



REGIONAL SPECIALISED METEOROLOGICAL CENTRE -TROPICAL CYCLONES, NEW DELHI SPECIAL TROPICAL WEATHER OUTLOOK

DEMS-RSMC TROPICAL CYCLONES NEW DELHI DATED 29.09.2026

SPECIAL TROPICAL WEATHER OUTLOOK FOR THE NORTH INDIAN OCEAN (THE BAY OF BENGAL AND THE ARABIAN SEA) VALID FOR THE NEXT 168 HOURS ISSUED AT 1500 UTC OF 29.09.2026 BASED ON 1200 UTC OF 29.09.2026.

Sub: Depression over coastal Myanmar and adjoining Northeast Bay of Bengal & southeast Bangladesh

The Depression over coastal Myanmar and adjoining Northeast Bay of Bengal moved west-northwestwards with a speed of 18 kmph during past 6 hours and lay centred at 1200 UTC of today, the 29th September 2026 over coastal Myanmar and adjoining Northeast Bay of Bengal & southeast Bangladesh near latitude 20.7°N and longitude 94.3°E, about 80 km south-southeast of Mindat (48045, Myanmar), 170 km east of Kyauktaw (48051, Myanmar), 260 km east-southeast of Cox's Bazar (41992, Bangladesh), and 320 km southeast of Chittagong (41977, Bangladesh), 370 km south-southeast of Aizawl (42727, Mizoram, India).

It is very likely to move northwestwards and weaken into a well-marked low-pressure area over coastal Myanmar and adjoining southeast Bangladesh & Northeast Bay of Bengal during next 12 hours. Thereafter, it is very likely to continue to move further northwestwards towards southeast Bangladesh and adjoining areas of Myanmar, Mizoram, Tripura & Northeast Bay of Bengal and weaken gradually during subsequent 24 hours.

The estimated central pressure is 1004 hPa and associated maximum sustained wind speed is 20 kt gusting to 30 kt.

Pyay (48077, Myanmar) reported MSLP as 1004.6 hPa. Minbu (48064, Myanmar) reported MSLP 1004.7 hPa, Maximum Sustained Wind (MSW) speed as 40⁰/01 kt.

As per INSAT 3DS imagery at 1200 UTC of 29th September, scattered to broken low to medium clouds with embedded intense to very intense convection lay over Nagaland, Manipur, Mizoram, northeast & eastcentral Bay of Bengal, north Andaman Sea, Myanmar and Thailand (Minimum Cloud Top Temperature (CTT) is -70 to -90°C).

Remarks

Madden Julian Oscillation index is in phase 1 with amplitude more than 1 and is likely to loop in the same phase during next 3-4 days with amplitude remaining more than 1. The low level vorticity in the lower tropospheric levels has further reduced and is around $50 \times 10^{-6} \text{ s}^{-1}$ at 850 around the system centre. Vertically it is extending upto mid-tropospheric level. The lower level convergence has further reduced and is about $10 \times 10^{-6} \text{ s}^{-1}$ around the system centre. Upper level divergence is around $10 \times 10^{-6} \text{ s}^{-1}$ around the system centre. The mid shear is low to moderate (10-15kt) and anticyclonic over the system area and along the predicted path. Due to land interaction, the environmental features are gradually becoming less

Cloud distribution: (a) Isolated: <25%, Scattered:25-50%, Broken: 51-75%, Solid:>75%, Convection Intensity: (a) Weak: Cloud Top Temperature(CTT)>-25°C, (b) Moderate: CTT:-25°Cto-40°C, (c) Intense: CTT: -41°Cto -70°C and (d) Very Intense::Less than -70°C Probability of cyclogenesis (formation of depression) :NIL:0%, LOW:1-33%, MODERATE:34-66% and HIGH:67-100%

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supportive. Under these conditions, the system is likely to weaken into a well marked low pressure area gradually.

Models are consistent w.r.t north-northwestwards movement along and off Myanmar–Bangladesh coasts towards northeast Bay of Bengal & adjoining Bangladesh and gradual weakening during next 24 hours.

Guidance from numerical models:

Based on the observations and guidance from various numerical models:

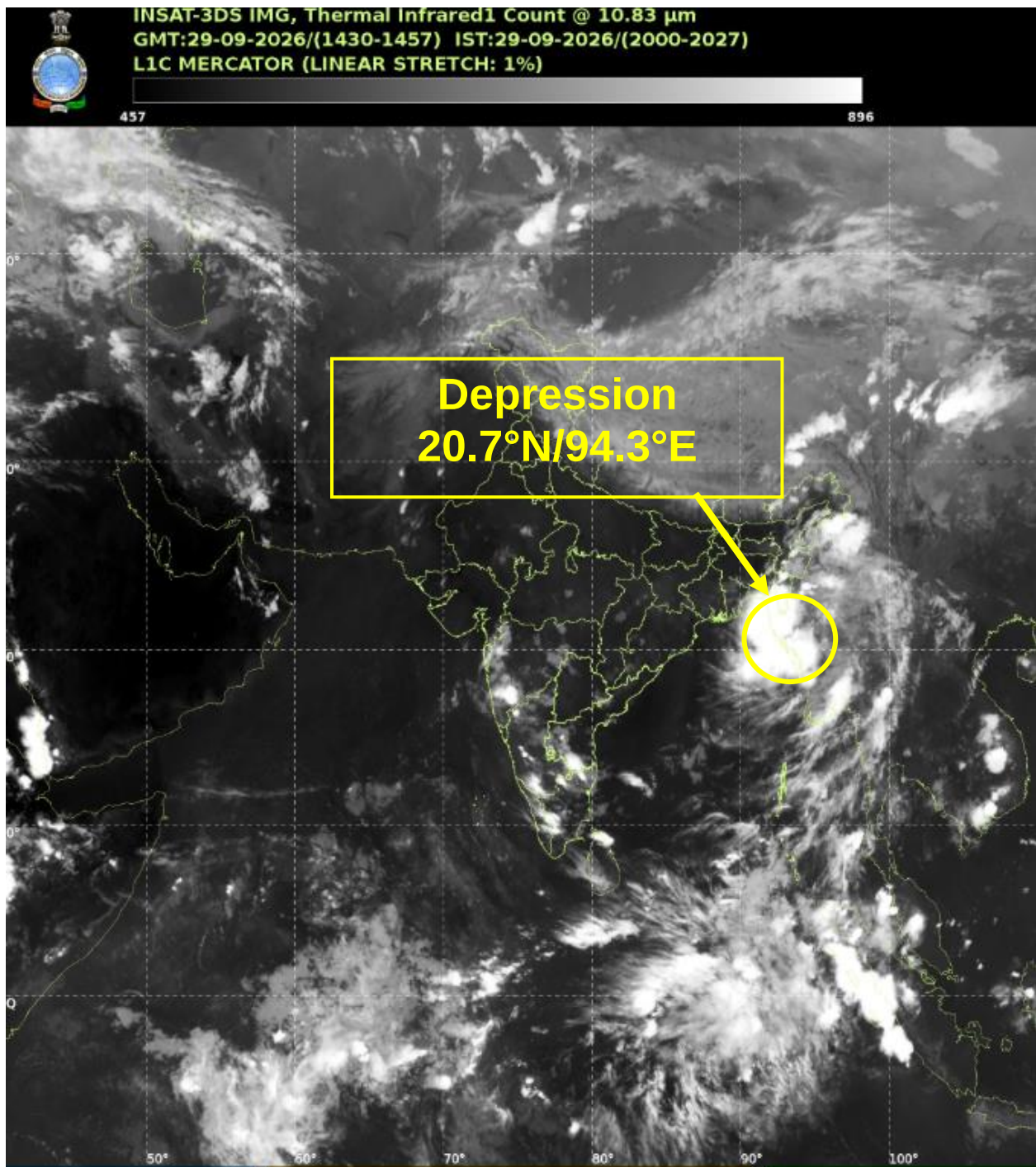
Confidence Level in estimation of current location and intensity: **Mod**

Confidence Level in prediction of forecast track: **Mod**

Confidence Level in prediction of forecast intensity: **Mod**

Considering all the above, it is inferred that the depression over coastal Myanmar and adjoining Northeast Bay of Bengal & southeast Bangladesh is very likely to move northwestwards and weaken into a well-marked low-pressure area over coastal Myanmar and adjoining southeast Bangladesh & Northeast Bay of Bengal during next 12 hours. Thereafter, it is very likely to continue to move further northwestwards towards southeast Bangladesh and adjoining areas of Myanmar, Mizoram, Tripura & Northeast Bay of Bengal and weaken gradually during subsequent 24 hours.

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OBSERVED AND FORECAST TRACK OF DEPRESSION OVER COASTAL MYANMAR AND ADJOINING NORTHEAST BAY OF BENGAL & SOUTHEAST BANGLADESH BASED ON 1200 UTC (1730 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

● ≥ 48 KT

■ OBSERVED TRACK

■ FORECAST TRACK

▲ CONE OF UNCERTAINTY

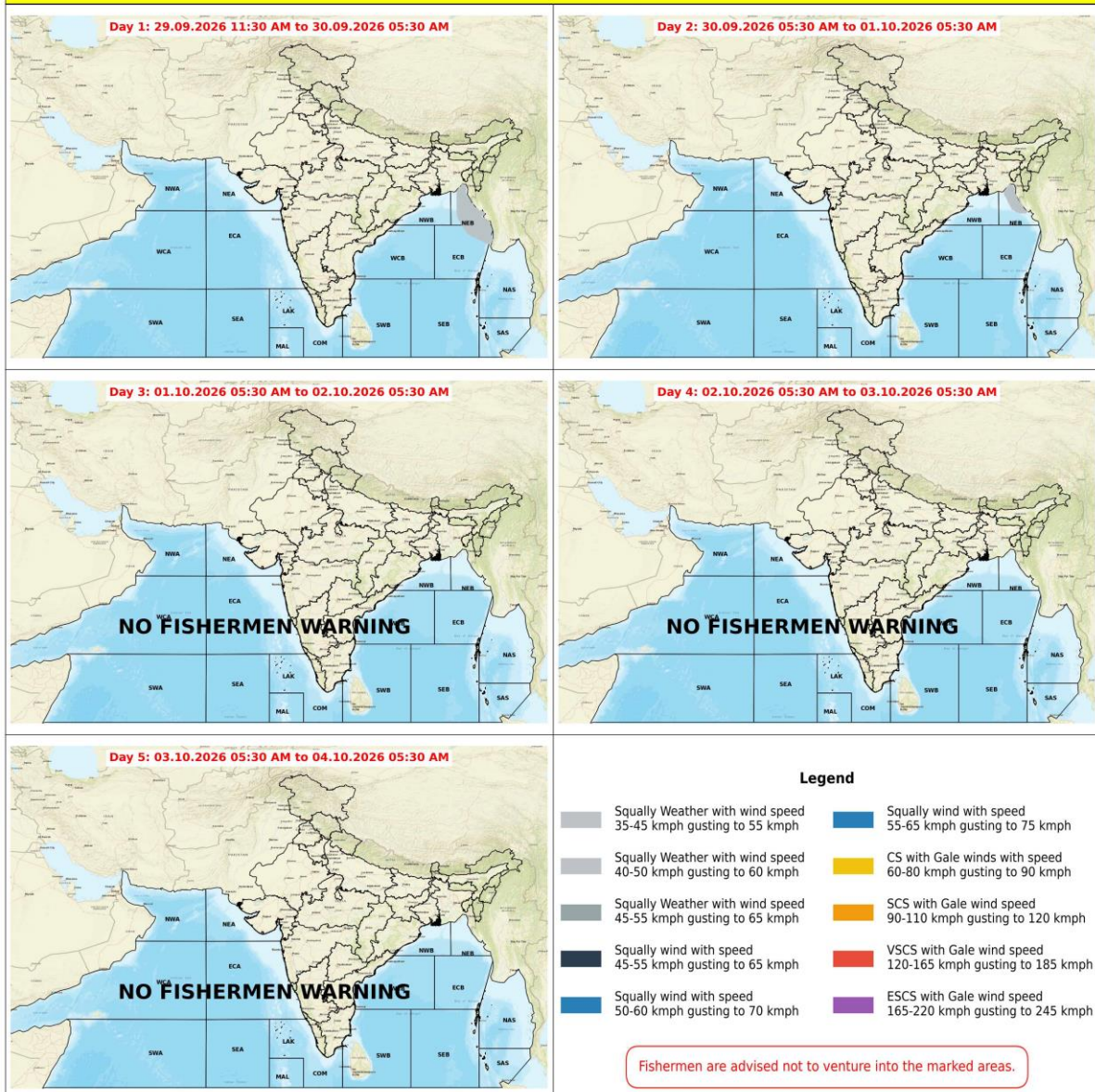
Forecast distance (km) and direction of the centre from nearest 5 stations

Forecast Date and Time	Lead Period (hrs)	Lat	Lon	Station 1	Station 2	Station 3	Station 4	Station 5
29.09.2026 12:00 UTC	0	20.7	94.3	MINDAT (80, SSE)	KYAUKTAW (170, E)	COX'S BAZAR (260, ESE)	CHITTAGONG (AMBAGAN) (320, SE)	AIJAL (370, SSE)

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Fishermen Warning Graphics



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