

AQI of Islamabad (March, 2026)

Parameter	SO₂ ($\mu\text{g}/\text{m}^3$)	CO ($\mu\text{g}/\text{m}^3$)	NO₂ ($\mu\text{g}/\text{m}^3$)	PM_{2.5} ($\mu\text{g}/\text{m}^3$)
<i>NEQS Value</i>	120 ($\mu\text{g}/\text{m}^3$)	5000 ($\mu\text{g}/\text{m}^3$)	80 ($\mu\text{g}/\text{m}^3$)	35 ($\mu\text{g}/\text{m}^3$)
1-3-2026	16 (Good)	20 (Good)	20 (Good)	142 (UFSG)
2-3-2026	20 (Good)	25 (Good)	17 (Good)	152 (Unhealthy)
3-3-2026	23 (Good)	23 (Good)	24 (Good)	151 (Unhealthy)
4-3-2026	23 (Good)	32 (Good)	28 (Good)	158 (Unhealthy)
5-3-2026	23 (Good)	30 (Good)	26 (Good)	157 (Unhealthy)
6-3-2026	23 (Good)	23 (Good)	25 (Good)	154 (Unhealthy)
7-3-2026	22 (Good)	19 (Good)	24 (Good)	161 (Unhealthy)
8-3-2026	22 (Good)	25 (Good)	19 (Good)	156 (Unhealthy)
9-3-2026	22 (Good)	18 (Good)	16 (Good)	144 (UFSG)
10-3-2026	21 (Good)	17 (Good)	23 (Good)	154 (Unhealthy)
11-3-2026	21 (Good)	13 (Good)	16 (Good)	128 (UFSG)
12-3-2026	21 (Good)	13 (Good)	12 (Good)	95 (Moderate)
13-3-2026	21 (Good)	16 (Good)	13 (Good)	93 (Moderate)
14-3-2026	22 (Good)	16 (Good)	16 (Good)	106 (UFSG)
15-3-2026	21 (Good)	8 (Good)	11 (Good)	66 (Moderate)
16-3-2026	21 (Good)	8 (Good)	11 (Good)	60 (Moderate)
17-3-2026	21 (Good)	10 (Good)	15 (Good)	87 (Moderate)

18-3-2026	21 (Good)	8 (Good)	14 (Good)	74 (Moderate)
19-3-2026	20 (Good)	6 (Good)	11 (Good)	70 (Moderate)
20-3-2026	21 (Good)	6 (Good)	8 (Good)	63 (Moderate)
21-3-2026	21 (Good)	11 (Good)	10 (Good)	67 (Moderate)
22-3-2026	21 (Good)	15 (Good)	10 (Good)	86 (Moderate)
23-3-2026	21 (Good)	15 (Good)	11 (Good)	80 (Moderate)
24-3-2026	21 (Good)	15 (Good)	13 (Good)	76 (Moderate)
25-3-2026	21 (Good)	12 (Good)	11 (Good)	80 (Moderate)
26-3-2026	21 (Good)	9 (Good)	9 (Good)	74 (Moderate)
27-3-2026	21 (Good)	15 (Good)	8 (Good)	88 (Moderate)
28-3-2026	21 (Good)	10 (Good)	11 (Good)	83 (Moderate)
29-3-2026	21 (Good)	5 (Good)	4 (Good)	55 (Moderate)
30-3-2026	21 (Good)	7 (Good)	4 (Good)	57 (Moderate)
31-3-2026	21 (Good)	15 (Good)	7 (Good)	77 (Moderate)
Average	21 (Good)	15 (Good)	14 (Good)	105 (UFGS)