The Morning Report

Thursday, July 23rd 2026

INDICES	Closing Price	SUPPORT	RESISTANCE	21 DMA	200 DMA	Range	Trend
NIFTY	23996	23801	24205	24106	24807	23800-24150	NEUTRAL
BANK-NIFTY	57127	56450	57600	57794	57392	56750-57350	NEUTRAL

Preferred trade

- NIFTY (CMP 23996): Buy only above 24100 zone. Stop 23783. Targets 24350/24602. Aggressive targets at 24900-25100 zone. Rationale: Oversold levels.
- BANKNIFTY (CMP 57127): Buy only above 57500 zone. Stop 56351. Targets 58597/59100. Aggressive targets at 60177-61765 zone. Rebound Play.

All about stocks

INSTRUMENT	CMP	SUPPORT	RESIST	21 DMA	200 DMA	Bias	Preferred Trade
ADANIPORTS	1819	1783	1859	1826	1563	Negative	Sell at CMP. Stop at 1869. Targets 1783/1739. Aggressive targets at 1683. (Interweek Strategy). Rationale: Bearish price structure. Long unwinding remains amidst bearish candlestick pattern. Poised to slip towards its 200-DMA at 1563 mark.
INDIGO	5117	5001	5225	5272	4971	Negative	Sell at CMP. Stop at 5239. Targets 5001/4871. Aggressive targets at 4721. (Interweek Strategy). Rationale: Bearish price structure. Long unwinding remains amidst bearish candlestick pattern. Poised to slip towards its 200-DMA at 4971 mark.
MANAPPURAM	350	337	361	330	294	Positive	Buy at CMP. Stop at 333. Targets 361/359. Aggressive targets 377. (Interweek Strategy). Rationale: Positive crossover and Positive divergences. Holding firmly way above 200 DMA (294). Breakout play, momentum favours higher consolidation surge.

Option Call: BUY NIFTY 28th JULY PE Strike Price 23800 at CMP 80.95. Maximum Loss: ₹ 5261.75. Profit: Unlimited. Stop: Exit Put Option if NIFTY JULY FUTURES moves above 24100. Analyst's Remark: Breaking down

All about stocks (Medium Term Trades)

Stocks	CMP	SUPPORT	RESIST	21 DMA	200 DMA	Bias	Preferred Trade
ETERNAL	284	233	351	280	276	Positive	Buy at CMP, targeting 299/313/357. Stop below 233. Rationale: Breakout play likely to be back in action
LUPIN	2407	2239	2750	2448	2204	Positive	Buy at CMP, targeting 2553/2629/2750. Stop below 2239. Rationale: Breakout play likely to continue.
SWIGGY	264	233	351	259	326	Positive	Buy at CMP, targeting 297/313/351. Stop below 233. Rationale: Momentum play

TECHNICAL STRATEGY

STOCKS	Action	TARGET	SUPPORT	RESISTANCE	HOLDING PERIOD
ONGC (252)	BUY	309	243/231	277/321	9-12 months. Momentum play

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