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Weekly SAHF Forecasters' Forum (FF) #230

Date: 9th July 2026

Discussion Notes

Realized Weather-Country Reports (3rd – 9th July 2026)	▪ Bhutan experienced mostly cloudy to cloudy conditions with light to moderate rainfall across the country. The highest rainfall of 61.4 mm was recorded in the southern region. Maximum temperatures reached 36°C in the south, while the lowest temperature was 6.8°C over the northern region. ▪ Bangladesh experienced active monsoon conditions with widespread light to moderate rain and thundershowers accompanied by gusty winds and lightning. Heavy to very heavy rainfall occurred across several parts of the country under the influence of a monsoon depression, resulting in waterlogging and significant rainfall impacts, landslide and flashflood. More than 100 mm of rainfall was recorded at several stations, with the highest rainfall of 329 mm reported at Ambagan on 8th July. Maximum temperatures reached 37.6°C over northern Bangladesh. ▪ Maldives experienced generally scattered rainfall during the week, with no significant heavy rainfall reported. Increased cloudiness and rainfall developed over the southern atolls toward the end of the reporting period due to a cyclonic circulation southeast of the southern Maldives and its associated trough.
Significant Weather Features in the region for the coming week (10th – 16th July 2026)	▪ Active monsoon conditions are expected to continue across South Asia, supported by evolving monsoon circulations and the influence of mid-latitude westerly systems. ▪ A remnant circulation from the West Pacific is expected to re-emerge over the northern Bay of Bengal and gradually intensify, supporting renewed monsoon activity over the eastern part of the region. The monsoon trough is likely to remain northward for the first few days before shifting southward toward the Gangetic Plains and northern Bay of Bengal around 14–15 July. ▪ Enhanced rainfall is expected over the Indo-Gangetic Plains, Himalayan foothills, Bangladesh, northeastern India, Bhutan, Nepal, and the Arakan coast of Myanmar. ▪ Southeastern Bangladesh and the Arakan coast of Myanmar remain key areas of concern, as persistent moisture supply and recurring circulation patterns may support continued heavy to very heavy rainfall. Rainfall activity is also expected to increase over parts of central and eastern India, including areas that have experienced comparatively lower accumulated monsoon rainfall. ▪ Unlike the previous week, the mid-latitude westerly circulation and monsoon circulation may not strongly reinforce each other therefore, comparatively lower rainfall is possible over parts of northwestern India. ▪ Heat stress is expected to persist over parts of Pakistan, northwestern India, and humid coastal regions, although rainfall may provide localized moderation in temperature.
Weather Outlook (10th – 16th July 2026)	▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall across the country. Isolated heavy rainfall is possible over southern and central regions, with thunderstorms, lightning, and gusty winds likely over southern areas. ▪ Bangladesh is likely to experience active to fairly active monsoon conditions with

	light to moderate rain and thundershowers at many places, accompanied by temporary gusty winds and lightning. Moderately heavy to heavy rainfall is likely at places. Continued rainfall remains a concern, particularly over eastern, southeastern, and northern regions. Day temperatures may rise slightly, while night temperatures are expected to remain nearly unchanged. ▪ Nepal is expected to experience continued monsoon rainfall, with moderate to locally heavy precipitation likely over southern and Himalayan foothill regions. Thunderstorm activity may continue, while persistent rainfall may increase the possibility of localized flooding and rainfall-related impacts in vulnerable areas. ▪ Myanmar is expected to experience widespread monsoon rainfall, particularly over northern and southern regions. Heavy to very heavy rainfall may persist along the Arakan coast, where recurring moisture supply and circulation patterns are expected to maintain active rainfall conditions. ▪ Sri Lanka is expected to experience continued monsoon conditions with scattered rainfall, particularly over western and southwestern regions. Overall rainfall is expected to remain near normal, with occasional showers and localized thunderstorms. ▪ Maldives is likely to experience cloudiness and rainfall over the southern atolls during the early part of the forecast period. Rainfall activity is expected to decrease thereafter, with mainly isolated or passing showers during the following several days. ▪ Pakistan is expected to remain comparatively warm, with above-normal temperatures over several areas. Limited rainfall may occur under the influence of westerly systems, while heat stress is likely to persist over southern and northwestern regions.
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Extended Range Outlook (10th July – 13th August, 2026)	Extended Temperature outlook ▪ Minimum temperatures may remain near to above normal in humid regions, maintaining nighttime thermal discomfort despite reduced daytime maximum temperatures. ▪ Above-normal temperatures are likely to persist over parts of Pakistan and northwestern India, particularly where rainfall activity remains comparatively weak. ▪ Light to moderate positive maximum and minimum temperature anomalies may continue over northern parts of South Asia during the extended period. ▪ Temperatures are expected to remain near normal or temporarily below normal over areas experiencing sustained monsoon rainfall, particularly across the Gangetic Plains, Himalayan	Extended Rainfall Outlook ▪ On week 1 (10–16 July), rainfall activity is expected to remain prominent over much of the Indian subcontinent, with wetter conditions mainly confined to the Himalayan foothills, the Arakan Coast and equatorial Indian Ocean regions. ▪ During 17th–22nd July, above-normal rainfall is likely to continue along the Gangetic Plains, Himalayan foothills, Bangladesh, northeastern India, and the Arakan coast, associated with recurring monsoon circulations and remnants from the West Pacific. ▪ During 23rd–29th July, active rainfall conditions are expected to persist over northern and eastern South Asia, while near-normal rainfall is likely over much of peninsular India and along the west and east coasts. ▪ During 30th July–5th August, the rainfall belt may shift spatially however, continued rainfall signals remain over
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foothills, Bangladesh, northeastern India, and adjoining regions.

- Heat stress may continue over areas with limited rainfall and over humid coastal and lowland regions, although active monsoon spells are expected to provide temporary relief.

southern Bangladesh, the Arakan coast, and parts of Myanmar.

- During **6th–13th August**, near-normal monsoon rainfall is expected over parts of peninsular India, while rainfall activity may continue over northern India and the eastern part of the region.
- Overall, extended-range guidance does not indicate widespread below-normal rainfall. Instead, meandering zones of above-normal rainfall are expected to continue across different parts of South Asia, reflecting recurring monsoon circulation and cyclogenesis over the Bay of Bengal.