

Message from the Editorial Board

Dear Readers,
Here we are with the October issue of the E-Newsletter. The CORA Communication Team remains committed to bring to you all the happenings in MOL Pakistan, with a fresh take. And as always, we invite you to share your opinion and feedback with us. Please do write to us if you would like to see some changes in your newsletter. Happy reading!

New member of CORA Communications:

We are delighted to introduce the latest addition to our CORA Communications family, Natasha Kamal, who has joined us as Deputy Chief Corporate Affairs and Strategic Planning. Natasha has to her credit over 26 years of experience in the field of communication and media, and has worked extensively for both the corporate and development sectors. Her charming persona and her ability to work effortlessly through mental blocks and bottlenecks leaves us all amazed. We wish her the best for her work here at MOL Pakistan.

MOL at the EU Climate Change Diplomacy Week



On a bright and hot Sunday morning, cyclists from across the Capital took the city by storm as they pedaled their way through the twists and turns of Islamabad, thus commencing the EU Climate Change Diplomacy Week Celebrations. Stalls were arranged by various companies from diverse sectors of the economy, with emphasis on their contribution towards a safer environment through their industrial practices and alternative energy sources and practices. From high-end eco-friendly, fashionable bags and clutches made out of natural cork, to household appliances run on solar panels, these companies showcased how they aided in reducing their carbon footprint. MOL highlighted its conscientious industrial practices that included reduced flaring and lowering of greenhouse gases through ingenious initiatives across the regions it operates in. The participants were eager to receive the giveaways they were offered at the MOL Group stall, and were keen to learn about the principles that guide MOL in reducing its environmental impact.



GROWWW 2016 and the *fortunate4*

"Make an impact and be the Energy of Positive Change": a powerful yet aspiring slogan coined for the select few who gathered together from across the world in the heart of Budapest for GROWWW. The experience that GROWWW promises to provide them is no different, this year the GROWWW programme kicked off in the last quarter of September, with a cohort of 162 graduates selected from different countries. We are proud to state that four bright engineering and science majors (Hifza, Mohammad Rasheed, Noaman and Mahnoor) from Pakistan made it to GROWWW, and embarked on their training. They were given orientation sessions at the Islamabad Office before going to Budapest for the 2-day orientation. The talented yet diverse pool of graduates that the fortunate four are part of, are promised the experience of a lifetime with hands-on training opportunities, opportunity to create connections and make memories that will stay with them forever.

Health Awareness Session

"You are what you eat" and the food choices we make, mold our lives! With this precept of healthy eating in hindsight, the HR Department arranged a Health Awareness Session for the benefit of employees at the Office. Tagged "Nutrition for Healthy Life", the session brought to the forefront issues that people face while making food choices in everyday life and how it affects them in the long run. For sure many people thanked (in their hearts, of course!) the dysfunctional lift for the favorable BMIs and vitals they obtained during the session; inconveniences sometimes can become blessings in the most unusual of ways.

