



# Pakistan Monsoon 2025 Rainfall Update

Pakistan Meteorological Department-CDPC (21<sup>st</sup> July 2025)

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## Monsoon progress Highlights (26<sup>th</sup> June to 21<sup>st</sup> July 2025):

This year monsoon season set on 26<sup>th</sup> June 2025 over Pakistan, five days earlier than its normal date (1<sup>st</sup> July). However, excessive monsoon rainfall occurred in the last week of June and in the month of July so far, which leads to excessively above average rainfall during the period.

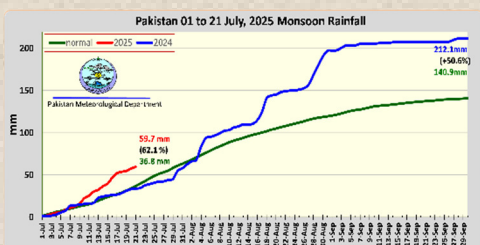
### 26-30 June 2025

During the period an excessive amount of rainfall occurred as whole in Pakistan i.e. 17.1mm (+219.9%). Most of the excessive rain areas were Sindh, Punjab, Balochistan and Khyber Pakhtunkhwa as compared to the regions AJK and Gilgit-Baltistan where the rainfall was below average during the period.

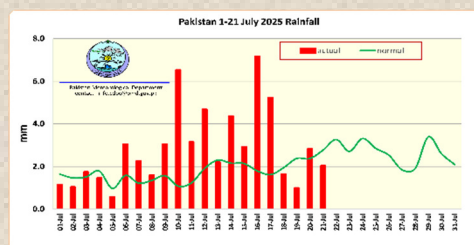
### 1-21 July 2025

During the period, the national rainfall was largely above average with 59.7mm (62%) across Pakistan as a whole. The situation was similar in the regions too, i.e. Punjab with 123.9mm (+99%), Gilgit-Baltistan with 12.8mm (90%), Balochistan with 32.8mm (+86%), all recorded excessively above average rainfall. Whereas the regions AJK with 126.3mm (26%) and Khyber Pakhtunkhwa with 76.5mm (24%) exhibited slightly above average rainfall. The Sindh with 31.7mm was the only region to observe a near average rainfall with negative departure of (-1%).

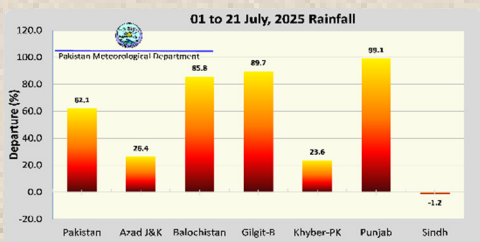
### Cumulative Rainfall



### Daily Rainfall July 2025



### Rainfall Departures



### Rainfall 26-30 June 2025

	26-30 June, 2025 Rainfall		
	normal (mm)	actual (mm)	Dep (%)
Pakistan	5.4	17.1	220
Azad J&K	16.2	14.2	-12
Balochistan	3.5	5.4	54
Gilgit-B	1.5	0.5	-64
Khyber-KP	10.0	22.0	119
Punjab	8.2	30.3	271
Sindh	2.6	31.2	1099

### Monsoon Damages

According to NDMA web link <https://www.ndma.gov.pk/sitrepm> about 221 humans lost their lives including 77 male, 40 female and 104 children during 26June to 21July2025. Whereas 592 people also have been injured during the period because of heavy rainfall and flash floods. Moreover about 804 houses have been damaged, and 200 livestock have been effected.

**Note: Calculations are provisional**