



**KAMARAJ IAS ACADEMY**  
Only IAS Academy by Grandson of "Perunthalaivar Kamarajar"

# Pakistan Ranked World's Most Polluted Country in 2025

Published On: 25-03-2026



According to a report by IQAir, Pakistan was ranked the most polluted country in the world in 2025, based on air quality data.

## Key Findings of the Report

The report highlighted that Pakistan recorded extremely high levels of PM2.5 (fine particulate matter), which are harmful pollutants that can penetrate deep into the lungs. The PM2.5 levels in Pakistan were found to be up to 13 times higher than the safe limit prescribed by the World Health Organization.

## Health and Environmental Concerns

High PM2.5 levels are associated with serious health risks such as:

Respiratory diseases

Cardiovascular problems

Premature deaths

Major cities like Lahore and Karachi frequently experience “unhealthy” to “hazardous” air quality levels, indicating a severe pollution crisis.

## Global Scenario

### Kamaraj IAS Academy

Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthi Colony, Anna Nagar, Chennai, Tamil Nadu 600040

Phone: 044 4353 9988 / 98403 94477 / Whatsapp : 09710729833

The report also noted a slight global improvement, as 13 countries met WHO air quality standards in 2025, compared to only 7 in 2024. However, pollution levels remain critically high in many developing countries.

### **Based on the 2025 reporting, here are the top 10 most polluted countries:**

Pakistan: Ranked 1st globally, facing severe pollution.

Bangladesh: Consistently ranked among the most polluted.

Tajikistan: Ranked 3rd in 2025.

Chad: Dropped from 1st in 2024 to 4th in 2025, potentially due to data gaps.

India: Dropped out of the top 5 for the first time.

Bahrain: Ranked 4th based on certain analysis of average AQI

Mongolia: Reported significant pollution, despite some improvement.

Laos: Reported PM2.5 high levels.

Cambodia: High levels of pollution recorded.

Indonesia: High levels of pollution recorded.

### **Additional Useful Facts**

PM2.5:

? Particulate matter with diameter ? 2.5 micrometres; most dangerous air pollutant

WHO Safe Limit:

? Annual average PM2.5 should not exceed 5  $\mu\text{g}/\text{m}^3$

Air Quality Index (AQI):

? Measures air pollution levels:

0–50: Good

51–100: Moderate

101–200: Unhealthy

300+: Hazardous

Major Causes of Air Pollution:

? Vehicular emissions, industrial activities, crop burning, dust, fossil fuel use

Previous Ranking (Context):

? Pakistan ranked 3rd most polluted country in 2024, showing worsening conditions in 2025

### **Kamaraj IAS Academy**

Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthy Colony, Anna Nagar, Chennai, Tamil Nadu 600040

Phone: **044 4353 9988 / 98403 94477 / Whatsapp : 09710729833**