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Along with the levels, there is Trend Ratio.
Near 1 or below is bearish, near 2 or above is bullish
(this as per last day's closing).
If Trend Ratio is bullish, expect support at Balance or breakout above Upper level will mean rally will continue.

20th Sep 2021	Upper Level	Lower Level	Balance	Trend Ratio
Nifty fut	17811	17446	17629	1.06
BankNifty fut	38041	37397	37719	2.21

If Trend Ratio is bearish, look for break or Balance or lower levels .

On a bullish Trend Ratio if Balance breaks, expect all longs to be trapped . Can short with stop above upper breakout figure. And vice versa

Normally the Trend Ratios of both indices are in sync, a little bit of difference. But here BNF is bullish while Nifty is bearish. So, if playing bullish tomorrow concentrate on BNF, If playing bearish, concentrate on Nifty

Major Rule :
1. DO NOT play bearish is market above Balance
2. DO NOT play bullish is market below Balance

The Balance basically tells you which side is a bit trapped

As long as the market stays within the upper and lower levels, option sellers (whether they have sold on friday or will sell tomorrow) are at an advantageous position and make money. Whichever side this level is broken, that side sellers will be trapped

This is how I will view the market tomorrow :

Nifty fut : Has closed on Friday below the Balance for Monday. So if Nifty opens a little below, will go short with a stop above Balance. Below lower levels will short more

BNF : Will look to jump in and buy if BNF crosses 38041. Else will wait for Balance to be checked, if there are signs of rebound, will go long with stop below Balance

Again, normally these levels are in sync. It's not often two indices show opposing views . So will trade a bit carefully tomorrow