

# PMEX UPDATE

<b>BUY</b>  <b>CRUDE10-SE25</b> 69.41 <span>0.29%</span> Expiry 19/Aug/25 Remaining 20 Days <b>Entry</b> 69.3 - 69.4 <b>Stoploss</b> 68.84 <b>Take Profit</b> 69.99 - 70.46	<b>SELL</b>  <b>NGAS1K-SE25</b> 3.0540 <span>-2.80%</span> Expiry 26/Aug/25 Remaining 27 Days <b>Entry</b> 3.07 - 3.054 <b>Stoploss</b> 3.12 <b>Take Profit</b> 2.984 - 2.958	<b>SELL</b>  <b>GO10Z-DE25</b> 3,367.40 <span>-0.41%</span> Expiry 25/Nov/25 Remaining 118 Days <b>Entry</b> 3373 - 3370 <b>Stoploss</b> 3388.01 <b>Take Profit</b> 3357 - 3350	<b>SELL</b>  <b>SL10-SE25</b> 37.70 <span>-1.54%</span> Expiry 27/Aug/25 Remaining 28 Days <b>Entry</b> 37.819 - 37.743 <b>Stoploss</b> 38.04 <b>Take Profit</b> 37.424 - 37.307
<b>SELL</b>  <b>PLATINUM5-OC25</b> 1,416.70 <span>-0.20%</span> Expiry 26/Sep/25 Remaining 58 Days <b>Entry</b> 1422 - 1420 <b>Stoploss</b> 1429.29 <b>Take Profit</b> 1408 - 1404	<b>SELL</b>  <b>COPPER-SE25</b> 5.6128 <span>-0.23%</span> Expiry 27/Aug/25 Remaining 28 Days <b>Entry</b> 5.5971 - 5.5887 <b>Stoploss</b> 5.63 <b>Take Profit</b> 5.5562 - 5.5229	<b>SELL</b>  <b>ICOTTON-DE25</b> 67.32 <span>-0.52%</span> Expiry 19/Nov/25 Remaining 112 Days <b>Entry</b> 67.5 - 67.42 <b>Stoploss</b> 67.68 <b>Take Profit</b> 67.07 - 66.91	<b>SELL</b>  <b>DJ-SE24</b> 44,821 <span>0.01%</span> Expiry 18/Sep/25 Remaining 50 Days <b>Entry</b> 44764 - 44733 <b>Stoploss</b> 44907.13 <b>Take Profit</b> 44638 - 44585
<b>SELL</b>  <b>SP500-SE24</b> 6,411 <span>0.08%</span> Expiry 18/Sep/25 Remaining 50 Days <b>Entry</b> 6406 - 6404 <b>Stoploss</b> 6428.38 <b>Take Profit</b> 6396 - 6388	<b>SELL</b>  <b>NSDQ100-SE24</b> 23,489 <span>0.16%</span> Expiry 18/Sep/25 Remaining 50 Days <b>Entry</b> 23474 - 23464 <b>Stoploss</b> 23579.42 <b>Take Profit</b> 23438 - 23415	<b>BUY</b>  <b>GOLDUSDJPY-SE25</b> 148.92 <span>0.28%</span> Expiry 27/Aug/25 Remaining 28 Days <b>Entry</b> 148.82 - 148.87 <b>Stoploss</b> 148.48 <b>Take Profit</b> 149.19 - 149.31	<b>SELL</b>  <b>GOLDEURUSD-SE25</b> 1.1471 <span>-0.65%</span> Expiry 27/Aug/25 Remaining 28 Days <b>Entry</b> 1.1508 - 1.1499 <b>Stoploss</b> 1.153 <b>Take Profit</b> 1.1481 - 1.1458

# PMEX UPDATE

## Major Headlines

**Oil Rallies as Trump Confirms New Deadline for Russia**  
Oil prices surged higher yesterday, with ICE Brent up more than 3.5% and settling at the highest level in over a month. This was after President Trump confirmed that he's giving Russia 10 days to come to a truce with Ukraine. Failing to reach a deal risks additional sanctions on Russia and secondary tariffs on countries importing its oil. As we've mentioned previously, Russia exports more than 7m b/d of crude oil and refined products. Thus, effective 100% secondary tariffs would lead to a dramatic shift [see more...](#)

**Gold prices steady ahead of Fed decision; weekly weakness**  
Gold prices steadied Wednesday as investors weighed persistent U.S. trade uncertainty and awaited the Federal Reserve's policy decision later in the day. At 06:30 ET (10:30 GMT), Spot Gold edged up 0.1% to \$3,329.27 an ounce, while Gold Futures also ticked 0.1% higher to \$3,384.40/oz. Bullion saw modest gains in the previous session, supported by trade uncertainty ahead of the August 1 tariff deadline set by President Donald Trump. [see more...](#)

**S&P 500 slips after record high; Fed rate decision eyed**  
The S&P 500 closed lower Tuesday after hitting a fresh record high intraday as investors digested a deluge of more corporate earnings and uncertainty over the outcome of U.S.-China trade talks. At 4:00 p.m. ET (20:00 GMT), Dow Jones Industrial Average fell 204 points, or 0.5%, the S&P 500 index fell 0.3% after hitting an intraday all-time high of 6,409.26 and the NASDAQ Composite fell 0.4%. The main benchmark U.S. indices have been on the rise following the weekend announcement of a trade agreement between the U.S. [see more...](#)

**USD/JPY faces slight selling pressure ahead of Fed-BoJ policy**  
The USD/JPY pair edges down to near 148.00 during the European trading session on Wednesday. The pair faces a slight selling pressure ahead of the Federal Reserve's (Fed) monetary policy decision at 18:00 GMT. At the time of writing, the US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, holds onto gains near a fresh monthly high around 99.00. According to the CME FedWatch tool, the Fed is certain to leave interest rates steady [see more...](#)

**EUR/USD steadies near lows with US GDP, Fed decision on tap**  
The EUR/USD pair is wavering near one-month lows, on track for its first monthly decline since December last year following a significant sell-off during the previous two days. The unexpected growth shown by the preliminary Eurozone Gross Domestic Product (GDP) has failed to ease concerns about the negative consequences of a recent trade deal between the Eurozone and the US. The Euro (EUR) posted a mild recovery attempt from five-week lows in Asia, which was capped at 1.1575 before easing [see more...](#)

**US Dollar Index (DXY) rally stalls right below 99.00 ahead of US**  
The US Dollar consolidates gains on Wednesday, following a four-day rally, as a series of trade deals between the US and key partners and relatively upbeat data have provided support ahead of a slew of key macroeconomic releases in the second half of the week. The USD Index which measures the Greenback against a basket of the most traded currencies, is trading at 98.80 during Wednesday's European session. The pair is posting minor losses on the daily chart but [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
BoC Interest Rate Decision	30-Jul-25	6:45 PM	USD	High volatility		2.75%	2.75%
Crude Oil Inventories	30-Jul-25	7:30 PM	USD	High volatility		-2.300M	-3.169M
FOMC Statement	30-Jul-25	11:00 PM	USD	High volatility			
Fed Interest Rate Decision	30-Jul-25	11:00 PM	USD	High volatility		4.50%	4.50%
FOMC Press Conference	30-Jul-25	11:30 PM	USD	High volatility			

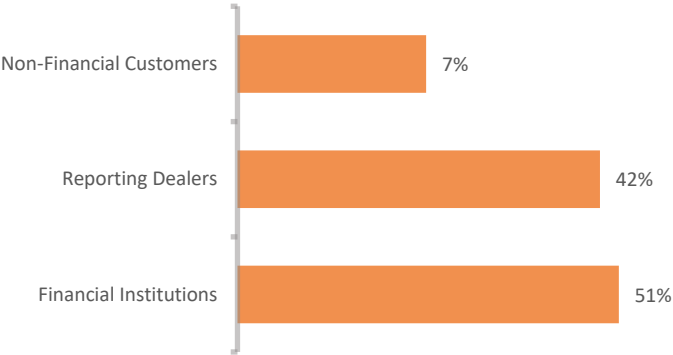
# FOREX MARKETS' STATISTICS

Forex Market Hours

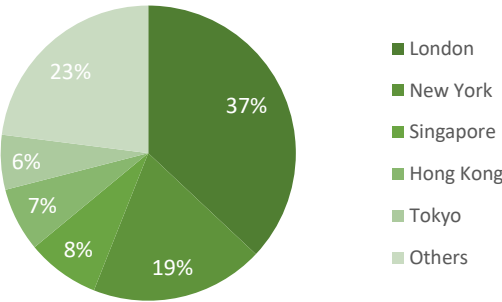


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

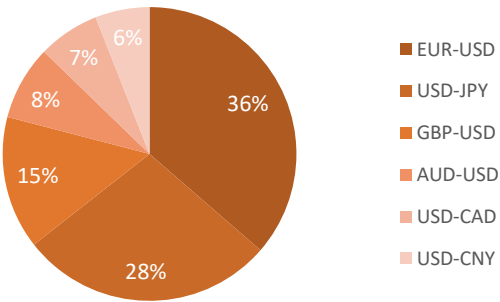
Forex Turnover by Counterparty



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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