



Monsoon 2026 Overview by BWOT

Current global climate signals indicate that a **moderate to potentially strong El Niño** may develop and persist through much of the 2026 Southwest Monsoon season. At the same time, forecasts suggest a **positive Indian Ocean Dipole (IOD)** could emerge during the latter part of the monsoon.

The combined influence of these two climate drivers may significantly alter the large-scale circulation patterns across the Indian Ocean and South Asia.

Potential Impact on the Bay of Bengal

- El Niño generally weakens the monsoon circulation over the Indian subcontinent and reduces the frequency of strong monsoon disturbances.
- A positive IOD can partially offset some El Niño impacts; however, it may not completely neutralize them.



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- As a result, **Low Pressure Areas (LPAs), Depressions and Deep Depressions over the Bay of Bengal may occur less frequently than climatological averages during the 2026 monsoon season.**
 - Reduced atmospheric wave activity, including weaker Madden-Julian Oscillation (MJO) support during some periods, could also limit the organization and intensification of monsoon systems.
 - Despite a lower number of monsoon systems, localized heavy rainfall events can still occur due to mesoscale convective activity, moisture surges, monsoon trough oscillations and topographic influences.
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Expected Rainfall Distribution

India

- Rainfall is likely to be **below normal across many parts of central, western and northwestern India.**
- Monsoon activity may become more irregular, with an increased likelihood of **extended break-monsoon phases**, especially during July and August.
- Agricultural regions dependent on continuous monsoon rainfall could experience longer dry spells between rain events.

Bangladesh

- Bangladesh is less directly dependent on Bay of Bengal depressions than many parts of India because a significant portion of its monsoon rainfall is generated through moisture convergence, local convection and orographic lifting.
- Therefore, **seasonal rainfall across much of Bangladesh may remain near normal despite a potentially lower frequency of Bay disturbances.**
- Southeastern Bangladesh and northeastern regions may experience above-normal precipitation due to enhanced moisture transport and terrain-induced rainfall.
- Rainfall distribution may be more uneven than usual, with wet periods interrupted by prolonged breaks in monsoon activity.

Northeast India

- States including Assam, Meghalaya, Arunachal Pradesh, Nagaland, Manipur, Mizoram and Tripura are expected to receive **near-normal to above-normal rainfall.**



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- The interaction between monsoon flow and regional topography may continue to support frequent rainfall episodes even when rainfall decreases elsewhere across the subcontinent.
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Bangladesh-Focused Seasonal Outlook

Rainfall Outlook by Month

June

Countrywide Rainfall: Normal to Slightly Above Normal

- Active monsoon flow and frequent moisture surges are expected.
- Northern Bangladesh and Southeastern Bangladesh may receive above normal rainfall this month.
- Flash flooding may occur later this month in northeastern river basins.
- Rainfall activity is expected to be relatively eastward shifted compared to later months.

July

Countrywide Rainfall: Slightly Below Normal to Below Normal

- El Niño influence may become more noticeable.
- Longer breaks between rainfall events are possible.
- Southern Bangladesh may receive above normal rainfall.
- Central and north western regions may experience several extended dry intervals.

August

Countrywide Rainfall: Normal to Slightly Above Normal

- Temporary strengthening of monsoon flow and moisture transport may improve rainfall coverage.
- Rainfall may become more evenly distributed across the country.
- South-central districts could receive above normal precipitation during this period.



September

Countrywide Rainfall: Slightly Below Normal to Normal

- Rainfall activity may gradually shift toward southern Bangladesh.
- The northern districts could occasionally experience heavy rainfall events associated with monsoon trough fluctuations.
- The season may end with significant regional rainfall contrasts.

Bay of Bengal Monsoon Systems Outlook

The 2026 season may feature fewer monsoon systems than average due to suppressed atmospheric wave activity and El Niño influence.

June

- No significant tropical cyclone, LPA or depression is currently anticipated.
- Monsoon advancement is expected to occur mainly through large-scale moisture transport rather than organized low-pressure systems.

July

- Approximately **1–2 LPAs, Depressions or Land Depressions** may develop or affect the region.
- Most systems are expected to be weak to moderate in intensity.

August

- Approximately **0–1 LPA, Depression or Land Depression** may occur.
- This could become the quietest month for Bay disturbances.

September

- Approximately **2–3 LPAs or Depressions** may develop.
 - Bay activity may increase as seasonal circulation patterns begin transitioning toward the post-monsoon period.
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Squall and Wind Activity

Although the traditional **Nor'wester (Kalbaishakhi) season** will have ended, the risk of strong convective wind events is not expected to disappear entirely.

- Steep pressure gradients and strong downdrafts associated with monsoon thunderstorms may occasionally produce squall-like conditions.
- Many districts may experience brief periods of strong winds during heavy convective rainfall.
- Isolated locations could record **wind gusts of 60–80 km/h**, particularly during organized thunderstorm clusters.
- Localized damage to weak structures, temporary power disruptions and reduced visibility during intense rainfall episodes may occur.

These events are expected to be more localized than pre-monsoon Nor'westers but can still become significant on individual days.

Temperature and Heat Outlook

While the monsoon season typically provides relief from extreme heat, prolonged breaks in rainfall activity may still produce uncomfortable conditions.

Seasonal Temperature Pattern

- Average daytime maximum temperatures across most of Bangladesh may remain between **30–32°C** during much of the season.
- Temperatures may be slightly higher across western districts and slightly lower across eastern and southeastern districts.
- The coolest conditions are likely in Sylhet and the southeastern hill regions during active monsoon periods.

During Monsoon Break Phases

- Extended dry periods may allow heat and humidity to build rapidly.
- Actual air temperatures may rise to approximately **34–37°C** in many areas.
- High humidity levels could push **Real Feel/Apparent Temperatures** to around **45–48°C** at times.
- Western, southwestern and central districts may be most vulnerable to these uncomfortable conditions.



The combination of heat and very high humidity may pose a greater discomfort risk than temperature alone.

Key Areas of Above-Normal Rainfall Potential

The greatest potential for above-average seasonal rainfall currently appears to be across:

- Chattogram Division
- Sylhet Division
- Mymensingh Division
- Parts of northern Bangladesh adjacent to Meghalaya
- Northeastern river basins

These regions may experience periodic heavy rainfall events despite a potentially weaker overall monsoon circulation.

Overall Assessment

The 2026 Southwest Monsoon is expected to be characterized by:

- ❖ Moderate to potentially strong El Niño influence
- ❖ Positive Indian Ocean Dipole development during the season
- ❖ Reduced frequency of Bay of Bengal LPAs and Depressions
- ❖ Increased occurrence of monsoon break periods
- ❖ Below-normal rainfall across parts of central and western India
- ❖ Near-normal rainfall across most of Bangladesh
- ❖ Above-normal rainfall tendency in southeastern and northeastern Bangladesh
- ❖ Localized squalls with occasional 60–80 km/h wind gusts
- ❖ Humid heat stress during rainfall breaks with Real Feel temperatures reaching 45–48°C
- ❖ Higher rainfall variability, featuring longer dry spells interrupted by occasional heavy rainfall episodes
- ❖ Potential increase in Bay disturbance activity during September

Confidence Level: Moderate

The evolution of El Niño intensity, positive IOD strength, MJO activity, monsoon trough positioning and regional sea-surface temperature anomalies will ultimately determine how closely the season follows this projected pattern.



Bangladesh Weather Observation Team Ltd.



Data Used: Climate Models (CFS, ERA5, NMME, APCC, ACCESS-G, ECMWF), Climate Drivers (ENSO, IOD, SOI), MJO, VP200, 850hpa U wind anomaly, 200hpa U wind anomaly, Atmospheric Waves (Kelvin, Rossby, Low Frequency), SST Anomaly, 500hpa Geopotential Height etc.

Note: *This outlook represents a seasonal tendency rather than a day-to-day forecast and should be updated as ENSO, IOD and monsoon circulation signals evolve during the season.*

***DISCLAIMER:** *This is only information obtained from our research, not any official forecast or advisory, and for official weather forecasts, everyone should follow the announcements of the Bangladesh Meteorological Department and the Flood Forecasting and Warning Center.*