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# Weekly SAHF Forecasters' Forum (FF) #219

Date: 23<sup>rd</sup> April 2026

## Discussion Notes

<p><b>Realized Weather-Country Reports ( 17<sup>th</sup> – 23<sup>rd</sup> Apr 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan experienced mostly cloudy conditions with light to moderate rainfall across the country, with isolated thunderstorms. Temperatures remained near to above normal, with relatively cooler conditions over higher elevations.</li> <li>▪ Bangladesh experienced rain and thundershowers in several areas, particularly in the northeast, along with persistent heatwave conditions over western and southwestern parts of the country. Day and night temperatures remained above normal with increasing humidity and heat stress.</li> <li>▪ Nepal experienced hot conditions over central and western regions, while eastern regions received scattered rainfall and thunderstorms. Higher elevations reported light snowfall.</li> <li>▪ Myanmar experienced generally cloudy conditions with scattered rainfall, particularly over northern regions, while central regions remained warm with localized convective activity.</li> <li>▪ Maldives experienced high apparent temperatures (reaching around 39–40°C) with mostly isolated showers over central and southern atolls. Convective activity remained limited but showed signs of gradual increase toward southern regions.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (24<sup>th</sup> – 30<sup>th</sup> Apr 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Mid-latitude westerly troughs are expected to persist over Afghanistan and Pakistan, bringing continued light to moderate precipitation over northern and mountainous regions.</li> <li>▪ Enhanced moisture transport from the Bay of Bengal is expected to trigger widespread thunderstorm activity over Bangladesh, northeastern India, eastern Nepal, southern Bhutan, and northern Myanmar.</li> <li>▪ Development of a cross-equatorial flow near Maldives is expected to intensify convection and rainfall activity across the region.</li> <li>▪ Heat stress conditions are expected to persist over central, western, and northwestern parts of South Asia, though increased thunderstorm activity may provide partial relief.</li> <li>▪ Convective activity is expected to increase across peninsular India during the week.</li> <li>▪ Strong signals suggest potential monsoon onset conditions over Maldives during the latter part of the forecast period.</li> </ul>
<p><b>Weather Outlook (24<sup>th</sup> – 30<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 isolated thunderstorms, with possible snowfall over higher elevations.</li> <li>▪ Bangladesh is likely to experience scattered heavy to very heavy rainfall and thunderstorms, particularly over northern and northeastern regions. Temperatures may remain high, though localized cooling is expected due to rainfall activity.</li> <li>▪ Nepal is expected to experience hot conditions in western regions, with scattered rainfall and thunderstorms over eastern and hilly areas.</li> <li>▪ Sri Lanka is expected to experience frequent showers and thunderstorms, especially in southern and central regions under moist conditions.</li> </ul>



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	<ul style="list-style-type: none"> <li>Myanmar is expected to experience scattered rainfall and thunderstorms, particularly over northern regions, while central areas remain warm.</li> <li>Maldives is expected to experience widespread rainfall with increased convective activity across most atolls, indicating favorable conditions for monsoon onset.</li> <li>Pakistan is expected to remain mostly hot and dry over southern and central regions, while northern areas may receive isolated rainfall under westerly influence.</li> </ul>
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<p><b>Extended Range Outlook</b> (24<sup>th</sup> Apr – 25<sup>th</sup> May, 2026)</p>	<p><b>Extended Temperature outlook</b></p> <ul style="list-style-type: none"> <li>Above-normal temperatures are expected across most parts of South Asia, especially over Pakistan, northwest India, and central regions.</li> <li>Heat stress conditions are likely to persist, with rising minimum temperatures prolonging heat exposure.</li> <li>Some relief is expected in eastern regions due to increased thunderstorm activity</li> </ul>	<p><b>Extended Rainfall Outlook</b></p> <ul style="list-style-type: none"> <li>Above-normal rainfall is expected over eastern South Asia, including Bangladesh, northeastern India, Bhutan, eastern Nepal, and Myanmar due to enhanced moisture availability.</li> <li>Continued precipitation is expected over the Hindu Kush Himalayan region due to persistent westerly systems.</li> <li>Sustained and increasing rainfall over Maldives and Sri Lanka indicates strong signals of early monsoon onset, with activity extending into southern peninsular regions.</li> </ul>
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<p><b>Ocean Watch</b></p>	<p><b>Observed Ocean Surface Conditions (17<sup>th</sup> Apr – 23<sup>rd</sup> Apr 2026)</b></p> <ul style="list-style-type: none"> <li>Ocean conditions across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean remained generally <b>normal to moderate</b>. Convective activity contributed to <b>localized rough sea conditions over central and southern Maldives</b>. <b>High current conditions</b> were observed along the east coast of India. Surface winds ranged between <b>2–11 m/s</b> across the Bay of Bengal, Arabian Sea, and southern tropical Indian Ocean. Significant wave heights ranged from <b>0.5 to 2.3 m</b>, while swell heights varied between <b>0.3 and 1.1 m</b> with swell periods of <b>8–19 seconds</b>. Coastal currents were generally <b>0.1–0.2 m/s</b>, with localized intensification up to <b>1.2 m/s</b>. Sea surface temperatures ranged approximately between <b>21°C and 31.5°C</b> across the region.</li> </ul> <p><b>Forecast for the coming week (24<sup>th</sup> – 30<sup>th</sup> Apr 2026)</b></p> <ul style="list-style-type: none"> <li>Ocean conditions are expected to remain <b>normal to moderate</b> across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean. <b>Normal to slightly above-normal wind speeds</b> are expected, particularly over southern sectors. Significant wave heights may reach around <b>2.0–2.2 m</b> in some areas. <b>Localized rough sea conditions</b> may persist near Maldives due to enhanced convection. Moderate to locally strong currents may continue along parts of the east coast of India. No widespread hazardous ocean conditions are anticipated during the forecast period.</li> </ul>
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