



Market News

Glenmark Pharmaceuticals Ltd reported widening of consolidated net loss to Rs 1,238.6 crore for the March quarter from a net loss of Rs 549.4 crore in the same period a year ago. Revenue rose two percent from the previous year to Rs 3,063 crore, from Rs 3,000.5 crore in the same period a year ago.

Earnings before interest, tax, depreciation and amortisation (EBITDA) increased 26.7 percent to Rs 504.2 crore. The EBITDA expanded to 16.5 percent from 13.3 percent a year ago.

The Board recommended a dividend of Rs. 2.5/- per share on the Equity Share Capital of the Company for the financial year 2023-24 subject to the approval of the Shareholders at the ensuing Annual General Meeting.

Hospital chain Narayana Healthcare has reported a 17.7 percent rise in March quarter consolidated net profit at Rs 195 crore, from Rs 165 crore in the year-ago period.

Revenue grew by 4.7 percent from last year to Rs 1,279.4 crore, from Rs 1,221.5 crore in the same period a year ago.

Its earnings before interest, tax, depreciation and amortisation (EBITDA) increased to Rs 294.5 crore from Rs 275 crore in the year ago period. The EBITDA margin expanded to 23 percent from 22.6 percent in the same period a year ago. Cayman operating revenue was Rs 2,528 million for Q4 FY24 as compared to Rs 2,445 million in the corresponding period of the previous year, reflecting a growth of 3.4 percent YoY.

Torrent Pharmaceuticals Ltd on May 24 reported 57 percent rise in its consolidated net profit for March quarter at Rs 449 crore from Rs 287 crore in the year-ago period.

Revenue grew by 10 percent to Rs 2,745 crore from Rs 2,452 crore a year ago. Its earnings before interest, tax, depreciation and amortisation (EBITDA) increased 21 percent to Rs 883 crore. The Board also recommended for issuance of Equity Shares including Convertible Bonds / Debentures through Qualified Institutional Placement (QIP) and or any other modes for an amount not exceeding Rs 5,000 crores in the upcoming Annual General Meeting of the Company.

Results & Corporate Action

Result Calendar

NATIONALUM	27-May-2024
GNFC	28-May-2024
IRCTC	28-May-2024
ABFRL	28-May-2024
GUMMINSIND	29-May-2024
MOTHERSON	29-May-2024
BATAINDIA	29-May-2024
GMRINFRA	29-May-2024
ALKEM	29-May-2024
IPCALAB	29-May-2024
TATASTEEL	29-May-2024
APOLLOHOSP	30-May-2024
MUTHOOTFIN	30-May-2024

Corporate Action	Company	Type & Percentage	Record Date	Ex-Date
Split	Balaxi Pharma	Old FV 10 New FV 2	30-05-2024	30-05-2024
Split	Davangere Sugar	Old FV 10 New FV 1	31-05-2024	31-05-2024
Dividends	Stovec Ind	Interim 1150.00	27-05-2024	27-05-2024
Dividends	IEX	Interim 150.00	31-05-2024	31-05-2024
Dividends	Infosys	Interim 160.00	31-05-2024	31-05-2024
Dividends	Infosys	Interim 400.00	31-05-2024	21-05-2024
Dividends	Caplin Labs	Interim 120.00	31-05-2024	31-05-2024
Dividends	GlaxoSmithKline	Interim 320.00	31-05-2024	31-05-2024

Nifty Spot in Last Week:-

As we saw the Price Movement in Nifty fut in last week that In Upside is 23026.40 and in Downside 22404.55.



NIFTY WEEKLY CHART



BANKNIFTY WEEKLY CHART

Nifty Fut in Upcoming Week:-

Nifty down side 22400 is strong support up side 23400 resistance.

Bank Nifty in Upcoming week:-

Bank Nifty down side 47600 is strong support up side 49660 to 51000 strong resistance.

Recommendation for next week

Serial No.	Stock Name Cash segment	Above/ Below/ Add HOLD	CMP as on 25.05.2024	Trail SL	Buy Stop loss	Sell Stop loss	Target
1	BLUSTARCO (BUY)	AROUND 1420	1485		1375		1570
2	UBL (BUY)	ABOVE 1925	1874		1845		1992
3	BATAINDIA (BUY)	AROUND 1340	1360		1317		1400-1475

Commodity Market

COPPER CMP (884):- Buy in deep around 860 to 850 with sl 840 up side target 924 possibility.



CRUDEOIL CMP (6469):- Investors can sell on rise around level 6890 with stop loss 7000 down side target will be to 6200 possibility buy in deep around 6180 with sl 5900 up side target 6890 possibility.



SILVER CMP (90540):- Investors can sell on rise around level 94000 to 94200 with stop loss 95900 down side target will be to 87800 to 85000 possibility.



GOLD CMP (71280):- Investors can sell on rise around level 73790 with stop loss 74330 down side target will be to 70900 to 70500 possibility, buy in deep around 70600 with sl 70000 up side 73700 level possibility.



Is The F.I.R.E. Movement Unrealistic?

By Steve Burns

In our last newsletter, we saw what is FIRE. Many people believe that it is not possible to achieve the one and hence it is unrealistic. The article by Steve Burns (taken from: New Trader U, <https://www.newtraderu.com/2024/05/20/is-the-f-i-r-e-movement-unrealistic/>) gives us much needed clarity and motivates us to walk on the path towards F.I.R.E

The Financial Independence Retire Early (FIRE) movement has gained significant traction in recent years, with more and more people aspiring to achieve financial freedom and retire young. However, many individuals fear pursuing this goal, believing it to be unrealistic or requiring extreme sacrifices.

In this article, we'll explore the common misconceptions about FIRE and how the movement makes financial independence attainable for those willing to put in the effort.

The Reasons The FIRE Movement Is Not Unrealistic:

Here is why the FIRE movement principles are still achievable:

1. People often think financial independence requires huge sacrifices or a very high income, but this isn't necessarily true if you learn to manage money well.
2. The FIRE community provides education and real-life examples showing that financial independence is achievable and enjoyable.
3. While some people may be afraid of the math involved, there are now many accessible tools and resources to help with budgeting, tracking expenses, and investing.
4. The FIRE movement connects people who share their experiences of achieving financial independence rather than relying solely on financial institutions that may not have individuals' best interests in mind.
5. By learning from the stories of people who have successfully reached financial independence, individuals can make more informed decisions and take control of their financial future.

The FIRE movement is realistic and empowering. It can help people overcome fears, find trustworthy guidance, and realize that financial independence is an attainable goal. It's realistic and achievable if you follow the principles of the FIRE movement: saving, frugality, and investing are the paths to early financial independence and early retirement.

Is The FIRE Method Worth It?

The FIRE movement is worth pursuing because it offers a path to financial freedom and living on your terms. By prioritizing saving, investing, and intelligent money management, individuals can break free from the traditional cycle of working until retirement age and instead enjoy the freedom to pursue their passions, spend time with loved ones, and live a fulfilling life without the constraints of financial stress.

The FIRE movement empowers people to take control of their financial future, providing them with the knowledge, tools, and support needed to achieve their goals and create a life of purpose and abundance.

Ultimately, the FIRE movement is not just about retiring early; it's about living a life that aligns with one's values and aspirations, making it worthwhile for anyone seeking true financial independence.

Why People Fear Pursuing Financial Independence

One of the primary reasons people fear pursuing financial independence is the belief that it requires a high income or extreme sacrifices. Society often perpetuates the myth that achieving FIRE is only possible for those earning six-figure salaries or willing to give up all life's pleasures.

This misconception can discourage individuals from considering the possibility of financial independence, as they feel it is out of reach for the average person. This is not true, and the math of financial freedom is the same for everyone; the speed varies based on income and the standard of living you want.

Debunking Myths About Achieving Financial Independence

Contrary to popular belief, achieving financial independence does not necessarily require a high income or a life devoid of enjoyment. The key to success lies in learning how to manage money effectively.

By creating a budget, making wise financial decisions, and investing wisely, individuals can work towards FIRE while still enjoying life's experiences. It's about balancing saving for the future and living in the present.

Conclusion

The FIRE movement has revolutionized the way people perceive and approach financial independence. By dispelling common myths, providing a supportive community, and offering accessible resources, the movement has made the once-daunting goal of retiring early a viable option for those willing to embrace its principles.

Through education, empowerment, and inspiration, the FIRE movement has transformed the lives of countless individuals, proving that with the right mindset and strategies, anyone can work towards achieving financial freedom. Ultimately, the FIRE movement is not an unrealistic fantasy but a powerful catalyst for change. It demonstrates that the path to financial independence is well within reach for those who dare to pursue it.

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