

## The Energy of Positive Change!

Dear Readers,

Welcome to the July issue of the E-letter! We are delighted to keep you updated on MOL Pakistan's recent happenings at the branch office and at the field. So, let us look at some of the highlights of last month...

### FIRST AID SESSIONS AT MOL PAKISTAN

Whether it be a high risk or low risk work environment, employees face a variety of health hazards due to stress levels in daily life nowadays. Seizures, heart attacks, bleeding, poisonings, burns, temperature extremes, musculoskeletal injuries, bites and stings etc. are just a sampling of the first aid emergencies that might be encountered in any workplace. The HSE Department at MOL Pakistan decided to put together a First Aid and CPR training session for all employees at the branch office with the primary goal to equip employees with the necessary knowledge and information that they need to care for an ill or injured person, if necessary, until further help arrives.

The sessions were held simultaneously at different timings to suit everyone's work schedules and were provided by Dr. Tariq Ijaz, Consultant Occupational Health Physician at MOL Pakistan. All attendees were enthusiastic to learn first aid and were encouraged to actively participate during the sessions.



### INTERNS AT MOL



MOL Pakistan launches their internship programme every year for students from reputed universities of Pakistan. The programme familiarizes the interns with the organization and are distributed over various departments keeping in view their field of study and interests.

To ensure maximum learning, Director Regulatory Affairs, JV & Commercial, Mr. Sultan Maqsood, conducted an informative session with the interns where he briefed them about the Oil and Gas industry, and elucidated the importance of the commercial department in the business. Written assignments, reading material and presentations are provided to the interns as an opportunity to delve deeper into their fields of interest. All interns are advised and encouraged to explore this opportunity to their benefit and learn as much as they possibly can from this valuable experience.

### COFFEE CORNER SESSION WITH MR. ALI MURTAZA ABBAS



"Ambition without knowledge is like a bird without wings" – Mr. Ali Murtaza Abbas stated at the Coffee Corner Session.

In continuation of an informal, interactive discussion between the employees and the higher management, MOL Pakistan's HR Department scheduled a Coffee Corner Session with MOL Group Regional Vice President for Middle East, Africa and Pakistan, Mr. Ali Murtaza Abbas, on July 29, 2019 at the Islamabad Branch Office. Mr. Abbas welcomed everyone to the session and talked about the business and challenges that MOL Pakistan has faced recently.

He provided an insight on how the energy industry is highly competitive and that its working depends on many

extraneous factors. "Three fourths of Pakistan is unexplored, and we have the best drilling rate in the country, there is so much market which is yet to be explored" he said. "I am highly optimistic about the future growth of the company, and the reputation of the company is favourable in terms of its investor friendly policies and cooperation from the Government of Pakistan".

Asked if it were up to him personally, how would he grow the business for MOL Pakistan? Mr. Abbas responded that MOL Group possesses the right resources to expand its potential and should look into diversifying its operations that will help the business in the long run; such as exploring the LNG business or setting up a small condensate refinery in Pakistan, and explore the petrochemical industry. "This is something I would initiate since there is a huge market potential for growth in this direction," he added.

Mr. Ali Murtaza Abbas emphasized on the importance of knowing and understanding the Oil and Gas industry in order to get ahead in the Exploration and Production business. He addressed the participants and encouraged them to read up about the industry and not restrict themselves when it comes to learning about the Oil and Gas business.