PMEX UPDATE

SELL — CRUDE10-SE26

83.55	-6.45%
Expiry	19/Aug/26
Remaining	23 Days
Entry	87 - 86
Stoploss	88.30
Take Profit	85 - 84

SELL — NGAS1K-AU26

2.7980	-3.12%
Expiry	28/Jul/26
Remaining	1 Days
Entry	2.82 - 2.81
Stoploss	2.84
Take Profit	2.78 - 2.74

BUY — GO1OZ-AU26

4,098.60	0.68%
Expiry	29/Jul/26
Remaining	2 Days
Entry	4068 - 4074
Stoploss	4052.00
Take Profit	4084 - 4094

SELL — SL10-SE26

59.43	-2.05%
Expiry	27/Aug/26
Remaining	31 Days
Entry	59.72 - 59.42
Stoploss	60.18
Take Profit	58.82 - 58.53

BUY — PLATINUM5-OC26

1,648.90	2.79%
Expiry	28/Sep/26
Remaining	63 Days
Entry	1630 - 1634
Stoploss	1620.00
Take Profit	1642 - 1650

BUY — COPPER-DE26

6.4033	0.72%
Expiry	24/Nov/26
Remaining	120 Days
Entry	6.37 - 6.38
Stoploss	6.34
Take Profit	6.41 - 6.43

SELL — ICOTTON-DE26

79.63	-0.44%
Expiry	19/Nov/26
Remaining	115 Days
Entry	79.88 - 79.71
Stoploss	80.44
Take Profit	79.23 - 78.91

BUY — DJ-SE26

52,701	1.11%
Expiry	17/Sep/26
Remaining	52 Days
Entry	52640 - 52694
Stoploss	52518.00
Take Profit	52829 - 52947

BUY — SP500-SE26

7,512	0.86%
Expiry	17/Sep/26
Remaining	52 Days
Entry	7464 - 7474
Stoploss	7450.00
Take Profit	7492 - 7500

BUY — NSDQ100-SE26

28,661	1.34%
Expiry	17/Sep/26
Remaining	52 Days
Entry	28804 - 28840
Stoploss	28666.00
Take Profit	28961 - 29044

SELL — GOLDUSDJPY-AU26

163.65	-0.12%
Expiry	29/Jul/26
Remaining	2 Days
Entry	163.83 - 163.73
Stoploss	164.01
Take Profit	163.55 - 163.45

BUY — GOLDEURUSD-AU26

1.1389	0.18%
Expiry	29/Jul/26
Remaining	2 Days
Entry	1.1384 - 1.1391
Stoploss	1.137
Take Profit	1.1402 - 1.1418

Major Headlines

Oil prices tumble over 8% amid halt to fighting between U.S., Iran

Oil prices fell sharply on Monday, triggered by signs of de-escalation between the United States and Iran, wiping out much of last week's war premium that had briefly pushed Brent crude to the $100-a-barrel mark. As of 05:33 ET (09:33 GMT), Brent crude futures slumped 9.1% to $97.95 a barrel, while U.S. West Texas Intermediate crude futures tumbled 7.4% to $82.67 a barrel.

Gold: Fed Decision and Middle East Risks Set to Drive the Next Move

On Monday, the US-Iran conflict entered its 150th day. Iran will reportedly stop its attacks as long as the United States continues its current pause on air strikes after President Donald Trump unexpectedly paused a bombing campaign that had lasted nearly two weeks. The pause follows 13 consecutive nights of U.S. strikes on Iranian targets, with the Pentagon halting the operation late on Friday. No U.S. attacks have been reported since, marking the first two-day break in the campaign.

U.S. futures jump as oil plunge eases rate fears and tech earnings gauntlet

U.S. stock index futures rallied on Monday, as a 5% drop in crude oil prices brought immediate relief to inflation-weary markets at the start of a critical week dominated by a Federal Reserve rate decision and high-stakes mega-cap technology earnings. Futures tied to the S&P 500 jumped 1.01% by 06:48 ET, while Nasdaq 100 futures surged 1.61% as beaten-down tech contracts led a broad-based rebound. Dow Jones Industrial Average futures rose 1.03%, pointing to a firm opening bell on Wall Street after all three major benchmarks logged weekly losses.

USD/JPY Price Forecast: Eases to 163.50 with the broader bullish trend intact

The Japanese Yen (JPY) pares recent losses against the US Dollar (USD) on Monday, favoured by a relief rally, as the US and Iran halted their hostilities, opening the door for further negotiations. The USD/JPY pair has pulled back from fresh 40-year highs right below 164.00, but it remains contained at the 163.50 area, keeping the broader bullish trend intact.

Euro-Dollar: Lloyds Forecasts EUR/USD Fall Towards 1.12

At Friday's market close, the Euro to Dollar (EUR/USD) exchange rate was quoted at $1.1371, down 0.05% on the day and from $1.1438 the previous Friday. EUR/USD fell in four of the five sessions and finished just above July's low at 1.1362, leaving the Euro on the defensive heading into the new week. Lloyds Bank says the latest rise in energy and wider commodity prices has revived inflation concerns, but the policy consequences are likely to be more challenging for the United States than the Eurozone.

Economic Calendar

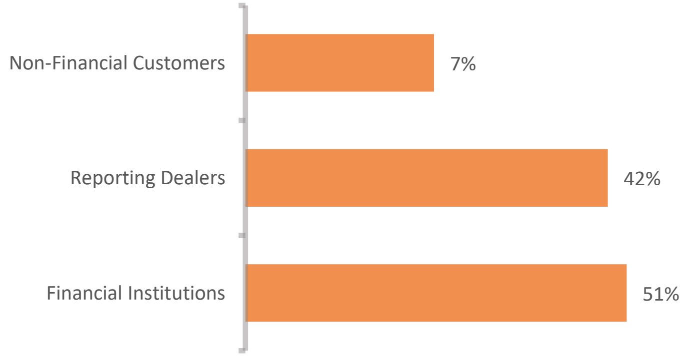
Durable Goods Orders (MoM) (Jun))

PMEX UPDATE

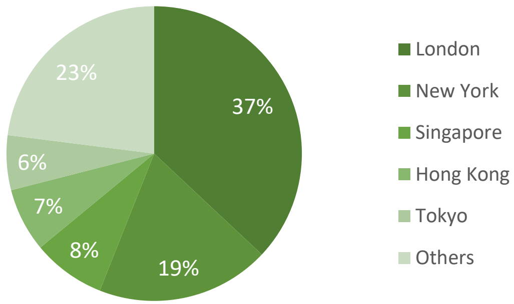
Forex Market Hours

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

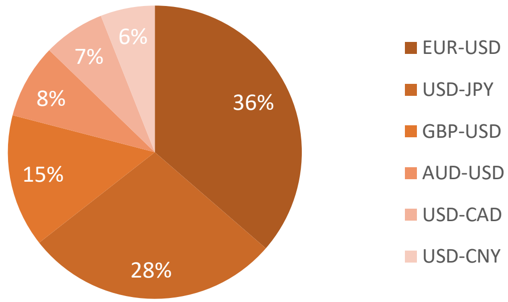
Forex Turnover by Counterparty



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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