



PMEX UPDATE

SELL

 **CRUDE10-MY25**
 67.03 0.18%
 Expiry 21/Apr/25
 Remaining 32 Days


Entry	67.27 - 67.19
Stoploss	67.77
Take Profit	66.72 - 66.65

BUY

 **NGAS1K-AP25**
 4.2020 -1.06%
 Expiry 26/Mar/25
 Remaining 6 Days


Entry	4.18 - 4.189
Stoploss	4.12
Take Profit	4.247 - 4.279

SELL

 **GO10Z-AP25**
 3,039.60 -0.05%
 Expiry 27/Mar/25
 Remaining 7 Days


Entry	3044 - 3043
Stoploss	3053.75
Take Profit	3035 - 3032

SELL

 **SL10-MY25**
 33.81 -1.17%
 Expiry 28/Apr/25
 Remaining 39 Days


Entry	34.005 - 33.928
Stoploss	34.20
Take Profit	33.638 - 33.515

SELL

 **PLATINUM5-AP25**
 996.75 -1.25%
 Expiry 27/Mar/25
 Remaining 7 Days


Entry	999 - 998
Stoploss	1004.29
Take Profit	988 - 986

SELL

 **COPPER-MY25**
 5.1020 0.04%
 Expiry 28/Apr/25
 Remaining 39 Days


Entry	5.1304 - 5.1236
Stoploss	5.16
Take Profit	5.108 - 5.0944

SELL

 **ICOTTON-MY25**
 66.50 0.23%
 Expiry 22/Apr/25
 Remaining 33 Days


Entry	66.52 - 66.47
Stoploss	66.71
Take Profit	66.22 - 66.11

SELL

 **DJ-JU24**
 42,196 -0.32%
 Expiry 19/Jun/25
 Remaining 91 Days


Entry	41855 - 41786
Stoploss	41988.51
Take Profit	41612 - 41530

BUY

 **SP500-JU24**
 5,708 -0.39%
 Expiry 19/Jun/25
 Remaining 91 Days


Entry	5698 - 5700
Stoploss	5679.63
Take Profit	5718 - 5723

SELL

 **NSDQ100-JU24**
 19,849 -0.51%
 Expiry 19/Jun/25
 Remaining 91 Days


Entry	19786 - 19774
Stoploss	19869.01
Take Profit	19709 - 19660

SELL

 **GOLDUSDJPY-AP25**
 148.43 -0.20%
 Expiry 27/Mar/25
 Remaining 7 Days

Entry	148.51 - 148.48
Stoploss	148.85
Take Profit	148.17 - 148.08

SELL

 **GOLDEURUSD-AP25**
 1.0842 -0.55%
 Expiry 27/Mar/25
 Remaining 7 Days

Entry	1.0868 - 1.0862
Stoploss	1.09
Take Profit	1.0844 - 1.0822

Major Headlines

Oil prices rise on strong demand outlook, weaker US dollar US stock futures slip after Fed holds rates; jobless claims EUR/USD declines as US Dollar strengthens ahead of Fed

Oil prices rose on Thursday, boosted by a strong outlook for demand in the United States after fuel inventories fell more than expected, and a weaker U.S. dollar. Brent crude futures were up 34 cents, or 0.5%, to stand at \$71.12 a barrel by 0745 GMT, their highest level since March 3. U.S. West Texas Intermediate crude (WTI) gained 42 cents, or 0.6%, to \$67.58. U.S. government data [see more...](#)

U.S. stock index futures slipped slightly Thursday, handing back some of the previous session's sharp gains after the Federal Reserve maintained its rate cuts forecast for the year. At 06:10 ET (10:10 GMT), Dow Jones Futures fell 75 points, or 0.2%, S&P 500 Futures dropped 17 points, or 0.3%, and Nasdaq 100 Futures slipped 90 points, or 0.5%. The main Wall Street indexes rose strongly during Wednesday's session [see more...](#)

EUR/USD falls sharply to slightly below 1.0900 in Wednesday's European session after posting a fresh five-month high near 1.0955 the previous day. The major currency pair weakens as the US Dollar (USD) performs strongly ahead of the Federal Reserve's (Fed) interest rate decision at 18:00 GMT. The US Dollar Index (DXY), which tracks the Greenback's value against six major currencies [see more...](#)

Gold steadies near record highs on Fed rate cut hints USD/JPY: Likely entered a 148.80/149.90 range trading phase Forex Today: US Dollar struggles to gather strength after Fed

Gold prices were steady on Thursday, after touching another record high earlier in the session, driven by the Federal Reserve's indication of likely interest rate cuts later this year and geopolitical and economic uncertainty fuelling safe-haven demand for the bullion. Spot gold held steady at \$3,044.44 an ounce as of 0928 GMT, after hitting a record high [see more...](#)

Following Monday's price action, we indicated yesterday (Tuesday), when USD was at 149.30, that 'The price movements have resulted in an increase in momentum.' While we expected USD to rise, we highlighted that 'the major resistance at 150.30 is likely out of reach for now' and we noted that 'support levels are at 149.00 and 148.70.'[see more...](#)

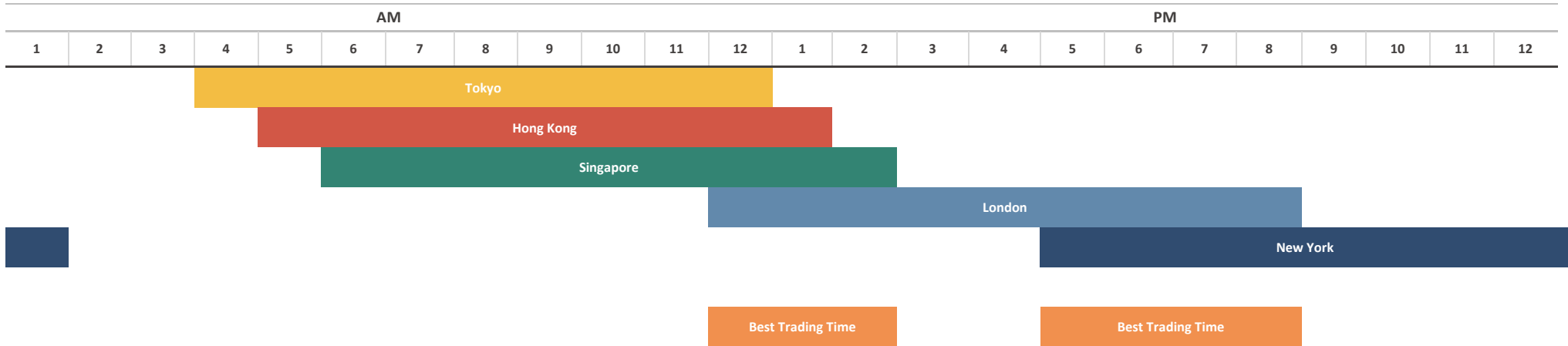
The US Dollar (USD) finds it difficult to outperform its rivals on Thursday as markets digest the Federal Reserve's (Fed) policy announcements. The Bank of England (BoE) will release the interest rate decision later in the session and the US economic calendar will feature weekly Initial Jobless Claims data, alongside Existing Homes figures for February. [see more...](#)

Economic Calendar

Event	Dates	Time	Currency	Importance	Actual	Forecast	Previous
Initial Jobless Claims	20-Mar-25	5:30 PM	USD	High volatility		224K	220K
Philadelphia Fed Manufacturing Index (Mar)	20-Mar-25	5:30 PM	USD	High volatility		8.8	18.1
Existing Home Sales (Feb)	20-Mar-25	7:00 PM	USD	High volatility		3.95M	4.08M

FOREX MARKETS' STATISTICS

Forex Market Hours

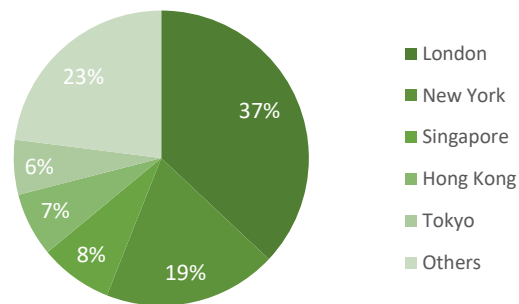


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

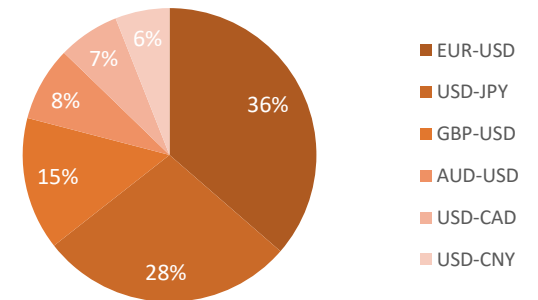
Forex Turnover by Counterparty



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: 279.85
- JPY/PKR: 1.89

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

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