Pakistan Meteorological Department

Monthly Drought Bulletin
For the Month of January, 2026

Highlights

- The month was characterized by above-normal rainfall across most regions, with temperature anomalies varying between -2°C and +2°C. A significant rainfall spell during the last dekad of January provided relief from moisture stress and improved reservoir storage.
- For February 2026, near- to slightly above-normal rainfall is anticipated across most parts of the country during the month, with the most pronounced positive anomalies concentrated over northern regions.
- Mean temperatures are likely to remain above normal nationwide, with highest positive departures expected over Gilgit-Baltistan and Kashmir.
- Considering weather forecast for February 2026, drought conditions are likely to remain prevalent with partial relief expected in drought prone areas of Balochistan by westerly disturbances.

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Highlights of Weather for the Month of January, 2026

1. Monthly Rainfall and Temperature Analysis for the Month of January, 2026

During the month, most parts of the country received rainfall, while some parts of Sindh remained dry as depicted in Figure 1. Major amounts of rainfall recorded during the period are listed in Table 1. Figure 2 illustrates the departure of monthly rainfall from the climatological normal (1991-2020). Overall, most regions recorded above-normal rainfall. Whereas, southwestern parts of Balochistan, western Sindh, eastern parts of Punjab and most of Gilgit Baltistan, received slightly below normal rainfall.

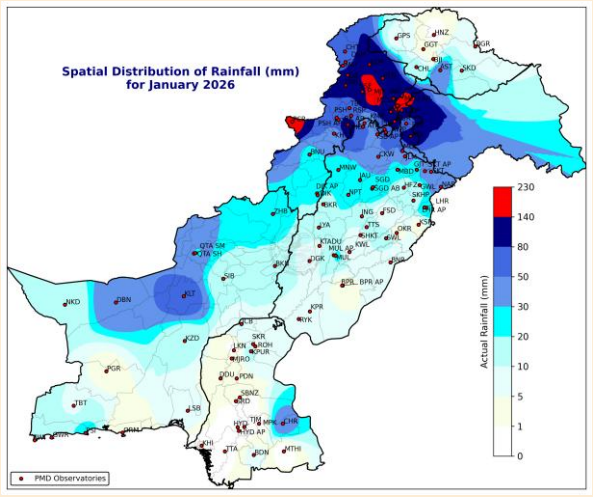

Figure 1: Spatial Distribution of rainfall

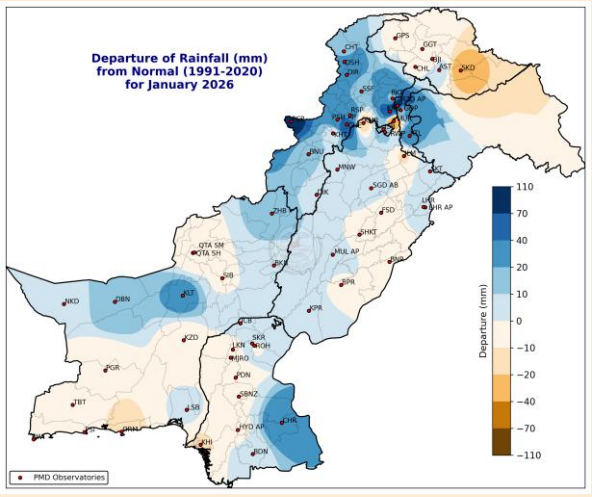

Figure 2: Departure of rainfall from Normal

Table-1: Major amount of rainfall recorded across Pakistan during the month of January, 2026

S. No	Station	Rainfall (mm)	S. No	Station	Rainfall (mm)
1.	Malamjabba	230.0	11.	Cherat	110.0
2.	Muzaffarabad AP	199.5	12.	Kotli	104.0
3.	Parachinar	149.0	13.	Lower Dir	99.0
4.	Dir	138.0	14.	Saidu Sharif	96.4
5.	Garhi Dupatta	130.0	15.	Bacha Khan A/P	84.2
6.	Muzaffarabad City	128.9	16.	Murree	82.8
7.	Kalam	127.2	17.	Drosh	76.7
8.	Kakul	120.0	18.	Peshawar AB	76.0
9.	Pattan	118.4	19.	Islamabad ZP	75.3
10.	Balakot	111.0	20.	Peshawar City	72.2

Figure 3 illustrates the spatial distribution of mean temperatures recorded at PMD stations during January 2026, highlighting significant regional variations across the country. Overall, mean temperatures ranged between -1°C and 21°C. Relatively lower temperatures, between -1°C and 13°C, were observed over parts of Balochistan, upper Khyber Pakhtunkhwa, AJK, and Gilgit-Baltistan. In contrast, relatively higher temperatures prevailed across central and southern Punjab, Sindh, and coastal areas of Balochistan, where mean values ranged between 13°C and 21°C.

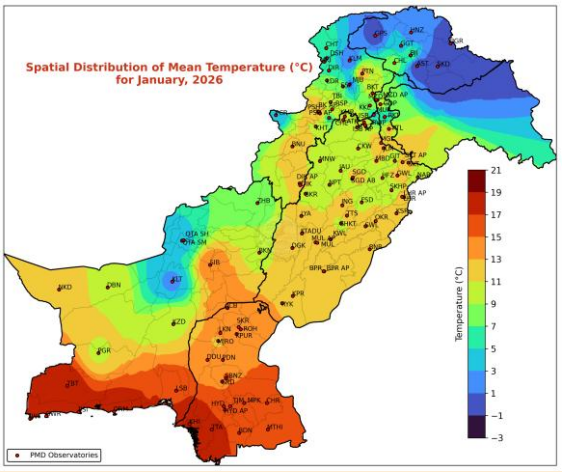

***Figure 3**: Monthly Mean Temperature (°C)*

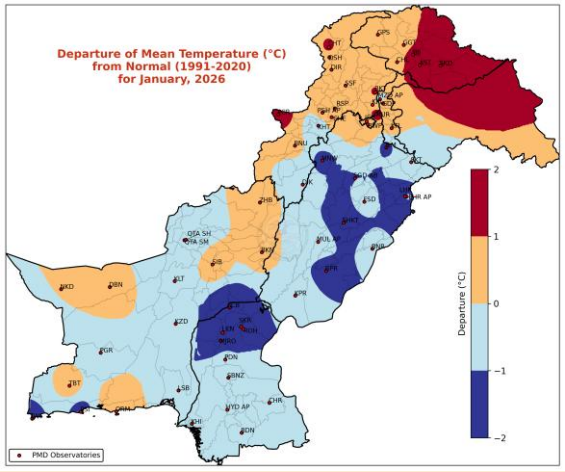

***Figure 4**: Monthly Departure from Normal Mean Temperature*

Figure 4 illustrates the deviation of mean temperatures from the climatological normal (1991-2020), indicating that most parts of the country experienced below-normal temperatures, with negative anomalies of up to -2°C. Upper parts of the country recorded above normal temperature of up to 2°C. Figures 5 and 6 present the monthly normal rainfall and mean temperature for January, respectively, based on the 1991-2020 reference period.

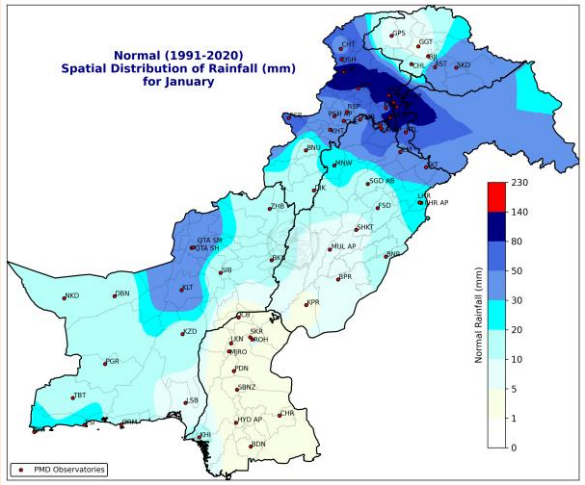

***Figure 5**: Monthly Normal Rainfall (mm)*

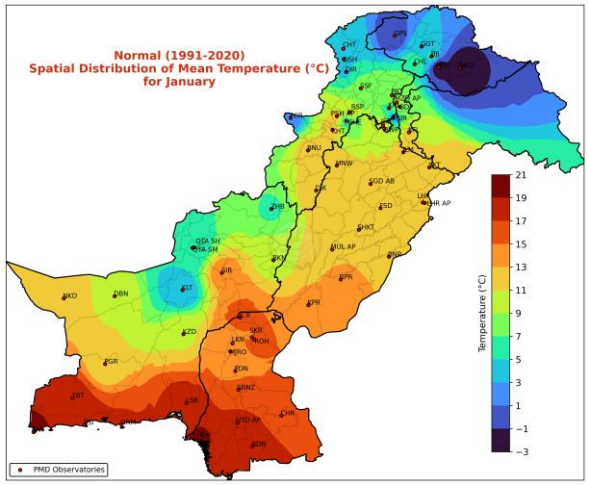

***Figure 6**: Monthly Normal Mean Temperature (°C)*

2. Comparison of Actual to Normal Monthly Rainfall for January, 2026

Figure 7 presents a regional comparison of actual rainfall with the climatological normal (1991-2020) for January 2026, shown separately for different regions: Khyber Pakhtunkhwa [Figure 7(a)], Sindh [7(b)], Punjab [7(c)], Balochistan [7(d)], Gilgit-Baltistan, and Azad Jammu & Kashmir [7(e)]. Overall, rainfall across the country remained above normal during the month.

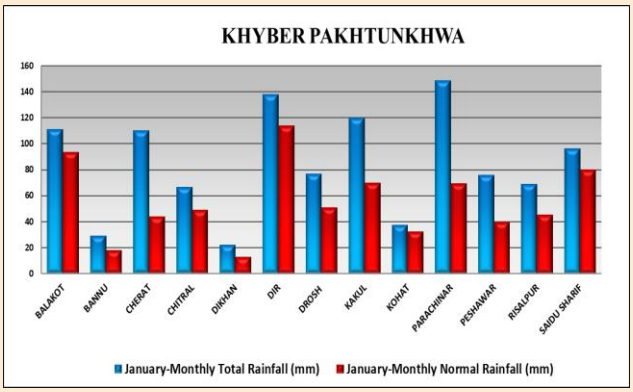

Figure 7a

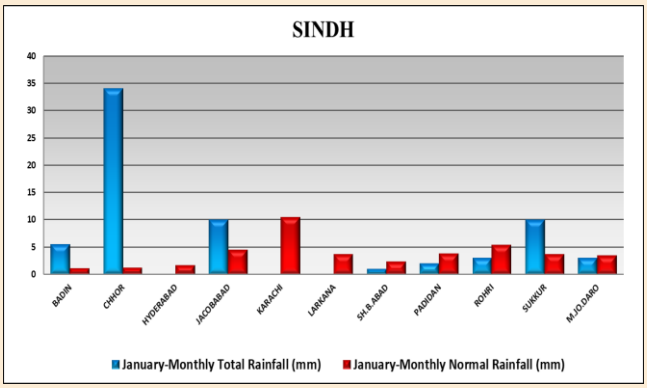

Figure 7b

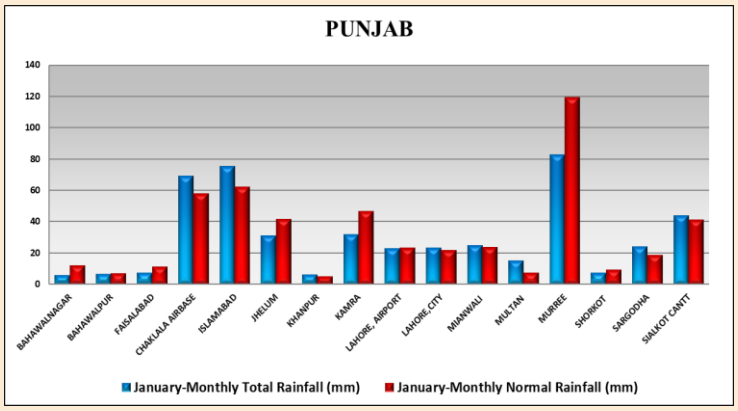

Figure 7c

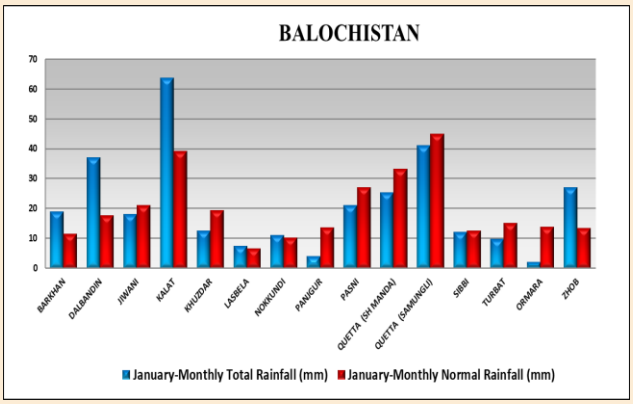

Figure 7d

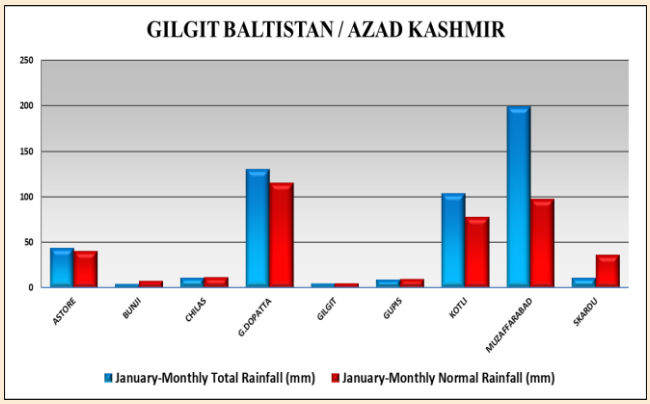

Figure 7e

3. Normalized Difference Vegetation Index (NDVI)

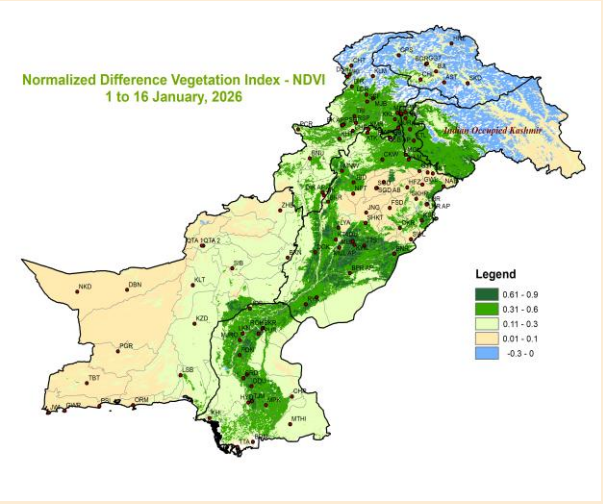

Figure 8: NDVI

Figure 8 presents the Normalized Difference Vegetation Index (NDVI) values for the period 01 to 16 January, 2026. Higher NDVI values were observed across AJK, Punjab, Khyber Pakhtunkhwa, and along the Indus Basin, reflecting extensive vegetation cover in these regions. These conditions indicate healthy plant growth supported by adequate chlorophyll accumulation. However, western Balochistan exhibited low NDVI values.

4. Land Surface Temperature (LST)

Figure 9 depicts the Land Surface Temperature (LST) distribution for the period 01to 08 January, 2026. During this period, most parts of the country recorded LST values ranging from 0°C to 20°C. Higher LST values, between 20°C and 30°C, were observed in coastal areas of Balochistan and parts of Sindh.

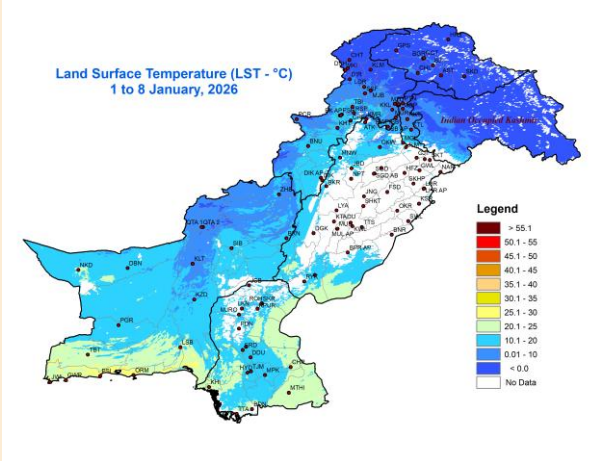

Figure 9: Land Surface Temperature (°C)

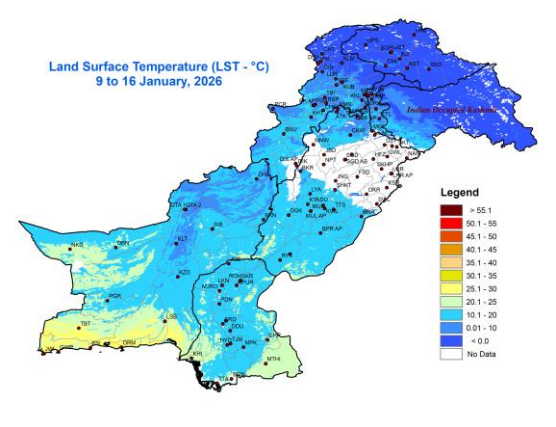

Figure 10: Land Surface Temperature (°C)

Figure 10 illustrates the Land Surface Temperature (LST) conditions from 09 to 16 January 2026. During this period, a slight increase in LST was observed in western and southwestern Balochistan, while a decrease was noted in parts of Sindh, compared to the 8-day time period.

5. Temperature Vegetation Dryness Index (TVDI)

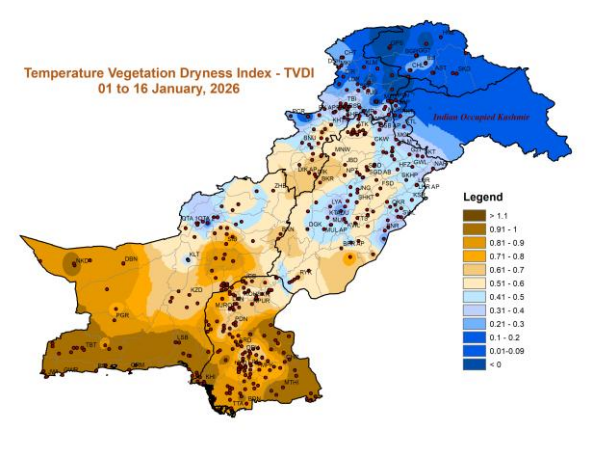

Figure 11: TVDI

Figure 11 presents the Temperature Vegetation Dryness Index (TVDI) from 01 to 16 January, 2026. The TVDI Index highlights dry-like conditions across the country, especially in Sindh and western/southwestern Balochistan. These elevated TVDI values reflect dryness and soil moisture deficits in these regions.

6. Length of Consecutive Dry Days up to January 31, 2026

Figure 12 presents the maximum length of Consecutive Dry Days (CDD) across the country. Recent rainfall events have partially broken the dry spell in western Balochistan. The longest CDD were recorded at Thatta, 122 days. In other parts of the country, CDD ranges from 0 to 10 days.

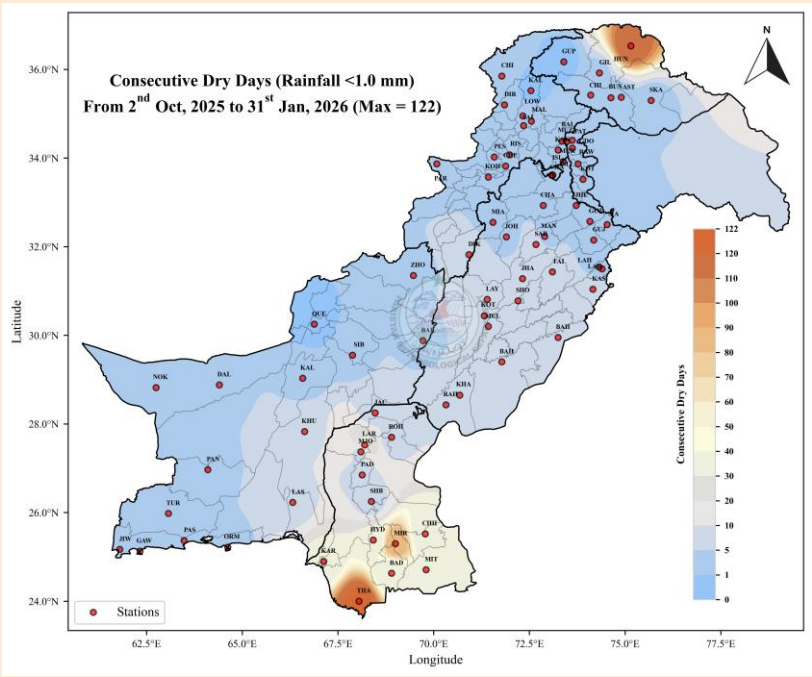

Figure 12: No. of consecutive dry days

7. Drought Monitor for the Month of January, 2026

Figure 13 illustrates the countrywide drought situation for January 2026, based on an integrated analysis of multiple drought-monitoring indicators and ground-based observations from meteorological stations. Western parts of Balochistan received rainfall in the last couple of months, leading to normalized drought conditions in Chagai, Washuk, Nuski, and Kharan. Although southwestern Balochistan (Kech, Panjgur and Gwadar) witnessed partial and short-term relief, it continues to face a substantial cumulative rainfall deficit. Consequently, mild drought conditions continue to persist across these regions.

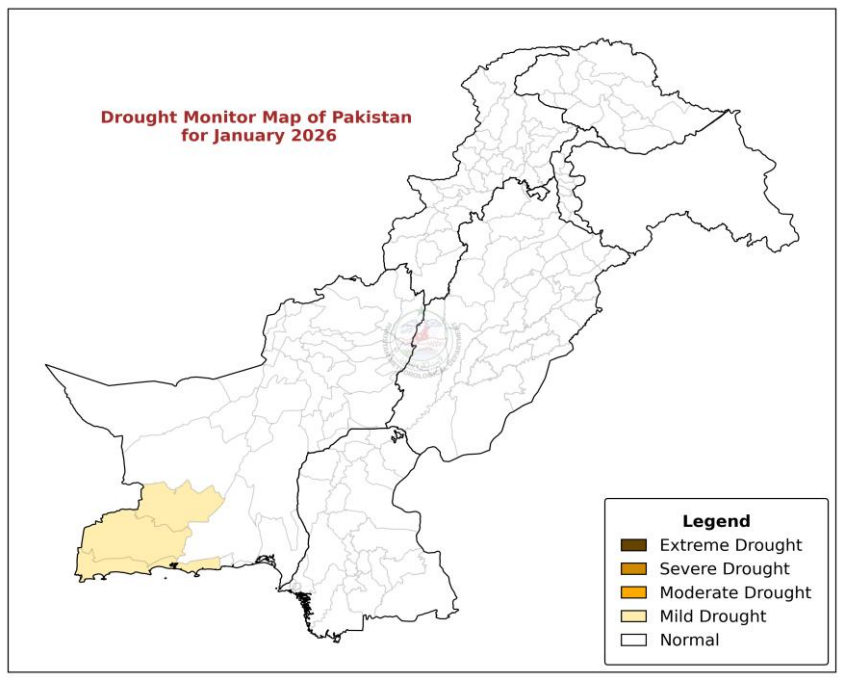

Figure 13: Drought Monitor of Pakistan for the month of January, 2026

8. Water Availability/ Dams Flow Data:

Figure 14 illustrates the water inflow, outflow, and storage levels of major reservoirs, including Mangla, Tarbela, Khanpur, Rawal, and Simly, during the month. Overall, water levels remained consistent across most reservoirs, with a slight increase observed later in the month due to rainfall events. Currently, the water levels at the key reservoirs, Tarbela and Mangla, stand at 1,492 feet and 1,203 feet, respectively. Therefore, sufficient water is available in these reservoirs to meet irrigation and drinking water requirements.

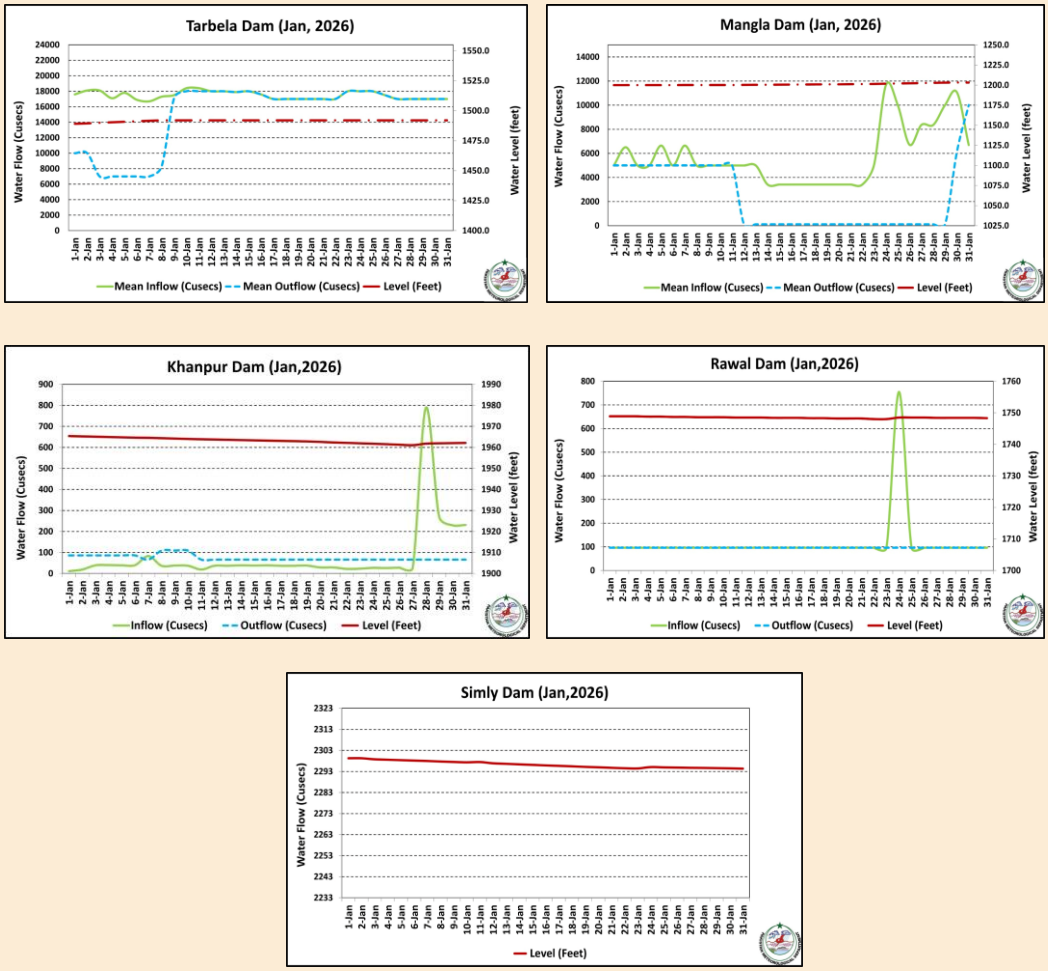

Figure 14: Water inflow, outflow and level of Tarbela, Mangla, Khanpur, Rawal and Simly Dams, January 2026

9. Weather Outlook for February, 2026

A general tendency for near- to slightly above-normal rainfall is anticipated across most parts of the country during February 2026, with the most pronounced positive anomalies concentrated over northern regions, including Khyber Pakhtunkhwa, Gilgit-Baltistan, Kashmir, and northern Punjab. In contrast, southern Pakistan, particularly Sindh**,** Balochistan and southern Punjab show near-normal rainfall signals. Mean temperatures are expected to remain above normal nationwide, with maximum departure over Gilgit-Baltistan and Kashmir in February 2026.

10. Drought Outlook for February, 2026

Near-normal to slightly above-normal rainfall along with above-normal temperature is anticipated during February 2026. Southwestern Balochistan is expected to receive partial relief as a consequence of westerly disturbances.

11. Crop Condition & Advice for Farmers

- While the sowing of major Rabi crops is largely complete, late sowing of wheat is still ongoing in some rain-fed and colder high-altitude regions. It is important that these remaining sowing activities proceed immediately to ensure sufficient growing time. For the standing wheat crop, currently in the critical tillering and shooting stages, the late January rains have been highly beneficial for healthy development in rain-fed areas.
- Farmers are advised to monitor weather forecasts closely, as the passage of the recent rain-bearing system is likely to be followed by cold and dry conditions, increasing the risk of frost and dense fog in the plains of Punjab and Sindh. Irrigation schedules should be adjusted to protect crops from frost damage while avoiding waterlogging in recently rained-on fields.
- In areas with persistent below-normal rainfall, specifically in the drought-prone districts of western/southwestern Balochistan and rain-fed belts of Sindh, efficient water management practices are critical. Farmers should prioritize judicious use of available irrigation resources and employ moisture conservation techniques (such as mulching) to maintain soil health and prevent water shortages during these key crop growth stages.

People and all concerned departments are advised to make efforts to save water and promote its judicious use.