



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 0600 UTC OF 29.09.2026 BASED ON 0300 UTC OF 29.09.2026.

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

The Depression over coastal Myanmar and adjoining Eastcentral & Northeast Bay of Bengal moved very fast north-northwestwards with a speed of 32 kmph during past 6 hours and lay centred at 0300 UTC of today, the 29th September 2026 over coastal Myanmar and adjoining Eastcentral & Northeast Bay of Bengal near latitude 19.7°N and longitude 95.6°E, about 90 km southeast of Minbu (Myanmar), 130 km south of Meiktila (Myanmar), 180 km south-southeast of Nyaung-U (Myanmar), 260 km south of Mandalay (Myanmar) and 270 km south of Monywa (Myanmar).

It is very likely to move further north-northwestwards and weaken into a well marked low pressure area over coastal Myanmar and adjoining southeast Bangladesh & Northeast Bay of Bengal around 1200 UTC of today, the 29th September. Thereafter, it is very likely to continue to move further north-northwestwards towards southeast Bangladesh and adjoining areas of Myanmar, Mizoram, Tripura & Northeast Bay of Bengal and weaken gradually during subsequent 24 hours.

The forecast track and intensity of the system is given below:

Date/Time (UTC)	Position (Lat. °N/ Long. °E)	Maximum Sustained Surface Wind Speed (Kmph)	Category Of Cyclonic Disturbance
29.09.26/0300	19.7/95.6	45-55 gusting 65	Depression
29.09.26/0600	20.2/95.2	40-50 gusting 60	Depression
29.09.26/1200	21.5/94.2	25-35 gusting 45	Well-Marked Low Pressure Area

The estimated central pressure is 1004 hPa and associated maximum sustained wind speed is 25 kt gusting to 35 kt.

Pyay (48077, Myanmar) reported MSLP 1005.5 hPa. Minbu (48064, Myanmar) reported MSLP 1005.8 hPa, Maximum Sustained Wind (MSW) speed as 220⁰/01 kt.

As per INSAT 3DS imagery at 0300 UTC of 29th September, the vortex lay over south Myanmar and neighbourhood centred near 19.7°N/ 95.6°E. Associated scattered to broken low to medium clouds with embedded intense to very intense convection lay over northeast & eastcentral Bay of Bengal, north Andaman Sea, Myanmar and Thailand (Minimum Cloud Top Temperature (CTT) is -70 to -90°C).

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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Convection over other areas: Scattered to broken low and medium clouds with embedded intense to very intense convection lay over east Bay of Bengal, Andaman Sea, Arakan coast, Gulf of Martaban and Tenasserim Coast. Scattered low and medium clouds with embedded isolated moderate to intense convection lay over west Bay of Bengal.

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 $20 \times 10^{-6} \text{ s}^{-1}$ around the system centre. Upper level divergence is around $30\text{-}40 \times 10^{-6} \text{ s}^{-1}$ 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 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: **High**

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 Eastcentral & Northeast Bay of Bengal** is very likely to move further north-northwestwards and weaken into a well marked low pressure area over coastal Myanmar and adjoining southeast Bangladesh & Northeast Bay of Bengal around 1200 UTC of today, the 29th September. Thereafter, it is very likely to continue to move further north-northwestwards towards southeast Bangladesh and adjoining areas of Myanmar, Mizoram, Tripura & Northeast Bay of Bengal and weaken gradually during subsequent 24 hours.

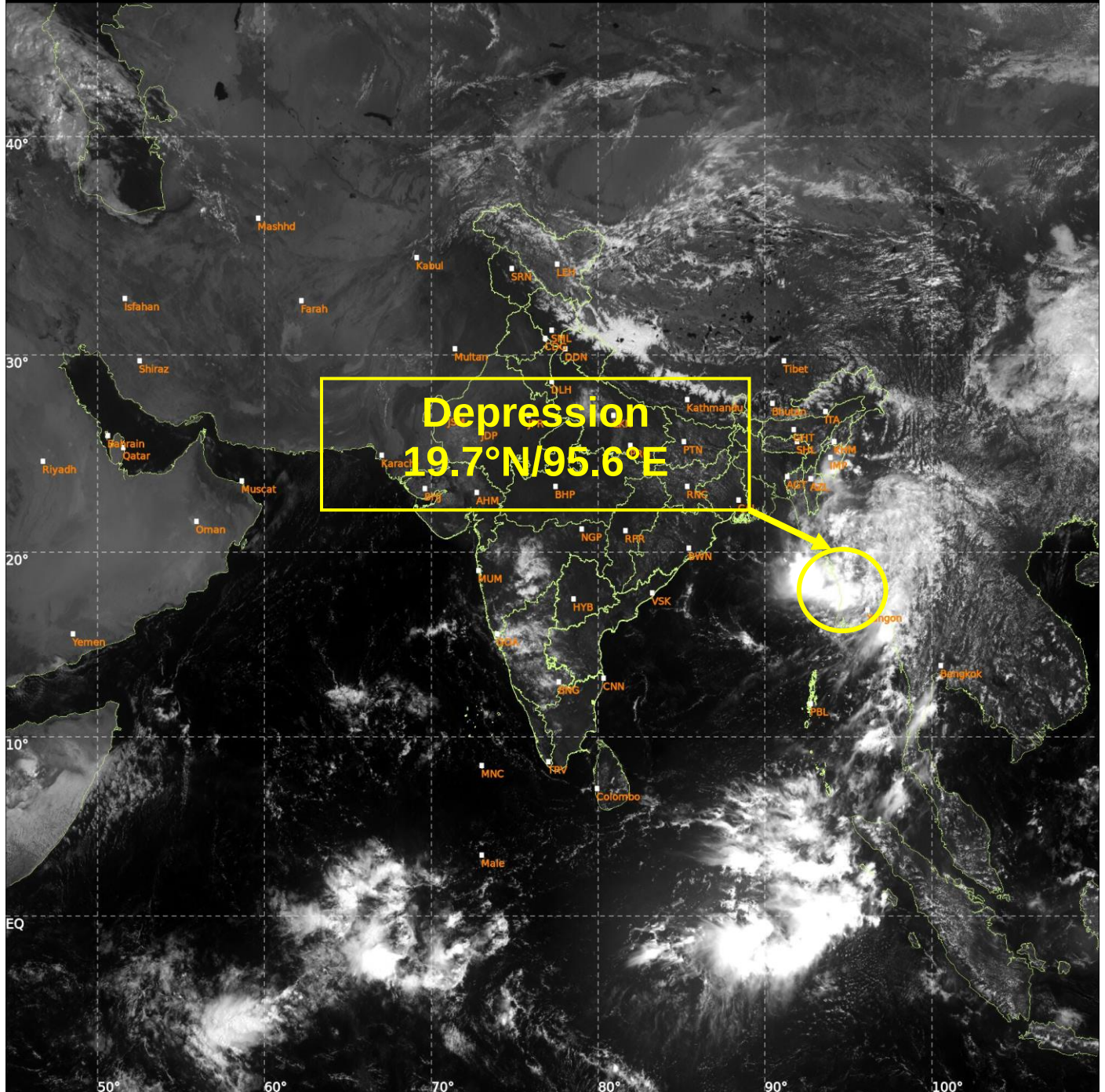
MONICA SHARMA
SCIENTIST-E
RSMC NEW DELHI



INSAT-3DS IMG, Visible Count @ 0.65 μm
GMT:29-09-2026/(0530-0557) IST:29-09-2026/(1100-1127)
LIC MERCATOR (LINEAR STRETCH: 0.5%)

67

427

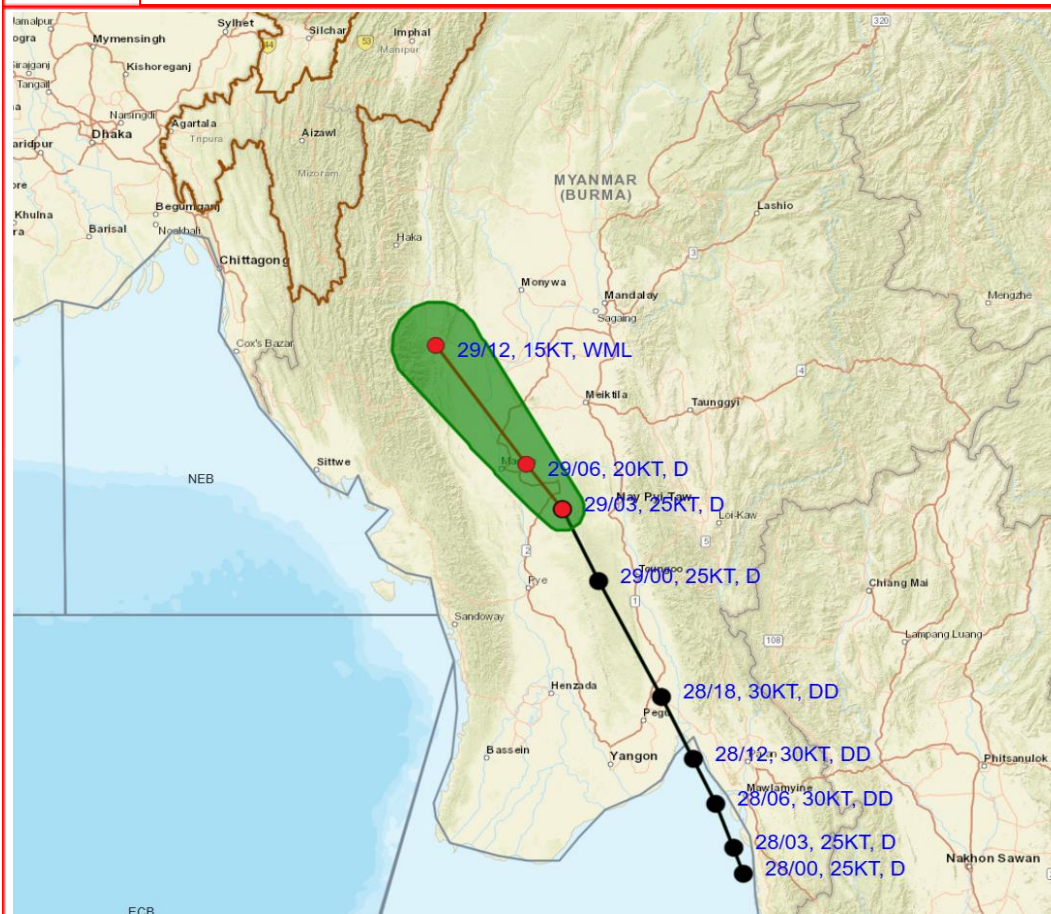


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OBSERVED AND FORECAST TRACK OF DEPRESSION OVER COASTAL MYANMAR AND ADJOINING EASTCENTRAL & NORTHEAST BAY OF BENGAL BASED ON 0300 UTC (0830 Hrs. IST) OF 29TH SEPTEMBER 2026



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

depression

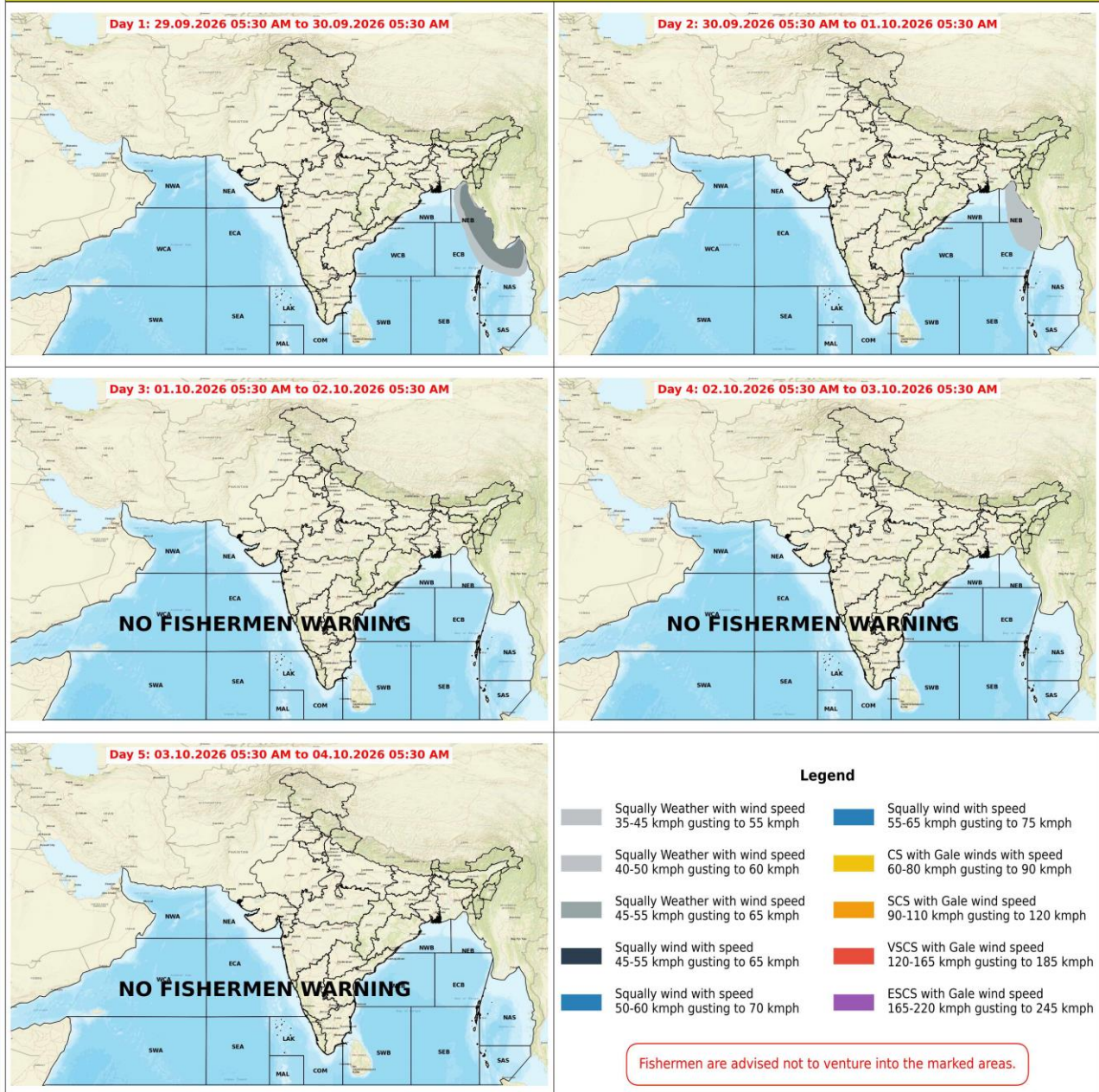
Forecast distance (km) and direction of the centre from nearest 5 stations

Forecast Date and Time	Lead Period (hrs)	Lat	Lon	Station 1	Station 2	Station 3	Station 4	Station 5
29.09.2026 03:00 UTC	0	19.7	95.6	PYINMANA (60, W)	MINBU (90, SE)	YAMETHIN (100, SW)	PROME (110, NNE)	TOUNGGOO (130, NW)

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Fishermen Warning Graphics



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