Weather in January

January the same as December is a moderately hot winter month in Kurunegala district. Average temperature varying between 29.3°C (84.7°F) and 19°C (66.2°F). The average low- temperature. The heat index that combines air temperature and relative humidity to determine the human perceived temperature equivalent. This effect is individual with diverse people perceiving weather differently for numerous reasons (wind, metabolic differences, pregnancy) The human body cools itself through perspiration, as excessive warmth is removed from the body through sweat evaporation. When heat gain exceeds the level the body can remove. Body temperature begins to rise, and heat- related illnesses and disorders may develop.

Weather in February

The last month of the winter February is topical month in kurunagala district. Average temperature fluctuating between 18.9°C (66°F) and 30.7°C (87.3°F). The human body normally cools itself by perspiration. Excessive warmth is eliminated from the body by evaporation of seat. A higher relative humidity affects normal body cooling by reducing the evaporation rate. Body temperature begins to increase and consequently overheating and dehydration can occur, with varying severity.

Weather in March

The first month of the spring, is still a tropical month in kurunagala. Average temperature ranging between max 32.8°C (91°F) and min 19.9°C (67.8°F). This effect is individual with diverse people perceiving weather differently for numerous reasons (metabolic differences, differences in body mass, height, and shape. )Heat index values are especially crucial for babies and toddlers. Young children are generally more endangered than adults,

References

<https://www.weather-atlas.com/en/sri-lanka/kurunegala-climate?c,mm,mb,km#temperature>

Temperature

The mean annual temperature over Sri Lanka, which lies within latitudes 6 deg N and of approximately 10 deg N and longitudes of approximately 80 deg E and 82 deg E, is about 27.5 degC over the lowlands. The oceanic influence (the maximum width of the Island being only 225 kilometers) helps to reduce the temperature in lowlands by sea breeze. The highlands in the central region enjoy a cooler climate with a mean temperature of 18 deg C.

Temperature decreases at a steady rate of about 6.5 deg C for each 1,000 metre rise. Thus, at Kandy, which is 488 metres above mean sea level, the mean annual temperature is about 24.5 deg C; at Diyatalawa, (1,250 metres above mean sea level) the mean annual temperature is about 20.2 deg C, and at Nuwara-Eliya, where the elevation is 1895 metres, the mean annual temperature is about 15.8 deg C.

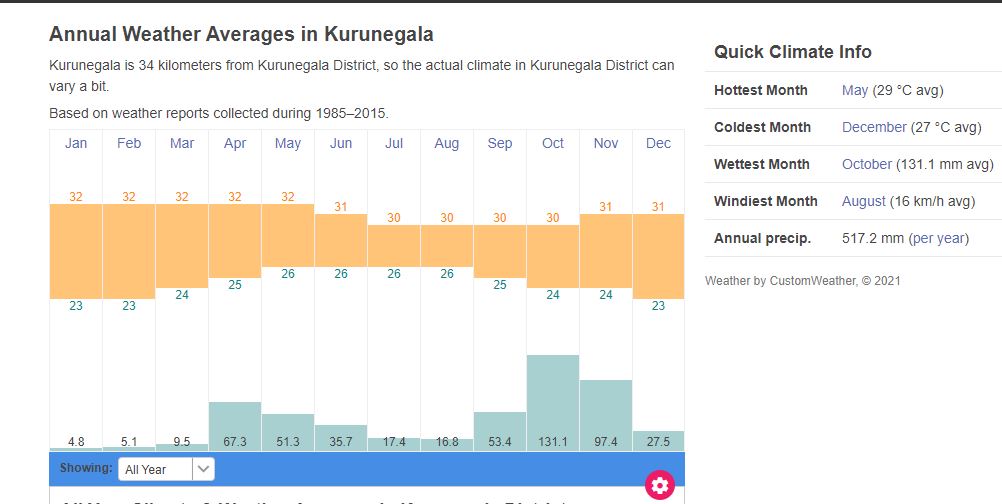
A noteworthy feature in many parts of Sri Lanka is the small variation in the mean monthly temperatures throughout the year. On average, the mean temperature of 25.0 deg C during the coolest months, November to February, is only 2.4 deg C lower than that during the warmest months April and May.

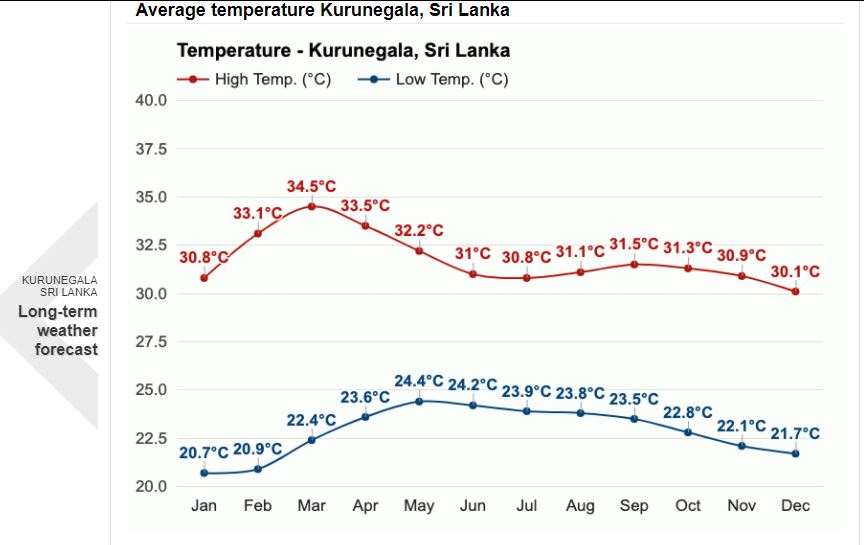
Higher temperatures are experienced generally in the Northern, North - central and Eastern regions of the Island and range between 33.3 deg C and 34.7 deg C, on average.

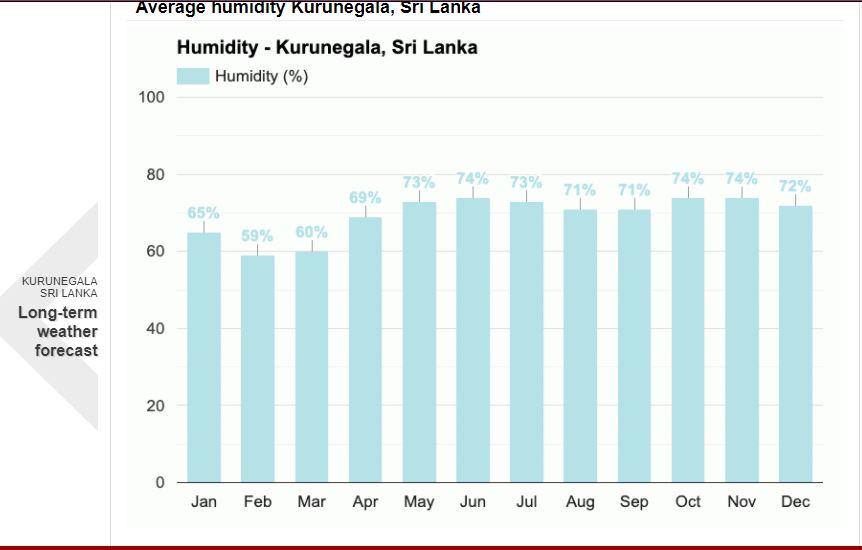
Lower temperatures are experienced during the early hours of the day, a little before dawn. Along the coast, these temperatures occur during December and January and range between 21.0 deg C and 24.2 deg C, on average. At NuwaraEliya the average maximum temperature is 22.8 deg C in April (highest) and the average minimum temperature is 9.4 deg C in January (lowest). The minimum temperature at NuwaraEliya falls below the freezing point (0 deg C) only very occasionally.

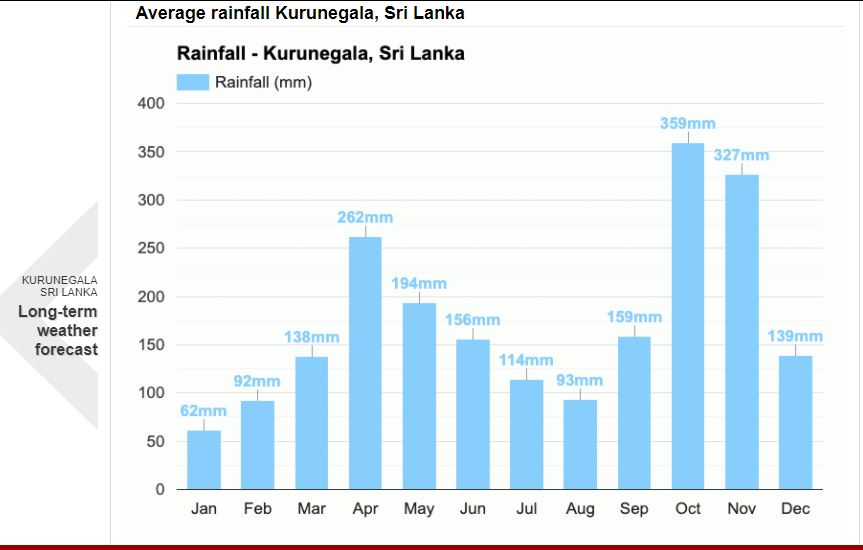
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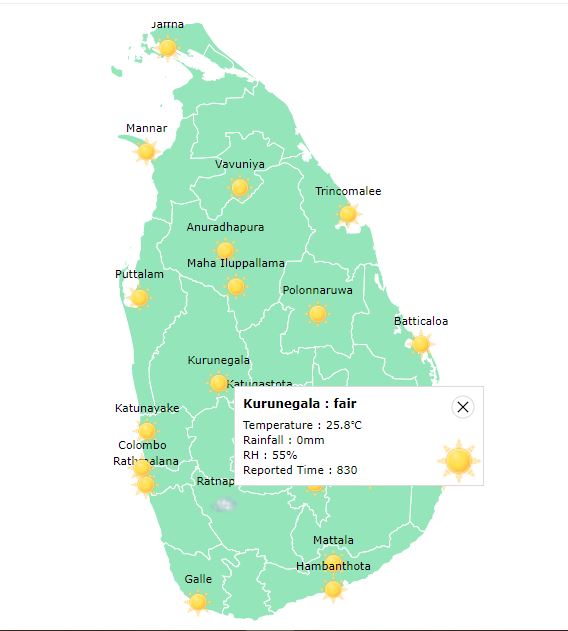
 (<http://www.statistics.gov.lk/abstract2019/CHAP1>)

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