



Weekly SAHF Forecasters' Forum (FF) #212

Date: 5th March 2026

Discussion Notes

Realized Weather-Country Reports (27th Feb – 5th Mar 2026)

- Bhutan experienced generally partly cloudy to cloudy conditions during the observed period. Light to moderate rainfall occurred in several districts, while higher altitude areas reported intermittent snowfall associated with weak western disturbances. Temperatures remained near seasonal levels, though slight cooling was observed in areas receiving precipitation.
- Bangladesh experienced mainly dry weather conditions throughout most of the week. Skies remained clear to partly cloudy, with gradually increasing daytime temperatures. However, toward the end of the period, increasing moisture and convective instability began developing over eastern parts of the country, indicating the possibility of thunderstorm activity in the coming days.
- Nepal experienced partly cloudy conditions with light rainfall in some central and eastern regions. Higher elevation areas received light snowfall under weak westerly influence. Temperatures over the plains showed a gradual warming trend, while hill regions remained relatively cooler due to intermittent cloud cover and precipitation.
- Pakistan experienced rainfall and snowfall over northern and northwestern mountainous regions due to mid-latitude westerly disturbances affecting the Hindu Kush–Himalayan region. Plains of Punjab and Sindh remained mostly dry, although temperatures increased significantly across Sindh and adjoining areas, reflecting early warming signals.
- Myanmar experienced mostly dry weather conditions across much of the country. Isolated light rainfall was reported in some southern and eastern regions. Temperatures remained near to slightly above seasonal norms.
- Maldives experienced mainly fine weather conditions during the observed period. Hazy conditions persisted over several atolls, particularly in central and northern areas, associated with weak wind conditions and increased atmospheric moisture. Rainfall remained minimal across most islands.
- Sri Lanka experienced largely fine to partly cloudy conditions during the week. Isolated showers were observed in some parts of the island, though rainfall amounts remained limited. Overall weather conditions remained stable with no significant weather disturbances affecting the island.

Significant Weather Features in the region for the coming week (6th – 12th Mar 2026)

- Persistent warming conditions are expected across large parts of South Asia, particularly over central and northwestern India, Pakistan, and adjoining regions. Maximum temperatures in several inland areas may approach or exceed 40°C, indicating early-season heat stress development.
- Weak mid-latitude westerly disturbances are expected to continue affecting Afghanistan, northern Pakistan, and parts of the western Himalayan region. These systems may bring light to moderate rainfall and snowfall over higher elevations, with limited extension into adjoining plains.
- Increasing moisture and atmospheric instability are expected to develop over eastern South Asia beginning around 11 March. This may lead to widespread thunderstorm activity over Bangladesh, northeastern India, eastern Nepal, and Bhutan.
- Parts of Myanmar may also experience convective rainfall associated with this

	<p>evolving pattern. Thunderstorm development could extend across eastern Himalayan foothills and adjacent regions.</p> <ul style="list-style-type: none"> ▪ Most other areas of South Asia are expected to remain under the influence of dry and stable conditions due to persistent anti-cyclonic circulation, contributing to continued warming and occasional haze development.
<p>Weather Outlook (6th – 12th Mar 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience partly cloudy conditions during the early part of the forecast period, followed by increasing cloudiness and the possibility of thunderstorms and moderate rainfall toward the latter part of the week. Higher elevations may receive light snowfall associated with convective systems. ▪ Bangladesh is expected to experience mostly dry conditions during the first half of the week. However, increasing moisture and atmospheric instability are likely to lead to widespread thunderstorms and moderate rainfall beginning around 11 March, particularly over northern and eastern regions. ▪ Nepal is expected to observe partly cloudy conditions with occasional light rainfall over eastern regions. Thunderstorm activity may increase toward the end of the forecast period, especially in eastern and central areas, while higher elevations may experience light snowfall. ▪ Pakistan is expected to experience light to moderate rainfall and snowfall over northern mountainous regions due to ongoing westerly disturbances. Most plains regions are expected to remain dry with rising temperatures, particularly over Sindh and adjoining areas. ▪ Myanmar is expected to experience mostly dry conditions initially, followed by the possibility of scattered convective rainfall in some regions during the latter part of the forecast period as moisture increases across eastern South Asia. ▪ Maldives is expected to experience generally fair weather conditions with occasional haze. Light winds and stable atmospheric conditions may persist, with only isolated showers possible over some atolls. ▪ Sri Lanka is expected to experience partly cloudy weather with isolated showers, mainly during afternoon or evening hours. Overall rainfall activity is expected to remain limited.

<p>Extended Range Outlook (6th Mar – 5th Apr, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Above-normal temperatures are likely to persist across much of South Asia during the extended range period. Central and northwestern regions of the Indian subcontinent are expected to experience significant warming trends. Heat stress indicators may increase, particularly over inland and coastal areas, reflecting early seasonal warming. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Intermittent mid-latitude westerly disturbances are expected to continue affecting Afghanistan, northern Pakistan, and Himalayan regions, bringing occasional rainfall and snowfall over higher elevations. ▪ Convective rainfall and thunderstorm activity may occur periodically over eastern South Asia, including Bangladesh, northeastern India, Bhutan, and parts of Myanmar, particularly during mid-March. ▪ Most other parts of the region are expected to experience predominantly dry conditions due to persistent high-pressure influence.
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Ocean Watch

Observed Ocean Surface Conditions (27th Feb – 5th Mar 2026)

- Ocean conditions across the northern Indian Ocean remained generally normal. Sea states were mostly moderate, with no major disturbances observed. Sea surface temperatures remained warm over equatorial waters, contributing to increased atmospheric moisture in nearby regions.

Forecast for the coming week (6th – 12th Mar 2026)

- Ocean conditions are expected to remain generally stable during the forecast period. Moderate wind speeds and normal wave heights are anticipated across most of the Arabian Sea and Bay of Bengal. Some areas may experience slightly elevated sea states, but no significant cyclonic developments are expected.