

MARKET AT A GLANCE

Monday, 16 March 2026



Indices Update

Indices	Rate	% Chg
Dow Jones	46558.47	-0.26
Shanghai	4078.39	-0.42
Sensex	74563.92	-1.93
MSCI Asia Pacific	238.69	-1.28

Currencies

Currencies	Rate	% Chg
USDINR	92.51	0.15
EURUSD	1.1444	0.25
USDJPY	159.46	-0.16
Dollar Index	100.265	-0.10

International Market Rates

Commodities	Rate	% Chg
Gold (\$/oz)	5008.90	-1.04
Silver (\$/oz)	79.44	-2.00
NYMEX Crude Oil (\$/bbl)	98.53	-0.18
NYMEX NG (\$/mmbtu)	3.123	-0.26
COMEX Copper (\$/Lbs)	5.63	-1.48
LME NICKEL (\$/T)	17266	-0.40
LME LEAD (\$/T)	1898.5	-0.24
LME ZINC (\$/T)	3282	-0.36
LME ALUMINIUM (\$/T)	3472	0.95

Previous day's closing

Expected Opening In MCX

Commodities	Rate	% Chg
Gold mini	157087	-0.91
Silver mini	259540	-2.31
Crude oil	9148	1.06
Natural Gas	290.1	-0.62
Copper	1169.46	-1.51
Nickel	1556.88	-1.08
Lead	186.25	-1.25
Zinc	323.84	-0.19
Aluminium	347.26	0.34

Intraday Technical Outlook

Instruments	Technical Commentary	Outlook
Gold LBMA Spot	Choppy trading expected but broad outlook remain positive. Stiff support is placed at \$4600.	↔
Silver LBMA Spot	Mild upticks expected initially. Further selloffs expected only below \$70.	↔
Crude Oil NYMEX	It is expected to continue upticks as long as the support of \$88 remain undisturbed.	↔
MCX	Technical Commentary	Outlook
Gold KG Apr	Intraday sentiments likely to be positive as long as prices stay above Rs 160000.	↔
Silver KG Mar	Recovery upticks expected as long as prices stay above 270000.	↔
Crude Oil Mar	Outlook remains on the positive side. Stiff support is placed at Rs 8500.	↔
Natural Gas Mar	Choppy with recovery rallies expected. Break below Rs 280 may see corrective selloffs.	↔
Copper Mar	Intraday bias mostly choppy with mild negative as long as prices stay below Rs 1220.	↔
Nickel Mar	Support is placed at Rs 1450, which if cleared would extend weakness.	↔
ZincM Mar	As long as prices stay below Rs 336 likely to extend weak momentum for the day.	↔
LeadM Mar	Expect choppy trading but major support is placed at Rs 185.	↔
Alumini Mar	Upticks likely to continue initially. Break below Rs 322 likely to trigger liquidation.	↔



MCX TECHNICAL LEVELS

	COMMODITY	S1	S2	S3	Pivot	R1	R2	R3
BULLION	GOLD APR6	157113	155760	153980	158893	160246	162026	163379
	GOLDM MAY6	157130	155734	153924	158940	160336	162146	163542
	GOLDGUINEA MAR6	128806	127765	126380	130191	131232	132617	133658
	SILVER MAY6	252877	246320	238165	261032	267589	275744	282301
	SILVERM APR6	266322	260032	252063	274291	280581	288550	294840
	SILVERMIC APR6	266620	260269	252341	274548	280899	288827	295178
BASE METALS	COPPER MAR6	1202.0	1195.4	1184.8	1212.6	1219.1	1229.7	1236.3
	LEAD MAR6	190.1	189.6	190.7	189.0	189.5	188.4	188.9
	ZINC MAR6	326.3	325.4	324.3	327.4	328.3	329.4	330.3
	ALUMINIUM MAR6	348.2	345.4	342.2	351.4	354.2	357.4	360.2
ENERGY	NATURALGAS MAR6	284.4	276.8	265.1	296.1	303.7	315.4	323.0
	CRUDEOIL MAR6	8694	8336	8133	8897	9255	9458	9816
INDICES	MCX BULLDEX	38946	38593	38251	39288	39641	39983	40336

GLOBAL BENCHMARKS

NYMEX/COMEX	100 GOLD MAR26	5118.6	5110.2	5100.9	5127.9	5136.3	5145.6	5154.0
	SILVR 5000 MAR26	83.95	83.14	81.54	85.55	86.36	87.96	88.77
	LIGHT CRUDE APR6	94.46	89.61	87.18	96.89	101.74	104.17	109.02
	NAT GAS APR26	3.06	2.98	2.85	3.19	3.26	3.39	3.47
	HG COPPER MAR26	5.57	5.52	5.41	5.68	5.74	5.85	5.90
LME	ZINC	2827	2843	2767	2903	2887	2963	2947
	LEAD	2023	1993	1973	2043	2073	2093	2123
	ALUMINIUM	2575	2575	2536	2614	2614	2653	2653

BULLISH  BEARISH  MLD BULLISH  MILD BEARISH  +RANGE BOUND  - RANGE BOUND 

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Compliance Officer

Ms. Indu K.

Geojit Investments Ltd

7th Floor, 34/659-P, Civil Line Road, Padivattom, Edapally,

Ernakulam, 682024

Kerala, India

Tele: 0484 - 400 1367/ 641 1367

Email: compliance@geojit.com

Grievance Officer

Mr Nitin K

Geojit Investments Ltd

7th Floor, 34/659-P, Civil Line Road, Padivattom, Edapally,

Ernakulam, 682024

Kerala, India

Tele: 0484- 400 1363/ 641 1363

Email : grievances@geojit.com

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