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Weekly SAHF Forecasters' Forum (FF) #239

Date: 10th September 2026

Discussion Notes

Realized Weather-Country Reports (4th – 10th Sep 2026)	▪ Bhutan experienced generally cloudy to mostly cloudy conditions with light to moderate rainfall across several parts of the country. Rainfall activity was comparatively enhanced over the southern and other monsoon exposed regions, with localized thunderstorms occurring at times. The prevailing monsoon circulation continued to provide sufficient moisture for rainfall across the country. ▪ Bangladesh remained under the influence of an active southwest monsoon, with light to moderate rain and thundershowers at several places. Some areas experienced comparatively heavier rainfall associated with the prevailing monsoon circulation. Recent monsoon activity had also contributed to localized flash floods and landslides, although the overall situation had improved during the reporting period. ▪ Nepal experienced generally cloudy conditions with light to moderate rainfall at many places, with locally heavier rainfall over some hilly and mountainous regions. The prevailing monsoon continued to influence rainfall activity across the country. Following the recent wet conditions, some mountainous and landslide prone areas remained vulnerable to additional rainfall and associated hydrological impacts. ▪ Myanmar experienced widespread monsoon rainfall across several parts of the country, with light to moderate rainfall at many places and locally heavy falls in some areas. Rainfall activity remained comparatively enhanced over western and other monsoon exposed regions under the influence of moisture from the Bay of Bengal and the prevailing southwest monsoon. ▪ Maldives experienced generally fine to partly cloudy conditions with scattered showers and isolated thunderstorms during the reporting period. Rainfall remained unevenly distributed across the atolls, with Malé recording around 65 mm of rainfall. Warm and humid conditions continued across the country, with intermittent rainfall and thunderstorms affecting some areas. ▪ Pakistan experienced variable monsoon conditions with rainfall mainly over northern and adjoining regions during the reporting period. Rainfall activity was comparatively higher over the upper parts of the country, while relatively drier conditions prevailed elsewhere. The rainfall pattern continued to reflect the interaction between monsoon moisture and regional circulation systems as the season gradually approached its withdrawal phase.
Significant Weather Features in the region for the coming week (11th – 17th Sep 2026)	▪ A low pressure area over the Bay of Bengal is an important feature for the coming period. Forecast guidance indicates the possibility of the system becoming better organized and intensifying into a depression as it progresses west northwestward. ▪ The evolving Bay of Bengal system is expected to influence the distribution of rainfall across central and northern parts of the subcontinent. As the system moves northwestward, rainfall activity may become increasingly concentrated toward northern Gujarat, adjoining northwest India and Pakistan. ▪ The regional monsoon pattern continues to be influenced by three major climatic factors discussed during the forum, a strong El Niño, a positive Indian Ocean Dipole and the background influence of global warming. Although seasonal rainfall has been statistically below normal over some areas, its spatial and temporal

	distribution was considered less detrimental to agriculture than the overall rainfall anomaly alone might suggest.	
Weather Outlook (11th – 17th Sep 2026)	▪ Bhutan is expected to experience mostly cloudy conditions with light to moderate rainfall at several places. Rainfall may remain comparatively enhanced over southern and monsoon exposed areas, with isolated thunderstorms possible. Locally heavier rainfall cannot be ruled out where monsoon moisture becomes concentrated over the mountainous terrain. ▪ Bangladesh is expected to experience partly cloudy to cloudy conditions with light to moderate rain and thundershowers at several places. Rainfall activity may become locally enhanced under the influence of the low pressure system over the Bay of Bengal, with moderately heavy to heavy rainfall possible at some locations. The intensity and spatial distribution of rainfall will depend on the development and subsequent northwestward movement of the system. ▪ Nepal is likely to experience light to moderate rainfall at several places, particularly over the hilly and mountainous regions. Isolated heavier rainfall may occur where monsoon moisture interacts with local topography. Considering the recent wet conditions, vulnerable mountainous areas should continue to monitor the possibility of localized flooding and landslides during heavier rainfall spells. ▪ Myanmar is expected to experience scattered to widespread rainfall and thunderstorms, particularly over western and other monsoon exposed regions. Moisture transport from the Bay of Bengal is likely to continue supporting rainfall, although activity may gradually shift as the developing low pressure system moves west northwestward across the region. ▪ Pakistan may initially experience comparatively limited rainfall over several areas, followed by an increase in rainfall activity as the Bay of Bengal system progresses northwestward. Enhanced rainfall may eventually affect parts of Pakistan and adjoining northwest India, with locally heavy rainfall possible depending on the track and intensity of the system. The evolving rainfall spell will be important to monitor as the region simultaneously approaches the normal period of southwest monsoon withdrawal. ▪ Maldives is expected to experience generally warm and humid conditions with isolated to scattered showers and thunderstorms. Rainfall distribution is likely to remain variable across the atolls, with periods of fine weather between showers. Locally heavier convective rainfall and gusty winds may occur during thunderstorms. ▪ Sri Lanka is expected to remain influenced by the southwest monsoon, with light to moderate rainfall mainly over the western, southwestern and other monsoon exposed regions. Locally heavier showers may occur over windward slopes and adjoining coastal areas, while eastern and northern parts are likely to experience comparatively lower rainfall.	
Extended Range Outlook (11th Sep – 10th Oct, 2026)	Extended Temperature outlook ▪ Above normal rainfall has been concentrated over the northern hill states, Gangetic Plains and parts of Bangladesh, Myanmar and Sri Lanka, while central and eastern Peninsular India have experienced	Extended Rainfall Outlook ▪ During the 1st half of the month, rainfall distribution will be strongly influenced by the low pressure area over the Bay of Bengal and its potential intensification into a depression. Enhanced rainfall may progressively shift northwestward

	comparatively below normal rainfall. ▪ Temperatures are expected to remain near to above normal across a large part of South Asia, particularly over areas experiencing reduced rainfall and cloud cover. Peninsular and interior regions may experience comparatively warmer conditions where monsoon rainfall remains deficient. ▪ The influence of the strong El Niño and background warming remains an important large scale climate signal for the region. As monsoon rainfall gradually decreases during the second half of September, daytime temperatures may increase over areas transitioning toward drier conditions.	as the system moves inland. ▪ Rainfall is expected to remain comparatively active over parts of Bangladesh, eastern and central India and adjoining areas initially, before the focus gradually shifts toward northern Gujarat, northwest India and Pakistan. ▪ The forum highlighted the possibility of southwest monsoon withdrawal beginning over northwest India and adjoining Pakistan around 17th September 2026. However, the developing Bay of Bengal system may temporarily maintain or enhance rainfall over some northwestern areas before withdrawal conditions become established. ▪ Following the passage of the system, a gradual reduction in organized monsoon rainfall is expected over northwestern parts of the region. The timing and progression of withdrawal should therefore continue to be assessed against subsequent synoptic developments and extended range guidance.
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