



Supported by:



Weekly SAHF Forecasters' Forum (FF) #233

Date: 30th July 2026

Discussion Notes

Realized Weather-Country Reports (24th – 30th July 2026)

- Bangladesh remained under active monsoon conditions, with widespread rain and thundershowers across the country and heavy rainfall concentrated mainly over southern and southeastern regions. Localized waterlogging continued in vulnerable urban and low-lying areas. Compared with previous weeks, the overall situation improved, and rainfall during the period did not lead to a significant increase in landslide incidents. Nevertheless, saturated soil conditions and continuing rainfall required close monitoring in the southeastern hill districts.
- Nepal experienced generally cloudy to overcast conditions with moderate to heavy rainfall over several regions. Rainfall was more pronounced over hilly and mountainous areas, where thunderstorms and persistent cloud cover prevailed. Continued rainfall maintained the possibility of localized landslides, slope instability, and rises in smaller rivers and streams, particularly in vulnerable hill districts.
- Maldives experienced active and unsettled weather during parts of the reporting period, with heavy showers, thunderstorms, and strong winds affecting several atolls. An unusual swell-surge event affected **Malé City on 26 July**, causing seawater intrusion and localized flooding in low-lying coastal areas. The event occurred earlier than the period of highest wave conditions indicated by available model guidance, prompting further discussion on the possible contribution of distant swell propagation, local tides, and prevailing ocean conditions. Rainfall and strong winds continued intermittently during the latter part of the week.
- Myanmar experienced scattered to widespread monsoon rainfall across several regions. Rainfall occurred over coastal, southern, central, and northern areas, with heavier spells possible in locations exposed to persistent monsoon flow from the Bay of Bengal. Coastal and southern regions remained particularly susceptible to locally heavy rainfall, while recurring showers and thunderstorms affected other parts of the country.
- Pakistan experienced significant monsoon rainfall over northeastern and upper parts of the country. Some locations recorded accumulated rainfall exceeding **400 mm**, indicating an intense and persistent wet spell. Heavy rainfall affected northeastern Punjab and adjoining regions, producing localized flooding, urban waterlogging, and increased flows in rivers and drainage channels. The combined influence of monsoon moisture and the movement of the inland depression supported the widespread rainfall activity.

Significant Weather Features in the region for the coming week (31st July – 6th Aug 2026)

- A **deep depression** over the Bay of Bengal is expected to move northwestward across central India while gradually weakening, continuing to support widespread rainfall over central and northwestern India.
- Active southwest monsoon conditions are expected to persist across much of South Asia, with enhanced rainfall over the **Gangetic Plains, central India, the west coast of India, Bangladesh, Nepal, Bhutan, and Myanmar**.
- Continued interaction between monsoonal circulation and mid-latitude westerly systems is expected to maintain favorable conditions for moderate to heavy rainfall over the Himalayan foothills and adjoining regions.

	- Moisture transport from both the Arabian Sea and Bay of Bengal is expected to sustain widespread convective activity over eastern and northern parts of the region. - Heat stress is expected to remain relatively low over monsoon-affected regions; however, localized heat stress may continue in areas receiving limited rainfall.
Weather Outlook (31st July – 6th Aug 2026)	- Bhutan is expected to experience mostly cloudy conditions with light to moderate rainfall over most areas. Heavy rainfall is possible over southern districts, accompanied by isolated thunderstorms. - Bangladesh is expected to remain under active monsoon conditions with widespread rainfall and thunderstorms. Moderate to heavy rainfall is likely over southern, central, and northeastern regions, with localized heavy falls that may result in temporary waterlogging and localized flooding. - Nepal is expected to experience generally cloudy conditions with widespread rainfall and thunderstorms. Moderate to heavy rainfall is likely over hilly and mountainous regions, increasing the possibility of localized flash floods and landslides. - Maldives is expected to experience scattered showers and thunderstorms, with heavy showers likely over southern atolls during the early part of the forecast period. Moderate to strong winds and locally rough sea conditions are expected to continue. - Sri Lanka is expected to experience scattered showers and thunderstorms, particularly over western, southwestern, central, and northwestern regions under prevailing southwest monsoon conditions. - Myanmar is expected to experience scattered to widespread rainfall with moderate to heavy precipitation over southern and coastal regions. Thunderstorms are expected to continue across much of the country under active monsoon conditions. - Pakistan is expected to experience another active monsoon spell, particularly over upper and northeastern parts of the country. Moderate to heavy rainfall may trigger localized flooding and urban waterlogging, while southern regions are likely to experience comparatively warmer conditions.

Extended Range Outlook (31st July – 31st August, 2026)	Extended Temperature outlook - Near normal to below normal temperatures are expected over much of central and northern India during the first week due to persistent monsoon rainfall. - Above normal temperatures are likely over parts of southern peninsular India during the latter half of the outlook period as rainfall activity gradually weakens. - Pakistan and Afghanistan may experience below normal temperatures during the initial weeks owing to enhanced cloud cover and rainfall before gradually returning to near-normal	Extended Rainfall Outlook On week 1 (31st July – 6th August) active monsoon conditions are expected over central India, the west coast of India, Bangladesh, Nepal, Bhutan, and Myanmar, with above normal rainfall across these regions. During week 2 (7th – 13th August) rainfall activity is expected to continue over northeastern South Asia and along the west coast of India, while central parts of the Indian subcontinent may experience comparatively reduced rainfall. While on week 3 (14th – 20th August) monsoon rainfall is expected to weaken over large parts of India, although
---	---	---

	conditions. Seasonal warming is expected to gradually increase over parts of the Indian subcontinent during the latter half of August as rainfall activity becomes less widespread.	northeastern India, Bangladesh, Bhutan, Nepal, and Myanmar are likely to continue receiving near normal to above normal rainfall. On week 4 (21st – 27th August) rainfall activity is expected to remain subdued over much of the Indian subcontinent, with comparatively higher rainfall confined to northeastern South Asia and adjoining Bay of Bengal regions.
Ocean Watch	Observed Ocean Surface Conditions (24th – 30th July 2026) - Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained moderate to rough, influenced by the active southwest monsoon and the deep depression over the Bay of Bengal. Moderate to high winds and strong surface currents prevailed over large parts of the northern Arabian Sea and Bay of Bengal. Significant wave heights increased over the west coast of India, the northern Bay of Bengal, and adjoining waters, while swell conditions also affected the Maldives, resulting in an unusual swell surge over Malé and localized coastal inundation on 26 July. Sea surface temperatures remained generally favourable for sustaining active monsoon conditions and continued convective activity across the region. Forecast for the coming week (31st July – 6th Aug 2026) - Ocean conditions are expected to remain moderate to rough over much of the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean. Moderate to high winds are likely to persist, particularly over the northern Arabian Sea, northern Bay of Bengal, and along the west coast of India. Significant wave heights are expected to reach 4.7–4.8 m over parts of the northern Arabian Sea and northern Bay of Bengal, with locally higher waves in areas influenced by strong monsoon flow. Moderate to strong coastal currents are expected to continue, particularly along the west coast of India and adjoining coastal waters. Mariners, fishing communities, and coastal authorities are advised to remain alert for rough sea conditions, especially over the northern Arabian Sea, Bay of Bengal, and around the Maldives.	