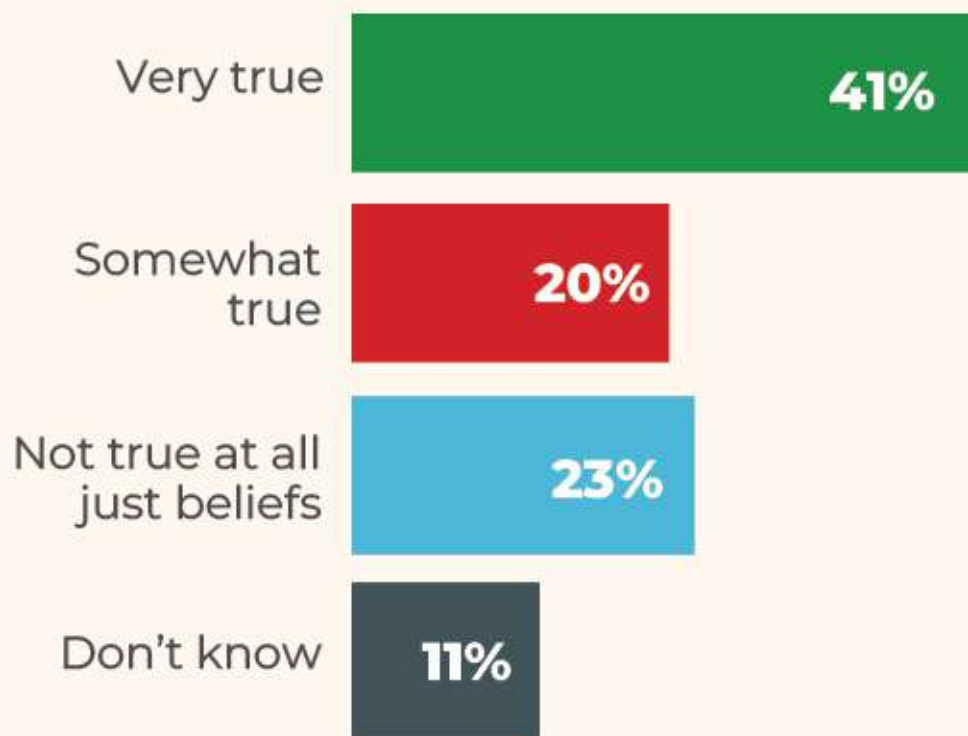


6 in 10 Pakistanis (61%) Believe One Should Avoid Eating or Drinking During a Lunar Eclipse; Belief Strongest Among Women, those with Less Than FA Education, and Older Adults.



No response: 5%

Question: Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should avoid eating and drinking?



(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll **Science & Society** Astronomical Events Cultural Beliefs

6 in 10 Pakistanis (61%) Believe One Should Avoid Eating or Drinking During a Lunar Eclipse; Belief Strongest Among Women, those with Less Than FA Education, and Older Adults. (Gallup & Gilani Survey)

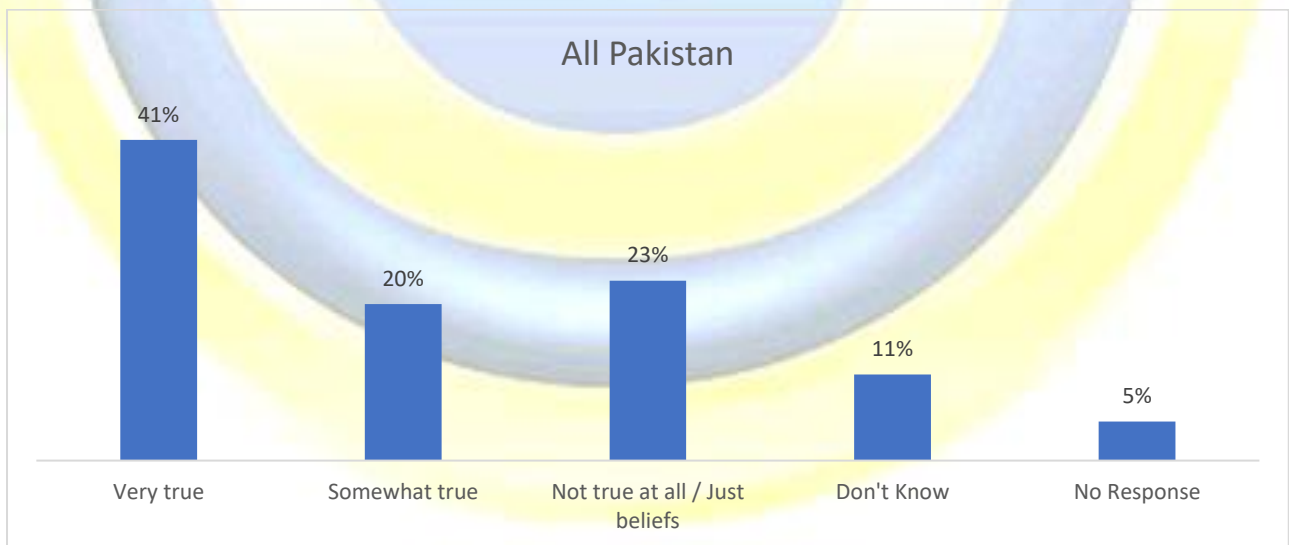
(Islamabad), 7th October 2025

According to a Gallup & Gilani Pakistan survey, 6 in 10 Pakistanis (61%) believe one should avoid eating or drinking during a lunar eclipse; belief strongest among women, those with less than FA education, and older adults.

A nationally representative sample of adult men and women across the country was asked the question, ***“Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should avoid eating and drinking?”***. In response, 41% said ‘very true’, 20% said ‘somewhat true’, 23% said ‘not true at all/just beliefs’, 11% said they don’t know, and 5% gave no response.

The findings highlight that traditional beliefs regarding lunar eclipses remain prevalent in Pakistan, particularly among women, those with lower education, and older citizens. This underscores the enduring influence of cultural and religious practices in shaping health and dietary behavior during celestial events.

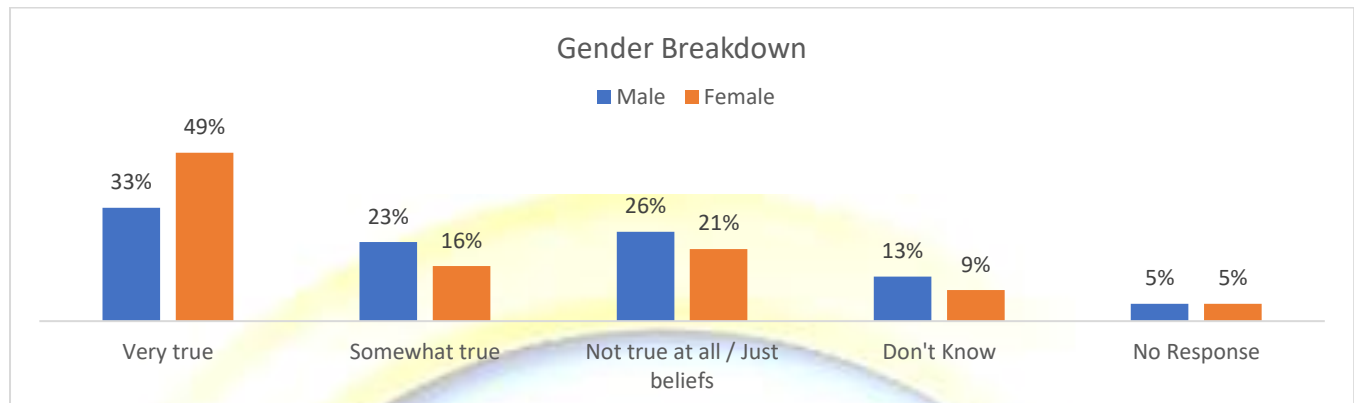
Question: Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should avoid eating and drinking?



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

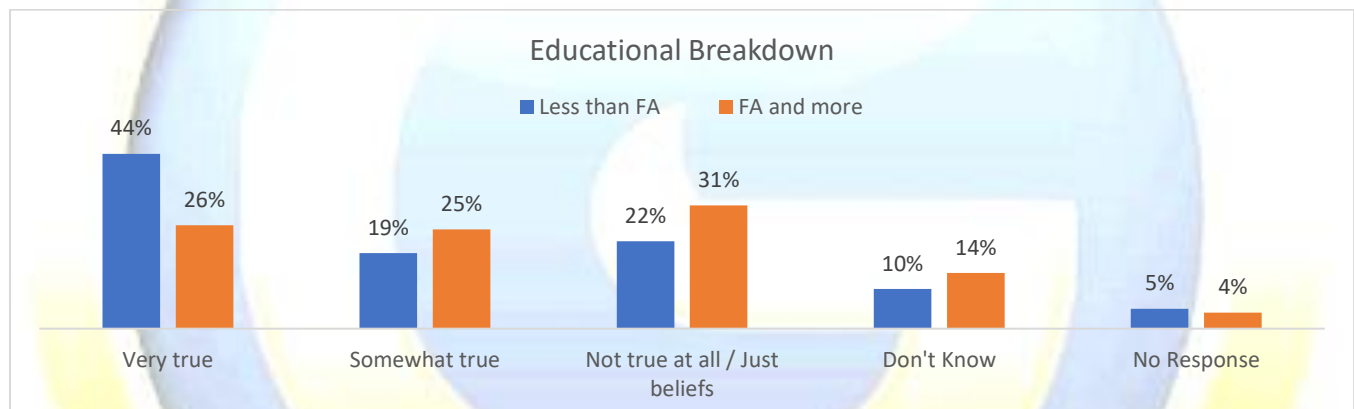
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 753 men and women in urban and rural areas of all four provinces of the country, conducted from September 12, 2025 to September 23, 2025. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

Gender Breakdown: Agreement with this practice is significantly higher among women (65%) compared to men (56%), indicating a gender gap of nearly 9% points.



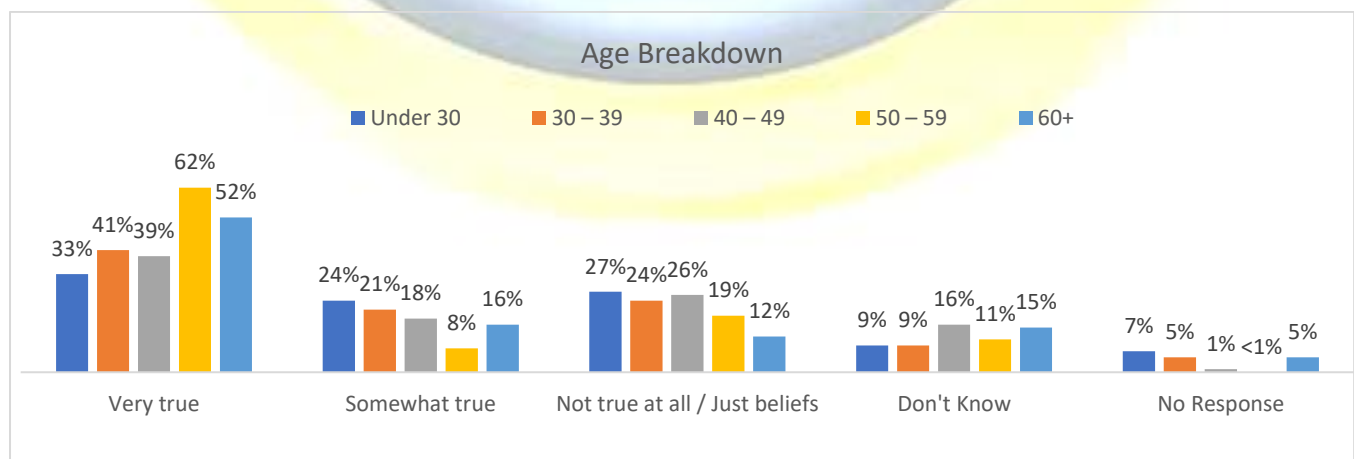
Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

Educational Breakdown: Belief in this practice is stronger among those with less than FA education (63%) compared to those with FA or higher education (51%). Furthermore, skepticism is more common among the more educated, with nearly 1 in 3 FA+ respondents dismissing the practice as “not true at all/just beliefs.”



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

Age Breakdown: Older Pakistanis are notably more likely to agree with the statement compared to middle-aged respondents. Among those aged 50–59, 70% believe one should avoid eating or drinking during a lunar eclipse, and among those 60 years or older, the proportion is 68%.



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



Opinion Poll from Gallup Pakistan
*The Pakistani Affiliate of Gallup
International*



GILANI RESEARCH
FOUNDATION

Tuesday, 7th October 2025

(3 Pages, English version Only)

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*

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as **Gallup Pakistan** (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by **Gallup Pakistan, the Pakistani affiliate of Gallup International Association.**

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Daily Gilani Poll
2025



of Gallup Pakistan
(1980-2025)