



Supported by:



Weekly SAHF Forecasters' Forum (FF) #238

Date: 3rd September 2026

Discussion Notes

Realized Weather-Country Reports (28th – 3rd Sep 2026)

- Bhutan experienced mostly cloudy to cloudy conditions with light to moderate rainfall across several parts of the country. Locally heavy rainfall was also observed, with the highest reported rainfall of 71 mm at Sipsu station. Monsoon moisture continued to influence the country, particularly the southern and other monsoon-exposed regions.
- Bangladesh experienced active to fairly active monsoon conditions, with light to moderate rain and thundershowers across different parts of the country. Moderate to heavy rainfall was particularly observed over the southern and central regions. A local low-pressure area and active monsoon circulation continued to support rainfall and cloudiness over the country and adjoining North Bay.
- Nepal experienced continued monsoon activity with moderate to heavy rainfall, particularly over western, hilly and Himalayan regions. Significant flooding affected parts of the country, causing impacts on infrastructure and communities. The discussion highlighted that high soil moisture, persistent precipitation and unstable mountainous terrain continued to increase the potential for flooding, landslides and mudflows in vulnerable areas.
- Myanmar experienced widespread rainfall across most regions, with locally heavy rainfall occurring in several areas. Active southwest monsoon conditions continued to influence the country, particularly the western, southern and northern regions. The prevailing wet conditions prompted continued monitoring and issuance of heavy rainfall warnings.
- Maldives experienced showers across different parts of the country during the reporting period, although rainfall activity gradually decreased toward the end of the week. Some stations recorded rainfall of up to 42 mm. August temperatures were generally higher than the 2008–2025 average, with significant heat stress observed over the central atolls. The apparent temperature reached around 39.1°C in the Malé area, indicating hot and humid conditions despite intermittent rainfall.
- Pakistan experienced significant monsoon rainfall over northern and northeastern areas. Rawalpindi recorded around 230 mm of rainfall within 24 hours, while Islamabad received approximately 182 mm, resulting in very wet conditions over the region. Rainfall also occurred over upper parts of the country and Kashmir under the combined influence of monsoon moisture and mid-latitude circulation.

Significant Weather Features in the region for the coming week (4th – 10th Sep 2026)

- Active monsoon conditions are expected to continue over the Himalayan hill states, northern and central India, Nepal, Bangladesh, Northeast India and the Rakhine/Arakan coast of Myanmar during the coming week.
- A major feature of the 2026 monsoon has been the repeated movement of remnant cyclonic systems from the West Pacific into the Bay of Bengal. The seventh such remnant system was discussed during the forum, with these westward-moving systems playing an important role in sustaining rainfall over northern and central parts of South Asia.
- The interaction between tropical monsoon systems and mid-latitude westerly troughs is expected to continue directing moisture and rainfall toward the Himalayan foothills, Nepal, Tibet and adjoining northern areas. This interaction

	may sustain moderate to locally heavy rainfall despite the gradual seasonal transition of the monsoon. ▪ Rainfall is expected to remain active over Central and Northeast India, Bangladesh, Nepal and Myanmar, while another remnant circulation may emerge over the Bay of Bengal around 10th September, potentially supporting renewed rainfall over eastern parts of the region. ▪ Peninsular India is expected to remain comparatively dry, continuing the rainfall deficit observed during the season. The contrasting rainfall distribution between northern and Peninsular India remains an important feature of the current monsoon. ▪ Persistently high soil moisture and above-normal precipitation over northern Tibet and the Himalayan region may increase susceptibility to landslides and mudflows, particularly where additional heavy rainfall occurs. ▪ Strong El Niño conditions continue to influence the regional climate, with the Niño 3.4 weekly anomaly reaching approximately +2.6°C. At the same time, a strongly positive Indian Ocean Dipole, around +2.2, was discussed as an important factor influencing Indian Ocean circulation and the movement of West Pacific remnants toward the Bay of Bengal.
Weather Outlook (4th – 10th Sep 2026)	▪ Bhutan is expected to experience mostly cloudy to cloudy conditions with light to moderate rainfall and thunderstorms across several parts of the country. Isolated heavier rainfall may occur, particularly over southern and other monsoon-exposed areas. Thunderstorms may be accompanied by lightning and locally gusty winds, while continued rainfall over mountainous terrain may maintain the possibility of localized landslides. ▪ Bangladesh is likely to remain under active to fairly active monsoon conditions, with light to moderate rain or thundershowers at many places. Moderately heavy to heavy rainfall may occur at some locations under the influence of the local low-pressure area and prevailing monsoon circulation. Rainfall activity is expected to remain comparatively enhanced over southern, central and eastern parts, although its distribution may shift with the evolving regional circulation. ▪ Nepal is expected to experience generally cloudy conditions with moderate rainfall at many places and heavy rainfall at a few locations, particularly over the western, hilly and Himalayan regions. Given the existing high soil moisture and recent flood impacts, additional rainfall may increase the likelihood of localized flooding, landslides and mudflows. Close monitoring of weather and hydrological conditions remains important in vulnerable and flood-prone areas. ▪ Myanmar is expected to experience widespread rain and thunderstorms, with heavy rainfall likely over parts of the southern and northern regions during 6th–9th September. The active monsoon and evolving Bay of Bengal circulation may maintain enhanced rainfall, with the potential for locally significant accumulations in vulnerable areas. Heavy rainfall warnings are therefore expected to remain relevant during the forecast period. ▪ Pakistan is expected to experience scattered rain and thunderstorms over the upper parts of the country and Kashmir through around 6th September. Locally moderate to heavy rainfall may occur during the active spell. Rainfall activity is then expected to decrease, with mainly dry weather from around 7th September onward as the prevailing system weakens or moves away. ▪ Maldives is expected to experience hot and humid conditions over the central atolls, with isolated showers possible over the northern and southern parts of the

	country. Heat stress may remain elevated over central areas, particularly during periods of limited rainfall and cloud cover. Thunderstorms and locally gusty conditions may occur with stronger showers. Sri Lanka is expected to remain under the influence of the southwest monsoon, with rainfall mainly over western, southwestern and other monsoon-exposed areas. Light to moderate showers are expected, with locally enhanced rainfall possible over windward slopes and adjoining coastal areas.
--	---

Extended Range Outlook (4 th Sep – 1 st Oct, 2026)	Extended Temperature outlook ▪ During week 1 (4th – 10th September), above-normal temperatures are expected across several parts of South Asia, particularly over areas experiencing reduced rainfall. Peninsular India and adjoining regions are likely to remain comparatively warm as monsoon rainfall becomes less active. ▪ On week 2 (11th –17th September), above-normal temperatures are expected to become more widespread across most of the region as rainfall activity weakens. However, northwestern India may experience comparatively lower temperature anomalies during parts of the period. ▪ While on week 3 (18th – 24th September), warmer-than-normal conditions are expected across much of the Indian subcontinent and surrounding countries, associated with reduced cloud cover and subdued monsoon rainfall. Northwestern India may remain comparatively less warm than other regions. ▪ However, on week 4 (25th September – 1st October), above-normal temperatures are likely to dominate much of the region as the southwest monsoon transitions toward withdrawal and rainfall becomes increasingly limited over the continental areas.	Extended Rainfall Outlook ▪ During week 1 (4th – 10th September), active rainfall is expected to continue over parts of the Himalayan region, Central and Northeast India, Bangladesh and Myanmar, while cyclonic circulation and thunderstorm activity may support rainfall over eastern India and adjoining areas. Another remnant system may approach the Bay of Bengal around 10th September. ▪ On week 2 (11th – 17th September), the NCMRWF coupled model indicates a significant reduction in rainfall over much of the Indian subcontinent and surrounding region, with the development of a relatively prolonged dry spell. Rainfall may remain comparatively more active over some eastern and northeastern areas. ▪ While on week 3 (18th – 24th September), below-normal to subdued rainfall conditions are expected across much of the subcontinent, with limited organized monsoon activity over most continental areas. ▪ Furthermore, on week 4 (25th September–1st October), relatively dry conditions may persist across large parts of the region as the monsoon weakens further. Extended-range guidance indicates signs of southwest monsoon withdrawal from northwest India and Pakistan around 15th – 20th September, although differences remain among the forecast systems regarding the timing and persistence of monsoon activity.
Ocean Watch	Observed Ocean Surface Conditions (28th Aug – 3rd Sep 2026) ▪ Ocean conditions across the Arabian Sea, Bay of Bengal and equatorial Indian Ocean remained influenced by the prevailing southwest monsoon. Observed surface wind speeds ranged from approximately 2–14 m/s, while significant waves	

heights varied from around **0.5–3.6 m** across the Arabian Sea and Bay of Bengal. Swell heights ranged from approximately 0.3– 2.2m, with swell periods of around **8–18 seconds** over the Arabian Sea, Bay of Bengal and equatorial Indian Ocean. Coastal currents were generally around **0.1–0.2 m/s**, reaching approximately **1.2 m/s in some areas** of the Bay of Bengal, northern Arabian Sea and equatorial Indian Ocean. Sea surface temperatures ranged from approximately **23–31°C** across the monitored regional waters. High-wave and swell-surge alerts were issued for the Andaman and Nicobar Islands, while high-current conditions were highlighted for parts of the Andhra Pradesh and Tamil Nadu coasts.

Forecast for the coming week (4th – 10th Sep 2026)

- Ocean conditions are expected to remain moderate to locally rough over parts of the Arabian Sea, Bay of Bengal and adjoining Indian Ocean, associated with the prevailing monsoon circulation. Wave heights may reach around 3 m and wind speeds up to approximately 13 m/s through 9th September, with locally enhanced conditions possible around active weather systems. Stronger coastal currents are expected along parts of the east coast of India, particularly Andhra Pradesh and Tamil Nadu, while swell and high-wave conditions should continue to be monitored around exposed coastal and island areas. Mariners, fishing communities and coastal authorities in India, Bangladesh, Myanmar, Sri Lanka, Maldives and Pakistan are advised to closely follow national marine forecasts and warnings, particularly where high waves, swell surges, strong currents or locally rough seas are expected. Monitoring of marine heatwave conditions and sea surface temperature anomalies is also recommended as regional Indian Ocean conditions continue to evolve.