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Weekly SAHF Forecasters' Forum (FF) #228

Date: 25th June 2026

Discussion Notes

Realized Weather-Country Reports (19th – 25th June 2026)	▪ Bhutan experienced active monsoon conditions with mostly cloudy to overcast skies, moderate to heavy rainfall, and localized thunderstorms. Southern districts received the highest rainfall while temperatures remained relatively cool over higher elevations. ▪ Bangladesh experienced active southwest monsoon conditions with widespread rainfall, thunderstorms, and gusty winds over many parts of the country. Moderate to heavy rainfall occurred particularly over northern, northeastern, and southeastern regions, while localized heat stress persisted over western districts where rainfall remained comparatively lower. ▪ Maldives experienced generally weak southwest monsoon conditions during the week with scattered showers and isolated thunderstorms across the atolls. No significant heavy rainfall was recorded, although localized convective activity occurred over southern areas. Weather remained generally fair over much of the country. ▪ Sri Lanka experienced scattered rainfall and thunderstorms, particularly over southwestern and central parts of the country under prevailing southwest monsoon conditions. Moderate rainfall was observed in several areas while western and southwestern regions remained influenced by active monsoon flow. ▪ Pakistan experienced persistent hot weather over southern and central regions with continued heat stress across Sindh and adjoining areas. Northern and northwestern regions received isolated rainfall and thunderstorms associated with mid-latitude westerly disturbances.
Significant Weather Features in the region for the coming week (25th June – 2nd July 2026)	▪ The Arabian Sea branch of the southwest monsoon has become more active and is expected to continue advancing across western and central parts of the Indian subcontinent. ▪ Enhanced moisture transport from both the Arabian Sea and Bay of Bengal is expected to strengthen monsoon circulation across northern, central, and eastern South Asia. ▪ Widespread rainfall and thunderstorms are expected over Bangladesh, northeastern India, Nepal, Bhutan, Myanmar, and adjoining Himalayan regions under active monsoon conditions. ▪ Active convection over the Bay of Bengal, supported by above-normal western Pacific sea surface temperatures, is expected to enhance monsoon rainfall over the Gangetic Plains and adjoining regions. ▪ Mid-latitude westerly disturbances are expected to continue influencing northern Pakistan, Afghanistan, and the western Himalayan region with occasional rainfall. ▪ Heat stress conditions are expected to gradually ease across parts of central and northern India as monsoon rainfall increases, while southern Pakistan and areas receiving limited rainfall may continue to experience hot and humid conditions.
Weather Outlook (26th June – 2nd July 2026)	▪ Bhutan is expected to experience mostly cloudy to overcast conditions with moderate to heavy rainfall, thunderstorms, and occasional gusty winds, particularly over southern and western districts.

	▪ Bangladesh is likely to experience active monsoon conditions with widespread rainfall and thunderstorms across most parts of the country. Moderate to heavy rainfall is expected over northern, northeastern, and southeastern regions, while temperatures are likely to remain relatively lower due to persistent cloud cover and rainfall. ▪ Nepal is expected to experience generally cloudy conditions with widespread rainfall and thunderstorms. Moderate to locally heavy rainfall is likely over eastern, central, and hilly regions under strengthening monsoon influence. ▪ Myanmar is expected to experience widespread rainfall and thunderstorms, particularly over coastal areas, the Arakan coast, and northern regions under active southwest monsoon conditions. ▪ Pakistan is expected to remain hot over southern and central regions with persistent heat stress, while northern areas are likely to receive isolated rainfall and thunderstorms associated with weak westerly systems. ▪ Maldives is expected to experience isolated to scattered showers and thunderstorms during the early part of the week, with heavy showers likely over southern atolls on Friday followed by generally fair weather with isolated showers during the remainder of the forecast period. ▪ Sri Lanka is expected to experience scattered showers and thunderstorms, particularly over western, southwestern, and central regions under prevailing southwest monsoon conditions. Moderate rainfall and occasionally gusty winds are expected in monsoon-affected areas.
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Extended Range Outlook (26th June – 23rd July, 2026)	Extended Temperature outlook ▪ Above normal temperatures are likely to persist over Pakistan, northwestern India, and parts of central India during the coming weeks. ▪ Above-normal temperatures are likely to persist over Pakistan, northwestern India, and parts of the Gangetic Plains during the coming weeks. ▪ Heat stress is expected to gradually decrease over central and northern India as monsoon rainfall expands, although humid conditions may continue to maintain elevated apparent temperatures. ▪ Cooler conditions are expected across monsoon-dominated regions due to persistent cloudiness and widespread rainfall.	Extended Rainfall Outlook ▪ On week 1 (26th June – 2nd July 2026) active southwest monsoon conditions are expected to continue over Bangladesh, northeastern India, Nepal, Bhutan, Myanmar, the west coast of India, and adjoining Himalayan regions. Moderate to heavy rainfall is likely across the western coast of India, the Gangetic Plains, northeastern India, and parts of central India as both Arabian Sea and Bay of Bengal branches remain active. ▪ On week 2 (3rd – 9th July 2026) monsoon activity is expected to strengthen further across central and northern India, with widespread rainfall extending over much of the Indian subcontinent. Above-normal rainfall is likely over Bangladesh, Nepal, Bhutan, northeastern India, Myanmar, and the western coastal belt, while rainfall activity gradually expands into adjoining inland regions. Active monsoon conditions are expected to persist over most parts of South Asia, with continued moderate to heavy rainfall
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		over the Himalayan foothills, northeastern India, Bangladesh, Myanmar, and the west coast of India. Also localized heavy rainfall events may occur over monsoon-active regions, while rainfall distribution becomes more widespread across central India. On week 4 (17th – 23rd July 2026) southwest monsoon conditions are expected to remain active across much of South Asia, although localized variations in rainfall intensity are possible. Near- to above-normal rainfall is expected over most monsoon-affected regions, particularly over Bangladesh, Nepal, Bhutan, northeastern India, Myanmar, and the western coast of India, supporting continued seasonal rainfall activity.
Ocean Watch	Observed Ocean Surface Conditions (19th – 25th June 2026) - Ocean conditions across the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean remained generally moderate, with localized rough conditions associated with strengthening southwest monsoon winds. Moderate to high winds prevailed over parts of the Arabian Sea and adjoining waters, while wave conditions gradually increased over monsoon-affected regions. Sea conditions remained generally favorable across much of the Bay of Bengal, although localized rough seas occurred in areas influenced by stronger monsoon flow. Forecast for the coming week (26th June – 2nd July 2026) - Ocean conditions are expected to remain moderate to locally rough across much of the Arabian Sea and Bay of Bengal under strengthening southwest monsoon conditions. Moderate to strong winds are expected over large parts of the Arabian Sea, Bay of Bengal, and adjoining Indian Ocean. Significant wave heights may reach approximately 3.5–5.5 m over parts of the Arabian Sea and adjacent oceanic regions, with locally rough sea conditions expected. Mariners and coastal communities are advised to closely monitor marine weather advisories as strengthening monsoon winds and higher wave conditions may affect offshore activities during the forecast period.	