

PMEX UPDATE

<p>BUY</p>  <p>CRUDE10-AP26 96.13 -0.73% Expiry 19/Mar/26 Remaining 3 Days</p> <p>Entry 97.4 - 98</p> <p>Stoploss 96.23</p> <p>Take Profit 100 - 102</p>	<p>SELL</p>  <p>NGAS1K-AP26 3.1160 -0.48% Expiry 26/Mar/26 Remaining 10 Days</p> <p>Entry 3.08 - 3.07</p> <p>Stoploss 3.17</p> <p>Take Profit 3.04 - 3.02</p>	<p>SELL</p>  <p>GO10Z-AP26 5,005.11 -1.12% Expiry 27/Mar/26 Remaining 11 Days</p> <p>Entry 5018 - 5010</p> <p>Stoploss 5050.44</p> <p>Take Profit 4970 - 4950</p>	<p>N/A</p>  <p>SL10-MA26 79.27 Expiry Remaining</p> <p>Entry ---</p> <p>Stoploss #VALUE!</p> <p>Take Profit ---</p>
<p>SELL</p>  <p>PLATINUM5-AP26 2,056.60 0.71% Expiry 27/Mar/26 Remaining 11 Days</p> <p>Entry 2022 - 2014</p> <p>Stoploss 2051.83</p> <p>Take Profit 1996 - 1982</p>	<p>SELL</p>  <p>COPPER-MY26 5.7775 0.36% Expiry 28/Apr/26 Remaining 43 Days</p> <p>Entry 5.79 - 5.78</p> <p>Stoploss 5.86</p> <p>Take Profit 5.75 - 5.72</p>	<p>BUY</p>  <p>ICOTTON-MY26 67.24 2.11% Expiry 22/Apr/26 Remaining 37 Days</p> <p>Entry 66.47 - 66.71</p> <p>Stoploss 66.35</p> <p>Take Profit 67.09 - 67.42</p>	<p>BUY</p>  <p>DJ-MA26 47,136 0.53% Expiry 19/Mar/26 Remaining 3 Days</p> <p>Entry 47061 - 47105</p> <p>Stoploss 46950.29</p> <p>Take Profit 47250 - 47337</p>
<p>BUY</p>  <p>SP500-MA26 6,736 0.75% Expiry 19/Mar/26 Remaining 3 Days</p> <p>Entry 6725 - 6738</p> <p>Stoploss 6709.38</p> <p>Take Profit 6751 - 6771</p>	<p>BUY</p>  <p>NSDQ100-MA26 24,835 0.93% Expiry 19/Mar/26 Remaining 3 Days</p> <p>Entry 24757 - 24816</p> <p>Stoploss 24679.90</p> <p>Take Profit 24922 - 24969</p>	<p>SELL</p>  <p>GOLDUSDJPY-AP26 159.09 -0.40% Expiry 27/Mar/26 Remaining 11 Days</p> <p>Entry 159.25 - 159.12</p> <p>Stoploss 159.55</p> <p>Take Profit 158.95 - 158.82</p>	<p>BUY</p>  <p>GOLDEURUSD-AP26 1.1482 0.58% Expiry 27/Mar/26 Remaining 11 Days</p> <p>Entry 1.1453 - 1.1463</p> <p>Stoploss 1.144</p> <p>Take Profit 1.1494 - 1.1506</p>

Major Headlines

Oil prices moderate as Iran supply fears persist; Trump talks Hormuz intervention

Oil prices pared back earlier gains in whipsaw trade on Monday, as markets remained largely on edge over more supply disruptions stemming from the U.S.-Israel war on Iran. Crude had briefly fallen after U.S. President Donald Trump called on other countries, including China, to help restore shipping through the Strait of Hormuz. Brent oil futures -- the global benchmark -- rose 0.2% to \$103.41 a barrel [see more...](#)

Gold Continues to Decline Amid Fed Expectations

Gold prices fell to 5,023 USD per ounce on Monday, extending losses after two consecutive weeks of decline. Pressure on the market persists amid rising oil prices, with the situation becoming more problematic following a US strike on Iran's Kharg Island oil terminal – one of the country's key export hubs. The attack prompted retaliation from Tehran, with Iran striking Israel and energy infrastructure in several Arab nations. These developments have intensified concerns about global supply stability. [see more...](#)

Markets pricing in a short war as conflict appears to escalate

The energy and financial markets are taking the war in the Middle East remarkably well, all things considered," the firm wrote, noting that investors "seem to believe that the war will be short-lived. President Donald Trump has offered no firm timeline, telling an interviewer he would know the war was over when he "feels it in his bones," a stance Yardeni Research noted has added to volatility. Yet key indicators remain contained. The firm highlighted elevated oil prices [see more...](#)

USD/JPY Price Forecast: Remains above 159.50 amid persistent bullish bias

USD/JPY edges lower after four days of losses, trading around 159.60 during the Asian hours on Monday. On the daily chart, technical analysis indicates a persistent bullish bias as the pair remains within the ascending channel pattern. The near-term bias is bullish as the USD/JPY pair holds well above the rising 50-day Exponential Moving Average (EMA) and extends the rebound that followed the mid-month pullback. The nine-day EMA tracks just below spot and has reasserted itself [see more...](#)

EUR/USD gives back early gains as US Dollar rebounds, Fed-ECB policy eyed

The EUR/USD pair surrenders a majority of its early gains and flattens around 1.1415 during European trading hours on Monday. The major currency pair falls back as the US Dollar (USD) recovers half of its early losses. At the time of writing, the US Dollar Index (DXY), which gauges the Greenback's value against six major currencies, 0.15% lower to near 100.35. Still, the DXY is close to its over nine-month high of 100.54 posted on Friday. [see more...](#)

Fed Decision, Powell Briefing, Micron and FedEx Earnings to Test Markets This Week

Dow Jones futures edged higher Sunday night, as S&P 500 and Nasdaq futures also gained. US crude briefly climbed above \$100 a barrel before retreating. Chinese economic data exceeded expectations. Stocks fell for a third straight week as the Iran war entered its second full week, with all three major indexes down over 1% again and hovering near 2026 lows amid volatile, surging crude oil prices. [see more...](#)

Economic Calendar

No event scheduled

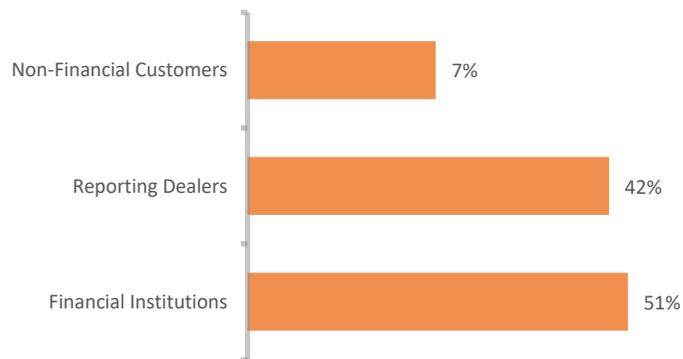
FOREX MARKETS' STATISTICS

Forex Market Hours

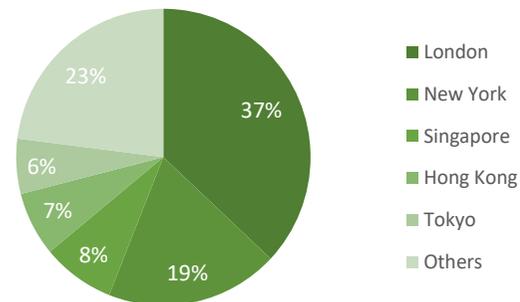


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

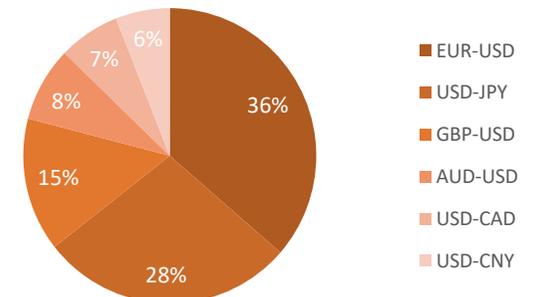
Forex Turnover by Counterparty



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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