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Monsoon Rains Poised to Escalate Across Pakistan

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Pakistan braces for intensified monsoon rains starting July 29, 2025, as the Pakistan Meteorological Department (PMD) forecasts heavy downpours across Punjab, Khyber Pakhtunkhwa (KP), Azad Jammu and Kashmir (AJK), and Gilgit-Baltistan (GB), raising concerns over flooding and infrastructure damage. With a death toll of 279 since late June, authorities are on high alert.

The PMD warns that a potent monsoon spell, coupled with a westerly wave, will bring heavy rainfall to northern and central regions, including Muzaffarabad, Rawalakot, and Neelum

Valley in AJK, from July 29 to 31. “This spell will be more intense than the last,” PMD Deputy Director Anjum Nazir Zaigham told Geo News, predicting urban flooding in areas like Muzaffarabad and flash floods in Chitral due to glacial melt. Punjab, already reeling from 151 deaths, faces further risks, with Lahore and Rawalpindi on alert for waterlogging. The National Disaster Management Authority (NDMA) reported 676 injuries and widespread damage to homes and crops since June 26, emphasizing the need for robust preparedness.

The monsoon’s toll has been grim, with collapsing buildings and electrocutions claiming lives, particularly in Punjab, where 63 died in a single day last week. In Chakwal, farmer Malak Jamil lamented losses exceeding \$6,000, saying, “The floodwaters engulfed our homes and crops before my eyes.” The NDMA has mobilized rescue teams, with military helicopters evacuating stranded residents near the Jhelum River. The PMD’s May 2025 outlook predicted above-average rainfall in Punjab and AJK, a forecast now materializing with heightened risks of flash floods and Glacial Lake Outburst Floods (GLOFs).

Authorities face mounting pressure to act decisively, with the NDMA urging local agencies to clear drainage systems and activate emergency centers. Pakistan’s vulnerability to climate-driven disasters, underscored by the 2022 floods that killed 1,700, demands proactive measures over bureaucratic delays. As rains intensify, the focus must remain on protecting lives and livelihoods, ensuring resources reach those battling nature’s fury in this increasingly unpredictable monsoon season.