



**India Meteorological Department
(Ministry of Earth Sciences)
National Bulletin NO. 8 (BOB/07/2026)**

TIME OF ISSUE: 1415 HOURS IST

DATED: 29.09.2026

FROM: INDIA METEOROLOGICAL DEPARTMENT FAX NO. 24643965/24699216/24623220)

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Subject: Depression over coastal Myanmar and adjoining 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 28 kmph during past 6 hours and lay centred at 1130 hrs IST of today, the 29th September 2026 over coastal Myanmar and adjoining Northeast Bay of Bengal near latitude 20.2°N and longitude 95.2°E, about 30 km east of Minbu (Myanmar), 120 km south-southeast of Nyaung-U (Myanmar), 210 km south of Monywa (Myanmar) and 250 km south-southeast of Gangaw (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 during next 12 hours. 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.

Forecast track and intensity are given in the following table:

Date/Time (IST)	Position (Lat. °N/ Long. °E)	Maximum Sustained Surface Wind Speed (Kmph)	Category Of Cyclonic Disturbance
29.09.26/1130	20.2/95.2	40-50 gusting 60	Depression
29.09.26/1730	21.2/94.5	40-50 gusting 60	Depression
29.09.26/2330	22.2/93.8	25-35 gusting 45	Well Marked Low Pressure Area

Warnings:

(i) Rainfall Warning:

❖ Light to moderate rainfall at many places with isolated heavy rainfall very likely over Assam & Meghalaya, Nagaland, Mizoram & Tripura on 29th & 30th September.

(ii) Wind warning:

- ❖ Squally weather with wind speed reaching 40-50 kmph gusting to 60 kmph is likely to prevail over adjoining areas of Eastcentral Bay of Bengal and along & off Myanmar coast till evening of 29th September and decrease gradually thereafter.
- ❖ Squally weather with wind speed reaching 40-50 kmph gusting to 60 kmph over northeast Bay of Bengal and along & off Myanmar-Bangladesh coast till night of 29th September, 2026 and decrease gradually thereafter.

(iii) Sea condition:

- ❖ Rough Sea condition is very likely over adjoining areas of Eastcentral Bay of Bengal and along & off Myanmar – southeast Bangladesh coasts till 29th September evening. It is very likely to improve gradually thereafter.
- ❖ Rough to moderate sea condition is very likely over adjoining areas of Northeast Bay of Bengal and along & off Myanmar – Bangladesh coasts till 29th night and improve gradually thereafter.

(iv) Fishermen warnings:

Fishermen are advised not to venture into adjoining areas of Eastcentral Bay of Bengal and along & off Myanmar coast on 29th September and into northeast Bay of Bengal and along & off Bangladesh-Myanmar coasts till morning of 30th September, 2026.

(v) Impact expected & Action Suggested (Assam & Meghalaya, Nagaland, Mizoram and Tripura for squally wind & heavy rainfall):

Impact expected:

- ❖ Breaking of tree branches, uprooting of small trees like banana, papaya, drum sticks.
- ❖ Strong wind and rain may damage plantation, horticulture and standing crops.
- ❖ Partial damage to vulnerable structures due to strong winds and rain.
- ❖ There could be localised landslides, mudslides, landslips in hilly areas and water logging, inundation and flooding over low-lying areas.
- ❖ Onshore and offshore operations may get affected.
- ❖ Small ships, trawlers and boats may be affected.
- ❖ Occasional reduction in visibility due to heavy rainfall.
- ❖ Helicopter services may get affected.

Action suggested:

- ❖ People are advised to keep a watch on the weather for worsening conditions and be ready to move to safer places accordingly.
- ❖ Surface transport may be regulated.
- ❖ Fishing operation may be suspended.
- ❖ Tourism and recreational activities to be regulated.
- ❖ Onshore and offshore activities to be judiciously regulated.
- ❖ Helicopter services to be regulated.

Next bulletin will be issued at 2030 hours IST of today, the 29th September, 2026.

(Dharma Raju)
IMD, New Delhi

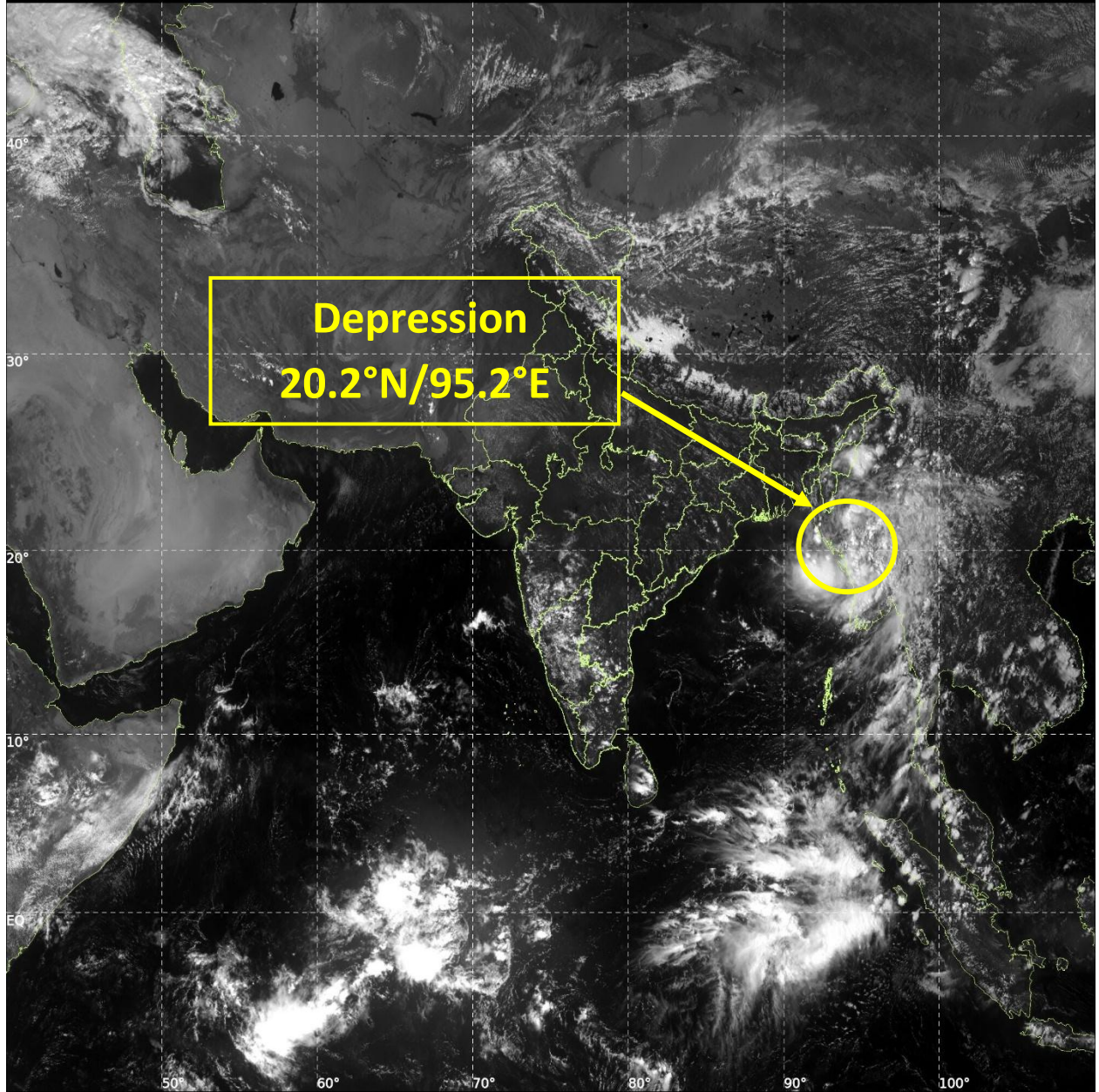
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INSAT-3DS IMG, Visible Count @ 0.65 μm
GMT:29-09-2026/(0800-0827) IST:29-09-2026/(1330-1357)
LIC MERCATOR (LINEAR STRETCH: 0.5%)

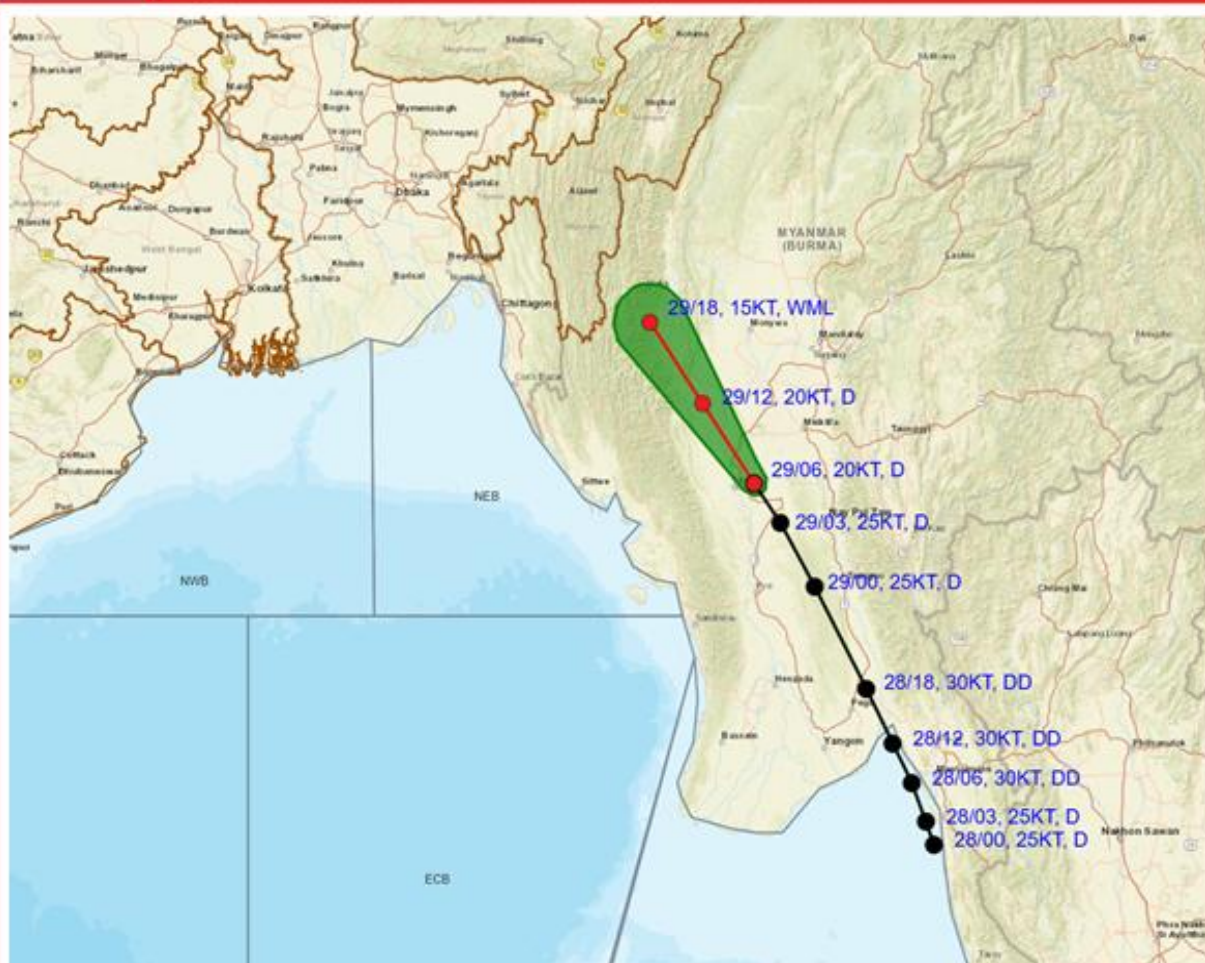
65

380





OBSERVED AND FORECAST TRACK OF DEPRESSION OVER COASTAL MYANMAR AND ADJOINING NORTHEAST BAY OF BENGAL BASED ON 0600 UTC (1130 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

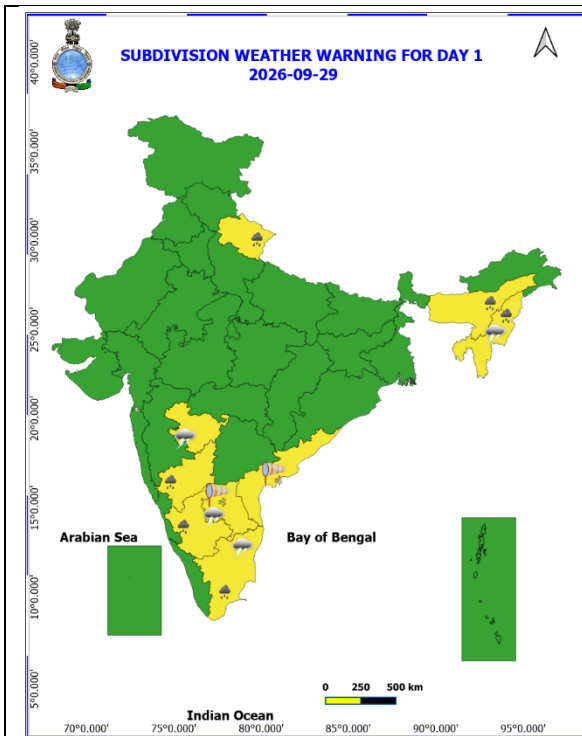
■ OBSERVED TRACK

■ FORECAST TRACK

▲ CONE OF UNCERTAINTY

				Forecast distance (km) and direction of the centre from nearest 4 stations			
Forecast Date and Time	Lead Period (hrs)	Lat	Lon	Station 1	Station 2	Station 3	Station 4
29.09.2026 06:00 UTC	0	20.2	95.2	MINBU (30, E)	NYAUNG-U (120, SSE)	MONYWA (210, S)	GANGAW (250, SSE)

Weather Warning Graphics



- | | | |
|----------------------|----------------------|--------------|
| Fog | Heavy Snow | Cold Wave |
| Heavy Rain | Dust Storm | Cold Day |
| Very Heavy Rain | Heat Wave | Ground Frost |
| Extremely Heavy Rain | Warm Night | |
| Thunder & Lightning | Hot Day | |
| Hailstorm | Hot & Humid | |
| Dust Raising Winds | Strong Surface Winds | |

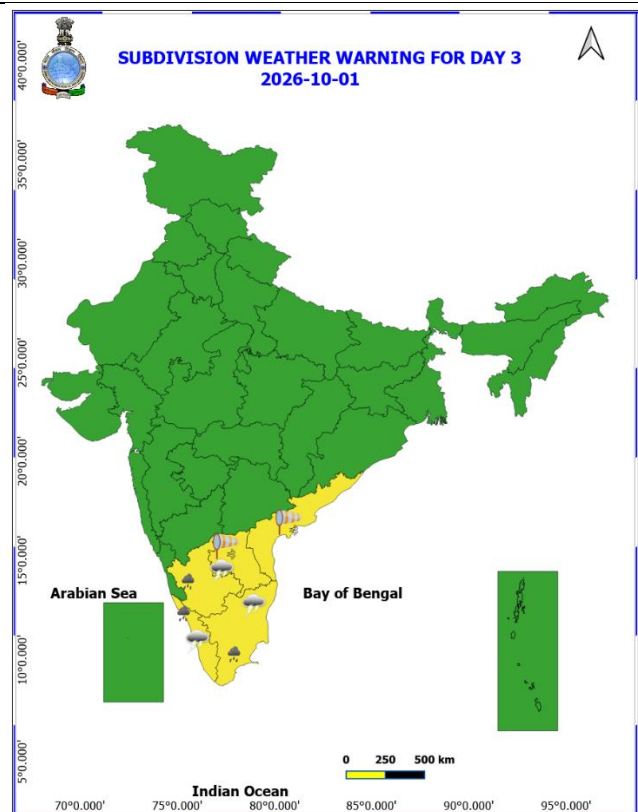
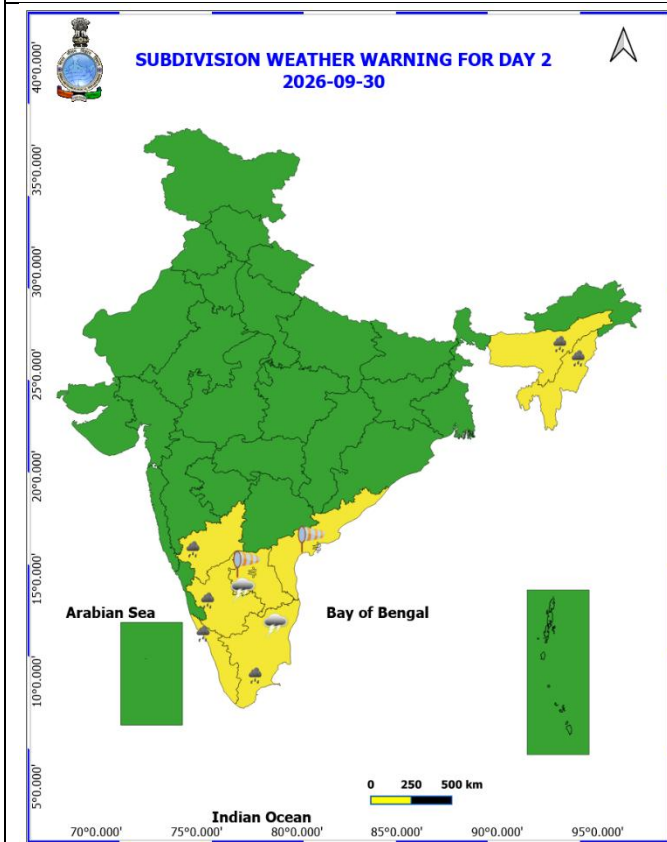
COLOUR CODED WARNING

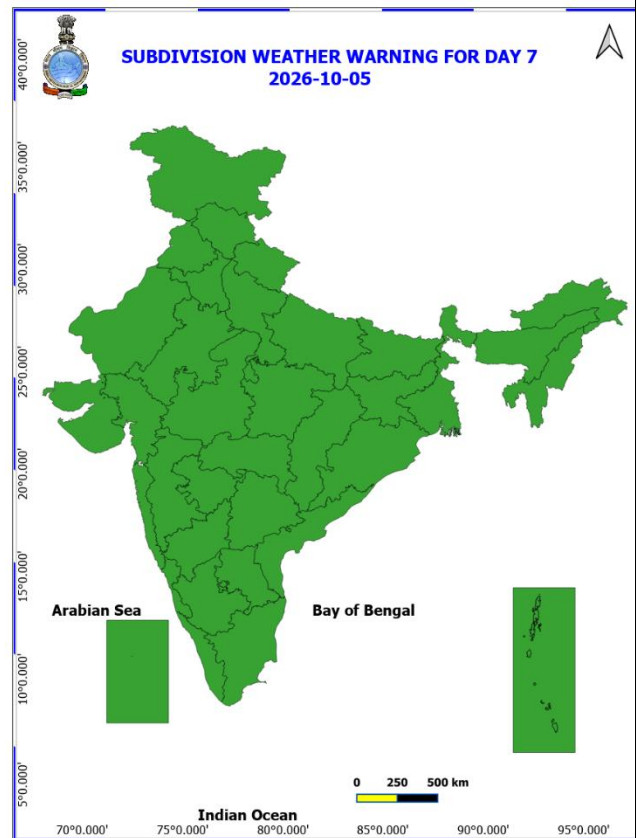
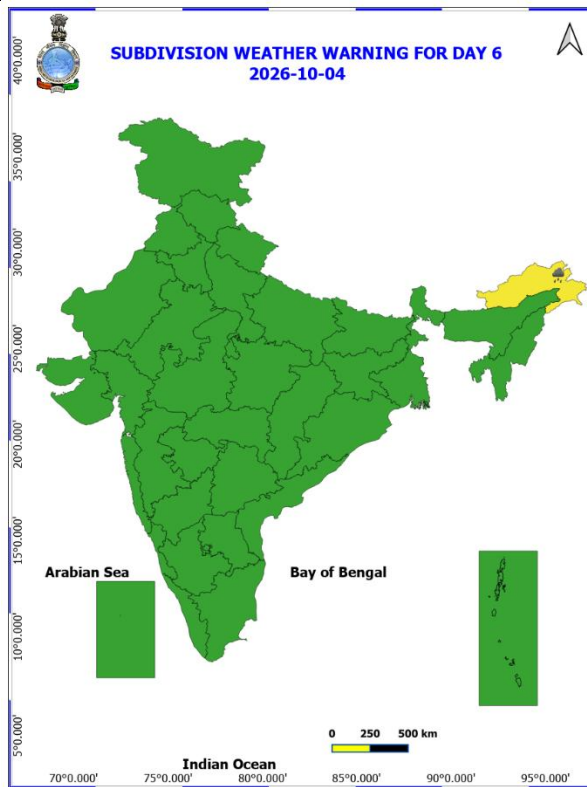
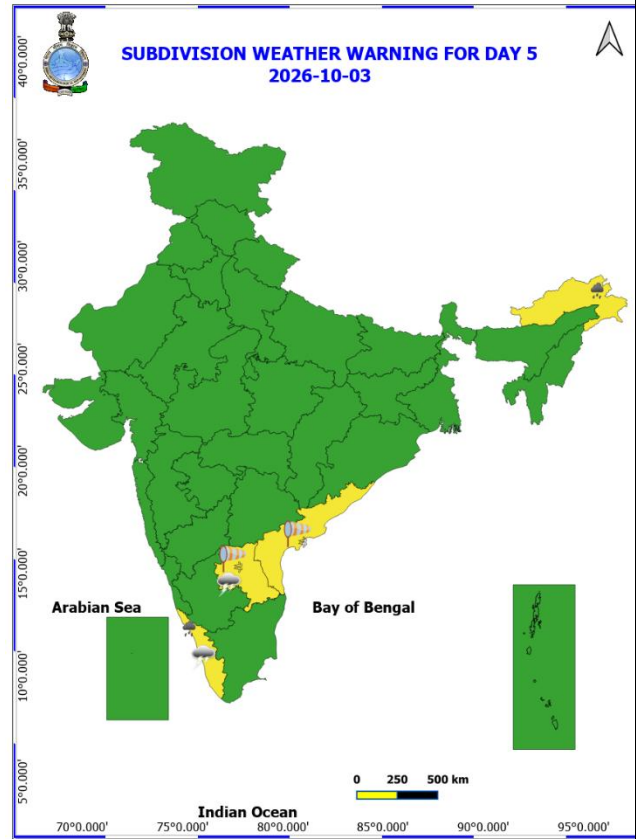
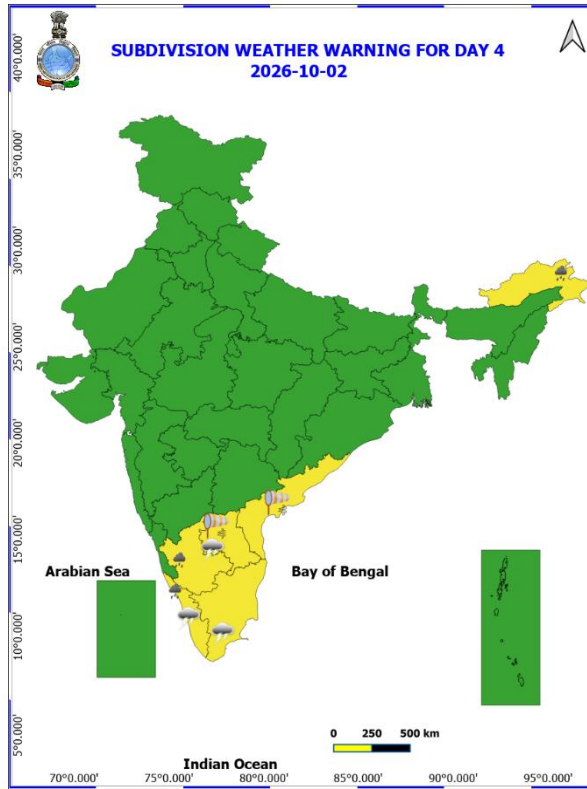
No Warning (No Action)

Watch (Be Aware)

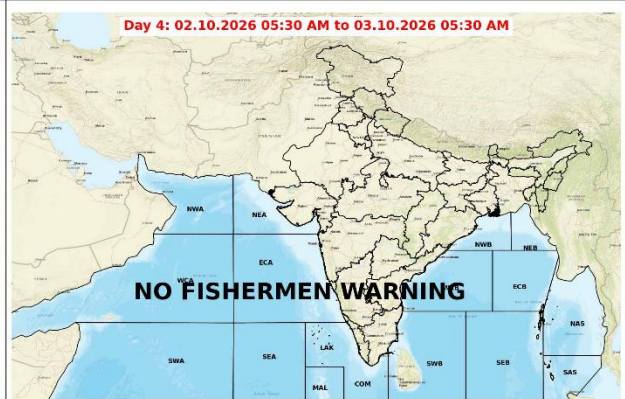
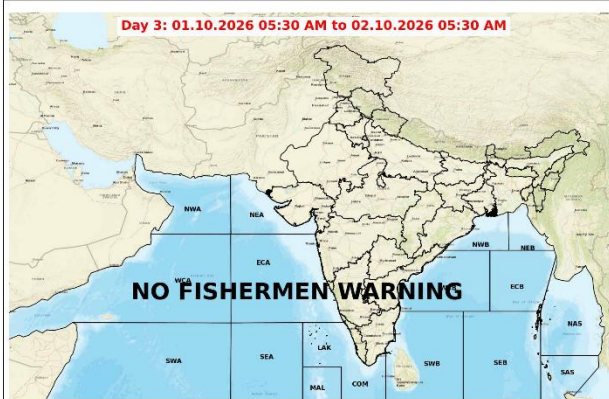
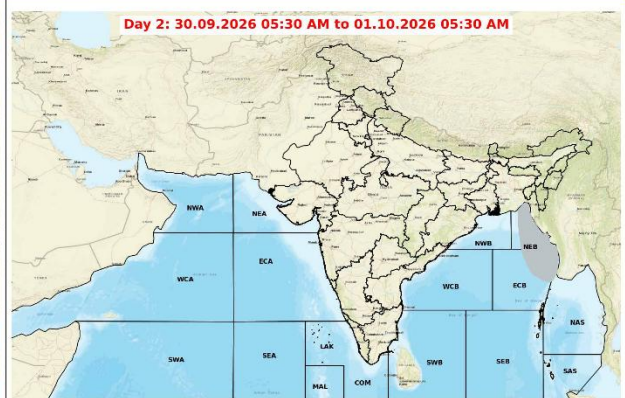
Alert (Be Prepared To Take Action)

Warning (Take Action)





Fishermen Warning Graphics



Legend

Squally Weather with wind speed 35-45 kmph gusting to 55 kmph	Squally wind with speed 55-65 kmph gusting to 75 kmph
Squally Weather with wind speed 40-50 kmph gusting to 60 kmph	CS with Gale winds with speed 60-80 kmph gusting to 90 kmph
Squally Weather with wind speed 45-55 kmph gusting to 65 kmph	SCS with Gale wind speed 90-110 kmph gusting to 120 kmph
Squally wind with speed 45-55 kmph gusting to 65 kmph	VSCS with Gale wind speed 120-165 kmph gusting to 185 kmph
Squally wind with speed 50-60 kmph gusting to 70 kmph	ESCS with Gale wind speed 165-220 kmph gusting to 245 kmph

Fishermen are advised not to venture into the marked areas.