

# PMEX UPDATE

BUY	
	<b>CRUDE10-AP26</b>
94.41	-1.17%
Expiry	19/Mar/26
Remaining	1 Days
<b>Entry</b>	96 - 96.4
<b>Stoploss</b>	94.35
<b>Take Profit</b>	97.68 - 98.76

SELL	
	<b>NGAS1K-AP26</b>
2.9610	-2.37%
Expiry	26/Mar/26
Remaining	8 Days
<b>Entry</b>	3.001 - 2.975
<b>Stoploss</b>	3.05
<b>Take Profit</b>	2.92 - 2.86

SELL	
	<b>GO10Z-AP26</b>
4,935.70	-1.45%
Expiry	27/Mar/26
Remaining	9 Days
<b>Entry</b>	4960 - 4945
<b>Stoploss</b>	4988.15
<b>Take Profit</b>	4925 - 4900

N/A	
	<b>SL10-MA26</b>
78.66	
Expiry	
Remaining	
<b>Entry</b>	---
<b>Stoploss</b>	#VALUE!
<b>Take Profit</b>	---

SELL	
	<b>PLATINUM5-AP26</b>
2,071.55	-3.04%
Expiry	27/Mar/26
Remaining	9 Days
<b>Entry</b>	2090 - 2080
<b>Stoploss</b>	2127.96
<b>Take Profit</b>	2055 - 2045

SELL	
	<b>COPPER-MY26</b>
5.7018	-1.13%
Expiry	28/Apr/26
Remaining	41 Days
<b>Entry</b>	5.74 - 5.72
<b>Stoploss</b>	5.78
<b>Take Profit</b>	5.65 - 5.62

SELL	
	<b>ICOTTON-MY26</b>
68.46	-0.45%
Expiry	22/Apr/26
Remaining	35 Days
<b>Entry</b>	68.14 - 68.04
<b>Stoploss</b>	68.28
<b>Take Profit</b>	67.64 - 67.46

BUY	
	<b>DJ-MA26</b>
47,515	0.35%
Expiry	19/Mar/26
Remaining	1 Days
<b>Entry</b>	47664 - 47715
<b>Stoploss</b>	47359.23
<b>Take Profit</b>	47925 - 48059

BUY	
	<b>SP500-MA26</b>
6,799	0.38%
Expiry	19/Mar/26
Remaining	1 Days
<b>Entry</b>	6810 - 6815
<b>Stoploss</b>	6759.81
<b>Take Profit</b>	6841 - 6851

BUY	
	<b>NSDQ100-MA26</b>
25,144	0.51%
Expiry	19/Mar/26
Remaining	1 Days
<b>Entry</b>	25171 - 25192
<b>Stoploss</b>	24924.85
<b>Take Profit</b>	25300 - 25400

SELL	
	<b>GOLDUSDJPY-AP26</b>
159.00	-0.02%
Expiry	27/Mar/26
Remaining	9 Days
<b>Entry</b>	159.16 - 159.03
<b>Stoploss</b>	159.48
<b>Take Profit</b>	158.71 - 158.57

BUY	
	<b>GOLDEURUSD-AP26</b>
1.1547	0.06%
Expiry	27/Mar/26
Remaining	9 Days
<b>Entry</b>	1.1531 - 1.1551
<b>Stoploss</b>	1.152
<b>Take Profit</b>	1.1575 - 1.1595

## Major Headlines

**Oil prices drop as US crude inventories show an increase**  
Oil prices slightly fell on Wednesday morning after sources citing American Petroleum Institute figures showed an increase in U.S. crude inventories. Brent futures dropped \$1.15, or 1.11%, to \$102.27 a barrel by 0108 GMT, while U.S. West Texas Intermediate crude dropped \$1.54, or 1.6%, to \$94.67. U.S. crude stocks rose by 6.56 million barrels in the week ended March 13, market sources said, citing API figures on Tuesday. A Reuters poll showed that U.S. crude oil stockpiles were expected to have risen by about 380,000 barrels [see more...](#)

### Gold Stalls Near \$5,000 Ahead of Fed Signals

Gold has been trading around 5,000 for a third straight day, having followed a three-day correction from the area of 5,200. Interestingly, the 50-day moving average (SMA) seems to represent key support line in the last three sessions. Today, investors will focus on Fed Chair Powell's comments for cues about the interest rates outlook amidst growing anxiety of a war-driven spike in inflation. [see more...](#)

### Stocks Climb but Technical Barriers Remain in Focus

Stocks finished higher on Monday, with the S&P 500 rising more than 1%. Most of the move was driven by a decline in implied volatility following the drop in oil prices. Equity market IV had been very elevated, so a volatility compression was inevitable—it was just a matter of whether it would occur on Monday or Tuesday, ahead of VIX expiration on Wednesday. That was also my calculated max pain level across all expirations on Monday in the S&P 500. [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. [see more...](#)

### EUR/USD Price Forecast: Struggles to extend recovery above 1.1530

The EUR/USD pair holds onto Monday's gains slightly above 1.1500 during the European trading session on Tuesday. The major currency pair trades firmly as the US Dollar (USD) has come under pressure ahead of the Federal Reserve's (Fed) monetary policy announcement on Wednesday. As of writing, the US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, trades marginally lower to near 99.70. [see more...](#)

### Federal Reserve set to stand pat as Iran war complicates interest-rate cuts

The United States (US) Federal Reserve (Fed) announces its interest rate decision on Wednesday, a pivotal meeting for markets to gauge the stance of the world's most important central bank after an energy shock that could put the Fed's dual mandate in tension. While the main decision on interest rates is a given, the surge in Oil prices after the Iran war [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Crude Oil Inventories	18/3/2026	7:30 PM	USD	High volatility		-1.500M	3.824M
Fed Interest Rate Decision	18/3/2026	11:00 PM	USD	High volatility		3.75%	3.75%
FOMC Economic Projections	18/3/2026	11:00 PM	USD	High volatility			
FOMC Statement	18/3/2026	11:00 PM	USD	High volatility			

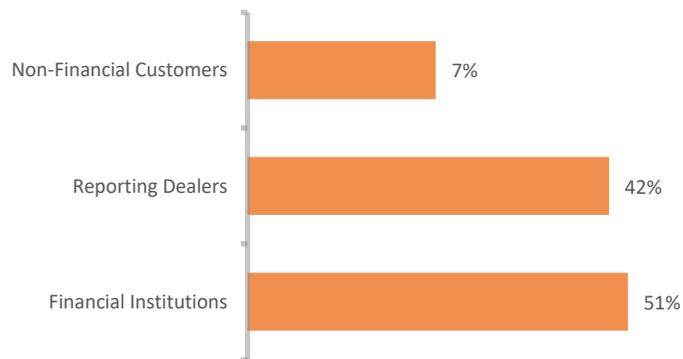
# FOREX MARKETS' STATISTICS

## Forex Market Hours

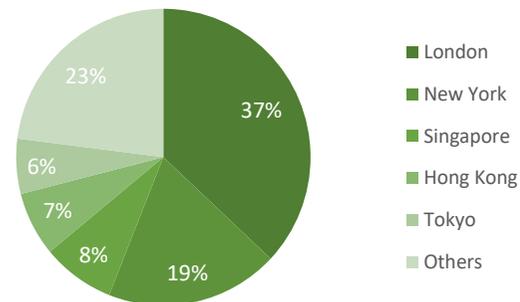


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

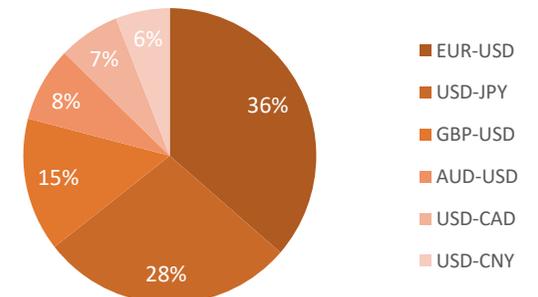
### Forex Turnover by Counterparty



### 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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