



## Weekly SAHF Forecasters' Forum (FF)#180

Date: 24<sup>th</sup> July 2025

### Discussion Notes

<p><b>Realized Weather-Country Reports (18<sup>th</sup> July – 24<sup>th</sup> July 2025)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan observed mostly cloudy to 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 was observed in the western region and lowest in the northern region of the country.</li> <li>▪ Bangladesh observed moderate to heavy rain and thunderstorm at places and heavy rainfall was observed at the southeastern part of the country. Highest rainfall was observed in the southeastern 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.</li> <li>▪ Maldives experienced heavy rainfall with strong winds over the country during this week.</li> <li>▪ Sri Lanka experienced rainfall over the country and intense heavy rainfall over southern part of the island last week. The lowest temperature was recorded in the central province of the country.</li> <li>▪ Pakistan observed rainfall over the country whereas heavy to very heavy showers over the northern parts of the country last week.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (25<sup>th</sup> July – 31<sup>th</sup> July 2025)</b></p>	<ul style="list-style-type: none"> <li>▪ 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.</li> <li>▪ Due to the low pressure system over the Bay of Bengal, a lot of precipitation may occur over peninsula India, central India, Bihar and West Bengal, Northeast India, Pakistan, Nepal, Bhutan, Northeastern and southern parts of Bangladesh, Myanmar, and Maldives. This heavy rainfall and cloudburst may cause valley flood or flashflood in the pockets of these countries.</li> <li>▪ Another low pressure system is forming over the head Bay of Bengal and this system may approach towards Bangladesh at the end of this week around 30<sup>th</sup> July.</li> <li>▪ 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.</li> </ul>
<p><b>Weather Outlook (25<sup>th</sup> July – 31<sup>th</sup> July 2025)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan is expecting mostly cloudy to cloudy weather with light to moderate rainfall and thunderstorms over the country.</li> <li>▪ Bangladesh is likely to experience moderate to heavy rainfall with thunderstorms in most places and heavy to very heavy rainfall with thunderstorm and gusty winds over the southern part of the country.</li> <li>▪ Nepal may experience light to moderate rainfall with lightning flashes over the country during this week.</li> <li>▪ Maldives is likely to experience rain in the northern and central part of the country.</li> <li>▪ Myanmar is likely to experience heavy to very heavy rainfall over the Arakan coast and southern coastal part of the country and rest of regions may receive light to moderate rainfall.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Sri Lanka may experience rainfall over the country whereas heavy showers may occur over the southwestern part of the country.</li> <li>▪ Pakistan is likely to experience rainfall over the northern parts of the country next week.</li> </ul>
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<p><b>Extended Range Outlook (25<sup>th</sup> July – 21<sup>th</sup> August 2025)</b></p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> <li>▪ Near normal temperature may persist over the South Asian region in the 1<sup>st</sup> and 4<sup>th</sup> week as above rainfall is expected. Whereas Above normal temperature may occur in the 2<sup>nd</sup> and 3<sup>rd</sup> week over the region. Also, the minimum temperature is expected to be near normal around all over the Indian subcontinent.</li> </ul>	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> <li>▪ An active monsoon may persist over the central Indian region, west coast of India, North India, Arakan coast and other parts of the Southeast Asian countries. This will continue for the next four weeks except 2<sup>nd</sup> and 3<sup>rd</sup> week, there will be break monsoon condition with the subdued rainfall activity over the West Coast and the Central Indian parts of India. But the heavy rainfall continues over the hilly regions.</li> </ul>
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<p><b>Ocean Watch</b></p>	<p><b>Observed Ocean Surface Conditions (18<sup>th</sup> July – 24<sup>th</sup> July 2025)</b></p> <ul style="list-style-type: none"> <li>▪ Significant wave alerts were issued over the west coast of India. Swell height were seen for 08 to 18 seconds was observed in the Arabian Sea, Bay of Bengal and equatorial Indian Ocean. Maximum significant wave height was observed up to 0.5-4.5 meters in Bay of Bengal and Arabian Sea. Sea Surface Temperatures were ranges from 23 to 31.5 degrees centigrade in the Arabian Sea, the equatorial Indian Ocean, and Bay of Bengal.</li> </ul> <p><b>Forecast for the coming week (25<sup>th</sup> July – 31<sup>th</sup> July 2025)</b></p> <ul style="list-style-type: none"> <li>▪ Significant wave height is expected up to 5.1 to 5.7 meters in the Arabian Sea and 2.7 to 5.2 meters in the Bay of Bengal. The swell height is expected around 4.5 in Bay of Bengal and 3.8 in Arabian Sea. Whereas Sea Surface Temperature is expected up to 31.5 degree centigrade in the Bay of Bengal and Arabian Sea.</li> </ul>
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