



Weekly SAHF Forecasters' Forum (FF) #204

Date: 8th January 2026

Discussion Notes

Realized Weather-Country Reports (2nd – 8th Jan 2026)	<ul style="list-style-type: none"> Bhutan experienced partly cloudy to mostly cloudy weather with light rainfall and snowfall over the northern part of the country. Highest rainfall about 29 mm, was recorded in the southern region and highest temperature was reported at a few stations in the southern foothills. Minimum temperatures dropped noticeably over higher elevations of western region, while average temperature remained nearly unchanged. 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. Myanmar experienced isolated light rain in the northern and eastern part of the country. Cooler-than-average night-time temperatures were observed over the most part of the country including southern, northern and central regions. Pakistan experienced significant dense fog over upper part of Panjab, Sindh and Balochistan including the Hindu Kush and Karakoram ranges. Throughout the week, visibility reduced significantly, near to zero specifically in the night and morning hours. Temperatures remained low during nights, with cold conditions following the passage of the westerly system.
Significant Weather Features in the region for the coming week (9th – 15th Jan 2026)	<ul style="list-style-type: none"> A westerly trough may pass over the western Himalayan foothills bringing light to moderate rainfall and snowfall over higher elevations, accompanied by a temporary cooling. An 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 low-pressure area is persisting over the near-equatorial Bay of Bengal. Moderate rainfall over Sri Lanka is likely to remain isolated and localized as the system may gradually shift northward. 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 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 (9th – 15th Jan 2026)	<ul style="list-style-type: none"> Bhutan is likely to experience mainly partly cloudy with isolated light snowfall over the high altitude and high passes. Minimum temperatures are expected to remain low over higher elevations, with cold morning conditions persisting, while daytime temperatures remain near normal. Also, isolated light to moderate wind gust is expected over the country. Nepal is expected to experience mainly fair to partly cloudy weather during the

	<p>forecast period. Isolated light snowfall or rainfall may occur over high mountainous regions, while lower elevations remain dry. Moderate to dense 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.</p> <ul style="list-style-type: none"> ▪ Bangladesh is expected to remain mostly dry throughout the forecast period. Thick fog may occur at many places of the country during mid night to morning. Light to moderate fog may prevail over most of the districts. Day and night temperatures are expected to rise in the first half of the week and fall in the second half of the week. ▪ Pakistan is expected to experience dense foggy condition throughout the week over the Sindh, Panjab and higher elevations of the Hindu Kush and Karakoram ranges, while lower elevations remain largely dry and cloudy. 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 scattered rainfall in the southern and some eastern part of the country. Central and southern parts of the country are expected to remain largely dry under stable atmospheric conditions. Night-time temperatures may decrease slightly over eastern regions, while daytime temperatures remain near normal. ▪ Maldives is expected to experience isolated to scattered light showers during the forecast period over the southern atolls. Northern atolls are likely to experience mostly fair weather. Winds are expected to remain moderate, with generally calm to moderate sea conditions prevailing. ▪ Sri Lanka is expected to experience moderate to heavy rainfall over the eastern, central and northern regions of the country. Most other regions are likely to experience partly cloudy conditions with light rainfall. 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 (9th Jan – 5th 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 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ During Week 1, from 9 to 15 January, rainfall activity is expected to remain concentrated along equatorial and near-equatorial regions. Above-normal rainfall is likely over the central and southern regions of Sri Lanka 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 16 to 22 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.
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	<p>oceanic regions, especially during periods of suppressed rainfall activity.</p>	<ul style="list-style-type: none"> ▪ Intermittent snowfall may continue over higher elevations, while lowland areas remain largely dry. ▪ During Weeks 3 and 4, from 23 January to 5 February, 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.
<p>Ocean Watch</p>	<p>Observed Ocean Surface Conditions (2nd – 8th Jan 2026)</p> <ul style="list-style-type: none"> ▪ Significant wave heights generally ranged between 0.5 and 2.9 meters in the Bay of Bengal and adjoining areas. Swell heights remained moderate, typically between 0.3 and 1.8 meters, while swell periods were 08-16 seconds elevated in the southern Indian Ocean, indicating the presence of long-period swells propagating northward. Surface winds were 02-15 m/s in the Bay of Bengal, Indian Ocean and Arabian Sea. Sea surface temperatures remained warm across equatorial and near-equatorial regions, generally ranging between 21°C and 29°C, while slightly cooler waters prevailed over the northern Arabian Sea. <p>Forecast for the coming week (9th Jan – 15th Jan 2026)</p> <ul style="list-style-type: none"> ▪ 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 3.5 to 3.8 meters, with relatively higher waves anticipated around Sri Lanka, Tamil Nadu and West Coast of India in the 1st half of the week and in the second half most part would expect near normal. Swell heights are expected to remain normal to moderate mostly between 1.4 and 1.5 meters, with occasional long-period swells influencing Sri Lanka and West coast. Overall, after the 1st half of the week no hazardous ocean conditions are anticipated, although localized rough sea conditions may occur near active convection zones. 	