



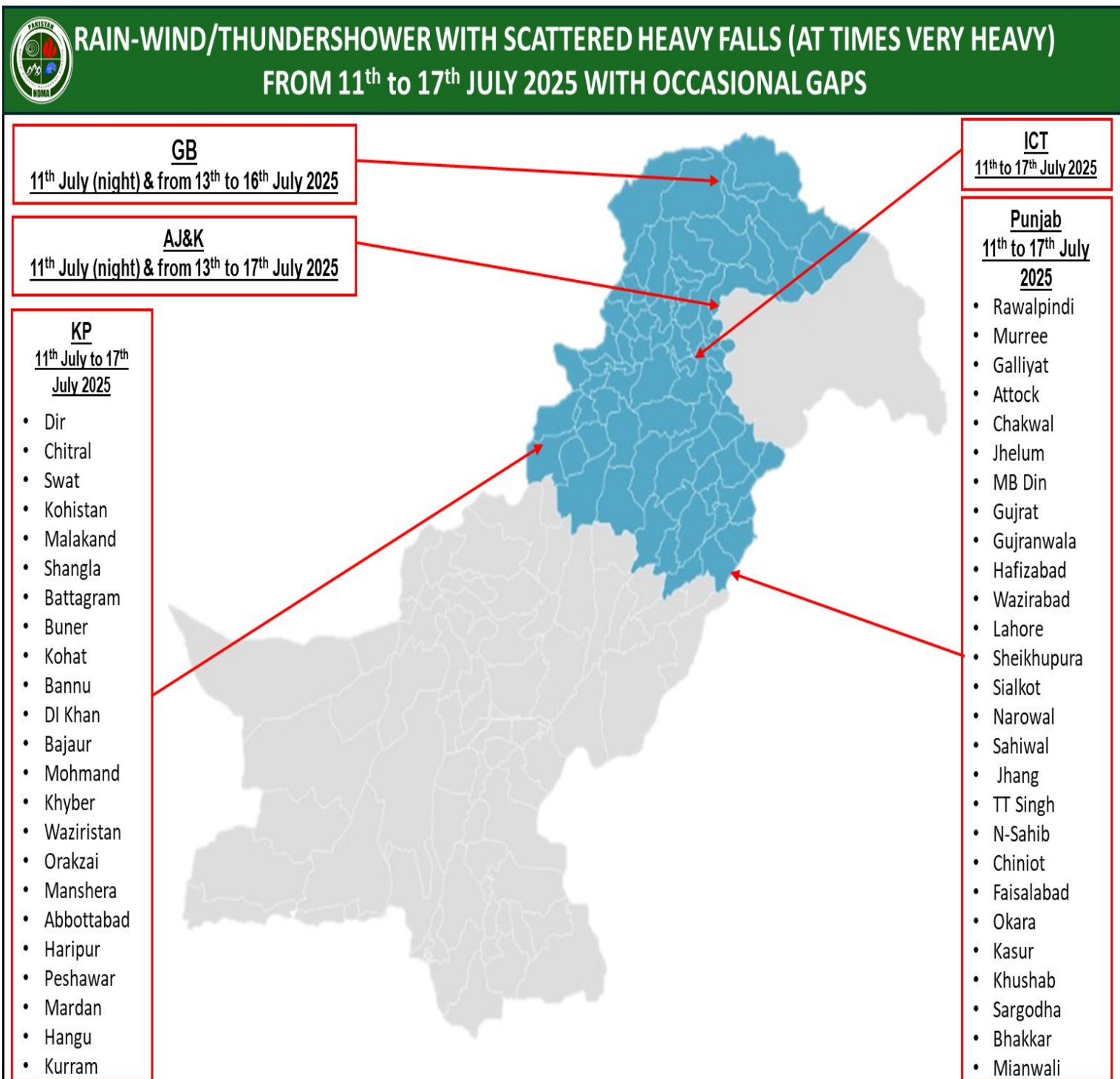
F.2(E)/2025-NDMA (MW/ Weather Advisory)
Government of Pakistan Prime
Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad



Dated: **10 July 2025**

Subject: **MORE MONSOON RAINS PREDICTED IN COMING DAYS WITH OCCASIONAL GAPS**

Moist currents are penetrating in the country and likely to **intensify from 13th July 2025**. A fresh **Westerly wave** is expected to approach in the country on **13th evening (July) 2025**. Under the influence of these meteorological conditions following are the likely impact areas: -

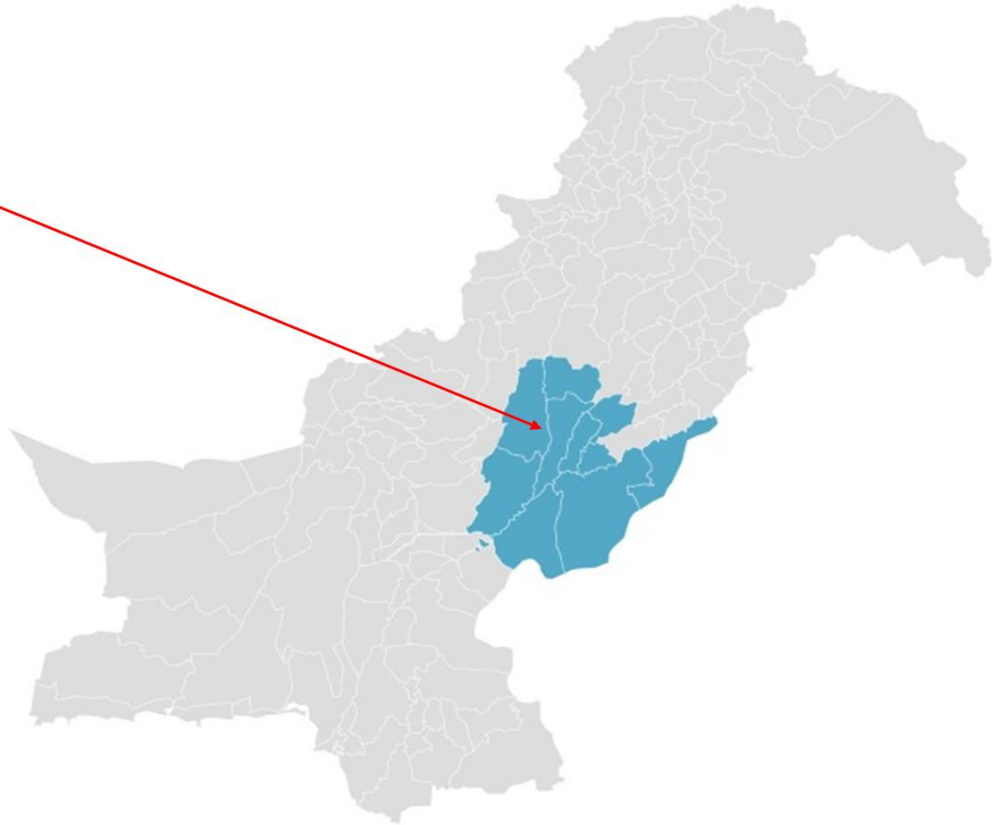




**RAIN-WIND/THUNDERSHOWER WITH SCATTERED HEAVY FALLS
(AT TIMES VERY HEAVY) FROM 11th & FROM 13th TO 17th JULY 2025**

Punjab

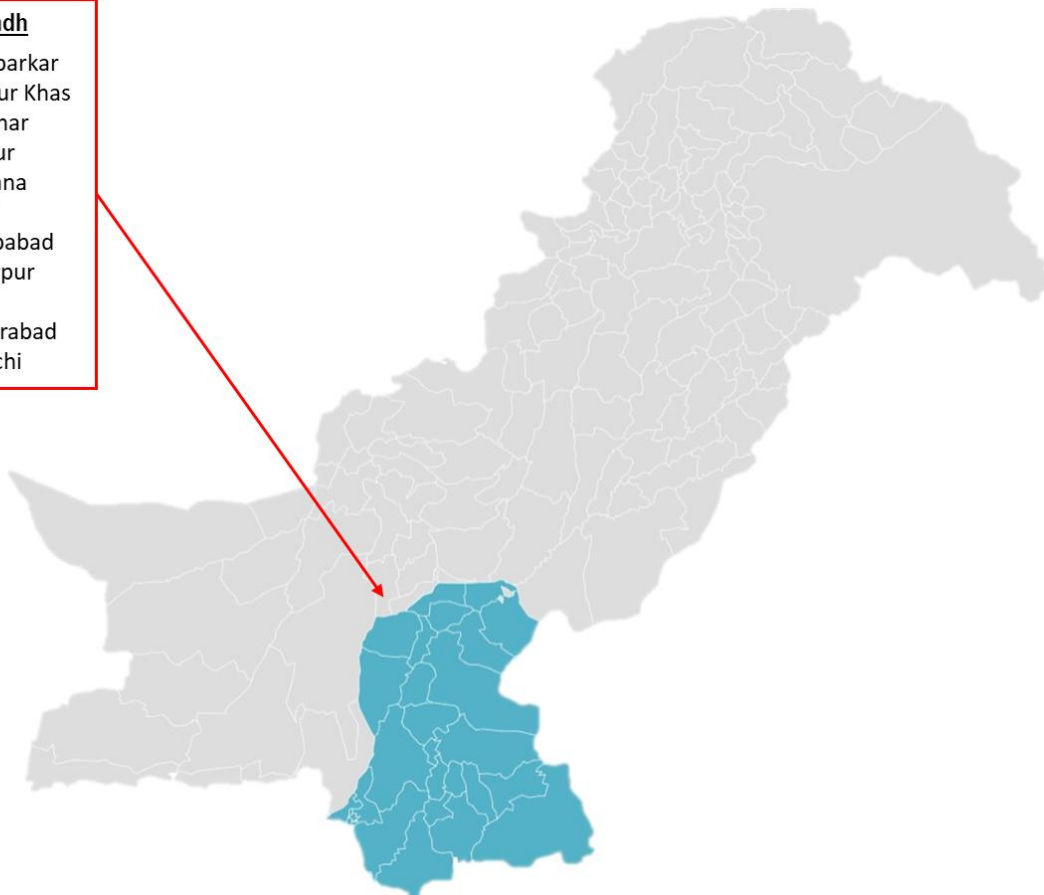
- Bahawalpur
- Bahawalnagar
- D.G. Khan
- Multan
- Khanewal
- Lodhran
- Muzaffargarh
- Rajanpur
- Rahimyar Khan
- Kot Addu
- Layyah

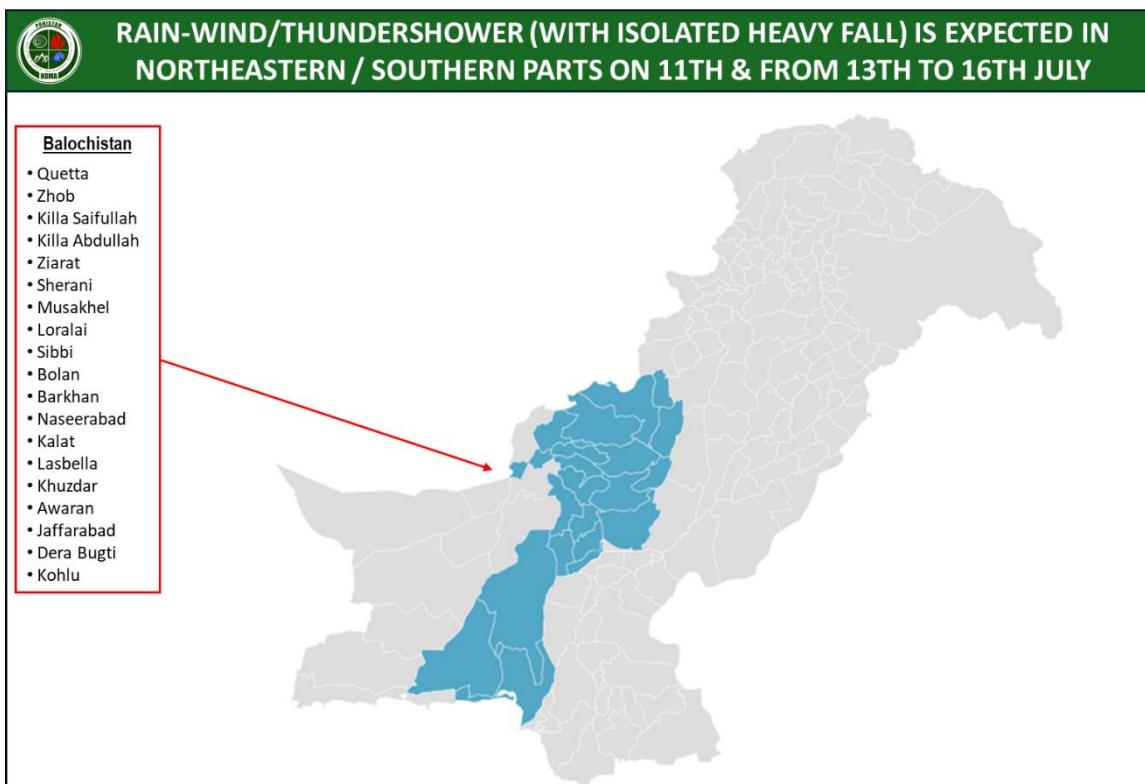


**MODERATE RAIN-WIND/THUNDERSHOWER IS EXPECTED
FROM 15th TO 17th JULY 2025 WITH OCCASIONAL GAPS**

Sindh

- Tharparkar
- Mirpur Khas
- Sanghar
- Sukkur
- Larkana
- Dadu
- Jacobabad
- Khairpur
- SBA
- Hyderabad
- Karachi





2. Under the influence of this weather system, following are likely impacts: -

a. **Punjab, Sindh and Islamabad Capital Territory**

- (1) **Heavy to very heavy rains** may generate **flash floods** in local nullahs/streams of **Murree, Galiyat, Islamabad/Rawalpindi**, Hill torrents of **D.G Khan, Northeast Punjab**, from **14th to 17th July 2025**.
- (2) **Rains** may trigger **Landslides / Rockfall** in **Murree** and **hilly areas**.
- (3) **Heavy Downpour** may cause **urban flood** in low lying areas of **Islamabad / Rawalpindi, Gujranwala, Lahore, Sialkot, Sargodha** and Faisalabad from **14th to 17th July 2025**.
- (4) **Isolated hailstorm** may cause damage to cause injuries and damage to **infrastructures, orchards, farms** and **vehicles** etc.
- (5) **Windstorms** may **damage crops, loose structures**, etc.
- (6) **Thunderstorms** to increase risk of **lightning strikes**.
- (7) **Electricity / other utility services** may **get disrupted**.
- (8) **General public** is **advised** to be aware of **loose structures** like **billboards, electrical poles, solar panels, hoardings**, etc.
- (9) **Farmers** are **advised** to manage their activities keeping in view the **weather forecast** and **hailstorm**.
- (10) **Avoid outdoor** exposure in **rains** and **windy weather**.

b. **KP, Balochistan, GB and State of AJ&K**

- (1) **Heavy to very heavy** rains may generate **flash floods** in local nullahs / streams of **Galiyat, Mansehra, Kohistan, Abbottabad, Buner, Chitral, Dir, Swat, Shangla, Nowshera, Swabi, Hill torrents** in **Balochistan** from **14th to 17th July 2025**.

- (2) **Heavy Downpour** may cause **urban flooding** in **low lying** areas.
- (3) **Heavy rains** may trigger **Landslides / Rockfall** in hilly areas.
- (4) **Electricity** / other **utility services** may **get disrupted**.
- (5) **Isolated hailstorm** may cause damage to cause injuries and damage to **infrastructures, orchards, farms** and **vehicles** etc.
- (6) **Windstorms** may damage crops, **loose structures**, etc.
- (7) **Thunderstorms** to increase risk of **lightning strikes**.
- (8) **General public** is advised to be aware of loose structures like **billboards, electrical poles, solar panels**, hoardings, etc.
- (9) **Tourists** are advised to **remain cautious** during the spell and **check weather** updates before **traveling**.
- (10) **Rainfall** may cause **flash flooding** in local nullahs.
- (11) **Landslides / mudslides** may lead to potential **road blockages**.
- (12) **Windstorms** may damage crops, **loose structures**, etc.
- (13) **Thunderstorms** to increase risk of **lightning strikes**.
- (14) **Electricity** / other **utility services** may **get disrupted**.
- (15) **General public** is advised to be aware of loose structures like **billboards, electrical poles, solar panels**, hoardings, etc.
- (16) **Farmers** are **advised** to manage their activities keeping in view the **weather forecast** and **hailstorm**.
- (17) **Avoid outdoor** exposure in **rains** and **windy weather**.
- (18) **Tourists** and **travelers visiting mountainous** areas are advised to remain **cautious of flash floods, avalanche glaciers, landslides, rock fall / tree fall, derbies / mud flow** during the **period**.

3. In this regard, all concerned Federal Ministries / Departments, respective Provincial Governments, their line departments including PDMA / GBDMA / SDMA/ ICT Administration, DDMA/ local administrations, municipal authorities of major metropolises are advised to **ensure following along with any other measures deemed necessary**: -

a. **Aspects for Mass Awareness / Enforcement**

- (1) During **hailstorm**, follow these safety tips to protect yourself:-
 - (a) **Seek Shelter Immediately**: Move indoors or take cover in a sturdy building or vehicle.
 - (b) **Stay Away from Windows**: Hail can shatter glass - stay in a windowless room if possible.
 - (c) **Protect Your Head**: If caught outside, use anything available (bag, jacket, helmet) to cover your head and neck.
 - (d) **Pull Over Safely (if driving)**: Stop the vehicle under a bridge, roofed area, or off the road. Stay inside with seatbelt fastened.

- (e) [Do Not Drive in Heavy Hail](#): Visibility drops drastically and roads become slippery.
 - (f) [Listen to Weather Updates](#): Use radio, mobile alerts, or apps to monitor the situation.
 - (g) [Cover Vehicles and Equipment](#): If time allows, protect vehicles, livestock, and outdoor equipment with tarps or blankets.
 - (h) [Wait for the All-Clear](#): Stay sheltered until authorities confirm it's safe to move.
- (2) During **thunder-storm** and **lightning strike**, follow these safety tips to protect yourself: -
- (a) [Do Not Seek Shelter Under Trees or Poles](#): These attract lightning and don't protect well from hail.
 - (b) [Avoid Open Fields and Hilltops](#): These are more exposed to hail and lightning.
 - (c) [Do Not Use Electrical Appliances](#): Avoid wired devices, plumbing, and electronics during accompanying thunderstorms.
 - (d) [Move Away from Drainage Canals and Pondages](#): Avoid standing nearby drainage canals and pondages as it attracts lightning.
 - (e) [Seek Shelter Immediately](#): Move indoors or take cover in a sturdy building or **seek shelter** in a **dry place**.
- (3) **Travelers / tourists** are advised to: -
- (a) Plan travels to picnic and tourist spots **considering weather** and traffic **conditions**.
 - (b) Properly dispose off garbage at **designated areas** to prevent **clogging** of **drainage systems**.
 - (c) **Avoid overcrowding picnic** and **tourist spots** and ensure personal safety.
 - (d) Keep children away from **nullahs** / **pot holes** / **drainage lines** to avoid accidents.
 - (e) Keep adequate **supply** of **clean drinking water** and **food item**.
 - (f) Wear **weather appropriate clothing**.
 - (g) Keep maintain at least **20 feet distance** from **River** and **Nullahs**.
 - (h) Choose **hotels** or **guest houses** located on **higher ground** and **away** from **rivers, lakes, or nullahs** in **monsoon** / **flooding** season.
 - (i) Ask **hotel staff** about **emergency exits**, **local hazards**, and **evacuation procedures** in **case of flooding**.

- (j) **Avoid swimming** in the rivers / nullah and any water body during flooding season.
- (k) **Avoid walking** or **driving through** flooded areas just **6 inches** of **moving water can knock you off your feet**.
- (l) **Avoid trekking, hiking, or camping** during **heavy rains** risk of **landslides, slippery trails, and flash floods** increases.
- (m) **Avoid self-driving** in unfamiliar or **hilly areas** **during rains** opt for **local drivers** who know the terrain.
- (n) **Do not attempt** to cross **bridges** or **roads submerged** in water they may be **damaged** or **unstable**.
- (o) **Cooperate with locals** and **district authorities, rescue agencies** during emergencies or **weather** disruptions.
- (4) Do not risk cross any **drain** or **road overtopping** with **water flow**. Wait for flows to normalize and priorities / ensure safety.
- (5) Do not risk **enter** a **ponded under-construction road**.
- (6) Do not take / allow children **close** to **ponds** / **stagnant** water, water **drainage lines** or any place where **pot holes** are **present**.
- (7) Sensitize all concerned on risks posed by **venturing into water channels** and **crossing nullahs** during flash floods.
- (8) Do not handle / repair any **electrical equipment**, especially with **exposed lines** to preclude risk of electrocution **during rainfall** / **thunderstorms** and water pondage.
- (9) Avoid staying in weak structures. In case of intense rain, seek shelter in safe places such as schools, government buildings, or any concrete buildings.

b. **DDMAs / Local Administrations / DM Responders**

- (1) Activation and deputation of duty staff for **round-the-clock monitoring** through Emergency Operation Centres (**EOCs**).
- (2) Collect and share the **latest information** with line departments, **provincial**, and **national authorities**.
- (3) Disseminate **advisories, alerts, and guidelines** to **all concerned**.
- (4) Generate Situation Reports (**SITREPs**) to cover any major incidents / developments.
- (5) Civic Agencies and **Rescue Services** (1122 / Fire Brigade / Ambulance / Civil Defence) to **remain alert** and have **sufficient emergency response personnel** and **equipment** during the forecasted holiday period.
- (6) Alert **masses living** in **low-lying areas** to exercise **extra caution** and activate **community-based alert systems**.

- (7) Limit the number of **tourists allowed entry** to **picnic** and **tourist spots** to **avoid overcrowding**.
- (8) Regulate **traffic** at **picnic** and **tourist spots** to ensure a smooth flow and **prevent congestion**.
- (9) Secure **loose structures including billboards / hoardings / solar panels** from effects of windstorms / thunder showers.

c. **PDMAs / SDMA / GBDMA / ICT Administration**

- (1) Coordinate with respective PDMAs to **align local efforts** with provincial strategies and guidelines.
- (2) Activate / **ensure staffing** of **HR** in **EOCs** for effective **coordination** and **response**.
- (3) Establish a **streamlined** and **efficient communication channel** to ensure **timely dissemination** of weather forecasts, **advisories**, and **alerts** to local administrations and the **public**.
- (4) Ensure flow of information **among all stakeholders** is **accurate, timely**, and effectively **coordinated**.
- (5) Ensure **enforcement / dissemination** of **mitigative / preparedness / response guidelines** to **all** concerned.
- (6) Ensure **rapid damage** and **needs assessments** following major incidents.

d. **Federal Ministries / Departments**

- (1) Ensuring **interagency coordination** and **information sharing** for monitoring and handling emergencies.
- (2) Raise **mass awareness through respective platforms** relevant stakeholders about **seasonal hazards**.
- (3) Ensure **strict** and **proactive monitoring** of the **movement** around/ in close vicinity of nullahs and water channels to **avert possibilities of drowning**.

4. In case of any eventuality, twice-daily updates be shared with NDMA.

5. **Press Information Department Only**. With the request for wider circulation and public awareness.

6. For latest weather updates please visit: <https://www.pmd.gov.pk/en/>, Pak Weather application <https://play.google.com/store/apps/details?id=com.pmd.kissan>, NDMA Mobile App (Pak NDMA Disaster Alert) <https://play.google.com/store/apps/details?id=com.mobileapp.ndmaalert> , NDMA / PMD Social Media platform.

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ID: COS
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Government of Pakistan
Ministry of Defence (Defence Division)
Pakistan Meteorological Department
National Weather Forecasting Centre
Sector: H-8/2, Islamabad.

NWFC-5(10A)/2017/125

Date: 10th July, 2025
Time: 16:00 PST

Press Release:

More monsoon rains predicted in coming days with occasional gaps

According to Met office moist currents are penetrating in the country and likely to intensify from 13th July. A fresh westerly wave is expected to approach in the country on 13th evening. Under the influence of these meteorological conditions:

Kashmir/ Gilgit-Baltistan:

Rain-wind/thundershower **with scattered heavy falls (at times very heavy)** is expected in Kashmir (Neelum valley, Muzaffarabad, Rawalakot, Poonch, Hattian, Bagh, Haveli, Sudhanoti, Kotli, Bhimber, Mirpur) from **11th to 17th July**, while rain-wind/thunderstorm (with isolated heavyfalls) is expected in Gilgit-Baltistan (Diamir, Astore, Ghizer, Skardu, Hunza, Gilgit, Ghanche, Shigar) on **11th (night) & from 13th to 16th July** with occasional gaps.

Khyber-Pakhtunkhwa:

Rain-wind/thundershower **with scattered heavy falls (at times very heavy)** is expected in Dir, Chitral, Swat, Kohistan, Malakand, Shangla, Battagram, Buner, Kohat, Karak, Bannu, Tank, Lakki Marwat, Dera Ismail Khan, Bajaur, Mohmand, Khyber, Waziristan, Orakzai, Manshera, Abbottabad, Haripur, Peshawar, Charsada, Nowshera, Mardan, Swabi, Hangu and Kurram from **11th to 17th July** with occasional gaps.

Punjab/Islamabad:

Rain-wind/thundershower **with scattered heavy falls (at times very heavy)** is expected in Islamabad/Rawalpindi, Murree, Galliat, Attock, Chakwal, Jhelum, Mandi Bahauddin, Gujrat, Gujranwala, Hafizabad, Wazirabad, Lahore, Sheikhupura, Sialkot, Narowal, Sahiwal, Jhang, Toba Tek Singh, Nankana Sahib, Chiniot, Faisalabad, Okara, Kasur, Khushab, Sargodha, Bhakkar and Mianwali from **11th to 17th July** with occasional gaps.

Rain-wind/thundershower **with isolated heavy falls** is expected in Bahawalpur, Bahawalnagar, D.G. Khan, Multan, Khanewal, Lodhran, Muzaffargarh, Rajanpur, Rahimyar Khan, Kot Addu and Layyah on **11th & from 13th to 17th July**.

Balochistan:

Rain-wind/thundershower **with scattered heavy falls (at times very heavy)** is expected in Northeastern/Southern parts (Quetta, Zhob, Qilla Saifullah, Qilla Abdullah, Ziarat, Sherani, Musakhel, Loralai, Sibbi, Bolan, Barkhan, Naseerabad, Kalat, Lasbella, Khuzdar, Awaran, Jaffarabad, Dera Bugti and Kohlu) on **11th & from 13th to 16th July**.

Sindh:

Moderate rain-wind/thundershower is expected in Tharparkar, Mirpur Khas, Sanghar, Sukkur, Larkana, Dadu, Jacobabad, Khairpur, Shaheed Benazirabad, Hyderabad and Karachi from **15th to 17th July** with occasional gaps.

Possible Impacts and advises:

- Heavy to very heavy rains may generate flash floods in local nullahs/streams of Murree, Galliat, Manshera, Kohistan, Abbottabad, Buner, Chitral, Dir, Swat, Shangla, Nowshera, Swabi, Mardan, Islamabad/Rawalpindi, Hill torrents of D.G. Khan, Northeast Punjab, Kashmir and parts of Balochistan from **14th to 17th July**.
- Heavy Downpour may cause urban flood in low lying areas of Islamabad/Rawalpindi, Gujranwala, Lahore, Sialkot, Sargodha, Faisalabad, Nowshera and Peshawar from **13th to 17th July**.
- Landslides/mudslides may cause roads closure in the vulnerable hilly areas of Khyber Pakhtunkhwa, Murree, Galliat, Kashmir and Gilgit-Baltistan from **14th to 17th July**.
- Heavy falls/windstorm and lightning may damage weak structures like roof/wall of Kacha houses, electric poles, bill boards, vehicles and solar panels etc during the forecast period.
- Farmers are advised to manage their activities keeping in view the weather forecast.
- Public, Travelers and tourists are advised to avoid unusual exposure in vulnerable areas to avoid any untoward situation and keep updated about any change in weather conditions.

Note: All concerned authorities are advised to remain "ALERT" and take necessary measures to avoid any untoward situation.

For latest weather updates please visit: <https://www.pmd.gov.pk/en/>, Pak Weather application <https://play.google.com/store/apps/details?id=com.pmd.kissan>, Social Media platform & CAP (Alert)

NWFC-5(10A)/2017/125

Date: 10th July, 2025
Time: 16:00 PST

پریس ریلیز

آنے والے دنوں میں مزید مون سون بارشیں وقفے وقفے سے جاری رہنے کا امکان

محکمہ موسمیات کے مطابق مرطوب ہوائیں ملک کے بیشتر علاقوں میں داخل ہو رہی ہیں اور 13 جولائی سے اس میں شدت آنے کی توقع۔ 13 جولائی (شام) سے مغربی ہواؤں کا سلسلہ بھی ملک میں داخل ہونے کا امکان۔ ان موسمی نظام کے زیر اثر:

کشمیر / گلگت بلتستان: 11 جولائی سے 17 جولائی کے دوران کشمیر (داوی نلم، مظفر آباد، راولا کوٹ، پونچھ، ہٹیاں، باغ، حویلی، سدھانوتی، کوٹلی، جمبھر، میرپور) میں تیز ہواؤں اور گرج چمک کے ساتھ وقفے وقفے سے بارش جبکہ کہیں کہیں پر موسلا دھار / شدید موسلا دھار بارش کی بھی توقع۔ جبکہ 11 جولائی (رات) کو اور 13 سے 16 جولائی کے دوران گلگت بلتستان (دیاسیر، استور، غدر، سکردو، ہنزہ، گلگت، گھانچے، شکر) میں تیز ہواؤں اور گرج چمک کے ساتھ وقفے وقفے سے بارش جبکہ چند مقامات پر موسلا دھار بارش کی بھی توقع۔

خیبر پختونخوا: 11 جولائی سے 17 جولائی کے دوران دیر، چترال، سوات، کوہستان، ملاکنڈ، شانگلہ، بگرام، بوئیر، کوہاٹ، کرک، بنوں، ٹانک، نگلی مروت، ڈیرہ اسماعیل خان، ہاجوڑ، مہمند، خیبر، وزیرستان، اورکزئی ماسہرہ، ایبٹ آباد، ہری پور، پشاور، چارسدہ، نوشہرہ، مردان، صوابی، بنگلہ اور کرم میں تیز ہواؤں اور گرج چمک کے ساتھ وقفے وقفے سے بارش جبکہ کہیں کہیں پر موسلا دھار / شدید موسلا دھار بارش کی بھی توقع۔

پنجاب / اسلام آباد: 11 جولائی سے 17 جولائی کے دوران اسلام آباد، راولپنڈی، مری، گلیات، انک، چکوال، جہلم، منڈی بہاؤ الدین، گجرات، گوجرانوالہ، حافظ آباد، وزیر آباد، لاہور، شیخوپورہ، سیالکوٹ، نادر وال، ساہیوال، جھنگ، ٹوبہ ٹیک سنگھ، ننکانہ صاحب، چنیوٹ، فیصل آباد، اوکاڑہ، قصور، خوشاب، سرگودھا، بھکر، میانوالی میں تیز ہواؤں اور گرج چمک کے ساتھ وقفے وقفے سے بارش جبکہ بعض مقامات پر موسلا دھار / شدید موسلا دھار بارش کا امکان۔ 11 جولائی کو اور 13 سے 17 جولائی کے دوران بہاولپور، بہاولنگر، ڈی جی خان، ملتان، خانیوال، لودھراں، مظفر گڑھ، راجن پور، رحیم یار خان، کوٹ ادو اور لیہ میں تیز ہواؤں اور گرج چمک کے ساتھ بارش جبکہ چند مقامات پر موسلا دھار بارش کی بھی توقع۔

بلوچستان: 11 جولائی کو اور 13 سے 16 جولائی کے دوران: شمال مشرقی / جنوبی حصوں (کوئٹہ، ژوب، قلعہ سیف اللہ، قلعہ عبداللہ، زیارت، شیرانی، موسیٰ خیل، لورالائی، سبی، بولان، بارکھان، نصیر آباد، قلات، لسبیلہ، خضدار، آواران، جعفر آباد، ڈیرہ گہٹی اور کوہلو) میں تیز ہواؤں اور گرج چمک کے ساتھ وقفے وقفے سے بارش جبکہ کہیں کہیں پر موسلا دھار / شدید موسلا دھار بارش کی بھی توقع۔

سندھ: 15 سے 17 جولائی کے دوران تھر پارکر، میرپور خاص، ساگھڑ، سکھر، لاڑکانہ، دادو، جیکب آباد، خیرپور، شہید منظیر آباد، حیدر آباد اور کراچی میں تیز ہواؤں اور گرج چمک کے ساتھ درمیانی بارش کا امکان۔

محکمہ اثرات اور اقلیتی تدابیر:

- 14 سے 17 جولائی کے دوران موسلا دھار / شدید موسلا دھار بارش کے باعث مری، گلیات، ماسہرہ، کوہستان، ایبٹ آباد، بوئیر، چترال، دیر، سوات، شانگلہ، نوشہرہ، صوابی، مردان، اسلام آباد، راولپنڈی، ڈی جی خان، شمال مشرقی پنجاب، کشمیر اور بلوچستان کے مقامی / برساتی ندی نالوں میں طغیانی کا خدشہ۔ محام الناس کو احتیاط کی ہدایت۔
- 13 سے 17 جولائی کے دوران شدید بارشوں کے باعث اسلام آباد، راولپنڈی، گوجرانوالہ، لاہور، سیالکوٹ، سرگودھا، فیصل آباد، نوشہرہ اور پشاور کے نشیبی علاقے زیر آب آنے کا اندیشہ۔
- آندھی / جھڑپٹے اور گرج چمک کے باعث روزمرہ کے معمولات متاثر ہونے، کمزور انفراسٹرکچر (بجلی کے کھمبے، گاڑیوں سولر فیکل وغیرہ) کو نقصان کا اندیشہ۔
- 14 سے 17 جولائی کے دوران شدید بارشوں کے باعث خیبر پختونخوا، مری، گلیات، کشمیر اور گلگت بلتستان میں لینڈ سلائیڈنگ کے باعث ٹریفک کی آمد و رفت متاثر ہونے کا خطرہ۔
- شدید بارشوں / آندھی / جھڑپٹے اور گرج چمک کے باعث روزمرہ کے معمولات متاثر ہونے، کمزور انفراسٹرکچر (کپے گھر اور یو اے این، بجلی کے کھمبے، بل بورڈ، گاڑیوں سولر فیکل وغیرہ) کو نقصان کا اندیشہ۔
- کسان حضرات موسمیاتی پیش گوئی کو مد نظر رکھتے ہوئے اپنے معمولات ترتیب دیں۔
- مسافروں اور سیاح حضرات سفر کے دوران زیادہ احتیاط لیں اور موسمی حالات کے مطابق اپنے سفر کا انتظام کریں اور بارشوں کے دوران کسی بھی ناخوشگوار صورتحال سے بچنے کے لیے موسم کے بارے میں آگاہی حاصل کریں۔

نوٹ: تمام متعلقہ اداروں کو "الارٹ" رہنے اور کسی ناخوشگوار واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

تازہ ترین معلومات کے لئے <https://www.pmd.gov.pk/en/>

پاک ویڈیو ایپلی کیشن <https://play.google.com/store/apps/details?id=com.pmd.kissan>

سوشل میڈیا اور CAP الارٹ