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 0330 UTC OF 29.09.2026 BASED ON 0000 UTC OF 29.09.2026.

Sub: Deep Depression over coastal Myanmar weakened into 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 0000 UTC 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 (48078, Myanmar), 80 km east of Pyay (48077, Myanmar), 180 km north-northwest of Bago (48093, Myanmar), 210 km north-northwest of Kyaikto (Myanmar) and 240 km northeast of Yangon (48097, 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, 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.

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
29.09.26/0000	18.9/96.0	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.

Magway(48065, Myanmar) reported MSLP 1005.2 hPa, Maximum Sustained Wind (MSW) speed as 320^0/01 kt. Toungoo (48078, Myanmar) reported MSLP 1007.1 hPa, Maximum Sustained Wind (MSW) speed as 180^0/01 kt.

As per INSAT 3D(S), Associated scattered to broken low and medium clouds with embedded intense to very intense convection lay over northeast and 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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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 7 days with amplitude remaining more than 1. The sea surface temperature (SST) is 29-30^{0}C. The low level vorticity in the lower tropospheric levels is further reduced and is around 50 X 10^{-6} s^{-1} at 850 around the system centre. Vertically it is extending upto mid-tropospheric level. The lower level convergence is around 30 X 10^{-6} s^{-1} around the system centre. Upper level divergence is 20 X 10^{-6} 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. Under these unfavourable features, the system weakened into depression at 0000 UTC of today.

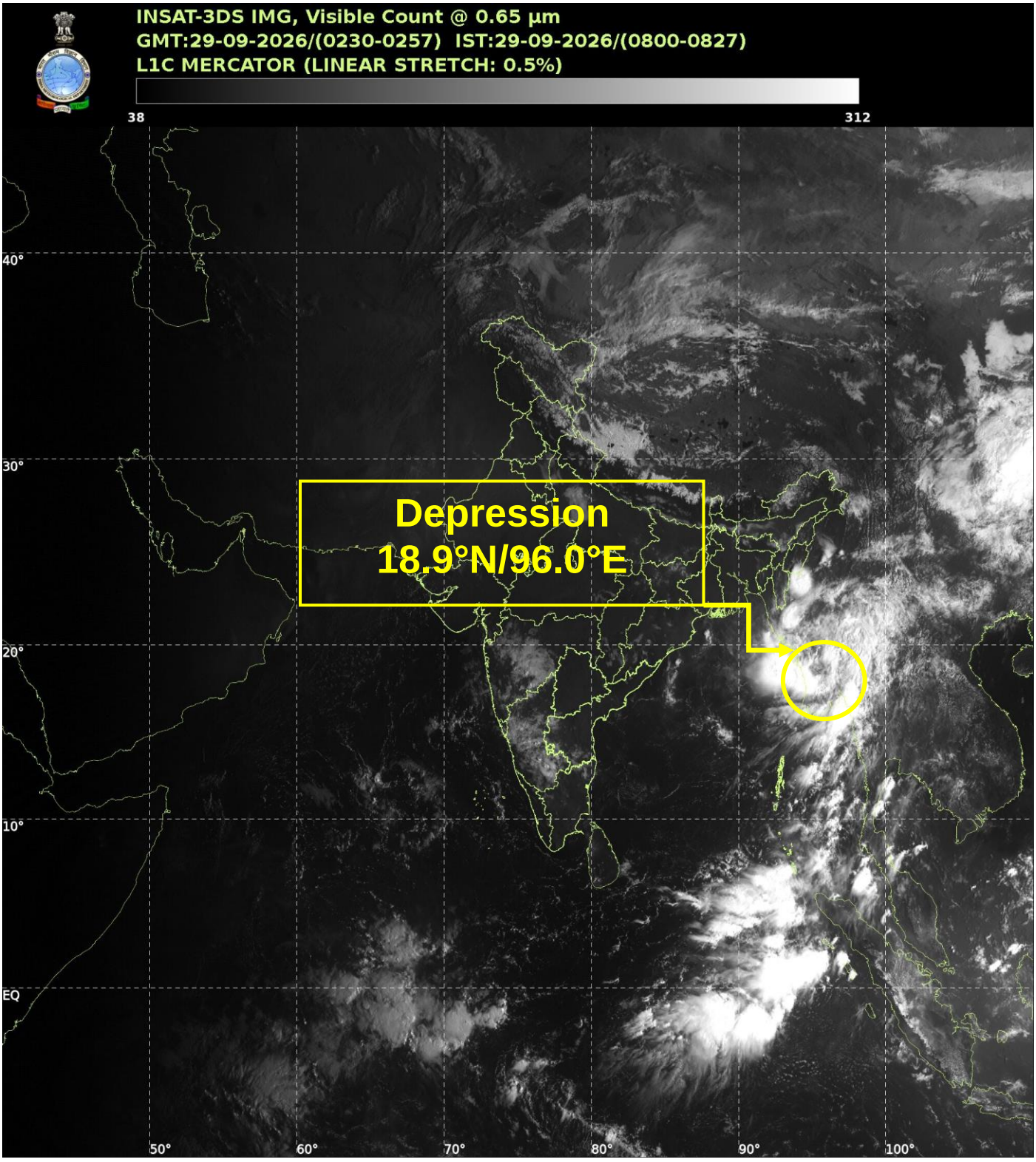
Models are consistent w.r.t north-northwestwards movement along and off Myanmar–Bangladesh coasts towards northeast Bay of Bengal & adjoining Bangladesh and gradual weakening during next 24 hours.

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 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 0000 UTC of today, the 29th September 2026 over Myanmar and adjoining Eastcentral & Northeast Bay of Bengal. 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.

Dr. AMIT BHARDWAJ
SCIENTIST-D
RSMC NEW DELHI



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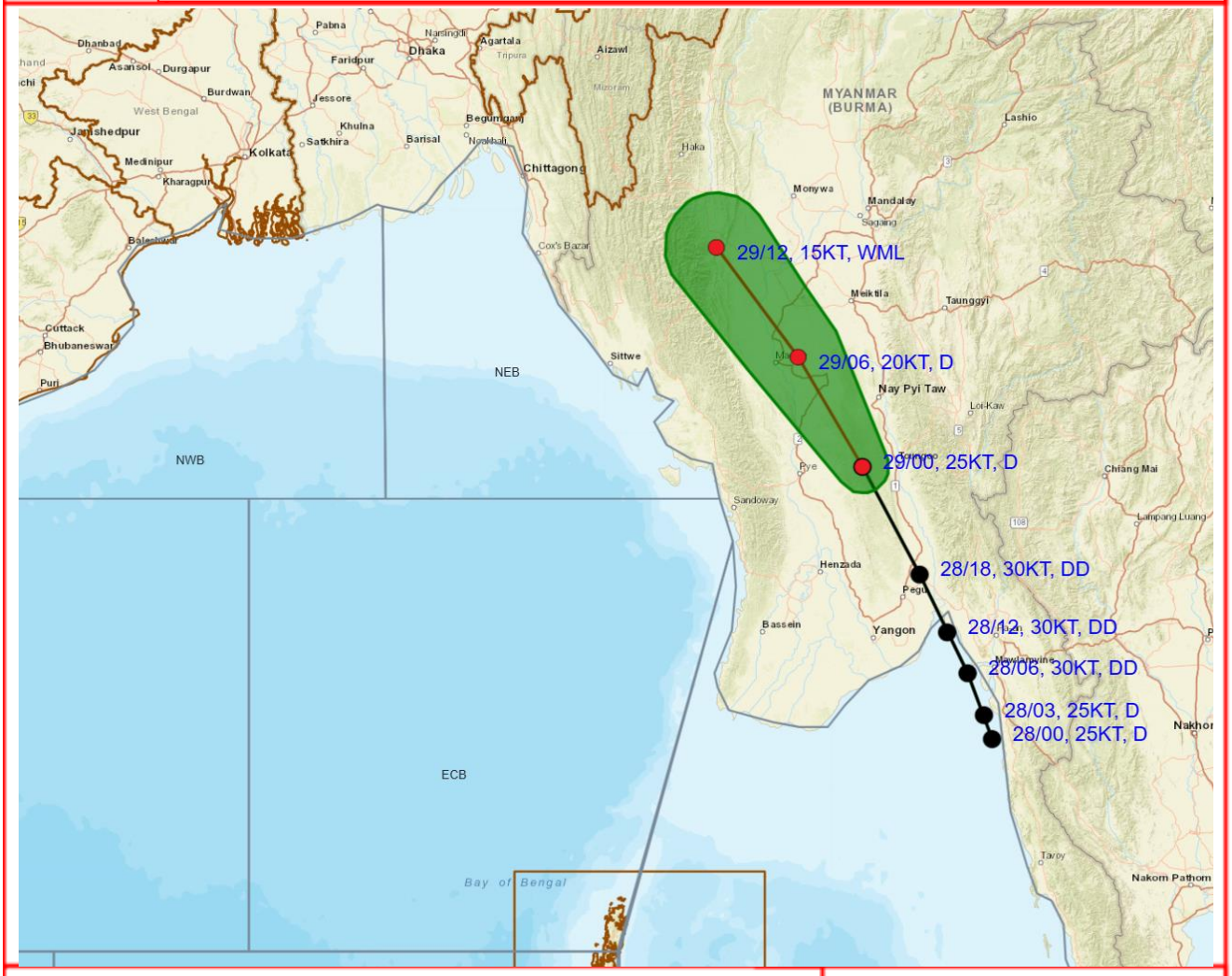
OBSERVED AND FORECAST TRACK OF DEPRESSION OVER MYANMAR AND ADJOINING EASTCENTRAL & NORTHEAST BAY OF BENGAL BASED ON 0000 UTC (0530 Hrs. IST) OF 29TH SEPTEMBER 2026



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	TOUNGOO (50, W)	PYAY (80, E)	BAGO (180,NNW)	KYAIKTO (210,NNW)	YANGON (240, NE)

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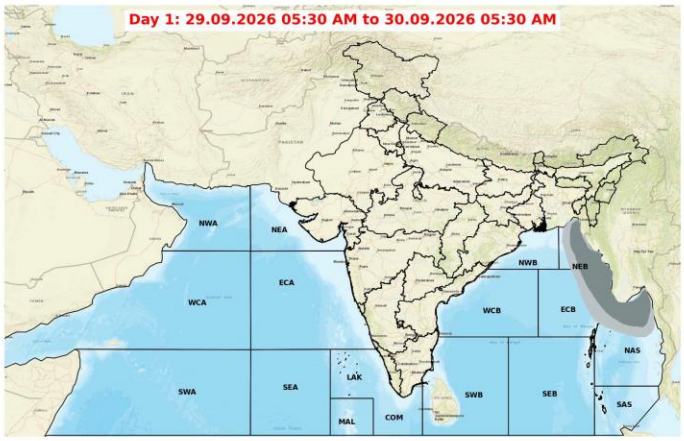
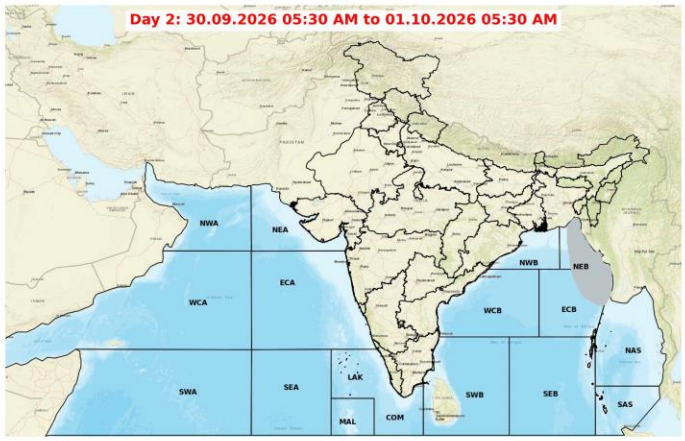
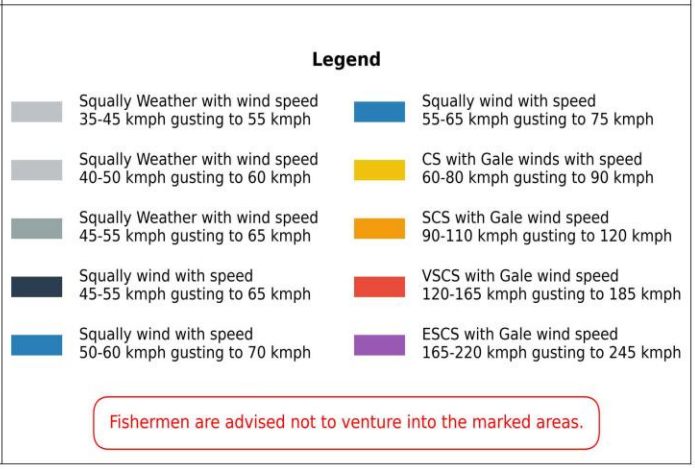
Fishermen Warning Graphics







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