Issue date: 3rd February 2026

Outlook for February-March-April (FMA), 2026

1. Current meteorological conditions

During the NDJ 2025–26 season, nearly normal to slightly below normal rainfall was observed over most parts of the country. The first half of the season remained largely dry; however, rainfall spells during the last week of December extending into the first week of January, followed by another spell in the last week of January, resulted in moderate to heavy rainfall. These episodes primarily affected the northern and western regions and were accompanied by a few moderate to heavy snowfall events, leading to cold conditions in the affected areas. Temperature conditions during NDJ 2025–26 remained nearly normal across most parts of the country; however, Gilgit-Baltistan experienced above-normal temperatures during the season (Table 1).
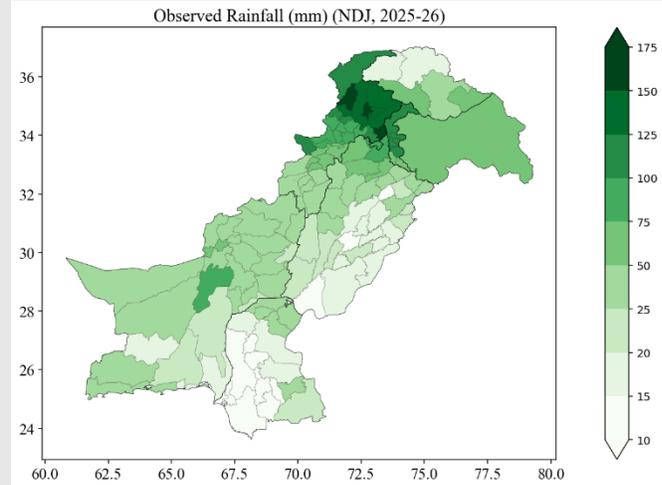
Figure 1 Observed rainfall (mm), NDJ 2025-26

Table 1: Summary of the NDJ 2025-26 Observed Rainfall and Temperature

| Region	Total Rainfall (mm)	Normal* Rainfall (mm)	Rainfall Departure (%)	Mean Temp (°C)	Anomaly (°C)
Pakistan	51.8	58.3	-11.0	13.8	0.2
AJK	183.4	181.5	1.0	12.3	-0.1
Balochistan	31.9	37.6	-15.0	13.9	0.3
Gilgit-Baltistan	26.6	37.4	-28.8	5.8	1.5
Khyber Pakhtunkhwa	108.9	108.4	0.5	11.4	0.7
Punjab	34.8	54.7	-36.3	14.4	-0.1
Sindh	14.2	10.2	38.2	18.7	-0.2

∗ Normal Period (1991 – 2020)

2. Seasonal Rainfall Outlook:

The seasonal outlook is based on the outputs of eight global seasonal prediction models with optimal skill. The models' outputs are combined using the Multi-Model Ensemble (MME) technique to generate operational outlooks for seasonal rainfall and temperature. Currently, the Indian Ocean Dipole (IOD) is in a neutral phase and expected to remain in a neutral phase during the season. Likewise, the El Niño–Southern Oscillation (ENSO), currently in a marginally negative phase, is expected to shift to a neutral phase and remains in the same phase for the whole season.

Given these conditions, a**bove-normal**[*] rainfall is projected over the northwestern parts of the country during the FMA 2026, particularly in lower Khyber Pakhtunkhwa, Kashmir, northern Balochistan and western Punjab, indicating a more active late-winter to early-spring precipitation regime. **Near-normal rainfall** is expected for Gilgit-Baltistan, Sindh and southern Balochistan in line with seasonal climatology (Figure 2, 3). Overall, the outlook indicates **wetter-than-normal conditions** over western to northwestern regions, while near-normal rainfall is expected across most other regions during the FMA 2026.
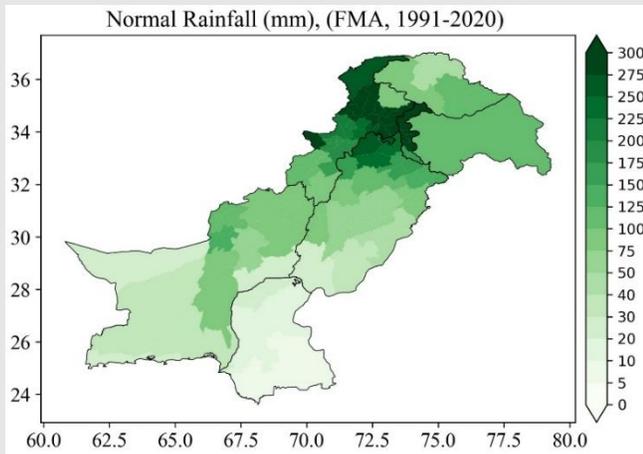

Figure 2: Normal (1991-2020) rainfall (mm) for JFM
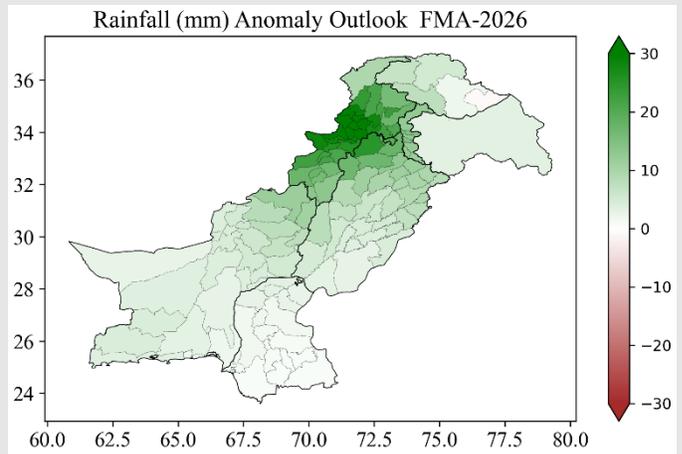
Figure 3: Monthly rainfall (mm) anomaly for FMA 2026

The probabilistic rainfall outlook reflects a consensus among all models used in the ensembles. The tercile probability output (Figure 4) indicates an enhanced probability of **above-normal** rainfall across much of western Pakistan, with the strongest deviations over western and central Khyber Pakhtunkhwa as well as northern and central Balochistan. **Near-normal** rainfall probabilities dominate in southern Sindh, whereas northern Gilgit-Baltistan is likely to receive **below normal** rainfall during the season FMA 2026.
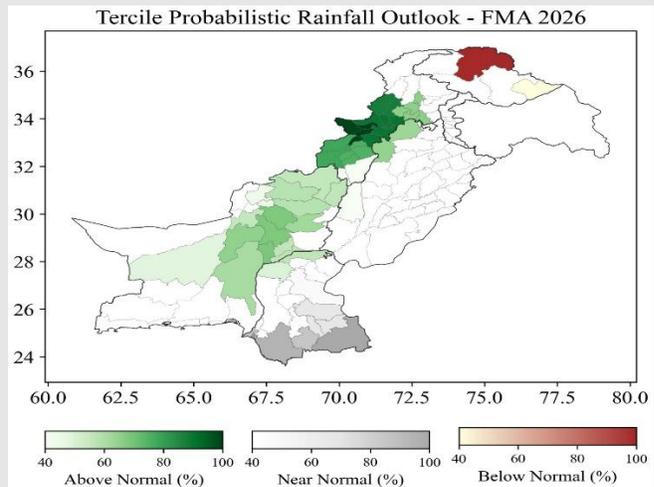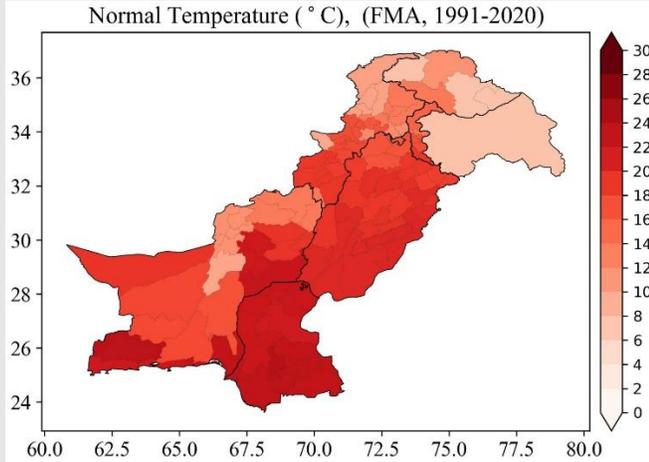

**Figure 4:** Probabilistic (%) rainfall outlook for FMA 2026

---

[*] Normal = 30-years average climatology

3. Seasonal Temperature Outlook:

Mean temperatures are expected to remain **above normal*** throughout the country, with maximum departure over northern areas of the country particularly Gilgit Baltistan and Kashmir during JFM 2026 (Figure 5, 6).


Figure 5: Normal (1991 - 2020) temperature for FMA 2026
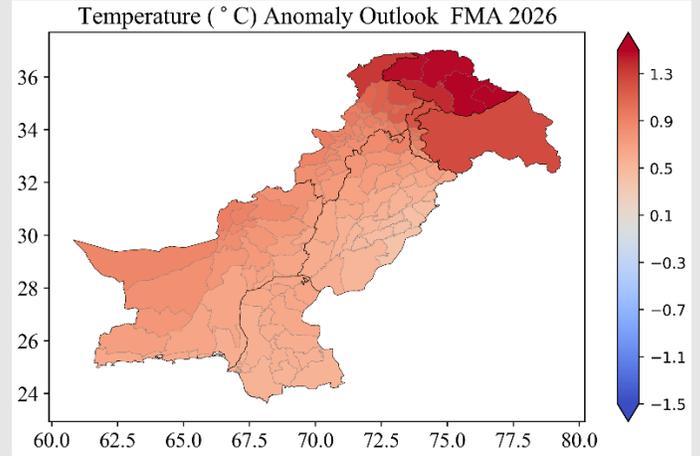
Figure 6: Monthly temperature anomaly outlook for FMA 2026

The tercile probabilistic temperature outlook (Figure 7) shows that most models predict **above-normal** temperatures across the country, with the highest likelihood over northern Pakistan, including Gilgit-Baltistan and Kashmir, as well as over southern Pakistan, particularly Sindh during the forecast season.
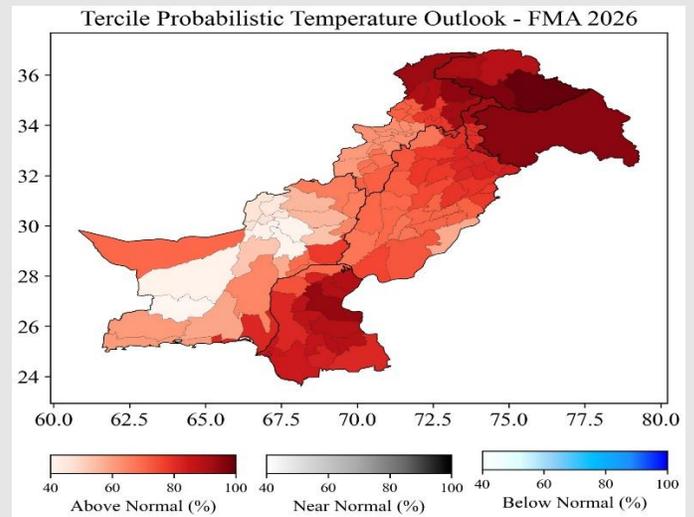
Figure 7: Probabilistic (%) temperature outlook for FMA 2026

4. **Impacts:**

- Above-normal rainfall over northwestern Pakistan, particularly lower Khyber Pakhtunkhwa, northern Balochistan, and western Punjab, is likely to improve soil moisture availability, providing favorable conditions during the grain-filling and maturity stages of Rabi crops. These conditions may favor better yields and reduce the need for irrigation in these areas.

- Warmer-than-normal temperatures combined with above-normal rainfall may cause early onset of pollen season in Islamabad and Rawalpindi. Above-normal rainfall enhanced soil moisture supports higher pollen production, potentially advancing the pollen season to the second half of February.

- Near-normal rainfall over some parts of Punjab, Khyber Pakhtunkhwa, and northern Sindh may still allow periods of stable atmospheric conditions, increasing the risk of fog and smog formation, with associated impacts on air quality, visibility, and respiratory health. However, the above-normal rainfall over western Punjab and lower Khyber Pakhtunkhwa, along with rising temperatures toward late winter and early spring, is likely to reduce the persistence and severity of fog and smog episodes.

- Above-normal temperatures favor pests and diseases in Rabi crops, speeding up insect reproduction. This can lead to earlier, faster-spreading outbreaks that reduce yield and quality, making timely monitoring and control essential.

- Wetter-than-normal conditions particularly in western regions and near-normal rainfall across most other regions of Pakistan during the season, are likely to enhance water replenishment in reservoirs, improving water availability for agriculture and the power sector.

- Despite the expectation of nearly normal rainfall during February–April, above-normal temperatures are likely to enhance the risk of early-season heatwave episodes, particularly during March and April. Intermittent dry spells combined with elevated temperatures may lead to increased heat stress, especially over southern and central parts of the country, affecting human health, agriculture, and water demand.

Note: The Seasonal Outlook is updated monthly in the first week of the month. The forecast reliability varies with location, time of year, and global ocean/atmospheric conditions. It provides general trends using probabilities rather than precise predictions and compares expected conditions to historical averages. For better decision-making, it should be used alongside short-term forecasts and other climate data issued by PMD.