



## Weekly SAHF Forecasters' Forum (FF) #216

Date: 2<sup>nd</sup> April 2026

### Discussion Notes

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| <p><b>Realized Weather-Country Reports (27<sup>th</sup> Mar – 2<sup>nd</sup> Apr 2026)</b></p>                          | <ul style="list-style-type: none"> <li>▪ Bhutan experienced partly cloudy to cloudy conditions with light rainfall and isolated thunderstorms, mainly over southern regions, under the influence of weak Western Disturbances. Temperatures showed a gradual increasing trend.</li> <li>▪ Bangladesh observed partly cloudy to warm conditions with isolated to scattered thundershowers, particularly over northern and eastern regions. A gradual rise in both day and night temperatures contributed to increasing heat stress.</li> <li>▪ Nepal experienced generally cloudy conditions with scattered to moderate rainfall and thunderstorms over hilly regions, along with light snowfall over higher elevations due to westerly systems.</li> <li>▪ Myanmar experienced warmer conditions over central regions, while northern areas received scattered rainfall and thunderstorms associated with moisture incursion.</li> <li>▪ Maldives experienced mostly fair to hot weather conditions with a high heat index. Limited rainfall was observed, although convective cloud development was noted in surrounding areas.</li> </ul>   |
| <p><b>Significant Weather Features in the region for the coming week (3<sup>rd</sup> – 9<sup>th</sup> Apr 2026)</b></p> | <ul style="list-style-type: none"> <li>▪ Western Disturbances are expected to continue influencing Afghanistan, Pakistan, and the Himalayan region, resulting in rainfall and snowfall over higher elevations.</li> <li>▪ Strong warming trends are likely to persist across South Asia, with temperatures rising significantly over central, western, and peninsular regions.</li> <li>▪ Enhanced moisture transport from the Arabian Sea and Bay of Bengal, along with low-level convergence, is expected to trigger scattered to fairly widespread thunderstorms across eastern India, Bangladesh, Nepal, Bhutan, and northern Myanmar.</li> <li>▪ Heat stress conditions are expected to intensify further due to increasing temperatures and elevated minimum temperatures across several regions.</li> <li>▪ Convective activity is likely to increase across eastern and northeastern parts of the region, though remaining localized and challenging for model prediction.</li> <li>▪ Large-scale climate drivers indicate a transition from La Niña towards El Niño conditions, with a potential strengthening of the Indian Ocean Dipole (IOD) during the coming months.</li> </ul> |
| <p><b>Weather Outlook (3<sup>rd</sup> – 9<sup>th</sup> Apr 2026)</b></p>  | <ul style="list-style-type: none"> <li>▪ Bhutan is expected to experience partly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms, particularly over southern regions.</li> <li>▪ Bangladesh is likely to experience partly cloudy and warm conditions with isolated to scattered thundershowers, especially over northern and eastern regions, along with continued increase in heat stress.</li> <li>▪ Nepal is expected to experience generally cloudy conditions with rainfall and thunderstorms over hilly areas and possible snowfall over higher elevations.</li> <li>▪ Sri Lanka is expected to experience isolated afternoon and evening thundershowers under warm and humid conditions.</li> <li>▪ Myanmar is expected to experience scattered rainfall over northern regions and warmer conditions over central areas, with isolated thunderstorms.</li> <li>▪ Maldives is expected to experience generally hot conditions, with increasing</li> </ul>  |

likelihood of showers developing after mid-April.

**Extended Range Outlook  
(3<sup>rd</sup> Apr – 5<sup>th</sup> May, 2026)**

**Extended Temperature outlook**

- Temperatures are expected to remain above normal across most parts of South Asia, with sustained warming over central, western, and inland regions.
- Heat stress conditions are likely to persist and intensify, particularly over inland and peninsular areas.
- Elevated minimum temperatures and reduced diurnal temperature variation will further enhance thermal discomfort.

**Extended Rainfall Outlook**

- Thunderstorm activity is expected to increase across eastern parts of South Asia, including Bangladesh, Nepal, Bhutan, and northeastern India.
- Convective rainfall is likely to remain scattered to fairly widespread, with localized variability in intensity.
- Western Disturbances will continue to bring episodic precipitation over Afghanistan, Pakistan, and the Himalayan region.

**Ocean Watch**

**Observed Ocean Surface Conditions (27<sup>th</sup> Mar – 2<sup>nd</sup> Apr 2026)**

- Ocean conditions across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean regions remained generally normal to moderate during the observed period. Sea surface temperatures remained warm, ranging from approximately 27°C to 31.5°C across different regions, with localized variations. Relatively strong currents were observed along the east coast of India, while other regions experienced typical seasonal variability.

**Forecast for the coming week (3<sup>rd</sup> – 9<sup>th</sup> Apr 2026)**

- Ocean conditions are expected to remain normal to moderate across the region. Significant wave heights are expected to remain near normal, with localized variations depending on prevailing wind conditions. Moderate to locally strong currents may persist in parts of the Indian Ocean, including areas near the Maldives. No hazardous ocean conditions are anticipated during the forecast period.