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Weekly SAHF Forecasters' Forum (FF) #242

Date: 1st October 2026

Discussion Notes

Realized Weather-Country Reports (25th Sep – 1st Oct 2026)	▪ Bhutan experienced light to moderate rainfall across several parts of the country, with locally heavier rainfall over western. Eastern parts received comparatively lower rainfall during the reporting period. Highest temperature observed over southern region whereas lowest was over the northern region. ▪ Bangladesh experienced light to moderate rain and thundershowers across different parts of the country, with locally heavier rainfall over the southeastern and Chattogram hill areas adjoining Mizoram and Myanmar. Northern border areas received comparatively little rainfall. ▪ Maldives experienced scattered showers and thunderstorms across different parts of the country as rain bands crossed the equatorial Indian Ocean around the atolls. Rainfall distribution remained variable across the atolls under the influence of the prevailing regional circulation.
Significant Weather Features in the region for the coming week (2nd – 8th Oct 2026)	▪ Rainfall is expected to remain active over parts of Myanmar, Thailand, Northeast India, eastern Bangladesh and the equatorial Indian Ocean south of Sri Lanka and the Maldives, with scattered showers over Kerala, Sri Lanka and the Himalayan foothills. Most of India is expected to remain largely dry, and rainfall activity over much of South Asia is expected to gradually decrease as the forecast period progresses. ▪ The southwest monsoon withdrawal remains limited at the start of the forecast period, covering only a small part of far northwest India and running behind its normal progress. Drier conditions and below normal atmospheric moisture over central and eastern India are expected to support further withdrawal as the week progresses. ▪ Temperatures are expected to remain slightly below normal over north, central and eastern India and the Northeast, while warmer than normal conditions are expected over Pakistan, Afghanistan and the Arabian Peninsula. ▪ El Niño remains strong and is continuing to strengthen, while the IOD remains positive. Together with the passage of the MJO suppressed phase over the Indian Ocean and the Bay of Bengal later in the period, these climate drivers continue to influence regional circulation and rainfall as the southwest monsoon transitions toward withdrawal, while the likelihood of cyclone development remains low.
Weather Outlook (2nd – 8th Oct 2026)	▪ Bhutan is expected to experience cloudy spells with light to moderate rainfall at several places particularly over the southern foothills. Isolated heavier showers remain possible while temperatures are likely to remain slightly below normal. ▪ Bangladesh is likely to experience partly cloudy conditions with light to moderate rain and thundershowers at several places. Rainfall may remain comparatively enhanced over eastern and southeastern parts of the country, while central and western parts are expected to be drier. Coastal waters are expected to remain generally calm. ▪ Nepal is expected to experience considerably less rainfall than the previous week, with light to moderate rainfall at a few places and comparatively enhanced rainfall over the western foothills. However, recently flood affected areas should continue to monitor additional rainfall because saturated terrain may remain susceptible to

	localized flooding and landslides. - Myanmar is expected to experience scattered to widespread rainfall and thunderstorms, with locally heavy rainfall over western, southern and northern areas under the influence of the prevailing regional circulation. Coastal waters may experience long-period swell during the middle of the forecast period. - Maldives is expected to experience isolated to scattered showers and thunderstorms, with moderate rainfall possible over some atolls. Guidance differs on the location of the heaviest rainfall over the equatorial Indian Ocean, so rainfall distribution is likely to remain variable. Locally heavier convective rainfall and gusty winds may occur during thunderstorms, and long-period swell may affect the atolls around 4th–5th October. - Sri Lanka is expected to experience light to moderate rainfall mainly over southwestern and southern parts of the country, with isolated heavier showers possible. Northern parts are expected to remain mostly dry. - 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.
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Extended Range Outlook (2nd – 29th Oct, 2026)	Extended Temperature outlook - Week 1 (2nd–8th October): Temperature signals are mixed, with daytime temperatures expected to be above normal over much of northern and central India and parts of the east and the peninsula, while nights may be cooler than normal over northern and central India. Warmer than normal conditions are expected over Pakistan and adjoining areas. - Week 2 (9th–15th October): Above normal temperatures may become more widespread over north, central and eastern India as dry conditions become established, with nights also turning warmer over northern India. - Week 3 (16th–22nd October): Above normal temperatures are expected to persist over northwestern, central and peninsular India, while parts of Jammu and Kashmir and the high Himalaya may remain slightly below normal. - Week 4 (23rd–29th October): Temperatures are expected to	Extended Rainfall Outlook - Week 1 (2nd–8th October): Rainfall is expected to remain below normal over the Bay of Bengal, peninsular India and Northeast India, although heavy rainfall is likely to continue over Myanmar, Thailand and the equatorial Indian Ocean. Most of India is expected to remain dry, with scattered showers over Kerala and Sri Lanka. - Week 2 (9th–15th October): Dry conditions are expected to continue over Northeast India and the northern Bay of Bengal. Rainfall is expected to increase over the southern Bay of Bengal, around Sri Lanka and the southeast Arabian Sea, with a high chance of rainfall over the equatorial Indian Ocean, Southeast Asia and northern Myanmar. - Week 3 (16th–22nd October): Wetter than normal conditions are expected to develop around Sri Lanka, the southern tip of the peninsula and the central Bay of Bengal, while predominantly drier conditions persist over much of India and Southeast Asia. - Week 4 (23rd–29th October): Above normal rainfall is expected to persist around Sri Lanka, the southeast Arabian
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	remain above normal over much of northwestern and central India. However, the possible development of southern circulation may increase cloudiness and moderate temperatures locally over the south.	Sea and the equatorial Indian Ocean, while northern, central and western India remain predominantly dry. This pattern is consistent with the regional circulation transitioning toward the northeast monsoon regime, although the timing of its onset remains uncertain. ▪ The likelihood of tropical cyclone development remains low through the period, with comparatively higher chances over the southern Bay of Bengal, the Andaman Sea and the area south of Sri Lanka and Sumatra during the first week.
Ocean Watch	Observed Ocean Surface Conditions (25th Sep – 1st Oct 2026). ▪ Ocean conditions across the Bay of Bengal, Arabian Sea and adjoining Indian Ocean were influenced by the passage of the recent depression and by long-period swell. Swell surge warnings were issued for Kerala, South Tamil Nadu and Lakshadweep, and high wave alerts were issued for the east coast of India, with wave heights reaching about 5m off the Odisha coast around 25th September. Marine conditions were likely locally rough around the depression near the Myanmar coast on 28th–29th September, while other parts of the regional seas experienced generally moderate conditions. ▪ A marine heatwave of moderate to extreme category also affected a large part of the Arabian Sea, with sea surface temperatures remaining warm across the northern and equatorial Indian Ocean. Forecast for the coming week (2nd – 8th Oct 2026) ▪ Marine conditions are expected to remain generally calm to moderate over the Arabian Sea, Bay of Bengal and adjoining Indian Ocean, with the strongest winds along the Pakistan coast and the eastern Arabian Sea. However, long-period swell is expected between 4th and 6th October over the western Bay of Bengal, eastern Arabian Sea, Sri Lanka, Maldives and Myanmar coasts, which may cause hazardous surf and swell surge despite low wave heights. Sea surface temperatures remain warm and tropical cyclone heat potential is high over the northwest Arabian Sea and the equatorial Indian Ocean, which would favour intensification of any system that forms. Mariners and fishing communities are advised to continue following national marine advisories particularly during the swell period.	