



**India Meteorological Department
(Ministry of Earth Sciences)
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FROM: INDIA METEOROLOGICAL DEPARTMENT FAX NO. 24643965/24699216/24623220)

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Subject: Deep Depression over coastal Myanmar weakened into a Depression over Myanmar and adjoining Eastcentral & Northeast Bay of Bengal

The Deep Depression over coastal Myanmar moved north-northwestwards with a speed of 28 kmph during past 6 hours, weakened into a Depression and lay centred at 0530 hrs IST of today, the 29th September 2026 over Myanmar and adjoining Eastcentral & Northeast Bay of Bengal near latitude 18.9°N and longitude 96.0°E, about 50 km west of Toungoo (Myanmar), 80 km east of Pyay (Myanmar), 180 km north-northwest of Bago (Myanmar), 210 km north-northwest of Kyaikto (Myanmar) and 240 km northeast of Yangon (Myanmar).

It is very likely to move further north-northwestwards and weaken into a well marked low pressure area over Myanmar and adjoining southeast Bangladesh & Northeast Bay of Bengal around evening of today, the 29th September. Thereafter, it is very likely to continue to move further north-northwestwards towards southeast Bangladesh & adjoining areas of Myanmar, Mizoram, Tripura & Northeast Bay of Bengal and weaken gradually during subsequent 24 hours.

Forecast track and intensity are given in the following table:

Date/Time (IST)	Position (Lat. °N/ Long. °E)	Maximum Sustained Surface Wind Speed (Kmph)	Category Of Cyclonic Disturbance
29.09.26/0530	18.9/96.0	45-55 gusting 65	Depression
29.09.26/1130	20.2/95.2	40-50 gusting 60	Depression
29.09.26/1730	21.5/94.2	25-35 gusting 45	Well Marked Low Pressure Area

Warnings:

(i) Rainfall Warning:

- ❖ Light to moderate rainfall at most places with isolated heavy rainfall very likely over Andaman & Nicobar Islands on 29th September.
- ❖ Light to moderate rainfall at many places with isolated heavy rainfall very likely over Mizoram & Tripura on 29th & 30th September.

(ii) Wind warning:

- ❖ Squally weather with wind speed reaching 45-55 kmph gusting to 65 kmph is prevailing over North Andaman Sea, along & off Myanmar coast and likely to decrease becoming 40-50 kmph gusting to 60 kmph by today noon and decrease gradually thereafter.
- ❖ Squally weather with wind speed reaching 45-55 kmph gusting to 65 kmph is prevailing over adjoining areas of Eastcentral Bay of Bengal and is likely to decrease becoming 40-50 gusting to 60 kmph from noon of 29th September and decrease gradually thereafter.
- ❖ Squally weather with wind speed reaching 30-40 kmph gusting to 50 kmph over northeast Bay of Bengal and along & off Bangladesh coast till morning of 30th September, 2026 and decrease gradually thereafter.

(iii) Sea condition:

- ❖ Very Rough to rough Sea condition is very likely over North Andaman Sea & adjoining areas of Eastcentral Bay of Bengal and along & off Myanmar coast till 29th September evening. Thereafter, it is very likely to improve becoming rough to moderate from 29th September night onwards and improve further gradually.
- ❖ Rough to moderate sea condition is very likely over adjoining areas of northeast Bay of Bengal and along & off Myanmar - Bangladesh coasts till 30th morning and improve thereafter.

(iv) Fishermen warnings:

Fishermen are advised not to venture into North Andaman Sea & adjoining areas of eastcentral Bay of Bengal and along & off Myanmar coast on 29th September and into northeast Bay of Bengal and along & off Bangladesh-Myanmar coasts till morning of 30th September, 2026.

(v) Impact expected & Action Suggested (Andaman Islands, Mizoram and Tripura for squally wind & heavy rainfall):

Impact expected:

- ❖ Breaking of tree branches, uprooting of small trees like banana, papaya, drum sticks.
- ❖ Strong wind and rain may damage plantation, horticulture and standing crops.
- ❖ Partial damage to vulnerable structures due to strong winds and rain.
- ❖ There could be localised landslides, mudslides, landslips in hilly areas and water logging, inundation and flooding over low-lying areas.
- ❖ Onshore and offshore operations may get affected.
- ❖ Small ships, trawlers and boats may be affected.
- ❖ Occasional reduction in visibility due to heavy rainfall.
- ❖ Helicopter services may get affected.

Action suggested:

- ❖ People are advised to keep a watch on the weather for worsening conditions and be ready to move to safer places accordingly.
- ❖ Surface transport may be regulated.
- ❖ Fishing operation may be suspended.
- ❖ Tourism and recreational activities to be regulated.
- ❖ Onshore and offshore activities to be judiciously regulated.
- ❖ Helicopter services to be regulated.

Next bulletin will be issued at 1130 hours IST of today, the 29th September, 2026.

**(Monica Sharma)
IMD, New Delhi**

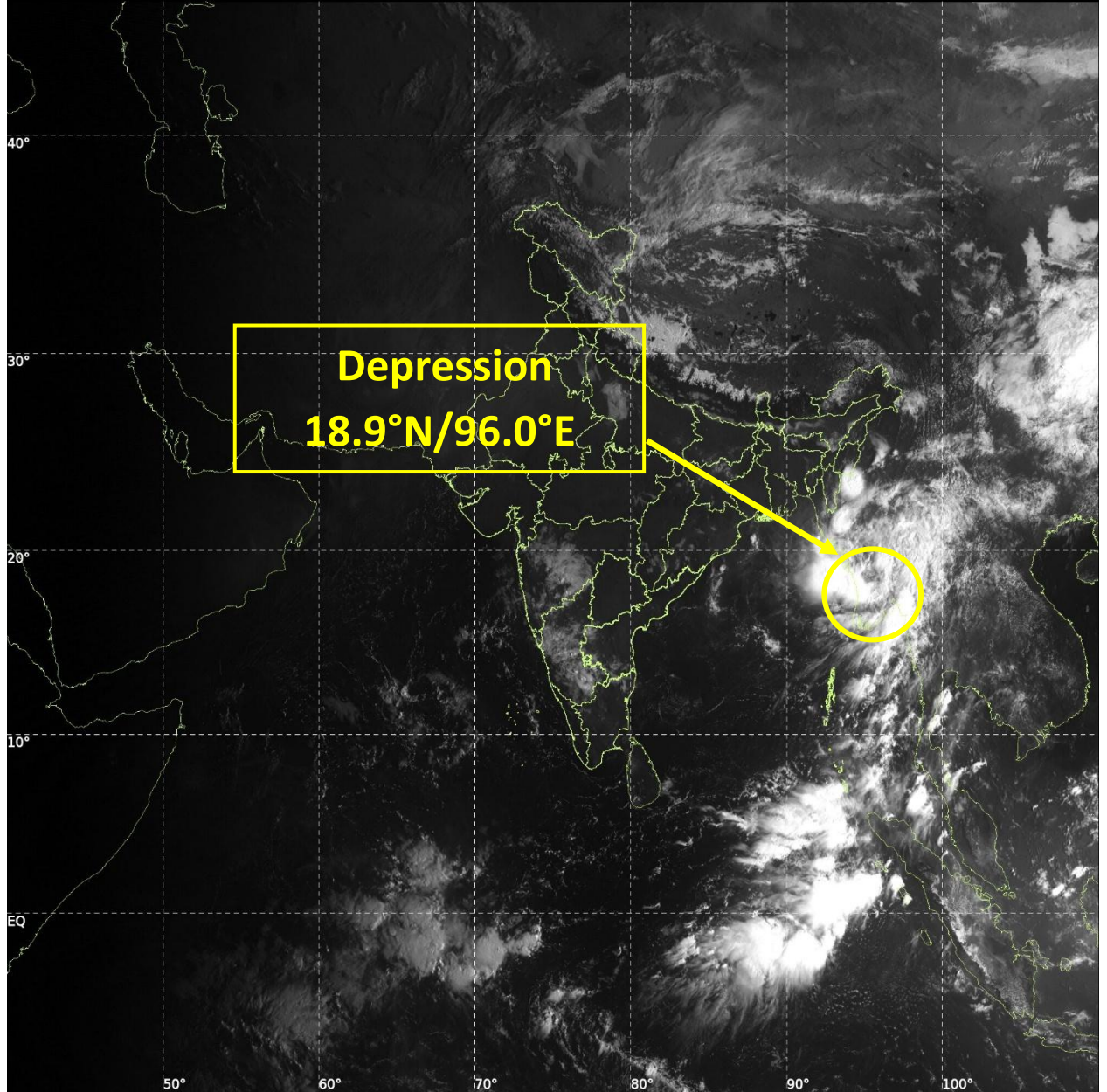
Copy to: ACWC Kolkata/ACWC Chennai/CWC Bhubaneswar/CWC Vishakhapatnam/Regional Meteorological Centre –Kolkata, Chennai/ Meteorological Centre Vijayapuram



INSAT-3DS IMG, Visible Count @ 0.65 μm
GMT:29-09-2026/(0230-0257) IST:29-09-2026/(0800-0827)
L1C MERCATOR (LINEAR STRETCH: 0.5%)

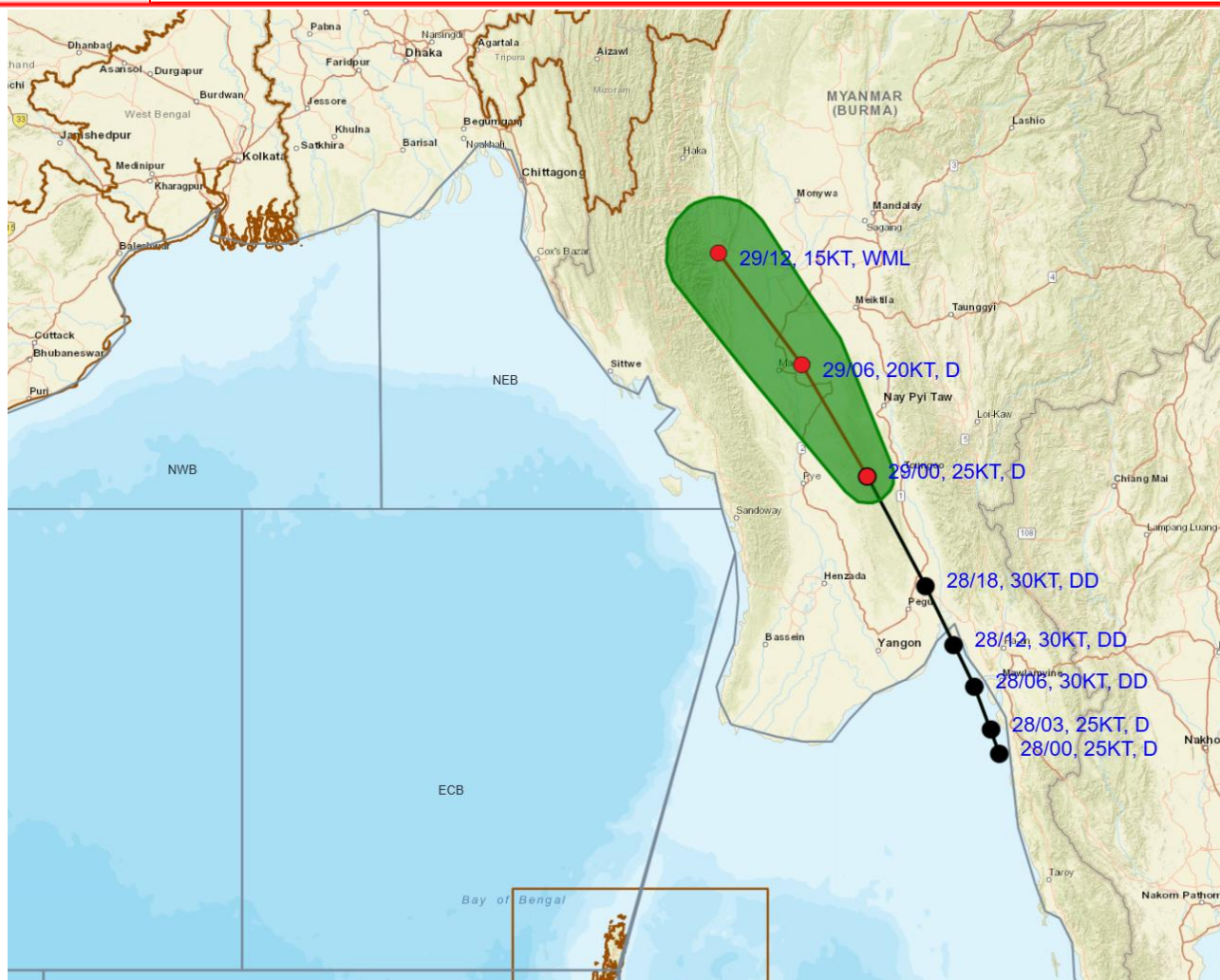
38

312





OBSERVED AND FORECAST TRACK OF DEPRESSION OVER MYANMAR AND ADJOINING EASTCENTRAL & NORTHEAST BAY OF BENGAL BASED ON 0000 UTC (0530 Hrs. IST) OF 29TH SEPTEMBER 2026



DATE/TIME IN UTC

IST= UTC + 0530

L: LOW PRESSURE AREA

WML: WELL MARKED LOW PRESSURE AREA

D: DEPRESSION (17-27 KT)

DD: DEEP DEPRESSION (28-33 KT)

CS: CYCLONIC STORM (34-47 KT)

SCS: SEVERE CYCLONIC STORM (48-63 KT)

VSCS: VERY SEVERE CYCLONIC STORM (64-89 KT)

ESCS: EXTREMELY SEVERE CYCLONIC STORM (90-119 KT)

SuCS: SUPER CYCLONIC STORM (≥ 120 KT)

● LESS THAN 34 KT

● 34-47 KT

● ≥ 48 KT

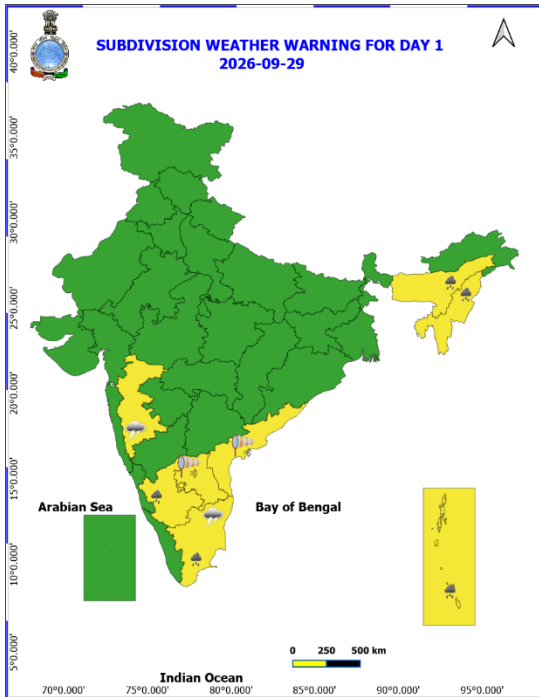
■ OBSERVED TRACK

■ FORECAST TRACK

▲ CONE OF UNCERTAINTY

				Forecast distance (km) and direction of the centre from nearest 5 stations				
Forecast Date and Time	Lead Period (hrs)	Lat	Lon	Station 1	Station 2	Station 3	Station 4	Station 5
29.09.2026 00:00 UTC	0	18.9	96.0	TOUNGGOO (50, W)	PYAY (80, E)	BAGO (180, NNW)	KYAIKTO (210, NNW)	YANGON (240, NE)

Weather Warning Graphics



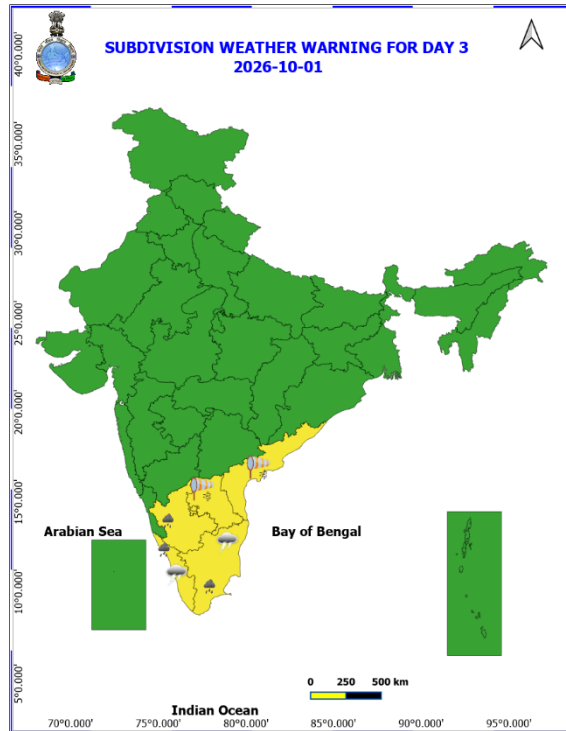
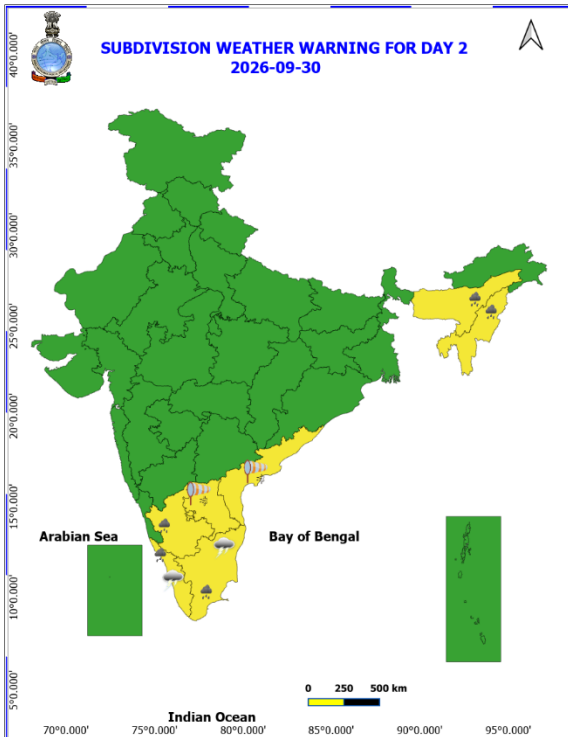
COLOUR CODED WARNING

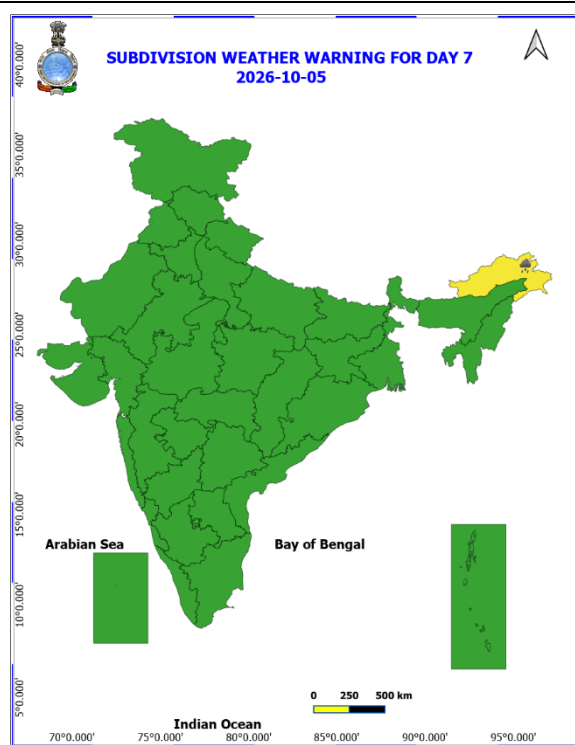
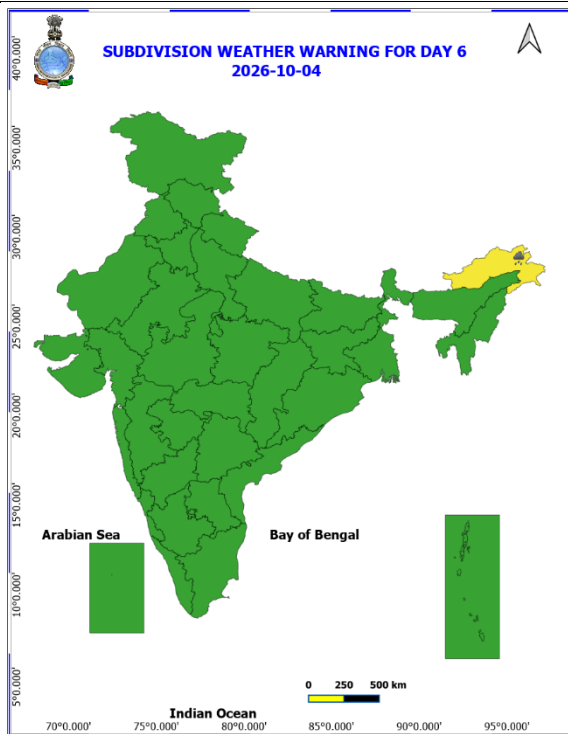
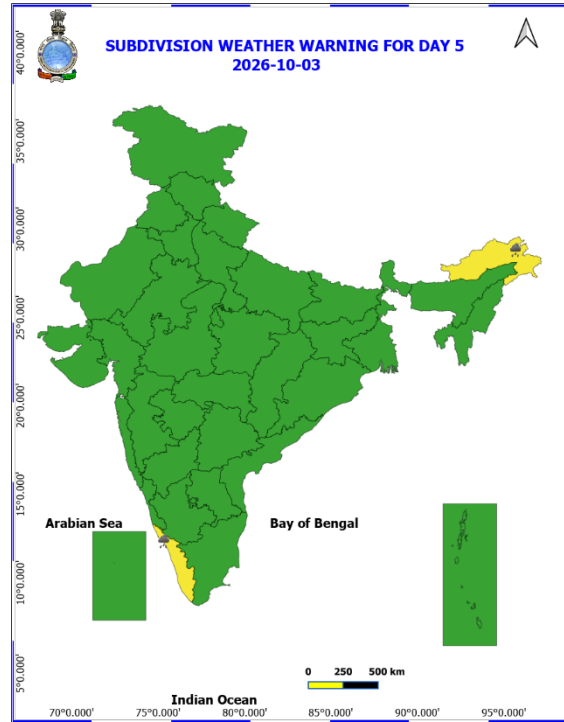
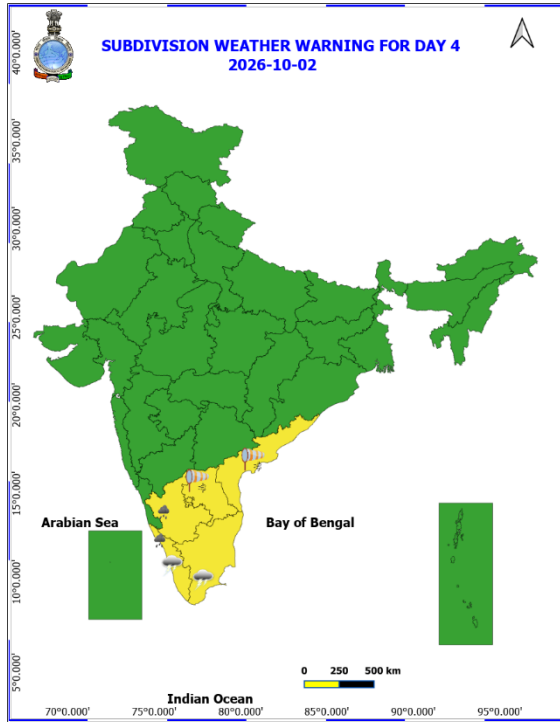
No Warning (No Action)

Watch (Be Aware)

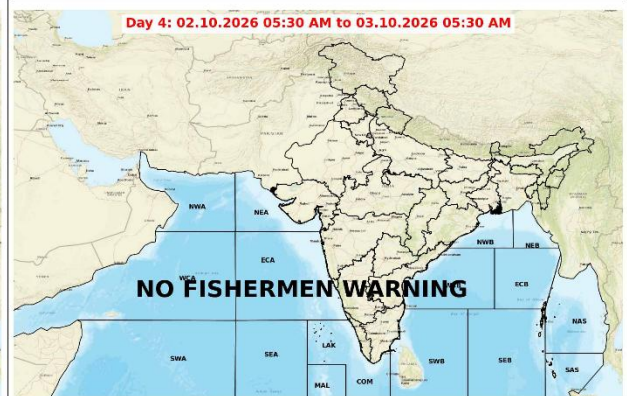
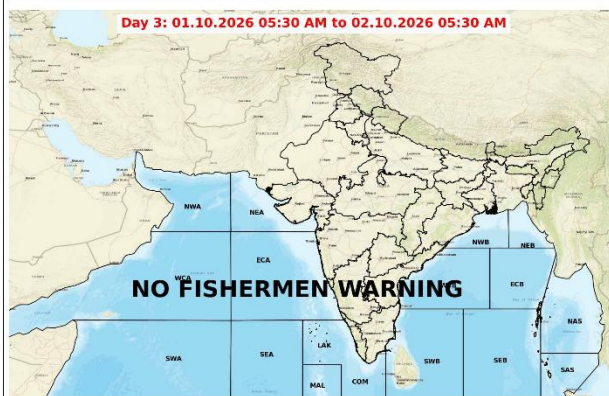
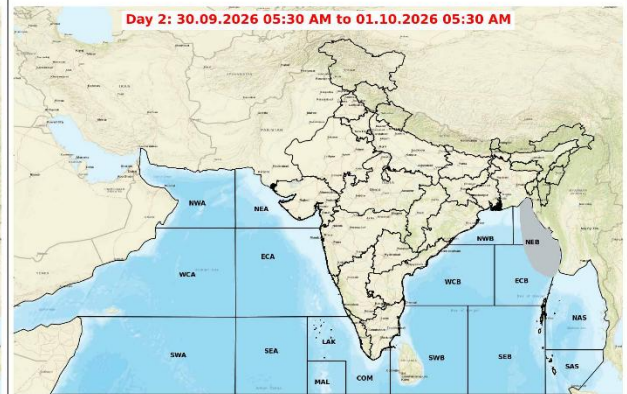
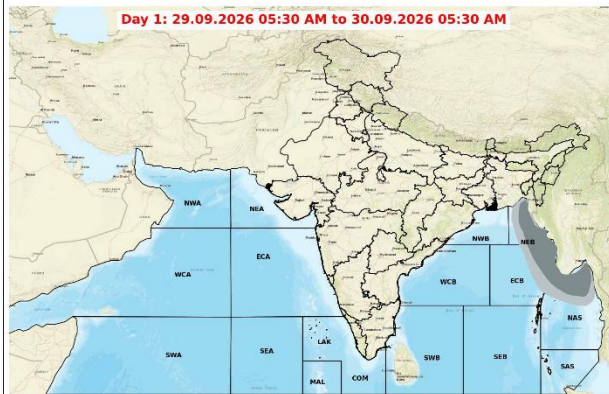
Alert (Be Prepared To Take Action)

Warning (Take Action)





Fishermen Warning Graphics



Legend

Squally Weather with wind speed 35-45 kmph gusting to 55 kmph	Squally wind with speed 55-65 kmph gusting to 75 kmph
Squally Weather with wind speed 40-50 kmph gusting to 60 kmph	CS with Gale winds with speed 60-80 kmph gusting to 90 kmph
Squally Weather with wind speed 45-55 kmph gusting to 65 kmph	SCS with Gale wind speed 90-110 kmph gusting to 120 kmph
Squally wind with speed 45-55 kmph gusting to 65 kmph	VSCS with Gale wind speed 120-165 kmph gusting to 185 kmph
Squally wind with speed 50-60 kmph gusting to 70 kmph	ESCS with Gale wind speed 165-220 kmph gusting to 245 kmph

Fishermen are advised not to venture into the marked areas.