



No SF-2026-04-ENSO-IOD

Current condition and forecasts of ENSO and IOD for AMJ 2026

Issued on 01st April 2026 by Seasonal Forecasting Division of the Department of Meteorology, Sri Lanka.

1. El Nino and La Nina update

A transition from La Niña to ENSO-neutral is expected in the next month, with ENSO-neutral favored through May-July 2026 (55% chance). In June-August 2026, El Niño is likely to emerge (62% chance) and persist through at least the end of 2026 (source-CPC-NOAA).

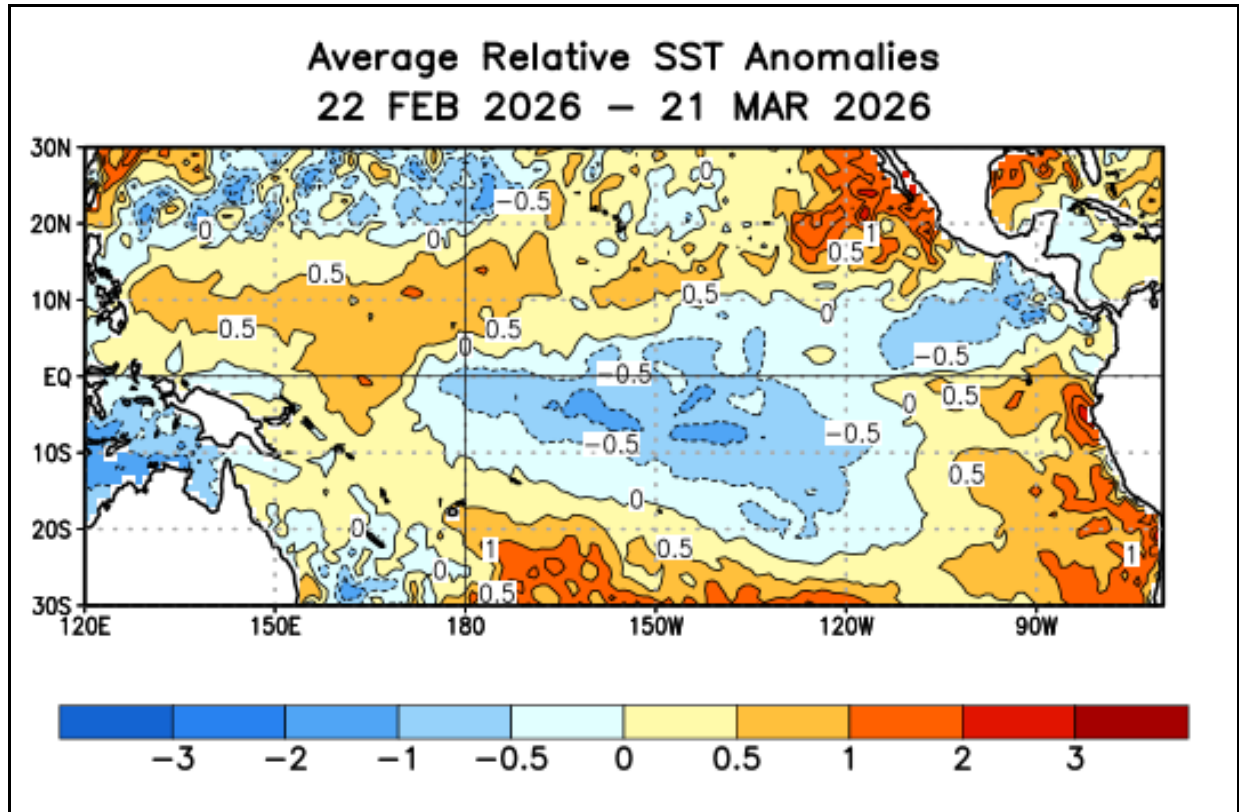


Fig 1: Observed Average Sea surface temperature (SST) anomalies (°C)

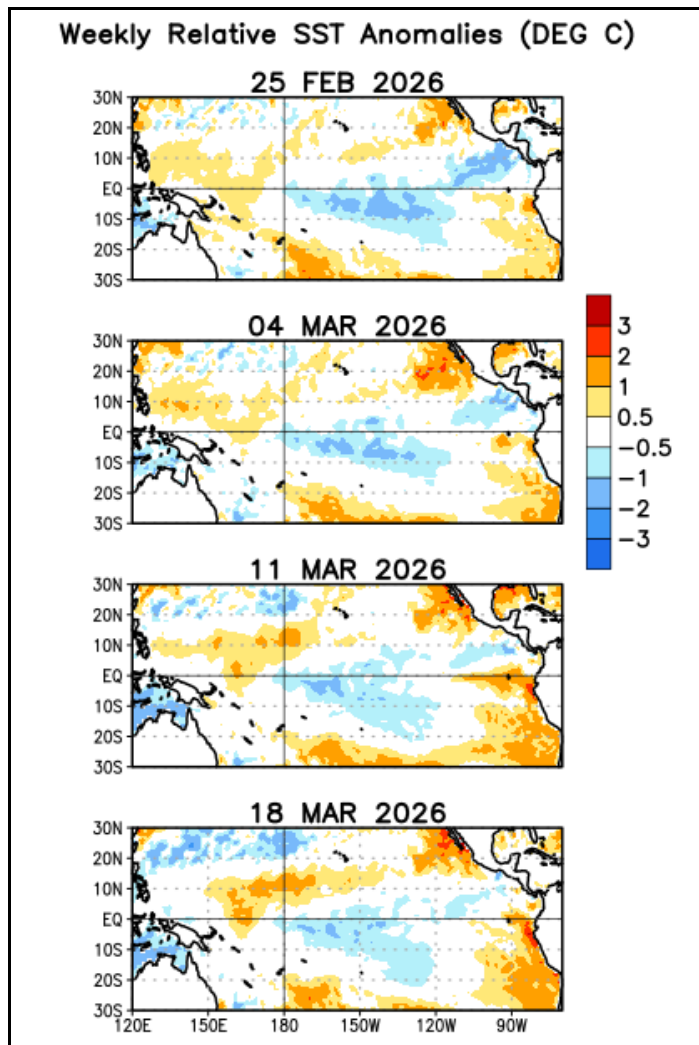


Fig 2: Weekly Observed Average Sea surface temperature (SST) anomalies (°C)

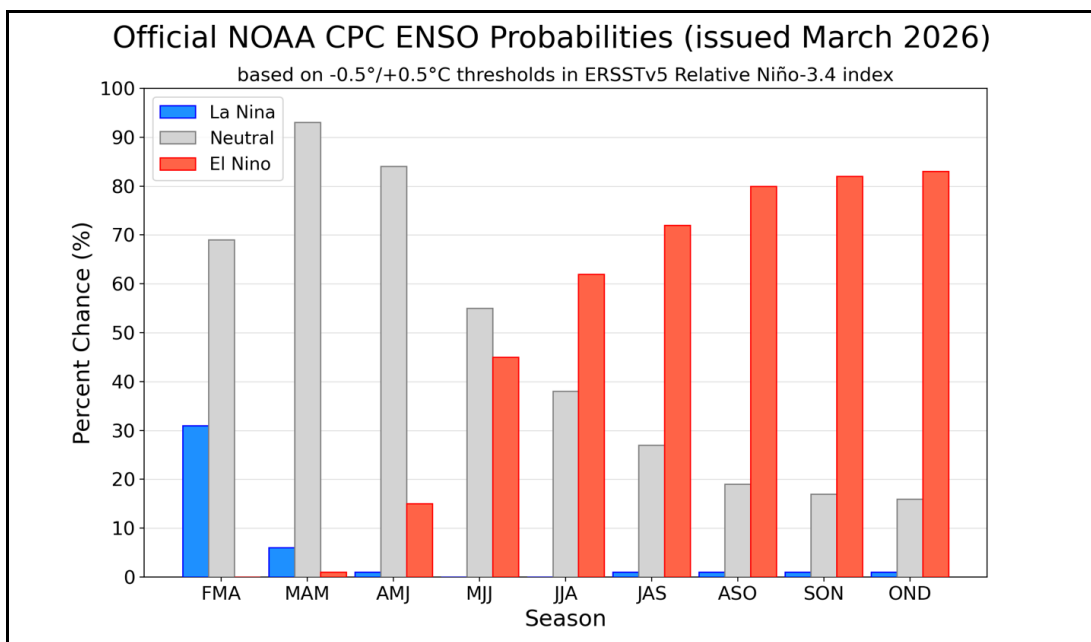


Fig 3a: ENSO forecast from Climate Prediction Center (CPC)/ IRI Forecast

1.2 The Indian Ocean Dipole (IOD) update

The Indian Ocean Dipole (IOD) is neutral. The IOD index has returned to neutral for the week ending 22 March. Most model forecasts indicate it will remain neutral until at least early winter 2026 (source- BOM, Australia).

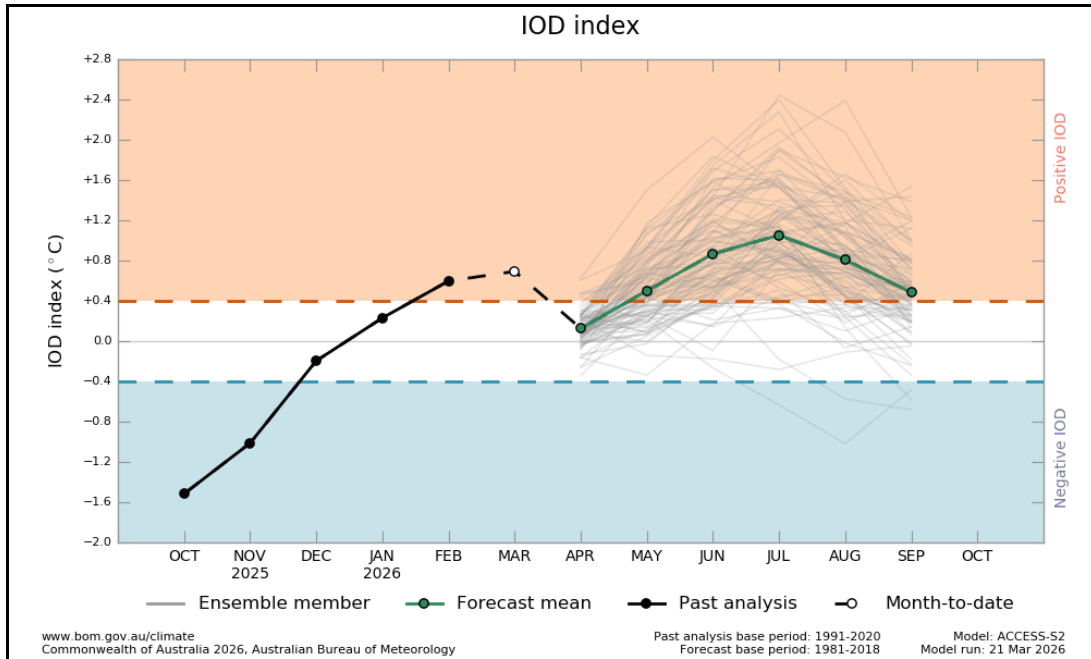


Figure 4a: IOD forecast from Australian Bureau of Meteorology