

Weekly SAHF Forecasters' Forum (FF) #191

Date: 9th October 2025

Discussion Notes

Realized Weather-Country Reports (3rd Oct – 9th Oct 2025)	- Bhutan reported moderate to heavy rainfall over the southern foothills, with the highest recorded at Sipsu (302 mm) on 4 October. The rest of the country experienced partly to mostly cloudy conditions with light to moderate rainfall and occasional thunderstorms. - Bangladesh experienced an active to fairly active monsoon at the beginning of the week, with light to moderate rain/thundershowers at many places. The monsoon became less active toward the latter half, with isolated light rain in southern parts. The highest temperature recorded was 35.2°C at Rajshahi, while the lowest was 23.1°C at Sylhet. - Nepal observed moderate rainfall over hilly and central regions, with isolated heavy rainfall in western Nepal. Lumle recorded the highest rainfall of 118 mm during the week. Both maximum and minimum temperatures remained slightly above normal. - Maldives experienced generally fine weather early in the week, followed by isolated showers in southern atolls. From the weekend onward, moderate to heavy rainfall and strengthening winds were reported, particularly in southern maritime zones. - Pakistan observed hot and dry conditions across southern and western regions. Isolated light to moderate rain/thundershowers were reported in northern Punjab and Khyber Pakhtunkhwa. - Sri Lanka experienced rainfall mainly over the southwestern and central regions, with the maximum rainfall of 96 mm recorded at Ratnapura. Southeastern regions remained mostly dry.
Significant Weather Features in the region for the coming week (10th Oct – 16th Oct 2025)	- Monsoon withdrawal is expected to begin from northwest India during this week and gradually progress eastward. - The northeast monsoon is expected to commence over southern India and Sri Lanka around 17–18 October, extending rainfall to the southern Bay of Bengal and northern Maldives. - Moderate to heavy rainfall is likely to occur over southern peninsular India, Sri Lanka, and Maldives, while Bangladesh, Bhutan, Nepal, and Myanmar are expected to experience near-to-above-normal rainfall. - ENSO remains in a weak La Niña phase, trending toward neutral by early 2026, and the IOD is slightly negative, likely to normalize by December. - MJO is currently active over the Indian Ocean, enhancing convective activity and supporting rainfall over southern and eastern parts of the region.
Weather Outlook (10th – 16th Oct 2025)	- Bhutan is expected to experience mostly cloudy weather with light to moderate rainfall across the country and isolated heavy showers in the southern foothills. - Bangladesh is likely to observe light to moderate rainfall with thunderstorm in several areas during the first half of the week. Monsoon withdrawal is expected by mid-October, followed by dry conditions and a slight rise in daytime temperatures. - Nepal is expected to receive moderate rainfall over central and hilly areas with isolated heavy showers in the western region. Temperatures will remain slightly

	above normal. ▪ Maldives is expected to experience moderate to heavy rainfall and strong winds across most parts of the country from 12–14 October. Sea conditions will remain rough throughout the week. ▪ Myanmar will likely receive widespread rainfall over northern and central regions, with heavy rainfall along the Arakan coast. ▪ Pakistan will remain mostly dry in the south and west, with light rain expected in northern areas and Kashmir during late week. ▪ Sri Lanka is expected to see light to moderate rainfall in western, central, and Sabaragamuwa provinces, with isolated heavy rainfall in the southwestern coastal areas. Southeastern parts will remain dry.
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Extended Range Outlook (10th Oct – 6th Nov 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 Maldives. Below-normal rainfall may occur over northwest India and western coast. ▪ Week 2: The northeast monsoon is likely to become active over southern India and Sri Lanka, with widespread above-normal rainfall extending to Maldives and southern Bay of Bengal. ▪ Week 3: Continued above-normal rainfall is likely over Sri Lanka, Maldives, southern India, Bangladesh, and Myanmar, while below-normal rainfall may persist over the Himalayan foothills. ▪ Week 4: Wet conditions are expected to continue over Sri Lanka, Bangladesh, Nepal, Bhutan, and Myanmar, with below-normal rainfall confined to southern Myanmar and parts of peninsular India.
Ocean Watch	Observed Ocean Surface Conditions (3rd Oct – 9th Oct 2025) ▪ Observed swell heights ranged from 0.5 to 2.5 meters in the Bay of Bengal and Arabian Sea. While wave heights were observed between 0.7 and 3.2 meters in both basins. Swell surge alerts were issued for the east coast of India and Andaman Sea region. Sea Surface Temperatures (SSTs) ranged from 25°C to 32°C across the Arabian Sea, Bay of Bengal, and equatorial Indian Ocean. Forecast for the coming week (10th Oct – 16th Oct 2025) ▪ Swell wave heights are expected to reach 1.4–1.8 meters in the Arabian Sea and 1.2–2.0 meters in the Bay of Bengal. Wave heights are likely to range between 0.9–2.4 meters in the Arabian Sea and 0.8–2.3 meters in the Bay of Bengal. Sea Surface Temperatures are expected to remain between 30.3–32.0°C in the Arabian Sea and 30.6–32.1°C in the Bay of Bengal.	