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Weekly SAHF Forecasters' Forum (FF) #231

Date: 16th July 2026

Discussion Notes

Realized Weather-Country Reports (10th – 16th July 2026)	▪ Bhutan experienced mostly cloudy to overcast conditions with light to moderate rainfall across the country. Heavy rainfall was reported over southern districts, with the highest daily rainfall reaching 207.2 mm. Maximum temperatures reached 33.0°C, while the minimum temperature dropped to 16.2°C in northern highland areas. ▪ Bangladesh experienced active southwest monsoon conditions throughout the week with widespread rainfall, thunderstorms, and localized flooding, particularly over southeastern districts. Heavy to very heavy rainfall occurred at several locations, aggravating flood conditions and affecting more than one million people. Monsoon conditions remained active over the country and strong over the North Bay. ▪ Nepal experienced widespread rainfall across much of the country with moderate to heavy precipitation over hilly and mountainous regions. Daytime temperatures remained above normal in several areas despite active monsoon conditions. ▪ Sri Lanka experienced generally cloudy conditions with scattered to moderate rainfall, particularly over the southwestern and central regions under prevailing southwest monsoon conditions. ▪ Pakistan experienced a relatively dry period over much of the country during the first half of the week, while localized rainfall occurred over upper parts. Heavy rainfall was observed in northern regions before conditions gradually transitioned toward another active wet spell.
Significant Weather Features in the region for the coming week (17th – 23rd 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. ▪ Southwest monsoon conditions are expected to remain active across Central India, the west coast of India, Bangladesh, Nepal, Bhutan, and adjoining Himalayan regions. ▪ Monsoonal circulations and mid-latitude westerly troughs are expected to coexist during the coming week, maintaining favorable conditions for widespread rainfall without significant weakening of either system. ▪ Heavy to very heavy rainfall is expected over the Gangetic Plains, central India, western coast of India, Bangladesh, Nepal, Bhutan, and northeastern India, with localized flooding and landslide risks remaining elevated. ▪ A new circulation originating from Southeast Asia is expected to emerge around 25–26 July, supported by favorable positive Indian Ocean Dipole (IOD) conditions, which may further strengthen monsoon activity over the Bay of Bengal. ▪ Heat stress is expected to gradually moderate across monsoon-affected regions, although humid conditions may continue to maintain elevated apparent temperatures over lowland and coastal areas. ▪ Current climate indicators continue to show El Niño conditions (weekly Niño 3.4 anomaly around +1.3°C) however, the presence of positive Indian Ocean Dipole signals may continue to offset some El Niño impacts by supporting cyclogenesis

	over the Bay of Bengal and sustaining active monsoon conditions.
Weather Outlook (17th – 23rd July 2026)	▪ Bhutan is expected to experience mostly cloudy to overcast conditions with light to moderate rainfall across the country. Moderate to heavy rainfall is likely over southern districts, accompanied by isolated thunderstorms, lightning, and gusty winds. ▪ Bangladesh is likely to experience continued active monsoon conditions with widespread rain and thundershowers. Moderate to heavy rainfall is expected over many parts of the country, particularly northern, central, eastern, and southeastern regions, maintaining the potential for localized flooding and waterlogging. ▪ Nepal is expected to experience widespread rainfall and thunderstorms, with moderate to locally heavy rainfall over hilly and mountainous regions. Rainfall may trigger localized flooding and landslides in vulnerable areas. ▪ Myanmar is expected to remain under active southwest monsoon conditions with widespread light to moderate rainfall. Heavy rainfall is likely over the Arakan Coast and northern Myanmar, where persistent moisture transport may sustain localized heavy precipitation. ▪ Sri Lanka is expected to experience generally light to moderate rainfall over the southwestern part of the island, while comparatively lower rainfall is expected over other regions during the coming week. ▪ Pakistan is expected to experience an active wet spell during 19–24 July, with moderate to heavy rainfall over northern and northeastern regions. Heavy to very heavy rainfall may occur at isolated locations, increasing the possibility of flash flooding in vulnerable catchments. ▪ Maldives is expected to experience generally fair weather with isolated to scattered showers during the coming week. Rainfall activity is expected to remain below normal over most atolls, with only brief passing showers likely. Moderate southwesterly winds may continue over the central and northern atolls, while no significant weather systems or widespread heavy rainfall are anticipated.

Extended Range Outlook (17th July – 19th August, 2026)	Extended Temperature outlook ▪ Above-normal temperatures are likely to persist over Pakistan and northwestern India, although active monsoon conditions are expected to gradually moderate daytime temperatures across central and northern India. ▪ Near-normal to below-normal maximum temperatures are expected over Bangladesh, Nepal, Bhutan, northeastern India, and adjoining Himalayan regions due to persistent cloud cover and widespread rainfall. ▪ Minimum temperatures are expected to remain near to above	Extended Rainfall Outlook ▪ On week 1 (17–23 July), active southwest monsoon conditions are expected to continue across central India, the west coast of India, Bangladesh, Nepal, Bhutan, northeastern India, and adjoining Himalayan regions, with widespread moderate to heavy rainfall. ▪ During week 2 (24–30 July), rainfall activity is expected to remain active across the Gangetic Plains, central India, Bangladesh, and the Himalayan foothills as additional monsoon circulations develop over the Bay of Bengal. ▪ On week 3 (31 July–6 August), monsoon conditions are expected to remain
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	normal across much of South Asia, maintaining humid nighttime conditions despite reduced daytime heating. ▪ Heat stress is expected to decrease across active monsoon regions, while localized thermal discomfort may continue over coastal and humid lowland areas.	favorable over much of South Asia, with above-normal rainfall continuing over northeastern India, Bangladesh, Myanmar, Nepal, Bhutan, and the west coast of India. ▪ During week 4 (7–13 August), near- to above-normal rainfall is expected over most monsoon-affected regions. Continued cyclogenesis associated with positive IOD conditions may sustain active rainfall over the Bay of Bengal and adjoining eastern South Asia.
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