

CONSUMER PRICES OF ESSENTIAL ITEMS

SL. NO.	DESCRIPTION	UNIT	Islamabad (01)			Rawalpindi (02)			Gujranwala (03)			Sialkot (04)			Lahore (05)			Faisalabad (06)			Sargodha (07)			SL. 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 30-07-2026

1	Wheat Flour Bag	20 Kg	3040.00	3085.42	3133.33	2200.00	2805.08	3093.33	2200.00	2583.72	2800.00	2200.00	2583.72	2800.00	2250.00	2266.54	2300.00	2200.00	2200.00	2200.00	2200.00	2364.98	2733.00	1
2	Rice Basmati Broken (Average Quality)	1 Kg	260.00	274.83	290.00	260.00	270.58	280.00	180.00	180.00	180.00	190.00	190.00	190.00	220.00	228.47	240.00	220.00	233.14	240.00	150.00	156.59	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	120.00	120.00	120.00	120.00	120.00	120.00	120.00	120.00	120.00	130.00	130.00	130.00	130.00	130.00	130.00	120.00	120.00	120.00	100.00	100.00	100.00	4
5	Beef with Bone (Average Quality)	1 Kg	1450.00	1487.07	1550.00	1450.00	1515.94	1600.00	1200.00	1200.00	1200.00	1300.00	1300.00	1300.00	1100.00	1231.32	1300.00	1400.00	1400.00	1400.00	1150.00	1166.43	1200.00	5
6	Mutton (Average Quality)	1 Kg	2800.00	2837.27	2900.00	2700.00	2786.40	2850.00	2600.00	2600.00	2600.00	2500.00	2500.00	2500.00	2900.00	2928.23	3000.00	2400.00	2400.00	2400.00	2150.00	2183.21	2200.00	6
7	Chicken Farm Broiler (Live)	1 Kg	320.00	334.65	360.00	330.00	336.30	340.00	303.00	303.00	303.00	312.00	312.00	312.00	293.00	293.00	293.00	330.00	330.00	330.00	315.00	316.66	320.00	7
8	Milk fresh (Un-boiled)	1 Ltr	240.00	250.66	270.00	220.00	242.38	260.00	220.00	220.00	220.00	180.00	211.95	230.00	200.00	212.32	220.00	200.00	206.46	220.00	170.00	176.60	180.00	8
9	Curd (Dahi) Loose	1 Kg	260.00	272.37	280.00	240.00	266.40	280.00	240.00	240.00	240.00	190.00	222.02	240.00	240.00	252.80	260.00	240.00	240.00	240.00	220.00	223.28	230.00	9
10	Powdered Milk NIDO 390 gm Polybag	Each	1160.00	1180.77	1200.00	1160.00	1176.63	1200.00	1160.00	1163.32	1170.00	1200.00	1200.00	1200.00	1170.00	1170.00	1170.00	1170.00	1170.00	1170.00	1150.00	1153.32	1160.00	10
11	Eggs Hen (Farm)	1 Dozen	268.00	271.48	280.00	267.00	272.43	280.00	260.00	260.00	260.00	270.00	270.00	270.00	266.00	266.00	266.00	266.00	266.00	266.00	265.00	265.00	265.00	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	550.00	550.00	550.00	540.00	556.61	570.00	560.00	560.00	560.00	480.00	493.24	500.00	12
13	Cooking Oil DALDA or Other Similar	Each	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3090.00	3065.00	3065.00	3065.00	3065.00	3065.00	3065.00	3065.00	3065.00	3065.00	13
14	Vegetable Ghee DALDA/HABIB 2.5	Each	1580.00	1580.00	1580.00	1580.00	1580.00	1580.00	1565.00	1565.00	1565.00	1580.00	1580.00	1580.00	1540.00	1561.40	1565.00	1565.00	1565.00	1565.00	1565.00	1565.00	1565.00	14
15	Vegetable Ghee DALDA/HABIB or C	Each	610.00	610.00	610.00	610.00	610.00	610.00	615.00	615.00	615.00	615.00	615.00	615.00	610.00	614.28	615.00	610.00	610.00	610.00	615.00	615.00	615.00	15
16	Bananas (Kela) Local	1 Dozen	230.00	268.19	300.00	230.00	248.13	290.00	200.00	200.00	200.00	200.00	215.44	250.00	180.00	199.57	220.00	200.00	200.00	200.00	180.00	180.00	180.00	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	230.00	235.19	240.00	230.00	249.10	280.00	250.00	253.29	260.00	17
18	Pulse Moong (Washed)	1 Kg	360.00	399.29	440.00	360.00	381.82	400.00	280.00	280.00	280.00	370.00	370.00	370.00	340.00	347.57	360.00	340.00	346.54	360.00	320.00	323.30	330.00	18
19	Pulse Mash (Washed)	1 Kg	480.00	512.99	540.00	480.00	493.88	520.00	440.00	440.00	440.00	450.00	450.00	450.00	450.00	473.71	490.00	400.00	426.24	440.00	470.00	473.31	480.00	19
20	Pulse Gram	1 Kg	270.00	290.24	330.00	270.00	285.84	300.00	235.00	236.65	240.00	220.00	220.00	220.00	230.00	241.62	250.00	210.00	216.47	230.00	240.00	243.29	250.00	20
21	Potatoes	1 Kg	70.00	79.69	90.00	50.00	64.68	80.00	60.00	60.00	60.00	70.00	70.00	70.00	50.00	56.90	70.00	60.00	60.00	60.00	50.00	70.47	140.00	21
22	Onions	1 Kg	130.00	141.27	160.00	116.00	138.95	160.00	120.00	120.00	120.00	100.00	103.23	110.00	110.00	120.59	130.00	100.00	100.00	100.00	90.00	96.55	100.00	22
23	Tomatoes	1 Kg	330.00	356.05	420.00	316.00	351.56	400.00	400.00	400.00	400.00	400.00	400.00	400.00	290.00	303.71	320.00	300.00	300.00	300.00	300.00	300.00	300.00	23
24	Sugar Refined	1 Kg	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.47	155.00	150.00	150.00	150.00	145.00	145.00	145.00	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	210.00	210.00	210.00	230.00	238.02	250.00	220.00	226.47	240.00	220.00	223.32	225.00	25
26	Salt Powdered (NATIONAL/SHAN)	Each	60.00	60.00	60.00	60.00	60.00	60.00	60.00	60.00	60.00	70.00	70.00	70.00	70.00	60.00	60.00	60.00	60.00	60.00	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	380.00	380.00	380.00	380.00	380.00	380.00	27
28	Garlic (Lehsun)	1 Kg	280.00	428.58	600.00	280.00	409.95	500.00	350.00	382.59	400.00	250.00	306.88	340.00	250.00	351.35	590.00	300.00	300.00	300.00	380.00	386.55	400.00	28
29	Tea Lipton Yellow Label 190 gm Packet	Each	469.41	469.41	469.41	469.41	469.41	469.41	469.41	469.41	469.41	447.05	447.05	447.05	469.40	469.41	469.41	447.50	447.50	447.50	447.00	447.00	447.00	29
30	Cooked Beef at Average Hotel	Per Plate	350.00	354.07	380.00	300.00	336.27	350.00	450.00	450.00	450.00	350.00	350.00	350.00	300.00	317.94	330.00	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	190.00	190.00	190.00	180.00	194.15	200.00	180.00	186.43	200.00	150.00	150.00	150.00	31
32	Tea Prepared Ordinary	Per Cup	70.00	73.19	80.00	60.00	69.90	80.00	70.00	70.00	70.00	50.00	50.00	50.00	70.00	71.35	80.00	60.00	63.16	70.00	60.00	66.49	70.00	32
33	Cigarettes Capstan 20'S Packet	Each	250.00	250.00	250.00	250.00	250.00	250.00	250.00	250.00	250.00	260.00	260.00	260.00	270.00	270.00	270.00	250.00	250.00	250.00	240.00	240.00	240.00	33
34	Long Cloth 57" Gul Ahmed/AI Karam	1 mtr	750.00	773.97	800.00	730.00	774.35	800.00	700.00	700.00	700.00	700.00	700.00	700.00	850.00	850.00	850.00	650.00	659.85	680.00	700.00	700.00	700.00	34
35	Shirting (Average Quality)	1 mtr	680.00	724.24	770.00	650.00	691.63	750.00	600.00	600.00	600.00	550.00	550.00	550.00	430.00	464.01	490.00	850.00	866.35	900.00	750.00	750.00	750.00	35
36	Lawn Printed Gul Ahmed/AI Karam	1 mtr	630.00	662.12	700.00	580.00	634.78	670.00	748.00	748.00	748.00	700.00	700.00	700.00	805.00	830.51	850.00	650.00	666.26	700.00	714.00	714.00	714.00	36
37	Georgette (Average Quality)	1 mtr	400.00	424.51	490.00	400.00	422.27	460.00	250.00	250.00	250.00	300.00	300.00	300.00	400.00	424.98	450.00	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	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.		

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 30-07-2026																								
1	Wheat Flour Bag	20 Kg	2200.00	2358.44	2800.00	2920.00	2946.61	2960.00	2600.00	2718.95	2900.00	2760.00	2769.95	2800.00	2500.00	2500.00	2500.00	2500.00	2500.00	2500.00	3000.00	3060.77	3100.00	1
2	Rice Basmati Broken (Average Quality)	1 Kg	180.00	193.10	200.00	190.00	203.11	210.00	260.00	279.91	290.00	200.00	213.12	220.00	200.00	200.00	200.00	230.00	236.62	240.00	220.00	222.18	230.00	2
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	130.00	140.92	150.00	190.00	196.61	200.00	160.00	174.84	190.00	120.00	123.24	130.00	130.00	130.00	130.00	110.00	116.57	120.00	130.00	130.00	130.00	3
4	Bread plain (Small Size)	Each	120.00	120.00	120.00	110.00	110.00	110.00	130.00	130.00	130.00	130.00	130.00	130.00	130.00	130.00	130.00	110.00	116.57	120.00	120.00	120.00	120.00	4
5	Beef with Bone (Average Quality)	1 Kg	1250.00	1299.79	1350.00	1100.00	1116.42	1150.00	1400.00	1437.10	1500.00	1200.00	1245.26	1300.00	1200.00	1200.00	1200.00	1200.00	1232.45	1300.00	1100.00	1257.63	1400.00	5
6	Mutton (Average Quality)	1 Kg	2300.00	2404.92	2500.00	2200.00	2266.17	2300.00	2200.00	2447.57	2800.00	2350.00	2395.62	2450.00	2000.00	2000.00	2000.00	2000.00	2131.20	2200.00	2100.00	2283.33	2500.00	6
7	Chicken Farm Broiler (Live)	1 Kg	315.00	315.00	315.00	280.00	281.66	285.00	320.00	327.18	350.00	310.00	310.82	320.00	320.00	320.00	320.00	310.00	313.30	320.00	340.00	340.00	340.00	7
8	Milk fresh (Un-boiled)	1 Ltr	200.00	205.50	210.00	180.00	186.43	200.00	240.00	240.00	240.00	230.00	230.00	230.00	200.00	200.00	200.00	240.00	243.29	250.00	240.00	265.25	280.00	8
9	Curd (Dahi) Loose	1 Kg	250.00	253.29	260.00	220.00	220.00	220.00	360.00	364.06	400.00	320.00	324.89	340.00	240.00	240.00	240.00	280.00	286.51	300.00	260.00	279.84	300.00	9
10	Powdered Milk NIDO 390 gm Polybag	Each	1144.00	1144.00	1144.00	1130.00	1130.00	1130.00	1120.00	1145.70	1160.00	1170.00	1173.32	1180.00	1150.00	1150.00	1150.00	1100.00	1100.00	1100.00	1150.00	1155.45	1200.00	10
11	Eggs Hen (Farm)	1 Dozen	240.00	245.51	250.00	240.00	246.62	250.00	268.00	271.52	280.00	240.00	249.90	260.00	260.00	260.00	260.00	260.00	273.17	280.00	250.00	276.50	280.00	11
12	Mustard Oil (Average Quality)	1 Kg	560.00	572.17	580.00	570.00	570.00	570.00	520.00	566.65	650.00	480.00	487.41	500.00	460.00	460.00	460.00	480.00	480.00	480.00	600.00	638.65	650.00	12
13	Cooking Oil DALDA or Other Similar	Each	3065.00	3065.00	3065.00	3109.00	3109.00	3109.00	3045.00	3060.75	3065.00	3065.00	3065.00	3065.00	3020.00	3020.00	3020.00	3110.00	3110.00	3110.00	3065.00	3065.00	3065.00	13
14	Vegetable Ghee DALDA/HABIB 2.5	Each	1565.00	1565.00	1565.00	1515.00	1515.00	1515.00	1565.00	1565.00	1565.00	1565.00	1565.00	1565.00	1540.00	1540.00	1540.00	1580.00	1580.00	1580.00	1565.00	1565.00	1565.00	14
15	Vegetable Ghee DALDA/HABIB or C	Each	610.00	610.00	610.00	600.00	606.65	610.00	610.00	610.30	615.00	610.00	610.00	610.00	610.00	610.00	610.00	615.00	615.00	615.00	610.00	610.00	610.00	15
16	Bananas (Kela) Local	1 Dozen	180.00	215.53	250.00	200.00	222.40	250.00	120.00	156.93	200.00	120.00	137.18	150.00	150.00	150.00	150.00	120.00	129.27	150.00	200.00	209.84	220.00	16
17	Pulse Masoor (Washed)	1 Kg	300.00	314.37	320.00	220.00	233.00	250.00	220.00	261.12	300.00	240.00	247.33	260.00	240.00	240.00	240.00	280.00	280.00	280.00	240.00	246.53	260.00	17
18	Pulse Moong (Washed)	1 Kg	380.00	391.01	400.00	290.00	296.63	300.00	350.00	379.04	400.00	390.00	399.16	400.00	400.00	400.00	400.00	350.00	419.68	480.00	340.00	350.97	370.00	18
19	Pulse Mash (Washed)	1 Kg	470.00	488.70	510.00	360.00	379.73	390.00	400.00	442.02	480.00	400.00	405.74	420.00	450.00	450.00	450.00	480.00	480.00	450.00	463.21	480.00	480.00	19
20	Pulse Gram	1 Kg	240.00	245.51	250.00	200.00	213.12	220.00	220.00	254.69	280.00	240.00	244.92	260.00	250.00	250.00	250.00	260.00	273.17	280.00	260.00	266.22	270.00	20
21	Potatoes	1 Kg	60.00	63.96	80.00	50.00	74.89	140.00	40.00	57.60	70.00	40.00	47.29	50.00	40.00	40.00	40.00	40.00	43.09	50.00	50.00	56.46	60.00	21
22	Onions	1 Kg	120.00	121.07	130.00	100.00	112.92	120.00	90.00	101.08	120.00	100.00	104.66	120.00	100.00	100.00	100.00	90.00	96.55	100.00	120.00	133.16	140.00	22
23	Tomatoes	1 Kg	220.00	233.09	250.00	240.00	246.62	250.00	200.00	230.97	300.00	180.00	207.75	220.00	200.00	200.00	200.00	220.00	233.14	240.00	320.00	364.55	400.00	23
24	Sugar Refined	1 Kg	148.00	149.78	150.00	140.00	141.65	145.00	145.00	149.67	155.00	140.00	142.40	145.00	140.00	140.00	140.00	145.00	146.65	150.00	150.00	153.26	160.00	24
25	Gur (Average Quality)	1 Kg	230.00	241.04	250.00	160.00	169.80	180.00	240.00	264.35	280.00	240.00	244.95	250.00	200.00	200.00	200.00	180.00	183.27	190.00	250.00	256.50	270.00	25
26	Salt Powdered (NATIONAL/SHAN)	Each	60.00	60.00	60.00	60.00	63.16	70.00	60.00	65.85	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	380.00	380.00	380.00	27
28	Garlic (Lehsun)	1 Kg	400.00	404.26	440.00	300.00	337.37	400.00	320.00	404.89	540.00	340.00	350.75	360.00	300.00	300.00	300.00	280.00	280.00	280.00	250.00	393.27	500.00	28
29	Tea Lipton Yellow Label 190 gm Pack	Each	469.41	469.41	469.41	447.00	447.00	447.00	447.06	460.48	469.42	447.06	447.06	447.06	469.41	469.41	469.41	447.05	447.05	447.05	469.40	469.41	469.41	29
30	Cooked Beef at Average Hotel	Per Plate	300.00	325.91	350.00	300.00	309.68	330.00	300.00	373.12	450.00	320.00	329.70	350.00	200.00	200.00	200.00	250.00	282.31	300.00	300.00	300.00	300.00	30
31	Cooked Daal at Average Hotel	Per Plate	150.00	155.48	160.00	170.00	173.27	180.00	170.00	184.29	200.00	170.00	177.45	180.00	160.00	160.00	160.00	150.00	169.39	180.00	150.00	151.08	160.00	31
32	Tea Prepared Ordinary	Per Cup	80.00	80.00	80.00	50.00	50.00	50.00	70.00	70.85	80.00	70.00	72.38	80.00	70.00	70.00	70.00	70.00	76.52	80.00	50.00	54.22	60.00	32
33	Cigarettes Capstan 20'S Packet	Each	250.00	250.00	250.00	240.00	240.00	240.00	250.00	250.89	260.00	250.00	253.29	260.00	260.00	260.00	260.00	240.00	240.00	240.00	270.00	270.00	270.00	33
34	Long Cloth 57" Gul Ahmed/AI Karam	1 mtr	800.00	800.00	800.00	780.00	793.28	800.00	700.00	732.95	750.00	600.00	606.59	620.00	500.00	500.00	500.00	600.00	646.33	750.00	800.00	800.00	800.00	34
35	Shirting (Average Quality)	1 mtr	480.00	520.70	535.00	580.00	586.59	600.00	550.00	650.25	750.00	580.00	603.23	620.00	350.00	350.00	350.00	450.00	482.74	500.00	750.00	760.83	800.00	35
36	Lawn Printed Gul Ahmed/AI Karam	1 mtr	793.93	793.93	793.93	816.66	818.89	820.00	700.00	722.30	750.00	550.00	591.31	620.00	550.00	550.00	550.0							

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	25-26	24-25	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 30-07-2026

1	Wheat Flour Bag	20 Kg	2900.00	2900.00	2900.00	2730.00	2749.95	2770.00	2600.00	2600.00	2600.00	2200.00	2634.04	3133.33	2582.50	1474.42	2.00	78.65	2109.18	1742.07	367.11	21.07	1	
2	Rice Basmati Broken (Average Quality)	1 Kg	140.00	146.59	150.00	280.00	289.93	300.00	240.00	246.62	250.00	140.00	217.53	300.00	217.51	207.53	0.01	4.82	214.54	205.37	9.17	4.47	2	
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	160.00	166.60	170.00	160.00	169.88	180.00	150.00	153.26	160.00	110.00	154.63	200.00	154.57	154.22	0.04	0.27	155.74	159.01	-3.27	-2.06	3	
4	Bread plain (Small Size)	Each	100.00	100.00	100.00	130.00	130.00	130.00	110.00	110.00	110.00	100.00	119.38	130.00	119.38	108.83	0.00	9.69	112.09	109.13	2.96	2.71	4	
5	Beef with Bone (Average Quality)	1 Kg	1000.00	1032.28	1100.00	1200.00	1249.33	1300.00	1200.00	1200.00	1200.00	1000.00	1262.87	1600.00	1257.60	1113.24	0.42	13.44	1170.70	1034.77	135.93	13.14	5	
6	Mutton (Average Quality)	1 Kg	1800.00	1800.00	1800.00	2200.00	2348.05	2500.00	2200.00	2395.71	2500.00	1800.00	2377.79	3000.00	2373.74	2048.77	0.17	16.06	2157.14	1965.06	192.08	9.77	6	
7	Chicken Farm Broiler (Live)	1 Kg	345.00	345.00	345.00	340.00	352.43	360.00	400.00	400.00	400.00	280.00	324.37	400.00	365.27	403.25	-11.20	-19.56	385.92	420.40	-34.48	-8.20	7	
8	Milk fresh (Un-boiled)	1 Ltr	180.00	193.10	200.00	220.00	220.00	220.00	220.00	226.47	240.00	170.00	218.19	280.00	217.48	201.50	0.33	8.28	204.78	197.12	7.66	3.89	8	
9	Curd (Dahi) Loose	1 Kg	200.00	213.12	220.00	220.00	226.47	240.00	220.00	233.14	240.00	190.00	253.71	400.00	253.38	236.45	0.13	7.30	240.43	230.31	10.12	4.39	9	
10	Powdered Milk NIDO 390 gm Polybag	Each	1100.00	1100.00	1100.00	1170.00	1170.00	1170.00	1170.00	1170.00	1170.00	1100.00	1155.74	1200.00	1155.74	1088.75	0.00	6.15	1123.76	1034.91	88.85	8.59	10	
11	Eggs Hen (Farm)	1 Dozen	270.00	270.00	270.00	260.00	272.41	280.00	260.00	279.52	300.00	240.00	265.46	300.00	257.33	289.75	3.16	-8.38	285.70	290.19	-4.49	-1.55	11	
12	Mustard Oil (Average Quality)	1 Kg	470.00	470.00	470.00	575.00	597.23	620.00	600.00	600.00	600.00	460.00	551.93	720.00	551.88	526.51	0.01	4.83	543.98	534.48	9.50	1.78	12	
13	Cooking Oil DALDA or Other Similar	Each	3100.00	3100.00	3100.00	3065.00	3065.00	3065.00	3065.00	3065.00	3065.00	3020.00	3075.20	3110.00	3068.28	2872.88	0.23	7.04	2960.42	2800.37	160.05	5.72	13	
14	Vegetable Ghee DALDA/HABIB 2.5	Each	1500.00	1500.00	1500.00	1580.00	1580.00	1580.00	1560.00	1566.64	1580.00	1500.00	1560.90	1580.00	1549.86	1461.70	0.71	6.79	1502.18	1408.25	93.93	6.67	14	
15	Vegetable Ghee DALDA/HABIB or Other	Each	590.00	590.00	590.00	615.00	615.00	615.00	592.00	592.00	592.00	590.00	609.27	615.00	607.35	568.47	0.32	7.18	584.15	550.39	33.76	6.13	15	
16	Bananas (Kela) Local	1 Dozen	200.00	200.00	200.00	140.00	154.70	170.00	150.00	150.00	150.00	120.00	186.55	300.00	187.86	162.66	-0.70	14.69	161.48	149.78	11.70	7.81	16	
17	Pulse Masoor (Washed)	1 Kg	240.00	240.00	240.00	260.00	269.92	280.00	250.00	275.89	300.00	220.00	257.95	320.00	256.32	295.80	0.64	-12.80	277.24	303.70	-26.46	-8.71	17	
18	Pulse Moong (Washed)	1 Kg	320.00	320.00	320.00	430.00	439.95	450.00	280.00	363.83	430.00	280.00	362.73	480.00	363.28	391.62	-0.15	-7.38	386.71	377.95	8.76	2.32	18	
19	Pulse Mash (Washed)	1 Kg	440.00	440.00	440.00	440.00	449.95	460.00	400.00	457.89	500.00	360.00	453.42	540.00	450.33	453.16	0.69	0.06	452.55	507.50	-54.95	-10.83	19	
20	Pulse Gram	1 Kg	230.00	230.00	230.00	240.00	249.92	260.00	280.00	293.18	300.00	200.00	249.18	300.00	245.64	311.05	1.44	-19.89	271.91	348.88	-76.97	-22.06	20	
21	Potatoes	1 Kg	30.00	33.02	40.00	40.00	52.01	60.00	70.00	76.52	80.00	30.00	57.69	140.00	56.60	83.48	1.93	-30.89	54.58	85.66	-31.08	-36.28	21	
22	Onions	1 Kg	100.00	100.00	100.00	80.00	94.51	110.00	80.00	92.83	100.00	80.00	109.42	160.00	101.67	56.01	7.62	95.36	81.61	96.52	-14.91	-15.45	22	
23	Tomatoes	1 Kg	250.00	250.00	250.00	170.00	184.75	200.00	150.00	181.71	200.00	150.00	270.00	420.00	350.46	82.14	-22.96	228.71	102.10	100.95	1.15	1.14	23	
24	Sugar Refined	1 Kg	145.00	145.00	145.00	148.00	149.49	152.00	150.00	153.26	160.00	140.00	147.99	160.00	148.23	179.33	-0.16	-17.48	165.93	151.12	14.81	9.80	24	
25	Gur (Average Quality)	1 Kg	230.00	230.00	230.00	240.00	244.97	250.00	240.00	246.62	250.00	160.00	229.11	290.00	228.19	239.31	0.40	-4.26	233.90	213.80	20.10	9.40	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	62.37	80.00	62.37	72.60	0.00	-14.09	67.32	71.51	-4.19	-5.86	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	368.65	380.00	368.65	320.00	0.00	15.20	344.03	321.81	22.22	6.90	27	
28	Garlic (Lehsun)	1 Kg	500.00	500.00	500.00	290.00	304.85	320.00	600.00	600.00	600.00	250.00	371.63	600.00	370.35	378.17	0.35	-1.73	423.98	538.57	-114.59	-21.28	28	
29	Tea Lipton Yellow Label 190 gm Packet	Each	447.00	447.00	447.00	469.00	469.00	469.00	447.00	447.05	447.10	447.00	458.23	469.42	456.70	447.07	0.34	2.50	447.06	509.02	-61.96	-12.17	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	322.44	450.00	322.33	310.95	0.03	3.70	315.62	297.24	18.38	6.18	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	130.00	175.48	260.00	175.48	167.17	0.00	4.97	168.69	160.91	7.78	4.84	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	65.34	80.00	65.34	61.38	0.00	6.45	62.90	60.95	1.95	3.20	32	
33	Cigarettes Capstan 20'S Packet	Each	250.00	253.29	260.00	250.00	250.00	250.00	250.00	250.00	250.00	240.00	252.06	270.00	252.06	242.73	0.00	3.84	245.10	234.79	10.31	4.39	33	
34	Long Cloth 57" Gul Ahmed/AI Karam	1 mtr	700.00	700.00	700.00	700.00	748.89	800.00	400.00	400.00	400.00	400.00	688.69	850.00	688.69	656.91	0.00	4.84	665.65	625.57	40.08	6.41	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	544.67	900.00	544.67	499.58	0.00	9.03	516.79	480.39	36.40	7.58	35	
36	Lawn Printed Gul Ahmed/AI Karam	1 mtr	650.00	650.00	650.00	700.00	748.89	800.00	400.00	400.00	400.00	400.00	680.92	900.00	680.92	656.59	0.00	3.71	665.62	622.49	43.13	6.93	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	318.06	490.00	318.06	301.90	0.00	5.35	308.19	292.81	15.38	5.25	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	2499.00	0.00	0.00	38	
39	Gents Sponge Chappal Bata	Pair	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	599.00	0.00	16.69	611.98	599.00	12.98	2.17	39	
40	Ladies Sandal Bata	Pair	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1399.00	0.00	7.15	1412.48	1185.21	227.27	19.18	40	
41	Electricity Charges for Q1*	Per Unit	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.95	5.66	-9.06	11.66	6.01	5.99	0.02	0.33	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	0.00	0.00	2535.14	1976.50	558.64	28.26	42	
43	Firewood Whole	40 Kg	900.00	965.49	1000.00	1400.00	1449.43	1500.00	1000.00</															

A: Retail Prices of Fertilizers (50 kg/bag) for the Week Ended on 30-07-2026

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			% Change over	
															30-07-26	23-07-26	31-07-25	23-07-26	31-07-25
1	Sona Urea	5200	4600	4525	4600	4633	4450	4500	4650	4550	4466	4600	4650	5099	4651	4655	4411	-0.08	5.44
2	Other Urea (Tara, Sarsabz, Shandar etc)	5050	4550	4450	4550	4533	4350	4483	N.A.	4550	N.A.	4450	4300	N.A.	4523	4528	4276	-0.11	5.78
3	Calcium Ammonium Nitrate	5100	4300	4400	N.A.	4233	4150	3766	4300	4200	N.A.	N.A.	N.A.	N.A.	4293	4299	4049	-0.15	6.02
4	S.S Phosphate, Gr. 18%	N.A.	4800	4700	4800	4733	N.A.	N.A.	2950	N.A.	4131	4800	N.A.	N.A.	4360	4360	3131	0.00	39.28
5	Sulphate of Potash	N.A.	15000	15300	15000	15800	14850	13331	N.A.	N.A.	16100	15000	N.A.	N.A.	15027	14898	12341	0.87	21.76
6	Nitro. Phosphate	N.A.	10200	10700	10300	10500	10250	9863	10050	10300	9464	10400	N.A.	N.A.	10197	10117	8198	0.80	24.38
7	DIA Amun. Phosphate	16000	16300	16450	16200	16500	15300	16500	16000	16250	15671	16400	16500	15900	16148	16138	13224	0.06	22.11
8	Nitro. Phosph. & Pot. (Npk)	9900	N.A.	11600	9600	12783	9850	11200	N.A.	N.A.	N.A.	11500	10300	10400	10749	10495	9049	2.41	18.78

B: Retail Prices of Cement (50 kg/bag) for the Week Ended on 30-07-2026

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			% Change over	
																			30-07-26	23-07-26	31-07-25	23-07-26	31-07-25
1	Cement	1532	1528	1563	1580	1590	1570	1620	1591	1560	1469	1517	1600	1523	1558	1530	1520	1650	1558	1536	1409	1.46	10.59

C: Prices of CNG (per litre for Punjab and per kg otherwise) for the Week Ended on 30-07-2026

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	375.00	287.35	142.99	146.90	138.00	141.99	145.99	139.90	138.60	171.08	0.00	318.26	300.00	300.00	295.00	349.90	352.00	315.00	N.A.	317.86	0.00

D: Wage Rates for the Week Ended on 30-07-2026

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			% Change over	
																				30-07-26	23-07-26	31-07-25	23-07-26	31-07-25
1	Painter	Daily	2364	2207	1800	1800	2247	1651	1600	1522	1433	1721	1722	1600	1566	2065	1800	1793	1500	1769	1769	1697	0.00	4.23
2	Mason (Raj)	Daily	2440	2300	2200	2000	2461	1993	2000	1733	1864	2482	1957	1600	1931	2421	2200	2194	1766	2074	2074	1966	0.00	5.47
3	Labourer	Daily	1500	1500	1500	1500	1747	1266	1483	1032	1000	1478	1032	900	900	1466	1200	1449	1232	1280	1279	1207	0.07	6.08
4	Plumber	Daily	2238	2293	1800	1800	2037	1500	2466	1727	1466	2366	2057	1600	1566	2500	1600	1698	1500	1863	1863	1750	0.00	6.49
5	Electrician	P/Point	487	461	250	230	319	266	277	224	200	400	393	200	240	332	193	317	293	287	287	273	0.07	5.30

E: Wheat Rates for the Week Ended on 30.07.2026

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	
																				30.07.2026	23.07.2026	23.07.2026	23.07.2026
1	Wheat	10 kg	1333.28	1333.28	1250	1200	1220	1125	1121.66	1212.44	1200	1160	1226.66	1125	1139.91	1400	1370	1181.62	1250	1223.55	1179.54	3.73	
2	Wheat Flour (Fine)	1 kg	173.68	167.58	145	152	168.26	145	137	148.31	161.65	149.46	159.58	150	130	156.94	152	157	140	152.14	148.19	2.67	