



Supported by:



Weekly SAHF Forecasters' Forum (FF) #240

Date: 17th September 2026

Discussion Notes

Realized Weather-Country Reports (11th – 17th Sep 2026)	▪ Bangladesh remained under the influence of the southwest monsoon, with light to moderate rain and thundershowers occurring across different parts of the country. Rainfall distribution varied spatially, with locally heavier rainfall over some areas. The evolving circulation over the Bay of Bengal remained an important feature influencing the country's weather toward the end of the reporting period. ▪ Maldives experienced moderate to heavy rainfall across several atolls, mainly associated with low level convergence and cyclonic circulation over the adjoining equatorial Indian Ocean. Some areas recorded very heavy rainfall, reaching approximately 283 mm, indicating significant localized rainfall during the reporting period. Thunderstorms and periods of enhanced winds accompanied the heavier rainfall spells. ▪ Nepal experienced generally cloudy conditions with moderate to heavy rainfall, particularly over some hilly and mountainous regions. Temperatures remained above normal over several locations, despite continued monsoon rainfall. The prevailing monsoon circulation continued to influence the country, with rainfall activity remaining important over the southern and mountainous regions. ▪ Myanmar experienced light to moderate rainfall with locally heavy falls across several regions, including Yangon, Mandalay and parts of southern Myanmar. At the same time, unusually warm conditions were reported, with record high maximum temperatures at four stations over central and southern Myanmar on 14th September. Maximum temperatures at these stations ranged from approximately 35.5°C to 38.8°C, highlighting the coexistence of significant rainfall and heat conditions during the reporting period.
Significant Weather Features in the region for the coming week (18th – 24th Sep 2026)	▪ The regional weather pattern is expected to remain strongly influenced by the interaction between tropical systems over the Bay of Bengal and mid latitude westerly troughs. Above normal rainfall has recently occurred across several parts of South and Southeast Asia, while Peninsular India and parts of northwest India have remained comparatively drier. ▪ A significant feature for the coming period is the expected development of a low pressure/cyclonic system over the North Andaman Sea and adjoining eastern Bay of Bengal. The system may gradually organize and intensify as it moves across the Bay of Bengal, although uncertainties remain regarding its track, timing and intensity. Current forecast guidance indicates a possible movement toward the east coast of India, with potential landfall around 24th–26th September. ▪ The developing Bay of Bengal system may substantially influence rainfall distribution across the region. Enhanced rainfall is possible over eastern India, Bangladesh, Nepal and Myanmar, while associated circulation may also influence rainfall over Maldives and western Sri Lanka. ▪ Myanmar, particularly Rakhine State and adjoining coastal areas, may experience enhanced rainfall from around 21st–24th September as the developing system over the North Andaman Sea and Bay of Bengal approaches the region. ▪ Model verification for the previous week indicated that most models captured the broad rainfall distribution over Maldives, Sri Lanka and the Bay of Bengal

	reasonably well. Differences remained in the predicted location and magnitude of rainfall maxima and in the timing and intensity of the developing Bay of Bengal system. ▪ El Niño conditions remain strong but show indications of a gradual weakening trend. The Niño 3.4 index was reported at approximately +2.4°C during the forum. The discussion also highlighted the continuing influence of the Indian Ocean Dipole and broader warming conditions on regional circulation and monsoon behaviour. ▪ Initial indications of southwest monsoon withdrawal may appear over northwest India from around 27th September, while withdrawal over Nepal was discussed as being more likely around early October. However, the progression of withdrawal will depend considerably on the evolution of the Bay of Bengal system.
Weather Outlook (18th – 24th Sep 2026)	▪ Bangladesh is likely to experience partly cloudy to cloudy conditions with light to moderate rain and thundershowers at several places. Rainfall activity may gradually increase depending on the formation and movement of the anticipated low pressure system over the North Andaman Sea and Bay of Bengal. Moderately heavy to heavy rainfall may occur at some locations as the system becomes better organized, particularly over southern, southeastern and adjoining areas. ▪ Bhutan is expected to experience generally cloudy to mostly cloudy conditions with light to moderate rainfall at several places during the forecast period. Rainfall activity may remain comparatively enhanced over the southern and eastern regions, with isolated heavy showers and thunderstorms possible. Moisture associated with the active regional monsoon circulation and the evolving Bay of Bengal system may support continued rainfall, particularly over monsoon exposed areas. Continued rainfall over mountainous terrain may increase the possibility of localized landslides and slope instability in vulnerable areas. ▪ Nepal is expected to experience generally cloudy conditions with light to moderate rainfall at several places, with locally heavier rainfall possible over the southern, hilly and mountainous regions. Rainfall may become enhanced later in the forecast period as moisture associated with the developing Bay of Bengal system moves inland and northward. The exact magnitude and distribution of rainfall remain dependent on the eventual track and intensity of the system. ▪ Myanmar is expected to experience widespread rainfall and thunderstorms, with rainfall activity becoming increasingly enhanced as the low pressure system develops over the North Andaman Sea and adjoining Bay of Bengal. Heavy to very heavy rainfall may affect Rakhine State and other coastal areas during approximately 21st–24th September, while southern and central areas may also experience locally heavy rainfall. Coastal and low lying areas should remain attentive to national forecasts and warnings as the system evolves. ▪ Maldives is expected to experience an overall improvement in weather conditions compared with the previous week, although isolated to scattered showers and thunderstorms are likely to continue across different atolls. Rainfall distribution is expected to remain variable, with locally moderate to heavy showers possible during periods of enhanced convection. Warm and humid conditions are expected to persist between rainfall spells. ▪ Pakistan is expected to experience mainly dry to partly cloudy conditions over much of the country, with isolated rain or thunderstorms possible over some northern and northeastern areas. As the southwest monsoon gradually approaches its withdrawal phase, organized rainfall activity is expected to remain comparatively limited. However, the evolving Bay of Bengal cyclonic system should continue to be monitored, as its eventual track and subsequent inland movement

could influence moisture transport and rainfall distribution over the northwestern part of the subcontinent later in the period.

Extended Range Outlook (18th Sep – 15th Oct, 2026)

Extended Temperature outlook

- During week 1 (18th–24th September) above normal to near normal temperatures are expected across much of South Asia. Temperatures may remain comparatively high over areas receiving limited rainfall, while eastern India, Bangladesh, Myanmar and adjoining regions may experience temporary moderation where rainfall and cloud cover increase in association with the developing Bay of Bengal system. Heat stress may continue over some areas, particularly during breaks in rainfall.
- On week 2 (25th September–1st October) temperatures are likely to remain near to above normal over most parts of the region. Following the expected movement of the Bay of Bengal system inland, reduced rainfall and increasing breaks in monsoon activity may allow daytime temperatures to rise over parts of central and northwestern India and Pakistan. Areas experiencing persistent rainfall may remain comparatively cooler.
- During week 3 (2nd–8th October), above normal temperatures may become more widespread as the southwest monsoon continues its seasonal retreat from northern and northwestern parts of the region. Pakistan, northwest and central India may experience warmer and drier conditions, while temperatures over Nepal, Bhutan, Bangladesh and northeastern India will depend on the persistence of post monsoon rainfall and cloudiness.
- While on week 4 (9th–15th October), warmer than normal conditions may continue across

Extended Rainfall Outlook

- During week 1 (18th–24th September), rainfall activity is expected to remain enhanced over the eastern part of the region, particularly over Myanmar, the Bay of Bengal, Bangladesh and eastern India, in association with the developing low pressure/cyclonic circulation over the North Andaman Sea and adjoining Bay of Bengal. Heavy rainfall may affect Rakhine State and other coastal areas of Myanmar around 21st–24th September. As the system organizes and moves west northwestward, rainfall may gradually increase over Bangladesh and eastern India, with moisture also extending toward Nepal and the Himalayan foothills.
- During week 2 (25th September–1st October), due to the developing Bay of Bengal system may continue to be the dominant regional weather feature, with model guidance indicating possible landfall along the east coast of India around 24th–26th September. Following landfall, the system may move inland and support enhanced rainfall over parts of central and northern India, while associated moisture could also influence Nepal and adjoining Himalayan areas. Meanwhile, signs of southwest monsoon withdrawal may begin over northwest India from around 27th September, resulting in decreasing rainfall over the northwestern part of the region.
- However, on week 3 (2nd–8th October), rainfall is expected to decrease over Pakistan and northwest India as monsoon withdrawal progresses. Nepal may also begin transitioning toward its post monsoon period, with the forum indicating withdrawal around 1st October, although some residual rainfall may continue depending on regional circulation. Bangladesh, northeastern India and Myanmar may continue to receive intermittent rainfall as monsoon

	several continental areas as post monsoon conditions become increasingly established. Daytime temperatures may remain above normal over comparatively dry regions, while eastern and southeastern parts of the region could experience temporary moderation if additional Bay of Bengal systems develop. influence persists longer over the eastern part of the region. - Moreover, on week 4 (9th–15th October), a further reduction in monsoon rainfall is expected over northern and northwestern South Asia as withdrawal progresses southward and eastward. Pakistan, northwest India and much of Nepal are likely to experience increasingly dry conditions. Rainfall may remain more variable over Bangladesh, northeastern India, Myanmar, Sri Lanka and Maldives, where residual monsoon flow and any developing circulation over the Bay of Bengal or adjoining Indian Ocean could continue to produce showers and thunderstorms. - Overall, the extended period is expected to mark a gradual transition from the active southwest monsoon toward monsoon withdrawal and post monsoon conditions. The immediate focus remains the potential Bay of Bengal cyclonic system during late September, followed by a progressive reduction in rainfall over northwest India, Pakistan and Nepal. The precise timing of withdrawal and rainfall evolution remains dependent on the track and intensity of the developing system.
Ocean Watch	Observed Ocean Surface Conditions (11th – 17th Sep 2026) - Ocean conditions across the Arabian Sea, Bay of Bengal and adjoining Indian Ocean remained generally normal to moderate, although locally enhanced conditions occurred in association with active monsoon circulation and convective weather. Moderate to high winds were observed over parts of the Andaman Sea and waters around southern India, while wave conditions remained mostly normal to moderate. Sea surface temperatures across much of the tropical Indian Ocean and Bay of Bengal remained sufficiently warm to support continued convective activity and the development of weather systems. Forecast for the coming week (18th – 24th Sep 2026) - Ocean conditions are expected to become moderate to locally rough over parts of the Bay of Bengal and adjoining Andaman Sea as the anticipated low pressure system develops and becomes better organized. Wind speeds are forecast to increase to approximately 13–17 knots in some areas, while significant wave heights may reach around 4.2 m by 23rd September over the more affected waters. Most other parts of the Arabian Sea and Indian Ocean are expected to experience normal to moderate marine conditions. Marine conditions over the eastern Bay of Bengal may progressively deteriorate as the system intensifies and



Supported by:



moves west northwestward. Mariners, fishing communities and coastal authorities around **Myanmar, Bangladesh, eastern India and the Andaman and Nicobar Islands** should closely monitor national marine and cyclone advisories as the system evolves.