

PMEX UPDATE

SELL	
	CRUDE10-MY26
91.62	3.96%
Expiry	20/Apr/26
Remaining	27 Days
Entry	92.51 - 91.57
Stoploss	93.66
Take Profit	89.54 - 88.52

SELL	
	NGAS1K-AP26
2.9190	1.57%
Expiry	26/Mar/26
Remaining	2 Days
Entry	2.94 - 2.91
Stoploss	2.99
Take Profit	2.86 - 2.82

SELL	
	GO10Z-AP26
4,412.94	0.30%
Expiry	27/Mar/26
Remaining	3 Days
Entry	4420 - 4410
Stoploss	4453.78
Take Profit	4375 - 4340

N/A	
	SL10-MA26
69.73	
Expiry	
Remaining	
Entry	---
Stoploss	#VALUE!
Take Profit	---

BUY	
	PLATINUM5-AP26
1,884.85	1.13%
Expiry	27/Mar/26
Remaining	3 Days
Entry	1900 - 1902
Stoploss	1862.04
Take Profit	1918 - 1928

SELL	
	COPPER-MY26
5.4110	-1.12%
Expiry	28/Apr/26
Remaining	35 Days
Entry	5.43 - 5.41
Stoploss	5.47
Take Profit	5.35 - 5.31

SELL	
	ICOTTON-MY26
66.94	-0.36%
Expiry	22/Apr/26
Remaining	29 Days
Entry	67.12 - 66.98
Stoploss	67.26
Take Profit	66.66 - 66.33

SELL	
	DJ-JU26
46,384	-0.30%
Expiry	17/Jun/26
Remaining	85 Days
Entry	46465 - 46431
Stoploss	46769.77
Take Profit	46175 - 46018

SELL	
	SP500-JU26
6,616	-0.28%
Expiry	17/Jun/26
Remaining	85 Days
Entry	6625 - 6615
Stoploss	6675.19
Take Profit	6595 - 6575

SELL	
	NSDQ100-JU26
24,341	-0.28%
Expiry	17/Jun/26
Remaining	85 Days
Entry	24393 - 24350
Stoploss	24639.15
Take Profit	24193 - 24122

SELL	
	GOLDUSDJPY-AP26
158.78	0.22%
Expiry	27/Mar/26
Remaining	3 Days
Entry	158.65 - 158.58
Stoploss	158.97
Take Profit	158.41 - 158.31

BUY	
	GOLDEURUSD-AP26
1.1586	-0.21%
Expiry	27/Mar/26
Remaining	3 Days
Entry	1.1554 - 1.1564
Stoploss	1.154
Take Profit	1.1585 - 1.1599

Major Headlines

Oil rises as supply disruption persists and Iran denies US talks

Oil rose on Tuesday as the world's biggest supply disruption persisted and as Iran denied it had talks with the U.S. to end the war in the Gulf, contradicting U.S. President Donald Trump who said a deal could be reached soon. Crude futures had dropped more than 10% on Monday, after Trump ordered a five-day delay to attacks on Iran's power plants, saying the U.S. had talks with unnamed Iranian officials that produced "major points of agreement". [see more...](#)

Is it time to abandon gold?

Gold prices rebounded sharply after a steep selloff, boosted by news that the U.S. signaled openness to negotiations with Iran. The bullion pared steep losses on Monday after U.S. President Donald Trump postponed planned strikes on Iranian energy infrastructure for five days, citing productive talks aimed at ending hostilities, although Iran denied that any discussions had taken place. [see more...](#)

U.S. stock futures inch lower with fresh oil price surge in focus

The main averages on Wall Street slumped in the prior session, following a strike on the South Pars gas field, the Iranian section of the world's biggest natural gas deposit. Tehran responded by targeting sites on gas facilities in Qatar and Saudi Arabia, as fighting between Iran and the joint forces of the U.S. and Israel threatened to spiral into a wider regional conflict. Energy prices have spiked in the wake of the South Pars attack, heaping fuel onto concerns over a potential surge [see more...](#)

USD/JPY Price Forecast: Retreats below mid-159.00s; bullish potential seems intact

The USD/JPY pair attracts some sellers on Thursday and erodes a part of the previous day's strong move up to its highest level since July 2024. Spot prices, however, trim a part of modest intraday losses and trade just below the 159.50 area during the early European session. Meanwhile, the broader setup favors bulls and suggests that the path of least resistance for the pair remains to the upside. [see more...](#)

EUR/USD Price Forecast: 1.1400 to be key support level after ECB's policy outcome

The EUR/USD pair is 0.16% higher to near 1.1470 during the European trading session on Thursday. The major currency pair gains as the US Dollar (USD) drops slightly, following a strong upside move on Wednesday. As of writing, the US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, trades 0.1% lower to near 100.15, but is still close to its over nine-month high of 100.54 [see more...](#)

US Dollar Has Retreated in the Face of Trump

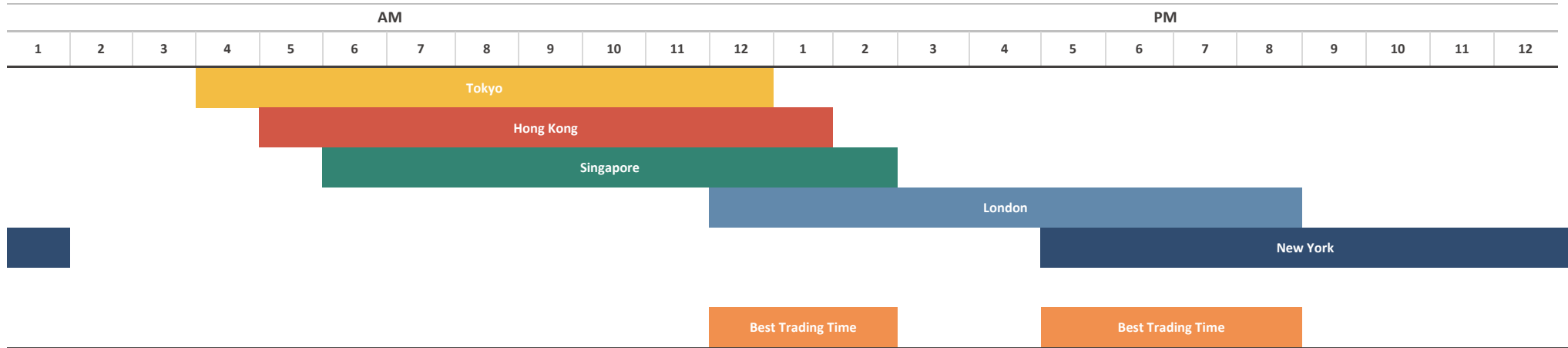
The markets risk repeating past mistakes. Barely ten days into the conflict in the Middle East, Donald Trump began talking about negotiations with Iran. At that point, US stock indices rose, the dollar weakened, and oil prices fell. Two weeks later, history repeated itself. We heard the same talk from the president about dialogue with Tehran, just as the markets were plummeting and oil was beginning an uncontrolled surge. It seems that Brent's and EURUSD's previous experiences have taught them nothing. [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
S&P Global Manufacturing PMI (Mar)	24/3/2026	6:45 PM	USD	High volatility		51.5	51.6
S&P Global Services PMI (Mar)	24/3/2026	6:45 PM	USD	High volatility		52	51.7

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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