

JULY 2026

PULSE

IN-HOUSE NEWSLETTER



PURPOSE • PEOPLE • PROGRESS

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MESSAGE FROM THE MANAGING DIRECTOR



Warm regards,
Irteza Ali Qureshi

These past few months, the world has experienced what many of us once thought belonged to a distant future. Global conflict, geopolitical instability, and volatility in the energy markets have tested industries and institutions across the world — and the oil sector has felt this more acutely than most. Against this backdrop, PARCO remained strong and steadfast.

It is with great resolve, and even greater pride, that I can say our purpose held firm. Our people — resilient, skilled, and unflinching in their commitment — ensured that PARCO continued to deliver on its role as the energy lifeline of the nation, even as the situation grew uncertain.

Our systems proved robust. Our perseverance proved real. And our ability to adapt, to recalibrate quickly and respond with agility, allowed us not only to withstand the disruption, but to emerge from it stronger and more capable than before.

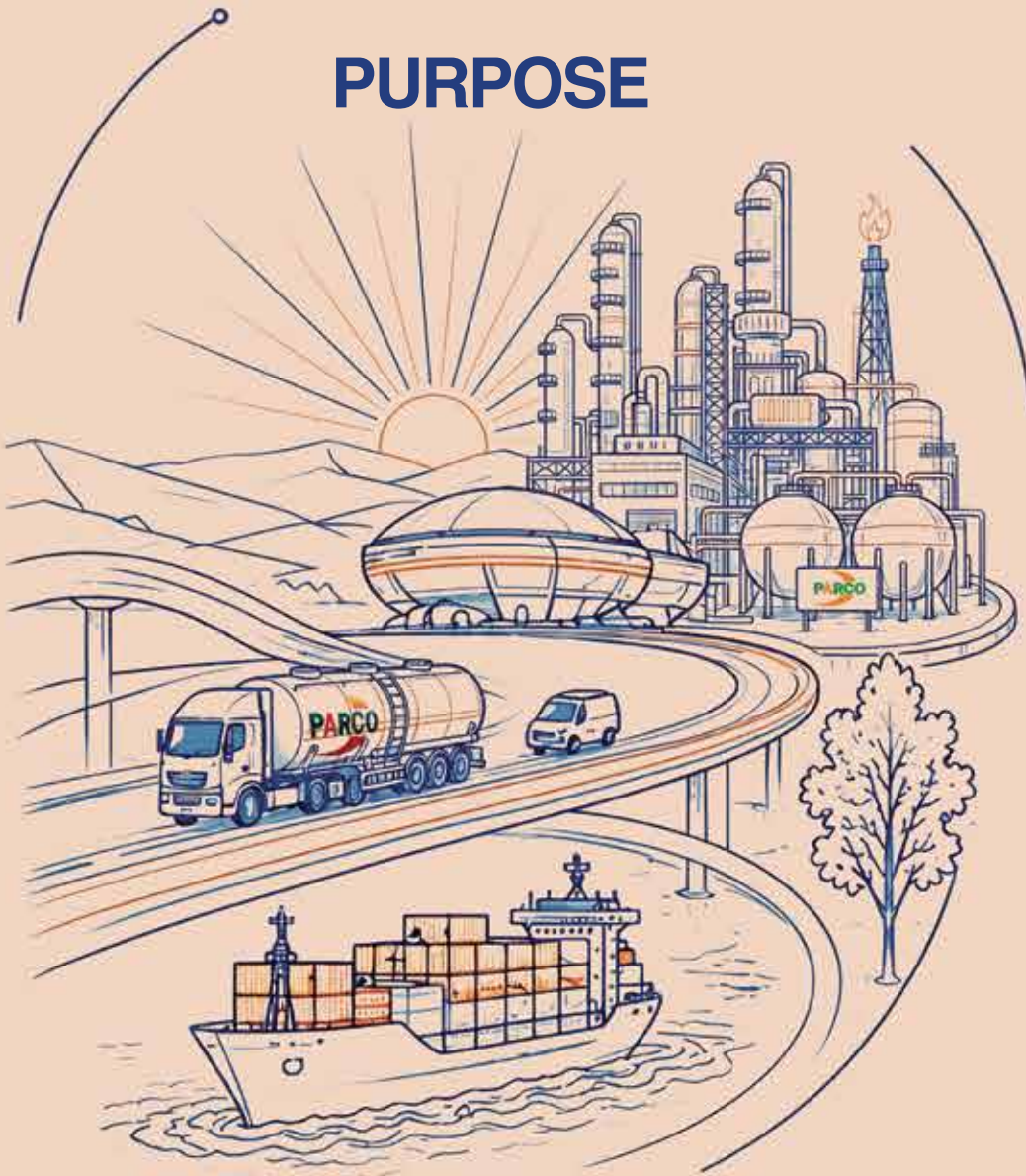
I take pride in the workforce that has built this resilience through years of discipline, foresight, and an unrelenting commitment to excellence. This quarter's edition of PULSE captures that spirit in full. It highlights the prestigious recognitions and achievements earned by our teams, the strategic integration of Artificial Intelligence into our operations, and the technological innovations and systems that continue to strengthen and protect our processes and people.

It also reflects our investment in people — through trainings and wellness initiatives that ensure continuous learning and skill development, giving every individual the opportunity to grow alongside the organization. We have taken deliberate steps to strengthen our brand identity, and just as importantly, we have continued to build community — celebrating cultural and religious occasions together and supporting the communities around us through sustainability efforts that extend our impact well beyond our organization.

PARCO remains steadfast. We are an organization built not merely to withstand disruption, but to meet it head-on and move forward with purpose. I remain confident that the dedication and hard work of every Parconian will continue to fuel this journey — and I look forward, with genuine optimism, to the many milestones still ahead of us.

COVER STORY

PURPOSE



Driving Pakistan's energy security through reliable, safe, and future-ready refining.

PEOPLE



Empowered teams, shared values - the strength behind every achievement.

PROGRESS



**Growing steadily, innovating
boldly - shaping the future of
PARCO.**

CORPORATE NEWS

PARCO signs MoU with Pakistan Hockey Federation

On June 8, the Pakistan Hockey Federation (PHF) and PARCO signed a Memorandum of Understanding aimed at supporting coaching development initiatives hockey activities and grassroots development in Pakistan.

Under this partnership, PARCO will provide financial assistance to the PHF for conducting coaching education programs and professional training of coaches. It will also support the provision of stipends to coaches working under the federation's nationwide coaching framework.

The agreement was signed in the presence of Chief Guest, Mr. Hamid Yaqoob Sheikh, Chairman PARCO/Secretary Petroleum, Mr. Irteza Qureshi, Managing Director PARCO, and Mr. Mohyuddin Wani, President PHF. Senior members from both organizations and members of the Pakistan U-21 hockey team - currently under training - were also present at the signing.

The collaboration will help nurture young talent and create a sustainable pathway for future success at the international level. This initiative is an investment in a national cause which will rebuild the country's hockey structure, develop qualified coaches and players, ultimately helping Pakistan in regaining its standing among the world's leading hockey nations.



PARCO Signs CBA–Management Agreement for 2025–2027

PARCO and the Collective Bargaining Agent (CBA) successfully signed the CBA–Management Agreement for the period August 2025 to July 2027, reaffirming a shared commitment to constructive employee relations and organizational progress.

The signing ceremony was attended by senior management, members of the Management negotiation team, and representatives of the PARCO Workers' Union. Speaking on the occasion, Mr. Irteza Ali Qureshi, Managing Director, appreciated the collaborative spirit demonstrated by both parties in reaching a mutually beneficial agreement despite a challenging economic environment.

Representatives of the PARCO Workers' Union also acknowledged Management's constructive approach throughout the negotiations and reiterated their commitment to working together in support of PARCO's continued growth, operational excellence, and long-term success.

The agreement reflects PARCO's enduring focus on dialogue, partnership, and fostering a positive workplace environment.



SAP Awards Gala 2026

PARCO proudly participated in the SAP Awards Gala 2026 organized by TallyMarks Consulting (TMC) and SAP, bringing together industry leaders and SAP professionals to celebrate innovation and digital transformation.

PARCO was honored with four prestigious awards, highlighting the organization's commitment to business excellence and effective utilization of SAP solutions.

Award Recipients:

These achievements reflect the dedication, collaboration, and continuous efforts of PARCO IT team in driving innovation and delivering business value through technology.



Women of Impact in SAP: Sidrah Khan–Group Head, Business Applications



SAP Trailblazer: Muhammad Usman–Management Executive III, Business Applications



SAP Compliance Enablement: Muhammad Asif–Group Head, Business Applications



Business Value & ROI Realization via SAP: Aqib Khan–Management Executive III, Business Applications



Leadership Excellence in the Era of AI

An engaging and insightful leadership session was organized for Section Heads and above at the PARCO Officers Club. The session focused on enhancing leadership effectiveness and strengthening strategic decision-making capabilities in the rapidly evolving era of Artificial Intelligence (AI).

The event provided a valuable forum for leaders to exchange ideas, share experiences, and build stronger professional connections across functions. Participants appreciated the interactive discussions and the opportunity to gain fresh perspectives on leadership and organizational success in a technology-driven environment.



ITCN AI Use Case Recognition

Information Technology Commerce Network Asia (ITCN) is one of Pakistan's largest and most prestigious technology events. This year, PARCO submitted two AI use cases - Predictive Maintenance Agentic AI and Generative AI Solution for Knowledge Base Management - under the AI Leadership Fellowship Pakistan Program at ITCN. Both submissions were selected among the Top 10 AI Use Cases in Pakistan under the Google AI Fellowship Program and were showcased in Lahore, where PARCO was also honored with a Certificate of Excellence.

This recognition is a proud reflection of PARCO's growing capabilities in innovation and emerging technology - a reminder that the Company isn't just keeping pace with the future of AI but actively helping shape it.



Installation of Fall Arrest System in Decanting Area at PS-1 Korangi

The S&T Operations Department, PS-1 Korangi, successfully completed the installation of a Fall Arrest System consisting of Self-Retractable Lifelines at the Inspection bays of the Local Crude Decanting Facility to further enhance workplace safety. The facility is used for routine sampling, dipping, and inspection activities of tank lorries, where personnel are required to work at a height. The facility was inaugurated by Mr. Ishaque Mako, Head Pipeline on June 5, highlighting the importance of safety in operational activities.

The newly installed system provides continuous fall protection, significantly reducing the risk of falls and injuries while ensuring safer access during routine inspection activities. This initiative reflects PARCO's ongoing focus on risk reduction and its commitment to providing a safer and more reliable working environment for its employees.



Tanker Loss Gain Analysis Dashboard at PS-1 Korangi

PARCO successfully launched the Crude Oil Tanker Loss Gain Analysis Dashboard on April 21. Developed through collaboration between the Digitalization Department and Pipeline Operations, PS-1 Korangi, the dashboard is a comprehensive platform for analyzing crude cargo quantities received through crude oil marine tankers.

The dashboard enables four-point analysis of crude cargo quantities based on Bill of Lading, Loaded, Arrival, and Landed figures. With multi-dimensional views by crude type, cargo type, and BOP, the solution enhances data visibility and supports informed decision-making through streamlined analysis of crude receipts.



Building Bridges

On April 29, PARCO hosted a high-level engagement at PS-3 Shikarpur, attended by the Wing Commander, 82 Wing; DC, ADC, SSP, and ASP of Shikarpur and Kashmore; OC FS Rangers; and AC Khanpur. Discussions focused on the regional security environment, strengthening inter-agency coordination, and enhancing support for pipeline and station security. The engagement reaffirmed a shared commitment to safeguarding PARCO's strategic pipeline infrastructure and supporting Pakistan's energy security.



PACE: A Year of Growth and Capability Building

Every learning experience has the power to spark new ideas, strengthen capabilities, and create growth opportunities. Over the past year, PACE: The Learning Journey, brought together employees from across the organization to share knowledge, learn and build skills that support both personal and professional development.

Through 154 learning sessions, employees participated in seminars spanning across topics such as leadership development, business-critical skills, functional learning, competency development, and mandatory training. Together, these learning experiences contributed over 24,000 learning hours reflecting PARCO's continued commitment to fostering a culture of continuous learning.

A significant focus throughout the year was placed on strengthening leadership capabilities, deepening functional expertise, and equipping employees with the skills needed to navigate evolving business challenges. As the year concludes, PACE stands as a reminder that learning is not a destination but an ongoing journey, one that enables individuals to grow, and teams to perform better.



HR Connect with Elevate Trainees

The Refinery Division organized a Talent Connect session for the Elevate Batch of Trainee Engineers 2026, providing an engaging platform to interact with senior leadership. The session encouraged open dialogue and knowledge sharing focused on organizational culture, career development, and future growth opportunities.

Participants gained valuable insights from leaders' experiences and also had the opportunity to share their own perspectives and aspirations. The initiative reflects the organization's commitment to developing future talent and creating a culture of learning, collaboration, and professional excellence.



Ignite Summer Internship Program

This summer, PARCO welcomed 100 aspiring professionals through the Ignite Summer Internship Program, offering learning opportunities across technical and non-technical functions at MCR and CHQ. Through practical assignments, mentorship, and workplace exposure, interns are gaining valuable insights into the professional environment and exploring potential career paths. The program extended opportunities to employees' children and external candidates alike, reflecting PARCO's commitment to supporting learning and professional development. Ignite reflects PARCO's ongoing focus on creating meaningful learning experiences and supporting the development of future talent.



Renewable Energy Solar Project at MCR

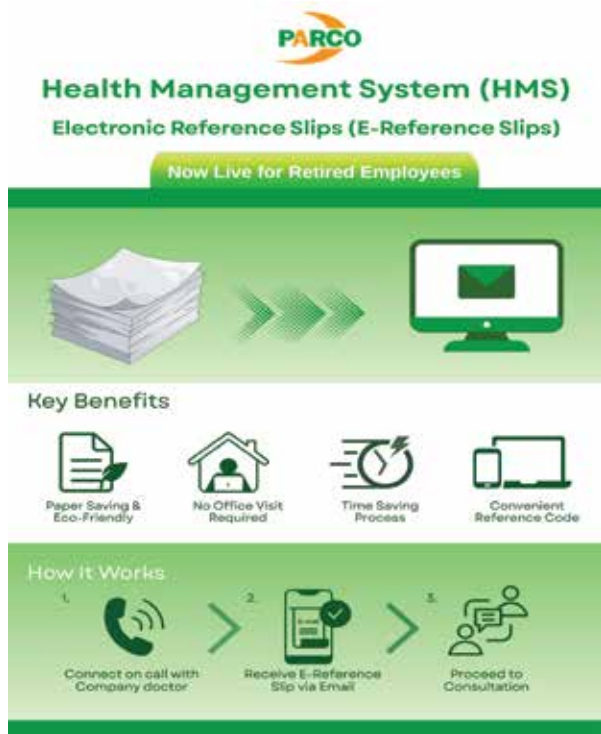
The MCR Electrical Department has successfully commissioned a 175kW solar project at the MCR Refinery Building - another step forward in the Company's sustainability journey. Initiated to reduce dependence on conventional grid electricity and optimize energy costs, the system will now power office operations using clean, renewable energy.

Beyond the immediate cost savings, the project reflects PARCO's broader commitment to environmental stewardship and energy efficiency, reinforcing MCR's focus on continuous improvement as it advances toward a greener operational future.



Digital Health Automation

To provide retirees with quicker and more secure access to reference slips, the E-Reference Slip process was streamlined through the Tele Health facility. Reference slips are now emailed directly to both retirees and the designated medical facility, while an automated SMS provides relevant details and notifications. This initiative enhances convenience, reduces paper consumption, minimizes processing time, and decreases the need for office visits.



Asset Buyback Approval System

The Asset Buyback Approval System successfully went live on April 27. Developed collaboratively between Finance, IT, HR and Admin departments, the system has streamlined and automated the asset buyback approval process, eliminating manual errors and ensuring compliance with company policies through SAP integration.

The system improved data accuracy, enhanced process transparency, reduced approval turnaround time, and optimized financial workflows. It also strengthened auditability through complete approval tracking and enabled faster reporting and decision-making through real-time visibility of request status.



PPGL Awarded Brand of the Year 2025



Parco Pearl Gas (PPGL) was awarded the Brand of the Year Award 2025 in the LPG Category by the Brands Foundation. The award recognizes PPGL's continued commitment towards delivering excellence, innovation, and reliability in Pakistan's LPG sector.

The prestigious ceremony was held in Karachi, bringing together leading brands and industry stakeholders from across the country. The award was received by Mr. Omar Khan, Head of Marketing, PARCO Pearl Gas Limited, from the honorable Federal Minister of Board of Investment, Mr. Qaisar Ahmad Sheikh, celebrating the

company's growing impact and contribution towards providing safe, efficient, and customer-focused energy solutions.



PPGL Promotes Safe LPG Usage Campaign

As part of its commitment towards consumer education and responsible LPG adoption, PARCO Pearl Gas Limited launched an influencer awareness campaign aimed at educating the public about the benefits of using LPG as a smart, efficient, and safe energy choice.

The campaign focused on highlighting the advantages of LPG, including affordability, convenience, efficiency, and its suitability for modern households. The initiative also addressed common misconceptions surrounding LPG usage by promoting awareness about safe handling practices and responsible consumption.



PPGL Achieves Highest Home Delivery Orders

PPGL achieved a significant milestone in FY 2025–26, serving approximately 60,000 household orders — the highest annual home delivery volume in its history. The achievement reflects the growing trust of consumers in PPGL's reliable LPG delivery service.

The year also saw strong progress in PPGL's Value-Added Distribution (VAD) initiative, launched last year. In a short span, the VAD segment (Hi-Street) recorded growth of 437% in FY 2025–26, helping expand service accessibility and strengthen customer reach. These milestones underscore PPGL's continued focus on meeting evolving customer needs through convenient and dependable energy solutions.



EMPLOYEE ENGAGEMENT

SPOT Award Recognition

The Refinery Team was recognized with the SPOT Award for the successful completion of the New HSD Tank Project and the commissioning of the 4th Boiler at MCR.

The New HSD Tank Project enhanced storage reliability and strengthened the Refinery's ability to meet product demand while maintaining high safety and operational standards. The commissioning of the 4th Boiler at MCR improved steam supply reliability and contributed to greater operational efficiency and energy optimization.

Delivered through close collaboration across multiple departments and a strong focus on safety, both projects represent important milestones for MCR. The SPOT Award acknowledges the dedication, technical expertise, and teamwork that made these achievements possible.



Strengthening Supply Chain Through Learning

The Supply Chain Division organized a two-day In-house training program at CHQ in April 2026, with the MCR Supply Chain team participating online and nominees from the Finance Division also attending. Designed by the Supply Chain team and delivered by Mr. Azhar Qadri, a seasoned supply chain trainer, the program covered key concepts of Supply chain, Warehousing, and Inventory management. Mr. Qadri's engaging presentation style made the sessions highly interactive and impactful, providing participants with an excellent learning opportunity. Aligned with the Division's learning and development scorecard objectives, the training is expected to enhance operational efficiency while strengthening procurement planning, governance, and compliance.



A Tribute to Patriotism and Unity

In May, PARCO Officers Club hosted a special gathering under the theme “Bunyan-um-Marsoos” to commemorate Marka-e-Haq and reaffirm solidarity with Pakistan’s Armed Forces. Bringing together employees and their families, the occasion provided an opportunity to reflect on the values of resilience, unity, and dedication that underpin the spirit of Bunyan-um-Marsoos. The event served as a meaningful tribute to the sacrifices made in service of the nation and reinforced a shared sense of pride, patriotism, and community across the PARCO family.



Eid-ul-Adha Celebrations at MCR

During the Eid-ul-Adha holidays, the Refinery Leadership Team visited on-duty employees, extending festive greetings and expressing appreciation for their dedication to ensuring safe and uninterrupted refinery operations. The interaction provided an opportunity to recognize the invaluable contribution of frontline teams and strengthen employee engagement.

To mark the occasion, the MCR Administration Department also organized Eid celebrations for employees and their families, including activities for children and special meal arrangements for staff on duty. The initiatives helped create a warm and festive atmosphere, reflecting PARCO’s commitment to employee well-being and community spirit.



SUSTAINABILITY INITIATIVES

Supporting Inclusive Education Through Technology

PARCO supported the establishment of a Digital Library at the Ida Rieu Welfare Association, enhancing learning opportunities for visually and hearing-impaired students through technology-enabled education. The initiative reflects PARCO's commitment to promoting inclusive learning and improving access to educational resources for all.

The Digital Library was inaugurated on May 14 by Ms. Sharon Dias, General Manager Group Corporate Affairs, PARCO, who interacted with students, faculty, and management representatives during the visit.

Equipped with digital resources and assistive learning technologies, the facility provides students with greater access to educational content in formats suited to their individual needs. By promoting accessibility, independence, and digital inclusion, the Digital Library will support students in developing essential skills and pursuing their academic goals with greater confidence.



Fire Safety Awareness Sessions

As part of its commitment to community safety and emergency preparedness, PARCO's CSR Department, in collaboration with the Mid-Country Refinery (MCR) HSE team, conducted a series of Fire Safety Awareness Sessions for communities living in the refinery's surrounding areas during April and May. The initiative was designed to enhance public awareness of fire hazards and equip community members with the knowledge and skills needed to respond effectively during emergencies.

The sessions were held at Government High School Qasba Gujrat, Government High School Mahmoodkot, and the PARCO Vocational Training Center (VTC) for Women, covering topics such as hazard identification, emergency response, safe evacuation practices, and the proper use of fire extinguishers through practical demonstrations. A dedicated session for women focused on kitchen fire prevention and the safe handling of gas appliances.

The initiative helped enhance awareness of fire safety practices and emergency response measures, contributing to safer and more resilient communities around PARCO's operations.



Empowering Students through Inclusive Education

In collaboration with the Commissioner Multan, PARCO distributed 175 hearing aids to hearing-impaired children enrolled in special education institutions across Multan Division. The initiative aims to strengthen children's auditory capabilities, helping them communicate more effectively and participate with greater confidence in the classroom.

To ensure long-term benefit, the program included training sessions for students on the proper use and care of their hearing aids, along with ongoing engagement with parents, teachers, and speech therapists. A dedicated speech therapy program, supported by regular follow-ups and progress monitoring, further contributed to the children's development and learning outcomes.

Early feedback has been encouraging, with improvements observed in auditory response, communication, and classroom participation. The initiative reflects PARCO's commitment to supporting inclusive education and helping create opportunities for every child to learn, grow, and reach their potential.



PARCO Supports Maternal and Neonatal Care

As part of its commitment to community well-being, PARCO donated two infant incubators to Sindh Government Hospital, Ibrahim Hyderi, Karachi, supporting communities near its Corporate Headquarters.

The handover ceremony on April 21, was attended by Mr. Agha Rafiullah, MNA Malir; Mr. Mahmood Alam Jamot, MPA Malir; and Mr. Nadeem Ajwad Chisht, Head of Corporate Affairs & CSR, PARCO.

The incubators will help strengthen the hospital's neonatal care services, enabling healthcare professionals to provide specialized care to newborns. The contribution supports improved access to essential healthcare services for mothers and infants and reflects PARCO's continued commitment to the well-being of local communities.



Strengthening Healthcare Services in Shikarpur

On May 6, PAPCO marked the groundbreaking of the Emergency Ward Upgradation Project at DHQ Hospital Shikarpur. The ceremony was attended by Mr. Imtiaz Ahmed Shaikh, MPA Shikarpur; Mr. Shakeel Abro, Deputy Commissioner Shikarpur; and Mr. Nadeem Ajwad Chishti, Head of Corporate Affairs & CSR, PARCO. The project will enhance emergency healthcare services through infrastructure improvements and essential medical equipment. Alongside this, PARCO partnered with LRBT to organize a free eye camp, providing consultations, screenings, medicines, eyeglasses, and eye health awareness services to local residents.



Building a Skilled Tomorrow

PARCO, in partnership with Sindh Technical Education and Vocational Training Authority (STEVTA), is supporting technical education in Shikarpur through student scholarships, additional faculty assistance, and the upgradation of Electrical and Civil DAE laboratories at the Government Polytechnic Institute. The support was formally presented by Mr. Nadeem Ajwad Chishti, Head of Corporate Affairs & CSR, PARCO, to Additional Director STEVTA, in the presence of Mr. Imtiaz Ahmed Shaikh, MPA, and Deputy Commissioner Shikarpur. The initiative aims to enhance practical learning and strengthen employability prospects for the region's youth.



Inauguration of PARCO TCF Campus – IV, Khanpur

Marking another milestone in its commitment to advancing United Nations SDG 4–Quality Education, Mr. Nadeem Ajwad Chishti, Head of Corporate Affairs & CSR, PARCO, along with Mr. Imtiaz Ahmed Shaikh, MPA Shikarpur, and Mr. Shakeel Abro, Deputy Commissioner Shikarpur, visited the newly constructed solar-powered PARCO–TCF Campus IV in Khanpur. The campus is set to commence operations in the 2026–27 academic year.

Developed as part of PARCO's vision to create a dedicated educational complex in the area, the campus has been designed with the capacity to accommodate additional schools within its compound in the future, thereby expanding access to quality education for surrounding communities. In its initial phase, the newly established campus will provide educational opportunities to approximately 180 students from Deh Redo Tapo Noor Muhammad Sujrah, Taluka Khanpur, Shikarpur.

The campus reflects PARCO and PAPCO's continued investment in creating sustainable learning environments through the integration of clean energy solutions and modern educational infrastructure. Equipped with spacious classrooms and corridors, a library/art room, a playground, sanitation facilities, running water, and electricity, the campus offers students a conducive, safe, and environmentally responsible learning environment.

Through its partnership with The Citizens Foundation (TCF), PARCO remains committed to empowering communities through education, fostering long-term socio-economic development, and creating meaningful opportunities for future generations.



Investing in Women's Vocational Training

PARCO supported the upgradation of Sanatzar Training Institute at Fazilpur by providing essential training equipment and establishing fully equipped Beautician and Computer Labs. This intervention has significantly enhanced the institute's capacity to deliver quality technical and vocational training, creating improved learning opportunities for women in the region.

The inauguration was conducted by Deputy Commissioner Rajanpur along with Mr. Nadeem Ajwad Chishti, Head CA & CSR. Currently, 121 students are enrolled in various technical courses, gaining practical, market-relevant skills that can help them secure sustainable livelihoods and achieve greater financial independence.

Through investments in vocational training infrastructure and skills development initiatives, PARCO continues to promote women's economic empowerment, enhance employability, and contribute to inclusive socio-economic growth within the communities it serves.



A Vision for Wellness: Eye Health Awareness Session

As part of its employee wellness program, the Healthcare Services Department conducted an eye health awareness session at the Corporate Headquarters in April. To extend the reach of the initiative, the session was live-streamed across all PARCO locations.

The session focused on common eye conditions, their symptoms, preventive measures, and the importance of timely care. Participants also had the opportunity to engage with the presenters through an interactive Q&A, helping to raise awareness and encourage proactive eye health management.



Health Awareness Session on Down Syndrome

At PARCO, embracing diversity, equity, and inclusion is viewed not only as a social responsibility but also as a key enabler of organizational excellence. In line with this vision, Corporate Social Responsibility (CSR) and Healthcare Services (HCS) departments jointly organized an awareness session on Down Syndrome, in collaboration with the Karachi Down Syndrome Program (KDSP). The session aimed at enhancing the understanding of Down syndrome and promoting greater inclusivity. It provided valuable insights into the condition, highlighted the importance of early intervention and support systems, and emphasized the collective role individuals and organizations can play in creating a more inclusive and supportive workplace and society.

The interactive session encouraged meaningful dialogue, empathy, and awareness among participants, while reinforcing the importance of recognizing and celebrating the unique abilities, strengths, and contributions of persons with Down syndrome. Additionally, the session was live telecast at all locations across PARCO. The session promoted a culture of inclusion, empathy and compassion within the PARCO community.



THOUGHT LEADERSHIP

The Autopilot is on. But are you?

We love a good cockpit analogy.

Modern aircraft are marvels of automation they can take off, navigate, and land with minimal human input.

And yet, every single flight still requires a trained, alert, accountable human at the controls.

Not because the technology isn't good enough.

But because the consequences of blind trust are too great.

The future of working with AI is no different.

Across industries, AI is becoming the co-pilot: drafting our communications, informing our decisions, accelerating our workflows, flagging our risks.

The productivity gains are real. The transformation is real.

And the temptation to lean back, hand over the controls, and trust the autopilot completely?

That is also very real

Here's what gets lost in the excitement:

AI is extraordinarily good at patterns. It is trained on what has happened.

But the future, by definition, hasn't happened yet.

Black swans don't live in training data.

Ethical nuance doesn't sit neatly in a dataset.

The moment that requires courage, context, and conscience?

That moment will always belong to a human.

Adopting AI without cultivating foresight is like upgrading your cockpit and forgetting to train your pilots.

The instruments get sharper.

The judgment doesn't.

So, as we build AI into the fabric of how we work, let's also build something else:

The habit of asking hard questions.

The wise professional in an AI-powered world:

- Uses it to sharpen thinking, not replace it
- Questions confident outputs before acting on them
- Knows exactly where the machine ends and judgment begins

Not to slow the progress.

But to steer it.

The future of work isn't human versus AI.

It's human with AI.

And crucially, **human above AI** in the moments that matter most.

Remember: we built the cockpit. We decide the destination.

The autopilot just helps us get there.

Stay curious.

Stay critical.

Stay in the pilot's seat.

Authored by:

Muhammad Ibraheem Shaikh

Engineer-III

S&T Operations-Pipeline



AI: The smartest tool humanity may regret misusing

"The real danger is not that computers will begin to think like men, but that men will begin to think like computers." (Sydney J. Harris)

A few years ago, Artificial Intelligence was confined to science fiction. Today, it permeates our daily existence by generating text, predicting industrial equipment failures, optimizing planning, and automating thought processes with astonishing speed. Yet, as the world blindly races to integrate AI into every facet of life, a troubling reality is emerging.

We are not just building tools to assist ourselves; we are actively accelerating an environmental crisis while outsourcing the very cognitive skills that make us human.

1. The Erosion of Human Intelligence: The Convenience Trap

AI is marketed as a productivity savior, but its true cost is cognitive decline. By automating analytical thinking, creative writing, and routine problem-solving, we are subtly training ourselves to stop thinking.

When professionals rely entirely on automated summaries and students outsource their writing, critical cognitive skills atrophy. Overdependence erodes memory retention, shortens attention spans, and cripples our ability to troubleshoot complex problems independently. The immediate threat isn't that AI will outsmart humanity, it is that humanity is willingly becoming intellectually shallower through sheer convenience. As Albert Einstein once warned:

"It has become appallingly obvious that our technology has exceeded our humanity." (Albert Einstein)

2. The Environmental Footprint: The Hidden Infrastructure Crisis.

Beneath the invisible "cloud" where AI operates lies a massive, highly destructive physical infrastructure. The environmental toll of day-to-day AI inference is scaling faster than our planet can sustain:

- **The Power Surge:** A single query processed by a generative AI model consumes up to ten times more electricity than a traditional Google search. Global data center power consumption is skyrocketing, placing unprecedented, severe strain on electrical grids.
- **The Water Footprint:** Keeping ultra-dense AI server racks from overheating requires staggering amounts of chilled water. This continuous cooling demand heavily strains municipal water supplies and disrupts fragile local ecosystems.
- **The Electronic Waste Epidemic:** The relentless race for faster computing means that specialized AI hardware becomes obsolete within a few short years, generating millions of tons of toxic e-waste containing dangerous heavy metals.

The Path Forward: Critical Judgment Over Blind Trust

AI itself is not the enemy, our unmonitored dependence and reckless deployment are. Technology becomes hazardous the moment humans stop questioning the data it outputs and ignore the resources it consumes.

The future does not belong to those who use AI blindly. It belongs to professionals who can extract efficiency from automation without sacrificing their own critical thinking, engineering ethics, and environmental responsibility.

"Technology is a useful servant but a dangerous master." (Christian Lous Lange)

Authored by:
Bilal Fazal
PG Technologist
S&T Maintenance Department



Self improvement – ways to make a positive change

Life shrinks or expands in proportion to one's courage - Anais Nin

Every day is a great opportunity to reinvent yourself for the better. And there's no better force for change than positivity.

Practice Gratitude: It's a good idea to start as we mean to go on, welcoming positivity into our day by listing everything we're grateful for. Not only will this help shift your focus away from the negative, but gratitude can boost your self-esteem, benefiting your happiness and relationships with others.

Show Kindness: Being kind has a double benefit: not only do you give yourself a chance to make someone's day, but research has shown that it stimulates our own 'reward centres', giving our brains a happy glow powerful enough to fend off negative thoughts. Win-win.

Take Care of Your Body: There're loads and loads of scientific research proving the myriad benefits of exercise on body and mind. When it comes to happiness, regular exercise can even help prevent depression and anxiety and help you sleep and think better, too, which is nice.

Acknowledge Your Feelings: There's no such thing as a perfect day. We all must deal with moments of stress, be they a noisy commute, an ill child, or an overbearing boss. By acknowledging these feelings, discussing them with others, or noting them in a journal, we can let go and move through our day with clarity.

Accept What You Cannot Change: How we view ourselves can significantly impact our happiness and resilience. Instead of letting mistakes bring you down, view them as opportunities for growth. Studies show that having a flexible self-image and accepting mistakes as part of your identity means you're less likely to carry negative emotions with you.

Schedule Time For Yourself: While we get happiness from spending time with loved ones or hitting that work goal, research shows scheduling time just for you and you alone can have tremendous benefits. Moments of solitude provide a much-needed break from the demands of daily life and enhance your ability to connect with others.

Set Goals: Sometimes, we fall into roles because we think it's what we should be doing rather than what we want to do. Use your balance planner to take control of your goals and reassess what's important to you and what you need to thrive.

Starting a new regimen is an exciting way to challenge yourself to grow. Whether you're looking to boost happiness, productivity, or health, the key is to lead with compassion - both to yourself and others. Never underestimate the power of positivity.

Authored by:
Mehwish Saboor
General Secretary
Information Technology Division



ACHIEVEMENTS



Mr. Zabardast Khan

Senior Engineer, Instrumentation & Automation, MCR

Achieved the Certified Functional Safety Professional (CFSP) certification, gaining expertise in Functional Safety Management (FSM), Safety Integrity Level (SIL) assessment, and the implementation of IEC 61508 and IEC 61511 standards across process industries.



Mr. Wajahat Farooq,

Management Executive I, IT Division

Successfully earned the Project Management Professional (PMP) certification from the Project Management Institute.

This accomplishment reflects his dedication to professional excellence and continuous development, further enhancing project management capabilities within the organization.



Mr. Muhammad Faheem Iqbal

Management Executive III, Instrumentation & Automation, MCR

Successfully completed BSc. in Electrical Engineering from NFC Institute of Engineering and Technology, Multan



Mr. Noman Akram

Assistant Technologist III, Instrumentation & Automation, MCR

Successfully completed BSc. Electrical Engineering with an outstanding CGPA from the University of Southern Punjab, Multan. He also secured a scholarship from the Pakistan Engineering Council (PEC) and served as a team lead for his final year project.



PARCO

PAK-ARAB REFINERY LIMITED

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