



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

DEMS-RSMC TROPICAL CYCLONES NEW DELHI DATED 07.03.2026

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 07.03.2026 BASED ON 0300 UTC OF 07.03.2026.

BAY OF BENGAL:

Yesterday's upper air cyclonic circulation over westcentral Bay of Bengal off north Andhra Pradesh coast at 0.9 km above mean sea level became less marked at 0000 UTC of today, the 07th March, 2026.

Scattered low and medium clouds with embedded isolated weak to moderate convection lay over south Bay of Bengal.

***PROBABILITY OF CYCLOGENESIS (FORMATION OF DEPRESSION) DURING NEXT 168 HRS)**

24 HOURS	24-48 HOURS	48-72 HOURS	72-96 HOURS	96-120 HOURS	120-144 HOURS	144-168 HOURS
NIL	NIL	NIL	NIL	NIL	NIL	NIL

***NOTE: EVERY 24HR FORECAST IS VALID UPTO 0300 UTC (0830 IST) OF NEXT DAY**

ARABIAN SEA:

Yesterday's upper air cyclonic circulation over Comorin area & neighbourhood at 0.9 km above Mean sea level became less marked at 0000 UTC of today, the 07th March, 2026.

Scattered low and medium clouds with embedded isolated moderate to intense convection lay over southeast Arabian Sea off south Kerala coast.

***PROBABILITY OF CYCLOGENESIS (FORMATION OF DEPRESSION) DURING NEXT 168 HRS:**

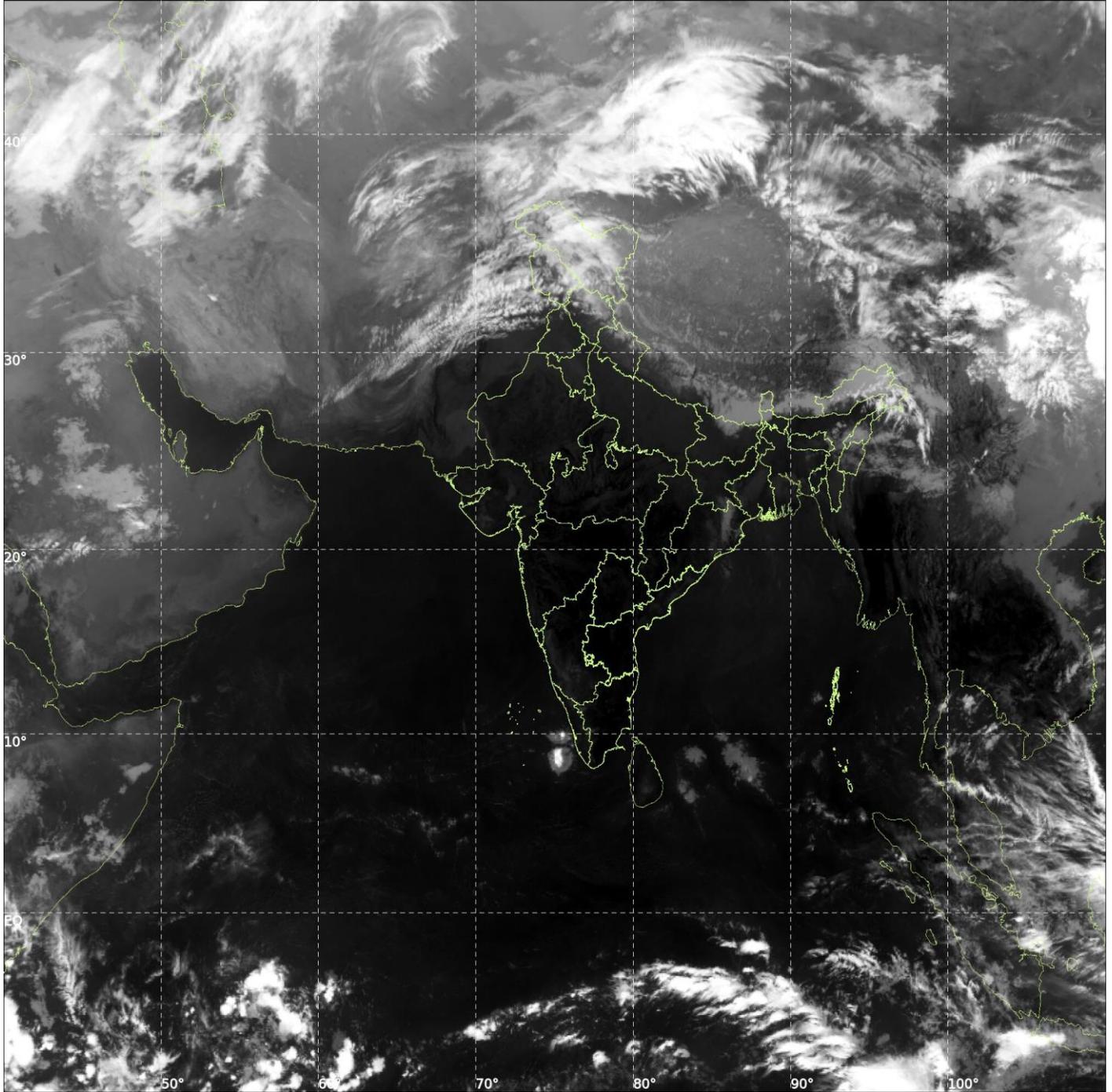
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***NOTE: EVERY 24HR FORECAST IS VALID UPTO 0300 UTC (0830 IST) OF NEXT DAY**

REMARKS: Nil



INSAT-3DS IMG, Thermal Infrared1 Count @ 10.83 μm
GMT:07-03-2026/(0300-0327) IST:07-03-2026/(0830-0857)
L1C MERCATOR (LINEAR STRETCH: 1%)



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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