

# PMEX UPDATE

<div>BUY</div> <div>  <b>CRUDE10-MA26</b>                      65.06 <span>-0.55%</span>                      Expiry 19/Feb/26                      Remaining 20 Days                 </div> <div>Entry 64.77 - 64.94</div> <div>Stoploss 64.48</div> <div>Take Profit 65.5 - 65.86</div>	<div>BUY</div> <div>  <b>NGAS1K-FE26</b>                      3.8560 <span>-1.58%</span>                      Expiry 24/Feb/26                      Remaining 25 Days                 </div> <div>Entry 3.927 - 3.942</div> <div>Stoploss 3.83</div> <div>Take Profit 4.021 - 4.053</div>	<div>SELL</div> <div>  <b>GO10Z-AP26</b>                      5,150.64 <span>-3.81%</span>                      Expiry 27/Mar/26                      Remaining 56 Days                 </div> <div>Entry 5232 - 5216</div> <div>Stoploss 5264.44</div> <div>Take Profit 5186 - 5176</div>	<div>SELL</div> <div>  <b>SL10-MA26</b>                      103.20 <span>-9.82%</span>                      Expiry 25/Feb/26                      Remaining 26 Days                 </div> <div>Entry 106.41 - 105.51</div> <div>Stoploss 108.48</div> <div>Take Profit 104.17 - 101.32</div>
<div>SELL</div> <div>  <b>PLATINUM5-AP26</b>                      2,328.95 <span>-11.05%</span>                      Expiry 27/Mar/26                      Remaining 56 Days                 </div> <div>Entry 2391 - 2364</div> <div>Stoploss 2420.83</div> <div>Take Profit 2275 - 2240</div>	<div>SELL</div> <div>  <b>COPPER-MA26</b>                      6.0600 <span>-2.31%</span>                      Expiry 25/Feb/26                      Remaining 26 Days                 </div> <div>Entry 6.157 - 6.1252</div> <div>Stoploss 6.22</div> <div>Take Profit 6.0714 - 6.003</div>	<div>SELL</div> <div>  <b>ICOTTON-MA26</b>                      63.32 <span>-0.25%</span>                      Expiry 19/Feb/26                      Remaining 20 Days                 </div> <div>Entry 63.67 - 63.49</div> <div>Stoploss 63.79</div> <div>Take Profit 63.15 - 62.94</div>	<div>SELL</div> <div>  <b>DJ-MA26</b>                      49,030 <span>-0.28%</span>                      Expiry 19/Mar/26                      Remaining 48 Days                 </div> <div>Entry 48775 - 48724</div> <div>Stoploss 48885.71</div> <div>Take Profit 48537 - 48400</div>
<div>BUY</div> <div>  <b>SP500-MA26</b>                      6,969 <span>-0.34%</span>                      Expiry 19/Mar/26                      Remaining 48 Days                 </div> <div>Entry 6975 - 6980</div> <div>Stoploss 6959.38</div> <div>Take Profit 7000 - 7012</div>	<div>BUY</div> <div>  <b>NSDQ100-MA26</b>                      25,881 <span>-0.46%</span>                      Expiry 19/Mar/26                      Remaining 48 Days                 </div> <div>Entry 25828 - 25888</div> <div>Stoploss 25750.90</div> <div>Take Profit 25991 - 26042</div>	<div>BUY</div> <div>  <b>GOLDUSDJPY-MA26</b>                      153.87 <span>0.50%</span>                      Expiry 25/Feb/26                      Remaining 26 Days                 </div> <div>Entry 153.41 - 153.61</div> <div>Stoploss 152.96</div> <div>Take Profit 154.01 - 154.38</div>	<div>BUY</div> <div>  <b>GOLDEURUSD-MA26</b>                      1.1944 <span>-0.21%</span>                      Expiry 25/Feb/26                      Remaining 26 Days                 </div> <div>Entry 1.1977 - 1.1987</div> <div>Stoploss 1.196</div> <div>Take Profit 1.2012 - 1.2026</div>

## Major Headlines

**Oil forecast to hover near \$60/bbl, as oversupply outweighs geopolitical risks: Reuters Poll**

Oil prices are likely to hold near the \$60 a barrel mark this year, as the prospect of oversupply in the market offsets the impact of geopolitical tensions that could disrupt cargoes, a Reuters poll showed on Friday. The survey of 31 economists and analysts conducted in January forecast that Brent crude would average \$62.02 per barrel in 2026, slightly up from December's forecast of \$61.27. Brent was trading around \$70 on January 30 and averaged around \$68.20 last year. [see more...](#)

**Gold tumbles below \$5,000, dragging other metals lower**

Gold prices tumbled by more than 7% to break below the \$5,000 mark on Friday as the dollar strengthened on the imminent appointment of a new U.S. Federal Reserve Chair, though the safe-haven metal remained set for its biggest monthly gain since 1999 after chalking up multiple record peaks. Other precious metals also dropped sharply as profit-taking kicked in. Spot gold lost 7.5% to \$4,992.05 an ounce by 0947 GMT. U.S. gold futures for February delivery [see more...](#)

**S&P 500: Liquidity Drain Appears to Have Resumed**

On Thursday, S&P 500 finished the day lower, although not by much, even though they finished well off their intraday lows. Not sure what happened in the morning, but we saw implied volatility rise sharply. If I had to guess what drove trading, it was a big morning drop that pushed implied volatility sharply higher. The index fell to around 6,870, below the put wall at 6,900. That led to those puts being monetized and closed out, which started pushing implied volatility down. [see more...](#)

**USD/JPY slips toward 152.70 as risk shift lifts Yen**

In the meantime, traders digested the Federal Reserve's (Fed) decision to hold rates unchanged, on an uneventful meeting, with journalists more worried about Jerome Powell's decision to remain on the board after finishing his stint as the Fed Chair. Fed members had grown slightly confident that the labor market had stabilized, while inflation remains elevated. This suggested that the central bank should keep rates at its current level, to better assess the impact of the three rate cuts sustained last year. [see more...](#)

**EUR/USD remains weak despite strong Eurozone GDP figures**

The Euro (EUR) drifts lower on Friday, and trades at 1.1915 at the time of writing, with support at the 1.1900 area in focus. Better-than-expected Gross Domestic Product figures in Germany and the Eurozone have failed to provide any significant support to the pair, which remains on its back foot amid a firmer US Dollar (USD). US President Donald Trump is expected to reveal the name of the person who will replace Jerome Powell as the head of the Fed, and media [see more...](#)

**Forex Today: US Dollar jumps, Gold slumps eyeing Trump's Fed Chair pick**

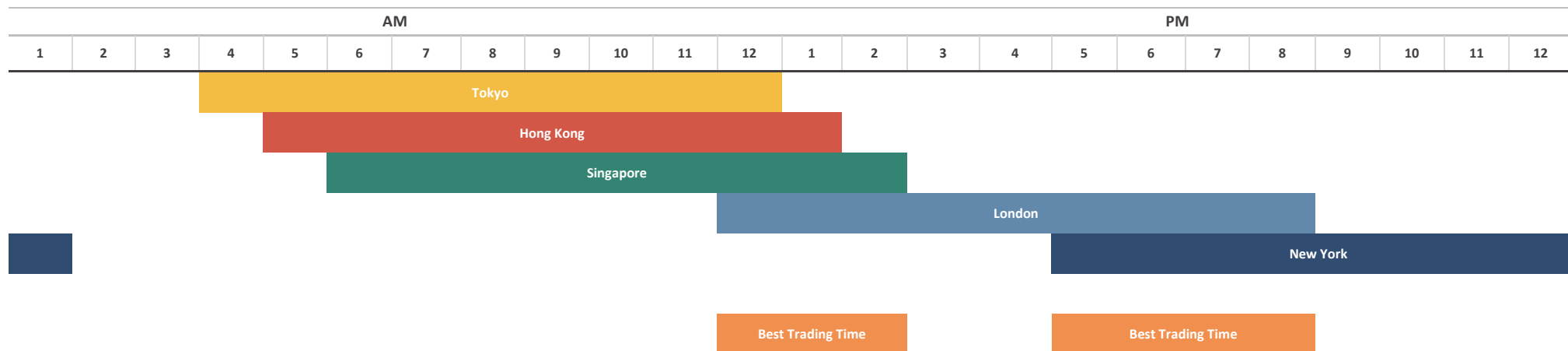
According to Bloomberg, the Trump administration is preparing to nominate former Fed Governor Kevin Warsh to be the next Chair as early as in American morning on Friday. Meanwhile, a Wall Street Journal (WSJ) report said that President Trump and Senate Democrats struck a deal to avert a government shutdown. This story, combined with profit-taking and the Fed's recent cautious on-hold interest rate decision poured some life into the US Dollar [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
PPI (MoM) (Dec)	30/1/2026	6:30 PM	USD	High volatility		0.20%	0.20%
Chicago PMI (Jan)	30/1/2026	7:45 PM	USD	High volatility		43.5	43.5

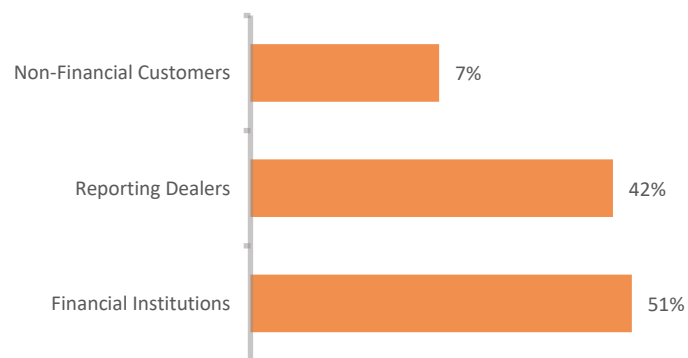
# FOREX MARKETS' STATISTICS

Forex Market Hours

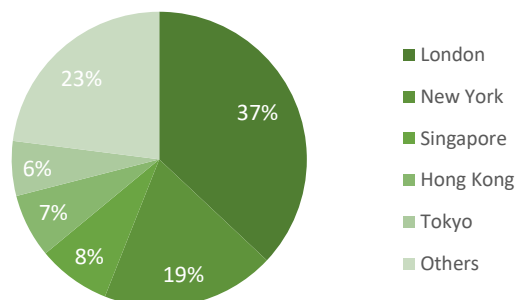


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

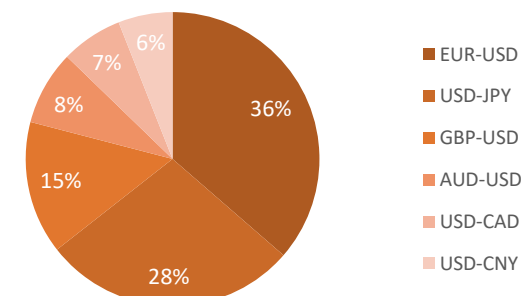
Forex Turnover by Counterparty



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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