

Weekly SAHF Forecasters' Forum (FF) #189

Date: 26th September 2025

Discussion Notes

<p>Realized Weather-Country Reports (19th Sep – 25th Sep 2025)</p>	<ul style="list-style-type: none"> ▪ Bhutan observed partly to mostly cloudy weather with light to moderate rainfall across the country. Very Heavy rainfall was recorded in the southern foothills of Himalayas and Phuentsholing received the highest rainfall around 112 mm. Temperatures was observed as a rising trend and minimum temperature persistently recorded in the northern highlands. ▪ Bangladesh experienced light to moderate rain/thundershowers in many areas, particularly in the southern and central parts. The highest temperature was 36.5°C at Netrokona, while Sylhet recorded the lowest at 23.2°C. ▪ Nepal recorded moderate rainfall with isolated heavy showers in hilly regions. Lumle received the maximum rainfall around 161.7 mm. Both maximum and minimum temperatures remained slightly above normal. ▪ Maldives experienced moderate showers in the southern atolls, with 49 mm on 22 Sept. Northern and central atolls received scattered rainfall with thunderstorms. High wave was observed near the capital area. ▪ Pakistan remained mostly hot and dry, with isolated rainfall and thundershowers in upper Punjab. Sabkoda recorded 70 mm of rainfall. Temperature remained high in southern and western parts. ▪ Sri Lanka recorded rainfall mainly over southwestern parts of the country, with the maximum of 113 mm at Labugama on 18 Sept. Whereas, southeastern regions remained relatively dry.
<p>Significant Weather Features in the region for the coming week (26th Sep – 2nd Oct 2025)</p>	<ul style="list-style-type: none"> ▪ A low-pressure system over the Bay of Bengal is expected to intensify further into a depression, bringing widespread rainfall to eastern India, Bangladesh, and Myanmar by late week. ▪ Active monsoon conditions will continue across central and southern India, with localized heavy to very heavy rainfall in coastal Odisha, Konkan, and Gujarat regions. ▪ Nepal, Bhutan, Bangladesh, northeast India, Sri Lanka, and Myanmar are expected to see above-normal rainfall during the week. ▪ Monsoon withdrawal from northwest India remains delayed until after the first week of October. ▪ MJO is forecast to turn positive over the Indian Ocean, supporting convective activity. The IOD is weakening and expected to approach neutral conditions by December.
<p>Weather Outlook (26th Sep – 2nd Oct 2025)</p>	<ul style="list-style-type: none"> ▪ Bhutan is likely to experience mostly cloudy to cloudy weather with light to moderate rainfall across the country. Heavier rainfall is possible in southern Bhutan. ▪ Bangladesh is likely to experience light to moderate rainfall with thunderstorms in many areas whereas, moderately heavy rainfall in central and southern districts during 29–30 Sept. ▪ Nepal is expecting moderate rainfall in many hilly areas and isolated heavy rainfall in central and western regions. Maximum and minimum temperatures are likely to remain slightly above normal.

	<ul style="list-style-type: none"> ▪ Maldives is expecting isolated showers in the northern and central atolls during the early week, while scattered showers with thunderstorms are likely in the central and southern atolls later in the week. ▪ Myanmar is likely to see widespread rainfall across northern and central regions, with heavy to very heavy rainfall along the Arakan coast during 28–30 Sept. ▪ Pakistan will remain mostly hot and dry across southern and western regions. Light to moderate rainfall is expected over northern areas towards the end of the week. ▪ Sri Lanka is likely to experience light showers in central and western regions. Isolated heavy rainfall is expected along the southwestern coastal belt, while southeastern districts are expected to remain relatively dry.
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Extended Range Outlook (26th Sep – 28th Oct 2025)	Extended Temperature outlook <ul style="list-style-type: none"> ▪ Below-normal temperatures are likely over northwest India and eastern Pakistan during the next 4 weeks. ▪ Above-normal temperatures are expected over Bangladesh, Nepal, Bhutan, Myanmar, Sri Lanka, and northeastern & southern India throughout the period. 	Extended Rainfall Outlook <ul style="list-style-type: none"> ▪ Week 1 (26 Sep – 2 Oct): Above-normal rainfall is expected over Bangladesh, northeast India, Nepal, Bhutan, Sri Lanka, and Myanmar. Below-normal rainfall is likely to occur over the west coast and northern hilly regions of India. Whereas on week 2, a widespread above-normal rainfall is likely to shift further to the south and east, affecting peninsular India, Bangladesh, Nepal, Bhutan, Sri Lanka, and Myanmar. Below-normal rainfall may persist over the Himalayan foothills and parts of northwest India. ▪ On Week 3, continued above-normal rainfall may persist over eastern India, Bangladesh, Nepal, Bhutan, Sri Lanka, and central Myanmar. Below-normal rainfall may occur in southern Myanmar and isolated parts of peninsular India. However, on week 4 Above-normal rainfall is likely to continue over Sri Lanka, Bangladesh, northeast India, Nepal, Bhutan, and Myanmar. Below-normal rainfall expected over southern Myanmar.
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Ocean Watch	Observed Ocean Surface Conditions (19th Sep – 25th Sep 2025) <ul style="list-style-type: none"> ▪ Observed swell heights were ranged from 0.4 to 2.3 meters in the Bay of Bengal and Arabian Sea. Whereas, wave heights ranged between 0.6 and 3.5 meters in both basins. Surge alerts were issued for the east coast of India and the Andaman & Nicobar Islands. Sea Surface Temperatures ranged from 24 to 31.8°C across the Arabian Sea, Bay of Bengal, and equatorial Indian Ocean. Forecast for the coming week (26th Sep – 2nd Oct 2025) <ul style="list-style-type: none"> ▪ Swell wave heights are expected to reach 1.5 to 1.8 meters in the Arabian Sea and 1.3 to 2.0 meters in the Bay of Bengal. Wave heights are expected to range between 0.9 to 2.6 meters in the Arabian Sea and 0.8 to 2.5 meters in the Bay of Bengal. Sea Surface Temperatures are expected to remain between 30.4 to 32.2°C in the Arabian Sea and 30.7 to 32.2°C in the Bay of Bengal.
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