

# Shifting Tides: The Transformative Impact of Geopolitics on the LNG Landscape

Thal Sandy Tun

*This article provides a brief overview of the current state and future prospects of the LNG industry for knowledge-sharing purposes. It does not reflect the official position of the company on the topic.*

## Introduction

The global liquefied natural gas (LNG) trade stands at a crucial juncture, shaped by shifting geopolitical factors and an escalating need for diverse energy sources. The Ukraine-Russia conflict, which broke out in February 2022, has highlighted LNG's essential role in the energy policies of nations, especially in Europe and Asia, where natural gas serves as a cleaner alternative to coal. This evolving situation in the global LNG market not only reflects changing trade dynamics but also underscores the challenge of addressing immediate energy security needs while pursuing long-term climate goals.

As nations grapple with these complexities, LNG's influence extends far beyond its role as a bridge fuel. The sector's trajectory is shaped by a confluence of factors: geopolitical realignments, efforts to diversify energy sources, and technological advancements aimed at mitigating environmental impacts. This broader reevaluation of energy security seeks to balance the urgent need for supply reliability with the imperative to transition toward sustainable energy systems.



*Designed by Freepik*

# Turning Trash into Power: The Story of Waste-to-Energy

Yu Nandar Myat

Imagine standing on top of a mountain of trash—plastics, food scraps, old magazines, all mixed together. Every day, households and businesses generate enough waste to bury cities under heaps of trash. But what if, instead of piling up in landfills, this trash could be turned into something valuable, like electricity? Welcome to the world of Waste-to-Energy (WtE), where yesterday's trash becomes tomorrow's power.

## From Trash to Treasure: Transforming Waste into Energy

Every day, the average person throws away items that end up in landfills, where they can harm the environment. In many places, waste disposal primarily involves landfill management. However, cities around the world are increasingly exploring WtE as a dual-purpose solution—disposing of waste and generating energy. Imagine that every bottle, scrap, and old magazine you toss out could contribute to powering your home. This is not just a vision; it is already happening in cities, including Yangon, where one WtE plant is already transforming garbage into electricity.



## More Stories

MPRL E&P Expands Support for  
MOGE Employees through  
Employee-Centered CSR Program

News 7 ➤

A Journey in Reservoir  
Engineering and Innovation

Employee  
Spotlight 10 ➤

Myanmar New Year & Maha  
Thingyan Greetings

New Year Message 17 ➤

Myint & Associates Company  
Limited Celebrates 13 Years  
without a Lost Time Accident

In the Group 22 ➤

Success Stories: How MPRL E&P's  
CSR Scholars are Shaping  
their Futures

Feature 26 ➤

OGM at 10: A Journey of Passion,  
Purpose, and Progress

Feature 30 ➤

Highlights of the MPRL E&P  
Group of Companies' Jivitadana  
Fish Release Ceremony:  
A Keynote Reflection

In the Group 32 ➤

From the Desk of  
the Editor

Dear Readers,

I would like to take this opportunity to wish you and your family a happy and safe Thingyan holiday and a wonderful Myanmar New Year. May this festive season be filled with joy, rest, and delicious traditional food as we welcome the new year with our loved ones.

As we embrace renewal through symbolic cleansing and acts of kindness during this Thingyan holidays, I also look forward to one of our company's cherished traditions—the annual Fish Release event at the Yangon Sailing Club. This practice, deeply rooted in Buddhist values, symbolizes compassion and the accumulation of good karma. More than just a tradition, this ceremony unites our MPRL E&P Group of Companies family, reinforcing our shared commitment to positive action and community spirit, regardless of cultural or personal backgrounds. During the event, our CEO shared the significance of this tradition, the purpose behind it, and discussed the fish species used along with the ecological impact on Inya Lake. Be sure to read more about this on page 32.

For over three years, I have had the privilege of working closely with many of our dedicated staff members in bringing this newsletter to life. Every interview, every story—from our offices to our project-site at Mann Field—has strengthened my appreciation for the passion, resilience, and shared vision that each of the staff brings to the company. Despite our different backgrounds, we come together, facing challenges wholeheartedly and supporting one another as one team. As an editor, it is truly rewarding to connect with each of you—to hear your insights, experiences, and aspirations—and to see the energy (no pun intended!) and resourcefulness that define who we are as a company. I am also grateful to my fellow teammates for their continuous support and collaboration, making this editorial journey not only productive but also enjoyable.

In this issue, you will find a mix of personal perspectives and industry insights shared by our staff members. Among them:

- An analytical overview of the current state and future prospects of the LNG industry
- An insightful discussion on incinerated Waste-to-Energy (WtE) conversion, addressing waste management challenges, energy generation, and localized applications in Mann Field
- A Break Time Chat on page 19 featuring our Drilling Operations Manager, who shares his career journey, the challenges of drilling operations in Myanmar, and his vision for the industry's future.

We also highlight key HSE initiatives, including our Healthy Living Campaign focusing on visceral fat and its health risks—a concern particularly relevant to those with sedentary lifestyles, high-stress work environments, and unbalanced diets. Knowledge-sharing sessions like these serve as important reminders to prioritize our health, as daily habits can significantly impact long-term well-being. Thank you to our HSE Team for their continuous efforts in promoting a healthier workplace. Be sure to also check our news section with company-wide events and feature stories.

I encourage you to stay engaged with our quarterly newsletter—as much as we enjoy creating each edition, we hope you find it just as insightful and meaningful. Your ideas, comments, and suggestions are always welcome, and I invite you to share your thoughts through our many communication channels. You can also access the online version of Insight! Newsletter and browse past publications at <https://mprl-exp.com/newsroom/insight-newsletter>.

Wishing you a joyful and meaningful Myanmar New Year! ■

Hnin Wynt Zaw

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# Hole-in-ONE

Our heartiest congratulations on your Hole-in-one at Hole #8 at Toscana Valley Country Club in Khao Yai, Thailand on such a momentous day - Myanmar's Independence Day, 04 January 2025! Achieving this feat is already remarkable, but doing so on a day of national significance makes it even more special.

As a sportsman, you have already achieved two gold medals in sailing in the Southeast Asian Games. Now your athletic skill and passion in the game of golf truly shine, and this achievement is a testament to your dedication in sports whether it be sailing, surfing, jet surfboarding or golf. Wishing you many more unforgettable moments and victories ahead! ■



# Your Opinion: Embracing Lifelong Learning - Why It Matters and How to Start



**U Aung Kyaw Zaw**

Regulatory & Compliance Risk Officer  
Compliance Department

Lifelong learning plays a crucial role in today's workplace. It refers to continuous learning throughout our lives in various academic, social, and business areas. In a rapidly changing world, this form of learning is essential for staying relevant in professional environments.

Lifelong learning benefits both individuals and organizations. For individuals, it improves skills and increases competitiveness in the workplace. For organizations, improved employee performance drives business growth. Additionally, learning fosters mental motivation and increases employee engagement.

There are simple but effective ways to develop a lifelong learning habit. First, set clear learning goals, such as completing a technical course or reading a book within three months. Next, dedicate time for learning in your daily schedule. Spending about 30 minutes a day or a few hours a week can make a significant difference. Utilize resources like online courses, books, and seminars to expand your knowledge. Finally, track your learning progress to stay motivated and visualize your achievements.

Our company has implemented a Learning and Development Policy Manual to support employee growth. We offer programs such as orientation, internal training, on-the-job training, and soft skills development. Employees are also given opportunities to attend external seminars, forums, conferences, and workshops. Additionally, the company sponsors Master's and Diploma courses at the Asian Institute of Technology (AIT) in Thailand.

With financial support from our company, three members of our department, including myself, have successfully completed the Certified Risk and Compliance Management Professional (CRCMP) certification from the International Association of Risk and Compliance Professionals (IARCP) in the United States. This support not only enhances the skills and professional development of employees but also improves overall company efficiency.

To conclude, lifelong learning enriches individuals' lives and contributes to organizational success. By making learning a habit and being proactive in the workplace, employees can achieve both personal and professional growth. Companies, in turn, should foster a learning culture and invest in their employees' development. Lifelong learning is the best investment for the future, enabling us to grow and excel in a competitive world. ■



**Daw Ngwe Moe Pwint**

Junior Geoscientist  
Pyitharyar Integrated Project

Lifelong learning means continuously improving skills and knowledge, and it is more essential than ever in today's fast-changing world. As technology and industries evolve, employees must adapt to stay relevant in their jobs and tackle new challenges effectively.

If everyone embraced lifelong learning in the workplace, the benefits would ripple across individuals and organizations alike. Employees would gain better skills, build confidence, and unlock new career opportunities. They would also feel more motivated and engaged in their work.

For organizations, the advantages are equally significant. A skilled and adaptable workforce drives greater innovation, productivity, and competitiveness. Employees who solve problems efficiently and embrace new technologies help businesses thrive in a rapidly changing market. Moreover, a culture of continuous learning enhances teamwork as colleagues share knowledge and support one another's growth.

However, challenges persist. Many employees juggle work and personal responsibilities, leaving little time for learning. Others may feel unsure about where to begin or lack access to necessary resources. Companies can play a crucial role in addressing these barriers by providing dedicated learning time, offering courses, training, or mentorship programs.

To make learning more manageable, individuals can start by setting clear goals. Identify areas for improvement, whether it's leadership, technology, or communication. Take small steps—watch tutorials, read articles, or join workshops. Leverage free or affordable resources, such as online courses or learning applications.

For example, my company has embraced lifelong learning by organizing workshops, internal knowledge-sharing sessions, external training, and mentorship programs. These initiatives make personal and professional growth more accessible and rewarding for employees.

In conclusion, lifelong learning is not just a choice but a mindset. It empowers people to grow, remain relevant, and achieve their goals. When fully embraced in the workplace, it creates a smarter, more capable workforce. Start small, stay committed, and discover how lifelong learning can transform your career. ■

## Events

## MPRL E&P Successfully Completes its 16th Blood Donation Drive as Part of Ongoing Four-Month Campaign in January 2025





# Integrated Hazard Hunting: A Proactive Approach to Safety Management at MPRL E&P

Soe Than Naing

Effective hazard hunting—the proactive identification and mitigation of risks—is a cornerstone of Health, Safety, and Environment (HSE) management standards in the oil and gas industry. At MPRL E&P, this essential practice is embedded into daily operations, particularly in Mann Field, to identify and address physical hazards that may not be immediately apparent during routine activities. A comprehensive hazard hunting process involves equipment inspection, adherence to work procedures, and the cultivation of safe worker behaviors.

## Hazard Hunt Process

MPRL E&P conducts hazard hunts as a critical safety initiative led by senior field members from both the HSE and Field Operations Teams. This process enhances safety awareness by involving experienced personnel in reviewing areas beyond their regular scope of work. This “fresh set of eyes” approach allows for the identification of hazards that may go unnoticed by workers regularly exposed to these environments.

Key focus areas include:

- **Equipment integrity:** identifying defects, leaks, malfunctions, and maintenance lapses.
- **Unsafe behaviors:** addressing complacency and improving worker awareness to prevent incidents.

By proactively examining both technical and behavioral aspects, the hazard hunt process creates an opportunity to identify and mitigate risks before they escalate.

## Worker Participation and Reporting

The Field Hazard Hunt Team actively encourages workers to report near misses and unsafe conditions without fear of reprisal. This approach fosters a culture of openness and collaboration in hazard identification. Documented hazards are shared with staff through educational sessions to raise awareness and promote safe practices. Positive safety behaviors are recognized and rewarded, reinforcing adherence to safety protocols. Regular reporting to management ensures transparency and accountability throughout the process.



## Hazard Elimination and Follow-Up

When hazards are identified during a hunt, immediate action is taken to eliminate them whenever possible. If immediate resolution is not feasible, interim measures such as installing barriers, posting warning signs, and issuing alerts are implemented. For unresolved hazards, details are logged in an action tracking system, complete with assigned priorities, responsibilities, and deadlines.

## Integrated Safety Approach

Effective hazard hunting at MPRL E&P relies on an integrated safety approach, addressing technical and human factors alike. By focusing on equipment, procedures, and worker behaviors, the Mann

Field Operations Team consistently enhances safety standards, prevents accidents, and contributes to worker well-being and operational sustainability.

This proactive initiative not only strengthens the company's safety culture but also ensures compliance with established HSE procedures. By creating a robust framework for hazard identification and control, MPRL E&P continues to demonstrate its commitment to safety excellence. ■





# Compliance with Environmental Laws Strengthens Sustainability Efforts

Han Myo Aung



Environmental laws are crucial to protecting ecosystems, safeguarding human health, and ensuring the sustainability of natural resources. These regulations are designed to mitigate the adverse effects of industrial and developmental activities, promote sustainable practices, and hold polluters accountable. Effective environmental governance is fundamental to balancing economic growth with ecological preservation.

## The Importance of Compliance with Environmental Laws

Compliance with environmental laws is the foundation of sustainable development, ensuring that businesses and industries operate responsibly without compromising ecological integrity or public health. Adhering to these regulations not only mitigates environmental harm but also enhances corporate reputation and fosters long-term economic feasibility.

### Key Reasons for Compliance

- Environmental protection:** Prevents ecosystem degradation and conserves natural resources.
- Legal accountability:** Avoids fines, legal actions, and potential shutdowns due to non compliance.
- Corporate responsibility:** Demonstrates a commitment to ethical practices and social responsibility.
- Risk management:** Reduces the risk of environmental disasters and associated liabilities.
- Market competitiveness:** Aligns with global sustainability trends and consumer expectations.

### The Role of Enforcement Bodies

Enforcement bodies play a critical role in implementing and monitoring environmental laws. They

ensure compliance, identify violations, and impose penalties when necessary. Their key responsibilities include:

**Review and approval:** Evaluating environmental impact assessments (EIAs) and other documentation submitted by companies.

**Field inspections:** Conducting on-site inspections to verify compliance with approved plans and regulatory requirements.

**Monitoring reports:** Assessing environmental monitoring reports submitted by companies for accuracy and adherence to legal standards.

**Public engagement:** Collaborating with communities to address environmental concerns.

**Policy updates:** Recommending legislative changes based on field observations and scientific data.

### Field Inspection of the 9th Environmental Monitoring Report

As part of its oversight responsibilities, the Environmental Conservation Department (ECD), led by an assistant director from the regional ECD (Magway) team, conducted a field inspection at Mann Oil Field on 19 December 2024.



Before the inspection, MPRL E&P's HSE Manager and CSR Field Representative presented an environmental and social progress update to the ECD and Myanmar Oil and Gas Enterprise (MOGE) at MOGE (Mann) General Manager's office. The presentation covered follow-up actions and implementations of comments made for the seventh and eighth Environmental Monitoring Reports (EMoRs), along with responses to inquiries. Topics discussed included business and environmental challenges, the tentative plan for an environmental monitoring survey in January 2025, security concerns, and conditions required for monitoring at baseline points.

Following the discussion, the inspection team visited:

- A mobile clinic in Let Pan Ta Pin village, where they interviewed the site doctor and patients.
- Crude oil and formation water storage facilities.
- Sludge drying operations at GOCS-2.
- The fueling station and chemical storage area at the warehouse.
- Waste segregation, storage, and food waste composting at the waste management compound.
- Produced water injection at MI-573, as part of the produced water management plan.
- The Seintalone plantation field at the BMU workshop, established to offset carbon emissions and promote environmental conservation.

Based on observations and interviews, the ECD team will submit an inspection report to the ECD director general's office along with the ninth EMoR.

### Next Steps Following ECD Directives

Upon receiving comments or directives from ECD, MPRL E&P is required to:

- Acknowledge receipt:** Confirm understanding of the comments and directives.
- Implement corrective actions:** Address non-compliance or deficiencies.
- Submit progress reports:** Provide detailed updates on actions taken and outcomes achieved.
- Engage stakeholders:** Inform local communities and other stakeholders about corrective measures.
- Establish preventive measures:** Establish systems to prevent recurrence of identified issues.

By fostering collaboration with enforcement bodies, businesses can achieve higher compliance standards, mitigate risks, and contribute to environmental sustainability. This partnership, strengthened by transparency and mutual respect, is essential for a healthier planet and a prosperous future. ■





# International Women's Day

08 March 2025



#IWD2025 #AccelerateAction



## MPRL E&P Employees Embrace Inclusivity through Introductory Sign Language Training

Ei Ei Htun

MPRL E&P's Learning Club successfully organized an Introductory Sign Language Training on 07 and 13 February 2025 as part of its commitment to fostering an inclusive and dynamic workplace. The two-session course aimed to equip employees with fundamental sign language skills to enhance communication with the hearing-impaired community.

The training covered essential vocabulary, including the alphabet, numbers, time, money, food, colors, Myanmar cities, emotions, and family-related terminology. Through interactive demonstrations and guided practice, participants engaged in hands-on exercises to form sentences and hold basic conversations in sign language.

Moreover, a total of 34 employees actively participated, eager to expand their communication abilities beyond verbal language. To make learning more engaging, the second session concluded with a friendly team-based competition, where employees showcased their newly acquired skills through short sign language performances. Split into two



teams of 17, participants demonstrated impressive progress and enthusiasm. In a display of collective achievement, both teams were recognized as winners and shared the prize equally.

Beyond language skills, the event fostered teamwork and engagement while deepening employees' appreciation for diverse communication methods.

Moving forward, the MPRL E&P's Learning Club remains committed to curating meaningful learning initiatives that empower employees with knowledge and skills that extend beyond their daily responsibilities, ultimately driving both personal and professional growth. ■





# MPRL E&P Expands Support for MOGE Employees with Employee-Centered CSR Program

Moe Thu Zar Soe

MPRL E&P has launched its MOGE Employee-Centered CSR Program for the 2024-2025 Fiscal Year, reinforcing its commitment to supporting Myanmar Oil & Gas Enterprise (MOGE) employees and their families. This initiative goes beyond contractual obligations, emphasizing responsible investment and sustainable community development.

The program includes a range of initiatives, such as renovating school infrastructure for the children of MOGE employees, providing essential educational materials, offering medical support, and facilitating vocational training. Additionally, it extends support to the local community by funding cultural and religious events and donating food and other essential supplies.

As part of the program, MPRL E&P's Field Operations Manager allocated MMK 35,000,000 in November 2024 for the second round of rice and cooking oil distributions to MOGE employees in Mann Field. In December 2024, an additional MMK 22,750,000 was designated for vocational and life skills training, a need-based scholarship program for employees' children, and significant



MOGE Employee-Centered CSR Program		
No.	Descriptions	Amount (MMK)
01	Pahtan Donation at Mann Damayone	550,000
02	General Expenses for the Warso Robe Offering and Sabbath Day Meal Donation at Mann Damayone for Guests and Worshippers	1,750,000
03	Provision of Rice and Cooking Oil (1st Time) for MOGE Employees	30,000,000
04	Provision of Maintenance and Repairs for Eain Yar School	5,000,000
05	Provision of Books and Stationery for Students at Eain Yar School	3,000,000
06	Kahtain Donation to MOGE (Mann)	1,000,000
07	Provision of Rice and Cooking Oil (2nd Time) for MOGE Employees	35,000,000
08	Vocational and Life Skills Training for MOGE Employees and their Families	10,000,000
09	Provision of Need-based Scholarship Program for MOGE Employees' Children	10,000,000
10	Library Upgrade (Provided Books and Learning Facilities)	2,750,000
11	Provision of Medical Supplies for MOGE (Mann) Clinic	950,000
Total Contributions (as of 07 February 2025)		100,000,000



upgrades to the MOGE library, including new books and enhanced learning facilities. Additionally, MMK 950,000 was provided for medical supplies at the MOGE (Mann) Clinic in February 2025.

By the end of this Fiscal Year, a total of MMK 100,000,000 had been handed over to the MOGE General Manager (Mann Field) as part of MPRL E&P's ongoing commitment. This comprehensive program continues to empower MOGE employees, promote sustainable development, and support their families and the broader community. ■

# MPRL E&P's CSR Program Launches Pilot Program with Innovative Mobile Learning App for Mann Field Students

Moe Thu Zar Soe

MPRL E&P's CSR Program has taken a significant step toward enhancing educational opportunities for students in Mann Field Communities by introducing the ThuKhaMain app, a Myanmar educational mobile learning application. This app aligns with the Ministry of Education's basic education curriculum and offers a modern, engaging approach to learning for local students.

As part of its Community Capacity Building initiative for this Fiscal Year, MPRL E&P's CSR Team collaborated with representatives from the ThuKhaMain Offline Learning App to launch a summer program in March 2025. The initiative was initially piloted at Aye Mya Community Center, with Community Education Facilitator Daw Lai Lai Khaing providing dedicated support to ensure its success.

Senior CSR Officer Saw Eh Hsar Blute Htoo from the CSR & Communications Department shared insights about the program: "We have introduced the ThuKhaMain Offline Learning App as a summer



program for this Fiscal Year. To start, we piloted the program at Aye Mya Community Center, focusing on fourth-grade students.

Through this initiative, students engage with video lessons projected on a screen, guided by a dedicated Community Education Facilitator. The facilitator supports students by explaining lessons, assisting with homework, and ensuring an interactive learning experience.

Running from 15 March to 20 May 2025, the program spans approximately two months. We believe that this learning app provides a modern, technology-driven approach to education, making learning more engaging and accessible. Additionally, its offline functionality ensures that students can continue their studies without needing an internet connection."

The ThuKhaMain Offline Learning App offers subject-specific lessons aligned with basic education standards, fostering independent learning through a person-centered approach. With expert-led instruction accessible via mobile or laptop—both online and offline—students can learn anytime, anywhere, reducing reliance on extracurricular textbooks. By integrating technology into education, MPRL E&P is enhancing digital learning accessibility for Mann Field students, equipping them with essential knowledge and skills to excel academically and shape a brighter future. ■



# Empowering Leaders: Successful Completion of the Dale Carnegie Leadership Training Program

Ei Ei Htun

To enhance the leadership capabilities of its employees, MPRL E&P collaborated with Dale Carnegie to deliver a comprehensive and transformative leadership training program. Structured into three distinct phases, the program combined in-person training with coaching sessions to provide a well-rounded and impactful learning experience. Each phase included a three-day, full-day training course led by international trainer Mr. Paul Siregar from Dale Carnegie. Between these phases, participants benefited from personalized coaching by Dale Carnegie-certified trainer Daw Sanda Thein, which further deepened their understanding and application of the concepts learned.

The first phase, titled "Young Leadership Training," was held on 12, 14, and 16 June 2023. This foundational phase focused on essential leadership skills such as effective communication, trust-building, and inspiring confidence—key components of strong and effective leadership.

The second phase, "Stop Doing, Start Leading," took place on 27 and 28 February and 01 March, 2024. This phase emphasized the transition from managing tasks to leading people, encouraging participants to adopt a leadership mindset, delegate effectively, and foster a collaborative, team-oriented environment to drive superior outcomes.

The final phase, "Unleash Talent in Others," was conducted on 30 and 31 October and 01 November 2024. This phase centered on empowering leaders to recognize and nurture the unique strengths of their team members, unlocking their potential to achieve personal growth and contribute significantly to organizational success.

The program concluded successfully in November 2024, culminating in a celebration of the participants' growth and accomplishments. The final session not only reinforced key takeaways but also highlighted the transformative journey undertaken by each participant. Through their dedication and the organization's support, employees emerged as more confident, effective, and inspiring leaders, ready to contribute meaningfully to MPRL E&P's continued success. Below, we proudly share their inspiring stories.



**U Moe Thu**  
Reservoir Engineer  
Reservoir Engineering  
Department

Attending the Dale Carnegie Leadership Program, a long-term leadership development initiative, has been a transformative experience, that has significantly enhanced my personal and professional growth.

In the first phase, I gained a deeper understanding of myself, my values, and the perspectives of others. This increased self-awareness has strengthened my ability to collaborate effectively with diverse teams. The training emphasized clear and empathetic communication, which has been invaluable in building trust and fostering strong relationships. It

also highlighted the importance of leading with compassion and respect.

The second phase focused on transitioning into a leadership mindset. I developed clarity about my current role and how to align my actions with leadership objectives. This phase empowered me to think strategically, inspire others, and tackle challenges with resilience.

In the final phase, the program introduced practical methods and tools essential for effective leadership. I learned the importance of strategic delegation, empowering others, and fostering a growth-oriented environment. Additionally, I honed my mentoring skills to support team members in reaching their potential and contributing to collective success.

I sincerely thank MPRL E&P's Senior Management and HR Department for implementing this impactful program. Their dedication to empowering employees with leadership skills has provided me with invaluable tools and knowledge that I will carry forward in my career.

Thank you for investing in our growth and supporting us on this journey to becoming stronger leaders.



**Daw Moe Ma Ma Myo**  
Legal & Compliance Officer  
Compliance Department

The most valuable aspect for me was the interactive and practical approach to learning, which focused on real-life applications that deeply resonated with me. Furthermore, I appreciated how the open discussions and peer feedback from the facilitators encouraged us to create a safe space where we could genuinely challenge ourselves by learning from each other's experiences.

At every level of the program, I witnessed significant progress in my leadership skills. Phase 1 taught me how to engage in effective communication by acknowledging the power of active listening. It also provided me with the opportunity to meaningfully connect with my team and foster collaboration among its members. Phase 2 was about building self-esteem and presenting with confidence.

This was crucial as it allowed me to improve my public speaking skills. More importantly, I felt I was becoming better at persuading and motivating others. Phase 3 focused on strategic thinking and decision-making, empowering me to adopt a proactive approach to my responsibilities. I now feel more confident addressing challenges and driving initiatives within the organization.

The Dale Carnegie Leadership Program as a whole has not only enhanced my skills but also inspired me to pursue lifelong learning in both personal and professional spheres. I am truly grateful to have been part of such an impactful program.



**U Han Myo Aung**  
Environmental Officer  
HSE Department

The Dale Carnegie Leadership Program has been an incredible journey through Phases 1 to 3, filled with engaging activities and meaningful lessons. Throughout the program, participants gained confidence and successfully overcame their fear of presenting in front of others.

Phase 1 focused on foundational skills such as memorization techniques, presentation skills, and core principles from How to Win Friends and Influence People and How to Stop Worrying and Start Living. These principles have proven to be highly valuable in both professional and personal contexts. Phase 2 introduced leadership competencies and strategies for engaging and inspiring followers, offering insights that were both practical and transformative. Phase 3, my personal favorite, delved into building effective teams, thinking mechanisms (green-light and red-light thinking), the innovation process, delegation strategies, and team mapping activities. This phase was particularly engaging and impactful.

The trainers and team members demonstrated exceptional competence in their training and presentation skills. What stood out most was their ability to conduct activities in a manner that was both educational and enjoyable. The Dale Carnegie Leadership Program is not only informative but also packed with actionable lessons for everyday life. I deeply appreciate everyone involved in initiating, developing, and delivering such a remarkable program.



**U Saw Eh Hsar Blute Htoo**  
Senior CSR Officer  
CSR & Communications  
Department

The Dale Carnegie Leadership Training program is a prime example of excellence, combining thoughtfully designed content, engaging training methods, and the expertise of certified trainers who bring both knowledge and real-world experience to the sessions. One of the program's most valuable aspects is its focus on genuine appreciation and positive reinforcement. Participants are taught how to actively recognize and sincerely praise others' contributions, such as acknowledging a team member's innovative solution during a challenging project. This approach helps build stronger relationships, boost morale, and inspire higher performance. The training significantly enhanced my leadership skills. By applying the principles of Win People to Your Way of Thinking, I became a more approachable leader, fostering an environment where team members felt comfortable sharing ideas. I also improved my ability to coach and develop junior team members, conducting one-on-one sessions during PMP meetings to support their growth. Overall, the training strengthened both my technical skills and my ability to build meaningful connections, driving team success.



# MPRL E&P Launches Healthy Living Campaign to Address Visceral Fat Risks

Dr. Kyaw Ye Htut

On 11 October 2024, the MPRL E&P’s HSE Team launched a Healthy Living Campaign at Vantage Tower to promote health awareness among employees. Using InBody measurement equipment, the team assessed the body composition of staff members across MPRL E&P Group of Companies.

The results revealed that 36% of participants had elevated levels of visceral fat, prompting the HSE Team to conduct a Knowledge Sharing session on 14 February 2025 to discuss its health implications.

## Understanding Visceral Fat and Its Health Risks

Visceral fat is a type of body fat stored deep in the abdominal cavity, surrounding vital organs such as the liver, pancreas and intestines. Unlike subcutaneous fat, which is visible under the skin, visceral fat remains hidden, making it a silent but serious health threat. Excess visceral fat is linked to several health risks, including:

- **Increased risk of chronic diseases:** High visceral fat levels contribute to type 2 diabetes, heart disease, stroke, and certain cancers due to the inflammatory substances they release.
- **Metabolic disruptions:** Excess visceral fat interferes with the body’s ability to regulate blood sugar and insulin levels, increasing the risk of metabolic syndrome—a combination of conditions that significantly raises the likelihood of cardiovascular disease and diabetes.



- **Cognitive decline:** Studies suggest that visceral fat may play a role in the development of Alzheimer’s disease and dementia by promoting inflammation.
- **Higher cancer risk:** Research links excessive visceral fat to a greater likelihood of colorectal cancer, with individuals showing higher rates of precancerous polyps.

## Managing Visceral Fat for Better Health

To help employees take proactive steps to reduce visceral fat, the Knowledge Sharing session provided practical health strategies:

- **Adopt a healthy diet:** A balanced diet rich in fruits, vegetables, whole grains and lean pro-

teins are key. Cutting back on processed foods, sugary drinks, and unhealthy fats can prevent excess fat accumulation.

- **Engage in regular exercise:** A combination of aerobic exercises (such as brisk walking or cycling) and strength training helps reduce visceral fat. Experts recommend at least 150 minutes of moderate or 75 minutes of high-intensity exercise per week.
- **Manage stress effectively:** Chronic stress contributes to abdominal fat. Techniques such as meditation, yoga and mindfulness can help lower stress levels.
- **Prioritize quality sleep:** Getting seven to nine hours of sleep per night is essential for maintaining a healthy metabolism and preventing fat buildup.

## Taking Charge of Health

By making sustainable lifestyle changes, individuals can effectively reduce visceral fat and improve overall well-being. While consistency is key, seeking guidance from healthcare professionals for personalized recommendations is always beneficial.

MPRL E&P remains committed to fostering a culture of health and well-being in the workplace, empowering employees with the knowledge and resources needed to lead healthier lives. ■

From Page 8



**Daw Noble Nay Win**  
Senior Staff Officer  
Executive Management Office

Before the program, I primarily focused on reading books to enhance my soft skills. However, this was my first opportunity to attend a soft skills training outside of work, and it made me realize the importance of developing these skills alongside gaining knowledge. The program provided valuable opportunities for both personal and professional growth.

One of the most impactful aspects was the practical, hands-on experiences that allowed me to apply theoretical concepts to real-world situations. Additionally, the feedback sessions were invaluable in identifying my strengths, areas for improvement, and support competencies. What I found most meaningful were the principles from the Golden Book, which I strive to follow consistently. These principles include:

Principles from How to Win Friends and Influence People

- Become a Friendlier Person
- Win People to Your Way of Thinking
- Be a Leader

Principles from How to Stop Worrying and Start Living

- Fundamental Principles for Overcoming Worry
- Basic Techniques in Analyzing Worry
- Break the Worry Habit Before It Breaks You
- Cultivate a Mental Attitude That Will Bring You Peace and Happiness
- The Perfect Way to Conquer Worry
- Don't Worry About Criticism
- Prevent Fatigue and Worry, and Keep Your Energy and Spirits High

During the initial phase, I developed self-awareness and confidence by assessing my leadership style and understanding my strengths and weaknesses. Unfortunately, I couldn't attend the full three-day course due to an urgent assignment from the office and was only able to join on the last day. However, starting from Phase 2, I gained three key benefits: increasing self-awareness, inspiring confidence in leadership, and fostering personal and professional development.

I applied these learnings through three specific actions at work:

1. Providing more constructive feedback.

2. Being a more attentive listener and staying focused during conversations.
3. Demonstrating greater confidence when speaking and taking action.

The final phase focused on recognizing and developing the potential in others. The key takeaway was learning how to identify strengths in team members and provide the necessary guidance and opportunities for their growth. I also gained valuable insights into motivating and empowering my team to reach their full potential.

The aspects I found most valuable in this phase were Idea Hunting, the Delegation Process, and Innovation. From this phase, I have applied four specific actions in my work:

1. Requesting ideas from the team before making decisions.
2. Delegating tasks based on team members' capabilities.
3. Analyzing their competencies and encouraging development.
4. Monitoring professional development independently. ■



# A Journey in Reservoir Engineering and Innovation

**Hnin Wynt Zaw**

*Meet U Kyaw Soe Oo, an accomplished Senior Reservoir Engineer at MPRL E&P and the recipient of the Outstanding Performer Award. With over 15 years of experience, he has played a vital role in optimizing reservoir performance and driving strategic decision-making. Through dedication, problem-solving, and a passion for continuous learning, he has made significant contributions to the company's success.*

## Congratulations on receiving the Outstanding Performer Award! How do you feel about this?

Thank you! Receiving this award is truly an honor, and I am incredibly grateful. Reflecting on what led to this achievement, I believe it is a mix of dedication, continuous learning, and the invaluable support of my team. Since joining the company in 2009, I have had the privilege of growing through training programs, workshops, and hands-on experiences that have shaped my skills and commitment to excellence.

My focus on meeting deadlines, contributing to team success, and maintaining a proactive, solution-oriented mindset has been key. This award is not just a reflection of my efforts but also a testament to our culture of teamwork and growth. It inspires me to keep striving for excellence and delivering value.

## Please share your background with us so that we know more about you.

I come from a family of four, including my parents, my younger sister, and me. I was born in Dawei but spent most of my childhood in Yangon due to my parents' government jobs. Their frequent relocations exposed me to diverse environments, shaping my adaptability and curiosity. My parents have always been a source of inspiration, encouraging me to explore, learn, and grow.

I completed high school in Thanlyin and earned a Bachelor of Engineering in Petroleum from Thanlyin Technological University in 2008. Though I qualified for a master's program, I chose hands-on industry experience instead, a decision that proved invaluable in shaping my career.

After graduation, I joined MPRL E&P as an Assistant Engineer at Mann Field, focusing on mud operations. Later, I moved to the Yangon office as a Reservoir Engineer, where I specialized in reservoir management and technical responsibilities, further deepening my expertise.

## How long have you been working for MPRL E&P? What made you join?

I have been with MPRL E&P since 2009—over 15 years now. I joined right after earning my degree, eager to gain practical experience. MPRL E&P's strong reputation and excellent training, hands-on exposure, and skill development opportunities made it an ideal place to start my career. I quickly realized it was a great environment for learning and growth, especially for young engineers.



## What are your responsibilities and have they changed since you started?

My responsibilities include analyzing reservoir data, monitoring production and injection performance, evaluating well performance, and supporting reservoir management to optimize oil and gas recovery. Initially, my focus was on reservoir engineering tasks like field operations and technical analyses.

Over time, I transitioned into strategic roles, including commercial evaluations and economic modeling, assessing project feasibility and development scenarios. By integrating technical and economic insights, I contribute to decision-making that ensures both technical success and financial sustainability.

With this expanded scope, I now play a key role in optimizing reservoir performance and project economics, gaining a broader perspective on field development and strengthening both my technical and business expertise.

## Let's talk about reservoir simulation. How do you use it to predict reservoir behavior?

Reservoir simulation is a mathematical model used to predict reservoir behavior over time. It creates a digital model using geological, petrophysical, and fluid data to simulate fluid flow and pressure changes under different production and injection scenarios.

I use it to assess development strategies, optimize recovery techniques, and forecast production. It helps identify challenges, evaluate operating conditions, and support decision-making to maximize hydrocarbon recovery while ensuring long-term sustainability.

## Can you describe the process of reserve estimation. What methods have you used?

Reserve estimation calculates how much oil or gas can be extracted from a reservoir using geological, production, and engineering data. In my work, I primarily use two methods - Volumetric Method which estimates the size of the reservoir and applies rock and fluid properties to calculate the total hydrocarbons in place. It is typically used in the early stages of field development. And Decline

Curve Analysis which examines production trends over time to predict future performance and estimate recoverable reserves. It is commonly used for mature fields with sufficient production history. Both methods are essential for understanding the reservoir's potential and planning development.

## What are the most critical challenges facing reservoir engineers in today's oil and gas industry?

Digital transformation is one of the biggest challenges, with AI, machine learning, and IoT revolutionizing reservoir analysis and decision-making. While these technologies enable real-time monitoring and predictive modeling, issues like data integration, inconsistent datasets, and the need for advanced infrastructure hinder full adoption. Engineers must bridge the gap between traditional expertise and emerging technologies to enhance efficiency and accuracy in reservoir management.

Another major challenge is Enhanced Oil Recovery (EOR) and Water Injection Management, crucial for mature fields that account for over 70% of global oil production. While techniques like polymer flooding, CO<sub>2</sub> injection, and thermal recovery boost recovery rates, challenges such as water breakthrough, scaling, and high operational costs complicate implementation. Additionally, sustainability concerns—including carbon capture, utilization, and storage (CCUS) and methane emission reduction—are reshaping reservoir management. Engineers now assess CO<sub>2</sub> storage integrity and integrate geothermal energy into reservoir practices, balancing hydrocarbon recovery with environmental responsibility.

To overcome these challenges, reservoir engineers must navigate regulatory frameworks, sustainability demands, and economic constraints while ensuring efficient resource recovery. Investing in advanced modeling, digital innovation, and sustainable energy solutions is key to shaping a more efficient, data-driven, and environmentally responsible oil and gas industry.

## Can you share your experience with enhanced oil recovery (EOR) techniques.

I have worked extensively with waterflooding and hydraulic fracturing to enhance oil recovery.



# Dr. Zay Yan Paing Thu – A Dedicated Guardian of Workplace Health

Hnin Wynt Zaw

At MPRL E&P, employee well-being is a top priority, and Dr. Zay Yan Paing Thu plays a crucial role in ensuring a healthy and safe work environment. As a Junior Site Doctor, he not only provides medical care to staff members, Mann Field Communities, and Myanmar Oil & Gas Enterprise (MOGE) personnel but also leads health initiatives that improve long-term well-being.

Dr. Zay Yan Paing Thu earned his medical degree from the University of Medicine, Magway, and began his career as a Medical Officer at Pathada Private Hospital in 2019. His passion for public health led him to work with Medical Action Myanmar (INGO) as a Malaria Team Leader in Putao, where he gained firsthand experience addressing healthcare challenges in remote communities.

His diverse career has also included roles as a Medical Product Specialist at Servier Pharmacy in Pyay and as a Medical Officer at Yadanar Moe Private Hospital in Pyaw Bwe. During the COVID-19 pandemic, he served as a Part-Time Medical Officer at MPRL E&P, eventually rejoining the company as a Full-Time Junior Site Doctor.

“Being a doctor is not just about treating diseases—it’s about understanding people, their struggles, and their circumstances,” he said. “I believe true healthcare goes beyond medicine; it involves empathy, education, and a commitment to making a difference.”

Since joining MPRL E&P, Dr. Zay Yan Paing Thu has taken on numerous responsibilities, particularly in supporting underserved communities. He takes his commitment to workplace health seriously and ensures emergency preparedness at all times. His duties include overseeing health and hygiene programs for staff members, Mann Field Communities, and MOGE personnel at both mobile and office clinics. Beyond treating common ailments, he conducts camp inspections, CPR training, emergency case handling, and man-down drill exercises to enhance workplace safety.

One of the greatest challenges he faces is managing

hypertension and diabetes among underserved populations. Due to economic hardships, poor dietary habits, and limited health literacy, many patients struggle with disease management. In response, he has led health awareness sessions focusing on chronic disease prevention, the proper use of antibiotics, and general wellness education.

“Health education is just as important as treatment—it empowers people to take control of their well-being,” he explained.

Dr. Zay Yan Paing Thu finds deep fulfillment in his role, particularly in providing free-of-charge medical care and medications to Mann Field Communities as part of the company’s CSR Program. His priority is caring for patients with chronic conditions such as hypertension, diabetes, heart disease, and kidney disease, ensuring they receive the necessary support and guidance.

“What I love most about my job is knowing that I am making a tangible impact,” he said. “Providing free medical care to those who cannot afford it and seeing their health improve—it is truly fulfilling. It reminds me why I chose this path in the first place.”

When emergency cases arise—such as uncontrolled hypertension, ischemic heart disease, or diabetic emergencies—he administers urgent care at Mobile Clinics before coordinating patient referrals to Minbu General Hospital or Magway General Hospital for advanced treatment. He also maintains open communication with Mann Field Communities, stakeholders, and the MPRL E&P’s CSR Team to facilitate timely medical interventions.

“In critical situations, every second counts,” he said. “It is my responsibility to ensure that Mann Field Communities receives immediate and effective medical care.”

Looking ahead, Dr. Zay Yan Paing Thu envisions himself growing in both medical and health,



safety, and environment (HSE) expertise, further strengthening his ability to safeguard workplace health.

“In five years, I see myself as a more experienced and skilled professional, not only in medicine but also in health, safety, and environment,” he said. “My goal is to keep growing and finding better ways to protect and improve people’s health.”

His dedication and proactive approach make him an invaluable asset to MPRL E&P and the communities he serves.

Dr. Zay Yan Paing Thu’s unwavering commitment to workplace health and community well-being exemplifies the values of MPRL E&P. Through his expertise, compassion, and dedication to education, he not only ensures the safety of employees but also empowers local communities with essential healthcare knowledge.

As he continues to grow in his profession, his contributions will undoubtedly leave a lasting impact, reinforcing the company’s commitment to employee well-being and public health. ■

From Page 10

In waterflooding, I focus on designing and optimizing strategies to maintain reservoir pressure and improve oil displacement. By managing injection rates and distribution patterns, I help maximize recovery efficiency using advanced reservoir models and real-time well monitoring.

In hydraulic fracturing, particularly in low-permeability and naturally fractured reservoirs, I evaluate reservoir characteristics, design fracture treatments, and monitor post-fracturing performance to enhance oil flow. Real-time data and simulations help fine-tune fracture designs for optimal results.

These techniques have improved oil recovery, extended reservoir life, and allowed for tailored strategies based on reservoir conditions.

**What has been the most valuable lesson since day one at your job?**

I have several! Since my first day at MPRL E&P, I have learned that teamwork and collaboration are essential. Every project thrives on collective effort, expertise, and mutual support. Success comes from shared goals, open communication, and strong teamwork.

I’ve also come to value diverse perspectives—each team member’s strengths drive innovation and problem-solving. Trust and respect create an environment where everyone feels empowered to share ideas and support one another.

**What would you tell the future petroleum engineers?**

Embrace continuous learning and adaptability—the industry is evolving with new technology, shifting energy demands, and a greater focus on sustainability. Build a strong engineering foundation while staying updated on the latest innovations.

Collaboration is key—work with geologists, production engineers, and other professionals to develop a broad industry perspective. Problem-solving skills and a proactive mindset are essential for tackling technical, operational, and environmental challenges.

Finally, prioritize responsible resource extraction. Efficiency, sustainability, and ethical practices are crucial for making the industry safer and more aligned with future energy needs. Your dedication can drive meaningful change and leave a lasting impact. ■



From Cover Page

“As nations grapple with these complexities, LNG’s influence extends far beyond its role as a bridge fuel. The sector’s trajectory is shaped by a confluence of factors: geopolitical realignments, efforts to diversify energy sources, and technological advancements aimed at mitigating environmental impacts.”

In light of these changing dynamics, the global LNG trade continues to expand at a rapid pace. While 27% of exported gas was transported as LNG in the year 2000, this proportion rose to nearly 60% in 2023 (Figure).

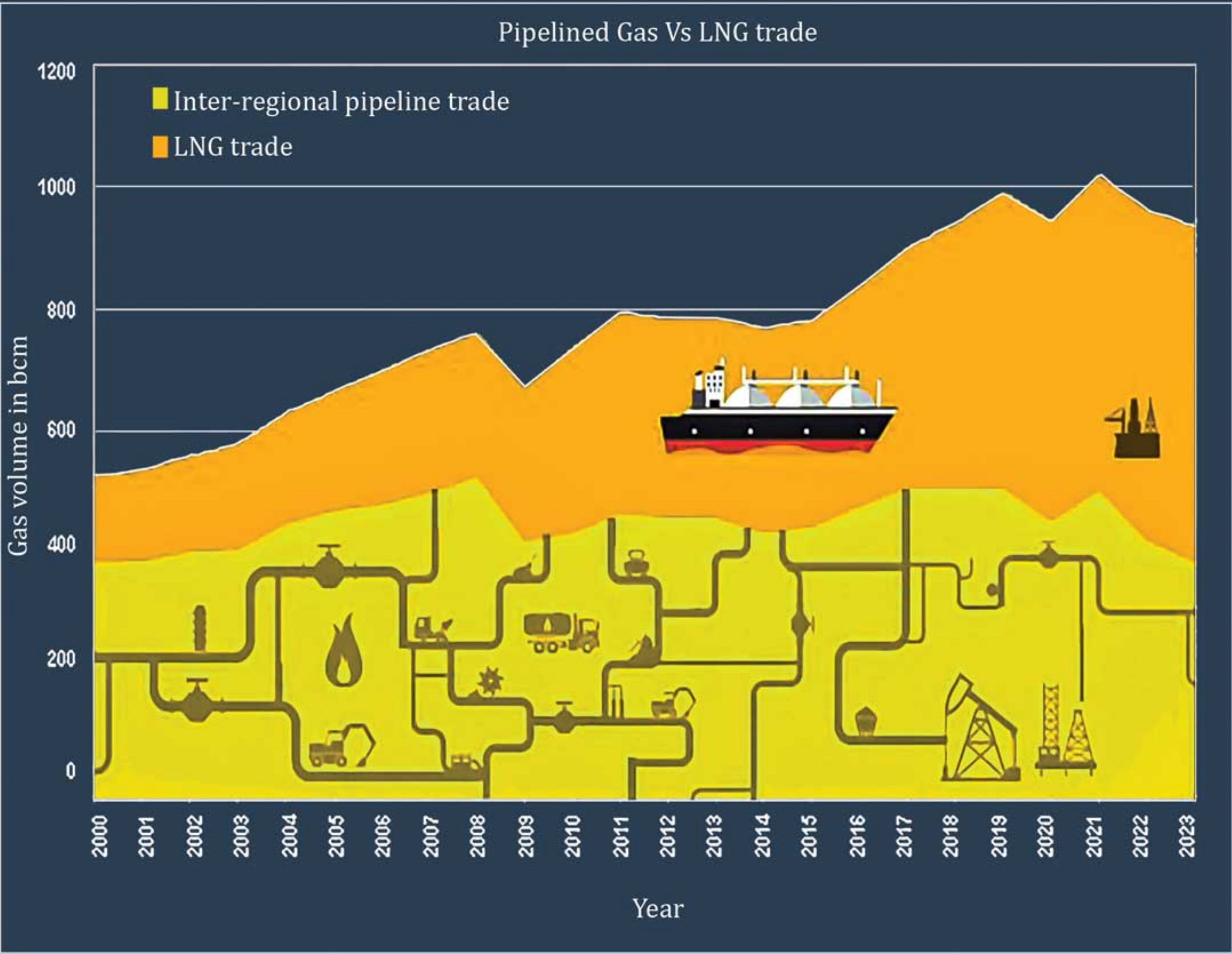


Figure: Traded Pipelined Gas vs. LNG (based on the 2024 Energy Institute Statistical Review of World Energy)

U.S. LNG Exports: Changing the Game

In 2023, the United States emerged as the world’s largest exporter of LNG, bolstered by increased production, expanded export capacity, and rising demand from the European Union (EU). Before the Ukraine conflict, Russia supplied a significant portion of Europe’s natural gas through pipelines such as Nord Stream, Yamal-Europe, and TurkStream, as well as LNG shipments, though in smaller volumes compared to pipeline gas. However, the war prompted the EU to reduce its reliance on Russian energy by implementing sanctions, the unexpected shutdown of critical pipelines like Nord Stream, and diversifying its energy sources. By 2023, Russian gas exports to the EU had dropped by over 80%. Despite plans to phase out Russian fossil fuels by 2027, Russian LNG exports to Europe continued to rise in 2024.

In response to reduced Russian gas supplies, Europe turned to the United States, which significantly ramped up its LNG shipments. U.S. LNG exports to the EU increased from 22 billion cubic meters (bcm) in 2021 to 50 bcm in 2022, and reached approximately 70 bcm by 2023, according to the U.S. Energy Information Administration. Preliminary market data estimates that exports will total around 67 bcm in 2024.

This shift underscores the pivotal role of U.S. LNG in supporting European energy security amid geopolitical tensions. However, this reliance on U.S. LNG has not come without challenges, particularly in terms of economic costs.

Economic Pressures and the Cost of Transition

The transition from Russian natural gas to alternatives like U.S. LNG has imposed significant economic costs on Europe. Historically, Russian gas was a cheap and abundant energy source due to fixed-price contracts and proximity to pipelines. However, geopolitical tensions and the Ukraine war prompted Europe to seek alternatives, with U.S. LNG emerging as a primary substitute. Unfortunately,

LNG’s Growing Role in Global Energy Markets

LNG’s geopolitical significance has grown dramatically, becoming essential for global energy security, particularly in Europe, East Asia, North America, and the Middle East. Since the early 2000s, LNG’s ability to be transported across oceans in liquid form has enabled countries to diversify their energy sources. In addition to U.S. imports, Europe sources gas from Norway, Algeria, Libya, and Azerbaijan. Emerging players like Senegal and Mauritania in West Africa, and Mozambique in East Africa, are further expanding Europe’s options. However, the Ukraine conflict has also accelerated Europe’s focus on energy efficiency and renewable energy. While LNG provides an immediate solution, especially during winter months, the EU continues to invest in longer-term strategies to reduce its dependence on fossil fuels. A balanced, diversified energy strategy remains critical to ensuring long-term energy security.

Challenges in Other Regions

While North America, and the Middle East and North Africa (MENA), are capitalizing on LNG export opportunities, regions like Latin America and the Caribbean face challenges in balancing domestic needs with the growing demand for exports. Despite abundant natural gas resources, only a few countries—like Argentina, Peru, and Trinidad & Tobago—are currently active LNG exporters, with Mexico making slower progress. This limited export activity hampers the attraction of investment and technology necessary for sustainable LNG development in these regions.

Globally, countries like the U.S., Canada, and Norway have natural gas reserves sufficient for around 12 more years at current production rates. In contrast, Russia, Iran, Qatar, Saudi Arabia, East Africa, and now West Africa—newly emerging as a producer—possess reserves projected to last well over 100 years. While natural gas is expected to remain crucial as global oil demand plateaus by the 2030s, geopolitical tensions and restricted access to Western technology and markets may hinder some countries from fully leveraging their reserves. Increased investment in LNG infrastructure and stronger international energy partnerships will be essential to unlocking these regions’ potential.

Fluctuating LNG Prices: The Impact on Consumers

The spot LNG market in 2022 experienced significant price volatility due to geopolitical factors, particularly the war in Ukraine, and shifts in global energy demand. A peak price of \$70.50 per million British thermal units (MMBtu) occurred during a period of extreme demand and supply constraints. This was an exceptional high driven by Europe’s urgent need to replace Russian gas supplies, which put pressure on the global LNG market and caused a sharp spike in prices.

The \$34 per MMBtu price represents the annual average for 2022, reflecting a broader range of market conditions. While prices peaked during moments of crisis and intense demand, the overall market settled at a somewhat lower level. However, even the \$34 average was significantly higher than typical pre-crisis levels, leading to economic challenges in countries like India, Pakistan, South Korea, and Japan, which faced higher energy costs,



inflation, and power shortages due to their reliance on spot-market LNG.

Thailand also saw the impact of fluctuating LNG prices, as its increasing dependence on spot LNG amid declining domestic production led to rising electricity and gas bills. While government subsidies helped mitigate the impact, they are not sustainable long-term. This situation highlights the financial risks and complexities of relying heavily on LNG in an unpredictable environment. Thailand's energy strategy must evolve to balance short-term needs with the transition to cleaner, more affordable energy sources, while leveraging untapped discovered resources like the Pyitharyar Integrated Project (PIP) in Myanmar, a neighboring country from which resources could be piped.

### Balancing Energy Needs and Environmental Challenges in the LNG Era

LNG is often seen as a bridge fuel in the transition to a cleaner energy future, emitting less carbon dioxide than coal. However, its environmental impact is far from negligible. Methane leakage during extraction and transport—a greenhouse gas far more potent than carbon dioxide—raises questions about LNG's role in reducing global emissions. In some scenarios, its methane emissions could result in a larger greenhouse gas footprint overall than that of coal.

Efforts to mitigate these issues are underway. The EU has prioritized reducing methane emissions through stricter regulations and technological advancements like Carbon Capture and Storage (CCS). Highlighted at COP27 (The 27th Conference of the Parties to the United Nations Framework Convention on Climate Change), these measures are critical if natural gas, especially LNG, is to be seen as a transitional energy source on the path to net-zero emissions. As global energy policies evolve, addressing these challenges will require collaboration, innovation, and sustained commitment to balancing energy needs with climate objectives.

### Navigating the Future of LNG: Energy Security and Sustainability in a Changing World

The global LNG market has undergone significant transformations, driven by two key forces: shifting geopolitical dynamics—most notably the war in Ukraine—and the growing demand for energy diversification. These developments highlight the changing balance of power among major players and underscore LNG's role as a bridge between traditional fossil fuels and renewable energy sources.

LNG offers an immediate solution to energy security concerns by connecting major suppliers—such as North America, Qatar, Australia, and newly emerging producers in East and West Africa—with demand hubs in Asia and Europe. However, this growing reliance on LNG also brings challenges. Overdependence on a limited number of suppliers, environmental impacts like methane leakage, long-distance transport, and price volatility emphasize the need for thoughtful strategies and stronger international collaboration.

As nations reevaluate their energy policies, LNG is positioned to play an increasingly essential role. Established exporters, such as the United States, alongside emerging players, are shaping the evolving market.



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Yet, compared to the more mature oil sector, the LNG industry still faces significant barriers to seamless integration. High transportation costs, infrastructure limitations, and disruptions caused by geopolitical tensions remain key hurdles to achieving a stable and efficient global LNG trade.

In conclusion, looking ahead, LNG is expected to remain essential in the global transition to cleaner energy. While it aids in reducing dependence on coal in the short term, long-term climate goals demand addressing LNG's environmental challenges and accelerating the adoption of renewable energy sources. Striking a balance between energy security and sustainability will ensure LNG continues to play an important role in the global energy mix. ■

**“LNG is expected to remain essential in the global transition to cleaner energy. While it aids in reducing dependence on coal in the short term, long-term climate goals demand addressing LNG's environmental challenges and accelerating the adoption of renewable energy sources.”**

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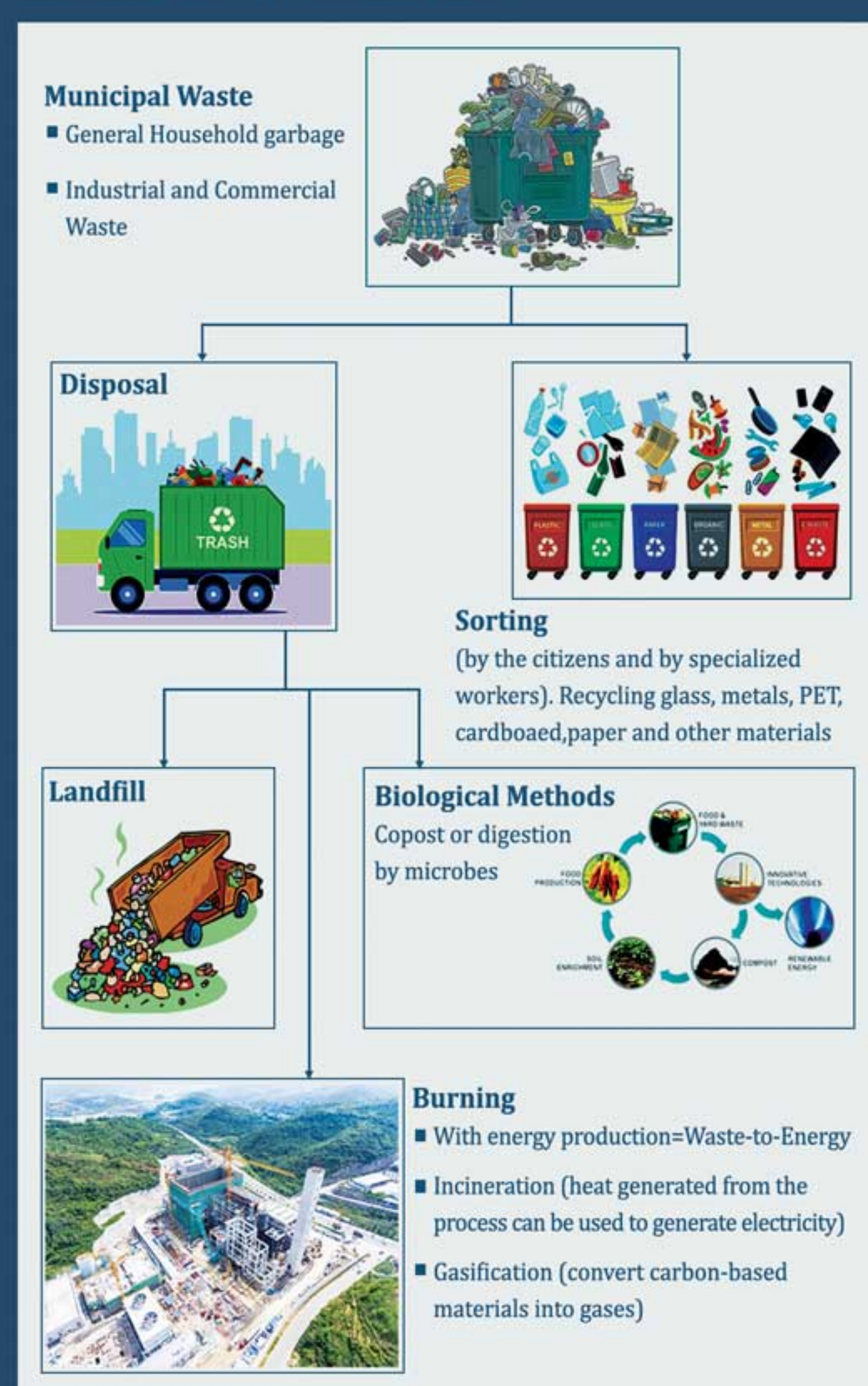
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## From Cover Page

A diagram showing municipal waste disposal methods: landfills, recycling, biological composting, and Waste-to-Energy incineration



### Yangon's Waste-to-Energy Plant: A Local Innovation

In Yangon, a WtE incineration plant built with Japanese collaboration has been operating since 2017, showcasing how this technology benefits local communities. Processing around 60 tons of trash daily—just a fraction of the 2,000 to 3,000 tons of the city's daily waste—the plant generates approximately 760 kilowatts of electricity. Some of this power is used to operate the plant while the rest is supplied to the national power grid, benefiting the entire community.

So, how does it work? In simple terms, the plant incinerates trash at high temperatures, and the heat generated produces steam, which powers turbines to generate electricity. This approach keeps waste out of landfills, reducing methane emissions—a greenhouse gas far more potent than carbon dioxide. The Yangon WtE plant, operated by the Yangon City Development Committee (YCDC) along with Japanese engineers, is a true example of technology supporting environmental sustainability and economic development by reducing landfill dependency and creating local jobs.



Yangon Waste-to-Energy Plant

### How Waste Becomes Energy: The WtE Incineration Process

You might wonder how garbage can be converted into electricity. Think of it this way: just like a campfire gives off heat when it burns, garbage when burned in a controlled, high-temperature environment, also produces heat. This heat is utilized to generate steam, which drives turbines that produce electricity. Garbage goes in, and power comes out.

Here's a quick look at the WtE incineration process:

- **Collection and dumping:** Trash trucks bring waste to the plant and dump it into a large pit.
- **Recycling:** Ideally, the facility is equipped separate recyclable materials from the trash before incineration, ensuring that only residual waste is burned.
- **Combustion:** Within the facility, waste is incinerated at elevated temperatures to generate heat.
- **Steam and electricity:** This heat turns water into steam, which drives turbines to generate electricity.
- **Air pollution control:** Before emissions are released into the air, they are treated to remove harmful chemicals.
- **Ash collection:** The leftover ash is collected, which weighs significantly less than the original trash and can sometimes be reused.

Not all WtE plants operate the same way. Some facilities recover metals from the ash, while others use ash as filler in concrete or roadbeds. Every part of the process is designed to minimize waste, reduce emissions, and maximize energy output.

### Why Waste-to-Energy?

There are several reasons why WtE is gaining attention around the world:

- **Waste reduction:** WtE can decrease waste volume by up to 90%, reducing the load on landfills.
- **Energy production:** It generates renewable energy, contributing to sustainable power solutions.

### Process Flow of Waste-to-Energy Incineration Plant

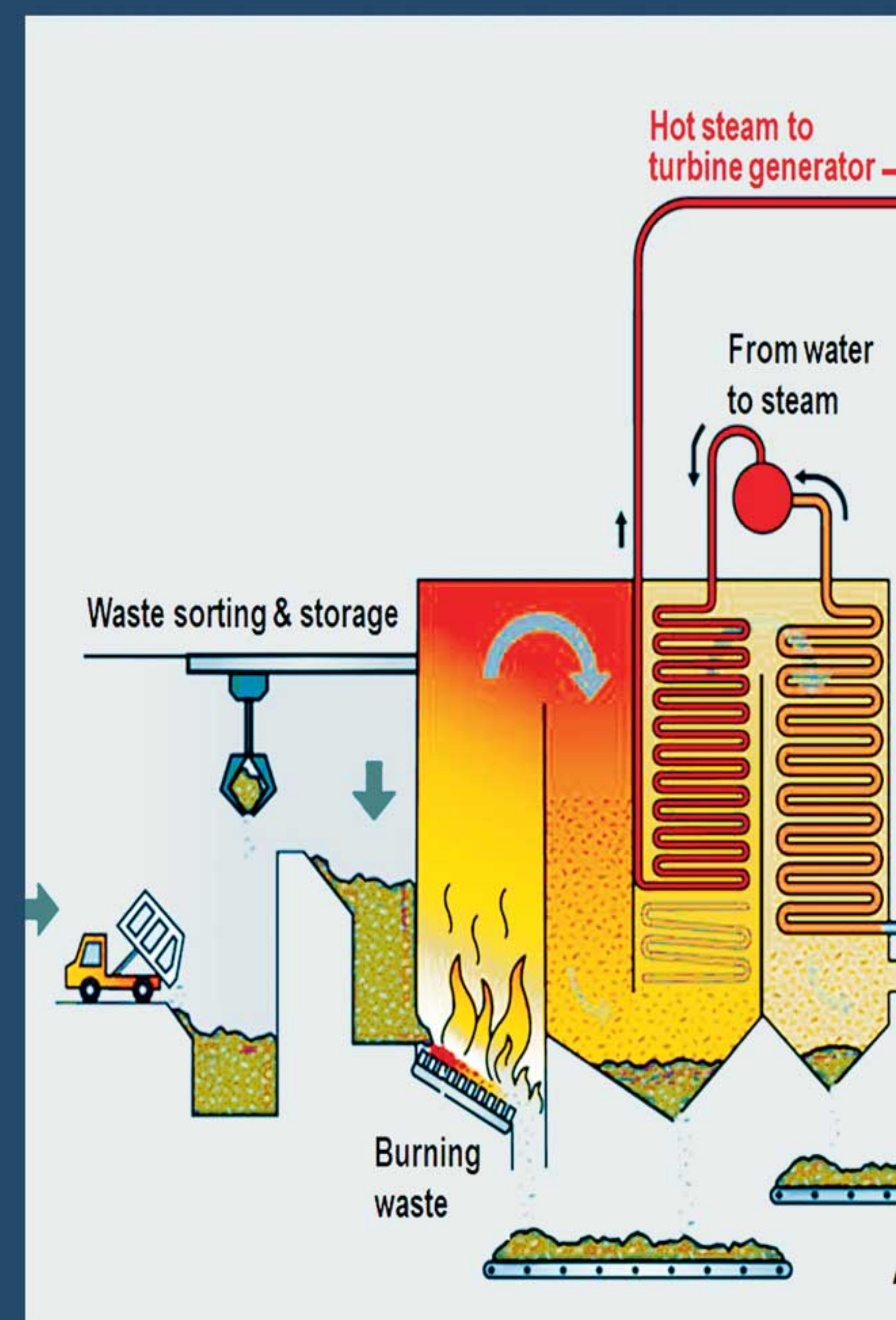


Photo courtesy of Ghiath, 2018 (Modified Version).

- **Environmental benefits:** Landfills emit methane (CH<sub>4</sub>), which is significantly more harmful than carbon dioxide (CO<sub>2</sub>) emissions from combustion. By keeping waste out of landfills, WtE plants reduce the release of harmful gases like methane. Additionally, with pollution control measures in place, these plants are designed to minimize air pollution.
- **Supports recycling efforts:** Some WtE facilities recover valuable metals and reuse ash for other products, promoting a circular economy.

### The Challenges of WtE: What to Consider

As promising as it sounds, WtE isn't perfect. Here are some of the challenges:

- **CO<sub>2</sub> emissions:** Burning waste, especially plastics, releases CO<sub>2</sub> and other harmful gases.

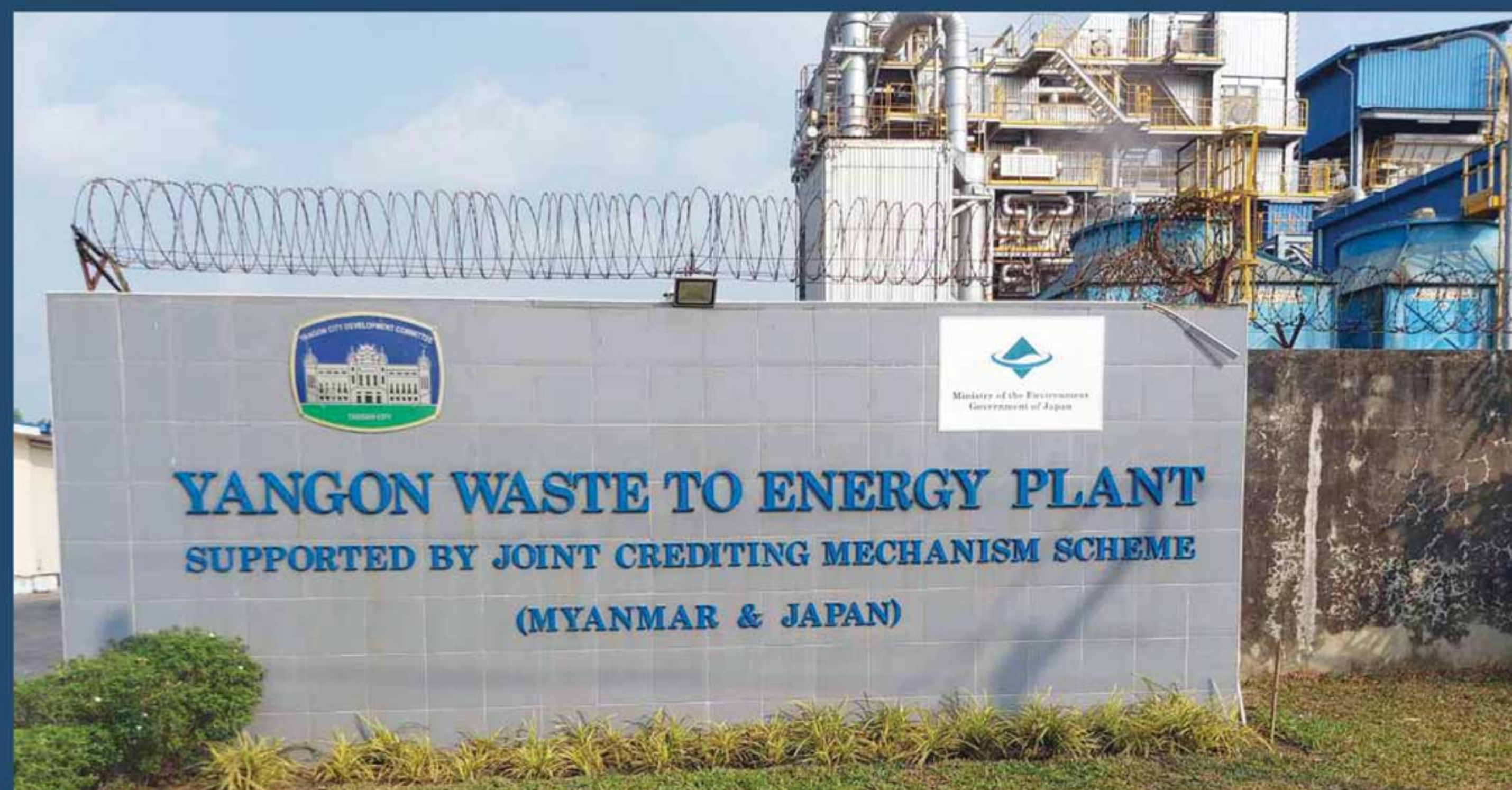
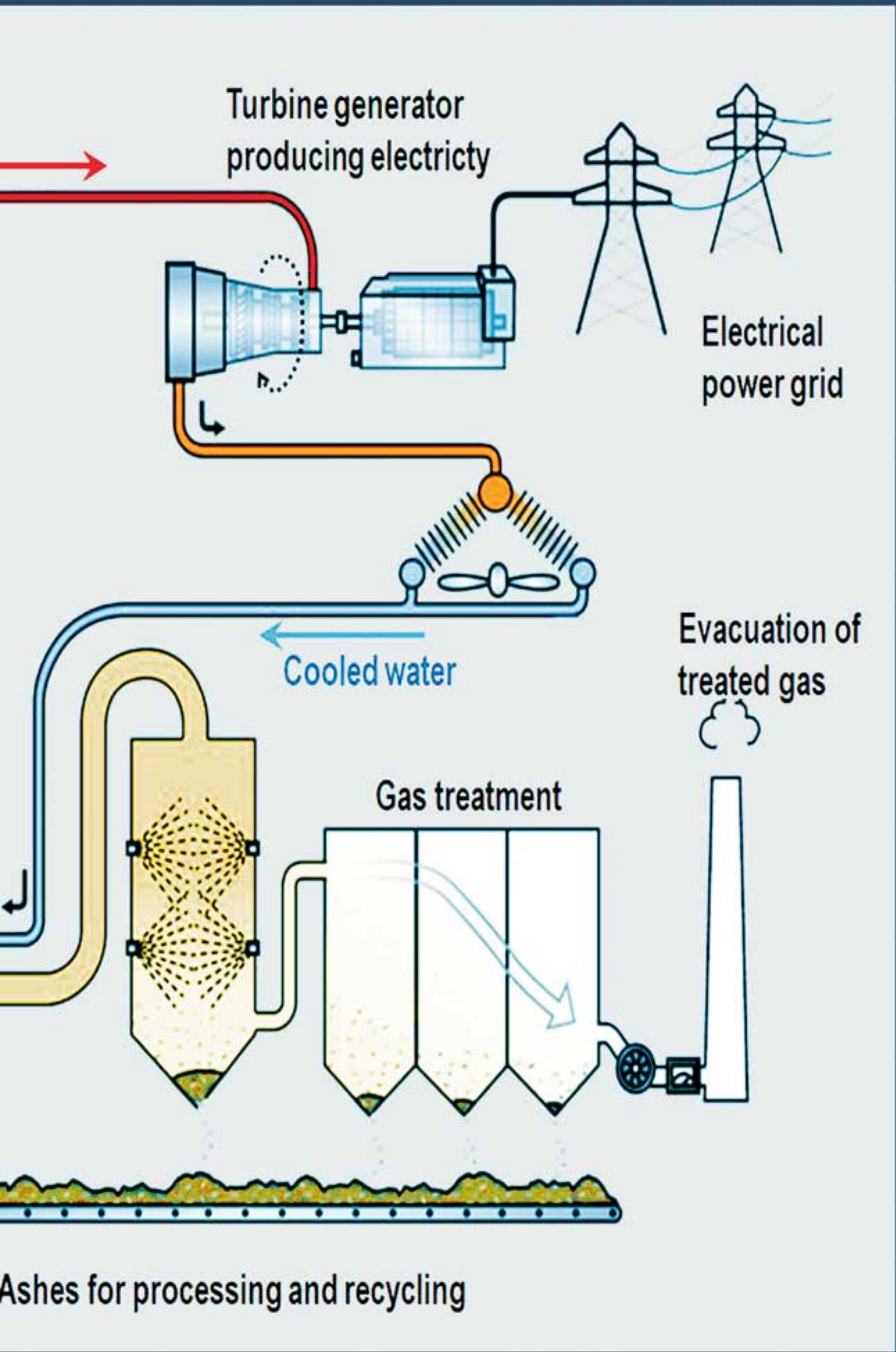


Photo courtesy of JFE Engineering Corporation, 2018.





While CO2 is less harmful than methane, CO2 remains a concern for climate change. According to the European Commission, over the initial 20 years following its release into the atmosphere, the methane produced from landfills is approximately 80 times more detrimental than CO2.

- **High costs and complexity:** WtE facilities require significant investment in technology and waste sorting, making them costly and challenging to implement. A 2022 study by Abomohra et al. noted that some countries need to import waste to keep their plants running, which raises costs and other environmental concerns.
- **Not a replacement for recycling:** WtE should not replace recycling. In fact, Abomohra et al. (2022) pointed out that in some cases, WtE discourages recycling because it involves burning valuable materials instead of reusing them. Ideally, WtE is combined with recycling whereby the waste is sorted to remove recyclable materials prior to burning. This not only has the benefit of recycling, but also reduces harmful products such as metals in the ash.
- **Health concerns:** Even with pollution controls, WtE plants emit some pollutants, according to the European Commission.
- **Generally uneconomic:** Waste-to-Energy (WtE) is often uneconomic for power generation on a standalone basis, requiring additional benefits like landfill cost offsets, metal recovery, and recycling income to be viable. As waste sorting increases, some WtE plants are running out

of garbage to burn and are importing waste, adding environmental costs like transportation fuel. This has led to debates in the EU, for instance, the European Commission is debating whether WtE plants should be phased out in favor of increased recycling.

WtE Applications Around the World

Countries in Europe and Asia, particularly those with limited landfill space, have widely adopted WtE technology. Sweden and Japan, for example, have efficient systems that use waste to generate electricity and heat. In the United States, WtE is part of renewable energy strategies, though other methods like biofuels and organic waste conversion are often prioritized. While WtE adoption is slower in developing regions due to cost barriers, urbanization and international aid are making the technology more accessible.

Waste Treatment Method in the Six Regions (by percentage)

Descriptions	Landfill and other disposal	Incineration with energy recovery	Incineration without energy recovery	Other recovery (recycling and composting)	Waste unaccounted for
Asia Pacific	51.2	29.2	1.3	12.9	5.3
Europe	27.5	24.7	2.7	42.9	2.4
West Asia	89.5	0.0	0.7	15.5	0.02
Africa	93.1	0.0	1.6	2.3	3.0
North America	54.8	11.2	0.5	33.6	0.0
Latin America and the Caribbean	91.2	0.1	0.1	6.4	2.4
Global Average	59.8	15.2	1.2	22.2	2.4

Source: United Nations, 2019

Why Waste-to-Energy Matters

WtE is about more than just getting rid of trash. It offers a cleaner, smarter way to manage waste that would otherwise pile up in landfills, releasing harmful gases and taking up valuable space. While it isn't a perfect solution, it is a significant improvement over traditional landfill method.

There are other ways to turn waste into energy besides incineration, like recovering methane from landfills to create fuel such as CNG (Fukuoka process) or turning biomass and plastics into biofuels. Integrating WtE with other technologies can increase recycling and further reduce emissions. In this way, WtE technology offers a dual benefit by reducing waste volume and helping meet our energy needs.

“WtE is about more than just getting rid of trash. It offers a cleaner, smarter way to manage waste that would otherwise pile up in landfills, releasing harmful gases and taking up valuable space. While it isn't a perfect solution, it is a significant improvement over traditional landfill method.”

So, the next time you toss something in the trash, remember that some of it might end up as part of the energy that lights your room or charges your phone. And in cities like Yangon, this isn't just an idea—it's already happening, helping the environment and powering the community at the same time.

Looking to the Future

WtE has great potential to help manage waste, reduce landfill use, and generate power. While it is not entirely clean, it is certainly a major improvement over simply allowing trash to pile up in landfills. Going forward, integrating WtE with other technologies and making it more cost-effective could help it become an even more important part of global waste management.

How You Can Help

One of the simplest yet most impactful powerful steps you can take is proper waste separation.

By sorting recyclables from organic waste and non-recyclables, you're not only making it easier for municipal waste workers to handle the waste efficiently, but you're also contributing to the effectiveness of waste-to-energy plants. Proper waste separation can lead to cleaner and more efficient waste management systems, reducing the burden on landfills and allowing valuable materials to be recycled or processed for energy production.

“So, the next time you toss something in the trash, remember that some of it might end up as part of the energy that lights your room or charges your phone.”

Next time you see a garbage truck, think of the incredible journey that waste might take, from trash to treasure, helping to light up homes, reduce waste, and protect the environment. Every small effort counts toward a cleaner, more sustainable future. ■



MPRL E&P Group of Companies  
အမှုဆောင်အရာရှိချုပ်၏  
မြန်မာ့ရိုးရာ နှစ်သစ်ကူး မဟာအတာ

နှုတ်ခွန်းဆက်လွှာ

“နှစ်ဟောင်းရွက်ကြွေ၊ နှစ်သစ်ဝေ၍” မြန်မာသက္ကရာဇ် ၁၃၈၇ ခုနှစ် နှစ်သစ်အချိန်အခါကို ရောက်ရှိပါတော့မည်။

ပြီးခဲ့သည့် မြန်မာသက္ကရာဇ် ၁၃၈၆ ခုနှစ်အတွင်း ကမ္ဘာကြီးတွင် ရာသီဥတုဖောက်ပြန်လာမှုများနှင့်အတူ သဘာဝဘေးအန္တရာယ်မျိုးစုံနှင့် အခက်အခဲများစွာကို ကမ္ဘာတစ်ဝန်းရှိ သန်းပေါင်းများစွာသော ပြည်သူများနည်းတူ မြန်မာနိုင်ငံသူ၊ နိုင်ငံသားများသည်လည်း တွေ့ကြုံ ခံစားခဲ့ကြရပြီးဖြစ်ပါသည်။ ယင်းသို့သော ဘေးဒုက္ခအန္တရာယ်များကြောင့် ဆုံးရှုံးပျက်စီးခဲ့ရသည်များကို ပြန်လည်ဖြည့်ဆည်း တည်ဆောက်ကြရသည့်အချိန်တွင် နိုင်ငံသူ၊ နိုင်ငံသားအားလုံးအနေဖြင့် စိတ်ဓာတ်၊ ဓနဥစ္စာ၊ ဘဏ္ဍာငွေကြေးနှင့် အချိန်များစွာကို ပေးဆပ်ကုစားကြရလိမ့်မည်ဖြစ်ပါသည်။

ကျွန်ုပ်တို့သည် နိုင်ငံတော်၏ စွမ်းအင်ကဏ္ဍဖွံ့ဖြိုးတိုးတက်ရေးအတွက် ကြိုးပမ်းဆောင်ရွက်နေသည့် ကုမ္ပဏီအုပ်စုတစ်ခုဖြစ်သည့် အားလျော်စွာ နိုင်ငံနှင့်လူထုအကျိုးအတွက် တစ်ထောင့်တစ်နေရာမှ တတ်စွမ်းနိုင်သမျှ ပူးပေါင်းပါဝင်ဆောင်ရွက်လျက်ရှိပါသည်။ ကျွန်ုပ်တို့သည် အနာဂတ်နိုင်ငံတော်၏ နိုင်ငံသူ၊ နိုင်ငံသားမျိုးဆက်သစ်များအတွက် တစ်စထက်တစ်စ ပိုမိုလိုအပ်လာမည့် စွမ်းအင် လိုအပ်ချက်ကို ရေရှည်ဖြည့်ဆည်းပံ့ပိုးပေးနိုင်ရန်အတွက် ကမ်းလွန်နှင့်ကုန်းတွင်းစီမံကိန်းများအပါအဝင် ဝန်ဆောင်မှုလုပ်ငန်းများဖြင့်ပါ အားသွန်ခွန်စိုက် ပိုမိုကြိုးပမ်းဆောင်ရွက်သွားရန် သန္နိဋ္ဌာန်ပြုထားပြီးဖြစ်ပါသည်။

လောကီ၌ဖြစ်စေ၊ လောကုတ္တရာ၌ဖြစ်စေ နှစ်ဖြာသောကိစ္စများကို ကျွန်ုပ်တို့အနေဖြင့် ဆောင်ရွက်ကြရာ၌ ကောင်းသောစိတ်ရင်း၊ ကောင်းသောအပြုအမူ၊ အပြောအဆို၊ အကျင့်အကြံများဖြင့် လုပ်ကိုင်ဆောင်ရွက်ပါက၊ ကုသိုလ်ကံ၏ ကောင်းသောအကျိုးကို ခံစားကြ ရမည်ဟု ယုံကြည်ထားကြသည့်အလျောက်၊ မေတ္တာ၊ ကရုဏာ၊ မုဒိတာ၊ ဥပေက္ခာ၊ ဗြဟ္မစိုရ်တရားလေးပါးကို လက်ကိုင်ထားကာ ပြုမူ ကျင့်ကြံနေထိုင်ဆောင်ရွက်သွားကြခြင်းအားဖြင့် မကောင်းမှုအကုသိုလ်တရားများ ဝေးကွာဖယ်ရှားပြီး၊ ကောင်းမှုကုသိုလ်တရားများ ပွားများဝေစည်လာမည်ဟု ယုံကြည်ပါသည်။

သို့ဖြစ်၍၊ လာမည့်နှစ်သစ်အခါသမယတွင် ကောင်းသောအသိဉာဏ်ပညာနှင့်ပြည့်စုံသည့် တွေး၊ ပြော၊ ကြံဆောင်၊ လုပ်ကိုင် ဆောင်ရွက်မှုများအား ဗြဟ္မစိုရ်တရားလေးပါးကို လက်ကိုင်ထား၍ အားထုတ်ကြိုးပမ်းဆောင်ရွက်နိုင်ကြပါစေကြောင်းနှင့်၊ ကျွန်ုပ်တို့ နိုင်ငံသူ၊ နိုင်ငံသားများသာမက၊ ကမ္ဘာသူ၊ ကမ္ဘာသားများအားလုံးသည်လည်း ဘေးရန်ခပ်သိမ်းကင်းငြိမ်းကာ၊ ကောင်းကျိုးလိုအင်ဆန္ဒ များပြည့်ဝ၍ အေးငြိမ်းသာယာချမ်းမြေ့ကြပါစေကြောင်း နှစ်သစ်ကူးဆုတောင်းမေတ္တာပို့သအပ်ပါသည်။ ■

ဦးစိုးမြင့်  
အမှုဆောင်အရာရှိချုပ်  
MPRL E&P Group of Companies





# Myanmar New Year & Maha Thingyan Myanmar Era 1387 Greetings

As the final echoes of the past year fade away and we stand on the threshold of a new beginning, we are poised to turn the page of our collective story with the arrival of Myanmar Era 1387 - a year that invites us to step forward with renewed hope and purpose.

Myanmar Era 1386, a year etched in history by trials and tribulations, has proven to be an arduous journey for millions around the world, including our resilient citizens of Myanmar. Natural disasters, the unrelenting forces of climate change, and the burdens of hardship have left their indelible marks on us all. Yet, from the ashes of adversity, we rise - stronger, more united, and more determined to rebuild. We know the road ahead will demand sacrifice - the fortitude of the mind, the generosity of spirit, and the willingness to offer both material and immaterial resources in service to the healing of our communities.

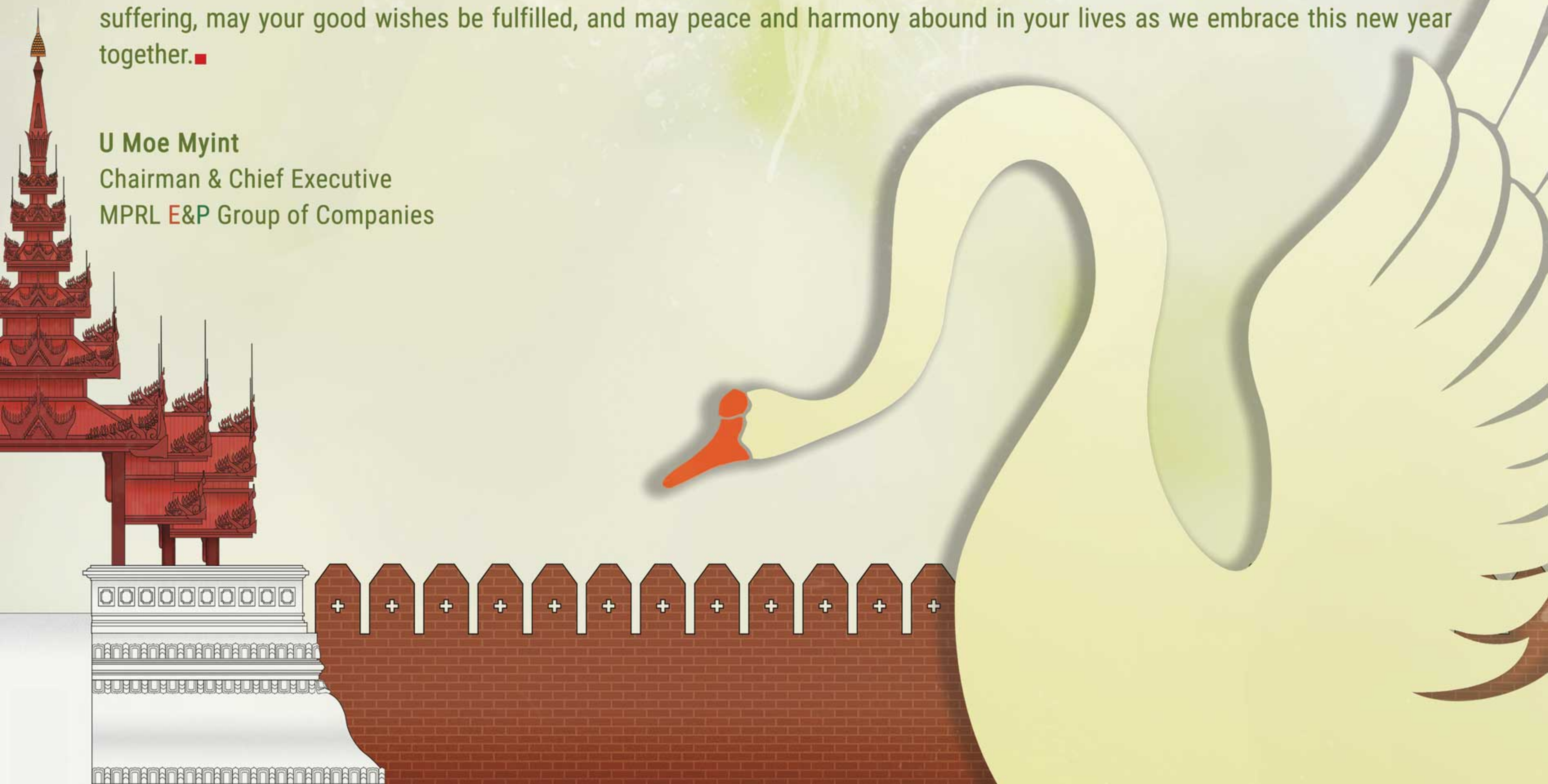
As a Group of Companies devoted to the energy development and security of our nation, we stand unwavering in our mission to support Myanmar and its citizens in every way we can. Through our groundbreaking onshore and offshore projects, alongside the expertise of our dedicated service companies, we are resolute in our commitment to fortifying the energy security of our nation. We are keenly aware of the growing energy needs of our people, and we are resolute in our determination to meet these demands, now and in the years to come, ensuring a future that is both sustainable and prosperous for all.

In all our endeavors, both tangible and intangible, we embrace the timeless belief that good thoughts, words, and deeds will inevitably bear fruit. Guided by the profound wisdom of the Buddha's teachings, we seek to live by the Four Divine Abidings - **Metta** (Loving-kindness), **Karuna** (Compassion), **Mudita** (Sympathetic Joy), and **Upekkha** (Equanimity) - allowing these virtues to guide our journey, both personally and professionally. With each step, we distance ourselves from Akutho (unwholesome actions) and nurture Kutho (wholesome actions), confident that such practice not only alleviates suffering but propels us toward enduring prosperity, harmony, and peace.

As we step into this new year, I call upon each of us to embrace the ideals of wisdom, compassion, and mindfulness in every thought, word, and action. Let us dedicate ourselves to living in harmony with the Four Divine Abidings, enriching our hearts, our communities, and our world with acts of kindness, joy, and equanimity.

In this spirit, I extend my most heartfelt wishes to the people of Myanmar and to the global community: May you be free from suffering, may your good wishes be fulfilled, and may peace and harmony abound in your lives as we embrace this new year together. ■

**U Moe Myint**  
Chairman & Chief Executive  
MPRL E&P Group of Companies







# MPRL E&P's Internship Program Paves the Way for Aspiring Engineers

Moe Thu Zar Soe

Recognizing the importance of investing in local talent to support Myanmar's growing energy sector, MPRL E&P launched its Internship Program in 2013. Over the past decade, the program has successfully bridged academic learning with real-world applications, offering young petroleum engineers and geoscience students invaluable opportunities to grow and thrive in the industry.

Speaking about the program, U Thu Nyo, Technical Manager, said:

"MPRL E&P aims to provide students with valuable industry exposure, bridging the gap between theoretical concepts and their practical application in the oil and gas sector. The program is designed to enhance students' knowledge, foster a passion for research and development, and equip them with the skills necessary for their future careers.

By participating in this internship program, students gain hands-on experience in industry operations, broadening their understanding of various aspects of oil and gas exploration and production. The program emphasizes the use of advanced technologies and tools while also nurturing essential soft skills like communication, teamwork, and problem-solving.

Furthermore, the program offers insights into the operational and business dimensions of the oil and gas industry, covering critical areas like safety protocols, regulatory compliance, and project management. Through this comprehensive approach, students are better prepared to tackle the challenges of the industry and to contribute effectively to its growth, innovation and sustainability.

The program provides internships lasting from a few weeks to several months, depending on academic requirements. These opportunities have enabled participants to develop critical skills and achieve professional accomplishments, preparing them for the demands of the energy industry."

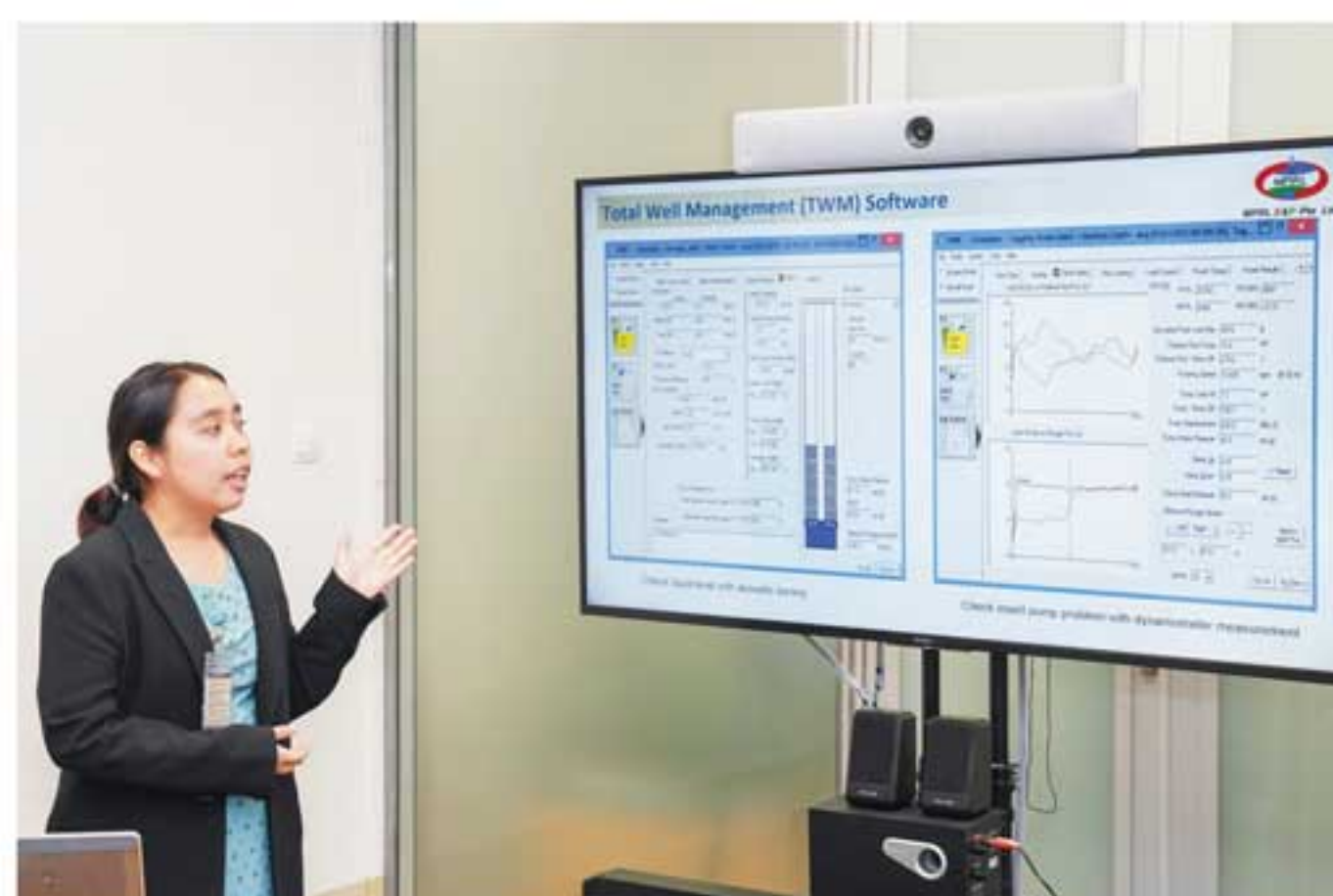
## A Decade of Impactful Internships

From 2013 to 2024, MPRL E&P has proudly hosted nearly 100 interns—63 percent male and 37 percent female—from Yangon Technological University (YTU), Thanlyin Technological University (TTU), University of Yangon, Dagon University, the Government Technical Institute, among others.

## Latest Cohort: December 2024 – January 2025

Continuing its legacy of fostering young talent, MPRL E&P welcomed its latest cohort of interns in December 2024 and January 2025. This group included one professor and three students from the Petroleum Engineering Department at Yangon Technological University.

During their month-long internship, held from 18 December, 2024, to 31 January, 2025, the interns delved into key academic and practical aspects of petroleum engineering under the expert guidance of MPRL E&P professionals. Let's take a look at the valuable insights shared by our new interns in their respective areas of learning.



Ma May Myat Noe Khin

Final year (Petroleum Engineering)  
Yangon Technological University

Firstly, I would like to express my heartfelt gratitude to CEO and Technical Manager for giving me the opportunity to intern at MPRL E&P. I also sincerely appreciate the managers, engineers, and senior staff from the technical and other related departments for generously sharing their valuable knowledge. Additionally, I am grateful for the transportation and lunch provided during my internship.

During my internship at MPRL E&P, I gained highly valuable knowledge from each technical department, providing me with hands-on exposure and a deeper understanding of industry workflows. In the Planning and Production Department, I learned about production forecasting, well performance analysis, and production enhancement activities. My mentors shared valuable insights into the problem-solving process and the technical challenges faced in day-to-day operations. They also offered guidance and provided materials essential for my thesis.

Although we were unable to conduct practical studies in Mann Field during our internship, we were given the opportunity to join the daily conference calls between the Head Office in Yangon and the Field Operations Team. These calls gave us insights into field operations. This experience has significantly enhanced my technical skills, which will be invaluable for my future endeavors..



Mg Pyae Sone Cho

Final year (Petroleum Engineering)  
Yangon Technological University

I am currently interning with MPRL E&P Pte Ltd., and this experience has been both enlightening and enriching. During my internship, I have had the opportunity to gain valuable exposure to the upstream oil and gas sector, particularly within drilling engineering.

My responsibilities have included analyzing drilling data, observing well-planning processes, and contributing to risk assessments, which have provided me with a deeper understanding of well design, equipment selection, and the operational challenges encountered in drilling projects.

A standout aspect of my internship has been the exceptional support I have received while working on my thesis in drilling engineering. The guidance from experienced professionals has been instrumental in refining my research, allowing me to bridge theoretical knowledge with real-world applications.

This experience has greatly strengthened my academic foundation and fueled my passion for a career in drilling engineering, equipping me with a much clearer understanding of its complexities.



Mg Ngwe Soe Han

Final year (Petroleum Engineering)  
Yangon Technological University

During my internship at MPRL E&P Pte Ltd., I gained hands-on experience across various aspects of petroleum engineering, with a strong focus on reservoir engineering.

I had the opportunity to conduct an in-depth study of the water injection project at the Mann Field, which provided valuable insights into Enhanced Oil Recovery (EOR) techniques. I learned how water injection is used to maintain reservoir pressure and improve oil recovery, as well as the challenges involved in managing injection rates, monitoring reservoir performance, and optimizing well patterns.

In addition to reservoir engineering, I was introduced to drilling operations, where I learned about well planning, rig operations, and safety protocols. I also gained exposure to production engineering, including flow assurance, artificial lift systems, and the optimization of production rates.

Throughout my time at MPRL E&P, I developed a deeper understanding of the integration between reservoir, drilling, and production engineering, and how data-driven decision-making enhances overall field development strategies. This internship significantly broadened my technical knowledge and helped me appreciate the complexities involved in petroleum engineering operations.■





# Break Time

## Chat with the Editor

Hnin Wynt Zaw

*Ever wondered what it takes to manage drilling operations in the dynamic world of oil and gas? I had the privilege of sitting down with U Yan Naing Soe, our Drilling Operations Manager, to get an inside look at his career journey, the challenges he faces, and his vision for the future of the industry.*

**First of all, thank you for taking the time to chat with me. Can you share a bit about your background and how you got started in drilling operations?**

I earned my Bachelor of Engineering in Petroleum from Yangon Institute of Technology in 1994. My career began in the die-casting industry in Singapore, but in 2000, I joined MPRL E&P. Initially, I worked in well servicing and measurement at Mann Field, but when drilling operations started in 2003, I transitioned to the drilling department. That moment defined my career path. The fast-paced, problem-solving nature of drilling operations excited me, and I knew this was where I wanted to specialize.

**How did you progress to your current role?**

I started as an Assistant Operations Engineer in Mann Field, focusing on workover operations and production measurement. Once drilling operations commenced, I moved into a Shift Drilling Supervisor role, where I worked alongside both experienced professionals from Myanma Oil and Gas Enterprise (MOGE) and international experts. Over time, I gained expertise in problem-solving, crew management, and well control strategies, all of which helped me move up the ranks to my current role.

**I am interested to know, what does a typical day look like in your role?**

I oversee every aspect of drilling operations, from well cost estimation and planning to equipment management and personnel allocation. My primary goal is to maximize productivity while maintaining strict Health, Safety, and Environmental (HSE) standards.

**Speaking of HSE, how do you ensure safety and environmental compliance?**

Safety is our top priority. We strictly adhere to our company's HSE policy, conduct risk assessments, and ensure all rig personnel undergo comprehensive safety training. When I talk about conducting regular risk assessments, I am talking about Job Safety Analysis (JSA) and Standard Operating Procedures (SOPs), they are very crucial in identifying and mitigating potential hazards. On the environmental

side, we use environmentally friendly drilling fluids like Water-based Mud (WBM) to reduce environmental impact. Additionally, we have spill response plans in place to handle any unforeseen incidents. Last but not least, our team is trained in International Well Control Forum (IWCF) procedures, which are essential for managing well pressure and implementing proper shut-in procedures.

**So, tell me, what are some of the biggest challenges in drilling operations in Myanmar?**

One major challenge from my experience is crew management and safety compliance. Many drilling rigs and crew members come from MOGE, and they are not always familiar with our safety standards. To address this, we conduct regular training sessions and provide Personal Protective Equipment (PPE).

Another challenge is the shortage of skilled workers in the drilling sector. We tackle this by offering on-the-job training, technical workshops, and bringing in international professionals to share expertise.

Additionally, defective equipment and spare part shortages can slow operations. To mitigate this, we implement periodic inspections and improve storage conditions for critical components.

**How do Myanmar's geological conditions impact drilling?**

In regions like north of Mann and Ondwe, we encounter tight reservoirs, narrow mud weight (MW) windows, and lost circulation zones. To navigate these challenges, we conduct detailed pre-drilling studies and use real-time monitoring systems.

**That's interesting. I want to know more about how you collaborate with geologists, engineers, and other teams?**

Drilling operations require close collaboration. We work hand-in-hand with geologists, drilling engineers, fluid specialists, and mechanical engineers to ensure smooth execution. Knowledge-sharing is key, which is why I emphasize on-the-job training, technical workshops, and case studies within my team. Open discussions improve problem-solving and decision-making skills.

**In terms of community engagement, what efforts are made to engage local communities?**

You'd probably know, our main objectives are public safety, environmental protection, and respect for property rights. When issues arise, we collaborate

with our CSR Team and government officials to resolve conflicts. I enjoy collaborating with different stakeholders—it's rewarding to see challenges turned into solutions.

**I'm now curious, what industry advancements excite you the most?**

I'm particularly excited about real-time data analysis and Managed Pressure Drilling (MPD). These technologies help optimize performance, reduce risks, and improve well control. If successfully implemented in Myanmar's oil fields, they could be a game changer.

**How do you see the industry evolving in Myanmar?**

Well, the Central Myanmar Basin continues to be the primary oil-producing area, while offshore fields dominate gas production. Over the next 5-10 years, we may see more exploration in untapped regions, but growth will depend on government policies, investment opportunities, and political stability. Knowledge transfer from more experienced oil and gas-producing countries will be crucial in developing local expertise.

**That is insightful indeed. We have so much to offer and sounds like many regions are still untapped. To wrap up, what advice would you give to someone looking to pursue a career in drilling operations?**

Here are a few key takeaways. First of all, try to gain field experience by starting as a Shift Drilling Supervisor or Well Site Engineer and spend time on actual drilling operations. Always keep learning - read SPE papers, attend case study reviews, and learn from both local and international experts. Develop leadership skills; strong communication, problem-solving, and decision-making skills are essential. Lastly, always prioritize safety because drilling is a high-risk operation. Understanding HSE regulations and obtaining IWCF Well Control certification is critical.

Thank you for your time, U Yan Naing Soe. Managing drilling operations is no easy task, but with the right combination of technical expertise, leadership, and innovation, the challenges become opportunities. As the industry evolves, so do the strategies and technologies we use to optimize performance and ensure sustainability.

**Stay tuned for more insider stories from MPRL E&P's talented professionals in upcoming editions of our newsletter! ■**





# The Role of M&A Telecoms in Advancing IXPs

Aung Myin

The internet has revolutionized how we communicate, conduct business, and share information. At the core of this digital ecosystem are Internet Exchange Points (IXPs)—critical infrastructure hubs that enhance the speed, efficiency, and reliability of global connectivity.

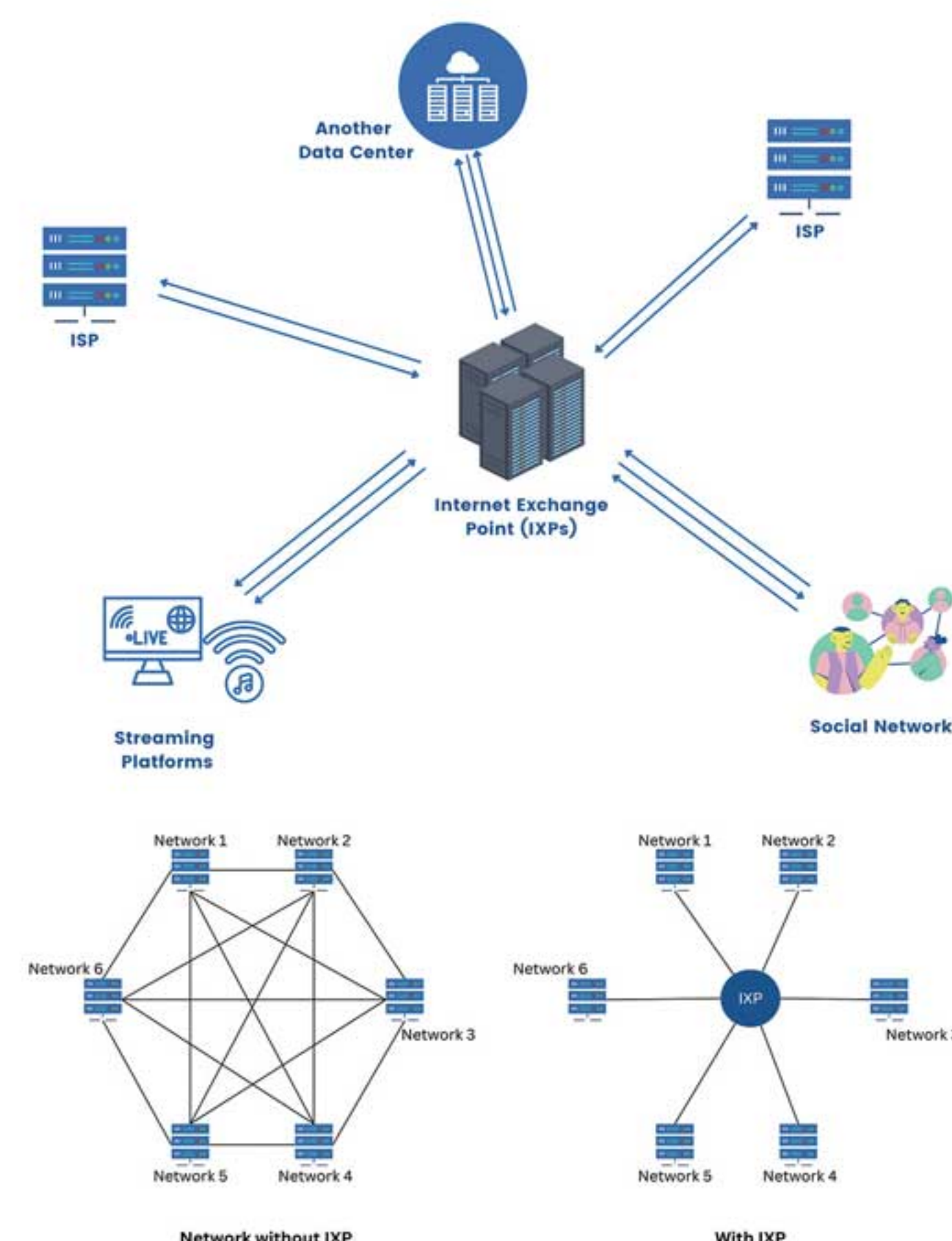
## What Are Internet Exchange Points (IXPs)?

An Internet Exchange Point (IXP) is a physical hub where Internet Service Providers (ISPs), telecommunications companies, and content delivery networks (CDNs) connect to exchange data directly. Instead of routing traffic through third-party networks or international pathways, IXPs enable faster and more cost-effective data exchange.

## Why Are IXPs Essential?

- **Lower Latency:** By reducing the distance data needs to travel, IXPs improve speed and performance.
- **Cost Efficiency:** Direct traffic exchange reduces reliance on expensive international transit routes.
- **Network Resilience:** IXPs provide redundancy and stability, ensuring reliable internet access, even in high-demand scenarios.
- **Enhanced Regional Connectivity:** In developing regions, IXPs bridge the digital divide, boosting internet accessibility and performance.

As digital demand continues to grow, IXPs play an essential role in shaping a more connected, efficient, and resilient internet—powering businesses and communities worldwide.



## What is Peering?

Peering is the process through which two or more networks agree to exchange traffic directly, bypassing intermediaries. This allows data to travel more efficiently, reducing costs, improving speed, and enhancing reliability. As a cornerstone of Internet Exchange Points (IXPs), peering enables faster and more localized internet connectivity.

## Public Peering vs. Private Peering

### Public Peering

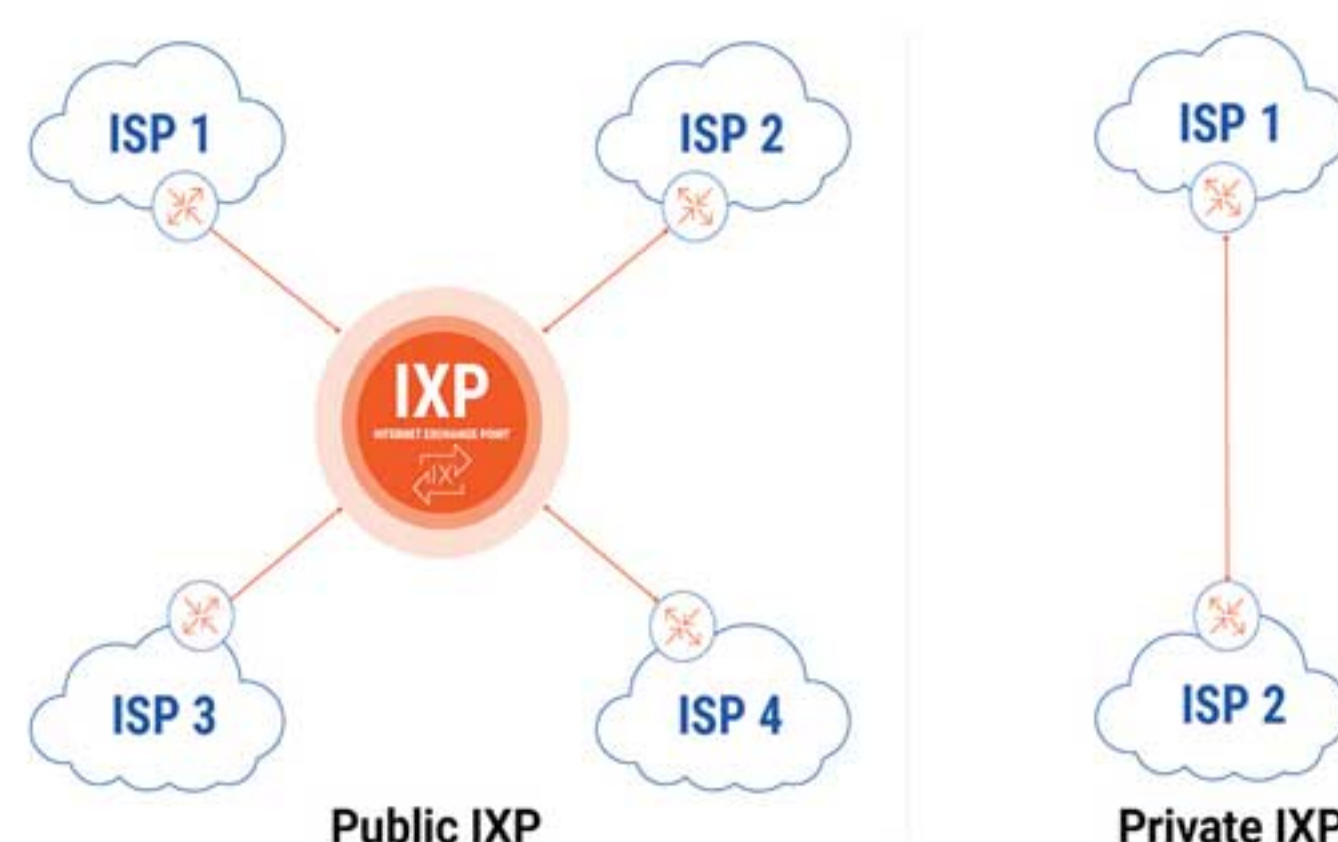
Public peering takes place over a shared network at an Internet Exchange Point (IXP). Through an IXP, multiple networks can connect to many other peers using one or more physical connections, optimizing the cost per peer when sending traffic to different networks.

Internet Exchanges typically charge a port and/or membership fee to maintain their infrastructure. Public peering is a cost-effective solution for connecting to multiple networks simultaneously, making it ideal for broad interconnectivity.

### Private Peering

Private peering involves establishing a direct physical connection—often using one or more 10GE fiber links—between two networks. This exclusive connection allows the two networks to exchange data directly, without third-party involvement.

A set fee is paid to the owner of the infrastructure (e.g., a data center), and costs per megabit decrease as traffic volumes increase. Private peering is commonly used for high-volume or sensitive data exchanges, where dedicated bandwidth and enhanced reliability are essential.



## The Role of IXPs in Global Connectivity

As the digital world continues to expand, the need for faster, more reliable internet connectivity becomes increasingly crucial. Internet Exchange Points (IXPs) play a pivotal role in meeting these demands by enabling direct data exchanges between networks. In regions with well-established IXPs, networks can bypass costly international transit fees and improve service delivery by shortening data routes. By enhancing the efficiency of data exchange, IXPs contribute to better user experiences, including faster website load times and more stable connections for various online services.

Moreover, IXPs provide significant economic benefits to the regions where they are located. They foster competition among Internet Service Providers (ISPs), leading to lower costs for businesses and consumers. By reducing reliance on expensive international bandwidth providers, IXPs help local economies minimize operational expenses and gain enhanced access to global markets.

The importance of IXPs in supporting data-intensive sectors like finance, healthcare, education,

and entertainment cannot be overstated. With the growing demand for streaming services, cloud-based applications, and real-time communication, pressure on network infrastructure continues to rise. IXPs address this challenge by streamlining data exchanges, ensuring that these critical sectors can operate seamlessly and efficiently.

## M&A Telecoms and Global Connectivity

At M&A Telecoms, we understand the pivotal role that reliable, high-performance internet infrastructure plays in fostering business growth and connecting people worldwide. While Myanmar currently lacks a comprehensive network of Internet Exchange Points (IXPs), M&A Telecoms is dedicated to contributing to the broader global connectivity ecosystem.

Through our colocation services and international partnerships, we enable seamless data exchange, enhancing the global reach and capacity of networks both locally and globally.

Our support for international data exchange and peering brings global connectivity closer to Myanmar, ensuring businesses in the region can access reliable and cost-effective internet services.

By providing colocation services, we equip organizations with the infrastructure necessary to host and interconnect their networks with global players, empowering them to serve customers locally and internationally.

Aligned with global best practices, M&A Telecoms plays a key role in enhancing the capacity and reliability of internet services in the region. Our efforts foster better collaboration between operators worldwide, enabling the exchange of critical data and advancing the evolution of internet infrastructure.

## Looking Toward the Future of IXPs in Myanmar

As global demand for faster, more secure internet connections continues to rise, the importance of IXPs will only increase. Expanding IXPs is vital to ensuring networks remain efficient, reliable, and cost-effective, while also accommodating the ever-growing volume of data traffic. Although Myanmar currently lacks a fully developed IXP infrastructure, the role of IXPs in advancing global connectivity is undeniable.

At M&A Telecoms, we are actively monitoring the evolution of IXPs worldwide, recognizing their potential to strengthen regional connectivity. We are committed to supporting the growth of internet exchange capabilities, exploring new opportunities to link Myanmar with global networks.

As the digital landscape evolves, we remain determined to be at the forefront of enhancing global connectivity—empowering businesses and individuals with the high-quality internet services they need to succeed in the digital age. ■





# Myint & Associates Company Limited Celebrates 35 Years of Excellence with Grand Ceremony and Awards

Moe Thu Zar Soe

Myint & Associates Company Limited (M&AS) proudly celebrated its 35th anniversary with a series of events, culminating in a ceremony at Vantage Tower in November 2024.

The event began with the auspicious donation of robes and Soon (day meals) to members of the Sangha from Nyaung Tone Kyaung Taike on 10 November 2024. Senior Management and Head of Departments from M&AS participated in the occasion.

The celebrations continued 11 November 2024 with Senior Executive Management, Senior Management, Heads of Departments, staff members, and guests from the MPRL E&P Group of Companies in attendance. Adding to the significance of the occasion, CEO U Moe Myint joined virtually to deliver the opening speech, reflecting on the company's remarkable journey and contributions to Myanmar's oil and gas industry over the past three and a half decades.

In his address, CEO U Moe Myint expressed great pride in M&AS' accomplishments as Myanmar's leading oil and gas service provider. He highlighted the company's significant role in operating three out of four offshore platforms managed by international operators in Myanmar. He also credited M&AS employees' dedication, competence, and loyalty as key to the company's success, enabling 35 years of loss-free operations, a milestone of which the entire organization can be proud.

He also outlined several milestones, including M&AS' strong financial performance. The company recorded its highest earnings in the 2017-2018 Fiscal Year and remains on track to meet its financial targets this year. He also emphasized its commitment to safety, noting that M&AS has achieved 21 million cumulative man-hours without a Lost Time Accident (LTA) as of October 2024.

### Commitment to Employees and Corporate Social Responsibility

Employee welfare has been a cornerstone of M&AS' operations. Since 2001, the company has provided comprehensive medical coverage for employees and their families, with expenses totaling more than MMK 613 million by October 2024.

Additionally, the U Moe Myint & Family Educational Foundation has played a vital role in supporting education across Myanmar. The Foundation has provided scholarships to 3,469 students, honoring 149 outstanding students, and funded university education for 40 students, with a total contribution exceeding MMK 1 billion. Employees also raised more than



MMK 24.1 million for flood relief efforts in 2024, contributing to a total of MMK 182 million donated over the past nine years.

### Recognizing Employee Contributions

The ceremony also included an awards presentation recognizing M&AS employees for their dedication. Service years awards were presented to employees with 25, 20, 15, 10, and 5 years of service. Additionally, 385 employees received annual bonuses for the 2023-2024 Fiscal Year, and the most outstanding employees were honored with special awards. In total, 67 service year awards and bonuses

worth MMK 458.2 million were distributed, reflecting the company's dedication to valuing its workforce and fostering a culture of recognition.

### Looking Ahead

In conclusion, CEO shared an optimistic vision for 2025, emphasizing perseverance and determination in overcoming challenges and seizing opportunities. With a strong commitment to its values and sustainable growth, Myint & Associates Company Limited remains dedicated to maintaining its legacy of excellence and leadership in Myanmar's oil and gas industry for years to come. ■





# Myint & Associates Company Limited Celebrates 13 Years without a Lost Time Accident

Nay Myo Aung

Myint & Associates Company Limited (M&AS) proudly celebrates a remarkable milestone under the leadership of its Health, Safety, and Environment (HSE) Team: 13 years without a Lost Time Accident (LTA). Spanning from 23 November 2011 to 22 November 2024, this achievement represents nearly 22 million safe work hours and underscores M&AS' steadfast commitment to cultivating a culture of safety excellence.

This success reflects the collective efforts and dedication of employees across all levels of the organization. "Safety is not just a policy at M&AS; it's a way of life. This milestone demonstrates the effectiveness of our proactive safety culture and our employees' commitment to protecting one another, our clients, and the environment," said U Soe Khine, Senior General Manager of M&AS.

As a leading service provider in Myanmar's oil and gas sector, M&AS offers services including logistics, catering, and manpower support. Maintaining a spotless safety record in such high-risk environments requires vigilance, detailed planning, and a strong focus on HSE excellence.



Safety is embedded in M&AS' operations through several key initiatives:

- **Zero-Accident Philosophy:** Rigorous risk management ensures hazards are identified and mitigated before incidents occur.
- **Comprehensive Training:** Continuous learning programs provide employees with the skills and knowledge needed to address complex safety challenges.
- **Advanced Safety Systems:** Real-time monitoring and robust frameworks enhance safety during high-risk activities.
- **Employee Empowerment:** Open communication channels encourage reporting of potential risks, sharing of safety ideas, and fostering accountability.

"Our team's dedication to maintaining the highest safety standards has been instrumental in achieving this milestone. From the field to the office, everyone has played a vital role in ensuring a safe workplace," said U Shane Naing Oo, HSE Officer at M&AS.

M&AS also attributes its safety success to its commitment to sustainability. Minimizing environmental

impact is a core pillar of our HSE strategy. We strive to reduce our footprint through sustainable practices that benefit our operations and the communities we serve.

As an HSE Manager, I firmly believe that M&AS' safety success is deeply connected to its unwavering commitment to sustainability. Minimizing environmental impact is a fundamental pillar of our HSE strategy. We continually strive to reduce our environmental footprint by adopting sustainable practices that benefit both our operations and the communities we serve.

We also extend our heartfelt gratitude to M&AS' employees, clients, and partners. Their collaboration and trust have been pivotal in our journey. Together, we have fostered an environment where safety is a top priority and excellence thrives.

Looking ahead, M&AS plans to build on this success by:

- Expanding safety training programs to address emerging industry challenges.
- Adopting innovative technologies to enhance safety protocols.
- Strengthening partnerships to uphold the highest safety standards.
- Further integrating sustainability into all aspects of operations.

While celebrating this 13-year milestone, Myint & Associates Company Limited remains focused on continuous improvement. Safety, as a shared responsibility and way of life, will remain a priority as the company sets new standards for excellence in the years to come. ■

**Myint & Associates Company Limited**

**13 YEARS WITHOUT A LOST TIME ACCIDENT**

23 November 2011 ~ 22 November 2024

"This remarkable achievement reflects our unwavering commitment to Health, Safety and Environmental Excellence-not only as individuals but as an organization united in purpose."

We extend our heartfelt gratitude to everyone for their dedication, vigilance, and tireless efforts in making this success possible."

**The Leading Service Provider in the Oil & Gas Sector of Myanmar and the Region**





# MPRL E&P GoC Hosts Kathina Robe Offering Ceremony in October 2024



# Vantage Tower Conducts Limited Emergency Simulation Earthquake Drill on 20 December 2024 and Fire Drill on 25 February 2025 with Emergency Wardens, Assistant Emergency Wardens, and First Aiders





# From Convocation to Contribution: An Inspiring Journey of Growth and Learning

Moe Thu Zar Soe

*This interview shines a spotlight on Daw Thin Thandar Win, an accomplished graduate of the Asian Institute of Technology (AIT) and one of four scholars from MPRL E&P's second batch. In mid-December 2024, she celebrated a significant milestone at her convocation ceremony at AIT, marking not just the culmination of her academic journey but the beginning of a new chapter.*

*Now rejoining MPRL E&P as part of the Pyitharyar Integrated Project Team, Daw Thin Thandar Win reflects on her transformative experiences at AIT. She shares how the program shaped her both professionally and personally, equipping her with essential skills and a renewed commitment to lifelong learning. Her story is one of ambition, resilience, and vision—an inspiration for future scholars and professionals striving for excellence.*

**How did you feel during your convocation ceremony, and what significance does this milestone hold for you both personally and professionally?**

During my convocation ceremony, I felt a mix of emotions like excitement, gratitude, pride and nostalgia for the journey leading up to this moment. Seeing my beloved mother and friends in the audience who came to congratulate me was such a heartwarming experience.

This milestone is a significant achievement in my career growth, as I reached it in my sixth year of working in the industry. It serves as a stepping stone toward my career goals, equipping me with the knowledge and skills to excel in my field. It also marks the beginning of a life-long commitment to learning and professional development.

Besides, this journey has led to immense personal growth, particularly in developing grit—an important mindset for lifelong learning and continuous improvement. Through this experience, I have learned to pursue my goals with perseverance, learn from mistakes, and keep moving forward. These experiences have strengthened my resilience, enabling me to bounce back from failure and disappointment in the face of adversity.

**Can you share the most significant lesson or skill you gained during your one-year Professional Master's Degree Program at AIT, and how it has prepared you for your role at the Pyitharyar Integrated Project?**

The syllabus of this one-year program is diverse, as it includes not only engineering courses but also project management subjects, with all coursework interconnected. One of the reasons I chose to join this program was to gain proficiency in subsea engineering and project management, allowing me to become a skilled team member for the Pyitharyar Integrated Project.

One standout experience was managing offshore export pipeline engineering and installation, from Front-end Engineering Design (FEED) to commissioning. This project management task required applying methodologies such as scheduling, budgeting, contract strategies, logistics, resource planning,



and pipeline engineering concepts, which I learned in my subsea engineering and project management classes.

I believe the subsea engineering knowledge and project management skills I developed through this opportunity will equip me to contribute effectively to my subsea team at the Pyitharyar Integrated Project.

**As an Assistant Engineer rejoining PIP, how do you plan to apply the specialized knowledge you acquired at AIT to contribute to the project's success? What challenges did you face balancing the intensive academic program with your professional ambitions, and how did you overcome them?**

One of the most valuable skills I gained through my Master's Degree Program at AIT was interdisciplinary collaboration. Our professors nurtured this skill by assigning practical problem-solving tasks through weekly assignments, interactive discussions, collaborative group projects, and tests.

The nature of this project is multifaceted, requiring expertise in engineering, project controls, management, HSE stewardship, and stakeholder engagement. These aspects align perfectly with the skills and mindset I developed at AIT. I believe my ability to approach problems holistically, integrate different perspectives for comprehensive solutions, adapt to dynamic work environments, and apply enhanced communication and decision-making skills will contribute meaningfully to the project's success.

Balancing 11 academic courses with my professional ambitions was challenging. There were moments when coursework deadlines overlapped with opportunities for professional growth, such as university networking events. I overcame this by creating an organized schedule that prioritized academic deadlines while reserving time for extracurricular activities.

This experience reinforced the importance of effective time management and maintaining focus under pressure—skills I will apply as I contribute to the success of the PIP project.

**As a scholar from MPRL E&P's second batch, what advice would you give to future recipients of the scholarship to maximize their learning experience at AIT?**

The scholarship is a remarkable transformative opportunity to grow academically, professionally, and personally. To make the most of it, I encourage future scholars to engage proactively in classes and group projects, participate in seminars, and learn from both friends and professors. Secondly, develop effective self-management skills with a mindset of curiosity and collaboration. Expand your network by fostering connections with professors, alumni, and fellow international students as these relationships are invaluable for professional growth. Last but not least, enjoy every moment, even when facing pressure, because you will never get the same moment twice and embrace challenges with resilience and grit.

**With your expanded experience, what are your long-term career goals within MPRL E&P, and how do you see yourself making a lasting impact on the organization?**

With my expanded experience, my long-term career goal within MPRL E&P is to be an effective contributor to the organization's growth by strengthening operational efficiency, ensuring long-term sustainability, and driving success of MPRL E&P. My aim is for our organization continue being a respected and leading upstream energy company in Myanmar.

I aspire to take on leadership roles where I can combine technical expertise with strategic planning and decision-making to deliver projects responsibly, achieving economic success while generally significant social and environmental value. By cultivating a culture of collaboration and continuous learning, I hope to contribute to a dynamic and resilient workforce that can tackle future challenges effectively and empower next generations of professionals within the organization. ■





# A Visual Journey: MPRL E&P Scholars' Transformative Field Trip

Thiha Ko Ko

In November 2024, Ko Phyo (Phyo Pyae Sone Win) and I—two of the four scholars from MPRL E&P currently pursuing our Master’s Degrees in Geotechnical and Earth Resources Engineering (GTE) at the Asian Institute of Technology (AIT)—embarked on a four-day field trip to Chiang Mai, Thailand. This trip aimed to bridge the gap between classroom theory and real-world applications while exploring cutting-edge projects and advancements in the field. Through this photo essay, I share the key moments and insights we gained during this transformative journey.

## Departure and Welcoming Dinner

We kicked off our journey from AIT at around 7:00 AM, setting off on a 10.5-hour drive to Chiang Mai. Despite the long journey, the scenic views along the way made it an enjoyable experience. Upon arrival, we checked into the comfortable We Valley Hotel, ready to unwind after the long trip.

That evening, we attended a welcoming dinner hosted by the GTE faculty at Sai Ping Bar & Restaurant. It was a wonderful opportunity to relax, share conversations, and connect with fellow scholars and faculty members before diving into the technical site visits ahead.



## Exploring the Maengat-Maekuang Water Tunnel Project

The first major stop on our trip was the Maengat-Maekuang Water Tunnel Project in Mae Taeng District—a crucial infrastructure initiative designed to address Chiang Mai’s growing water demands.

During our visit, we gained insights into advanced tunneling techniques, particularly the New Austrian Tunneling Method (NATM), which is widely used in modern tunnel construction. We also learned about the 22.975-kilometer-long tunnel’s role in sustainable water resource management and flood prevention—a vital aspect of ensuring long-term water security in the region.



## A Visit to Thailand’s First Oil Field

Next, we traveled to Fang District to explore the Museum and Learning Center for Petroleum Technology, located at Thailand’s first oil field in the Fang Basin. This visit provided a fascinating glimpse into Thailand’s oil production history and current operations.

The Fang Basin produces 550 barrels of oil per day (BBL/day) and houses a 3,000-barrel-capacity oil refinery, which operates intermittently due to fluctuating production levels. We also learned that the deepest well in the basin reaches 5,000 feet, with most production concentrated in the central region of the field.

This visit deepened our understanding of the challenges and innovations in petroleum extraction and refining, particularly in mature oil fields with declining production.



## Innovations in Railway Infrastructure

On the third day, we visited the Mae Ka Tunnel construction site in Phayao Province, part of the Den Chai–Chiang Rai–Chiang Khong double-track railway project—a 323.1-kilometer railway expansion aimed at enhancing transportation efficiency across northern Thailand.

Observing railway tunnel construction techniques and slope protection methods firsthand was an eye-opening experience. We gained a deeper understanding of how modern railway infrastructure is designed to improve connectivity, reduce energy consumption, and enhance transportation safety.



## Cultural and Academic Enrichment

Beyond the technical visits, the field trip also included opportunities for cultural exploration. We visited some of the most iconic landmarks like Wat Rong Khun (The White Temple) and Wat Phra That Lampang Luang, a Lanna-style Buddhist temple, rich in history and architectural beauty. These visits allowed us to appreciate Thailand’s cultural heritage, making the trip a truly holistic learning experience that blended engineering insights with cultural appreciation.



## Gratitude for MPRL E&P’s Support

This field trip was a testament to MPRL E&P’s dedication to nurturing future engineering talent and empowering the next generation with the skills and knowledge to drive sustainable development.

Each site visit offered invaluable insights into cutting-edge technologies and innovative practices, enriching our understanding beyond textbooks.

We extend our heartfelt gratitude to MPRL E&P for supporting our studies at AIT and making this incredible learning experience possible. This journey has not only deepened our technical expertise but has also contributed to our professional growth, equipping us to make meaningful contributions to our fields—and beyond. ■



# Success Stories: How MPRL E&P's CSR Scholars are Shaping their Futures

Pyae Pyae Phyo



Seven students from Mann Field have blossomed into promising agricultural professionals, a testament to their hard work and the transformative power of MPRL E&P's CSR Program.

In the Fiscal Year 2022-2023, MPRL E&P's CSR Program provided scholarships to seven students from Mann Field, enabling them to pursue their education at the State Agriculture and Livestock Institute (SALI-Pwint Phyu). With dedication and perseverance, all seven scholars—four men and three women—successfully passed their third-year final exams in 2024 and officially graduated with a Diploma in Agriculture on 10 January 2025.

Following their graduation, the scholars shared their academic experiences, current endeavors, and future aspirations in an interview. Here are their reflections:



Ma Wai Wai Linn

"Among the seven scholarship recipients, Ma Chit Hnin Phyu and I achieved the required grades for Yezin Agricultural University and will sit for the entrance exam in October 2025.

To prepare, I am reviewing past exam papers, seeking guidance from my teachers, and compiling study materials. If accepted, I am particularly interested in studying entomology and plant pathology. I am immensely grateful to MPRL E&P for

their support throughout my educational journey and to my teachers at the institute for their invaluable guidance."



Ma Chit Hnin Phyu

"With MPRL E&P's scholarship support, we earned a Diploma in Agriculture. My next goal is to pass the entrance exam for Yezin Agricultural University. If successful, I will enroll in the third-year undergraduate program in November 2025, leading to a Bachelor of Agricultural Science degree after three additional years of study. To

future scholars from Mann Field, I encourage you to study hard and appreciate the scholarship opportunity provided by MPRL E&P—it is a stepping stone to a brighter future."



Ma Thida Aye

"I am truly grateful to MPRL E&P and SALI (Pwint Phyu) for their support. Over the past three years, I have experienced remarkable personal growth—not only in agricultural knowledge but also in social skills. The knowledge I have gained is both theoretical and practical, enabling me to share insights with local farmers. Now that I have earned my diploma, my next step is to pursue further education and secure a job in the agricultural sector."



Mg Zayyar Phyo

"At the institute, we gained valuable hands-on experience in growing various crops through fieldwork. Based on my experience, I highly recommend this institute to young men from Mann Field under MPRL E&P's scholarship program. Graduating from this school significantly enhances job prospects—it is like having a meal ticket in hand. I am deeply grateful to MPRL E&P for their support in helping me obtain this







opportunity. Currently, I am attending a Japanese language school and plan to work in Japan, applying my agricultural knowledge.”



Mg Kyaw Soe Lwin

“We received MPRL E&P’s scholarship from our first year through graduation, which greatly supported our studies. Thanks to this, all seven of us found it relatively easy to transition into the workforce. Currently, I work at Mingalar Hinthar Company, where my responsibilities include distributing agricultural products to farmers, providing field prescriptions, and conducting practical work at the company’s experimental farms. My education made it easier to communicate with farmers and apply my knowledge. Once I gain more experience and capital, I plan to open my own agricultural supply store.”



Mg Hein Pyae Sone

“Job opportunities for graduates from the State Agriculture and Livestock Institutes are quite promising. I chose to work at Mingalar Hinthar Company, where I serve as a field staff member. MPRL E&P’s scholarship has been a game-changer for young people like us who faced financial challenges in continuing education. The institute’s group learning approach has been particularly beneficial in my professional fieldwork. I am grateful for the support from MPRL E&P and the education provided by the institute, which has made my career path smoother.”



Mg Zay Linn Aung

“After graduating, I joined Aka Yarzar, a company specializing in agricultural products. For graduates like us, job opportunities are plentiful in agricultural firms, particularly in roles involving farmer outreach and crop cultivation projects. While opportunities are available for both men and women, men often have an advantage due to travel requirements. I encourage future students to attend school regularly, follow the rules, and study diligently. The lessons learned at the institute are incredibly useful in real-life work, and job prospects are abundant for those willing to put in the effort.”

The success of these seven scholars underscores the profound impact of MPRL E&P’s CSR Program in empowering young individuals through education. This scholarship has not only enabled them to complete their studies but has also paved the way for promising careers in agriculture. As these graduates embark on their respective paths—whether in further education, local agricultural enterprises, or international careers—their journeys serve as an inspiration for future generations. Their achievements exemplify the transformative power of education and reaffirm MPRL E&P’s unwavering commitment to nurturing talent and fostering sustainable growth in Mann Field Communities. ■







# Community Action Day: Strengthening Coral Reef Conservation Efforts in Ayeyarwady Region

Pyae Pyae Phyoe

The degradation of marine ecosystems, particularly coral reefs, has become a pressing environmental concern worldwide. In Myanmar, MPRL A-6, a responsible corporate entity, has taken significant steps to address this issue through its Corporate Social Responsibility (CSR) initiatives. Although not a contractual obligation, the company has voluntarily established a dedicated fund to support CSR activities within its Pyitharyar Integrated Project (PIP) area, with a particular focus on marine ecosystem restoration.

Recognizing the growing threats to coral reefs in Ayeyarwady Region, MPRL A-6 launched the Locally Managed Coral Reef Conservation Area project (2024–2026), fully funded by the PIP CSR Program. This initiative aims to promote long-term sustainability and foster community engagement in conservation efforts.

The company's efforts gained momentum in April 2024 with the launch of the Coral Revive Project, a pilot initiative targeting the restoration of coral reefs near Sabahtar Island, Nga Yoke Kaung Town. This project is designed to protect and restore these crucial ecosystems while minimizing socio-economic impacts on local fishermen. By actively engaging community members, government agencies, and marine experts, the initiative fosters local ownership of conservation efforts and promotes a collaborative approach to marine sustainability.

On 10 and 11 November 2024, MPRL A-6's PIP CSR Program organized Community Action Day, a key event within the ongoing coral reef conservation pilot project. The two-day initiative featured activities aimed at reinforcing the company's commitment to marine conservation. These included the deployment of artificial reefs, seagrass recultivation, the installation of awareness signboards, and extensive cleanup efforts both onshore and underwater. A project status review and stakeholder engagement workshop further strengthened communication and collaboration among participants, ensuring a unified approach to conservation.



## Beach and Underwater Cleanups

The first day of the Community Action Day, 10 November 2024, was dedicated to hands-on conservation activities. The Coral Revive Team—comprising PIP CSR Team members, marine scientists, scuba experts, and local volunteer divers—partnered with Trash Hero Gaw Yan Gyi for a large-scale beach cleanup at Angel Walkway Beach (Gaw Yan Gyi Island). A total of 51 volunteers, including 39 adults and 12 children, collected 175 kilograms of waste, demonstrating strong community involvement and commitment to environmental preservation.

To promote sustainable waste management practices, the PIP CSR Team installed five land-based signboards encouraging responsible waste disposal. Additionally, an underwater cleanup operation near Sabahtar Island removed debris that posed threats to coral habitats, further safeguarding the marine ecosystem.

The conservation efforts extended to the deployment of four artificial reefs and the recultivation of seagrass, bringing the total conservation infrastructure to eight artificial reefs, two coral nurseries, and multiple seagrass bags around Sabahtar Island. These interventions are designed to create new breeding grounds for marine life, supporting coral restoration and biodiversity recovery. To ensure continued protection of marine biodiversity, two floating signboards were installed to promote awareness and advise against fishing and anchoring in the protected area.

In addition to hands-on conservation activities, the PIP CSR Team installed coral awareness and conservation signboards in key locations around the Gaw Yan Gyi area. Strategically placed in high-traffic areas such as schools, beaches, and community hubs, these signboards serve as educational tools







**Seagrass Recultivation**

to raise awareness about the importance of coral reef preservation. By fostering a culture of environmental responsibility, the initiative encourages community members to actively participate in conservation efforts.

On 11 November 2024, the PIP CSR Team hosted a project status review and stakeholder workshop at Gaw Yan Gyi Hotel. The session was attended by 29 participants, including local authorities, fishermen leaders, community members, and the Coral Revive Team. The workshop provided an opportunity to evaluate project progress, share insights, and discuss future conservation strategies. Key presentations included updates on the Coral Revive Project, the importance of community participation in conservation, and inspiring field stories from marine experts. The event concluded with interactive



**Project Status Review and Stakeholder Workshop**



**Coral Awareness Signboards**



discussions, a Q&A session, and a collective pledge to continue conservation efforts.

Community Action Day highlighted the PIP CSR Program's dedication to environmental stewardship and sustainable marine conservation. By uniting local stakeholders around practical conservation solutions, this initiative has laid the groundwork for sustained coral reef protection and is paving the way for scalable conservation strategies across Myanmar, offering hope for the country's fragile marine ecosystems. ■





# OGM at 10: A Journey of Passion, Purpose, and Progress

Moe Thu Zar Soe

## UN Guidelines on Business and Human Rights

The United Nations' Guiding Principles on Business and Human Rights emphasize the "Protect, Respect, and Remedy" framework. Under Principle 31, companies are responsible for respecting human rights and addressing grievances linked to their operations. To fulfill this obligation, companies should establish grievance mechanisms to receive, process, and resolve complaints from individuals, employees, and local communities impacted by their business activities.

## A Decade of the Operational Grievance Mechanism

MPRL E&P values stakeholder engagement and recognizes that transparency and open communication are essential for building trust and securing a Social License to Operate (SLO). Guided by the UN Guiding Principles on Business and Human Rights, the company defines its Operational Grievance Mechanism (OGM) as a formal, non-state, preventive, and effective tool. In line with Principle 31, MPRL E&P, in partnership with Myanma Oil & Gas Enterprise (MOGE), launched the OGM in 2014 at Mann Field in Minbu, Magway Region. This initiative strengthens the company's human rights due diligence by identifying potential adverse impacts that may not be fully captured in standard impact assessments.

Since its inception in 2014, the OGM has played a vital role in fostering positive relationships between MPRL E&P and local stakeholders by promoting open dialogue and transparency. Over the past decade, 183 cases have been successfully resolved through the mechanism, consistently meeting Key Performance Indicators (KPIs) for acknowledgment time, feedback time, and case closure. Notably, the OGM has achieved a 100% satisfaction rate for both its process and outcomes, reflecting strong stakeholder confidence in how concerns are handled. This high level of satisfaction demonstrates that community members trust the mechanism and are pleased with the resolutions provided by MPRL E&P.

## Setting a Benchmark for Trust and Accountability

In partnership with MOGE, MPRL E&P implemented the OGM through a multi-stakeholder approach, making it the first mechanism of its kind



to be jointly managed by the host community and the company. This model of inclusivity, accountability, and mutual trust was introduced across 14 communities surrounding Mann Field between 2013 and 2014. Since then, the OGM has become instrumental in advancing MPRL E&P's Environmental, Social, and Governance (ESG) objectives in field operations.

Grounded in key principles such as accessibility, transparency, fairness, accountability, and harm prevention, the OGM upholds human rights while fostering trust and long-term stakeholder relationships. By adhering to these values, the mechanism serves as a crucial bridge between the company's operations and the communities it impacts.

## Milestones of Success

The 10-year OGM Anniversary Report, published in January 2025, highlights key achievements that have shaped MPRL E&P's decade-long commitment to transparent and effective grievance management:

- Piloted the OGM in three villages before rolling it out to all 14 villages in Mann Field.
- Established Key Performance Indicators (KPIs) to measure the mechanism's effectiveness.
- Trained community volunteers in stakeholder engagement and OGM processes.

- Conducted annual community awareness campaigns and knowledge, attitude, and practice (KAP) surveys to assess impact.
- Published quarterly OGM reports in both English and Myanmar, assessable on the company's website.
- Broadcasted an OGM documentary on government media.
- Introduced a CSR Open Day and launched additional KAP surveys.
- Adapted the mechanism to address challenges arising from the pandemic and environmental changes.

## Celebrating 10 Years of the Operational Grievance Mechanism

This milestone marks a decade of implementing the Operational Grievance Mechanism in Mann Field—an initiative that has reshaped MPRL E&P's approach to operations, sustainability, and stakeholder engagement. Over the past 10 years, OGM has become a cornerstone of our commitment to addressing grievances effectively, fostering collaboration, and driving meaningful change.

To commemorate this achievement, MPRL E&P published the 10-year OGM Anniversary Report in January 2025. This report reflects the collective efforts of teams, stakeholders, and partners who have contributed to the mechanism's success. It highlights key milestones, lessons learned, and case studies demonstrating the OGM's impact. Additionally, the report explores how the mechanism has enhanced operational efficiency, environmental stewardship, and stakeholder partnerships while setting a vision for its next phase of growth and continuous improvement.

As part of this celebration, MPRL E&P's CSR & Communications Department developed an OGM comic







book, offering an engaging and assessable way to understand the process and implementation of the mechanism. Both the report and the comic book are now available on the company’s website.

**A Night of Unity, Fun, and Family**

To commemorate this milestone, MPRL E&P hosted a special community event, “A Night of Unity, Fun, and Family: A Decade of the Operational Grievance Mechanism,” on 25 January 2025 in Aye Mya Village, Mann Field. The event celebrated a decade of achievements, highlighting the progress made while fostering a sense of pride within the local community.

More than just a celebration, it served as a platform to engage the community in a shared responsibility for future successes. A key focus of the campaign was environmental sustainability, with an emphasis on educating younger generations about the importance of sustainable practices and conservation efforts. The Field Operations, HSE, and CSR Teams collaborated closely with Village Administrators and Community Volunteers to ensure the event’s success.

While the event was primarily designed for children in Mann Field Communities, it attracted a total of 723 participants, including 415 children, reflecting strong community engagement and support.

Designed to foster community bonding and enjoyment, the program featured five key segments:

- Food and Refreshments – Free snack and juice coupons for children under 14.
- Interactive Activities – Face painting, OGM comic book reading, and coloring stations.
- Lucky Draw and Games – Engaging quizzes and prize giveaways.



- Knowledge Sharing – Educational talks on oil and gas exploration, a day in the life of a petroleum engineer, and Health, Safety, and Environment (HSE) under the theme "For the Heroes of Saving the Earth."
- Performances and Entertainment – A traditional elephant dance by Aye Mya Village, an OGM 10-year anniversary role play by children from the mangoSTEEMS Online English Learning Program, and an animated movie night with all attendees.



**MPRL E&P’s OGM: Advancing Sustainability and Accountability**

As MPRL E&P reflects on a decade of trust-building and accountability through its Operational Grievance Mechanism (OGM), the company remains committed to continuous improvement and sustainable development. By fostering transparency, addressing community concerns, and strengthening stakeholder relationships, MPRL E&P ensures that its operations align with the principles of inclusivity and responsible business practices.

Looking ahead, the company recognizes the need to align with the Sustainable Development Goals (SDGs) to create meaningful and lasting impact. Through transparent progress tracking, responsible innovation, and proactive solutions to emerging challenges, MPRL E&P is dedicated to deliver-



ing long-term value for both communities and the environment.

By embracing collaboration and continuous improvement, the company strives to secure a sustainable future—one where businesses and communities grow together with trust, accountability, and shared success. ■





# Highlights of the MPRL E&P Group of Companies' Jivitadana Fish Release Ceremony: A Keynote Reflection

Thal Sandy Tun

As we gathered to celebrate the MPRL E&P Group of Companies' Jivitadana Fish Release Ceremony, our CEO shared profound reflections on the cultural, historical, and ecological significance of this annual tradition. His keynote speech embodies the values that guide us in honoring nature, preserving our heritage, and ensuring the sustainability of our environment.



The following are key takeaways from the CEO's Keynote Speech at the ceremony:

## 1. The Cultural Significance of the Fish Release Ceremony

The Fish Release Ceremony is a beautiful manifestation of our cultural values, deeply embedded in Myanmar's traditions. Held during the month of Tabaung, this event is part of a broader cultural and spiritual tapestry. The Tabaung month, marked by harvest celebrations, is a time when Myanmar people come together to give thanks for the abundance provided by the land. As we participate in the act of releasing fish, we not only honor our rich heritage, but we also extend our generosity and compassion, inviting positive energy into our lives. This ceremony is more than just a ritual; it is a reflection of our collective desire for spiritual renewal and environmental harmony, ensuring that the younger generation understands and continues these important cultural practices.

## 2. The Historical Importance of Inya Lake

The historical significance of Inya Lake, or Inlaya Lake as it was known, is intertwined with the very foundation of Yangon itself. Originally formed by natural geological processes, the Lake became a central part of the city's water supply system during the British colonial period. It has been more than just a physical landmark; it is a symbol of resilience and adaptation through time. The Lake was not only crucial for the city's water supply during colonial times, but its connection to the establishment of Yangon University and its role as a vital



resource also made it an integral part of the city's development. As we release fish into its waters, we acknowledge the historical role the Lake has played in shaping the lives of those who have lived by its shores, and we commit ourselves to ensuring that it remains a precious resource for future generations.

## 3. The Geological Evolution of the Lake

Inya Lake's geological history is a testament to the power of natural forces over millennia. Formed through the gradual retreat of the sea and subsequent natural processes, the Lake became a significant body of water, feeding into surrounding rivers and creeks. This natural evolution created a unique ecosystem that supports diverse species, and understanding its history deepens our connection to the Lake, highlighting the importance of preserving its integrity. The region, built upon an alluvial plain shaped by sedimentation from the Ayeyarwady River, further emphasizes the Lake's significance. While natural forces shaped Inya Lake, human intervention during the colonial era also played a role in its current form. Today, Inya Lake remains a vital part of Yangon's ecosystem, reminding us of the need to protect its delicate ecological balance for future generations.

## 4. Public Awareness and Ecological Sustainability

As we participate in the Fish Release Ceremony, it is essential to recognize the critical importance of

ecological sustainability. While the act of releasing fish into the Lake is a well-meaning tradition, it requires careful consideration to ensure it does not harm the delicate balance of the ecosystem. The introduction of invasive species, such as the alligator gar and peacock bass, can severely disrupt the biodiversity of Inya Lake, threatening the survival of native species.



*“May the happiness we share today in this act of kindness be felt by all, and may our intentions, filled with love and respect for life, return to us multiplied. Thank you, and let us continue to share our merits in happiness, as we walk forward together in harmony with nature.”*

**U Moe Myint**  
Chairman & Chief Executive  
MPRL E&P Group of Companies

To preserve the ecological integrity of the Lake, we have made a conscious decision to release grass-fed carp, a species that is well-suited to its environment. This careful selection reflects our commitment to sustainability and highlights the need for public awareness on responsible actions. Our CEO emphasized the importance of ecological responsibility, urging participants to consider the environmental impact of their actions and to avoid practices like unethical fishing, which could further jeopardize the health of the Lake. Through thoughtful actions and education, we can ensure that Inya Lake remains a thriving and balanced ecosystem for future generations.

## A Collective Commitment to Tradition and Nature

The Fish Release Ceremony at Inya Lake serves as a powerful reminder of interconnectedness—between tradition and nature, spirituality and responsibility. By appreciating its cultural depth, historical context, and ecological impact, we can ensure that this practice remains a meaningful and sustainable contribution to both our heritage and the environment. ■

