# Weekly SAHF Forecasters' Forum (FF) #222

Date: 14th May 2026

## Discussion Notes

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| **Realized Weather-Country Reports (8th – 14th May 2026)** | ▪ Bhutan experienced mostly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms, particularly over southern regions. Temperatures remained relatively mild over northern high-altitude areas.<br>▪ Bangladesh experienced widespread rainfall and thunderstorms, including heavy rainfall events over several northern and northeastern districts, causing localized crop damage. Temperatures remained high over western and southwestern regions with continued humid conditions.<br>▪ Maldives experienced scattered thundershowers with strong and gusty winds across central and southern atolls under active southwest monsoon conditions. Southwest monsoon onset was declared over southern atolls on 08th May and advanced to central atolls on 12th May. The highest gust wind speed recorded was 49 knots over Gan station, while localized heavy rainfall exceeding 50 mm was observed at a few stations.<br>▪ Pakistan experienced the influence of a shallow westerly wave, resulting in scattered light to moderate rainfall over upper and central regions, including Khyber Pakhtunkhwa and upper Punjab. Southern parts of the country continued to experience very high temperatures and persistent heatwave conditions. |
| **Significant Weather Features in the region for the coming week (15th – 21st May 2026)** | ▪ A well-marked low-pressure area over the southwest Bay of Bengal is expected to enhance rainfall activity over Sri Lanka, Maldives, southern India, and adjoining Bay regions during the coming days.<br>▪ Strong cross-equatorial flow and strengthening monsoon circulation are expected to persist over the equatorial Indian Ocean and southern Bay of Bengal.<br>▪ Enhanced thunderstorm activity is likely over northeastern India, Bangladesh, Nepal, Bhutan, and northern Myanmar under favorable moisture convergence and convective conditions.<br>▪ Heat stress conditions are expected to persist over southern Pakistan, Rajasthan, Gujarat, and central India, with elevated daytime and nighttime temperatures.<br>▪ Westerly trough influence is expected to continue over Afghanistan and northern Pakistan, resulting in isolated rainfall and snowfall over mountainous regions.<br>▪ Conditions are expected to remain favorable for further advancement of southwest monsoon circulation toward the Bay Islands and southern tip of India during the latter part of the forecast period. |
| **Weather Outlook (15th – 21st May 2026)** | ▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms, especially over southern and western districts. Isolated heavy showers accompanied by gusty winds may occur over foothill regions, while higher elevations are likely to remain comparatively cooler.<br>▪ Bangladesh is likely to experience partly cloudy to mostly cloudy conditions with light to moderate rain or thundershowers at many places, particularly during the second half of the week. Isolated moderate to heavy rainfall events are possible over northern, northeastern, and southeastern regions. Day temperatures may remain above normal over western and southwestern districts with continued humid and uncomfortable conditions. |

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| | ▪ Nepal is expected to experience partly to generally cloudy conditions with scattered to fairly widespread rain and thunderstorms, particularly over eastern, central, and hilly regions. Localized heavy rainfall may occur in some foothill and mountainous areas under enhanced convective activity. Western and southwestern parts of the country are likely to remain relatively warmer, while higher elevations may continue to receive occasional light snowfall or mixed precipitation. Thunderstorm activity accompanied by gusty winds and lightning is also likely during the afternoon and evening hours.<br>▪ Maldives is likely to experience scattered to widespread thundershowers with occasional strong winds and rough sea conditions, particularly over central and southern atolls under active southwest monsoon conditions. Convective activity is expected to persist during the first half of the week, while wind intensity may gradually reduce toward the latter half of the period.<br>▪ Pakistan is expected to experience hot and dry weather over southern and central regions, with severe heat stress conditions likely to persist over Sindh and adjoining areas. Upper and northwestern regions may receive isolated to scattered rainfall and thunderstorms under the influence of shallow westerly disturbances.<br>▪ Sri Lanka is likely to experience widespread showers and thunderstorms with enhanced rainfall activity, especially over western, southwestern, and central regions under the influence of the low-pressure area over the southwest Bay of Bengal. Gusty winds and localized heavy rainfall may occur at times.<br>▪ Myanmar is expected to experience scattered to fairly widespread rainfall and thunderstorms over northern, central, and southern regions. Enhanced rainfall activity is likely over coastal and southern regions under strengthening monsoon flow from the Bay of Bengal. |

| **Extended Range Outlook (15th May – 7th June, 2026)** | **Extended Temperature outlook** | **Extended Rainfall Outlook** |
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| | ▪ Above-normal maximum and minimum temperatures are expected to persist over Pakistan, northwest India, Gujarat, Rajasthan, and parts of central India during the coming weeks.<br>▪ Elevated nighttime temperatures are likely to prolong heat stress conditions over several inland regions of South Asia.<br>▪ Relatively cooler conditions are expected over northeastern regions due to continued convective rainfall activity. | ▪ Above-normal rainfall is expected over southern peninsular India, Sri Lanka, Maldives, southern Myanmar, Bangladesh, Nepal, Bhutan, and northeastern India due to strengthening monsoon circulation and enhanced moisture transport in the 3rd and 4th week of May.<br>▪ Monsoon advancement signals are expected to strengthen over the southern Bay of Bengal, Bay Islands, and southern tip of India between 21st–24th May.<br>▪ Continued convective activity and moisture convergence are likely to maintain widespread thunderstorm activity over eastern and northeastern South Asia through late May and early June.<br>▪ Ensemble and extended-range model guidance suggest continued above-normal precipitation along the west coast of India and adjoining Bay regions |

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| | | through early June |
| **Ocean Watch** | **Observed Ocean Surface Conditions (8th – 14th May 2026)**<br>▪ Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained moderate to rough in localized areas under strengthening monsoon circulation. Enhanced winds and convective activity affected the Maldives region and adjoining southern Bay. Moderate to high waves and stronger currents were observed along parts of the east coast of India and adjoining seas. Strong cross-equatorial flow contributed to increased wind speeds and rough sea conditions over equatorial Indian Ocean sectors. Sea surface temperatures remained favorable for continued convective development and monsoon circulation strengthening across the region.<br><br>**Forecast for the coming week (15th – 21st May 2026)**<br>▪ Ocean conditions are expected to remain moderate to locally rough across parts of the Arabian Sea, Bay of Bengal, and equatorial Indian Ocean under strengthening monsoon circulation. Moderate to strong winds and increased wave activity are likely over Maldives, southern Bay of Bengal, Sri Lanka adjoining waters, and the southwest coast of India. Significant wave heights are expected to increase over parts of the southern Arabian Sea and Bay of Bengal during periods of enhanced convection. Stronger ocean currents are expected along parts of the east coast of India and adjoining waters during the forecast period. No major widespread hazardous ocean conditions are anticipated; however, localized rough sea conditions may occur near active convective zones. | |