

# 16 OCT 2026

Last updated: 16 Oct 2026, 03:18 PM IST

Fear & Greed Index • India Market Mood Index



## 43.48

Fear 😞

Definition

////

- **Extreme Fear (<30):** Good time to open positions
- **Fear (30-50):** Wait for market direction
- **Greed (50-70):** Be cautious with new positions
- **Extreme Greed (>70):** Avoid opening positions

Weekly Change

20.25 → 43.48

“

*"The four most dangerous words in investing are: this time it's different."*

@ John Templeton

# Overview

As of today at 3:18 PM

▼ **GIFT Nifty** 🕒 Last update 2 min **23,108.5** **-4.5** **-0.02%**

## | Asian Market

|   |                                                      |             |                 |                |               |
|---|------------------------------------------------------|-------------|-----------------|----------------|---------------|
| ⬆ | <b>Hang Seng</b> <small>🕒 Last update 1h 39m</small> | Hong Kong   | <b>24186.83</b> | <b>+124.11</b> | <b>+0.52%</b> |
| ⬆ | <b>Nikkei 225</b> <small>🕒 Last update 3h 3m</small> | Japan       | <b>65324.29</b> | <b>+898.34</b> | <b>+1.39%</b> |
| ⬆ | <b>KOSPI</b> <small>🕒 Last update 3h 15m</small>     | South Korea | <b>5668.05</b>  | <b>+113.83</b> | <b>+2.05%</b> |
| ⬆ | <b>ASX 200</b> <small>🕒 Last update 3h 51m</small>   | Australia   | <b>8806.7</b>   | <b>+87.00</b>  | <b>+1.00%</b> |

## | Europe Market

|   |                                                     |                |                 |                |               |
|---|-----------------------------------------------------|----------------|-----------------|----------------|---------------|
| ⬆ | <b>DAX</b> <small>🕒 Last update 14 min</small>      | Germany        | <b>25631.37</b> | <b>+248.75</b> | <b>+0.98%</b> |
| ▼ | <b>FTSE 100</b> <small>🕒 Last update 14 min</small> | United Kingdom | <b>10826.45</b> | <b>-13.90</b>  | <b>-0.13%</b> |
| ⬆ | <b>CAC 40</b> <small>🕒 Last update 13 min</small>   | France         | <b>7947.89</b>  | <b>+13.19</b>  | <b>+0.17%</b> |

## | US Market

|   |                                                  |  |                 |                |               |
|---|--------------------------------------------------|--|-----------------|----------------|---------------|
| ⬆ | <b>Dow Jones</b>                                 |  | <b>52177.69</b> | <b>+556.21</b> | <b>+1.08%</b> |
| ⬆ | <b>Nasdaq</b>                                    |  | <b>26713.03</b> | <b>+20.16</b>  | <b>+0.08%</b> |
| ⬆ | <b>S&amp;P</b>                                   |  | <b>7744.06</b>  | <b>+25.12</b>  | <b>+0.33%</b> |
| ▼ | <b>VIX</b> <small>🕒 Last update just now</small> |  | <b>16.04</b>    | <b>-0.42</b>   | <b>-2.55%</b> |

## | Indian Market

|   |                   |  |                 |                |               |
|---|-------------------|--|-----------------|----------------|---------------|
| ⬆ | <b>Sensex</b>     |  | <b>74674.29</b> | <b>+358.68</b> | <b>+0.48%</b> |
| ⬆ | <b>Nifty 50</b>   |  | <b>23119.00</b> | <b>+121.65</b> | <b>+0.53%</b> |
| ▼ | <b>Bank Nifty</b> |  | <b>55764.65</b> | <b>-45.85</b>  | <b>-0.08%</b> |
| ⬆ | <b>India VIX</b>  |  | <b>14.1</b>     | <b>+0.07</b>   | <b>+0.50%</b> |

As of today at 3:18 PM

## Commodity (Global Spot)

|                                                      |          |        |        |
|------------------------------------------------------|----------|--------|--------|
| ↑ Gold <small>🔄 Last update just now</small>         | 4,181.82 | +11.57 | +0.28% |
| ↑ Silver <small>🔄 Last update just now</small>       | 57.79    | +0.35  | +0.61% |
| ↓ Brent Crude Oil <small>🔄 Last update 8 min</small> | 105.13   | -0.79  | -0.75% |

## MCX Futures (Current Expiry)

|             |             |   |        |
|-------------|-------------|---|--------|
| ↑ Gold      | 1,48,400.00 | - | +0.62% |
| ↑ Silver    | 2,13,350.00 | - | +1.28% |
| ↓ Crude Oil | 9,238.00    | - | -0.51% |

## Crypto

|                                                  |           |        |        |
|--------------------------------------------------|-----------|--------|--------|
| ↑ Bitcoin <small>🔄 Last update just now</small>  | 82,054.58 | +54.88 | +0.07% |
| ↓ Ethereum <small>🔄 Last update just now</small> | 2,450.80  | -0.25  | -0.01% |
| ↑ Solana <small>🔄 Last update 9 min</small>      | 106.47    | +0.93  | +0.88% |

## Currencies

|                                                 |        |         |        |
|-------------------------------------------------|--------|---------|--------|
| ↓ USD/INR                                       | 94.91  | -0.14   | -0.14% |
| ↑ EUR/USD <small>🔄 Last update just now</small> | 1.1251 | +0.0033 | +0.29% |
| ↓ USD/JPY <small>🔄 Last update just now</small> | 157.95 | -0.03   | -0.02% |

# Snapshot



## Top Gainers

Nifty 500

|                       |        |
|-----------------------|--------|
| HBL Engineering       | 17.10% |
| Tech Mahindra         | 7.97%  |
| Thangamayil Jewellery | 6.78%  |
| SPR Auto Technologies | 6.74%  |
| Wipro                 | 6.12%  |



## Top Losers

Nifty 500

|                        |        |
|------------------------|--------|
| R R Kabel              | -8.33% |
| CCL Products (I)       | -7.07% |
| Apar Industries        | -5.52% |
| Syrma SGS Technology   | -5.23% |
| HDB Financial Services | -5.03% |



## Volume Shockers

Volume above 1.5 times weekly average and minimum 5,000 for Nifty 500 stocks

| Name                  | CMP    |
|-----------------------|--------|
| HBL Engineering       | 831.95 |
| CCL Products (I)      | 1008.7 |
| Dalmia Bharat         | 1689.6 |
| Thangamayil Jewellery | 5116   |
| Federal Bank          | 335.8  |



## 52 Week High

Day's high equal to or above yearly high for Nifty 500 stocks

| Name                      | Change % |
|---------------------------|----------|
| Indian Hotels Co          | 3.85     |
| Shyam Metalics and Energy | 3.37     |
| Karur Vysya Bank          | 2.81     |
| Laurus Labs               | 1.98     |
| PVR INOX                  | 1.37     |

## Long & Short Buildup (Stock Futures - Current Expiry)

**Long build-up:** Open interest and volumes rise, and the price goes up. **Short build-up:** Open interest and volumes rise, but the price goes down.

| Long Buildup            | OI Change % | Short Buildup        | OI Change % |
|-------------------------|-------------|----------------------|-------------|
| Bharti Airtel           | 13.02%      | UJJIVANSFB           | 27.14%      |
| Tata Consultancy Ser... | 11.53%      | Siemens Energy India | 14.58%      |
| Tata Elxsi              | 8.76%       | L&T Finance          | 13.49%      |
| Federal Bank            | 8.44%       | 360 ONE WAM          | 12.72%      |
| Wipro                   | 7.25%       | Angel One            | 11.86%      |

# Sectoral Indices

## 1 Day Change

|                          |                               |
|--------------------------|-------------------------------|
| Nifty IT                 | <div><div></div></div> 3.87%  |
| Nifty Media              | <div><div></div></div> 2.03%  |
| Nifty Services Sector    | <div><div></div></div> 1.45%  |
| Nifty Metal              | <div><div></div></div> 0.84%  |
| Nifty PSU Bank           | <div><div></div></div> 0.71%  |
| Nifty Auto               | <div><div></div></div> 0.70%  |
| Nifty India Consumption  | <div><div></div></div> 0.35%  |
| Nifty Infrastructure     | <div><div></div></div> 0.33%  |
| Nifty India Defence      | <div><div></div></div> 0.06%  |
| Nifty Financial Services | <div><div></div></div> -0.06% |
| Nifty Bank               | <div><div></div></div> -0.08% |
| Nifty Private Bank       | <div><div></div></div> -0.12% |
| Nifty Pharma             | <div><div></div></div> -0.15% |
| Nifty Energy             | <div><div></div></div> -0.17% |
| Nifty Realty             | <div><div></div></div> -0.40% |
| Nifty Oil & Gas          | <div><div></div></div> -0.47% |
| Nifty FMCG               | <div><div></div></div> -0.57% |

## 7 Day Change

|                          |                               |
|--------------------------|-------------------------------|
| Nifty IT                 | <div><div></div></div> 11.67% |
| Nifty Media              | <div><div></div></div> 6.23%  |
| Nifty Services Sector    | <div><div></div></div> 4.60%  |
| Nifty Auto               | <div><div></div></div> 3.60%  |
| Nifty Realty             | <div><div></div></div> 2.66%  |
| Nifty India Defence      | <div><div></div></div> 2.17%  |
| Nifty Oil & Gas          | <div><div></div></div> 2.03%  |
| Nifty Infrastructure     | <div><div></div></div> 1.63%  |
| Nifty Private Bank       | <div><div></div></div> 1.56%  |
| Nifty Financial Services | <div><div></div></div> 1.52%  |
| Nifty India Consumption  | <div><div></div></div> 1.28%  |
| Nifty Energy             | <div><div></div></div> 1.02%  |
| Nifty Metal              | <div><div></div></div> 0.99%  |
| Nifty Bank               | <div><div></div></div> 0.92%  |
| Nifty PSU Bank           | <div><div></div></div> -0.34% |
| Nifty Pharma             | <div><div></div></div> -0.70% |
| Nifty FMCG               | <div><div></div></div> -0.73% |

# Market Bulletin

1. GIFT Nifty near 23,108 (-0.02% on its previous close); Nifty is at 23,119.00
2. Indian markets are trading higher at 3:18 PM IST: Nifty 50 at 23,119.00 (+0.53%) and Sensex at 74,674.29 (+0.48%)
3. Bank Nifty is at 55,764.65 (-0.08%); India VIX at 14.10
4. Nifty IT was the top sectoral performer (+3.87%), while Nifty FMCG lagged (-0.57%)
5. Asian markets: Hang Seng +0.52%, Nikkei 225 +1.39%, KOSPI +2.05%, ASX 200 +1.00%
6. European markets: DAX +0.98%, FTSE 100 -0.13%, CAC 40 +0.17%
7. US markets: Dow Jones +1.08%, S&P +0.33%, Nasdaq +0.08%
8. Commodities: Gold 4,181.82 (+0.28%), Silver 57.79 (+0.61%), Brent Crude Oil 105.13 (-0.75%)
9. Currencies: USD/INR 94.91 (-0.14%), EUR/USD 1.13 (+0.29%), USD/JPY 157.95 (-0.02%)
10. FIIs were net sellers of Rs 5,285 crore, while DIIs were net buyers of Rs 3,319 crore (Thu, 15 Oct 2026)
11. "Great rotation out of AI has started; expect FPIs to turn buyers in India" Chat with veteran investor Ramesh Damani. Prashant Nair #Investing...
12. India's rupee forecast to weaken toward 100-per-dollar level even as RBI pushes back
13. Hormuz shut, Gulf economies shrink 16%: IMF's winners & losers list

50

# Nifty 50

23119.00 +0.53% 

- 1. Ended at 22,997, up about 1.7 percent
- 2. Candle formed a bullish body with limited shadows
- 3. Intraday low was 22,637; closed above the 10-day EMA at 22,696, a key level to watch
- 4. RSI rose to 49.94, indicating strengthening momentum
- 5. MACD is above its signal line with the histogram in positive territory, a bullish crossover in place
- 6. Maximum Call OI at 23,100, followed by 23,200 and 23,500
- 7. Maximum Put OI at 22,000, followed by 23,000 and 22,700



SPICE STOCKS  
ACADEMY

## Pivot Levels

| Type      | R3    | R2    | R1    | PP    | S1    | S2    | S3    |
|-----------|-------|-------|-------|-------|-------|-------|-------|
| Classic   | 23576 | 23316 | 23157 | 22897 | 22738 | 22478 | 22319 |
| Fibonacci | 23316 | 23156 | 23057 | 22897 | 22737 | 22638 | 22478 |

## Advance/ Decline



### Top 3 Best Performers

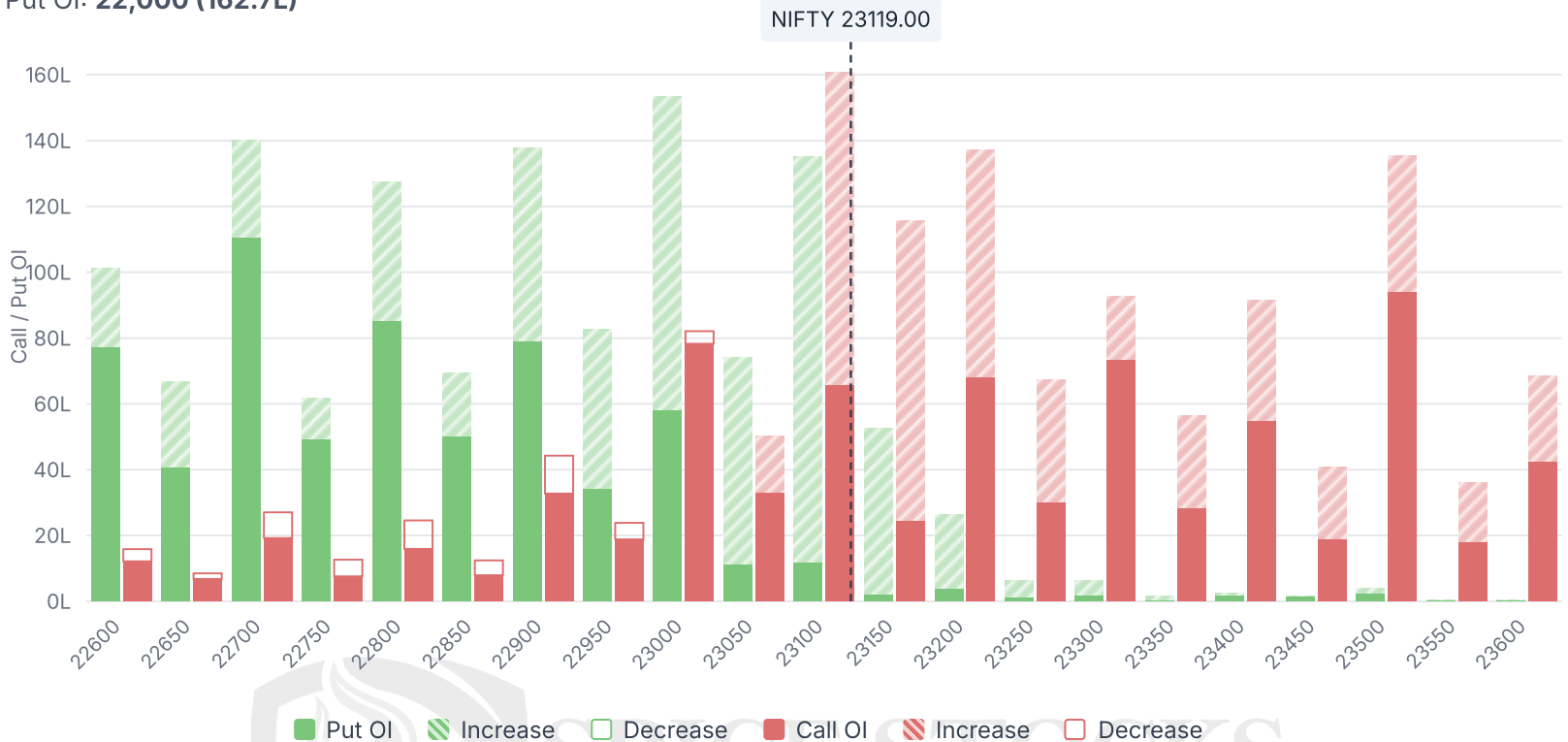
|                         |        |
|-------------------------|--------|
| Tech Mahindra           | 7.97 % |
| Tata Consultancy Ser... | 5.00 % |
| Infosys                 | 4.80 % |

### Top 3 Worst Performers

|                         |         |
|-------------------------|---------|
| InterGlobe Aviation     | -2.17 % |
| BSE                     | -2.13 % |
| Tata Consumer Produc... | -1.44 % |

## Weekly Option Chain

Expiry: 2026-10-19 • Spot: 23,119.00 • Max Pain: 23050.0 • PCR: 1.34 • Highest Call OI: 23,100 (161.0L) • Highest Put OI: 22,000 (162.7L)

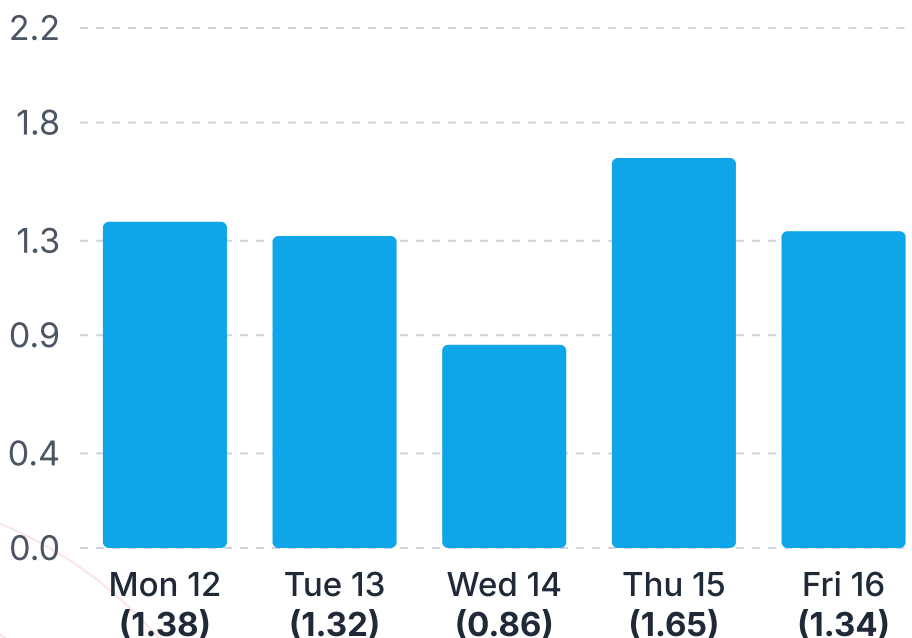


High Call OI = potential resistance; High Put OI = potential support

Increasing Call OI = bearish; Decreasing Call OI = bullish

Increasing Put OI = bullish; Decreasing Put OI = bearish

## Weekly PCR



PCR (OI) = total Put OI ÷ total Call OI. Above 1 = put-heavy: put writers are defending lower levels, a supportive / bullish tilt.

Below 0.7 = call-heavy: call writers are capping the upside, a bearish tilt. Readings above 1.5 or below 0.5 can warn of a reversal.

Always read the trend of the last few days, not a single value.



# Bank Nifty

55764.65 -0.08%

1. Ended at 55,810, up about 0.9 percent, mixed against the major moving averages (1 of 4 EMAs)
2. Candle formed a bullish body with limited shadows
3. Intraday low was 55,279; closed above the 10-day EMA at 55,268, a key level to watch
4. RSI rose to 51.59, indicating strengthening momentum
5. MACD is above its signal line with the histogram in positive territory, a bullish crossover in place
6. Maximum Call OI at 56,000 (12.98 lakh contracts), followed by 58,000 and 57,000
7. Maximum Put OI at 55,000 (13.39 lakh contracts), followed by 55,500 and 54,000



SPICE STOCKS  
ACADEMY

## Pivot Levels

| Type      | R3    | R2    | R1    | PP    | S1    | S2    | S3    |
|-----------|-------|-------|-------|-------|-------|-------|-------|
| Classic   | 56944 | 56505 | 56158 | 55718 | 55371 | 54932 | 54585 |
| Fibonacci | 56505 | 56204 | 56019 | 55718 | 55418 | 55232 | 54932 |

## Advance/ Decline

08



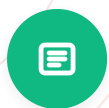
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### Top 3 Best Performers

|                      |        |
|----------------------|--------|
| Canara Bank          | 1.56 % |
| Bank of Baroda       | 1.03 % |
| Punjab National Bank | 0.77 % |

### Top 3 Worst Performers

|                       |         |
|-----------------------|---------|
| Yes Bank              | -3.04 % |
| AU Small Finance Bank | -1.39 % |
| IDFC First Bank       | -1.23 % |



# Stocks in News

1. **Wipro:** 2015 and para 202.05 read with para 202.06 of the NYSE Listed Company Manual... — expansion through acquisition (+6.1% last session)
2. **Tech Mahindra:** Board of Directors at its meeting held on October 15, 2026, declared Interim Dividend of Rs. 15 per equity share — shareholder payout / corporate action (+8.0% last session)
3. **Mankind Pharma:** Press Release titled Mankind Pharma to Acquire Majority Stake in Armed Cell Therapeutics... — expansion through acquisition (-3.0% last session)
4. **IIFL Finance:** Acquisition of India Infoline Foundation, Section 8 company — expansion through acquisition (+3.0% last session)
5. **Angel One:** Board of Directors at its meeting held on October 15, 2026, declared Interim Dividend of Rs. 1.40 per equity share — shareholder payout / corporate action (-4.5% last session)
6. **Karur Vysya Bank:** Completion of Tenure of Shri Chandrasekaran M S, Chief Operating Officer... — leadership change (+2.8% last session)
7. **Chennai Petroleum:** 'The Board in the meeting dt. 22.10.2026 (Thursday) may consider declaration of interim dividend... — shareholder payout / corporate action (-2.4% last session)
8. **Aegis Logistics:** Commissioning of specialised LPG Bottling Plant at Jawaharlal Nehru Port ( JNPA ) by the Company — capacity / product expansion (-3.0% last session)
9. **Elecon Engineering Co:** 'Communication to Shareholders Interim Dividend for FY 2026-27... — shareholder payout / corporate action (-2.8% last session)
10. **Lemon Tree Hotels:** The Company and its wholly owned subsidiary, Carnation Hotels Private Limited... — new tie-up adds growth options
11. **Ather Energy:** Insurance Regulatory and Development Authority of India (IRDAI) has approved and granted a Certificate of Registration... — regulatory approval received
12. **India Cements:** Acquisition announced: Acquisition — expansion through acquisition (+2.1% last session)
13. **360 ONE WAM:** 360 ONE WAM LIMITED has informed the Exchange that Board of Directors at its meeting held on October 15, 2026... — shareholder payout / corporate action

14. **Prestige Estates Projects:** Consummation of transaction in Hospitality Portfolio through strategic partnership — new tie-up adds growth options

## Stocks in News

1. **Power Finance:** Intimation of receipt of No Objection certificate from Reserve Bank of India ( RBI ) in relation to proposed scheme... — restructuring that can reshape value (-2.2% last session)
2. **Polycab India:** Corporate Insolvency Resolution Process — legal / credit risk
3. **Tata Chemicals:** Pendency of Litigation(s)/dispute(s) or the outcome impacting the Company - Update on ongoing litigation — litigation risk
4. **R R Kabel:** What Comes Next For R R Kabel After A 82% Gain (-8.3% last session)
5. **CCL Products (I):** Shares fell 7.1% in the last session on 13.7x average volume — price move, no company filing found
6. **Apar Industries:** What Comes Next For APAR Industries After A 104% Gain (-5.5% last session)
7. **Syrma SGS Technology:** Syrma SGS Technology Share Price and Valuation After Fall (-5.2% last session)
8. **HDB Financial Services:** HDB FINANCIAL SERVICES L Share Price - Live NSE: HDBFS Stock Price & Chart (-5.0% last session)
9. **Ipca Laboratories:** Pharma Q1 FY27: Ajanta Revenue Up 25%, Ipca Profit Up 72% (-3.9% last session)
10. **L&T Finance:** L&T Finance Ltd Sees Significant Open Interest Surge Amid Bearish Price Action (-3.6% last session)

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### Today's Results (Q2 FY27) • 24 companies:

Bajaj Housing Finance, Crompton Greaves Consumer Electricals, DLF, Himadri Speciality Chemical, Jindal Saw, LTM, Oberoi Realty, Punjab National Bank, Tejas Networks, The Federal Bank, Urban Company, Aurum PropTech, E2E Networks, Indo Rama Synthetics (India), Jayaswal Neco Industries, Modison, Onward Technologies, Paushak, Raghav Productivity Enhancers, SG Finserve, Shoppers Stop, Solara Active Pharma Sciences, Tiger Logistics (India), Ujjivan Small Finance Bank

# Others

## ₹ FII & DII (Cash)

| Date             | FII Net Purchase/ Sales | DII Net Purchase/ Sales |
|------------------|-------------------------|-------------------------|
| Last 30 Days     | -91548.6                | 100186.7                |
| Last 2 Weeks     | -40450.7                | 41787.6                 |
| Last 1 Week      | -13725.3                | 16217.4                 |
| Thu, 15 Oct 2026 | -5285.4                 | 3319.4                  |

## ₹ Stocks in Ban List

Bandhan Bank Limited, Ambuja Cements Ltd, Steel Authority Of India

## 📊 Results Today (Q2 FY27) • 24 companies

Bajaj Housing Finance, Crompton Greaves Consumer Electricals, DLF, Himadri Speciality Chemical, Jindal Saw, LTM, Oberoi Realty, Punjab National Bank, Tejas Networks, The Federal Bank, Urban Company, Aurum PropTech, E2E Networks, Indo Rama Synthetics (India), Jayaswal Neco Industries, Modison, Onward Technologies, Paushak, Raghav Productivity Enhancers, SG Finserve, Shoppers Stop, Solara Active Pharma Sciences, Tiger Logistics (India), Ujjivan Small Finance Bank

## 📰 More Headlines

- The \$50-billion question: Who gets what as India and Canada aim to strike a trade deal?
- Nestle India shares tank 9% in 2 days as firm flags inflation risks in Q2

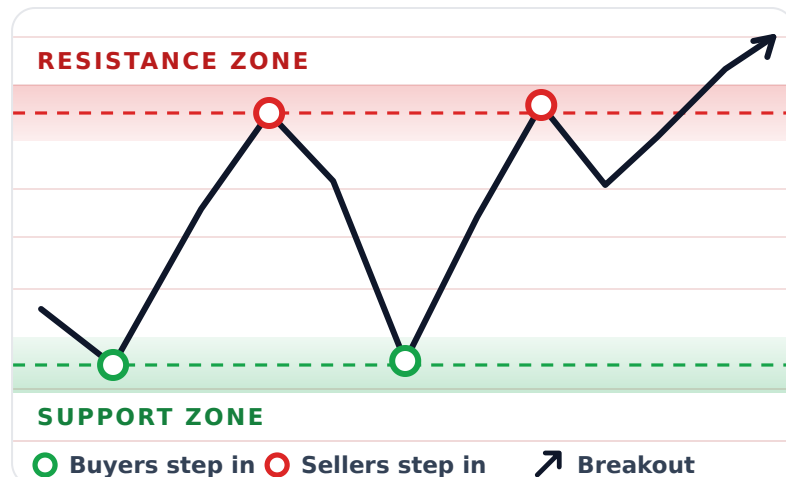
# Current IPOs

| Company Name                        | Open        | Close       | ₹ Range       | Size (Cr.) |
|-------------------------------------|-------------|-------------|---------------|------------|
| Fusion CX IPO                       | 14 Oct 2026 | 16 Oct 2026 | ₹275–₹289     | 702        |
| Ravita Engineering Services IPO     | 14 Oct 2026 | 16 Oct 2026 | ₹105–₹112     | 116        |
| Bonfiglioli Transmissions IPO       | 15 Oct 2026 | 19 Oct 2026 | ₹558–₹586     | 2,534      |
| Sahajanand Medical Technologies IPO | 15 Oct 2026 | 19 Oct 2026 | ₹327–₹344     | 475        |
| Shellz India IPO                    | 15 Oct 2026 | 19 Oct 2026 | ₹170–₹179     | 60         |
| Tonbo Imaging India IPO             | 15 Oct 2026 | 19 Oct 2026 | ₹665–₹700     | 852        |
| Zetwerk Manufacturing IPO           | 15 Oct 2026 | 19 Oct 2026 | ₹143–₹151     | 5,012      |
| UPCOMING IPOs                       |             |             |               |            |
| Reliance Jio IPO                    | 21 Oct 2026 | 23 Oct 2026 | ₹1,065–₹1,119 | 30,188     |
| Paras Healthcare IPO                | 21 Oct 2026 | 23 Oct 2026 | ₹660–₹693     | 1,450      |

# Understand the Report

Support & resistance explained simply, what the data means, an important disclaimer and common questions.

## 1 Support & Resistance, simply explained



### Support (the floor)

A price zone where buying interest has repeatedly been strong enough to stop a fall.

### Resistance (the ceiling)

A price zone where selling pressure has repeatedly stopped a rise.

#### ✓ Pivot levels

Nifty & Bank Nifty pages show classic and Fibonacci pivots (S1-S3 / R1-R3) built from the last session.

#### ✓ Option chain OI

The strike with the highest Put OI is often read as support and the highest Call OI as resistance.

#### ✓ Breaks matter

A close beyond a zone on strong volume can turn old support into resistance, and the other way round.

## 2 What the data in this report means

### Markets & Commodities

Indian indices come from Upstox; global indices, commodities, crypto and currencies from public market-data feeds. GIFT Nifty is indicative.

### Snapshot & Sectors

Gainers, losers, volume shockers and 52-week highs cover Nifty 500; build-up uses current-expiry stock futures.

### Technicals & Options

Levels, EMA / RSI / MACD use completed sessions; PCR, Max Pain and OI come from the live option chain.

### Flows, News & IPOs

FII / DII flows, stock news, IPOs and the F&O ban list come from exchange filings and market-information feeds.

### ⚠ Important Disclaimer

This report is for educational and informational purposes only and is not investment advice, a research recommendation, or an offer to buy or sell any security. Market data may be delayed or contain errors, and some commentary is generated automatically from market data. Trading in equities, futures and options carries a risk of loss; do your own research or consult a qualified financial adviser before acting. Spice Stocks Academy accepts no liability for any loss arising from use of this report.

## 3 Frequently Asked Questions

### Q Is this a buy or sell call?

No. This report is market information and education only, not a recommendation.

### Q What is Max Pain?

The strike where option buyers lose the most at expiry; some traders watch it as an expiry magnet.

### Q When is the report published?

Every NSE trading morning before the market opens. Weekends and market holidays are skipped.

### Q What is PCR?

Put-Call Ratio = Put OI ÷ Call OI. High is read as put-heavy, low as call-heavy.

### Q Why do prices differ from my app?

Feeds can lag. See the 'Last updated' time on the cover; 'Prev' or '-' means no live value.

### Q How are S1-S3 / R1-R3 calculated?

From the previous session's high, low and close, using classic and Fibonacci pivot formulas.

## STOCK MARKET EDUCATION & DAILY INSIGHTS

Spice Stocks Academy helps traders and investors understand the Indian stock market through simple explanations, daily market reports and data-driven insights — so every decision starts with clarity, not noise. Our website and SOFHOUR Trading Terminal bring market levels, option-chain data, sector moves and market news together in one place.

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PDF report on Telegram every trading morning
- ◆ **SOFHOUR Trading Terminal**  
Market data, levels and option-chain insights
- ◆ **Market Levels**  
Nifty & Bank Nifty support / resistance
- ◆ **Sector & Stock Updates**  
Gainers, losers, news and IPOs

### LEARNING & CONTENT

- ◆ **Stock Market Basics**  
Concepts explained in simple language
- ◆ **Technical Analysis**  
Support, resistance, EMA, RSI and MACD
- ◆ **Options & F&O**  
Option chain, PCR and Max Pain made simple
- ◆ **Daily Market News**  
Key triggers and global cues in one place

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