PAKISTAN METEOROLOGICAL DEPARTMENT
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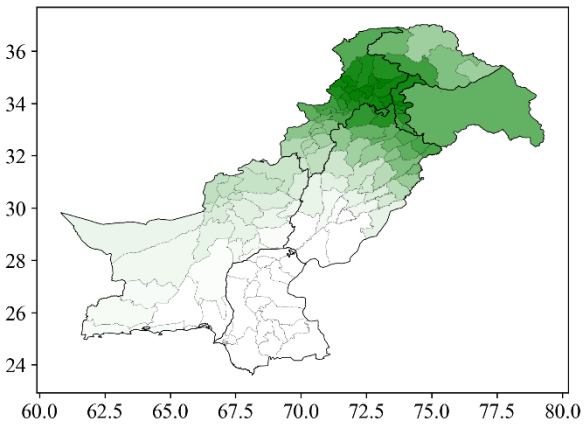
Seasonal Agro-Climate Outlook and Advisory for January - March 2026

Brief Introduction

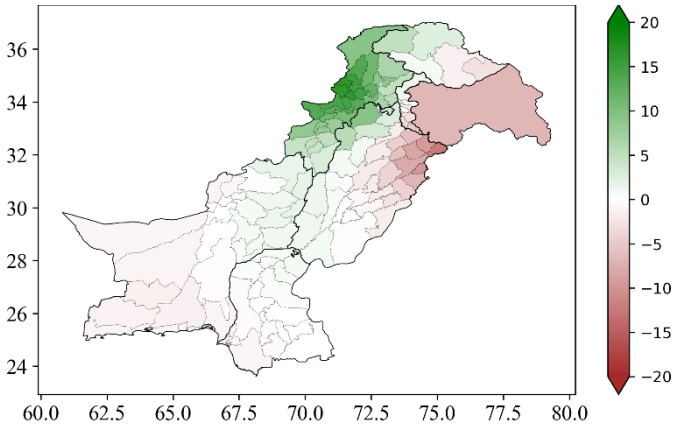
The Pakistan Meteorological Department issues monthly and seasonal forecasts using global climate models at the end of each month. Since a single model and dataset are not deemed reliable for long-term prediction and forecasting, models developed by various institutes and different datasets are utilized for accuracy, along with different boundary conditions for each model output. Currently, 13 recommended models are employed to generate a multi-model ensemble for seasonal predictions.

Seasonal Projections (Precipitation)

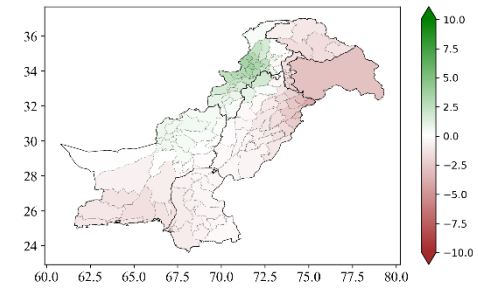
Total Precipitation (mm), JFM 2026



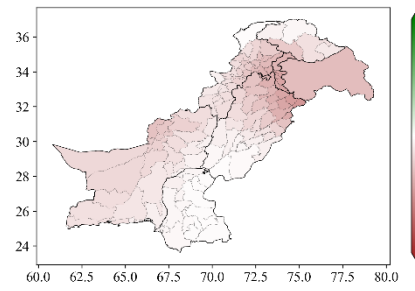
Precipitation (mm) Anomaly Outlook, JFM 2026



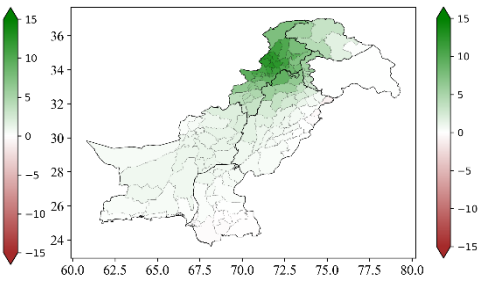
Precipitation (mm) Anomaly, Jan 2026



Precipitation (mm) Anomaly, Feb 2026



Precipitation (mm) Anomaly, Mar 2026



The precipitation outlook for January to March 2026 (JFM 2026) indicates that northern Pakistan, including parts of Khyber Pakhtunkhwa, northwestern Punjab, and the upper mountainous regions, is likely to experience above-average rainfall, with the highest positive anomalies over the northwestern and northern highlands, reflecting enhanced winter precipitation associated with western disturbances. In contrast, eastern and northeastern areas, particularly parts of upper Punjab, are projected to receive below-normal rainfall, suggesting drier-than-average conditions. Central Pakistan is expected to remain largely near normal, while southern Pakistan, including Sindh and much of Balochistan, shows normal to slightly below-normal rainfall with no pronounced anomalies.

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Month-wise Situation

- In January 2026, a mix of weather conditions is anticipated across the country. Western Pakistan is expected to receive slightly above-normal precipitation in certain areas, while northeastern regions may experience below-normal rainfall. Much of central Pakistan is projected to have conditions close to the average. Southern Pakistan, particularly in Sindh and southern Balochistan, is likely to see slightly below-normal precipitation, indicating that January will tend to be somewhat drier than average overall, with limited wetter pockets confined to the west.
- The precipitation anomaly for February 2026 shows widespread below-normal conditions throughout most of Pakistan. The most pronounced negative anomalies are expected in the northern and northeastern regions, indicating that February is likely to be drier than average. Central and southern areas of the country will also remain below average in terms of precipitation, although the intensity of the deficit will generally be weaker compared to the northern regions.
- In March 2026, a notable transition toward wetter conditions is predicted, particularly in northern Pakistan. Strong green shading reflects significantly above-normal precipitation in northern and northwestern regions, marking a clear recovery from February's below-normal rainfall. The remaining areas are expected to receive normal amounts of precipitation.

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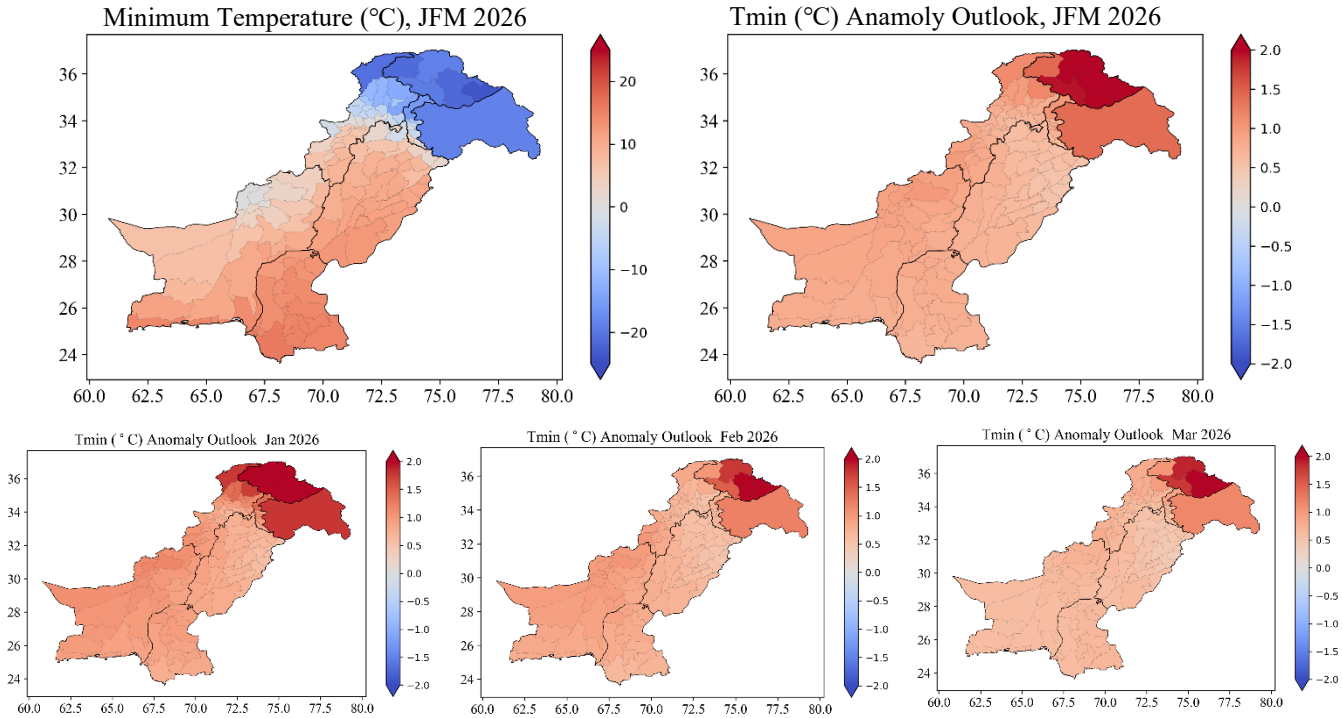
Seasonal Projections (Minimum Air Temperature)



A tendency of above-normal minimum (nighttime) temperatures is expected nationwide during January to March 2026 (JFM), with the most significant warming anomalies anticipated in northern parts, particularly in Gilgit-Baltistan.

Month-wise Situation

- In January 2026, minimum temperatures are expected to be slightly to significantly above normal across the country, with the most pronounced warming anomalies in northern regions, particularly in Gilgit-Baltistan, Upper Khyber Pakhtunkhwa, and Kashmir.
- February 2026 is projected to see continued above-normal minimum temperatures in most areas, especially in Gilgit-Baltistan, Kashmir, and the adjacent regions of Khyber Pakhtunkhwa.
- In March 2026, above-normal minimum temperatures are likely to persist across much of the country, although a slight overall decrease in intensity is anticipated, except for Gilgit-Baltistan, which is expected to remain warm.

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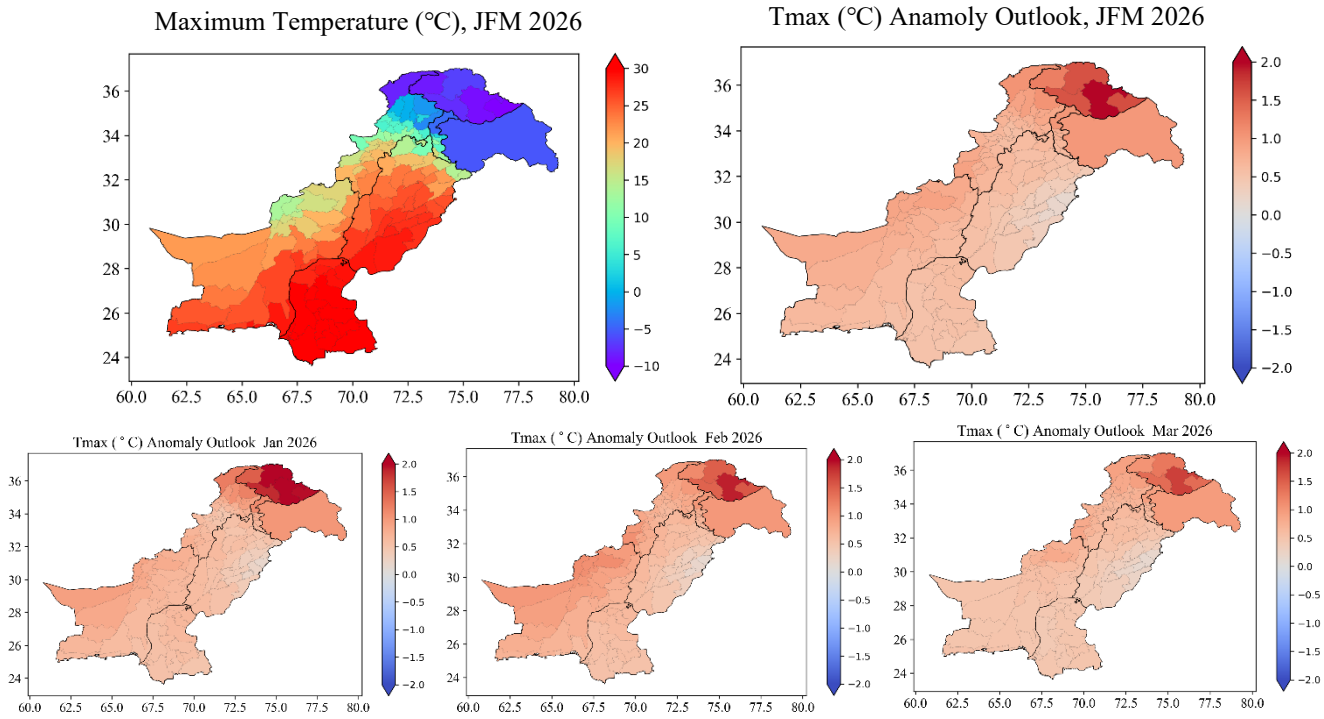
Seasonal Projections (Maximum Air Temperature)



A trend of above-normal maximum (daytime) temperatures is expected nationwide, especially in the northern regions, particularly along the western belt. The most significant increases in daytime temperatures are anticipated in Gilgit-Baltistan during the JFM period of 2026. However, only isolated areas in eastern Punjab are forecast to experience near-normal temperatures.

Month-wise Situation

- In January 2026, above-normal maximum temperatures are expected across much of the country, with the most significant anomalies occurring in Gilgit Baltistan, Upper Khyber Pakhtunkhwa, and Upper Kashmir. Only a few isolated areas in eastern Punjab are anticipated to experience near-normal temperatures.
- Above-normal maximum temperatures are forecasted to continue nationwide, following a similar trend as observed in January, albeit with a slight decrease in intensity in Gilgit Baltistan during February 2026.
- Throughout March 2026, above-normal maximum temperatures are expected to persist nationwide, maintaining the same pattern as the previous months.

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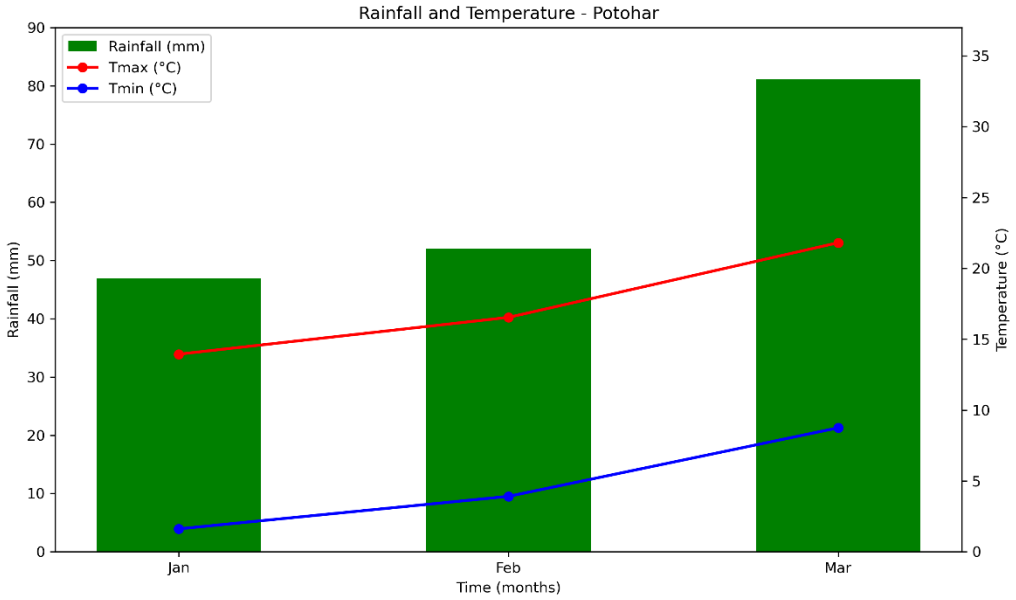
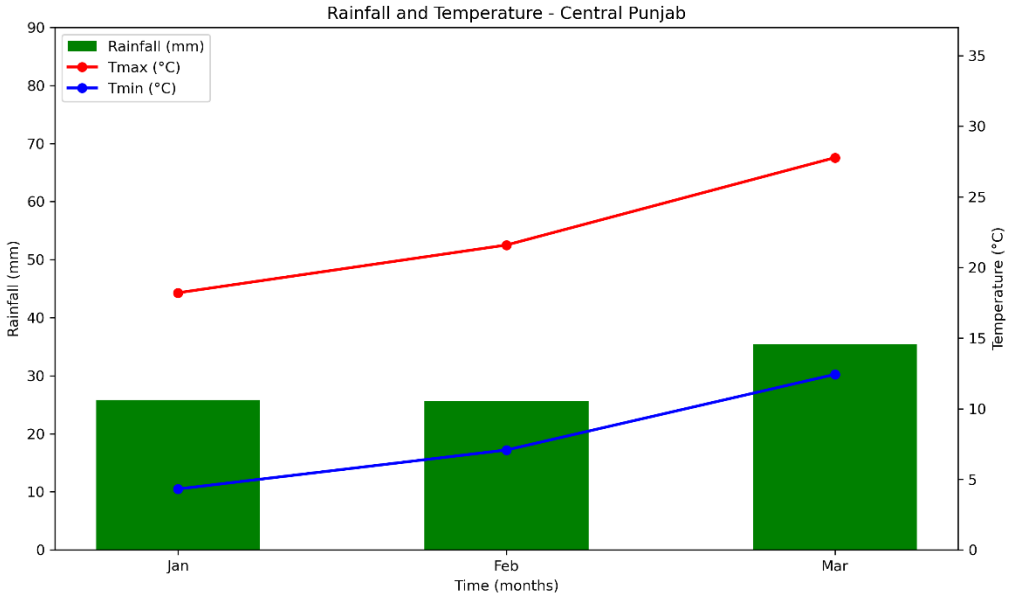
Outlook for Agroclimatic Zones



The **Potohar Region** is expected to receive considerable precipitation, especially in March 2026. Additionally, following the seasonal patterns, maximum and minimum temperatures are anticipated to gradually increase.



Central Punjab is expected to receive satisfactory precipitation during the period (JFM). The maximum and minimum temperatures are predicted to gradually increase following the seasonal pattern.

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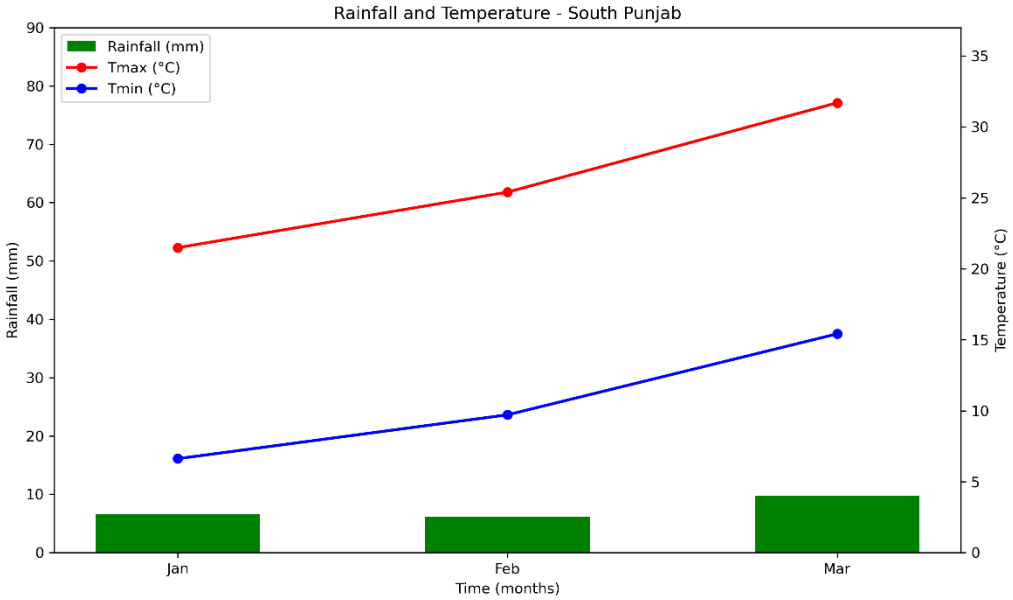

Southern Punjab is expected to receive less precipitation over the next three months (JFM). Additionally, maximum and minimum temperatures are predicted to gradually increase as per the seasonal pattern.

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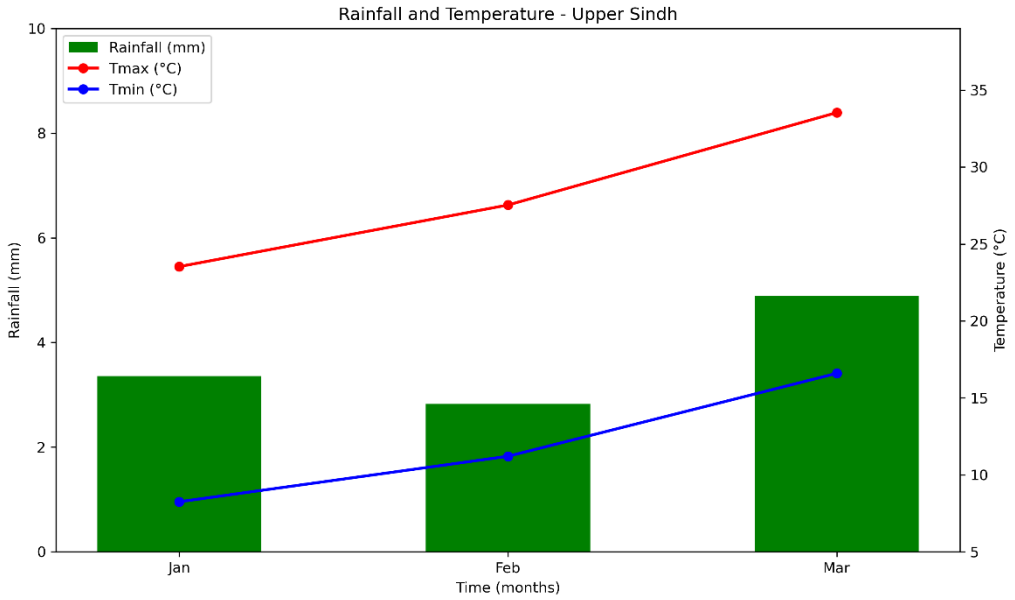
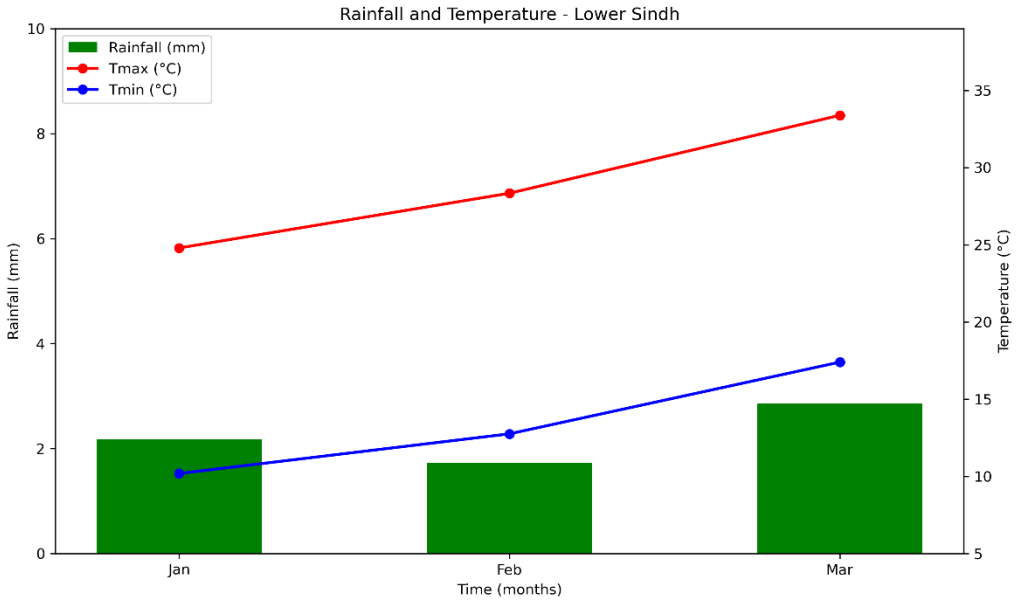


Upper Sindh is expected to receive few rainfalls during the mentioned period (JFM). Moreover, maximum and minimum temperatures are predicted to gradually increase following the seasonal pattern.



Lower Sindh is anticipated to receive few rainfalls during the period (JFM). Following the seasonal patterns, both the maximum and minimum temperatures are predicted to gradually increase following the seasonal pattern.

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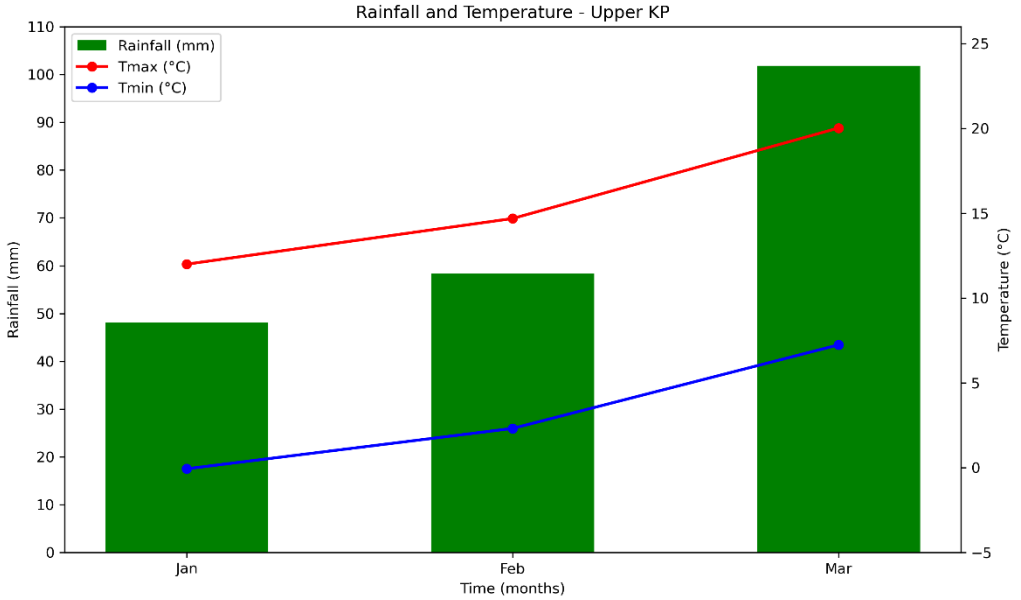
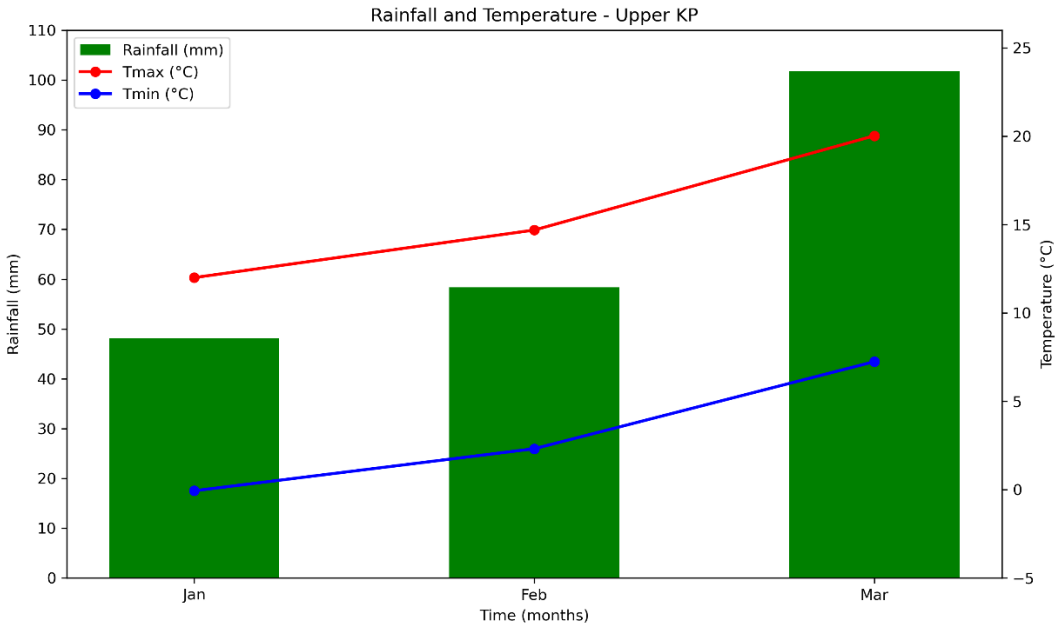


Upper Khyber Pakhtunkhwa is expected to receive substantial precipitation throughout the JFM 2026 period. The maximum and minimum temperatures are predicted to gradually increase as per the seasonal pattern.



Lower Khyber Pakhtunkhwa may comparatively receive a considerable amount of precipitation during the period (JFM). Additionally, maximum and minimum temperatures are predicted to gradually increase, following the seasonal pattern.

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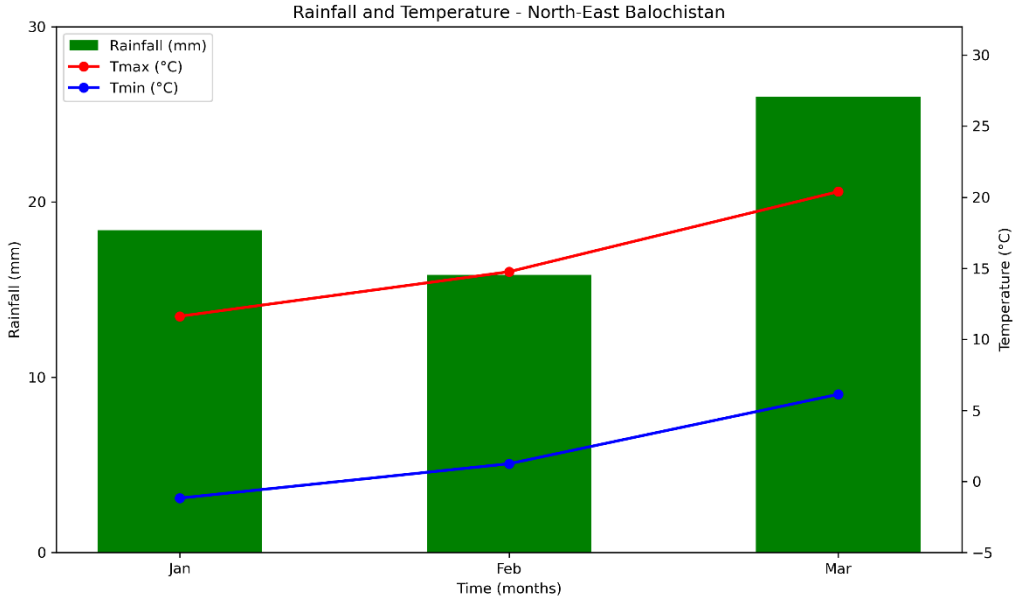
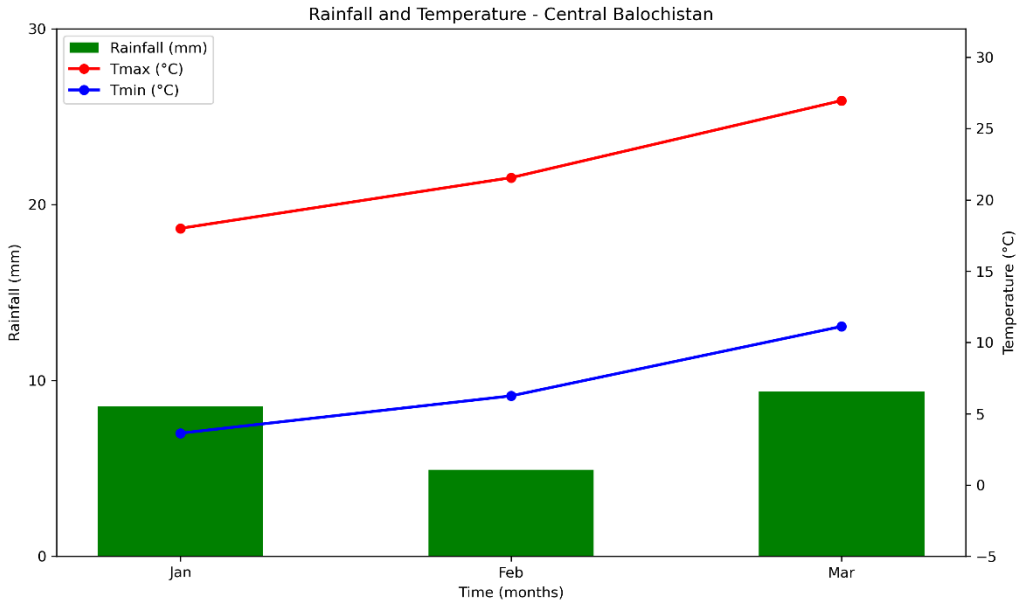


North-Eastern Balochistan is expected to receive enough precipitation during the period JFM 2026. Additionally, maximum and minimum temperatures are predicted to gradually increase as per the seasonal pattern.



Central Balochistan is expected to receive lesser rainfalls during the period (JFM). The maximum and minimum temperatures are predicted to gradually increase from January to March 2026.

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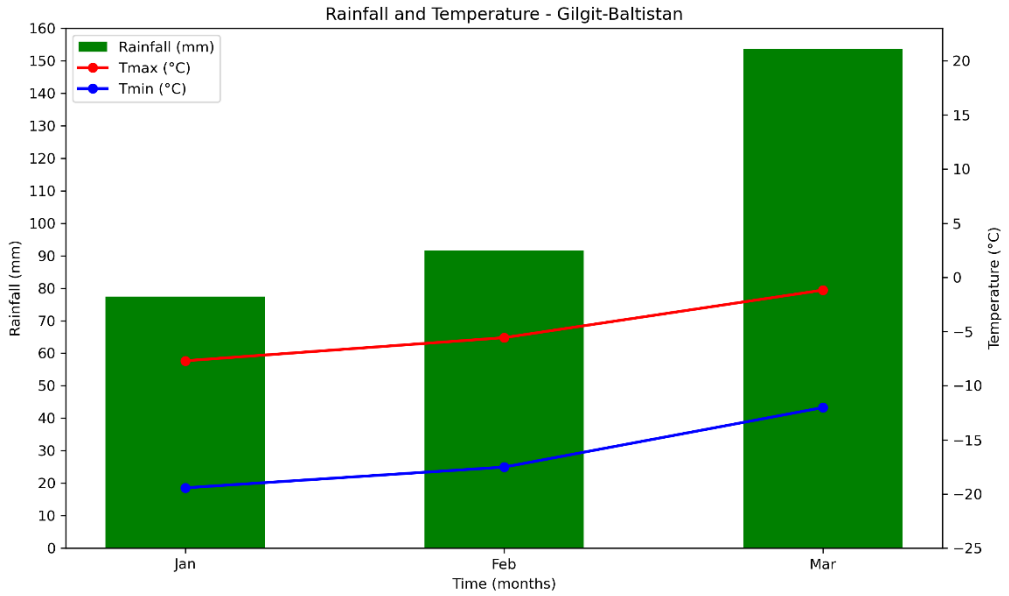
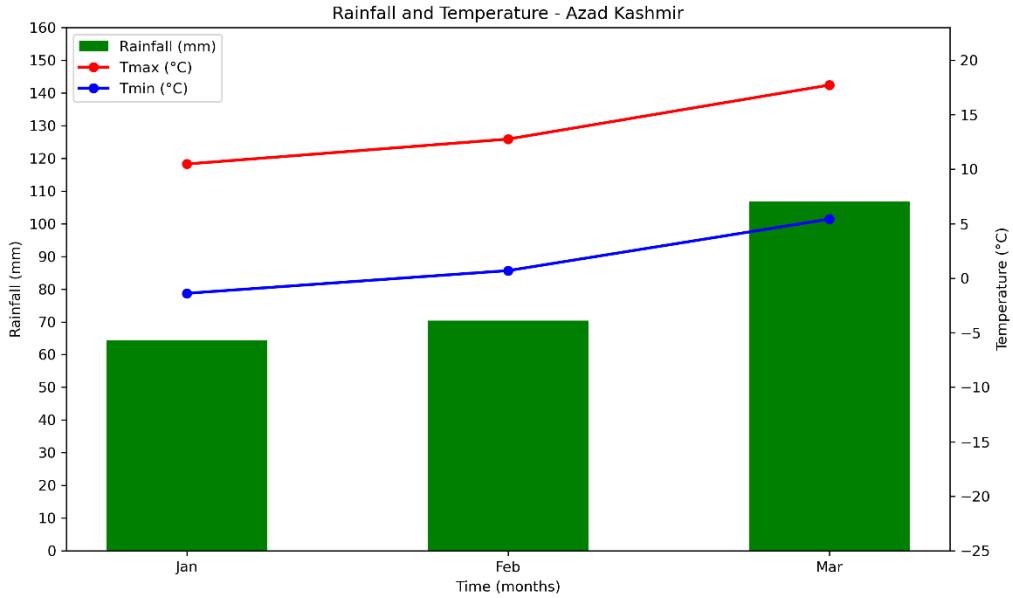


Gilgit Baltistan is expected to receive a valuable amount of precipitation during the mentioned period (JFM 2026). The maximum and minimum temperatures are predicted to gradually increase as per the seasonal pattern.



Azad Jammu & Kashmir is expected to receive considerable precipitation during the next three months (JFM). The maximum and minimum temperatures are predicted to increase gradually from January to March 2026.

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Advisories to Farmers Based on Recent and Expected Weather Conditions

The Rabi season in Pakistan is showing generally good wheat establishment, with most crops at the third-leaf, tillering, and early stem extension stages under both irrigated and rainfed systems. The outlook for January–March 2026 (JFM) suggests variable precipitation, with above-normal rainfall expected in the northern and northwestern regions, while February is predicted to be drier than normal nationwide, followed by a wetter recovery in March. Additionally, both minimum and maximum temperatures are expected to remain persistently above normal. These conditions necessitate province-specific management strategies to sustain yield potential.

In **Punjab**, wheat crops across Central Punjab are in good to excellent condition, mainly at the tillering stage. While satisfactory rainfall is expected during JFM, February may be relatively dry. In the Potohar and northwestern regions of Punjab, significant rainfall is anticipated, particularly in March. Conversely, Eastern Punjab may experience below-normal precipitation. To avoid stress during tillering and stem elongation, timely irrigation, moisture-saving practices, and careful nutrient scheduling are essential.

In **Sindh**, wheat is in excellent condition, with crops entering the stem extension stage and benefiting from favorable soil moisture. However, limited rainfall and rising temperatures require efficient irrigation management, light hoeing for soil aeration in vegetable crops, and vigilance against fungal diseases where residual moisture exists.

In **Khyber Pakhtunkhwa**, Upper KP is expected to receive substantial precipitation throughout JFM, especially in January and March. Wheat at the tillering stage will benefit from this moisture, but effective drainage is critical to prevent waterlogging. The above-normal night temperatures may encourage early pest activity, making regular field monitoring advisable. Balanced fertilization, timely irrigation, light hoeing for soil aeration, and weed control will help maintain crop vigor as it advances toward stem elongation.

In northeastern **Balochistan**, including Quetta, wheat is in the early vegetative stages and shows satisfactory establishment. However, central and western areas of the province may continue to face moisture limitations. Overall, precipitation during JFM is expected to be variable, so careful water management across the province is required. Farmers should adopt moisture conservation measures, rely on efficient irrigation practices, apply nitrogen cautiously, and take preventive actions against frost during clear nights in January to support healthy early crop development.

Wheat and other Rabi crops in **Gilgit-Baltistan and Azad Jammu & Kashmir** are expected to benefit from considerable precipitation during JFM, along with warmer-than-normal minimum temperatures that will reduce frost stress. However, increased humidity may also heighten the risk of fungal diseases. Farmers are advised to ensure adequate drainage, use mulching when appropriate, and apply timely top-dressing to sustain the vigor of crops and orchards as temperatures gradually rise towards March.

Overall Advisory:

Coordinated management is crucial for safeguarding Rabi crop productivity across Pakistan during January–March 2026. This involves emphasizing moisture conservation during dry spells, drainage during wetter periods, balanced nutrient application, and intensified monitoring of pests and diseases under warmer-than-normal conditions.