

MOL Pakistan is deeply committed to give back to the communities by playing towards its betterment of the socio-economic situation of the community. Right at the start of the year our Community Development (CD) Department has initiated a number of welfare schemes for the social development of the local community; in an effort to enhance the quality of life of people in its operational area.

Few of projects undertaken this year (2016):

Foundation Stone Laying Ceremony of Lining of Water Course/Water Storage Tank Project at Anaar Chena-Hangu

To conserve water and facilitate irrigation activities in Anaar Chena of Hangu district, MOL Pakistan is allocating PKR. 1.6 Million as part of its CSR initiative.



Foundation Stone Laying Ceremony of Dispensary at Anaar Chena-Hangu

In absence of any medical facility in the area and as part of our commitment to contributing in providing health-related facilities to the locals of the areas we operate in, a civil dispensary will be constructed at Anaar Chena.



Sponsorship of T-20 Cricket Tournament at Togh Sarai -District Hangu

Youth are an integral part of a society. In order to keep the youth.. of the area engaged in healthy activities, a T-20 Cricket tournament was held on 30th January, 2016. Twenty teams from the surrounding area participated in the event. It was a novel event, where the local youth participated in large numbers. Distribution of prizes and shields among the winning and runner up teams also took place amongst the players who excelled in the tournament.



6th T-20 Cricket Series for Physically Handicapped Persons

Another significant event was organized by the Pakistan Cricket Association for the Physically Handicapped (PCAPH) and sponsored by MOL Pakistan Oil & Gas Co, the 6th T-20 Cricket Series for Physically Handicapped Persons. The tournament ended in Islamabad at the Shalimar Cricket Ground on 27th January, 2016. MD/CEO MOL Pakistan was the Chief guest & Ambassador of Hungary, H.E Istvan Szabo was the guest of Honor.



Financial support was provided to a very talented sportsman Mr. Raza Khan Afridi, a National Taekwondo player of District Kohat (Tal Block) who had won various National level competitions and wanted to participate in the 6th Asian Club Taekwondo Championship. Belonging to a poor family he was unable to participate due to lack of resources. MOL Pakistan supported the player and his talent/potential will not be wasted now.



Workaholism can be described as the inability to stop working. Whether you are in office, at home, or socializing. If you find that you cannot stop thinking or talking about work then it is very likely that you are or are about to become a workaholic. Until recently, many people described workaholism as a respectable addiction, and half of them thought that it was an admirable attribute. However, the condition is now recognized as a serious problem and many theories have been put forward to try and understand what motivates the workaholic. Some theories see workaholism as "a coping strategy" (Jeffrey P. Kahn, MD) to mask underlying emotional problems such as anxiety, low self-esteem, depression and obsessive-compulsive traits.

How can I overcome workaholism?

- Some workaholics are more curable than others. The active type will most likely struggle to remain active, while the passive type should find it easier to stop. The good news is that with a willing spirit, a loving family support, any workaholic can have his or her biochemistry, reconstructed to remove this overwhelming appetite.
- Here are few steps to achieve a healthy balance.
 - Set your limits on the hours and attention you devote to your job
 - Set aside quality time for your personal relationships and pleasures
 - Be sensitive to the needs of your family and friends
 - Take up healthy physical workout- swim, hike or go to the gym.

BOB! THERE'S A PROBLEM AT WORK!



Workaholism