

Swing Trade Watchlist

Title: *Mid-Term Swing Trade Picks – July Week 1*

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Overview:

Swing trading is suitable for traders who hold stocks for 3–15 days to capture medium-term trends. Technical indicators like moving averages, RSI crossovers, MACD, and price action are used to filter high-potential setups.

Market Context:

Indices are seeing sector-wise rotation. FMCG and Energy are leading; IT is rebounding. Swing trade setups in fundamentally strong stocks with breakout formations are our current focus.

Picks for This Week:

Stock	Entry Zone	Target	SL	Pattern
DABUR	₹544–548	₹570	₹535	Triangle breakout with volumes
ADANIGREEN	₹1915	₹2025	₹1880	Hammer candle on support
PVRINOX	₹1550	₹1630	₹1515	Symmetrical wedge breakout
TATAELXSI	₹7370	₹7700	₹7240	50 EMA bounce
HCLTECH	₹1415	₹1500	₹1390	RSI trendline breakout

Tips for Success:

- Avoid holding through results or news.
- Stick to risk-reward ratio of at least 1:2.
- Use trailing stop-loss after first target.