

PMEX UPDATE

SELL	
	CRUDE10-AP26
85.42	5.44%
Expiry	19/Mar/26
Remaining	10 Days
Entry	101.98 - 101.28
Stoploss	102.57
Take Profit	99.61 - 98.71

BUY	
	NGAS1K-AP26
3.0540	1.70%
Expiry	26/Mar/26
Remaining	17 Days
Entry	3.26 - 3.28
Stoploss	3.17
Take Profit	3.38 - 3.44

SELL	
	GO10Z-AP26
5,098.19	0.38%
Expiry	27/Mar/26
Remaining	18 Days
Entry	5134 - 5124
Stoploss	5158.95
Take Profit	5106 - 5093

N/A	
	SL10-MA26
82.91	
Expiry	
Remaining	
Entry	---
Stoploss	#VALUE!
Take Profit	---

SELL	
	PLATINUM5-AP26
2,131.40	0.10%
Expiry	27/Mar/26
Remaining	18 Days
Entry	2104 - 2100
Stoploss	2133.83
Take Profit	2072 - 2062

SELL	
	COPPER-MY26
5.7970	-0.13%
Expiry	28/Apr/26
Remaining	50 Days
Entry	5.73 - 5.72
Stoploss	5.80
Take Profit	5.69 - 5.67

SELL	
	ICOTTON-MY26
64.34	0.47%
Expiry	22/Apr/26
Remaining	44 Days
Entry	64.64 - 64.56
Stoploss	64.76
Take Profit	64.27 - 64.05

SELL	
	DJ-MA26
47,861	-0.25%
Expiry	19/Mar/26
Remaining	10 Days
Entry	47109 - 47024
Stoploss	47219.71
Take Profit	46735 - 46591

SELL	
	SP500-MA26
6,812	-0.35%
Expiry	19/Mar/26
Remaining	10 Days
Entry	6708 - 6684
Stoploss	6723.62
Take Profit	6643 - 6621

SELL	
	NSDQ100-MA26
24,933	-0.47%
Expiry	19/Mar/26
Remaining	10 Days
Entry	24613 - 24504
Stoploss	24690.10
Take Profit	24284 - 24174

BUY	
	GOLDUSDJPY-AP26
157.98	0.28%
Expiry	27/Mar/26
Remaining	18 Days
Entry	157.95 - 158.05
Stoploss	157.65
Take Profit	158.25 - 158.39

SELL	
	GOLDEURUSD-AP26
1.1569	-0.34%
Expiry	27/Mar/26
Remaining	18 Days
Entry	1.1579 - 1.1561
Stoploss	1.159
Take Profit	1.1531 - 1.1515

Major Headlines

Oil Rally Pauses as G7 Reserve Talk Caps War-Driven Surge

Crude oil has seen a massive gap to the upside this week, and at one point traded more than 25 percent above Friday's levels. Price has already reached the 78.6 percent retracement area and we have seen some pullback after reports that several G7 countries are considering releasing oil reserves. However, this impact may only be temporary. It is still unclear whether the current retracement back toward the Sunday gap around 92 to 95 will be only a temporary move [see more...](#)

Gold prices trim early losses; Iran war escalation sparks rally in oil, dollar

Gold prices fell on Monday but traded above their session lows as an escalation in the U.S.-Israel war with Iran spurred flows into the dollar and oil. Bullion prices remained well above \$5,000 an ounce as heightened geopolitical tensions kept investors biased towards safe havens. Spot gold fell 1% to \$5,117.23/oz by 05:20 ET (09:20 GMT), while gold futures fell 0.7% to \$5,124.66/oz. [see more...](#)

Wall St futures slump as Iran war drags on, oil near \$120 stokes inflation worries

Crude prices jumped more than 25%, climbing to just under \$120 a barrel, while the U.S. dollar surged as investors rushed for safe havens. The spike in energy costs amplified concerns that interest rates could remain elevated for longer, with the yield on the benchmark 10-year Treasury note touching its highest in more than a month. Geopolitical tensions deepened after Iran on Monday named Mojtaba Khamenei as the successor to his father, Ali Khamenei [see more...](#)

Japanese Yen turns upside down against US Dollar as dovish Fed bets recede

The Japanese Yen (JPY) gives back its early gains and turns negative against the US Dollar (USD) during the European trading session on Thursday. The USD/JPY pair rises to near 157.35 as the US Dollar resumes its upside journey after a corrective move. As of writing, the US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, trades 0.4% higher to near 99.15. [see more...](#)

EUR/USD Price Forecast: Falls to near 1.1600 due to persistent bearish bias

EUR/USD depreciates after registering modest gains in the previous session, trading around 1.1610 during the Asian hours on Thursday. The technical analysis of the daily chart suggests a persistent bearish bias as the EUR/USD pair remains within the descending channel pattern. The momentum indicator 14-day Relative Strength Index (RSI) has retreated toward the low-30s from overbought readings seen [see more...](#)

DXY Price Forecast: Sticks to bullish bias around mid-99.00s, above 200-day EMA

The US Dollar Index (DXY), which tracks the Greenback against a basket of currencies, opened with a bullish gap and touched a fresh high since November 2025, around the 99.70 area, at the start of a new week. The index sticks to its intraday gains through the first half of the European session and seem poised to appreciate further. An intraday surge in Crude Oil prices to over a three-year peak fueled inflation concerns and dimmed prospects for near-term rate reductions by the US Federal [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
No event scheduled							

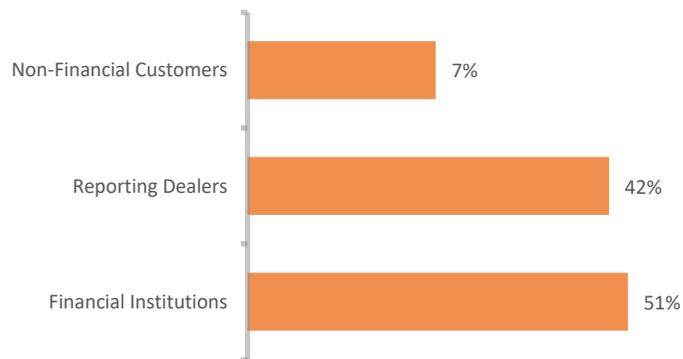
FOREX MARKETS' STATISTICS

Forex Market Hours

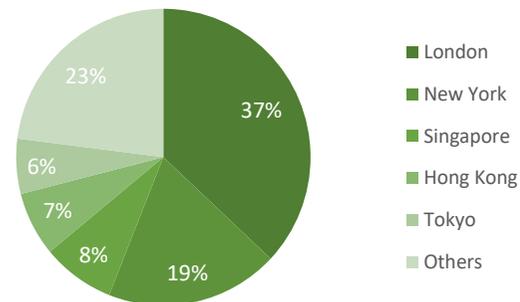


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

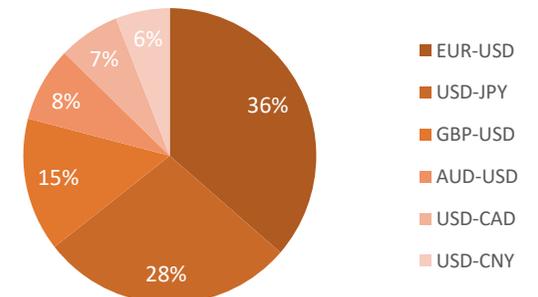
Forex Turnover by Counterparty



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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