

Weekly SAHF Forecasters' Forum (FF) #190

Date: 2nd October 2025

Discussion Notes

Realized Weather-Country Reports (26th Sep – 2nd Oct 2025)	▪ Bhutan observed partly to mostly cloudy weather with light to moderate rainfall across most parts. Heavy rainfall was recorded over the southern foothills, with Phuentsholing receiving the highest rainfall of 96 mm. Temperatures remained on a gradual rising trend. ▪ Bangladesh experienced light to moderate rain/thundershowers in many areas, particularly over the central and northern parts. The highest rainfall was recorded at Mymensingh (78 mm), while the temperature reached a maximum of 35.8°C at Rajshahi. ▪ Nepal received moderate to heavy rainfall over hilly and central regions. Lumle recorded 142 mm of rainfall during the week. Maximum and minimum temperatures remained above normal in most regions. ▪ Maldives experienced isolated to scattered showers across northern and central atolls, while moderate rainfall with thunderstorms occurred in southern atolls. Rough sea conditions were reported in southern maritime zones. ▪ Pakistan remained mostly dry across the southern and western parts, while isolated light to moderate rain was observed in northern areas, particularly over upper Punjab and Khyber Pakhtunkhwa. ▪ Sri Lanka received rainfall mainly over western, central, and southwestern parts, with the maximum of 96 mm at Ratnapura while eastern and southeastern regions remained mostly dry.
Significant Weather Features in the region for the coming week (3rd Oct – 9th Oct 2025)	▪ The well-marked low-pressure system over the Bay of Bengal is likely to move northwestward and weaken gradually, bringing moderate to heavy rainfall over Bangladesh, northeast India, and adjoining regions early in the week. ▪ The monsoon trough remains active and south of its normal position, sustaining convective activity over eastern and southern parts of the subcontinent. ▪ Above-normal rainfall conditions are expected to persist over Bangladesh, Bhutan, Nepal, Sri Lanka, and Myanmar throughout the week. ▪ Monsoon withdrawal from northwest India is expected to begin after the second week of October. ▪ MJO remains in phase 3 over the Indian Ocean, enhancing convection and supporting rainfall activity. The IOD continues to remain neutral.
Weather Outlook (3rd – 9th Oct 2025)	▪ Bhutan is likely to experience mostly cloudy weather with light to moderate rainfall across the country. Isolated heavy rainfall may occur in southern and central parts. ▪ Bangladesh is likely to experience light to moderate rainfall with thunderstorms in many areas, with moderate to heavy rainfall likely over central and northern regions during mid-week. ▪ Nepal is expected to see moderate rainfall across hilly and central regions, with isolated heavy rainfall in western areas. Temperatures are expected to remain slightly above normal. ▪ Maldives is likely to experience isolated showers in northern and central atolls, while scattered showers with thunderstorms are expected in southern atolls later

	in the week. ▪ Myanmar is expected to receive widespread rainfall, with heavy to very heavy rainfall likely along the Arakan coast and northern regions during the early part of the week. ▪ Pakistan will remain mostly dry in southern and western regions, with light rain expected over northern areas towards the end of the week. ▪ Sri Lanka is likely to experience light to moderate rainfall in western, central, and Sabaragamuwa provinces. Isolated heavy rainfall is expected along the southwestern coast, while the eastern regions remain dry.
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Extended Range Outlook (3rd – 31st Oct 2025)	Extended Temperature outlook ▪ 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, Sri Lanka, Myanmar, and southern India throughout the period.	Extended Rainfall Outlook ▪ Week 1: Above-normal rainfall is expected over Bangladesh, northeast India, Nepal, Bhutan, Sri Lanka, and Myanmar. Below-normal rainfall is likely over northwest India and the western coast. ▪ Week 2: Enhanced rainfall expected over Bangladesh, Sri Lanka, Myanmar, and southern India, while northern India and the Himalayan foothills may observe below-normal rainfall. ▪ Week 3: Above-normal rainfall likely to continue over Sri Lanka, Bangladesh, Nepal, Bhutan, and Myanmar. Southern Myanmar and peninsular India may see below-normal rainfall. ▪ Week 4: Wet conditions likely to persist across Sri Lanka, Bangladesh, northeast India, Nepal, Bhutan, and Myanmar. Below-normal rainfall expected over southern Myanmar and parts of southern peninsular India.
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