

PMEX UPDATE

<p>BUY</p>  <p>CRUDE10-AP26 85.42 5.44% Expiry 19/Mar/26 Remaining 9 Days</p> <p>Entry 81.11 - 82.6</p> <p>Stoploss 80.82</p> <p>Take Profit 84.81 - 85.75</p>	<p>BUY</p>  <p>NGAS1K-AP26 3.0540 1.70% Expiry 26/Mar/26 Remaining 16 Days</p> <p>Entry 3.13 - 3.15</p> <p>Stoploss 3.04</p> <p>Take Profit 3.19 - 3.22</p>	<p>BUY</p>  <p>GO10Z-AP26 5,098.19 0.38% Expiry 27/Mar/26 Remaining 17 Days</p> <p>Entry 5145 - 5150</p> <p>Stoploss 5120.05</p> <p>Take Profit 5170 - 5190</p>	<p>N/A</p>  <p>SL10-MA26 82.91 Expiry Remaining</p> <p>Entry ---</p> <p>Stoploss #VALUE!</p> <p>Take Profit ---</p>
<p>BUY</p>  <p>PLATINUM5-AP26 2,131.40 0.10% Expiry 27/Mar/26 Remaining 17 Days</p> <p>Entry 2232 - 2240</p> <p>Stoploss 2202.17</p> <p>Take Profit 2275 - 2285</p>	<p>BUY</p>  <p>COPPER-MY26 5.7970 -0.13% Expiry 28/Apr/26 Remaining 49 Days</p> <p>Entry 5.83 - 5.86</p> <p>Stoploss 5.76</p> <p>Take Profit 5.91 - 5.94</p>	<p>BUY</p>  <p>ICOTTON-MY26 64.34 0.47% Expiry 22/Apr/26 Remaining 43 Days</p> <p>Entry 65.01 - 65.11</p> <p>Stoploss 64.89</p> <p>Take Profit 65.41 - 65.61</p>	<p>BUY</p>  <p>DJ-MA26 47,861 -0.25% Expiry 19/Mar/26 Remaining 9 Days</p> <p>Entry 47647 - 47778</p> <p>Stoploss 47536.29</p> <p>Take Profit 48063 - 48232</p>
<p>BUY</p>  <p>SP500-MA26 6,812 -0.35% Expiry 19/Mar/26 Remaining 9 Days</p> <p>Entry 6834 - 6840</p> <p>Stoploss 6818.38</p> <p>Take Profit 6871 - 6890</p>	<p>BUY</p>  <p>NSDQ100-MA26 24,933 -0.47% Expiry 19/Mar/26 Remaining 9 Days</p> <p>Entry 25143 - 25166</p> <p>Stoploss 25065.90</p> <p>Take Profit 25288 - 25367</p>	<p>SELL</p>  <p>GOLDUSDJPY-AP26 157.98 0.28% Expiry 27/Mar/26 Remaining 17 Days</p> <p>Entry 158.21 - 158.05</p> <p>Stoploss 158.51</p> <p>Take Profit 157.73 - 157.53</p>	<p>BUY</p>  <p>GOLDEURUSD-AP26 1.1569 -0.34% Expiry 27/Mar/26 Remaining 17 Days</p> <p>Entry 1.166 - 1.1667</p> <p>Stoploss 1.165</p> <p>Take Profit 1.1698 - 1.1709</p>

Major Headlines

Oil falls as Trump predicts Middle East de-escalation

Oil surged past \$100 a barrel on Monday to hit their highest since mid-2022, as supply cuts by Saudi Arabia and other producers during the expanding US-Israeli war with Iran stoked fears of major disruptions to global supplies. Prices later retreated after Russian President Vladimir Putin held a call with Trump and shared proposals aimed at a quick settlement to the Iran war, according to a Kremlin aide, easing concerns about a prolonged supply disruption. [see more...](#)

Gold prices rise but still rangebound with focus on Iran war de-escalation

Gold prices rose in Asian trade on Tuesday but remained in a tight trading range as markets sought more cues on a de-escalation in the U.S.-Israel war with Iran. Bullion rose amid a broader improvement in risk appetite as U.S. President Donald Trump claimed that the Iran conflict will end soon, and that Washington was also considering measures to help temper the spike in oil prices. [see more...](#)

Stocks Recover, Oil Pulls Back as Trump Signals De-Escalation in Iran Conflict

U.S. markets stabilized after a volatile start to the week as investors reacted to signals that the conflict with Iran could be nearing its end. President Donald Trump said military objectives were largely achieved and suggested hostilities may conclude sooner than initially expected, a shift that helped lift equities and ease energy prices after an early surge. The S&P 500 recovered from earlier losses, while oil retreated [see more...](#)

USD/JPY Price Forecast: Climbs on safe-haven US Dollar gains

USD/JPY rose to a daily high of 158.90, ahead of 159.00, which could have raised the alarm amongst Japanese authorities. However, traders booked profits, as the pair retreated toward the current exchange rate. Momentum is tilted to the upside as depicted by the Relative Strength Index (RSI), which is getting close to overbought territory. That said, the USD/JPY first resistance is 159.00. A breach of the latter increases the chances of a reversal as the exchange. [see more...](#)

EUR/USD declines to near 1.1600 amid Middle East war

The EUR/USD pair edges lower to around 1.1615 during the early European session on Tuesday. Concerns over oil flow disruptions through the Strait of Hormuz boost the US Dollar (USD) as a safe-haven and create a headwind for the major pair. Iran's Islamic Revolutionary Guard Corps (IRGC) said that Tehran will determine when the war ends, not the US. The IRGC warned that if US and Israeli attacks continue, Iran could block regional oil exports. [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
Existing Home Sales (Feb)							

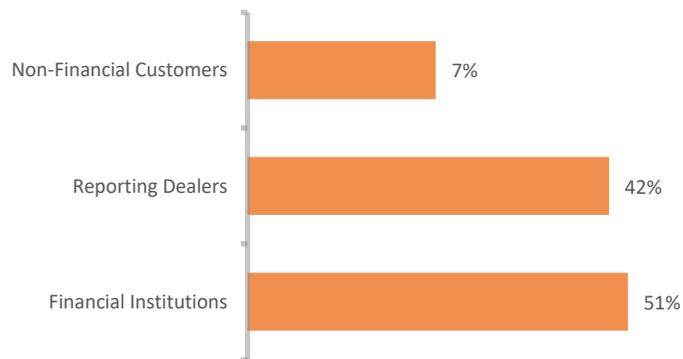
FOREX MARKETS' STATISTICS

Forex Market Hours

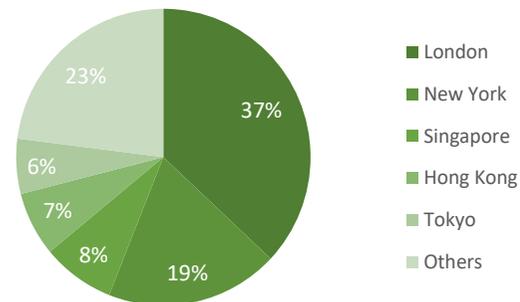


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

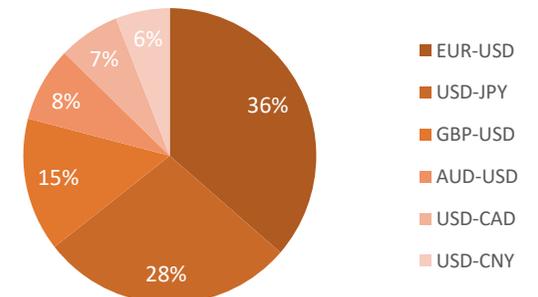
Forex Turnover by Counterparty



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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PREPARED BY

Muhammad Rashid Nawaz
Phone: (+92) 42 38302028
Ext: 118
Email: umairjaved@abbasiandcompany.com

RESEARCH DEPARTMENT

6 - Shadman, Lahore
Phone: (+92) 42 38302028; Ext: 116, 117
Email: research@abbasiandcompany.com
web: www.abbasiandcompany.com

HEAD OFFICE

6 - Shadman, Lahore
Phone: (+92) 42 38302028
Email: support@abbasiandcompany.com
web: www.abbasiandcompany.com