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Weekly SAHF Forecasters' Forum (FF) #236

Date: 20th August 2026

Discussion Notes

Realized Weather-Country Reports (14th – 20th Aug 2026)	▪ Bhutan experienced mostly cloudy to cloudy conditions with light to moderate rainfall across several parts of the country. Monsoon moisture remained active, with rainfall particularly affecting the southern and Himalayan regions. Localized heavier spells maintained wet conditions and the potential for flooding and landslides in vulnerable areas. ▪ Bangladesh experienced active monsoon conditions, influenced by a low-pressure system and associated monsoon circulation. Rain or thundershowers occurred across different parts of the country, with locally moderate to heavy rainfall. The active synoptic situation maintained considerable cloudiness and humid conditions. ▪ Nepal experienced widespread monsoon rainfall, with light to moderate rain across many areas and locally heavy rainfall over the hilly and mountainous regions. Persistent rainfall over already wet catchments maintained concerns regarding localized flooding and landslides. ▪ Sri Lanka experienced rainfall mainly over the southwestern parts of the country, with locally heavy rainfall reported during the week. Considerable spatial variation in temperature was observed, with temperatures ranging from a minimum of 13.7°C to a maximum of 38.6°C. ▪ Myanmar experienced monsoon rainfall over different parts of the country, although rainfall distribution remained spatially variable. The prevailing regional circulation continued to support rainfall over northern and adjoining areas, while comparatively isolated rainfall occurred over some eastern regions. ▪ Maldives experienced scattered showers during parts of the reporting period, followed by comparatively fine weather later in the week. Southwest monsoon conditions continued to influence the country, although rainfall activity was less organized compared with some of the preceding active periods. ▪ Pakistan experienced widespread rainfall particularly over northern and northeastern areas, including North Punjab. Interaction between monsoon moisture and mid-latitude westerly systems supported moderate to locally heavy rainfall, with some areas experiencing significant wet spells.
Significant Weather Features in the region for the coming week (21st Aug – 27th Aug 2026)	▪ Active southwest monsoon conditions are expected to continue over large parts of South Asia, particularly across the Himalayan hill states, northern and central India, Bangladesh, Northeast India, Nepal and adjoining regions. ▪ Remnants of tropical systems originating from the West Pacific are expected to continue moving westward and interacting with the monsoon circulation. These systems, together with embedded lows along the monsoon trough, are expected to sustain rainfall across central and northern parts of the region. ▪ Mid-latitude westerly troughs are expected to continue interacting with monsoonal systems over northern South Asia. This interaction is likely to support rainfall from Pakistan across the Himalayan region toward Nepal and adjoining areas rather than immediately suppressing the monsoon circulation. ▪ Rainfall activity is expected to increase over eastern parts of the region, particularly Bangladesh, Northeast India and adjoining areas of the Bay of Bengal, as monsoon

	moisture and circulation become more favorable. ▪ An offshore trough along the west coast of India is expected to maintain rainfall over western coastal areas, while parts of Peninsular India may continue to experience comparatively deficient or subdued monsoon rainfall. ▪ Persistent or locally heavy rainfall over the Himalayan hill states and other already saturated areas may increase the likelihood of localized flooding and landslides during the forecast period.
Weather Outlook (21st Aug – 27th Aug 2026)	▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall across much of the country. Rainfall activity may become locally enhanced over the southern and eastern regions, with isolated heavy rainfall and thunderstorms possible. Continued monsoon moisture may maintain the risk of localized flooding and landslides over vulnerable mountainous areas. ▪ Bangladesh is likely to experience partly cloudy to cloudy conditions with light to moderate rain and thundershowers at many places, with locally heavy rainfall possible, particularly over the northern, northeastern, southeastern and adjoining regions. Active monsoon conditions and moisture transport from the Bay of Bengal are expected to support intermittent rainfall during the week. Day and night temperatures may remain nearly unchanged, although humid conditions may continue between rainfall spells. ▪ Nepal is expected to experience generally cloudy conditions with light to moderate rainfall and thunderstorms across the hilly and mountainous regions. Locally heavy rainfall may occur, particularly along the Himalayan foothills and eastern and central regions. Continued interaction between monsoon circulation and mid-latitude systems may enhance rainfall over some areas, maintaining the possibility of localized flooding and landslides. ▪ Myanmar is expected to experience fairly widespread to widespread rainfall and thunderstorms, with comparatively stronger monsoon activity over the western and southern parts of the country. Heavy to locally very heavy rainfall may occur along the Rakhine/Arakan coast and southern Myanmar, while moderate rainfall is likely elsewhere. A low-pressure area may develop over the Bay of Bengal and could further intensify, while the southwest monsoon is expected to remain strong over the Andaman Sea and Bay of Bengal. ▪ Pakistan is likely to experience light to moderate rainfall and thunderstorms over northern and northeastern parts, particularly across the upper Indus basin, Punjab and adjoining mountainous areas. Interaction between monsoon moisture and mid-latitude westerly systems may produce locally heavy rainfall. Southern and southwestern areas are expected to receive comparatively less rainfall, while warm and humid conditions may persist. ▪ Sri Lanka is expected to experience light to moderate rainfall mainly over the western and southern parts of the country, with isolated heavier showers possible under the prevailing southwest monsoon flow. Windy conditions may continue over parts of the island, particularly across western slopes and coastal areas. ▪ Maldives is likely to experience scattered showers and thunderstorms under the prevailing southwest monsoon, with rainfall varying considerably between the atolls. Periods of relatively fine weather may occur between showers, while locally enhanced rainfall and gusty winds remain possible, particularly over the central and northern atolls.

Extended Range Outlook (21st August – 15th September, 2026)

Extended Temperature outlook

- Temperatures are expected to remain moderated over areas receiving persistent monsoon rainfall and cloud cover, particularly across the Himalayan foothills, northern and eastern parts of the region.
- Comparatively warmer conditions may persist over areas experiencing reduced rainfall, particularly parts of Peninsular and northwestern South Asia.
- El Niño conditions remain an important large-scale climate influence, with the discussion noting substantial warming of the Niño region and an earlier-than-anticipated development of warming during the season. Its evolving influence on late-monsoon rainfall and temperature patterns will require continued monitoring.

Extended Rainfall Outlook

- Active monsoon conditions are expected to continue over northern and central India, the Himalayan hill states, Bangladesh, Northeast India and adjoining regions during the near-term extended period.
- Rainfall is expected to remain enhanced over eastern South Asia, including Bangladesh and Northeast India, while the interaction of tropical systems with mid-latitude westerly troughs may continue to support precipitation across northern India and the Himalayan region.
- The west coast of India is expected to continue receiving rainfall associated with the offshore trough and monsoon flow. In contrast, parts of Peninsular India may continue to experience comparatively subdued rainfall, consistent with the rainfall deficit observed during the season.
- The evolving monsoon remains influenced by unusual interactions between tropical monsoon systems and mid-latitude circulation. The forum noted that monsoon lows have shown displacement under the influence of western disturbances, while the interaction has continued to support rainfall over northern portions of the region.

Ocean Watch

Observed Ocean Surface Conditions (14th– 20th Aug 2026)

- Ocean conditions across the Arabian Sea, Bay of Bengal and adjoining Indian Ocean remained influenced by the active southwest monsoon. Moderate to high winds and enhanced swell conditions affected parts of the regional seas, while coastal currents remained locally enhanced. High swell conditions were particularly relevant along portions of the southwest coast of India and adjoining waters, associated with persistent monsoon flow

Forecast for the coming week (21st – 27th Aug 2026)

- Ocean conditions are expected to remain moderate to locally rough over parts of the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean, with moderate to high winds and locally enhanced coastal currents associated with the southwest monsoon. High-wave conditions are expected to continue temporarily along parts of the Kerala coast, with wave heights of approximately 1.0–1.5 m reported in the coastal high-wave advisory for 21 August. The forum highlighted continued attention to swell and high-wave conditions around Kerala, South Tamil Nadu, Lakshadweep and adjoining waters. Mariners, fishing communities and coastal authorities are advised to closely follow national ocean-state and high-wave



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	advisories where rough sea or long-period swell conditions persist.
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