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Weekly SAHF Forecasters' Forum (FF) #229

Date: 2nd July 2026

Discussion Notes

Realized Weather-Country Reports (26th June – 2nd July 2026)	▪ Bhutan experienced mostly cloudy to overcast conditions with light to moderate rainfall. Heavy to very heavy rainfall occurred on 27 June, with the highest rainfall reaching around 300 mm in the southern districts. Maximum temperatures reached 33.5°C, while the minimum temperature was 7°C over northern areas. ▪ Bangladesh experienced an active southwest monsoon with light to moderate rain, thunderstorms, and temporary gusty winds across much of the country. The highest weekly rainfall reached 227 mm, while the maximum temperature was 37.3°C over Rajshahi. A low-pressure area developed over the northwest Bay of Bengal toward the end of the week. ▪ Maldives experienced active southwest monsoon conditions with widespread rainfall on 27 June, particularly over the central atolls where several stations recorded more than 50 mm of rainfall. Strong average winds prevailed across the central and northern atolls, with maximum wind gusts reaching 47 mph. ▪ Sri Lanka remained under active southwest monsoon conditions with strong southwesterly winds. The southwestern region received widespread rainfall, with the highest daily rainfall of 102.5 mm, while daytime temperatures ranged between 36–38°C. ▪ Pakistan experienced persistent hot and humid conditions over the plains before the arrival of a westerly disturbance. Moderate to locally heavy rainfall occurred over northern and central regions, with 72 mm recorded over Murree and 37 mm over Islamabad during the previous 24 hours.
Significant Weather Features in the region for the coming week (3rd – 9th July 2026)	▪ Southwest monsoon has become significantly more active across South Asia following the interaction between active monsoon circulation and successive mid-latitude westerly troughs, creating highly favorable synoptic conditions for widespread rainfall. ▪ Multiple cyclonic circulations extending from the Arabian Sea to the Bay of Bengal are expected to reinforce each other, maintaining vigorous monsoon conditions over central and northern India, Bangladesh, Nepal, Bhutan, and adjoining Himalayan regions. ▪ Heavy to very heavy rainfall is expected over the west coast of India, central India, northeastern India, Bangladesh, the Arakan Coast, Nepal, Bhutan and northern Myanmar, increasing the likelihood of localized flooding and urban waterlogging in vulnerable areas. ▪ Temperature expected to be moderate over northern India following monsoon advancement, although elevated humidity is expected to maintain high heat stress across parts of the Gangetic Plains. Northwestern India, southern Pakistan and adjoining Afghanistan may continue to experience above-normal temperatures where monsoon influence remains limited.
Weather Outlook (3rd – 9th July 2026)	▪ Bhutan is likely to experience mostly cloudy to overcast conditions with light to moderate rainfall are expected to continue. Moderate rainfall and isolated thunderstorms accompanied by lightning are likely over southern districts. ▪ Bangladesh is expected to receive fairly active monsoon over the country and moderate to strong over the North Bay. Rainfall activity is likely to increase during

	the latter half of the week with widespread thunderstorms and moderate to heavy rainfall. - Maldives is expected to receive isolated to scattered showers are expected during the week, while stronger southwest winds are likely over the central and northern atolls through early next week. - Sri Lanka is likely to receive several spells of showers mainly over the southwestern part of the island, although no extreme rainfall is anticipated. Southwest monsoon conditions will continue with strong southwesterly winds. - Myanmar is expected light to moderate rainfall and thunderstorms across much of the country, while moderate to heavy rainfall is likely over the western coastal areas, northern regions, and the Arakan Coast as monsoon conditions are expected to remain active. Localized heavy downpours may occur due to the interaction of active monsoon circulation with mid-latitude systems. - Pakistan is expected to experience scattered rain, thunderstorms and localized dust storms over northern and central regions during the next 36–48 hours, followed by another spell of rainfall around 6–8 July due to the ongoing westerly disturbance.
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Extended Range Outlook (3rd – 30th July, 2026)	Extended Temperature outlook - Below-normal maximum temperatures are expected over active monsoon regions during Week 1 due to widespread cloudiness and rainfall. Warmer-than-normal conditions are likely to return over much of the Indian subcontinent from Week 2 onward as rainfall decreases. - Above-normal maximum temperatures are likely to persist over much of Pakistan, northwestern India, and parts of central India, particularly during periods of reduced rainfall. - Near-normal to slightly below-normal temperatures are expected over northeastern India, Bangladesh, Bhutan, Nepal, and adjoining Himalayan regions, where persistent monsoon rainfall and cloud cover are likely to moderate daytime heating. - Daytime temperatures are expected to gradually decrease across areas receiving sustained monsoon rainfall, while high humidity may continue to maintain moderate to high heat stress, particularly over lowland and coastal regions.	Extended Rainfall Outlook - On week 1 (3–9 July) active southwest monsoon conditions are expected across much of South Asia with widespread above-normal rainfall over central India, the west coast of India, Bangladesh, Nepal, Bhutan, northeastern India, Myanmar and adjoining Himalayan regions. - On week 2 (10–16 July), rainfall activity is expected to weaken over much of the Indian subcontinent, with wetter conditions mainly confined to the Himalayan foothills, the Arakan Coast and equatorial Indian Ocean regions. - On week 3 (17–23 July), a prolonged break-like monsoon phase is indicated, with below-normal rainfall expected over much of India and Pakistan, while rainfall continues over northeastern India and coastal Myanmar. - During week 4 (24–30 July) a suppressed monsoon conditions are expected to persist over large parts of the Indian subcontinent, although localized rainfall is likely to continue over the eastern Himalayan foothills and equatorial Indian Ocean.
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	Overall, the extended-range outlook suggests that heat stress will gradually ease across monsoon-affected regions, while persistent above-normal temperatures are likely to continue over areas experiencing weaker monsoon activity or below-normal rainfall during the forecast period.	
Ocean Watch	Observed Ocean Surface Conditions (26th June – 2nd July 2026) - Moderate to high sea conditions prevailed over the Arabian Sea and Bay of Bengal, with significant wave heights reaching 4.6 m over the open Arabian Sea. High coastal currents were observed along parts of the east coast of India, while swell periods reached 21 seconds in some offshore areas. Forecast for the coming week (3rd – 9th July 2026) - Moderate to strong winds are expected to continue over the Arabian Sea and Bay of Bengal, with wind speeds reaching 19 m/s. Significant wave heights may reach 5.8 m over parts of the Arabian Sea and around 4 m over the Bay of Bengal. High coastal currents are expected along parts of the east coast of India, while sea conditions over the remainder of the region are expected to remain normal to moderate. Mariners are advised to monitor national marine advisories.	