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Weekly SAHF Forecasters' Forum (FF) #221

Date: 07 May 2026

Discussion Notes

<p>Realized Weather-Country Reports (1st – 7th May 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan experienced mostly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms across several regions. Wind gusts accompanied convective activity, particularly over southern, central, and western Bhutan. The highest recorded rainfall was 70 mm at Shipshu station. Lowest temperatures were observed around 1.5°C in northern high-altitude and highest was 31.5°C in southern regions. ▪ Bangladesh experienced widespread rainfall and thunderstorms, with heavy to very heavy rainfall reported over northern and northeastern regions. The highest rainfall was recorded over Srimangal, while temperatures remained high over southwestern districts, reaching around 35°C. Increased humidity contributed to localized heat stress conditions. ▪ Nepal experienced scattered to widespread rainfall and thunderstorms, particularly over eastern and hilly regions, while warmer conditions persisted over western areas. Higher elevations continued to receive light snowfall. ▪ Maldives experienced fairly widespread rain and isolated thunderstorms, with heavy rainfall reported over central and southern atolls. Increasing southwesterly winds and enhanced convective activity indicated gradual onset of southwest monsoon conditions. ▪ Pakistan experienced shallow westerly influence with scattered rainfall over upper and central regions, including Khyber Pakhtunkhwa and upper Punjab. Lahore and adjoining areas received light to moderate rainfall, while southern and central regions remained under intense heatwave conditions
<p>Significant Weather Features in the region for the coming week (8th – 14th May 2026)</p>	<ul style="list-style-type: none"> ▪ Persistent thunderstorm activity is expected over Bangladesh, northeastern India, eastern Nepal, Bhutan, and northern Myanmar under enhanced moisture convergence. ▪ Continued cross-equatorial flow and convective activity over the equatorial Indian Ocean are expected to sustain rainfall over Maldives, Sri Lanka, and adjoining oceanic regions. ▪ A westerly trough is likely to continue influencing northern Pakistan and adjoining Himalayan regions, bringing isolated to scattered precipitation. ▪ Heat stress conditions are expected to persist over Pakistan, western India, and adjoining regions, with maximum temperatures potentially reaching severe levels in some locations. ▪ Enhanced convection along the east coast of India and Bay of Bengal is expected to support increased rainfall activity across eastern South Asia. ▪ Model guidance indicates potential monsoon advancement towards the south Bay of Bengal and Bay Islands during 14th–17th May, with continued monitoring required for possible low-pressure or cyclone-like development over adjoining seas.
<p>Weather Outlook (8th – 14th May 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall, thunderstorms, and occasional wind gusts during the forecast period.



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	<ul style="list-style-type: none"> ▪ Bangladesh is likely to experience partly cloudy to mostly cloudy conditions with light to moderate thunderstorms during the first half of the week and increased rainfall activity over many places during the second half of the week. Temperatures may increase over western and southwestern districts. ▪ Nepal is expected to experience scattered rainfall and thunderstorms over eastern and hilly regions, while relatively warmer conditions may continue over western areas. ▪ Sri Lanka is expected to experience frequent showers and thunderstorms, particularly over southern and western regions under enhanced moisture conditions. ▪ Myanmar is expected to experience scattered rainfall and thunderstorms, especially over northern regions, while central regions remain relatively warm. ▪ Maldives is expected to experience widespread rainfall, squally showers, and strengthening southwesterly winds as southwest monsoon conditions gradually establish over the region. ▪ Pakistan is expected to experience the persistent heatwave condition from 07th – 11th May over southern and from 8th – 10th over the upper part of the country with temperatures potentially reaching 46-50 degree Celsius. Northern areas may continue to receive isolated rainfall under westerly influence.
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<p>Extended Range Outlook (8th May – 4th June, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Above-normal temperatures are expected to persist over Pakistan, western India, and parts of central South Asia during the extended period. ▪ Relatively cooler conditions are likely over eastern South Asia and Himalayan foothill regions due to continued convective activity and rainfall. ▪ Heat stress conditions may remain significant over arid and semi-arid regions, particularly across Pakistan and adjoining western parts of the region. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Above-normal rainfall is expected over Bangladesh, northeastern India, Bhutan, eastern Nepal, Sri Lanka, Maldives, and northern Myanmar under sustained moisture transport and convective activity. ▪ Continued precipitation is likely over the Himalayan region due to recurring westerly influences and local convection. ▪ Multiple models indicate gradual monsoon advancement over the Bay of Bengal and adjoining regions after mid-May, with increasing rainfall activity extending toward southern Myanmar and eastern coastal regions. ▪ Convective rainfall activity is expected to persist through early June across much of eastern and southern South Asia.
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Ocean Watch

Observed Ocean Surface Conditions (1st – 7th May 2026)

- Ocean conditions across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean remained generally moderate, with enhanced convection over equatorial regions and near Maldives. Moderate to high current conditions were observed along the east coast of India. Significant wave heights remained mostly moderate, with localized enhancement over southern sectors due to strengthening winds. Convective activity contributed to rough sea conditions over parts of the central Indian Ocean and adjoining Maldives region.

Forecast for the coming week (8th – 14th May 2026)

- Ocean conditions are expected to remain generally moderate across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean. Increased southwesterly winds are expected over Maldives and adjoining equatorial regions as monsoon flow strengthens. Significant wave heights may increase to around 2.8–3.0 m in some sectors, particularly along the east coast of India and adjoining oceanic regions. Moderate to strong currents are expected to continue along parts of the east coast of India. Localized rough sea conditions and squally weather may occur near Maldives and adjoining waters due to enhanced convective activity.