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Weekly SAHF Forecasters' Forum (FF) #227

Date: 18th June 2026

Discussion Notes

<p>Realized Weather-Country Reports (12th – 18th June 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan experienced active monsoon conditions with widespread cloudiness, moderate to heavy rainfall, and localized thunderstorms. Several southern and central districts received significant rainfall, with the highest reported daily rainfall reaching approximately 115 mm. Temperatures ranged from around 1.6°C over higher elevations to about 32°C in lower valleys and southern districts. ▪ Bangladesh experienced active monsoon conditions throughout the week with widespread rainfall, thunderstorms, and gusty winds. Moderate to heavy rainfall occurred over many parts of the country, particularly over northern, northeastern, and southeastern regions. The highest rainfall recorded was around 178 mm, while maximum temperatures reached approximately 37.5°C over western districts where localized heat stress persisted despite monsoon activity. ▪ Nepal experienced generally cloudy to overcast conditions with scattered to fairly widespread rainfall and thunderstorms. Convective activity remained active over hilly and mountainous regions, with moderate rainfall reported across several districts. Monsoon influence continued to strengthen gradually, particularly over eastern and central parts of the country. ▪ Pakistan experienced persistent hot weather conditions over southern and central regions, although temperatures remained somewhat lower compared to previous weeks. Heat stress continued across Sindh and adjoining areas due to elevated humidity levels. Northern regions experienced isolated rainfall and thunderstorm activity associated with weak westerly influences.
<p>Significant Weather Features in the region for the coming week (19th – 25th June 2026)</p>	<ul style="list-style-type: none"> ▪ Southwest monsoon conditions are expected to remain active across the Bay of Bengal, northeastern South Asia, Myanmar, and the western coast of India. ▪ Southwest monsoon conditions are expected to remain active over northeastern South Asia, Bangladesh, Bhutan, Nepal, Myanmar, and adjoining regions. ▪ Monsoon advancement is likely to remain relatively slow during the coming week, with stronger advancement expected after 25 June. ▪ Enhanced moisture transport from the Bay of Bengal is expected to support widespread rainfall and thunderstorm activity over Bangladesh, northeastern India, Nepal, Bhutan, and Myanmar. ▪ Heat stress conditions are expected to continue over parts of Pakistan, northwestern India, and central India due to elevated humidity and above-normal temperatures. ▪ Active convective activity, including thunderstorms and localized heavy rainfall, is expected across several monsoon-affected regions. ▪ Both Arabian Sea and Bay of Bengal branches of the monsoon are expected to strengthen toward the end of June, with more active monsoon conditions likely during the first week of July.
<p>Weather Outlook (19th – 25th June 2026)</p>	<ul style="list-style-type: none"> ▪ Bhutan is expected to experience mostly cloudy to overcast conditions with moderate to heavy rainfall and isolated thunderstorms, particularly over southern and eastern districts. ▪ Bangladesh is likely to experience active monsoon weather with frequent rain and



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	<p>thundershowers across most parts of the country. Moderate to heavy rainfall is expected over northern, northeastern, and southeastern regions.</p> <ul style="list-style-type: none"> ▪ Nepal is expected to experience generally cloudy conditions with scattered to widespread rainfall and thunderstorms. Increasing monsoon influence may result in moderate to locally heavy rainfall over eastern and central hilly regions. ▪ Myanmar is expected to experience widespread rainfall and thunderstorms, particularly over coastal and southern regions under active monsoon conditions. ▪ Pakistan is expected to experience continued hot and humid conditions over southern and central regions, while northern areas may receive isolated rainfall and thunderstorms. ▪ Maldives is likely to experience isolated to scattered showers and thunderstorms during the first half of the week, with rainfall activity expected to gradually increase from the weekend onward as monsoon conditions strengthen. ▪ Sri Lanka is expected to experience occasional showers and thunderstorms, particularly over western, southwestern, and central regions under prevailing monsoon flow. Moderate rainfall and gusty winds may occur in some areas.
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<p>Extended Range Outlook (19th June – 18th July, 2026)</p>	<p>Extended Temperature outlook</p> <ul style="list-style-type: none"> ▪ Above normal temperatures are likely to persist over Pakistan, northwestern India, and parts of central India during the coming weeks. ▪ Elevated humidity levels may continue to enhance heat stress across several regions despite slightly lower daytime temperatures. ▪ A gradual reduction in heat stress is expected as monsoon conditions strengthen during late June and early July. 	<p>Extended Rainfall Outlook</p> <ul style="list-style-type: none"> ▪ Active monsoon conditions are expected to continue across the western coast of India, northeastern India, Bangladesh, Nepal, Bhutan, and Myanmar. ▪ Rainfall activity is expected to remain concentrated over Bangladesh, northeastern India, Bhutan, Nepal, Myanmar, and adjoining regions during the next two weeks. ▪ Monsoon advancement is expected to resume after 25 June, with increased rainfall activity extending further into central and northern parts of the Indian subcontinent. ▪ Both Arabian Sea and Bay of Bengal monsoon branches are expected to become more active during late June and the first week of July. ▪ Above normal rainfall is likely over many monsoon affected regions during early July, supporting broader monsoon expansion across South Asia.
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<p>Ocean Watch</p>	<p>Observed Ocean Surface Conditions (12th – 18th June 2026)</p> <ul style="list-style-type: none"> ▪ Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained generally normal to moderate during the week. Moderate winds and swell conditions prevailed across most areas, with no major hazardous ocean conditions reported. Sea state remained generally favorable, although localized rough conditions occurred in some monsoon-influenced sectors.
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Forecast for the coming week (19th – 25th June 2026)

- Ocean conditions are expected to remain normal to moderate through 22 June across most of the region. Moderate winds and swell activity are expected over the Bay of Bengal, Arabian Sea, and adjoining waters. Significant wave heights may increase after 23 June, reaching up to around 4.0 m in some sectors of the Arabian Sea and adjoining oceanic regions. Mariners and coastal communities should continue monitoring local marine advisories as monsoon-related wind and wave activity gradually increases during the forecast period.