

Pyitharyar Integrated Project Enters FEED

Brian L. Logan

The oil and gas industry is overflowing with acronyms, and Pyitharyar Integrated Project is no exception. Unfortunately, those of us within the industry tend to freely use such terms, as a part of normal conversation, while assuming that outsiders understand what we are saying. Therefore, let me start this article by not assuming that you know the meaning of "FEED".

When I say that we are entering FEED, we are not sitting at the dinner table with fork and chopsticks in hand, preparing to devour a delicious Myanmar curry dinner. In fact, FEED has nothing to do with eating. Instead, FEED is short for Front End Engineering and Design. It is the project phase that follows the initial scoping and evaluation phase, known as pre-FEED, where the project development concept is defined and vetted, and it comes before the Detailed Engineering phase where the preliminary designs developed in FEED are put into final detailed form ready for fabrication and manufacture. Now, with that being said, let me explain what this means for MPRL E&P and the Pyitharyar Integrated Project (to which we have applied the acronym "PIP" because, as I have already explained, "acronymizing" is what we do to confuse the rest of you).

First of all, let me explain the overall development concept and the individual elements of PIP. Wells will be drilled in ultra-deepwater, in water depths of 2200 to 2400 meters. Subsea hardware and controls will be installed on each well to connect them to a control system and flowline, all located in deep waters, which then allows the gas to flow to a Central Processing Platform (CPP). The CPP will be fabricated and installed in the shallow water area (about 100 meters water depth). After processing the gas at the CPP to remove liquids, the gas will then flow through a 240 km x 30" pipeline from the CPP to a Riser Platform (RP), which will be fabricated and installed just downstream of the existing Yadana Field, currently operated by PTTEP. The RP will be tied into the two existing sales pipelines: one to the domestic market and the other to the export market. The purpose of the RP is to measure the volume and quality of gas immediately before entering the sales pipelines, and to regulate the flow between the two different pipelines.

Empowering Future Leaders: MPRL E&P's Young Professionals Return with Insights from Vietnam Internship

Hnin Wynt Zaw

The first group of young professionals from MPRL E&P embarked on their one-year intensive Master's Degree Program at the renowned Asian Institute of Technology (AIT) in Thailand in August 2022. Now, after successfully completing their studies and graduating in August 2023 with flying colors, these five young scholars have returned to their roles enriched with fresh knowledge and invaluable experiences.

During their intensive program at AIT, these scholars had the privilege of studying alongside international peers under the guidance of professors renowned for their expertise in the oil and gas industry. Despite initial anxieties associated with the program's accelerated nature, being in a foreign country, and the intense curriculum conducted in English, these young professionals soon forged strong bonds. They leaned on each other, drawing from their diverse educational backgrounds and prior field experiences. This camaraderie not only deepened their friendships but also led to active participation in extracurricular activities, including soccer tournaments. They received recognition from their professors and peers alike for their dedication and hard work both on and off campus.

More Stories

Fostering Youth Empowerment through Village-Level Environmental Debate

Feature 6 ➤

Dale Carnegie Leadership Essentials: Guaranteed to Move Forward

News 8 ➤

Cultivating a Successful Career in Accounting: Insights and Strategies

Employee Spotlight 14 ➤

Pyitharyar Integrated Project Enters FEED

Feature 16 ➤

Bringing the Gift of Sight to Mann Field Communities

Feature 26 ➤

The Importance of Colocation Services for Banks and Key Features of Myint & Associates Data Center

In the Group 31 ➤

From the Desk of the Editor

Dear Readers,

First and foremost, on behalf of the Editorial Team, I would like to extend warm birthday wishes to our leaders - the CEO, DCE, COO, and DXM. We deeply appreciate your exemplary leadership, mentorship, and the driving force you've been behind our collective achievements.

I am thrilled to congratulate the recent graduates of the one-year intensive Master's Degree Program at AIT. They have returned with fresh ideas, knowledge, and valuable experiences, accompanied by outstanding academic performance, high GPAs, and commendations from both professors and peers. We eagerly anticipate their contributions to our ongoing and upcoming projects, trusting that they will make a meaningful impact in fulfilling our vision of addressing our country's energy sector needs.

MPRL E&P's core values include fostering and nurturing our company's biggest assets, the employees, for growth and preparing them for the future with knowledge, experiences, and a solid track of work ethics and milestones that will set them apart from peers. In this spirit of recognition, I would like to also recognize and congratulate the Outstanding Award recipients for their exceptional hard work and dedication.

As we approach the year's end, our company remains steadfast in its commitment to community involvement at Mann Field. Our ongoing efforts focus on building a better community, supporting the well-being and development of both the youth and elders.

In this issue, you will find many inspiring stories from the "Book Drive for Community Center" to the HSE trainings and knowledge-sharing sessions. Perhaps one of the most impactful stories in this issue is the launch of the eye health program called "Clear Eyesight for Happy Life!" which has been instrumental in improving the lives of Mann Field Communities. Launched

earlier this year, MPRL E&P's CSR Program organized performing eye surgeries for young child with squint and cataract surgeries for elders, improving their vision and overall quality of life. The program also provides necessary glasses and prescriptions for school children, emphasizing the importance of eye care knowledge and follow-up examinations. This eye health program, led by MPRL E&P, has won the hearts of local community members in Mann Field. MPRL E&P's initiative for eye health program in collaboration with the Public Health Department (Minbu) is a testament to what true community involvement and partnership can achieve.

Lastly, I would like to express my gratitude to all those who participated in our Readership Survey in the previous issue. Your feedback is invaluable and plays a pivotal role in improving the content of our newsletter. In the upcoming editions, we will be incorporating several improvements based on your feedback. Should you ever have any thoughts to share, please don't hesitate to email us at mprlstaff@mprlexp.com. A newsletter thrives on its readers and contributors, and I'm thankful for each and every one of you.

In conclusion, I'd like to leave you with a positive note: While we face numerous global challenges, including technological advancements, rising inflation, and international developments, it's essential to maintain unwavering focus on yourself, your work, and your overall well-being. With just a few more months left until the New Year, we are in the final stretch! Let nothing deter you from pursuing your dreams and continually moving closer to your goals. ■

Hnin Wynt Zaw

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Congratulations!

for your outstanding achievements!

To the recent AIT graduates, you have done a wonderful job by passing all your classes with flying colors. We couldn't be prouder of your outstanding achievements! Be proud of this moment – you deserve it for all the effort and dedication you have invested.



Your Opinion: The Impact of Technology on Job Opportunities



Phyto Wai Maung
Senior Multimedia Designer
Executive Management Office

As technology continues to evolve, human resources are needed to manage and harness the changing technological landscape. However, the advancement of technology can also lead to job losses within human resources. Technology assumes a very essential role in my current work and responsibilities, providing significant assistance.

In the work I do, technology has changed my skillset. The synergy between creativity or innovative ideas and technological tools is vital. Therefore, maintaining an ongoing connection with emerging technologies and acquiring new knowledge is key. This, in turn, fosters adaptability within the workplace.

Technology is always changing, so there is always a need to learn. Falling behind in technological advancements could result in missed job opportunities. As technology progresses, communication has become faster and simpler. The internet alone opens up many opportunities for businesses and jobs, regardless of location.

In today's world, technology is very important and widely utilized. We must always expand our knowledge so that we can use technology more effectively within our respective fields of expertise. This approach ensures an adequate workforce proficient in operating new technologies.

Technology is pivotal in any workplace, providing essential tools for employees like myself. I believe that continuous learning and utilization of technology are essential for enhancing the workplace to keep pace with the changing times. By embracing technology in this manner, one's skillset is enriched, and they become a contemporary technician.

In conclusion, while technology does pose challenges and changes the landscape of job opportunities, it also creates new possibilities and demands for a different skill set. By embracing technological advancements, investing in education and training, and fostering an environment of innovation, we can harness the potential of technology to create a future where job opportunities thrive alongside technological progress. ■



Su Mon Aye
Assistant Geoscientist
Geoscience Department

Nowadays, technological advancements have yielded both positive and negative consequences for job opportunities. However, it's important to note that while technology reshapes the nature of jobs, it doesn't inherently lead to unemployment.

One of the chief advantages of technology in our job environment is that it increases the efficiency of professional skills. Tasks can be completed more rapidly, yet the technologies that are being used within organizations often comes at a high cost. In my current role, technology has made a significant impact. It has provided me with advanced tools for interpreting workflows, facilitated detailed subsurface analyses, and improved the accuracy of hydrocarbon reservoir identification. These enhancements have elevated my efficiency and decision-making capabilities. However, a downside is the decreased reliance on manual map-drawing.

In my opinion, many routine manual and cognitive tasks have been automated, replacing our tasks. Consequently, upskilling becomes an imperative. As a geoscientist working with a variety of surface datasets, I have come to realize that my professional knowledge alone is inadequate. Over recent years, I have had to learn a new skills, particularly those related to updated software, in order to deliver high-quality results for each task.

I believe that individuals in our workplace might be concerned about the potential impact of technology on job security, which may be caused by enhanced data analysis tools, skill gaps, replaceable jobs susceptible to automation (with robots or tools), and job market uncertainty. In my view, these issues could be addressed by cultivating our skillsets, providing avenues for upskilling, fostering open communication about company strategies, and underscoring how technology can drive efficiency and creativity.

In summary, I feel that technological advancements fundamentally impact the labor market, creating new opportunities and redefining work paradigms. While technology indeed possesses the potential to increase efficiency and drive innovation, it also carries the prospect of displacing jobs and creating skill gaps. As a result, adapting to these changes necessitates proactive efforts from both organizations and individuals, ensuring that the workforce remains poised to embrace the future of work. ■

Charitable Giving through the Foundation: Investing in New Generation

Moe Thu Zar Soe

For the Academic Year 2023-2024, the U Moe Myint & Family's Educational Foundation granted financial assistance in the amount of MMK 9,995,000 to 189 students from staff families within the MPRL E&P Group of Companies (GoC) who are pursuing basic education at local government and public schools. Additionally, the Foundation continued to provide financial aid to its previous scholars who are furthering their education, especially in fields like medicine and engineering.

Since its establishment in 2011, the Foundation has supported 3,244 students at the basic education level, 145 high school graduates, students who have excelled in their matriculation examinations with flying colors, and 38 general scholars. In total, the Foundation has spent a total

of MMK 1,003,782,280 to support outstanding Myanmar students.

U Moe Myint & Family's Educational Foundation was established on our CEO's birthday in September 2011 with the aim of providing financial assistance for higher education to students from staff families across the GoC on an annual basis. The foundation also extends its support to underprivileged Myanmar scholars across the country on a monthly basis. The primary goal of this private scholarship program is to help alleviate the barrier of affordability and enable students to focus on what is most important – their education. ■



Dengue at a Glance

Dr. Kyaw Ye Htut

What is Dengue Fever?

The dengue virus is transmitted to humans through the bite of an infected *Aedes* mosquito species (*Ae. aegypti* or *Ae. albopictus*). Nearly half of the world's population, approximately four billion people, live in dengue risk areas. Dengue is a frequent cause of illness in dangerous regions and the most common disease caused by mosquitoes in children in our country.

Dengue is caused by any of the four related viruses: Dengue virus 1, 2, 3, and 4 (DENV-1, DENV-2, DENV-3, and DENV-4). Therefore, people can be infected with dengue multiple times in their lives.

Transmission

The dengue virus is transmitted to humans through the bite of an infected *Aedes* mosquito species (*Ae. aegypti* or *Ae. albopictus*), which also spread Zika and Chikungunya viruses. These mosquitoes usually breed in water buckets, bowls, and animal dishes. Eggs are often laid near standing water in containers like vases, and they tend to bite people and live near them both indoors and outdoors. Mosquitoes causing Dengue fever, Chikungunya, and Zika can bite during both day and night, with a higher likelihood in the early morning and evening hours.

Mosquitoes become infected when they bite an infected person and can transmit the virus to other people through their bites.

Transmission from Mother to Child

A pregnant woman infected with dengue can transmit the virus to her fetus during pregnancy or around the time of birth. To date, there has been one documented report of dengue spread through breast milk. Despite the risk of dengue, the benefits of breastfeeding encourage mothers to breastfeed even in high-risk areas.

Other Modes of Transmission

Dengue fever can be transmitted through blood transfusions, exposure in laboratories or health-care settings, but it is rarely transmitted through organ transplants or needle stick injuries.

Symptoms

One in four people infected with dengue will experience fever. Symptoms for dengue patients can range from mild to severe. Severe dengue fever can become life-threatening within hours and requires hospital treatment. Symptoms may appear within 3 to 10 days after being bitten by an infected mosquito. Dengue symptoms usually last 2 to 7 days, and most people recover in about a week. Mild symptoms, such as fever, aches, rashes, and red spots, can be confused with other illnesses like flu, so special attention is needed.

The most common symptom of dengue is fever, along with:

- Nausea and vomiting.
- Aches and pains (typically behind the eyes, muscle, joint, or bone pain).
- Red spots.



- Signs of minor bleeding, etc.
- Fever can reach up to 41 Celsius (104 F) and usually lasts 2 to 7 days.

Severe Dengue or Dengue Shock Syndrome

It is crucial to watch for symptoms of severe dengue fever. Warning signs usually manifest 24 to 48 hours after the fever subsides. While most patients recover in clinics or at home, severe dengue can develop within hours.

If you or a family member experiences any of the following symptoms, seek immediate medical attention at a local clinic or emergency room:

- Stomach ache.
- Vomiting (occurring at least 3 times in 24 hours).
- Bleeding from the nose or gums.
- Vomiting blood or blood in stools.
- Fatigue or irritability (with difficulty breathing).
- Cold extremities.
- Drowsiness or restlessness.
- Appearance of red spots or patches on the skin.

At this time, the fever has often come down. This may mislead many of us to believe that the patient is heading towards recovery. In fact, this is the most dangerous period that requires high vigilance from caregivers.

About 1 in 20 people who get sick with dengue will develop severe dengue. Severe dengue can result in shock, internal bleeding, and even death. If you have had dengue in the past, you are more likely to develop severe dengue. Infants and pregnant women are at a higher risk of developing severe dengue. The patient's condition may suddenly deteriorate after a few days of fever; the temperature drops, followed by signs of circulatory failure, and the patient may rapidly go into a critical state of shock. At this time, the fever has often come down. This may mislead many of us to believe that the patient is heading towards recovery. In fact, this is the most dangerous period that requires high vigilance from caregivers.

During Fever

Recommend bed rest. Let your sick child or family member rest as much as possible.

Controlling High Fever

- Do not administer ibuprofen (Motrin, Advil), aspirin, or medications containing aspirin.
- Sponge the patient's skin with cool water if the fever remains high.
- Administer acetaminophen or paracetamol (Tylenol) every 6 hours if needed for high fever (maximum 4 doses per day).
- Prevent dehydration: Provide plenty of fluids and watch for signs of dehydration, which occurs when a person loses too much body fluid from fever or vomiting or if he or she does not drink enough fluids.

Seek Medical Attention

If any of the following signs appear in your child or sick family member, bring them to a clinic or hospital:

- Decrease in urination (check the number of wet diapers, listlessness, overly agitation, or confused trips to the bathroom).
- Rapid heartbeat (more than 100 beats per minute) when the child cries and few or no tears.
- Cold or clammy fingers, hands, and legs.
- Dry mouth, tongue, lips, and toes.
- Sunken eyes.
- Sunken soft spot (fontanel) in an infant's head.

As Fever Goes Away

Watch for Warning Signs

Although the fever is subsiding, this phase of dengue can be dangerous for some patients. Watch for warning signs as the temperature declines, 3-7 days after symptoms begin.

IMMEDIATELY return to the clinic or emergency department if any of the following warning signs appear:

- Severe abdominal pain or persistent vomiting.
- Red spots or patches on the skin.
- Bleeding from the nose or gums.
- Vomiting blood or blood in stools.
- Drowsiness or irritability.
- Pale, cold, or clammy skin.
- Difficulty breathing.

Preventing Dehydration

Consume plenty of Oral Rehydration Solution (and fluids). Carefully monitor for signs of dehydration if a person has a fever, loses too much body fluid from vomiting, or does not drink enough fluids. Take your child or sick family member to a clinic or emergency room if you notice any of the following signs of dehydration:

- Low urine output.
- Little or no tears when the baby cries.
- Dryness of the tongue, mouth, and lips.
- Sunken eyes.
- Cold extremities.

Factors that Increase the Risk of Dengue Fever

Type of Dengue Virus:

A person infected with one type of dengue virus can develop lifelong immunity to that type of virus, but only temporary immunity to other types. This can increase the risk of severe dengue fever.

Age:

Children under the age of 15 are generally more likely to develop dengue compared to adults. This can be due to several factors, including the immaturity of the immune system and lack of previous exposure to various types of dengue fever.

Co-infection:

If a person is infected with more than one virus, such as dengue and Zika or Chikungunya, it can increase the risk of serious illness.

Immune System Factors:

Variations in individual immune responses and ge-

Promoting Seasonal Disease Awareness for Mann Field Communities

Moe Thu Zar Soe



The period from June to October marks the monsoon season in Myanmar, during which monsoon rains are most persistent in the southern and western regions of the country. Notably, studies have highlighted a significant association between Dengue disease, the rainy season, tropical conditions, and age. Recognizing these factors, MPRL E&P's CSR Program proactively arranged knowledge-sharing sessions on preventive and control measures against the Dengue virus in Mann Field. This locale has experienced flooding from nearby Mann Creek due to heavy monsoon rains.

Under the guidance of the dedicated CSR Team, Dr. Kyaw Ye Htut, who has been serving as a Camp Doctor and healthcare provider for MPRL E&P's Mobile Clinic Program in Mann Field, conducted health talk sessions. He emphasized that the objective of these sessions is to enhance vigilance against Dengue fever within the Mann Field Com-

munities and to educate the communities about measures to prevent Dengue virus infection.

Dr. Kyaw also extended his expertise on seasonal diseases and other health-related matters to all staff members across the group of companies. The CSR Team thoughtfully designed these health talk sessions, providing essential resources and leaflets to community members who attended clinic sessions. The aim was to raise awareness about Dengue fever and encourage preventive measures during the monsoon season.

Recognizing the potential of the Mobile Clinic as an effective platform for disease prevention and health promotion, particularly in reducing risk-taking behaviors and fostering protective practices among Mann Field Communities, MPRL E&P's CSR Program initiated 17 knowledge-sharing sessions on Dengue virus at clinic-operated

locations and schools in Mann Field in August 2023. These awareness sessions included informative Q&A sessions with students about Dengue fever, and students who answered correctly were rewarded with school stationery. The awareness sessions were well-attended, with a total of 2,334 participants, including schoolchildren, teachers, and local residents.

Dengue, characterized by acute fever and caused by a virus, manifests in two forms—Dengue Fever and Dengue Hemorrhagic Fever. In addition to fever, the disease can lead to bleeding and, in severe cases, shock and death. Its impact is particularly grave in children, and during epidemics, it can rapidly affect a large number of people, resulting in significant loss of life. ■



From Page 4

netic factors can predispose individuals to dengue.

Environmental Factors:

Temperature and rainfall can contribute to dengue virus transmission and mosquito breeding. Increased mosquito populations and viral infections elevate the risk of dengue fever.

Urban and Residential Factors:

Rapid urbanization, unplanned urban development, and overcrowded settlements, along with inadequate waste management in urban areas, can lead to stagnant drainage areas due to construction sites and neglected rainwater collection areas. These factors can increase the risk of dengue fever.

Deforestation:

Deforestation can disrupt the balance between mosquito populations and their natural predators.

Water Storage Practices:

In areas with limited access to clean water, people often store water in containers for daily use. If these water containers are not adequately covered, they can become breeding grounds for mosquitoes.

Treatment

Most cases of dengue fever can be managed at home with pain medication. There is no specific treatment for dengue fever; the focus should be on alleviating symptoms.

Prevention

1. Source Reduction

Eliminating or reducing mosquito breeding sites is crucial. Aedes mosquitoes breed in stagnant water, vases, and empty containers that can collect water, such as discarded tires and buckets. It's important to clean or cover these items.

2. Environmental Management

Enhance drainage systems to prevent water pooling and manage waste properly to reduce areas where water can accumulate. Regularly inspect and clean items like tires, buckets, planters, toys, and ponds. Cover and dispose of water in containers like garbage cans once a week. Check water containers both inside and outside the house. Use mosquito screens on windows and doors, repairing any holes to prevent mosquitoes from entering.

3. Spraying Pesticides

Apply pesticides to areas where mosquitoes breed.

4. Personal Protective Measures

- Use mosquito repellent.
- Wear protective clothing, including loose-fitting long-sleeved shirts and pants.
- Use a mosquito net. Sleep under a mosquito net. Place one under the mattress to repel mosquitoes. If using it for a crib, ensure it touches the floor and is tightly secured to avoid suffocation risks for children. Inspect the net for holes where mosquitoes can enter. Be cautious with candles, as they can catch fire. Avoid attaching the net near cigarettes or open flames. Note that mosquitoes can bite through net holes, so avoid sleeping directly against the net.
- Avoid peak mosquito activity times. Aedes mosquitoes, which transmit dengue, are most active in the early morning and late evening. If possible, stay indoors during these times. If you need to go out, take precautions to protect yourself from mosquito bites. ■

Fostering Youth Empowerment through Village-level Environmental Debate

Pyae Pyae Phyoe

In a lively celebration of World Environment Day 2023, a special event took place at Basic Education Middle School of Kyar Kan Village on 12 June 2023. Organized by MPRL E&P's CSR Program, this event revolved around a debate, posing the important question: "Can we stop using plastic in our village?"

Prior to the commencement of the day's activities, Daw Lai Lai Khaing, CSR Field Coordinator of MPRL E&P, spoke about the purpose behind the event. The debate was designed to raise awareness and stimulate action towards safeguarding the environment. This was not merely an intellectual contest; it was a clear call to action. The event not only fostered dialogue but also empowered the younger generation to become catalysts for change within their communities.

The Principal of Kyar Kan School thanked MPRL E&P's CSR Program for arranging this special day. Acknowledging the students' limited prior debate experience, she encouraged understanding for any mistakes, emphasizing that what mattered most was the students' grasp of the issues surrounding plastic usage and how it could be managed more responsibly. The students also learned about the perils of plastic and the consequences of neglecting our environment.



The students were divided into two groups, each with six middle school students. The topic was whether we could stop plastic use in the village and if it was attainable. One team shared the feasibility, while the other countered it. Five judges watched the debate, evaluating and adjudicating the teams' performances. The two groups were designated as Group One and Group Two. They passionately presented their arguments and reasoned their beliefs.

The students were well-prepared for the debate. They researched to find good reasons supporting their respective arguments. They also found real-world examples to support their points. More-



over, they anticipated counterarguments and prepared themselves to respond effectively. Each team worked together to structure their statements and determine the sequence. The participating students showcased their dedication and shared their perspectives on environmental conservation.

A total of 173 participants, including students, teachers and villagers, attended the event. Group One won the debate securing a score of 1,496 marks. It was a friendly and informative competition. The event not only sparked discussions on sustainable practice; it also empowered the youth to serve as agents of change in their respective communities.



Nwe Cherry Khine
Grade-8 Student
Group One

After the debate, some students shared their reflections. One such student was Nwe Cherry Khine, a 13-year-old Grade-8 student from Kyar Kan School. She talked about her experience as a member of Group One, driven by the intention to raise awareness about the negative consequences of plastic usage.

In preparation for the debate, she studied about plastic-related matters and engaged in discussions with her friends. Her teachers and parents also provided invaluable support. The debate marked her first such experience, fueling her enthusiasm and fostering a sense of friendship among participants. The event not only enhanced her understanding of the implications of plastic usage but also motivated her involvement in local initiatives like Trash Hero Minbu cleanup activities. Grateful to her school and MPRL E&P's CSR Program for the opportunity, she hopes to participate in more such competitions in the future.



Jue Jue Han
Grade-8 Student
Group Two

Another student, Jue Jue Han, from Grade-8 and a member of Group Two, also shared her perspectives. Despite standing among Group Two members who opposed the point "We can stop using plastic in our village", she believed that the cessation of plastic use was indeed possible. To get ready for the debate, Jue Jue Han read books and did research online to learn more about plastic. She also talked with her teachers and friends to get ideas about the topic. She remembered being very excited during the debate, even though she forgot certain points she wanted to share. She felt happy and proud to be part of the event.

Jue Jue Han further emphasized that the event enriched her understanding of the pros and cons of plastic and deepened her appreciation for scheduled waste collection efforts. She made a commitment to advocate for reduced plastic usage and pledged active participation in the Trash Hero Minbu cleanup activities. Like her counterpart, she extended gratitude to the school and MPRL E&P's CSR Program for organizing the event and expressed her eagerness to partake in future competitions.

To sum up, the Kyar Kan School's World Environment Day Debate was an achievement of knowledge and passion. The students acquired knowledge, shared their ideas, and worked together to talk about a significant issue. The event underscored that even young voices could make a big difference in protecting the environment. It also demonstrated that even at the village level, change can be catalyzed through informed discussions and collective efforts. ■



MPRL E&P's Book Drive Nurtures a Love for Reading and Learning in Mann Field Communities

Pyae Pyae Phyo

MPRL E&P recently carried out an inspiring initiative—a book drive aimed to enhance learning opportunities and create positive change within the communities they operate in. The heart of this campaign beats for nurturing a love for reading and learning among the Mann Field Communities. Recognizing the transformative power of knowledge and access to quality reading materials, MPRL E&P endeavors to be a catalyst for growth in underserved regions. Yet, this initiative aims to empower these communities with the tools they need for growth.

MPRL E&P's CSR Program kicked off this impactful campaign under the banner of the "Book Drive for Community Center." However, the scope of this campaign extended beyond the company's staff members. The MPRL E&P Group of Companies' employees were also invited to be a part of this transformative initiative. All staff members were encouraged to donate new or gently used books, embracing the idea of giving back to the Mann Field Communities. The campaign unfolded from 14 July 2023 to 14 August 2023, and successfully ran for a month, collecting both new and gently used books in both Myanmar and English languages.

The collective impact of these contributions was profound. The CSR Team expressed their gratitude for the staff's generous donations, resulting in a collection of 923 books, as well as a monetary contribution amounting to MMK 1,695,000. This combined effort paved the way for the provision of 1,255 books and the establishment of learning facilities within the communities. The remaining funds of MMK 125,900 were allocated for the maintenance of the community center, ensuring the sustainability of this initiative.

On 23 August 2023, the result of this campaign came to fruition at the Mann Kyoe Village Library. The CSR Team organized a special event where they handed over the collected books and funds to the Mann Kyoe Village Library. Attended by 215



students, 53 villagers, the Village Administrator, and the Village Development Committees, this event echoed the success of similar initiatives in the past, such as the book donation events held at Aye Mya and Nan U Villages the previous year.

Above all, it is evident that the importance of this book drive extends beyond just donating books. It marks a significant step towards nurturing a culture of learning and advancement within underserved communities. This campaign is about providing resources that can ignite the flames of curiosity and a thirst to explore the world through words. It stands as a seed of growth planted in the hearts of young learners, a testament to MPRL E&P's dedication to community sustainable development and livelihood. ■



Dale Carnegie Leadership Essentials: Guaranteed to Move Forward

K Thant Syn

Training is one of the most effective ways to equip employees with the knowledge they need to be successful. The organizations, on the other hand, understand that it's important to deliver consistent and ongoing training. Additionally, employees need ongoing training to improve and maintain their skills over time.

At MPRL E&P, investing in training demonstrates to employees that they are valued, ensuring that each individual is poised to reach their full potential both personally and professionally. In the second quarter of Fiscal Year 2023-2024, MPRL E&P provided the employee development program as part of a continuous effort for in-house young leaders to enhance work performance through approaches like coaching, training sessions, and leadership mentoring via the Dale Carnegie Leadership Essentials Program.

Dale Carnegie training is designed for a total of 25 MPRL E&P Young Leaders to undergo the "Leadership Journey," spanning a period of 18 months. This journey is divided into three in-person training sessions: (1) "The Dale Carnegie" Course, (2) Develop Your Leadership Potential "Stop Doing, Start Leading" Course and (3) Leadership Training for Results "Unleash Potential in Others" with virtual coaching and sustainment sessions in between each course of face-to-face trainings.

In general, this training aims to develop young leaders into great leaders in the near future. Each session has specific aims and objectives for learners to achieve upon completion. The first session is designed to help learners build greater self-confidence, strengthen people skills, enhance communication skills, develop leadership skills, reduce stress, and improve their attitude. The second session aims to maintain participant engagement at the desired level between formal training sessions, while the final session focuses on essential skills needed to build strong teams and equip new leaders with the right attitudes to step up and take charge.

On June 12, 14, and 16 of 2023, the first course of three-day in-person training was conducted by the Carnegie Master, Mr. Paul Siregar, along with Certified Trainer Daw Sanda Thein at Sein Lan Soe Pyay Garden. All participants actively engaged in the training session, enjoying both theoretical and practical exercises. This session focused on 30 Dale Carnegie principles from "How to Win



Friends and Influence People," along with other theories on self-presentation and communication. One distinctive feature of the training was the opportunity for participants to implement the principles in real-life situations and share their experiences the following day. This approach helped link the principles to real-world scenarios effectively.

Since the training session included employees from both the Yangon Office and Mann Field Operations, Engineer U Aye Min Tun from the Field Operations Department stated, "Dale Carnegie training is a highly effective training program for young leaders. From this training, we learned many ways to build our self-confidence, effectively communicate within the organization, and manage stress. With coaching sessions, we can practically apply the principles taught in the training, leading to an improvement in our leadership skills."

After completing the first training session, on July 12 and 13, five groups of participants underwent virtual coaching sessions with Certified Trainer Daw Sanda Thein to discuss the application of principles during the period between face-to-face training and the virtual session. Participants mostly discussed which principles they had used in encountered situations, their perspectives on different encounters in work and daily lives, and the benefits and challenges of applying principles based on circumstances. This session helped participants understand how principles are consciously and unconsciously applied in daily life, impacting personal positivity.

Regarding the virtual coaching session, participant Daw Thin Thin Phy, an Accountant from the Finance Department, noted, "We learned guidelines from the Dale Carnegie Training in June, and coaching sessions allow us to monitor the training's effectiveness along with our behavioral prog-



ress. In my opinion, coaching sessions provide constructive support for self-confidence and leadership skills improvement."

Moving forward, there will be two more 3-day face-to-face training sessions and virtual coaching sessions until next year. While the impact of the training itself may not be distinctly evident for now, I believe we will witness positive changes in the participants by the end of the training session next year. This will lead to a spread of positivity and excellence within the team, department, and organization, contributing to collective growth and better outcomes. ■



MPRL E&P's Comprehensive HSE Training Initiatives

Moe Tha Zar Soe



In any professional setting, the significance of an effective training program is vital. Such programs not only help new staff acclimate to their roles but also ensure that seasoned employees stay current in their respective fields. Crafting a training program that caters to both team members and the organization is pivotal in fostering growth and improvement. Among these, Health, Safety and Environment (HSE) training holds a paramount position, as it plays a crucial role in preventing accidents, injuries, and associated risks within the workplace. By instilling awareness of these concerns, the entire workforce becomes equipped to integrate preventive measures into their daily tasks.

MPRL E&P's HSE Department has been unwavering in its commitment to fostering a culture of safety. This endeavor is reflected in its tailored training series that addresses prevalent health and safety issues faced by employees both during and outside of work.

Throughout the second quarter of Fiscal Year 2023-2024, the HSE Department organized a series of health and safety talks. Topics ranged from Plastic Pollution and Dengue Fever to Hepatitis and Healthy Lifestyle, even encompassing Drug Control. These sessions were conducted using a hybrid approach, combining in-person and online methods to engage the staff members from MPRL E&P Group of Companies (GoC). Expert insights were shared by the HSE Manager, Assistant HSE Manager, Site HSE Officers, Field Camp Doctor, and external training specialists.

Additionally, in the second quarter, the HSE Department conducted training sessions on various topics including HSE Management, Working in Confined Spaces, Slip and Falls, HSE Policy and Manual Handling, Forklift Safety, and Fire and Electrical Safety Awareness. They also offered refresher courses on important aspects such as Permit to Work (PTW) and Emergency Wardens. These sessions were held at both Mann Field and the Head Office in Yangon. Notably, the Emergency Wardens training incorporated hands-on scenarios and simulations to fortify emergency response skills in a controlled environment. This holistic training approach is tailored to specific roles and responsibilities, providing the workforce with up-to-date emergency response techniques and best practices.

The HSE Manager of MPRL E&P underscores the transformative impact of effective health and safety training, stating, "Sound training programs empower employers to implement policies that foster a secure work environment, enhancing the overall experience for our employees and ensuring preparedness for any situation."

Furthermore, the HSE Department conducted an insightful training titled "Behavioral System Approach (BSA) versus Human Performance Improvement." This event, held at Vantage Tower in July, aimed to delve into the correlation between behaviors and outcomes. By understanding the role of observable behaviors in influencing performance, attendees gained insights into fostering a safer environment. The Assistant HSE Manager addressed misconceptions surrounding behavior-based safety and showed the drawbacks of relying solely on lagging indicators.

In the second quarter of Fiscal Year 2023-2024, the HSE Department proudly conducted various training sessions within its HSE training series, engaging a total of 733 employees across the Group of Companies. MPRL E&P extends its gratitude to all team members for their dedication to upholding a secure work environment, fostering growth, and enhancing safety across the organization. ■



Water Quality Monitoring: A Crucial Component of Environmental Protection

Han Myo Aung



Water is one of the most essential resources for life on Earth, supporting a wide range of ecosystems and serving as a vital component of human society. However, the health and sustainability of water bodies are increasingly threatened by various human activities, pollution, and climate change. Environmental monitoring activities play a vital role in safeguarding water quality and the ecosystems that depend on it. Among these activities, water sample monitoring stands out as a crucial tool for understanding and mitigating environmental issues.

For the company MPRL E&P, which has obtained an environmental compliance certificate from the regulatory body Environmental Conservation Department (ECD), the monitoring of water quality remains of utmost importance. The certificate itself is a significant achievement, demonstrating the company's commitment to adhering to environmental regulations and mitigating its impact on the environment.

Achieving the environmental compliance certificate is not a one-time accomplishment; it represents an ongoing commitment. Regular and periodic monitoring of water quality ensures that any significant variances from our baseline monitoring results and contamination due to our operational activities are identified.

Water quality monitoring showcases the company's transparency and dedication to environmental stewardship. A company's environmental practices greatly influence public perception. Demonstrating a dedication to water quality monitoring and ensuring compliance enhances the company's reputation, builds trust with stakeholders, and can lead to improved relationships with the community.

Despite taking necessary precautions, unforeseen events or accidents can sometimes lead to pollution incidents. Continuous water quality monitoring allows us to detect such incidents early, facilitating immediate response and containment measures.

By closely monitoring the quality of water bodies near our operations and comparing the results

with baseline data, we can assess the effectiveness of our environmental protection measures. This process enables the identification of potential areas for improvement to minimize negative impacts on water resources and aquatic ecosystems. Information about our water usage and the results of local water bodies can highlight opportunities for better resource management, enabling the company to implement water conservation measures and reduce its water footprint. Compliance alone does not guarantee protection from all environmental risks. Water quality monitoring is a proactive approach to risk management, and by continuously monitoring water quality, the company can identify potential issues that may pose compliance challenges in the future.

Environmental compliance certificates require regular reporting to the regulatory body, with water quality monitoring data often being a key component of these reports. Through persistent water quality monitoring, the company can generate accurate and reliable data for regulatory reporting, ensuring transparency and credibility in its compliance efforts.

Investing in water quality monitoring demonstrates the company's commitment to environmental protection and reinforces its role as a responsible corporate citizen, contributing to the preservation and conservation of our precious water resources. ■



The Importance of Spill Drill Exercises at MPRL E&P

Nay Myo Aung



The Field Operations Team conducted spill drill exercises on 23 June 2023 with spill response team members in GOCS-2 at Mann Field. There are numerous reasons why it is important to regularly conduct spill drill exercises.

Spill drills, also known as oil spill drills or emergency response exercises, are crucial for preparedness and response in the event of a spill or release of hazardous substances. This is especially true in industries such as oil and gas, chemical manufacturing, transportation, and marine operations. The importance of spill drills lies in several key factors:

Risk management: Spill drills help identify and assess potential risks associated with spills, leaks, or releases. By simulating emergency scenarios, organizations can evaluate their preparedness, identify vulnerabilities, and implement necessary measures to minimize the risks and potential impacts of a spill.

Preparedness: Spill drills play a critical role in preparing personnel and response teams for handling emergency situations. These drills provide an opportunity to practice response plans, test equipment and technologies, and enhance coordination and communication among various stakeholders, such as emergency responders, industry personnel, government agencies, and community organizations.

Learning from mistakes: The drill exercise offers a controlled environment to make mistakes and learn from them without causing actual environmental harm. Participants can identify weaknesses in their response procedures, evaluate their performance, and implement corrective actions to improve future response efforts.

Training and skill development: Conducting spill drills allows individuals and teams to gain practical experience in managing and mitigating spills. It helps personnel become familiar with their roles and responsibilities during an emergency, trains them on the proper use of equipment and safety protocols and improves their decision-making abilities under pressure. Regular

drills also facilitate the transfer of knowledge and best practices among team members.

Assessing response capabilities: Spill drills serve as a platform to evaluate the effectiveness and efficiency of response plans, equipment, and response teams. By observing and analyzing the drill performance, organizations can identify areas that need improvement, such as response times, communication protocols, resource allocation, and coordination among different response entities. This feedback helps enhance response capabilities and optimize strategies for future incidents.



Compliance with regulations: Many industries are subject to strict regulations and standards regarding spill prevention, response, and reporting. Conducting spill drills is often a legal requirement to demonstrate compliance and maintain necessary certifications and permits. By regularly conducting drills and maintaining documentation of these exercises, organizations can provide evidence of their commitment to safety and environmental stewardship.

Public and stakeholder confidence: Spill drills contribute to building public trust and confidence in industries that handle hazardous substances. Demonstrating a proactive approach to emergency preparedness reassures communities, regulators, investors, and other stakeholders that the



organization takes safety seriously and is capable of responding effectively to spills or other incidents.

Overall, spill drills are instrumental in reducing the potential environmental, social, and economic impacts of spills. By investing in preparedness, training, and response improvement, organizations can minimize harm to ecosystems, protect human health, and mitigate the financial consequences associated with spills and releases of hazardous substances. ■

Can Businesses Operate Responsibly in times of Conflict and Crises?

Thal Sandy Tun

In the past two years, the political, social, and economic landscape of Myanmar has pointed towards challenging developments across the country. These developments, particularly characterized by heightened uncertainty and instability, have been partly driven by the erosion of sovereign principles under international law. While not directly involved in the conflict, the private sector has been drawn into these complex dynamics. Businesses have started to engage in conflict monitoring, enhance human rights due diligence, and implement measures for property and personnel protection, all in pursuit of a stronger triple bottom line. This was a natural response, as businesses had become integral to the contexts in which they operated. However, the impacts of their day-to-day actions were no longer perceived in the same light, for instance, by rights bodies.

Within this operating environment, notable socio-political anxieties have emerged. These anxieties have added a major security dimension on top of the burden of complications posed by existing issues tied to weak governance. This section of the article will focus on the latter aspect, where security emerges as a fundamental human need shared by companies, communities, and individuals alike. Local businesses adopted a *modus operandi* that focused on enhancing security measures to better safeguard their company property (assets) and personnel. This shift had ramifications for local community engagement and the protection of human rights, aspects that needed unwavering attention from businesses.

The enhanced physical security measures for corporate compounds and infrastructure often resulted in the isolation of company personnel, restricting their movements and interactions with the local communities. Furthermore, the potential presence of public security within the company compound, as part of the heightened security arrangements, could prove counter-intuitive and counter-productive. This could escalate human rights risks for local communities and amplify security hazards and threats. As a result, companies will be compelled to either employ a highly-trained in-house security team or contract private security providers with a proven track record in responsible security provision. This is essential to ensure the preservation of human rights while strengthening protective measures.

Communities may become targets of non-state actors, some heavily armed, who might assert that they represent the interests, will, historical grievances, or needs of the population. In such scenarios, they may exploit the communities as a means to sustain themselves financially, potentially resorting to political tactics that entail deliberately inflicting costs and casualties on the civilian population. The ability and success of executing these actions can contribute to the negative dynamics of conflict and further perpetuate violence in areas where companies operate.

When push comes to shove, local companies have limited options but to carefully navigate this strategic minefield with utmost care. They must engage in self-regulation to protect their staff, property, and affected communities, adhering to international best practices to achieve favorable operational outcomes. This inevitably involves adopting a constructive approach to the conflict to an extent, as briefly illustrated here.

Path of conflict	
Hot buttons and precipitating events	
Conflict occurs	
Constructive responses	Destructive responses
Behaviors which keep conflict to a minimum	Behaviors which escalate or prolong conflict
Task-focused conflict resolution <ul style="list-style-type: none">- Focus on task and problem solving- Drive positive emotions- Decrease tension and violence- Improve collaboration and community	Individual-focused conflict resolution <ul style="list-style-type: none">- Focus on subjective/personal aspects- Drive negative emotions- Increase tension and violence- Decrease collaboration and community
Conflict de-escalates	Conflict escalates

We often consider the impact of conflict on businesses but rarely recognize their role in conflict transformation and resolution. Businesses have an influence on conflict, but their effectiveness in this regard varies time and space. Literature on business, peace and development suggests that a business's constructive impact on conflict at a local or micro level tends to increase over time, while its ability to do so on a national or macro level decreases with time. Having a presence on the ground means that the businesses have a better understanding of the local context and the underlying causes of the conflict. This is due to their frontline position, maintenance of local-level intelligence, and engagement in both short- and longer-term investments. This sets them apart from international peace-building actors or multinational companies.

The ongoing dialogue and direct benefits provided to communities – rather than relying on struggling tax systems or overstretched public services – can be seen as a strategic process for business recovery and sustainability during adverse times. This approach involves adopting a delicate and tolerant stance to redefine issues. This includes reframing from using inflammatory language when discussing the situation, channeling energy into understanding and collaboration, resisting the pull of the spiral of silence, and finding consensus on new terms to describe the conflict story.

By implementing such practical initiatives, a company can align with globally recognized Corporate Social Responsibility (CSR) standards, such as the United Nations Guiding Principles (UNGPs) and Voluntary Principles on Security and Human Rights (VPSHR). These standards necessitate

significant and sustained community engagement and consultation during times of conflict and crises, aiming to mitigate potential adverse human rights impacts.

Strengthening sustainability

When everything is said and done, crises and uncertainty often prompt greater investment in sus-

tainability as businesses come to realize the importance of understanding and addressing the social and operational factors at play. The need for businesses to take action towards sustainability is stronger than ever, even as achieving the global sustainable development agenda by 2030 remains uncertain at this point. Moreover, there are several actions and strategies that companies can adopt to effectively navigate the prevailing crosswinds, as discussed earlier.

At the global level, the operating context differs significantly from that of just a couple of years ago, owing to factors such as the U.S.-China rivalry with increasing geopolitical tensions and fragmentations, climate change, energy transition, and emerging technologies, among others. All of these elements will have significant ramifications for how businesses adapt and contribute to a more just and sustainable world.

Recent studies indicate that business leaders are determined in considering sustainability as a cornerstone for safeguarding against instability and uncertainty, and as a path forward for human security, development, and resilience. And rightfully so – for now.

This article is an attempt to reflect and discuss the role of local businesses in constructive conflict management, as well as where the primary long-term focus should lie in an increasingly unpredictable world. The views expressed are of the author and do not represent the company. ■

The Significance of Business Travel in Modern Work Culture

May Khin Oo

An in-person meeting holds greater value today than it ever did in the past when it served as the default mode of communication before the pandemic. In this new normal, web conferencing and virtual meetings have become essential; and some might even argue that they are the preferred methods, suggesting the enduring nature of the virtual trend. While business travel might never fully revert to its pre-pandemic state, let's take a moment to reevaluate its role.

In a world driven by technology, human interaction remains a cornerstone of effective business communication. Face-to-face meetings offer unique advantages that transcend virtual interactions. Here are five compelling reasons why in-person meetings hold a distinct edge:

- 1. Non-verbal Communication:** the opportunity to read and interpret body language enhances the effectiveness of communication.
- 2. Building Trust and Relationships:** Face-to-face interactions foster trust and lay the foundation for robust business relationships.
- 3. Mitigating Technical Hurdles:** In-person gatherings eliminate technical connectivity challenges.
- 4. Resolving Disputes:** Easier to resolve disputes and misunderstandings through direct, in-person dialogue.
- 5. Enhanced Productivity:** Face-to-face meetings minimize distractions and contribute to improved productivity.

To facilitate these face-to-face interactions, investing in business travel emerges as an important aspect of modern corporate dynamics.

In this article we will explore the different types of travel, the procedures to adhere to and the role of the Administration & Contracts Department in arranging business travel for MPRL E&P employees.

Types of Business Travel

Travel is an important aspect of carrying out business on a company's behalf. MPRL E&P recognizes two principal categories of travel: domestic and international. Domestic travel involves flights and vehicles, whereas international travel exclusively entails air travel.

As a standard guideline, domestic business travel necessitates Coach/Economy Class tickets. For international travel, flights with a duration of less than eight consecutive hours (excluding layovers) will be Coach/Economy Class tickets, while those exceeding eight consecutive hours (excluding layovers) will be Business Class tickets.

MPRL E&P is currently in the process of implementing a comprehensive *Company Travel Policy*

to ensure that both national and expatriate staff benefit from adequate service and comfort at reasonable costs. This policy will serve to elucidate travel procedures and parameters.

Business Travel Procedures

The initial requirement for all travelers or travel organizers is the completion of the Travel Request Form. This form gathers essential information such as the destination, purpose of travel, duration, mode of transportation, list of participants, travel objectives, Authorization for Expenditure (AFE), name, and allotment. Designated approval signatures on the form must be collected.

Subsequent to receiving all the approval signatures, it is mandatory to forward the completed Travel Request Form, along with any end-user requests, to MPRL E&P's Administration & Contracts Department. This step initiates the process of arranging essential travel arrangements.

sive of COVID-19 medical insurance, medical expenses, notary processes, passports, and visas are valid and in order. For applicable travelers, contingency funds and cash advances are submitted by the Administration & Contracts Department to the Senior Executive Management for approval.

For domestic travel, the procedures remain consistent but tend to be less complicated. At MPRL E&P, the frequency of domestic travel is significantly higher than that of international travel. The majority of domestic journeys are undertaken via ground transportation, facilitated through Myint & Associates Company Limited.

This eliminates the need for us to provide transportation price comparisons to the traveler. However, we do arrange the appropriate vehicle and driver based on factors such as the number of participants, travel timing and destination.



Figure 1: Summary of the procedure for business travel

The Role of Administration & Contracts Department

As one of the business support departments, the Administration & Contracts Department is dedicated to ensuring that business travelers experience efficient, safe, and pleasant journeys. Our responsibilities encompass domestic and international travel transportation (both vehicle and flight), accommodations, contingency funds (where applicable), and necessary documents required by the destination of travel.

Upon receiving the approved Travel Request Form for international travel, the Admin Team collaborates with travel agents and hotels, presenting with three price comparisons for flights and accommodations. Concurrently, we verify that all travel documents and monetary requisites, inclu-

The process for domestic flight travel mirrors the procedure for international travel. Our Admin Team provides price comparisons for flights and accommodations, along with any necessary documents.

Unlike international travel, and due to the recurring nature of domestic trips to the same destinations, most travelers are well-informed about their preferred accommodations and make specific hotel requests. This streamlined approach reduces both the time consumption and complexity of the entire process.

Our Administration & Contracts Department is committed to designing travel experiences that are convenient, comfortable, safe, and reliable. Further, all our endeavors strictly adhere to company fund utilization regulations. ■

Cultivating a Successful Career in Accounting: Insights and Strategies

Hnin Wynt Zaw

In the ever-evolving world of finance and business, the role of accountants remains pivotal. Their expertise in financial management, meticulous attention to detail, and commitment to accuracy make them indispensable assets to organizations across industries. Aspiring accountants, as well as those looking to enhance their existing careers, often seek insights and strategies to thrive in this dynamic field.

Below is the interview with Daw Hsu Yi Aung, Senior Accountant, Finance Department of MPRL E&P, offering valuable advice and personal experiences cultivating a successful career in accounting.

Please share details about your background, including your place of upbringing, family, and any siblings you have.

Although I was born in Yangon, I resided with my grandmother and aunts in Tada-U (Innwa), Mandalay during my primary school years. This was because both my parents were employed in government service at the time, which frequently required them to relocate due to their work commitments. Our family comprised five members, including my two siblings: a younger brother and a little sister. After relocating to Yangon, I graduated from No. (2) Basic Education High School, San Chaung.

Could you provide additional insights into your educational journey?

I graduated from Yangon Institute of Economics (Y.I.E) with a Bachelor of Commerce. During my time there, I was exposed to a diverse range of subjects such as Accounting, Costing, Auditing, Economics, Management, Banking and Finance, Statistics, Economic Geography, Mathematics, and more. Initially, these subjects seemed novel and unfamiliar to me, but as I delved deeper into them, I developed a keen interest. After my first year, I decided to specialize in Commerce among the three available majors (Economics, Statistics, and Commerce). This specialization paved the way for me to ultimately earn my Bachelor of Commerce (B. Com) degree.

Upon completing my studies at Y.I.E, I harbored a strong desire to pursue the CPA (Certified Public Accountant) qualification. I recognized that CPA represents the pinnacle of accounting education in the government sector, offering advanced coursework across various subjects. I eagerly awaited the announcement from the Myanmar Accountancy Council (MAC) regarding the timing and availability of the CPA Program, which is operated by the Office of the Auditor General and entails a rigorous two-year course.

What motivated your decision to pursue a career in the Finance sector? What ignited your passion for this field?

I sought employment while preparing for the CPA program, which led to a position as a Second Accountant at the Finance Department of the Government. There, I specialized in financial areas such as General Ledgers, Commercial Budgets, Cash Budgets, and FE Earnings, while also handling audits

and governmental reporting. Two years later, I joined the CPA program introduced by the Myanmar Accountancy Council (MAC), gaining advanced financial knowledge to tackle real-world challenges. Despite managing a demanding schedule, juggling a full-time job and CPA classes, I successfully completed the program. After over six years with the government entity, I sought new opportunities for career growth and challenges.

Could you share the story of how you came to work at MPRL E&P and how you initially learned about the job opportunity?

I learned about a job opening for an Assistant Accountant in MPRL E&P's Finance Department through a close friend who was already working there. Familiar with the company's reputation, I promptly expressed my interest and applied through my friend's recommendation. After securing an interview and successfully passing it, I began my journey with MPRL E&P in 2012, marking the start of an exciting new career chapter.

What was your initial position when you joined MPRL E&P, and how long have you been a part of the company?

My initial role at MPRL E&P was as an Assistant Accountant. During my time there, I had the privilege of gaining extensive experience and knowledge from my experienced colleagues at MPRL E&P. I was particularly fortunate to have U Zaw Lwin (Assistant Chief Compliance Officer or ACFO) as my mentor, under whose guidance and mentorship I learned and worked diligently. I am genuinely appreciative of the invaluable experiences and business insights I acquired during this period.

Could you describe your current position and its associated responsibilities?

I currently serve as a Senior Accountant with a multifaceted set of responsibilities. My role encompasses several key aspects, including budget preparation, management reporting, monitoring adherence to the approved work program and budget, conducting return on investment (ROI) analysis, and overseeing overseas payments.

In addition, I am deeply involved in elevating the financial functions within the organization by skillfully executing transformative projects. This strategic effort aims to ensure that our financial

operations align with international standards, encompassing values, internal controls, and the quality of financial information and guidance provided. Furthermore, I play a pivotal role in supporting overall business performance by delivering timely, relevant, and precise financial reporting and advisory services. My duties involve proficiency in working with SAP accounting software and offering crucial support for audit processes.

Can you highlight any challenging financial projects you have undertaken? If so, please briefly share a story about the difficulties you faced and the solutions you found.

The challenges lie in ensuring the auditability and comprehensive scrutiny of all financial aspects. This entails not only accuracy in numbers and calculations but also compliance, reasonableness, and adherence to principles in every financial transaction. Therefore, meticulous checks and counter-checks are essential, coupled with a strong commitment to due diligence and due care for each financial matter. Every fact and figure holds significant importance. For instance, in the case of Account Payable (AP) payments, it is imperative to possess a full array of evidence and supporting documents to proceed with payments. Additionally, verifying bank information demands meticulous attention, even to the extent of conducting conference calls when necessary to confirm accuracy.

What constitutes the most significant aspect of your role, such as budgeting, forecasting, presenting financial data, generating reports, etc.?

During the budget preparation for the Mann Field Project, my team and I adopted a thorough and diligent approach. We initiated a well-structured timeline to align with Management's goals, ensuring timely submission of the Work Program & Budget (WP & B). We meticulously gathered data and budget forecasts from various departments, collaborating closely with department heads to refine and update inputs. Rigorous scrutiny of calculations and comprehensive analysis of past budget and actual data were standard practices. Concurrently, we focused on financial forecasting and prepared presentations for clarity and precision. These presentations underwent review by my Head of Department and manager, with actions taken as per their guidance. Additionally, I calculated project revenue targets and Return on Investment (ROI) under various oil price scenarios.

From Medical Graduate to HSE Professional: A Journey of Dedication and Impact

Hnin Wynt Zaw

Embodying the essence of our core values, our Site Doctor at Mann Field personifies the ideals of 'Patience, Persistence, and Perseverance,' which have long been hailed as the keys to success. In this employee spotlight, we delve into the remarkable journey of this dedicated individual, whose unwavering commitment to safety and well-being exemplifies the very heart of our organization.

Dr. Kyaw Ye Htut's journey from a medical university graduate to a Health, Safety, and Environment (HSE) professional is nothing short of remarkable. A distinguished alumnus of Basic Education High School No. 1 Dagon, Dr. Kyaw's educational voyage began with completing his matriculation examination in the academic year 2001-2002. Following his academic achievements, he embarked on the path to becoming a medical doctor, earning his degree from the prestigious Institute of Medicine (1) Yangon in 2008.

Upon graduation, Dr. Kyaw explored various professional avenues, initially working as a Medical Representative. However, his career took a distinct turn when he entered the Occupational Health sector, serving as a HSE Supervisor at a Pesticide and Fertilizer Production Company. Driven by a desire to work in the oil and gas industry, he transitioned into this challenging field, taking on roles in diverse sectors such as Pharmaceutical, Steel Structure, Supply Chain, and Warehousing.

Reflecting on his unique journey, Dr. Kyaw shared, "Navigating my path into medical school was a unique challenge, shaped partly by my mother's strong desire for me to pursue this education. While my initial choice was influenced by circumstances, I wholeheartedly committed to excelling in my academic journey. As time passed, I discovered a genuine passion for Occupational Health, particularly the vital intersection of Health, Safety, and Environmental aspects within this field."

While Dr. Kyaw holds a M.B.B.S. (Bachelor of Medicine and Bachelor of Surgery) qualification and a medical license (SAMA), his career has been primarily associated with working as an HSE professional. Over the years, he has established a commendable reputation, accumulated extensive experience, and garnered substantial knowledge within the realm of Health, Safety, and Environment. His commitment to excellence is reflected in his impressive list of certifications, including Professional in Oil and Gas Health and Safety, Train-the-Trainer Certification for Health and Safety, HSE Training Course endorsed by the government, Advanced Fire Fighting, Working at Heights and Rescue Operations, and a License for handling pesticides.

In 2018, Dr. Kyaw's journey led him to Asia Drilling Pte Ltd., where he assumed the role of Health, Safety and Environment Officer. His outstanding

performance and dedication during his three-year tenure with Asia Drilling Pte Ltd. eventually led to his internal transfer to MPRL E&P.

In his dual role as Site Doctor and HSE Officer at MPRL E&P, Dr. Kyaw is instrumental in ensuring the health and safety of the Field Operations Team. He provides immediate first aid, supports various medical needs, conducts health education sessions, and oversees health and hygiene assessments at the Field Camp. Dr. Kyaw is also responsible for First Aid and Stretcher Team training, COVID-19 testing, as well as active participation in Health and Safety campaigns.

What Dr. Kyaw shared his thoughts on a new phase of the pandemic where the severity of COVID-19 cases has lessened is that "In times of easing COVID-19 severity, we witness a spectrum of responses: some relax their hygiene practices, while others remain steadfast in adhering to COVID-19 rules. This common trend typically emerges as immediate threats wane. However, it is vital to remember that unwavering commitment to good hygiene practices remains imperative, serving as a robust defense not just against COVID-19 but also against other infectious diseases."

"The way we coexist with COVID-19 hinges on these unfolding circumstances. Regardless, prioritizing a health-conscious lifestyle and continuous self-protection stands as the most adaptable response to any scenario. Infectious diseases have the potential to disrupt public health significantly.

While predicting extreme pandemics is challenging, the risk is real, fueled by factors such as global travel, urbanization, land use changes, and encroachment into wildlife habitats. It is important to remember that while the potential for future pandemics exists, there are ongoing efforts to prevent and mitigate their impact. Lessons from events like COVID-19 can guide more effective preparedness and response strategies in the future," stressed by Dr. Kyaw.

In his HSE role, Dr. Kyaw maintains workplace safety, leads Toolbox Talks, and contributes to Hazard Hunt activities. He is also a key figure in incident investigations, equipment inspections, and the production of comprehensive reports for medical and HSE purposes.

MPRL E&P's commitment to responsible practices demonstrates its dedication to community and environmental well-being. The company maintains strict safety protocols like Permit to Work (PTW), Job Safety Analyses (JSAs), and comprehensive guidelines, emphasizing safety in every task. Furthermore, environmental stewardship is a top priority, evidenced by regular air and water quality testing, efficient waste segregation, and spill control mechanisms.

One of Dr. Kyaw's most significant contributions is through Community Healthcare Program facilitated by CSR & Communications Department at MPRL E&P, where he performs as a medical practitioner at Mobile Clinic sessions in Mann Field.



From Cover Page

It is worth noting that there are only about 20 projects worldwide in ultra-deepwater, and PIP is the first project of its kind in the ASEAN region. Therefore, FEED is a very important and monumental accomplishment for MPRL E&P, the country of Myanmar and the region. To ensure success, MPRL E&P has assembled a world class project team of industry experts and experienced contractors to lead the FEED execution.

The primary objective of FEED is to confirm (1) the technical scope of the project down to the nuts and bolts, (2) the cost of all required equipment and services, and (3) the availability, delivery time and schedule for all required equipment and services. These confirmations allow the project's technical and economic validity to be verified, such that investors can confidently declare commerciality and commit to project execution.

With that understanding of the overall FEED objective, let me now provide a brief explanation of FEED for each major element of the development.

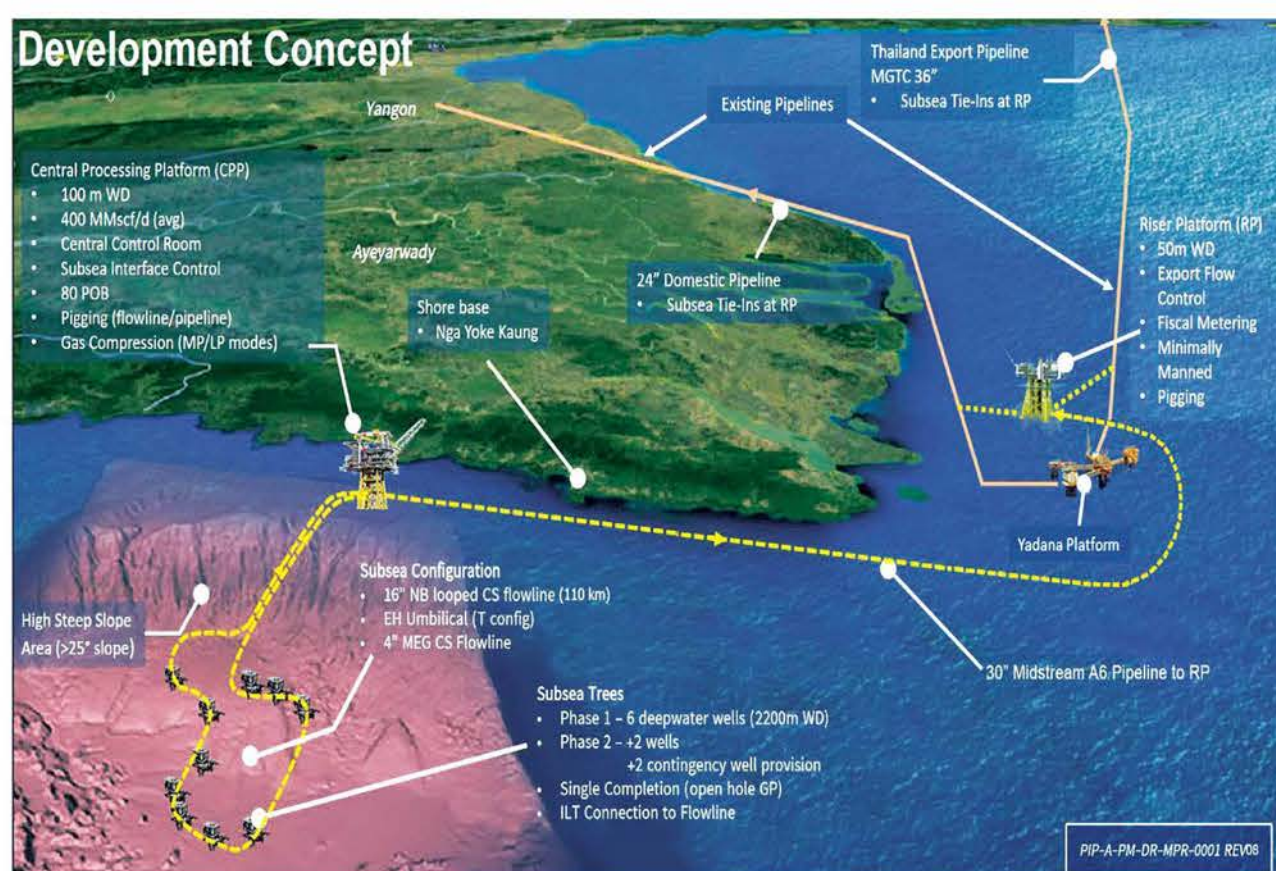
Wells: During FEED, the drilling and completion designs will be finalized, the required materials and equipment will be identified, bid tenders will be issued for all such equipment and services, and contracts for same will be progressed to the point of execution once the project is fully sanctioned and approved.

Subsea Hardware and Controls: The Subsea Production System (SPS) includes everything on the seabed to the left of the processing platform in the development concept diagram above, which includes all of the piping, valves and connectors through which the gas will flow, as well as the controls which allow the wells and subsea components to be operated from the surface. Although this explanation of SPS is simply stated, the system is highly complicated and requires some leading-edge technology to cope with the challenges and remoteness of ultra-deepwater. During FEED, all the equipment sizes, ratings, specifications, and functionality requirements will be determined. These requirements will then be used to obtain bids from suppliers, such that contract awards are ready to be executed as soon as the project is fully sanctioned and approved.

The SPS includes the subsea trees, which are installed on top of each well to control and regulate the flow. Once installed, the repair options are limited, so the design needs to include suitable redundancy and maximum flexibility to ensure operational performance over the entire field life, up to 30 years or more.



Typical Subsea Tree – designed for ROV compatibility



Pyitharyar Integrated Project development concept

In-Line Tees (ILT) are another key component of the SPS. The ILTs are installed at various points in the flowline to allow each well to be tied into the flow system. It also provides a way to tie in other wells that are drilled in the future, either as part of the current development or as a future exploration and development.



In-Line Tee (ILT) during flowline installation

All of the subsea components, once installed, are functioned from the processing platform using the subsea control system. The CPP is connected to the subsea components by a control umbilical, which is a bundle of hydraulic, electrical and/or fiber optic lines, through which control signals originating at the surface are transmitted to a subsea distribution unit, which then relays the signal to the specific individual components. In this manner, routine functions required for daily operations are accomplished, such as opening and closing valves to control and direct flow.



Cross section of typical umbilical – compliments of Quora



Umbilical loaded onto an Installation Carousel, preparing for installation by the installation vessel

Subsea Installation Contractors (SIC): Keep in mind that all the installation and connection of the subsea system is done remotely from the surface of the ocean using installation vessels, with the assistance from Remotely Operated Vehicles (ROVs). ROVs are essentially submarines designed to operate in the extreme hydrostatic pressure of chilly deepwater environments, with specific functionality suited for the equipment design. During FEED, the required equipment, vessels and installation methods will be defined, then bid tenders can be issued to obtain expert proposals from the installation contractors, such that an installation contractor can be selected and a contract made ready to execute once the project is fully sanctioned and approved.



Typical Subsea Installation Vessel



Typical ROV with fit-for-purpose functionality – Image compliments of Oceaneering



ROV installed on an installation vessel to support SIC operations

Flowline and Pipeline: The subsea flowline (SSFL) will be a 16" x 110 km looped steel pipe which is installed with a specialized pipe lay vessel (PLV). Due to the size and weight of the flowline, there are only a few vessels in the world that are capable of installation. In addition to the subsea flowline, there will also be a 30" x 240 km mid-stream pipeline (MPL). During FEED, the pipeline and flowline routes, design, installation methods and vessel requirements will be defined. Bid tenders will be issued to confirm cost, schedule and availability such that contracts can be awarded as soon as the project is fully sanctioned and approved.

Central Processing Platform (CPP) and Riser Platform (RP): During pre-FEED, a preliminary platform design was created to meet the general design assumptions and functionality requirements. During FEED, a more detailed design will be done, with specific requirements defined for each major component. Bids will be obtained for all major equipment, so that actual size and specifications can be implemented into the design and delivery times can be factored into the fabrication schedule. The outcome from FEED will be a fully defined Basis of Design (BOD) and schedule, which can then be used to perform a final detailed design, complete with detailed drawings, ready for equipment procurement and commencement of fabrication.

Pulling Together all the Pieces: Each project element was described separately above, but all need to be designed as part of an integrated system,

whereby all components fit together properly and support the same overall design objectives. During FEED, these interfaces will be identified and defined to make sure the total system, as a fully integrated unit, performs as required.

Now that you are a FEED expert, and also well versed in oil industry acronyms, let me leave you with one final comment to ponder. We at MPRL E&P, during the PIP FEED, will deliver the BOD for the SPS, SIC, SSFL, CPP, MPL and define the preferred SICs and PLVs with appropriate ROVs and do all of that to deliver the project ASAP (as soon as possible). As our beloved Exploration Manager, Dr. Eloi Dolivo, would say, I hope all of this is CAM (Clear As Mud); meanwhile the fun goes on. ■

“FEED is a very important and monumental accomplishment for MPRL E&P, the country of Myanmar and the region. To ensure success, MPRL E&P has assembled a world class project team of industry experts and experienced contractors to lead the FEED execution.”



Pyitharyar Integrated Project Central Processing Platform conceptual design



Dearest Ko Phone Kyaw & Ma Awn Seng,

Your family tree has grown another branch, and it's just as beautiful as the first.

Congratulations on the arrival of your second bundle of joy!

Wishing you all the love and strength as you embrace the adventures of parenting once again.



Happy Birthday

September 2023

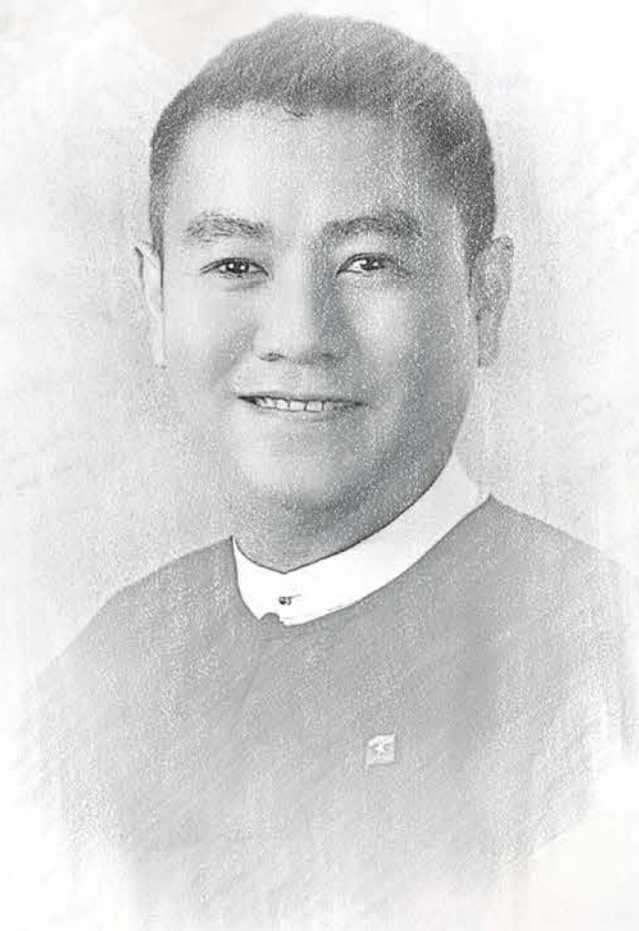
CEO, COO and DXM

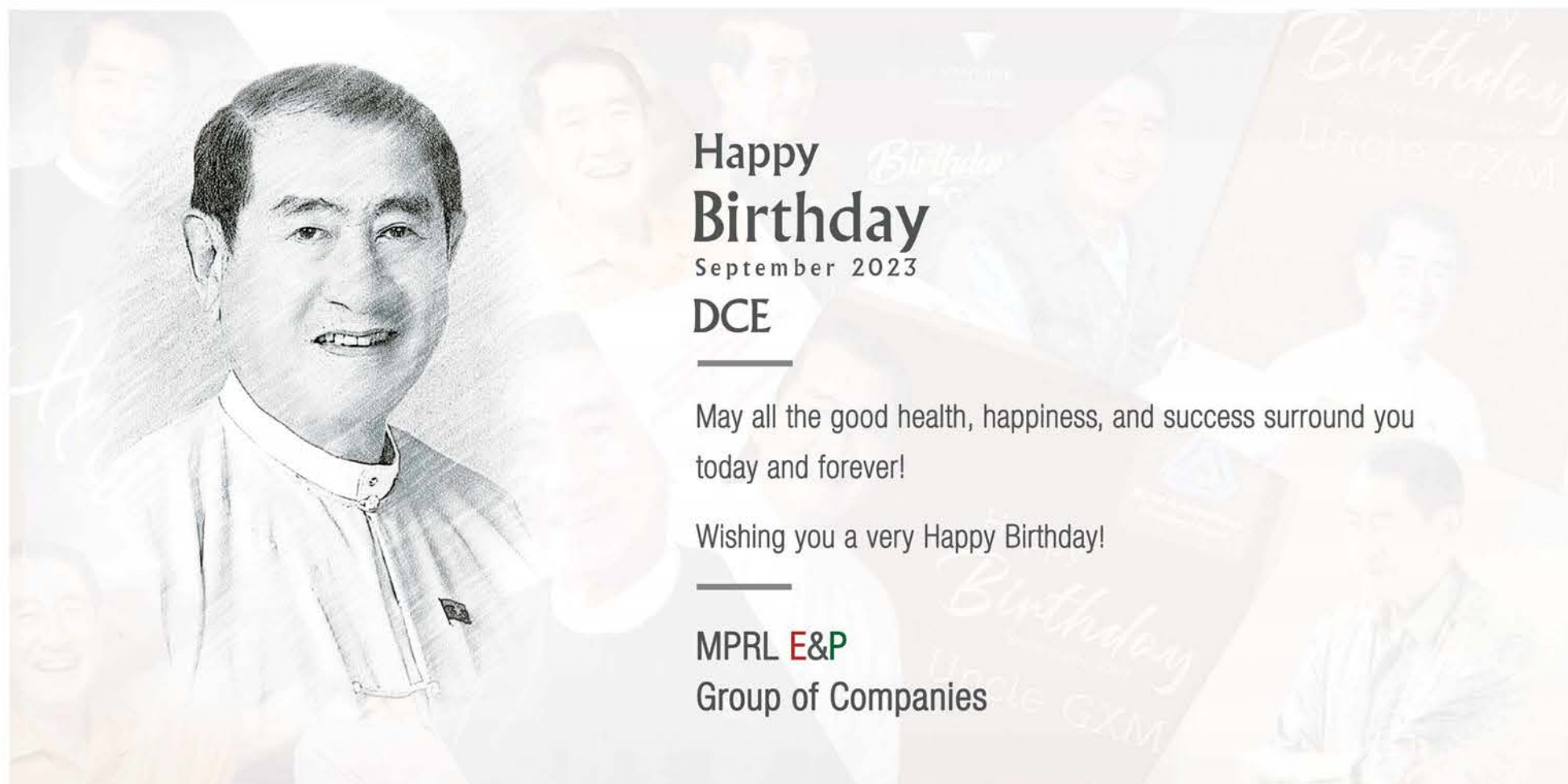
It takes one person to have a dream, but it takes a team to make it a reality. You have not only served as a visionary leader and mentor but have also provided us with invaluable guidance and collaborated with us to help us reach greater heights. The true essence of teamwork is when we work together under your inspiring leadership.

Wishing you a very Happy Birthday!

Here's to many more years of success together.

MPRL E&P
Group of Companies





From Page 14

Lastly, I ensured the punctual production of weekly and monthly finance reports to facilitate the smooth functioning of our financial operations.

Can you share an experience where you encountered an accounting error, and how did you go about resolving it?

During a data entry process, I encountered a posting error related to the time period. To address this issue, I conducted a thorough review, identified the discrepancies, and promptly rectified the problem by revising the journal entries within the designated time frame.

Have you had the opportunity to mentor junior financial or accounting professionals to help them progress in their careers?

Drawing from my own experiences and learning from past mistakes, I have consistently taken on a mentoring role to guide junior colleagues in the realm of financial and accounting practices, fostering their personal growth and career development.

In the oil and gas industry, how do you maintain meticulous accounting accuracy, given the significance of the numbers involved?

Ensuring precision in accounting within the oil and gas industry is paramount. Every figure holds immense importance and demands absolute accuracy. Timeliness is equally critical in the realm of Finance, considering the numerous deadlines we face. To meet these demands, we adhere to a rigorous process of careful handling and thorough checks when dealing with crucial numbers. This commitment to accounting precision not only bolsters accuracy but also contributes to the qualitative analysis of projects and informed decision-making, ultimately driving business improvement.

What is the dynamic of teamwork within your department, and how significant is teamwork to you and your team?

Teamwork is the cornerstone of our department's success, fostering efficiency, creativity, and a supportive environment where we collectively strive for excellence.

How do you approach the monitoring and assessment of your team or department's performance? Within our Finance Team, we establish well-defined objectives, regularly review and analyze our progress towards achieving these goals, engage in team discussions to identify actionable items, encourage self-monitoring, facilitate collaboration,

and provide ongoing training. Our commitment to maintaining a positive work environment fosters effective collaboration and empowers our team to devise improved approaches for day-to-day operations, ensuring efficiency in critical functions like payroll management for all our organization's employees. Furthermore, when confronted with urgent matters, our team comes together cohesively and acts swiftly to address them with the utmost efficiency.

What advice do you have for those wanting to pursue a career in accounting or becoming an accountant?

Pursuing a career in accounting involves obtaining qualifications, gaining relevant work experience, building a strong professional network, deepening your understanding of business, nurturing a passion for accounting and finance, and committing to continuous learning. Additionally, a genuine interest in working with accounting and finance matters, coupled with a commitment to continuous learning and staying updated with industry trends, is crucial for a successful career in accounting. ■

From Page 15

His efforts have resulted in a significant improvement in patient response to treatment, underscoring the impact of his health education sessions. Dr. Kyaw has actively engaged in the Community Healthcare Program with his vital involvement which has led to increased patient trust and a growing number of community members seeking medical assistance.

Dr. Kyaw also remarked on the Community Healthcare Program facilitated by CSR & Communications Department, "In our Mobile Clinic sessions, we serve approximately 30 patients daily in 6 locations, with an outreach to nearby areas. Notably, we have seen improved patient responses, thanks to health talks and medication adherence. Patients

show keen interest in the health talks and actively follow our guidance, resulting in a rising number of patients seeking our healthcare services. Our efforts in the Mann Field have significantly impacted local communities, providing medical assistance and empowering individuals with health knowledge for enhanced well-being. The increasing demand for our services reflects the positive change we are fostering in the community."

Looking ahead, Dr. Kyaw has plans to enroll in the NEBOSH certificate program (National Examination Board in Occupational Safety and Health, the leading accrediting body for health, safety and environmental qualification in USA and worldwide). Additionally, he aspires to establish his own busi-

ness in the health sector, which includes ventures such as specialist clinics, aesthetic clinics, laboratories, or pharmacies.

In summary, Dr. Kyaw's daily motivation at work is a blend of family, the excitement of new challenges, experiences, and knowledge, and the joy of collaborating with his positive and supportive colleagues. What truly makes every day special for him is the privilege of working with a team of optimistic and supportive colleagues, which fosters a spirit of teamwork that enhances their collective achievements. ■

Birthday Donations on Behalf of CEO U Moe Myint

Moe Thu Zar Soe

On 09 and 11 September 2023, the staff members of MPRL E&P Group of Companies joined hands to make birthday donations on behalf of CEO U Moe Myint. These benevolent contributions included essential items such as rice, cooking oil, and groceries, all of which were distributed to Inya Kanphyar Monastery, Wai Lu Won Monastery, Pyinnya Yanthi Monastery, Taungpulu Monastery, Tikkha Rama Nunnery Education Center, San Mya Thidar Nunnery Education Center, Pyon Tasar Nunnery Education Center, See-Zar-Yeik (Twilight Villa) Association for Caring for Aged and Ailing Persons, Mitta Parahita Villa (Mayanchaung, Hlegu) and Karuna Children's Home (Christian Orphanage). Additionally, breakfast and lunch were provided for a total of 110 monks and nuns at Jivitadana Sangha Hospital, and breakfast was provided for 1,000 hospital attendants at Yangon General Hospital.



Two Engineers Awarded for Outstanding Performance at MPRL E&P

Moe Thu Zar Soe

Motivating employees to consistently perform at their best levels should always remain one of an organization's foremost priorities, particularly in today's dynamically changing and complex work environment. MPRL E&P has cultivated a culture that emphasizes the importance of showing appreciation, recognizing the substantial impact staff recognition can have on morale. In this light, MPRL E&P seizes the opportunity twice a year to acknowledge and celebrate exceptional employees whose contributions have significantly propelled the company's growth and success.

It gives us great pleasure to showcase U Zayar Htet, Deputy Field Operations Manager from Field Operations Team, and U Banyar Myo Tin, Junior Engineer from Pyitharyar Integrated Project (PIP) Team. They have been selected as two outstanding performers for the Fiscal Year 2022-2023. This selection followed a thorough and rigorous evaluation process that encompassed PMP performance assessment, 360-degree feedback from peers, combined evaluation by the Head of Department (HoD), and endorsement by Senior Management. Throughout their tenure with the company, these individuals have consistently demonstrated a deep commitment to achieving excellent and outstanding performance within their respective domains.



U Zayar Htet
Deputy Field Operations
Manager
Field Operations
Department

U Zayar Htet, Deputy Field Operations Manager, was holding a Bachelor's Degree in Petroleum Engineering from Yangon Technological University. He has been an integral part of the Field Operations Team for the past 16 years. Commencing his journey as a Senior Engineer on 02 April 2007, at MPRL E&P, he has since established himself as a competent petroleum engineer. Throughout these years, he has played an important role in managing, planning, and executing Field Operations activities, all with the primary objective of achieving production targets.

Zayar's invaluable experience in the Field Operations Team spans a decade, culminating in his promotion to Assistant Field Operations Manager in 2017. His career journey is a testament to his resilience and determination, clearly reflecting his unwavering commitment to ensuring that all operational activities are executed safely and in accordance with the company's health, safety, and environmental standards and policies. Moreover, he has been a driving force behind maintaining smooth operations across various fronts in Mann Field, effectively navigating the challenges posed by health crises, socio-economic issues, and political situations over the past two years. This was achieved under the watchful guidance of Senior Management and collaborative teamwork, marking a significant milestone in his career.

Let's now hear a few words from this remarkable recipient of the outstanding performance award.

You have won an Outstanding Performer Award for the Fiscal Year 2022-2023. Could you please share your feelings with us about achieving this award and your thoughts on what makes one a top performer?

Receiving the Outstanding Performer Award personally brought me an immense amount of joy and satisfaction. I am truly happy and deeply honored to be recognized. It is hard to express just how elated I feel. This recognition is a source of pride for me and serves as a validation of my dedication and contributions not only to my team but also to the entire organization. As someone responsible for field operations, I make it a priority to foster strong teamwork, meticulously plan for smooth operations, and maintain effective communication with government entities, local authorities, and the Mann Field Communities.

How does it feel to win this award? Is there a secret recipe behind all this and would you mind sharing it to motivate others?

Winning this award is an incredibly humbling and gratifying experience. It validates the hard work, dedication, and passion I have poured into my role. I am honored to stand among my teammates who inspire me to continuously strive for improvement in my profession. There is no secret recipe behind all of this. I believe it requires consistent effort, a positive mindset, and a genuine passion for what I do. Through this, I hope to motivate and inspire others to aim for their best in their endeavors.

How has your team supported you in achieving the Outstanding Performer awards during your tenure at MPRL E&P?

The unwavering support of my team at MPRL E&P has been the driving force behind my achievement as an Outstanding Performer. Their collaboration, guidance, and encouragement have not only enhanced my professional skills but have also fostered a deep sense of belonging and fulfillment within our organization. I am appreciative of the opportunity to work alongside such talented individuals, and I firmly believe that our collective efforts as a team have significantly contributed to my success and the recognition I have received.

As an engineer, what are your thoughts on the global oil market in the upcoming years?

Due to complex and various interrelated factors, accurately predicting the precise trajectory of the global oil market is challenging. As a petroleum engineer, my approach involves continuous learning and monitoring of market trends, technological developments, and policy shifts.



U Banyar Myo Tin
Junior Engineer
Pyitharyar Integrated
Project

U Banyar Myo Tin, a recent graduate with a degree in Mechanical Engineering from the University of Glasgow, has been working as a Junior Engineer as part of the Pyitharyar Integrated Project (PIP) Team at MPRL E&P since 2020. His journey with MPRL E&P began as an intern in Mann Field, and he has now transitioned into his role as a valuable member of the PIP Team for Myanmar Offshore Block A-6. Throughout his tenure at MPRL E&P, Banyar has consistently demonstrated a strong work ethic, unwavering dedication to his assignments, and an unparalleled eagerness to expand his skillsets.

Here, he shares insights about receiving the Outstanding Performer award with excitement:



Could you please share your journey to joining MPRL E&P and describe your role and responsibilities within the Pyitharyar Integrated Project Team?

Initially, I had set my sights on pursuing a Master's Degree in Petroleum Engineering abroad, since I was very interested in exploring our nation's untapped oil and gas reserves. Then I learned that MPRL E&P had developed a Mentorship Program under the guidance of our Deputy Country Manager. This program was specifically tailored to facilitate the transition of petroleum engineers into the realm of offshore work, specifically for Southeast Asia's first ultra-deepwater gas production project.

Recognizing the opportunity to be mentored by a seasoned expert with over 40 years of experience was too valuable to let it pass, I decided to grab this opportunity and embarked on a journey to contribute to the Pyitharyar Integrated Project. I am now part of an integral team that supports the Deputy Country Manager and Project Directors. My responsibilities encompass diverse tasks, ranging from

Journey of Growth: Venturing beyond the Comfort Zone

Zin Mon

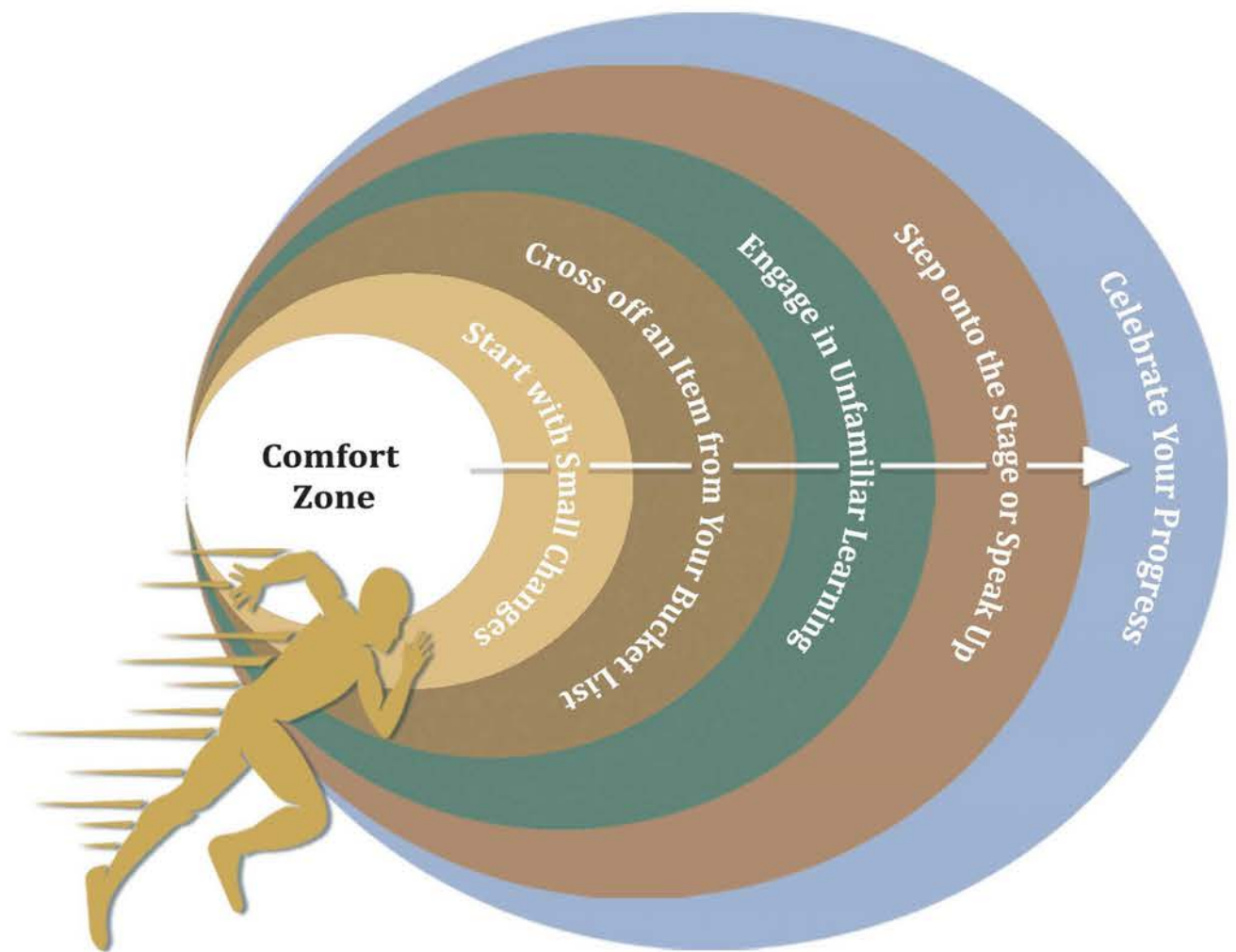
A person's comfort zone refers to a psychological state in which they feel at ease, secure, and familiar with their current routines and circumstances. This sense of security is often sought after by many individuals. Who wouldn't desire feelings of safety, stability, and risk-free conditions? However, dwelling exclusively within this comfort zone can result in personal growth stagnation. While comfort zones offer familiarity and alleviate stress, they can also impede personal development, particularly in the realm of workplace and career advancement.

Organizations that prioritize comfort over innovation frequently find themselves falling behind in a rapidly changing market. Recognizing the significance of venturing beyond comfort zones, numerous organizations, including our own, have initiated programs aimed at fostering growth and development. Noteworthy examples of these initiatives are the Young Leadership Training Program and the AIT Master Degree Scholarship Program. These endeavors not only impart practical skills but also nurture mental resilience, urging individuals to embrace discomfort as a catalyst for growth. By exposing participants to fresh challenges, these programs equip them for leadership roles that require adaptability and innovation.

Although understanding the advantages of leaving one's comfort zone is important, taking actual steps towards doing so can be challenging. Here are a few straightforward methods to initiate action:

Start with Small Changes: Many of us are accustomed to our daily routines and habits. We tend to order the same meals we consider tasty without venturing into new menu options. Our commutes to work or school often follow the same paths, almost unnoticed. Trying something new, even on a small scale, requires minimal effort and can lay the foundation for more significant actions.

Cross off an Item from Your Bucket List: Life often presents opportunities for experiences we have always wanted to have but didn't seize due to lack of chance or courage. Challenge yourself by



selecting one item from your bucket list and turn it into an accomplished goal.

Engage in Unfamiliar Learning: Delving into a subject you know nothing about through a comprehensive course can be intimidating. Nevertheless, this approach can broaden your knowledge and skill horizons. Who knows? You might uncover a hidden talent in this new field. Engaging in a thorough course within an unexplored topic will earn you certifications and credentials that can be advantageous for pursuing a different career path.

Step onto the Stage or Speak Up: We have all been in situations where we knew the answer to a question posed by a speaker during a seminar or conference, but we chose silence, assuming someone

else would respond. Why not seize the opportunity to be the one who speaks up? With confidence, articulate your thoughts. Even if you make a mistake or encounter laughter, embrace it. You will soon realize that these situations aren't as daunting as they may seem, ultimately bolstering your self-confidence.

Celebrate Your Progress: Maintaining motivation is crucial for sustained progress. Each time you venture beyond your comfort zone, reward yourself. This approach will infuse enjoyment into the journey.

By embracing discomfort rather than shying away from it, we can gradually become accustomed to its presence. Ultimately, growth and comfort cannot coexist. ■

From Page 22

reviewing pre-FEED documents to organizing the development of the "Electronic Bidding System via FTP", and even designing production profiles.

You have been recognized as one of the two Outstanding Performer Awardees for the Fiscal Year 2022-2023. Could you share your feelings about this achievement and shed light on what you believe has been the primary driving force behind such recognition?

I feel contented that the organization acknowledges the impact of my efforts. I did not work with the intention of being recognized, however, I am grateful that my hard work has contributed to the success of the organization to a certain degree. My driving force stems from a fear of underperforming coupled with the joy that arises from seeing my actions positively influence the organization's progress.

You are currently an active team member of the PIP Team. Could you elaborate on how your

team's support contributed to your attainment of the Outstanding Performer Award?

Deputy Country Manager has created a work environment where we never feel judged for the lack of technical capability, instead, we are encouraged to develop our skills in areas needing improvement. This environment treats everyone as equals, regardless of rank, thereby allowing us to discuss any matter or share any opinion; knowing the most sound and conclusive ideas are always given priority. Further, my teammates offer honest feedback, including constructive criticism, which has ultimately played a pivotal role in my journey towards achieving this Outstanding Performer Award.

At the end of the day, what gives you the most satisfaction at work?

Witnessing my actions positively impacting the organization gives me the satisfaction and the energy to continue striving for excellence. I aspire

to further deepen my knowledge and skillset in the field of engineering, particularly in relation to the ultra-deepwater gas production project. Additionally, I am committed to staying on top of emerging technologies and best practices, continuously enhancing my skills to adapt to the evolving needs of the industry. ■

"This environment treats everyone as equals, regardless of rank, thereby allowing us to discuss any matter or share any opinion; knowing the most sound and conclusive ideas are always given priority."

Banyar Myo Tin
Junior Engineer



In the final semester of their Master's Degree Program, these five scholars engaged in an international internship facilitated by AIT, which involved partnerships with institutions like PetroVietnam University (PVU), the Vietnam Petroleum Institute (VPI) - Southern Branch, and other oil and gas companies operating in southern Vietnam. This component was an integral part of their professional development, especially for those pursuing the Geosystem Exploration and Petroleum Geoenvironmental Engineering program (GEPG) within the Geotechnical and Earth Resources Engineering field at AIT.

The internship program spanned five days, from 18 June to 22 June 2023. It afforded the MPRL E&P young professionals the opportunity to interact with seasoned experts and faculty members, attend informative presentations and lectures, and gain firsthand exposure to state-of-the-art testing centers and laboratories, including geochemical labs and geological and bio-stratigraphic analysis labs.

This experience was a revelation for these young professionals, offering them insights into the industry, skill development, the practical application of academic knowledge, and the chance to forge lasting connections with their PVU counterparts. The goals of this internship program for the scholars were to further learn about ongoing digital transformation and energy transition affecting the local and regional petroleum industry and to explore and experience the real-world petroleum workflows, under the guidance of the industrial and academic experts in Vietnam's oil and gas E&P.

The scholars deeply appreciate the chance they were given, as it allowed them to advance their personal and professional aspirations through practical industry experience, the application of academic insights, skill refinement, and networking. They cherish the relationships built with various universities and fellow students. They even managed to squeeze in some sightseeing in Vung Tau and Ho Chi Minh City.

MPRL E&P takes immense pride in the accomplishments of these young Myanmar professionals, who not only represented the company but also their homeland with unwavering ethics and professionalism throughout their academic journey. Welcoming them back, MPRL E&P eagerly anticipates the contributions, energy, and the wealth of knowledge and experiences they will bring to the Technical Department. Together, they will collaborate on new initiatives and projects to further fuel the growth of Myanmar's energy sector.



Htet Paing Oo
Junior Geoscientist

"Through our participation in this international internship program in Vietnam, we gained valuable insights into the oil and gas industry's landscape in Vietnam and established crucial networks for future collaborations. During our internship, we had the opportunity to understand the industry's dynamics, operational methodologies, and preparatory measures. Additionally, we fostered meaningful connections that hold the potential for future collaborative efforts, enabling us to engage in joint projects and contribute effectively to upcoming phases of work.

Our overall experience provided us with a comprehensive understanding of various facets of the industry. We delved into the intricate processes involved in handling core samples, utilizing sophisticated and expensive machinery. Furthermore, we gained insights into their Carbon Capture, Utilization, and Storage (CCUS) objectives.

Notably, we became acquainted with Petro Vietnam University's (PVU) commendable initiatives, aimed at nurturing the younger generation, and were impressed by their extensive laboratories equipped with a range of software, providing practical learning opportunities for students. Our exposure also provided fundamental insights into digital transformation and the evolving landscape of the energy sector.

In summary, our internship experience in Vietnam was an enlightening endeavor that significantly enriched our understanding and expanded our knowledge base. One noteworthy aspect we observed is PVU's exclusive focus on petroleum studies, reflecting their dedication to preparing students for the oil and gas sector. Additionally, we noticed the proficiency of Vietnamese individuals in the realm of business, surpassing their Thai counterparts in this regard. Furthermore, it's worth mentioning that AIT boasts a more expansive and visually appealing campus, complete with numerous sports facilities, setting it apart in our comparison."



Pyae Phyo Paing
Junior Engineer

"The Vietnam oil and gas internship program proved to be an invaluable opportunity to bridge the gap between theoretical knowledge and practical application. The most significant gain for me was an immersive understanding of the intricacies of petroleum exploration, extraction, production, and refining processes. Engaging with industry experts provided a tangible context for the theories I had studied, breathing life into concepts that had previously remained abstract.

Witnessing the collaboration between geologists, reservoir engineers, and operations personnel underscored the importance of interdisciplinary teamwork. Beyond the technical aspects, I gained insights into the industry's socio-economic impact and the need for responsible environmental practices. Exposure to the industry's challenges, such as safety protocols, environmental regulations, and market fluctuations, emphasized the dynamic nature of the field. This experience catalyzed a deeper appreciation for the industry's complexities and the constant need for innovation.

My time in Vietnam and learning about its oil and gas sector was a journey of multifaceted learning. Visiting headquarters like Vietsovpetro provided real-world context, industry practices, innovation, and operational workflows. Engaging with professionals not only enhanced my technical knowledge but also broadened my cultural perspective through interactions with local experts.

Learning about Vietnam's energy policies and strategies illuminated the global energy landscape's interconnectivity. This experience underscored the significance of global collaboration to address energy challenges and environmental concerns. Observing the industry's role in Vietnam's economic growth offered insights into the symbiotic relationship between energy and development.



When I compared the Vietnam oil and gas internship program with AIT's academic offerings, I noticed some distinct differences. While AIT equips students with petroleum-related software and a strong theoretical foundation, the Vietnam program provided an immersive understanding of Vietnam's oil and gas industry. AIT's curriculum emphasizes technical skills and research, while the Vietnam internship offered real-world exposure to industry-specific challenges and practices.

Furthermore, while AIT's software-focused approach enhances technical proficiency, the Vietnam experience nurtured a holistic understanding of the industry's operations, cultural nuances, and market dynamics. This practical immersion complemented AIT's academic foundation, enriching my skill set with both theoretical knowledge and practical insights.

In conclusion, the international internship program was a transformative journey that bridged theory and practice, deepened my industry knowledge, and broadened my global perspective. This experience reinforced my commitment to responsible energy practices and innovation within the petroleum sector. By combining the software-driven approach of AIT with the practical insights from Vietnam, I am better equipped to contribute meaningfully to the ever-evolving field of petroleum engineering."



Khin Yadanar Nwe
Junior Geoscientist

"Throughout this internship program, I had the privilege of exploring cutting-edge facilities, engaging in insightful discussions with industry professionals, and experiencing the warm hospitality and vibrant culture of the country. This trip was not just about petroleum engineering; it was a gateway to discovering the mesmerizing cities, historical wonders, delectable cuisine, and unique way of life in Vietnam. These memories will forever shape our understanding of petroleum engineering, expand our global perspectives, and remind us of the power of exploration

and learning. The connections and friendships formed during the trip will endure, propelling us forward in our respective careers in the petroleum industry with renewed purpose and determination.

Learning in Vietnam offered a different cultural and industry perspective compared to studying at AIT. The hands-on exposure and interactions with local experts provided unique insights into the Vietnamese oil and gas sector. Overall, this internship experience provided a well-rounded learning journey that complemented my studies at AIT by offering practical, industry-specific insights and a unique cultural exposure."



Htet Aung Kyaw
Junior Engineer

"Through my participation in the international internship program in Vietnam, I gained a multitude of valuable insights that profoundly impacted my understanding of the oil and gas industry. One of the most significant takeaways was the opportunity to witness firsthand the advanced technologies employed in the oil and gas sector. Observing these cutting-edge technologies in action provided me with a tangible understanding of their effectiveness and potential to revolutionize the industry. This experience not only expanded my technical knowledge but also ignited my curiosity to delve deeper into the technological advancements shaping the field.

Furthermore, being immersed in the operational aspects of the oil and gas industry in Vietnam was an enlightening experience. Witnessing how the sector operates within the country's unique economic and regulatory environment gave me a broader perspective on the complexities and intricacies involved in the energy sector's functioning. Additionally, the exposure to the development of unconventional fields was particularly intriguing. As I observed how such fields were being successfully developed, I couldn't help but contemplate the applicability of these methods to Myanmar's own petroleum exploration efforts. This comparison sparked a new level of critical thinking and consideration of the potential pathways for Myanmar to explore unconventional petroleum resources. Overall, the internship enriched my knowledge by exposing me to practical applications, diverse operational practices, and innovative approaches, which I believe will significantly shape my future contributions to the oil and gas industry.

The overall learning experience in Vietnam was distinct from my time at AIT in Thailand in several ways. Firstly, the internship exposed me to a different socio-economic landscape, introducing me to unique challenges and opportunities specific to Vietnam. This exposure broadened my perspective and allowed me to view problems from multiple angles. Additionally, the Vietnamese work culture emphasized a strong sense of community and interconnectedness among colleagues, which differed from the more individualistic approach I had observed at AIT. The hands-on approach in Vietnam, where learning occurred through active engagement and problem-solving, contrasted with the predominantly theoretical nature of my studies at AIT. While AIT provided a solid academic foundation, the internship enabled me to witness



how theories translate into action, fostering a deeper understanding of the subject matter. This combination of theoretical knowledge from AIT and practical experience from Vietnam has significantly enriched my educational journey, equipping me with a holistic skill set that blends academic excellence with real-world applicability."



Yu Nandar Myat
Junior Engineer

"During my five-day internship, I gained valuable industrial knowledge and international exposure in the Vietnam oil and gas industry. Applying university concepts and drawing upon my experiences from the Myanmar oil and gas industry, I gained insights into updated technologies and international practices. It was a rewarding and enlightening experience.

Throughout the internship, by observing and working with industry experts, I gained valuable insights into their problem-solving approaches and decision-making processes. I witnessed firsthand how they tackled complex challenges, adapted to changing circumstances, and embraced innovation to drive progress.

Moreover, participating in the international internship program in Vietnam has been an incredibly enriching experience that has honed my organizational and coordination skills. As the focal person for MPRL E&P's first scholars and the class representative for GEPG at AIT, I've undertaken multifaceted responsibilities—from discussions with professors to crafting the internship schedule and proposals. Coordinating with diverse departments, supervisors, and associates has fine-tuned my project management, time management, and communication abilities. Navigating complex tasks while ensuring a conducive learning environment has amplified my problem-solving acumen. This immersive international context has also enhanced my adaptability, leadership, and cultural sensitivity, fostering a comprehensive skill set that extends well beyond the internship program.

Regarding the attitudes of all the employees, everyone at the Vietnam oil and gas industry is very welcoming and more than willing to help us succeed. They are very knowledgeable about their respective fields and always willing to share that knowledge with us. I really appreciate their hard work and maintaining a great team atmosphere. The values I gained through this internship program are curiosity and initiative. I realized that the more questions we ask, the more knowledge we gain, and how curiosity makes us knowledgeable individuals.



Bringing the Gift of Sight to Mann Field Communities

Pyae Pyae Phyoo

Visual impairment and blindness have been significant health concerns in Myanmar, particularly in rural areas like Mann Field. The most common cause of blindness is cataracts, affecting the elderly population as well. Amidst these challenges, MPRL E&P's CSR Program has collaborated with the Public Health Department (Minbu) of the Ministry of Health to launch the initiative "Clear Eyesight for Happy Life!" program. This initiative aims to bring the gift of sight to hundreds of Mann Field Communities.

Gathering at Mann Kyo Monastery

The initial phase of the eye health program for the community elders took place at Mann Kyo Monastery on 19 June 2023. The event brought together 210 senior citizens aged sixty and above from Mann Field Communities for educational talks on cataracts and preliminary eye screenings. The eye

health program aimed to restore not only vision but also hope in Mann Field Communities.



Empowering through Education

Dr. Ei Ei Aung, an ophthalmologist from the Trachoma Control and Prevention of Blindness Program under the Public Health Department (Minbu), delivered a comprehensive health talk on cataracts. The event aimed to educate elderly community members about the importance of eye health care, the causes and risk factors of cataracts, and methods of treatment.

Preliminary Eye Tests

Under the supervision of Dr. Ei Ei Aung, the Health Assistant Team from the Trachoma Control and Prevention of Blindness Program conducted preliminary eye health examinations, identifying potential eye health issues among the elderly individuals who required further assessment and support. MPRL E&P's Community Volunteers also assisted in screening hundreds of community elders.

Comprehensive Eye Tests

Building upon the initial screening results and with the support of the CSR Program, 134 elders underwent comprehensive eye tests at Minbu Hospital. Dr. Ei Ei Aung conducted thorough eye examinations on the elderly participants, identifying

20 individuals in need of eyeglasses, 10 requiring eye drops, and 104 who required cataract surgery.

Coordinating before Surgery

The CSR Team ensures inclusive support and prepares for cataract surgeries. They conduct periodic meetings with community elders and their families to ensure consent for the surgery and provide information about the upcoming procedures. The CSR Team also coordinates surgical arrangements and offers support to the elders before their cataract surgeries.

The Gift of Sight

In September 2023, a total number of 100 eye patients successfully underwent cataract surgery at Minbu Hospital. This surgery has given them a new lease on life, restoring their clear vision. The elders have embraced the gift of sight and expressed their gratitude to MPRL E&P's CSR Program and Minbu Hospital for the life-changing impact of the eye health program.

Since early 2023, MPRL E&P has initiated the "Clear Eyesight for Happy Life!" eye health program in 14 Mann Field Communities with the monetary support of an expatriate from the company



and the budget of the CSR Program. The eye health program demonstrates the effectiveness of proactive eye health interventions in promoting healthy aging and preventing vision-related disabilities. Through eye health education, screenings, supplements, and surgical interventions, MPRL E&P's CSR Program has positively impacted the lives of

cataracts, glaucoma, blurred vision, near-sightedness, far-sightedness, macular degeneration, and diabetic retinopathy. Based on the preliminary eye screenings, we performed comprehensive eye exams, measured intraocular pressure (IOP), conducted cataract surgeries, pupil dilation tests, and screened for diabetes and high blood pressure.

but also offers essential support to community elders with cataracts, allowing them to regain their vision. I do believe that conducting these programs annually will greatly benefit the community members in Mann Field and further enhance the success of MPRL E&P's CSR Program."



hundreds of individuals in need, bringing the gift of clear vision and improved eye care to the Mann Field Communities, from young to old.

The following are the joyous voices of the stakeholders regarding the achievement of MPRL E&P's eye health program.



Dr. Ei Ei Aung
Ophthalmologist
Minbu Hospital

"This year, our Trachoma Control and Prevention of Blindness Program at Minbu Hospital collaborated with MPRL E&P's CSR Program to conduct eye health program for schoolchildren and elders aged sixty and above in Mann Field Communities. These initiatives included preliminary and comprehensive eye examinations, squint and cataract surgeries, the distribution of glasses and supplements, and the treatment of various eye diseases.

During the community school screenings in February, we found that the majority of schoolchildren had good vision, although a few exhibited eye birth defects, near-sightedness, or squinting eye issues. It became evident that local communities had limited awareness about eye health, and the elderly often suffered from poor eyesight, with many people fearing eye surgeries.

MPRL E&P's "Clear Eyesight for Happy Life!" eye health program has been instrumental in benefiting Mann Field Communities. This program not only improves the eyesight of young individuals



Through the eye tests for the community elders, we identified a range of their eye conditions, including





U Aung Aung
Village Administrator
Kyar Kan Village

"As a Village Administrator, I played a role in facilitating MPRL E&P's eye health program to the best of my abilities. My support included announcing the eye health program through loudspeakers, compiling lists of villagers for eye examinations, sharing information about the time and location of the eye tests, and notifying patients about follow-up examinations after sharing the list of patient names.

Kyar Kan Communities also joined MPRL E&P's eye health program for their eye treatment. MPRL E&P's CSR Program covered all essential expenses, including ferry arrangements, eyeglasses, supplements, and eye surgeries.

The eye health program, "Clear Eyesight for Happy Life," has been beneficial for eye patients in the village and has improved individuals' vision. Many villagers lack access to healthcare due to financial constraints, making this program invaluable.

I express my hope that MPRL E&P continues to expand its eye health care program to include people of all ages, not only students, teachers, and those aged sixty and above. Eye diseases can affect individuals of all age groups, so testing should cover a wider demographic. Nonetheless, MPRL E&P's eye health program is praiseworthy, and, on behalf of our people, I extend my heartfelt thanks to MPRL E&P for their invaluable efforts."



Daw Kyi Than
Tailor
Aye Mya Village

"I am a widow, relying on my late husband's pension for my livelihood. Being a tailor, having clear eyesight is crucial for me, as it enables me to work. However, my poor eyesight prevented me from sewing. In 2018, I used my husband's gratuity to undergo cataract surgery on my right eye, which cost over MMK 300,000. Both of my eyes required surgery, but I couldn't afford to have them both done at once, as the monthly pension is only MMK 80,000, barely covering my meal expenses.

Living alone, I realized the importance of good eyesight, as having only one functional eye was inconvenient. My children offered to pay for my eye surgery, but they had their own financial struggles.

Then, this June, MPRL E&P brought the gift of clear vision to me at no cost; they fully covered the cost of my left eye surgery. I was thrilled to learn about their CSR Program offering free eye surgeries for elderly people with cataracts in Mann Field.

Before the surgery, their Mobile Clinic provided me with necessary supply of blood pressure medication

for free, as I have high blood pressure. This ensured a smooth surgical experience.

The cataract surgery itself took only 15 minutes, and I could see immediately afterward. My vision has greatly improved, and I believe I'll be able to resume sewing in the next two or three months.

MPRL E&P has greatly benefited our local community, making everything more convenient. I am deeply thankful to MPRL E&P for the gift of eye surgery."



U Aung Maung
Painter
Aye Mya Village

"I had previously visited eye clinics, but they found no signs of glaucoma or cataracts. However, after retiring from my government job, my left eye began to blur, and I couldn't afford the necessary care on my pension. When I heard about MPRL E&P's CSR Program offering eye healthcare for individuals aged sixty and above in the Mann Field Communities, I saw it as a golden opportunity and immediately reached out to them.

During the preliminary eye screening, the doctor diagnosed me with cataracts and recommended surgery, particularly for my left eye, where the blurriness was severe. My right eye had some blurriness as well, but it wasn't as severe.

From the start of the eye test to the completion of the surgery, MPRL E&P provided unwavering support. When I attended the eye health talk and eye test session in Mann Kyoe Village, they arranged transportation for us and ensured the event was comfortable. They even provided snacks to satisfy our hunger.

The planning and execution of the CSR Program demonstrated a strong connection between them and the local community, working together to promote social well-being. This strong bond facilitated a smooth eye checkup experience for us.

The comprehensive eye health talk by the ophthalmologist eased my fears about surgery. I recently underwent cataract surgery on my left eye, and my vision is gradually improving. My overall eye health is good, thanks to MPRL E&P's CSR Program, local volunteers, and healthcare workers. My deepest thanks to everyone involved."



U Myint Swe
Farmer
Kywe Cha Village

"I remember eight years ago, when I was around 60 years old, I developed a cataract in my right eye. It was a difficult time for me, but thankfully, the Sitagu Foundation supported me through the surgery. When I turned 68, the cataract in my left eye became problematic. This time, it was MPRL E&P's CSR Program that came to my aid.

These cataracts had clouded my vision for about a decade. I couldn't see clearly at all; everything was so unclear. I had to rely on my right eye, which had been operated on, to see anything.

As a farmer living in the countryside, I was quite isolated from what was happening in the community. It was only through our Community Volunteer that I learned about MPRL E&P's eye health program. Thankfully, I was considered a suitable candidate for eye surgery due to my good overall health; I didn't have diabetes or high blood pressure. The cataract surgery took just 15 minutes.

Having had eye surgery before, I knew what to expect and followed all the instructions. Now, my eyesight is crystal clear, just like when I was young. I can read letters that were once unreadable with ease. Beyond the surgery and transportation assistance, the support from the CSR Program was incredibly convenient. I want to express my sincere appreciation to MPRL E&P for their kind support throughout my treatment journey." ■





Tree Planting Campaign in Mann Field

Nay Myo Aung

Tree planting in Mann Field is important for the community, offering a multitude of environmental benefits, fostering biodiversity conservation, boosting community health and well-being, generating job opportunities, and strengthening social cohesion. It is an essential aspect of responsible and sustainable development in the region.

Taking into consideration the resilience of these plants, the enthusiasm of people from our communities, improved monitoring facilities, efficient water management, and a promising survival rate for 2- or 3-year-old trees, we have successfully planted 1,922 mango trees. This ambitious planting effort will encompass approximately 5 acres of dedicated planting areas.

In conjunction with contributions from both MOGE Teams and our local communities, we planted 105 grafted Sein Ta Lone mango trees at the MOGE BNU Workshop, 35 grafted trees beside the access road to the MOGE Guest House and distributed 1,782 seedling trees to the 14 villages in Mann Field.

Here are some advantages of tree planting in Mann Field:

Environmental Benefits

Tree planting helps mitigate the environmental impact of oil and gas operations in Mann Field. Trees play a crucial role in absorbing carbon dioxide and other harmful greenhouse gases, thereby reducing air pollution and combating climate change. Additionally, they help prevent soil erosion, improve water quality, and provide habitat for various wildlife species.

Biodiversity Conservation

By planting trees, the community contributes to the conservation of local biodiversity in Mann Field. Oil and gas fields often disrupt natural habitats, and reforestation efforts can help restore ecosystems and create new habitats for plants and animals.

Community Health and Well-being

Trees and green spaces have a positive impact on community health and well-being. They provide shade, improve air quality, and create a visually appealing environment. Access to green spaces has been shown to reduce stress, enhance mental health, and encourage physical activity, ultimately benefiting the overall well-being of the community.



Job Creation and Economic Opportunities

Tree planting initiatives can create employment opportunities for the local community in Mann Field. The process of planting, maintaining, and managing trees requires a workforce, generating jobs and income for community members. Additionally, establishing tree nurseries or agroforestry projects can provide further economic opportunities.

Social Cohesion and Engagement

Tree planting activities in Mann Field foster a sense of community ownership and engagement. Involving community members in the planting process promotes shared responsibility for the environment and encourages collaboration among different stakeholders. It can also serve as a platform for community-building activities and events. ■



MPRL E&P Group of Companies Offers Waso Robes to Members of the Sangha

Moe Thu Zar Soe



The MPRL E&P Group of Companies (GoC) held the Waso Robe-offering Ceremony at Vantage Tower on 05 August, 2023 in the presence of the Country Manager, Chief Administrative Officer, Heads of Departments, Managers, and staff members from the GoC. During the ceremony, the attending guests paid homage to the Buddha and the

members of the Sangha who received the Five Precepts from the Hlayadana Sayadaw of Pali Tekatho Nyaungdon Kyaungtaik, Bhaddanta Narada Bhivamsa. The attendees also listened to recitations by members of the Sangha, including Mitta Prittas.

The attendees then offered Waso robes and other offerings on behalf of the staff families from MPRL E&P Group of Companies to the members of the Sangha. The congregation listened to religious sermons delivered by the Sayadaw and shared the merits gained. Following the ceremony, the congregation provided day meals (Soon) to the members of the Sangha. ■



M&AOSB Enhances Education and Sustainability in Local Communities

Pyae Pyae Phyo

Guided by its CSR Program, Myint & Associates Offshore Supply Base Limited (M&AOSB) has launched an initiative aimed at improving educational facilities and fostering sustainable practices. At the beginning of the school year, the CSR Program's focus on community infrastructure development has led to a series of impactful actions.

In early 2023, M&AOSB's CSR Team conducted a thorough needs assessment in Nanttharpu Village Tract, Kyway Chaing Village Tract, and Nga Yoke Kaung Town. The CSR Program's evaluation then formed the foundation for targeted support, in line with M&AOSB's social investment strategy.

In a notable event on 03 July 2023, the Basic Education High School (Sub) of Kyway Chaing Village experienced the CSR Program's commitment. There, M&AOSB's CSR Program donated ten units of 60-liter trash bins and three whiteboards to Kyway Chaing School. The donation was accompanied by an informative session led by Saw Christopher, a representative of M&AOSB's CSR Program.

Attended by 125 students, the session covered the "Effects of Plastic Waste in Schools" and "Ways to Reduce Plastic Waste in Schools." U Myint Soe, the Headmaster of Kyway Chaing School, expressed gratitude for M&AOSB's CSR Program, highlighting the vital role that clean surroundings play in students' health and education. He also emphasized that the donations, including whiteboards and trash bins, were essential elements of a conducive learning environment.



On 10 August 2023, the impact reached the Basic Education High School (Sub) of Nanttharpu Village. This time, the donation of M&AOSB's CSR Program donated two units of 100-liter trash bins, addressing the specific challenges posed by limited space for waste disposal in the school yard. Saw Christopher's awareness talk continued to educate, focusing on plastic waste reduction. The session also highlighted the efforts of the Trash Hero Gaw Yan Gyi Chapter's plastic waste reduction program in Nanttharpu Village Tract. Daw Kyin Htay, the Principal of Nanttharpu School, expressed her gratitude for M&AOSB's consistent support, particularly for their initiatives to properly manage plastic waste in a constrained environment.

Through these initiatives, M&AOSB's CSR Program demonstrates the powerful interaction between community development and corporate responsibility. By investing in education and sustainability, the CSR Program underscores its commitment to fostering positive change and empowering local communities. ■





The Importance of Colocation Services for Banks and Key Features of Myint & Associates Data Center

Aung Myin

In today's digital age, data centers play a crucial role in supporting the IT infrastructure of various industries, particularly in sectors like banking and finance. While larger banking corporations might opt for proprietary data centers, many financial institutions prefer colocation services for either their primary operations or as part of their disaster recovery strategy. Colocation involves outsourcing data center space and infrastructure to specialized providers, such as Myint & Associates Data Center (M&A Data Center), which are equipped to efficiently manage and secure servers and data on behalf of their clients. This article delves into the reasons driving banks to embrace colocation services, while also dispelling common myths and misconceptions associated with this approach.

Colocation Provides Enhanced Security and PCI Compliance

One of the most significant concerns for banks is the security of their customers' financial information. Banks deal with vast amounts of personal and sensitive data daily, making it crucial to maintain Payment Card Industry Data Security Standard (PCI DSS) compliance. Failure to meet PCI requirements can lead to audit failures and expose banks to the risk of data breaches, resulting in severe financial and reputational damage.

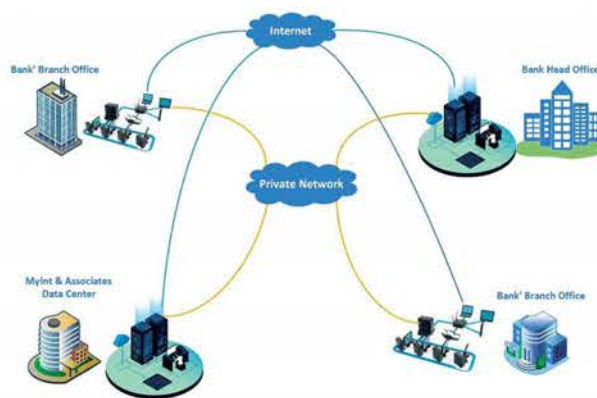
Colocation providers like Myint & Associates Data Center recognize the importance of PCI DSS compliance for their banking customers. Therefore, M&A Data Center built their facilities around PCI DSS compliance requirements, ensuring that banks have the highest level of security and meet all compliance standards. The colocation facility's design, physical security measures, network security protocols, and regular monitoring help safeguard sensitive data and prevent unauthorized access.

Myint & Associates Data Center is a validated PCI DSS (version 3.2) Level 1 Service Provider, ensuring that data center facilities meet the stringent security requirements set by PCI. By choosing a compliant colocation provider like M&A Data Center, banks can enhance their security posture, mitigate risks, and focus on core business operations.

Colocation Supports Banks' Networking Needs

Connectivity and networking are critical for banking operations, as they handle high volumes of transactions between accounts. Some colocation providers may offer limited options in terms of network carriers, potentially restricting a bank's networking choices. However, carrier-neutral colocation facilities, such as Myint & Associates Data Center, provide a wide variety of carriers and connectivity options.

Carrier-neutral colocation allows banks to select from multiple dedicated carriers within the data center, ensuring high bandwidth, reliability, and low-latency service. At M&A Data Center, mobile operators, ISPs, and cable providers are already present, further enhancing the connectivity options.



Colocation Remains Essential Despite Cloud Growth

The rise of cloud computing has led to the misconception that colocation services would become unnecessary. However, the reality is that colocation and cloud services can coexist and complement each other. While the cloud has seen significant growth, colocation continues to thrive alongside cloud trends. Colocation remains vital because it offers certain benefits that the cloud may not fully address, especially for banks with specific security and compliance requirements.

Colocation Enables Future Growth and Scalability
A common misconception is that colocation cannot support a bank's future growth. However, colocation is specifically designed to provide scalability

and facilitate business expansion. Building and managing an on-premises data center presents significant challenges, as organizations must accurately predict future capacity needs. Overbuilding could lead to resource wastage, while underestimating requirements might result in costly expansions.

Colocation facilities, such as Myint & Associates Data Center, offer flexible solutions that empower banks to align their data center needs with their business growth. As banks expand, they can easily adjust their data center space to match their requirements without the financial burden of constructing and maintaining an entire data center.

In conclusion, colocation services play a pivotal role in the banking industry by furnishing secure, compliant, and scalable data center solutions. Despite common myths suggesting the contrary, colocation remains an indispensable component of a bank's IT strategy. Myint & Associates Data Center, boasting its Tier III design, PCI DSS compliance, redundant power and cooling, robust physical security, strategic location, and carrier neutrality, presents an ideal colocation solution for banks and financial institutions. Through leveraging colocation services, banks can elevate their security posture, meet compliance prerequisites, and concentrate on core business operations while capitalizing on scalability and cost-efficiency. ■

Reference: <https://www.lightedge.com/blog/colocation-myths-banking/>

"I take pride in the commitment of our Tier III designed facility, its PCI DSS compliance, stringent physical security protocols, carrier neutrality, and scalable solutions. By partnering with M&A DC, banks and financial institutions can fortify their security, enhance service uptime, and unlock seamless growth opportunities within a cutting-edge colocation environment."

Aung Myin
Deputy Business Development Manager

Events

Shwe Gone Daing Residential Nursery Accepting the Donation of Supplies Worth Close to Twenty Lakhs from the Staff Family Members of MPRL E&P Group of Companies



MPRL E&P Extends Scholarship Support for Mann Field's Youth

Pyae Pyae Phyoo

With the aim of empowering Mann Field's youth with livelihood skills, MPRL E&P initiated the Educational Partnership Program in the Fiscal Year 2019-2020. It provides financial support and essential assistance to needy students pursuing higher education institution and, technical and vocational education and training (TVET), with the intention of enabling their entry into the job market or entrepreneurship. MPRL E&P's CSR Program has formal agreements with TVET institutions to ensure proper skill development among Mann Field's youth. The company collaborates with both private and public sector organizations to create feasible skill development models aligned with the nation's economic requirements.

In this Fiscal Year 2023-2024, the program has extended scholarship support to various institutions, benefitting seven students from the State Agricultural Institute (SAI - Pwint Phyu), two students from Government Technical High School (GTHS - Magway), five students from No.5 Industrial Training Center (ITC - Magway), and one student from the University of Medicine (Magway). All of them were awarded full scholarships, covering enrollment fees, monthly stipends, and general expenses during their school years.

Scholarship support has become a ray of hope for young minds in Mann Field Communities. The scholarship recipients have shared inspiring stories of personal transformation, highlighting the significant impact of the scholarship program on their lives.



Pyae Phyoo Zaw
Ywar Thar Village
University of Medicine
(Magway)

"I am Pyae Phyoo Zaw from Ywar Thar Village, and I am a beneficiary of MPRL E&P's scholarship program. With the endorsement of U Thein Htay, our Village Administrator, I was fortunate to secure this scholarship. MPRL E&P is committed to supporting scholarship recipients until their graduation. However, failure in exams could lead to the discontinuation of aid. Without this support, pursuing my education at the University of Medicine would be challenging. The thought of not receiving MPRL E&P's scholarship was a source of great worry.

Before, financial struggles cast a shadow over my daily life. Now, these issues are resolved, and I can focus on my studies. University life comes with its own set of challenges. Initially, I faced difficulties in making friends, but over time, I have improved socially and formed lasting friendships.

My future plans include obtaining an M.B.B.S degree, followed by M.Sc. and Ph.D. degrees. In the interim, I am determined to contribute extensively to my village. I express my deep gratitude to MPRL E&P's CSR Program. This scholarship is remarkable, providing comprehensive assistance. I sincerely hope that MPRL E&P continues to support needy youth like me."



Su Nandar
Mei Bayt Kone Village
No. 5 ITC (Magway)

"I am one of the fortunate recipients of the third batch of MPRL E&P's scholarship to No. 5 ITC (Magway). Despite being a girl, I am pursuing the Automobile Maintenance course, driven by my passion for the subject. MPRL E&P's scholarship aims to provide young enthusiasts in Mann Field with valuable education and career prospects. Applying for this scholarship meant avoiding financial strain on my family.

My journey, both before and after receiving the scholarship, has been transformative. With the support of MPRL E&P, I have acquired a wealth of knowledge and set ambitious goals for my life. Zay Lin Aung and Hein Pyae Sone Aung from our Mei Bayt Kone Village are also studying at SAI (Pwint Phyu) with the assistance of MPRL E&P's scholarships. MPRL E&P empowers the youth of Mann Field, offering affordable education that shapes lives. Their approach ensures that young people and their families benefit.

I am committed to adhering to the institute and scholarship guidelines during my training. After graduation, I aspire to establish a business that contributes to the growth of our community."



Paing Thaw Ko
Aye Mya Village
No. 5 ITC (Magway)

"I'm a resident of Aye Mya Village, and initially, I pursued a History major in University of Magway. However, due to my father's income being primarily allocated to support my elder brother's education, I faced financial challenges in my academic journey. Fortunately, I learned about MPRL E&P's CSR Program, which provides financial assistance to financially constrained Mann Field youth pursuing education. I seized this opportunity through their scholarship program.

The selection is based on interviews, with only the top five candidates being chosen, and the interviews made me worried. Now, with the scholarship support of MPRL E&P, I am enrolled in the Automobile Maintenance course at No. 5 ITC (Magway). This training center offers a comprehensive curriculum covering both practical and theoretical aspects, including welding, car maintenance, and driving.

MPRL E&P has been a pillar of support, enhancing the lives of young people like me. I am thankful for their assistance and intend to express my appreciation through community assistance."





Thu Htoo San
Mann Kyoe Village
No. 5 ITC (Magway)

"I am currently enrolled in the 11-month Automobile Maintenance course at No. 5 ITC (Magway) with the support of MPRL E&P's CSR Program. I applied for the scholarship due to financial difficulties my family faced in running our business.

Before receiving the scholarship, I was worried about being able to afford the school I desired to attend. The moment I received the scholarship brought immense joy, not only to me but also to my parents and neighbors. The training at No. 5 ITC (Magway) not only imparts industry-related knowledge but also instills proper discipline.

I am truly grateful to MPRL E&P's CSR Program, which provides access to education and job opportunities for financially constrained youth in our community. My goal is to become a skilled worker who contributes to the growth of our community."



Htet Myat Shain
Auk Kyaung Village
No. 5 ITC (Magway)

"I applied for MPRL E&P's scholarship support after learning about it from our Community Volunteer. The scholarship provides monthly financial support for an 11-month course duration. Following my parents' passing, our family faced financial difficulties in supporting my education. After hearing about MPRL E&P's scholarship announcement through our Community Volunteer, I applied for the scholarship. Out of eight applicants, only five were fortunate enough to attend No. 5 ITC (Magway), and I was one of them.

It is crucial to successfully complete the school, as any failure or expulsion would mean covering expenses on our own. I am happy to find that the lessons align with my interests, and the scholarship support eases our financial burdens. Thanks to MPRL E&P's scholarship support, my neighbor Zaw Myo Aung, who is now in his second year at

GTHS (Magway), and I are able to pursue our education. We are sincerely thankful for MPRL E&P's scholarship support, which assures our livelihoods."



Yan Naing Soe
Ywar Thar Village
No. 5 ITC (Magway)

"Learning about MPRL E&P's scholarship for Mann Field youth through our Community Volunteer, I applied due to financial constraints hindering my education. MPRL E&P supports individuals like me who lack the means to attend school. Receiving the scholarship to attend No. 5 ITC (Magway) brought me immense joy. This program paves employment paths for unemployed youth.

My neighbors, Zeya Phyto and Kyaw Soe Lwin, also attended SAI (Pwint Phyu) with MPRL E&P's scholarship support. I hope MPRL E&P's CSR Program continues to assist needy students like us and extends scholarships to underserved learners. My aspiration is to build a promising career, and I aim to contribute to needy areas with my future earnings." ■



From Page 25

Moreover, I also learned that we need to be proactive in approaching new challenges. Throughout the internship, I actively engaged with the experts, collaborating on various projects and tasks. Working alongside professionals in the Vietnam oil and gas industry provided me with practical insights into their operations, processes, and challenges.

In my view, the learning experiences in Thailand and Vietnam differ significantly due to variations in culture, education systems, societal norms, and industry landscapes."

Cultural Context: Thailand and Vietnam have distinct cultures, languages, and historical backgrounds. Learning in each country provides unique insights into their respective traditions, values, and ways of life, enriching our understanding of different perspectives.

Education System: Thailand and Vietnam have different approaches to education. The teaching methods, curriculum structures, and classroom dynamics could vary, influencing the way we learn and engage with the material.

Language Barrier: Depending on the language proficiency, we might encounter language barriers in both countries. While English might be more widely spoken in Thailand, meanwhile in Vietnam, communication could involve more interactions in Vietnamese, which could impact our learning experience.

Industry Focus: The focus of industries and economic sectors in each country could shape our learning experience. For example, Thailand might emphasize certain sectors like tourism or manufacturing, while Vietnam's focus could be on indus-

tries like agriculture, textiles, or emerging technologies. Personally, I am so impressed by the Vietnam's latest technologies in the oil and gas industry. ■



You Took my Breath Away

Hnin Wynt Zaw

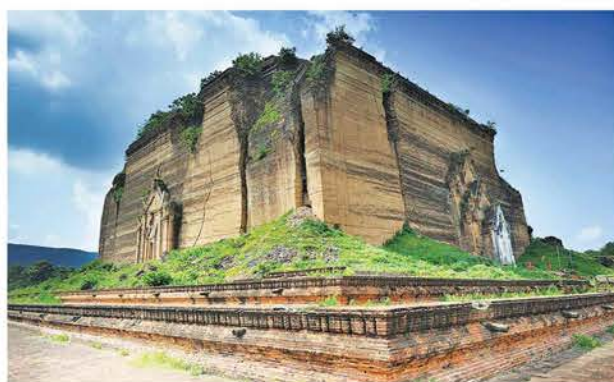
Unplanned journeys hold a unique charm, especially when they lead you to uncharted territories, enveloped in tranquility and nostalgia. Throughout my travels across Myanmar, I've encountered numerous breathtaking pagodas and stupas, each with its own story to tell. Yet, none could compare to the serene simplicity of the white pagoda I discovered.

Known as Hsinbyume Pagoda or Mya Thein Tan Payar, this pagoda and its surroundings cast a spell on me, like an old, cherished memory. Nestled in Mingun, Mandalay, roughly 10 kilometers north-west of the bustling city, this pristine temple transported my thoughts back in time as I pondered its intriguing history.

Mya Thein Tan Pagoda emerged in 1816, a testament to love, devotion, and remembrance, built by Prince Bagyidaw in honor of his late wife, Princess Hsinbyume, whose name means 'White Elephant Queen.' Tragically, she had passed away during childbirth. This pagoda is also known as Mya Thein Tan (Mya meaning emerald and Thein Tan meaning 100,000), symbolizing the one hundred thousand emeralds that financed its construction. Though it suffered significant damage during the earthquake of 1938, King Mindon lovingly restored it in 1874.

Unlike the resplendent golden shrines and jewel-encrusted pagodas I had previously seen, this pagoda captivated me with its unadorned elegance. Its simplicity was its crowning glory. What set it apart was its unique architectural design, boasting seven concentric terraces resembling waves. These are believed to represent the seven mountain rings that encircle Mount Meru, the center of the universe in Buddhist mythology.

As I wandered through these terraces, I discovered small statues of mythological creatures nestled in tiny niches. At the pinnacle, a pagoda inspired by Chulamanee Pagoda graced the view, echoing the one atop Mount Meru. Enclosed within a surrounding wall, a grand entrance gate welcomed visitors into the heart of Hsinbyume Pagoda.

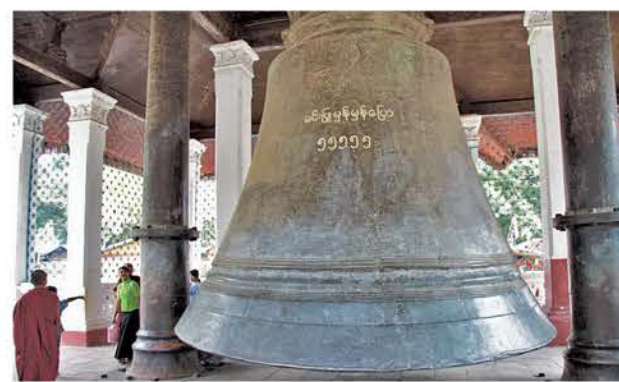


Mingun Pahtodawgyi, Sagaing

Despite the sweltering humidity of the day, an unexpected breeze gently caressed my face, awakening my soul. How can one find such serenity amidst the oppressive heat in the middle of August? I sat there, gazing at the Irrawaddy River below, feeling as though the warm breeze carried with it the love and tranquility of a bygone era.

Mya Thein Tan Pagoda is easily accessible from Mandalay. Situated in Mingun village on the western bank of the Irrawaddy River, this pagoda graces the northern edge of the village. Whether by ferry, taxi, or private tour, the journey here is straightforward.

While the Hsinbyume Pagoda is the crown jewel, don't rush your visit to Mingun. Explore the other gems this village has to offer, such as the Mingun Pahtodawgyi, an unfinished stupa commissioned by King Bodawpaya in 1790. The grand temple remains incomplete, a testament to the impermanence of life. Then, marvel at the Mingun Bell, one of the world's largest ringing bells, weighing a staggering 90 tons. Originally intended for the Mingun Pagoda, it was completed in 1810.



Mingun Bell, Sagaing

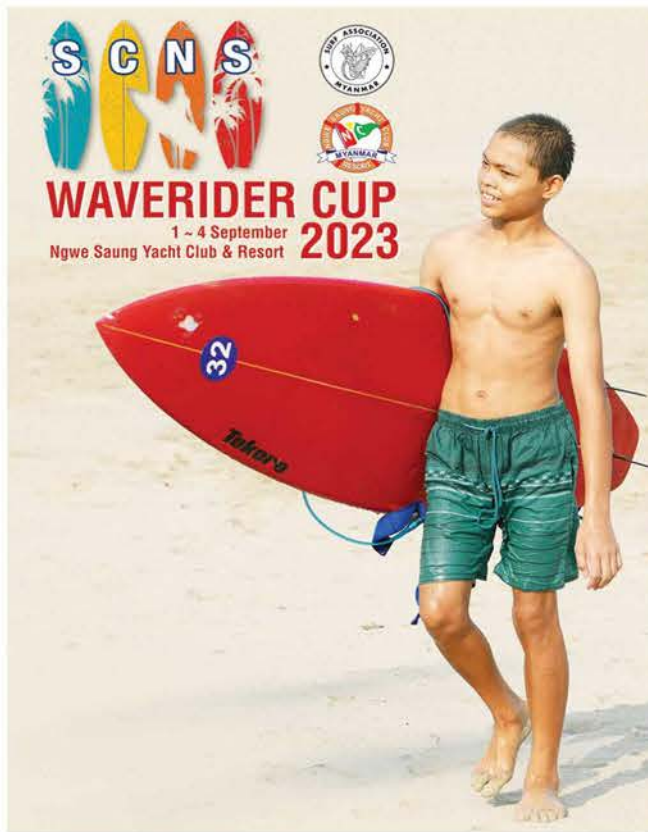
In the heart of it all, a world away from chaos, stands the Mya Thein Tan Pagoda, serene and unassuming. There it sits, by the side of the timeless Ayeyarwady River. Oh, how it took my breath away, leaving me with cherished memories of moments when time seemed to stand still. ■





Congratulations!

To the young sailing stars of the Myanmar Yachting Federation for their outstanding performance, achieving the highest honors in the Silver Class and showcasing commendable success in the Gold Class during the Junior Single-handed Dinghy (Optimist) races at the 2023 Singapore National Sailing Championships, which took place from 02 September to 05 September, 2023! Keep sailing to new heights!



Surf Association of Myanmar
Surf Camps (June ~ August)
Ngwe Saung Yacht Club & Resort





Myanmar Yachting Federation

2023 Olympic Day Movement Regatta and 11th President Cup

(24 June ~ 02 July 2023)



