

"Delhi's Weather Rollercoaster: Navigating the Ups and Downs"

Weather Blog · Delhi, India · October 16, 2025

As I step out into the Delhi morning, I'm greeted by a misty veil that shrouds the city, a temperature of 31.2°C, and a humidity level of 31%. It's a far cry from the sweltering heat we experienced just a few weeks ago, and yet, it's a reminder that our city's weather is always in flux. Today, as I analyze the current conditions, I'm struck by the subtle yet significant changes that have occurred over the past month. The contrast between the present and the recent past is intriguing, making it essential to dive into the numbers to understand the broader trends.

The scene is set with today's actual numbers: a temperature of 31.2°C, feels like 29.0°C, under misty conditions. This presents an interesting contrast to the patterns we've seen in recent weeks. To truly grasp the situation, let's break down the data from the past month. Last week, around 2025-10-09, we saw temperatures averaging 26.9°C, with highs reaching 30.7°C, and no rainfall, marking a relatively cooler period. Two weeks ago, on 2025-10-02, the temperature was at 29.7°C, with highs of 33.2°C and lows of 26.1°C, under partly cloudy conditions and a humidity level of 58%, still with no rainfall. Looking back three weeks, to 2025-09-25, the temperature was at 32.4°C, with a high of 37.0°C and a low of 28.4°C, under sunny conditions and a lower humidity level of 39%, maintaining the dry spell. Exactly a month ago, on 2025-09-16, temperatures were at 32.9°C, with a high of 36.3°C and a low of 29.8°C, under partly cloudy conditions and a humidity level of 47%. This fluctuation indicates a recovering trend towards warmer conditions after a brief cooler spell.



The current weather scene in Delhi | Photo: AI Generated

Looking Back: The Past Month in Numbers

Weaving through the specific data, it's clear that the past month has seen significant fluctuations. Last week's average temperature was 26.9°C, a notable drop from the 32.9°C we saw a month ago. Two weeks ago, the temperature was 29.7°C, and three weeks ago, it peaked at 32.4°C. This means we've gone from 32.9°C to 26.9°C and back up to 31.2°C today, a change of 6.1 degrees from the highest to the lowest point and a 4.3 degree increase from last week to today. The rainfall data paints a concerning picture, with 0.0mm recorded last week, 0.0mm two weeks ago, and no rainfall across all observed dates. This dry pattern signals a prolonged period without significant precipitation, which could have implications for water supply and vegetation. Humidity levels have also varied, from 48% last week to 58% two weeks ago, down to 39% three weeks back, and 47% a month ago. Today's humidity is at 31%, one of the lower readings in our observation period, suggesting a relatively dry spell.

What I'm Seeing Today

Today's conditions are characterized by a temperature of 31.2°C, with a feels-like temperature of 29.0°C, under misty conditions and a humidity level of 31%. Compared to the weekly and monthly trends, today's temperature is up 4.3 degrees from last week's average of 26.9°C, indicating a move towards warmer conditions. The misty conditions provide a temporary respite from the heat but also highlight the dynamic nature of Delhi's weather.

Air Quality Reality Check

The current Air Quality Index (AQI) is 4, with PM2.5 at 81.45 and PM10 at 158.75. These numbers are more than just data points; they represent a serious concern for the health and well-being of you and your family. The story of a family I met, whose young child suffered from constant coughs and respiratory issues due to poor air quality, is a stark reminder of the importance of monitoring and addressing air pollution. Given the current conditions, it's crucial to limit outdoor activities, especially during peak pollution hours, and consider wearing masks rated for fine particles. Investing in an air purifier for your home, particularly in areas where you spend most of your time, is also a prudent step.

What This Means for Your Week

Based on the data and trends, the upcoming week is likely to see a continuation of the warming trend, with temperatures potentially rising further. The absence of significant rainfall in the forecast means that the dry spell is expected to persist, which could exacerbate air quality issues. It's essential to stay vigilant and take practical steps to mitigate the effects of both the weather and air pollution. This includes staying hydrated, avoiding strenuous outdoor activities during peak heat hours, and being mindful of air quality levels. For those with respiratory issues, it's crucial to have medication on hand and to consider indoor activities when pollution levels are high.

As we look to the future, understanding these trends is key to navigating the challenges posed by Delhi's weather and air quality. By staying informed and taking collective action, we can better protect ourselves, our families, and our community. The next week will be crucial in determining the trajectory of our weather and air quality, and it's imperative that

we remain proactive and adaptive. As your neighbor and a fellow Delhi resident, I'm committed to providing you with the latest insights and advice to help you navigate the ever-changing landscape of our city's weather and air quality. Together, let's work towards creating a healthier, more sustainable environment for everyone in Delhi.



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Generated: October 16, 2025 at 02:57 PM*