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A FRAGILE RECOVERY, RISING HEAT AND A DEEPER SHIFT UNDERWAY



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Executive Summary

Pakistan's current trajectory reflects not a single defining crisis, but a steady accumulation of pressures across economic, social, and environmental systems. While recent developments suggest a degree of macroeconomic stabilisation, the underlying picture is more complex. Inflation has risen sharply, driven largely by energy and food costs, placing disproportionate pressure on households and eroding purchasing power.

Growth remains modest and insufficient to generate meaningful employment or fiscal space, while external stability continues to depend on borrowing and geopolitical support rather than export strength or domestic resilience. These trends point to an economy that is managing shocks in the short term but remains structurally vulnerable. At the same time, these macroeconomic pressures are translating into more visible stress at the household and community level. Rising costs of living, particularly fuel, food, and essential medicines, are tightening constraints on already vulnerable populations.

Public systems, especially in health and service delivery, show a mixed picture of progress and fragility, where national-level gains are often undermined by weak local implementation and uneven access. Climate stress is further intensifying these challenges. Early and extreme heatwaves, shifting agricultural conditions, and environmental degradation are no longer future risks but immediate realities affecting livelihoods, productivity, and public health.

Institutional and governance constraints continue to shape these outcomes. Policy responses in key sectors, including energy and economic management, remain largely reactive, often addressing immediate pressures without resolving underlying inefficiencies. This is particularly evident in the energy sector, where persistent shortages coexist with surplus capacity, reflecting deeper structural and coordination failures. Similarly, labour conditions highlight how systemic gaps translate into everyday risk.

Pakistan's political and diplomatic environment adds another layer of complexity. Domestically, political space remains constrained, with limited progress on decentralization and institutional reform. At the same time, the country is pursuing a more active diplomatic posture, seeking to leverage its geopolitical position for economic and strategic advantage. While this creates potential opportunities, it also reflects the extent to which external engagement is being used to manage internal economic constraints.

What makes the current moment significant is the way these dynamics are beginning to converge. Economic fragility, climate stress, governance challenges, and social vulnerability are no longer operating in isolation but reinforcing one another. This convergence suggests that Pakistan's challenges are becoming more systemic, requiring coordinated and long-term responses rather than fragmented interventions. While there are pockets of resilience and emerging opportunities, the overall balance remains tilted toward short-term stabilization. The key question moving forward is whether these accumulating pressures can catalyze meaningful structural reform, or whether they will continue to be managed in ways that defer bigger change while allowing underlying risks to persist.

World Day for Safety and Health at Work

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The World Day for Safety and Health at Work provides an opportunity to examine the concrete realities of occupational risk in Pakistan. While national discourse often frames labour as a driver of economic resilience, the conditions under which much of this labour is performed remain precarious, under-regulated, and, in many cases, life-threatening.

Pakistan's occupational safety landscape is defined by a structural contradiction: a large and expanding labour force coexists with weak enforcement of safety standards and a deeply entrenched informal economy. An estimated [70-75%](#) of workers operate outside formal protections, limiting the applicability of labour laws and safety regulations. This informality is not merely administrative; it translates into the absence of protective equipment, lack of training, and minimal accountability for workplace accidents.

Recent incidents highlight the human cost of this systemic failure. In 2024, a coal mine collapse in Harnai, Balochistan, resulted in the deaths of at least [12 miners](#), revealing the persistent dangers in Pakistan's extractive industries. Coal mining remains one of the most hazardous occupations in the country, with workers often entering poorly ventilated shafts without adequate safety gear or monitoring systems. Investigations into such incidents repeatedly point to regulatory negligence and the [absence of routine inspections](#). Despite recurring tragedies, enforcement mechanisms remain weak, and accountability is rarely institutionalized.

Similarly, the construction sector, fuelled by rapid urban expansion, continues to expose workers to high levels of risk. A case study from Karachi's high-rise construction boom illustrates this pattern: in 2023, [multiple workers](#) were killed in separate incidents involving falls from heights at construction sites in Clifton and Gulshan-e-Iqbal.

These incidents revealed the absence of basic safety measures such as harnesses, guardrails, and on-site supervision. A [study](#) found that over [one-quarter](#) of construction workers in Karachi reported experiencing workplace injuries annually, with informal employment arrangements significantly increasing vulnerability.

Perhaps the most stark illustration of occupational neglect is found among sanitation workers. In 2025, at least four sanitation workers died in Lahore while cleaning a sewage line without protective equipment, succumbing to toxic gas exposure. Such incidents are not isolated. Reports by the [National Commission for Human Rights \(NCHR\)](#) document that sanitation workers, many belonging to marginalized religious communities (An estimated [80 percent](#) of them are Christians), are routinely deployed into hazardous environments without gloves, masks, or oxygen support. These workers often rely on verbal instructions rather than formal safety protocols, reflecting both institutional apathy and social marginalization.

Industrial settings present another layer of risk. The 2021 [chemical plant explosion](#) in Lahore's Sundar Industrial Estate, which killed several workers and injured dozens, highlighted the dangers of poor compliance with industrial safety standards. Post-incident inquiries revealed lapses in storage protocols, inadequate emergency preparedness, and insufficient worker training. Such industrial accidents are symptomatic of broader governance challenges, where safety audits are either irregular or circumvented due to weak oversight.

Agriculture, employing over [40% of Pakistan's workforce](#), presents less visible but equally serious occupational hazards. Farm workers are routinely exposed to pesticides and extreme weather conditions without adequate protection. A field study in Punjab documented high incidences of respiratory illness and skin disorders among agricultural labourers due to [unregulated chemical use](#). Climate change is intensifying these risks, with rising temperatures increasing the incidence of heat stress and dehydration among outdoor workers.

The cumulative picture that emerges is one of [layered vulnerability](#). Workers face not only physical hazards but also structural disadvantages linked to poverty, limited education, and lack of bargaining power. Rural workers, for instance, experience significantly higher injury rates compared to their urban counterparts, reflecting disparities in access to information, healthcare, and regulatory oversight. Institutionally, Pakistan has made incremental progress, including the devolution of labour regulation to provinces and the introduction of occupational safety laws such as the [Sindh Occupational Safety and Health Act \(2017\)](#). However, implementation remains inconsistent. Labour inspection systems are under-resourced, and penalties for non-compliance are rarely enforced. In contrast, firms integrated into global supply chains, particularly in textiles, tend to exhibit higher compliance due to external pressure from international buyers, revealing a dual standard within the economy.

Moving forward, a meaningful response requires a shift in both policy and practice. Strengthening labour inspections, formalizing employment arrangements, and embedding safety training within vocational systems are critical steps. Equally important is addressing the social dimensions of occupational risk, particularly for marginalized groups whose labour sustains essential services yet remains invisible in policy discourse. In Pakistan's context, improving workplace safety is not only a matter of compliance but of equity and human dignity.



Political Updates

Pakistan's political landscape over the past two weeks reflects a system caught between mobilisation and constraint. Pakistan Tehreek-e-Insaf's renewed attempt to [re-enter Punjab](#) through planned mobilisation in Lahore signals an effort to regain relevance in a province where organisational capacity has been weakened by arrests and administrative restrictions.

However, internal coordination gaps, visible in the lack of alignment between provincial and central leadership, and the hesitancy of allied platforms like the [Tehreek-e-Tahafuz-e-Ayeen Pakistan](#) alliance, suggest that PTI's challenge is not only external pressure but also internal coherence. The broader question is whether political mobilisation can translate into sustained pressure or whether it remains episodic, primarily aimed at regaining media visibility and negotiating space for leadership relief. In a constrained political environment, attempts at street power without institutional leverage risk diminishing returns rather than strengthening bargaining position.



Source: Pakistan Today

At the same time, developments around local government elections in Punjab highlight a deeper structural issue: the persistent reluctance of provincial governments to devolve power. Legal ambiguity over [party-based](#) versus [indirect electoral mechanisms](#), alongside judicial intervention, underscores ongoing tensions between democratic form and substance. The critique from actors such as [Jamaat-i-Islami](#) points to a broader pattern where centralisation of authority continues despite formal commitments to decentralisation.

Without credible local governance structures, political competition remains concentrated at the top, limiting citizen representation and weakening accountability. In this context, Pakistan's political trajectory appears less about competitive democratic expansion and more about managed participation, where both opposition mobilisation and institutional reform face systemic constraints.

Economic Updates

Over the past 15 days, Pakistan's economy has moved from fragile stabilisation to renewed stress, driven less by domestic demand and more by a sharp external shock transmitted through energy prices, debt repayments, investor uncertainty, and the Gulf-linked remittance channel.



Source: Pexels

The most visible pressure is inflation. Short-term inflation rose by nearly **14 percent** year-on-year, led by electricity, LPG, petrol, diesel, and essential food items. This is not ordinary demand-led inflation that can be easily cooled by interest rates. It is a cost-push shock flowing from energy, transport, and imported inputs into household food baskets and industrial production. Inflation is becoming regressive again. It will hurt lower- and middle-income households first, while also raising input costs for producers.

The State Bank's decision to raise the policy rate to **11.5 percent** reflects a difficult but deliberate trade-off under external shock conditions. While current inflation is largely cost-push and driven by rising energy prices, import costs, and supply constraints, the central bank is acting preemptively to prevent these pressures from becoming entrenched through second-round effects such as wage increases and persistent price expectations.

However, **higher interest rates** do little to address the root causes of inflation and instead raise borrowing costs for businesses already strained by expensive energy, weak demand and export pressures. This risks slowing investment, constraining industrial activity and weakening an already fragile recovery. The move, therefore, highlights a broader policy dilemma: in the absence of structural reforms, monetary tightening becomes a blunt tool, forcing policymakers to prioritise macroeconomic stability and external credibility at the cost of short-term growth.



Source: The Economist

Growth prospects have therefore weakened. Economists now see GDP growth slipping toward **2.5 to 3 percent**, far below earlier ambitions, while the **IMF** has cut its forward growth outlook to **3.5 percent** and raised inflation expectations to 8.4 percent.

This means Pakistan's recovery remains shallow: enough to avoid recession, but not enough to generate jobs, investment or fiscal space. [Large-scale manufacturing](#) has shown some recovery, rising 5.89 percent during July-February, but this improvement is fragile because export demand is weak and domestic costs remain elevated. The reduction of Rs173 billion from development spending to finance fuel subsidies further weakens the growth pipeline, showing how crisis management is crowding out long-term investment.



Source: Dawn

The external account is the central vulnerability. Pakistan returned to international capital markets after four years through a [Eurobond issuance](#), later upsized to [\\$750 million](#), which signals some renewed investor appetite. But this should not be overread as confidence in structural strength. It is also a sign that Pakistan needs [expensive market borrowing](#) because its reserve position remains dependent on rollovers, deposits, and geopolitical support. Saudi support, including the extension and expansion of deposits with the State Bank, has temporarily plugged the reserve gap created by [UAE repayments](#).

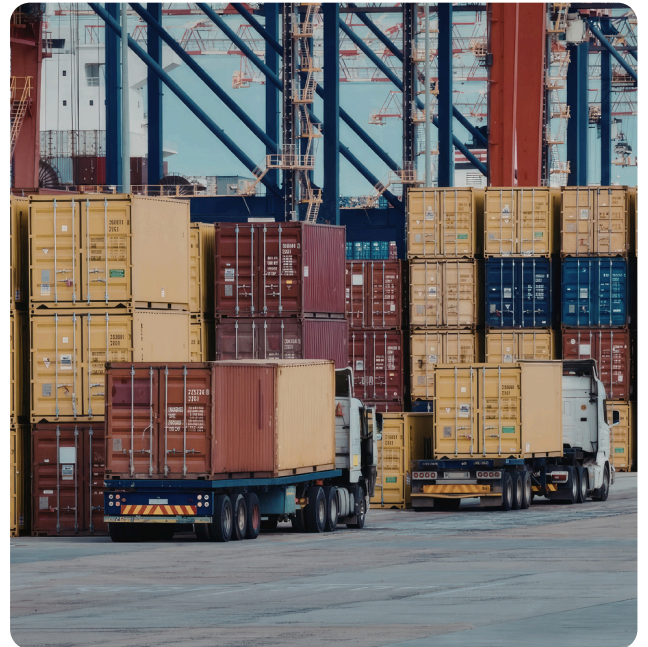
The deeper concern is that Pakistan's external stability still depends on friendly financing rather than export competitiveness. [The Economist's framing of Pakistan's diplomacy](#) as both a blessing and a curse is relevant here: geopolitical relevance buys breathing room, but it can also delay reforms that would reduce repeated dependence on bailouts.

Trade data reinforces this concern. Goods exports declined by over [7 percent](#) in the first nine months, while imports rose nearly [8 percent](#). Food imports alone surged to \$7.09 billion, driven by sugar, palm oil, tea and other essentials, while raw food exports fell sharply. This is economically significant because Pakistan is not only importing energy; it is increasingly importing food stability. A country facing both high energy dependence and rising food imports becomes highly exposed to exchange-rate pressure, freight costs and global supply disruptions. At the same time, services exports, especially IT and freelancing, remain one of the few bright spots, with freelancers' earnings [rising strongly](#) despite internet disruptions and power shortages. The government's attempt to encourage the repatriation of [overseas Pakistani capital](#) further highlights the underlying confidence deficit within the economy.

The fiscal picture is equally strained. Federal debt has risen sharply, domestic borrowing is doing most of the heavy lifting, and debt servicing continues to absorb fiscal space. The revelation that more than [Rs1 trillion](#) of public funds remain parked outside the Treasury Single Account shows that Pakistan's fiscal problem is not only low revenue; it is also weak cash discipline and fragmented public financial management. Similarly, [Rs5.4 trillion](#) stuck in tax litigation reflects a governance failure that directly weakens revenue mobilisation and investor confidence.

The scale and pace of fiscal stress are reflected in the government's borrowing trajectory, with public debt increasing by over **Rs15 trillion** in two years, equivalent to roughly **Rs21 billion per day**. The upcoming **IMF-aligned budget** will therefore likely **prioritise tax-base broadening, energy price adjustments** and spending discipline. But the political economy problem remains unresolved: Pakistan keeps **taxing** the compliant, salaried, corporate and consumption base, while agriculture, real estate, retail, informal wealth and elite exemptions remain politically difficult to reform.

There are, however, selective opportunities within the crisis. The **surge in transshipment** at Karachi Port and Port Qasim suggests Pakistan could benefit from regional maritime disruption if it improves logistics, customs efficiency, and port competitiveness. The energy shock has also strengthened the case for accelerating solar, **renewables and electrification**, not as climate symbolism but as balance-of-payments protection. Similarly, **legalising virtual assets** and proposing a **\$1 billion AI fund** under a CPEC 2.0 digital economy framework show that policymakers are looking toward new growth frontiers. But these will only matter if backed by regulatory clarity, local skills, reliable internet, investor protection, and productive financing; otherwise, they risk becoming announcements rather than transformation.



Source: Pexels

The real dilemma is that Pakistan is once again being forced to choose between short-term macroeconomic survival and long-term economic reform. If the crisis is used to reform taxation, unlock domestic savings, cut wasteful public spending, protect productive sectors, and reduce energy import dependence, this difficult period could become a turning point. At present, the balance still tilts toward survival rather than transformation.

Energy Sector Updates



Source: Pexels

Pakistan's energy sector today reflects a paradox of both shortage and inefficiency, driven less by resource constraints and more by **governance failures** and **policy inconsistency**. Despite having an installed capacity of around 46,000 MW, the country faces an effective shortfall of over **11,000 MW** due to fuel supply disruptions, plant outages, and transmission constraints, resulting in persistent load shedding even during peak demand periods. At the same time, circular debt continues to rise, reaching nearly **Rs1.84 trillion**, highlighting deep structural inefficiencies in pricing, recovery, and distribution.

The broader “so what” is that Pakistan is not facing a simple energy shortage, but a systemic failure where poor planning, reliance on imported fuels, and institutional fragmentation have turned energy into a macroeconomic vulnerability rather than a growth enabler. Policy inconsistency further compounds the crisis. The recent [reversal of licensing requirements](#) for small-scale solar users illustrates a reactive approach to regulation, where decisions are first introduced and then rolled back under public pressure, creating uncertainty for investors and consumers.

At the same time, industries, particularly [textiles](#), are increasingly turning to [solar energy](#) not as a strategic shift, but as a survival mechanism in response to high tariffs and unreliable grid supply. Yet even this transition is constrained by shifting policies such as the move from net metering to net billing, which reduces incentives and slows adoption. The deeper issue is that Pakistan’s energy transition is not being guided by a clear long-term strategy but by fragmented institutional decisions, where ministries, regulators, and utilities operate with overlapping mandates and conflicting priorities.



Source: APTMA

Looking ahead, the challenge is not just to add capacity, estimated at over [62,000 MW](#) by 2035, but to fundamentally restructure how energy is produced, priced, and governed. The country’s heavy dependence on imported fossil fuels, combined with underutilised renewable potential, has made it highly vulnerable to global shocks, as seen during recent geopolitical tensions. While initiatives such as [promoting electric vehicles](#) and [battery storage](#) signal a shift toward energy security, these remain piecemeal without a coherent framework linking renewable expansion, grid reform, and industrial competitiveness. Ultimately, Pakistan’s energy crisis is not a question of supply alone, but of governance: until policy consistency, institutional coordination, and market-aligned incentives are addressed, the sector will continue to constrain economic growth rather than support it.

Diplomatic Landscape



Source: The Guardian

Pakistan’s diplomatic landscape over the past two weeks reflects an unusually active but high-risk attempt to reposition itself within a rapidly shifting global order. At the centre of this effort is Islamabad’s role as a mediator in the ongoing US-Iran crisis. By hosting talks and facilitating backchannel communication, Pakistan is seeking to transform its longstanding strategic ambiguity into diplomatic capital. This is a calculated move: in a multipolar environment where traditional intermediaries have lost credibility, Pakistan is leveraging its ties with Washington, Tehran, Beijing and the Gulf to present itself as a [neutral but influential actor](#).

The potential upside is significant. Successful mediation, or even sustained engagement, could elevate Pakistan's global standing and unlock economic dividends through improved investor confidence and geopolitical relevance. However, this strategy is structurally fragile. Pakistan is simultaneously bound by [defence commitments with Saudi Arabia](#) and has already signalled military cooperation under existing agreements, creating a delicate contradiction between neutrality and alignment. This tightrope suggests that Pakistan's diplomacy is less about neutrality and more about managing competing dependencies in real time.

At the same time, Pakistan is pursuing a broader geo-economic realignment that extends beyond crisis diplomacy. The activation of alternative westward trade [corridors through China and Iran](#) marks a significant strategic shift away from Afghanistan-dependent routes toward more stable and scalable connectivity frameworks. This is complemented by deeper engagement with China, which remains Pakistan's most reliable strategic partner, with [decades of institutionalized cooperation](#), political trust, and economic integration under frameworks like CPEC continuing to anchor bilateral relations.



Source: Tribune

Parallel to this, Islamabad is expanding its diplomatic footprint through emerging alignments such as the evolving [quadrilateral framework with Saudi Arabia, Turkiye and Egypt](#), aimed at coordinating responses to regional instability and strengthening economic and security cooperation. Engagements with Russia on energy cooperation and [cyber resilience](#) further indicate diversification of partnerships beyond traditional allies. Regionally, Pakistan is also signalling renewed commitment to economic diplomacy through initiatives like the [SAARC Chamber's institutional strengthening](#), while globally it continues to advocate structural reforms in multilateral systems, including calls to [restrict veto power](#) at the United Nations.

The cumulative implication is clear: Pakistan is transitioning toward a multi-vector foreign policy that combines mediation and connectivity-driven geo-economics. Yet the underlying constraint remains unchanged. This expanded diplomatic ambition is unfolding against a backdrop of economic vulnerability, meaning that Pakistan's external strategy is ultimately driven not just by strategic vision, but by the urgent need to convert geopolitical relevance into economic stability.

Social and Humanitarian Updates

Pakistan's social and humanitarian landscape reflects a troubling paradox: notable gains in public health and social protection coexist with deepening vulnerabilities driven by governance gaps, inequality, and climate stress. While vaccination programmes, supported by the World Health Organization, have averted an estimated **2.6 million child deaths** and reduced polio cases to just one this year, these achievements are being undermined by resurgent health risks. A measles outbreak has already claimed at least **71 children**, largely due to **vaccine hesitancy** and over one million "zero-dose" children who have never received immunization. This dual reality highlights a systemic challenge: access is no longer the primary constraint; trust, awareness, and last-mile delivery are.

Beyond immunization, the broader disease burden is intensifying, exposing structural weaknesses in public health governance. Over **300 HIV cases** among children in Taunsa linked to **unsafe medical practices**, rising infections in Islamabad, and a potential review mission by the Global Fund point to serious lapses in regulatory oversight. Similarly, the spread of **Leishmaniasis** in South Waziristan and the first Congo fever death in Sindh underscore the persistent rural-urban divide in healthcare access. These trends suggest that while national-level programmes show progress, local health systems remain fragile, under-resourced, and reactive rather than preventive.



Source: Dawn

At a structural level, institutional weaknesses continue to shape long-term social outcomes. Pakistan's higher education sector, once envisioned as the backbone of a knowledge economy, is now facing declining enrolments, **falling global rankings**, and a sustained brain drain due to stagnant incentives and governance failures. Parallel concerns are emerging in the civic space, where **Amnesty International** has highlighted restrictions on civil liberties, media pressures, and the use of legal instruments to curb dissent, raising questions about the broader enabling environment for inclusive development. These governance deficits not only weaken service delivery but also erode public trust in institutions.

These developments point to a critical inflection point. Pakistan's social sector is no longer defined solely by resource constraints, but by coordination failures, policy inconsistency, and uneven implementation capacity. While targeted successes, such as polio reduction and vaccination coverage, demonstrate what is possible with sustained commitment, the persistence of preventable crises in health, livelihoods, and education suggests that systemic reform, rather than fragmented interventions, will determine whether these gains can be sustained or reversed.

Environmental and Climate-Related Updates

Pakistan's environmental outlook in 2026 is increasingly shaped by the convergence of climate stress, resource mismanagement, and policy inconsistency, with rising temperatures acting as a visible symptom of deeper structural challenges. The latest heatwave alert issued by the Provincial Disaster Management Authority signals an early and intense summer, with temperatures in southern Punjab expected to reach up to **52°C**. This is not an isolated event but part of a broader warming trend, with temperatures already running **2 to 4°C** above normal. Such extremes are placing pressure on public health, water availability, and energy demand, particularly in already vulnerable rural districts.

These climatic shifts are directly affecting Pakistan's agricultural base, especially in Punjab, the country's primary food-producing region. Rising temperatures, erratic rainfall, and shorter winters are disrupting crop cycles, with studies indicating that even a 1 to 4°C increase could **reduce wheat yields by up to 30%**. More than **80%** of farmers now report experiencing climate-related impacts, including delayed harvesting due to untimely rains and premature crop ripening due to sudden heat. The narrowing harvest window and increased weather volatility are also accelerating mechanization, as farmers shift toward combine harvesters to manage risk, often at the cost of rural employment and widening inequality. Climate change is therefore no longer a future risk but an immediate factor reshaping production systems, livelihoods, and food security.



Source: Pexels

Environmental degradation is compounding these pressures, particularly in urban areas. Pakistan generates around 2 million tonnes of plastic waste each year, yet only **15 to 18%** is recycled. Without reform, this could rise to **12 million tonnes by 2040**, worsening urban flooding, polluting waterways such as the Indus River, and increasing health risks through microplastics and air pollution from waste burning. The proposed shift toward **Extended Producer Responsibility** reflects recognition of the problem, but its success will depend on integrating the informal recycling sector, which already handles a large share of waste but remains outside formal systems.

There is a widening gap between environmental risk and policy response. Heatwaves, agricultural disruption, and waste mismanagement are interconnected challenges requiring coordinated climate adaptation. Without a clear and integrated approach linking resilience, agriculture, and circular economy reforms, environmental stress is likely to translate into sustained economic and social vulnerability.

Security Updates

Pakistan's security landscape remains volatile, marked by a resurgence of militancy and renewed cross-border tensions along the western frontier. The escalation of hostilities with the [Afghan Taliban](#), including retaliatory strikes by the Pakistan Army under Operation Ghazab Lil Haq, reflects a deteriorating bilateral security environment where border management has shifted from containment to active confrontation. At the same time, intensified [counterterrorism](#) operations in Khyber Pakhtunkhwa, including intelligence-based operations that have eliminated dozens of militants, indicate a sustained military push to contain the growing threat posed by Tehreek-e-Taliban Pakistan. However, the persistence of attacks, rising fatalities in recent years, and continued targeting of civilians highlight that tactical successes have yet to translate into strategic stability.



Source: Dawn

A particularly concerning dimension is the spillover of insecurity into public service delivery, especially health campaigns. Attacks and abductions [targeting polio workers](#), even as some are successfully recovered through local mediation, reveal the fragile operating environment in conflict-affected regions. This intersection of militancy and social vulnerability weakens state outreach and erodes trust in institutions. The broader implication is that Pakistan's security challenge is no longer confined to isolated incidents of violence but reflects a deeper structural issue, where cross-border tensions, internal militancy, and governance gaps are reinforcing each other.

Reading Recommendations

- Why Being Human Is Still Our Greatest Advantage Today ([Click Here](#))
- Pre-Budget Discussions and the Big Questions this Year ([Click Here](#))
- How Climate Change is Worsening Malnutrition in Pakistan ([Click Here](#))
- Battleground Algorithms: How Artificial Intelligence is Shaping Modern Conflict Narratives ([Click Here](#))
- Reimagining Civil Society Action in Pakistan ([Click Here](#))
- Building Digital Resilience of Civil Society ([Click Here](#))
- Why Pakistan's Entrepreneurial Landscape Has Struggled to Deliver for Its Youth: A Critical South Asian Comparison ([Click Here](#))
- Mental Health Access for Women: Cultural Stigma and Systemic Barriers ([Click Here](#))
- Concrete Over Canopy: The Unmaking of Islamabad's Green Capital Dream ([Click Here](#))
- Menstrual Health Management: Policy Gaps, Access to Hygiene Products and Cultural Taboos ([Click Here](#))
- Climate Change and Food Security in Pakistan: A Crisis on Our Plate ([Click Here](#))
- Environmental Health Risks: Gendered impacts of air pollution, water contamination, and climate change on women ([Click Here](#))
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- Selling Misinformation ([Click Here](#))
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- The FY 2025–26 Budget and Its Impact on Pakistan's IT & ITeS Sector ([Click Here](#))
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- Floods, Heatwaves, and Hope: Reimagining Agriculture in a Warming Pakistan ([Click Here](#))
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- Life without Autonomy: Understanding Our Culture of Dependency ([Click Here](#))
- Prioritizing Citizens Beyond the Ballot ([Click Here](#))
- Solving the corruption challenge: The key may lie with the citizens. ([Click Here](#))
- Citizens' Inclusion and Accountability is the Key to Improved Governance and Efficient Public Sector Institutions ([Click Here](#))
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- Privatization of Schools in Punjab ([Click Here](#))
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