



Supported by:



Weekly SAHF Forecasters' Forum (FF) #234

Date: 6th August 2026

Discussion Notes

Realized Weather-Country Reports (31st July – 6th Aug 2026)	▪ Bangladesh remained under fairly active to active monsoon conditions, with light to moderate rain and thundershowers occurring over many places and heavy to very heavy rainfall at isolated locations. Day and night temperatures fluctuated but remained close to seasonal values. The highest weekly rainfall was recorded at Mymensingh (88 mm), while the highest maximum temperature reached 35.5°C. ▪ Nepal experienced above-normal rainfall across many stations during the reporting period. Maximum temperatures were above normal at several locations, while minimum temperatures remained predominantly above normal. Light to moderate rainfall occurred over most hilly and mountainous regions, with localized heavy rainfall observed over eastern and central Nepal. ▪ Myanmar experienced widespread monsoon rainfall across much of the country, with particularly heavy rainfall over the central dry zone. Several stations recorded rainfall exceeding 100 mm, including Kamberlu (135 mm), Lower Sagaing (127 mm), and Mogok (124 mm). Monsoon conditions remained moderate over coastal areas, while heavy rainfall warnings continued nationwide. ▪ Maldives experienced active southwest monsoon conditions during the early part of the week, with significant rainfall over the central and southern atolls. More than half of the observing stations in these regions recorded over 50 mm of rainfall, accompanied by strong winds. Rainfall gradually decreased during the latter part of the week, although scattered showers continued. ▪ Pakistan experienced a widespread monsoon spell over upper and central parts of the country. Northeastern Punjab, upper Khyber Pakhtunkhwa, Islamabad, Rawalpindi, Kashmir, and Gilgit-Baltistan received moderate to heavy rainfall, while southeastern Sindh recorded 60–135 mm at several locations. Humid conditions persisted over much of the country under continuous moisture transport from the Arabian Sea and Bay of Bengal.
Significant Weather Features in the region for the coming week (7th Aug – 13th Aug 2026)	▪ Active southwest monsoon conditions are expected to persist across much of South Asia, supported by multiple cyclonic circulations extending from the Bay of Bengal to the Gangetic Plains. ▪ Monsoon rainfall is expected to continue over the Gangetic Plains, central India, the west coast of India, Bangladesh, Nepal, Bhutan, Myanmar, and adjoining hill states, with several areas likely to receive above normal precipitation. ▪ Enhanced low level moisture transport from both the Arabian Sea and Bay of Bengal will continue to support widespread thunderstorms and moderate to heavy rainfall across eastern and northern South Asia. ▪ Monsoon activity is expected to remain vigorous through the forecast period, although a gradual eastward shift of the monsoon trough is anticipated after 13 August, resulting in increased rainfall over eastern India and adjoining regions. ▪ Despite ongoing rainfall, humid heat stress is expected to persist over parts of Pakistan, central India, Bangladesh, and adjoining areas where high humidity accompanies moderate temperatures.
Weather Outlook	▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms over much of the country. Heavy rainfall is

(7th Aug – 13th Aug 2026)

likely over southern foothill districts at isolated places, while occasional gusty winds may accompany thunderstorm activity.

- Bangladesh is likely to remain under fairly active to active southwest monsoon conditions. Light to moderate rain or thundershowers, accompanied by temporary gusty winds, are expected at many places across the country, with moderately heavy to very heavy rainfall at isolated locations, particularly over the northern, northeastern, and southeastern regions. Day and night temperatures are expected to remain nearly unchanged.
- Nepal is expected to experience generally cloudy conditions with light to moderate rainfall at many places, particularly over the hilly and mountainous regions. Heavy to very heavy rainfall is likely at a few places over the eastern and central regions, while isolated heavy rainfall is also possible over western hilly and Terai areas. Both maximum and minimum temperatures are expected to remain above normal at many locations.
- Maldives is expected to experience moderate to strong winds over the central and northern atolls during the next two days under moderate sea conditions. From 10 August onwards, another spell of moderate to heavy showers and thunderstorms is likely to develop over the central and northern atolls, associated with active southwest monsoon conditions.
- Sri Lanka is expected to experience partly cloudy to cloudy skies with scattered showers and thunderstorms, particularly over the western, southwestern, central, and northwestern provinces. Moderate rainfall may continue over the windward slopes of the central highlands under prevailing southwest monsoon conditions.
- Myanmar is expected to remain under moderate to strong southwest monsoon conditions. Widespread rain and thunderstorms are likely across much of the country, with heavy to very heavy rainfall expected over the Rakhine Coast, Gulf of Martaban, Ayeyarwady Delta, Kayin State, Tanintharyi Region, and southern Myanmar during 11–14 August. Heavy rainfall advisories are expected to remain in effect for vulnerable areas.
- Pakistan is expected to receive isolated to scattered rainfall over Punjab and Khyber Pakhtunkhwa during the next 24 hours, followed by a brief reduction in rainfall activity. Another active wet spell is likely to develop from 11–13 August, bringing moderate to heavy rainfall over northern and central parts of the country, with the possibility of localized heavy falls and urban flooding in vulnerable areas.

Extended Range Outlook
(7th August – 3rd September, 2026)

Extended Temperature outlook

- Near normal to below normal temperatures are expected over much of northern and central India during the first half of the outlook period due to persistent monsoon rainfall.
- Above normal temperatures are likely to continue over parts of central India and Pakistan where intermittent dry spells occur between active monsoon episodes.
- Humid heat stress is expected to remain elevated across parts of

Extended Rainfall Outlook

- On week 1 (7th – 13th August), above-normal rainfall is expected over the Gangetic Plains, west coast of India, Bangladesh, Nepal, Bhutan, Myanmar, and adjoining hill states under active monsoon conditions.
- While on week 2 (14th – 20th August) rainfall activity is expected to shift gradually eastward as the monsoon trough migrates toward the Himalayan foothills, increasing rainfall over eastern India and adjoining Bangladesh and Nepal.

	Bangladesh, eastern India, and Pakistan despite moderate daytime temperatures, owing to persistently high atmospheric moisture. The strengthening El Niño (currently around +1.5°C over the Niño-3.4 region) may contribute to gradual warming during the latter part of the season however, the continuing positive Indian Ocean Dipole (IOD) is expected to offset part of its influence and support active monsoon conditions across South Asia.	- During week 3 (21st – 27th August) active monsoon conditions are expected to continue over eastern and northeastern South Asia, while rainfall over central India may gradually reduce. - On week 4 (28th August – 3rd September), ensemble guidance suggests continued monsoon activity over eastern South Asia and the Bay of Bengal, although differences remain between ECMWF and IMD ensemble guidance regarding rainfall intensity over peninsular India.
Ocean Watch	Observed Ocean Surface Conditions (31st July – 6th Aug 2026) - Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained moderate to rough under active southwest monsoon conditions. Moderate to high winds and elevated wave heights prevailed over the west coast of India, particularly along Gujarat and Maharashtra. Significant wave heights reached 3.4–3.5 m, with isolated peaks approaching 6 m, accompanied by strong coastal currents over parts of the Arabian Sea. Forecast for the coming week (7th – 13th Aug 2026) - Ocean conditions are expected to remain moderate to rough across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean. Moderate to high wind speeds of 14–16 knots are expected over several sectors through 12 August, while significant wave heights may reach 4 m over parts of the Arabian Sea and Bay of Bengal during 8–9 August. Mariners and coastal communities in the Maldives, Sri Lanka, Bangladesh, Myanmar, Pakistan, and along the west and east coasts of India are advised to remain alert for rough sea conditions associated with active southwest monsoon flow.	