

PMEX UPDATE

SELL	
	CRUDE10-AP26
93.60	-2.23%
Expiry	19/Mar/26
Remaining	6 Days
Entry	95.11 - 94.19
Stoploss	96.28
Take Profit	92.03 - 89.86

BUY	
	NGAS1K-AP26
3.2740	1.27%
Expiry	26/Mar/26
Remaining	13 Days
Entry	3.29 - 3.31
Stoploss	3.20
Take Profit	3.36 - 3.39

SELL	
	GO10Z-AP26
5,101.69	-0.47%
Expiry	27/Mar/26
Remaining	14 Days
Entry	5130 - 5115
Stoploss	5162.44
Take Profit	5090 - 5066

N/A	
	SL10-MA26
83.42	
Expiry	
Remaining	
Entry	---
Stoploss	#VALUE!
Take Profit	---

SELL	
	PLATINUM5-AP26
2,072.05	-4.32%
Expiry	27/Mar/26
Remaining	14 Days
Entry	2087 - 2072
Stoploss	2116.83
Take Profit	2036 - 2017

SELL	
	COPPER-MY26
5.8058	-1.06%
Expiry	28/Apr/26
Remaining	46 Days
Entry	5.83 - 5.82
Stoploss	5.90
Take Profit	5.77 - 5.71

BUY	
	ICOTTON-MY26
65.90	1.17%
Expiry	22/Apr/26
Remaining	40 Days
Entry	65.45 - 65.55
Stoploss	65.33
Take Profit	65.78 - 66.08

SELL	
	DJ-MA26
46,855	0.29%
Expiry	19/Mar/26
Remaining	6 Days
Entry	47099 - 46989
Stoploss	47209.71
Take Profit	46762 - 46468

SELL	
	SP500-MA26
6,696	0.28%
Expiry	19/Mar/26
Remaining	6 Days
Entry	6726 - 6710
Stoploss	6741.62
Take Profit	6661 - 6641

SELL	
	NSDQ100-MA26
24,630	0.28%
Expiry	19/Mar/26
Remaining	6 Days
Entry	24803 - 24694
Stoploss	24880.10
Take Profit	24502 - 24354

BUY	
	GOLDUSDJPY-AP26
159.32	-0.02%
Expiry	27/Mar/26
Remaining	14 Days
Entry	159.03 - 159.09
Stoploss	158.82
Take Profit	159.22 - 159.42

SELL	
	GOLDEURUSD-AP26
1.1469	-0.36%
Expiry	27/Mar/26
Remaining	14 Days
Entry	1.1507 - 1.149
Stoploss	1.152
Take Profit	1.1458 - 1.1435

Major Headlines

Oil on track for weekly gains despite US sanctions waiver on Russian oil

Oil prices dipped on Friday, but were on track for weekly gains as Gulf disruptions from the Middle East conflict outweighed U.S. and International Energy Agency measures to ease supply concerns. Brent futures for May declined \$1.22, or 1.2%, at \$99.24 a barrel at 1053 GMT, heading for a weekly increase of 7.5%. U.S. West Texas Intermediate (WTI) crude for April declined \$1.81, or 1.9%, at \$93.92 a barrel [see more...](#)

Gold prices rise but head for second weekly loss as Iran war spurs inflation fears

Gold prices rose in Asian trade on Friday but were still headed for a second straight week of losses amid growing concerns over energy-fueled inflation from the U.S.-Israel war on Iran.

Bullion saw some relief on Friday as the dollar and oil stalled their advance, especially after the U.S. announced more waivers of Russian crude to offset supply shocks from Iran. [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 remains stable near yearly highs as geopolitical risks, Fed policy loom

USD/JPY trades around 158.90 on Thursday at the time of writing, showing little change on the day. The pair remains close to its yearly highs, supported by a relatively firm US Dollar (USD) despite a tense geopolitical backdrop and growing expectations that Japan may gradually normalize its monetary policy. Geopolitical developments in the Middle East are drawing strong market attention. [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: USD rises to highest level in nearly four months on inflation fears

The US Dollar (USD) builds on its weekly gains, with the USD Index climbing to its highest level since late November above 100.00. In the second half of the day, the US economic calendar will feature Personal Consumption Expenditures (PCE) Price Index and Durable Goods Orders data for January. Additionally, the US Bureau of Economic Analysis (BEA) will publish the second estimate of the Gross Domestic Product (GDP) growth for the fourth quarter. [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
GDP (QoQ) (Q4)	13/3/2026	5:30 PM	USD	High volatility		1.40%	4.40%
Core PCE Price Index (MoM) (Jan)	11/3/2026	5:30 PM	USD	High volatility		0.40%	0.40%
Core PCE Price Index (YoY) (Jan)	11/3/2026	5:30 PM	USD	High volatility		3.10%	3.00%
Durable Goods Orders (MoM) (Jan)	11/3/2026	5:30 PM	USD	High volatility		1.10%	-1.40%
JOLTS Job Openings (Jan)	11/3/2026	7:00 PM	USD	High volatility		6.760M	6.542M

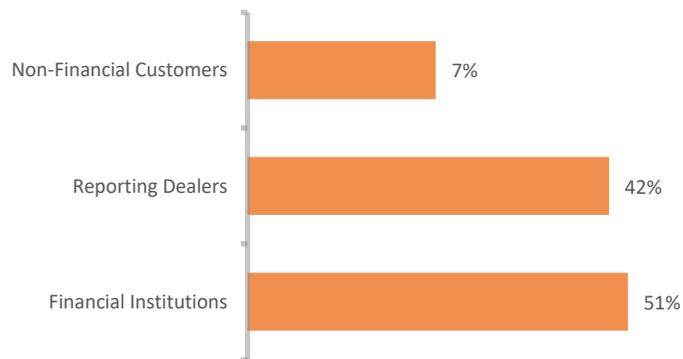
FOREX MARKETS' STATISTICS

Forex Market Hours

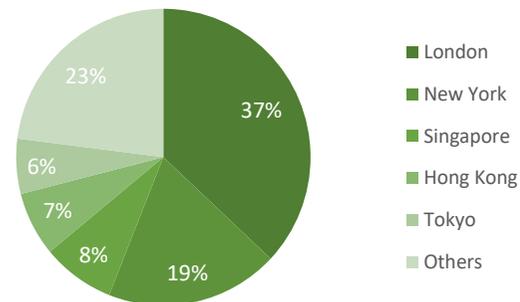


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

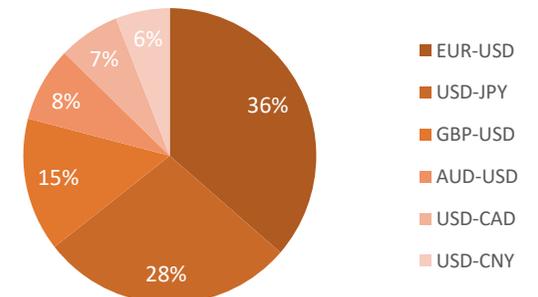
Forex Turnover by Counterparty



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