



# Weekly SAHF Forecasters' Forum (FF) #207

Date: 29<sup>th</sup> January 2026

## Discussion Notes

<p><b>Realized Weather-Country Reports (23<sup>rd</sup> – 29<sup>th</sup> Jan 2026)</b></p>	<ul style="list-style-type: none"> <li>Bhutan observed predominantly dry weather throughout the period, with sunny to partly cloudy conditions prevailing across most parts of the country. Isolated light snowfall occurred over northern and high altitude areas during the influence of weak westerly systems. Minimum temperatures dropped noticeably over mountainous regions, while daytime temperatures remained near seasonal norms.</li> <li>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 reported during late night and early morning hours, particularly over river basins and low lying areas. Both maximum and minimum temperatures remained near normal, with no rainfall recorded.</li> <li>Nepal experienced generally fair to partly cloudy conditions over much of the country. Light to moderate snowfall occurred over higher Himalayan regions, particularly in the western and central mountains, while southern plains and valley areas remained dry. Persistent morning fog affected the Terai region, occasionally reducing visibility.</li> <li>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.</li> <li>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.</li> <li>Sri Lanka experienced generally stable weather conditions during the period. Rainfall activity remained limited, with light to moderate showers mainly confined to eastern and southeastern parts of the island. Most other areas experienced partly cloudy skies, while temperatures remained near normal to slightly above normal over lowland and coastal regions.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (30<sup>th</sup> Jan – 5<sup>th</sup> Feb 2026)</b></p>	<ul style="list-style-type: none"> <li>A series of mid-latitude westerly troughs are expected to affect Afghanistan, Pakistan, and the Hindu Kush Himalayan region, bringing light to moderate rainfall and snowfall over higher elevations of Afghanistan, Pakistan, northern India, Nepal, and Bhutan. Temporary cooling is likely following the passage of these systems, with favorable conditions for dense fog formation over adjoining plains.</li> <li>Persistent anti-cyclonic circulation over much of the Indian subcontinent is expected to maintain stable atmospheric conditions, favoring fog and haze formation over the Indo Gangetic Plains and adjoining regions, with potential impacts on transportation and aviation operations.</li> <li>Weak easterly wave activity along near equatorial latitudes are likely to sustain isolated convective activity over the Maldives and adjoining oceanic regions.</li> <li>The Madden Julian Oscillation (MJO) is expected to remain weak to moderately active over the eastern Indian Ocean during the period, supporting limited convection over equatorial oceanic areas, while its influence over continental</li> </ul>

	<p>South Asia remains minimal.</p> <ul style="list-style-type: none"> <li>Cyclone formation is not expected during the forecast period, as environmental conditions over the North Indian Ocean are likely to remain marginal for significant cyclogenesis.</li> </ul>
<b>Weather Outlook (30<sup>th</sup> Jan – 5<sup>th</sup> Feb 2026)</b>	<ul style="list-style-type: none"> <li>Bhutan is expected to experience partly cloudy to mostly cloudy conditions during the forecast period. Light rain or snowfall may occur over northern and high-altitude regions between 2nd and 4th February under the influence of westerly systems. Cold morning conditions are likely to persist over higher elevations, while daytime temperatures remain near normal.</li> <li>Bangladesh is expected to remain largely dry under stable atmospheric conditions. Skies are likely to remain clear to partly cloudy, with light to moderate fog forming during late night and early morning hours. Day and night temperatures are expected to fluctuate within <math>\pm 1^{\circ}\text{C}</math> of seasonal averages.</li> <li>Nepal is likely to experience generally cloudy weather, with light to moderate rainfall and snowfall over western and high-altitude regions due to the influence of western disturbances. Southern plains and valley regions are expected to remain mostly dry, though morning fog may continue to affect visibility.</li> <li>Myanmar is expected to experience mostly dry conditions across the country. Slight cooling during night time is likely over northern and eastern regions, while daytime temperatures remain near normal.</li> <li>Maldives is expected to experience generally fine weather during most of the forecast period. Isolated showers may occur during the latter part of the week, particularly over southern atolls. Winds are expected to remain light to moderate, with generally manageable sea conditions.</li> <li>Sri Lanka is expected to experience isolated showers, mainly over eastern and southeastern parts of the island, particularly during the early part of the forecast period. Most other regions are likely to experience partly cloudy conditions with generally dry weather prevailing.</li> <li>Pakistan is expected to be affected by successive mid-latitude westerly disturbances during the forecast period. Light to moderate rainfall and snowfall are likely over northern and northwestern mountainous regions, including the Hindu Kush and Karakoram ranges, while isolated light rainfall may occur over adjoining foothill areas. The plains, particularly Punjab, are expected to remain largely dry, although dense to very dense fog may persist during late night and early morning hours. Night-time temperatures are likely to remain low, with episodic cold conditions following the passage of weather systems.</li> </ul>

<b>Extended Range Outlook (29<sup>th</sup> Jan – 28<sup>th</sup> Feb, 2026)</b>	<p><b>Extended Temperature outlook</b></p> <ul style="list-style-type: none"> <li>Over the extended range period, near-normal to slightly above-normal temperatures are expected across much of South Asia. Northern parts of Pakistan, Afghanistan, and the western Himalayan region may experience episodic colder conditions associated with repeated western disturbances.</li> <li>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 periods.</li> </ul>	<p><b>Extended Rainfall Outlook</b></p> <ul style="list-style-type: none"> <li>Rainfall activity during the extended range is expected to remain largely confined to higher elevations of the Hindu Kush Himalayan region due to periodic western disturbances. Lowland areas across South Asia are likely to remain predominantly dry.</li> <li>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.</li> </ul>
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<b>Ocean Watch</b>	<p><b>Observed Ocean Surface Conditions (23<sup>rd</sup> – 29<sup>th</sup> Jan 2026)</b></p> <ul style="list-style-type: none"> <li>Elevated swell activity was observed across the Bay of Bengal, Arabian Sea, and Andaman Sea, with significant wave heights ranging between 2.5 and 3.0 meters in some areas. Long period swells with periods of 10–16 seconds were noted, particularly along the Andaman and eastern Indian Ocean regions. Sea surface temperatures remained warm across equatorial waters, generally between 25°C and 29°C.</li> </ul> <p><b>Forecast for the coming week (30<sup>th</sup> Jan – 5<sup>th</sup> Feb 2026)</b></p> <ul style="list-style-type: none"> <li>Ocean conditions are expected to remain moderate during the forecast period. Significant wave heights are likely to range between 1.5 and 2.5 meters across most marine areas. Swell heights are expected to remain moderate, with occasional long period swells affecting Sri Lanka and adjoining oceanic regions. No widespread hazardous marine conditions are anticipated, though localized rough seas may occur near active weather systems.</li> </ul>	