

# COLD WAVE

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## COLD WAVE

**Context:** The National Programme on Climate Change and Human Health (NPCCHH), under the Ministry of Health and Family Welfare, has issued an advisory following a dip in night temperatures across Telangana and other states.

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### What is a Cold Wave?

- **Definition:** A cold wave is a significant temperature drop below the normal climatological value for a region.
  - **Criteria (as per IMD):**
    - **Plains:**
      - Minimum temperature is **10°C or less**.
      - Negative departure from normal is **4.5°C to 6.4°C** (Cold Wave).
      - Departure of **more than 6.4°C** is considered a **Severe Cold Wave**.
    - **Hilly Regions:**
      - Minimum temperature is **0°C or less**.
    - **Coastal Areas:**
      - Minimum temperature is **15°C or less**, with a negative departure of **4.5°C or more**.
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### Season and Affected Regions

- **Cold Wave Season:** Extends from **November to March**, with peak events in **December and January**.
  - **Core Cold Wave Zone (States and UTs):**
    - Telangana, Punjab, Himachal Pradesh, Uttarakhand, Jammu and Kashmir, Ladakh, Delhi, Haryana, Rajasthan, Uttar Pradesh, Gujarat, Madhya Pradesh, Chhattisgarh, Bihar, Jharkhand, West Bengal, and Odisha.
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### Who is Most Vulnerable?

Certain population groups are at higher risk due to prolonged cold exposure:

- **Homeless individuals**
- **Elderly population**

- Economically disadvantaged groups
  - Pregnant and lactating women
  - Children
  - Outdoor workers and farmers
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### Health Risks from Cold Waves

- **Severe Health Issues:**
    - **Hypothermia:** A dangerous drop in body temperature.
    - **Frostbite:** Freezing of skin and underlying tissues.
  - **Non-Freezing Cold Injuries:**
    - **Immersion Foot:** Caused by prolonged exposure to cold, wet conditions.
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**Precautionary measures are crucial, especially for vulnerable groups, to prevent these cold-related health risks.**



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