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Weekly SAHF Forecasters' Forum (FF) #232

Date: 23rd July 2026

Discussion Notes

Realized Weather-Country Reports (17th – 23rd July 2026)	▪ Bhutan experienced mostly cloudy conditions with light to moderate rainfall across the country. Moderate to heavy rainfall was observed in southern districts under active monsoon conditions. ▪ Bangladesh remained under active southwest monsoon conditions with widespread rainfall, including heavy rainfall over several districts. Monsoon activity remained strong over the North Bay, resulting in localized flooding and waterlogging in vulnerable areas. ▪ Nepal experienced generally cloudy conditions with moderate rainfall and thunderstorms across much of the country, particularly over hilly and mountainous regions. ▪ Maldives experienced generally fine weather throughout the week with isolated showers over the northern and southern atolls. The highest rainfall recorded was 43.4 mm in the southern atolls, while no significant weather systems affected the country. ▪ Myanmar experienced widespread rainfall under the influence of an active cyclonic circulation. The highest daily rainfall reached 101 mm, with southern Myanmar receiving the heaviest precipitation. ▪ Pakistan experienced widespread monsoon rainfall over upper and central parts of the country. Northeastern Punjab recorded extremely heavy rainfall, with 252 mm at Lahore Airport, leading to urban flooding in several locations.
Significant Weather Features in the region for the coming week (24th – 30th 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. ▪ Active southwest monsoon conditions are expected to continue across northern, central, eastern, and northeastern India, Bangladesh, Nepal, Bhutan, Myanmar, and Pakistan. ▪ A strong low-level southwesterly monsoon flow combined with mid-latitude westerly troughs will continue to support widespread rainfall over the region. ▪ Heavy to very heavy rainfall is expected over Gujarat, central India, the Gangetic Plains, Himalayan foothills, Bangladesh, Nepal, Bhutan, and southern Myanmar, with localized flooding and landslide risks remaining elevated. ▪ A low-pressure system may form around 26 July over the northern Bay of Bengal, although differences remain among forecasting models regarding its evolution and track. ▪ Despite the presence of El Niño conditions, favorable Indian Ocean Dipole (IOD) conditions continue to support active monsoon circulation across South Asia.
Weather Outlook (24th – 30th July 2026)	▪ Bhutan is expected to remain mostly cloudy with light to moderate rainfall across the country. Moderate to heavy rainfall may occur over southern districts, accompanied by isolated thunderstorms and gusty winds. ▪ Bangladesh is likely to experience active to fairly active monsoon conditions with widespread rain and thundershowers. Moderate to heavy rainfall is expected over many parts of the country, particularly eastern and southeastern regions,

	maintaining the potential for localized flooding and waterlogging. ▪ Nepal is expected to continue experiencing generally cloudy conditions with widespread rainfall and thunderstorms, particularly over hilly and mountainous regions where localized heavy rainfall may occur. ▪ Myanmar is expected to remain under active southwest monsoon conditions. Heavy rainfall is likely to continue over southern Myanmar and adjoining coastal regions under the influence of persistent cyclonic circulation. ▪ Maldives is expected to experience generally fair weather with isolated to scattered showers over the northern and southern atolls. No significant weather systems are expected to affect the country during the forecast period. ▪ Pakistan is expected to experience another active monsoon spell over northern and northeastern regions, with moderate to heavy rainfall and isolated very heavy rainfall likely over Punjab and adjoining upper catchments.
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Extended Range Outlook (24th July – 28th August, 2026)	Extended Temperature outlook ▪ Above-normal temperatures are expected over southern Peninsular India during much of the outlook period. ▪ Parts of Pakistan and Afghanistan may initially experience below-normal temperatures during the early forecast weeks before gradually transitioning to above-normal temperatures later in the period. ▪ Persistent cloud cover and active monsoon conditions are expected to maintain near-normal daytime temperatures across Bangladesh, Nepal, Bhutan, northeastern India, and Myanmar.	Extended Rainfall Outlook ▪ On week 1 (24–30 July), active monsoon conditions are expected across much of South Asia, with enhanced rainfall over central India, the Gangetic Plains, Bangladesh, Nepal, Bhutan, Myanmar, and adjoining Bay of Bengal regions. ▪ During week 2 (31 July–6 August), widespread monsoon rainfall is expected to continue over northern and eastern India, Bangladesh, Nepal, Bhutan, and Myanmar, while western and southern India receive near-normal rainfall. ▪ While on week 3 (7–13 August), rainfall activity is expected to gradually weaken over much of the Indian subcontinent, although above-normal rainfall may continue around the Bay of Bengal and adjoining regions. ▪ During week 4 (14–28 August), most parts of the Indian subcontinent are expected to become comparatively drier, while rainfall remains near to above normal over parts of the Bay of Bengal, northeastern India, Bangladesh, and Myanmar.
Ocean Watch	Observed Ocean Surface Conditions (17th – 23rd July 2026) ▪ Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained generally moderate, with localized rough conditions associated with strengthening southwest monsoon winds. High wave heights, strong winds, and energetic sea conditions continued over the west coast of India, with elevated wave activity also observed over parts of the eastern Arabian Sea and Bay of Bengal. Strong ocean currents persisted along both the west and east coasts of India, with marine advisories remaining in effect for several coastal sectors.	



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Forecast for the coming week (24th – 30th July 2026)

- Ocean conditions are expected to remain moderate to locally rough across much of the Arabian Sea and Bay of Bengal under strengthening southwest monsoon conditions. Moderate to high wind speeds and significant wave heights are expected over the **Arabian Sea, Bay of Bengal, and adjoining coastal waters**. High wave conditions around 3.6- 5.7mm are likely along the **west coast of India**, while elevated wave activity is also expected around the **Andaman and Nicobar Islands**. Mariners are advised to remain updated with the latest marine advisories.