

Weekly SAHF Forecasters' Forum (FF) #205

Date: 15th January 2026

Discussion Notes

<p>Realized Weather-Country Reports (9th – 15th Jan 2026)</p>	<ul style="list-style-type: none"> Bhutan observed sunny to partly cloudy conditions throughout the period, with no rainfall or snowfall recorded. Temperatures remained stable, with a slight decrease over northern and western regions. Minimum temperatures dropped to around – 8°C in high-altitude areas. Bangladesh experienced dry winter conditions with light to moderate fog during late night and early morning hours. Daytime temperatures fluctuated slightly, while night temperatures remained nearly unchanged. No rainfall was recorded. Nepal experienced partly cloudy conditions over hilly and mountainous regions, while dense fog persisted over the Terai plains during mornings. Minimum temperatures dropped to around –10°C in high-altitude areas, with maximum temperatures near 26°C in the eastern Terai. Maldives experienced predominantly fair and stable weather conditions, with hazy conditions affecting northern and central atolls during the first part of the week, leading to reduced visibility and aviation advisories. Visibility improved from 12 January onward. No rainfall was reported, with temperatures ranging between 27°C and 32°C. Winds were generally light, predominantly northeasterly to easterly. Sri Lanka experienced variable weather, with fairly heavy showers over northern and eastern regions during the early part of the week and afternoon thundershowers over several areas later. The highest recorded rainfall was 108 mm in Kegalle district. Overall rainfall intensity was moderate compared to previous weeks. Myanmar experienced generally dry weather, with isolated light rainfall over limited areas. Cooler night-time temperatures were observed in northern and elevated regions.
<p>Significant Weather Features in the region for the coming week (16th – 22nd Jan 2026)</p>	<ul style="list-style-type: none"> A mid-latitude westerly trough is expected to affect Afghanistan, Pakistan, and the Hindu Kush Himalayan region, bringing light to moderate rainfall and snowfall over higher elevations, followed by cooling and favorable conditions for dense fog formation over adjacent plains. An easterly trough over the southeastern Bay of Bengal is expected to have limited moisture support, restricting rainfall over southern South Asia. A persistent anti-cyclonic circulation over the Indian subcontinent is likely to maintain stable conditions, favoring fog and haze formation over the Indo-Gangetic Plains and adjoining regions.
<p>Weather Outlook (16th – 22nd Jan 2026)</p>	<ul style="list-style-type: none"> Bhutan is expected to experience predominantly fair and stable weather conditions during the forecast period. Skies are likely to remain sunny to partly cloudy across most parts of the country, with no significant rainfall anticipated. Isolated light snowfall may occur over very high elevations, particularly along northern mountain passes, under the weak influence of passing westerly systems. Minimum temperatures are expected to remain low over higher elevations, maintaining cold morning conditions, while daytime temperatures are likely to stay near seasonal averages. Bangladesh is likely to remain under the influence of stable winter circulation

	<p>throughout the forecast period. Weather conditions are expected to remain dry, with clear to partly cloudy skies prevailing over most parts of the country. Light to moderate fog is likely to form during late night and early morning hours, particularly over river basins, low-lying areas, and the northern regions, which may temporarily reduce visibility. Daytime temperatures are expected to remain near normal, while minimum temperatures may show a slight cooling tendency during clear nights.</p> <ul style="list-style-type: none"> ▪ Nepal is expected to observe mainly fair to partly cloudy weather conditions during the forecast period. Lower elevations, including the Terai region, are likely to remain dry, with persistent morning fog affecting visibility in the early hours. Higher mountainous regions may experience isolated light snowfall associated with weak westerly disturbances passing to the north of the region. Both maximum and minimum temperatures are expected to remain near seasonal averages, with colder conditions persisting over high-elevation areas. ▪ Maldives is expected to experience isolated to scattered showers during the forecast period, particularly over the central and southern atolls, under the influence of weak equatorial trough activity. The northern atolls are likely to experience comparatively more stable conditions, with brief passing showers at times. Surface winds are expected to remain generally moderate, and sea conditions are likely to remain calm to moderate. No widespread hazardous weather conditions are anticipated during the period. ▪ Sri Lanka is expected to experience generally subdued rainfall activity as the ITCZ remains positioned south of the island. Isolated showers may still occur over eastern, southeastern, and southern coastal areas, particularly during the early part of the forecast period, while most other regions are likely to experience partly cloudy skies and predominantly dry conditions. Given the saturated ground conditions in some areas following recent rainfall events, localized waterlogging may persist despite the overall reduction in rainfall intensity. ▪ Myanmar is likely to experience predominantly dry weather conditions during the forecast period, with stable atmospheric conditions prevailing across much of the country. Isolated light rainfall may occur over northern and eastern mountainous regions, while central and southern parts remain dry. Night-time temperatures may remain slightly below normal over northern and hilly regions, while daytime temperatures are expected to remain near seasonal norms. ▪ Pakistan is expected to be influenced by passing mid-latitude westerly systems affecting the northern parts of the country. 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, particularly over northern and western regions, with cold conditions persisting following the passage of westerly troughs. Daytime temperatures are likely to remain close to seasonal averages.
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<p>Extended Range Outlook (15th Jan – 12th Feb, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Over the extended range period, near-normal to slightly above-normal temperatures are expected 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 late January. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Rainfall activity during the extended range is expected to remain limited across most of South Asia. During the first week, light rainfall or snowfall may occur over higher elevations of Afghanistan, Pakistan, and the western Himalayan region due to weak westerly disturbances, while most lowland areas remain dry. In subsequent weeks, dry conditions are likely to dominate most parts of the region, with only isolated precipitation over mountainous areas.
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	<ul style="list-style-type: none">▪ Minimum temperatures are likely 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, Maldives, and adjoining oceanic regions.	Northeast monsoon activity over Sri Lanka and southern peninsular India is expected to remain subdued, while equatorial rainfall persists mainly south of the region over the Indian Ocean.
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