PMEX UPDATE

BUY	
CRUDE10-SE26	
89.94	-2.44%
Expiry	19/Aug/26
Remaining	26 Days
Entry	89.65 - 89.95
Stoploss	88.85
Take Profit	90.75 - 91.65

BUY	
NGAS1K-AU26	
2.9300	0.48%
Expiry	28/Jul/26
Remaining	4 Days
Entry	2.9 - 2.91
Stoploss	2.88
Take Profit	2.94 - 2.96

BUY	
GO1OZ-AU26	
4,058.60	0.21%
Expiry	29/Jul/26
Remaining	5 Days
Entry	4072 - 4076
Stoploss	4058.00
Take Profit	4088 - 4096

BUY	
SL10-SE26	
58.83	-2.05%
Expiry	27/Aug/26
Remaining	34 Days
Entry	58.17 - 58.38
Stoploss	57.92
Take Profit	58.76 - 59.17

BUY	
PLATINUM5-OC26	
1,615.90	0.44%
Expiry	28/Sep/26
Remaining	66 Days
Entry	1608 - 1613
Stoploss	1598.00
Take Profit	1622 - 1628

BUY	
COPPER-DE26	
6.3703	0.42%
Expiry	24/Nov/26
Remaining	123 Days
Entry	6.37 - 6.38
Stoploss	6.34
Take Profit	6.4 - 6.42

SELL	
ICOTTON-DE26	
79.94	-1.56%
Expiry	19/Nov/26
Remaining	118 Days
Entry	80.25 - 80
Stoploss	80.81
Take Profit	79.44 - 79.15

SELL	
DJ-SE26	
52,105	0.41%
Expiry	17/Sep/26
Remaining	55 Days
Entry	52152 - 52086
Stoploss	52306.00
Take Profit	51924 - 51786

BUY	
SP500-SE26	
7,461	0.21%
Expiry	17/Sep/26
Remaining	55 Days
Entry	7470 - 7474
Stoploss	7450.00
Take Profit	7485 - 7500

BUY	
NSDQ100-SE26	
28,645	0.08%
Expiry	17/Sep/26
Remaining	55 Days
Entry	28804 - 28840
Stoploss	28666.00
Take Profit	28961 - 29044

SELL	
GOLDUSDJPY-AU26	
163.82	-0.02%
Expiry	29/Jul/26
Remaining	5 Days
Entry	163.68 - 163.64
Stoploss	163.90
Take Profit	163.48 - 163.38

SELL	
GOLDEURUSD-AU26	
1.1377	0.01%
Expiry	29/Jul/26
Remaining	5 Days
Entry	1.1387 - 1.138
Stoploss	1.141
Take Profit	1.1361 - 1.1344

PMEX UPDATE

Major Headlines

Oil prices on pace for weekly gain amid escalating Mideast conflict

Oil prices fell on Friday, but were still set for a sharp weekly increase, as supply disruptions stemming from the conflict in the Middle East showed few signs of easing. Brent oil futures, the global oil benchmark, declined by 3.8% to $96.89 a barrel by 05:18 ET (09:18 GMT), while U.S. West Texas Intermediate crude futures dropped 3.4% $89.05 a barrel.

Gold on track for weekly gain with Mideast tensions, Fed rate outlook in focus

Gold prices inched higher on Friday, keeping the yellow metal on track for a weekly gain, as oil prices retreated from a recent surge despite ongoing hostilities in the Middle East. At 06:42 ET (10:42 GMT), spot gold had risen by 0.2% to $4,059.20 an ounce, with bullion now on pace for a weekly climb of more than 1%. Meanwhile, gold futures gained 0.3% to $4,061.30 an ounce.

Wall St futures rise after tech rout; Mideast, tariffs in focus

U.S. stock index futures edged higher on Friday after a tech-led selloff in the previous session, as investors weighed fresh earnings, escalating Middle East tensions and a new tariff announcement from the Trump administration. The S&P 500 and the Nasdaq suffered their steepest one-day drops in a month on Thursday, as the AI trade showed further signs of strain. Investors grew wary of mounting capital-spending plans and cash burn among tech heavyweights after Alphabet and Tesla reported results this week.

USD/JPY Price Forecast: Likely to extend rally towards 164.00

The Japanese Yen (JPY) hovers near a multi-decade high at around 163.24 against the US Dollar (USD) during the early European trading session on Wednesday. The USD/JPY pair reflects significant strength as the Japanese currency underperforms due to surging Oil prices. Oil prices have increased further as global energy supply risks have escalated due to the closure of the Bab el-Mandeb Strait by Yemen’s Iran-aligned Houthis.

EUR/USD Price Forecast: Bears target a break below 1.1350 support

EUR/USD trades on the back foot on Thursday as the expanding war in the Middle East pushes Oil prices higher and fuels hawkish Federal Reserve (Fed) expectations, boosting demand for the US Dollar (USD). Meanwhile, the European Central Bank’s (ECB) decision to leave interest rates unchanged draws little market reaction.

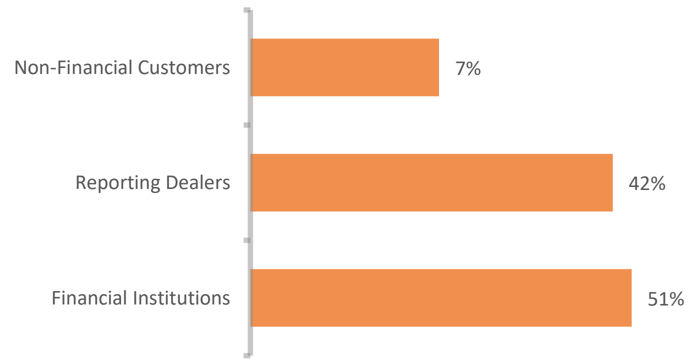
Economic Calendar

S&P Global Manufacturing PMI (Jul)	S&P Global Services PMI (Jul)	New Home Sales (Jun)

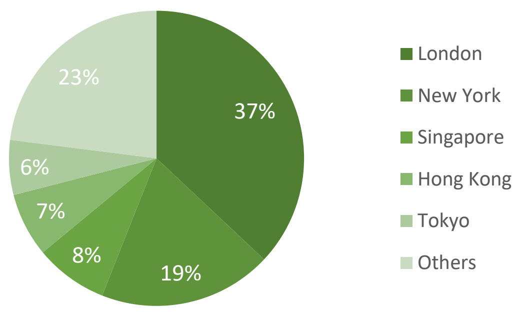
Forex Market Hours

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

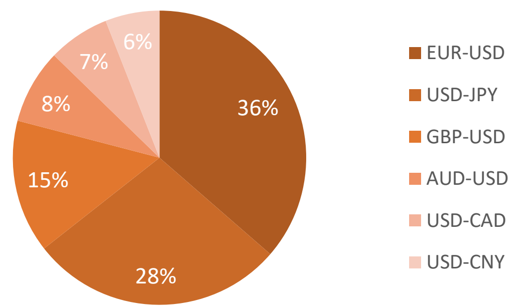
Forex Turnover by Counterparty



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: 278.22
- JPY/PKR: 1.70

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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