



# Weekly SAHF Forecasters' Forum (FF)#180

Date: 31<sup>st</sup> July 2025

## Discussion Notes

<p><b>Realized Weather- Country Reports (25<sup>th</sup> July – 31<sup>st</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 south western 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 cloudy weather with moderate to heavy rainfall over the most parts of the country and heavy to very heavy rainfall over the southwestern and southeastern coastal regions.</li> <li>▪ Maldives experienced cloudy weather with heavy to very heavy rainfall and evening thundershowers with strong gusty wind over the southeastern atolls of the country.</li> <li>▪ Nepal experienced cloudy to mostly cloudy weather with moderate to heavy rainfall and thundershowers over the country. The intense heavy rainfall was observed over western Himalayan regions. Overall, near normal temperature was observed most part of the country.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (1<sup>st</sup> – 7<sup>th</sup> August 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.</li> <li>▪ Due to the low pressure system over the Southeastern Bay of Bengal, a lot of precipitation may occur over peninsula India, Bihar and West Bengal, Northeast India, Western parts of Pakistan, Nepal, Bhutan, Northeastern and southern parts of Bangladesh, Myanmar, and Sri Lanka and Maldives. This heavy rainfall and cloudburst may cause valley flood or flashflood in the pockets of these countries.</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 (1<sup>st</sup> Aug – 7<sup>th</sup> Aug 2025)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan is expecting mostly cloudy to cloudy weather with moderate to heavy 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 and gusty winds over the southern and southeastern parts of the country.</li> <li>▪ Nepal may experience moderate to heavy rainfall over most regions whereas some pockets of western region may very heavy rainfall with lightning flashes during this week.</li> <li>▪ Maldives is likely to experience heavy to very heavy rainfall in the western 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 moderate rainfall.</li> <li>▪ Sri Lanka may experience light to moderate rainfall over the country whereas heavy showers may occur over the southwestern part of the country.</li> <li>▪ Pakistan is likely to experience light rainfall over the Panjab and southeastern regions whereas moderate to heavy rainfall over the northwestern hilly regions.</li> </ul>

**Extended Range Outlook  
(1<sup>st</sup> – 31<sup>st</sup> August 2025)**

**Extended Temperature outlook**

- Near normal temperature may persist over most part of the South Asian region in the 1<sup>st</sup> to 4<sup>th</sup> week. Also, the minimum temperature is expected to be near normal around all over the Indian subcontinent.

**Extended Rainfall Outlook**

- An active monsoon may persist over the western Himalayan regions of Gangetic plain, Bangladesh, Sri Lanka, and Maldives in the week 1 and other regions may receive below normal rainfall. Whereas, from week 2 to 4, except Bangladesh, Central India, and Arakan coast, most countries of South Asia