

# PMEX UPDATE

| BUY                |                     |
|--------------------|---------------------|
|                    | <b>CRUDE10-MY26</b> |
| 93.73              | 3.78%               |
| Expiry             | 20/Apr/26           |
| Remaining          | 25 Days             |
| <b>Entry</b>       | 92.08 - 92.54       |
| <b>Stoploss</b>    | 91.42               |
| <b>Take Profit</b> | 94.01 - 94.9        |

| SELL               |                    |
|--------------------|--------------------|
|                    | <b>NGAS1K-MY26</b> |
| 2.9140             | 0.07%              |
| Expiry             | 27/Apr/26          |
| Remaining          | 32 Days            |
| <b>Entry</b>       | 2.89 - 2.88        |
| <b>Stoploss</b>    | 2.93               |
| <b>Take Profit</b> | 2.84 - 2.79        |

| SELL               |                   |
|--------------------|-------------------|
|                    | <b>GO10Z-JU26</b> |
| 4,477.10           | -2.36%            |
| Expiry             | 27/May/26         |
| Remaining          | 62 Days           |
| <b>Entry</b>       | 4490 - 4475       |
| <b>Stoploss</b>    | 4546.30           |
| <b>Take Profit</b> | 4430 - 4400       |

| N/A                |                  |
|--------------------|------------------|
|                    | <b>SL10-MA26</b> |
| 68.25              |                  |
| Expiry             |                  |
| Remaining          |                  |
| <b>Entry</b>       | ---              |
| <b>Stoploss</b>    | #VALUE!          |
| <b>Take Profit</b> | ---              |

| SELL               |                       |
|--------------------|-----------------------|
|                    | <b>PLATINUM5-AP26</b> |
| 1,867.95           | -3.00%                |
| Expiry             | 27/Mar/26             |
| Remaining          | 1 Days                |
| <b>Entry</b>       | 1868 - 1864           |
| <b>Stoploss</b>    | 1905.96               |
| <b>Take Profit</b> | 1837 - 1822           |

| SELL               |                    |
|--------------------|--------------------|
|                    | <b>COPPER-MY26</b> |
| 5.5230             | -0.68%             |
| Expiry             | 28/Apr/26          |
| Remaining          | 33 Days            |
| <b>Entry</b>       | 5.58 - 5.55        |
| <b>Stoploss</b>    | 5.62               |
| <b>Take Profit</b> | 5.48 - 5.45        |

| SELL               |                     |
|--------------------|---------------------|
|                    | <b>ICOTTON-MY26</b> |
| 68.03              | -0.22%              |
| Expiry             | 22/Apr/26           |
| Remaining          | 27 Days             |
| <b>Entry</b>       | 68.17 - 67.96       |
| <b>Stoploss</b>    | 68.31               |
| <b>Take Profit</b> | 67.57 - 67.37       |

| SELL               |                |
|--------------------|----------------|
|                    | <b>DJ-JU26</b> |
| 46,411             | -0.64%         |
| Expiry             | 17/Jun/26      |
| Remaining          | 83 Days        |
| <b>Entry</b>       | 46538 - 46423  |
| <b>Stoploss</b>    | 46842.77       |
| <b>Take Profit</b> | 46203 - 46069  |

| SELL               |                   |
|--------------------|-------------------|
|                    | <b>SP500-JU26</b> |
| 6,593              | -0.72%            |
| Expiry             | 17/Jun/26         |
| Remaining          | 83 Days           |
| <b>Entry</b>       | 6601 - 6588       |
| <b>Stoploss</b>    | 6651.19           |
| <b>Take Profit</b> | 6560 - 6542       |

| SELL               |                     |
|--------------------|---------------------|
|                    | <b>NSDQ100-JU26</b> |
| 24,158             | -0.86%              |
| Expiry             | 17/Jun/26           |
| Remaining          | 83 Days             |
| <b>Entry</b>       | 24227 - 24158       |
| <b>Stoploss</b>    | 24473.15            |
| <b>Take Profit</b> | 24038 - 23990       |

| BUY                |                        |
|--------------------|------------------------|
|                    | <b>GOLDUSDJPY-MY26</b> |
| 159.58             | 0.06%                  |
| Expiry             | 28/Apr/26              |
| Remaining          | 33 Days                |
| <b>Entry</b>       | 159.65 - 159.71        |
| <b>Stoploss</b>    | 159.33                 |
| <b>Take Profit</b> | 159.88 - 159.99        |

| SELL               |                        |
|--------------------|------------------------|
|                    | <b>GOLDEURUSD-MY26</b> |
| 1.1542             | -0.15%                 |
| Expiry             | 28/Apr/26              |
| Remaining          | 33 Days                |
| <b>Entry</b>       | 1.1552 - 1.1543        |
| <b>Stoploss</b>    | 1.157                  |
| <b>Take Profit</b> | 1.152 - 1.151          |

## Major Headlines

### Oil rises as investors reassess Middle East ceasefire prospects

Oil rose more than \$1 per barrel on Thursday, clawing back losses from the previous session, on concerns that protracted fighting in the Middle East will further disrupt energy flows. Brent futures rose \$1.65, or 1.61 percent, to \$103.87 a barrel by 07:24 a.m. Saudi time, while US West Texas Intermediate crude futures were up \$1.49, or 1.65 percent, at \$91.81 a barrel. Both benchmarks slumped more than 2 percent on Wednesday. Iran is still reviewing a US proposal to end the war, but has no intention of holding talks to end [see more...](#)

### Gold Extends Decline as Bearish Momentum Builds Below Key Levels

On Thursday, gold futures opened at \$4,528, reached a high of \$4,573.87, and a low of \$4,444.65, before trading at \$4,482. This continued decline reflects ongoing selling pressure, coinciding with a surge of over 3% in crude oil futures. Investors are responding to conflicting signals regarding the Iran conflict [see more...](#)

### US stock futures slip as Middle East war de-escalation remains uncertain

U.S. stock index futures were down on Thursday, following gains in the previous session, as investors remained cautious over developments in the Middle East while weighing the prospects of a de-escalation. U.S. President Donald Trump said Iran was desperate to make a deal to end the fighting, contradicting the Iranian foreign minister who said Tehran was reviewing a U.S. proposal but had no intention of holding talks to wind down the conflict. [see more...](#)

### USD/JPY extends gains above 159.50 in risk-off markets

The US Dollar (USD) maintains an immediate bullish tone against the Japanese Yen (JPY) on Thursday, extending its rebound from Monday's lows at 158.00 to levels above 159.50 so far. Winding hopes of a price deal in the Middle East have hurt risk appetite, boosting the safe-haven US Dollar against its main peers on Thursday. Iran has rejected the 15-point peace plan presented by the US [see more...](#)

### EUR/USD holds losses near 1.1550 amid fading hopes of a US-Iran peace deal

The Euro (EUR) remains practically flat against the US Dollar (USD) at the time of writing on Thursday, consolidating losses from the previous two days. Iran's rejection of the US peace plan proposal has shattered the mild hopes of a peace deal in the Middle East, hurting investors' appetite for risk and providing additional support for the safe-haven USD. Iran has rejected the 15-point plan presented by the US to end the war in the Middle East and denied any negotiations [see more...](#)

### Dollar sluggish as market focuses on oil and Iran war

The U.S. dollar steadied against most major currencies on Thursday, pausing after strong gains this month, as dealers awaited clarity on what would happen next in the Iran war and hence the direction of oil prices, inflation and central bank policy. Iran's foreign minister said the country was reviewing a U.S. proposal to end the war but did not intend to hold talks to end the widening Middle East conflict [see more...](#)

## Economic Calendar

| Event                  | Date      | Time    | Currency | Importance      | Actual | Forecast | Previous |
|------------------------|-----------|---------|----------|-----------------|--------|----------|----------|
| Initial Jobless Claims | 26/3/2026 | 5:30 PM | USD      | High volatility |        | 211K     | 205K     |

# 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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### 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)