

# PMEX UPDATE

SELL	
	<b>CRUDE10-MY25</b>
66.71	-0.06%
Expiry	19/Apr/25
Remaining	31 Days
<b>Entry</b>	67.2 - 67.1
<b>Stoploss</b>	67.70
<b>Take Profit</b>	66.77 - 66.3

BUY	
	<b>NGAS1K-AP25</b>
4.1770	3.08%
Expiry	26/Mar/25
Remaining	7 Days
<b>Entry</b>	4.156 - 4.166
<b>Stoploss</b>	4.10
<b>Take Profit</b>	4.201 - 4.233

BUY	
	<b>GO10Z-AP25</b>
3,046.70	0.19%
Expiry	27/Mar/25
Remaining	8 Days
<b>Entry</b>	3039 - 3040
<b>Stoploss</b>	3029.25
<b>Take Profit</b>	3048 - 3051

BUY	
	<b>SL10-MY25</b>
34.63	-0.53%
Expiry	28/Apr/25
Remaining	40 Days
<b>Entry</b>	34.531 - 34.583
<b>Stoploss</b>	34.33
<b>Take Profit</b>	34.765 - 34.87

SELL	
	<b>PLATINUM5-AP25</b>
1,009.35	-1.37%
Expiry	27/Mar/25
Remaining	8 Days
<b>Entry</b>	1006 - 1004
<b>Stoploss</b>	1011.29
<b>Take Profit</b>	994 - 990

BUY	
	<b>COPPER-MY25</b>
5.0507	0.68%
Expiry	28/Apr/25
Remaining	40 Days
<b>Entry</b>	4.9463 - 4.9576
<b>Stoploss</b>	4.92
<b>Take Profit</b>	4.9832 - 4.9944

BUY	
	<b>ICOTTON-MY25</b>
66.36	-0.17%
Expiry	22/Apr/25
Remaining	34 Days
<b>Entry</b>	66.76 - 66.8
<b>Stoploss</b>	66.57
<b>Take Profit</b>	67.11 - 67.25

BUY	
	<b>DJ-JU24</b>
41,994	0.13%
Expiry	20/May/25
Remaining	62 Days
<b>Entry</b>	42146 - 42184
<b>Stoploss</b>	42012.49
<b>Take Profit</b>	42373 - 42476

SELL	
	<b>SP500-JU24</b>
5,686	0.29%
Expiry	20/May/25
Remaining	62 Days
<b>Entry</b>	5647 - 5641
<b>Stoploss</b>	5665.37
<b>Take Profit</b>	5621 - 5611

SELL	
	<b>NSDQ100-JU24</b>
19,780	0.40%
Expiry	20/May/25
Remaining	62 Days
<b>Entry</b>	19897 - 19847
<b>Stoploss</b>	19980.01
<b>Take Profit</b>	19749 - 19692

BUY	
	<b>GOLDUSDJPY-AP25</b>
149.77	0.29%
Expiry	27/Mar/25
Remaining	8 Days
<b>Entry</b>	149.72 - 149.76
<b>Stoploss</b>	149.38
<b>Take Profit</b>	150.05 - 150.15

BUY	
	<b>GOLDEURUSD-AP25</b>
1.0907	-0.35%
Expiry	27/Mar/25
Remaining	8 Days
<b>Entry</b>	1.0905 - 1.0909
<b>Stoploss</b>	1.09
<b>Take Profit</b>	1.0928 - 1.0932

## Major Headlines

**Oil slips as Putin agrees to 30-day halt on energy facility strikes U.S. stocks lower at close of trade; Dow Jones EUR/USD declines as US Dollar strengthens ahead of Fed**

Oil prices fell on Wednesday after Russia agreed to U.S. President Donald Trump’s proposal that Moscow and Kyiv temporarily stop attacking each other’s energy infrastructure, a move that could eventually pave the way for Russian oil to enter global markets. Brent crude futures were down 59 cents, or 0.84%, to \$69.97 a barrel at 0924 GMT. U.S. West Texas Intermediate crude (WTI) was down 60 cents [see more...](#)

U.S. stocks were lower after the close on Tuesday, as losses in the Technology, Consumer Goods and Consumer Services sectors led shares lower. At the close in NYSE, the Dow Jones Industrial Average fell 0.62%, while the S&P 500 index fell 1.07%, and the NASDAQ Composite index fell 1.71%. The best performers of the session on the Dow Jones Industrial Average were Verizon Communications Inc, [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 prices hit record high as haven demand grows USD/JPY: Likely entered a 148.80/149.90 range trading phase**

Gold prices rose slightly to a record high in Asian trade on Wednesday, as haven demand remained underpinned by renewed geopolitical ructions in the Middle East and concerns over trade tariffs. Investors also remained largely risk-averse before the conclusion of a Federal Reserve meeting later on Wednesday, which is expected to offer more insight [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...](#)

**Forex Today: BoJ maintains status quo, focus shifts to Fed**

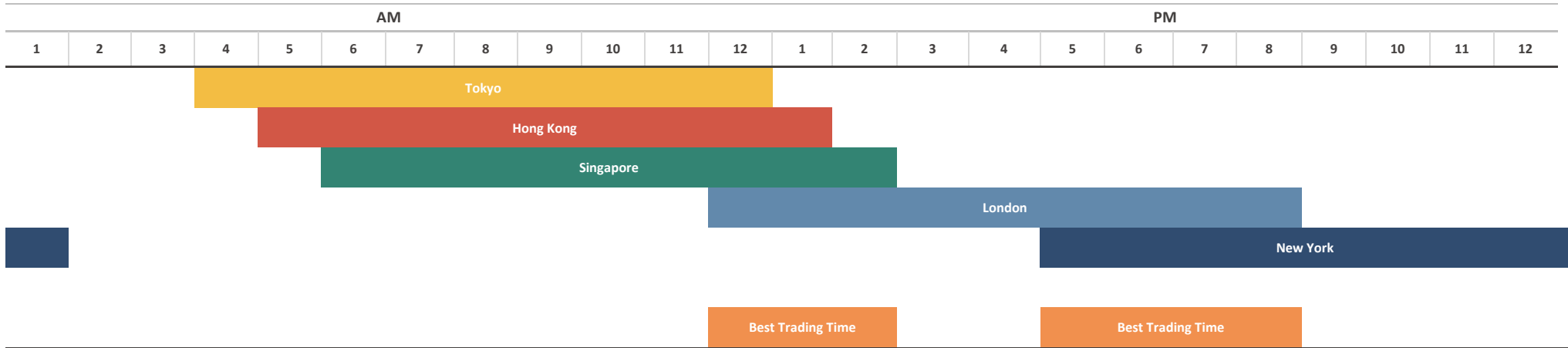
The US Dollar (USD) failed to benefit from the risk-averse market atmosphere on Tuesday, and the USD Index closed the third consecutive day in negative territory. Early Wednesday, the index moves sideways, slightly below 103.50. Meanwhile, US stock index futures trade marginally higher after Wall Street's main indexes suffered large losses on Tuesday. [see more...](#)

## Economic Calendar

Event	Dates	Time	Currency	Importance	Actual	Forecast	Previous
Crude Oil Inventories	19-Mar-25	6:30 PM	USD	High volatility			1.448M
FOMC Economic Projections	19-Mar-25	11:00 PM	USD	High volatility			
FOMC Statement	19-Mar-25	11:00 PM	USD	High volatility			
Fed Interest Rate Decision	19-Mar-25	11:00 PM	USD	High volatility		4.50%	4.50%

# FOREX MARKETS' STATISTICS

### Forex Market Hours

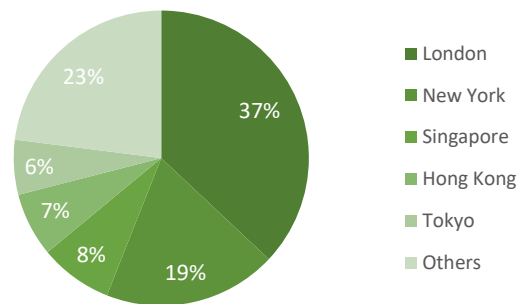


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

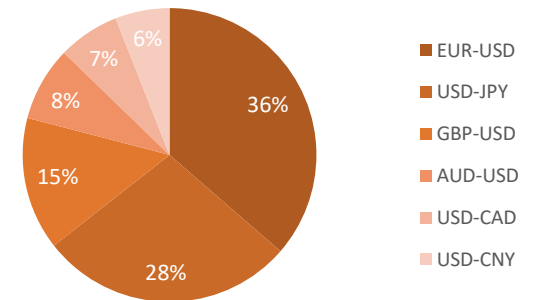
### Forex Turnover by Counterparty



### 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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