




PMEX UPDATE


BUY	
	CRUDE10-SE25
69.50	-0.71%
Expiry	19/Aug/25
Remaining	19 Days
Entry	70.07 - 70.21
Stoploss	69.61
Take Profit	70.75 - 71.01


SELL	
	NGAS1K-SE25
3.0320	-0.43%
Expiry	26/Aug/25
Remaining	26 Days
Entry	3.027 - 3.016
Stoploss	3.08
Take Profit	2.989 - 2.961

SELL	
	GO10Z-DE25
3,359.52	0.20%
Expiry	25/Nov/25
Remaining	117 Days
Entry	3349 - 3347
Stoploss	3364.01
Take Profit	3338 - 3331


SELL	
	SL10-SE25
36.64	-2.91%
Expiry	27/Aug/25
Remaining	27 Days
Entry	37.156 - 37.07
Stoploss	37.38
Take Profit	36.806 - 36.614


SELL	
	PLATINUM5-OC25
1,319.90	-4.00%
Expiry	26/Sep/25
Remaining	57 Days
Entry	1308 - 1305
Stoploss	1315.29
Take Profit	1294 - 1289


SELL	
	COPPER-SE25
4.3628	-21.90%
Expiry	27/Aug/25
Remaining	27 Days
Entry	4.5122 - 4.4803
Stoploss	4.55
Take Profit	4.4164 - 4.3813


BUY	
	ICOTTON-DE25
67.63	0.19%
Expiry	19/Nov/25
Remaining	111 Days
Entry	67.75 - 67.8
Stoploss	67.57
Take Profit	68.03 - 68.16

SELL	
	DJ-SE24
44,742	0.24%
Expiry	18/Sep/25
Remaining	49 Days
Entry	44789 - 44768
Stoploss	44932.13
Take Profit	44652 - 44581

BUY	
	SP500-SE24
6,453	0.88%
Expiry	18/Sep/25
Remaining	49 Days
Entry	6421 - 6425
Stoploss	6398.62
Take Profit	6436 - 6442

BUY	
	NSDQ100-SE24
23,766	1.22%
Expiry	18/Sep/25
Remaining	49 Days
Entry	23952 - 23605
Stoploss	23846.58
Take Profit	23657 - 23692

BUY	
	GOLDUSDJPY-SE25
149.84	0.24%
Expiry	27/Aug/25
Remaining	27 Days
Entry	149.29 - 149.44
Stoploss	148.95
Take Profit	149.68 - 149.96

SELL	
	GOLDEURUSD-SE25
1.1445	0.36%
Expiry	27/Aug/25
Remaining	27 Days
Entry	1.1482 - 1.1473
Stoploss	1.150
Take Profit	1.1451 - 1.1425

Major Headlines

Oil prices ease as market weighs Trump tariff threats
Oil prices edged down on Thursday as investors weigh the supply risks from U.S. President Donald Trump's push for a swift resolution to the war in Ukraine through more tariffs while a surprise build in U.S. crude stocks weighed on prices. Brent crude futures for September, set to expire on Thursday, declined 60 cents, or 0.8%, to \$72.64 a barrel by 0955 GMT. U.S. West Texas Intermediate crude for September fell 58 cents, also 0.8%, to \$69.42. Both benchmarks chalked up 1% gains on Wednesday. "The market front-runs the [see more...](#)

Gold prices edge higher as tariff deadline nears; U.S. copper
Gold prices rose Thursday, rebounded from one-month lows as trade tariff jitters intensified ahead of President Donald Trump's looming deadline, stoking safe-haven demand. At 04:45 ET (08:45 GMT), Spot Gold rose 1.1% to \$3,309.30 an ounce, while Gold Futures were 0.3% higher to \$3,361.17/oz. Trump's August 1 deadline for new tariff rates is looming large, creating a degree of uncertainty. The U.S. president announced a trade deal with South Korea on Wednesday [see more...](#)

U.S. stock futures rise on robust Meta, Microsoft earnings
U.S. stock index futures rose Thursday, buoyed by strong quarterly results from tech giants Microsoft and Meta Platforms as well as the announcement of another trade deal. At 05:45 ET (09:45 GMT), Dow Jones Futures traded 170 points, or 0.4%, higher, S&P 500 Futures rose 65 points, or 1%, and Nasdaq 100 Futures jumped 310 points, or 1.3%. The main averages on Wall Street were mixed at the end of trading on Thursday, as investors assessed the Fed's decision to leave rates unchanged after its latest gathering as well [see more...](#)

USD/JPY rallies further, nears 150.00 on the aftermath of BoJ's
The US Dollar keeps marching higher against a vulnerable Japanese Yen on Thursday as the Bank of Japan's Governor, Kazuo Ueda, cooled hopes of immediate rate hikes, following the bank's monetary policy decision. The BoJ maintained its key interest rate at 0.5%, as widely expected, and Ueda reiterated the bank's commitment to keep tightening its monetary policy but failed to give any further clues about the timing of the next rate hike. [see more...](#)

EUR/USD remains weak with investors awaiting German CPI
The EUR/USD pair is posting marginal gains on Thursday, following a sharp sell-off over the last three days. The pair extended its decline on Wednesday following a hawkish message from the Federal Reserve (Fed), and remains on the defensive with investors awaiting the release of Germany's preliminary Consumer Prices Index, and US Personal Consumption Expenditures (PCE) data. The Euro (EUR) is trading at 1.1445 at the European market opening, up from the seven-week lows at 1.140 [see more...](#)

US Dollar Index (DXY) holds gains near the 100.00 level with PCE
The US Dollar has nudged lower on Thursday, following a five-day rally, but remains right below two-month highs, with the psychological 100.00 on sight supported by solid US data and a hawkish message from Fed Chairman Powell, ahead of the release of the US PCE Prices Index report. The USD Index, which measures the value of the Dollar against its main peers, remains supported above 99.50, consolidating gains after having rallied nearly 3% in the previous five days, and is on track for its first positive monthly performance [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
German CPI (MoM) (Jul)	31-Jul-25	5:00 PM	EUR	High volatility	0.30%	0.20%	0.00%
Core PCE Price Index (YoY) (Jun)	31-Jul-25	5:30 PM	USD	High volatility		2.70%	2.70%
Core PCE Price Index (MoM) (Jun)	31-Jul-25	5:30 PM	USD	High volatility		0.30%	0.20%
Initial Jobless Claims	31-Jul-25	5:30 PM	USD	High volatility		222K	217K
Chicago PMI (Jul)	31-Jul-25	6:45 PM	USD	High volatility		41.9	40.4

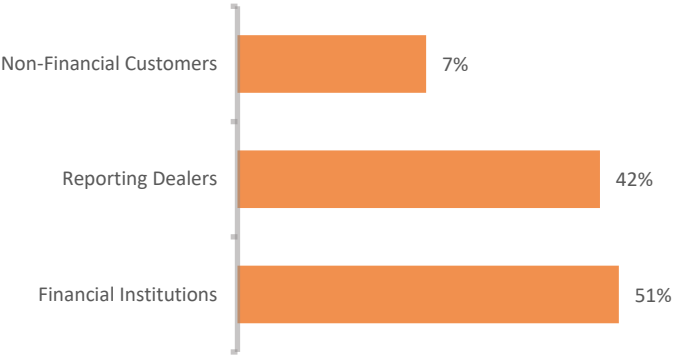
FOREX MARKETS' STATISTICS

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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