

## Weekly SAHF Forecasters' Forum (FF) #186

Date: 04<sup>th</sup> September 2025

### Discussion Notes

<p><b>Realized Weather-Country Reports (29<sup>th</sup> Aug – 4<sup>th</sup> Sep 2025)</b></p>	<ul style="list-style-type: none"> <li>Bhutan observed mostly cloudy to cloudy weather with light to moderate rainfall over the country. Highest rainfall was recorded in the northern part of the country. Highest temperature was observed in the southern part and lowest temperature in the northern part of the country.</li> <li>Bangladesh observed light to moderate rain with thunderstorms and lightning flashes at many places in the southern part of the country and at a few places over northern part of the country. Highest rainfall observed in the northern part of the country, whereas highest temperature in the northeastern part of the country.</li> <li>Nepal experienced moderate rainfall with thunderstorm and lightning in many places of the country. Isolated heavy rainfall is also observed in the hilly region of the country. Both maximum and minimum temperature remain slightly above normal in most parts of the country.</li> <li>Maldives experienced strong winds with rainfall over northern and central part of the country and heavy rainfall at a few places in the northern part. Isolated showers were observed in the southern part of the country during this week.</li> <li>Pakistan observed moderate to heavy rainfall over mostly the upper and central parts of the country. Scattered widespread rainfall was reported and highest rainfall was recorded in the upper part of the country. Moderate to heavy snowfall was also reported from the upper part of the country during 2<sup>nd</sup> half of the week.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (5<sup>th</sup> Sep – 11<sup>th</sup> Sep 2025)</b></p>	<ul style="list-style-type: none"> <li>A low pressure system is likely to form in the head bay and monsoon circulation is expected to intensify with this system. Thus a widespread heavy precipitation may occur over Gujarat, Maharashtra, Jammu-Kashmir, Eastern India, Himachal, Uttarakhand and foothills of Himalayas.</li> <li>A mid-latitude westerly trough is expected to form by 11<sup>th</sup>, and due to the system moderate to heavy precipitation is expected in the northwestern hilly regions of India, Pakistan and Nepal.</li> <li>IOD is currently positive and having no significant impact over the rainfall. This positive phase is expecting to prevail up to December. MJO is active and will continue till the end of September.</li> </ul>
<p><b>Weather Outlook (5<sup>th</sup> Sep – 11<sup>th</sup> Sep 2025)</b></p>	<ul style="list-style-type: none"> <li>Bhutan is expecting mostly cloudy to cloudy weather over the country with light rain over the country. Thunderstorms are also expected in a few places in the country.</li> <li>Bangladesh is likely to experience light rain at a few places over the country moderately heavy rainfall at places. Temperatures may rise slightly during 1<sup>st</sup> half and fall slightly during the 2<sup>nd</sup> half of the week over the country.</li> <li>Nepal is expecting light to moderate rainfall in the hilly region of the country and isolated heavy rainfall in one or two places of the hilly region. Slightly above normal maximum and minimum temperature is likely to observe over most of the part of</li> </ul>

	<p>the country.</p> <ul style="list-style-type: none"> <li>▪ Maldives is expecting fine weather in central and northern part for 1<sup>st</sup> half of the week, whereas showers and strong winds is expecting over the country during the 2<sup>nd</sup> half of the week.</li> <li>▪ Myanmar is expecting rainfall over the northern part and southern coastal part of the country.</li> <li>▪ Sri Lanka is expecting showers central and western part of the country and isolated showers on the southeastern part this week.</li> <li>▪ Pakistan is likely to experience widespread heavy to very heavy rainfall over the southern and southeastern part of the country.</li> </ul>
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<p><b>Extended Range Outlook</b> (5<sup>th</sup> Sep – 2<sup>nd</sup> Oct 2025)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> <li>▪ Below normal temperature is likely to observe in the northwestern India and eastern parts of Pakistan on the coming 4 weeks. Whereas above normal temperature is expecting in the western half of Pakistan, Northeastern and southern India, Bangladesh, Nepal, Bhutan, Myanmar and Sri Lanka within these four weeks.</li> </ul>	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> <li>▪ Above normal rainfall is expected over northwestern and some of eastern and southern parts in India and central Myanmar in week 1, which will move towards the peninsular, southern and northeastern India, Nepal, Bhutan, Sri Lanka, central Myanmar and Bangladesh on week 2 to week 4. Whereas below normal rainfall will prevail in western coast, central and northern hilly area of India, northern part of Pakistan, Bangladesh, northern part of Nepal, coast of Myanmar and southwest of Sri Lanka on week 1. On week 2 and 3, below normal rainfall may persist only over the northern hilly region and west coast of India, southern coast and northern part of Myanmar. Dering the week 4, only Myanmar may have the below normal rainfall over the southern part of the country.</li> </ul>
	<p><b>Ocean Watch</b></p> <p><b>Observed Ocean Surface Conditions (29<sup>th</sup> Aug – 4<sup>th</sup> Sep 2025)</b></p> <ul style="list-style-type: none"> <li>▪ Swell heights range from 0.3 to 2.2 meter was observed in the Bay of Bengal, Arabian Sea, and equatorial Indian Ocean. Wave heights were observed 0.5 to 3.4 meters in the Bay of Bengal and Arabian Sea. Swell Surge alerts issued for East Coast of India, Andaman and Nicobar Islands. 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 (5<sup>th</sup> Sep – 11<sup>th</sup> Sep 2025)</b></p> <ul style="list-style-type: none"> <li>▪ Swell wave height is expected up to 1.4 to 1.7 meters in the Arabian Sea and 1.2 to 1.9 meters in the Bay of Bengal. Sea Surface Temperature is expected 30.3 to 32.1 degree centigrade in the Arabian Sea and 30.6 to 32.1 degree centigrade in the Bay of Bengal.</li> </ul>	