





PMEX UPDATE


SELL	
	CRUDE10-SE25
64.84	0.76%
Expiry	19/Aug/25
Remaining	12 Days
Entry	64.53 - 64.48
Stoploss	65.00
Take Profit	64.13 - 64


BUY	
	NGAS1K-SE25
3.1040	0.88%
Expiry	26/Aug/25
Remaining	19 Days
Entry	3.098 - 3.105
Stoploss	3.05
Take Profit	3.149 - 3.17


BUY	
	GO10Z-DE25
3,450.02	0.48%
Expiry	25/Nov/25
Remaining	110 Days
Entry	3450 - 3452
Stoploss	3434.88
Take Profit	3462 - 3469

BUY	
	SL10-SE25
38.54	1.67%
Expiry	27/Aug/25
Remaining	20 Days
Entry	38.737 - 38.79
Stoploss	38.51
Take Profit	39.037 - 39.169


SELL	
	PLATINUM5-OC25
1,343.00	0.23%
Expiry	26/Sep/25
Remaining	50 Days
Entry	1357 - 1355
Stoploss	1364.34
Take Profit	1350 - 1344


SELL	
	COPPER-SE25
4.4172	0.10%
Expiry	27/Aug/25
Remaining	20 Days
Entry	4.4315 - 4.4239
Stoploss	4.47
Take Profit	4.3957 - 4.373


SELL	
	ICOTTON-DE25
67.37	0.79%
Expiry	19/Nov/25
Remaining	104 Days
Entry	67.43 - 67.38
Stoploss	67.62
Take Profit	67.15 - 67.07

BUY	
	DJ-SE24
44,508	0.44%
Expiry	18/Sep/25
Remaining	42 Days
Entry	44427 - 44469
Stoploss	44282.81
Take Profit	44668 - 44776

BUY	
	SP500-SE24
6,407	0.57%
Expiry	18/Sep/25
Remaining	42 Days
Entry	6385 - 6391
Stoploss	6362.45
Take Profit	6405 - 6416

BUY	
	NSDQ100-SE24
23,584	0.69%
Expiry	18/Sep/25
Remaining	42 Days
Entry	23460 - 23500
Stoploss	23353.79
Take Profit	23558 - 23636

SELL	
	GOLDUSDJPY-SE25
147.35	0.01%
Expiry	27/Aug/25
Remaining	20 Days
Entry	147.75 - 147.66
Stoploss	148.09
Take Profit	147.41 - 147.13

SELL	
	GOLDEURUSD-SE25
1.1639	-0.19%
Expiry	27/Aug/25
Remaining	20 Days
Entry	1.166 - 1.1654
Stoploss	1.168
Take Profit	1.1643 - 1.1623

PMEX UPDATE

Major Headlines

Oil steadies on potential Trump-Putin meeting in coming days
Oil prices steadied on Thursday, paring early gains after the Kremlin announced that Russian President Vladimir Putin will meet U.S. President Donald Trump in the coming days, raising expectations for a diplomatic end to the war in Ukraine. Brent crude futures were up 21 cents, or 0.3%, at \$67.1 a barrel by 0902 GMT while U.S. West Texas Intermediate crude gained 20 cents, or 0.3%, to \$64.55. Both benchmarks slid about 1% on Wednesday, touching their lowest in eight weeks, after comments from Trump on progress in talks [see more...](#)

Gold prices tick higher on fresh U.S. tariff threats, Fed rate cut
Gold prices edged higher Thursday, aided by growing safe-haven demand after fresh tariff threats from U.S. President Donald Trump and weak U.S. economic data, which renewed bets on a Federal Reserve interest rate cut. At 04:30 ET (08:30 GMT), Spot Gold edged up 0.1% to \$3,373.80 an ounce, while Gold Futures for December gained 0.4% to \$3,447.90/oz. Investor appetite for bullion strengthened after Trump said the U.S. would impose a 100% tariff on [see more...](#)

U.S. stock futures rise; Apple lifts U.S. investment, more
U.S. stock futures climbed higher Thursday, buoyed by a relatively solid earnings season as President Donald Trump's latest tariff barrage takes effect. At 05:55 ET (09:55 GMT), Dow Jones Futures traded 240 points, or 0.5%, higher, S&P 500 Futures rose 47 points, or 0.7%, and Nasdaq 100 Futures gained 170 points, or 0.7%. The main averages on Wall Street rose in the prior session, buoyed by strong quarterly reports, while strong gains from iPhone-maker Apple underpinned the gains. Week to date, the S&P 500 has gained 1.7% [see more...](#)
USD/JPY returns above 147.30 amid lower GDP expectations in
The US Dollar is reversing previous lows against the Japanese Yen, as safe assets suffer on Thursday, amid a moderate appetite for risk. In Japan, the Government's downgrade of its GDP forecasts has offset Japanese officials' calls for higher rates. The Japanese Cabinet Office cut its Gross Domestic Product growth expectations for 2025 to 0.7% from the 1.2% forecast released in January, as, according to the latest report, Trump's tariffs will reduce exports to the United States and weigh on the global economy. [see more...](#)

EUR/USD trims gains, US Dollar bounces up with Jobless Claims
The EUR/USD pair appreciates for the third consecutive day on Thursday. Risk appetite amid hopes of a peace deal in Ukraine has prevailed over further weak data from Germany, while renewed concerns about a potential economic downturn in the US have been weighing on the US Dollar. The Euro (EUR) extended its rebound from levels right below 1.1400 last week to the upper range of the 1.1600s on Thursday. The pair is showing marginal gains on the daily chart, trading at 1.1665 ahead of the American session opening. [see more...](#)
Forex Today: BoE rate decision, employment-related US data
Markets remain cautious on Thursday as they assess the latest news surrounding the US trade regime, while waiting for the Bank of England's (BoE) monetary policy announcements. Later in the day, the US economic calendar will feature weekly Initial Jobless Claims data alongside Unit Labor Costs for the second quarter. The US Dollar (USD) came under bearish pressure on Wednesday after United States (US) President Donald Trump delivered news regarding tariffs. Trump issued an executive order imposing an additional [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Initial Jobless Claims	7-Aug-25	5:30 PM	USD	High volatility		221K	218K

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: 282.10
- 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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