

# PMEX UPDATE

BUY	
	<b>CRUDE10-MY26</b>
103.09	0.20%
Expiry	20/Apr/26
Remaining	20 Days
<b>Entry</b>	104.55 - 104.85
<b>Stoploss</b>	103.56
<b>Take Profit</b>	105.95 - 106.95

SELL	
	<b>NGAS1K-MY26</b>
2.8350	-1.80%
Expiry	27/Apr/26
Remaining	27 Days
<b>Entry</b>	2.84 - 2.83
<b>Stoploss</b>	2.89
<b>Take Profit</b>	2.78 - 2.77

BUY	
	<b>GO1OZ-JU26</b>
4,618.59	1.34%
Expiry	27/May/26
Remaining	57 Days
<b>Entry</b>	4632 - 4638
<b>Stoploss</b>	4598.22
<b>Take Profit</b>	4663 - 4692

N/A	
	<b>SL10-MA26</b>
73.55	
Expiry	
Remaining	
<b>Entry</b>	---
<b>Stoploss</b>	#VALUE!
<b>Take Profit</b>	---

BUY	
	<b>PLATINUM5-JY26</b>
1,925.65	1.05%
Expiry	26/Jun/26
Remaining	87 Days
<b>Entry</b>	1893 - 1900
<b>Stoploss</b>	1866.43
<b>Take Profit</b>	1914 - 1928

BUY	
	<b>COPPER-MY26</b>
5.5450	0.78%
Expiry	28/Apr/26
Remaining	28 Days
<b>Entry</b>	5.55 - 5.56
<b>Stoploss</b>	5.51
<b>Take Profit</b>	5.59 - 5.62

BUY	
	<b>ICOTTON-MY26</b>
71.02	1.18%
Expiry	22/Apr/26
Remaining	22 Days
<b>Entry</b>	70.46 - 70.7
<b>Stoploss</b>	70.32
<b>Take Profit</b>	71.33 - 71.67

SELL	
	<b>DJ-JU26</b>
45,918	1.00%
Expiry	17/Jun/26
Remaining	78 Days
<b>Entry</b>	46225 - 46118
<b>Stoploss</b>	46529.77
<b>Take Profit</b>	45915 - 45704

SELL	
	<b>SP500-JU26</b>
6,450	0.96%
Expiry	17/Jun/26
Remaining	78 Days
<b>Entry</b>	6488 - 6475
<b>Stoploss</b>	6538.19
<b>Take Profit</b>	6456 - 6426

SELL	
	<b>NSDQ100-JU26</b>
23,349	0.90%
Expiry	17/Jun/26
Remaining	78 Days
<b>Entry</b>	23515 - 23456
<b>Stoploss</b>	23761.15
<b>Take Profit</b>	23327 - 23198

SELL	
	<b>GOLDUSDJPY-MY26</b>
159.43	-0.16%
Expiry	28/Apr/26
Remaining	28 Days
<b>Entry</b>	159.58 - 159.48
<b>Stoploss</b>	159.90
<b>Take Profit</b>	159.28 - 159.18

SELL	
	<b>GOLDEURUSD-MY26</b>
1.1498	0.31%
Expiry	28/Apr/26
Remaining	28 Days
<b>Entry</b>	1.1517 - 1.1507
<b>Stoploss</b>	1.154
<b>Take Profit</b>	1.1491 - 1.1481

## Major Headlines

### Oil Rises and Gold Falls as Markets React to Iran Tensions

The ADAC currently reports highly volatile but, overall, significantly higher fuel prices. The primary cause is the situation surrounding the Strait of Hormuz—one of the world’s most important trade routes for oil. Military tensions and transportation problems are leading to real supply bottlenecks. About one-fifth of global oil shipments are affected. The markets are reacting accordingly. The oil price has risen sharply in a short period of time—a classic “energy shock” that not only drives inflation but also increases nervousness in the financial markets. [see more...](#)

### Gold prices set for bruising March losses amid Iran war

Gold prices edged higher on Tuesday, but remained on track for deep losses in March, as rising inflation expectations on the back of the U.S.-Israel war on Iran battered non-yielding assets such as metals. Metal markets were encouraged by a report that U.S. President Donald Trump was considering ceasing military action in Iran, as the conflict looked to extend beyond his initial four-to-six-week timeline. [see more...](#)

### Wall St. futures rise on Iran war de-escalation hopes, indexes set for monthly drops

U.U.S. stock index futures gained on Tuesday, as markets welcomed a report signaling a potential de-escalation in the Middle East conflict that has set the S&P 500 and the Dow for their biggest monthly decline in years.

The Wall Street Journal on Monday reported that U.S. President Donald Trump told aides he was willing to end the military campaign against Iran even if the Strait of Hormuz remained largely closed. [see more...](#)

### USD/JPY edges down to near 159.60 amid Middle East peace hopes

The USD/JPY pair ticks lower to near 159.60 during the European trading session on Tuesday. The pair is marginally lower as the US Dollar (USD) trades subduedly, following the release of the Wall Street Journal (WSJ) report, which shows that United States (US) President Donald Trump is willing to end the war with Iran despite the Strait of Hormuz remaining closed. [see more...](#)

### EUR/USD flatlines below 1.1500 as Eurozone HICP grows below forecasts

The EUR/USD’s tame recovery attempts seen earlier on Tuesday have been capped below 1.1490, before the release of softer-than-expected Eurozone Harmonised Index of Consumer Prices (HICP) figures. The release added negative pressure, leaving the pair, which keeps hovering near two-week lows at 1.1465, on track for a nearly 3% sell-off in March. Preliminary Eurozone inflation data released on Tuesday showed that consumer inflation rose at a 2.5% year-on-year pace in March, below market expectations of a 2.7% [see more...](#)

### Dollar Rises Even as Trump Reiterates Willingness to End the War

The US dollar continued to gain ground against the other major currencies, with the only exception being the Japanese yen, which remained strong amid intensified intervention warnings by Japanese authorities and signals by the BoJ that a rate hike on April 28 may be well warranted. The dollar stayed strong amid further escalation in the Middle East [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Chicago PMI (Mar)	31/3/2026	6:45 PM	USD	High volatility		54.8	57.7
CB Consumer Confidence (Mar)	31/3/2026	7:00 PM	USD	High volatility		87.8	91.2
JOLTS Job Openings (Feb)	31/3/2026	7:00 PM	USD	High volatility		6.890M	6.946M

# FOREX MARKETS' STATISTICS

## Forex Market Hours

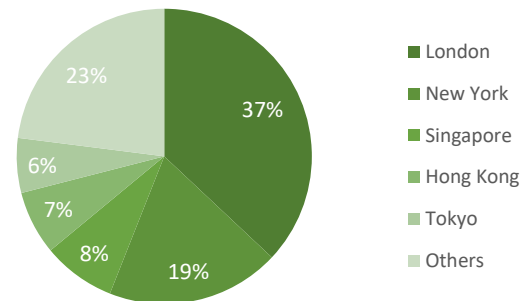


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

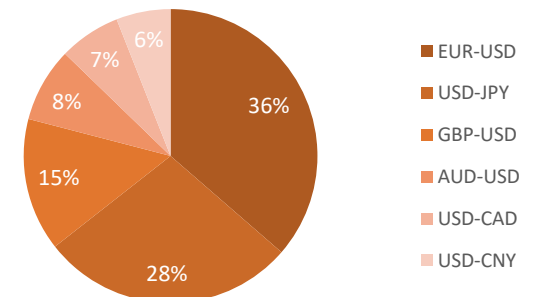
### Forex Turnover by Counterparty



### 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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