

The Morning Report

Tuesday, May 19th 2026

INDICES	Closing Price	SUPPORT	RESISTANCE	21 DMA	200 DMA	Range	Trend
NIFTY	23650	23300	23851	24028	25026	23475-23821	NEUTRAL
BANK-NIFTY	53587	52900	54100	55313	57099	53175-53788	NEUTRAL

Preferred trade

- NIFTY (CMP 23650): Sell between 23775-2380 zone. Stop 24199. Targets 23541/23262. Aggressive targets at 22500-22750 zone. Rationale: Weakening bullish momentum.
- BANKNIFTY (CMP 53587): Sell at CMP. Stop 55569. Targets 53501/53191. Aggressive targets at 52876-53000 zone. Weakening bullish momentum..

All about stocks

INSTRUMENT	CMP	SUPPORT	RESIST	21 DMA	200 DMA	Bias	Preferred Trade
360 ONE	1105	1062	1141	1079	1092	Positive	Buy at CMP. Stop at 1051. Targets 1141/1169. Aggressive targets at 1227. (Interweek Strategy). Rationale: Signalling a massive rebound from a higher consolidation zone on the daily charts. Key interweek support 1062. Major hurdles only at 1141 mark. 200-DMA at 1092.
CG POWER	809	778	835	827	707	Negative	Sell at CMP. Stop at 841. Targets 778/741. Aggressive targets at 712. (Interweek Strategy). Rationale: Signalling long unwinding on daily charts. Key interweek support 741. Major hurdles only at 835 mark. 200-DMA at 707.
M&M	3084	3022	3145	3170	3437	Negative	Sell at CMP. Stop at 3303. Targets 3022/2967. Aggressive targets at 2897. (Interweek Strategy). Rationale: Signalling a massive breakdown from a lower consolidation zone on the daily charts. Key interweek support 2967. Major hurdles only at 3145 mark. 200-DMA at 3437.

Option Call: BUY NIFTY 26th MAY CE Strike Price 23500 at CMP 360. Maximum Loss: ₹ 23400. Profit: Unlimited. Stop: Exit Call Option if NIFTY MAY FUTURES moves below 23400. Analyst's Remark: Rebound play likely after a lower start.

All about stocks (Medium Term Trades)

Stocks	CMP	SUPPORT	RESIST	21 DMA	200 DMA	Bias	Preferred Trade
AB CAPITAL	350	313	401	350	323	Positive	Buy at CMP, targeting 376/401/435. Stop below 313. Rationale: Breakout play likely to be seen
ONGC	297	231	345	290	255	Positive	Buy at CMP, targeting 345/363/411. Stop below 231. Rationale: Breakout play likely to be back in action
TORRENT PHARMA	4394	4111	4851	4272	3890	Positive	Buy at CMP, targeting 4500/4621/4851. Stop below 4111. Rationale: Breakout play likely to continue

TECHNICAL STRATEGY

STOCKS	Action	TARGET	SUPPORT	RESISTANCE	HOLDING PERIOD
OIL INDIA (CMP 506)	BUY	603	493/457	603/657	9-12 months. Momentum play

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