



Option Chain for

BANKNIFTY

Max pain: 61,000.00

India VIX 13.0

Monthly

30 Mar 2026

28 Apr 2026

26 May 2026

30 Jun 2026

29 Sep 2026

29 Dec 2026

« Calls

Gamma	Theta	Delta	OI (chg)	OI (lakhs)	LTP	Strike	LTP	OI (lakhs)	OI (chg)	Delta	Theta
0.0002	-12.5913	0.6139	-9,180	0.59 -13.30 %	1,159.90 +3.13 %	60,900 PCR: 2.05	579.60 -10.97 %	1.22 +58.74 %	+45,480	-0.3864	-12.6370
0.0002	-12.6123	0.5963	-56,010	13.33 -4.03 %	1,085.00 +2.31 %	61,000 PCR: 1.23	615.00 -10.32 %	16.38 +2.58 %	+41,220	-0.4040	-12.6600
0.0002	-12.8169	0.5772	+26,190	1.99 +15.12 %	1,030.00 +2.64 %	61,100 PCR: 0.75	650.00 -10.65 %	1.49 +27.29 %	+32,040	-0.4220	-12.6390
Spot 61,187.70											
0.0002	-12.7383	0.5589	+570	2.53 +0.23 %	963.30 +2.05 %	61,200 PCR: 0.77	601.00 -9.54 %	1.94 +31.14 %	+46,200	-0.4409	-12.6900
0.0002	-12.7925	0.5397	-18,720	1.65 -10.16 %	909.00 +2.64 %	61,300 PCR: 0.87	729.75 -8.49 %	1.44 +20.28 %	+24,360	-0.4600	-12.6470
0.0002	-12.7411	0.5205	+11,850	1.2 +10.92 %	850.00 +2.27 %	61,400 PCR: 0.47	778.00 -8.63 %	0.56 +43.47 %	+17,070	-0.4795	-12.6940

Today's OI

Yesterday's OI

Build

All ▾

02 Mar 2026 W

10 Mar 2026 W

17 Mar 2026 W

24 Mar 2026 W

30 Mar 2026

28 Apr 2026

26 May 2026

30 Jun 2026

◀ Calls

Gamma	Theta	Delta	OI (chg)	OI (laks)	LTP	Strike	LTP	OI (laks)	OI (chg)	Delta	Theta
0.0008	-11.2540	0.8221	+24	<div><div>B</div><div>S</div></div>		25,200 PCR: 17.15	<div><div>B</div><div>S</div></div>				
0.0009	-12.7927	0.7809	+31,330	1.13 +38.16 %	304.25 -5.59 %	25,250 PCR: 17.47	39.70 -37.33 %	19.81 +19.95 %	+3,15,640	-0.2096	-11.9524
0.0010	-12.7743	0.7506	+87,620	7.39 +13.44 %	264.50 -6.80 %	25,300 PCR: 6.34	48.60 -34.63 %	46.88 +28.65 %	+10,44,225	-0.2504	-12.8560
0.0011	-13.9149	0.6995	+48,035	3.32 +16.91 %	226.00 -8.50 %	25,350 PCR: 7.30	59.15 -32.67 %	24.23 +44.00 %	+7,40,675	-0.2967	-13.5430
0.0012	-14.3194	0.6476	+6,47,790	26.32 +32.64 %	188.35 -11.45 %	25,400 PCR: 2.72	72.85 -29.55 %	71.54 +46.43 %	+22,68,500	-0.3512	-14.1793
0.0013	-14.8015	0.5868	+7,63,555	26.64 +40.16 %	155.10 -14.26 %	25,450	89.75 -26.31 %	36.63 +38.00 %	+10,09,190	-0.4117	-14.5214

Spot price: 25496.55
Spot ▲ 28,496.55

Today's OI

Yesterday's OI

Build S

Option Chain for NIFTY

Max pain: 25,500.00 India VIX 13.0

02 Mar 2026 W10 Mar 2026 W17 Mar 2026 W24 Mar 2026 W30 Mar 202628 Apr 202626 May 202630 Jun 2026

Calls

Gamma	Theta	Delta	OI (chg)	OI (lakhs)	LTP	Strike	LTP	OI (lakhs)	OI (chg)	Delta	Theta
0.0013	-14.7935	0.5222	+31,78,175	105.22 +43.27 %	125.80 -17.26 %	Spot price: 25496.55 PCR: 0.68	109.90 -22.88 %	71.3 +18.16 %	+10,95,900	-0.4776	-14.590
0.0013	-14.5794	0.4547	+17,32,575	48.59 +55.41 %	100.45 -20.40 %	25,550 PCR: 0.37	134.30 -19.41 %	17.82 +56.42 %	+6,42,915	-0.5460	-14.374
0.0013	-14.0969	0.3885	+15,79,	B S		25,600 PCR: 0.23	B S		59,390	-0.6147	-13.673
0.0012	-13.1796	0.3248	+5,69,075	52.73 +12.10 %	61.50 -27.05 %	25,650 PCR: 0.12	193.90 -13.63 %	6.52 -16.97 %	-1,33,315	-0.6793	-12.801
0.0011	-12.1332	0.2676	+19,62,740	102.31 +23.74 %	47.45 -29.81 %	25,700 PCR: 0.13	230.45 -10.71 %	13.14 -15.45 %	-2,40,305	-0.7392	-11.594
0.0010	-10.7661	0.2151	+6,76,260	41.75 +19.32 %	35.90 -33.58 %	25,750 PCR: 0.09	268.95 -8.80 %	3.9 +3.02 %	+11,440	-0.7885	-10.498

Today's OIYesterday's OI

Build S

OrdersPositionsDay P&L 0.00HoldingsDay P&L 0.00

Option Chain for

NIFTY

Max pain: 25,500.00 India VIX 13.0

All

02 Mar 2026 W

10 Mar 2026 W

17 Mar 2026 W

24 Mar 2026 W







30 Mar 2026

28 Apr 2026

26 May 2026

30 Jun 2026

Calls

Gamma	Theta	Delta	OI (chg)	OI (laks)	LTP	Strike	LTP	OI (laks)	OI (chg)	Delta	Theta
0.0013	-14.7935	0.5222	+31,78,175	105.22 +43.27 %	125.80 -17.26 %	Spot price: 25496.55	109.90 -22.88 %	71.3 +18.16 %	+10,95,900	-0.4776	-14.590
0.0013	-14.5794	0.4547	+17,32,575	48.59 +55.41 %	100.45 -20.40 %	25,550 PCR: 0.37	134.30 -19.41 %	17.82 +56.42 %	+6,42,915	-0.5460	-14.374
0.0013	-14.0969	0.3885	+15,79,110	99.9 +18.77 %	79.30 -23.53 %	25,600 PCR: 0.23	162.80 -16.10 %	22.5 -19.90 %	-5,59,390	-0.6147	-13.673
0.0012	-13.1796	0.3248	+5,69,075	52.73 +12.10 %	61.50 -27.05 %	25,650 PCR: 0.12	193.90 -13.63 %	6.52 -16.97 %	-1,33,315	-0.6793	-12.801
0.0011	-12.1332	0.2676	+19,62,	<div>B S   </div>		25,700 PCR: 0.13	<div>B S   </div>	40,305	-0.7392	-11.594	
0.0010	-10.7661	0.2151	+6,76,260	41.75 +19.32 %	35.90 -33.58 %	25,750 PCR: 0.09	268.95 -8.80 %	3.9 +3.02 %	+11,440	-0.7885	-10.498
0.0008	-9.4731	0.1737	+3,88,885	82.31	26.90	25,800	310.90	7.61	88,885	-0.8881	-9.888

Today's OI

Yesterday's OI

Build S

Orders

Positions Day P&L 0.00

Holdings Day P&L 0.00

Option Chain for

NIFTY

Max pain: 25,500.00

India VIX ▼ 13.00

All

02 Mar 2026 W

10 Mar 2026 W

17 Mar 2026 W

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◀ Calls

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Spot ▲ 25,496.55											
0.0013	-14.7935	0.5222	+31,78,175	105.22 +43.27 %	125.80 -17.26 %	25,500 PCR: 0.98	109.90 -22.88 %	71.3 +18.16 %	+10,95,900	-0.4776	-14.5900
0.0013	-14.5794	0.4547	+17,32,575	48.59 +55.41 %	100.45 -20.40 %	25,550 PCR: 0.37	134.30 -19.41 %	17.82 +56.42 %	+6,42,915	-0.5460	-14.3746
0.0013	-14.0969	0.3885	+15,79,110	99.9 +18.77 %	79.30 -23.53 %	25,600 PCR: 0.23	162.80 -16.10 %	22.5 -19.90 %	-5,59,390	-0.6147	-13.6734

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Yesterday's OI

Build S

US 10-Year Yield Falls to 3-Month Low

United States

Government Bond 10Y

The yield on the 10-year US Treasury note fell toward 4.03% on Thursday, the lowest in three months, amid robust demand for the safety of Treasuries and a higher preference for longer-maturity notes and bonds. Global markets pivoted to US Treasuries amid lingering uncertainty on US economic policy after President Trump threatened 15% tariffs under the Section 122 balance of payment economic emergency, but passed a lower 10% level. Concerns of geopolitical instability also supported sovereign bonds as the US delegation started nuclear talks with Tehran. The yield on the 10-year note fell despite evidence of sticky inflation and a stable labor market, driving rate traders to push back expectations of the Federal Reserve's first rate cut this cycle to October. Still, Treasuries in the shorter end of the curve underperformed as the supply of bills continued to increase, despite the Federal Reserve's purchases of short-term securities to maintain reserve balances ample.

60 seconds ago

Gold Hovers Flat on Thursday

Commodity

Gold prices stabilized around \$5,170 per ounce, paring early session gains as markets weighed escalating US trade protectionism and Middle East geopolitical friction against a resilient dollar. Bullion found support after the administration invoked Section 122 to impose a 10% global tariff following a February 20th Supreme Court ruling that struck down previous emergency duties. This trade pivot reignited inflation fears and safe haven demand as the White House signaled a potential hike to 15%. However demand for gold was capped as January PCE inflation stayed sticky at 3% and the Fed signaled no immediate need for rate cuts. On the supply side central bank accumulation remained a core anchor with monthly net purchases averaging 60 tonnes. While safe haven inflows grew due to stalled US-Iran nuclear talks in Geneva, a 212,000 rise in weekly jobless claims in February 2026 offered a mixed signal.

8 minutes ago

Why Support and Resistance Trading Does Not Always Work

From activtrades.com



Support and resistance are among the most widely used concepts in technical analysis. Traders often rely on these levels to identify potential turning points, define risk, or plan entries and exits. However, real market behaviour frequently challenges the assumption that price will automatically reverse at a predefined level. In practice, support and resistance trading does not always produce the expected results. Markets regularly move through established levels, triggering losses for traders who assume those levels must hold. Understanding why this happens is essential for improving decision-making and reducing ... ([full story](#))

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