



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

DEMS-RSMC TROPICAL CYCLONES NEW DELHI DATED 30.09.2026

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 0300UTC OF 30.09.2026 BASED ON 0000 UTC OF 30.09.2026.

Sub: Depression over coastal Myanmar and adjoining Northeast Bay of Bengal & southeast Bangladesh weakened into a Well Marked Low Pressure Area over North Myanmar and adjoining areas of southeast Bangladesh, Mizoram and Northeast Bay of Bengal

The Depression over coastal Myanmar and adjoining Northeast Bay of Bengal & southeast Bangladesh moved north-northwestwards and weakened into a Well Marked Low Pressure Area over North Myanmar and adjoining areas of southeast Bangladesh, Mizoram & Northeast Bay of Bengal at 0000 UTC of today, the 30th September 2026.

It is very likely to move north-northwestwards towards Mizoram, Tripura & adjoining southeast Bangladesh and weaken gradually into a Low Pressure Area during next 24 hours.

The estimated central pressure is 1006 hPa and associated maximum sustained wind speed is 15kt gusting to 25 kt.

As per INSAT 3DS imagery at 0000 UTC of 29th September, scattered to broken low to medium clouds with embedded intense to very intense convection lay over Nagaland, Manipur, Mizoram, Tripura, northeast Bay of Bengal & adjoining Bangladesh coast north Andaman Sea, Myanmar and Thailand (Minimum Cloud Top Temperature (CTT) is -50 to -70°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 $40 \times 10^{-6} \text{ s}^{-1}$ at 850 around the system centre. Vertically it is extending upto mid-tropospheric level. The lower level convergence has further reduced and is about $15 \times 10^{-6} \text{ s}^{-1}$ to the northeast of 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 supportive. Under these conditions, the system is likely to weaken into a low pressure area gradually.

Models are consistent w.r.t north-northwestwards movement north-northwestwards towards Mizoram,

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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Tripura & adjoining southeast Bangladesh and gradual weakening into a low pressure area 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 Well-marked low pressure very likely to move north-northwestwards towards Mizoram, Tripura & adjoining southeast Bangladesh and weaken gradually into a Low Pressure Area during next 24 hours.

Shashi Kant
SCIENTIST-D
RSMC NEW DELHI

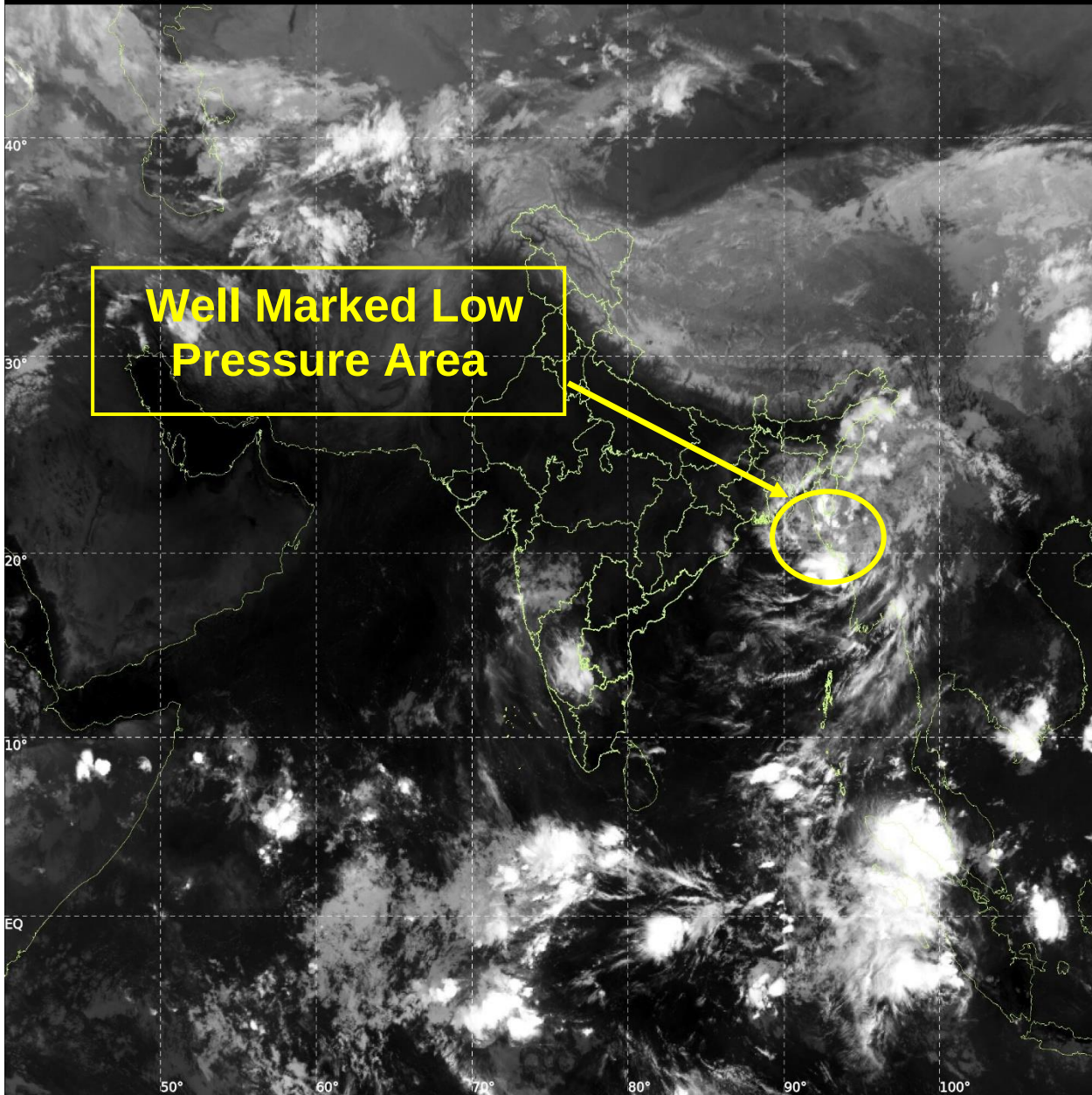


INSAT-3DS IMG, Thermal Infrared1 Count @ 10.83 μm
GMT:30-09-2026/(0200-0227) IST:30-09-2026/(0730-0757)
L1C MERCATOR (LINEAR STRETCH: 1%)

495

884

**Well Marked Low
Pressure Area**



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OBSERVED TRACK OF DEPRESSION OVER NORTH ANDAMAN SEA AND ADJOINING MYANMAR COAST DURING 28 - 29 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)

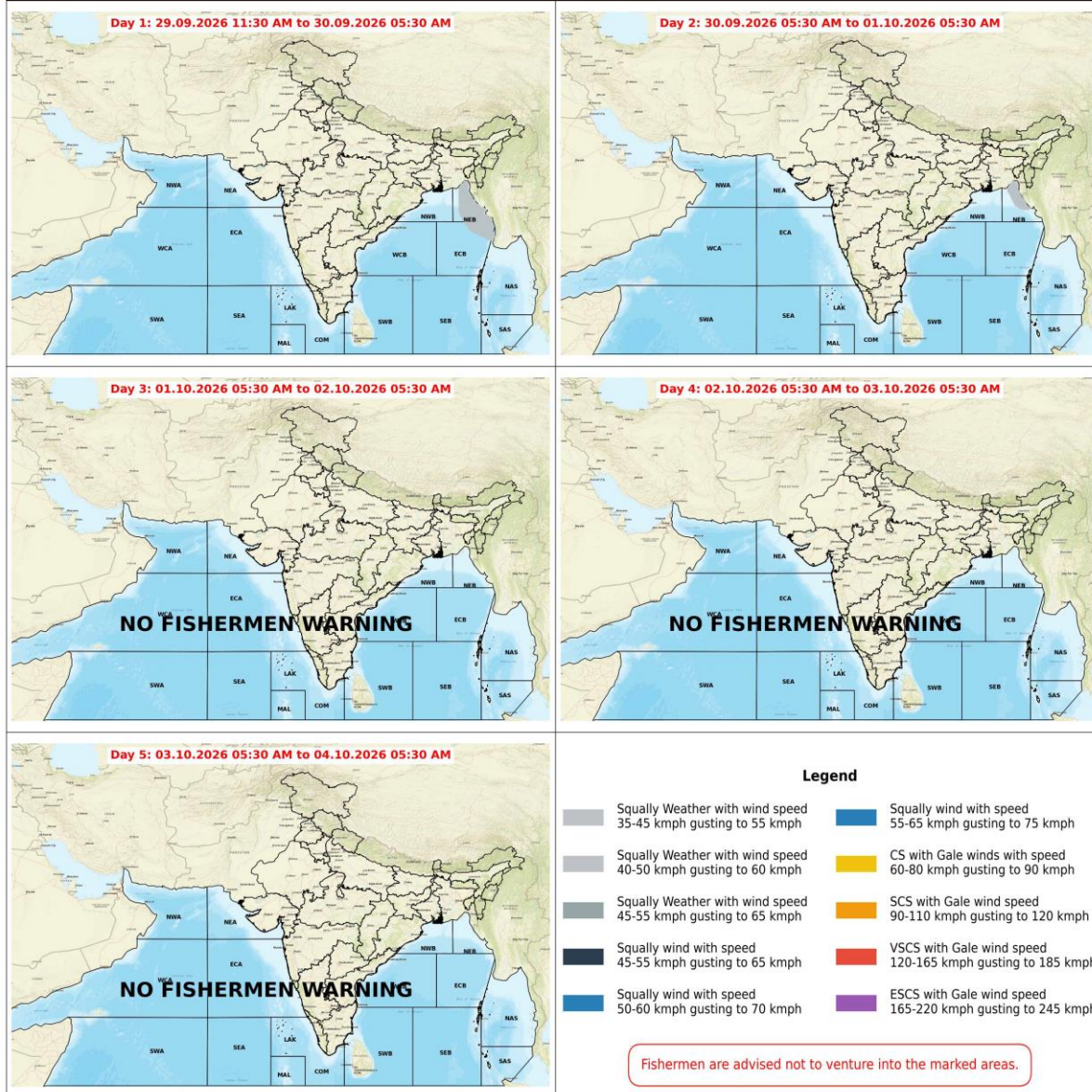
SuCS: SUPER CYCLONIC STORM (≥ 120 KT)

- LESS THAN 34 KT
- 34-47 KT
- ≥ 48 KT
- OBSERVED TRACK
- FORECAST TRACK
- CONE OF UNCERTAINTY

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Fishermen Warning Graphics



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