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Weekly SAHF Forecasters' Forum (FF) #243

Date: 8th October 2026

From this session, held on 8th October 2026, the National Centre for Medium Range Weather Forecasting (NCMRWF) has officially taken over the lead of the main technical discussion of the Weekly SAHF Forecasters' Forum, including the model analysis and forecast guidance.

Discussion Notes

Realized Weather- Country Reports (2nd – 8th Oct 2026)	• Bangladesh experienced light to moderate rain and thundershowers at a few places, mainly over the southern and eastern parts of the country, accompanied by temporary gusty winds and moderately heavy falls at places. The southwest monsoon withdrew from the western part of the country on 7th October. Temperatures fell slightly during the week. The highest rainfall of 64 mm was recorded over the northeast on 2nd October, and the highest maximum temperature of 35.6°C over the west on 4th October. • Maldives experienced no significant weather during the reporting period, although temperatures rose sharply over the last three days, with feels-like temperatures reaching about 39°C. • Nepal remained generally cloudy, with moderate thunderstorms over most parts of the country and isolated heavy thunderstorms, particularly over the western region. Maximum temperatures remained below normal while minimum temperatures remained above normal. The highest maximum temperature of 36.2°C was recorded at Lahan in the south, and the lowest minimum of 1°C in the Himalayan region.
Significant Weather Features in the region for the coming week (9th – 15th Oct 2026)	• Heavy rainfall is expected to remain confined to the equatorial Indian Ocean, the central and southern atolls of the Maldives and southern Sri Lanka, while moderate rainfall is likely over Nepal and parts of Bangladesh early in the week. Rainfall activity is expected to develop over the southern and southwestern Bay of Bengal towards the end of the week. Most of India is expected to remain largely dry, as during the past week, consistent with the strong El Nino background. • The southwest monsoon is expected to withdraw from further parts of the region, including the rest of Bangladesh within the next 24 hours. A low-pressure area is likely to form over the Bay of Bengal during the second half of the week, as the post-monsoon season becomes favourable for the formation of low-pressure systems over the Bay of Bengal and the Arabian Sea. • Day temperatures are expected to remain above normal over central and peninsular India and Pakistan, while near to below normal conditions are likely over the Himalayan foothills, including Nepal and Bhutan, and Northeast India. Nights are expected to remain warmer than normal over Afghanistan and Pakistan. • El Nino remains very strong and close to its peak, and is expected to begin weakening from winter onwards. The MJO signal lies over the Western Hemisphere without canonical eastward propagation, and the next potential MJO event over the Indian Ocean is expected during mid to late October.



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Weather Outlook (9th – 15th Oct 2026)

- Bangladesh is likely to experience light to moderate rain and thundershowers at a few places over the northern part during the first half of the week and over the southern part during the second half, with moderately heavy falls at places. The southwest monsoon is likely to withdraw from the rest of the country within the next 24 hours, and a low-pressure area is likely to form over the Bay of Bengal during the latter half of the week. Day and night temperatures may rise slightly during the first half and fall slightly during the second half of the week.
- Maldives is expected to experience isolated to scattered showers across the country, with heavy rainfall likely over the central and southern atolls from 9th October. Long-period swell may affect the atolls around 12th–13th October.
- Nepal is expected to remain generally cloudy over the hilly and Himalayan regions and partly cloudy over the Terai, with moderate rainfall at some places and isolated heavy rainfall, particularly over the eastern region. Both maximum and minimum temperatures are expected to remain below normal. Mist has started to form at a few places over the Terai.
- Sri Lanka is expected to experience rainfall mainly over the southern parts of the country, with heavy falls possible during the first half of the week as rainfall activity increases over the adjoining seas. Long-period swell may affect the coast around 11th–12th October.

Extended Range Outlook (9th Oct – 5th Nov 2026)

Extended Temperature outlook

- Week 1 (9th–15th October): Day temperatures are expected to be above normal over central and peninsular India and Pakistan, while near to below normal conditions are likely over the Himalayan foothills, including Nepal and Bhutan, and Northeast India. Nights are expected to be warmer than normal over Afghanistan and Pakistan.
- Week 2 (16th–22nd October): Day temperatures may fall below normal along the east coast and over eastern India and Bangladesh in association with the expected rainfall, while western India and Pakistan remain warmer than normal.
- Week 3 (23rd–29th October): Near to above normal temperatures are expected over most of the region, with near normal conditions over eastern India.
- Week 4 (30th October–5th November): Above normal temperatures are likely to persist

Extended Rainfall Outlook

- Week 1 (9th–15th October): Rainfall is expected to remain well above normal over the equatorial Indian Ocean, extending towards Sri Lanka, the Maldives and the southern Bay of Bengal, while most of India remains dry and Myanmar and Thailand receive below normal rainfall. IMD guidance indicates above normal rainfall over the Bay of Bengal off the Andhra Pradesh–Odisha coast.
- Week 2 (16th–22nd October): Rainfall is expected to increase over the Bay of Bengal off the east coast of India in association with a lower-level cyclonic circulation, while IMD guidance places above normal rainfall over the southern peninsula, particularly Kerala and Tamil Nadu.
- Week 3 (23rd–29th October): Near normal rainfall is expected over most of the region, with drier than normal conditions over Myanmar and the Maritime Continent under a lower-level anticyclonic anomaly.

	over northwestern India and Pakistan, while night temperatures may turn slightly below normal over southern India. IMD guidance differs, indicating above normal rainfall over the southern peninsula and the southeast Arabian Sea. Week 4 (30th October–5th November): Drier conditions are expected to persist in NCMRWF guidance, although confidence is low at this lead time, while IMD guidance continues to indicate above normal rainfall over the southern peninsula and adjoining seas.
Ocean Watch	Observed Ocean Surface Conditions (2nd – 8th Oct 2026) - Ocean conditions across the Bay of Bengal, Arabian Sea and adjoining Indian Ocean remained generally moderate, with winds of 2–13 m/s and wave heights of 0.4–3.2 m. Long-period swell with periods of up to 18 seconds affected the region, and swell surge alerts were issued for Kerala, South Tamil Nadu and the Andaman and Nicobar Islands. Coastal currents were mostly weak, locally reaching about 1.15 m/s. - A marine heatwave of moderate to extreme category affected about 79% of the Arabian Sea, with severe patches southeast of Sri Lanka, while sea surface temperatures ranged from 23 to 30.5°C across the region. Forecast for the coming week (9th – 15th Oct 2026) Marine conditions are expected to remain generally calm to moderate over the Arabian Sea, Bay of Bengal and adjoining Indian Ocean, with significant wave heights mostly below about 2 m. Winds are expected to strengthen over the western Bay of Bengal towards the end of the week, reaching about 13 m/s on 14th October, with wave heights of about 2.2 m. Long-period swell of about 19–21 seconds is expected around 12th–13th October over the western Bay of Bengal, Sri Lanka, the Maldives and the eastern Arabian Sea. Sea surface temperatures remain warm at about 28–31°C, and tropical cyclone heat potential is highest over the southern Arabian Sea and south of Sri Lanka, and moderate to high over the southern and central Bay of Bengal. Mariners and fishing communities are advised to continue following national marine advisories, particularly during the swell period.