





PMEX UPDATE


SELL	
	CRUDE10-AU26 74.64 -1.60% Expiry 20/Jul/26 Remaining 28 Days
Entry	75.62 - 75.11
Stoploss	76.61
Take Profit	74.01 - 73.43


BUY	
	NGAS1K-Jy26 3.3270 1.56% Expiry 25/Jun/26 Remaining 3 Days
Entry	3.21 - 3.24
Stoploss	3.17
Take Profit	3.28 - 3.31


SELL	
	GO10Z-AU26 4,226.25 -0.46% Expiry 29/Jul/26 Remaining 37 Days
Entry	4262 - 4247
Stoploss	4284.00
Take Profit	4230 - 4216


SELL	
	SL10-JY26 66.54 -2.05% Expiry 26/Jun/26 Remaining 4 Days
Entry	67.54 - 67.07
Stoploss	68.20
Take Profit	66.27 - 65.48


SELL	
	PLATINUM5-JY26 1,685.30 1.03% Expiry 26/Jun/26 Remaining 4 Days
Entry	1680 - 1678
Stoploss	1695.00
Take Profit	1660 - 1648


SELL	
	COPPER-JY26 6.3763 0.62% Expiry 22/Jun/26 Remaining 0 Days
Entry	6.4 - 6.37
Stoploss	6.45
Take Profit	6.3 - 6.25


BUY	
	ICOTTON-DE26 80.09 0.53% Expiry 19/Nov/26 Remaining 150 Days
Entry	80 - 80.14
Stoploss	79.26
Take Profit	80.77 - 81.25

SELL	
	DJ-SE26 52,090 0.16% Expiry 17/Sep/26 Remaining 87 Days
Entry	52162 - 52098
Stoploss	52215.00
Take Profit	51919 - 51850

BUY	
	SP500-SE26 7,568 -0.03% Expiry 17/Sep/26 Remaining 87 Days
Entry	7580 - 7590
Stoploss	7560.00
Take Profit	7610 - 7630

BUY	
	NSDQ100-SE26 30,771 0.17% Expiry 17/Sep/26 Remaining 87 Days
Entry	30830 - 30860
Stoploss	30639.00
Take Profit	30980 - 31157

BUY	
	GOLDUSDJPY-JY26 161.77 0.29% Expiry 26/Jun/26 Remaining 4 Days
Entry	161.38 - 161.48
Stoploss	161.18
Take Profit	161.66 - 161.77

SELL	
	GOLDEURUSD-JY26 1.1458 -0.10% Expiry 26/Jun/26 Remaining 4 Days
Entry	1.1464 - 1.145
Stoploss	1.153
Take Profit	1.1418 - 1.1405

Major Headlines

Oil falls after US-Iran talks signal easing supply risks

Global oil prices fell on Monday after U.S.-Iran talks concluded in Switzerland with Tehran saying it had secured waivers for oil and petrochemical exports, easing worries about a supply shortage in global markets. Brent crude was down \$1.35 at \$79.22 a barrel by 1009 GMT. Prices had climbed to \$82.30 at the start of trading because of threats from U.S. President Donald Trump to restart the war on Iran, as well as an announcement from Tehran that it had again closed the Strait of Hormuz.

Gold rebounds as US-Iran talks progress; Fed outlook worries limit gains

Gold prices rose on Monday as investors monitored developments in U.S.-Iran negotiations in Switzerland and assessed the outlook for U.S. monetary policy following the Federal Reserve's hawkish signals last week. Spot gold rose 1.1% to \$4,204.34 an ounce by 05:28 ET (00:28 GMT), while U.S. Gold Futures climbed 1.2% to \$4,222.42.

US stock futures steady after Iran touts progress in Switzerland peace talks

U.S. stock index futures steadied on Monday, reversing initial losses after Iran flagged some progress in weekend peace talks held in Switzerland. Futures had initially tumbled as much as 1% on fears of heightened tensions with Iran after President Donald Trump threatened more strikes against the country over continued hostilities between Israel and Hezbollah. S&P 500 Futures fell 0.14% to 7,560.25 points by 0647 ET. Nasdaq 100 Futures were flat at 30,716 points, while Dow Jones Futures fell slightly to 51,996 points.

USD/JPY Price Forecast: Nears two year high, around 161.75 as intervention risks loom

The USD/JPY pair catches aggressive bids at the start of a new week and builds on its steady intraday ascent through the early European session. The momentum lifts spot prices to the 161.75 area in the last hour, back closer to the highest level since July 2024 touched on Friday, and is sponsored by a combination of factors. The Japanese Yen (JPY) continues with its relative underperformance in the wake of economic risks stemming from the Middle East conflict and energy supply disruptions through the Strait of Hormuz.

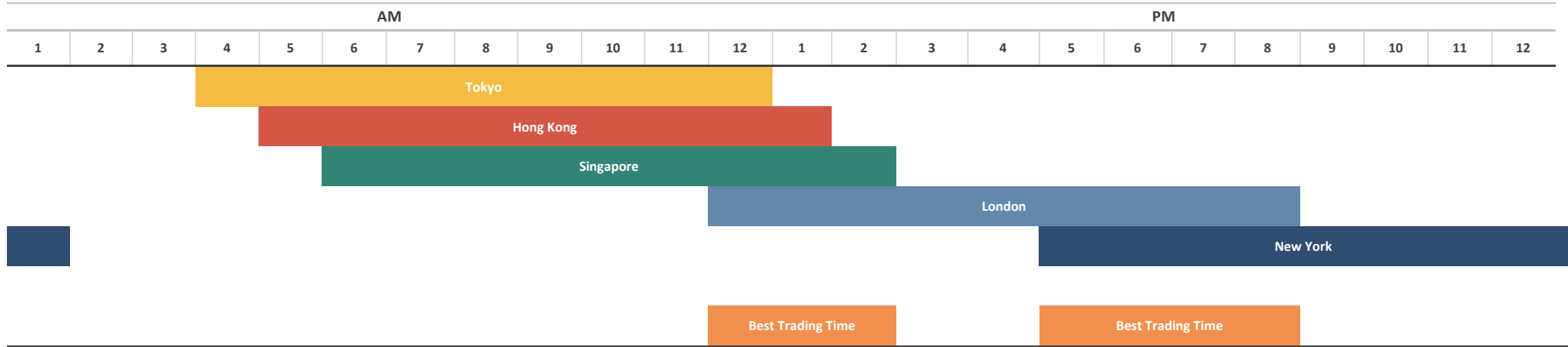
EUR/USD Price Forecast: Loses traction to near 1.1450 as bearish trend tests lower Bollinger support

The EUR/USD pair loses ground to around 1.1465 during the early European session on Monday. The uncertainty surrounding the US-Iran peace deal, following threats from President Donald Trump to restart the war in the Middle East, weighs on the riskier assets such as the Euro (EUR) against the US Dollar (USD). On Monday, Qatar and Pakistan issued a joint statement on the conclusion of negotiations between the US and Iran in Birkenstock, Switzerland,

Economic Calendar

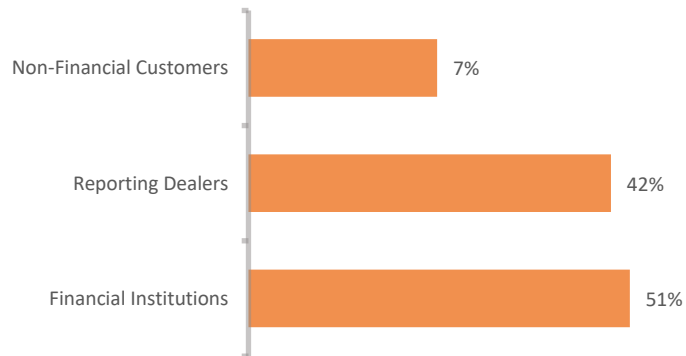
No economic calendar scheduled

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.

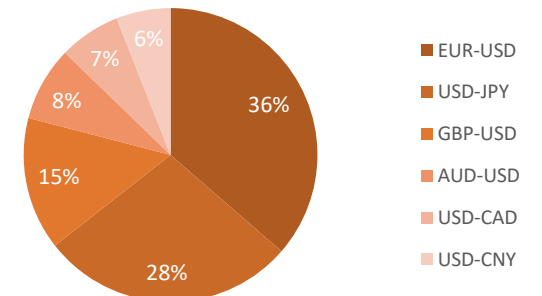
Forex Turnover by Counterparty



Markets' Share in Total Forex Turnover



Most Traded Currency Pairs



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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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