

# IMD Issues Comprehensive Heatwave Guidance as Temperatures Rise Across Regions

## Heatwave Conditions Likely Over Northwest, Central and Peninsular India: IMD

### Citizens Advised Precautionary Measures; Detailed Guidance Available Online

Posted On: 25 APR 2026 2:24PM by PIB Delhi

The India Meteorological Department under the Ministry of Earth Sciences has issued detailed heatwave guidance and advisories as several parts of the country continue to experience rising temperatures and above-normal conditions.

As per the latest assessment, maximum temperatures in many parts of northwest, central and peninsular India are currently ranging between 40°C to 44°C, with the highest temperature of 44.5°C recorded at Sri Ganganagar (Rajasthan). In several regions, temperatures have been observed to be markedly above normal by 5°C or more, indicating a developing heat stress scenario across parts of the country.

The IMD has indicated that heatwave conditions are very likely to develop in isolated pockets of Jammu & Kashmir, Himachal Pradesh, Punjab, Haryana, Chandigarh & Delhi, Uttar Pradesh, Rajasthan and central India over the coming days. At the same time, hot and humid conditions are expected over coastal and eastern regions, while warm night conditions are likely in parts of north India, which may further increase discomfort levels and health risks.

The department has further projected that there will be no significant change in maximum temperatures **over northwest India till 27th April, followed by a gradual fall**, while central and other regions may witness a gradual rise and subsequent decline in temperatures during the forecast period.

In view of the prevailing and forecasted conditions, IMD has issued comprehensive heatwave safety guidelines and advised citizens to take necessary precautions. These include avoiding prolonged exposure to direct sunlight, especially during peak afternoon hours, staying adequately hydrated, wearing light and breathable clothing, and avoiding strenuous outdoor activities during high-temperature periods. Special care has been advised for vulnerable groups such as children, the elderly and individuals with pre-existing health conditions.

The IMD has emphasised that early awareness and preventive action are critical in reducing heat-related illnesses such as heat exhaustion and heat stroke. The IMD's extended outlook indicates that **heatwave conditions are likely to persist across multiple regions over the next 7 days**, particularly in parts of:

- Northwest India (Punjab, Haryana, Delhi, Rajasthan, Uttar Pradesh)
- Central India (Madhya Pradesh, Chhattisgarh, Vidarbha)

- Select southern regions (Kerala & Mahe)

In addition, **hot and humid weather conditions** are expected in coastal states, including Odisha, West Bengal, Tamil Nadu and Andhra Pradesh, while **warm night conditions** may continue in northern plains, compounding heat stress during nighttime.

According to IMD's **seasonal outlook for April to June 2026**, above-normal heatwave days are likely over parts of east, central and northwest India and the southeast peninsula, underscoring the need for continued preparedness and mitigation measures during the ongoing hot weather season.

The IMD has made **comprehensive heatwave guidance**, including do's and don'ts, preparedness measures and sector-specific advisories, available on its official website for public access and dissemination at [https://mausam.imd.gov.in/responsive/heatwave\\_guidance.php](https://mausam.imd.gov.in/responsive/heatwave_guidance.php). The guidance is aimed at supporting individuals, communities and local administrations in minimising health risks and enhancing resilience against extreme heat conditions.

The IMD continues to closely monitor temperature trends and issue timely forecasts and warnings, and citizens are advised to remain updated through official sources and adhere to the prescribed safety measures.

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(Release ID: 2255487) Visitor Counter : 912

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