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# Weekly SAHF Forecasters' Forum (FF) #220

Date: 30<sup>th</sup> April 2026

## Discussion Notes

<p><b>Realized Weather-Country Reports (24<sup>th</sup> – 30<sup>th</sup> Apr 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan experienced partly to mostly cloudy conditions with scattered rainfall and thunderstorms with hail across several areas. Higher elevations reported light snowfall, and temperatures remained near normal to slightly below normal.</li> <li>▪ Bangladesh experienced heavy to very heavy widespread rainfall with thunderstorms and lightning, particularly over northern and northeastern regions. Temperatures showed a decreasing trend in many areas, though localized heat stress persisted due to high humidity over the southwestern region.</li> <li>▪ Nepal experienced widespread rainfall and thunderstorms across central and eastern regions, with isolated heavy rain and hail. Upper western regions reported snowfall, while temperatures remained below normal in many areas.</li> <li>▪ Myanmar experienced scattered to widespread rainfall, particularly over northern and western regions, with continued convective activity. Central regions remained relatively warm with localized thunderstorms.</li> <li>▪ Maldives experienced persistent rainfall and thunderstorms, particularly over central and southern atolls, with increased convective activity and improving moisture conditions.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (1<sup>st</sup> – 7<sup>th</sup> May 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Strengthened cross-equatorial flow is expected to sustain enhanced moisture transport from the equatorial Indian Ocean towards South Asia.</li> <li>▪ An anti-cyclonic circulation over the Bay of Bengal is expected to support moisture convergence over eastern and northeastern regions.</li> <li>▪ A westerly trough associated with a western disturbance is expected to influence northern Pakistan and adjoining regions, bringing light to moderate precipitation.</li> <li>▪ Widespread thunderstorm activity is expected over Bangladesh, northeastern India, eastern Nepal, southern Bhutan, and northern Myanmar. Continued convective activity over Maldives and Sri Lanka is expected to support enhanced rainfall over adjoining oceanic and coastal regions.</li> <li>▪ Heat stress conditions are expected to reduce over northern and eastern regions but may persist over western and central parts of South Asia.</li> </ul>
<p><b>Weather Outlook (1<sup>st</sup> – 7<sup>th</sup> May 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan is expected to experience partly cloudy to cloudy conditions with moderate to heavy rainfall with isolated thunderstorms events over the southern and southeastern region, with possible snowfall over higher elevations.</li> <li>▪ Bangladesh is likely to experience widespread rainfall and thunderstorms, with locally heavy to very heavy rainfall, particularly over central, northeastern and southeastern regions. Temperatures are expected to remain near to below normal.</li> <li>▪ Nepal is expected to experience widespread moderate to heavy rainfall and thunderstorms, especially over central and eastern regions, with continued snowfall over higher elevations.</li> <li>▪ Sri Lanka is expected to experience frequent showers and thunderstorms, particularly over southern and western regions under moist conditions.</li> <li>▪ Myanmar is expected to experience scattered to widespread rainfall and thunderstorms, particularly over northern regions, while central regions remain</li> </ul>



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	<p>relatively warm.</p> <ul style="list-style-type: none"> <li>Maldives is expected to experience continued widespread rainfall and thunderstorms across most atolls, with sustained convective activity.</li> <li>Pakistan is expected to experience heatwave conditions over southern and central regions, while northern areas may receive isolated to scattered rainfall under westerly influence.</li> </ul>
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<p><b>Extended Range Outlook</b> (30<sup>th</sup> Apr – 31<sup>st</sup> May, 2026)</p>	<p><b>Extended Temperature outlook</b></p> <ul style="list-style-type: none"> <li>Below-normal to near-normal temperatures are expected across eastern and northeastern parts of South Asia due to persistent rainfall activity.</li> <li>Above-normal temperatures are likely to persist over Pakistan, western India, and parts of central peninsular regions.</li> <li>Overall heat stress conditions are expected to reduce across much of the region, with localized persistence over western parts.</li> </ul>	<p><b>Extended Rainfall Outlook</b></p> <ul style="list-style-type: none"> <li>Above-normal rainfall is expected over Bangladesh, northeastern India, Bhutan, Nepal, and northern Myanmar due to sustained moisture availability.</li> <li>Continued precipitation is expected over the Hindu Kush Himalayan region under the influence of recurring westerly systems.</li> <li>Sustained rainfall activity over Maldives and Sri Lanka indicates continued active convective conditions, with possible early progression of monsoon features over adjoining regions.</li> </ul>
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<p><b>Ocean Watch</b></p>	<p><b>Observed Ocean Surface Conditions (24<sup>th</sup> – 30<sup>th</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 moderate, with enhanced convective influence over the equatorial region. Localized rough sea conditions were observed near Maldives due to persistent convection. Surface winds ranged approximately between 3–12 m/s across the region. Significant wave heights ranged from around 0.6 to 2.5 m, while swell heights varied between 0.4 and 1.3 m with swell periods of 8–18 seconds. Coastal currents were generally weak to moderate, with localized strengthening along parts of the east coast of India. Sea surface temperatures remained in the range of approximately 22°C to 33°C.</li> </ul> <p><b>Forecast for the coming week (1<sup>st</sup> – 7<sup>th</sup> May 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. Slightly enhanced wind speeds are expected over southern sectors, particularly near Maldives and adjoining equatorial regions. Significant wave heights may reach around <b>2.0–2.3 m</b> in some areas. Localized rough sea conditions may persist near Maldives due to continued convective activity. Moderate 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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