




PMEX UPDATE

| BUY | |
|---|---------------------|
|  | CRUDE10-AU25 |
| 69.53 | 1.58% |
| Expiry | 21/Jul/25 |
| Remaining | 7 Days |
| Entry | 69.15 - 69.3 |
| Stoploss | 68.69 |
| Take Profit | 69.98 - 70.44 |


| SELL | |
|---|--------------------|
|  | NGAS1K-AU25 |
| 3.4340 | 3.62% |
| Expiry | 28/Jul/25 |
| Remaining | 14 Days |
| Entry | 3.474 - 3.464 |
| Stoploss | 3.52 |
| Take Profit | 3.422 - 3.394 |

| BUY | |
|---|-------------------|
|  | GO10Z-AU25 |
| 3,370.70 | 0.20% |
| Expiry | 29/Jul/25 |
| Remaining | 15 Days |
| Entry | 3360 - 3362 |
| Stoploss | 3344.97 |
| Take Profit | 3368 - 3378 |


| BUY | |
|---|------------------|
|  | SL10-SE25 |
| 39.30 | 0.89% |
| Expiry | 27/Aug/25 |
| Remaining | 44 Days |
| Entry | 39.215 - 39.285 |
| Stoploss | 38.99 |
| Take Profit | 39.507 - 39.676 |


| BUY | |
|---|-----------------------|
|  | PLATINUM5-OC25 |
| 1,457.30 | -0.86% |
| Expiry | 26/Sep/25 |
| Remaining | 74 Days |
| Entry | 1424 - 1426 |
| Stoploss | 1416.70 |
| Take Profit | 1436 - 1444 |


| SELL | |
|---|--------------------|
|  | COPPER-SE25 |
| 5.5310 | -1.31% |
| Expiry | 27/Aug/25 |
| Remaining | 44 Days |
| Entry | 5.6195 - 5.603 |
| Stoploss | 5.66 |
| Take Profit | 5.5625 - 5.5396 |


| BUY | |
|---|---------------------|
|  | ICOTTON-DE25 |
| 67.90 | 0.71% |
| Expiry | 19/Nov/25 |
| Remaining | 128 Days |
| Entry | 67.84 - 67.88 |
| Stoploss | 67.66 |
| Take Profit | 68.05 - 68.1 |

| SELL | |
|---|----------------|
|  | DJ-SE24 |
| 44,476 | -0.28% |
| Expiry | 18/Sep/25 |
| Remaining | 66 Days |
| Entry | 44408 - 44384 |
| Stoploss | 44551.33 |
| Take Profit | 44238 - 44156 |

| SELL | |
|---|-------------------|
|  | SP500-SE24 |
| 6,282 | -0.28% |
| Expiry | 18/Sep/25 |
| Remaining | 66 Days |
| Entry | 6268 - 6266 |
| Stoploss | 6290.41 |
| Take Profit | 6252 - 6247 |

| SELL | |
|---|---------------------|
|  | NSDQ100-SE24 |
| 22,890 | -0.30% |
| Expiry | 18/Sep/25 |
| Remaining | 66 Days |
| Entry | 22825 - 22801 |
| Stoploss | 22930.57 |
| Take Profit | 22720 - 22685 |

| BUY | |
|---|------------------------|
|  | GOLDUSDJPY-AU25 |
| 147.30 | -0.08% |
| Expiry | 29/Jul/25 |
| Remaining | 15 Days |
| Entry | 147.38 - 147.44 |
| Stoploss | 147.05 |
| Take Profit | 147.63 - 147.85 |

| SELL | |
|---|------------------------|
|  | GOLDEURUSD-AU25 |
| 1.1689 | -0.01% |
| Expiry | 29/Jul/25 |
| Remaining | 15 Days |
| Entry | 1.1698 - 1.1695 |
| Stoploss | 1.172 |
| Take Profit | 1.1678 - 1.1672 |

Major Headlines

Oil rises to 3-week high as investors eye Trump statement
Oil prices rose on Monday and reached their highest level in three weeks, as investors eyed further U.S. sanctions on Russia that may affect global supplies, while higher oil imports by China also offered support. Brent crude futures rose 58 cents, or 0.8%, to \$70.94 a barrel by 0900 GMT, while U.S. West Texas Intermediate crude futures climbed 59 cents, 0.9%, to \$69.04. Higher crude imports by China and expectations around U.S. President Donald Trump's announcement on Russia are supporting prices, UBS analyst Giovanni [see more...](#)

Gold Up Nearly 28% in 2025, but Silver and Copper Are Stealing Gold. So far this century, the 28-week year-to-date increase of +27.7% ranks second only to such like stint during 2006: so in that broader context, to your point, 'tis rather exhilarating, one has to say. Yet, on the heels of last week's piece "Gold's 'Weak' Up Week" — price having since settled yesterday (Friday) at 3370 — through this year's 28 weeks 'twas Gold's third narrowest as measured by percentage from low (3290) [see more...](#)

Dow Jones, Nasdaq, S&P 500 weekly preview: Q2 season U.S. stocks ended lower on Friday, reversing gains from the previous session, as trade tensions intensified following U.S. President Donald Trump's announcement of a 35% tariff on Canadian imports and warnings of broader levies on goods from more than 20 countries. The Dow Jones Industrial Average fell 279.13 points, or 0.63%, to finish at 44,371.51. The S&P 500 slipped 0.33% to 6,259.75, while the Nasdaq Composite eased 0.22% to close at 20,585.53. The pullback followed Thursday's rally, which saw all three major [see more...](#)
USD/JPY eases from 147.50 as investors ponder the impact The US Dollar is trimming previous gains against the Japanese Yen on Monday. It is trading practically flat, within Friday's trading range, with the market mood cautious as investors come to terms with the negative impact of Trump's hefty Tariffs on the US economy. The pair is holding most of the gains after Friday's 0.8% rally, but it remains unable to find any significant acceptance at the 147.50 area, yet with downside attempts limited at 1.4685 so far. [see more...](#)

EUR/USD extends its recovery as hopes of a US - EU deal remain The EUR/USD pair bounced up from lows in the early European session on Monday, and is trading higher for the first time in the past four trading days. The pair, however, maintains its broader bearish trend intact as the 30% levies on all European Union (EU) products announced by US President Donald Trump over the weekend keep risk appetite subdued. The Euro (EUR) bounced up from fresh three-week lows at the 1.1655 earlier on Monday, but it remains capped between the 1.1700 round level. Looking at the trend since the beginning [see more...](#)
Forex Today: Trade war risks keep US Dollar afloat It's a risk-averse start to an action-packed week ahead as the US Dollar (USD) remains supported by sustained safe-haven demand, induced by incoming developments on the trade front. After sending tariff letters to 20-odd countries last week, US President Donald Trump threatened a 30% tariff on imports from the European Union (EU) and Mexico on Saturday, to take effect on August 1. On Sunday, European Commission President Ursula von der Leyen noted that the EU [see more...](#)

Economic Calendar

| Event | Date | Time | Currency | Importance | Actual | Forecast | Previous |
|------------------------------|------|------|----------|------------|--------|----------|----------|
| No event scheduled for today | | | | | | | |

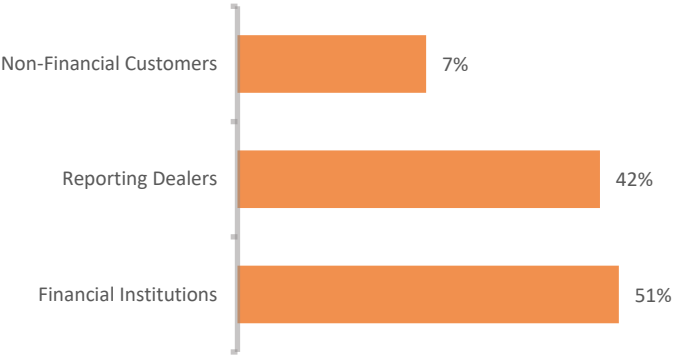
FOREX MARKETS' STATISTICS

Forex Market Hours

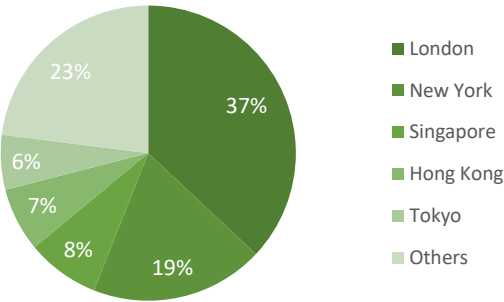


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

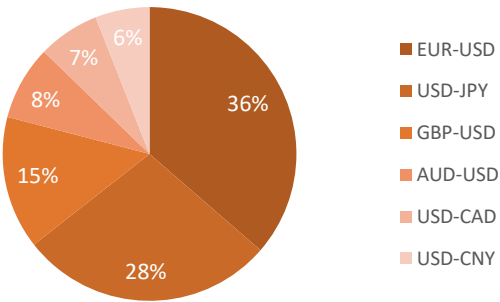
Forex Turnover by Counterparty



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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