Weekly SAHF Forecasters' Forum (FF) #246

Date: 29th October 2026

Discussion Notes

Realized Weather-Country Reports (23rd – 29th Oct 2026)	▪ Bhutan experienced mainly clear weather during most of the week, with light rainfall on 28th October. The highest rainfall of 3 mm was recorded at Thimphu on 28th October. The highest maximum temperature was 35°C over the southern region, while the lowest minimum temperature was −1°C over the northern region. ▪ Bangladesh experienced mainly dry weather during the first half of the week, with light to moderate rain or thundershowers at one or two places over southern parts during the latter half. Day temperatures rose slightly, while night temperatures remained nearly unchanged. The highest maximum temperature was 37.5°C, the lowest minimum temperature was 15.5°C at Tetulia, and the highest rainfall was 56 mm on 28th October. ▪ Nepal experienced comparatively dry weather, with isolated light rainfall over the eastern hilly region. Maximum temperatures remained above normal at most stations, with the highest of 36.6°C at Lahan, while the lowest minimum temperature of −1.2°C was recorded at Jumla. ▪ Maldives experienced rainy and unsettled weather under the influence of a low-pressure area over the southeast Arabian Sea and a cyclonic circulation over the southeast Bay of Bengal. Scattered to fairly widespread rainfall, with occasional heavy rainfall and a few thunderstorms, occurred over the country, particularly over the northern and central atolls, while the highest rainfall of 101.8 mm was recorded over a southern atoll.
Significant Weather Features in the region for the coming week (30th Oct – 5th Nov 2026)	▪ The remnant of Very Severe Cyclonic Storm Arnab, a depression over south Chhattisgarh, is expected to move northward and weaken into a well-marked low-pressure area. Heavy to very heavy rainfall is expected over Chhattisgarh, Jharkhand, Bihar and east Uttar Pradesh during 29th–30th October, with extremely heavy rainfall over north Bihar on 30th October. ▪ Heavy rainfall associated with the remnant system is expected over central and eastern Nepal and Sub-Himalayan West Bengal during 29th–31st October, with light rainfall over western Bhutan. ▪ A low-pressure area over the south Andaman Sea is likely to intensify into a depression over the southeast Bay of Bengal by 31st October and move west-north-westward towards the Andhra Pradesh–Tamil Nadu coast around 2nd–4th November. ▪ Rainfall activity is expected to decrease over Maldives, while active convection is likely to persist near and south of the equator. ▪ A western disturbance is expected to bring rain, hail and snowfall over the northern parts of Pakistan and Afghanistan during 29th–30th October. ▪ Above-normal night temperatures are expected to persist over most of India, while below-normal day temperatures are likely over central India. ▪ El Nino conditions are expected to strengthen further until January and weaken thereafter, while the Indian Ocean Dipole is expected to weaken and change

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<tr><td></td><td colspan="2">phase during November–December. The MJO is weak in phase 3 and is expected to move through phases 4–5 into phases 6–8 during November.</td></tr>
<tr><td>Weather Outlook (30th Oct – 5th Nov 2026)</td><td colspan="2">▪ Bhutan is expected to experience cloudy conditions with isolated light rainfall until 31st October under the influence of the remnant of Arnab, with possible snowfall over northern higher elevations. Rainfall is expected to remain light up to 1st November, with no heavier rainfall expected from the remnant system thereafter.
▪ Bangladesh is likely to experience light to moderate rain or thundershowers at many places over western parts during the first two days of the week, with mainly dry weather thereafter. Day temperatures may remain nearly unchanged, while night temperatures may fall slightly.
▪ Nepal is expected to experience mostly cloudy conditions with widespread moderate rainfall at the beginning of the week due to the remnant of Arnab. Heavy to very heavy rainfall is likely at a few places over central and eastern regions, with isolated heavy rainfall over western Nepal. Isolated light rainfall is expected over hilly and high hilly regions during the rest of the week. Temperatures are likely to rise from mid-week, with minimum temperatures above normal.
▪ Sri Lanka is expected to experience below-normal rainfall over the northern and western parts of the country during the week. A depression is likely to form over the southeast Bay of Bengal around 31st October, and its development and movement should be closely monitored.
▪ Maldives is expected to experience mainly fine weather over most atolls, with a few showers over the southern atolls and light winds throughout the week.
▪ Myanmar is expected to experience squally weather over the Andaman Sea and heavy rainfall associated with the developing low-pressure system.
▪ Pakistan is expected to experience rain, hail and snowfall over the northern parts during 29th–30th October under the influence of a western disturbance.</td></tr>
<tr><td>Extended Range Outlook (30th October – 26th November, 2026)</td><td>Extended Temperature outlook
▪ Below normal maximum temperatures are expected over central India during the first week.
▪ Near-normal to above-normal day temperatures are likely over most of India from the second week, although slightly cooler conditions may persist over parts of central and northern India.
▪ Above-normal night temperatures are expected to persist over most of India during the outlook period.
▪ Pakistan and Afghanistan are expected to remain warmer than normal with little rainfall.</td><td>Extended Rainfall Outlook
▪ On week 1 (30th October – 5th November) above-normal rainfall is expected over east India, the Gangetic Plains and the Bay of Bengal, while the south peninsula, Sri Lanka and the southeast Arabian Sea are likely to remain drier than normal.
▪ During week 2 (6th – 12th November) drier conditions are expected over the central and south Bay of Bengal, while above-normal rainfall is expected over Sri Lanka. Bangladesh, Myanmar and the east Bay of Bengal are likely to become wetter than normal by mid-November.
▪ While on weeks 3 and 4 (13th – 26th November) above-normal rainfall is indicated over the south peninsula</td></tr>
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		and the Bay of Bengal in week 3, with near-normal to below-normal rainfall over most of the region in week 4. Below-normal rainfall is expected over Sri Lanka, while a wet signal is indicated over the equatorial region near Maldives later in November.
Ocean Watch	**Observed Ocean Surface Conditions (23rd – 29th Oct 2026)** ▪ Ocean conditions over the Bay of Bengal were very rough during the passage of Very Severe Cyclonic Storm Arnab. High wave warnings were issued for Andhra Pradesh and south Odisha and storm surge warnings for Andhra Pradesh, along with high wave and current alerts for the east coast of India. Surface winds ranged between 2–38 m/s and wave heights between 2.5–8.0 m over the Bay of Bengal, with a maximum of about 8 m near Visakhapatnam. A storm surge of about 2 m was forecast near Kakinada and Yanam, with inundation of up to 400 m. Swell heights ranged from 0.5 to 3.5 m over the Bay of Bengal, with swell periods of 8–16 seconds, and coastal currents were mostly 0.1–0.2 m/s, reaching about 1.8 m/s in some areas. Sea surface temperatures remained in the range of 23°C to 30°C, while marine heatwave conditions covered most of the Arabian Sea. **Forecast for the coming week (30th Oct – 5th Nov 2026)** ▪ Ocean conditions over the western Bay of Bengal are expected to improve gradually following the weakening of Arnab, and remain normal to moderate across most of the region. Slightly higher winds are likely with the low-pressure system. Significant wave heights are expected to reach a maximum of about 3.5 m over the Bay of Bengal and about 2 m over the Arabian Sea. Long-period swells of 18–20 seconds from the Southern Ocean may reach Maldives around 3rd–4th November. High currents are expected near the region affected by the cyclone, with normal to moderate currents elsewhere. Sea surface temperatures of 30–31°C are expected along the coasts of Myanmar and Bangladesh, while tropical cyclone heat potential remains high over the south and central Bay of Bengal and the Andaman Sea, and moderate elsewhere. Mariners and fishing communities are advised to closely follow national marine forecasts and warnings.	