

THE FLAME

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The Official Magazine of Sui Southern Gas Company

SSGC participates in 7th Asia Gas Partnership Summit



DMD (CS) represented SSGC

Zuhair Siddiqui, DMD (Customer Services) represented SSGC in the 7th Asia Gas Partnership Summit (AGPS) held in New Delhi on March 23-24, 2012. Leading the Pakistani delegation were Muhammad Ejaz Chaudry, Federal Secretary, Ministry of Petroleum and Natural Resources. Billed as India's biennial flagship event for the natural gas industry, the Summit



Federal Secretary meeting his Indian counterpart

was inaugurated by Prime Minister of India, Mr. Manmohan Singh. The theme of the Summit was 'Evolving Dynamics of the Asian Gas Market: Challenges of Sourcing, Integration and Sustainability'.

The Summit gave an opportunity to the Pakistani delegates to listen to a plethora of leading international energy experts and exchange

views with them and other delegates on present gas scenario. Talking on the sidelines of AGPS, the Federal Secretary said that the Government is expected to bring out a notification next month allowing import of petroleum products from India. The Secretary also discussed the progress of TAPI pipeline project with his Indian counterpart GC Chaturvedi. ■



Indian Prime Minister inaugurating the Summit



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Notice Board

Book Review is the latest addition in *The Flame*. If you want an interesting new addition do suggest to us at flame@ssgc.com.pk

Editor's Note

Treat with Caution

Inarguably internet is a seemingly endless reservoir for information. There must be thousands of websites giving health tips aimed at either creating awareness about diverse medical conditions or advising you on following a particular exercise regimen. Some even go to the extent of suggesting 'guaranteed' treatment for the ailments. Others suggest weight reduction plan by following some mandatory steps. They may actually work but not for everyone. Those with peculiar medical conditions are advised to consult their physicians before blindly enforcing the outlined plan. The Flame regularly publishes health and lifestyle tips for our readers but at the same time advises its readers to consult their doctors before practically enforcing them.

On the other hand, one of our new features, 'From the Shelf - Book Review' section is slowly but surely catching up with our readers. Two books have been reviewed in this month. Through regular contributions, our readers-cum-reviewers will not only find their names in the magazine but contribute in developing a book culture.



Going full throttle towards reducing UFG

Unaccounted for Gas (UFG) or gas losses is a Company-wide issue. It not only affects our financial bottomline but line losses put pressure on the country's already depleted gas resources. SSGC is faced with a grave UFG situation which requires a focused approach from all concerned departments, be they Surveillance and Monitoring (S&M), Customer Relations Department or UFG Cell.

Fortunately all these departments are mindful of the fact that it takes a single minded approach to take UFG head on. The last several months have seen intensification in their efforts to identify the causes and bring UFG down appreciably. Let us look at some of the efforts taken by our concerned departments in their quest to reduce UFG.

Task Force comes hard against Mehran Town gas thieves

For the second time in as many months, the CRD Task Force, with the coordination of Security Services, DSM and local police raided those houses located in Mehran Town Industrial Area in Korangi, which were involved in illegal use and theft of gas. The raid was conducted on March 2, 2012. The disconnection exercise



was led by Amir Mumtaz Khan, GM (Customer Relations) who was present on the site during the raid. The Task Force dismantled connections in about 2,000 houses which were using illegal / unauthorized / unmetered gas through rubber pipes on line pressure by attaching plastic pipe network with supply main. The Force utilized all available resources at its disposal to remove illegal network and plug in unauthorized connections.

Since certain mafia groups are backing such illegal activities, the Task Force sought the cooperation of the Company's own Security Services Department and area police in conducting the raid.

A huge quantity of rubber pipes alongwith the burner used for commercial purposes were seized during the exercise and displayed near the Head Office Emergency Exit Gate. The raid caught the media attention as a local news channel arrived at the Head Office on the very day to interview GM (Customer Relations).

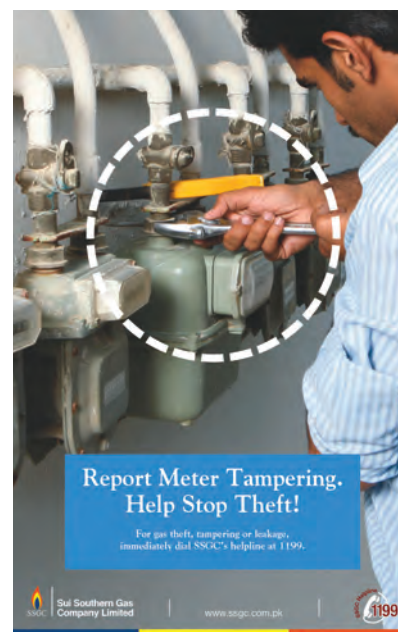
Later Azim Iqbal Siddiqui, MD, SSGC, accompanied by Zuhair Siddiqui, DMD (CS) and Irfan Zafar, CTIO inspected the displayed pipes and instructed the teams involved to revisit the site again to observe signs of illegal connections. The MD congratulated GM (CR), Abdul Razzak, CM (CR Task Force), Malik Javed Hamoka, CM (CR), Qadeer Ahmed, DCM (CR), Task Force team members, DSM and Security Services for once again making a concerted effort against gas theft.

Courtesy: Abdul Razzak, CM (CR-TF)

Quetta's Emergency Team takes action against direct gas use

In accordance with the directives of Haroon Rasheed, ADGM (Distribution) - Balochistan Region, the emergency team of the Maintenance Department, led by M. Anwar Baloch, Zonal Manager (Quetta) proceeded to Secretary Welfare Board Colony located on Eastern bypass on February 18, 2012 for conducting a dismantling exercise on illegal connections.

At the site, the team found that the 63 mm PE pipe sub-distribution line was punctured by the consumers using 3/4" dia fixed





clamp and illegal rubber and PVC pipe and extended for approximately 300 feet, providing illegal gas supply to about fifteen houses in the Colony. The Emergency Team recovered these rubber pipes.

Courtesy: M. Anwar Baloch, ZM (Q)

Crime and Punishment - Informing through media

With the passing of the legislation by National Assembly and Senate which has declared gas theft as a crime subjecting the perpetrator to heavy fines and jail term, the Company's Corporate Communication Department too has played a proactive role in devising a media plan to project



this latest development. Historically print advertisements have been designed and projected to create awareness about the demerits of theft and meter tampering. Now with the passing of Criminal Law (Amendment) Act 2011, the advertisements emphatically stresses that gas theft is a major crime and to further underscore the point, they provide details of



the scope of the crimes. Tri-lingual posters have also been displayed in Customer Facilitation Centres throughout SSGC's franchise areas.

There is a dire need to rise against the scourge of UFG since SSGC needs the concerted efforts of its people now more than any time in the past. Hence the recent intensity in the Company's efforts.

GAS THEFT ... A BIG CRIME

Gas theft is a crime under Criminal Procedure Code law 2011. As per the law:

- Tampering with distribution lines by any individual will make him liable to:
 - Imprisonment of ten years or
 - Fine of Rs. 3,000,000 or both
- Domestic consumers found tampering with the meter / unauthorized distribution of gas will be liable to:
 - Imprisonment of six months or
 - Fine of Rs. 100,000 or both
- Industrial and commercial consumers found tampering with the meter / unauthorized distribution of gas will be liable to:
 - Imprisonment of ten years or
 - Fine of Rs. 5,000,000 or both

STOP STEALING GAS AND AVOID CRIMINAL ACTION

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Let us endeavor to eliminate theft, increase sales, plug leakages through improved maintenance and in doing so bring our company back to pinnacle. At the same time our customers too need to rise to the challenge and join us in this war. ■



GIS Application successfully upgraded to ArcGIS Server 10.0

SSGC's completely in-house Geographic Information System (GIS) Application for Karachi region has been successfully upgraded from ESRI ArcGIS Server Version 9.3 (SP1) to 10.0 (SP3). By implementing this application totally in-house instead of seeking outside consultants, the Company's IT Department has helped save a few hundred thousand dollars. Following new functionalities have also been added in the application:

1. Export map into PDF, TIFF, JPEG, PNG, BMP, GIF, EPS and AI formats using Advance Printing menu.
2. Design map with custom Title, Date, Reference Number, Scale, and North Arrow for A4 and A3 size printing using the same Advance Printing menu.
3. Find desired Street, Road, Block, Sector, Phase, Locality etc.
4. Go to desired Location using GPS Coordinates.
5. Browse seamless map at various i.e from 1:200,000 to

1:500 scale (for example, 1 inch = 500 inches or 1 cm = 500 cm).

The web application can be accessed by all users at designated web links.

It must be mentioned here that thanks to IT Department's superlative efforts, SSGC has already been internationally recognized for excellence in the field of GIS with a Special Achievement Award conferred to it in 2006 and 2008 by USA's ESRI, out of more than 100,000 organizations worldwide. Since then the Company has gone from strength to strength in developing an integrated GIS in-house by using satellite data obtained from SUPARCO at a resolution of 2.5 meters as base map, while digitalizing and vectorizing is done to produce seamlessly integrated pictures of the pipeline network. GIS helps in better routing, maintenance, risk assessment, emergency response and terrain detection as well.

Irfan Zafar, CTIO and his GIS team led by Dr. Syed Ali Naqi, CM (GIS) must be complimented for the brilliant effort. ■



Valiant Khalid Mahmood conferred with 'Tamgha-e-Imtiaz'



SSGC's brave son Khalid Mahmood Malik, Chief Manager (Customer Relations) Quetta was posthumously decorated with Tamgha-e-Imtiaz, one of Pakistan's highest civil awards, on March 23, 2012, to honour his yeoman services for the country and the Company he represented. Mr. Malik was brutally gunned down in Quetta on April 5, 2010 while he was leaving his home for office.

Nawab Zulfiqar Ali Magsi,

Governor Balochistan presented the Award to Mr. Malik's wife and son, on behalf of the President of Pakistan at the investiture ceremony held at the Governor House, Quetta.



Foreign firm gives presentation on developing LPG infrastructure



Marine, off-shore and engineering consultants Global Maritime gave a presentation to SSGC management on the services it can provide to the Company in the areas of improving and modifying the LPG infrastructure.

Through the presentation, held on March 29, 2012 at SSGC Head Office, Tim Lewis, Manager, Global Maritime and his team dilated on providing several layout options including modifying the existing LPG jetty to allow LNG import, construction of FSRU and import of



LNG vessels, subsea pipeline and dredging of channels.

The meeting was chaired by Azim Iqbal Siddiqui, MD, SSGC and Chairman, SSGC LPG (Pvt) Ltd., Zuhair Siddiqui, DMD (CS) and MD, SSGC LPG (Pvt) Ltd., Rahat Kamal



Siddiqui, SGM (Projects), Malik Usman, COO, SSGC LPG, participated in the presentation. They raised a number of queries with relation to the proposal.

LPG Consultant Abbas Bilgrami and PQA officers were also present. ■

Demonstration of a different kind! Balochistan residents thank SSGC for resolving low pressure problem

Word 'demonstration' has somehow become associated with a group of people jointly protesting against an issue or an organization. However in the morning of February 24, 2012, the management and employees of Regional Office (RO) Quetta were pleasantly surprised to see a demonstration of a totally different kind. Some 60 to 70 enthusiastic residents holding banners in their hands converged in front of the RO and raised slogans in favour of the Company and appreciated its management and employees for resolving the low gas pressure problem in their villages or killis, as they are locally called.

The residents belonged to Killis Kamalo, Goharabad, Jadia Mian Khan, Sabirabad, Baro, Uzbek, Sarda and Langov. Some of the slogans inscribed in Urdu on the banners and posters were, 'Congratulations Regional Office management', 'SSGC management Zindabad' and 'Thank you SSGC for resolving low pressure problem'.



Senior RO members including Agha Mohammad Baloch, CE (P&D), Rafique Baloch, RM (Quetta), M. Anwar Baloch, Zonal Manager (Quetta), Senior Engineers Farid Kakar and Tahir Achakzai, Lt. Col. (R) Muhammad Saeed Arshad, CM (SS) and Abdul Rahman, Executive (Security Services) welcomed the residents of the killis and thanked them for their appreciable response.

Delivering an impromptu speech to the peaceful demonstrators, CE (P&D) thanked them for this unique

gesture and advised those present to use gas with caution, take extra care of their meters and refrain from getting involved in gas theft. The CE advised the residents to report cases of gas theft to the Company management and concerned departments so that the UFG problem can be countered with the passage of time. The residents of the killis promised to continue to use gas judiciously. ■

Courtesy: Lt. Col (R) Muhammad Saeed Arshad, CM (SS)

SSGOA holds Annual Function in Sukkur



Sui Southern Gas Officers' Association (SSGOA) arranged its Annual Function for the executives of Sukkur Region on March 3, 2012. The Function was held at Sukkur's Red Carpet Hotel.

Mr. Nisar Ahmed Shaikh, AGM (D)-Upper Sindh was the chief guest on the occasion. Mr. Rajab Ali Jalbani, Regional Secretary, SSGOA Sukkur made a welcome speech. Later, the gathering was



addressed by Mr. Shahabuddin Siddiqui, General Secretary, Mr. Irfan Ali Jafri, Vice President, SSGOA and Mr. Shahbaz Islam, DGM (HR).

The speakers narrated the achievements they made during their tenure and also updated the guests about future strategies for the benefits of executives.

In his keynote address, AGM (D)



Upper Sindh congratulated SSGOA for organizing an impressive function for the executives of Sukkur Region.

After a sumptuous dinner, famous singer Sanam Marvi entertained the audience with some melodious songs. The function continued till late into the night.

The function was compered by Mr. Irfan Ali Jafri. ■



Annual Function comes to Quetta



SSGOA recently organized its Annual Function for the executives of Balochistan Region. The Function, which was held on March 6, 2012 at Quetta's Serena Hotel, was hugely attended by officers of different cadres, who are posted in facilities across the province.

Mr. Haroon Rasheed, Incharge Baluchistan Region, SSGC was the chief guest on the occasion. Dr. Ejaz Ahmed, President, SSGOA who is also GM (Recovery), Mr.

Shahabuddin Siddiqui, General Secretary, Mr. Irfan Jafri, Vice President and Mr. Shamshullah Kakar, Regional Secretary also spoke on the occasion. They



thanked the executives for their presence and reiterated their commitment to serve them diligently.

A. Rasheed Khan, Member, Executive Committee SSGOA was the Stage Secretary.

The guests were later treated to a sumptuous dinner. ■

Courtesy: A. Rasheed Khan, DM (Building Maintenance) Quetta

Peoples Labour Union triumph in CBA Referendum 2012



Peoples Labour Union (PLU), CBA garnered highest number of votes in the CBA Referendum 2012 held on January 26, 2012 throughout SSGC offices in its franchise areas of Sindh and Balochistan. The results were announced by Registrar, National Industrial Relations Commission (NIRC).

PLU amassed 2,888 votes to emerge as the successful Union.



Apart from PLU, Workers Union, Mehnatkash Union, Mazdoor Union and Employees Union contested the Referendum. PLU is headed by Riaz Akhtar Awan, Chairman and Ejaz Baloch, President.

A month of frenzied canvassing preceded the Referendum. The

campaigning was marked by the above mentioned unions holding corner meetings in the premises of the Company offices to drum up support for votes from the subordinate unionized employees.

The office bearers of the contesting unions presented their manifestos

to the potential voters and pledged to emerge as effective collective bargaining agents for the labourers and subordinate staff. ■

Courtesy: Internal Relations (IR) - HR Department



Shares certificates presented to CSR partners



In the last Annual General Meeting held in October 2011, SSGC's shareholders unanimously decided to donate 3,470 shares of the Company to three of its collaborative partners involved in Corporate Social Responsibility (CSR) initiatives. In a simple ceremony held in his office on March 14, 2012, Mr. Yusuf Ansari, SGM (MS) in his capacity as the

Company Secretary, presented 2-year term share certificates of 3,470 shares each to the representatives of The Citizens Foundation (TCF), Marie Adelaide Leprosy Centre (MALC) and Sindh Institute of Urology and Transplantation (SIUT).

TCF was represented by Ms. Rumana Soorti and Ms. Hina Zaffar while MALC delegation comprised of Ms. Ishrat Khan and Mr. Francis D'Souza. On the other hand, SIUT was represented by Dr. Liaquat and Dr. Nasir. Ms. Nasreen Hussain, DGM (CCD) who is also head of CSR Unit in SSGC also witnessed the shares distribution among the CSR partners. Dr. Shehla Naqvi, GM (HR) was also present on the occasion. ■



A story of integrity and honesty

Tariq Hussain shares his long association with SSGC



In the twilight of his career

In mid-April 2012, Tariq Hussain bids farewell to SSGC after 33 prolific years of association. In continuation with our series of interviewing retiring executives who have had a long association with SSGC, The Flame Editorial Team recently interviewed Tariq Hussain, the retiring General Manager, Billing.

It was an enjoyable interview since Mr. Hussain narrated some very interesting incidents from his years at SSGC. Excerpts from the interview:

Growing up: I was born, bred and educated in Lahore. You can say I was a product of Walled City or Undroon Sheher as it is commonly called. We were a close knit middle class family living in Kashmiri Bazar. I learned quite early that life is all about constant struggle and not at all a bed of roses. My parents inculcated in me a deep sense of responsibility when I was in school which may explain why I was in charge of the administration, if I may use this word, of the entire household. Among my 'administrative' errands was collecting rent from tenants, which by the way was not such an easy job since there is little concept of giving rent on time in our society. After completing my matriculation in 1969, I did my Inter Commerce and Bachelor of Commerce from Islamia College Lahore. My first true practical experience was as a volunteer in National

Development Volunteer Program for around 6 months. I got my MBA degree from Gomal University, D. I. Khan.

Starting out at SSGC: After my MBA, I applied in many organizations and one day got a call from what was then Sui Gas Transmission Company Ltd. Head Office in Karachi. In my interview panel were two would-be SSGC Managing Directors namely Mr. Mukhtar Ahmed and Mr. Zameer Alam Ansari. I was hired in April 1979 as an Assistant Accountant in Group 5 of the Company's Executive Cadre at a princely salary of Rs. 1,500 per month. At that time I had virtually made up my mind not to apply anywhere else since the money was good with opportunities for rapid career advancement. Soon I was incharge of the Salaries Section. Very quickly I made an impression with my bosses in Personnel Department

for observing discrepancies in payroll procedures. At that time my bosses were Ms. Donaho who was in charge of Personnel Department and then Chief Accountant Mr. Inam-us-Samad who later became DMD, SSGC. My next promotion came soon and thanks to Almighty Allah, my salary doubled too. At that point I had made up my mind that SSGC was the one for me.

Career Progression: I have had huge experience of working in the Accounts and Finance Department in Accounts Projects, as it was then called. After a prolific stint in the Accounts Department, I was transferred to the Regulatory Affairs Department. Then as DGM (Internal Audit) for the first time I was sent outside Karachi to work on calibration projects in Badin. It was a learning experience for me. I found out that many executives blatantly lie to their seniors while



Starting out in late 1970s



Veteran goes retro for The Flame



Receiving a training certificate from Mr. M. H. Asif

“ I can safely say that during my 33 years of service, my lapsed earned leaves are more than my sick leaves. ”

on the other hand, I have never hesitated in speaking truth and apprising my bosses of true status of the work.

My secret of success: God has blessed me tremendously because I have always stood for what was best for the Company and has always placed this great organization ahead of my own self. In fact I can safely say that during my 33 years of service, my lapsed earned leaves are more than my sick leaves.

Most challenging experience: When I was DGM (Internal Audit) I was not too hopeful about becoming GM. However when I returned from Haj in 2010, I was promoted as GM (S&M). The promotion was truly a blessing from God. It was a very challenging time for me since I had to make immediate decisions despite huge external pressures.

My immediate boss Mr. Yusuf J. Ansari, SGM (MS) had given me full leverage to take bold initiatives against those using gas illegally. In fact for this drive and inventiveness, I was frequently lauded by then Managing Directors.

My family: When my parents started searching for my bride, I had emphatically told them that my only real criteria for life partner is that she should be a doctor. Fortunately I got married to a doctor who went on to specialize in gynecology. Today she is a consultant and a very good one at

that. I have two sons. My eldest son, Usman Ali whose name I had decided even before he was born, is an MSC from Canada and is now pursuing a PhD degree. My other son is doing his MBBS from Dr. Ziauddin Medical University in Karachi.

Future Plans: I want to dedicate rest of my life in fervently following the teachings of Allah. My advice to my fellow human beings is 'Think and decide in the light of Islam'.

One should always look in terms of generously benefiting his less privileged fellow human being. Therein lays his true redemption. ■

Sui Gas Transmission Company Limited

HEAD OFFICE:	State Life Building 5th Floor, D. Ziauddin Ahmed Road, KARACHI-4	Telephone:	51 01 12-14 (PABA)	Mailing Address:	P.O. Box 540, Karachi, Pakistan (SUGAS SUGAS-4888)
PIPELINE TERMINAL:	University Road, KARACHI-32	Telephone:	41 2075-10 (PABA)	Telegrams:	SUGAS -Karachi
PURIFICATION PLANT:	Sui Gas Field Baluchistan	Radio Link:			

Out-let: DC:TH
Date: 11th April, 1979
Your Ref:
Date:

Mr. Tariq Hussain,
P/386, Bazar Taseeban,
Lahorei Bazar,
Lahore.

Dear Sir,

APPOINTMENT

Reference your interview with us on 20.3.79, and subject to your passing a medical examination by the Company's Chief Medical Officer, we are pleased to offer you employment as an Assistant Accountant in Group 5 of the Company's Executive cadre.

2. You will receive a salary of Rs.800/- per month. In addition you will be entitled to the following allowances which may be varied or withdrawn at Company's discretion in accordance with the Company's rules:-

a) Entertainment Allowance:	10% of your salary per month.
b) Dearness Allowance:	10% of salary per month (maximum Rs.150/-)
c) Additional Dearness Allowance:	Rs. 25/- per month.
d) Sweeper Allowance:	Rs. 50/- per month.
e) House Allowance (if Company's accommodation is not provided):	30% of your salary per month.
f) Conveyance Allowance (for Karachi-based staff only):	
i) Where Company transport is provided to take you to and from work:	Rs.120/- per month.
ii) Where Company transport is not provided to take you to and from work:	Rs.280/- per month.

3. Tax on income, if any, will be for your own account.

4. You will be on probation for six months from the date of your appointment and during this period either party shall have the right to terminate your service at any time without assigning any reason and without compensation. The probationary period can be extended at the Company's discretion.

5. After the probationary period, if you are confirmed in your appointment, your terms of service will be three months' notice or three months' salary in lieu thereof on either side, except in the case of misbehaviour, negligence, dishonesty, fraud, or failure to comply with any of the terms of this Letter of Appointment, which reasons shall be considered sufficient grounds for instant dismissal without compensation. The Company will, however, always give notice of such termination in writing.

6. Your salary will be subject to annual review, but all promotion, subject to confirmation, will be entirely at the discretion of the Company in strict accordance with your ability and industry.

7. You will be required to conform to the Company's rules regarding allowances, medical expenses and kindred matters as in force from time to time.

8. You will be entitled to 40 days leave annually. This leave will be granted at a time suitable to the Company. You will also be entitled to Leave Fare Assistance on every 40-day Earned Leave period, payable as under:-

Rs.400/- for yourself.
Rs.400/- for your wife.
Rs.200/- for each child below the age of 18 years upto a maximum of 3 children.

Yours faithfully,
SUI GAS TRANSMISSION COMPANY LIMITED

[Signature]

April 1979: His appointment letter

Farewell lunch for Mr. Ghulam Rasool Keythan



After 35 years service with SSGC, Mr. Ghulam Rasool Keythan retired on November 18, 2011. The officers and staff of Stores Department, Hyderabad organized a function at the Hyderabad Gymkhana in his honour. Mr. Mushtaq Siddiqui, GM (Distribution Sindh), Abdul Rasheed Khanzada, RM Hyderabad and Mr. Zahid Husain Qureshi, DCM, Stores

paid befitting tribute to the retiring officer.

Mr. Ghulam Rasool Keythan offered his thanks for the farewell function. He was specially grateful to the Stores' team from KT who came especially from Karachi to attend it.

Mr. Keythan was presented with a

shield and a gift on behalf of Stores, KT. Similarly, on behalf of Stores Section, Hyderabad, GM and DGM Stores presented the traditional Ajrak of Sindhi alongwith gifts to the distinguished guests.

Heads of several departments including their executives were invited to this farewell lunch. They included Abdul Rashid Leghari, Mumtaz Husain Sheikh, Shafi Sheikh, Abdul Latif Abbasi, Abdul Wahab Siddiqui, Javaid Akhtar, Maqbool Ahmad Channa, Abdul Hafeez Abro, Ghulam Mohammad Mangi, Nadeem Qureshi and Danish Malik. ■

Courtesy: Manzoor Husain Kalro, DCM (Stores), Hyderabad

Medical Services hold final session on Hypertension



The Medical Services Department conducted the final session of hypertension workshop on March 15, 2012 in Head Office Auditorium. The session was in relation to the Hypertension Week which was observed at SSGC from 12 to 16 March, 2012 and the Hypertension workshops conducted from time to time during the last 9 months in order to educate, counsel and motivate hypertensive patients.

The program featured a comprehensive presentation highlighting most clinical aspects of



hypertension. It was the summary of the previous presentations that dilated on basic facts related to hypertension, treatment of hypertension, life style modification to normalize BP and DASH or Dietary Approaches to Stop Hypertension diet.



SSGC's Consultant Physicians including Dr. Munawar Hyat, Dr. Quratul Ain Nauman and Dr. Areeba Ahmed discussed pertinent issues with relation to HTN. The full house reflected the concern of the attendees about their health conditions.

Guest of honor Mr. Shahid H. Jafri, CFO, appreciated the efforts being made by the Medical Department in creating awareness about common health issues, and distributed prizes among the winners of question answer sessions and the quiz. The hypertensives with the best control of BP and weight/BMI and those with full attendance in the workshop sessions also received gifts. In his conclusive speech, Dr Munawar thanked the participants for their valuable support and attendance.

Courtesy: Medical Services Dept.



MD gives pep talk on motivation and delegation



Azim Iqbal Siddiqui, MD, SSGC conferred certificates to the executives who participated in the day long workshop on 'Motivation and Delegation' conducted by Shahbaz Islam, DGM (HR Ops) on March 28, 2012.

Besides distributing certificates, the MD also gave a brief yet useful talk on the importance of motivating employees to deliver best results as well as significance of delegating authority to the subordinates. ■



GTI continues with run of activities

Diverse aspects of Laser, GPS discussed and demonstrated

Another week-long training and workshop on vehicle mounted gas leak detection by means of Laser

development and manufacture of electronic detection equipment for the inspection of gas distribution



and GPS Technology was organized at GTI, KT from February 29 to March 8, 2012. Eng. Martin Rinie and Mr. Qian Chao from a foreign firm GAZOMAT™ France conducted the training, following the company's procurement of two vehicles for mounted detection system from the French Company.

The workshop provided the participants a comprehensive guide to practically apply this technology on the field in Sindh and Balochistan. Through laser and GPS technologies, the GIS based IT personnel will be better able to comply online with the requests of the transmission and distribution pipeline network engineers working on the site.

The trainers explained that laser grabs the methane sensitive cloud and satellite based GPS technology helps to detect the exact location of the cloud which can go a long way in reducing UFG levels.

Some practical sessions were also attended by Syed Hassan Nawab, DMD (Operations) and Mr. Shoaib Warsi, SGM (Distribution - South). During the training the DMD went to DHA Phase IV with the participants for field demonstration of the system, along with Mr. Muhammad Ahmed Awan, ADGM (CP) Distribution.

GAZOMAT™, a French company and part of the T.D. Williamson group, specializes in the design,

and transmission networks for underground and above ground leaks.



GAZOMAT™ / T.D. Williamson, with their local representatives SAI Company (Private) Limited completed installation of VSR Equipment in vehicles and Training to SSGC personnel.

On-foot detection using portable Inspectoral detectors makes it possible to survey areas not accessible to the VSR (Vehicles) such as pedestrian city centers and to confirm the gas leak indications provided by the VSR.

Localization with an explosimeter-catharometer allows for pinpointing the location of gas leaks and for accurate measuring of their concentration level.

This important step of the survey process provides an exhaustive picture of the network with precise indications on:

- Geographical situation of the gas leak detected
- Type of pipelines surveyed
- Characteristics of the environment (proximity of a Mosque, school, etc.)
- Gas concentration of the sample taken
- Efficient survey data interpretation to ensure optimum management of the networks.

To offer optimal safety for the drilling of probe holes or for job interventions on pipelines (gas and other types), GAZOMAT™ also performs location of underground cables and pipelines using ground penetrating radars and cable avoidance tools.

This will facilitate the initiatives of SSGC to control UFG. VSR Equipment will enable SSGC to assess the advantages of using available technology.

Courtesy: Zawwar Hussain, Acting Manager (GIS-IT)

Mr. Hussain was one of the course participants.

GAZOMAT™ Certificate Distribution Ceremony held



GAZOMAT™ and SAI (Pvt.) Limited hosted a reception at Hotel Pearl Continental Hotel on March 07, 2012 in honor of SSGC officials and engineers to acknowledge successful installation and commissioning of GAZOMAT™ VSR Gas Leak Detection

Equipment on Vehicle by Eng. Martin Rinie and Eng. Qian Chao of France and subsequent training.

SAI which is completing its 50 years in May 2012 is successfully working with SSGC since 1967 and with its strategic partners GAZOMAT™ /

T.D. Williamson exclusively for 44 years.

Syed Hassan Nawab, DMD (Operations) consented to be the chief guest at the ceremony to distribute GAZOMAT™ installation and training certificates to the



SSGC and SAI participants. He was accompanied with Mr. Shoaib Warsi, Senior General Manager (Distribution-South). SAI's Chairman Mr. Zafar Iqbal and Director Mr. Ather Iqbal played the perfect hosts.

Courtesy: Zawwar Hussain, AM (GIS-IT) and GTI Trainer

Managing time better



Shahbaz Islam, DGM (HR) conducted a day-long workshop on entitled 'Taming the Time Monster' for the Company executives on March 1, 2012.

Power Point training session held in GTI



External Trainer Masroor Ali Soomro conducted a two day workshop for executives in different cadres on 'Understanding, Operating and Designing Presentation on MS Power Point 2007' at GTI Karachi on 13-14 March 2012.

GTI Hyderabad holds workshop on Project Management



A three-day interactive training session on Project Management was conducted by Aziz Ahmed Channa, DM (IT) from 13 to 15 February 2012 at Gas Training Institute, Hyderabad. This training

was based on Project Management Body of Knowledge (4th Edition) which leads to Project Management Professional (PMP) certification.

Knowledge areas of Project

management discussed during the sessions included Project Time Management, Project Cost Management, Project Quality Management, Project Human Resource Management, Project Communication Management, Project Procurement Management and Project Risk Management

To help participants understand intricate concepts, the trainer gave examples of diverse gas distribution and transmission projects. The trainer also gave a brief introduction on Microsoft Project Software for Computerized Project Administration and Reporting.

Training on measurement techniques



Picture shows here Muhammad Taj, CE , Measurement, KT with the participants of his course on 'Gas Measurement and Regulation' on 15-16 March 2012.

Training on CC&B



M. Nadeem Ahmed of CC&B with the participants of his course on 'Customer Care and Billing' which he conducted on March 16, 2012.

Achieving excellence



Farhan Munaf, AM (GTI) and Subject Matter Expert (SME) presenting mementoes to the winning participants of his regular course on 'Excellence at Workplace' which he conducted on March 19-20, 2012.

Workshop on HSE Management System

Sarwat Abbas, Engineer (HSEQA) conducted a 2-day course on HSE management system based on ISO-14001 and OHSAS-18801 on March 21-22, 2012. The course stressed on the fact that the major cause of 90% of the incidents is human behavior.

The trainer interspersed theoretical knowledge with practical activities on risk assessment, risk calculation and Permit-to-Work. Executives were trained on how to identify risk and calculate its magnitude and how mitigating/controlling measures should be applied to bring severity level to acceptable range.



Career assessment undertaken by local consultancy firm



SSGC management reviewing the progress of career assessment involving middle management, being conducted by a local consultancy firm in March 2012.

Workshop on assertive writing



External Trainer Asif Jamal Qureshi conducted a course on 'Assertive Writing and Public Speaking Skills' at GTI on 8-9 March, 2012. Here he is seen with participants comprising different departments on the completion of the workshop.

UFG training held in Hyderabad



Ishtiaque Ahmed, Chief Manager, Billing (Hyderabad) conducted a training session for Hyderabad executives on 'UFG Awareness and Meter Reading' in January 2012.

Physics of the Future: How Science will shape human destiny and our daily lives by the year 2100

Reviewed by Mirza Aatir Salman Baig, Actg. Chief Engineer (R&D)

About the Author: Dr. Michio Kaku

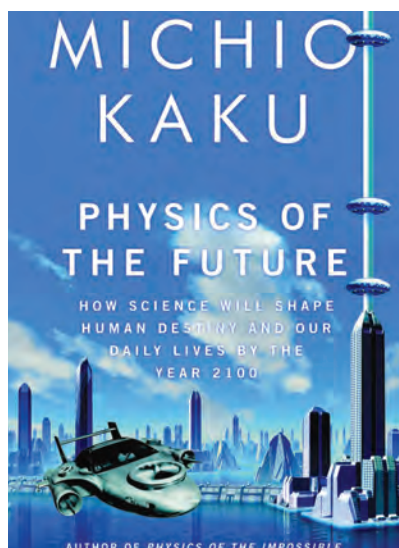


is the professor of theoretical physics at City University of New York, cofounder of string field theory, best-selling author of several widely acclaimed books, including *Hyperspace* and *Physics of the Impossible* and host of two radio programs, *Explorations* and *Science Fantastic*.

Future is the central thought of every rationally thinking human mind on the planet. In the course of writing this book, the author not only interviewed 300 scientists performing forward-looking works in areas like computers, medicine, nanotechnology, space exploration and energy production but also visited their labs, which were magic theatres of inventive developments.

The 385 pages of the book are split up in 9 chapters, starting with Introduction and covering topics like Computers, Artificial Intelligence, Medicine, Nanotechnology, Energy, Space travel, Economy and Civilization.

Dr. Kaku writes that computers in the future will be contact lenses fitted to the eye and controlled by thoughts accompanied by microchips which will be in our clothes, homes, cars, appliances, shops, consumables and all items we can think of. He predicts that we will get information about any of these things in real-time just by thinking and their information with images will be displayed directly on our retinas. Augmented Reality, the phenomenon through which a denser information stream will be fed directly to our retinas by contact lenses or optical implants, will be a way of life. Want to fix a car, perform emergency surgery, or



prepare a gourmet meal? The computer applications will tell us what to do and guide our work. A universal translator will be available when needed. The ability to connect computers directly to human nervous systems will drastically improve the lives of those who are paralyzed, blind or deaf, Dr. Kaku predicts.

The writer foresees that medicine will be revolutionized as well, with sensors in our bodies, clothes, homes that will constantly scan our body fluids and secretions from the vital organs to monitor the performance of our systems.

In case of any sign of disease, they will consult our doctors or their artificial-intelligence robo-assistants for routine preventive care. Magnetic-resonance imagers that share data over the Internet will be the size (and cost) of blow-dryers, allowing easy follow-up care.

Nanotechnology will be at first rare and expensive and, by the end of the century, commonplace and cheap. In a world where programmed molecular assembly powered by sunlight can produce almost anything out of raw

materials, material wealth will be widespread. It seems discouraging for social climbers, who will need to find new status markers to tell them how they are doing.

Dr. Kaku predicts that Artificial intelligence (AI) will continue to grow, as the size of transistors will continue to shrink, until we reach a silicon plateau in 20 years or so, after which the growth of computer power will slow dramatically unless nanotechnology opens up new avenues for growth. Silicon Valley may become a 21st century rust belt if this path doesn't appear. Our future will not be like the one dramatized in the movies "Terminator" or "Matrix", where AI enslaves human beings. The result will be more like the benign man/machine collaboration.

Private space-travel companies like Virgin Galactic and Blue Origin, will over time lead to the kind of drastic cost reduction that has eluded government efforts.

The space elevator will be built to cut down the cost of space travel through rockets, as most of the fuel is utilized in attaining escape velocity and overcoming atmospheric friction. Human beings will be colonizing the solar system, "terraforming" Mars to make its climate more Earth-like and dispatching probes-perhaps tiny thimble-sized probes using molecular-level nanotechnology-to other stars.

Among other aspects of future that truly fascinated me in the course of reading this book are;

1. Physicists believe that there are four fundamental forces which are continuously at work in transforming our universe: 1) Gravitation; 2) Electro-

magnetism; 3) strong molecular forces and 4) weak nuclear forces. With the discovery of each fundamental force, the history of our civilization was altered drastically, as it developed new technologies that changed our lives.

2. Technology evolution undergoes four stages. During stage-I, the products of technology are closely guarded, are limited to a chosen few, like papyrus in the ancient Egypt. In stage-II, the products of technology start to become personalized, and widely circulated, like publishing of books after the invention of movable type printing by Gutenberg.

Then comes stage-III, when it becomes ubiquitous and used

by everybody. In stage-IV, technology becomes a commodity or a utility, it becomes cheap and we consume much of it.

3. The intelligent civilizations are ranked into Type I, II or III based on their consumption of energy. Type I civilization is planetary, consumes the light falling on the surface of their planet, roughly 10¹⁷ watts (1 followed by 18 zeros). Type II civilization is stellar, consuming all the energy their sun emits, 10²⁷ watts. Type III civilization, which is galactic, consumes energy of billions of stars, 10³⁷ watts. We still have a long way to go in becoming a Type I civilization.

The book concludes with a chapter on the daily life of a person in year

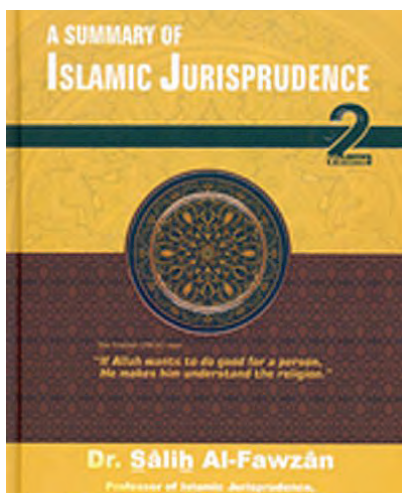
2100, while quoting Mahatma Gandhi's seven social sins namely politics without principles, wealth without work, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, and worship without sacrifice, making the person speculate at the smallness of the issues of humanity in the 20th century.

Dr. Kaku lucidly brings home the point that most of us still need to discover ourselves, our unique talents and our capacities.

We need to realize that the future is only what we make of it, like our responses to the stimuli that shape our personalities. Only then, we must ask ourselves, what is our contribution in shaping up the future we want? ■

Islamic Jurisprudence, Volume 2

Reviewed by Abdul Samad Khan Advocate, Senior Meter Reader, Billing, Quetta



This book is an introduction to Islamic Jurisprudence for readers without substantial background in this field. In two volumes, author Sheikh Salih Al-Fawzan has projected light on jurisprudential issues of utmost importance in a genuine and reader-friendly style, free from any jargon or sophisticated expressions. It is a valuable book for novice readers, be they Muslims or even non-Muslims, who may not have thorough knowledge of the

Islamic jurisprudence.

The book underscores the point that understanding the religion is considered one of the best deeds, and a sign of goodness. Prophet peace be upon him says, 'If Allah wants to do good for a person, he makes him understand the religion. If a person has knowledge of religion he can understand the religion better than the ones who do not know much about religion. A person with little knowledge of religion is like a blind man and so cannot choose the right path.

The book reiterates that Comprehending the religion leads to useful knowledge upon which righteous deeds depend. Allah says: It is He who has sent His messenger with guidance and the religion of truth. (Quran Al Fath:28)

Guidance here refers to useful knowledge, and the religion of truth is that which leads to

righteous deeds. Besides, Allah commanded Prophet (PBUH) to invoke him to bestow more knowledge. Allah said: And say, my lord, increase me in knowledge: in the Sura of Al fatihah (the opening Chapter of the Quran) which we recite in every rak'ah unit of our prayers: Guide us to the straight path the path of those upon whom you have bestowed favor not of those who have evoked your anger or of those who are astray." Through this invocation we ask Allah to guide us to follow the conduct and the way of the people who have useful knowledge and perform righteous deeds, which is the way to salvation in both this world and the Hereafter. Finally we invoke Allah to bestow useful knowledge upon all of us and to guide us to the righteous deeds. We also invoke Him to make us see the truth as it really is, and guide us to follow it and to see falsehood as it really is and grant us the ability to avoid it. He hears and is responsive. ■

Retirements - Executives

Name	Designation	Department	Location	Retirement Date
Mr. Muhammad Amin Patel	Dy. Chief Manager (F&A)	Finance	Hyderabad	25-02-2012
Mr. Bashir Ahmed Soomro	Senior Engineer / Zonal Manager	Distribution	Dadu	26-02-2012
Mrs. Saira Zahid	Dy. Chief Manager	Billing	Gulshan-e-Iqbal	28-02-2012
Mrs. Baseera Manzir	Chief Manager	CFC	Head Office	03-03-2012
Mr. Ghulam Mustafa Soomro	Manager	Distribution	Shikarpur	04-03-2012
Syed Mujeeb-ur-Rehman	Manager	Sports	Head Office	07-03-2012
Mr. Sher Muhammad Abbasi	Office Secretary	Recovery	Hyderabad	12-03-2012
Mr. Ghulam Mustafa Qureshi	Dy. Chief Manager	Sales	Gulshan-e-Iqbal	15-03-2012

Retirements - Subordinates

Name	Designation	Department	Location	Retire. Date
Mr. Bashir Ahmed	Supervisor Welding	Distribution - Sindh	Shahdadpur	27-02-2012
Mr. M. Israr Akhtar	Senior Head Helper Mechanic	Distribution - Karachi	Karachi-SITE	29-02-2012
Mr. Nazar M. Jakhro	Senior Superintendent	Distribution - Lower (Sindh)	Hyderabad	01-03-2012
Mr. M. Shahid Aziz	Supervisor (Fitter)	Customer Relations	Karachi-GI	04-03-2012
Mr. M. Ismail Lashari	Supervisor (Inspector Meter Reader)	Billing	Jacobabad	07-03-2012
Mr. Javaid Azhar Qureshi	Senior Superintendent	Billing	Karachi-HO	07-03-2012
Abdul Muhammad	Supervisor (Fitter)	Customer Relations	Quetta	07-03-2012
Mr. Ameer Bux Channa	Supervisor (Fitter)	Distribution - Upper (Sindh)	Larkana	08-03-2012
Mr. M. Miskeen	Supervisor Pipeline	Project & Construction	Khadeji	09-03-2012
Mr. M. Shamman	Supervisor (Welding)	Distribution - Upper (Sindh)	Larkana	14-03-2012
Mr. Zahoor Ahmed	Supervisor Checker	Billing	Karachi-Garden Zone	19-03-2012
Mr. Ahmed Bux	Supervisor (Fitter)	Distribution - Upper (Sindh)	Larkana	19-03-2012

Media Interaction

Aniqa Nisar, a Dawn News correspondent interviewing Zuhair Siddiqui, DMD (CS) in his office in March 2012, as part of the channel's special report.



Academic Achievements



Danish Riaz Sheikh
s/o Riaz Ahmed Sheikh
of Administrative
Services Department,
Larkana, completed
his BBA 1 A semester
for the academic year
2011, achieving 3.67
GPA with 5 As.



Minhaj Bin Khurram
s/o Khurram Yousuf,
Senior Engineer (Civil),
AS Department, Head
Office passed his
Class IX from Board of
Secondary Education
Karachi 2011 by
securing 83.8% (A-1)
Grade.



Syed Mashood-ul-Hasan s/o Syed
Mujeeb Rehman,
Manager, Sports was
conferred with Hafiz-e-
Quran status from Iqra
Rauzatul Afzal Trust,
Karachi. He secured
second position in his
2012 finals.



Syeda Maryam Zehra
d/o Zawwar Hussain,
Acting Manager-GIS
passed her exams in
'A Grade' in Montessori
Class from Q.B.H.
School in Malir,
Karachi.



Muhammad Ajmal s/o
Abdul Qayum, Sr.
Superintendent, Billing
(Quetta) got 1st
position in his Class 1
Examination from Iqra
Roza-tul-Itfal, Quetta.



Tania Qayum d/o
Abdul Qayum, Sr.
Superintendent Billing,
Quetta got 3rd Position
in Class 5 Examination
from Davi Residential
English Model School,
Quetta.



Muhammad Umair s/o
Makhdoom-ur-Rehman,
Executive (Distribution)
Regional Office, Quetta
secured 3rd position in
his Class 7 final
examination from Iqra
Army Public School,
Quetta.



Shaista d/o Akhtar Ali
Bangash stood first
(94.3%) in her Class 3
mid-term examination
from Iqra Darul Quran
Secondary School,
Karachi.

Transitions

- Muhammad Zahid, Assistant Manager, Distribution (Shikarpur) expired on February 27, 2012.
 - Father of Muzaffar Hussain Naqvi, Executive, HR Department passed away on February 29, 2012.
 - Saiful Malook, Supervisor (Fitter), Distribution, SITE expired on February 19, 2012.
 - Muhammad Anwarullah, Supervisor (General), Distribution, Karachi passed away on February 27, 2012.
 - Father of Muhammad Amin Patel, ex-DCM, Finance, Hyderabad passed away in March 2012.
- May their souls rest in peace. Ameen!

Quotable quotes about mothers

- A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts. - *Washington Irving*
- All that I am or ever hope to be, I owe to my angel Mother. - *Abraham Lincoln*
- The mother's heart is the child's schoolroom. - *Henry Ward Beecher*
- My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her. *George Washington*





CANVAS

The Flame Life

Pictorial Coverage

The GM Diet Plan - Aiming at wellness and fitness



The General Motors Diet plan is a program that was developed for employees of General Motors in 1985 for their good health, wellness and fitness. Although it is a GM exclusive plan, it can work as a good weight loss program and can also improve a person's attitudes and wellness because of its cleansing effects.

This is a seven day plan designed for a target weight loss of 10-17 lbs per week. Its effectiveness can be gauged from the fact that the food eaten burns more calories than they give to the body in calorific value.

Before you start following points should be considered :

- ✓ Drink minimum of 10 glasses of water each day.
- ✓ You can do this program as often as you like, but it is suggested to take 2 or 3 days break between before you start again.
- ✓ No fruit juices to be taken except on the last day of program.

Here is the 7-day GM Diet Plan

Day One The plan kicks off with only fruits but no bananas. You can eat as much fruits as you want. It is advisable to eat lots of water melons today as it will

help to lose weight to a great extent on your first day.

Day Two Start your morning with a boiled potato and eat only vegetables for the rest of the day. You can eat as much you as want and it is encouraged to eat all kinds of vegetables including cooked and raw vegetables.

Day Three This is a day with mixture of vegetables and fruits of your choice. Again you can eat any amount, any quantity and any type but strictly no bananas yet and no potatoes today.

Day Four It may look bit strange but today is a day for bananas and milk. Today you should drink three glasses of milk and eat as many as eight bananas. Have a vegetable soup tonight but remember to limit the quantity.

Day Five Today you need to eat beef and tomatoes. Eat two 10 oz. portions of lean beef. Combine this with six whole tomatoes. Today you need to increase your water intake as you need to cleanse your system of the uric acid you will be producing.

Day Six Today is a day to eat beef and vegetables. Eat to your heart's content.

Day Seven Today your food intake will consist of some brown rice, fruit juices and all the vegetables you care to consume.

The next morning you will feel much lighter with totally different personality and a very positive energy level.

Caution:

- ✓ Patients suffering from certain diseases or medical ailments must consult their doctors before following this plan
- ✓ Pregnant woman are not advised to follow GM diet plan. ■

7 very healthy reasons to turn to olive oil

Olive oil is commonly used in the Mediterranean diet (one of the most recommended for a healthy lifestyle) and you may have heard of the olive oil brings many benefits. Olive oil is probably one of the oldest oils to be used by many civilizations and its use dates as far back as the Egyptian Empire! Proven olive oil health benefits are:

1) Olive oil reduces the of risk of cardiovascular diseases: In those Mediterranean countries such as Greece, Italy, and Spain where olive oil is consumed

a lot, there is a low incidence of cardiovascular disease. The mild vegetable mucilage in olive oil helps protect your body's digestive tract.

2) Olive oil has shown beneficial effect on ulcers and gastritis: Using olive oil as main dressing oil helps preventing constipation and in general maintains the digestive tract in good health.

3) Olive oil helps to reduce blood pressure: A study was done in 2002 that showed that Virgin Olive Oil



might help with lowering cholesterol. (See: Effects of an onion-olive oil maceration product containing essential ingredients of the Mediterranean diet on blood pressure and blood fluidity). The results? After one week of taking olive oil daily (minus any "good foods and drinks... or fatty foods), the blood tests showed that the participants had higher levels of phenol and Vitamin E in their bodies. The study shows you how powerful olive oil can be and how it can help control healthy cholesterol levels.

4) Olive oil eases or prevents diabetes: Olive oil provides a diet high in monounsaturated fat. Researchers in Spain published an article in The American Journal of Clinical Nutrition in September 2003 has shown calorie-controlled diabetic diets high in monounsaturated fat do not cause weight gain and are more pleasing to eat than low-fat diets.

5) Olive oil lessens the severity of asthma or arthritis: Regular use of olive oil has been associated with lower rates of asthma and rheumatoid arthritis. The monounsaturated fats in olive oil are used by the body to produce substances which are relatively anti-inflammatory. By reducing inflammation, these fats can help reduce the severity of arthritis symptoms, and may be able to prevent or reduce the severity of asthma

6) Olive oil can possibly help in the prevention of colon cancer: While most other fats are associated with an increased risk of colon cancer, olive oil is actually associated with a reduced risk of this disease. Olive oil contains 77% monounsaturated fatty acids, 14% saturated fatty acids, and 9% polyunsaturated

fatty acids, plus vegetable mucilage and Vitamin E. Monounsaturated fatty acids are far less easily damaged by oxygen than other types of fat. They are therefore less likely to produce free radicals, which damage cell membranes and can cause Cancer.



7) Olive oil moisturizes skin and slower aging process: Olive oil is rich in vitamins A, B-1, B-2, C, D, and Iron. Most importantly, olive oil helps the body to maintain strong levels of vitamin E, which is a great helper in delaying the aging process. You can also use olive oil as face moisturizer since the healthy fatty acid existing in olive oil encourage soft and supple skin.

Other lesser known benefits of olive oil: You might not realize the other significant olive oil uses such as its power to restore shine in your shoes, help with a stuck zipper on a bag or clothing, and yes, in doing away with squeaky hinges. If you are worried that your garden scissors will eventually rust while in storage, try to coat the blades with olive oil. It's a capable agent in preventing the build up of rust. This goes the same way with your razor, just swab a cotton ball with olive oil then apply on the blades. ■

Source: All about Olive Oil

Do yoga the right way



Yoga is a physical, mental, and spiritual discipline, originating in ancient India. The goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility. Modified versions of the physical exercises in yoga have become popular as a kind of low-impact physical exercise, and are used for therapeutic purposes.

The word 'Yoga' originated from the Sanskrit root 'yug' meaning 'to join'. It designates 'the joining of the lower human nature to the higher in such a manner as to allow the higher to direct the lower' or 'union' with the self.

Basic Instructions

- o Make sure you have enough floor space so that you can move without bumping into anything.
- o Practice with an empty stomach (2/3 hours after eating, 1/2 hours after liquid intake)
- o Make sure you are not wearing restrictive clothing.

Bare feet are essential.

- o Ensure to work out on a clean mat or other surface that is not too hard, too soft or slippery.

How to breathe properly

Yogis emphasize the point that complete Yogic breathing is the basis for all breathing exercises. Complete Yogic breathing consists of three parts:

- The abdomen
- The middle part of the chest (thorax)
- The upper part of the chest or collar bones (clavicle)

Remember to:

- ✓ Always inhale and exhale through the nose. The small screen of hair inside the nose not only filters the air but also prevents impurities such as dust, harmful gases, minute insects etc. from penetrating.
- ✓ Breathe slowly and deeply. Move with your breath and allow your body to let go in its own time. If you try to force it, you are not doing yoga! ■

Courtesy: HSE Department

The wonders of wind power

Wind power is the conversion of wind energy into more useful forms, such as electricity, using wind turbines

At the fag end of 2006, worldwide capacity of wind-powered generators was 73.9 gigawatts. Although it currently produces just over 1% of world-wide electricity use, wind power generation accounts for approximately 20% of electricity use in Denmark, 9% in Spain, and 7% in Germany.

Worldwide, wind power generation more than quadrupled between 2000 and 2006. Most modern wind power is generated in the form of electricity by converting the rotation of turbine blades into electrical current by means of an electrical generator, an amazing technology indeed.

Through windmills, a much older technology, wind energy is used to turn mechanical machinery to do physical work, such as crushing grain or pumping water. Wind power is used in large scale wind farms for national electrical grids, as well as in small individual turbines for providing electricity to rural residences or grid-isolated locations.

Wind energy is plentiful, renewable, widely distributed, clean, and reduces toxic atmospheric and greenhouse gas emissions if used to replace fossil-fuel-derived electricity.

The intermittency of wind seldom creates problems when using wind power at low to moderate penetration levels. There are many thousands of wind turbines operating, with a total capacity of 73,904 MW of which Europe accounts for 65% (2006).

The average output of one megawatt of wind power is equivalent to the average electricity consumption of about 250 American households. Wind power was the most rapidly-growing means of alternative electricity generation at the turn of the century and world wind generation capacity more than quadrupled between 1999 and 2005. There is an estimated 50 to 100 times more wind energy than plant biomass energy available on Earth.

Most of this wind energy can be found at high altitudes where continuous wind speeds of over 160 km/h (100 mph) occur. Eventually, the wind energy is converted through friction into diffuse heat throughout the Earth's surface and the atmosphere. Large-scale onshore and near-shore wind energy facilities (wind farms) can be controversial due to aesthetic reasons and impact on the local environment. It should be noted, however, that onshore and near-shore studies show that the number of birds killed by wind turbines is negligible compared to the number that die as a result of other human activities such as traffic, hunting, power



lines and high-rise buildings and especially the environmental impacts of using non-clean power sources.

Development of wind power began in India in 1990s, and has significantly increased in the last few years. Although a relative newcomer to the wind industry compared with Denmark or the United States, India has the fifth largest installed wind power capacity in the world. In 2009-10 India's growth rate was highest among the other top four countries

Wind Power in Pakistan

According to Ministry of Water and Power's Alternate Energy Board, the wind map developed by National Renewable Energy Laboratory (NREL), USA in collaboration with USAID, has indicated a potential of 346,000 MW in Pakistan. The Gharo-Keti Bandar wind corridor spreading 60 km along the coastline of Sindh and more than 170 km deep towards the land alone has a potential of approximately 50,000 MW.

Government of Pakistan's (GoP) target is 5% of the total power generation by year 2030. GoP's "Policy for Development of Renewable Energy for Power Generation" offers the following incentives:

- Wind risk in certain areas (risk of variability of wind speed).
- Guaranteed electricity purchase.
- Grid provision is the responsibility of the purchaser.
- Protection against political risk.
- Attractive Tariff (Cost plus with up to 17% ROE), indexed to inflation & exchange rate variation (Rupee / Dollar).
- Euro/Dollar parity allowed.
- Carbon credits available.
- No import duties on equipment.
- Exemption on Income Tax/Withholding Tax and Sales Tax. ■

Contributed by Muhammad Omair Abbasi, Executive, Research & Development

Management-CBA meeting



SSGC's senior management led by Azim Iqbal Siddiqui, MD held a meeting with office bearers of PLU (CBA) on March 1, 2012. The senior management was assisted at the talks by Dr. Shehla Naqvi, GM (HR), Shahbaz Islam, DGM (HR) and other members of the HR Department. Riaz Akhtar Awan, Chairman, Ejaz Baloch, President, Rizwan Mallah, General Secretary were among the PLU's office bearers present to discuss related issues.

Senator Saeed Ghani felicitated



PPP leader Saeed Ghani visited SSGC for the first time after successfully contesting the recent Senate elections. Picture combo shows Mr. Ghani felicitated by CBA (PLU) and Zuhair Siddiqui, DMD (CS).

Inauguration of S&M Department in Larkana



Brigadier (R) Mukhtar Ahmed, DG (Security Services) and Incharge S&M inaugurated the Surveillance and Monitoring Department at Larkana Regional Office on February 28, 2012 by cutting a ribbon. Also present at the inauguration were Ali Nawaz Kalaro, Zonal Manager, Mukhtar Ali Sodhar, Engineer (S&M) and Saleem Abid, Security Incharge. The Department was created to further shore up efforts against gas theft.



Sui Southern Gas
Company Limited

شمارہ ۵۲ - اپریل ۲۰۱۲

فیلی

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سوئی سدرن گیس کمپنی کا اندرونی جریدہ

‘ساتویں ایشیا گیس پارٹنرشپ سمٹ’ میں SSGC کی شرکت



AGPS کے تحت پیش رفت کے تناظر میں متوقع ہے کہ اگلے ماہ تک حکومت ایک نوٹیفیکیشن جاری کرے گی جس سے آئندہ بھارت سے پیٹرولیم مصنوعات کی درآمد ممکن ہو سکے گی۔ بیکریٹری صاحب نے لائن منسوب پر بھی بات چیت کی۔

سنگھ نے کیا۔ سمٹ کی تھیم 'ایولوگ ڈائنامکس آف دی ایشین گیس مارکیٹ: چیلنجز آف سورسنگ، انیگریشن اینڈ سسٹیم ایبلٹی' تھی اس سمٹ کے موقع پر پاکستانی وفد کو توانائی کے حوالے سے کام کرنے والے بین الاقوامی ماہرین اور دیگر وفد کی آراء سننے اور اپنے خیالات کا بھارت میں اپنے ہم منصب جناب جی سی چٹرویدی سے TAPI پائپ لائن کا اظہار کرنے کا بہترین موقع ملا۔

جناب ظہیر صدیقی ڈی ایم ڈی (کسٹمر سروسز) نے 23 اور 24 مارچ کو نئی دہلی میں ہونے والی ساتویں ایشیا گیس پارٹنرشپ سمٹ (AGPS) میں سوئی گیس کی نمائندگی کی۔ اس موقع پر پاکستانی وفد کی سربراہی وزیر برائے پیٹرولیم و قدرتی وسائل کے وفاقی بیکریٹری جناب محمد اعجاز چوہدری نے کی۔ بھارت کے قدرتی گیس صنعت کے حوالے سے منعقد ایونٹ کے تحت سمٹ کا افتتاح بھارتی وزیراعظم جناب منموہن



یو ایف جی شرح کم کرنے پر بھرپور توجہ



میڈیا کے ذریعے جرم اور سزا کے بارے میں آگاہی

پاکستان کی قومی اسمبلی اور سینیٹ کی جانب سے قانون سازی کے عمل کو اجاگر کرنا بے حد ضروری ہے جس کے تحت ان دونوں اعلیٰ اداروں نے گیس کی چوری کو جرم قرار دیا ہے اور جس کی سزا بھاری جرمانے کے ساتھ ساتھ جیل بھیجنا بھی ہے۔

اس سلسلے میں کمپنی کے کارپوریٹ کمیونیکیشن ڈیپارٹمنٹ نے فوری اور مستعد کردار ادا کرتے ہوئے اس تازہ ترین صورت حال کی تشہیر کیلئے ”میڈیا پلان“ ترتیب دینے کے ساتھ ساتھ اخبارات میں اشتہارات کی اشاعت کے ذریعے گیس چوری کے نقصانات سے عوام کو آگاہ کرنا شروع کر دیا ہے۔ کمرل لاء (ترجمہ) ایکٹ 2011 کے منظور ہو جانے کے بعد اشتہارات واضح طور پر زور دیتے نظر آتے ہیں کہ گیس چوری ایک بڑا جرم ہے۔

اس قانون سے آگاہی کیلئے سندھ اور بلوچستان میں قائم تمام کسٹمر فیسیلیٹیشن سینٹرز پر تین زبانوں میں شائع کئے گئے اشتہارات آویزاں ہوں گے۔

مذکورہ مقام پر ٹیم نے دیکھا کہ 163 ایم۔ پی۔ ای پائپ سب ڈسٹری بیوشن لائن کو پچھڑ کر کے 3/4 انچ قطر کے فکسڈ گھیمپ لگا کر 300 فٹ طویل ریزرور پی وی سی پائپ کے ذریعے اس کالونی کے پندرہ گھروں کو غیر قانونی طور پر گیس مہیا کی جارہی تھی۔ ایمرجنسی ٹیم نے کامیابی سے تمام ریزرور پائپوں کو اپنے قبضے میں لے لیا۔

ماضی کے مقابلے میں اب ایس ایس جی سی سے وابستہ افراد کی آپس میں متحد ہو کر قابل سزا اور مصیبت میں مبتلا کرنے والی یو ایف جی کے خلاف کاوشیں کرنے کی سخت ضرورت ہے۔ آئیے گیس چوری کے خاتمے کا عزم کریں اس کی فروخت میں اضافہ کریں، لکچ کو بہتر طریقوں سے بند کریں اور ایسا کر کے کمپنی کو ایک مرتبہ پھر بلندی پر پہنچائیں۔ ہمارے گیس صارفین کو بھی چاہئے کہ اس چیلنج کا مقابلہ کرنے میں ہمارا ہاتھ بٹائیں اور گیس چوری کے خلاف جاری جنگ میں ہمارے شانہ بشانہ کھڑے ہو جائیں۔ ■

ٹاسک فورس نے کمپنی کے سکیورٹی سروسز ڈپارٹمنٹ اور علاقہ پولیس کے تعاون سے اس کام کو سرانجام دیا۔

اس چھاپہ مار کارروائی کے دوران قبضے میں لی گئی ریزرور پائپوں کی بھاری مقدار اور کمرشل مقاصد کیلئے استعمال کئے جانے والے برز وغیرہ کو کمپنی کے ایمرجنسی گیٹ پر رکھا گیا تھا۔ ٹاسک فورس کی کاوش نے میڈیا نیوز چینل کی توجہ بھی حاصل کی اور جی ایم (سی آر ڈی) سے انٹرویو کیلئے میڈیا موقع پر پہنچ گیا۔ بعد ازاں عظیم اقبال صدیقی ایم ڈی نے زہیر صدیقی ڈی ایم ڈی (سی ایس) اور عرفان ظفر (ایس جی ایم) (سی ایس) کے ہمراہ اس میٹرل کا معائنہ کیا اور ٹاسک فورس ٹیم کو ہدایت دی کہ وہ مذکورہ سائٹ کو دوبارہ جا کر دیکھیں کہ آیا وہاں ایسی کوئی غیر قانونی علامت موجود تو نہیں رہی۔ ایم ڈی نے عام ممتاز خان جی ایم (سی آر) عبدالرزاق جی ایم (سی آر) ٹاسک فورس، ملک جاوید عثمان، سی ایم (سی آر)، تقدیر احمد، ڈی سی ایم (سی آر)، ٹاسک فورس ٹیم ممبران، ڈی ایم ایس ایم اور سکیورٹی سروسز نے مربوط ایکشن کے ذریعے گیس چوری کے خلاف کارروائی کو سراہا۔

تعاون! عبدالرزاق، سی ایم (سی آر) ٹی ایف

براہ راست گیس کے استعمال کے خلاف کوئٹہ ایمرجنسی ٹیم کی کارروائی ہارون رشید اے ڈی جی ایم (ڈسٹری بیوشن) بلوچستان رینجن کی ہدایت پر مینجمنٹس ڈیپارٹمنٹ کی ایمرجنسی ٹیم جسکی سربراہی محمد انور بلوچ زوق فیبر (کوئٹہ) کر رہے تھے، نے 8 فروری 2012 کو ایئرٹرن بائی پاس پراویس سیکرٹری ویلفیئر بورڈ کالونی غیر قانونی کنکشنز کے خاتمے کیلئے کارروائی کی۔

مذکورہ مقام پر ٹیم نے دیکھا کہ 163 ایم۔ پی۔ ای پائپ سب ڈسٹری بیوشن لائن کو پچھڑ کر کے 3/4 انچ قطر کے فکسڈ گھیمپ لگا کر 300 فٹ طویل ریزرور پی وی سی پائپ کے ذریعے اس کالونی کے پندرہ گھروں کو غیر قانونی طور پر گیس مہیا کی جارہی تھی۔ ایمرجنسی ٹیم نے کامیابی سے تمام ریزرور پائپوں کو اپنے قبضے میں لے لیا۔



یو ایف جی یعنی گیس کے نظریہ آنے والے نقصانات کمپنی کا بہت بڑا مسئلہ ہیں۔ اس سے نہ صرف فنانشل بوٹم لائن متاثر ہو رہی ہے بلکہ ملک میں گیس کے کم ہونے کا خاتمہ پر دباؤ بھی پڑ رہا ہے۔ کمپنی کو یو ایف جی کی وجہ سے سنگین صورتحال کا سامنا ہے جس پر تمام متعلقہ ڈپارٹمنٹس خاص طور پر سروسز پلینس اینڈ مینٹیننس، کسٹمر ریلیشنز اور یو ایف جی سیل کی جانب سے خصوصی توجہ درکار ہوگی۔

خوش قسمتی سے یہ تمام ڈپارٹمنٹس غیر خواہی کے جذبے کے ساتھ ایک ہی طرح کی سوچ رکھتے ہوئے یو ایف جی کیلئے مسئلے پر متفق ہیں۔ گزشتہ کئی مہینوں سے یو ایف جی کے اسباب کی نشاندہی کرنے اور اسے کم کرنے کیلئے ان ڈپارٹمنٹس کی کاوشیں شدت اختیار کر گئیں۔ آئیے کمپنی کے ان ڈپارٹمنٹس کی جانب سے یو ایف جی کو کم کرنے کیلئے سلسلے میں کی گئی سرگرمیوں اور کامیابیوں پر نظر ڈالتے ہیں۔

ٹاسک فورس کی مہران ٹاؤن میں گیس چوری کی خلاف ورزی کا رد

چند مہینوں بعد ایک مرتبہ پھر سی آر ڈی ٹاسک فورس نے سکیورٹی سروسز، ڈی ایم ایس ایم اور مقامی پولیس کے ساتھ ملکر 2 مارچ 2012 کو مہران ٹاؤن انڈسٹریل ایریا کو رنگی کراچی کے گھروں پر چھاپہ مارا جو غیر قانونی طور پر گیس کے استعمال اور چوری میں ملوث تھے۔ گیس کنکشنز کو منقطع کرنے کا عمل عام ممتاز خان جی ایم (کسٹمر ریلیشنز) کی سربراہی میں کیا گیا تھا جو اس کارروائی کے موقع پر موجود تھے۔

ٹاسک فورس نے غیر میٹروں کے غیر قانونی طور پر ریزرور پائپوں کے ذریعے لگے ہوئے تقریباً 2000 ہزار گھروں کے کنکشنز کو ختم کیا جنہیں پلاسٹک پائپ نیٹ ورک کے ذریعے سپلائی مین کے ساتھ منسلک کیا گیا تھا۔ اس غیر قانونی نیٹ ورک کو ختم کرنے کیلئے ٹاسک فورس نے اپنے تمام دستاویز و وسائل کو استعمال کیا۔ اس بات کے پیش نظر کہ چونکہ ان غیر قانونی معاملات میں چند مافیہ گروپوں کی پشت پناہی رہی ہے۔

سوئی سدرن گیس آفیسرز ایسوسی ایشن کی جانب سے سکھر میں سالانہ فنکشن کا انعقاد



سوئی سدرن گیس آفیسرز ایسوسی ایشن نے سکھر رجن کے ایگزیکٹوز کیلئے 3 مارچ 2012 کو ہوٹل ریڈ کارپٹ میں سالانہ فنکشن کے انعقاد کا اہتمام کیا۔

نثار احمد شیخ اے جی ایم (ڈی) آپرینڈھ اس موقع پر مہمان خصوصی تھے۔ رجب علی جیلانی ریجنل سیکریٹری (ایس ایس جی او اے سکھر) نے خطبہ استقبالیہ پیش کیا۔ ان کے بعد شہاب الدین صدیقی (جنرل سیکریٹری) عرفان علی جعفری (وائس پریزیڈنٹ) اور شہباز اسلام ڈی پی ایم (ایچ آر) نے مہمانان گرامی سے خطاب کیا۔

رات گئے تک محظوظ کیا۔ اس تقریب کی نظامت کے فرائض عرفان علی جعفری نے سرانجام دیئے۔ ■

اپنے خطاب میں اے ڈی ایم (ڈی) آپرینڈھ نے SSGOA کو متاثر کن فنکشن کے اہتمام پر مبارک باد دی۔ پر تکلف عشاء کے بعد نامور گلوکارہ جنم ماروی نے اپنے خوب صورت نغمات سے حاضرین کو

ان مقررین نے ایسوسی ایشن کے پلیٹ فارم سے کئے گئے کارناموں کا ذکر کیا اور ایگزیکٹوز کی فلاح اور بہتری کیلئے مستقبل کی حکمت عملی کی وضاحت کی۔

سی بی اے ریفرنڈم 2012 میں پیپلز لیبر یونین کی فتح



پیپلز لیبر یونین (پی ایل یو) سی بی اے نے سوئی سدرن گیس کمپنی کے فرنیچر علاقوں سندھ اور بلوچستان میں واقع تمام دفاتر میں 26 جنوری 2012 کو ہونے والے ریفرنڈم 2012 میں کامیابی حاصل کر لی جس کے نتائج کا اعلان رجسٹرار نیشنل انڈسٹریل ریلیشنز کمیشن (این آئی آر سی) نے کیا۔

پی ایل یو مجموعی طور پر 2888 ووٹ حاصل کر کے کامیاب قرار پائی۔ اس کے علاوہ اس ریفرنڈم میں ورکرز یونین، محنت کش یونین، مزدور یونین اور ایپلائز یونین نے بھی حصہ لیا۔ پی ایل یو کو ریاض اخترا اعوان (چیئرمین) اور اعجاز بلوچ (صدر) کی سربراہی حاصل ہے۔

ریفرنڈم کیلئے مذکورہ یونینوں کی جانب سے مہم کم و بیش ایک مہینہ تک جاری رہی جس کے دوران انہوں نے کارزینٹنگوں کا انعقاد کیا جن میں سب آرڈینٹ اسٹاف اور ملازمین سے ووٹ کے ذریعے تعاون کرنے پر زور دیا گیا۔ ریفرنڈم میں حصہ لینے والی یونینوں کے عہدیداروں نے ووٹوں کے سامنے اپنے منشور پیش کئے تاکہ مزدوروں اور ماتحت ملازمین کی موثر سی بی اے منتخب ہو سکے۔ ■

تعاون! انٹرنل ریلیشنز (آئی آر) - ایچ آر ڈی پارٹنر





اپنی نوعیت کا منفرد مظاہرہ



کہا کہ گیس کو کفایت شعاری سے استعمال کیا جائے، اپنے گیس میٹروں کی حفاظت کا خاص خیال رکھیں اور گیس چوروں کے معاملے سے اپنے آپ کو دور رکھیں۔ چیف انجینئر نے ان مکینوں کو کچنی مینجمنٹ اور متعلقہ ڈپارٹمنٹس کو بروقت گیس چوری کی اطلاع دینے پر زور دیا تاکہ یو ایس جی کے مسئلے پر وقت کے ساتھ ساتھ قابو پایا جاسکے۔ مذکورہ علاقوں کے مکینوں نے گیس کو قانونی طریقے سے استعمال کرنے کا وعدہ کیا۔ ■

تعاون! ایجنٹس کٹرل (آر) محمد سعید ارشدی ایم (ایس ایس)

ریجنل آفس کے سینئر ارکان جن میں آغا محمد بلوچ (سی ای۔ پی اینڈ ڈی)، رفیق بلوچ (آر ایم۔ کونڈ)، ایم انور بلوچ (زول فیجر۔ کونڈ)، فرید کا کڑ (سینئر انجینئر) طاہر اچکزئی (سینئر انجینئر)، ایجنٹس کٹرل (آر) محمد سعید ارشدی ایم (ایس ایس) اور عبدالرحمن ایگزیکٹو (ایس ایس) نے ان مظاہرین کا خیر مقدم کیا اور ان کے ستائشی رد عمل پر اظہار تشکر کیا۔

اس موقع پر پُر اس مظاہرین سے خطاب کرتے ہوئے سی ای (پی اینڈ ڈی) نے منفرد انداز میں کئے گئے مظاہرہ پر ان کا شکریہ ادا کرتے ہوئے



لفظ ”مظاہرہ“ کا عام طور پر مطلب لوگوں کا گروہیں کی شکل میں اکٹھے ہو کر کسی مسئلہ پر یا کسی آرگنائزیشن کے خلاف احتجاج کرنا ہوتا ہے۔ تاہم 24 فروری 2012 کی صبح ریجنل آفس کونڈ کے افسران اور اسٹاف کو انتہائی خوشگوار اور حیرت انگیز مظاہرے کا سامنا کرنا پڑا جو اپنی نوعیت کا بے حد منفرد مظاہرہ تھا۔ کم و بیش 60 سے 70 گھروں کے مکین پر جوش انداز میں اپنے ہاتھوں میں پلے کارڈز اور بیئرز اٹھائے ریجنل آفس کے گیٹ پر کھڑے SSGC کے حق میں پریشکاف نعرے بلند کر رہے تھے کہ اسکی مینجمنٹ اور ملازمین نے ان مکینوں کے علاقوں (KILLIS) میں گیس کے کم پریشر کے مسئلہ کو خصوصی توجہ کے ساتھ حل کر دیا تھا۔ ان مکینوں کا تعلق کلی کمالو، گوہر آباد، جادیا مین خان، صابر آباد، بارو، ازبک، سرد اور لینگو سے تھا۔ ان بیئروں پر کچنی کے حق میں یہ نعرے اور عبارات درج تھیں۔ ”ریجنل آفس مینجمنٹ زندہ باد“، ”ایس ایس جی مینجمنٹ زندہ باد“، ”کم گیس پریشر کا مسئلہ حل کرنے پر SSGC کا شکریہ“ وغیرہ۔

دیانتداری اور حوصلے کی ایک داستان

طارق حسین کا SSGC کے ساتھ گزرنے وقت کا احوال



اپریل 2012 کے دوران جناب طارق حسین اپنی خدمات کے 33 شاندار سال مکمل کرنے بعد SSGC کو خیر باد کہیں گے۔ ریٹائر ہونے والے افسران کے انٹرویوز شائع کرنے کی روایت برقرار رکھتے ہوئے SSGC فلم کی ایڈیٹوریل ٹیم نے جنرل فیجر بنگ کے عہدے سے ریٹائر ہونے والے جناب طارق حسین کا حال ہی میں انٹرویو کیا۔ تفریق سے بھرپور اس انٹرویو میں جناب طارق حسین نے اپنی ملازمت کے دوران پیش آنے والے چند دلچسپ واقعات کا ذکر کیا اس انٹرویو کا خلاصہ درج ذیل ہے:

ابتدائی عمر: میں لاہور میں پیدا ہوا اور وہیں پلا بڑھا۔ آپ کہہ سکتے ہیں کہ میں ولیدٹی یا اندرون شہر کی پیداوار ہوں۔ ہمارا متوسط گھرانہ کشمیری بازار میں رہائش پذیر تھا۔ میں نے بہت کم عمری میں ہی جان لیا کہ زندگی کوئی پھولوں کی بتج نہیں بلکہ مستقل محنت اور کاوش کرنے کا نام ہے۔ میرے والدین نے اسکول کے زمانے میں ہی مجھ میں خاطر خواہ احساس ذمہ داری پیدا کر دی تھی یہی وجہ ہے کہ میں کہہ سکتا ہوں کہ میں پورے گھرانے کا سربراہ تھا۔ ان ذمہ داریوں میں میری ایک اہم ذمہ داری کرائے داروں سے کرایہ وصول کرنا تھا، جو کہ کوئی آسان کام نہیں، کیونکہ ہمارے یہاں وقت پر کرایہ ادا کرنے کا رواج نہیں۔ 1969 میں میٹرک کرنے کے بعد میں نے اسلامیہ کالج لاہور سے انٹراور بی کام کیا۔ صحیح معنوں میں میرا پہلا عملی تجربہ تقریباً 66 پر مشتمل رضا کارانہ خدمات تھیں جو کہ میں نے نیشنل ڈیولپمنٹ اینڈ ریسرچ پروگرام میں دیں۔ میں نے MBA کی ڈگری گول یونیورسٹی ڈیرہ اسماعیل۔

SSGC میں خدمات کا آغاز

MBA مکمل کرنے کے بعد میں نے کئی اداروں میں نوکری کیلئے درخواستیں دی۔ ایک دن مجھے اس وقت کی سوئی گیس ٹرانسمیشن کمپنی لمیٹڈ، ہیڈ آفس کراچی سے کال آئی۔ میں انٹرویو پینل میں دو ہونے والے SSGC مینیجنگ ڈائریکٹرز جناب مختار احمد اور جناب ضمیر عالم انصاری تھے۔ میں نے اپریل 1979 میں 1500 روپے کی شاندار تنخواہ پر کمپنی کے ایگزیکٹو کا ڈرے کے گروپ 5 میں اسٹنٹ اکاؤنٹ کی حیثیت سے کام کا آغاز کیا۔

میں نے اس وقت کہیں اور درخواست نہ دینے کا فیصلہ کیا کیونکہ یہ اچھی تنخواہ تھی اور آگے بڑھنے کے مواقع بھی موجود تھے۔ جلد ہی میں سیلری سیکشن کا انچارج متعین ہو گیا۔ جلد ہی میں پرسونل ڈیپارٹمنٹ کے اپنے اعلیٰ افسران کو پے رول کے مراحل میں بے ضابطگیوں کی نشاندہی کرانے کے باعث متاثر کرنے میں کامیاب ہو گیا۔ اس وقت میرے باسز میں پرسونل ڈیپارٹمنٹ کے انچارج محترمہ دو حنا ہو اور چیف اکاؤنٹ جناب انعام الاسد تھے جو کہ بعد میں SSGC کے DMD کے عہد پر فائز ہوئے۔ میری اگلی ترقی جلد ہی ہوئی اور اللہ کے فضل سے میری تنخواہ گئی کروڑی لگی میں نے اس وقت جان لیا تھا کہ SSGC ہی وہ

سب سے مشکل مرحلہ

جب میں ڈی جی ایم تھا تو مجھے بالکل امید نہیں تھی کہ میں جی ایم بنوں گا۔ تاہم جب میں 2010 میں جج کر کے آیا تو میں جی ایم (ایس اینڈ ایم) بن گیا تھا۔ یہ ترقی حقیقتاً میرے اللہ کی جانب سے تھی۔ یہ میرے لئے بہت سخت دور تھا یہاں تک کہ ایک بڑے بیرونی دباؤ کے باوجود مجھے فوری فیصلے کرنے تھے۔ میرے فوری باس جناب یوسف جے انصاری، ایس جی ایم (ایم ایس) نے مجھے غیر قانونی گیس استعمال کرنے والوں کے خلاف کارروائی کے مکمل اختیارات دیئے۔

میری فیملی

جب میرے والدین نے میرے لئے لہن کی تلاش شروع کی تو میں نے بہت پر زور طریقے سے اپنے والدین سے کہا کہ لائف پارٹنر کیلئے میری ایک خواہش ہے کہ وہ ڈاکٹر ہونی چاہیے۔ خوش قسمتی سے میری شادی ایک ڈاکٹر سے ہو گئی جو اس وقت گانا کلو جی میں اسپیشل نریشن کر رہی تھی۔ آج وہ ایک بہت اچھی کنسلٹنٹ ہے۔ میرے دو بیٹے ہیں میرا بڑا بیٹا عثمان علی جس کا نام میں نے اس کے پیدا ہونے سے پہلے ہی سوچ لیا۔

ادارہ ہے جس میں مجھے اپنی جگہ بنانی ہے۔

ملازمت میں ترقی

مجھے اکاؤنٹس اور فنانس ڈیپارٹمنٹ میں کام کرنے کا ایک بڑا تجربہ ہے۔ اکاؤنٹس ڈیپارٹمنٹ میں انتھک کام کرنے کے بعد میرا تبادلہ ریگولیری انفیرس ڈیپارٹمنٹ میں کر دیا گیا۔ پھر یا ایک ڈی جی ایم (اندرونی حساب کی جانچ پڑتال) ہونے کی حیثیت سے مجھے پہلی بار کراچی سے باہر ایک پراجیکٹ پر بدین بھیجا گیا۔ یہ میرے لئے ایک سیکھنے کا موقع تھا۔ میں نے وہاں بہت سے عہدیداروں کو واضح طور پر اپنے سینئر ز سے جھوٹ بولتے دیکھا۔ میں کبھی اپنے باس سے جھوٹ بولنے ہوئے نہیں گھبرا یا اور اپنے باس کو کام کے بارے میں ہمیشہ سچ بتایا۔

کامیابی کا راز

اللہ نے مجھ پر بہت کرم کیا کیونکہ میں نے ہمیشہ اپنی کمپنی کے بھلے کیلئے کام کیا اور اس عظیم ادارے کو آگے لے جانے کی کوشش کی۔ یہاں تک کہ میں بہت فخر سے کہہ سکتا ہوں کہ میرے 33 سالہ کیریئر میں میری بچی ہوئی چھٹیاں کی ہوئی چھٹیوں سے کم ہیں۔





تھاس نے کینیڈا سے ایم ایس سی کیا ہے اور اب وہ پی ایچ ڈی کی ڈگری حاصل کر رہا ہے۔ میرا دوسرا بیٹا ڈاکٹر ضیاء الدین یونیورسٹی کراچی سے ایم بی بی ایس کر رہا ہے۔

مستقبل کے عزائم

میں اپنی بقایا تمام زندگی گرم جوشی کے ساتھ اللہ کی راہ میں وقف کرنا چاہتا ہوں۔ میں اپنے تمام ساتھی انسانوں کو نصیحت کرتا ہوں کہ ”اسلام کی روشنی میں سوچو اور فیصلہ کرو“ ہمیشہ فیاضی سے غریبوں کی مدد کرنی چاہیے۔ اور یہی سچی تلافی ہے۔ ■

جناب غلام رسول کیٹھان کی رٹائرمنٹ پر الوداعی لینچ



جائیں گی۔

تقریب کے اختتامی کلمات محترم غلام رسول کیٹھان نے ادا کرتے ہوئے شکر یہ ادا کیا اور کسی بھی سرزد غلطی کو معاف کر تینکی درخواست کی خاص طور پر K.T اسٹور افسران کا خصوصی شکریہ ادا کیا جو کراچی سے آکر شریک ہوئے۔

اس تقریب میں K.T اسٹور کی جانب سے کیٹھان صاحب کو ایک شیلڈ پیش کی گئی اور ایک تحفہ بھی دیا گیا۔ اس طرح اسٹور سیکشن حیدرآباد کی طرف سے تمام خاص مہمانوں کو سندھ کا روایتی خوبصورت تھدا جرک پہنائی گئی اور ایک گفٹ پیش کیا گیا جو کہ G.M صاحب اور DGM اسٹور K.T کے ہاتھوں پیش کئے گئے۔

اس الوداعی لینچ میں تمام ڈپارٹمنٹس کے سربراہوں کو مدعو کیا گیا تھا۔ جن میں عبدالرشید لغاری، ممتاز حسین شیخ، شفیع شیخ، عبداللطیف عباسی، عبدالوہاب صدیقی، جاوید اختر، مقبول احمد، چنا، عبدالحفیظ ایڑو، غلام محمد منگنی، ندیم قریشی، دانش ملک دیگر افسران نے شرکت فرمائی۔ ■

رپورٹ: منظور حسین کارلو DCM اسٹور، حیدرآباد



اور شادر ہیں۔“

مبین صاحب کی مختصر لیکن پرتاثير تقریر کے بعد جناب عبدالرشید خانزادہ RM حیدرآباد کو بھی دعوت خطاب دی گئی۔ خانزادہ صاحب نے محترم جی۔ آر کیٹھان کی بطور ڈپٹی جنرل منیجر (اسٹور) خدمات پر روشنی ڈالی اور ان کی فرض شناسی کو سراہا۔ تقریب کے مہمان خصوصی جناب مشتاق ای صدیقی جنرل منیجر (ڈسٹری بیوشن سندھ) نے اپنے مختصر خطاب میں کیٹھان صاحب کو ایک ذمہ دار اور فرض شناس افسر قرار دیا اور دعا کی آپ ہمیشہ خوش رہیں۔ یقیناً کمپنی میں موصوف کی خدمات یاد رکھی

سوئی سدرن گیس کمپنی میں 35 سال سے ڈیوٹی سرانجام دینے کے بعد جناب غلام رسول کیٹھان کمپنی کی سروس سے 18-11-2011 کو رٹائر ہو گئے۔ اس حوالے سے ایک پروکار تقریب کا اہتمام اسٹور سیکشن حیدرآباد کے افسران اور اسٹاف کی جانب سے حیدرآباد جیم خانہ میں کیا گیا۔ اس الوداعی لینچ کے پروگرام میں اسٹور سیکشن K.T کے ڈپٹی جنرل منیجر جناب خلیلاے مبین اپنے رفقاء کے ساتھ شریک ہوئے اور تقریب کی رونق میں مزید اضافہ کیلئے مکمل تعاون کیا۔

تقریب کا آغاز حسب روایت تلاوت کلام پاک سے کیا گیا جو کہ مسٹر زاہد حسین قریشی DCM اسٹور کا دبجس کمپ نے تلاوت فرمائی۔ اس کے بعد استقبالیہ کلمات جناب خلیل مبین صاحب نے ادا کرتے ہوئے فرمایا کہ: ”کیٹھان صاحب کو الوداع کہتے ہوئے ہمیں دکھ بھی ہو رہا ہے اور خوشی بھی محسوس ہو رہی ہے۔ کیونکہ ہمارا ساتھی جو کہ ہم سے سخیئر اور نہایت تجرب کار رہا ہے۔ آج ہم سے ظاہراً جدا ہو رہا ہے۔ ہمیں خوشی ہے کہ کیٹھان صاحب نے کمپنی میں اپنی خدمات نہایت فرض شناسی اور ایمانداری سے سرانجام دیں اور خیریت سے آج رٹائر ہو رہے ہیں۔ ہماری دعاں ہیں کہ جناب غلام رسول کیٹھان جہاں بھی رہیں آباد

يو ايف جي شرح گهٽ ڪرڻ جي پريپور توجه



فارس پنهنجي سموري دستياب وسيلن کي استعمال ڪيو. انهيءَ ڳالهه جي پيش نظر ته ڇو ته انهن غير قانوني معاملن ۾ ڪجهه مافيا گروپن جي حمايت رهي آهي.

ٽاسڪ فورس پاران ڪمپني جي سيڪيورٽي سروسز ڊپارٽمنٽ ۽ علائقائي پوليس جي تعاون سان ان ڪم کي سرانجام ڏنو ويو.

انهيءَ ڇاپا مار ڪاروائي دوران قبضي هيٺ آيل رپڙ پائين جي وڏي مقدار ۽ ڪمرشل مقصد لاءِ استعمال ٿيندڙ برنر وغيره کي ڪمپني جي ايمرجنسي گيٽ رکيو ويو هو. ٽاسڪ فورس جي مدد سان ميڊيا نيوز چينل جي توجهه پڻ حاصل ڪئي ۽ جي ايم (سي آر ڊي) کان انٽرويو وٺڻ لاءِ ميڊيا موقعي تي پهتي.

عظيم اقبال صديقي ايم ڊي پاران زهير صديقي ڊي

ايم ڊي (سي ايس) ۽ عرفان ظفر (ايس جي ايم) (سي ايس) سان گڏجي انهيءَ مٽريل جو معائنو ڪيو ۽

ٽاسڪ فورس ٽيم کي هدايت ڪئي ته ڄاڻايل سائيٽ تي هڪ ڀيرو وري وڃي ڇاڇ ڪن ته اهڙي ڪا غير

قانوني علامت موجود ته نه آهي. ايم ڊي پاران عامر

ممتاز خان جي (سي آر)، عبدالرزاق سي ايم (سي آر ٽاسڪ فورس)، ملڪ جاويد عثمان (سي ايم سي آر)، قدير احمد ڊي سي ايم (سي آر)، ٽاسڪ فورس

ٽيم ممبرن، ڊي ايس ايم ۽ سيڪيورٽي سروسز ايشن جي ذريعي گيس چوري جي خلاف ڪاروائي جي

ساراهه ڪئي.

تعاون! عبدالرزاق، سي ايم (سي آر، ٽي ايف)

براه راست گيس جي استعمال جي خلاف ڪوٺهه

ايمرجنسي ٽيم جي ڪاروائي

هارون رشيد اي ڊي جي ايم (ڊسٽري بيوشن)

بلوچستان ريجن جي هدايت تي مينٽيننس ڊپارٽمنٽ

جي ايمرجنسي ٽيم جنهن جي سربراهي محمد انور

بلوچ زونل مينيجر (ڪوئٽه) ڪري رهيا هئا، 8

فروري 2012 تي ايسٽرن بائي پاس تي موجود

يو ايف جي مطلب گيس جا نظر نه ايندڙ نقصانات

ڪمپني جو وڏا مسئلا آهن. ان سان نه صرف فنانشل

بوٽم لائين متاثر ٿئي ٿي بلڪه ملڪ ۾ گيس جي گهٽ

ٿيل ذخائر تي ڌٻاءُ پڻ وڌي رهيو آهي. ڪمپني کي

يو ايف جي سبب سنگين صورتحال جو سامنو آهي

جنهن تي سمورا لاڳاپيل ڊپارٽمنٽ خاص طور تي

سرويلنس اينڊ مانيٽرنگ، ڪسٽمر اور يو ايف جي

سيل طرفان خصوصي توجهه جي گهرج هوندي.

خوش قسمتي سان اهي سمورا ڊپارٽمنٽس خير

خواهيءَ جي جذبي سان گڏ هڪ ئي جهڙي سوچ

رکندي يو ايف جي لاءِ مسئلي تي متفق آهن. گذريل

ڪيترن ئي مهينن کان يو ايف جي جو مسئلن جي

نشاندهي ڪرڻ ۽ انهيءَ کي گهٽ ڪرڻ لاءِ انهن

ڊپارٽمنٽس جون ڪوششون شدت اختيار ڪري ويون.

اڇو ڪمپني جي انهن ڊپارٽمنٽس طرفان يو ايف جي

کي گهٽ ڪرڻ جي سلسلي ۾ ڪيل سرگرمين ۽ ڪوشش

تي نظر وجهون ٿا.

ٽاسڪ فورس جي مهران ٽائون ۾ گيس چوري

خلاف زبردست ڪاروائي

ڪجهه مهينن کانپوءِ هڪ ڀيرو وري سي آر ڊي ٽاسڪ

فورس پاران سيڪيورٽي سروسز، ڊي ايس ايم ۽

مقامي پوليس سان گڏجي 2 مارچ 2012 تي مهران

ٽائون انڊسٽريل ايريا ڪورنگي ڪراچي جي گهرن ۾

ڇاپا هنيا جيڪو غير قانوني طور تي گيس جي

استعمال اور چوري ۾ ملوث هئا. گيس ڪنڪشنز ڪٽڻ

جو عمل عامر ممتاز خان جي ايم (ڪسٽمر ريليشن)

جي سربراهي ۾ ڪيو ويو هو جيڪو ان ڪاروائي جي

وقت اتي موجود هو.

ٽاسڪ فورس پاران بغير ميٽرن جا غير قانوني طور

تي رپڙ پائين جي ذريعي لڳل تقريبن 2000 هزار

گهرن جا ڪنڪشنز کي ختم ڪيو جنهن کي پلاسٽڪ

پائپ نيٽ ورڪ ذريعي سيلاني مين سان گڏ ڳنڍيو

ويو هو. انهي نيٽ ورڪ کي ختم ڪرڻ لاءِ ٽاسڪ



سيڪشن	جرم	سزا
462C	ڪنهن به شخص طرفان گيس ڊسٽري بيوشن لائنز ۾ چيڙڇاڙ ڪرڻ جي سزا	ڏهه سال قيد يا 3,000,000 روپيا ڏنڊ يا ٻئي
462D	گهريلو صارفين طرفان گيس ميٽر سان چيڙڇاڙ / گيس جي غيرقانوني ورهاست ۽ وڪري جي سزا	ڇهه مهينا قيد يا 100,000 روپيا ڏنڊ يا ٻئي
462E	صنعتي ۽ تجارتي صارفين طرفان گيس ميٽر سان چيڙڇاڙ / گيس جي غيرقانوني ورهاست ۽ وڪري جي سزا	ڏهه سال قيد يا 5,000,000 روپيا ڏنڊ يا ٻئي

گيس جي چوري بند ڪريو ته جيئن توهان ڪورسل ايڪسس ڪرڻ بچي سگهجو



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سيڪريٽري ويلفيئر بورڊ ڪالوني ۾ غير قانوني ڪنڪشنز جي خاتمي لاءِ ڪارروائي ڪئي. ڄاڻايل مقام تي ٽيم ڏٺو ته 63 ايم ايم پي اي پائپ سب ڊسٽري بيوشن لائنن کي پنڪچر ڪري 4% انچ قطر جي فڪسڊ ڪليمپ لڳائي 300 فٽ ڊگهي رپڙ ۽ پي وي سي پائپ جي ذريعي ان ڪالوني جي 15 گهرن کي غير قانوني طور تي گيس فراهم ڪئي پئي وئي. ايمرجنسي ٽيم ڪاميابي سان سمورن رپڙ پائپن کي پنهنجي قبضي ۾ وٺي ڇڏيو.

ميبيا ذريعي جرم ۽ سزا جي باري ۾ آگاهي
پاڪستان جي قومي اسمبلي ۽ سينيٽ پاران قانونسازي جي عمل کي اجاگر ڪرڻ بيمدد ضروري آهي جنهن تحت انهي ٻنهي اعليٰ ادارن گيس جي چوري جي جرم قرار ڏنو آهي ۽ جنهن جي سزا وڏي جرماني جي گڏ جيل موڪلڻ پڻ آهي. انهيءَ سلسلي ۾ ڪمپني جي ڪارپوريٽ ڪميونيڪشن ڊپارٽمنٽ فورن ڪردار ادا ڪندي انهي تازه ترين صورتحال جي تشهير لاءِ ’ميبيا پلان‘ جوڙڻ سان گڏوگڏ اخبارن ۾ اشتهارن جي اشاعت ذريعي گيس چوري جي نقصان کان عوام جي آگاهه ڪرڻ شروع ڪري ڇڏيو آهي. ڪرنل لا (ترميم) ايڪٽ 2011 جي منظور ٿيڻ بعد اشتهار واضح طور تي زور ڏيندي نظر اچن ٿا ته گيس چوري هڪ وڏو جرم آهي.

ان قانون جي آگاهي لاءِ سنڌ ۽ بلوچستان ۾ قائم سمورن ڪسٽمر فيسبليٽشن سينٽرن تي 3 ٻولين ۾ شايع ٿيل اشتهار لڳل هوندا.

ماضي جي مقابلي ۾ هاڻ ايس ايس جي سي سان لاڳاپيل ماڻهن جي پاڻ ۾ متحد ٿي ڪري قابل سزا ۽ مصيبت ۾ مبتلا ڪرڻ واري يو ايف جي خلاف ڪاوشون ڪرڻ جو سخت ضرورت آهي. اچو گيس چوري جي خاتمي جو عزم ڪريون ان جي فروخت ۾ اضافو ڪريون، ليڪچر کي بهتر طريقن سان بند ڪيون ۽ انهن ڪمپني کي هڪ ڀيرو وري بلندي تي پهچايون. اسان جي گيس صارفين کي پڻ گهرجي ته هو انهي چيلينج جو مقابلو ڪرڻ ۾ اسان سان گڏ ٿين ۽ گيس چوري خلاف جاري جنگ ۾ اسان سان گڏ ٿين.

■ ٻيهر.



سوئي سدرن گيس آفيسرز ايسوسي ايشن طرفان سکر ۾ سالانه فنڪشن جو انعقاد



سوئي سدرن گيس آفيسرز ايسوسي ايشن پاران سکر ريجن جي ايگزيڪيويوز لاء 3 مارچ 2012 تي هوٽل ريڊ ڪارپٽ ۾ سالانه فنڪشن جو بندوبست ڪيو ويو. نثار احمد شيخ اي جي ايم (ڊي) اپر سنڌ انهي موقعي تي مهمان خصوصي هئا. رجب علي جيلاني ريجنل سيڪريٽري (ايس ايس جي او اي سکر) پاران استقباليه پيش ڪيو. ان کانپوء شهاب الدين صديقي (جنرل سيڪريٽري) عرفان علي جعفري (وائس پريزيڊنٽ) ۽ شهباز اسلام ڊي پي ايم (ايڇ آر) مهمان گرام سان خطاب ڪيو.

مقرر پاران ايسوسي ايشن جي پليٽ فارم تان ڪيل ڪارنامن جو ذڪر ڪيو ۽ ايگزيڪيويوز جي فلاح ۽ بهتري لاء مستقبل جي حڪمت عملي جي وضاحت ڪئي.

پنهنجي خطاب ۾ اي ڊي ايم (ڊي) اپر سنڌ پاران ايس ايس جي او اي کي فنڪشن جي اهميت تي مبارڪباد پيش ڪئي. پرتڪلف عشانیه بعد گلوڪاره صنم ماروي سر وکيري حاضرين جي داد حاصل ڪئي. جڏهن ته ڪمپننگ عرفان علي جعفري ڪئي. ■



ارفع ڪريم

ارفع! تجھ ۾ ڪرم ٿا اُس ذات ڪريم کا
پايا ٿا توڻي علم، اُس ذات عليم کا
چهره تيرا گلاب، آنکھين تري ڏين
نوبرس کي عمرين، تو بلا کي تهي فطين
چھوڻي سي عمرين تو بڙا ڪام ڪرڻي
سڪندر کي طرح دنيا مين، اپنا نام ڪرڻي
قدرت کا حسين تھه، تو بخت کا پھول ھے
تيرے جانے سے سقدر، هر شخص ملول ھے
خواب اڏھورے تيرے ہم پورے ڪريں گے
سوچ سے تيري، دور سب اندھيرے ڪريں گے
حرف آخر ٿا! هر دم يه دعا ھے ميري
ارفع و اعلى، بخت مين جگه هو تيري
افتخار ٿا!

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