

PRIMA

Redefining Leadership, Growth and Success



Beyond Limits—*Delivering* in Every Condition.



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Strengthening Operations Amid Geopolitical Challenges



ARIF YOUSUF

Regional Technical Manager

In the current challenging environment, SPRINT Oil & Gas Services continues to ensure operational continuity while supporting customers through reliable service delivery.

Despite regional tensions and supply-chain disruptions, we have sustained operations through proactive resource and logistics management, successfully deploying additional coiled tubing resources in Kurdistan and successfully executed operations, including high-volume, high-pressure stimulation jobs in Pakistan.

We are also advancing our cementing operations in KSA, moving from prequalification to execution with the mobilization of an API-compliant lab and two complete service packages, aligned with our long-term strategy. In addition, we have successfully conducted the API Q2 compliance audit at our Saudi base, further strengthening our commitment to quality and operational excellence.

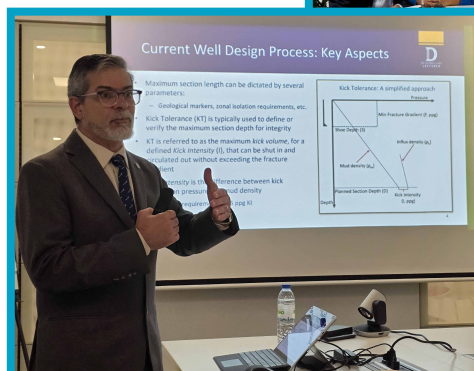
SPRINT continues to strengthen its industry presence through active participation in leading forums such as GOTECH, AIMCS, ADIPEC, OPES and ATC Pakistan. In parallel, we have successfully deployed new technologies including E-Coil, Coiled Tubing Gas Lift, CemPROTECT, and PulsCLEAN. Our R&D efforts have also delivered field-ready solutions such as Resin Based Solution (PrimeSET and DuoSET), the scrubbing spacer (MudRAZE), and the xylene-free organic solvent (NeoCLEAN).

Recognizing that challenging periods also present opportunities, we have utilized this phase to strengthen our technical and operational capabilities by enhancing the competency of our engineers and technical professionals through focused technical and operational workshops.

As it is often said, tough situations make you tougher, SPRINT Oil & Gas Services continues to demonstrate its resilience and is well-positioned to emerge stronger. We remain committed to upholding the highest standards of quality and efficiency, ensuring consistent value delivery and reinforcing our position as a trusted partner to our customers.

Society of Petroleum Engineers (SPE) Distinguished Lecturer Event at SPRINT HQ

SPRINT was pleased to host the SPE Northern Emirates Section for a Distinguished Lecturer session at our HQ, featuring Oscar Gabaldon, who presented on "The Future of Well Construction: Real-Time Well Design Optimization with Managed Pressure Drilling (MPD)." The session explored how early integration of MPD into well planning can improve safety, reduce operational uncertainty, and enhance overall well delivery efficiency, particularly in complex HPHT and deepwater environments.



The event brought together SPRINT engineers and members of the regional SPE community for an engaging technical discussion on adaptive well design and risk management in modern drilling operations. Hosting this session reflects SPRINT's continued commitment to knowledge sharing, professional development, and active engagement with the wider energy industry.

Career Fair : American University of Sharjah February 10, 2026

On February 10, 2026, Sprint proudly took part as one of the sponsors of the annual career fair at American University of Sharjah. The event served as a valuable platform for both students and alumni to explore a wide range of career opportunities, gain industry insights, and connect with potential employers.



Alongside other leading organizations, SPRINT showcased the diverse career paths available within the company, highlighting opportunities for growth, development, and hands-on experience across various functions. The event also allowed our team to engage directly with aspiring professionals, exchange ideas, and provide guidance to individuals eager to take the next step in their career journey.



Technical Information Session with American University of Sharjah Students

Sprint engaged with students at the American University of Sharjah during a technical information session held on January 28, 2026, highlighting strong interest in field engineering, well services, and the wider energy sector.

The session was presented by Serwer Yousif, Lead Field Engineer at Sprint Oil & Gas Services FZC, who shared practical insights into field exposure, operational challenges, and the technical learning curve. Rizaline, our Training Coordinator, also presented the Engineer Trainee Progression Plan and addressed queries regarding the internship program.

Sprint extends its appreciation to AUS for hosting the session and wishes all soon-to-graduate engineers' success in their future careers.



Annual Technical Conference 2026

SPRINT proudly participated in the Annual Technical Conference 2026 in Islamabad, Pakistan, as a Diamond Sponsor, reaffirming our commitment to advancing the country's energy sector.

Our Chief Operating Officer, Mr. Hossam, contributed valuable insights as a guest speaker on the Strategic Panel Session, while our Country Manager, Pakistan, Rameez Anwar, played a pivotal role on the ATC Executive Committee, chairing the Sponsorship, Events & Exhibition portfolio to ensure a seamless conference experience.



SPRINT's technical strength was further demonstrated through multiple technical paper presentations, as well as active session chairing, including Arif Yousuf, Regional Technical Manager, serving as Session Chair, contributing to technical discourse and knowledge exchange, alongside a strong presence on the exhibition floor, where our teams engaged with partners, clients, and industry peers, showcasing innovative solutions that support Pakistan's energy transformation.

Sprint Qualifies for First API Certification

The American Petroleum Institute (API) develops internationally recognized standards for the oil and gas industry and certifies organizations against these standards. API Q2 is a premium certification for quality management systems designed specifically for oil and gas service companies.

SPRINT Oil & Gas Services – KSA successfully completed the 4-day API Q2 Stage-2 audit, with zero major findings, qualifying Sprint KSA for its first API Q2 certification, a significant milestone for Sprint globally.

Special appreciation to the Sprint KSA team for their dedication and commitment in achieving this major milestone.



SPRINT Hosts Technology Workshop on Coiled Tubing & Stimulation Solutions for Saudi ARAMCO (SAWCOD)



SPRINT conducted a technical workshop on Coiled Tubing and Stimulation Solutions for Saudi ARAMCO, focused on knowledge sharing, field challenges, and practical applications.

Led by Ahmed Shakil Siddiqi and Salman Saeed, the session highlighted SPRINT’s capabilities across coiled tubing, stimulation, nitrogen operations, and emerging technologies. The workshop provided an open platform to discuss case studies, operational improvements, and opportunities for pilot testing.

SPRINT also showcased its technology portfolio and digital initiatives, with discussions centered on improving efficiency, reducing costs, and maintaining high safety standards. The event concluded with an interactive Q&A session and a yard visit, giving participants a firsthand look at SPRINT’s operational capabilities.

Delivering Excellence: SPRINT's highlights in Kurdistan

Winter Cementing Operations Successfully Executed in Challenging Conditions:

A recent drilling campaign in the Kurdistan Region was successfully completed despite challenging operational and weather conditions. Multiple casing and liner cementing operations were executed through strong coordination between the operator and SPRINT team. Despite harsh winter temperatures reaching -16°C , the cementing operations were carried out safely and efficiently, demonstrating reliable execution, effective logistics coordination, and supporting the successful completion of the well construction program.



Production Enhancement Through Targeted Well Intervention

A well intervention campaign in a Kurdistan Region field successfully improved oil production by isolating a high water-cut zone and activating a shallower productive interval. SPRINT performed wellbore clean-up, injectivity testing, and perforation washing using a specialized fluid system, significantly improving formation acceptance. After the treatment, a nitrogen kick-off safely returned the well to production, achieving approximately a two-fold increase over baseline production with stable wellhead pressure and low water cut.

QHSE SPOTLIGHT

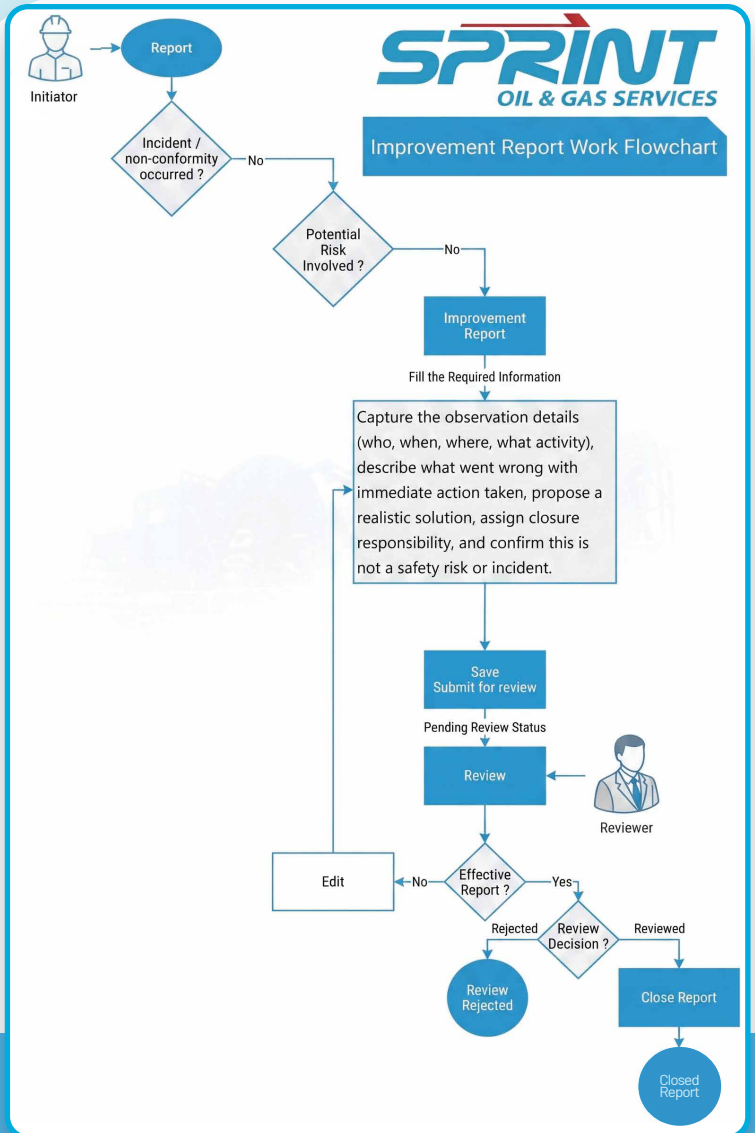
Reporting Excellence: The Foundation for Better Decisions and Sustained Quality

QHSE reports are the foundation of our statistics, performance trends, and strategic decision-making.

The data collected through these reports is analyzed over time to assess performance status, establish patterns, and support continuous improvement initiatives. Based on this analysis, Executive and Country Management make critical operational and strategic decisions.

Therefore, the quality, accuracy, and clarity of these reports are expected to be exceptional. Quality is not a one-time achievement; it is a disciplined and continuous process reflected in how we report, analyze, and act. Our 2026 theme, "Sustained Quality," reinforces this commitment. We have following four types of reports in SPRINT to systematically capture, analyze, and act upon different types of observations and events.

Click the links to explore detailed workflows for Potential Risk Report, Near Miss Report, Improvement Report, and Accident Report.



[Near Miss Report](#)

[Potential Risk Report](#)

[Improvement Report](#)

[Accident Report](#)

UAE

The branch recorded zero LTIs, zero NPT, zero incidents, and no equipment failures, demonstrating a strong and mature safety culture.

Client satisfaction reached 98.1%, reflecting consistent service quality and operational performance. Driving performance was closely monitored through the IVMS system, with proactive counseling sessions conducted for at-risk drivers to strengthen safe driving behaviors.

KSA

Sprint KSA maintained an outstanding safety record this quarter with zero accidents, zero Lost Time Injuries (LTIs), and zero Non-Productive Time (NPT), demonstrating disciplined execution and a strong commitment to operational excellence.

Under the mentorship of the Regional Service Delivery Manager, the team strengthened its understanding of QHSE as a strategic enabler of service delivery and asset integrity, integrating quality, safety, and client value creation to enhance both performance and partnership.

Iraq

Average Service Quality Evaluation recorded 96% client satisfaction, reflecting the team's consistent focus on high-quality service delivery and operational reliability.

Achieved zero NPT, zero LTI, and zero MVAR this quarter, reflecting strong planning, effective hazard control, and high compliance with safety and driving practices in field operations.

Pakistan

Reported zero major HSE & major vehicle accidents, reflecting strong risk awareness and individual responsibility across operations.

Compliance standards were maintained through consistent internal and field audits, enabling close monitoring of key safety and operational performance indicators.

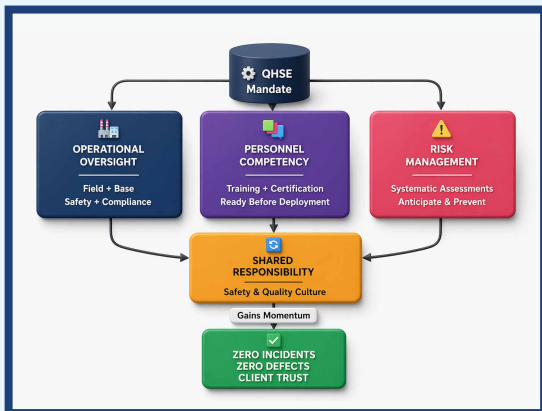
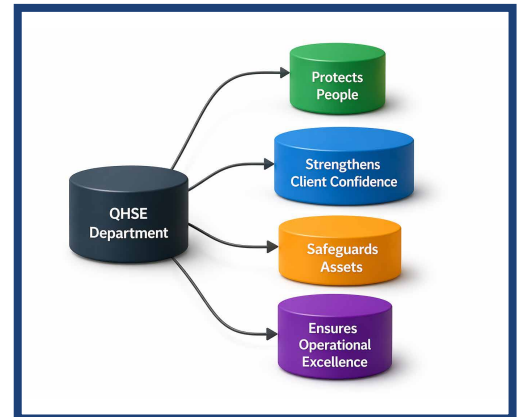
As part of our road safety commitment, retro-reflective tape is applied to all Heavy Transport Vehicles to improve night visibility, serve as backup for indicator failure, and reduce collision risk.

SUPPORT FUNCTION (QHSE DEPARTMENT)



Kamil Shahzad
Regional Service Delivery Manager

As 2026 marks the year of “Sustained Quality,” the QHSE Department stands at the center of this commitment within SPRINT OIL AND GAS SERVICES. More than a compliance function, QHSE is a strategic enabler that protects our people, strengthens client confidence, safeguards assets, and ensures consistent operational excellence across every project.



Core Mandate and Functional Scope

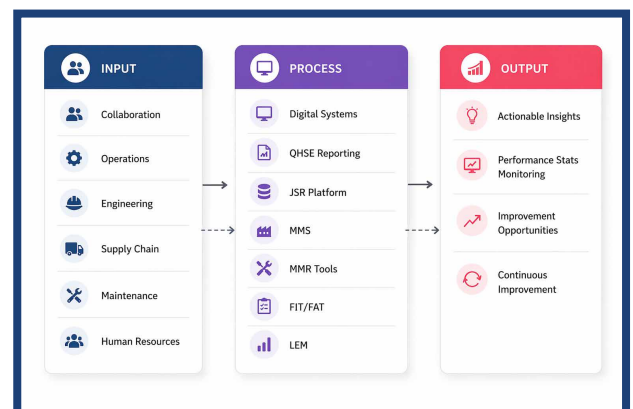
The QHSE Department oversees all operational domains, ensuring that activities — in the field or at the base — are performed safely and in compliance with standards and client expectations.

Personnel competency is a priority. Through structured in-house training and client-mandated certifications, the department ensures that every individual is competent and prepared before deployment.

Risk management is a fundamental pillar. Through systematic risk assessments QHSE promotes proactive hazard identification and preventive control. The focus is on anticipating and preventing any incident, reinforcing a culture where safety and quality are shared responsibilities.

Cross-Functional Integration and Digital Compliance

Sustained quality requires strong collaboration. QHSE works closely with Operations, Engineering, Supply Chain, Maintenance, and Human Resources to ensure alignment in compliance and performance objectives.



SUPPORT FUNCTION (QHSE DEPARTMENT)

Digital platforms further strengthen this integration. The QHSE reporting system, Job Service Report (JSR) platform, Maintenance Management System (MMS), and Monthly Management Reporting (MMR) tools enable data-driven decisions and enhance organizational transparency.

A job-wise client service quality dashboard monitors performance, measures satisfaction, and drives continuous improvement initiatives.

API Q2 Implementation

A major milestone for the KSA Branch is clearing stage 1 audit of API Q2. Under QHSE leadership, the Quality Management System has been updated to meet certification requirements, including revised corporate quality policy, documented procedures, bridging documents, process flowcharts, and service quality plans.

Following successful API Q2 certification in the KSA Branch, the plan is to expand implementation across all SPRINT branches, underscoring SPRINT's commitment to standardized, high-quality service delivery company wide.

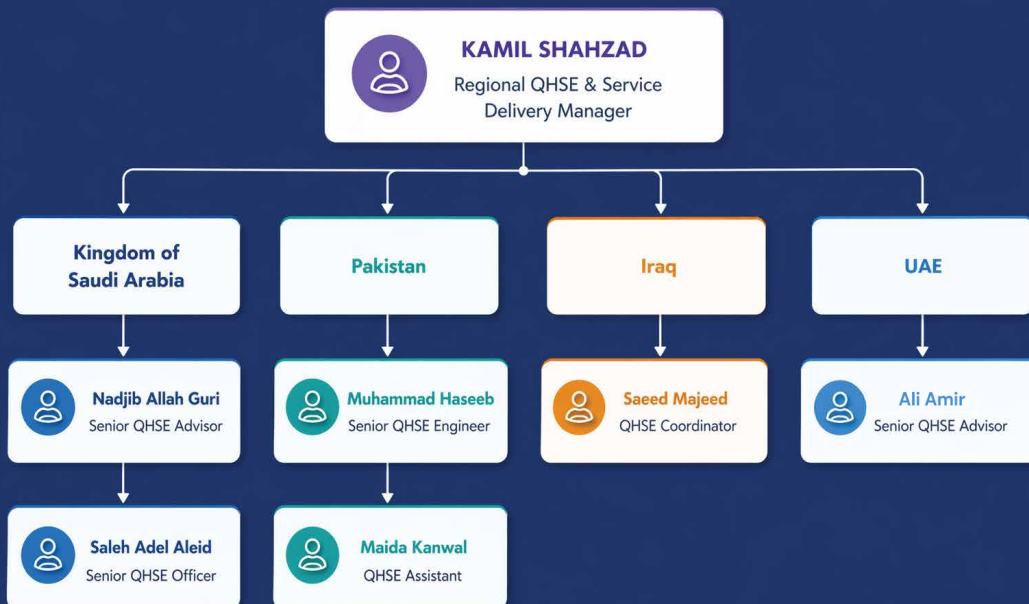
Strengthening the Culture of Sustained Quality in 2026

The department will continue to focus on on quality reporting, advancing behavior-based safety practices, and elevating client satisfaction through structured monitoring and accountability.

Sustained quality is achieved through inspection, discipline, ownership, and accountability embedded in daily operations.

At SPRINT, QHSE is the backbone supporting operational integrity, workforce protection, regulatory compliance, and client trust. As the organization moves forward, the QHSE Department remains committed to ensuring that quality and safety are enduring standards that define how we operate.

Organization Chart



EMPLOYEE SPOTLIGHT

Kashif Ashfaq

Pakistan Finance Manager



How long have you been working in the oil field?

I have been working in the oil field since 2014, when I first joined Sprint.

How has your career progressed since joining Sprint?

Since joining the Sprint 11 years ago, my career journey has been one of continuous growth and learning. Over the years, I have gained deeper expertise in my field, sharpened my leadership skills, and embraced new challenges that have expanded my perspective. I have had the opportunity to work on diverse projects, collaborate with talented colleagues, and contribute to strategic initiatives that have strengthened both my professional capabilities and the value I bring to the organization. This experience has been immensely rewarding, and I continue to be motivated by the opportunities to learn, lead, and make a meaningful impact.

How does working at Sprint compare to your experience with other companies?

Working at Sprint has been a unique and refreshing experience compared to my previous roles. One of the most valuable aspects here is the trust and empowerment given by management, which allows me to make independent decisions and take ownership of outcomes. This level of autonomy has not only enhanced my confidence but has also encouraged innovation and accountability in my work.

What do you find most rewarding about your role?

The most rewarding aspect of my role is knowing that I have contributed to the company's growth and expansion into multiple countries. Being part of this journey and seeing our presence strengthen across international markets gives me a strong sense of pride and fulfilment. It is deeply satisfying to know that our contribution has played a role in shaping the company's success story and expanding its footprint.

Can you share your most memorable experience while working at Sprint?

One of my most memorable moments was the opportunity to present before the finance minister on the challenges faced by oil and gas service companies in Pakistan. It was a significant responsibility and a proud moment to represent both our company and the wider industry at such a high level. Being able to share insights directly with policymakers and contribute to a dialogue that could shape the future of the sector was both rewarding and unforgettable.

What advice would you offer to employees, particularly those working in the Oil & Gas Co.

For those working in the Oil & Gas industry, my advice would be to always focus on taking responsibility for your work and continuously looking for ways to improve and adapt. This sector is dynamic and mostly challenging, so being accountable while embracing improvisation and innovation can make a real difference. Always stay committed, proactive, and open to learning, and everyone can not only excel in their roles but also contribute meaningfully to the long-term success of the organizations.

VOICE FROM THE FIELD

My name is Abdul Khader Ibrahim, and I have over 13 years of experience in the oil and gas industry. My journey has been shaped by continuous learning, challenges, and opportunities that have contributed to my professional and personal growth.

I started my career as a CT Field Engineer Trainee, working across various fields in Abu Dhabi. With the company's strong vision and structured support, I progressed in my role and was later entrusted as a Well Services Coordinator on a rigless jack-up barge, which marked a significant milestone in my career.

Throughout my experience, I have been involved in various well intervention operations, including gas and oil wells, water shut-off, re-zoning, cementing, well killing, fishing, and well integrity management. I already good, just ensure consistency in tense across section, including shallow waters and varying weather, which strengthened my adaptability and technical skills.

With the strong support of management and teamwork, we consistently delivered safe and efficient operations, maintained high service quality, and minimized non-productive time while upholding a strong HSE record.

I am grateful for the company's continuous support through training and guidance, and I remain committed to delivering safe, high-quality work and further advancing my career.

ABDUL KHADER

Barge Coordinator –
Sprint – Abu Dhabi



INTERNSHIP – YOUNG GENERATION

I am Muhammad Ahmad, a Bachelor's graduate in Electrical Engineering with a strong interest in industrial power systems, control systems, and electro-mechanical operations. During my internship at Sprint Oil & Gas Services, I gained hands-on exposure to oilfield operations, high-pressure machinery, and engineering systems.

In the maintenance department under Muhammad Waleed Chaudhry, I learned about the Data Acquisition System, key operational parameters, and the Maintenance Management System (MMS) for equipment monitoring and preventive maintenance. In the PPS Department with Muhammad Naeem, I worked with pumping equipment, batch mixers, fly mixers, and treating iron.

In the WIS Department with Khawar Mushtaq, I gained exposure to thru-tubing operations, perforation techniques, and downhole tools such as BHA and MHA. I also spent time in the Chemical Lab under Muhammad Imran, learning about site chemicals and testing procedures.

I am grateful to the Sprint Oil & Gas Services team and my supervisors for their guidance and support throughout this experience.



MUHAMMAD AHMAD

Electrical Engineer Intern
Sprint – Pakistan



FOS-1 Training Boosts Skills of FETs and STTs

Sprint Pakistan successfully concluded the FOS 1 Training Course, held from January 5 to February 13, 2026. The program offered a warm, engaging, and hands on learning experience designed to uplift our field teams and strengthen their technical readiness.



Over several weeks, participants explored essential procedures, practiced real world troubleshooting, and deepened their understanding of safety and operational excellence. The training environment encouraged open dialogue, teamwork, and shared learning—allowing FETs and STTs to grow together while refining the skills that support high quality field performance.

The course not only enhanced technical capability but also reflected Sprint's ongoing commitment to nurturing professional development and fostering a culture where learning is valued and celebrated.



RECOGNITIONS AND AWARDS

Service Award



QHSE Safety Award

We are incredibly proud to announce a celebration of Safety Award Ceremony, presented by our Chief Operating Officer (COO), Mr. Hossam Elzanati, together with our Country Operations Manager, Mr. Afnan Dar. This occasion recognizes the dedication, commitment, and outstanding contributions of our team members, while reinforcing our continued focus on safety excellence and operational integrity across all our projects.



RECOGNITIONS AND AWARDS

We are delighted to announce that **Mr. Muhammad Hassan Ayoub, Field Engineer – Pakistan Branch**, has been selected as our **2025 Employee of the Year**.



Muhammad Hassan Ayoub
Field Engineer – PAKISTAN

Chosen from 16 Sprint Champions across all Sprint locations, Mr. Hassan stood out for his outstanding performance. His strict compliance with the job cycle, from JPs to PJRs, has been consistently up to the mark throughout the year, and his leadership in job delivery metrics has been exceptional.

During the past year, he actively managed one of our biggest clients, OGDC, along with other clients including POGC, KUFFPEC, and POL, while handling these accounts under the supervision of senior engineers.

There was a significant increase in revenue from these clients, with a 30% increase, along with faster job cycle completion, leading to the fastest internal DSO within the company at OGDC. These accounts also saw several new technology applications, including the first successful E-coil application in Pakistan for perforation and logging operations, along with enhanced frac resource utilization at OGDC. He has also co-authored a research paper that was presented at ADIPEC, showcasing Sprint's strong technical expertise.

SPRINT CHAMPIONS

We are proud to recognize the exceptional accomplishments of our team members who consistently exceed expectations. Their dedication, leadership, and commitment to excellence have greatly contributed to our success.

Join us in celebrating our 4th Quarter Sprint Champions from the UAE, Saudi Arabia, Pakistan, and Erbil, Iraq, true representations of commitment and inspiration across our organization.

Ridha Ali A Albakheet
Equipment Operator
KSA

Janaka Chamil
Lead Mechanic
UAE

Rohantha Pushpa Kumara
Lead Mechanic
Erbil, Iraq

Muhammad Hassan Ayoub
Field Engineer
Pakistan

EVENTS

Company Annual Parties

Iftar Dinner



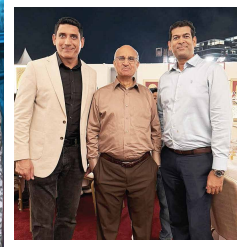
PAK - IFTAR



KSA - IFTAR



UAE - IFTAR



Across all Sprint locations, Iftar Dinners were observed across different countries during the holy month of Ramadan. This meaningful occasion strengthened our connection as one Sprint family while honoring cultural values and fostering a deeper sense of belonging.

We extend our sincere appreciation to everyone who took part in making this Iftar Dinner a memorable and heartfelt experience across all Sprint locations.

Honoring a Longstanding Partnership

SPRINT Erbil, Iraq also expressed appreciation to Mam (Uncle) Abdulla Hussein Ali, the landlord whose property has hosted the SPRINT Iraq base since 2014.

His long-standing support and cooperation have played an important role in maintaining a stable and respectful environment for our operations. This recognition reflects our gratitude for more than a decade of partnership.

These celebrations remind us that success comes not only from business achievements but also from the people and partnerships behind them.

We thank our employees and partners for their dedication and support, and we look forward to many more years of collaboration and success together.



International Women's Day!

In celebration of **International Women's Day (March 8)**, SPRINT proudly recognizes the achievements of our talented women across all locations. Their passion, dedication, and expertise continue to play a key role in driving the company forward.

We honor their strength, resilience, and leadership—qualities that inspire progress and empower others. These women are not only contributors to our success but also role models who break barriers and pave the way for future generations. Today and every day, we celebrate their impact and the potential they bring to our organization and beyond.



SPRINT Kurdistan Celebrates National Kurdish Clothing Day

On **10 March**, the SPRINT Oil & Gas – Kurdistan Branch celebrated **National Kurdish Clothing Day** with a colorful and joyful moment at the office. Colleagues proudly wore traditional Kurdish outfits, filling the workplace with culture, pride, and vibrant energy.



From beautifully embroidered dresses to traditional **shal u shepik**, the office reflected the rich heritage of the Kurdistan Region. The celebration created a warm atmosphere where colleagues could share culture, strengthen team spirit, and enjoy a memorable day together.

FAMILY CORNER

Welcome On Board



KSA

- ▶ Mohammed Abdul Nayeem – HR & Admin Coordinator
- ▶ Ahmed Hashim Al Saleh – Accounts Manager
- ▶ Muhammed Sheraz Khan – Senior Equipment Operator
- ▶ Abdenour Abdellaoui – Electronic Technician

IRAQ

- ▶ Sazan Ali Jamal – Assistant HR
- ▶ Balen Bakr Othman – Senior Equipment Operator
- ▶ Jubair Rahman – Lead Maintenance & Electronic Technician
- ▶ Anas Razzaq Salih – Field Engineer Trainee
- ▶ Dana Siamand Hamad – Service Technician

PAKISTAN

- ▶ Syed Aqeel Haider Shah – Senior Service Supervisor
- ▶ Javed Ali Malik – Equipment Operator
- ▶ Muhammad Talha Maqsood – Service Technician Trainee
- ▶ Mahad Naeem – Service Technician Trainee
- ▶ Humayun Sultan – Service Technician Trainee
- ▶ Muhammad Saad – Service Technician Trainee
- ▶ Adeel Abbas – Service Technician Trainee
- ▶ Muhammad Farhan Idrees – Service Technician Trainee
- ▶ Muhammad Umer Shahzad Naqshbandi – Service Technician Trainee
- ▶ Asjad Javed – Associate Field Engineer
- ▶ Faisal Majeed – Mechanic Technician
- ▶ Ali Haider Habib – HR Trainee
- ▶ Muneer Ahmed – Assistant
- ▶ Maida Kanwal – QHSE Assistant



Wedding

Let us celebrate our newly married couples with warm congratulations.

**Abdullah
Asfand**

Service Technician Trainee



Pakistan

**Muhammad
Hassan Ayoub**
Field Engineer



Newborn Baby



Warmest congratulations on your new bundle of joy!

Ibrahim Sohaib
(Son of Muhammad Sohaib)

Pakistan

Basharat Ali Meer
(Son of Zaigham Abbas)



FAMILY CORNER

Birthdays

Celebrating our incredible team across all Sprint locations, may your birthday bring you happiness, warmth, and unforgettable celebrations.



UAE

JAN 2026

- Rajesh Kumar
- Safar Ahammed Meethale Purathiyil
- Tarkeshwar Singh
- Vihanga Nipunajith Pramuditha
- Mutaz Gassan Mousa Mhabesh
- Yogi Syaputra
- Naeem Yousaf
- Gaurav Chhaganlal Pandav

FEB 2026

- Muhammad Shafiq Ur Rehman
- Patrice Calma De Jesus
- Ali Amir
- Omar El Zanaty
- Aleksei Golubev
- Yassar Bashir
- Muhammad Maqsood Ilahi
- Mohamed Ahmed Mahdi Ibrahim
- Anandhu Sasi
- Mohammad Haneesh

MAR 2026

- Shubin Cholakkal Moideen
- Nibin Odukkathil
- Matloob Ahmad
- Dinelka Nimesh Jayathilaka
- Ammar Ahmed Abdelrahman Ali Mohamed Shahin
- Erik Supriano
- David Raj Panchanathan
- Sayed Mohammad Ali Pasha
- Rajin Rajapandian Kala Rajapandian

KSA

JAN 2026

- Muhammad Ehsan Rasul
- Salman Khan
- Althaf Kumbool Muhammed
- Ahmed Shakil Siddiqi
- Vinu Gomas
- Marwan Saad M Aldarini
- Mohammed Jaseel Cholassery

- Vijin James
- Bassim Adnan Albrahim
- Amin Hussan Almohammed
- Nadjib Allah Guia
- Sadeq Ali Al Mallak
- Tariq Nazir
- Nawaf Al Qahtani
- Mohammed Abdul Nayeem
- Muhammed Sheraz Khan

FEB 2026

- Mohammed Jafar S Al Dhahi
- Saleh Adel Aleid
- Abdullah Ahmed Alqadhi
- Mohammed Ahmed Al Mutawa

MAR 2026

- Afnan Ahmed Dar
- Waqar Younus Muhammad Younus
- Francis Alozie Ndinemenu
- Thinesh Muthamil Selvan
- Abderrahmane Khezzane
- Mohammed Fahim Alhakeem
- Ali Hassan Alradhi
- Nasseem Chollapra

PAKISTAN

JAN 2026

- Faryad Ali
- Abouzer Ghaffari
- Saddam Hussain
- Janbaz Ali
- Haris Bin Javed Iqbal
- Muhammad Shafqat Abbas
- Arif Ali
- Khurram Shahzad
- Imtiaz Ali
- Aurangzeb Qazi
- Awais Khan
- Amir Ali
- Usman Ali
- Abdullah Asfand
- Zain Ul Abideen
- Muhammad Bilal
- Sikandar Muneer Ahmed
- Raja Inzamam Hussain

- Muhammad Javaid
- Muhammad Sudais
- Muhammad Luqman
- Syed Israr Ahmed Shah
- Humayun Faizan
- Shah Faraz Ahmed Khan
- Muhammad Rehan Haroon
- Ahmed Talal
- Syed Aqeel Haider Shah
- Javed Ali Malik
- Muhammad Saad
- Muhammad Haroon Khan
- Faheem Shah Syed
- Muhammad Sajjad
- Tanveer Ahmed
- Muhammad Faisal
- Mushtaque Ahmed
- Saleem Masih
- Muhammad Asif

FEB 2026

- Adalat Khan
- Raja Umair Sarwar
- Khawar Mushtaq
- Soban Amin
- Muhammad Waleed Chaudhry
- Nihal
- Hamza Ali
- Muhammad Musa
- Saddar Uddin
- Farhan Bashir
- Shahzaib Abbas
- Hassan Munir
- Qazi Muhammad Wasif
- Nasir Hameed
- Salman Khan
- Ale Javed Siddiqui
- Muhammad Safdar
- Muhammad Safiyan
- Muhammad Muneeb Zafar
- Muhammad Talha Maqsood
- Rahib Sattar
- Khurram Masih
- Syed Shan Ali Zaidi
- Shakeel Khan
- Ameen Ahmed
- Ikram Ullah
- Ikhtiar Ali
- Ali Jafar

MAR 2026

- Adeel Humayun
- Syed Muhammad Ali
- Faisal Imran
- Muhammad Imran
- Atta Ullah Ghouri
- Mansoor Ali
- Maqsood Ahmed
- Allah Ditta
- Zaigham Abbas Meer
- Qamar Murtaza
- Shah Fahad
- Imtiaz Hussain
- Ali Haider Habib
- Veshal
- Khurshid Ahmed
- Muhammad Wisal Ahmad
- Sayyam Haider
- Shahkar Rahim
- Tanveer Ahmed
- Nadeem

IRAQ

JAN 2026

- Mustafa Sarbast
- Omar Fahmi Jamal
- Aftab Ahmad Gulzar
- Haval Qasim Fares
- Mohammed Younis
- Adil Mumtaz
- Abdullah Abubaker Abdullah
- Saeed Qader Majeed
- Araz Nahro Sadeq
- Khaleel Mohsin Yaseen
- Balen Bakr Othman
- Anas Razaq Salih

FEB 2026

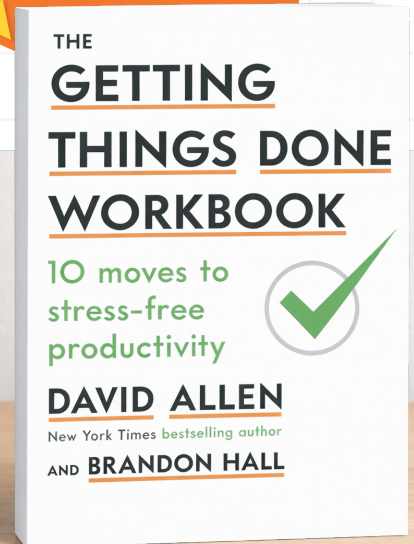
- Safaaldeen S. Nooraldeen
- Mariwan Mohsin Ali

MAR 2026

- Muhammad Imran
- Muhammad Besharat
- Mohammed Afifi
- Karwan Jamal Ibrahim

BEST SELLER BOOKS TO READ

GETTING THINGS DONE WORKBOOKS



Getting Things Done explains that productivity is not about doing more, but about having a clear and organized system for managing tasks. David Allen emphasizes that the mind is meant for thinking, not for storing information, and trying to remember everything leads to stress and overwhelm. The book introduces a practical method where you capture all tasks and ideas, clarify what they mean, and organize them into actionable lists. By focusing on the next specific step instead of the entire task, work becomes more manageable and less intimidating.

Allen also highlights the importance of regularly reviewing your tasks and using simple rules like completing anything that takes less than two minutes immediately. This approach helps reduce mental clutter, improve focus, and increase efficiency. By building a trusted system and consistently taking clear actions, you can stay in control of your responsibilities and achieve a more balanced, stress-free, and productive life.

COGNITIVE CHALLENGE



How many Triangles can you find in this Picture?

Please send your answer to: ddedios@sprint-ae.com



Previous Puzzle Answer



A= 6 B= 10 C= 18 D= 33



Winners from Q4 2025 game

1 Naveed Ahmed
PAK

2 Kamil Shahzad
KSA

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Pls contact **George Arockia** at ageorge@sprint-ae.com for any concerns or comments regarding Sprint Journal



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