

# PMEX UPDATE

SELL	
	<b>CRUDE10-AP26</b>
64.36	-1.62%
Expiry	19/Mar/26
Remaining	21 Days
<b>Entry</b>	64.9 - 64.61
<b>Stoploss</b>	65.34
<b>Take Profit</b>	63.97 - 63.61

SELL	
	<b>NGAS1K-AP26</b>
2.7960	-2.51%
Expiry	26/Mar/26
Remaining	28 Days
<b>Entry</b>	2.819 - 2.809
<b>Stoploss</b>	2.91
<b>Take Profit</b>	2.752 - 2.731

BUY	
	<b>GO10Z-AP26</b>
5,179.74	-0.89%
Expiry	27/Mar/26
Remaining	29 Days
<b>Entry</b>	5174 - 5180
<b>Stoploss</b>	5161.52
<b>Take Profit</b>	5197 - 5205

N/A	
	<b>SL10-MA26</b>
86.06	
Expiry	
Remaining	
<b>Entry</b>	---
<b>Stoploss</b>	#VALUE!
<b>Take Profit</b>	---

SELL	
	<b>PLATINUM5-AP26</b>
2,262.90	-2.95%
Expiry	27/Mar/26
Remaining	29 Days
<b>Entry</b>	2285 - 2277
<b>Stoploss</b>	2314.83
<b>Take Profit</b>	2253 - 2240

BUY	
	<b>COPPER-MY26</b>
6.0162	-0.48%
Expiry	27/Apr/26
Remaining	60 Days
<b>Entry</b>	5.9943 - 6.0067
<b>Stoploss</b>	5.93
<b>Take Profit</b>	6.0444 - 6.0672

SELL	
	<b>ICOTTON-MY26</b>
65.84	-0.50%
Expiry	10/Apr/26
Remaining	43 Days
<b>Entry</b>	66.15 - 65.99
<b>Stoploss</b>	66.27
<b>Take Profit</b>	65.51 - 65.25

BUY	
	<b>DJ-MA26</b>
49,509	-0.05%
Expiry	19/Mar/26
Remaining	21 Days
<b>Entry</b>	49436 - 49472
<b>Stoploss</b>	49325.29
<b>Take Profit</b>	49584 - 49670

BUY	
	<b>SP500-MA26</b>
6,957	-0.05%
Expiry	19/Mar/26
Remaining	21 Days
<b>Entry</b>	6940 - 6947
<b>Stoploss</b>	6924.38
<b>Take Profit</b>	6965 - 6975

BUY	
	<b>NSDQ100-MA26</b>
25,361	-0.08%
Expiry	19/Mar/26
Remaining	21 Days
<b>Entry</b>	25341 - 25373
<b>Stoploss</b>	25263.90
<b>Take Profit</b>	25428 - 25460

BUY	
	<b>GOLDUSDJPY-AP26</b>
156.10	-0.22%
Expiry	25/Mar/26
Remaining	27 Days
<b>Entry</b>	156.03 - 156.12
<b>Stoploss</b>	155.73
<b>Take Profit</b>	156.32 - 156.46

SELL	
	<b>GOLDEURUSD-AP26</b>
1.1800	-0.09%
Expiry	25/Mar/26
Remaining	27 Days
<b>Entry</b>	1.1811 - 1.1805
<b>Stoploss</b>	1.182
<b>Take Profit</b>	1.1793 - 1.1786

## Major Headlines

### Oil Steady Near \$71 Amid Iran Talks and Record U.S. Inventory Build

Crude prices are stabilizing at elevated levels as geopolitical positioning offsets a sharp deterioration in U.S. supply data. Brent crude trades at \$70.94 a barrel, up 0.3% in early dealing, while WTI advances 0.3% to \$65.35. The modest move reflects caution ahead of a third round of nuclear negotiations between the U.S. and Iran, an event that carries direct implications for global supply expectations and embedded geopolitical pricing. Current price structure suggests that a material risk buffer remains in place. [see more...](#)

### Gold just higher ahead of U.S.-Iran nuclear talks

Market participants are closely watching diplomatic developments as U.S. and Iranian officials prepare to meet in Geneva for renewed discussions over Tehran's nuclear program later in the session. Any signs of escalating tensions or setbacks in negotiations could further boost demand for gold. Traders are also assessing the impact of newly announced U.S. tariffs following a recent ruling by the U.S. Supreme Court that reshaped the legal framework [see more...](#)

### US stock futures waver as Nvidia's blockbuster results draw muted response

U.S. stock index futures were muted on Thursday as Nvidia's stellar quarterly results garnered a lukewarm response from investors and downbeat earnings from software company Salesforce weighed on sentiment. Nvidia inched 0.6% higher in premarket trading after the chipmaker posted better-than-expected results for the January quarter and forecast current-quarter revenue above market estimates. "The needle has clearly shifted when it comes to what its going [see more...](#)

### USD/JPY Price Forecast: Bullish bias builds above 155.00 support

USD/JPY trades on the front foot on Tuesday as the Japanese Yen (JPY) weakens broadly after reports that Japan's Prime Minister Sanae Takaichi signaled caution over further Bank of Japan (BoJ) rate hikes during a meeting with Governor Kazuo Ueda last week. However, the pair is struggling to extend gains as the US Dollar (USD) eases from its intraday highs. At the time of writing, USD/JPY trades around 155.70 after hitting a daily high of 156.28, up nearly 0.64%. [see more...](#)

### EUR/USD trades flat near 1.1780 even as US Dollar trades firmly

The Greenback remains on the front foot as market participants expect uncertainty sparked due to the United States (US) Supreme Court (SC) blocking President Donald Trump's tariff policy will be short-lived, as there are several ways to keep additional import duties in place. Even Trump has announced 15% global tariffs to offset the same, and has threatened steeper levies in case countries refrain from honouring trade deals in the wake of SC's ruling. [see more...](#)

### US Dollar, S&P 500 and Yields: Is March Setting Up for Market Swings

Last week, I outlined the VIX danger zone. Historically, when Wall Street's fear gauge lifts into the mid-20s, bad things tend to happen in the stock market. Today, I am growing increasingly concerned about where the benchmark 10-year Treasury rate may venture. For background, falling yields have been a boon for the S&P 500 (particularly SMID caps) ever since Liberation Day and the crafting of the budget-busting One Big Beautiful Bill Act. [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Initial Jobless Claims	26/2/2026	6:30 PM	USD	High volatility		217K	206K

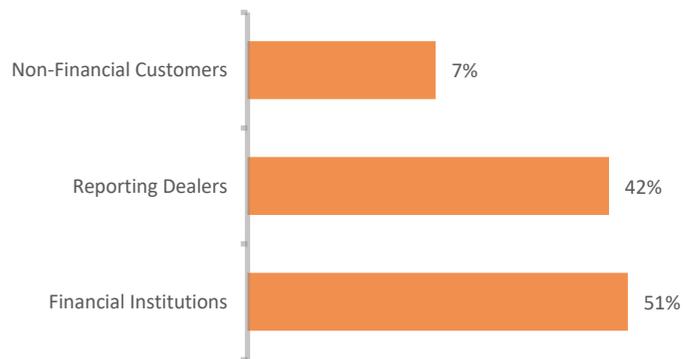
# FOREX MARKETS' STATISTICS

## Forex Market Hours

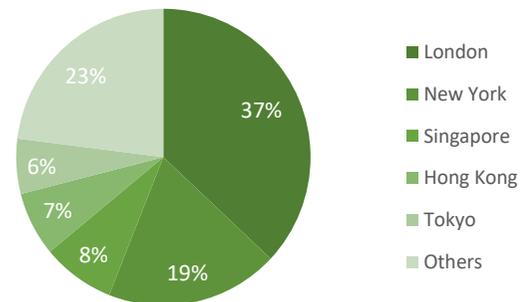


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

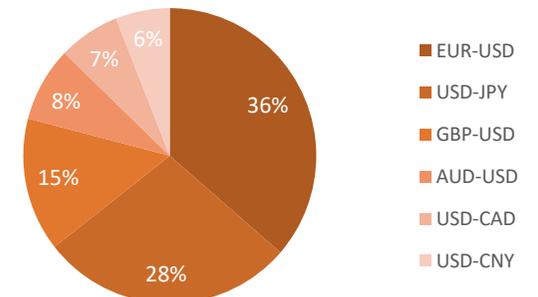
### Forex Turnover by Counterparty



### 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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