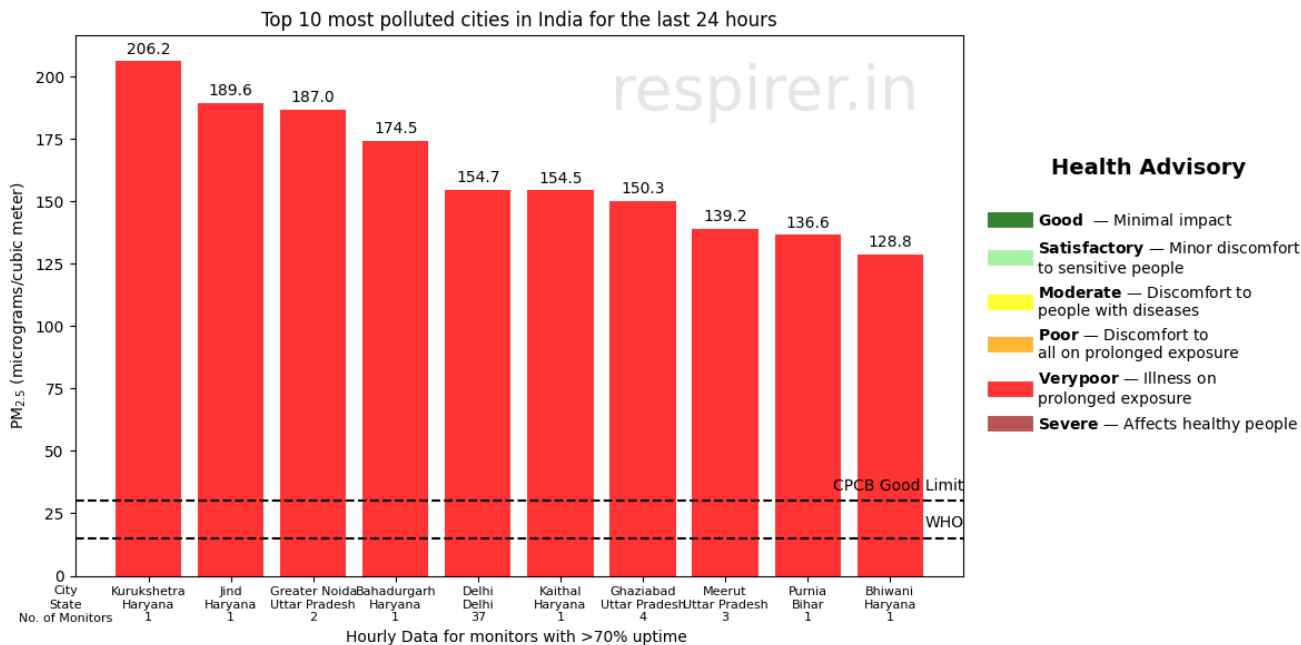
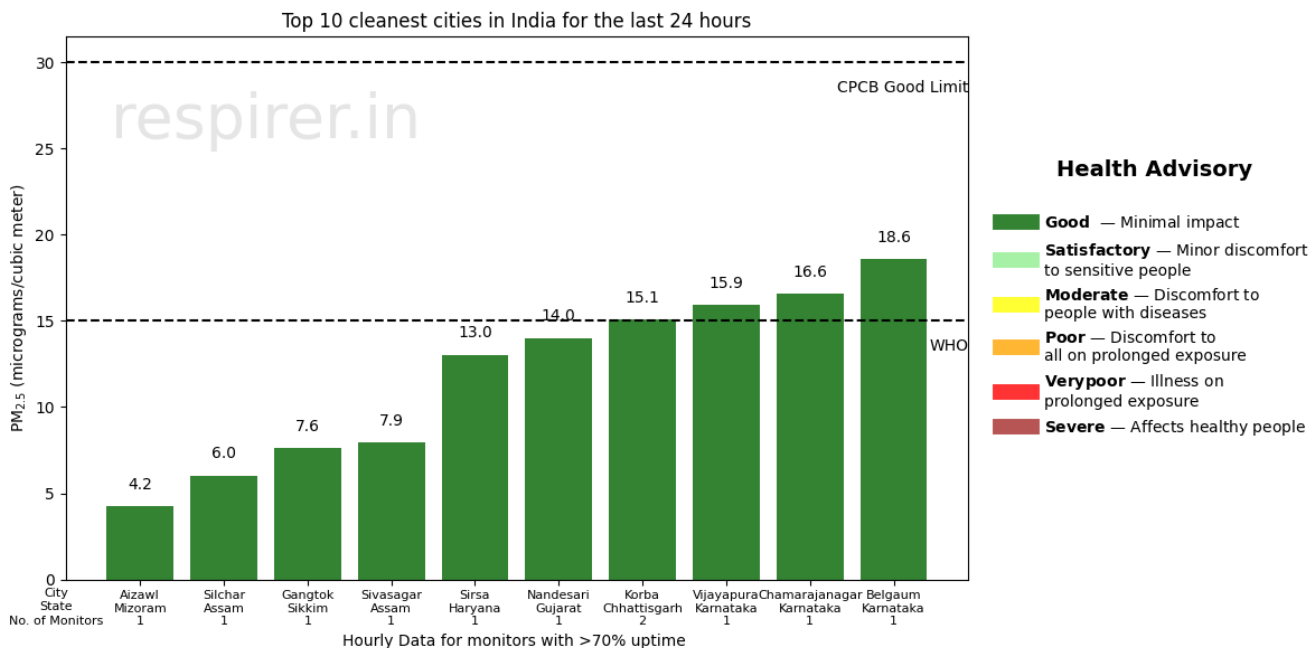


Introducing Respirer Reports' analysis of air quality. Track @respirerIN on X and @respirer.in on Instagram for the latest on the air quality across India, from the least to the most polluted places.

Today's reports include India's top 10 most and least polluted cities.



- Kurukshetra is India's most polluted city; Haryana dominates top 10 most polluted cities of India in the last 24 hours
- All top 10 most polluted cities in 'very poor' category, health advisory 'illness on prolonged exposure'
- Delhi's PM 2.5 almost 155 micrograms/cubic metre, more than 10x WHO's daily safe level



- North-East, Karnataka dominate top 10 least polluted cities
- Mizoram's capital is India's least polluted city, while it's peak pollution season in North India
- Only six cities comply with WHO's 24-hour guidelines for PM 2.5 (15 micrograms/cubic metre.)