



Weekly SAHF Forecasters' Forum (FF) #213

Date: 12th March 2026

Discussion Notes

<p>Realized Weather-Country Reports (6th – 12th Mar 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan observed partly cloudy conditions across most parts of the country. Light rainfall and isolated snowfall were reported over higher elevation areas under the influence of weak western disturbances, while other regions remained largely dry. Temperatures remained near seasonal norms. ▪ Bangladesh experienced mostly dry weather conditions during the early part of the week, with gradually increasing temperatures. Toward the end of the observed period, isolated thundershowers were reported in some eastern and northeastern regions associated with increasing atmospheric instability. ▪ Nepal observed generally fair to partly cloudy conditions across much of the country. Isolated light rainfall occurred over central and eastern hilly regions, while higher Himalayan areas reported light snowfall. Temperatures showed a gradual increasing trend during the period. ▪ Myanmar experienced scattered rainfall in several regions during the observed period. Northern, eastern, and southern parts of the country reported intermittent showers, while central areas remained relatively warmer with partly cloudy skies. ▪ Maldives experienced mostly fair weather conditions with occasional haze. Isolated light showers were reported over some atolls, while sea conditions remained generally moderate. ▪ Sri Lanka experienced partly cloudy to cloudy conditions during the observed period. Isolated to scattered thundershowers were reported in several districts, particularly during afternoon and evening hours. Rainfall amounts varied across the island, while daytime temperatures remained relatively high in inland areas. ▪ Pakistan experienced moderate to heavy rainfall over upper and northwestern regions due to the passage of westerly waves. Temperatures declined slightly in affected areas following precipitation events, while other parts of the country remained mostly dry.
<p>Significant Weather Features in the region for the coming week (13th – 19th Mar 2026)</p>	<ul style="list-style-type: none"> ▪ A mid-latitude westerly trough is expected to influence Afghanistan, Pakistan, and parts of the western Himalayan region, bringing scattered rainfall and snowfall over higher elevations, particularly over northern Pakistan and adjoining mountainous areas. ▪ Increasing moisture loading and atmospheric instability over eastern parts of the region is likely to trigger scattered thunderstorms across parts of eastern India, Bangladesh, Nepal, Bhutan, and Myanmar. ▪ Heat stress conditions are expected to continue across several parts of South Asia as maximum temperatures remain elevated. Thunderstorm activity in some regions may temporarily provide relief from daytime heat. Hazy conditions may persist over parts of South Asia due to the combined influence of local emissions, dust transport, and secondary atmospheric pollutants.
<p>Weather Outlook (13th – 19th Mar 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience partly cloudy to cloudy conditions during the forecast period. Isolated light rainfall and snowfall may occur over higher elevations due to weak westerly influence, while the rest of the country is likely to remain mostly dry. ▪ Bangladesh is expected to experience increasing thunderstorm activity during the forecast period. Scattered thundershowers may occur particularly over northern

	<p>and eastern parts of the country due to enhanced moisture and atmospheric instability.</p> <ul style="list-style-type: none"> ▪ Nepal is likely to experience partly cloudy conditions with scattered rainfall over hilly regions and isolated snowfall over higher Himalayan areas. Thunderstorm activity may increase over eastern regions during the latter part of the forecast period. ▪ Sri Lanka is expected to experience inter-monsoon conditions favorable for afternoon and evening thundershowers, particularly over southwestern and central parts of the island. Other areas may experience partly cloudy conditions with warm daytime temperatures. ▪ Myanmar is expected to experience scattered rainfall across several regions, particularly over northern and eastern parts of the country. Thunderstorm activity may increase during the latter part of the week. ▪ Maldives is expected to experience generally fair weather conditions with occasional isolated showers over some atolls. Winds are expected to remain light to moderate with generally moderate sea conditions. ▪ Pakistan is expected to experience another westerly wave during the forecast period, which may bring scattered rainfall and possible thunderstorms over northern and northwestern regions. Isolated hailstorms may occur in some areas, while southern parts are likely to remain mostly dry.
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<p>Extended Range Outlook (13th Mar – 15th Apr, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Over the extended range period, above-normal temperatures are likely to persist across many parts of South Asia, particularly over central and northwestern regions. ▪ Continued warming trends may enhance heat stress conditions, especially in inland and continental regions where the difference between maximum and minimum temperatures continues to decrease. ▪ Thunderstorm activity during this period may provide temporary cooling during nighttime, although daytime heat stress is likely to remain elevated. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Thunderstorm activity is expected to remain active across eastern and northeastern parts of South Asia, including Bangladesh, Nepal, Bhutan, Myanmar, and northeastern India. <ul style="list-style-type: none"> ▪ Precipitation during the extended range is expected to occur mainly in the form of convective thunderstorms, associated with increasing atmospheric moisture and seasonal transition conditions. ▪ Western disturbances may continue to bring episodic rainfall and snowfall over northern Pakistan, Afghanistan, and western Himalayan regions, while most lowland areas of the region are expected to experience intermittent thunderstorm activity.
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<p>Ocean Watch</p>	<p>Observed Ocean Surface Conditions (6th – 12th Mar 2026)</p> <ul style="list-style-type: none"> ▪ Ocean conditions across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean regions remained generally normal during the observed period. Significant wave heights and surface wind speeds showed minor variations but remained within typical seasonal ranges. Sea surface temperatures remained warm across equatorial and near-equatorial regions. <p>Forecast for the coming week (13th – 19th Mar 2026)</p> <ul style="list-style-type: none"> ▪ Ocean conditions are expected to remain generally moderate across the region during the forecast period. Significant wave heights are expected to remain near normal, with slight variations in localized areas depending on wind conditions. No hazardous ocean conditions are anticipated during the forecast period.
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