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# Weekly SAHF Forecasters' Forum (FF) #226

Date: 11<sup>th</sup> June 2026

## Discussion Notes

<p><b>Realized Weather-Country Reports (5<sup>th</sup> – 11<sup>th</sup> June 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan experienced generally cloudy conditions with scattered rainfall and thunderstorms over many districts. Monsoon moisture continued to influence the country, bringing periodic rainfall, particularly across southern and eastern regions. Temperatures remained near seasonal averages, with occasional warm conditions during breaks in rainfall activity.</li> <li>▪ Bangladesh experienced active monsoon conditions with widespread cloudiness, scattered rain, thundershowers, and localized heavy rainfall, particularly over northern, northeastern, and eastern regions. Monsoon circulation strengthened over the Bay of Bengal and adjacent areas, supporting enhanced rainfall activity. Heat stress gradually eased across many locations receiving regular rainfall, although isolated warmer conditions persisted in some western districts.</li> <li>▪ Nepal experienced partly to generally cloudy conditions with frequent rain and thunderstorms across eastern, central, and southern regions. Monsoon advancement into additional areas of the country contributed to increased rainfall activity, particularly over hilly and mountainous regions. Localized moderate to heavy rainfall was reported in several locations.</li> <li>▪ Maldives experienced active southwest monsoon conditions throughout the week. Widespread rainfall and thunderstorms affected several atolls, with some southern islands recording heavy rainfall exceeding 100 mm in a day. Moderate to strong southwesterly winds prevailed across the country, resulting in rough sea conditions over open waters. While rainfall forecasts showed relatively low skill during the week, wind forecasts performed well and accurately captured the prevailing monsoon conditions.</li> <li>▪ Pakistan experienced persistent heatwave conditions over southern and central regions, particularly across Sindh and adjoining areas, where temperatures remained significantly above normal. Northern and northwestern regions experienced isolated rainfall and thunderstorms associated with mid-latitude westerly troughs, providing localized relief from extreme temperatures.</li> </ul>
<p><b>Significant Weather Features in the region for the coming week (12<sup>th</sup> – 18<sup>th</sup> June 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Southwest monsoon conditions are expected to remain active across the Bay of Bengal, northeastern South Asia, Myanmar, and the western coast of India.</li> <li>▪ Strong monsoon circulation supported by favorable conditions at 850 hPa, 700 hPa, and 500 hPa levels is expected to continue over the region.</li> <li>▪ Mid-latitude westerly troughs are likely to remain active over northern parts of South Asia, influencing the pace of monsoon advancement and supporting thunderstorms over northern India, Pakistan, Nepal, and adjoining areas.</li> <li>▪ Heavy rainfall is likely along the west coast of India, the Arakan Coast of Myanmar, northeastern India, Bhutan, Nepal, and adjoining regions.</li> <li>▪ Persistent heatwave conditions are expected over parts of Pakistan, Gujarat, and northwestern India where monsoon rainfall remains limited.</li> </ul>
<p><b>Weather Outlook (12<sup>th</sup> – 18<sup>th</sup> June 2026)</b></p>	<ul style="list-style-type: none"> <li>▪ Bhutan is expected to experience cloudy conditions with scattered to fairly widespread rainfall and thunderstorms, particularly over southern and eastern districts.</li> </ul>



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	<ul style="list-style-type: none"> <li>▪ Bangladesh is likely to experience active monsoon weather with frequent rain and thundershowers across most parts of the country. Moderate to heavy rainfall may occur over northeastern and southeastern regions.</li> <li>▪ Nepal is expected to experience partly to generally cloudy conditions with scattered to widespread rainfall and thunderstorms. Heavy rainfall is possible over eastern and central hilly regions.</li> <li>▪ Myanmar is likely to experience widespread rainfall and thunderstorms under active monsoon conditions, particularly along coastal and southern regions.</li> <li>▪ Pakistan is expected to experience continued hot and dry conditions over southern and central regions, while northern areas may receive isolated rainfall and thunderstorms associated with westerly disturbances.</li> <li>▪ Maldives is likely to experience continued monsoon conditions with moderate to strong winds, rough seas, and periods of rainfall, particularly over northern and central atolls.</li> <li>▪ Sri Lanka is expected to experience active southwest monsoon conditions with frequent showers and thunderstorms, particularly over the western, southwestern, and central regions. Moderate to heavy rainfall is likely in several locations, accompanied by occasionally gusty winds and rough sea conditions along western and southern coastal waters.</li> </ul>
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<p><b>Extended Range Outlook</b> (11<sup>th</sup> June – 9<sup>th</sup> July, 2026)</p>	<p><b>Extended Temperature outlook</b></p> <ul style="list-style-type: none"> <li>▪ Above-normal temperatures are likely to persist over Pakistan, northwestern India, and adjoining regions during the coming weeks.</li> <li>▪ Cooler-than-normal conditions are expected across monsoon-affected regions due to increased cloud cover and rainfall activity.</li> <li>▪ Heat stress may continue intermittently over areas where monsoon advancement remains slow.</li> </ul>	<p><b>Extended Rainfall Outlook</b></p> <ul style="list-style-type: none"> <li>▪ Active monsoon conditions are expected to continue across the western coast of India, northeastern India, Bangladesh, Nepal, Bhutan, and Myanmar.</li> <li>▪ Week 2 may see continued rainfall over eastern and northeastern parts of South Asia, while parts of central India may gradually receive increased monsoon rainfall.</li> <li>▪ Enhanced rainfall activity is expected from late June onward, with indications of cyclonic circulation development over the Bay of Bengal contributing to increased rainfall over eastern and northern India.</li> <li>▪ Most extended-range guidance suggests an active monsoon phase through early July, with above-normal rainfall likely across several monsoon-affected regions.</li> </ul>
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