Weekly SAHF Forecasters' Forum (FF) #245

Date: 22nd October 2026

Discussion Notes

Realized Weather-Country Reports (16th – 22nd Oct 2026)	• Maldives experienced scattered to isolated showers with heavy showers on some days up to 20th October, followed by fairly widespread rain with occasional heavy showers on 21st October. The highest rainfall of 101.8 mm was recorded over the southern atolls, followed by 90.3 mm at Malé, which caused flooding in parts of the city, and an orange warning was issued for the central atolls. Wind gusts of 36–37 mph was recorded over the southern and central atolls. • Myanmar experienced rain at places, with the highest fall of 65 mm over southern Myanmar. Day temperatures remained unusually high and continued to rise, with new maximum temperature records at some stations and a highest maximum temperature of 37.1°C. • Nepal experienced mainly dry weather, with isolated rain over the hilly and mountainous regions. Light mist formed in the mornings, and fog was observed at a few places over the southern plains and some valleys. • Pakistan experienced dry weather over most parts of the country. Day temperatures were 3–4°C above normal over south Punjab and Sindh, with the highest maximum temperature of 41°C at Mithi and about 40°C at Thatta, Hyderabad and Lasbela.
Significant Weather Features in the region for the coming week (23rd – 29th Oct 2026)	• A low-pressure area formed over the southwest Bay of Bengal off the Tamil Nadu coast on 21st October, with heavy to very heavy rainfall over Tamil Nadu (Chennai 11–12 cm) and rainfall over coastal Andhra Pradesh, Sri Lanka and the southwest Bay of Bengal, while active convection over the equatorial Indian Ocean and a low-pressure area over the southwest Arabian Sea gave heavy rainfall over the Maldives. A new low-pressure area is likely to form over the southeast and adjoining east-central Bay of Bengal around 23rd October and to move north-westwards, intensifying over the following three days. Models show a closed cyclonic circulation over the southeast and central Bay of Bengal by about 24th October. Guidance differs on the track and intensity: NCMRWF and ECMWF bring the system towards the Odisha–Andhra Pradesh coast around 26th–28th October, while GFS shows a stronger system tracking northwards towards Myanmar and Bangladesh. No recurvature is indicated so far, and the track is expected to become clearer once the system intensifies into a depression. The system requires close monitoring, particularly for rainfall and sea-state impacts over the east coast of India, Bangladesh and Myanmar. • Rainfall with heavy falls at places is expected to continue over Sri Lanka, southern peninsular India and the Maldives, with the most significant rainfall shifting to the central and southern Bay of Bengal and the Andaman Sea during the week. The northern and central parts of the region are expected to remain mainly dry until the Bay of Bengal system moves inland, after which rainfall may extend towards central and eastern India and Nepal around the end of the month. • Temperatures are expected to remain above normal over most of India, Pakistan, Bangladesh and Myanmar. Maximum temperatures of about 40–41°C were recorded over Gujarat and Sindh, which is unusually high for the season; this widespread warmth was considered typical of the post-withdrawal period rather

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<tr><td></td><td colspan="2">than directly attributable to El Nino. Soil moisture deficits persist over central and peninsular India after the dry first half of October.
• A shallow western disturbance is likely to bring light to moderate rain over northern Pakistan and light rain over northern Afghanistan, with light snowfall over the extreme north, from 23rd to 25th October. Scattered rainfall is likely over Jammu and Kashmir, Himachal Pradesh and Uttarakhand during 23rd–26th October, extending to Punjab, Haryana, Delhi and Rajasthan on 24th–25th October, with isolated showers over Nepal and Bhutan.
• El Nino conditions are expected to persist through the winter, while the Indian Ocean Dipole is expected to weaken. The MJO is weak and is not expected to support enhanced convection over the Indian Ocean during the next two weeks. Lower-level easterly to north-easterly winds associated with the northeast monsoon are well established over the southern peninsula, Sri Lanka and the Bay of Bengal.</td></tr>
<tr><td>Weather Outlook (23rd – 29th Oct 2026)</td><td colspan="2">• Bangladesh is likely to experience mainly dry weather early in the week, with rainfall likely to increase from around 26th–28th October depending on the track of the Bay of Bengal system.
• Bhutan is likely to experience isolated showers associated with the western disturbance, with temperatures remaining warmer than normal.
• Maldives is likely to experience scattered showers, with isolated heavy showers over the northern and central atolls. Surface winds are expected to strengthen to 13–23 mph until 25th October, with gusts of 40–45 mph over the northern and central atolls, making the seas rough in these areas.
• Myanmar is likely to experience rainfall over most parts of the country except the north, with heavy rainfall over the delta region and southern Myanmar during 24th –29th October, as a disturbance moving from the Gulf of Thailand into the Andaman Sea may intensify into a low-pressure area or depression.
• Nepal is likely to experience mainly fair weather during the next few days, with rainfall likely over the central and eastern parts towards the end of the week and isolated snowfall over high altitudes. NCMRWF guidance indicates isolated rainfall from 29th October and more widespread rainfall around 30th October–1st November as the Bay of Bengal system moves inland, although confidence is low at this lead time.
• Pakistan is likely to experience light to moderate rain over the upper parts of Khyber Pakhtunkhwa, including Kalam, Malam Jabba, Dir, Swat, Abbottabad and Mansehra, from the night of 23rd October, with isolated light rain or drizzle over Islamabad and adjoining areas on 24th October and light snowfall over the extreme northern areas until 25th October. Dry weather is likely over the remaining parts.
• Sri Lanka is likely to experience continued showers and thunderstorms, with locally heavy rainfall over the southwestern coast and the east.</td></tr>
<tr><td>Extended Range Outlook (23rd Oct – 12th Nov 2026)</td><td>Extended Temperature outlook
• Week 1 (23rd-29th October): Day temperatures are expected to be about 1–3°C above normal over most of India, with the largest anomalies over the north and northeast, while</td><td>Extended Rainfall Outlook
• Week 1 (23rd–29th October): Wetter than normal conditions are expected over the south peninsula, Sri Lanka and the Bay of Bengal in both NCMRWF and IMD guidance, with a</td></tr>
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	slightly cooler conditions are possible over the south peninsula with the rainfall. GFS indicates day temperatures 2–6°C above normal over Pakistan, northern India and Myanmar. Nights are expected to be 0.5–2°C warmer than normal over most of India. • Week 2 (30th October – 5th November): Above normal temperatures are expected to persist over most of the region, while temperatures over central India may fall after the Bay of Bengal system moves inland. • Week 3 (6th–12th November): Above normal temperatures are likely over Pakistan, northern India and the Tibetan Plateau, with near normal conditions over the south.	cyclonic anomaly over the central Bay of Bengal. ECMWF and GFS indicate the wet signal shifting towards the northern Bay of Bengal, Bangladesh and Myanmar later in the week. • Week 2 (30th October – 5th November): NCMRWF and ECMWF indicate drier than normal conditions over Sri Lanka and the southern peninsula, while IMD guidance remains wet over the Bay of Bengal and Sri Lanka, so confidence is low. • Week 3 (6th–12th November): Near normal rainfall is expected over India, while IMD guidance indicates wetter conditions over the Andaman Sea and the Myanmar coast. ECMWF indicates a return of slightly wetter conditions along the east coast by mid-November.
Ocean Watch	**Observed Ocean Surface Conditions (16th – 22nd Oct 2026)** ▪ Ocean conditions across the **Bay of Bengal, Arabian Sea and adjoining Indian Ocean** remained generally normal to moderate, with winds of 2–14 m/s and wave heights of 0.4–3.5 m. Swell heights ranged from 0.3 to 2.2 m, with swell periods of 8–18 seconds, and **swell surge alerts** were issued for Kerala, South Tamil Nadu and the Andaman and Nicobar Islands. Coastal currents were mostly 0.1–0.2 m/s, locally reaching about 1.1 m/s. ▪ A **marine heatwave** of moderate to extreme category affected about 83% of the **Arabian Sea** on 20th October, while sea surface temperatures ranged from 23 to 30°C across the region. **Forecast for the coming week (23rd – 29th Oct 2026)** ▪ **Marine conditions are expected to remain normal to moderate until about 25th October**, after which conditions are expected to deteriorate over the **central and northern Bay of Bengal** on **26th–28th October** with the developing low-pressure system. Strong winds and high waves are expected, with significant wave heights above 3.5 m and locally around 5 m over the central Bay of Bengal, and currents of about 1.5–1.6 m/s. **Long-period swell** of about 18–21 seconds is expected along the coasts of Kerala and southern Tamil Nadu on 22nd–23rd October, and over the northern Arabian Sea and northern Bay of Bengal around 25th October. Sea surface temperatures remain warm at about 29–30°C over the Bay of Bengal and the southern Arabian Sea, and **tropical cyclone heat potential** is moderate to high over the Bay of Bengal and highest over the equatorial Indian Ocean. Mariners and fishing communities are advised to follow national marine advisories, particularly over the central Bay of Bengal during 26th–28th October.	