

PMEX UPDATE

BUY	
	CRUDE10-AP26
76.35	7.19%
Expiry	19/Mar/26
Remaining	16 Days
Entry	74.95 - 75.55
Stoploss	74.51
Take Profit	76.75 - 78.26

BUY	
	NGAS1K-AP26
3.1100	5.07%
Expiry	26/Mar/26
Remaining	23 Days
Entry	3.06 - 3.09
Stoploss	2.97
Take Profit	3.14 - 3.18

SELL	
	GO10Z-AP26
5,119.69	-3.61%
Expiry	27/Mar/26
Remaining	24 Days
Entry	5190 - 5170
Stoploss	5239.90
Take Profit	5140 - 5100

N/A	
	SL10-MA26
79.31	
Expiry	
Remaining	
Entry	---
Stoploss	#VALUE!
Take Profit	---

SELL	
	PLATINUM5-AP26
2,035.25	-12.08%
Expiry	27/Mar/26
Remaining	24 Days
Entry	2080 - 2065
Stoploss	2109.83
Take Profit	2040 - 2020

SELL	
	COPPER-MY26
5.7583	-3.19%
Expiry	27/Apr/26
Remaining	55 Days
Entry	5.81 - 5.78
Stoploss	5.88
Take Profit	5.71 - 5.68

SELL	
	ICOTTON-MY26
64.58	-0.02%
Expiry	10/Apr/26
Remaining	38 Days
Entry	64.74 - 64.64
Stoploss	64.86
Take Profit	64.45 - 64.3

SELL	
	DJ-MA26
48,049	-1.83%
Expiry	19/Mar/26
Remaining	16 Days
Entry	48137 - 48017
Stoploss	48247.71
Take Profit	47765 - 47640

SELL	
	SP500-MA26
6,764	-1.81%
Expiry	19/Mar/26
Remaining	16 Days
Entry	6766 - 6750
Stoploss	6781.62
Take Profit	6720 - 6700

SELL	
	NSDQ100-MA26
24,461	-2.25%
Expiry	19/Mar/26
Remaining	16 Days
Entry	24575 - 24477
Stoploss	24652.10
Take Profit	24247 - 24123

BUY	
	GOLDUSDJPY-AP26
157.95	0.30%
Expiry	25/Mar/26
Remaining	22 Days
Entry	157.75 - 157.88
Stoploss	157.45
Take Profit	158.21 - 158.33

SELL	
	GOLDEURUSD-AP26
1.1584	-0.91%
Expiry	25/Mar/26
Remaining	22 Days
Entry	1.1603 - 1.1588
Stoploss	1.162
Take Profit	1.1551 - 1.1531

Major Headlines

Oil trading playbook: key levels to watch now

Crude oil prices extended their sharp rally on Tuesday, leaving Crude Oil WTI Futures up roughly 15% since Friday's close after U.S. and Israeli strikes on Iran heightened fears of supply disruptions across the Middle East. This week's move has been driven primarily by escalating tensions around the Strait of Hormuz following the weekend strike that killed Iran's Supreme Leader Ayatollah Ali Khamenei and much of the country's military leadership. [see more...](#)

Gold Rally: What Traders Should Watch Next

This week, markets opened with a notable gap as tensions in Iran escalated, heightening concerns over potential oil supply disruptions from the Middle East. Oil and gold both rallied sharply at the start of the week. But headlines alone don't drive markets. What ultimately matters is the positioning structure and the underlying flow of capital. Open Interest (OI), the total number of outstanding futures contracts that remain open, suggests this move is more nuanced than a simple "short squeeze," [see more...](#)

U.S. stock futures fall sharply as Middle East conflict widens; Target to report

U.S. stock index futures fell sharply Tuesday as the widening conflict in the Middle East increased concerns of slowing economic growth as higher energy prices boost inflation. At 05:50 ET (10:50 GMT), Dow Jones Futures fell 815 points, or 1.7%, S&P 500 Futures dropped 120 points, or 1.7%, and Nasdaq 100 Futures slipped 570 points, or 2.3%. On Monday, the benchmark S&P 500 and tech-heavy NASDAQ [see more...](#)

Japanese Yen flat lines vs. rallying USD; bearish bias remains amid BoJ rate hike delay

The USD/JPY pair extends its sideways consolidative price move through the early European session on Tuesday. Spot prices remain below the highest level in over five weeks, touched the precious day, and currently trade below mid-157.00s, nearly unchanged for the day. Following a modest intraday downtick, the US Dollar (USD) attracts fresh buyers for the second straight day and climbs to its highest level since January 20. [see more...](#)

EUR/USD seems fragile below 1.1700 as Middle East war boosts energy prices

The EUR/USD pair trades flat at around 1.1680 during the Asian trading session on Tuesday, but broadly seems vulnerable, being close to its five-week low. The major currency pair is under pressure as surging oil prices due to the United States (US)-Israel war with Iran have increased the risks of higher inflation for the Old Continent. Global oil prices are up almost 8% from Monday as Iran threatens to attack [see more...](#)

Forex Today: USD holds ground as Middle East chaos spreads

The US Dollar (USD) continues to gather strength against its rivals following Monday's bullish action, with the USD Index fluctuating at its highest level since late January above 98.80 in the European morning on Tuesday. The European economic calendar will feature preliminary February Harmonized Index of Consumer Prices (HICP) data later in the day. Nevertheless, market participants will remain focused on news surrounding the crisis in the Middle East and pay close attention to comments from central bankers. [see more...](#)

Economic Calendar

No event scheduled for today

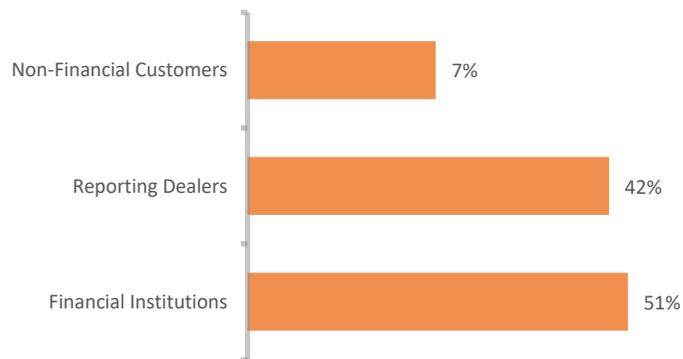
FOREX MARKETS' STATISTICS

Forex Market Hours

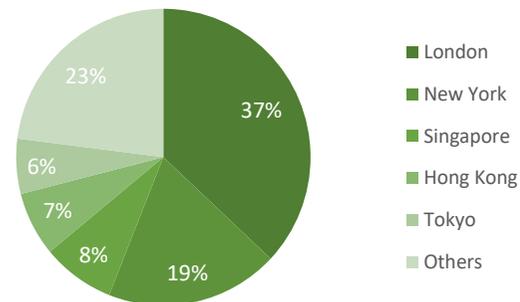


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

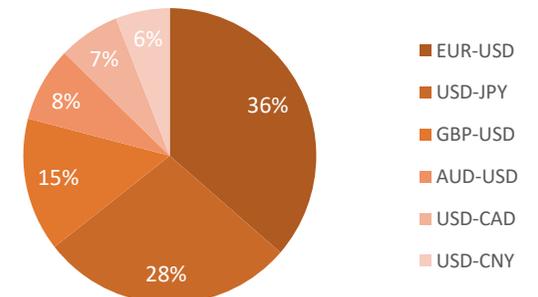
Forex Turnover by Counterparty



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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