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# Weekly SAHF Forecasters' Forum (FF) #223

Date: 21<sup>st</sup> May 2026

## Discussion Notes

<p><b>Realized Weather-Country Reports (15<sup>th</sup> – 21<sup>st</sup> May 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan experienced mostly cloudy conditions with light to moderate rainfall across much of the country. Southern districts received heavier rainfall episodes accompanied by thunderstorms and gusty winds. Temperatures showed a gradual increasing trend compared to the previous week.</li> <li>▪ Bangladesh experienced partly cloudy to cloudy conditions with rain or thundershowers occurring at many places. Gusty winds accompanied several convective events, particularly over southern and northern regions. A mild heatwave persisted over southwestern districts, while the highest weekly rainfall was recorded in the northern part of the country.</li> <li>▪ Maldives experienced scattered to widespread showers and thunderstorms associated with strengthening southwest monsoon conditions. Moderate to strong winds prevailed across much of the country, with occasional rough sea conditions over southern and central atolls.</li> <li>▪ Sri Lanka experienced widespread rainfall, particularly over western, southwestern, and southern regions, with several locations recording heavy to very heavy rainfall exceeding 250 mm during the week. Temperatures remained slightly above normal despite persistent cloud cover and rainfall activity.</li> <li>▪ Pakistan experienced the influence of weak westerly disturbances over northern areas, resulting in scattered light to moderate rainfall. Meanwhile, southern and central regions continued to experience severe heatwave conditions, with maximum temperatures reaching 47–48°C in several locations.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (22<sup>nd</sup> – 28<sup>th</sup> May 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Potential cyclonic circulations over the Arabian Sea and Bay of Bengal will continue to be monitored for possible impacts on regional rainfall distribution and monsoon progression.</li> <li>▪ Strengthening southwest monsoon circulation over the Arabian Sea and Bay of Bengal is expected to enhance rainfall activity over Sri Lanka, southern India, Maldives, coastal Myanmar, and adjoining regions.</li> <li>▪ Deep convective activity and enhanced moisture transport are likely to maintain active thunderstorm conditions over Bangladesh, northeastern India, Bhutan, Nepal, and northern Myanmar.</li> <li>▪ Monsoon related rainfall is expected to gradually shift eastward and intensify along the Arakan coast and adjoining southeastern Bay of Bengal by the latter part of the forecast period.</li> <li>▪ Persistent heatwave conditions are expected over Pakistan, Rajasthan, Gujarat, and parts of central and northwestern India, with temperatures remaining significantly above normal.</li> <li>▪ Westerly trough influence is likely to continue intermittently over northern Pakistan and adjoining mountainous regions, producing isolated rainfall and thunderstorms.</li> </ul>
<p><b>Weather Outlook (22<sup>nd</sup> – 28<sup>th</sup> May 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan is likely to experience mostly cloudy conditions with light to moderate rainfall across much of the country. Southern districts may receive moderate to locally heavy rainfall between 23rd and 25th May, accompanied by thunderstorms</li> </ul>



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and gusty winds.

- Bangladesh is expected to experience partly cloudy to cloudy conditions with light to moderate rain or thundershowers at many places. Rainfall activity is likely to be more pronounced over northern and southern regions, while isolated moderate to heavy rainfall and squally winds may accompany stronger convective systems.
- Maldives is likely to experience scattered to widespread showers and thunderstorms with moderate to strong southwesterly winds. Rough sea conditions may prevail at times, particularly over southern and central atolls under active monsoon flow.
- Sri Lanka is expected to experience frequent showers and thunderstorms, especially over western, southwestern, central, and southern regions. Isolated heavy to very heavy rainfall events and localized flooding may occur in vulnerable areas.
- Nepal is likely to experience partly to generally cloudy conditions with scattered rain and thunderstorms, particularly over eastern, central, and hilly regions. Localized heavy rainfall is possible over foothill and mountainous areas, while warmer conditions may persist across western lowlands.
- Myanmar is expected to experience scattered to fairly widespread rainfall and thunderstorms, with enhanced rainfall activity over coastal and southern regions under strengthening monsoon influence from the Bay of Bengal.
- Pakistan is expected to experience predominantly hot and dry conditions over southern and central regions, with severe heatwave conditions likely to intensify during 25th–31st May. Northern and upper regions may receive isolated rainfall associated with weak westerly disturbances.

**Extended Range Outlook  
(22<sup>nd</sup> May – 18<sup>th</sup> June, 2026)**

**Extended Temperature outlook**

- Above-normal temperatures are expected to persist across Pakistan, northwestern India, Rajasthan, Gujarat, and adjoining central regions during the coming weeks.
- Heatwave conditions are likely to remain a dominant feature over southern and central Pakistan and parts of western India, with temperatures potentially reaching 6–8°C above climatological averages.
- Elevated nighttime temperatures may prolong heat stress conditions across many inland regions of South Asia.
- Near-normal temperatures are expected over northeastern South Asia due to continued cloudiness and convective rainfall activity.

**Extended Rainfall Outlook**

- Enhanced rainfall activity is expected along the west coast of India, particularly near Kerala and adjoining coastal regions, associated with strengthening monsoon flow.
- Large parts of central, western, and northwestern India are expected to experience below-normal rainfall during the next four weeks, with limited organized precipitation activity.
- Active monsoon conditions are likely to continue over the eastern Bay of Bengal, Arakan coast, and adjoining Southeast Asian regions through early June.
- Current seasonal outlooks indicate a strengthening El Niño signal during the latter part of the monsoon season, while a positive Indian Ocean Dipole may partially offset its influence on regional rainfall patterns.



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## Ocean Watch

### Observed Ocean Surface Conditions (15<sup>th</sup> – 21<sup>st</sup> May 2026)

- Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained moderate to locally rough under strengthening monsoon circulation. Moderate to high winds and enhanced currents were observed across parts of the Arabian Sea, Bay of Bengal, and waters surrounding Sri Lanka and Maldives. Significant wave heights generally ranged between 1.5–2.5m, with localized higher waves over the central Arabian Sea and adjoining oceanic regions. Sea surface temperatures remained favorable for sustained convective activity and continued strengthening of monsoon circulation across the northern Indian Ocean.

### Forecast for the coming week (22<sup>nd</sup> – 28<sup>th</sup> May 2026)

- Ocean conditions are expected to remain moderately rough across parts of the Arabian Sea and Bay of Bengal as monsoon circulation continues to strengthen. Moderate to high winds are likely over the Arabian Sea, southern Bay of Bengal, Maldives region, and adjoining Sri Lankan waters. Significant wave heights may increase to around 3.0 m over parts of the Arabian Sea and adjoining oceanic sectors, particularly where stronger monsoon winds prevail. Enhanced ocean currents are expected along the east coast of India and adjoining coastal waters during the forecast period. Localized rough sea conditions may occur near active convective systems and developing low-pressure circulations; however, no widespread hazardous ocean conditions are currently anticipated.