TENTATIVE SCHEDULE

Virtual Training Programme

on

Extreme Cold Wave: Preparedness and Risk Reduction

Date: 11th December 2026

Time: 14:30 hrs – 16:30 hrs

1. Programme Schedule

Session	Topic	Suggested Speaker	Time
–	Opening Remarks and Introduction	GIDM	5 minutes
1.	Understanding Extreme Cold Waves: Meteorological Risks, Impacts and Vulnerabilities	IMD	50 minutes
2.	Cold Wave Preparedness, Health Protection and Response Strategies	Public Health Expert	50 minutes
–	Interactive Q&A and Closing Remarks	GIDM	15 minutes

2. Session Plan

Sr. No.	Session	Details
1.	**Session–01 (14:35 hrs – 15:25 hrs)**	• Understanding cold waves: definition, characteristics and meteorological conditions. • Factors contributing to extreme cold-wave events and regional weather patterns. • Cold-wave monitoring, forecasting and early warning systems. • Impacts on human health, agriculture, livestock, livelihoods and essential infrastructure. • Identification of vulnerable geographical areas and at-risk populations.
2.	**Session–02 (15:25 hrs – 16:15 hrs)**	• Health impacts of extreme cold • Preventive healthcare measures and first response to cold exposure. • Protection of older persons, children, homeless populations and outdoor workers and community preparedness, public awareness and early warning dissemination. • Interdepartmental coordination and cold-wave response planning.

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