

# PMEX UPDATE

BUY	
	<b>CRUDE10-AP26</b> 71.76 <span style="color: green;">7.07%</span> Expiry 19/Mar/26 Remaining 17 Days
<b>Entry</b>	70.73 - 71.1
<b>Stoploss</b>	70.29
<b>Take Profit</b>	71.94 - 72.63

BUY	
	<b>NGAS1K-AP26</b> 2.9520 <span style="color: green;">3.25%</span> Expiry 26/Mar/26 Remaining 24 Days
<b>Entry</b>	2.972 - 2.982
<b>Stoploss</b>	2.88
<b>Take Profit</b>	3.012 - 3.037

BUY	
	<b>GO10Z-AP26</b> 5,399.86 <span style="color: green;">2.90%</span> Expiry 27/Mar/26 Remaining 25 Days
<b>Entry</b>	5377 - 5384
<b>Stoploss</b>	5352.05
<b>Take Profit</b>	5400 - 5430

N/A	
	<b>SL10-MA26</b> 94.92 Expiry Remaining
<b>Entry</b>	---
<b>Stoploss</b>	#VALUE!
<b>Take Profit</b>	---

BUY	
	<b>PLATINUM5-AP26</b> 2,362.75 <span style="color: red;">-0.45%</span> Expiry 27/Mar/26 Remaining 25 Days
<b>Entry</b>	2342 - 2352
<b>Stoploss</b>	2312.17
<b>Take Profit</b>	2370 - 2390

BUY	
	<b>COPPER-MY26</b> 6.0485 <span style="color: red;">-0.18%</span> Expiry 27/Apr/26 Remaining 56 Days
<b>Entry</b>	6.09 - 6.11
<b>Stoploss</b>	6.02
<b>Take Profit</b>	6.15 - 6.17

SELL	
	<b>ICOTTON-MY26</b> 64.95 <span style="color: red;">-1.01%</span> Expiry 10/Apr/26 Remaining 39 Days
<b>Entry</b>	65.12 - 65.01
<b>Stoploss</b>	65.24
<b>Take Profit</b>	64.74 - 64.54

SELL	
	<b>DJ-MA26</b> 48,505 <span style="color: red;">-1.01%</span> Expiry 19/Mar/26 Remaining 17 Days
<b>Entry</b>	48891 - 48748
<b>Stoploss</b>	49001.71
<b>Take Profit</b>	48558 - 48329

SELL	
	<b>SP500-MA26</b> 6,821 <span style="color: red;">-0.99%</span> Expiry 19/Mar/26 Remaining 17 Days
<b>Entry</b>	6874 - 6857
<b>Stoploss</b>	6889.62
<b>Take Profit</b>	6830 - 6800

SELL	
	<b>NSDQ100-MA26</b> 24,672 <span style="color: red;">-1.33%</span> Expiry 19/Mar/26 Remaining 17 Days
<b>Entry</b>	24839 - 24761
<b>Stoploss</b>	24916.10
<b>Take Profit</b>	24588 - 24462

BUY	
	<b>GOLDUSDJPY-AP26</b> 156.94 <span style="color: green;">0.56%</span> Expiry 25/Mar/26 Remaining 23 Days
<b>Entry</b>	156.48 - 156.66
<b>Stoploss</b>	156.18
<b>Take Profit</b>	156.99 - 157.27

SELL	
	<b>GOLDEURUSD-AP26</b> 1.1733 <span style="color: red;">-0.69%</span> Expiry 25/Mar/26 Remaining 23 Days
<b>Entry</b>	1.1759 - 1.1751
<b>Stoploss</b>	1.177
<b>Take Profit</b>	1.1734 - 1.1714

## Major Headlines

### Oil, gas surge as Iran conflict disrupts Middle Eastern flows

Oil and natural gas prices surged on Monday as Israeli and U.S. strikes on Iran and retaliation by Tehran forced shutdowns of oil and gas facilities across the Middle East and disrupted shipping in the crucial Strait of Hormuz. A sustained jump in oil prices would threaten a global economic recovery, reignite inflation and could push up U.S. retail gasoline prices, a risky result for President Donald Trump and his Republican party ahead of midterm elections this November. [see more...](#)

### Gold prices soar as Middle East conflict spurs safe haven demand

Gold prices surged Monday as investors rushed into safe-haven assets after the U.S. and Israel launched major strikes on Iran that killed the country's Supreme Leader Ayatollah Ali Khamenei. At 05:55 ET (10:55 GMT), Spot gold rose 2.2% to \$5,392.81 an ounce, after reaching as high as \$5,419.32/oz earlier in the session, the highest since late January. U.S. Gold Futures climbed 3% to \$5,407.01. Investors have rushed into safe-haven gold on Monday, with the killing of Iran's most powerful figure raising fears of a broader [see more...](#)

### U.S. stock futures fall; Netflix and PPI data in the spotlight

U.S. stock index futures fell Friday, pointing to a downbeat end to the week with the tech sector in focus ahead of the release of key inflation data. At 05:05 ET (10:05 GMT), Dow Jones Futures fell 250 points, or 0.5%, S&P 500 Futures dropped 25 points, or 0.4%, and Nasdaq 100 Futures slipped 85 points, or 0.3%. The main averages on Wall Street notched a mixed close on Thursday, with the S&P 500 index losing 0.5%, and the tech-heavy NASDAQ Composite declining 1.2%, [see more...](#)

### USD/JPY Price Forecast: Price above 20-day EMA backs near-term bullish bias

The USD/JPY pair is down 0.2% to near 155.80 during the European trading session on Friday. The pair retraces as the Japanese Yen (JPY) extends recovery on hopes of Japan's intervention. Earlier in the day, Japanese Finance Minister (FM) Satsuki Katayama stated that the government remains vigilant to JPY's weakness, with a strong sense of urgency. Katayama also said that the administration is "maintaining extremely close communication with the United States (US), [see more...](#)

### EUR/USD holds losses near 1.1750 as German Retail Sales fall in January

EUR/USD declines nearly 1%, trading around 1.1740 during the European hours on Monday. The pair struggles as the Euro (EUR) remains under pressure after Germany's Retail Sales fell 0.9% month-over-month (MoM) in January, undershooting expectations for a 0.2% decline and reversing an upwardly revised 1.2% increase in the previous month. On an annual basis, retail sales rose 1.2% [see more...](#)

### Forex Today: Oil, Gold and USD rally as US and Israel attack Iran

Iran has retaliated and targeted US assets across the Gulf after the US and Israeli joint strikes killed Iranian Supreme Leader Ayatollah Ali Khamenei and up to 40 top Iranian officials. Hezbollah also announced that it launched strikes on Israeli missile defense sites in response to the killing of the Supreme Leader. According to NBC News, three US service members have been killed in action. Meanwhile, BBC News reported that Iranian strikes around the region continue early Monday, with explosions reported in Bahrain and Dubai, [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
S&P Global Manufacturing PMI (Feb)	2/3/2026	7:45 PM	USD	High volatility		51.2	52.4
ISM Manufacturing PMI (Feb)	2/3/2026	8:00 PM	USD	High volatility		51.7	52.6
ISM Manufacturing Prices (Feb)	2/3/2026	8:00 PM	USD	High volatility		60.6	59

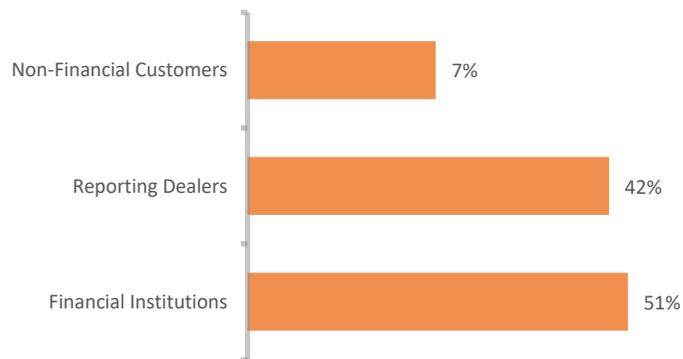
# FOREX MARKETS' STATISTICS

## Forex Market Hours

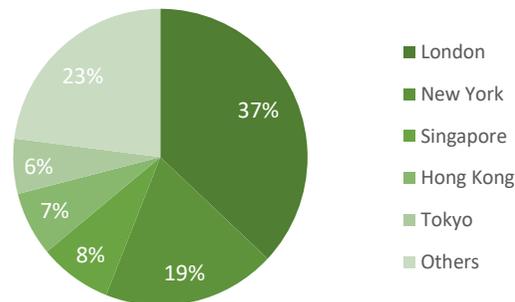


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

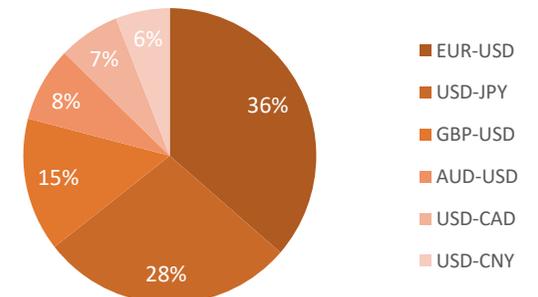
### Forex Turnover by Counterparty



### Markets' Share in Total Forex Turnover



### Most Traded Currency Pairs



Sources: ACPL Research, Forexmarkethours, Dailyfx, Ig

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## DISCLOSURE

Following exchange rates are used to convert investment and profit values:

- USD/PKR: 280.10
- JPY/PKR: 1.97

To arrive at our Target Price, Abbasi & Company (Private) Limited uses following methods:

- Technical Analysis
- Fundamental Analysis

Furthermore, profit and returns are inclusive of all expenses including PMEX Fee, ACPL Fee & Sales Tax

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