

# PMEX UPDATE

BUY	
	<b>CRUDE10-AP26</b>
66.06	-0.51%
Expiry	19/Mar/26
Remaining	27 Days
<b>Entry</b>	65.27 - 65.47
<b>Stoploss</b>	64.89
<b>Take Profit</b>	66.52 - 66.99

SELL	
	<b>NGAS1K-FE26</b>
2.9720	-0.80%
Expiry	24/Feb/26
Remaining	4 Days
<b>Entry</b>	2.995 - 2.971
<b>Stoploss</b>	3.09
<b>Take Profit</b>	2.923 - 2.885

BUY	
	<b>GO10Z-AP26</b>
5,033.91	0.73%
Expiry	27/Mar/26
Remaining	35 Days
<b>Entry</b>	5050 - 5055
<b>Stoploss</b>	5025.05
<b>Take Profit</b>	5082 - 5092

BUY	
	<b>SL10-MA26</b>
80.35	3.50%
Expiry	25/Feb/26
Remaining	5 Days
<b>Entry</b>	79.15 - 79.59
<b>Stoploss</b>	77.08
<b>Take Profit</b>	80.68 - 81.21

BUY	
	<b>PLATINUM5-AP26</b>
2,128.65	2.90%
Expiry	27/Mar/26
Remaining	35 Days
<b>Entry</b>	2114 - 2122
<b>Stoploss</b>	2084.17
<b>Take Profit</b>	2145 - 2166

SELL	
	<b>COPPER-MA26</b>
5.7558	0.30%
Expiry	25/Feb/26
Remaining	5 Days
<b>Entry</b>	5.7701 - 5.7541
<b>Stoploss</b>	5.84
<b>Take Profit</b>	5.7212 - 5.6818

BUY	
	<b>ICOTTON-MA26</b>
62.53	0.97%
Expiry	19/Feb/26
Remaining	-1 Days
<b>Entry</b>	62.22 - 62.32
<b>Stoploss</b>	62.10
<b>Take Profit</b>	62.52 - 62.72

SELL	
	<b>DJ-MA26</b>
49,419	-0.08%
Expiry	19/Mar/26
Remaining	27 Days
<b>Entry</b>	49530 - 49465
<b>Stoploss</b>	49640.71
<b>Take Profit</b>	49271 - 49151

SELL	
	<b>SP500-MA26</b>
6,872	-0.07%
Expiry	19/Mar/26
Remaining	27 Days
<b>Entry</b>	6882 - 6872
<b>Stoploss</b>	6897.62
<b>Take Profit</b>	6848 - 6828

SELL	
	<b>NSDQ100-MA26</b>
24,842	-0.07%
Expiry	19/Mar/26
Remaining	27 Days
<b>Entry</b>	24894 - 24856
<b>Stoploss</b>	24971.10
<b>Take Profit</b>	24756 - 24657

BUY	
	<b>GOLDUSDJPY-MA26</b>
155.20	0.10%
Expiry	25/Feb/26
Remaining	5 Days
<b>Entry</b>	155.23 - 155.31
<b>Stoploss</b>	154.93
<b>Take Profit</b>	155.46 - 155.65

SELL	
	<b>GOLDEURUSD-MA26</b>
1.1768	-0.03%
Expiry	25/Feb/26
Remaining	5 Days
<b>Entry</b>	1.1786 - 1.1781
<b>Stoploss</b>	1.180
<b>Take Profit</b>	1.1762 - 1.1742

## Major Headlines

**Oil and FX Markets Trade What If Scenarios on Iran**  
A large-scale US military show of force in the Middle East has pushed the implied odds of a strike on Iran toward 61 per cent in betting markets. Oil has not ignored it. Brent in the \$71 to \$72 range is trading almost tick-for-tick with the betting market's war barometer. If you stretch that line to its logical extreme and price a full 100 per cent strike probability, crude jumps toward \$75-80. The market, however, is sketching the map in pencil, not ink. [see more...](#)

### Gold Range Narrows After Volatile Multi-Month Rally

Gold futures experienced surging indecisiveness, and continued to remain in uptrend till they hit a high at \$3,510 on Apr.21, 2025, followed by a sell off during the next few weeks, gold futures experienced the next wave of buying when the gold futures tested a low at \$3,123.76 on May 12, 2025, before resuming the uptrend, after repeated attempts to find a breakout above the significant resistance at the tested highs on May 12, 2025. The next wave of rally by the gold futures was quite steep, elevated at a 67-degree angle [see more...](#)

### US stock futures slip as focus turns to AI worries, Walmart earnings

U.S. stock index futures dipped slightly on Thursday, halting a three-day winning streak for the S&P 500 as investors evaluated AI-related concerns and awaited retail bellwether Walmart's quarterly results, expected to be released later in the day. Walmart's earnings, due before the bell, could serve as a gauge to understand the health of the U.S. consumer. The company's shares were down 0.9% [see more...](#)

### USD/JPY Price Forecast: Sticks to gains above 155.00, over one-week top ahead of US data

The USD/JPY pair gains positive traction for the third straight day and climbs to over a one-week top, around the 155.35-155.40 region on Friday. Data released early today showed that Japan's key inflation gauge eased to the slowest pace in two years, tempering expectations for an immediate policy tightening by the Bank of Japan (BoJ). Apart from this, concerns about Japan's fiscal health undermine the Japanese Yen (JPY) and act as a tailwind for the currency pair. [see more...](#)

### EUR/USD Price Forecast: Bears retain control below 1.1780-1.1770 confluence breakpoint

The EUR/USD pair remains on the back foot through the Asian session on Friday and currently trades just above mid-1.1700s, well within striking distance of a nearly one-month low set the previous day. The incoming US macro data pointed to a remarkably resilient labor market. Adding to this, the January FOMC meeting Minutes and hawkish comments from Federal Reserve (Fed) officials forced investors [see more...](#)

### Dollar Stands Tall Ahead of US Data Amid Iran Tensions

President Trump is not giving up on his ambition to secure a nuclear agreement with Iran, setting a deadline of 10 to 15 days to reach a "meaningful deal" following "very good" talks in Geneva this week. However, despite the progress, the US has continued to amass its forces in the Middle East, including two aircraft carriers, with Trump threatening that "bad things" may happen if Tehran does not agree to Washington's terms for a deal. The Wall Street Journal is reporting that Trump is weighing the option of limited strikes against Iran if Tehran [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Core PCE Price Index (MoM) (Dec)	20/2/2026	6:30 PM	USD	High volatility		0.30%	0.20%
GDP (QoQ) (Q4)	20/2/2026	6:30 PM	USD	High volatility		2.80%	4.40%
Core PCE Price Index (YoY) (Dec)	20/2/2026	6:30 PM	USD	High volatility		2.90%	2.80%
S&P Global Manufacturing PMI (Feb)	20/2/2026	7:45 PM	USD	High volatility		52.4	52.4
S&P Global Services PMI (Feb)	20/2/2026	7:45 PM	USD	High volatility		53	52.7
New Home Sales (Dec)	20/2/2026	8:00 PM	USD	High volatility		732K	737K

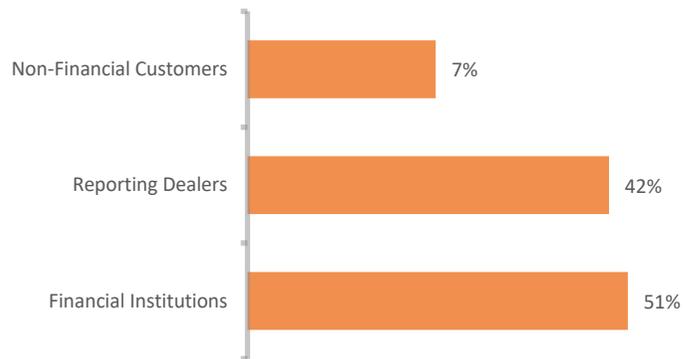
# FOREX MARKETS' STATISTICS

### Forex Market Hours

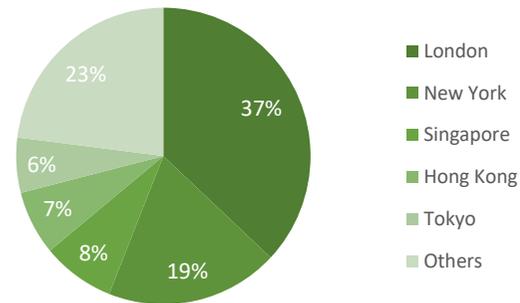


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

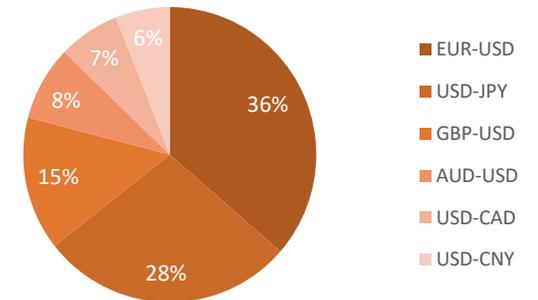
### Forex Turnover by Counterparty



### Markets' Share in Total Forex Turnover



### Most Traded Currency Pairs



Sources: ACPL Research, Forexmarkethours, Dailyfx, Ig

# DISCLAIMER

This report has been prepared by Abbasi and Company (Private) Limited and is provided for information purposes only. Abbasi and Company (Private) Limited (ACPL) is engaged in brokerage business of commodities futures in Pakistan and to provide the trading/ execution facility on Pakistan Mercantile Exchange (PMEX). There is risk of loss in trading in derivatives (futures). The author, directors and other employees of Abbasi and Company (Private) Limited and its affiliates cannot be held responsible for any loss in trading. Futures; futures on margin carries a high level of risk and may not be suitable for all investors. The high degree of leverage can work against the investor/ traders. Before deciding to invest in Commodity derivatives, you should carefully consider your investment objectives, level of experience, and risk appetite. The possibility exists that you could sustain a loss of some or all of your initial investment and therefore you should not invest money that you cannot afford to lose. You should be aware of all the risks associated with futures trading in commodities and other financial products. We take no responsibility for any loss made in investment on any instruments through us. In any event Abbasi and Company (Private) Limited, its affiliates, agents will not be liable to anyone for any decision made or action taken for investment/trading. Abbasi and Company (Private) Limited, its affiliates, directors and employees cannot be held responsible for any loss in trading due to any problem in connectivity; failure of system; technical problem in the software or any other reason whatever.

All the reports/ recommendations/ trading calls/ opinions are advisory in nature and contains the opinions of the author, which are not to be construed as investment advices. The author, directors and other employees of Abbasi and Company (Private) Limited and its affiliates cannot be held responsible for the accuracy of the information presented herein or for the results of the positions taken based on the opinions expressed in the reports/ views from Abbasi and Company (Private) Limited. All the views/ recommendations/ trading calls and opinions are based on the information, which are believed to be accurate and no assurance can be given for the accuracy of these information.

Derivatives trading involve substantial risk. The valuation of the underlying may fluctuate, and as a result, clients may lose their entire original investment. In no event should the content of this research report be construed as an express or an implied promise, guarantee or implication by, or from, Abbasi and Company (Private) Limited that you will profit or that losses can, or will be, limited in any manner whatsoever. Past results are no indication of future performance. The information provided in this report is intended solely for informative purposes and is obtained from sources believed to be reliable. Information is in no way guaranteed. No guarantee of any kind is implied or possible where projections of future conditions are attempted. Investments in securities market are subject to market risks, read all the related documents carefully before investing.

All rights reserved by Abbasi and Company (Private) Limited. This report or any portion hereof may not be reproduced, distributed, or published by any person for any purpose whatsoever. Nor can it be sent to a third party without prior consent of Abbasi and Company (Private) Limited. Action could be taken for unauthorized reproduction, distribution, or publication.

The research analyst, primarily involved in the preparation of this report, certifies that (1) the views expressed in this report accurately reflect his/her personal views about the subject commodity/index /currency pair and (2) no part of his/her compensation was, is or will be directly or indirectly related to the specific recommendations or views expressed in this report.

## 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

## RESEARCH DISSEMINATION POLICY

Abbasi & Company (Private) Limited endeavors to make all reasonable efforts to disseminate research to all eligible clients in a timely manner through either physical or electronic distribution such as email, fax mail etc. Nevertheless, all clients may not receive the material at the same time.

### PREPARED BY

Muhammad Rashid Nawaz  
Phone: (+92) 42 38302028  
Ext: 118  
Email: [umairjaved@abbasiandcompany.com](mailto:umairjaved@abbasiandcompany.com)

### RESEARCH DEPARTMENT

6 - Shadman, Lahore  
Phone: (+92) 42 38302028; Ext: 116, 117  
Email: [research@abbasiandcompany.com](mailto:research@abbasiandcompany.com)  
web: [www.abbasiandcompany.com](http://www.abbasiandcompany.com)

### HEAD OFFICE

6 - Shadman, Lahore  
Phone: (+92) 42 38302028  
Email: [support@abbasiandcompany.com](mailto:support@abbasiandcompany.com)  
web: [www.abbasiandcompany.com](http://www.abbasiandcompany.com)