



# INTRADAY TRADING

## Profit From the Hours — Without Holding Overnight

An honest guide to day-trading crypto: the right hours, simple tools, clean setups, fast risk control — and the hard truth about why India's 1% TDS makes intraday the most demanding style of all. For Indian traders, in ₹.

WRITTEN BY

**Avik Kanrar**  
Founder, cRyPtO sMaRt

## LEGAL

# Intraday Trading — A Guide

## PUBLISHED BY

cRyPtO sMaRt Education

## AUTHOR

Avik Kanrar — Founder, cRyPtO sMaRt

## EDITION

First Edition — 2026 (India)

© 2026 cRyPtO sMaRt. All rights reserved. No reproduction or distribution without prior written permission, except brief quotations in reviews.

**DISCLAIMER**

For **education only** — not financial or tax advice. Intraday trading is high-risk and the **majority of day traders lose money**; you can lose your entire capital quickly. Tax notes are general — India's rules are strict and TDS/30% apply per the law. Always use risk management, do your own research, and consult a qualified CA/advisor before trading.

## CONTACT

[cryptosmartceek.com](https://cryptosmartceek.com)[info@cryptosmartceek.com](mailto:info@cryptosmartceek.com)

**A MESSAGE FROM THE FOUNDER**

# Author's Note

**Avik Kanrar**

Founder, cRyPtO sMaRt  
cryptosmartceek.com

I'll be blunt up front, because you deserve honesty more than encouragement: **intraday trading is the hardest way a beginner can start.** It's fast, it's emotional, and most people who try it lose.

So why a whole book on it? Because if you're going to do it anyway, you should do it **properly** — with the right hours, simple tools, one clean setup, tight risk, and a hard daily loss limit. Done with discipline, intraday can work. Done on impulse, it's the quickest way to empty an account.

There's also a uniquely Indian catch most guides ignore: because intraday means **many** trades, India's **1% TDS on every sale** and flat 30% tax bite far harder than they do for a patient swing trader. Frequency multiplies the friction. You'll see exactly how inside.

My honest advice: master swing trading first. But if you choose this path, let this book keep you disciplined — and protected.

**Trade fast. Stay disciplined.**

---

**Avik Kanrar**

## WHAT YOU WILL LEARN

# Table of Contents

**PART I** — The Intraday Game

<b>01</b>	What Intraday Trading Is .....	<b>6</b>
<b>02</b>	Intraday vs Swing — Honestly .....	<b>8</b>

**PART II** — Setup & Timing

<b>03</b>	Best Hours to Trade (IST) .....	<b>11</b>
<b>04</b>	Keep the Tools Simple .....	<b>13</b>
<b>05</b>	Three Clean Setups .....	<b>15</b>

**PART III** — Execution & Risk

<b>06</b>	Entry, Stop & Target .....	<b>18</b>
<b>07</b>	Risk & the Daily Loss Limit .....	<b>20</b>
<b>08</b>	Fees & the TDS Tax Trap .....	<b>22</b>

**PART IV** — The Intraday Mindset

<b>09</b>	Discipline Under Speed .....	<b>25</b>
<b>10</b>	Your Intraday Routine .....	<b>27</b>

**APPENDIX**

<b>A1</b>	Intraday Rules Card .....	<b>29</b>
<b>A2</b>	Glossary .....	<b>30</b>
<b>A3</b>	A Sample Trading Day .....	<b>31</b>

PART I

# The Intraday Game

What day-trading is — and who it's really for

---



CHAPTER 1

---

# What Intraday Trading Is

In and out, all within a single day

Intraday (or “day”) trading means opening and closing every position within the same day — never holding overnight. You profit from short-term moves over minutes to hours, then end the day flat, with no exposure to overnight gaps.



Crypto trades 24/7, so your “day” is really your **chosen session** — typically the high-volume evening window in India. The appeal is no overnight risk and fast feedback. The cost is intensity: you must be right quickly, and you'll make many decisions under pressure.

**! MOST DAY TRADERS LOSE**

Study after study shows the large majority of intraday traders lose money over time. Speed magnifies both skill and mistakes — and as a beginner, you'll make mistakes. Respect that before risking real ₹.

02

CHAPTER 2

---

# Intraday vs Swing — Honestly

Choosing the style that fits your life

Before you commit to intraday, compare it honestly with swing trading — because the right style depends on your time, temperament, and tax tolerance, not on which sounds more exciting.

### INTRADAY VS SWING — BE HONEST

Which fits your life?

#### INTRADAY

##### Fast & demanding

Hours of screen focus, split-second decisions, many trades, heavy tax friction. Hardest style for beginners.

#### SWING

##### Calmer & part-time

Hold days to weeks, check charts once or twice a day, far fewer trades and less tax drag. Best for most beginners.

If you have a day job, limited screen time, or are still learning — swing trading is almost always the smarter start.

Intraday demands hours of uninterrupted focus, rapid decisions, and a calm head under fire. Swing trading lets you check charts once or twice a day and hold for days or weeks — far gentler on a beginner's emotions, schedule, and tax bill.

#### ✓ THE HONEST RECOMMENDATION

If you have a full-time job, limited screen time, or you're still building consistency — **start with swing trading**. Come to intraday later, once discipline is automatic. There's no prize for choosing the hardest path first.

PART II

# Setup & Timing

When to trade, what to watch, and how

---

03

CHAPTER 3

---

# Best Hours to Trade (IST)

Trading the high-volume window

Crypto never closes — but that doesn't make every hour worth trading. Liquidity and clean movement concentrate in specific windows. Trading the dead hours just means wider spreads and choppy traps.



For Indian traders, the **evening EU-US overlap (≈ 7:00–10:30 PM IST)** is the prime window: deepest volume, cleanest moves, and conveniently after work. The quiet early-morning IST hours are thin and best avoided while learning.

**I PICK A WINDOW AND OWN IT**

Don't trade all day. Choose one or two focused hours, trade only then, and step away after. Tired, distracted trading in dead hours is where intraday accounts quietly bleed out.

04

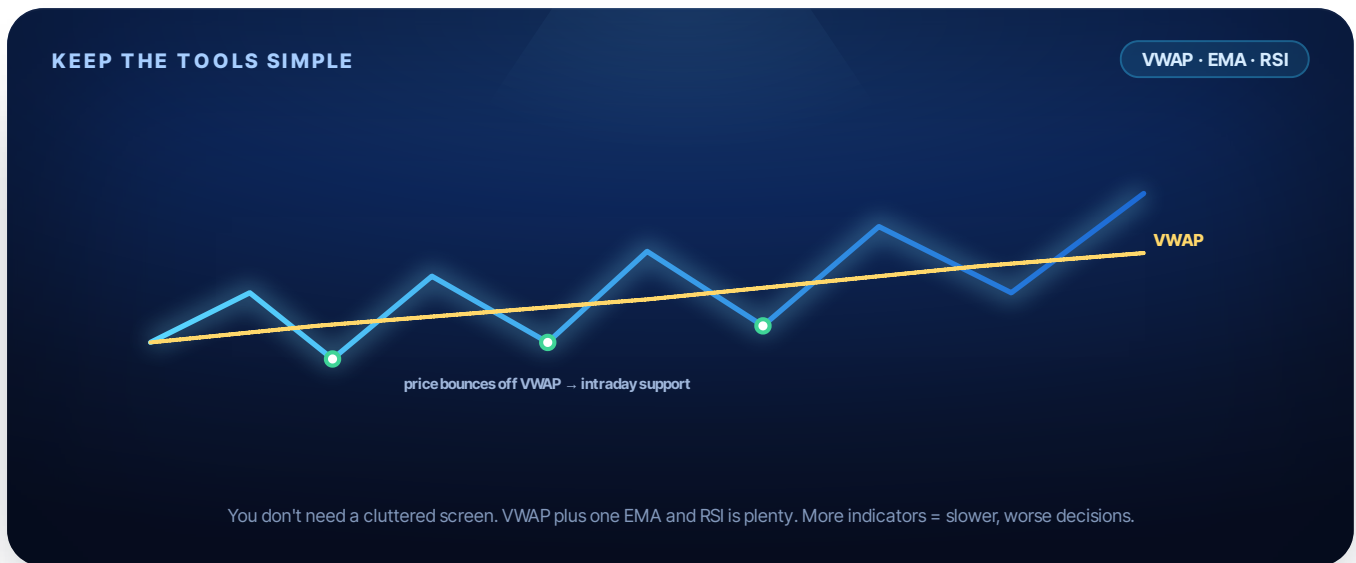
CHAPTER 4

---

# Keep the Tools Simple

Fewer indicators, faster decisions

Beginners cram their intraday screen with indicators, hoping more inputs mean more certainty. The opposite is true: clutter slows you down exactly when speed matters. Master a tiny, reliable toolkit instead.



**VWAP** (volume-weighted average price) is the single most useful intraday line — it shows the day's "fair" average and often acts as support or resistance. Add **one EMA** for trend and **RSI** for momentum, and you have everything you need.

### ✓ **THREE TOOLS, ONE SCREEN**

VWAP + one EMA + RSI. That's it. If you can't make a decision with those three, another indicator won't help — patience and a clearer setup will.

**05**

**CHAPTER 5**

---

# **Three Clean Setups**

Pick one and make it yours

You don't need dozens of strategies — you need **one** you can spot instantly. Here are three of the most reliable intraday setups. Choose a single one to start.

### THREE CLEAN INTRADAY SETUPS

Pick ONE to master

**Opening-Range Break**  
Break the first range

**VWAP Bounce**  
Buy the VWAP retest

**Break & Retest**  
Enter on the retest

Don't trade all three. Choose one, learn it deeply, and only take it when it's textbook.

The **Opening-Range Break** trades a clean break of the session's first range. The **VWAP Bounce** buys a pullback to VWAP in an uptrend. The **Break & Retest** waits for a level to break, then enters on the calmer retest rather than chasing.

#### I ONE SETUP, HUNDREDS OF REPS

Trading one setup repeatedly teaches you its true win rate and feel. Hopping between three guarantees you master none. Depth beats variety — every time.

PART III

# Execution & Risk

Where intraday is won or lost



06

CHAPTER 6

---

# Entry, Stop & Target

Decisive, pre-planned, fast

Intraday gives you no time to deliberate mid-trade, so every decision must be made **before** you enter. Define your trigger, your stop, and your target up front — then execute mechanically.



Enter on the confirmed trigger (a candle **closing** through the level), place a **tight stop** just beyond the setup, and take a **quick, realistic target**. Intraday moves are smaller, so aim for clean 1:1.5 to 1:2 — and actually take the profit.

#### ! NO MOVING THE STOP

The fastest way to turn a small intraday loss into a big one is widening your stop “just this once.” The stop is the plan. If it's hit, you were wrong — accept it and move on.

07

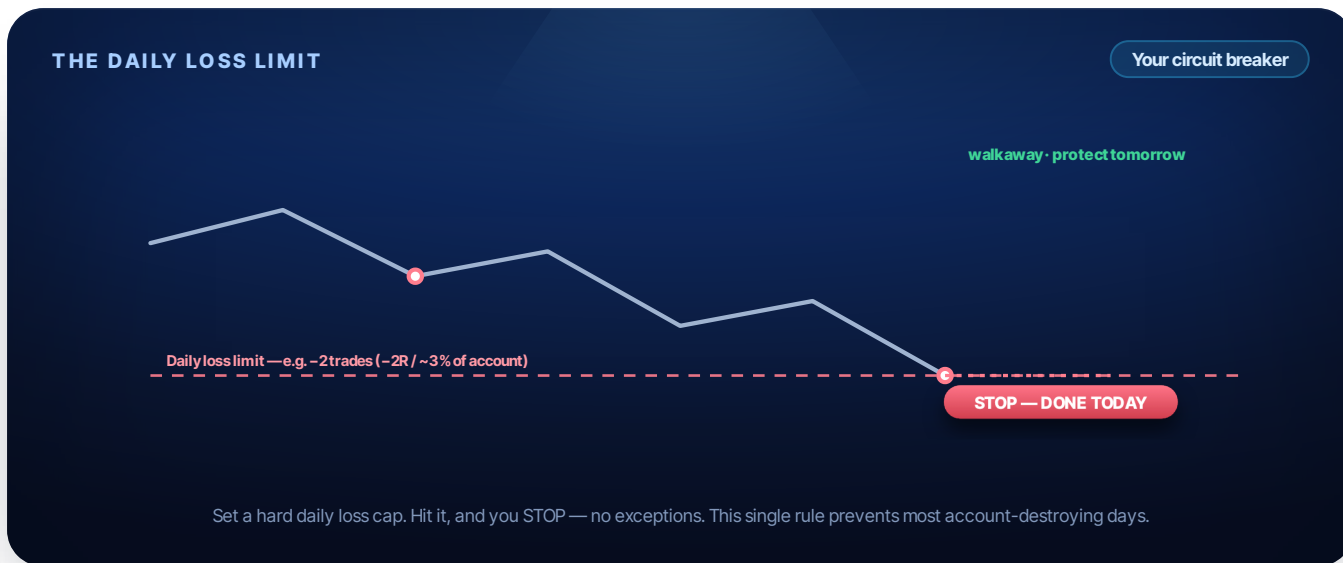
CHAPTER 7

---

# Risk & the Daily Loss Limit

Surviving the speed

Risk control matters even more in intraday, because many fast trades can spiral quickly. Two rules keep you safe: small per-trade risk, and a hard **daily loss limit**.



Risk only **1-2%** per trade (₹500-₹1,000 on a ₹50,000 account), and set a **daily loss cap** — for example, after two losing trades (about -3% of the account), you stop for the day. No revenge, no “winning it back.” Tomorrow is another session.

**✓ THE LOSS LIMIT SAVES ACCOUNTS**

Most catastrophic days come from refusing to stop. A pre-set daily loss limit removes the decision in the moment — when you're least able to make it well.

08

CHAPTER 8

---

# Fees & the TDS Tax Trap

Why frequency is so costly in India

This is the chapter that makes intraday uniquely hard in India — and it's the one no hype-filled course mentions. Because intraday means **many** trades, the costs that a swing trader barely notices stack up fast.



Three frictions compound with frequency: a flat **30% tax** on net gains, exchange **fees and spread** on every round trip (which are **not** tax-deductible), and **1% TDS deducted on every sale** — so the more you trade, the more capital is repeatedly locked up in TDS.

**! THE INTRADAY TAX TRAP**

A swing trader selling a few times a month barely feels TDS. An intraday trader selling many times a day triggers it constantly. Add 30% tax with **no loss offset**, and the bar for being profitable after-tax is genuinely high. Trade less, but better.

PART IV

# The Intraday Mindset

Staying calm at speed



09

CHAPTER 9

---

# Discipline Under Speed

Where most day traders break

Intraday compresses every emotional test of trading into a few intense hours. The trader who stays mechanical when things move fast is the one who survives.

### ! SPEED AMPLIFIES EMOTION

FOMO, fear, and revenge all hit harder intraday because everything happens **now**. A swing trader has hours to cool off; you have seconds. That's exactly why your rules must be pre-set and non-negotiable.

## Three rules for the fast game

**1. Pre-decide everything** — entry, stop, target, size, and your daily loss limit, before the session. **2. Walk away on the limit** — hit your loss cap or profit goal and you're done, no debate. **3. Never revenge-trade** — the urge to instantly recover a loss is the single most expensive feeling in intraday.

### ✓ BORING IS THE GOAL

A great intraday day is calm and repetitive: wait, execute the setup, manage risk, stop on time. If your trading feels thrilling, you're probably gambling — and being hunted.



CHAPTER 10

---

# Your Intraday Routine

The day, run like a professional

Everything in this book becomes a simple daily routine. Run it the same way every session and you turn a chaotic activity into a controlled, repeatable process.

1

**Pre-market (15 min)**

Mark VWAP, the overnight range, and key levels. Decide your ONE setup and your daily loss limit.

2

**The session**

Trade only that setup, in the prime window. Tight stop + target on every entry. Quality over quantity.

3

**Hard stop**

Hit your profit goal OR your loss limit? **Stop.** Close the laptop. Don't give it back.

4

**Post-session (10 min)**

Journal every trade — setup, result, emotion. Score the day on **process**, not P&L.

I

**SCORE THE DAY ON PROCESS**

Did you trade only your setup, in the window, with a stop, within your loss limit, and journal it? Then it was a **good day** — regardless of P&L. Good process, repeated, is what eventually pays.

✓

**START SLOW, ON DEMO**

Run this exact routine on a demo account or tiny size for a month before scaling. Prove you can follow the process under pressure first — the profits are what come after the discipline is real.

## APPENDIX A1

# Intraday Rules Card

Stick this beside your screen. Read it before every session.

## Before the session

- › Mark **VWAP**, the overnight range, and key levels.
- › Pick your **one setup** and the prime window (7–10:30 PM IST).
- › Set your **daily loss limit** in advance.

## Every trade

- › Risk **1–2%** only (₹500–₹1,000 on ₹50k).
- › Entry on a confirmed **close** · tight stop · quick target ( $\geq 1:1.5$ ).
- › **Never** widen the stop or move it against you.

## Stop trading when

- › You hit your **daily loss limit** — done, walk away.
- › You hit your **profit goal** — protect it, don't give it back.
- › You feel **FOMO, anger, or revenge** — close the laptop.

## The India tax reality

- › **30%** flat tax (+cess) on gains · **no** loss offset.
- › **1% TDS** on every sale — frequency multiplies it.
- › Fees & spread are **not** deductible. Trade less, better.

## APPENDIX A2

# Glossary

**Intraday**

Opening and closing trades within the same day.

**Scalping**

Very short intraday trades — seconds to minutes.

**VWAP**

Volume-Weighted Average Price — the day's fair average.

**EMA**

Exponential Moving Average — a fast trend line.

**RSI**

Momentum indicator (0–100) for overbought/oversold.

**Opening Range**

The high–low of the session's first period.

**Breakout**

Price closing decisively beyond a key level.

**Retest**

Price returning to a broken level before continuing.

**Slippage**

Difference between expected and actual fill price.

**Spread**

Gap between bid and ask — a cost of every trade.

**Stop-Loss**

Order that closes a trade to cap the loss.

**Take-Profit**

Order that closes a trade at your target.

**Daily Loss Limit**

A hard cap on losses per day — then you stop.

**R / R-Multiple**

A trade's result in units of the risk taken.

**Liquidity**

How easily you can enter/exit without moving price.

**Prime Window**

The high-volume hours you focus your trading on.

**TDS**

1% Tax Deducted at Source on each crypto sale in India.

**VDA**

Virtual Digital Asset — how India classifies crypto.

**Overnight Risk**

Gap risk from holding a position past the day.

**Revenge Trading**

Emotional over-betting to recover a loss.

## APPENDIX A3 — SAMPLE

# A Sample Trading Day

A disciplined intraday session — calm, brief, and over by 10:30 PM.

## BTC / INR

SPOT · NO LEVERAGE

VWAP BOUNCE · 5-MIN · COINDCX · ₹50,000 ACCOUNT

### THE SESSION

6:45 PM — marked VWAP, the day's range, and set my loss limit (−₹1,000 = stop). 7:20 PM — BTC pulled back to VWAP in an uptrend with RSI holding above 50: my one setup. Entered, tight stop below VWAP, target at the day's high.

ENTRY

₹54,20,000

STOP (BELOW VWAP)

₹53,80,000

TARGET

₹55,00,000

RISK

1.5%

### RESULT & STOP

Target hit by 8:10 PM. **One clean trade — then I stopped.** No second trade hunting for more. Closed the laptop while ahead.

RESULT

## +₹1,500

Gross · ~₹1,030 after 30% tax + 1% TDS · one trade, done for the day

### LESSON

The skill wasn't the entry — it was **stopping after one good trade**. Most intraday losses come from the trades you take *after* the good one. Discipline, not activity, is the edge.

● EDUCATION · ANALYSIS · COMMUNITY

## About the Author



**Avik Kanrar**

Founder, cRyPtO sMaRt

Founder of cRyPtO sMaRt — making cryptocurrency and trading education honest, simple, and accessible to every Indian beginner.



**One Good Trade Beats Ten Rushed Ones.**

*Trade the window, take your setup, respect the limit, and stop. In intraday, discipline is the whole edge.*

[cryptosmartceek.com](https://cryptosmartceek.com)

[info@cryptosmartceek.com](mailto:info@cryptosmartceek.com)