

Weekly SAHF Forecasters' Forum (FF)#178

Date: 10th July 2025

Discussion Notes

Realized Weather-Country Reports (11th July – 17th July 2025)	<ul style="list-style-type: none"> Bhutan observed partly to mostly cloudy weather with light to moderate rainfall and thunderstorm over the country. Highest rainfall was recorded in the northern part of the country. Whereas, highest temperature and lowest temperature were observed in the western region of the country. Bangladesh observed near normal rainfall over the country during the 1st half of the week and heavy rainfall occurred mostly in the southern part of the country during 2nd half of the week. Highest rainfall was recorded in the southwestern part of the country. Whereas, temperature was below normal. Nepal experienced moderate rainfall mostly in the hilly region of the country and heavy to very heavy rainfall in some of the stations during this week. Heavy flood and debris flow is observed in middle and western part of Nepal. Maldives experienced fine weather except few showers. Fairly widespread rainfall observed over the central and southern part of the country. Moderate to light winds also prevailed over the country. Sri Lanka experienced light to moderate rainfall over the southeastern part of the country and dry weather over most part of the country. Strong winds reported in central hills, northern, north-central and north-western provinces. The highest rainfall was recorded at central province. Maximum temperature was recorded in the eastern province and minimum temperature in the central province of the country.
Significant Weather Features in the region for the coming week (11th July – 17th July 2025)	<ul style="list-style-type: none"> A strong monsoon circulation may observe over the Pakistan, Northwest India, Central India and foothills of Himalayas. Thus, an active monsoon activity may persist over the region in the next week. A low pressure may form over the Bay of Bengal, thus west coast and Arakan coast and northeast India, northern part of Myanmar, southern part of Bangladesh and Nepal may receive rainfall due to monsoon depression. Lightning activities are likely to be observed over Nepal, Bhutan, Bangladesh, many parts of Myanmar, Central and West Bengal of India. IOD currently is currently neutral range and expecting to be positive around August and September. On the other hand, MJO is weak and expected to be negative within the next 15 days.
Weather Outlook (4th July – 10th July 2025)	<ul style="list-style-type: none"> Bhutan is expecting partly to mostly cloudy weather with light to moderate rain over the country and thunderstorm and wind gusts in a few places. Bangladesh is likely to experience improved weather with near normal temperature and rainfall. Nepal may experience isolated heavy rainfall in each of the province of the country. Maldives is expecting scattered showers, especially in central and northern areas of the country. For the southern areas, some showers are expecting during 1st half of the week and few showers during 2nd half of the week. Myanmar is expecting rainfall over the country and heavy showers may persist over the Arakan coast and southern coastal areas of the country. Sri Lanka is expecting moderate rain weather conditions during the next few days over the southwestern part of the country. Fairly strong winds is expecting at times

	<p>over the western slope of the central hills, and in northwestern and southern provinces. Moreover, strong winds is likely to observe at times over western and southern sea areas.</p> <ul style="list-style-type: none"> ▪ Pakistan is likely to experience rainfall with lightning in the northern part of the country within the this week.
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<p>Extended Range Outlook (11th July – 7th August 2025)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Above normal maximum temperature on the 1st and 2nd week is likely to be seen over the northern, northeastern and peninsular India, and below normal maximum temperature northwestern region of India. Whereas, above normal maximum temperature will persist over the western ghat and southern peninsular India, and below normal maximum temperature is likely to spreading up to northern and northwestern part of the India. ▪ Minimum temperature is expected to be near normal around all over the subcontinent. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Above normal rainfall is expected over Western Ghat and the northern part and of India and Myanmar whereas below normal rainfall expected north western part of India, Bangladesh, Nepal and Bhutan during the 1st week to 2nd week ▪ During 3rd and 4th week, above normal rainfall is likely to observe in the northern and northeastern part of India, Bangladesh, Nepal, whereas below normal rainfall is likely observe in Western Ghat and Peninsular India, Sri Lanka, Arakan Coast southern coast of Myanmar.
<p>Ocean Watch</p>	<p>Observed Ocean Surface Conditions (4th July – 10th July 2025)</p> <ul style="list-style-type: none"> ▪ A significant swell height for 08 to 18 seconds was observed in the Arabian Sea, Bay of Bengal and equatorial Indian Ocean. Significant wave alert was issued for West Coast of India. Maximum significant wave height was observed up to 0.5-5.0 meters in Bay of Bengal. Sea Surface Temperatures were ranges from 23 to 32.5 degrees centigrade in the Arabian Sea, the equatorial Indian Ocean, and Bay of Bengal. <p>Forecast for the coming week (11th July – 17th July 2025)</p> <ul style="list-style-type: none"> ▪ Significant wave height is expected up to 4.9 meters. The swell height is expected up to 3.5 meters in Arabian Sea and 2.5 in other regions. Whereas Sea Surface Temperature is expected 31.5 degree centigrade in the Bay of Bengal and Arabian Sea. 	