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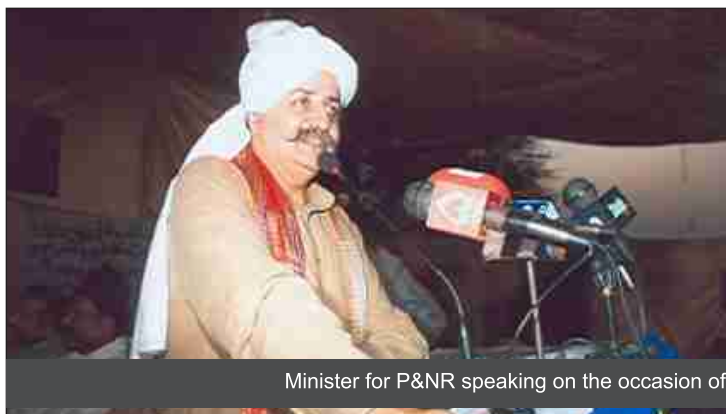
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THE FLAME

THE OFFICIAL MAGAZINE OF SUI SOUTHERN GAS COMPANY

Petroleum Minister inaugurates Tando Mohammad Khan gas supply project



Minister for P&NR speaking on the occasion of the inauguration of gas supply to Bulri Shah Karim



Syed Naveed Qamar, Federal Minister for Petroleum and Natural Resources has said that the Government is taking all practical steps to ensure an uninterrupted supply of natural gas to the people of Pakistan.

He said this on the occasion of the inauguration of gas supply to twenty-three villages of Bulri Shah Karim in District Tando Mohammad Khan. The Minister appreciated SSGC for proactively focusing on not just expanding the transmission and distribution network in Sindh and Balochistan but in regularly implementing gas load management plan in its franchise areas.

The Minister was accompanied by his son, Syed Qasim Naveed

Qamar and Syed Sharafat Shah, a close associate. SSGC was represented by Umair Khan, MD, SSGC, Mohammad Hashim, the then SGM (Distribution), now SGM(Transmission), Shaukat Baloch, GM (Sindh), Amiruddin Siddiqui, Regional Manager, Hyderabad and Abdul Rasheed Khanzada, Zonal Manager, Hyderabad.

The Minister unveiled the plaque on the occasion. The MD and SGM (D) explained to him the salient features of the project. The inauguration ceremony was attended by more than 1,500 people, including a large number of area citizens.

The project envisages construction of 105 km supply and distribution mains at a cost of Rs. 226.65 million. ■



MD, SSGC and SGM (T) with the Minister and other officials



SGM (T) explaining the project's salient features to the Minister

Highlights

- ❖ Barrage Colony project inaugurated 3
- ❖ Audit Committee-management talks 4
- ❖ FPCCI admires SSGC 5
- ❖ 16" dia overhead crossing replaced 7
- ❖ Online Bidding System makes its debut 8
- ❖ Aliya bags first prize 9
- ❖ Inside the dark world of cybercrime 11
- ❖ Diabetes Education 12

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Designed by Manhattan Leo Burnett

CM Sindh performs ground breaking in Khairpur District

Syed Qaim Ali Shah, Chief Minister, Sindh, recently performed the ground-breaking ceremony for the supply of gas to village Mohammad Soomar Mallah in District Khairpur. Mr. Manzoor Hussain Wassan, Provincial Minister for Works and Communications, Sindh and Mr. Nawab Ali Khan Wassan, MNA, were also present at the ceremony held on September 19, 2009.



Chief Minister, Sindh praying for the project's success with high ranking officials

The Chief Minister unveiled the plaque and joined other dignitaries, Company officials and citizens of District Khairpur in praying for the success of the project.

A large number of SSGC officials, including Nisar Ahmed Shaikh, DGM (SR), Sukkur, were present on the occasion.

Funded by the Government of Sindh, the project is being constructed at a cost of Rs. 5.32 million and envisages laying down of supply main of 6.7 km, 4" dia pipeline with a distribution network of 3 km with 1" dia pipeline. The Taping Point will be PRS Bozdar Wada. Over 70 households of the village will benefit from the scheme. A number of enroute villages will also benefit with the completion of the project. ■

Editor's Note



All set for 2010

Another year is drawing to a close. It has been a year of myriad challenges for the Company but like all true progressive organizations, we have successfully converted challenges into opportunities to innovate and excel. We all make New Year resolutions. This year, let us resolve to confront the Unaccounted for Gas (UFG) issue on war footing. UFG remains an achilles heel for the Company and tackling the menace is not only the responsibility of the transmission and distribution departments but of all departments and of each employee. The senior management is determined to wage an all-out war against UFG and we must rally behind it.

On a positive note, there is every reason to be upbeat about the Company's future. We remain committed to delivering sustained natural gas supplies while fervently implementing a gas load management plan. At the same time, we will remain focused on combining technology with a human touch to serve our customers better. That's our resolution for 2010 and we will stick to it. ■

Barrage Colony project inaugurated

The inauguration ceremony for the supply of gas to Barrage Colony in District Tando Mohammad Khan was performed by Syed Mohsin Shah Bukhari, Member, Provincial Assembly, Government of Sindh. The ceremony was held on October 10, 2009.

Syed Qasim Naveed Qamar, son of Mr. Naveed Qamar, Federal Minister for Petroleum and Natural Resources, was also present on the occasion.

SSGC was represented by Abdul Rasheed Khanzada, Chief Engineer/Zonal Manager, Hyderabad.

Syed Mohsin Shah Bukhari unveiled the plaque to inaugurate the supply of gas to Barrage Colony and prayed for the success of the project alongwith those present.

In his address, Syed Mohsin Shah Bukhari appreciated SSGC for taking all measures to expand distribution network across Sindh on a fast track basis.

Abdul Rasheed Khanzada explained to the MPA and other guests, the salient features of the project. ■



Syed M. S. Bukhari and Qasim N. Qamar praying for the project's success



Syed Mohsin Shah Bukhari flanked by Qasim Naveed Qamar

Rs. 6.46m Ubaro scheme unveiled



Mian Abdul Haque, MNA and DGM (Sukkur) pray for the project's success; MNA lighting up the symbolic torch



The inauguration ceremony for the supply of gas to District Ghotki's village Bashirabad of Taluka Ubaro was performed by Mian Abdul Haque alias Mian Mitha, MNA in October 2009.

The MNA unveiled the plaque and joined Nisar Ahmed Shaikh, DGM (SR), Sukkur, SSGC officials and other

guests in praying for the success of the gas supply project.

Funded by the PM Secretariat, the project is being constructed at a cost of Rs. 6.46 million and involves laying down supply main of 1.4 km and a distribution network of 2.67 km. More than 50 households stand to benefit from this project. ■

Gas for Pano Aqil villages

MPA performs ground-breaking ceremony



Ms. Rai Naz Bozdar, MPA unveiling the plaque

Sukkur, Nisar Ahmed Sheikh, DGM (SR) and Advocate Ghulam Qadir Sheikh were also present on the occasion.

The Rs. 5.15 million project entails constructing 876 meters of 4" dia supply main with Taping Point at SM of Hussain Kalwar village. The project also involves 2" dia (696 meters) and 1" dia distribution main.



Ms. Bozdar flanked by DGM (Sukkur) on the stage

The ground-breaking ceremony for the supply of gas to three villages of Taluka Pano Aqil of District Sukkur, namely, Umair Khan Arbani, Kaura Khan Panhvar and Mir Khan Sohu, was held on November 11, 2009.

The ceremony was performed by Ms. Rai Naz Bozdar, MPA, Sindh Assembly. Abdul Majeed Pathan, DCO



SSGC's Audit Committee of the Board of Directors with Mr. Yusuf J. Ansari, Company Secretary. (Not in picture: Mr. Arif Ibrahim)

Audit Committee-management discuss UFG

A meeting of the Company's Audit Committee of the Board of Directors and its senior management, with Unaccounted for Gas (UFG) on top of the agenda, was held on November 6, 2009.

The meeting was chaired by Nessar Ahmed, Chairman, Boards' Audit Committee. Other members of the Committee, including Directors Mr. Arif Ibrahim, Mr. Javaid B. Sheikh, Mr. Ayaz Dawood and Mr. Faisal Ahmed, also participated at the proceedings.

SSGC's senior management, including Mr. Umair Khan, MD, Mr. Azim Iqbal Siddiqui, DMD, Mr. Zuhair Siddiqui, SGM (MS), Captain (R) Mohammad Arif, SGM (CS), Mohammad Hashim, SGM (Transmission), Mr. Rahat Kamal Siddiqui, SGM (ES), Mr. Salim A. Mughal, the then SGM (Transmission), now SGM (Distribution) and Mr. I. M. Noorani, GM (Internal Audit), also took part in the discussion.

Chairman Audit Committee stressed on the need for reducing UFG which, in turn, would help to improve the Company's bottomline.

SGM (ES) gave a presentation on the progress of Engineering Services Division in controlling UFG. The then SGM (Transmission) and SGM (Distribution) also gave presentations about the contributions of their respective divisions in controlling UFG.

GM (IA) made a slide presentation on UFG in mmcf and mmbtu from July to September 2009.

Mr. Yusuf J. Ansari, Company Secretary, Mr. Shoaib Warsi, GM (O)-D SITE, Major (R) Mohammad Akhtar, GM (Billing), Mr. Mustafa Abdulla, GM (Measurement/MP), Mr. Nehal Ahsan, AGM (UFG), Syed Arsalan Iqbal, AGM (Finance) and Col. (R) Raashid Ahmed, ADGM (S&M) were among those who were present.

FPCCI admires SSGC's operational efficiency



FPCCI members sharing their views with Umair Khan, MD, SSGC during the meeting

SSGC is one public utility that has always solved industry's problems on topmost priority. This was the general consensus at the meeting of FPCCI Standing Committee for Natural Gas, held on November 4, 2009, at the Federation House, Karachi.

Mr. Umair Khan, MD, SSGC was invited as a special guest to talk on the prevailing natural gas situation in Sindh and Balochistan and the measures taken by the Company to ensure uninterrupted supply to the customers. Committee Chairman and Chairman CNG Dealers Association, Mr. Abdul Sami Khan headed the well-attended meeting.

Captain (R) Mohammad Arif, SGM (CS), Mr. Ijazuddin Faruqi, GM (CRD), Zeeba Alvi, GM (Sales), Major (R) Mohammad Akhtar, GM (Billing), Mr. Madni Siddiqui, Special Assistant to MD and S. Imran Ahmed, Manager, CCD accompanied the MD at the meeting.

The MD reiterated that the Company was determined to ensure that there was no load-shedding in its franchise areas of Sindh and Balochistan during the upcoming winter season.

He said that for all future planning related to gas

development schemes, stakeholders must be taken into confidence with the views of the industrialists be invariably noted and given due consideration.

Mr. Asghar Morawala, Chairman, Public Utilities Committee of FPCCI, felicitated Mr. Azim Iqbal Siddiqui, DMD, SSGC for always resolving the gas-related problems of the industrialists on priority basis. Former Chairman, FPCCI, S. M. Yahya, said that where other public utilities are beset by problems, SSGC has maintained a high level of operational efficiency.

The FPCCI members also praised Mr. Shoaib Warsi, GM (O) – D, for promptly addressing the complaints of the industrial customers. Captain (R) Mohammad Arif, SGM (CS) also addressed some of the gas-related queries raised by the representatives of the industry present.

The meeting was joined by Mr. Sultan Ahmed Chawla, President FPCCI and industrialist S. M. Muneer and a former President FPCCI, both of whom paid rich tributes to the SSGC management and executives for their unfaltering commitment towards providing gas to Sindh and Balochistan. Mr. Chawla also presented a memento and a gift of *ajrak* to the MD.



SSGC's senior management at the proceedings



FPCCI representatives presenting the MD with a memento

OGRA holds hearing on SSGC's petition



OGRA Chairman and members at the petition; a view of the Company management during the proceedings

SSGC submitted its revenue petition to the Oil and Gas Regulatory Authority (OGRA) on October 11, 2009 for increase in the Company's Estimated Revenue Requirement, due to the increase in cost of crude oil and HSFO in the international market and drift in the US\$-Pak Rupee exchange parity.

Following the petition, on November 11, 2009, OGRA held a public hearing, wherein the Company made its submissions, explaining the reasons for increase in Revenue Requirement of Rs. 29.57 per MMBTU, effective July 1, 2009.

Mr. Tauqir Sadiq, Chairman, OGRA, Syed Hadi Hasnain, Member (Gas), Mir Kamal Marri, Member (Finance) and Dr. M. Ilyas Fazil, Member (Oil) heard the petition.

The Company was represented by Mr. Azim Iqbal Siddiqui, DMD, Mr. Zuhair Siddiqui, SGM (MS), Mr. Rahat Kamal Siddiqui, SGM (ES), Mr. Mohammad Hashim, SGM (Distribution), Mr. Shahid H. Jafri, CFO, Mr. Yusuf J. Ansari, Company Secretary and Syed Fasihuddin Fawad, DGM (Regulatory Affairs).

Mr. Nessar Ahmed, Director, SSGC and Chairman Board's Audit Committee was also present, besides other concerned GMs and DGMs. DGM (RA) presented the case for SSGC through a multimedia presentation.

Interveners included Mr. Abdul Sami Khan,



Azim Iqbal Siddiqui, DMD



Fasiuddin Fawad, DGM (RA)



Abdul Sami Khan



Nisar Sheikhani

Chairman, CNG Dealers Association and representatives of industrial organizations, namely Mr. Shabbir Suleman of CNG Association, Dr. Qazi Ahmed Kamal, Mr. Arif Bilwani and Mr. Nisar Shekhani. They posed a number of queries to the petitioner about the financial, operational and technical aspects on the basis of which the Company had submitted its petition.



Nessar Ahmed, Director and DMD conferring with Member (Gas)

DMD and DGM (RA) replied deftly to the submissions of the industry representatives.

OGRA holds such hearings on every petition from SSGC so that it can accommodate views of the concerned parties and stakeholders.

In conclusion, Chairman OGRA reiterated that the Authority will scrutinize all the points laid down by the Company and the issues raised by stakeholders and will consequently take a decision on SSGC's petition. ■

Another feat by Karachi's Distribution Department

16" dia overhead crossing replaced on Lyari River

The 16" dia Karachi main was the first distribution supply main laid in Pakistan in 1956 for supplying gas to domestic customers for cooking and industrial utilization purposes. This 22.9-km pipeline started from Sales Meter Station (SMS) at Karachi Terminal on University Road and ended at KESC Thermal Power Station in West Wharf. Back then, the pipeline crossed storm water drainage at Gujjar Nala and Lyari River.

With the passage of time and due to strong sea breeze, pipeline supports as well as the overall pipe condition crossing through Lyari River was affected due to constant corrosion. As a result, the overhead section on Lyari River needed urgent replacement. Keeping in view the situation, the Karachi Distribution Department with the coordination and assistance of the P & C Department, decided to carry out this uphill technical task of replacing and relocating 230 meters overhead section of pipe crossing on newly-constructed piling supports at a greater height than the older crossing on the River. The job started on September 28, 2009 and was completed on October 26, 2009.

In-house resources of Karachi Distribution and P & C Departments were utilized by applying best engineering management practices that resulted in completion of the job in a very timely and cost-effective manner. ■



Pipeline segments being with help of through heavy equipment



Pipeline being slid over the newly-constructed pillars



Pipeline being laid on newly-constructed pillars; old pipeline visible on right



Technical crew performing welding job on the pipeline



Shoaib Warsi, GM (O) - Distribution visiting the site of the Crossing

Courtesy: Distribution Department, SITE

Awareness programme for defining system's objectives

Online Bidding System makes its debut

One Bidding System represents the latest development in the procurement process. SSGC has been quick to catch up with the developed world by enabling suppliers to avail the facility of Electronic Submission of Bids via internet through its official website.

The Company, in its constant endeavour for continuous advancement, is now ready to extend the use of e-commerce to facilitate its local and foreign suppliers. This would also eliminate the tiresome manual task of money collection and refunds.

SSGC is implementing the first e-procurement plan of its kind that allows conducting business electronically, using a common technological platform. This would facilitate our suppliers to participate in the bidding process globally via internet by availing the following features:

- Respond to request for quotations (RFQs)
- Create and submit quotations on real-time basis
- Monitor the status of their quotes
- Online discussions with the buyer
- Maintain transactions history
- Manage the RFQ-quoting process from start to end
- Submit and get refund of bid bond/earnest money electronically via Bank's integrated internet-based portal, directly through bank accounts.

Suppliers can leverage the powerful collaboration by using simple web browser at their own business offices. In addition, surrogate user counters will also be arranged at the Company's Head Office to facilitate the suppliers to upload their bids in the system without any fear of power breakdown.

In this regard, Materials Management Department conducted the first in a series of seminars on the new development, at the Head Office Auditorium, on November 3, 2009. A sizeable number of key suppliers were invited for this awareness session. Members of the senior management as well as managers and executives from the IT and Materials Management Departments were also present on the occasion.

In his opening address, Mr. Rahat Kamal Siddiqui, SGM (ES) briefly stated the salient features and encouraged participants to get maximum benefits from the facility being provided by the company.

Speaking on the occasion, Mr. Irfan Zafar, CTIO emphasized on the suppliers to update their present data to get maximum benefit from this latest facility.

While Mr. Khalid Hassan, Project Manager presented the vision, scope, and concept of the system, Mr. Mohammad Amjad, ERP Executive, gave a demo of the system. On the occasion, Mr. Zahir Zaidi, a UBL representative also made a presentation, highlighting the banking aspects of the system.

A panel consisting of Mr. Abdul Quddus, DGM (Procurement), Mir Shahid Ali, AGM (Treasury), Mr. Khalid Hassan, CM (IT) and UBL's Mr. Zahir Zaidi took questions from the participants. In the end, Mr. Aminullah Khan, GM (MM) thanked the honourable guests and added that training sessions will also be arranged for nominated representatives of the suppliers. Mr. Ziker Kapadia, Manager (MM) carried out duties as program comper in a befitting manner. ■

Courtesy: Materials Management Department



SGM (ES), GM (MM) and UBL's Zahir Zaidi speaking at the seminar

Monthly monetary incentive scheme

Aliya becomes October's top performer



(L to R): Ijazuddin Faruqi, GM (CRD) presenting certificates to Aliya-tuz-Zehra, Kaneez Fatima and Aqeel Saleem as Mumtaz Khozaima, DM (CRD) looks on

Starting from October 2009, the monthly monetary incentive scheme for top performing contact centre agents has been re-launched.

The evaluation is done using a fact-based balanced scorecard that measures agent's performance against established key performance indicators.

Typically, this includes agent productivity scores, quality scores, random customer satisfaction survey, reliability factors (attendance and punctuality), and work habits

(cooperation, attitude, interpersonal skills, etc.).

In October '09, Aliya-tuz-Zehra won the top prize by becoming the highest call receiver with 1,816 calls, with 2 customer appreciation calls.

The 2nd prize was won by Kaneez Fatima with 1,134 calls received, including 2 customer appreciation calls, while the 3rd prize was won by Aqeel Saleem of evening shift who received 1,087 calls.

Courtesy: Customer Relations Department

Training and Development

Turning communication into an art form

A very interesting talk on 'The Art of Effective Communication' was delivered by Abdul Jabbar Kasim, CEO of Pak Leasing Company Ltd. on November 4, 2009. Mr. Kasim emphasized the importance of skillful communication for effective business management. The presentation was organized by HR (OD) in coordination with Mr. I. M. Noorani, GM (Internal Audit), as part of its training and development objectives.

In his talk, Mr. Kasim stressed that the need for effective communication in today's ever-changing business world can hardly be over-emphasized. He underscored the point that personal and professional success is dependent on the quality of communication. Mr. Kasim gave instances of a number of successful politicians who through their choice



Abdul Jabbar Kasim delivering a lecture on effective communication

of words and phrases have won the hearts and minds of their people and constituencies. He referred to US President Barack Obama whose excellent oratory and use of such phrases as 'Yes, you can' helped him win the 2008 US Presidential elections.

Poor quality communication in your business can mean errors, confusion and inefficiency which translates into failing personal and financial goals, the speaker further stressed. ■

HSE organizes course on safe driving

A very pertinent Safe Driving Training course was recently conducted for the Company employees by the HSE Department on November 2, 2009 at the Head Office auditorium. Mr. Tanveer Gondal, Consultant and Trainer, Motor Concept Consultancy and Training (Pvt.) Ltd. (MMCT) gave a useful presentation about the benefits of safe driving.

At the onset, Mr. Gondal conducted a preliminary assessment test amongst the participants about safe driving. The results were far from perfect which actually meant that all drivers needed to be taught some basic lessons about safe driving. The trainer then went on to cover numerous vital aspects of safe driving with strong emphasis on the security of the driver, the pedestrians and the vehicle.

Mr. Gondal's lecture was interspersed with video clips that showed real-time fatal road accidents. The clips highlighted minor mistakes that a driver commits that can prove very costly. The trainer also distributed MMCT leaflets to the participants that listed down important tips about making plans for a safe journey.

Mr. Gondal shared with the participants, a number of safety tips that a driver must follow before taking on the



DGM (HSE) and MMCT Trainer addressing the audience

wheel, such as:

- Checking the condition of tyres
- Checking oil and water level
- Checking all the front and back lights
- Setting front and rear view mirrors
- Setting the driving seat in its proper position
- Fastening seat-belts
- Locking all the doors
- Religiously following traffic rules.

The trainer stressed that even if one of the above mentioned points were not followed, a serious road mishap was likely to occur. He also pointed out that routine vehicle check-up was extremely important. At the end of the training session, Mr. Gondal again conducted the assessment test to check the knowledge level of participants about safe driving. This time, the response was positive. Dr. Ijaz Ahmed, DGM, HSE thanked the trainer for an healthy discourse. ■

Courtesy: Nooruddin Sheikh, Acting Chief Manager (S & Tr.)

GTI holds MS Excel Course

GTI organized a 3-day MS Excel 2007 Course from November 11 to 13, 2009. Syed Irtaza Raza, IT Trainer at GTI supervised the course which was attended by thirteen participants. ■



Syed Irtaza Raza conducting the Course; participants seen here with their certificates

Courtesy: Syed Irtaza Raza, IT Trainer, GTI

Barrister Jamil on legislation against cyber criminals

Inside the dark world of cybercrime

It is arguably one of today's most notorious crimes and despite legislations to curb it, cybercrime remains a growing menace worldwide, including Pakistan. In the 22nd edition of the Distinguished Speakers Series held on November 24, 2009, Barrister Zahid Jamil, a renowned IT law expert talked about the dark and murky world of cyber stalking, cyber terrorism, fake websites and spamming. The Barrister discussed the contents of Electronic Transactions Ordinance (ETO), 2002, the offences that come under its ambit and some of its loopholes that needed review.

The talk was well-attended by the Company executives and and several invited guests.

Barrister Jamil talked about the Budapest Convention signed in 2001 that has specific sections including data damage and system damage which, he said, should have been a part of ETO. He also dilated from the legal point of view, different aspects of Branchless Banking which is all the rage in Pakistan. The Barrister informed the audience about cyber terrorism which is defined as "the premeditated use of disruptive activities, or the threat thereof, against computers and/or networks, with the intention to cause harm ...". He pointed out that googling anything that has to do with, say, weapons of mass destruction, comes under the purview of cyber terrorism.

A very interesting feature of Barrister Jamil's presentation was a slide show that displayed websites with URLs similar to genuine ones. His simple advice was, "never get fooled by the near genuineness of these sites and don't share useful personal data with them."

A lively Q & A session followed the presentation.

Earlier, in his welcome address, Rahat K a m a l Siddiqui, SGM (ES) pointed out that the online bidding latest in the series of e-plans devised by the procurement Company to allow suppliers to conduct business professionally. He also presented a memento and Company souvenirs to Barrister Jamil.



He also presented a memento and Company souvenirs to Barrister Jamil.

In his vote of thanks, I. M. Noorani, GM (Internal Audit) felicitated Barrister Jamil for an informative discourse. ■



Rahat K. Siddiqui, SGM (ES) presenting a memento to Barrister Jamil



SGM (ES), GM (IA) presenting their welcome address and vote of thanks



Ms. Jehan Ara, President, PASHA presenting a gift to Shakeel Bukhari, DGM (Meas.), the lucky draw winner



Barrister Jamil with CCD's Salman A. Siddiqui, DCM and Master of Ceremony S. Imran Ahmed, Manager



Audience listening to Barrister Jamil's talk with rapt attention

Medical Services initiate Diabetes Education Management Programme



Dr. Shehla Naqvi explaining to the Company employees various features of diabetes

The Medical Services Department has started a new exercise by the name of Diabetes Self-Management Education to apprise the employees of the Company about its causes, types, symptoms, diagnosis, and prevention. The Day 1 of the Programme was held on November 18, 2009. Dr. Shehla Naqvi, CMO conducted the session along with some of the senior Company doctors including Dr. Munawar Hyat, DCMO and Dr. Quratulain, Consultant Physician. In the audience were those employees who had diverse diabetic problems.

Dr. Naqvi underscored the point that Diabetes Mellitus is a common, chronic and controllable medical condition that affects 1 in every 16 persons. It may be a lifelong condition but a patient through good management can overcome it, she said. Dr. Naqvi emphasized that medical emphasis must necessarily be on managing and avoiding possible short and long-term diabetes-related problems. There is an exceptionally important role for patient education, dietetic support, sensible exercise and self monitoring of blood glucose, with the goal of keeping both short-term and long-term blood glucose levels within acceptable bounds, she stressed.



Dr. Quratulain explaining symptoms of disease through a mannequin; providing tips to the audience



The CMO also discussed Type-1 and Type-2 of the disease. Type-1 Diabetes occurs when the insulin producing cell in the pancreas are destroyed. The most likely cause is an abnormal reaction of the body to the cells which may be triggered by a viral or other infection. In Type-2 Diabetes, obesity and lack of exercise in a genetically predisposed person leads to failure of insulin to act efficiently in the tissues. The pancreas is burdened and is unable to meet the excessive demand of insulin. Type-2 Diabetes develops slowly and the symptoms are usually less severe. Some people may not notice any symptoms at all and the diabetes is picked up on a routine medical check-up.

Dr. Naqvi also dilated on some of the symptoms of the disease which includes increased thirst, passing lots of urine, extreme tiredness, weight loss without effort, genital itching and blurred vision. The doctor emphasized that a right approach, which includes education and disciplining oneself, can help combat the disease.

Dr. Quratulain also explained the symptoms with the help of a mannequin. She explained the benefits of the Diabetes Control Handheld Record Book that the patient can use for monitoring purposes. ■

Learned panel discuss workplace sanity

Mental illness is a universal health problem with more than 200 million people diagnosed with at least one psychiatric illness worldwide.

As part of its continuous efforts to educate the Company employees about myriad illnesses and diseases, the Medical Services Department organized a very relevant awareness program entitled 'Sanity in the Workplace' on November 13, 2009.

An elite panel of medical professionals and doctors comprising the guest speaker Dr. Baqar Raza, Consultant Psychiatrist, Abbasi Shaheed Hospital and KMDC, Dr. Amanat Mohsin, Consultant Psychiatrist, and Ms. Atiya Naqvi, Clinical Counsellor, discussed different aspects of mental illnesses, especially with regard to maintaining workplace sanity.

Dr. Baqar said that both managers and employees can preserve their sanity and productivity by managing workplace conflicts effectively to reduce interruptions in workplace and gain a more productive work environment.

He said that we as a nation are going through a depression phase but by taking some practical measures, we can come out of despair and gloominess and improve our workplace efficiency.

The speakers were unanimous in pointing out that maintaining a healthy work-life balance



Dr. Amanat Mohsin



Dr. Baqar Raza



Ms. Atiya Naqvi



Dr. Shehla Naqvi

will help to alleviate workplace stress. By exuding a positive attitude, whenever possible, helps to overcome a variety of difficult office situations, the speakers stressed.

They said that managers have a tremendous opportunity to set the tone, and, if people can rely on their professionalism, they will be less worried and more committed towards contributing to a positive work environment.

An important feature of the seminar was a very interesting panel discussion in which the speakers took questions from the audience. The panelists interspersed their talk with real-life examples and case studies.

In conclusion, Rahat Kamal Siddiqui, SGM (ES) presented gifts and bouquets to the learned speakers. In his remarks, SGM (ES) termed the seminar an extremely interesting discourse and hoped that the audience will apply some useful tips that they had gained from the talk, in their professional lives.

Earlier, Dr. Shehla Naqvi, CMO, spoke about the aims and objectives of holding the program.

The award for the 'Best Question', as chosen by the panelists, was given to Mr. Jahanzeb, Engineer, Civil Works, Administrative Services Department.

The programme was conducted by Dr. Tehmina Siddiqui, Physician Consultant at SSGC. ■



SGM (ES) presenting a bouquet to Dr. Amanat Mohsin



Panel of expert speakers with SSGC officials

Nazimabad CFC



(L to R): Uzma Saher, Shakeel Ahmed, Muhammad Zafar Arshad (Zonal Manager Nazimabad) and Muhammad Ayub

Malik Fateh, Incharge CFC Nazimabad not in picture

Back Row: Muhammad Faisal

Vital information

Daily turnover of domestic and commercial customers is 250 to 350 and 20 to 50, respectively. Total number of employees are 5 (1 executive, 1 staff and 3 casuals).

Nazimabad Billing Zone



Standing in Front Row (L to R): Syed Akhtar Ali, Syed Ghulam Hussain (Dy. Manager), Zafar Arshad (Zonal Manager), Asadullah and Maqsood Ahmed

Standing in Back Row (L to R): Muhammad Faisal, Muhammad Ayub, S. Jamal Yusuf (Manager), Aslam Noor Ali, S. Muhammad Tariq (Manager) and Afzal Ullah

Vital information

The Zone caters to around 90,000 domestic and commercial customers. On average, 50 to 60 domestic and 10 to 15 commercial customers visit the facility every day. In all, the facility has 22 employees (4 executives, 17 staff and 1 casual).

Defence CFC



(L to R): Kamran Afzal, Zafar Qureshi, Niaz Ahmed Abbasi and S. M. Javed Raza

Vital information

Daily turnover of domestic and commercial customers is 100 to 150 and 10 to 20, respectively. In all, the facility has 4 employees (1 executive and 3 casuals).

Defence Billing Zone



Sitting (L to R): Ali Hassan Baloch, Abbas Waris Nanji, CM (Billing) - visitor, Tufail Ahmed Butt (Zonal Manager) and Saifuddin Tunio

Standing in Back Row (L to R): Asif Saleem, Khusheed Bangash, S. Qadir Shah, Anees Ahmed, Afzal Ghaffar, Malik Zafar Iqbal, Ali Asghar and Malik Ghulam Murtaza

Vital information

The Zone caters to around 98,000 domestic and commercial customers. On average, 50 to 80 domestic and 10 to 15 commercial customers visit the facility every day. In all, the facility has 25 employees (3 executives, 17 staff and 5 casuals).

World Cup Hockey 2010 Qualifiers

Veteran SSGC players
contribute to Pakistan's win

Shakeel Abbasi

Three Pakistan Hockey and SSGC veterans Shakeel Abbasi, Abbas Haider and Sajjad Anwar featured in the national squad that booked its place for next year's World Cup Championship to be held in New Delhi.

In the final of the Qualifiers, Pakistan beat Japan 3-1 on November 8, 2009 in Lille, France in an impressive display of hockey.



Abbas Haider

25-year old Shakeel Abbasi who is also the former national captain has been playing professional hockey for the last eight years. Abbas Haider, 20, has represented both the junior and senior national sides since debuting in 2003. Both play in the forward positions and were also in the 2008 Beijing Olympics squad.



Sajjad Anwar

Half-back Sajjad Anwar has been representing SSGC and Pakistan since 2006. ■

11th South Asian Games

Going for Gold – SSGC
cyclists ready for Dhaka

Five SSGC cyclists have been selected to represent Pakistan in the 11th South Asian Games.

The Games will be held in Dhaka, Bangladesh, from January 29 to February 9, 2010.

Naimat Ali, Sabir Ali, Siddique Masih, Nisar Ahmed and Asif Baloch, who have won numerous laurels for both SSGC and Pakistan in the past, were selected after a trial organized by Pakistan Cycling Federation (PCF) in Lahore on November 1, 2009.

These riders will now proceed to Islamabad where they will undergo further training for two months in a PCF-organized training camp. They will then leave for Dhaka where they will compete with Asia's best. ■



Naimat Ali



Sabir Ali



Siddique Masih

Human Resources

Noor Jahan d/o Tariq Ali Soomro, Asst. Manager, SITE (Stores) secured 1st Position in her Class II examination from F. M. Public Secondary School, Gulistan-e-Jauhar, Karachi. She also secured the highest percentage (98.4%) in her school.



Zain-ul-Abideen s/o Tariq Ali Soomro, Asst. Manager, SITE (Stores) secured 1st position (97.7% marks) in his Class I examination from F. M. Public Secondary School, Gulistan-e-Jauhar, Karachi.



Eman Fatima d/o Tariq Ali Soomro, Asst. Manager, SITE (Stores) secured 2nd position (99.1% marks) in her KG Junior Class from F. M. Public Secondary School, Gulistan-e-Jauhar, Karachi.



Kashf-ul-Duja s/o Fazal Wahab, Executive, CRD, Head Office secured A plus grade (96.8%) in his Class 1 mid-term examination from Jinnah Public School, Greentown, Karachi.

Note: Profiles of only those employees' children who attain 80% or more marks (or their equivalent) will be published on this page.

Noise Pollution – The Silent Killer

2009 is the National Year of Environment. The theme for December is, "Don't Irritate, Stop Noise Pollution".

Sound and Noise

Sound is the principal way of communication, enabling us to pass our ideas, opinion, thoughts and feelings to others. Our own Head Office building is a good example because calm and soft sound has a cheering effect and helps in reducing tension in people. It is also noted that sounds having smooth and regular patterns provide pleasure while irregular pattern changes result in "NOISE". Noise is an unwanted sound that affects people physically and physiologically and makes it hard for them to relax or think properly and, in fact, makes them irritable and bad tempered.

Causes of Noise

There are various causes and types of noise that make the environment polluted. Some major sources of noise pollution are:

Transportation

- ✦ Noise from road traffic
- ✦ Railway noise
- ✦ Airplane noise
- ✦ Construction

Population

Rapidly growing worldwide population is another cause of noise pollution. To fulfill their needs, industries, transportation, houses, infrastructure and similar other means are required, all of which become a source of noise.

Migration

Another major cause of noise pollution is the migration of rural population to urban cities to seek better education, employment and living standards, which increases the burden on urban cities.

Wars

Sounds of gun fire, missiles, tanks, bomb blasts and bombardment from fighter planes ruin cities, paralyze civilian life and damage the environment.

Effects of Noise

i) On Humans

The most significant adverse effect of noise pollution is hearing loss which is permanent and irreversible. People who are exposed to noise pollution may experience antagonism, panic attacks, high blood pressure, hearing

loss and high stress level. Its effects are both health and behavioural in nature. The intensity of sound is measured in decibel units (dB). The permissible intensity of sound for human beings is 60 to 65 dB. But after a survey of different locations of Karachi including M. A. Jinnah Road, Merewether Tower and Empress Market, the sound measured was 90 to 93 dB, which is much more than the permissible limit for human beings and enough to cause permanent hearing loss.

ii) On Animals

The most significant impact of noise on animal life is the systematic reduction of natural habitat, which, in case, of endangered species may lead to extinction.

iii) On Plants

Noise affects the plant life process. According to research, plants are similar to human beings and are equally sensitive. Hence noise pollution causes poor crop quality.

iv) On Buildings

Loud noise is very dangerous for buildings, bridges and monuments. It creates waves which weaken the structure of buildings.

Noise Control

To combat an unhealthy, noisy and irritating environment and to provide relief to the people, it is up to every individual to respect others to cut the loud destructive noise. Below are some simple and easy ways to prevent noise pollution;

- Reducing noise at its source
- Keeping our cell phones on low ringing sound
- Putting TV at low volume
- Providing insulated enclosures at work places to increase efficiency, concentration and productivity
- Building airfields and noisy factories away from residential areas
- Using technology to build noise barriers and creating new traffic patterns to route noisy traffic out of polluted areas.

Above all, to control noise pollution, there is a need for devising rules and regulations and ensuring strict implementation through constant education and awareness.

Remember that noise is a 'SILENT KILLER'. ■

Courtesy: Feroz Akhtar, Dy . Chief Engineer (Civil Works-AS)



Russia appeals to EU to prevent gas crisis

A senior Russian official appealed in November for the European Union to enact "preemptive measures" to prevent another gas crisis in Ukraine this winter.

"We call for the European Union to actively join in a package of preemptive measures, including financial assistance, to ensure uninterrupted transit of energy resources through Ukraine," said Vladimir Chizhov, Russia's EU envoy.

Russian Prime Minister Vladimir Putin fired a fresh warning shot at Ukraine, saying Moscow would cut supplies should Kiev attempt to remove Russian gas from its pipelines without paying for it.

Chizhov said Ukraine was dragging its feet on liberalising its gas market and was unlikely to meet International Monetary Fund demands to increase domestic tariffs any time soon.

He said Ukraine has gas reserves stored underground that



are almost as large as the total reserves of all EU countries combined, but questioned whether Kiev would use them to ensure uninterrupted transit to Europe.

"Either this will be used in the interests of transit, or it will be used in the interests of satisfying its own demand, at the expense of transit," Chizhov said. "This is the key question and it is primarily political."

Many factories in Ukraine are notoriously energy-inefficient and rely heavily on natural gas to function. ■

Yemen sends its first LNG shipment to S. Korea

Seeks to soothe security concerns

Yemen dispatched its first liquefied natural gas (LNG) shipment in early November from a \$4.5 billion Total-led plant for South Korea, as the leader of the violence-torn country sought to soothe security concerns.

The first shipment left the export terminal at Belhaf aboard a Korean tanker, carrying around 149,000 cubic metres of LNG.

"These strategic projects need security, safety and stability," President Ali Abdullah Saleh said at the inauguration,



adding Yemen would continue fighting the rebel uprising currently raging in the country's north "to the end".

The launch came as Saudi Arabia was carrying out air strikes on insurgents in Yemen's north after rebels made a cross border raid in November.

For Yemen the LNG plant is its largest industrial project. The exports will help offset the impact of rapidly falling oil output on state revenues and help boost growth. ■

Transitions

- Aslam Faiq, DGM (IT) lost his sister in November 2009.
- Zameer Hussain, Meter Reader, CRD passed away in October 2009.
- Jan Mohammad Baloch, former Vice-President, CBA breathed his last in October 2009. (See here pictures of his *fateha khawani*)



MD's birthday celebrated



On November 24, 2009, Umair Khan, MD, SSGC was given a pleasant surprise by his Secretariat with a birthday cake as SGMs, Madni Siddiqui, his Special Assistant, MD Office personnel, Salman A. Siddiqui, DCM (CCD) and other staff join in to celebrate

Haj felicitations to DMD



Corporate Communications team felicitated Azim Iqbal Siddiqui, DMD on the occasion of latter's departure to Makkah for performing Haj. Zuhair Siddiqui, SGM (MS) is seen here presenting a memento and a bouquet to the DMD

TPL presentation to senior management



Jameel Yusuf, Chairman Trakker (Pvt.) Ltd. (TPL) giving a presentation about his Company's services to the MD and SSGC's senior management in November 2009

Lunch for CBA office-bearers



CBA office-bearers speaking on the occasion of a luncheon given by the Temporary Assignees in their honour at Karachi Terminal in November 2009

President PLU in Sui



Ejaz Baloch, President, Peoples Labour Union (PLU), CBA during his visit to Sui in October 2009 where he met Abdul Hafeez Bugti, Incharge Sui and ensured the unionized staff of full CBA support in addressing their problems

Installing CP station



Naim M. Sheikh, DCE (CP) and Sikandar Ali Somo, E (CP) installing CP station at Baldia Colony, Hyderabad for checking current requirement and PSP record on Distribution network

A special gift for PLU president



Mohammad Ali Malik presenting a clock designed in honour of Mohtarma Benazir Bhutto Shaheed to President PLU (CBA) on behalf of KESC's PLU

THE
FLAME *Life***Five reasons to get moving****1. More energy**

Exercise will make you feel more energetic. When scientists at the University of New Orleans asked 42 volunteers to assess their mood before and after a 50-minute

aerobics class,

most of them said they felt less tense and less tired after breaking a sweat. Exercise boosts a hormone that increases energy. And it doesn't take more than a few workouts before strength and the lungs' capacity to provide oxygen to working muscles improve, increasing stamina - which is enough to make anyone feel more energetic.

2. Less stress

Exercise enhances the flow of brain chemicals, such as serotonin, that are related to positive mood.

3. A sharper mind

Exercise can even spark creativity. Researchers at England's Middlesex University tested creative thinking in a group of 63 volunteers - once after they'd done an aerobic workout and once after they'd sat around watching a video. After the workout, volunteers in the experiment felt more positive and scored higher on creativity.

4. Healthier arteries

Physical activity boosts levels of high-density lipoproteins, or HDL, the so-called good cholesterol, by as much as 20 percent. HDL helps rid the body of low-density lipoproteins, or LDL, the artery-clogging kind.

5. Better defences

The moment you begin exercising, your heart starts pounding and your blood pressure surges, sweeping disease-fighting immune cells out into the blood, where they're able to detect troublemakers like cold or flu viruses. ■

Source: msn.com

Making hiccups go away

In most cases, hiccups seem to serve no purpose and go away on their own, usually after 30 or more hiccups. Any of the following may cause a short bout of hiccups:

■ An overly full stomach (due to too much food or too much air in the stomach)

- Sudden changes in temperature—either outside your body or internally
- Smoking cigarettes
- Excitement, stress or other heightened emotions.

Of the many, many purported ways to get rid of hiccups, here are a few:

- Stimulating the nasopharynx, or the uppermost region of the throat, by pulling on your tongue; swallowing granulated sugar; gargling with water; sipping ice water; drinking from the far side of a glass; or biting on a lemon
- Stimulating the skin that covers the spinal nerves near the neck by tapping or rubbing the back of the neck
- Stimulating the pharynx, or back of the throat, by gently poking it with a long cotton swab
- Interrupting your normal respiratory cycle by holding your breath, breathing into a paper bag (which increases the amount of carbon dioxide you inhale), gasping in fright, or pulling your knees up to chest and leaning forward
- Distracting your mind from the fact that you're hiccuping. ■

Source: msn.com