

**Government of India**  
**Earth System Science Organization**  
**Ministry of Earth Sciences**  
**India Meteorological Department**

**Press Release: Dated: 19<sup>th</sup> March, 2026**

**Subject: Current Weather Status and Extended Range Forecast for the next two weeks (19<sup>th</sup> March to 01<sup>st</sup> April, 2026)**

**1. Salient Observed Features for the week ending 18<sup>th</sup> March 2026:**

- ❖ **Heat wave conditions** abated from the entire country during second half of the week due to light to moderate rainfall along with thunderstorm activities in association with two successive Western Disturbances over North India: **Heat Wave to Severe Heat Wave conditions** prevailed in isolated pockets over Himachal Pradesh, Saurashtra & Kutch, Gujarat Region on 12<sup>th</sup> March. Heat Wave conditions prevailed in isolated pockets of Vidarbha during 12<sup>th</sup> – 15<sup>th</sup> March, West Madhya Pradesh, Saurashtra & Kutch on 13<sup>th</sup> March and Odisha on 15<sup>th</sup> March.
- ❖ **Heavy to very heavy rainfall** spell occurred over northeast India during the week due to (a) persistence of a cyclonic circulation in lower tropospheric levels, and (b) strong southwesterly/southerly moisture convergence from Bay of Bengal over the region. **Heavy to Very heavy rainfall** recorded at isolated places over Arunachal Pradesh on 13<sup>th</sup> March, Sub-Himalayan West Bengal & Sikkim on 13<sup>th</sup> & 16<sup>th</sup> March, Assam & Meghalaya during 14<sup>th</sup> – 16<sup>th</sup> March. **Heavy rainfall recorded** at isolated places over Arunachal Pradesh on 12<sup>th</sup>, 14<sup>th</sup> – 18<sup>th</sup> March, Sub-Himalayan West Bengal & Sikkim on 12<sup>th</sup> & 14<sup>th</sup> March, Tripura on 14<sup>th</sup> March, Mizoram on 16<sup>th</sup> March, Assam & Meghalaya on 17<sup>th</sup> March, North Interior Karnataka, Telangana and Tamil Nadu on 18<sup>th</sup> March.
- ❖ **Hailstorm** recorded at isolated places over Assam & Meghalaya on 12<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> March, Nagaland, Manipur, Mizoram & Tripura on 15<sup>th</sup> & 16<sup>th</sup> March, Himachal Pradesh, Gangetic West Bengal, Sub-Himalayan West Bengal & Sikkim on 16<sup>th</sup> & 17<sup>th</sup> March, Odisha, Jharkhand during 16<sup>th</sup> – 18<sup>th</sup> March, Uttarakhand, Punjab, Haryana and West Uttar Pradesh on 16<sup>th</sup> March, Chhattisgarh on 17<sup>th</sup> & 18<sup>th</sup> March, Madhya Maharashtra, Marathwada on 18<sup>th</sup> March.
- ❖ **Thunderstorm** accompanied with Squally/Gusty winds prevailed at isolated places over Gangetic West Bengal on 16<sup>th</sup> & 18<sup>th</sup> March, Assam & Meghalaya,

Jharkhand, Odisha, Nagaland, Manipur, Mizoram & Tripura, Marathawada, Madhya Maharashtra, Chhattisgarh, Arunachal Pradesh, Vidarbha, Gujarat State, Konkan, Sub-Himalayan West Bengal & Sikkim, Madhya Pradesh, Jammu-Kashmir on 18th March.

**Temperature Scenario:**

- ❖ **Weekly Average Maximum temperature** was above normal by 5-7<sup>0</sup>C over many parts of north, northwest & adjoining central India during the first half of the week. It was below normal by 4-6<sup>0</sup>C over northeast India and nearly normal over remaining parts of the country during the week. Weekly Average Minimum temperature was above normal by 4-6<sup>0</sup>C over many parts of north, west, northwest & adjoining central, and east India, above normal by 3-5<sup>0</sup>C over parts of northeast India during first half of the week. It was near normal over remaining parts of the country during the week.
- ❖ **Lowest minimum temperature** of 10.0<sup>0</sup>C had been recorded at GURDASPUR (Punjab) on 16th March, 2026 and the **highest maximum temperature** of 42.2<sup>0</sup>C had been recorded at AMRAVATI (Vidarbha) on 12th March, 2026 over the plains of the country during the week.
- ❖ **Analysis of weekly overall rainfall distribution during the week-ending on 18<sup>th</sup> March and Pre-Monsoon Season’s Rainfall Scenario (1<sup>st</sup> March– 18<sup>th</sup> March, 2026):** The country as a whole, the weekly cumulative All India Rainfall (for 12<sup>th</sup> March to 18<sup>th</sup> March 2026) in +66% departure from its long period average (LPA). All India Seasonal cumulative rainfall departure during this year’s monsoon Season Rainfall (01<sup>st</sup> March to 18<sup>th</sup> March 2026) is -27%. Details of the rainfall distribution over the four broad geographical regions of India are given in Table 1, and Meteorological sub-division-wise rainfall for week and season are given in Annexure I & II, respectively.

**Table 1: Rainfall status (Week and season)**

Region	Week			Season		
	12.03.2026 TO 18.03.2026			01.03.2026 TO 18.03.2026		
	Actual (mm)	Normal (mm)	Departure (%)	Actual (mm)	Normal (mm)	Departure (%)
<b>EAST &amp; NORTHEAST INDIA</b>	<b>45.2</b>	<b>12.3</b>	<b>267%</b>	<b>48.0</b>	<b>27.8</b>	<b>73%</b>
<b>NORTHWEST INDIA</b>	<b>9.8</b>	<b>12.1</b>	<b>-19%</b>	<b>10.6</b>	<b>29.1</b>	<b>-64%</b>
<b>CENTRAL INDIA</b>	<b>1.4</b>	<b>2.0</b>	<b>-30%</b>	<b>1.5</b>	<b>5.6</b>	<b>-74%</b>
<b>SOUTH PENINSULA</b>	<b>4.7</b>	<b>3.4</b>	<b>37%</b>	<b>5.3</b>	<b>8.9</b>	<b>-40%</b>
<b>THE COUNTRY AS A WHOLE</b>	<b>11.6</b>	<b>7.0</b>	<b>66%</b>	<b>12.4</b>	<b>17.0</b>	<b>-27%</b>

## **2. Large scale features:**

❖ At present, weak La Niña conditions persisted, marked by sustained below-normal sea surface temperatures across the east-central and eastern equatorial Pacific. The latest forecasts from the Monsoon Mission Climate Forecast System (MMCFS) indicate that the transition to ENSO-neutral is most likely in the March-April 2026 and thereafter.

❖ Currently, neutral Indian Ocean Dipole (IOD) conditions are prevailing over the Indian Ocean. The latest MMCFS forecast suggests that these neutral IOD conditions are likely to persist during the March to April 2026 and thereafter.

❖ The guidance from various models indicates that the Madden-Julian Oscillation (MJO) index is currently in phase 8 with amplitude close to 1. As per the model consensus, the MJO is not likely to move further eastward but portray looping movement within phase 8 (back to phase 7 by a few models) with slight weakening in the amplitude during week 1 and first half of the second week. However, a few models predict slight faster eastward movement of the MJO to enter into phase 1 during the second half of the week 2.

### Forecast for next two week

#### Weather systems & associated Precipitation during Week 1 (19<sup>th</sup> to 25<sup>th</sup> March, 2026) and Week 2 (26<sup>th</sup> March to 01<sup>st</sup> April, 2026)

#### Weather systems & associated Precipitation during Week 1 (19<sup>th</sup> to 25<sup>th</sup> March, 2026):

- ❖ There are four upper air cyclonic circulations acting over Northwest and Central India, one over central parts of north Madhya Pradesh; 2<sup>nd</sup> over East Uttar Pradesh & neighbourhood; 3<sup>rd</sup> over Haryana & neighbourhood and 4<sup>th</sup> over west Rajasthan in lower tropospheric levels.
- ❖ A trough runs from central parts of North Madhya Pradesh to Marathwada across Vidarbha in lower tropospheric levels.
- ❖ An upper air cyclonic circulation lies over Northeast Assam & adjoining Arunachal Pradesh in lower tropospheric levels.
- ❖ Subtropical westerly Jet Stream with core winds of the order of 90 knots at 14.4 km above mean sea level prevails over Northeast India.
- ❖ An upper air cyclonic circulation lies over Coastal Andhra Pradesh & Yanam & neighbourhood in lower tropospheric levels.
- ❖ The Western Disturbance as an upper air cyclonic circulation lay over north Pakistan & neighbourhood in lower tropospheric levels with the trough aloft in upper & middle level westerlies with its axis at middle tropospheric level roughly along Long. 68°E to the north of Lat. 28°N.
- ❖ A trough from Gulf of Mannar to South Interior Karnataka across Tamil Nadu in lower tropospheric levels.
- ❖ An upper air cyclonic circulation lay over interior Tamil Nadu adjoining Kerala in lower tropospheric level.
- ❖ A fresh feeble Western Disturbance is likely to affect Northwest India from 22<sup>nd</sup> March 2026.

Under the influence of these systems, the following weather is likely:

#### **Northwest India:**

- ✓ Fairly widespread to widespread light to moderate rainfall/snowfall with isolated thunderstorm, lightning & gusty winds speed reaching (40-50 kmph) likely over Western Himalayan region on 19<sup>th</sup> & 20<sup>th</sup> March and reduction in intensity thereafter. **Isolated heavy rainfall/snowfall** very likely over Jammu-Kashmir-Ladakh on 19<sup>th</sup>, Himachal Pradesh and Uttarakhand on 19<sup>th</sup> & 20<sup>th</sup> March.
- ✓ Isolated to Scattered light to moderate rainfall accompanied with isolated thunderstorm, lightning & gusty winds speed reaching (40-50 gusting to 60 kmph) likely over Punjab, Haryana Chandigarh & Delhi, West Uttar Pradesh and East Rajasthan on 19<sup>th</sup> & 20<sup>th</sup> ; over East Uttar Pradesh on 20<sup>th</sup> & 21<sup>st</sup> and over West Rajasthan on 19<sup>th</sup> March.

- ✓ Thundersquall (wind speed reaching 50-60 kmph gusting to 70 kmph) very likely at isolated places over Uttarakhand on 19<sup>th</sup> & 20<sup>th</sup> March.
- ✓ Isolated Hailstorm activity likely over Himachal Pradesh on 19<sup>th</sup>; over Uttarakhand, Punjab, Haryana, Chandigarh and West Uttar Pradesh on 19<sup>th</sup> & 20<sup>th</sup>; over East Uttar Pradesh on 20<sup>th</sup> and over Rajasthan on 19<sup>th</sup> March.

### East & Central India:

- ✓ Fairly widespread to widespread light to moderate rainfall with thunderstorm, lightning & gusty winds speed reaching 30-50 kmph likely over Sub-Himalayan West Bengal & Sikkim during 19<sup>th</sup>-23<sup>rd</sup> March. **Isolated heavy rainfall** very likely over Sub-Himalayan West Bengal & Sikkim during 19<sup>th</sup> -21<sup>st</sup> with **isolated very heavy falls** on 20<sup>th</sup> March.
- ✓ Isolated to Scattered light to moderate rainfall with thunderstorm, lightning & gusty winds speed reaching 30-50 gusting upto 60 kmph likely over Central India during next 3 days & over East India during next 5 days.
- ✓ Thundersquall with wind speed reaching 60-70 kmph gusting to 80 kmph very likely at isolated places over Jharkhand on 20<sup>th</sup>; over Gangetic West Bengal on 20<sup>th</sup> & 21<sup>st</sup> March.
- ✓ Thundersquall with wind speed reaching 50-60 kmph gusting to 70 kmph at isolated places likely over Chhattisgarh on 19<sup>th</sup> and over Sub-Himalayan West Bengal & Sikkim on 20<sup>th</sup> & 21<sup>st</sup> March.
- ✓ Isolated Hailstorm activity likely over Madhya Pradesh & Jharkhand on 19<sup>th</sup> & 20<sup>th</sup> ; over Chhattisgarh on 19<sup>th</sup> ; Sub-Himalayan West Bengal & Sikkim and Gangetic West Bengal & Odisha during 19<sup>th</sup> -21<sup>st</sup> and Bihar on 20<sup>th</sup> March.

### West India:

- ✓ Isolated light/moderate rainfall with thunderstorm & lightning & gusty winds speed reaching 30-50 kmph likely over Madhya Maharashtra, Marathwada on 20<sup>th</sup> & 21<sup>st</sup>; with lightening over Konkan & Goa on 19<sup>th</sup> March.
- ✓ Heavy rainfall also likely at isolated places over Saurashtra & Kutch on 19<sup>th</sup> March.
- ✓ Thundersquall with wind speed reaching 50-60 kmph gusting to 70 kmph and hailstorm activity likely over Madhya Maharashtra, Marathawada and Gujarat State on 19<sup>th</sup> March.

### Northeast India:

- ✓ Scattered to fairly widespread light to moderate rainfall with gusty winds speed reaching 30-50 kmph likely over Northeast India on 19<sup>th</sup> & 21<sup>st</sup> with the possibility of thunderstorm & lightning over Northeast India during next 7 days.

## **South Peninsular India:**

- ✓ Isolated to Scattered light to moderate rainfall with thunderstorm, lightning & gusty winds speed reaching 30-50 kmph likely over Kerala & Mahe and Interior Karnataka during 19<sup>th</sup> -21<sup>st</sup>; Coastal Andhra Pradesh & Yanam and Rayalaseema during 19<sup>th</sup> -23<sup>rd</sup>; Telangana on 19<sup>th</sup> & 20<sup>th</sup>; with lightning over Tamil Nadu, Puducherry & Karaikal on 19<sup>th</sup> & 20<sup>th</sup> and Coastal Karnataka during 19<sup>th</sup> -21<sup>st</sup> March.
- ✓ **Heavy rainfall** at isolated places likely over Tamil Nadu, Puducherry & Karaikal, Coastal Andhra Pradesh & Yanam, and Rayalaseema on 19<sup>th</sup> March.
- ✓ Isolated **Hailstorm activity** likely over Interior Karnataka, Coastal Andhra Pradesh & Yanam and Rayalaseema on 19<sup>th</sup> March.

## **Precipitation for week 2 (26 March to 01 April, 2026):**

- ❖ Large scale thunderstorm activity likely to continue during the week. Fairly widespread to widespread light to moderate rainfall likely to continue over Western Himalayan region and Northeast India and light rainfall over the plains over northwest, Central, and East India during most days of the week.
- ❖ Light rainfall also likely over North Telangana, North Coastal Andhra Pradesh, Kerala and adjoining Tamil Nadu and South Interior Karnataka.
- ❖ Rainfall is likely to be Above Normal in Northwest India, Central India, East India, Northeast India, North Telangana, North Coastal Andhra Pradesh and Kerala & Mahe.

## **Temperature forecast for Week 1 (19<sup>th</sup> to 25<sup>th</sup> March, 2026) and Week 2 (26<sup>th</sup> March to 01<sup>st</sup> April, 2026)**

## **Temperature forecast, Heat wave and Warm Night warning for Week 1 (19<sup>th</sup> to 25<sup>th</sup> March, 2026) (Annexures IV-VI):**

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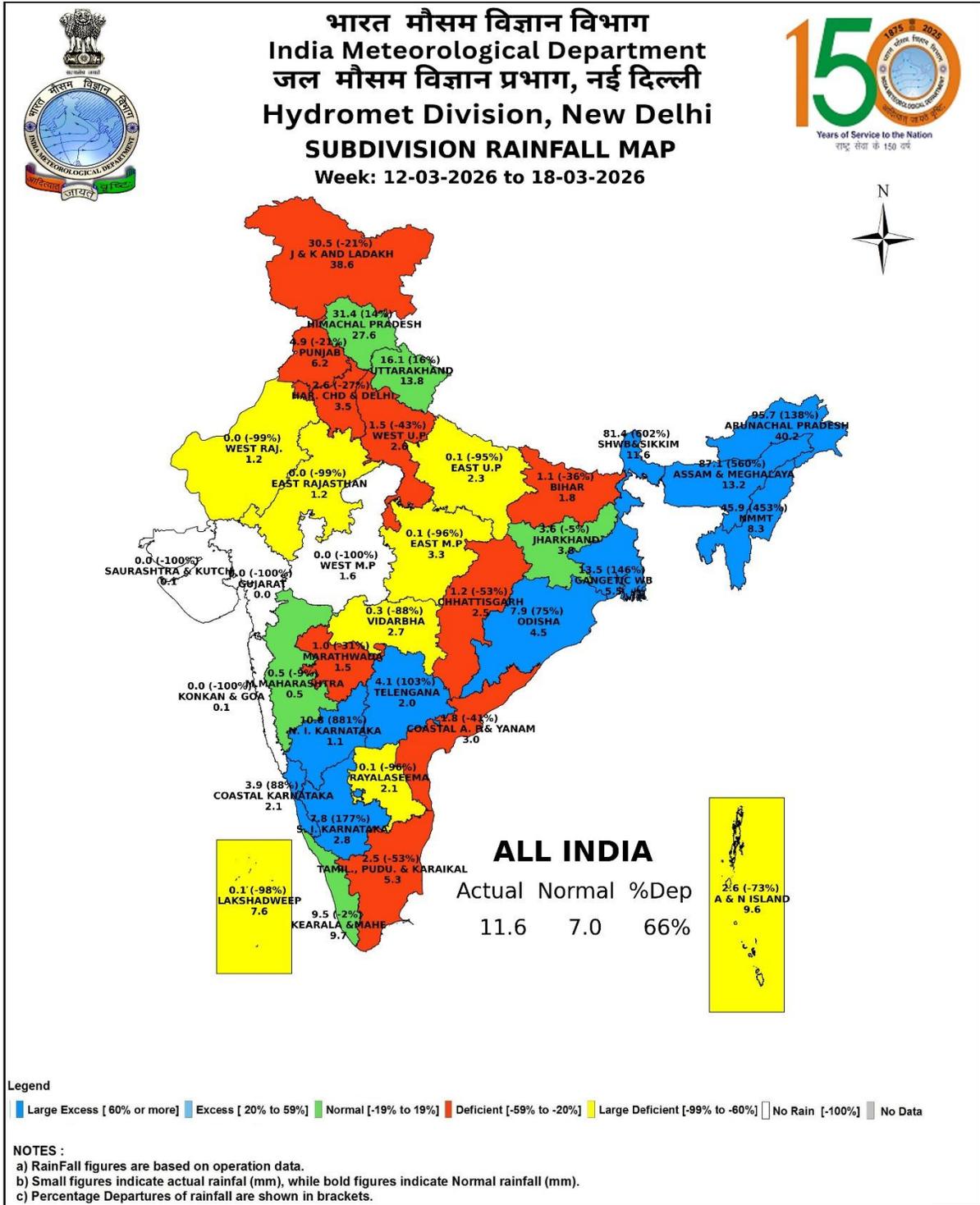
- ❖ **Maximum Temperature Departures (as on 18-03-2026):** Maximum Temperatures/day temperatures were appreciably above normal (3.1°C to 5.0°C) at isolated places over South East Uttar Pradesh; above normal (1.6°C to 3.0°C) at a few places over East Madhya Pradesh, Konkan & Goa, Vidarbha; at isolated places over Bihar, Jharkhand, Marathwada, West Uttar Pradesh and Near normal over rest parts of the country. **The highest maximum temperature of 39.8°C was reported at Banda (Uttar Pradesh).**
- ❖ **No Heat Wave conditions likely during week 1.** However, normal to above-normal maximum temperatures are likely over some parts of Ladakh, along the west coast (Konkan, Goa & some parts of coastal Karnataka), interior Odisha & adjoining south Chhattisgarh, and in the eastern parts of Tamil Nadu and adjoining south coastal

Andhra Pradesh. Normal to below-normal weekly maximum temperatures are likely across the rest of the country.

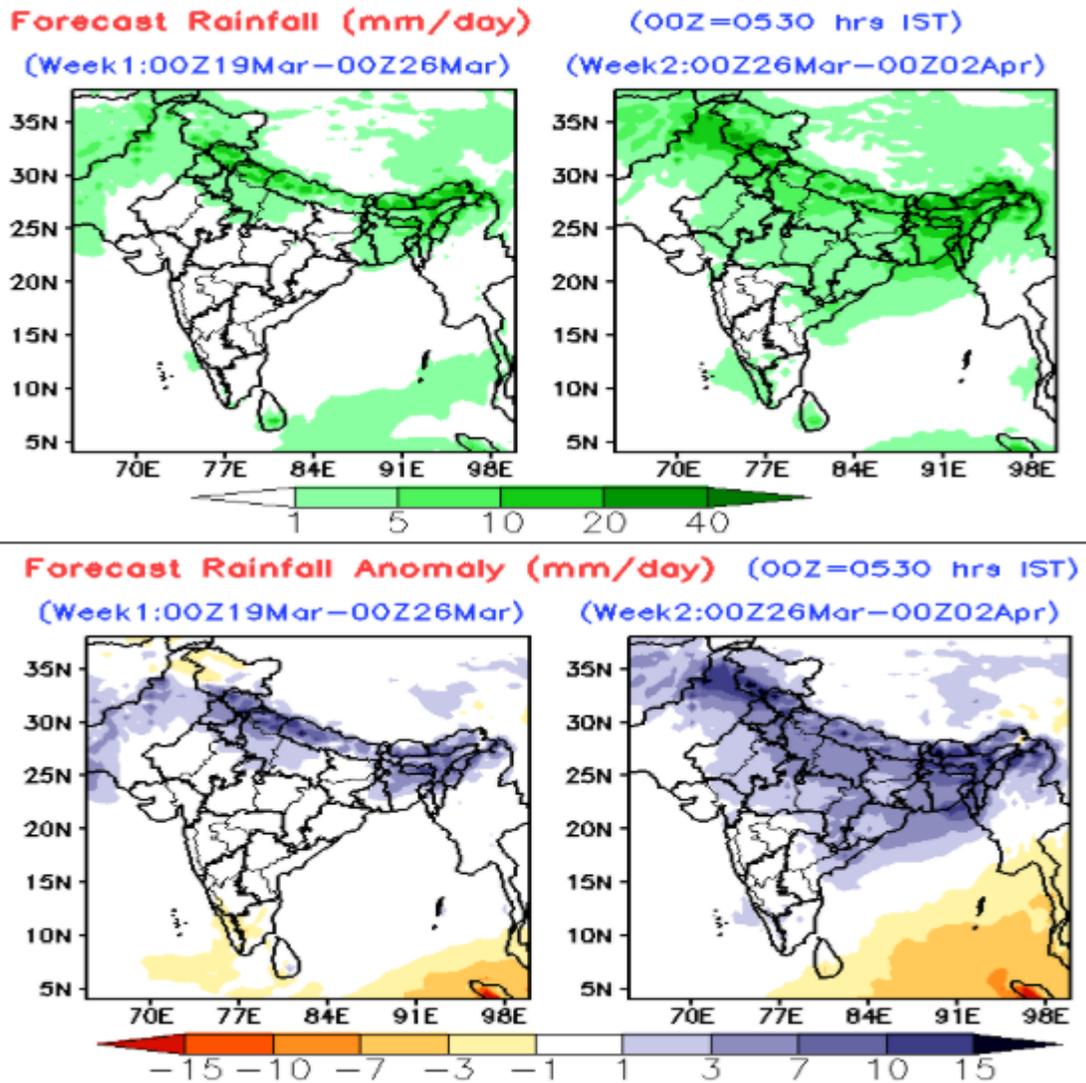
- ❖ **No warm night conditions likely during week 1.** However, above normal to appreciably above normal minimum temperatures are likely over western Himalayan region (Jammu & Kashmir, Ladakh, Himachal Pradesh and Uttarakhand) and normal to above normal minimum temperatures are likely along the western coast (Konkan & Goa and adjoining Madhya Maharashtra, Coastal Karnataka & adjoining Interior Karnataka) and over the central parts of Rajasthan. Normal to below-normal weekly minimum temperatures are likely across the rest of the country.

**Temperature forecast, Heat wave and Warm Night warning for Week 2 (26 March to 01<sup>st</sup> April, 2026) (Annexures IV-VI):**

- ❖ **No Heat Wave conditions likely during week 2.** However, **normal to above-normal maximum temperatures (1-3°C)** are likely over parts of Ladakh, along the west coast (Konkan & Goa & isolated places in coastal Karnataka), some parts of Saurashtra & Kutch and adjoining Gujarat region, and in the eastern parts of Tamil Nadu and adjoining south coastal Andhra Pradesh. **Normal to below-normal** weekly maximum temperatures are likely across the rest of the country.
- ❖ **No warm night conditions likely during week 2.** However, above normal to appreciably above normal minimum temperatures are likely over the western Himalayan region (Jammu & Kashmir, Ladakh, Himachal Pradesh, and Uttarakhand), and normal to above normal minimum temperatures are likely along the western parts of the country (Gujarat, south Rajasthan, and north Maharashtra) and over the southern parts of the country (north Tamil Nadu, north Kerala, adjoining Rayalaseema and south Coastal Andhra Pradesh). Normal to below-normal weekly minimum temperatures are likely across the rest of the country.





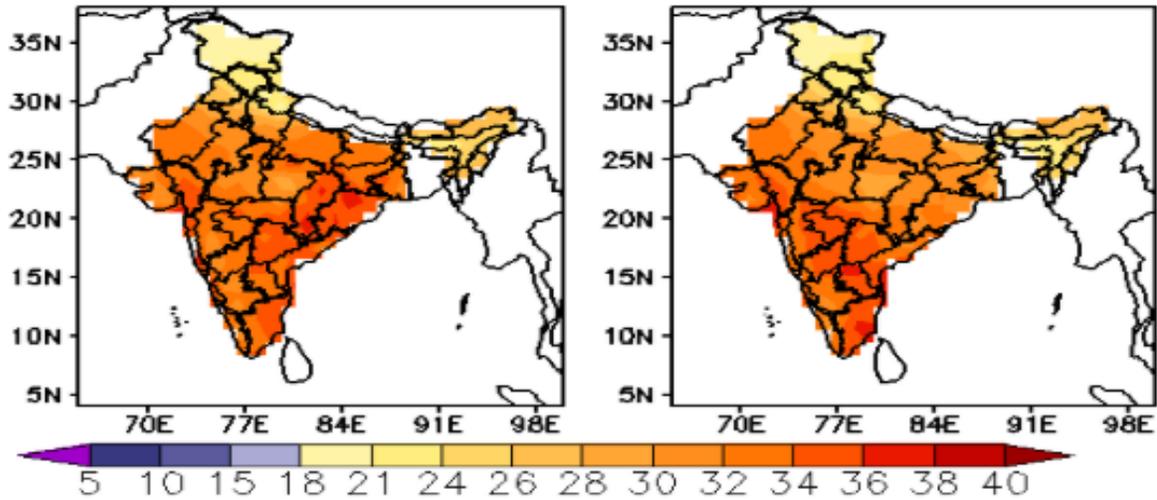


Extended range forecast of weekly distribution of rainfall in mm per day (top panel) and anomalies (lower panel) from IMD MME.

**MME Bias corrected forecast Tmax (Deg C)**

(Week1: 20Mar-26Mar)

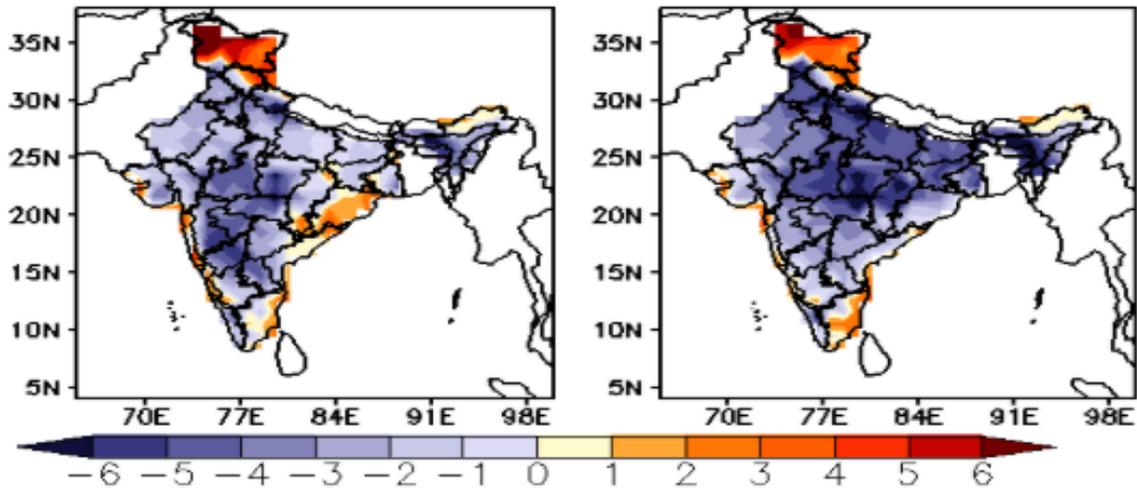
(Week2: 27Mar-02Apr)



**MME forecast Tmax anomaly (Deg C)**

(Week1: 20Mar-26Mar)

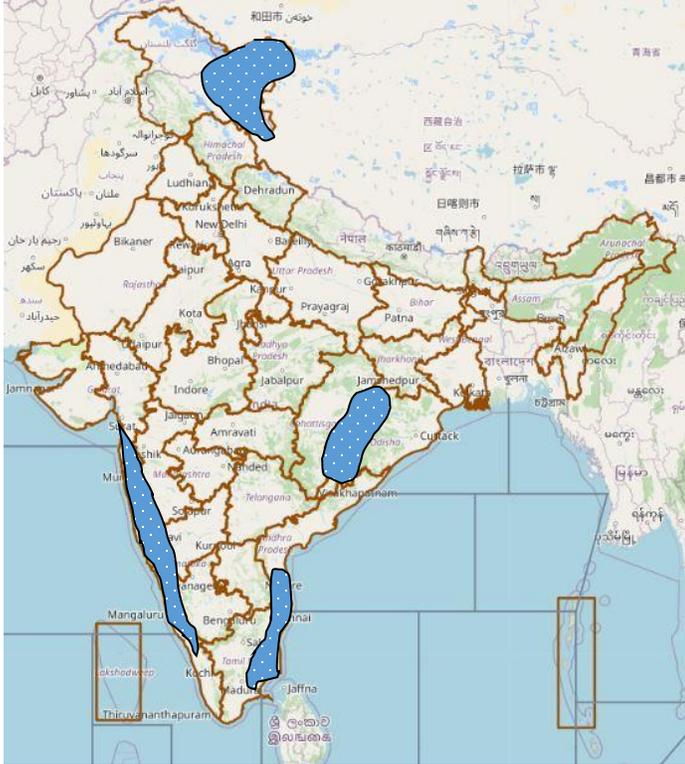
(Week2: 27Mar-02Apr)



Extended range forecast of weekly distribution of Maximum Temperature in °C (top panel) and anomalies (lower panel) from IMD Bias Corrected Forecast

**EXTENDED RANGE OUTLOOK FOR HEATWAVE & MAXIMUM TEMPERATURES**

**Week 1: 20.03.2026- 26.03.2026**



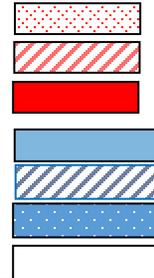
**Week2: 27.03.2026- 02.04.2026**



**PROBABILITY OF HEATWAVE**

- LOW (1-33% PROBABILITY)**
- MODERATE (34-67% PROBABILITY)**
- HIGH (68-100% PROBABILITY)**

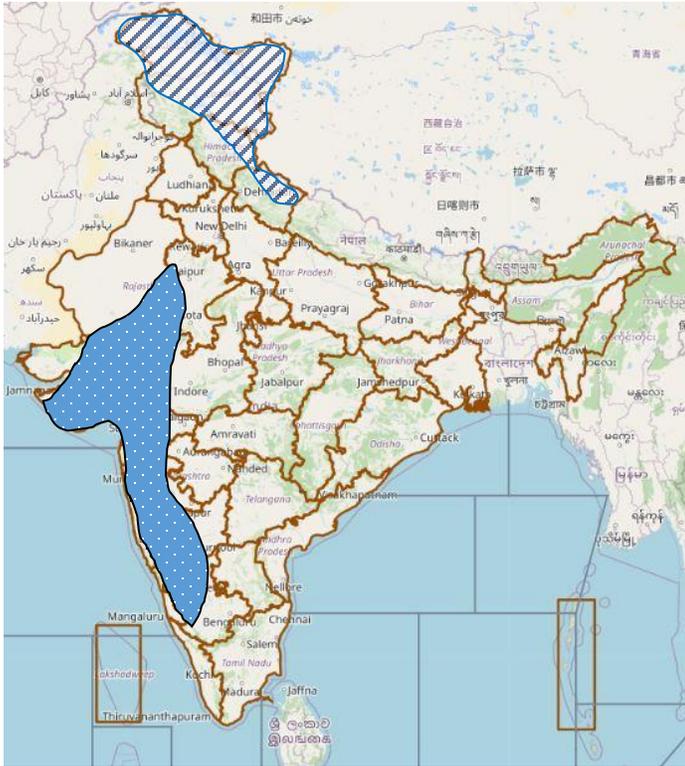
**CONFIDENCE**



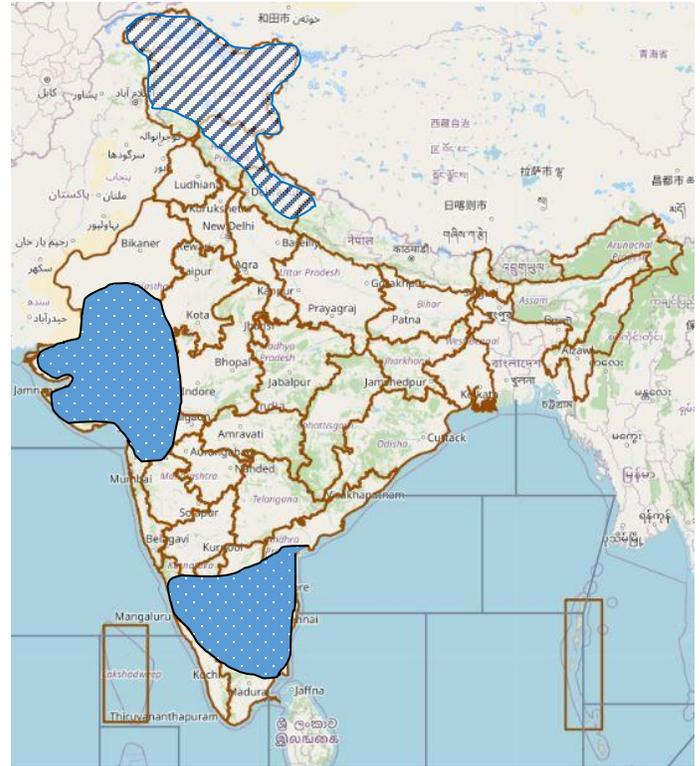
- Markedly Above Normal Maximum Temperatures (>+5.1°C)**
- Appreciably Above Normal Maximum Temperatures (+3.1 to +5.0°C)**
- Above Normal Maximum Temperatures (+1.6 to +3.0°C)**
- Normal to Below Normal Maximum Temperature**

**EXTENDED RANGE OUTLOOK FOR WARMNIGHT & MINIMUM TEMPERATURES**

**Week 1: 20.03.2026- 26.03.2026**



**Week2: 27.03.2026- 02.04.2026**



**PROBABILITY OF Warm Night**

**LOW (1-33% PROBABILITY)**

**MODERATE (34-67% PROBABILITY)**

**HIGH (68-100% PROBABILITY)**

**Markedly Above Normal Minimum Temperatures (>+5.1°C)**

**Appreciably Above Normal Minimum Temperatures (+3.1 to +5.0°C)**

**Above Normal Minimum Temperatures (+1.6 to +3.0°C)**

**Normal to Below Normal Minimum Temperature**

**CONFIDENCE**

