Weekly SAHF Forecasters' Forum (FF) #206

Date: 22nd January 2026

Discussion Notes

Realized Weather-Country Reports (16th – 22nd Jan 2026)	▪ Bhutan observed mostly dry weather throughout the period, with sunny to partly cloudy conditions prevailing across most parts of the country. No significant rainfall was recorded, although isolated light snowfall occurred over higher elevations. Minimum temperatures dropped noticeably in mountainous regions, while daytime temperatures remained near seasonal norms. ▪ Bangladesh experienced stable winter conditions during the observed period. Dry weather prevailed across the country with clear to partly cloudy skies. Light to moderate fog was observed during late night and early morning hours, particularly over river basins and low-lying areas, while both maximum and minimum temperatures remained near normal. ▪ Nepal experienced generally fair to partly cloudy conditions over much of the country. Light to moderate snowfall was reported over higher Himalayan regions, while the southern plains and valley areas remained dry. Persistent morning fog affected the Terai region, occasionally reducing visibility during early hours. ▪ Myanmar observed predominantly dry weather across most parts of the country. Isolated light rainfall occurred over eastern and northern mountainous regions, while central and southern areas remained dry. Night-time temperatures were relatively cooler over northern and hilly regions. ▪ Maldives experienced mostly fair weather conditions during the observed period. Hazy conditions were reported, particularly during the early part of the week, although gradual improvement was noted. Isolated showers occurred over southern atolls, while central and northern atolls remained largely dry. Sea conditions remained generally moderate.
Significant Weather Features in the region for the coming week (23rd – 29th Jan 2026)	▪ 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 such as Afghanistan, Pakistan, India, Nepal and Bhutan, followed by cooling and favorable conditions for dense fog formation over adjacent plains. ▪ 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.
Weather Outlook (23rd – 29th Jan 2026)	▪ Bhutan is expected to experience mainly fair to partly cloudy weather during the forecast period. Isolated light snowfall may occur over northern and western high-elevation areas under weak westerly influence, while the rest of the country remains dry. Cold morning conditions are likely to persist, particularly over higher elevations, with daytime temperatures remaining near normal. ▪ expected to remain under stable atmospheric conditions throughout the forecast period. Dry weather is likely to prevail across the country, with clear to partly cloudy skies. Light to moderate fog may form during late night and early morning hours over river basins and low-lying areas, occasionally reducing visibility. Day and night temperatures are expected to remain near seasonal norms. ▪ Nepal is expected to observe partly cloudy conditions over hilly and mountainous regions, with isolated light rainfall or snowfall possible over higher elevations in association with weak westerly influence. The southern plains and valley regions

	are likely to remain largely dry, though morning fog and mist may continue to affect visibility during early hours. Both maximum and minimum temperatures are expected to remain near seasonal averages. ▪ Maldives is expected to experience mostly fair weather during the forecast period. Hazy conditions observed previously are likely to gradually improve, although occasional visibility reduction may still occur. Isolated showers may develop, particularly over southern atolls, while northern and central atolls are expected to remain mostly dry. Winds are likely to remain light to moderate, with generally manageable sea conditions. ▪ Sri Lanka is expected to experience generally stable weather conditions during the forecast period. Rainfall activity is likely to remain limited, with isolated showers possible mainly over eastern and southeastern parts of the island, particularly during the early part of the week. Most other areas are expected to experience partly cloudy conditions, with near-normal to slightly above-normal temperatures continuing over lowland and coastal regions. ▪ Myanmar is expected to experience mostly dry conditions across the country. Isolated light rainfall may occur over northern and eastern mountainous regions, while central and southern parts remain dry. Slight cooling may occur during night-time over northern areas. ▪ Pakistan is expected to experience intermittent impacts from western disturbances affecting northern and northwestern regions. Light to moderate rainfall and snowfall are likely over higher elevations of the Hindu Kush and Karakoram ranges, while the plains are expected to remain largely dry. Dense fog may continue to affect the Punjab plains during late night and early morning hours.

Extended Range Outlook (15th Jan – 17th Feb, 2026)	Extended Temperature outlook	Extended Rainfall Outlook
	▪ 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. ▪ 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.	▪ 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. 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.

Ocean Watch	**Observed Ocean Surface Conditions (16th – 22nd Jan 2026)** ▪ Significant wave heights generally ranged between 2.5 and 2.9 meters in the Bay of Bengal and adjoining areas of Andaman and Nicobar. Swell heights remained moderate, typically between 1.5 and 1.8 meters, while swell periods were 08-16 seconds elevated in the Northern Indian Ocean and Andaman Coast, 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 25°C and 29°C, while slightly cooler waters prevailed over the northern Arabian Sea. **Forecast for the coming week (23rd – 29th 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 to 2.5 meters, and 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, no hazardous ocean conditions are anticipated, although localized rough sea conditions may occur near active convection zones.