






PMEX UPDATE


SELL	
	CRUDE10-MY25
67.79	-0.41%
Expiry	21/Apr/25
Remaining	31 Days
Entry	68.08 - 68.01
Stoploss	68.58
Take Profit	67.54 - 67.4


SELL	
	NGAS1K-AP25
3.9150	-1.51%
Expiry	26/Mar/25
Remaining	5 Days
Entry	3.923 - 3.915
Stoploss	3.98
Take Profit	3.867 - 3.816


SELL	
	GO10Z-AP25
3,037.94	-0.19%
Expiry	27/Mar/25
Remaining	6 Days
Entry	3046 - 3045
Stoploss	3055.75
Take Profit	3036 - 3030


SELL	
	SL10-MY25
33.69	-0.88%
Expiry	28/Apr/25
Remaining	38 Days
Entry	33.964 - 33.902
Stoploss	34.16
Take Profit	33.748 - 33.54


SELL	
	PLATINUM5-AP25
986.40	-0.56%
Expiry	27/Mar/25
Remaining	6 Days
Entry	993 - 992
Stoploss	998.29
Take Profit	987 - 984


SELL	
	COPPER-MY25
5.0585	-1.05%
Expiry	28/Apr/25
Remaining	38 Days
Entry	5.0725 - 5.0659
Stoploss	5.10
Take Profit	5.0315 - 5.0135


SELL	
	ICOTTON-MY25
65.64	-0.67%
Expiry	22/Apr/25
Remaining	32 Days
Entry	66.13 - 66.02
Stoploss	66.32
Take Profit	65.66 - 65.49

BUY	
	DJ-JU24
42,168	-0.28%
Expiry	19/Jun/25
Remaining	90 Days
Entry	42132 - 42177
Stoploss	41998.49
Take Profit	42404 - 42512

BUY	
	SP500-JU24
5,697	-0.27%
Expiry	19/Jun/25
Remaining	90 Days
Entry	5721 - 5722
Stoploss	5702.63
Take Profit	5739 - 5750

SELL	
	NSDQ100-JU24
19,803	-0.38%
Expiry	19/Jun/25
Remaining	90 Days
Entry	19754 - 19731
Stoploss	19837.01
Take Profit	19667 - 19606

SELL	
	GOLDUSDJPY-AP25
149.02	0.15%
Expiry	27/Mar/25
Remaining	6 Days
Entry	149.26 - 149.22
Stoploss	149.60
Take Profit	148.91 - 148.8

SELL	
	GOLDEURUSD-AP25
1.0841	-0.04%
Expiry	27/Mar/25
Remaining	6 Days
Entry	1.0827 - 1.0824
Stoploss	1.08
Take Profit	1.0814 - 1.0805

Major Headlines

Oil heads towards second consecutive weekly gain on supply **Stocks slip in choppy trade as economic, tariff outlook eyed** **EUR/USD drops as Fed sees no rush for monetary policy**

Oil prices rose on Friday and were heading for a second consecutive weekly gain as fresh U.S. sanctions on Iran and the latest output plan from the OPEC+ producer group raised expectations of tighter supply. Brent crude futures were up 12 cents, or 0.2%, at \$72.12 a barrel by 0850 GMT. U.S. West Texas Intermediate crude futures rose 15 cents, also 0.2%, to \$68.22. [see more...](#)

U.S. stocks closed slightly lower on Thursday after veering between gains and losses as investors gauged the latest round of economic data and the Federal Reserve's policy statement against tariff concerns. Selling pressure has intensified in recent weeks after a string of economic indicators signaled the economy and consumer sentiment may be cooling as the Trump administration imposes reciprocal trade tariffs. [see more...](#)

EUR/USD trades lower to near the 10-day low of 1.0815 in Friday's European session. The major currency pair faces selling pressure as the US Dollar (USD) strengthens after the Federal Reserve (Fed) expressed that interest rate cuts are not on the table in the current scenario. The US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, rises to near 104.15. [see more...](#)

Gold prices fall from record highs as dollar firms on easing rate **Japanese Yen remains depressed against broadly stronger USD** **Forex Today: US Dollar extends Fed-inspired recovery**

Gold prices fell in Asian trade on Friday, extending a fall from recent record highs amid pressure from a stronger dollar as traders bet that U.S. interest rates will remain unchanged in the near-term. The yellow metal still traded above the \$3,000 an ounce milestone cleared last week, as safe haven demand remained high in the face of heightened uncertainty [see more...](#)

The Japanese Yen (JPY) maintains its offered tone through the early European session in the wake of domestic data released this Friday, which showed that Japan's National Consumer Price Index (CPI) slowed in February. Apart from this, a goodish pickup in the US Dollar (USD) demand, bolstered by the Federal Reserve's (Fed) forecast for only two 25 basis [see more...](#)

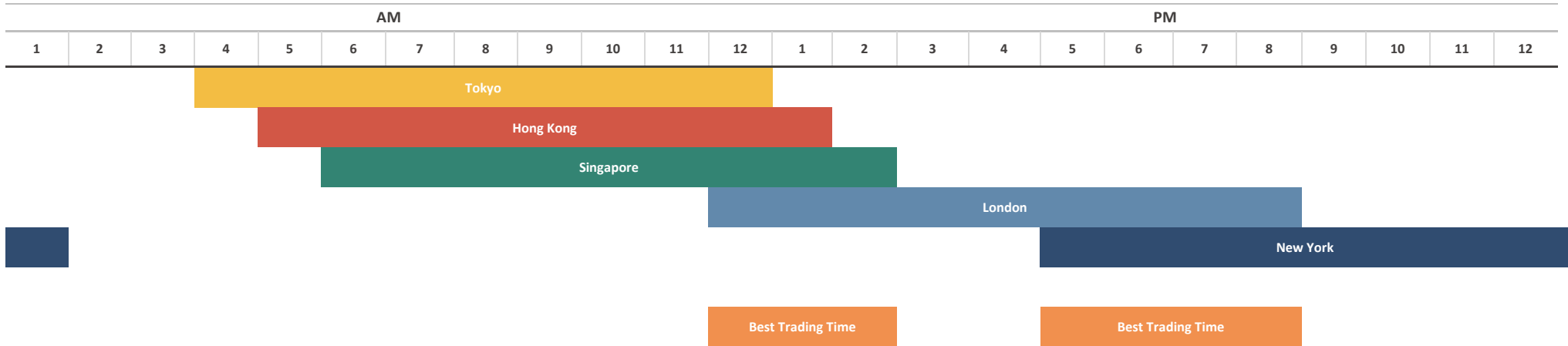
The US Dollar (USD) gathered bullish momentum and outperformed its rivals on Thursday. The USD Index, which tracks the USD's valuation against a basket of six major currencies, continues to edge higher early Friday and stays in positive territory on the weekly chart. The economic calendar will not feature any high-impact data releases on Friday [see more...](#)

Economic Calendar

Event	Dates	Time	Currency	Importance	Actual	Forecast	Previous
Initial Jobless Claims	20-Mar-25	5:30 PM	USD	High volatility	223K	224K	220K
Philadelphia Fed Manufacturing Index (Mar)	20-Mar-25	5:30 PM	USD	High volatility	12.5	8.8	18.1
Existing Home Sales (Feb)	20-Mar-25	7:00 PM	USD	High volatility	4.26M	3.95M	4.08M

FOREX MARKETS' STATISTICS

Forex Market Hours

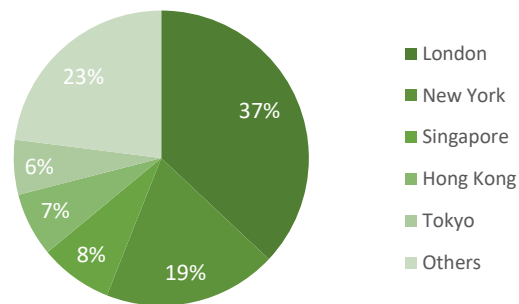


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

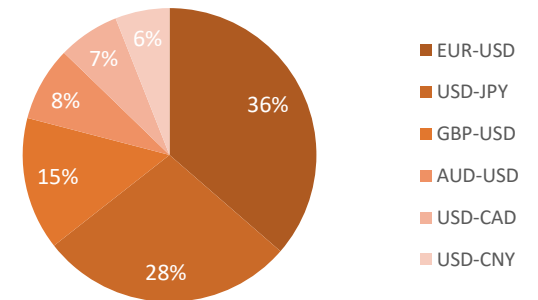
Forex Turnover by Counterparty



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