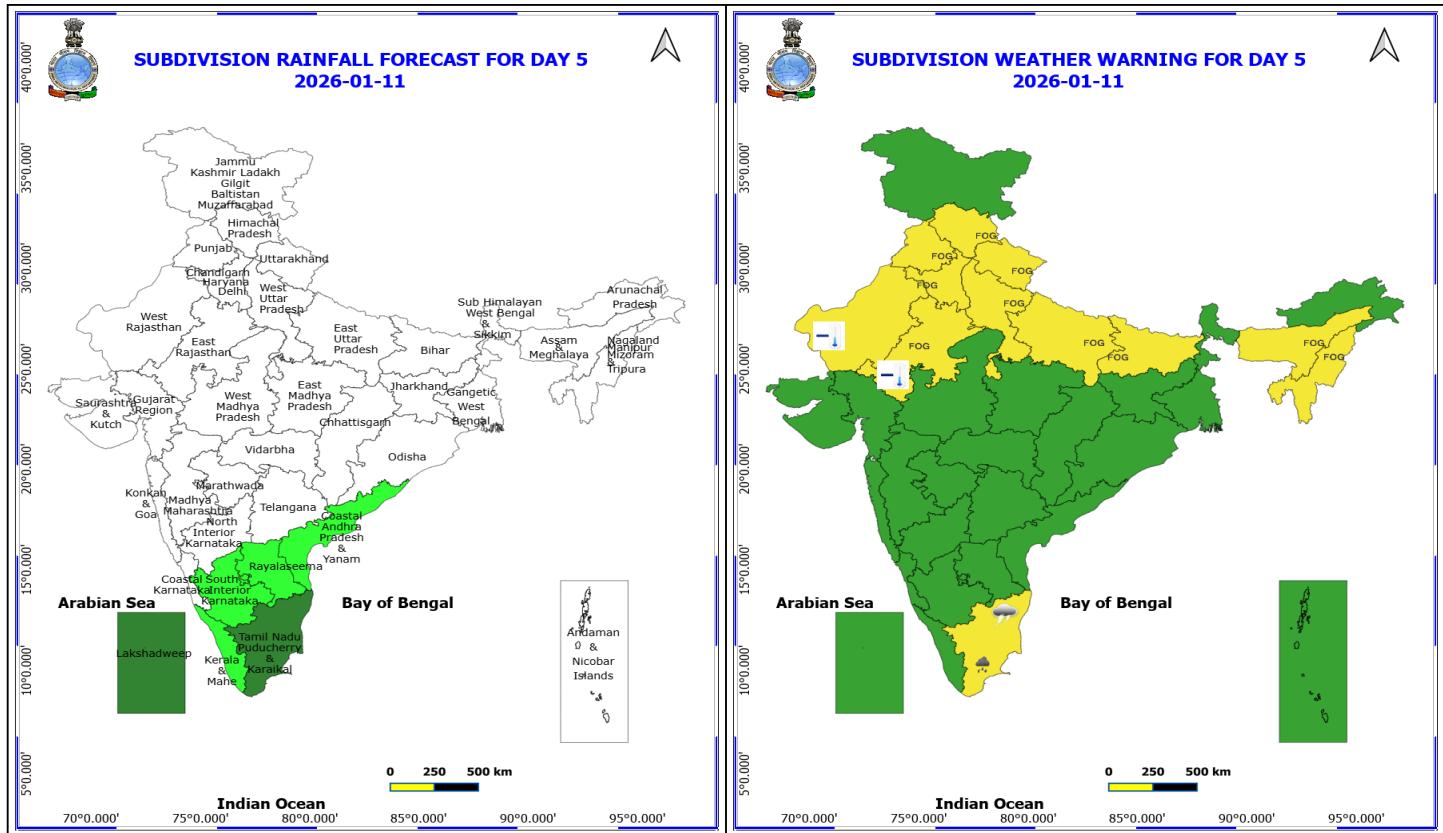
- ❖ **Heavy to Very Heavy Rainfall** very likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Thunderstorm accompanied with Lightning** very likely at isolated places over Tamil Nadu Puducherry & Karaikal.
- ❖ **Cold wave conditions** very likely at isolated places over Haryana, Chandigarh & Delhi, Punjab and Rajasthan.
- ❖ **Cold Day conditions** very likely at isolated places over Bihar and Rajasthan.
- ❖ **Ground Frost** very likely at isolated places over Uttarakhand.
- ❖ **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 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, southeast Bay of Bengal, over Gulf of Mannar and adjoining some parts of Comorin area, along and off Tamil Nadu coast.



10 January (Day 4)

- ❖ **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 Kerala & Mahe and Tamil Nadu Puducherry & Karaikal.
- ❖ **Cold wave conditions** likely at isolated places over Rajasthan.
- ❖ **Cold Day conditions** likely at isolated places over Bihar and East Rajasthan.
- ❖ **Dense Fog** likely at isolated places over Assam & Meghalaya, Bihar, Haryana, Chandigarh & Delhi, Himachal Pradesh, Nagaland, Manipur, Mizoram and Tripura, Punjab, Rajasthan, Uttar Pradesh and Uttarakhand.

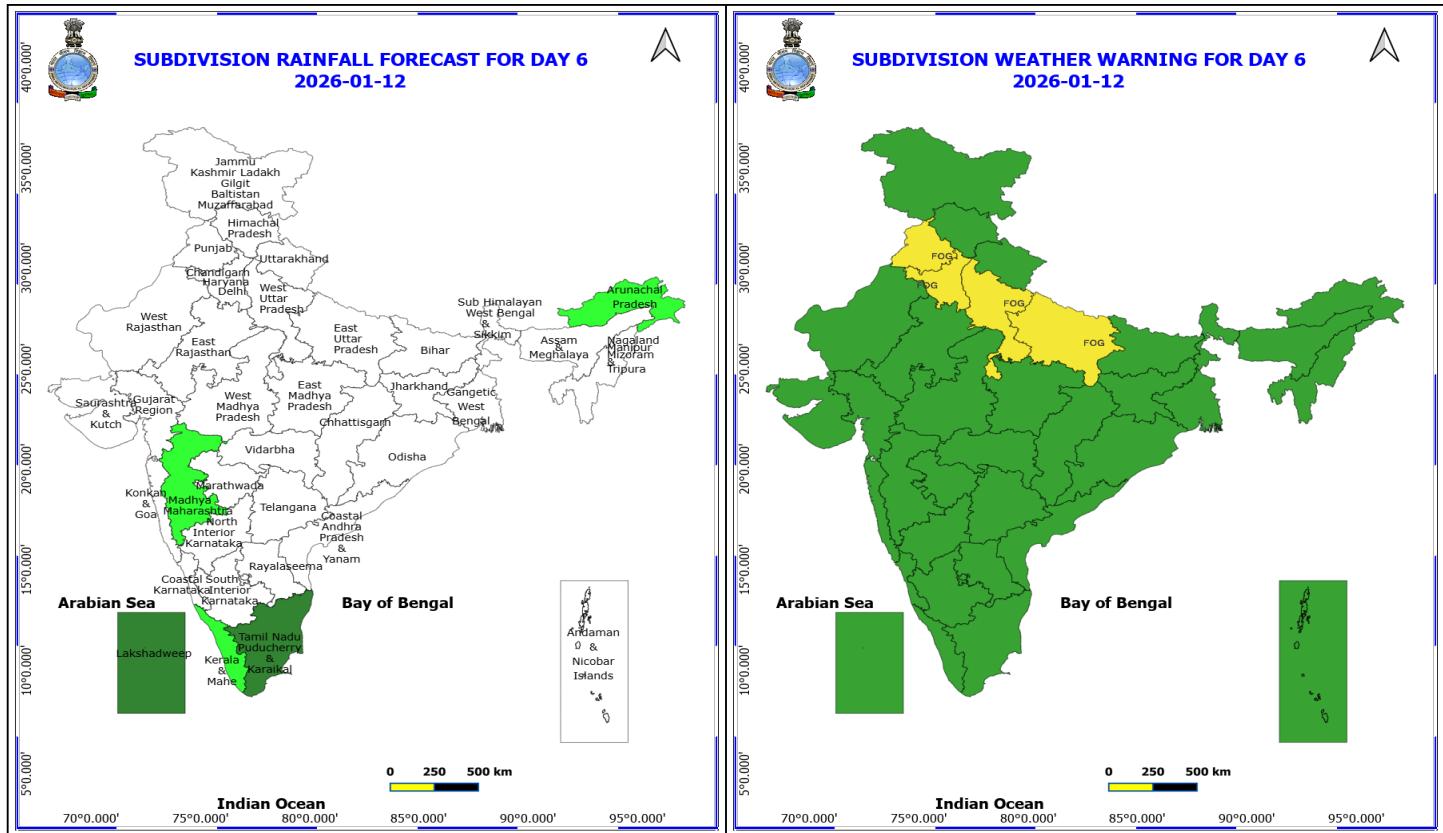
No Fishermen Warning



11 January (Day 5)

- ❖ **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 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, Nagaland, Manipur, Mizoram and Tripura, Punjab, Uttar Pradesh and Uttarakhand.

No Fishermen Warning



12 January (Day 6)

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

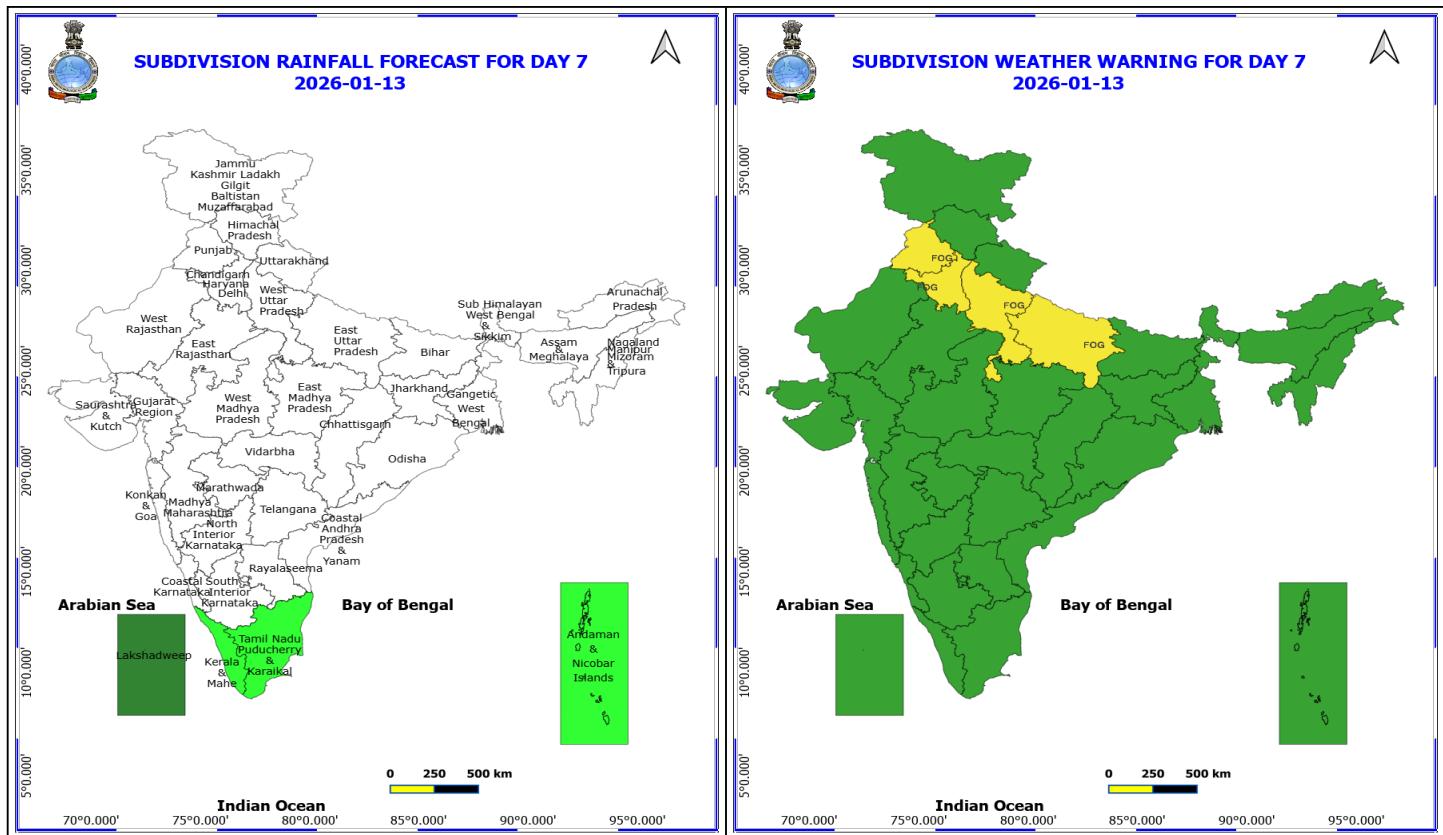
No Fishermen Warning

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13 January (Day 7)

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

No Fishermen Warning



Table-1

7 Days Rainfall Forecast

S.No.	Subdivision	7- Jan	8- Jan	9- Jan	10- Jan	11- Jan	12- Jan	13- Jan
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	ANDAMAN & NICOBAR ISLANDS	ISOL	ISOL	ISOL	ISOL	DRY	DRY	ISOL
2	ARUNACHAL PRADESH	ISOL	DRY	ISOL	DRY	DRY	ISOL	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	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	DRY	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	ISOL	DRY	DRY
29	TELANGANA	DRY	DRY	DRY	DRY	DRY	DRY	DRY
30	RAYALASEEMA	DRY	DRY	ISOL	ISOL	ISOL	DRY	DRY
31	TAMILNADU & PUDUCHERRY	ISOL	ISOL	SCT	SCT	SCT	SCT	ISOL
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	ISOL	ISOL	ISOL	DRY	DRY
35	KERALA	DRY	DRY	ISOL	SCT	ISOL	ISOL	ISOL
36	LAKSHDWEEP	DRY	DRY	DRY	SCT	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 2026-01-07

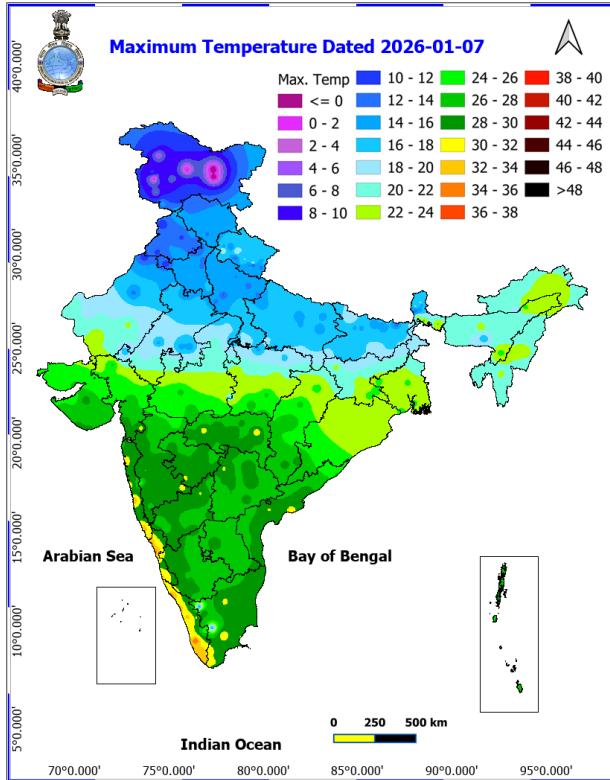


Fig. 2: Departure of Maximum Temp. Dated 2026-01-07

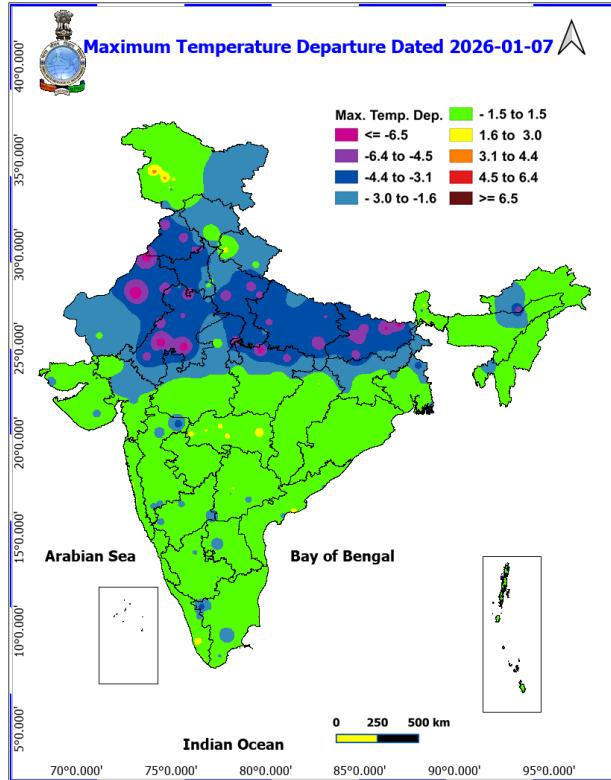


Fig. 3: Minimum Temperatures Dated 2026-01-07

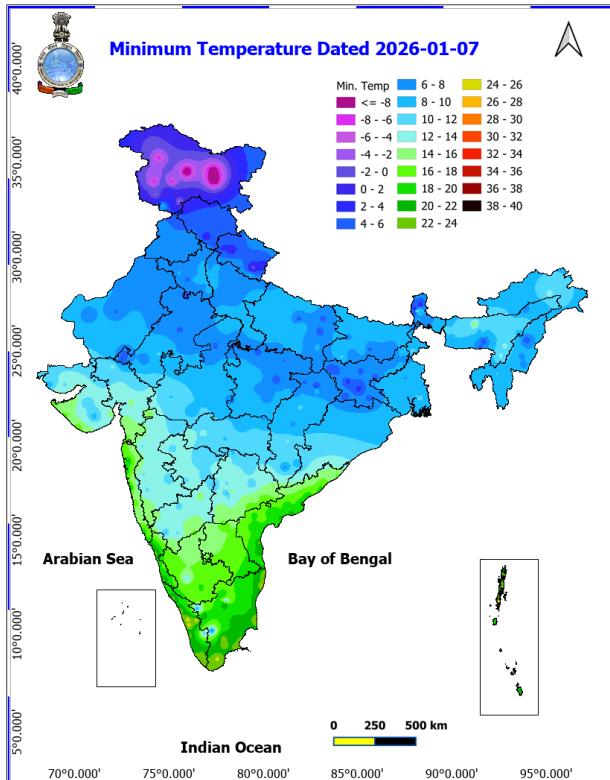
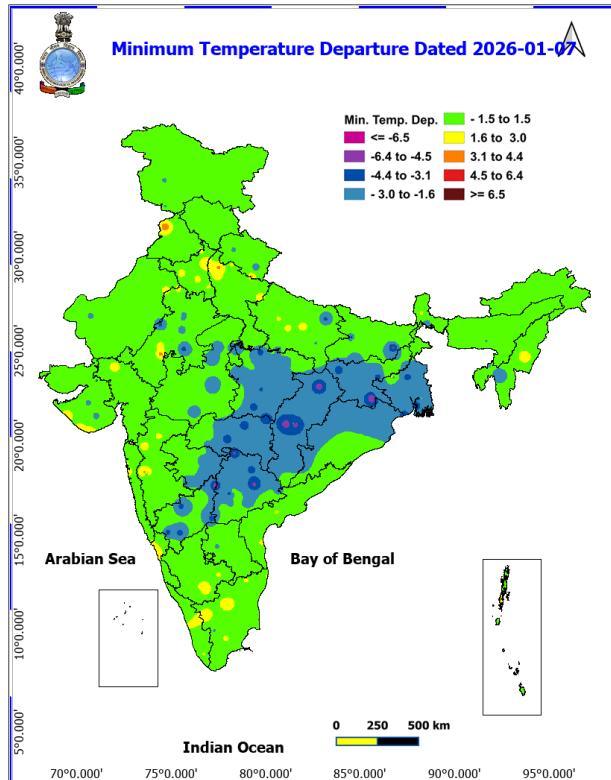


Fig. 4: Departure of Minimum Temp. Dated 2026-01-07

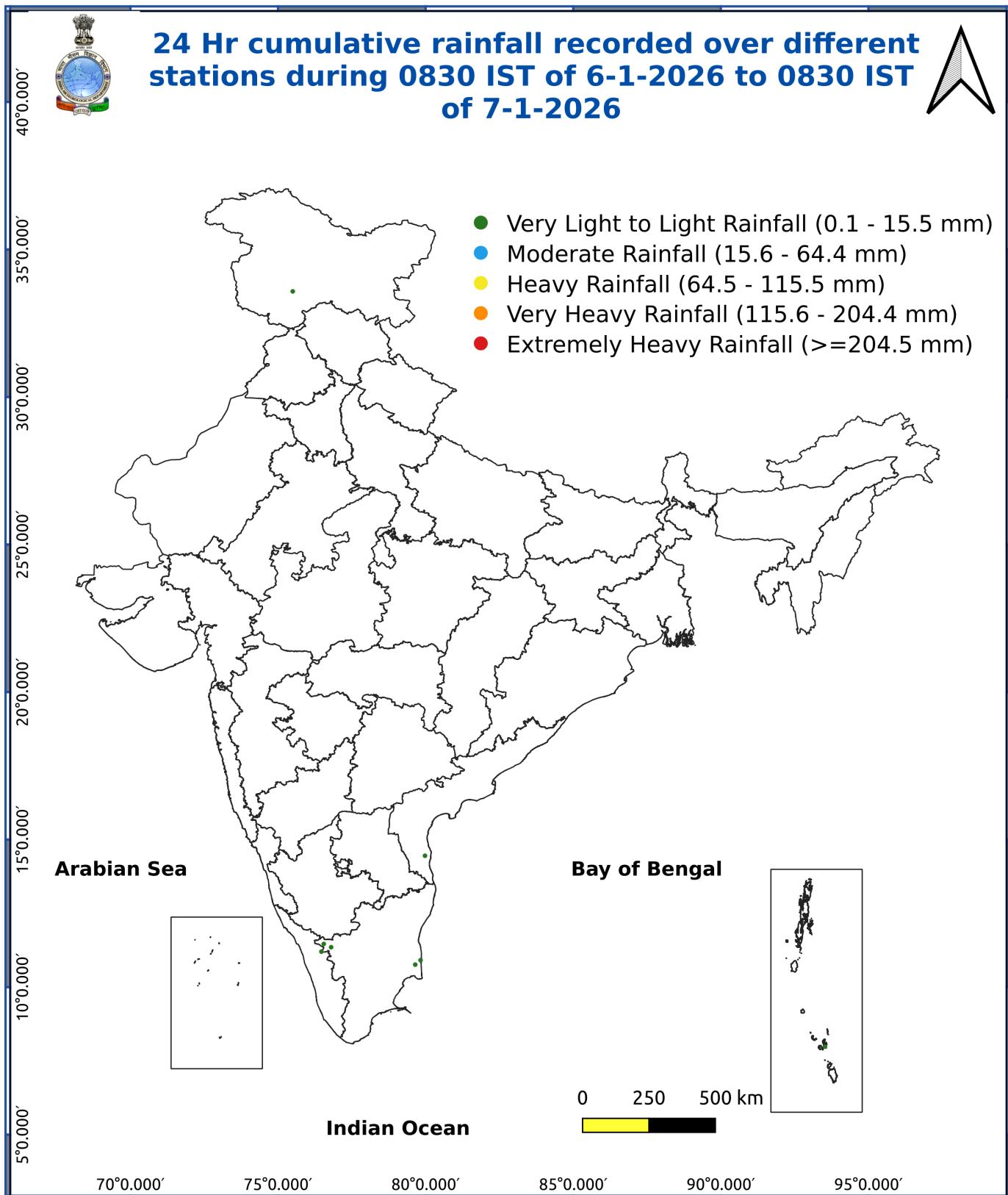


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Impact and Actions

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, Haryana-Chandigarh during 08th-10th January and Dense fog in isolated pockets during 11th -14th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in some parts over Uttar Pradesh on 8th January and Dense fog in isolated pockets during 9th -14th January 2026.
- **Dense to very dense fog** conditions very likely to prevail in morning hours in some parts over East Rajasthan during 8th -10th and dense fog on 11th & 12th. Dense to very dense fog conditions very likely to prevail in morning hours in some parts West Rajasthan on 8th January and Dense fog in isolated pockets during 9th -11th January 2026.
- **Dense fog** conditions also likely during morning hours in isolated/some pockets over Jammu-Kashmir-Ladakh-Gilgit-Baltistan-Muzaffarabad and Madhya Pradesh till 10th; Himachal Pradesh, Uttarakhand, Assam & Meghalaya, Nagaland, Manipur, Mizoram & Tripura, Bihar till 12th; Odisha and Gangetic West Bengal till 8th; Sub-Himalayan West Bengal & Sikkim till 9th 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.

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Impact expected due to Cold Wave conditions:

Cold wave conditions very likely in isolated pockets of Himachal Pradesh, East Madhya Pradesh, Chhattisgarh, Odisha Jharkhand on 8th & 9th; Punjab, Haryana Chandigarh & Delhi during 8th -10th; Rajasthan during 9th -12th; 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 to severe cold day conditions likely to prevail in isolated parts of East Rajasthan on 7th & 8th **Cold day conditions** in isolated/some pockets over Uttarakhand, Punjab, East Uttar Pradesh, Sub-Himalayan West Bengal & Sikkim, Jharkhand, Haryana Chandigarh & Delhi 7th & 8th; Gangetic West Bengal and West Uttar Pradesh on 7th; West Rajasthan during 7th -9th; East Rajasthan on 9th & 10th; Bihar during 7th -10th 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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- 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 **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.

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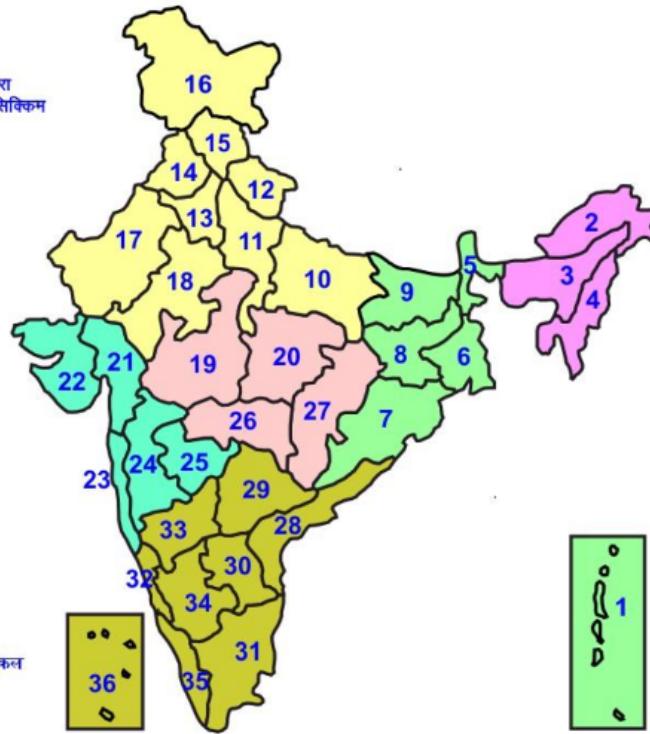
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LEGENDS

- अंडमान और निकोबार ह्वाई समुद्र
- अरुणाचल प्रदेश
- असम और मेघालय
- नागालैंड मणिपुर शीजोरग और त्रिपुरा
- उप हिमालय परिवेश बंगाल एवं सिक्किम
- परिवेश गंगाय बंगाल
- ओडिशा
- झारखण्ड
- बिहार
- पूर्णी उत्तर प्रदेश
- परिवेश उत्तर प्रदेश
- उत्तराखण्ड
- हरियाणा चंडिगढ़ एवं दिल्ली
- पंजाब
- हिमाचल प्रदेश
- जम्मू एवं कश्मीर एवं लद्दाख
- परिवेश राजस्थान
- पूर्णी राजस्थान
- परिवेश मध्य प्रदेश
- पूर्णी मध्य प्रदेश
- गुजरात बोत्र
- सोलान्द्र एवं कच्छ
- कोकण एवं गोवा
- मध्य महाराष्ट्र
- मध्याचाला
- विदर्भ
- छत्तीसगढ़
- तटीय आध्र प्रदेश एवं बनग
- तेलंगाना
- रायलसीना
- तामिलनाडु, पुन्नेरी एवं कर्नाटक
- तटीय कर्नाटक
- आंतरिक उत्तरी कर्नाटक
- आंतरिक दक्षिणी कर्नाटक
- केरल एवं माहे
- लखाड़ीप



- Andaman & Nicobar Islands
- Arunachal Pradesh
- Assam & Meghalaya
- Nagaland, Manipur, Mizoram & Tripura
- Sub-Himalayan West Bengal & Sikkim
- Gangetic West Bengal
- Orissa
- Jharkhand
- Bihar
- East Uttar Pradesh
- West Uttar Pradesh
- Uttarakhand
- Haryana, Chh & Delhi
- Punjab
- Himachal Pradesh
- Jammu & Kashmir and Ladakh
- West Rajasthan
- East Rajasthan
- West Madhya Pradesh
- East Madhya Pradesh
- Gujarat
- Saurashtra
- Konkan & Goa
- Madhya Maharashtra
- Marathwada
- Vidarbha
- Chhattisgarh
- Coastal Andhra Pradesh & Yanam
- Telangana
- Rayalseema
- Tamilnadu, Puducherry & Karaikal
- Coastal Karnataka
- North Interior Karnataka
- South Interior Karnataka
- Kerala & Mahe
- Lakshadweep

SPATIAL DISTRIBUTION (% of Stations reporting)

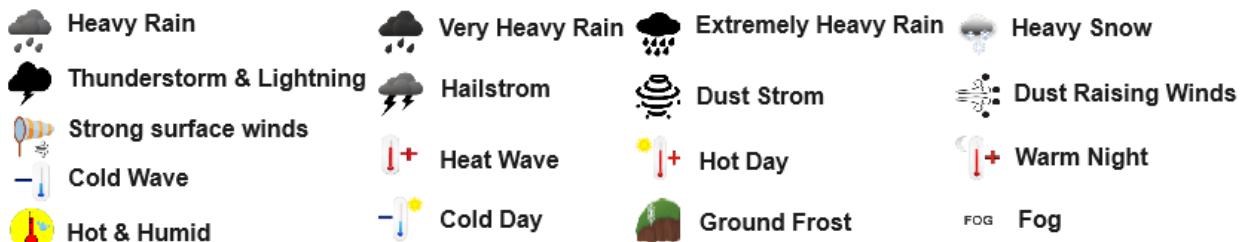
% Stations	Category	% Stations	Category
76-100	Widespread (WS/Most Places)	26-50	Scattered (SCT/ A Few Places)
51-75	Fairly Widespread (FWS/ Many Places)	1-25	Isolated (ISOL)

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



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

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