



Weekly SAHF Forecasters' Forum (FF) #203

Date: 1st January 2026

Discussion Notes

Realized Weather-Country Reports (26th Dec 2025 – 1st Jan 2026)

- Bhutan experienced predominantly dry weather conditions during the period, with sunny to partly cloudy skies prevailing across most parts of the country. No significant rainfall was recorded, although isolated light precipitation was reported at a few stations in the southern foothills. Minimum temperatures dropped noticeably over higher elevations, with sub-zero conditions observed in alpine areas, while daytime temperatures remained near seasonal averages.
- Bangladesh experienced stable winter weather throughout the period, with dry conditions prevailing across the country. Skies remained mostly clear to partly cloudy, and no measurable rainfall was recorded. Moderate to dense fog occurred frequently during late night and early morning hours, in some areas persisting until noon, resulting in reduced visibility and localized disruptions to road, river, and air transport. Daytime temperatures remained near normal, while night-time temperatures showed a slight cooling tendency.
- Nepal experienced mainly fair weather conditions, with partly cloudy skies over hilly and mountainous regions and generally clear conditions elsewhere. Dense fog persisted over the southern plains and river valleys during morning hours, occasionally lasting through much of the day. No significant rainfall was recorded, while isolated light snowfall occurred over higher elevations in the western and central mountainous regions. Temperatures remained near seasonal norms, with colder conditions at higher altitudes.
- Maldives experienced unsettled weather conditions during the period, particularly over the central and southern atolls. Scattered showers and thunderstorms were reported on several days, with occasional heavy rainfall events, especially during the latter part of the period. Gusty winds were observed over southern atolls, and localized flooding was reported in a few islands. Hazy conditions reduced visibility over parts of the northern and central atolls, while sea conditions became temporarily rough due to swell activity.
- Sri Lanka experienced variable weather conditions during the period, with rainfall activity mainly affecting the eastern, southeastern, and parts of the central regions. Light to moderate rainfall occurred on several days, with localized heavy showers reported at a few locations, particularly along the eastern coastal belt. Although rainfall intensity was lower compared to previous extreme events, some low-lying areas remained waterlogged due to antecedent wet conditions.
- Myanmar experienced generally dry weather across most parts of the country, with isolated light rainfall reported over eastern and southern regions. Cooler-than-average night-time temperatures were observed over northern and hilly areas, while central and southern regions experienced near-normal daytime temperatures under stable atmospheric conditions.
- Pakistan experienced mixed weather conditions during the period. A mid-latitude westerly disturbance brought moderate rainfall to parts of Punjab, Sindh, and Balochistan, along with snowfall over northern mountainous regions, including the Hindu Kush and Karakoram ranges. In the plains, dense to very dense fog persisted, particularly over Punjab, significantly reducing visibility during night and morning hours. Temperatures remained low during nights, with cold conditions following

	<p>the passage of the westerly system</p>
Significant Weather Features in the region for the coming week (2nd – 8th Jan 2026)	<ul style="list-style-type: none"> A mid-latitude westerly trough is expected to affect Afghanistan, Pakistan, and the Hindu Kush Himalayan region during the forecast period. This system is likely to bring light to moderate rainfall and snowfall over higher elevations, accompanied by a temporary cooling. Following its passage, stable atmospheric conditions are expected to re-establish over adjoining plains, favoring the development of dense fog. Concurrently, easterly trough activity along the Inter-Tropical Convergence Zone is likely to sustain convective activity over the central and southern atolls of the Maldives and adjoining oceanic regions. A weak low-pressure area may develop over the near-equatorial Indian Ocean during the latter part of the period; however, any further organization is expected to remain limited. Rainfall over Sri Lanka is likely to remain isolated and localized as the ITCZ continues its gradual southward shift. MJO is expected to remain active over the eastern Indian Ocean and the Maritime Continent, supporting enhanced convection over equatorial and near-equatorial oceanic areas, while exerting limited influence over most continental parts of South Asia during this period. A persistent anti-cyclonic circulation over much of the Indian subcontinent is expected to maintain generally stable weather conditions. This pattern will favor the formation of dense fog over the Indo-Gangetic Plains during late night and early morning hours, potentially disrupting road, rail, and aviation operations.
Weather Outlook (2nd – 8th Jan 2026)	<ul style="list-style-type: none"> Bhutan is likely to experience mainly fair weather conditions during the forecast period, with sunny to partly cloudy skies prevailing across most parts of the country. Isolated light snowfall may occur over high mountain passes due to weak westerly influence, while the rest of the country remains dry. Minimum temperatures are expected to remain low over higher elevations, with cold morning conditions persisting, while daytime temperatures remain near normal. Nepal is expected to experience mainly fair to partly cloudy weather during the forecast period. Isolated light snowfall or rainfall may occur over high mountainous regions associated with passing westerly disturbances, while lower elevations remain dry. Morning fog is likely to persist over the Terai and valley regions, particularly during early morning hours. Both maximum and minimum temperatures are expected to remain near seasonal averages, with colder conditions continuing over higher elevations. Bangladesh is expected to remain largely dry throughout the forecast period under the influence of prevailing northeasterly flow. Skies are likely to remain clear to partly cloudy, with no significant rainfall anticipated. Light to moderate fog may form over river basin areas and low-lying regions during late night and early morning hours, potentially affecting visibility. Day and night temperatures are expected to remain near seasonal norms, with a slight cooling tendency during clear nights. Pakistan is expected to be influenced by mid-latitude westerly systems passing north of the region. These systems may bring light to moderate rainfall and snowfall over higher elevations of the Hindu Kush and Karakoram ranges, while lower elevations remain largely dry. Night-time temperatures are expected to remain low, with episodic cold conditions following the passage of westerly troughs, while daytime temperatures remain near seasonal averages. Myanmar is likely to experience mostly dry conditions during the forecast period, with isolated light rainfall possible over northern and eastern mountainous regions. Central and southern parts of the country are expected to remain largely dry under stable atmospheric conditions. Night-time temperatures may decrease slightly over northern and eastern regions, while daytime temperatures remain

	<p>near normal.</p> <ul style="list-style-type: none"> ▪ Maldives is expected to experience isolated to scattered showers during the forecast period, particularly over the central and southern atolls, associated with weak equatorial trough activity. Northern atolls are likely to experience mostly fair weather with brief passing showers. Winds are expected to remain moderate, with generally calm to moderate sea conditions prevailing. ▪ Sri Lanka is expected to experience a reduction in rainfall intensity compared to the previous week as the ITCZ shifts southward. Isolated showers may still occur, mainly over eastern, southeastern, and southern coastal areas during the early part of the forecast period. Most other regions are likely to experience partly cloudy conditions with generally dry weather prevailing. Given saturated ground conditions following recent extreme rainfall events, localized impacts may still occur where isolated showers persist.
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Extended Range Outlook (2nd Jan – 1st Feb, 2026)	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Over the extended range period, near-normal to slightly above-normal temperatures are likely to prevail across much of South Asia. Northern parts of Pakistan, Afghanistan, and the western Himalayan region may experience episodic cooler conditions associated with the passage of mid-latitude westerly disturbances, particularly during early to mid-January. ▪ Minimum temperatures are expected to remain low over northern plains and high-elevation areas, supporting persistent fog formation over the Indo-Gangetic Plains during stable weather periods. Warmer-than-normal conditions may develop over southern peninsular India, Sri Lanka, the Maldives, and adjoining oceanic regions, especially during periods of suppressed rainfall activity. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ During Week 1, from 2 to 8 January, rainfall activity is expected to remain concentrated along equatorial and near-equatorial regions. Above-normal rainfall is likely over the central and southern atolls of the Maldives and adjoining oceanic areas, while most of the South Asian landmass, including Bangladesh, Bhutan, Nepal, and interior parts of India, is expected to remain predominantly dry. Light rain or snowfall may occur over higher elevations of Afghanistan, Pakistan, and the western Himalayan region due to weak westerly disturbances. ▪ During Week 2, from 9 to 15 January, rainfall activity is expected to decrease further as the ITCZ shifts southward. Dry conditions are likely to dominate most of South Asia, with only isolated precipitation over the western Himalayan region associated with passing mid-latitude systems. Intermittent snowfall may continue over higher elevations, while lowland areas remain largely dry. ▪ During Weeks 3 and 4, from 16 to 31 January, below-normal rainfall is expected across most parts of South Asia. Any precipitation during this period is likely to be confined to higher elevations of the Hindu Kush-Himalayan region. Northeast monsoon activity over Sri Lanka and southern peninsular India is expected to remain subdued, while equatorial rainfall persists south of the region over the Indian Ocean.
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Ocean Watch

Observed Ocean Surface Conditions (26th Dec 2025 – 1st Jan 2026)

- Observed ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining equatorial Indian Ocean remained largely within seasonal norms during the period. Significant wave heights generally ranged between 1.5 and 2.5 meters, with locally higher waves observed over parts of the southern Bay of Bengal and near-equatorial waters. Swell heights remained moderate, typically between 0.8 and 1.5 meters, while swell periods were occasionally elevated in the southern Indian Ocean, indicating the presence of long-period swells propagating northward. Surface winds were mostly moderate, with localized strengthening near convective zones south of Sri Lanka and around the central and southern atolls of the Maldives. Sea surface temperatures remained warm across equatorial and near-equatorial regions, generally ranging between 27°C and 30°C, while slightly cooler waters prevailed over the northern Arabian Sea.

Forecast for the coming week (2nd Jan – 8th Jan 2026)

- For the coming week, ocean conditions during the forecast period are expected to remain generally moderate across the region. Significant wave heights are likely to range between 1.5 and 2.7 meters, with relatively higher waves anticipated around the southern Bay of Bengal, waters surrounding Sri Lanka, and equatorial regions south of the Maldives. Swell heights are expected to remain mostly between 1.0 and 1.8 meters, with occasional long-period swells influencing southern Indian Ocean waters. Surface winds are forecast to remain moderate over most areas, with localized strengthening near convective zones associated with equatorial trough activity. Sea surface temperatures are expected to remain warm, particularly over the equatorial Indian Ocean and the Maldives region, supporting continued convective development over oceanic areas. Overall, no widespread hazardous ocean conditions are anticipated, although localized rough sea conditions may occur near active convection zones.