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Weekly SAHF Forecasters' Forum (FF) #235

Date: 13th August 2026

Discussion Notes

Realized Weather-Country Reports (7th – 13th Aug 2026)

- Bhutan experienced generally cloudy to mostly cloudy conditions, with light to moderate rainfall across several parts of the country under the influence of monsoon moisture. Rainfall was mainly concentrated over the western and southern regions, while comparatively lower rainfall was observed elsewhere. Localized heavy rainfall and thunderstorms were also reported in some areas. The highest maximum temperature was 33.5°C, recorded over the southern region, while the lowest minimum temperature was 7.0°C, observed over the northern region, reflecting the marked temperature variation between the lower-elevation southern areas and the higher mountainous regions.
- Bangladesh experienced active monsoon rainfall, with relatively higher precipitation over southern, eastern and northern parts of the country. South Bangladesh and adjoining East India were among the areas experiencing relatively frequent high-intensity rainfall during the recent period.
- Nepal experienced widespread moderate rainfall with pockets of heavy precipitation during the week. Continued monsoon moisture and interaction with synoptic systems supported rainfall over the country and adjoining Himalayan regions.
- Maldives experienced strengthening southwest monsoon conditions, with intense convective cloud development during 10th–12th August. Fairly widespread rainfall occurred on 10th August, with heavy showers over the northern and central atolls and a highest recorded rainfall of 93 mm. Rainfall subsequently shifted southward, with the southern atolls recording up to 61 mm on 12th August. Gusty conditions accompanied the active weather, with maximum gusts reaching around 40 mph.
- Sri Lanka received rainfall mainly over the southwestern part of the country, consistent with the prevailing southwest monsoon pattern. Rainfall activity was comparatively less widespread than over the northern and eastern parts of the South Asian region.
- Myanmar experienced significant monsoon rainfall across several regions. The Arakan coast and southern Myanmar received particularly high rainfall, while northern and parts of central Myanmar also experienced considerable precipitation. The Arakan coast and southern Myanmar remained among the most consistently wet areas of the 2026 monsoon season.

Significant Weather Features in the region for the coming week (14th Aug – 20th Aug 2026)

- A depression over the Head Bay of Bengal, Bangladesh and adjoining East India is expected to coexist with a mid-latitude westerly-induced circulation over northwest India and Pakistan. Both systems are expected to remain relatively slow-moving, maintaining favorable conditions for prolonged rainfall activity.
- A broad shear zone is expected to persist across northern and central parts of the region. Moisture transport from both the Arabian Sea and Bay of Bengal is likely to support active monsoon conditions and sustained rainfall over North India, Central India and the Himalayan region.
- Heavy precipitation is expected over the hill states extending from Pakistan towards Nepal, with enhanced rainfall also likely over Northeast India, northern Bangladesh, northern Myanmar, the Arakan coast, East and Central India and the

	west coast of India. ▪ A circulation over the Tibetan region may further enhance precipitation over the upper reaches of Nepal and Bhutan. The combined influence of multiple circulations and troughs is expected to keep the northern part of South Asia meteorologically active through around 20th August. ▪ The west coast of India is expected to continue receiving rainfall under the influence of an offshore trough, while Peninsular India is likely to remain comparatively less active. ▪ Persistent rainfall over the Himalayan and adjoining hilly regions may increase the potential for localized flooding, flash floods and landslides, requiring close monitoring during the coming week. ▪ Despite ongoing monsoon rainfall, high humidity is maintaining considerable heat stress from Pakistan across the Gangetic Plains towards Bangladesh, while comparatively warm conditions may also persist over parts of Peninsular India where rainfall remains subdued.
Weather Outlook (14th Aug – 20th Aug 2026)	▪ 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 likely over southern foothill districts at isolated places, while occasional gusty winds may accompany thunderstorm activity. ▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms across several areas. Rainfall activity may become locally intense, particularly over the southern and eastern parts of the country. Continued monsoon moisture and interaction with regional circulation systems may increase the likelihood of localized heavy rainfall, with associated risks of landslides and localized flooding in vulnerable areas. ▪ Bangladesh is likely to experience active monsoon conditions, with light to moderate rain or thundershowers at many places and moderately heavy to heavy rainfall at isolated locations. Rainfall is expected to be more prominent over northern, northeastern and adjoining parts of the country under the influence of the active monsoon circulation and the Bay of Bengal system. Periods of persistent rainfall may result in localized waterlogging and further rises in rivers in rainfall-sensitive areas. ▪ Nepal is expected to experience generally cloudy conditions with light to moderate rainfall and thunderstorms at many places, particularly across the hilly and mountainous regions. Heavy rainfall may occur at isolated locations, especially over eastern and central Nepal. Continued rainfall over the Himalayan foothills and steep terrain may increase the potential for localized flooding and landslides. ▪ Myanmar is expected to experience widespread monsoon rainfall, with moderate to heavy rainfall particularly over northern Myanmar and along the Rakhine/Arakan coast. Rainfall may become locally intense under the influence of active Bay of Bengal circulation and enhanced monsoon moisture. Southern and central areas may also experience scattered to fairly widespread rain and thunderstorms during the week. ▪ Maldives is expected to experience scattered showers and thunderstorms during the early part of the forecast period under the influence of the southwest monsoon. Rainfall activity is expected to gradually decrease thereafter, although occasional showers and gusty winds may continue over some atolls. Sea conditions may remain locally disturbed during periods of stronger monsoon winds. ▪ Sri Lanka is expected to experience southwest monsoon conditions, with showers

	occurring mainly over the western, southwestern and central parts of the island. Rainfall is expected to remain generally light to moderate, with locally enhanced showers possible over windward slopes. Elsewhere, comparatively lower rainfall activity is anticipated. Pakistan is expected to experience continued influence from mid-latitude westerly circulation and monsoon moisture, supporting rainfall over northern and northeastern parts of the country. Light to moderate rainfall with isolated heavy spells may occur over the Himalayan and adjoining regions, while comparatively drier conditions are expected over southern areas. Interaction between monsoon circulation and the westerly trough may sustain unsettled weather over northern Pakistan.
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Extended Range Outlook (14th August – 10th 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. - Temperature conditions will continue to be strongly influenced by the spatial distribution of monsoon rainfall. Areas experiencing persistent rainfall and cloud cover over northern and central parts of the region are likely to experience some moderation of daytime temperatures. - In contrast, Peninsular India may remain comparatively warmer because of subdued rainfall and locally below-normal moisture conditions. - Despite rainfall, high atmospheric moisture is expected to maintain uncomfortable conditions over several areas. Humidity-induced heat stress has remained persistent from Pakistan and Afghanistan through the Gangetic Plains towards Bangladesh and eastern India, indicating that rainfall alone may not provide sustained relief where humidity remains high.	Extended Rainfall Outlook - On week 1 (14th–20th August) active monsoon conditions are expected over the Himalayan region, North and Central India, East India, Northeast India, northern Bangladesh, northern and southern Myanmar, the Arakan coast and the west coast of India. Heavy rainfall episodes are particularly likely across the hill states, while Peninsular India is expected to remain comparatively less active. - While on week 2 (21st–27th August) a broadly similar rainfall pattern is expected to continue, with active rainfall over the hill states, East India, Gangetic Plains, areas surrounding Bangladesh and from Myanmar towards northwest India. Peninsular India is expected to receive comparatively limited rainfall, which may further increase agricultural moisture stress for rain-fed crops in areas already experiencing soil moisture deficits. - Overall, late August to early September extended guidance continues to indicate relatively active rainfall over parts of East and Northwest India and adjoining regions, while Peninsular India may remain comparatively dry. Some guidance suggests improvement in rainfall over parts of Peninsular India after early September, although differences between the extended-range prediction systems remain.
Ocean Watch	Observed Ocean Surface Conditions (7th – 13th Aug 2026) Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained influenced by the active southwest monsoon and evolving	



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synoptic systems. The Head Bay of Bengal became particularly active with the development and intensification of a depression, while strong moisture transport from the Arabian Sea continued to support monsoon circulation over the subcontinent. Around the Maldives, strengthening southwest monsoon flow produced widespread convective activity, heavy showers and gusty winds, with maximum gusts reaching around 40 mph during the reporting period.

Forecast for the coming week (14th – 20th Aug 2026)

- Ocean conditions are expected to remain active over the Bay of Bengal and adjoining northern Indian Ocean, associated with the depression over the Head Bay of Bengal, Bangladesh and adjoining East India and continued southwest monsoon flow. Persistent moisture transport from the Arabian Sea and Bay of Bengal is expected to support the active monsoon circulation over northern, central and eastern parts of the region. Conditions around the Maldives are expected to gradually improve, with scattered showers initially followed by decreasing rainfall activity from the weekend onward. Mariners, fishing communities and coastal authorities, particularly along the Bay of Bengal coasts of Bangladesh, India and Myanmar and the Arabian Sea coast of India, are advised to closely follow national marine forecasts and warnings where active monsoon conditions persist.