



Weekly SAHF Forecasters' Forum (FF) #215

Date: 26th March 2026

Discussion Notes

<p>Realized Weather-Country Reports (21st – 26th Mar 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan experienced generally cloudy conditions with light to moderate rainfall and thunderstorms, particularly over southern regions. Precipitation was influenced by Western Disturbances, and temperatures showed a noticeable increasing trend compared to the previous week. ▪ Bangladesh observed partly cloudy to cloudy conditions with isolated to scattered thundershowers, especially over northern and eastern parts. A gradual increase in both day and night temperatures was noted along with rising heat stress conditions. ▪ Nepal experienced moderate to widespread rainfall with thunderstorms over hilly and mountainous regions due to Western Disturbances and moisture incursion. Snowfall was reported in higher elevations, while temperatures remained above normal. ▪ Myanmar experienced warmer conditions over central regions, while northern parts received scattered rainfall and thunderstorms. Moisture transport contributed to convective activity in some areas. ▪ Sri Lanka experienced isolated to scattered thundershowers, particularly during afternoon and evening hours. Rainfall activity was comparatively lower than the previous week in some areas. ▪ Maldives experienced mostly fair weather conditions with high heat index. A convergence zone south of the country led to developing convective clouds, with limited rainfall observed during the period. ▪ Pakistan experienced moderate to heavy precipitation over northern and northwestern regions due to active Western Disturbances, with snowfall over higher elevations. The highest amounts were reported in Pasni (36mm) and Punjab regions (33mm). Widespread rain for the Khyber Pakhtunkhwa region from March 28-31, with scattered rainfall in Punjab, Kashmir, and Gilgit-Baltistan regions. Southern regions remained mostly dry.
<p>Significant Weather Features in the region for the coming week (27th Mar – 02nd Apr 2026)</p>	<ul style="list-style-type: none"> ▪ Western Disturbances are expected to continue influencing Afghanistan, Pakistan, and the Himalayan region, resulting in rainfall and snowfall over higher elevations. ▪ Strong warming trends are likely to persist across South Asia, with temperatures rising significantly over central, northwestern, and peninsular regions. ▪ Enhanced moisture transport from both the Arabian Sea and Bay of Bengal, along with low-level convergence, is expected to trigger scattered thunderstorms across eastern India, Bangladesh, Nepal, Bhutan, and Myanmar. ▪ Heat stress conditions are expected to intensify further due to increasing temperatures, high humidity, and reduced diurnal temperature variation. ▪ Convective activity is likely to remain localized and intermittent, with thunderstorms occurring over central and peninsular regions, though still challenging for model prediction.
<p>Weather Outlook (27th Mar – 02nd Apr 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience partly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms, particularly over southern regions. ▪ Bangladesh is likely to experience partly cloudy conditions with isolated to scattered thundershowers, especially over northern and eastern regions, along

	<p>with a gradual rise in temperature and heat stress.</p> <ul style="list-style-type: none"> ▪ Nepal is expected to experience generally cloudy conditions with moderate rainfall, thunderstorms, and snowfall over higher elevations, particularly during the early part of the week. ▪ Sri Lanka is expected to experience isolated to scattered afternoon and evening thundershowers, with generally warm and humid conditions. ▪ Myanmar is expected to experience scattered rainfall over northern regions and warmer conditions over central parts, with isolated thunderstorms in some areas. ▪ Maldives is expected to experience generally fair weather over northern atolls, while southern atolls may receive thunderstorms and showers due to nearby convergence. ▪ Pakistan is expected to remain under the influence of Western Disturbances, bringing rainfall and possible thunderstorms over northern regions while southern parts remain mostly dry and warm.
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<p>Extended Range Outlook (20th Mar – 19th Apr, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Temperatures are expected to remain above normal across most parts of South Asia, with significant warming over central, northwestern, and inland regions. ▪ Heat stress conditions are likely to intensify and expand, particularly over coastal and humid regions due to high moisture and elevated minimum temperatures. ▪ Gradual and sustained warming is expected to dominate the extended period, signaling the onset of pre-monsoon heat conditions. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Above normal rainfall is expected over northeastern parts of South Asia, including Bangladesh, Nepal, Bhutan, and northeastern India, due to continued moisture availability. ▪ Convective thunderstorm activity is likely to remain dominant across eastern, central, and peninsular regions, though mostly in isolated to scattered form. ▪ Western Disturbances are expected to continue bringing episodic precipitation over Afghanistan, Pakistan, and the Himalayan region, while other areas experience intermittent thundershowers.
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<p>Ocean Watch</p>	<p>Observed Ocean Surface Conditions (21st – 26th 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, ranging from 27°C to 31.5°C across different regions. <p>Forecast for the coming week (27th Mar – 02nd Apr 2026)</p> <ul style="list-style-type: none"> ▪ Ocean conditions are expected to remain normal to moderate, particularly along the Indian coast. 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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