

CONSUMER PRICES OF ESSENTIAL ITEMS

SL.			Islamabad (01)			Rawalpindi (02)			Gujranwala (03)			Sialkot (04)			Lahore (05)			Faisalabad (06)			Sargodha (07)			SL.
NO.	DESCRIPTION	UNIT	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	NO.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1
PRICES ON 29-01-2026																								
1	Wheat Flour Bag	20 Kg	3013.33	3045.51	3066.67	1810.00	2635.74	3066.67	1810.00	2006.82	2467.00	1810.00	2042.26	2600.00	1810.00	1810.00	1810.00	1810.00	2169.33	2600.00	2267.00	2267.00	2267.00	1
2	Rice Basmati Broken (Average Quality)	1 Kg	260.00	274.83	290.00	250.00	264.52	280.00	180.00	180.00	180.00	190.00	190.00	190.00	205.00	215.37	230.00	220.00	233.14	240.00	160.00	160.00	160.00	2
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	160.00	178.64	200.00	150.00	164.27	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	160.00	160.00	160.00	180.00	186.61	190.00	3
4	Bread plain (Small Size)	Each	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	120.00	120.00	110.00	110.00	110.00	110.00	110.00	110.00	100.00	100.00	100.00	4
5	Beef with Bone (Average Quality)	1 Kg	1400.00	1437.19	1500.00	1400.00	1446.27	1500.00	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1156.28	1200.00	1200.00	1200.00	1200.00	1100.00	1133.09	1150.00	5
6	Mutton (Average Quality)	1 Kg	2500.00	2545.55	2600.00	2450.00	2526.35	2600.00	2200.00	2200.00	2200.00	2100.00	2100.00	2100.00	2400.00	2428.16	2500.00	2200.00	2200.00	2200.00	2100.00	2133.20	2150.00	6
7	Chicken Farm Broiler (Live)	1 Kg	385.00	394.06	410.00	385.00	393.29	400.00	385.00	385.00	385.00	385.00	385.00	385.00	385.00	368.00	368.00	368.00	390.00	390.00	380.00	381.66	385.00	7
8	Milk fresh (Un-boiled)	1 Ltr	220.00	235.71	250.00	200.00	216.86	240.00	200.00	200.00	200.00	170.00	170.00	170.00	180.00	195.15	200.00	200.00	200.00	200.00	170.00	173.27	180.00	8
9	Curd (Dahi) Loose	1 Kg	240.00	254.09	260.00	220.00	241.06	260.00	220.00	220.00	220.00	180.00	180.00	180.00	220.00	234.11	240.00	240.00	240.00	240.00	220.00	220.00	220.00	9
10	Powdered Milk NIDO 390 gm Polybag	Each	1130.00	1148.29	1170.00	1140.00	1146.65	1160.00	1140.00	1140.00	1140.00	1180.00	1180.00	1180.00	1170.00	1170.00	1170.00	1170.00	1170.00	1170.00	1150.00	1150.00	1150.00	10
11	Eggs Hen (Farm)	1 Dozen	345.00	352.03	360.00	343.00	353.35	360.00	330.00	336.63	340.00	340.00	340.00	340.00	337.00	337.00	337.00	342.00	342.00	342.00	342.00	342.00	342.00	11
12	Mustard Oil (Average Quality)	1 Kg	660.00	686.46	720.00	650.00	659.30	670.00	500.00	500.00	500.00	500.00	500.00	500.00	530.00	536.63	550.00	560.00	560.00	560.00	500.00	500.00	500.00	12
13	Cooking Oil DALDA or Other Similar	Each	2970.00	2970.00	2970.00	2970.00	2970.00	2970.00	3109.37	3109.37	3109.37	3109.37	3109.37	3109.37	3109.37	3109.38	3109.38	2985.00	2985.00	2985.00	2970.00	2970.00	2970.00	13
14	Vegetable Ghee DALDA/HABIB 2.5	Each	1515.00	1515.00	1515.00	1515.00	1515.00	1515.00	1588.54	1588.54	1588.54	1588.59	1588.59	1588.59	1588.54	1588.54	1588.54	1588.54	1588.54	1588.54	1515.00	1515.00	1515.00	14
15	Vegetable Ghee DALDA/HABIB or C	Each	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	590.00	15
16	Bananas (Kela) Local	1 Dozen	200.00	238.10	280.00	200.00	230.35	250.00	180.00	180.00	180.00	160.00	160.00	160.00	150.00	164.01	180.00	130.00	136.35	150.00	150.00	150.00	150.00	16
17	Pulse Masoor (Washed)	1 Kg	270.00	293.87	310.00	280.00	293.87	310.00	230.00	230.00	230.00	240.00	240.00	240.00	270.00	275.19	280.00	220.00	272.14	320.00	250.00	253.29	260.00	17
18	Pulse Moong (Washed)	1 Kg	380.00	413.61	450.00	370.00	397.07	420.00	360.00	360.00	360.00	380.00	380.00	380.00	370.00	377.57	390.00	340.00	341.65	350.00	400.00	400.00	400.00	18
19	Pulse Mash (Washed)	1 Kg	480.00	506.30	540.00	470.00	484.60	500.00	450.00	450.00	450.00	400.00	400.00	400.00	410.00	438.39	480.00	400.00	422.95	440.00	440.00	443.31	450.00	19
20	Pulse Gram	1 Kg	270.00	302.74	330.00	260.00	286.27	310.00	230.00	230.00	230.00	220.00	220.00	220.00	240.00	247.32	255.00	210.00	210.00	210.00	240.00	243.29	250.00	20
21	Potatoes	1 Kg	50.00	63.57	80.00	40.00	55.55	70.00	30.00	36.34	40.00	30.00	30.00	30.00	30.00	37.12	40.00	30.00	30.00	30.00	25.00	28.23	30.00	21
22	Onions	1 Kg	80.00	97.76	120.00	70.00	92.66	100.00	70.00	70.00	70.00	70.00	70.00	70.00	55.00	62.02	75.00	60.00	60.00	60.00	50.00	56.46	60.00	22
23	Tomatoes	1 Kg	150.00	165.56	180.00	130.00	143.79	160.00	140.00	140.00	140.00	110.00	110.00	110.00	100.00	109.74	120.00	100.00	100.00	100.00	120.00	120.00	120.00	23
24	Sugar Refined	1 Kg	156.00	157.32	160.00	155.00	157.31	160.00	155.00	155.00	155.00	156.00	156.00	156.00	155.00	159.28	160.00	160.00	160.00	160.00	150.00	150.00	150.00	24
25	Gur (Average Quality)	1 Kg	250.00	267.97	290.00	250.00	255.93	270.00	220.00	220.00	220.00	190.00	190.00	190.00	220.00	231.79	240.00	200.00	213.12	220.00	200.00	200.00	200.00	25
26	Salt Powdered (NATIONAL/SHAN)	Each	60.00	63.16	70.00	60.00	63.16	70.00	60.00	60.00	60.00	60.00	70.00	70.00	70.00	60.00	60.00	60.00	70.00	70.00	80.00	80.00	80.00	26
27	Chilies Powder NATIONAL 200 gm	Each	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	340.00	340.00	340.00	27
28	Garlic (Lehsun)	1 Kg	300.00	492.97	700.00	300.00	456.54	600.00	500.00	500.00	500.00	450.00	463.24	470.00	280.00	356.09	510.00	350.00	350.00	350.00	500.00	500.00	500.00	28
29	Tea Lipton Yellow Label 190 gm Pack	Each	447.06	447.06	447.06	447.05	447.05	447.05	447.05	447.05	447.05	447.05	447.05	447.05	447.05	447.06	447.06	447.06	447.50	447.50	447.50	447.00	447.00	29
30	Cooked Beef at Average Hotel	Per Plate	350.00	354.07	380.00	300.00	334.26	350.00	450.00	450.00	450.00	350.00	350.00	350.00	270.00	291.76	300.00	300.00	315.82	350.00	300.00	300.00	300.00	30
31	Cooked Daal at Average Hotel	Per Plate	220.00	241.40	260.00	200.00	220.86	250.00	150.00	150.00	150.00	150.00	170.00	170.00	180.00	194.15	200.00	160.00	176.14	200.00	150.00	150.00	150.00	31
32	Tea Prepared Ordinary	Per Cup	70.00	70.00	70.00	60.00	68.58	70.00	60.00	66.49	70.00	50.00	50.00	50.00	60.00	60.00	60.00	60.00	63.16	70.00	60.00	63.16	70.00	32
33	Cigarettes Capstan 20'S Packet	Each	250.00	250.00	250.00	250.00	250.00	250.00	240.00	240.00	240.00	250.00	250.00	250.00	240.00	240.00	240.00	240.00	240.00	240.00	240.00	240.00	240.00	33
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	720.00	738.24	750.00	680.00	721.62	770.00	667.00	667.00	667.00	660.00	660.00	660.00	790.00	790.00	790.00	550.00	566.19	600.00	700.00	700.00	700.00	34
35	Shirting (Average Quality)	1 mtr	650.00	701.62	750.00	620.00	654.44	680.00	600.00	600.00	600.00	450.00	450.00	450.00	400.00	428.70	450.00	850.00	866.35	900.00	620.00	620.00	620.00	35
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	630.00	662.12	700.00	580.00	628.70	670.00	748.00	748.00	748.00	650.00	650.00	650.00	765.00	784.81	800.00	650.00	666.26	700.00	714.00	714.00	714.00	36
37	Georgette (Average Quality)	1 mtr	360.00	394.66	450.00	350.00	378.24	400.00	250.00	250.00	250.00	300.00	300.00	300.00	360.00	392.36	430.00	350.00	350.00	350.00	400.00	400.00	400.00	37
38	Gents Sandal Bata	Pair	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	38
39	Gents Sponge Chappal Bata	Pair	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	39
40	Ladies Sandal Bata	Pair	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	40
41	Electricity Charges for Q1*	Per Unit	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	41
42	Gas Charges for Q1	MMBTU	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	42
43	Firewood Whole	40 Kg	1850.00	2139.27	2350.00	1500.00	1764.09	1950.00	1500.00	1500.00	150													

CONSUMER PRICES OF ESSENTIAL ITEMS

SL.			Multan (08)			Bahawalpur (09)			Karachi (10)			Hyderabad (11)			Sukkur (12)			Larkana (13)			Peshawar (14)			SL.
NO.	DESCRIPTION	UNIT	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	NO.
1	2	3	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	1

PRICES ON 29-01-2026

1	Wheat Flour Bag	20 Kg	1810.00	1995.80	2440.00	2693.33	2693.33	2693.33	2540.00	2595.53	2700.00	2743.23	2760.00	2520.00	2520.00	2520.00	2550.00	2556.66	2560.00	2220.00	2698.27	3000.00	1	
2	Rice Basmati Broken (Average Qua	1 Kg	180.00	193.10	200.00	180.00	193.10	200.00	240.00	273.45	280.00	200.00	213.12	220.00	200.00	200.00	200.00	230.00	236.62	240.00	210.00	222.13	230.00	2
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	130.00	140.92	150.00	190.00	196.61	200.00	150.00	171.00	190.00	140.00	143.26	150.00	140.00	140.00	140.00	110.00	116.57	120.00	130.00	131.07	140.00	3
4	Bread plain (Small Size)	Each	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	120.00	120.00	120.00	130.00	130.00	130.00	110.00	116.57	120.00	110.00	110.00	110.00	4
5	Beef with Bone (Average Quality)	1 Kg	1250.00	1271.98	1300.00	1000.00	1000.00	1000.00	1200.00	1338.03	1400.00	1100.00	1174.55	1200.00	1000.00	1032.28	1100.00	1100.00	1165.70	1200.00	1000.00	1125.99	1200.00	5
6	Mutton (Average Quality)	1 Kg	2300.00	2355.15	2400.00	1800.00	1866.06	1900.00	2100.00	2279.48	2400.00	2000.00	2157.36	2200.00	1800.00	1800.00	1800.00	2000.00	2000.00	2000.00	1900.00	2062.84	2200.00	6
7	Chicken Farm Broiler (Live)	1 Kg	365.00	365.00	365.00	340.00	340.00	340.00	350.00	366.23	400.00	340.00	345.80	350.00	370.00	370.00	370.00	360.00	361.66	365.00	395.00	395.00	395.00	7
8	Milk fresh (Un-boiled)	1 Ltr	190.00	197.73	200.00	180.00	180.00	180.00	220.00	220.00	220.00	215.00	218.32	220.00	200.00	200.00	200.00	240.00	243.29	250.00	200.00	241.59	260.00	8
9	Curd (Dahi) Loose	1 Kg	230.00	235.50	240.00	220.00	220.00	220.00	320.00	331.80	360.00	300.00	314.88	320.00	220.00	233.14	240.00	280.00	286.51	300.00	240.00	262.06	270.00	9
10	Powdered Milk NIDO 390 gm Polyba	Each	1100.00	1100.00	1100.00	1130.00	1130.00	1130.00	1120.00	1144.49	1160.00	1160.00	1164.99	1170.00	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1150.00	1150.00	1150.00	10
11	Eggs Hen (Farm)	1 Dozen	340.00	343.30	350.00	325.00	325.00	325.00	350.00	356.33	360.00	350.00	356.64	360.00	370.00	370.00	370.00	360.00	360.00	360.00	360.00	366.64	370.00	11
12	Mustard Oil (Average Quality)	1 Kg	580.00	597.67	620.00	570.00	570.00	570.00	520.00	563.70	650.00	480.00	489.90	500.00	450.00	450.00	450.00	500.00	500.00	600.00	638.65	650.00	12	
13	Cooking Oil DALDA or Other Similar	Each	3109.37	3109.37	3109.37	3109.00	3109.00	3109.00	2985.00	2985.00	2985.00	3109.38	3109.38	3109.38	2865.00	2891.42	2945.00	3110.00	3110.00	3110.00	3020.00	3020.53	3020.80	13
14	Vegetable Ghee DALDA/HABIB 2.5	Each	1588.54	1588.54	1588.54	1515.00	1515.00	1515.00	1525.00	1525.00	1525.00	1515.00	1515.00	1515.00	1500.00	1500.00	1500.00	1500.00	1500.00	1500.00	1562.50	1562.50	1562.50	14
15	Vegetable Ghee DALDA/HABIB or C	Each	590.00	590.00	590.00	590.00	590.00	590.00	592.00	592.00	592.00	590.00	590.00	590.00	592.00	592.00	592.00	592.00	592.00	592.00	590.00	590.00	590.00	15
16	Bananas (Kela) Local	1 Dozen	180.00	194.72	220.00	150.00	150.00	150.00	100.00	128.41	150.00	90.00	109.08	130.00	100.00	100.00	100.00	90.00	96.55	100.00	120.00	131.59	150.00	16
17	Pulse Masoor (Washed)	1 Kg	290.00	303.22	320.00	260.00	263.29	270.00	240.00	267.96	300.00	230.00	248.10	260.00	280.00	280.00	280.00	280.00	280.00	280.00	282.19	290.00	17	
18	Pulse Moong (Washed)	1 Kg	370.00	379.94	390.00	380.00	389.75	410.00	340.00	377.75	400.00	380.00	391.54	400.00	400.00	409.88	420.00	380.00	405.91	440.00	360.00	364.41	370.00	18
19	Pulse Mash (Washed)	1 Kg	440.00	451.08	460.00	400.00	406.56	420.00	360.00	394.17	440.00	370.00	386.49	400.00	420.00	429.88	440.00	430.00	430.00	430.00	410.00	424.36	440.00	19
20	Pulse Gram	1 Kg	220.00	235.36	250.00	250.00	256.62	260.00	240.00	256.59	280.00	230.00	244.02	260.00	280.00	280.00	280.00	260.00	273.17	280.00	280.00	288.80	300.00	20
21	Potatoes	1 Kg	40.00	41.00	50.00	30.00	30.00	30.00	40.00	52.14	70.00	30.00	37.22	40.00	30.00	30.00	30.00	30.00	31.58	35.00	40.00	51.60	60.00	21
22	Onions	1 Kg	60.00	64.25	70.00	50.00	56.46	60.00	50.00	59.69	80.00	50.00	54.77	60.00	50.00	50.00	50.00	60.00	63.16	70.00	80.00	89.63	100.00	22
23	Tomatoes	1 Kg	70.00	79.86	90.00	80.00	83.20	90.00	60.00	73.17	100.00	60.00	70.54	80.00	70.00	70.00	70.00	80.00	86.18	100.00	120.00	130.90	140.00	23
24	Sugar Refined	1 Kg	150.00	152.20	155.00	150.00	153.26	160.00	145.00	152.36	160.00	150.00	150.00	150.00	144.00	144.00	144.00	150.00	150.00	150.00	163.27	170.00	24	
25	Gur (Average Quality)	1 Kg	230.00	242.14	250.00	180.00	186.61	190.00	240.00	262.58	280.00	240.00	249.05	260.00	180.00	180.00	180.00	200.00	206.46	220.00	260.00	263.29	270.00	25
26	Salt Powdered (NATIONAL/SHAN)	Each	60.00	60.00	60.00	60.00	63.16	70.00	60.00	67.01	80.00	60.00	63.16	70.00	60.00	60.00	60.00	70.00	70.00	70.00	60.00	60.00	60.00	26
27	Chilies Powder NATIONAL 200 gm	Each	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	320.00	320.00	320.00	320.00	320.00	320.00	27
28	Garlic (Lehsun)	1 Kg	480.00	506.49	520.00	480.00	480.00	480.00	380.00	432.57	550.00	320.00	328.19	340.00	450.00	450.00	450.00	400.00	406.56	420.00	250.00	414.57	530.00	28
29	Tea Lipton Yellow Label 190 gm Pac	Each	447.05	447.05	447.05	447.00	447.00	447.00	447.06	447.06	447.06	447.06	447.06	447.06	447.05	447.05	447.05	447.05	447.05	447.05	447.00	447.00	447.00	29
30	Cooked Beef at Average Hotel	Per Plate	300.00	325.91	350.00	300.00	309.68	330.00	300.00	371.61	450.00	300.00	301.62	320.00	200.00	200.00	200.00	240.00	240.00	240.00	280.00	293.18	300.00	30
31	Cooked Daal at Average Hotel	Per Plate	140.00	141.08	150.00	170.00	173.27	180.00	170.00	184.29	200.00	160.00	172.25	180.00	160.00	160.00	160.00	120.00	120.00	120.00	133.72	160.00	31	
32	Tea Prepared Ordinary	Per Cup	70.00	76.52	80.00	50.00	50.00	50.00	70.00	70.00	70.00	60.00	71.45	80.00	70.00	70.00	70.00	70.00	70.00	70.00	50.00	54.22	60.00	32
33	Cigarettes Capstan 20'S Packet	Each	240.00	240.00	240.00	240.00	240.00	240.00	250.00	250.00	250.00	250.00	250.00	250.00	240.00	240.00	240.00	240.00	240.00	240.00	250.00	250.00	250.00	33
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	800.00	800.00	800.00	780.00	793.28	800.00	700.00	732.95	750.00	550.00	582.85	600.00	500.00	500.00	500.00	600.00	646.33	750.00	642.00	642.00	642.00	34
35	Shirting (Average Quality)	1 mtr	480.00	520.70	535.00	580.00	586.59	600.00	550.00	637.35	750.00	550.00	579.56	600.00	350.00	350.00	350.00	450.00	482.74	500.00	650.00	656.62	670.00	35
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	738.46	738.46	738.46	816.66	818.89	820.00	700.00	720.79	750.00	550.00	582.85	600.00	550.00	550.00	550.00	600.00	632.89	650.00	702.00	702.00	702.00	36
37	Georgette (Average Quality)	1 mtr	300.00	327.54	350.00	300.00	300.00	300.00	350.00	384.78	450.00	300.00	311.51	320.00	200.00	206.46	220.00	350.00	382.59	400.00	230.00	239.86	250.00	37
38	Gents Sandal Bata	Pair	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	38
39	Gents Sponge Chappal Bata	Pair	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	39
40	Ladies Sandal Bata	Pair	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	40
41	Electricity Charges for Q1*	Per Unit	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	41
42	Gas Charges for Q1	MMBTU	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	42
43	Firewood Whole	40 Kg	1600.00	1632.91	1700.00	1600.00	1632.66	1700.00	1300.00	1386.19	1500.00	1450.00	1483.14	1500.00	1100.00	1132.37	1200.00	1350.00	1383.13	1400.00	1050.00	1288.39	1600.00	43
44	Energy Saver Philips 14 Watt	Each	575.0																					

CONSUMER PRICES OF ESSENTIAL ITEMS

SL.			Bannu (15)			Quetta (16)			Khuzdar (17)			National Average			National Ave.		% Change over		Yearly Average Prices				SL.
NO.	DESCRIPTION	UNIT	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	MIN	AVG	MAX	Prv. Wk	Cor. Wk	Prv. Wk	Cor. Wk	24-25	23-24	Diff	% Chng	NO.
1	2	3	46	47	48	49	50	51	52	53	54	56	57	58	59	60	61	62	63	64	65	66	1

PRICES ON 29-01-2026

1	Wheat Flour Bag	20 Kg	2900.00	2932.96	3000.00	2830.00	2839.99	2850.00	2650.00	2683.23	2700.00	1810.00	2457.69	3066.67	2486.86	1777.18	-1.17	38.29	1742.07	2575.18	-833.11	-32.35	1
2	Rice Basmati Broken (Average Qua	1 Kg	140.00	146.59	150.00	290.00	299.93	310.00	240.00	246.62	250.00	140.00	216.25	310.00	216.43	205.84	-0.08	5.06	205.37	222.46	-17.09	-7.68	2
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	160.00	166.60	170.00	160.00	169.88	180.00	160.00	163.27	170.00	110.00	157.69	200.00	157.69	158.71	0.00	-0.64	159.01	165.12	-6.11	-3.70	3
4	Bread plain (Small Size)	Each	100.00	100.00	100.00	120.00	120.00	120.00	110.00	110.00	110.00	100.00	111.93	130.00	111.93	109.45	0.00	2.27	109.13	113.60	-4.47	-3.93	4
5	Beef with Bone (Average Quality)	1 Kg	900.00	932.17	1000.00	1100.00	1149.27	1200.00	1100.00	1165.70	1200.00	900.00	1164.80	1500.00	1162.66	1033.99	0.18	12.65	1034.77	847.36	187.41	22.12	5
6	Mutton (Average Quality)	1 Kg	1700.00	1700.00	1700.00	2000.00	2073.86	2200.00	1800.00	1800.00	1800.00	1700.00	2117.10	2600.00	2113.94	1966.53	0.15	7.66	1965.06	1746.19	218.87	12.53	6
7	Chicken Farm Broiler (Live)	1 Kg	380.00	380.00	380.00	400.00	412.44	420.00	410.00	410.00	410.00	340.00	378.50	420.00	366.60	444.68	3.25	-14.88	420.40	395.28	25.12	6.35	7
8	Milk fresh (Un-boiled)	1 Ltr	180.00	186.43	200.00	200.00	200.00	200.00	200.00	200.00	200.00	170.00	203.51	260.00	203.51	197.80	0.00	2.89	197.12	185.03	12.09	6.53	8
9	Curd (Dahi) Loose	1 Kg	200.00	200.00	200.00	220.00	220.00	220.00	220.00	220.00	220.00	180.00	239.21	360.00	239.21	231.06	0.00	3.53	230.31	215.67	14.64	6.79	9
10	Powdered Milk NIDO 390 gm Polyba	Each	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1170.00	1170.00	1170.00	1100.00	1138.74	1180.00	1138.74	1035.22	0.00	10.00	1034.91	819.69	215.22	26.26	10
11	Eggs Hen (Farm)	1 Dozen	340.00	353.21	360.00	360.00	372.44	380.00	380.00	380.00	380.00	325.00	351.86	380.00	352.91	246.31	-0.30	42.85	290.19	298.22	-8.03	-2.69	11
12	Mustard Oil (Average Quality)	1 Kg	470.00	470.00	470.00	575.00	597.23	620.00	580.00	593.26	600.00	450.00	549.76	720.00	548.83	569.99	0.17	-3.55	534.48	508.77	25.71	5.05	12
13	Cooking Oil DALDA or Other Similar	Each	2850.00	2850.00	2850.00	3093.75	3093.75	3093.75	2925.00	2951.61	2965.00	2850.00	3025.47	3110.00	3018.22	2930.76	0.24	3.23	2800.37	2810.06	-9.69	-0.34	13
14	Vegetable Ghee DALDA/HABIB 2.5	Each	1400.00	1400.00	1400.00	1578.00	1578.00	1578.00	1500.00	1500.00	1500.00	1400.00	1533.51	1588.59	1528.62	1502.35	0.32	2.07	1408.25	1345.28	62.97	4.68	14
15	Vegetable Ghee DALDA/HABIB or C	Each	560.00	560.00	560.00	590.00	590.00	590.00	592.00	592.00	592.00	560.00	588.66	592.00	588.48	587.69	0.03	0.17	550.39	518.25	32.14	6.20	15
16	Bananas (Kela) Local	1 Dozen	150.00	156.59	160.00	100.00	114.60	130.00	100.00	114.47	150.00	90.00	145.18	280.00	140.86	134.02	3.07	8.33	149.78	136.52	13.26	9.71	16
17	Pulse Masoor (Washed)	1 Kg	260.00	260.00	260.00	270.00	279.93	290.00	280.00	293.18	300.00	220.00	270.81	320.00	272.87	298.36	-0.75	-9.23	303.70	320.39	-16.69	-5.21	17
18	Pulse Moong (Washed)	1 Kg	380.00	380.00	380.00	460.00	469.96	480.00	400.00	409.76	430.00	340.00	390.19	480.00	387.82	405.99	0.61	-3.89	377.95	292.91	85.04	29.03	18
19	Pulse Mash (Washed)	1 Kg	420.00	420.00	420.00	450.00	459.95	470.00	450.00	476.22	500.00	360.00	435.60	540.00	429.19	489.10	1.49	-10.94	507.50	530.09	-22.59	-4.26	19
20	Pulse Gram	1 Kg	220.00	220.00	220.00	260.00	269.92	280.00	300.00	300.00	300.00	210.00	255.18	330.00	251.89	345.57	1.31	-26.16	348.88	251.64	97.24	38.64	20
21	Potatoes	1 Kg	30.00	36.34	40.00	30.00	39.47	50.00	40.00	46.42	50.00	25.00	38.61	80.00	41.88	73.33	-7.81	-47.35	85.66	82.44	3.22	3.91	21
22	Onions	1 Kg	60.00	72.68	80.00	40.00	49.58	60.00	50.00	68.40	80.00	40.00	65.60	120.00	70.28	95.62	-6.66	-31.40	96.52	128.06	-31.54	-24.63	22
23	Tomatoes	1 Kg	70.00	76.52	80.00	65.00	72.34	80.00	100.00	100.00	100.00	60.00	98.12	180.00	91.25	69.52	7.53	41.14	100.95	110.14	-9.19	-8.34	23
24	Sugar Refined	1 Kg	150.00	150.00	150.00	182.00	183.49	186.00	165.00	166.65	170.00	144.00	156.25	186.00	156.33	150.43	-0.05	3.87	151.12	146.05	5.07	3.47	24
25	Gur (Average Quality)	1 Kg	240.00	240.00	240.00	250.00	254.97	260.00	240.00	246.62	250.00	180.00	228.22	290.00	228.78	208.90	-0.24	9.25	213.80	210.53	3.27	1.55	25
26	Salt Powdered (NATIONAL/SHAN)	Each	60.00	60.00	60.00	60.00	60.00	60.00	70.00	70.00	70.00	60.00	64.46	80.00	65.35	71.46	-1.36	-9.80	71.51	65.72	5.79	8.81	26
27	Chilies Powder NATIONAL 200 gm	Each	320.00	320.00	320.00	380.00	380.00	380.00	320.00	320.00	320.00	320.00	362.56	380.00	360.20	320.00	0.66	13.30	321.81	374.34	-52.53	-14.03	27
28	Garlic (Lehsun)	1 Kg	350.00	369.72	380.00	520.00	534.91	550.00	500.00	531.33	600.00	250.00	440.74	700.00	439.82	687.47	0.21	-35.89	538.57	518.54	20.03	3.86	28
29	Tea Lipton Yellow Label 190 gm Pad	Each	447.00	447.00	447.00	447.00	447.00	447.00	447.00	447.05	447.10	447.00	447.06	447.50	447.06	543.78	0.00	-17.79	509.02	556.48	-47.46	-8.53	29
30	Cooked Beef at Average Hotel	Per Plate	300.00	300.00	300.00	350.00	359.91	370.00	330.00	343.20	350.00	200.00	315.49	450.00	315.49	300.67	0.00	4.93	297.24	272.13	25.11	9.23	30
31	Cooked Daal at Average Hotel	Per Plate	130.00	130.00	130.00	180.00	189.82	200.00	180.00	193.10	200.00	120.00	167.79	260.00	167.79	163.54	0.00	2.60	160.91	140.93	19.98	14.18	31
32	Tea Prepared Ordinary	Per Cup	50.00	56.46	60.00	80.00	80.00	80.00	50.00	50.00	50.00	50.00	63.46	80.00	63.46	61.37	0.00	3.41	60.95	56.87	4.08	7.17	32
33	Cigarettes Capstan 20'S Packet	Each	250.00	253.29	260.00	240.00	244.95	250.00	240.00	243.29	250.00	240.00	244.75	260.00	244.16	233.49	0.24	4.82	234.79	222.49	12.30	5.53	33
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	700.00	700.00	700.00	700.00	748.89	800.00	400.00	400.00	400.00	400.00	660.47	800.00	660.47	617.61	0.00	6.94	625.57	568.18	57.39	10.10	34
35	Shirting (Average Quality)	1 mtr	450.00	476.22	500.00	230.00	239.86	250.00	350.00	372.77	400.00	230.00	520.72	900.00	519.42	479.97	0.25	8.49	480.39	415.53	64.86	15.61	35
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	650.00	650.00	650.00	700.00	748.89	800.00	400.00	400.00	400.00	400.00	662.54	820.00	662.54	611.82	0.00	8.29	622.49	560.31	62.18	11.10	36
37	Georgette (Average Quality)	1 mtr	250.00	250.00	250.00	200.00	219.62	240.00	250.00	282.31	300.00	200.00	308.94	450.00	308.94	293.97	0.00	5.09	292.81	261.61	31.20	11.93	37
38	Gents Sandal Bata	Pair	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	0.00	0.00	2499.00	2298.72	200.28	8.71	38
39	Gents Sponge Chappal Bata	Pair	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	0.00	0.00	599.00	599.00	0.00	0.00	39
40	Ladies Sandal Bata	Pair	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	0.00	0.00	1185.21	822.91	362.30	44.03	40
41	Electricity Charges for Q1*	Per Unit	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.10	6.00	0.00	1.67	5.99	7.28	-1.29	-17.72	41
42	Gas Charges for Q1	MMBTU	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	2566.50	1976.50	0.00	29.85	1976.50	944.61	1031.89	109.24	42
43	Firewood Whole	40 Kg	1100.00	1100.00	1100.00	1400.00	1449.43	1500.00	1000.00	1065.60	1100.00	1000.00	1473.46	2350.00	1468.10	1321.07	0.37	11.54	1273.03	1141.76	131.27	11.50	43
44	Energy Saver Philips 14 Watt	Each	300.00	300.00	300.00	350.00	350.00	350.00	580.00	580.00	580.00	240.00	398.48	580.00	398.48	380.86	0.00	4.63	380.66	352.01	28.65	8.14	44
45	Sufi Washing Soap 250 gm Cake	Each	130.00	130.00	130.00	140.00	140.00	140.00	125.00	125.00	125.00	125.00	133.51	150.00	133.51	131.91	0.00	1.21	130.71	129.09	1.62	1.25	45
46	Match Box	Each	5.00	5.00	5.00	5.00	5.97	7.00	5.00	5.00	5.00	5.00	6.24	7.00	6.24	6.24	0.00	0.00	6.22	5.93	0.29	4.89	46
47	Petrol Super	Per Litre	255.20	25																			

A: Retail Prices of Fertilizers (50 kg/bag) for the Week Ended on 29-01-2026

No.	Description	Rawal-pindi	Gujran-wala	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Average Price for 29-01-26 22-01-26 30-01-25			% Change over 22-01-26 30-01-25	
1	Sona Urea	4800	4350	4400	4400	4400	4120	4300	4250	4100	4326	4350	4350	5099	4396	4344	4500	1.22	-2.29
2	Other Urea (Tara, Sarsabz, Shandar etc)	4700	4300	4300	4350	4500	4070	4167	N.A.	4100	N.A.	4200	4100	N.A.	4275	4227	4324	1.13	-1.14
3	Calcium Ammonium Nitrate	4600	4000	4050	N.A.	4000	3875	3500	3850	3900	N.A.	N.A.	N.A.	N.A.	3962	3975	4188	-0.32	-5.41
4	S.S Phosphate, Gr. 18%	N.A.	3300	3600	3500	3400	N.A.	N.A.	2349	N.A.	3613	3483	N.A.	N.A.	3291	3311	2906	-0.61	13.25
5	Sulphate of Potash	N.A.	10000	12528	13800	11900	10750	10599	N.A.	N.A.	13559	12000	N.A.	N.A.	11822	12017	12643	-1.63	-6.50
6	Nitro. Phosphate	N.A.	8525	9700	9200	9000	8675	8866	8899	8700	8516	9000	N.A.	N.A.	8902	8937	7617	-0.39	16.87
7	DIA Amun. Phosphate	13500	13800	14900	14500	14500	13550	13987	14325	14000	14277	14067	14500	14900	14209	14317	12073	-0.76	17.70
8	Nitro. Phosph. & Pot. (Npk)	9400	N.A.	9700	9600	9500	8825	11000	N.A.	N.A.	N.A.	9267	9100	9700	9549	9549	8901	0.00	7.28

B: Retail Prices of Cement (50 kg/bag) for the Week Ended on 29-01-2026

No.	Description	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Karachi	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Khuz-dar	Average Price for 29-01-26 22-01-26 30-01-25			% Change over 22-01-26 30-01-25	
1	Cement	1383	1381	1400	1390	1447	1400	1400	1407	1393	1389	1435	1500	1407	1353	1300	1490	1443	1406	1404	1372	0.14	2.46

C: Prices of CNG (per litre for Punjab and per kg otherwise) for the Week Ended on 29-01-2026

No.	Description	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Avg. Price per	% change over Pre.	Karachi	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Khuz-dar	Avg. Price per	% change over Pre. week
1	CNG	250.00	199.90	142.99	146.90	138.00	141.99	145.99	139.90	138.60	157.08	-0.89	314.48	320.00	300.00	295.00	339.90	339.90	315.00	N.A.	317.34	0.00

D: Wage Rates for the Week Ended on 29-01-2026

No.	Description	Unit	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Karachi	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Khuz-dar	Average Price for 29-01-26 22-01-26 30-01-25			% Change over 22-01-26 30-01-25	
1	Painter	Daily	2364	2137	1500	1800	2047	1651	1600	1522	1433	1692	1722	1600	1566	1800	1800	1698	1500	1716	1716	1676	0.00	2.41
2	Mason (Raj)	Daily	2440	2287	2200	2000	2261	1864	1966	1733	1864	2478	1931	1600	1864	2000	2000	2194	1766	2012	2012	1916	0.00	5.05
3	Labourer	Daily	1500	1500	1200	1500	1547	1266	1416	1032	1000	1478	1024	900	883	1200	1000	1449	1166	1217	1217	1173	0.00	3.76
4	Plumber	Daily	1983	2022	1500	1800	1837	1500	2433	1727	1466	2363	2057	1600	1566	2200	1600	1598	1500	1784	1778	1734	0.38	2.92
5	Electrician	P/Point	469	461	250	230	269	200	273	224	200	400	393	200	240	332	193	317	293	279	279	267	0.00	4.22

E: Wheat Rates for the Week Ended on 29.01.2026

No.	Description	Unit	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Karachi	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Khuzdar	Average Price for		% Change over 22.01.2026
																				29.01.2026	22.01.2026	
1	Wheat	10 kg	1321.66	1321.66	1175.00	1175.00	1200.00	1125.00	1121.66	1174.73	1150.00	1150.00	1209.97	1125.00	1133.27	1356.63	1400.00	1309.97	1283.11	1216.39	1210.86	0.46
2	Wheat Flour (Fine)	1 kg	159.14	160.64	140.00	138.00	147.35	140.00	130.00	140.00	136.65	141.13	154.10	140.00	130.00	158.37	158.00	160.00	145.00	145.43	145.02	0.29