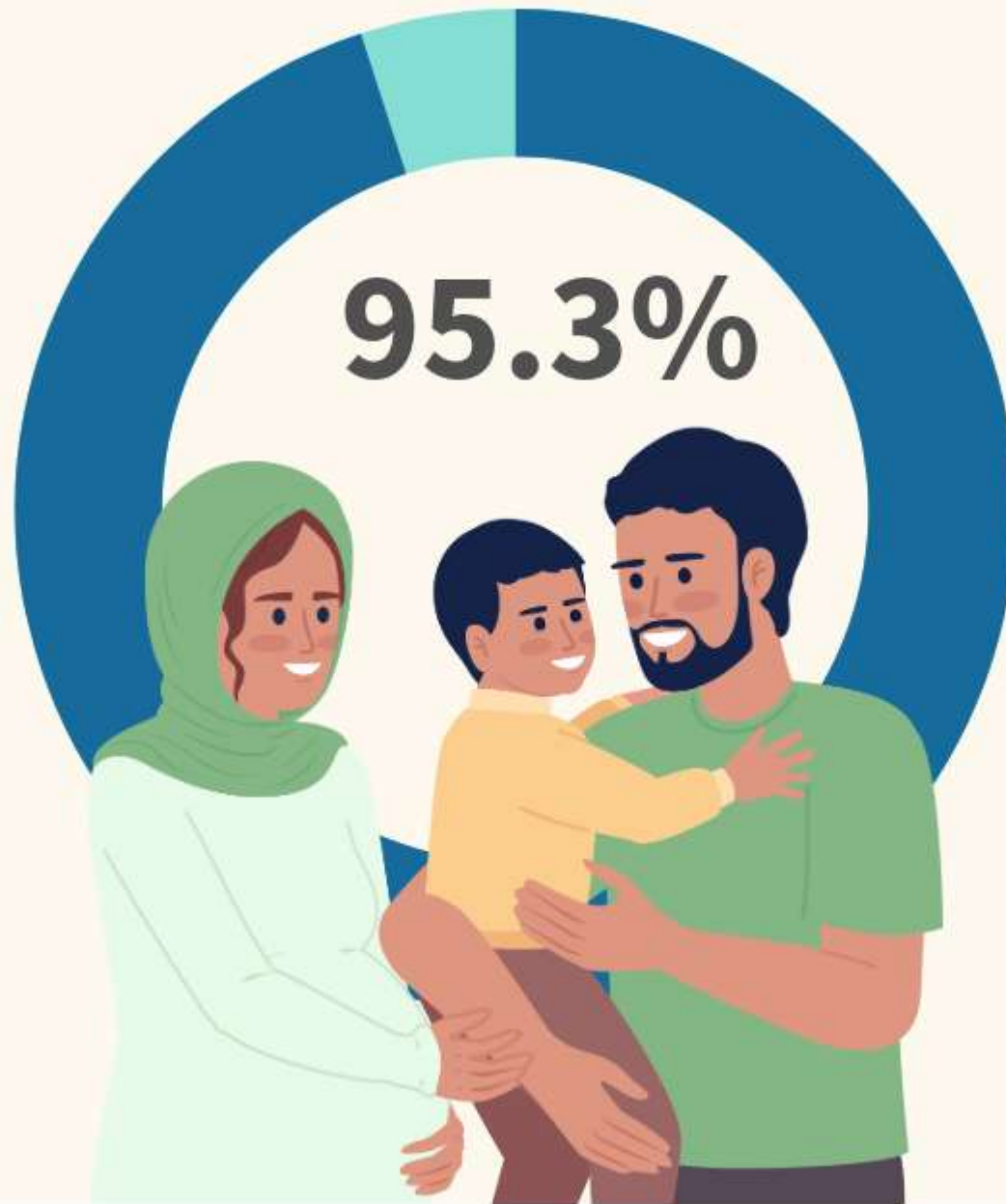


Big Data Analysis | Internal Migration

*Migration Is Extremely Rare in Pakistan — **95%** Live in the District Where They Were Born*



Source: Gallup & Gilani Pakistan
(www.gallup-international.com;
www.gallup.com.pk www.gilanifoundation.com)



(Also emailed*/faxed separately)



PRESS RELEASE

Big Data Analysis Internal Migration

Migration Is Extremely Rare in Pakistan — 95% Live in the District Where They Were Born

(Islamabad), 03 March 2026

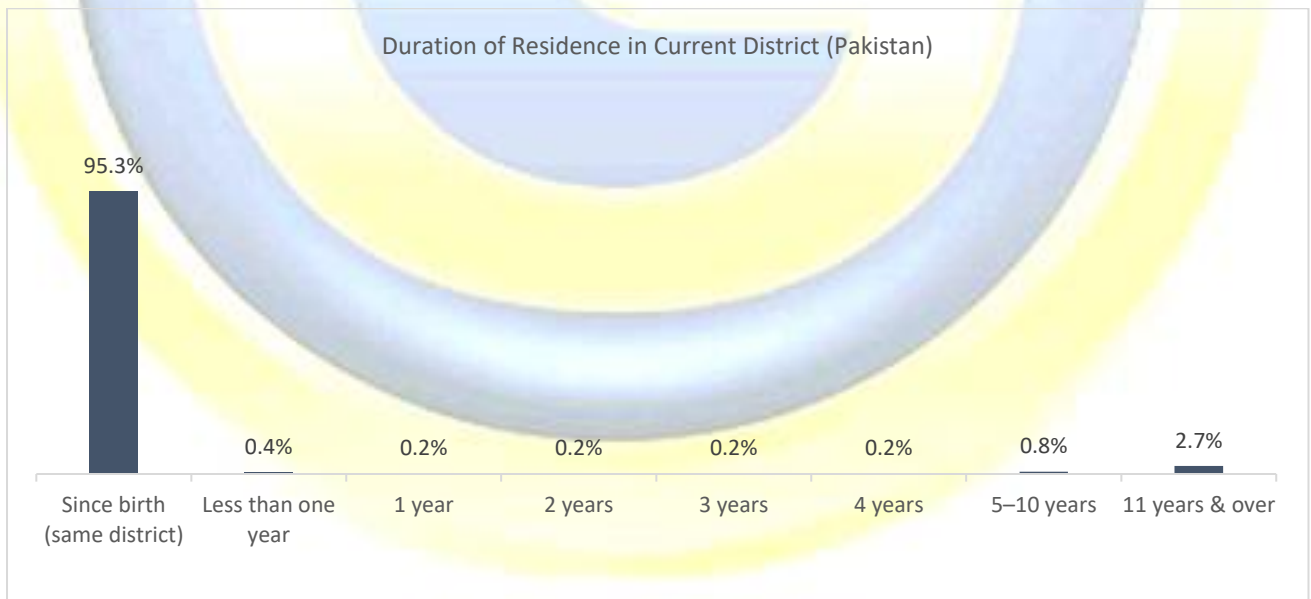
Pakistan is often discussed in the context of overseas migration. But internal migration within the country appears remarkably low.

Using data from the Pakistan Bureau of Statistics Labour Force Survey (2024–25), as digitized in the Gallup Pakistan Digital Analytics dashboard, 95% of respondents reported that they were born in the same district where the survey was conducted. In other words, only about 5% of Pakistanis live in a district other than their district of birth.

Provincial variation exists, but the pattern remains strikingly stable. In Punjab, the share of people not born in the same district is the highest at around 6%. In Balochistan, 98% of respondents reported being born in the same district — suggesting extremely low geographic mobility.

Even among older age groups, mobility remains limited. Among respondents aged 65+, only around 10% reported being born in a different district. This implies that lifetime internal migration remains modest even over several decades.

The data suggests that Pakistan remains a highly district-rooted society, with limited internal relocation compared to many developing economies where urban migration drives structural change.



Source: [Gallup Pakistan Digital Analytics Dashboard on LFS 2025](#).
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

This analysis was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. It draws on data from the Pakistan Bureau of Statistics Labour Force Survey (2024–25), examining district-of-birth responses to assess internal migration patterns in Pakistan. You can access the dashboard here: [Labour Force Survey 2024-25 - Gallup Pakistan Digital Analytics](#).



Opinion Poll from Gallup Pakistan
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GILANI RESEARCH
FOUNDATION

Tuesday, 03 March 2026

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Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently, Dr. Gilani, who holds a Ph.D. from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

*Best Regards,
Gallup Pakistan*

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Daily Gilani Poll
2026



of Gallup Pakistan
(1980-2026)