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Weekly SAHF Forecasters' Forum (FF) #224

Date: 28th May 2026

Discussion Notes

<p>Realized Weather-Country Reports (22nd – 28th May 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan experienced mostly cloudy conditions with light to moderate rainfall and thunderstorms associated with moisture intrusion and western disturbance activity. Temperatures remained near normal across most areas. ▪ Sri Lanka experienced heavy rainfall during the early part of the week, particularly over western and southwestern regions, with the highest rainfall of 336.5 mm recorded at Balangoda. Rainfall gradually decreased thereafter, while southeast monsoon conditions became established across parts of the country. ▪ Myanmar experienced widespread convective activity with moderate to heavy rainfall over southern and central regions, while northern areas received scattered showers.
<p>Significant Weather Features in the region for the coming week (29th May – 4th June 2026)</p>	<ul style="list-style-type: none"> ▪ Monsoon circulation is expected to strengthen further over the Arabian Sea and Bay of Bengal, although upper-level easterly jet establishment remains incomplete. Conditions are becoming increasingly favorable for the onset of southwest monsoon over southern India around the beginning of June. ▪ Enhanced convection and widespread thunderstorm activity are expected to continue over Sri Lanka, southern India, Bangladesh, Nepal, Bhutan, northeastern India, and Myanmar. ▪ Westerly disturbances are expected to continue influencing northern Pakistan, Afghanistan, and adjoining Himalayan regions, supporting periodic rainfall activity. ▪ Heat stress conditions are expected to remain subdued over much of northwestern India and Pakistan during the first half of the forecast period before gradually increasing thereafter. ▪ Monsoon-related rainfall is expected to intensify along the west coast of India, Bay Islands, southern Myanmar, and adjoining regions.
<p>Weather Outlook (29th May – 4th June 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience mostly cloudy conditions with light to moderate rainfall and thunderstorms. Isolated heavy rainfall may occur over southern districts. ▪ Bangladesh is likely to experience partly cloudy to cloudy conditions with scattered rain, thunderstorms, and gusty winds, particularly over northern, northeastern, and southeastern regions. ▪ Nepal is expected to experience scattered to fairly widespread rainfall and thunderstorms across eastern and central regions, while western areas may remain comparatively drier. Localized heavy rainfall is possible over hilly and mountainous areas. ▪ Sri Lanka is expected to experience intermittent showers and thunderstorms, particularly over western, southwestern, and central regions under strengthening monsoon influence. ▪ Myanmar is likely to experience moderate to heavy rainfall over southern and central regions, with continued convective activity extending toward northern areas. ▪ Pakistan is expected to experience isolated rainfall over northern and upper regions under the influence of weak westerly systems, while southern and central



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regions gradually become warmer and drier.

- Maldives is expected to remain under active southwest monsoon conditions with scattered to widespread showers, thunderstorms, and occasional strong winds, particularly over central and southern atolls.

Extended Range Outlook
(29th May – 25th June, 2026)

Extended Temperature outlook

- Above-normal temperatures are expected to persist across Pakistan, northwestern India, Rajasthan, Gujarat, and adjoining central regions during the coming weeks.
- Near-normal to below-normal temperatures are expected across many parts of South Asia during the first two weeks due to increased cloud cover and rainfall activity.
- Heat stress conditions are likely to remain suppressed over northwestern India and Pakistan until early June, followed by a gradual increase in temperatures during mid-June.
- Nighttime temperatures are expected to remain above normal over parts of central and northwestern South Asia.

Extended Rainfall Outlook

- Above-normal rainfall is expected over the west coast of India, Sri Lanka, Bay Islands, Bangladesh, northeastern India, Bhutan, Nepal, and Myanmar.
- Enhanced monsoon activity is likely to continue through early June, particularly along the Bay of Bengal branch and adjoining regions.
- Model guidance suggests a gradual weakening of monsoon activity over parts of the Arabian Sea sector after mid-June.
- Southern Myanmar, northeastern India, and eastern Himalayan regions are expected to continue receiving above-normal precipitation.