

PMEX UPDATE

SELL	
	CRUDE10-MY26 87.27 -5.50% Expiry 20/Apr/26 Remaining 26 Days
Entry	88.05 - 87.05
Stoploss	91.35
Take Profit	84.41 - 82.04

SELL	
	NGAS1K-AP26 2.8540 -1.99% Expiry 26/Mar/26 Remaining 1 Days
Entry	2.862 - 2.846
Stoploss	2.90
Take Profit	2.811 - 2.786

BUY	
	GO10Z-JU26 4,615.45 4.09% Expiry 27/May/26 Remaining 63 Days
Entry	4567 - 4597
Stoploss	4510.70
Take Profit	4657 - 4697

N/A	
	SL10-MA26 73.40 Expiry Remaining
Entry	---
Stoploss	#VALUE!
Take Profit	---

BUY	
	PLATINUM5-AP26 1,963.25 3.73% Expiry 27/Mar/26 Remaining 2 Days
Entry	1890 - 1905
Stoploss	1852.04
Take Profit	1924 - 1934

SELL	
	COPPER-MY26 5.5483 1.71% Expiry 28/Apr/26 Remaining 34 Days
Entry	5.58 - 5.55
Stoploss	5.62
Take Profit	5.48 - 5.45

SELL	
	ICOTTON-MY26 67.72 0.15% Expiry 22/Apr/26 Remaining 28 Days
Entry	68.05 - 67.77
Stoploss	68.19
Take Profit	67.29 - 67.06

BUY	
	DJ-JU26 46,893 1.03% Expiry 17/Jun/26 Remaining 84 Days
Entry	46960 - 47002
Stoploss	46655.23
Take Profit	47202 - 47379

SELL	
	SP500-JU26 6,670 0.97% Expiry 17/Jun/26 Remaining 84 Days
Entry	6702 - 6682
Stoploss	6752.19
Take Profit	6648 - 6615

SELL	
	NSDQ100-JU26 24,497 1.17% Expiry 17/Jun/26 Remaining 84 Days
Entry	24678 - 24582
Stoploss	24924.15
Take Profit	24383 - 24255

SELL	
	GOLDUSDJPY-AP26 158.88 0.11% Expiry 27/Mar/26 Remaining 2 Days
Entry	158.73 - 158.68
Stoploss	159.05
Take Profit	158.51 - 158.41

BUY	
	GOLDEURUSD-AP26 1.1604 -0.03% Expiry 27/Mar/26 Remaining 2 Days
Entry	1.157 - 1.1578
Stoploss	1.156
Take Profit	1.1596 - 1.1611

Major Headlines

Oil prices slide amid hopes for Iran war resolution

Oil prices fell on Wednesday, with Brent crude oscillating around \$100 a barrel, as Middle East strikes continued despite talks of de-escalation in the almost month-old conflict between joint U.S.-Israeli forces and Iran. As of 05:47 ET (09:47 GMT), Brent oil futures expiring in May fell 3.9% to \$100.41 per barrel, while West Texas Intermediate (WTI) crude futures declined 4.0% to \$88.70 per barrel. The decline followed reports that the United States had sent Iran a 15-point plan aimed at ending the war in the region [see more...](#)

Gold Slides as Stronger US Dollar and Global Risk-Off Mood Pressure Metals

Gold is in a strong decline as expected, it even accelerated down within the third leg down after breaking below the 5000 level in the last two weeks, and then stabilized just above the 4k level. However, since we only have three waves down so far, with an extended wave three, we should still be aware of more weakness after the current wave four rebound. [see more...](#)

US stock futures rise as Mideast ceasefire prospects lift sentiment

U.S. stock index futures climbed on Wednesday, after media reports that the U.S. was seeking a month-long ceasefire in its war with Iran, allaying some investor fears around prolonged energy supply disruptions. The New York Times reported that Washington sent Iran a 15-point plan to end the war. Israel's Channel 12 said the U.S. planned to discuss the plan during the proposed ceasefire. Tehran has denied any negotiations and Iran and Israel exchanged airstrikes on Wednesday. [see more...](#)

USD/JPY Price Forecast: Trades with positive bias below 159.00; bullish potential intact

The USD/JPY pair trades with a positive bias for the second straight day on Wednesday, though it lacks bullish conviction and remains below the 159.00 mark through the Asian session. Minutes from the Bank of Japan's (BoJ) January meeting showed that policymakers saw the need to keep raising interest rates. [see more...](#)

EUR/USD remains subdued around 1.1600 as US-Iran peace remains uncertain

EUR/USD remains subdued for the second successive day, trading around 1.1600 during the Asian hours on Wednesday. The pair came under pressure as the US Dollar (USD) strengthened, even as reports suggest that the United States is actively pursuing diplomatic engagement with Iran to de-escalate the ongoing conflict. The Greenback's resilience reflects its safe-haven appeal amid persistent geopolitical uncertainty, despite signs of potential negotiations. [see more...](#)

US Dollar Index (DXY) approaches mid-99.00s amid fading Iran de-escalation hopes

The US Dollar Index (DXY), which tracks the Greenback against a basket of currencies, regains positive traction following the previous day's downfall to a nearly two-week low and climbs to the 99.35 area during the Asian session on Tuesday. Moreover, the fundamental backdrop seems tilted in favor of the US Dollar (USD) bulls. [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Crude Oil Inventories	25/3/2026	7:30 PM	USD	High volatility		-1.300M	6.156M

FOREX MARKETS' STATISTICS

Forex Market Hours

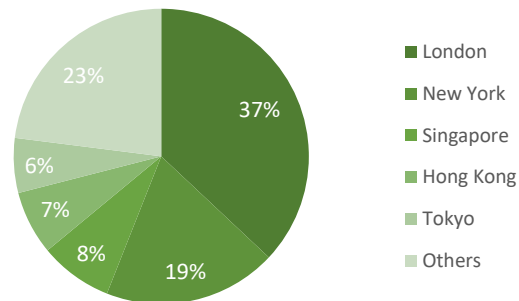


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

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

RESEARCH DEPARTMENT

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

HEAD OFFICE

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