



Weekly SAHF Forecasters' Forum (FF)#179

Date: 17th July 2025

Discussion Notes

<p>Realized Weather-Country Reports (11th July – 17th July 2025)</p>	<ul style="list-style-type: none"> ▪ Bhutan observed mostly cloudy weather with light to moderate rainfall and thunderstorm over the country and heavy rainfall over few stations. Highest rainfall was recorded in the southern part of the country. Whereas, highest temperature and lowest temperature were observed in the western region of the country. ▪ Bangladesh observed partly cloudy to overcast and weather was light to moderate rain and thunderstorm accompanied by temporary gusty wind at many places. Moderately heavy rainfall was observed at places. Highest rainfall in the western part of the country, whereas highest maximum temperature was recorded in the northern part and the lowest minimum temperature in the middle part of the country. ▪ Nepal experienced light to moderate rainfall in many places of the country and heavy to very heavy rainfall in hilly regions of eastern and central Nepal. Highest rainfall was observed in central hilly regions. Maximum and minimum temperature was above normal over the country. ▪ Maldives experienced showers with strong winds over the northern and central regions of the country during the first half of the week. Highest rainfall was observed in the northern region. Whereas, maximum temperature was recorded in the central and southern region, and minimum temperature in the central region of the country. ▪ Sri Lanka experienced light to moderate rainfall over the southeastern part of the island last week. Isolated thundershowers was observed over the eastern part. Strong winds reported in central hills, northern, north-central and north-western provinces. Maximum temperature was recorded in the southeastern part of the country. ▪ Pakistan observed very heavy and torrential rains over most parts of the country, especially the upper and central parts, thus evacuation alert was issued for these regions.
<p>Significant Weather Features in the region for the coming week (18th July – 24th July 2025)</p>	<ul style="list-style-type: none"> ▪ A mid latitude westerly system is persisting over Afghanistan and Pakistan region which influencing of monsoon circulation. Due to the strong south easterlies over the Gangetic Plains and Himalayan foothills, vigorous monsoon activities are going to be seen in the next week in those regions. ▪ A low pressure system may form over the Bay of Bengal and this may lead a lot of precipitation central and northern India, west coast of India, Arakan coast and northeast India, Bhutan, Nepal, Bangladesh, Sri Lanka, and Maldives. ▪ IOD is currently neutral range to negative phase which may continue till December. Whereas La Nina is neutral and intensified from earlier 0.1 to -0.4 and may prevail till January 2026.
<p>Weather Outlook (18th July – 24th July 2025)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expecting mostly cloudy weather with light to moderate rainfall and thundershowers over many places of the country. ▪ Bangladesh is likely to experience moderate to heavy rainfall in the first half of the week whereas, rainfall may reduce in the 2nd half. Also Temperature may vary during the 2nd half of the week.

	<ul style="list-style-type: none"> ▪ Nepal may experience cloudy to mostly cloudy weather with light to moderate rainfall over the hilly regions. Isolated heavy rainfall may observe in some places of the hilly regions and few places of southern region in the coming week. Temperature is likely to decrease during the mid of the week. ▪ Maldives is likely to experience squally showers over the country in the first half of the week. Also, a strong swell waves and gusty wind may observe over central and southern atolls. ▪ Myanmar is expecting moderate to heavy rainfall over the southern part of the country and rest of regions may receive light rainfall. ▪ Much of Sri Lanka is likely to experience cloudy weather with moderate to heavy rainfall over the western and central hilly regions. Also strong winds may expect over the most of coastal areas of islands. ▪ Pakistan is likely to experience light to moderate rainfall in the 1st half of the week and from 2nd half it may experience heavy to very heavy rainfall spell over the northern parts of the country.
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Extended Range Outlook (18th July – 14th August 2025)	Extended Temperature outlook <ul style="list-style-type: none"> ▪ Above normal maximum temperature on the 1st and 2nd week is likely to be seen over the northern, southeastern and peninsular India, and below normal maximum temperature northwestern region of India. Whereas, near normal maximum temperature will persist over the Western Ghat and southern peninsular India, Bangladesh and Myanmar in the first 2 weeks whereas near normal below temperature may persist over most part of the South Asia in the 3rd and 4th week. temperature ▪ Minimum temperature is expected to be near normal around all over the Indian subcontinent. 	Extended Rainfall Outlook <ul style="list-style-type: none"> ▪ Near normal rainfall is expected over peninsular India and the northwestern part of India, Nepal, Bhutan, Maldives, Bangladesh and Myanmar whereas below normal rainfall expected over Southeastern part of India, Sri Lanka and Pakistan during the 1st week to 2nd week ▪ During 3rd and 4th week, above normal rainfall is likely to observe in the northwestern Himalayan foothills and northeastern part of India, Bangladesh, Nepal, Bhutan and northern Myanmar whereas below normal rainfall is likely observe in Western Ghat and Peninsular India, Maldives, Sri Lanka, Arakan Coast southern coast of Myanmar.
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Ocean Watch	Observed Ocean Surface Conditions (11th July – 17th July 2025) <ul style="list-style-type: none"> ▪ Significant wave alerts were issued over the west coast of India and a swell height for up to 20 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 0.5-4.2 meters in Bay of Bengal. Sea Surface Temperatures were ranges from 23 to 31.5 degrees centigrade in the Arabian Sea, the equatorial Indian Ocean, and Bay of Bengal. Forecast for the coming week (18th July – 24th July 2025) <ul style="list-style-type: none"> ▪ Significant wave height is expected up to 12 to 14 meters in the Arabian Sea and 2 to 2.5 meters in the Bay of Bengal. The swell height is expected around 4 to 4.3 meters in the Bay of Bengal. Whereas Sea Surface Temperature is expected 30 to 31 degree centigrade in the Bay of Bengal and 31.5 to 32 degree centigrade in the Arabian Sea.
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