



## Weekly SAHF Forecasters' Forum (FF) #214

Date: 19<sup>th</sup> March 2026

### Discussion Notes

<p><b>Realized Weather-Country Reports (13<sup>th</sup> – 19<sup>th</sup> Mar 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan experienced mostly cloudy to overcast conditions during the observed period. Light to moderate rainfall with occasional thunderstorms and gusty winds were reported across several areas with localized heavy rainfall observed in southern regions. Temperatures showed a gradual increasing trend.</li> <li>▪ Bangladesh observed partly cloudy conditions with isolated rain and thundershowers during the period. Day and night temperatures remained nearly unchanged while localized heavy rainfall was recorded over northeastern parts of the country.</li> <li>▪ Nepal experienced generally cloudy conditions over hilly and mountainous regions, with moderate rainfall accompanied by thunder, lightning, gusty winds, and occasional hail in several places. The Tarai region remained partly cloudy with isolated rainfall. Temperatures and rainfall remained above normal.</li> <li>▪ Myanmar experienced scattered to fairly widespread rainfall over northern and eastern regions with isolated rainfall over southern parts. Central regions remained relatively warmer, with high daytime temperatures observed in some locations.</li> <li>▪ Sri Lanka experienced widespread thundershower activity during the observed period particularly during afternoon and evening hours. Light to moderate rainfall was observed across many parts of the country, with isolated heavy rainfall in some locations.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (20<sup>th</sup> – 26<sup>th</sup> Mar 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ A mid-latitude westerly trough is expected to persist over Afghanistan, Pakistan, and the western Himalayan region, bringing continued rainfall and snowfall over higher elevations.</li> <li>▪ Enhanced moisture transport from the Bay of Bengal combined with atmospheric instability is likely to trigger scattered to fairly widespread thunderstorms across eastern India, Bangladesh, Nepal, Bhutan, and Myanmar.</li> <li>▪ Widespread thundershower activity is expected to reduce over central parts of the region compared to the previous week while remaining active over northeastern and hilly regions.</li> <li>▪ Heat stress conditions are expected to persist across several parts of South Asia due to high humidity and reduced diurnal temperature variation, despite the occurrence of thundershowers.</li> </ul>
<p><b>Weather Outlook (20<sup>th</sup> – 26<sup>th</sup> Mar 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan is expected to experience mostly cloudy to overcast conditions with light to moderate rainfall and thunderstorms accompanied by gusty winds.</li> <li>▪ Bangladesh is likely to experience partly cloudy conditions with scattered thundershowers particularly during the first half of the week followed by a slight increase in temperature during the latter half.</li> <li>▪ Nepal is expected to experience generally cloudy conditions over hilly regions with moderate rainfall, thunderstorms, gusty winds, and occasional hail, particularly during the early part of the week.</li> <li>▪ Sri Lanka is expected to continue experiencing frequent afternoon and evening thundershowers, with light to moderate rainfall across many parts of the island.</li> <li>▪ Myanmar is expected to experience scattered to fairly widespread rainfall over</li> </ul>

	<p>northern regions, with isolated thundershowers over southern and western parts later in the week. Temperatures are expected to increase in some regions.</p> <ul style="list-style-type: none"> <li>▪ Maldives is expected to experience generally fair weather conditions with isolated showers and possible thunderstorms during the early part of the week.</li> <li>▪ Pakistan is expected to remain under the influence of westerly systems, bringing scattered rainfall and possible thunderstorms over northern and northwestern regions, while southern areas remain mostly dry.</li> </ul>
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<p><b>Extended Range Outlook</b> <b>(20<sup>th</sup> Mar – 19<sup>th</sup> Apr, 2026)</b></p>	<p><b>Extended Temperature outlook</b></p> <ul style="list-style-type: none"> <li>▪ Temperatures are expected to remain near to below normal across many parts of South Asia due to persistent cloud cover and rainfall activity.</li> <li>▪ However, heat stress conditions are likely to persist, particularly over coastal and humid regions, due to high moisture levels and reduced day–night temperature differences.</li> <li>▪ Gradual warming is expected over northwestern and inland regions toward the later part of the extended period.</li> </ul>	<p><b>Extended Rainfall Outlook</b></p> <ul style="list-style-type: none"> <li>▪ Above normal rainfall activity is expected to continue over northeastern parts of South Asia, including Bangladesh, Nepal, Bhutan, and northeastern India.</li> <li>▪ Convective thunderstorm activity is likely to remain dominant across eastern and peninsular regions during the extended period.</li> <li>▪ Western disturbances are expected to continue bringing episodic precipitation over Afghanistan, Pakistan, and the Himalayan region, while other parts of South Asia experience intermittent thundershowers.</li> </ul>
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