

Daily Space Weather Summary (SUPARCO)

Monday, March 30, 2026, 14:43 PST



Radio Blackouts			Solar Radiation Storms			Geomagnetic Storms		
-24 Hr	Current	Predicted	-24 Hr	Current	Predicted	-24 Hr	Current	Predicted
R1 – R2	R0	R1 – R2	S0	S0	S0	G0	G0	G1 – G2

LOCAL CURRENT IONOSPHERIC CONDITIONS (SON)

Critical Frequency of F2 layer (foF2)	14.0 MHz							
Virtual Height of F2 layer (h`F2)	275 km							
Total Electron Content (TEC)	78 TECU							
Maximum Usable Frequency (MUF) and Optimum Traffic Frequency (FOT) for various distances								
Distance (Km)	100	200	400	600	800	1000	1500	3000
MUF (MHz)	14.2	14.8	17.0	20.1	23.4	26.9	34.8	39.6
FOT (MHz)	12.1	12.6	14.5	17.1	19.9	22.9	29.6	33.7

Local HF conditions are normal as compared to the predicted monthly median MUF.

LOCAL GEOMAGNETIC CONDITIONS

K-index	2 (Quiet)
Total Field (F) (Son/Isb)	45710/50705 nT

The local geomagnetic field is quiet at the moment.

LATEST SOLAR CONDITIONS

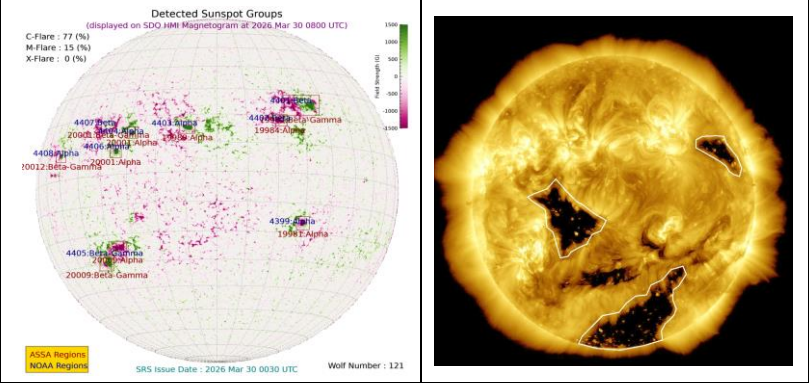
Sunspot Number (SN)	125
Solar radio flux (F10.7)	158 sfu
Solar wind speed	481.6 km/s (varied in the past 24 hrs between 338 & 526 km/s)
Solar x-ray flares	B3.8 (max flare in the past 24 hrs (X1, 0319 UT))
Interplanetary Magnetic Field (IMF) Total Field (Bt) Z Component of Field (Bz)	+7.56 nT (varied in the past 12 hrs between +6.9 nT & +11.67 nT) +0.11 nT (varied in the past 12 hrs between -6.62 nT & +6.05 nT)

Solar conditions are at moderate levels with background X-ray flux at B-class level.

Daily Sun: 30 March 2026

There is one active region AR4405 present on the Sun capable of producing strong M and X-class solar flares having chances of 15% and 1% respectively.

03 Coronal Holes (CHs) are detected on the solar disk.



DISCUSSION:

Solar activity is expected to be at moderate levels. An X-class solar flare occurred causing R1-R2 level radio blackouts. In case of more M/X-class solar flares, R1-R2 level HF radio blackouts may be observed. Slightly elevated levels of solar wind speed are expected to prevail due to the presence of coronal holes. Unsettled to disturbed levels of geomagnetic activity is expected. HF conditions are expected to be normal.

Credits:

Solar conditions courtesy to SOHO, DSCOVR and GOES-16 missions.
 NOAA SWPC is acknowledged for solar radio flux conditions.
 Korean Space Weather Centre is acknowledged for solar disk and coronal hole images.

Sonmiani (SON): 25.2° N, 66.75° E
Islamabad (ISB): 33.7° N, 73.13° E

RSG SCALES

<u>Radio Blackouts</u>				
Minor	Moderate	Strong	Severe	Extreme
R1	R2	R3	R4	R5

<u>Solar Radiation Storms</u>				
Minor	Moderate	Strong	Severe	Extreme
S1	S2	S3	S4	S5

<u>Geomagnetic Storms</u>				
Minor	Moderate	Strong	Severe	Extreme
G1	G2	G3	G4	G5