






PMEX UPDATE


SELL	
	CRUDE10-AU25
74.29	0.61%
Expiry	21/Jul/25
Remaining	28 Days
Entry	73.93 - 73.81
Stoploss	74.40
Take Profit	73.2 - 72.85


SELL	
	NGAS1K-JY25
3.8440	0.13%
Expiry	25/Jun/25
Remaining	2 Days
Entry	3.866 - 3.858
Stoploss	3.92
Take Profit	3.791 - 3.775


BUY	
	GO10Z-AU25
3,386.10	0.01%
Expiry	29/Jul/25
Remaining	36 Days
Entry	3384 - 3386
Stoploss	3368.93
Take Profit	3400 - 3408


SELL	
	SL10-JY25
36.10	0.22%
Expiry	26/Jun/25
Remaining	3 Days
Entry	36.201 - 36.169
Stoploss	36.42
Take Profit	35.925 - 35.78


BUY	
	PLATINUM5-JY25
1,292.55	2.22%
Expiry	25/Jun/25
Remaining	2 Days
Entry	1072 - 1074
Stoploss	1064.68
Take Profit	1280 - 1284


SELL	
	COPPER-JY25
4.8255	-0.17%
Expiry	26/Jun/25
Remaining	3 Days
Entry	4.7964 - 4.7939
Stoploss	4.83
Take Profit	4.7705 - 4.76


BUY	
	ICOTTON-DE25
66.57	-0.19%
Expiry	19/Nov/25
Remaining	149 Days
Entry	66.08 - 66.14
Stoploss	65.90
Take Profit	66.31 - 66.43

SELL	
	DJ-SE24
42,451	-0.15%
Expiry	18/Sep/25
Remaining	87 Days
Entry	42502 - 42473
Stoploss	42645.76
Take Profit	42412 - 42336

SELL	
	SP500-SE24
6,015	-0.05%
Expiry	18/Sep/25
Remaining	87 Days
Entry	6016 - 6011
Stoploss	6038.48
Take Profit	5998 - 5993

SELL	
	NSDQ100-SE24
21,836	-0.04%
Expiry	18/Sep/25
Remaining	87 Days
Entry	21757 - 21750
Stoploss	21862.89
Take Profit	21672 - 21642

BUY	
	GOLDUSDJPY-JY25
147.55	0.99%
Expiry	26/Jun/25
Remaining	3 Days
Entry	148.05 - 148.12
Stoploss	147.72
Take Profit	148.35 - 148.45

SELL	
	GOLDEURUSD-JY25
1.1472	-0.44%
Expiry	26/Jun/25
Remaining	3 Days
Entry	1.1499 - 1.1492
Stoploss	1.152
Take Profit	1.1476 - 1.1464

Major Headlines

Oil Pares Gains as Mideast Conflict Escalates After US Strikes **Dow Jones, Nasdaq, S&P 500 on edge amid M.East conflict** **EUR/USD wavers in range with risk aversion and tepid Eurozone**

Middle East tensions continue to send jitters through markets as investors once again woke up to a new crisis in the region on Monday. After a lot of mixed signals last week by President Trump on whether or not the United States will enter the war between Israel and Iran, Saturday's strikes on three Iranian nuclear sites came as a somewhat, but not totally unexpected, surprise. The dangerous escalation not only risks dragging the US into a messy conflict, but there are also fears [see more...](#)

Gold Retreats Despite Iran Tensions, Fed Signals and PMI Take Gold (XAU/USD) traded near \$3,360 on Monday amid heightened volatility as investors reacted to the intensifying conflict in the Middle East. Over the weekend, US forces targeted three of Iran's primary nuclear facilities, prompting US President Donald Trump to issue a stern warning of further military action unless Tehran agrees to peace terms. The deepening hostility between Israel and Iran has fueled a strong rally in gold, which has surged by nearly 30% year-to-date, as geopolitical risks continue to mount. [see more...](#)

U.S. stocks ended mixed on Friday as investors kept a close eye on developments in the Middle East and weighed the Federal Reserve's outlook on interest rates. The S&P 500 slipped 0.22% to finish at 5,967.84, logging its third straight daily decline. The Nasdaq Composite fell 0.51% to 19,447.41, while the Dow Jones Industrial Average edged up 35.16 points, or 0.08%, to close at 42,206.82. For the week, the S&P 500 posted a modest decline of 0.2%. The Dow ended nearly flat with a slight [see more...](#)

Japanese Yen weakens to five-week low as US strikes on Iran The Japanese Yen (JPY) kicks off the week under pressure, stretching its losing streak to a third consecutive day against the US Dollar (USD) on Monday. The Yen tumbled to its weakest level in over five weeks, dragged lower as the Greenback regained safe-haven appeal following a dramatic escalation in the Iran-Israel war. Although the Yen is traditionally seen as a safe-haven currency, it struggled to benefit from it this time, overshadowed by the US Dollar's stronger appeal after the United States (US) joined Israel in [see more...](#)

The EUR/USD has failed to return above the 1.1500 level on Monday and has turned lower, to reach levels right above the last two weeks' lows, at 1.1450. From a wider perspective, the pair remains within a descending channel from mid-June highs, with investors wary of risk and awaiting Iran's retaliation to the US attack. The United States launched massive strikes on three key nuclear sites in Iran, including the underground facility of Fordow, which, according to US President Donald [see more...](#)

US Dollar Index (DXY) hits three-week highs at 99.40 The Dollar has reclaimed its traditional safe-haven status, with investors rushing away from risk on concerns about the possibility of a wider conflict in the Middle East after this weekend's attack on Iran's nuclear sites. The US Dollar is the strongest of the G8 currencies on Monday. The US Dollar Index, which measures the value of the Greenback against the world's most traded currencies, has jumped above last week's highs and is trading right below June's top, at 99.40. The US launched an attack on some of the key Iranian nuclear plants [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
S&P Global Manufacturing PMI (Jun)	23-Jun-25	6:45 PM	USD	High volatility		51.1	52
S&P Global Services PMI (Jun)	23-Jun-25	6:45 PM	USD	High volatility		52.9	53.7
Existing Home Sales (May)	23-Jun-25	7:00 PM	USD	High volatility		3.96M	4.00M

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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