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Weekly SAHF Forecasters' Forum (FF) #225

Date: 4th June 2026

Discussion Notes

<p>Realized Weather-Country Reports (29th May – 4th June 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan experienced partly cloudy to cloudy conditions throughout the week, with light to moderate rainfall and isolated thunderstorms occurring over several districts. Moisture intrusion associated with strengthening monsoon circulation contributed to increased cloud cover and precipitation, particularly over southern and eastern regions. Daytime temperatures showed a gradual increasing trend, remaining near to slightly above seasonal averages in some locations. ▪ Bangladesh experienced partly cloudy to cloudy skies with scattered rain, thundershowers, and localized gusty winds, especially over northeastern and southeastern regions. Convective activity was enhanced by moisture transport from the Bay of Bengal, resulting in intermittent rainfall episodes across many areas. Despite the rainfall, localized heatwave conditions persisted over western districts where temperatures remained above normal and rainfall was comparatively limited. ▪ Maldives experienced generally unsettled weather under the influence of the southwest monsoon. Scattered to widespread rainfall and thunderstorms affected several atolls, particularly over the central and northern regions during the latter part of the week. Moderate to strong southwesterly winds prevailed across the archipelago, leading to rough sea conditions in surrounding waters. Rainfall activity was accompanied by occasional gusty winds, while maritime conditions remained challenging for small craft operations. ▪ Pakistan experienced intense heatwave conditions over southern, central, and eastern regions during the early part of the week, with maximum temperatures reaching up to 51.5°C in some locations. Heat stress remained severe across Sindh, Balochistan, and adjoining areas before gradually easing due to the influence of a westerly weather system. The passage of the system brought isolated to scattered rainfall, thunderstorms, dust storms, and strong winds over northern and central parts of the country, providing temporary relief from extreme temperatures.
<p>Significant Weather Features in the region for the coming week (5th – 11th June 2026)</p>	<ul style="list-style-type: none"> ▪ Southwest monsoon conditions are expected to remain active over the Arabian Sea, Bay of Bengal, western coast of India, northeastern India, Bangladesh, Myanmar, and adjoining regions. ▪ Favorable circulation patterns at 700 hPa and 500 hPa are expected to support further advancement of monsoon conditions toward northeastern India, Myanmar, and parts of Bangladesh. ▪ Heavy rainfall is likely along the west coast of India, Arakan Coast of Myanmar, northeastern India, and adjoining areas, with localized rainfall totals reaching 12–20 cm. ▪ Heat stress conditions are expected to persist over parts of Pakistan and northwestern India, although rainfall activity may provide localized relief. ▪ Active convective activity and thunderstorms are expected across several parts of South Asia under enhanced monsoonal moisture conditions.
<p>Weather Outlook (5th – 11th June 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience partly cloudy to cloudy conditions with light to moderate rainfall and isolated thunderstorms, particularly over southern districts. ▪ Bangladesh is likely to experience partly cloudy skies with scattered rain and



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	<p>thundershowers. Localized heatwave conditions may continue over western regions during the early half of the week.</p> <ul style="list-style-type: none"> ▪ Nepal is expected to experience partly to generally cloudy conditions with scattered to fairly widespread rainfall and thunderstorms, particularly over eastern and central regions. Isolated heavy rainfall may occur over hilly and mountainous areas under increasing monsoon influence. ▪ Myanmar is expected to experience widespread rainfall and thunderstorms, particularly over coastal and southern regions under active monsoon conditions. ▪ Pakistan is expected to experience hot conditions over southern and central regions, while northern areas may receive rainfall and dust-storm activity associated with westerly disturbances. ▪ Maldives is likely to experience scattered to widespread rainfall, thunderstorms, and moderate to strong winds under prevailing southwest monsoon conditions. ▪ Sri Lanka is expected to experience frequent showers and thunderstorms, particularly over southwestern and western regions under active monsoon flow.
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<p>Extended Range Outlook (5th – 30th June, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Above-normal temperatures are likely across large parts of the Indian subcontinent, particularly over northwest India and Pakistan. ▪ Warm temperature anomalies are expected to persist across South Asia and adjoining oceanic regions. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Rainfall activity is expected to remain concentrated along the west coast of India, northeastern India, Bangladesh, Bhutan, and Myanmar. ▪ Weeks 2 and 3 may experience relatively subdued rainfall over central parts of the region, with wetter conditions confined to northeastern sectors and coastal areas. ▪ Strong anomalous westerlies and anti-cyclonic circulation patterns may temporarily slow the northward progression of the monsoon. ▪ Active monsoon conditions are expected to continue over western coastal regions and the Arakan Coast through late June, while rainfall over central regions may remain below normal.
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<p>Ocean Watch</p>	<p>Observed Ocean Surface Conditions (29th May – 4th June 2026)</p> <ul style="list-style-type: none"> ▪ Ocean conditions remained generally moderate across the Bay of Bengal, Arabian Sea, and adjoining Indian Ocean. Moderate winds and wave activity prevailed over most areas, with significant wave heights reaching up to 3.4 m in some areas. Coastal currents remained within normal to moderate ranges. <p>Forecast for the coming week (5th – 11th June 2026)</p> <ul style="list-style-type: none"> ▪ Ocean conditions are expected to remain normal to moderate across the region. Wind speeds are expected to remain around 15 knots over most areas. Significant wave heights may reach 3.5–3.7 m in parts of the Arabian Sea, near Sri Lanka, the Andaman and Nicobar Islands, and adjoining waters. Swell periods may reach up to 19 seconds in some areas. Moderate sea conditions are expected around the Maldives, while localized coastal inundation may occur in some low-lying coastal
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areas due to enhanced wave activity.