



Date: 30th May, 2026

Updated Long Range Forecast for Southwest Monsoon Season (June-Sept) Rainfall 2026 and Monthly Outlook for June 2026

- The Southwest monsoon seasonal (June to September, 2026) rainfall over the country as a whole is likely to be **90 %** of the Long Period Average (LPA) with a model **error of $\pm 4\%$** . The LPA of the seasonal rainfall over the country as a whole based on data of 1971-2020 is **87 cm**.
- The southwest monsoon seasonal (June to September, 2026) rainfall is most likely to be **below normal** over most parts of Himachal Pradesh (**<92% of LPA**) except some areas of Kinnaur district where normal rainfall is likely and over some areas of Lahaul-Spiti district and northern parts of Chamba district where above normal rainfall is likely. The normal rainfall (1971-2020) for Southwest Monsoon Season for Himachal Pradesh is **(734.4) mm**.
- Below-normal rainfall may lead to challenges for agriculture , water availability, hydropower generation, and ecosystem sustainability, along with increased risks of drought, heat stress, and pressure on drinking water resources. To minimize these impacts, strategies can include efficient water resource management, promotion of water conservation practices, contingency planning for agriculture , strengthening drought monitoring and use of early warning services of IMD, and enhancing preparedness measures in sectors that are particularly vulnerable to rainfall deficits.
- The five category probability forecasts for the Seasonal (June to September) rainfall over the country as a whole during 2026 are given below. It suggests 84% probability for below normal or less rainfall for the country as a whole.

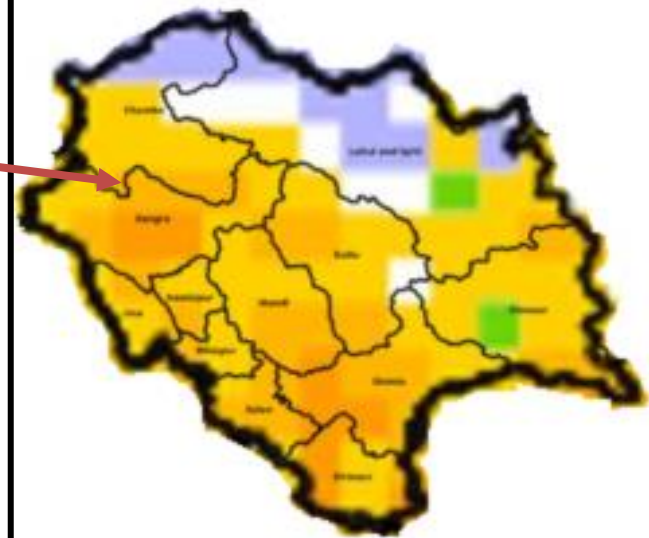
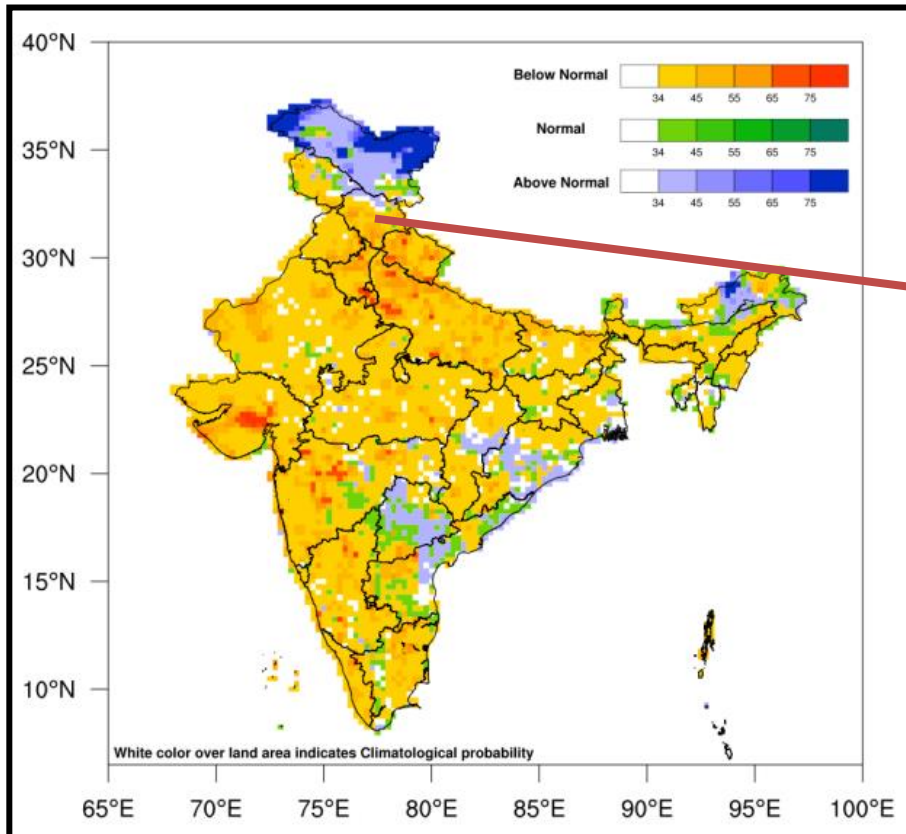
Category	Rainfall Range (% of LPA)	Forecast Probability (%)	Climatological Probability (%)
Deficient	< 90	60	16
Below Normal	> 90 - 95	24	17
Normal	96 -104	14	33
Above Normal	> 105 -110	2	16
Excess	> 110	0	17

- The Probabilistic forecasts for the NorthWest India for the monsoon seasonal (June-September) rainfall during 2026 are given in the table below

Rainfall Category	NW India	
	Range (% of LPA)	Forecast Probability (%)
Below Normal	<92	46
Normal	92-108	33
Above Normal	>108	21

- District wise monsoon normal rainfall for Himachal Pradesh.

S.No.	District	Normal(mm)
1	Bilaspur	819.1
2	Chamba	853.4
3	Hamirpur	973.2
4	Kangra	1622.4
5	Kinnaur	247.8
6	Kullu	548
7	Lahaul & Spiti	382.9
8	Mandi	1097.5
9	Shimla	627.5
10	Sirmaur	1183.8
11	Solan	874.3
12	Una	953
13	Sub- Division HP	734.4

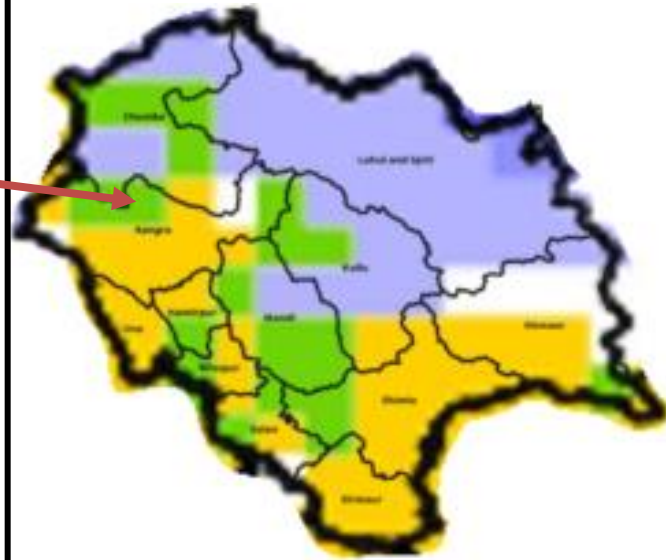
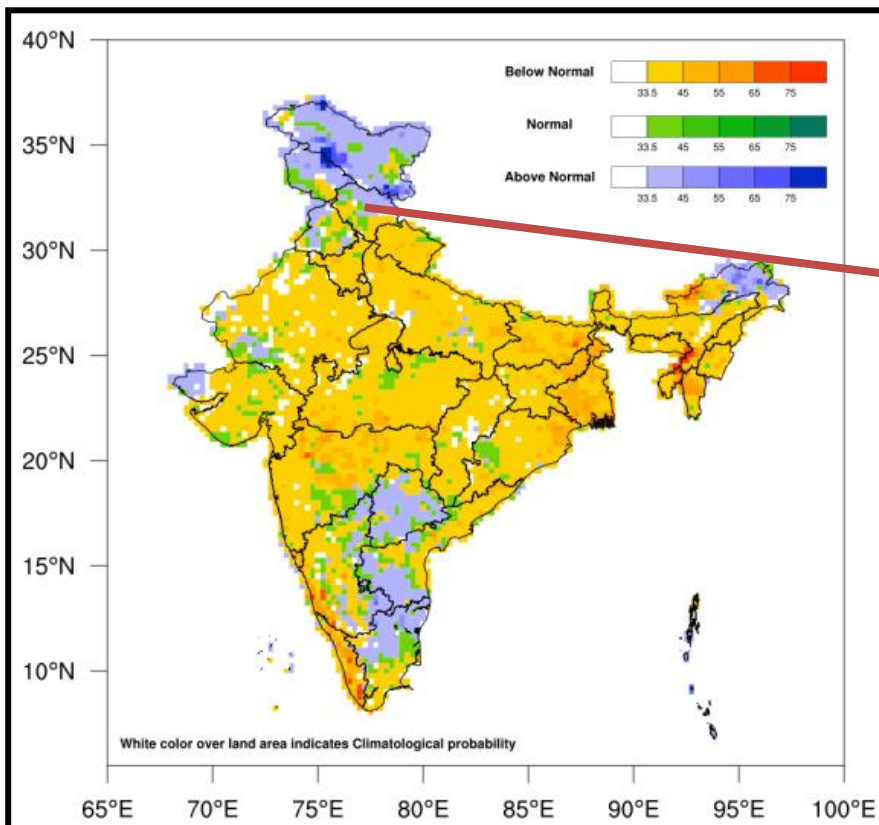


- Currently, neutral El Nino-Southern Oscillation (ENSO) conditions are transitioning towards El Nino conditions over the equatorial Pacific region. The latest climate model forecasts indicate that the El Nino conditions are likely to develop during the southwest monsoon season.
- At present, neutral Indian Ocean Dipole (IOD) conditions are observed over the Indian Ocean. The latest MMCFS forecast indicates that neutral IOD conditions are likely to continue during the monsoon season.

Monthly Outlook (June 2026)

1. Probability rainfall forecast

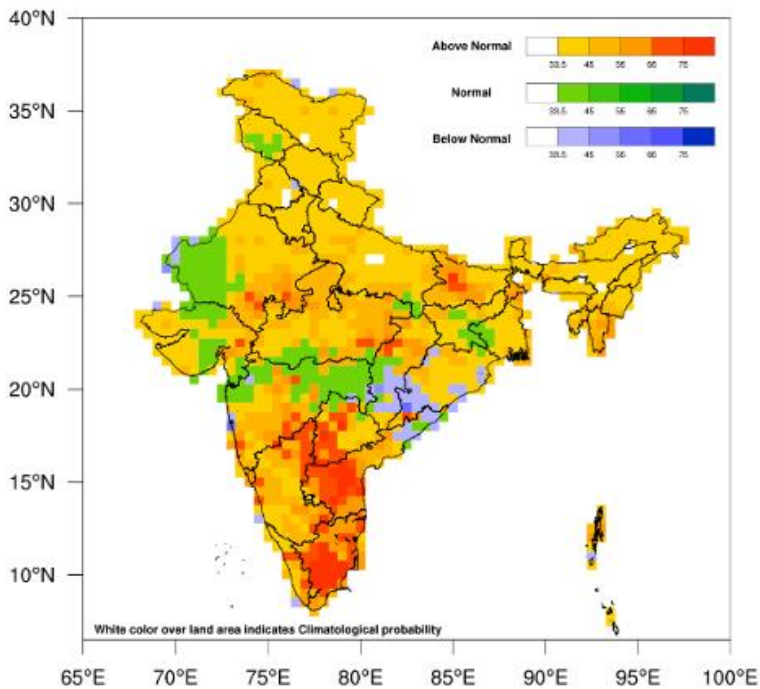
- **Below normal** rainfall (<92% of LPA) is most likely over the country as a whole during June, 2026. The LPA of the rainfall over the country as a whole during June 2026 based on the data of 1971-2020 is **165.4 cm**.
- Rainfall is very likely to be **normal to below normal** over many parts of low hills/plains & adjoining mid hills of Himachal Pradesh and **above normal** over many parts of high & mid hills of Himachal Pradesh during June 2026. The normal rainfall (1971-2020) for June for Himachal Pradesh is **(101.1) mm**.



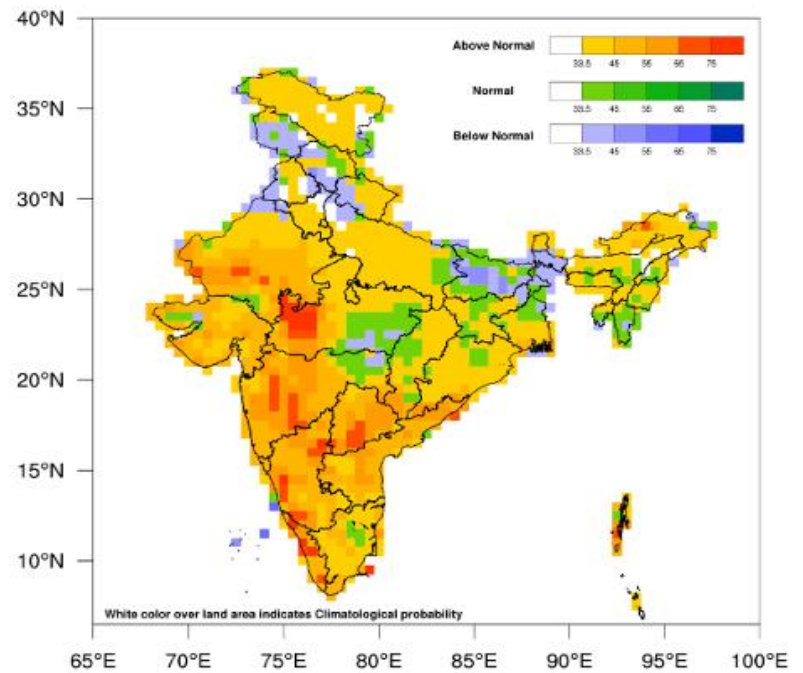
2. Probability forecast of Minimum and maximum Temperatures

- Minimum temperatures are likely to be **above normal** over most parts of Himachal Pradesh in June 2026.
- Maximum temperatures are likely to be **normal to below normal** over many parts of Himachal Pradesh, except some parts of Kinnaur, Kangra, Kullu, Mandi & Una districts where maximum temperatures are very likely to be **above normal** in June 2026.

Minimum Temperature Outlook for June 2026

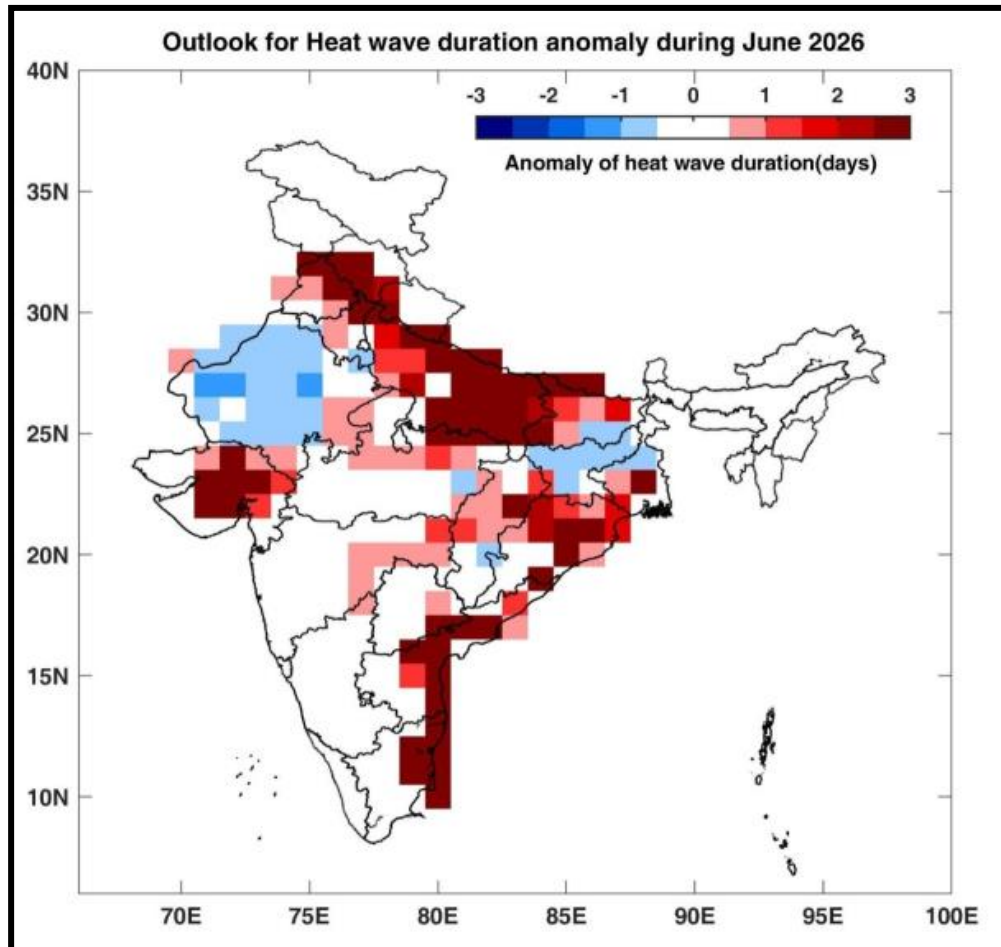


Maximum Temperature Outlook for June 2026



3.Heat wave outlook

- During June 2026, **above normal** heat wave days are likely over many parts of low hills/ plains & mid hills of Himachal Pradesh.



With Regards
Meteorological Centre Shimla

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