Weekly SAHF Forecasters' Forum (FF) #208

Date: 5th February 2026

Discussion Notes

Realized Weather-Country Reports (30th Jan – 5th Feb 2026)	▪ Bhutan experienced partly to mostly cloudy conditions throughout the week. Isolated light rainfall (around 2.0 mm) was recorded at Ghasa on 30 January. Light snowfall continued over northern and high-altitude regions. Maximum temperatures reached around 28°C over southern lowlands, while minimum temperatures dropped to approximately −7°C in high-elevation northern stations. ▪ Weather remained dry across Bangladesh during the observed period. Skies were partly cloudy with widespread light to moderate fog during late night and early morning hours, especially over river basins and northern districts. Day and night temperatures showed a slight rise compared to the previous week, with no significant rainfall reported. ▪ Nepal observed generally fair to partly cloudy weather. Light rainfall and snowfall occurred at isolated locations over high hills and mountainous regions under weak westerly influence. Morning fog and mist persisted across the Terai region, occasionally reducing visibility. Both maximum and minimum temperatures showed a slight increase during the week. ▪ Myanmar experienced mostly dry weather with partly cloudy conditions across most regions. Isolated light rainfall was reported at a few locations, while northern hilly regions recorded notably cooler night temperatures. A minimum temperature near 0°C was reported at Hakha on 1 February, indicating significant nocturnal cooling over high elevations. ▪ Mostly fine weather prevailed across the Maldives, with isolated light showers. Hazy conditions persisted, particularly over central and northern atolls, with visibility occasionally reduced to around 1.5 km early in the week. Moderate to locally strong winds affected central and northern atolls toward the latter part of the period. Sea conditions remained moderate overall.
Significant Weather Features in the region for the coming week (6th – 12th Feb 2026)	▪ A series of mid-latitude westerly troughs are expected to affect Afghanistan, Pakistan, and the western Himalayan region during the forecast period, bringing light to moderate rainfall and snowfall over higher elevations of Afghanistan, Pakistan, India, Nepal, and Bhutan. These systems may be accompanied by temporary cooling, followed by conditions favorable for dense fog formation over adjoining plains. ▪ Concurrently, weak easterly trough activity along the equatorial Indian Ocean is likely to sustain isolated convective activity over the Maldives and adjoining oceanic regions. Any low-pressure development over the equatorial waters is expected to remain weak, with limited potential for further organization. ▪ The Madden Julian Oscillation (MJO) is forecast to remain active over the eastern Indian Ocean and Maritime Continent, supporting enhanced convection over equatorial and near-equatorial oceanic areas, while exerting limited influence over the continental parts of South Asia during this period. IOD is also expected to be positive during this time period.
Weather Outlook (6th – 12th Feb 2026)	▪ Bhutan is expected partly to mostly cloudy conditions. Light rainfall or snowfall may occur over northern and western high-altitude areas. Southern and central regions are likely to remain largely dry. Cold mornings will persist over higher elevations.

	▪ Bangladesh is mostly expected to observe dry weather across the country. Skies may remain partly cloudy, with light to moderate fog forming during late night and early morning, especially over northern districts and river basins. Day and night temperatures may fluctuate slightly, with a brief cooling during the first half of the period. ▪ Nepal is expected to experience mostly fair weather with isolated snowfall possible over western Himalayan regions. The Terai region may continue to experience morning fog and mist. Temperatures are expected to remain near to slightly above seasonal averages. ▪ Myanmar is likely to remain mostly dry across the country. However, Isolated light rainfall may occur over southern regions later in the period, while northern hilly areas may continue to experience cooler night-time temperatures. ▪ Maldives are expected isolated showers, particularly over central and southern atolls during the early part of the forecast period. The remainder of the week is likely to be mostly fine. Moderate winds may persist over northern and central atolls, with generally manageable sea conditions. ▪ Sri Lanka is expected limited rainfall over the country. Isolated showers may occur mainly over southern and southeastern parts of the island, particularly during evening hours. Most regions are expected to experience partly cloudy skies with warm daytime temperatures. ▪ Northern and northwestern Pakistan are likely to experience intermittent rainfall and snowfall due to successive western disturbances, particularly over higher elevations of the Hindu Kush and Karakoram ranges. Plains are expected to remain mostly dry, with dense fog likely during late night and early morning hours over Punjab.

Extended Range Outlook (5th Feb – 5th Mar, 2026)	Extended Temperature outlook ▪ Near-normal to above-normal temperatures are expected across much of South Asia. ▪ Northern Pakistan, Afghanistan, and Himalayan regions may experience episodic cooling linked to western disturbances, while warming trends are projected to strengthen over peninsular India, Sri Lanka, Maldives, and adjoining oceanic regions.	Extended Rainfall Outlook ▪ 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. In the first week, light rainfall or snowfall may occur intermittently over higher elevations of Afghanistan, Pakistan, and the western Himalayan region due to weak and transient westerly disturbances, while most lowland areas remain dry. In subsequent weeks, dry conditions are likely to dominate much of the region, with precipitation largely confined to mountainous areas. Northeast monsoon activity over Sri Lanka and southern peninsular India is expected to remain subdued, while convective rainfall continues primarily south of the region over equatorial Indian Ocean waters.