

PMEX UPDATE

<p>BUY</p>  <p>CRUDE10-AP26 91.99 5.43% Expiry 19/Mar/26 Remaining 7 Days</p> <p>Entry 88.42 - 89</p> <p>Stoploss 87.83</p> <p>Take Profit 89.85 - 91.02</p>	<p>BUY</p>  <p>NGAS1K-AP26 3.1780 -0.97% Expiry 26/Mar/26 Remaining 14 Days</p> <p>Entry 3.12 - 3.15</p> <p>Stoploss 3.03</p> <p>Take Profit 3.22 - 3.25</p>	<p>BUY</p>  <p>GO10Z-AP26 5,184.61 0.11% Expiry 27/Mar/26 Remaining 15 Days</p> <p>Entry 5192 - 5196</p> <p>Stoploss 5167.05</p> <p>Take Profit 5207 - 5218</p>	<p>N/A</p>  <p>SL10-MA26 87.09 Expiry Remaining</p> <p>Entry ---</p> <p>Stoploss #VALUE!</p> <p>Take Profit ---</p>
<p>BUY</p>  <p>PLATINUM5-AP26 2,194.45 -0.45% Expiry 27/Mar/26 Remaining 15 Days</p> <p>Entry 2176 - 2182</p> <p>Stoploss 2146.17</p> <p>Take Profit 2208 - 2235</p>	<p>SELL</p>  <p>COPPER-MY26 5.8900 -0.03% Expiry 28/Apr/26 Remaining 47 Days</p> <p>Entry 5.91 - 5.89</p> <p>Stoploss 5.98</p> <p>Take Profit 5.84 - 5.82</p>	<p>BUY</p>  <p>ICOTTON-MY26 65.47 0.46% Expiry 22/Apr/26 Remaining 41 Days</p> <p>Entry 65.3 - 65.4</p> <p>Stoploss 65.18</p> <p>Take Profit 65.55 - 65.75</p>	<p>SELL</p>  <p>DJ-MA26 47,138 -0.65% Expiry 19/Mar/26 Remaining 7 Days</p> <p>Entry 47386 - 47258</p> <p>Stoploss 47496.71</p> <p>Take Profit 47065 - 46886</p>
<p>SELL</p>  <p>SP500-MA26 6,744 -0.53% Expiry 19/Mar/26 Remaining 7 Days</p> <p>Entry 6768 - 6744</p> <p>Stoploss 6783.62</p> <p>Take Profit 6706 - 6672</p>	<p>SELL</p>  <p>NSDQ100-MA26 24,864 -0.48% Expiry 19/Mar/26 Remaining 7 Days</p> <p>Entry 24748 - 24725</p> <p>Stoploss 24825.10</p> <p>Take Profit 24585 - 24493</p>	<p>BUY</p>  <p>GOLDUSDJPY-AP26 158.67 -0.18% Expiry 27/Mar/26 Remaining 15 Days</p> <p>Entry 158.31 - 158.44</p> <p>Stoploss 158.01</p> <p>Take Profit 158.62 - 158.82</p>	<p>SELL</p>  <p>GOLDEURUSD-AP26 1.1560 -0.06% Expiry 27/Mar/26 Remaining 15 Days</p> <p>Entry 1.1575 - 1.1561</p> <p>Stoploss 1.159</p> <p>Take Profit 1.1538 - 1.1516</p>

Major Headlines

Oil and New Trade Tensions Deliver a Double Hit to Markets

Brent crude surged sharply this week, briefly pushing above \$100 per barrel as conflict involving Iran intensified. Attacks on shipping and energy infrastructure across the Gulf have raised fears of supply disruption along one of the world's most important oil corridors. Roughly one fifth of the world's oil flows through the Strait of Hormuz. Instability in that corridor always reverberates through energy markets. Even partial disruption carries enormous implications for supply chains and pricing across the global economy. [see more...](#)

Gold falls on firmer dollar, dimming US rate cut hopes

Gold prices fell on Thursday, weighed down by a firmer U.S. dollar and waning hopes for near-term U.S. interest rate cuts as higher energy prices stoked inflation concerns. Spot gold was down 0.2% at \$5,167.15 per ounce as of 0718 GMT. U.S. gold futures for April delivery fell 0.1% to \$5,173.10. The U.S. dollar firmed 0.2%, making dollar-priced bullion more expensive for holders of other currencies. [see more...](#)

Wall Street futures drop as Middle East tensions

U.S. stock index futures slid on Thursday as oil prices soared back above \$100 a barrel, fanning inflation worries and forcing traders to dial back expectations of U.S. interest rate cuts. Crude prices jumped following reports that two tankers were set ablaze in Iraqi waters after apparent Iranian strikes, part of a broader wave of attacks on oil and transport facilities across the Middle East. Iran warned oil prices could surge as high as \$200 a barrel. [see more...](#)

USD/JPY rises as Oil supply fears and firm USD keep Yen under pressure

USD/JPY extends gains on Wednesday as the Japanese Yen (JPY) remains under pressure amid concerns over Oil supply disruptions linked to the US-Iran war, as Japan relies heavily on imported energy, particularly from the Middle East.

At the time of writing, USD/JPY is trading around 158.82, climbing back toward levels seen before reports of a 'rate check' on January 23. [see more...](#)

EUR/USD Price Forecast: Holds losses near 1.1550 as bearish bias prevails

EUR/USD continues to lose ground for the third consecutive day, trading around 1.1550 during the European hours on Thursday. Daily chart technical analysis indicates a persistent bearish bias as the pair moves downwards within a descending channel pattern. The near-term bias is mildly bearish as price holds beneath the nine-day Exponential Moving Average (EMA) and extends its slide away from the flattened [see more...](#)

Forex Today: Oil and USD rise again as safe-haven flows return

The International Energy Agency (IEA) announced on Wednesday that its 32 member countries unanimously agreed to make 400 million barrels of oil from their emergency reserves available to the market. Although this decision limited crude Oil prices' upside, latest headlines coming out of the Middle East revived supply fears. Iraq reportedly shut down oil port operations after Iran attacked two foreign oil tankers, [see more...](#)

Economic Calendar

Initial Jobless Claims

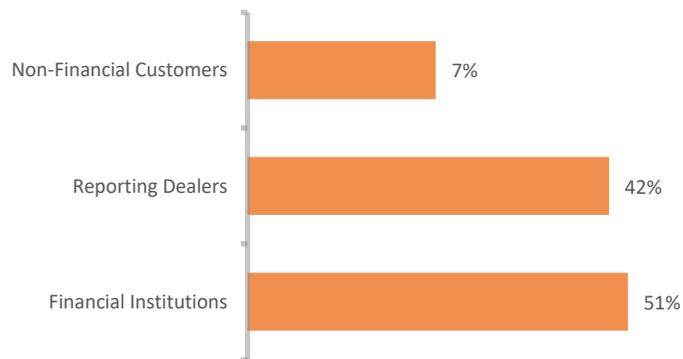
FOREX MARKETS' STATISTICS

Forex Market Hours

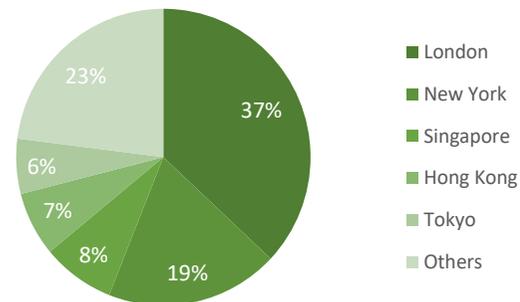


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

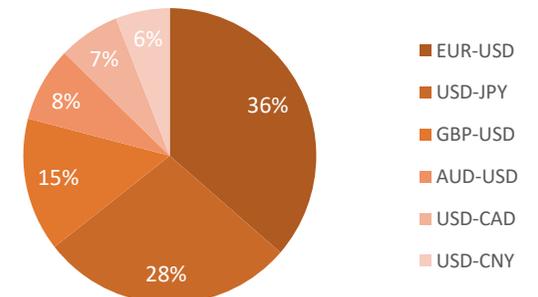
Forex Turnover by Counterparty



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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