



**Sui Southern Gas
Company Limited**



The Official Magazine of SSGC

SSGC inks MoU with Transparency International Pakistan



TIP Chairman exchanging MoU documents with MD, SSGC

SSGC signed a Memorandum of Understanding (MoU) with Transparency International Pakistan (TIP) on April 1, 2013 in order to ensure complete transparency in its procurement processes.

The MoU will facilitate the gas utility

in availing TIP's expertise as an observer by adopting best practices while following the rules of the Government. The MoU was inked by TIP's Chairman Sohail Muzaffar and SSGC's MD Zuhair Siddiqui.

The signing ceremony was held at the SSGC's Head Office in Karachi.

Speaking on the occasion, MD, SSGC said that the gas utility shares a common vision with TIP of a corruption-free Pakistan and reiterated the Company's commitment to address its observations promptly. The signing of this MoU will make SSGC even more conscious and mindful about maintaining transparency in all aspects of procurement processes, the MD said.

In his address, TIP Chairman said that of late, apart from the private sector, public sector organizations and schemes such as PIA, NADRA, Benazir Income Support Program and Pakistan Steel Mills have associated themselves with TIP through MoUs to ensure transparency in all aspects of their procurement processes. Mr. Muzaffar hoped that whatever advice TIP will give to SSGC, it will be taken positively. The TIP Chairman reiterated that his organization strives for honesty, openness and transparency.

Senior members and officials of TIP and SSGC including Adil Gilani, Consultant, TIP and Yusuf J. Ansari, SGM (Corporate and Legal Affairs) were also present to witness the signing. ■

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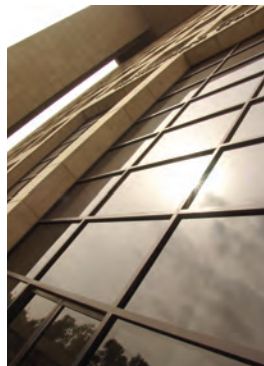
The day SSGC was incorporated

Dear readers,

SSGC recently celebrated its 24th birthday. Here is a factoid for those wondering when did SSGC come into existence.

Although Sui Gas Transmission Company Ltd. was incorporated in 1954, the actual date of incorporation of SSGC in its present form, is March 30, 1989 which fell on Saturday this year.

This is how it happened. Southern Gas Company (formed on May 27, 1986 after the amalgamation of Karachi Gas Company and Indus Gas Company) and Sui Gas Transmission Company filed a petition before the Sindh High Court, Karachi for sanction of the merger/amalgamation/reorganization of the two companies under the name M/S Sui Southern Gas Company Limited. The Court sanctioned the petition by announcing the merger and hence Sui Southern Gas Company came into existence on March 30, 1989. **Ed** ■



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S&M gears up efforts against unauthorized connections

Keeping up with the war against the growing menace of UFG, the ever vigilant teams of S&M department have geared up their

activities and once again proven their commitment towards controlling gas theft. During the month of April several unauthorized connections/premises

were identified and were raided along with the teams of other concerned departments. ■



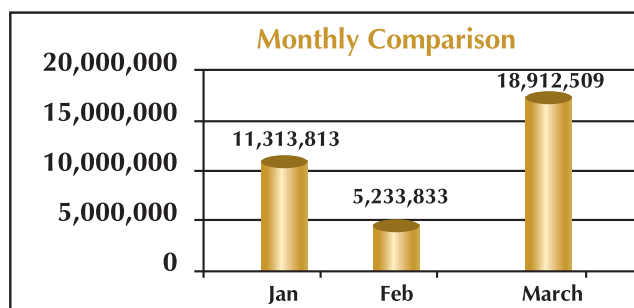
S&M's performance in terms of volume/amount claimed

Region	#of Cases	Claimed Amount	MCF Charged	#Ack Cases	#Ack MCF	Ack Amount	# Not Ack Cases	# Not Ack MCF	Not Ack
Karachi	60	11,539,421	18,844	3	9,417	4,326,332	57	9,427	7,213,89
Sukkur	4	206,048	227				4	227	206,048
Hyderabad	12	6,341,223	9,725	5	8,843	5,672,187	7	882	669,036
Quetta	5	729,699	929				5	929	729,699
Larkana	3	96,118	54				3	54	96,118
Grand Total	84	18,912,509	29,779	8	18,260	9,998,519	76	11,519	8,913,990

MCF = Million Cubic Feet

Ack = Acknowledged

Not Ack = Not Acknowledged



Months	Cases	MCF Charged	Claimed Amount
Jan	73	15,329	11,331,813
Feb	41	6,771	5,233,833
March	84	29,779	18,912,509
Grand Total	198	51,879	35,478,155

Daring task undertaken at a Sajji house

Keeping up with the war against UFG, S&M department's Intelligence Officer Muhammad Rashed Tahir carried out a daring task of service killing of famous Mehran Sajji in Karachi's locality of Gulshan-e-Iqbal, along with shifting of aged out services and meters installed at the backside of the commercial concern.

Mehran Sajji had already been billed for direct use of gas for an amount of Rs. 1,767,778 that was raised against the customer which is still pending for acknowledgment.

On April 11, 2013, field officer, Mr. Rashed Tahir, raided the Sajji house and observed that the customer had again taken direct connection from old service that was left unattended at the back side of the premises. Through this service, five other Commercial meters were corrected due to which shifting of service was an audacious task to attempt.

After observing that these services could be prone to direct connections, it was categorically decided that the live service inside the premises of Sajji House be killed and the commercial meters connected to it shall be shifted outside the premises



through single service line.

On April 16, 2013, a joint action was carried out by S&M, CRD and DSM teams and after intense work for hours, direct connection of Mehran Sajji was killed, extra services were

removed and five commercial meters were shifted outside to a single service so that it could not be used for direct tapping in future. ■



Major UFG case unraveled at Quetta's Cantonment Zone

As part of its ongoing initiative against UFG, Cantonment Zone team and CRD raided Killi Nasirabad in Kharotabad, Samungli Road Quetta on March 25, 2013.

The team was led by DCE Incharge Cantt Zone. Team members included Engineer (Cantt Zone) Mohammad Arif, AM (Cantt Zone) Abdul Bari, AM (CRD) Ameer Mohammad and Cantt Zone Maintenance team.

It was discovered that the customer was using unmetered gas through GI Pipe from a Service Valve which was already punctured. A 3/4" dia clamp was found installed on 3/4" dia Service Pipe underground. 1/2" dia socket was welded on the clamp and 1/2" dia GI pipe was extended inside a customer's house who was providing connection to ten kachaa houses in the neighbourhood. It is suspected that the customer had been using the illegal connection for more than a year.

Regional Manager Quetta, Rafique Baloch also visited the site. He admired and appreciated the concerted efforts taken by Cantt Zone and CRD. ■



Drive against defaulters - SSGC cuts off hundreds of gas connections

In its quest to recover massive outstanding dues of Rs. 79 billion, SSGC initiated stern action against defaulting customers by disconnecting their gas supplies. Majority of these defaulters have already been disconnected whereas hundreds of disconnections are being conducted on daily basis.

The Company also publicized the names of these defaulters in the newspapers under six major customer categories i.e. industrial-bulk, industrial, government, bulk, commercial and domestic. Listed below are the top 5 defaulting customers of each of above mentioned categories;

Industrial Bulk Customers: (Total Outstandings = Rs. 64,612.162 million)

Top 5 defaulters: KESC (Rs. 46,013.890 m), WAPDA (Rs. 3,282.360 m), Pakistan Steel (Rs. 13,434.521 m), DHA Desalination Plant, Karachi (Rs. 1,168.020 m) and Habibullah Coastal Power, Balochistan (Rs. 713.371 m).

Industrial Customers: (Total Outstandings = Rs. 328.013 m)

Top 5 defaulters: Colourital (Pvt.) Ltd., Karachi, (Rs. 90.536 m), Dewan Textiles, Hyderabad (Rs. 86.345 m), Afroze Textile Industries, Karachi (Rs. 72.279 m), Bhittai CNG Station, Karachi (Rs. 44.626 m) and Dewan Mushtaq Textiles, Hyderabad (Rs. 34.226 m).

Government Customers: (Total Outstanding = Rs. 56.649 m)

Top 5 defaulters: Bolan Medical Complex, Quetta (Rs. 20.020 m), Sandaman Civil Hospital, Quetta (Rs. 11.523 m), University of Karachi (Rs. 8.938 m), Superintendent District Jail, Quetta (Rs. 8.921 m) and Sh. Zaid Women Hospital, Larkana (Rs. 7.247 m).



Bulk Customers: (Total Outstandings = Rs. 33.265 m)

Top-5 defaulters: Fazal Textiles, Hyderabad (Rs. 11.570 m), Superintendent Central Prison, Hyderabad (Rs. 11.531 m), Residence Colony Paramount Spinning Mills, Kotri, (Rs. 4.052 m), Barrage Colony, Tando M. Khan (Rs. 3.273 m) and ATF Complex, Eastern By-pass Road, Quetta (Rs. 2.840 m).

Commercial Customers: (Total Outstandings = Rs. 16.730 m)

Top 5 defaulters: Deedar Hussain Janwiri, Larkana (Rs. 5.939 m), Abdul Farooq, Hyderabad (Rs. 3.664 m), Zulfiqar Ali Mawa Bathi, Nawabshah (Rs. 2.864 m), Muhammad Khan, Karachi (Rs. 2.210 m) and Madina Al-Sadaat Hotel, Karachi (Rs. 2.053 m).

Domestic Customers: (Total Outstandings = Rs. 14.172 m)

Top 5 defaulters: Abdul Latif, House # R-32, Shah Khalid Bin Abdul Aziz Colony, Sector 16-A, North Karachi (Rs. 3.121 m), Rais Ahmad, House # R-1, ST-21/1, Sector 16-A, North Karachi (Rs.

3.058 m), Muhammad Kazim, Tawas Khan Lane # 13, Baloch Khan Chowk, Muhallah Salam Road, Quetta (Rs. 3.041 m), Hafiz Nazar Muhammad, Village Ali Abad, Bakrani Taluka, Dokri (Rs. 2.489 m) and Abdul Gafar Unar, Village Ali Abad, Bakrani Takula, Dokri (Rs. 2.464 m).

It may be noted that SSGC continuously strives to tap the defaulting customers specially those owing huge amounts to the utility.

The Company undertakes a series of activities in softly reminding the defaulters by initially printing messages on their gas bills and later sending them letters and notices. These steps are followed by personal visits to their premise for convincing the customer to settle the dues.

The non-compliance of defaulters' results in the disconnection of gas supply through meter locks application and removal of meters in certain cases.

These activities are being vigorously supplemented with execution of 6-7 phases of recovery media campaigns in a year. ■

OGRA's hearing - SSGC seeks price increase



Following a rise in wellhead gas prices, in a recent OGRA hearing, SSGC sought up to 10% increase in gas tariff for all types of consumers. The Company asked for a price increase of Rs 31.56 per million British thermal units (mmbtu) for all categories of consumers - domestic, commercial and industrial - from July this year.

To consider SSGC's request and

seek views of all stakeholders concerned, the Oil and Gas Regulatory Authority (OGRA) held a hearing in Karachi on April 23, 2013. Zuhair Siddiqui, MD, SSGC, Yusuf J. Ansari, SGM (C&LA) and legal counsel Mirza Mahmood Ahmad presented the Company's views with special reference to UFG issues. Interveners representing the industries in Karachi presented their viewpoints. ■



SSGC- APCNGA hold meeting on gas supply issues

A meeting was held between SSGC officials and representatives of All Pakistan CNG Association in April 2013. The meeting was chaired by Zuhair Siddiqui, MD, SSGC. Shoaib Warsi, Senior General Manager (Transmission), Shakir Aleem, GM (Sales) and Hyder Ali Talpur, AGM Measurement were also present.

The representatives of All Pakistan CNG Association included Sameer Gulzar, Chairman, Sindh Zone and MC member, FPCCI, Suleman H. Sulemanjee, Former Chairman, APCNGA, Sindh Zone and Chairman, FPCCI, Standing Committee on CNG, Samir Najmul, Vice President and executive committee members including Muhammad Irfan, Mohammed Naseem, Masood Ahmed, Mohammed Khalid and Bilal Ahmed.

Many issues were discussed in the meeting including the issue of separate meters for gas engines and separate tariff for them. Problem of low pressure in industrial areas where there is a proliferation of CNG stations were also raised. SSGC also raised a few issues and points of information for APCNGA in which APCNGA was apprised by MD,



SSGC regarding the Annual Turn Around of various fields in Sindh, due to which severe gas shortfall

was expected leading to an imminent 3 day a week closure on alternate days for the next 40 days. ■



BQATI team meets MD, SSGC

A delegation of Bin Qasim Association of Trade and Industry (BQATI) led by its Founder President Mian Muhammad Ahmed and Acting President A. Rasheed Jan met Zuhair Siddiqui, MD, SSGC in his office on April 12, 2013. The delegation appreciated the role of SSGC in these times of a widening gap in demand and supply and termed BQATI and SSGC partners in the growth of the economy.

The SSGC MD while assuring the company's utmost co-operation stressed the need for consuming gas cautiously due to the prevailing supply situation. ■



Ensuring your own safety: CPLC officials share practical tips



In view of the prevailing law and order situation in Karachi, the HSEQA Department organized a 2-hour seminar-cum-awareness session in collaboration with Citizens Police Liaison Committee (CPLC) at the Head Office Auditorium on April 18, 2013. The topic of the program was 'Safety and Security against Crime'.

The session was conducted by Mr. Wasim-uz-Zafar Qadri, Deputy Chief, CPLC. He was assisted in the course by his CPLC colleagues, Mr. Ali Haji and Mr. Abid Zubair.

A packed to capacity audience in the Head office Auditorium comprising of executives and staff members listened to the proceedings with rapt attention as the CPLC officials shared valuable tips to ensure how they can save their lives and as well as of their loved ones.

The seminar was also attended by Mr. Zuhair Siddiqui, MD, SSGC. In the welcome speech, Amir Mumtaz Khan, GM (HSEQA) said that the idea for this seminar came in the wake of the growing incidents of serious crimes in Karachi.

Yusuf Jamil Ansari, SGM (C&LA) emphasized that since prevention is better than cure, each one of us must take preventive measures for our own safety against crimes. At the end of the Session Dr. Shehla Naqvi (SGM-MS) and Amir Mumtaz Khan (GM-HSEQA) presented the mementos to CPLC officials on behalf of SSGC.

Some of the safety tips CPLC officials gave included:

- Keep plain visiting cards with yourself. (if you are stopped by criminals they do not have any clue about your designation or position in organization).
- Leave office in a group or pool your conveyance rather than leaving office individually.



- If anyone receives extortion chit, share directly with CPLC without folding the chit. In this way, the police

forensic department may identify the culprits from their finger prints.

- Carry out security risk assessment for bomb blasts, external enforced entry of miscreants, planted bomb blast in parked vehicles for identification of risk and taking corrective / preventive measures.
- Development of incident management team including designated media spokesman.
- Have a list of CNIC copies, mobile numbers of all staff and kins (company, apprentice and contractors). If requested, CPLC can verify the criminal record of employees, if there is any requirement.
- Have Company security stickers on vehicles for identification at gate.
- Train your family members, especially children not to talk to strangers or share any personal information over telephone.
- Avoid talking on expensive cell phones while driving or coming out of your residence/premises.
- Get your private servants/maids identified/registered in CPLC.
- Outer walls of your premises should be plain and reinforced by spiral barbed wires on top so the culprits cannot climb easily.
- Don't keep heavy cash, credit/ATM cards in your wallets. Else, keep them separately in your vehicle at some safe place. To deceive, you should keep a little cash in your wallet so that the robber/culprit does not get infuriated.
- Unless and until you are trained to handle a weapon, do not display/use it if confronted by a street criminal. Do not show any resistance to criminals if trapped in any untoward situation.
- If you receive a ransom call, try to note the number of caller. Don't show any aggression and make the caller feel that you will try to meet his demands. Share all the information with CPLC team so the criminals can be traced out.
- Ladies should avoid wearing gold jewelry in public places; instead wear imitation jewelry. ■

Courtesy: HSEQA Department



HSE conducts Internal Audit 2013

SSGC is an OHSAS-18001 and ISO-14001 Certified Company. The company got these two certificates and established HSE Management system in the light of International Standards of OHSAS-18001 i.e. Safety Management System and ISO-14001 which is Environmental Management System.

HSE Policy which is signed by the Managing Director is a commitment to implement HSE Management system in SSGC. HSE Management system ensures bi annual internal audits to verify and assess the implementation of Management system at all SSGC Locations. The purpose of internal audit is to be



prepared for external Surveillance Audit carried out by the third party auditors.

HSE in SSGC is divided into 20 zones, There are 8 zones in Karachi divided into Head Office, Meter plant,

Billing, KT, KT Store, P&C, Distribution Karachi and Construction Site. In addition, all Regional Offices and HQs are HSE Zones. HSE Department carries out internal audits twice a year.

HSE conducted internal audit of all 20 zones in the month of March 2013. Some non-conformities and weak areas were found in all the zones. All these zones are advised to update the pointed out non-conformities and identified observations in a given time period to ensure the smooth functionality of HSE Management system in their respective zones. ■

Courtesy: Nizamuddin Domki, HSE Department

The vigilant SCADA

In the wake of recent acts of sabotage on pipelines, SCADA helped isolate segments to minimize the loss.

In this modern era of Information Technology, SCADA, acronym for Supervisory, Control and Data Acquisitions is the only tool that monitors, controls and processes different parameters in the Gas transmission and distribution industry. The term SCADA usually refers to the centralized system which monitors and controls entire sites spread over a large area.

In SSGC, SCADA system has always played a vital role in furnishing the organization's recognition in corporate sector as well as goodwill among its customers through its vigilant services.

Current geo-political situation in Pakistan is severely disrupting gas supplies across the country in the form of UFG and most importantly Gas Pipeline Ruptures which lead to a sudden emergency condition besides putting lives at risk. In such circumstances, immediate remedial actions are to be taken to normalize the situation.

The most abrupt and appropriate solution to the problem is achieved

through SCADA Systems that provides remote monitoring and controlling throughout the network. The system is used to monitor different Sales Meter Stations (SMSs), Town Bordering Stations (TBSS) and Valve Assemblies System from the main Gas Control Center at Karachi Terminal. Whenever an act of sabotage occurs on high pressure gas pipeline, the embedded alarms are generated which engages the gas control operators to take a quick view from real time trends and isolate the affected segment by shutting off the valve assemblies to avoid any loss of natural gas and minimize environmental consequences.

In March 2013, SSGC landed in this critical situation thrice due to act of



sabotage to rupture High Pressure Gas Pipe Line between Shikarpur Compressor Station and Sui Gas Field. The prompt action undertaken by Gas Control Operators by engaging SCADA System isolated the segment to minimize the loss. ■

Courtesy: Abbas Mangi, DGM (Services)

Role and functions of Development and Inspection Shop



SSGC is playing a huge role in the economic growth of Pakistan by fulfilling the energy requirement from available discovered fields/resources for the customers of Sindh and Balochistan. In doing so, the Company is striving for a better lifestyle by providing most economical fuel for every Pakistani located in these provinces.

Objectives and Goals

Huge quantity of pipeline materials required for new connections were procured from the international market but due to the escalation in prices, SSGC management took a brave decision for self-reliance and these items were designed and developed by SSGC engineers and are being manufactured from local manufacturer.

SSGC has also established D&I Shop at SITE under the supervision of the HSEQA Department for Quality assurance, inspection and performance test of locally manufactured fittings, regulators, service valve, service Tee and other accessories so that their quality and performance matches international standards. These materials are inspected in accordance with ISO 2859-1 standard so as to ensure the performance at D&I Shop prior to their release for utilization on distribution network. Average annual quantity of various materials received and inspected at D&I Shop ranges between 500,000 to 600,000.



Leadership

Amir Mumtaz Khan, GM (HSEQA) along with DGM (QA) visited D&I shop on March 27, 2013, after taking charge of HSEQA Department. He reiterated the need for enhanced productivity of D&I shop as per international standards, and appreciated all executives and staff working there within limited resources and maintaining quality assurance with old gadgets and saving enormous amount in term of foreign exchange for SSGC.

The D&I Shop essentially required testing units, test benches, equipments, executives and staff office furniture. The shop is considered inadequate to handle the future requirement due to ever increasing material quantities. A separate building is needs to be constructed to house the D&I Shop, calibration/testing laboratory and offices at KT Stores. ■

Courtesy: HSE&QA Department



SSGC's team conducts GPS survey of Zarghun-Quetta Pipeline

A re-route joint survey was carried out by SSGC's IT, P&C and P&D Departments for the demarcation of Right of Way (RoW) and re-installation of damaged markers in Balochistan for laying down a Transmission Pipeline Network of approximately 64 kilometers from Zarghun South-1 to Quetta TBS. This is a totally satellite based re-route survey with the help of GPS Technology. Executives of IT, P&D and P&C Departments marked temporary symbols, KMP post markers and turning points regarding requirements of the project. This survey was done twice by a private company in 2004 and 2009 but now the SSGC management has decided that survey be conducted totally in-house by the IT Department. The method for this survey involving converting data from the Survey of Pakistan (SOP) system into GIS projection.

Carrying out survey in Zarghun-Quetta was a dangerous exercise. Security for the team was provided by the Frontier Constabulary and several jammers. The survey was completed in a week's time.

Team members included IT's Zawwar Hussain, Acting Manager and M. Tariq Qureshi, Deputy Manager, P&D's Akhtar Hussain Soomro, Engineer and Qayoom Khan, Executive and Hassan Brohi, Supervisor (P&C Quetta). Brigadier Saleem Mehmood (GM-Mari Gas Company), Col. Saeed Arshad (CM, Security), Abdul Rehman (AM, Security) provided security and guidance. ■

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



GIS's Dr. Nadia presents paper at her alma mater

Diamond jubilee celebrations at Karachi University's Geography Department kicked off with unveiling of a commemorative postage stamp along with a series of lectures

at the university's arts auditorium on April 9, 2013. As part of the series of lectures, GIS Manager at SSGC and a former student of the department Dr. Nadia Asad Siddiqui later read out

her paper on Transportation and geography exploring moving goods by air, land and water involved maps to help in planning, navigating and routing etc. ■

SSGC wins football tournament



SSGC defeated National Bank of Pakistan (NBP) in a nail biting finish with a 4-3 scoreline in All Pakistan Shaheed Mohtarma Benazir Bhutto Football Tournament held in Karachi in March 2013. The victory was sweeter since NBP comprises

of international level players who are included in teams competing in Pakistan Premier League.

Other teams that participated in this tournament included Malir District, KPT, Pakistan Steel, Pakistan Air

Force and Government of Sindh. The tournament was organized by DFA Malir, Mohammadi Sports Club at Memon Goth. In the matches leading up to the final, SSGC defeated Pakistan Steel 2-1 and in the semi-final beat District Malir 2-1. ■



MD and members of Senior management presenting cash awards to the winning team

Abdul Sami Khan hosts dinner for Azim Iqbal Siddiqui

Abdul Sami Khan, Chairman, CNG Dealers Association recently hosted a dinner at his residence to bid farewell to Azim Iqbal Siddiqui, former MD, SSGC and welcome Mr. Zuhair Siddiqui as the new MD. ■



(R to L) Saeed Ahmed Khan, Chairman, OGRA, Ijaz Chaudhry, Chief Secretary, Sindh, Zuhair Siddiqui, MD, SSGC, Azim Iqbal Siddiqui, former MD, SSGC, Abdul Sami Khan, Chairman, CNG Dealers Association, Malik Khuda Baksh, Chairman, CNG Station Owners' Association, Yusuf J. Ansari, SGM (C&LA) and another guest.



Mrs. Azim Iqbal Siddiqui (second from left), wife of former MD, Mrs. Zuhair Siddiqui (third from left), wife of current MD and Ms. Abdul Sami Khan (fourth from right) with other guests.

Aslam Khan achieves superannuation; honored by colleagues

An impressive farewell was given to Muhammad Aslam Khan, Manager (LPG-Air Mix Plants) who retired after serving the Company dedicatedly for 38 years. A farewell dinner was given in his honour by his LPG Department colleagues led by its DGM M. Sohail Khan at a local hotel on April 8, 2013.

Mr. Khan joined SSGC on December 2, 1973 in the Billing Department and achieved superannuation on March 26, 2013. In 2009 he was transferred to LPG-Air Mix Plant.

The farewell dinner was attended by Shoaib Warsi, SGM (Transmission), Aminullah Khan, ASGM (Distribution) and Sohail Jaleel, DGM (CRD/Incharge CFC). Former SGM



Salim Ahmed Mughal was especially invited to be a part of the farewell dinner. On the occasion, SGM (UFG) presented a 'Certificate of

Superannuation' to Mr. Khan. Gifts were also presented to Mr. Khan to honour his remarkable association. ■



Sattar's association draws to a close

Abdul Sattar, SSGC's veteran driver bid farewell to the Company after 39 years of service. A farewell was given in his honour by his colleagues with a picnic at the beach on April 14, 2013. Many of Sattar's past and present colleagues paid rich tributes to their colleague and presented him with gifts. Nasir Ahsan, CM (AS) also presented him with a frame depicting Allah's names. The farewell was held in a relaxed setting at Hawkes Bay as Sattar's colleagues soaked up the sun. ■



Pre-diabetes should be a wake up call



Keeping in view SSGC Medical Department's vision and mission of disease prevention, early detection and timely intervention, a health awareness program was arranged at Hyderabad Medical Centre, especially for those employees and executives who are

diagnosed with a condition called pre-Diabetes,

The seminar held under an interesting title of 'To be or not to be' was arranged on February 28, 2013. Physician Dr. Abdul Rab Sheikh was the guest speaker.

type 2 diabetes by 60% and with these lifestyle changes pre-diabetes can be reversed and risk of type 2 diabetes can be reduced significantly. In the end he emphasized on the fact that pre-diabetes should serve as a wakeup call and not as inevitable sentence of life with diabetes.

The lecture was followed by a question and answer session and a quiz to judge how much knowledge audience has gained from the program. The winners were distributed with gifts by guest speaker. ■

Courtesy: Medical Services Department, Hyderabad



The learned physician spoke about the causes and consequences of pre-diabetes and that a single blood test can determine, whether or not you have pre-diabetes. It is a condition that can develop into type 2 diabetes if left untreated.

He informed the audience that a healthy life style, consistent exercise routine and weight loss can decrease risk of developing pre-diabetes and

Hyderabad Medical Centre holds workshop on Diabetes

Hyderabad Medical Centre held a "Diabetes Education and Support Workshop" on March 19, 2013. The workshop was very informative and beneficial. Light was shed on various issues such as general information about diabetes

itself, information on diet and exercise, education through diabetes conversation maps, Information on insulin injecting techniques, foot care, self-monitoring of blood glucose, diabetes complications like neuropathy and monitoring of blood

glucose and serum cholesterol levels were discussed in detail. ■

Courtesy: Medical Services Department, Hyderabad.



Awareness program on Diabetes Mellitus stresses on nutritional aspects

As a part of its continuous efforts for updating and upgrading knowledge and awareness about various health conditions, Medical Services Department organized an awareness program on Diabetes Mellitus and its nutritional aspects. The program was held at KT Sports Center on April 4, 2013.

The presentation was delivered by Dr. Amir Ahmed and Dr. Sarwat Raza (Diabetologist) to approximately 35 registered cases of diabetes.

A dietician, Ms. Shamayam, was also invited to impart advice to patients about their dietary regimen and to help them plan their daily menu according to current guidelines and recommendations. ■

Courtesy: Medical Services Department.



Free Medical Camp organized in Dumba Goth

As part of a regular practice, the Medical Services Department organized a Medical Camp in Government Rashid Minhas Shaheed Primary School in Dumba Goth, Super Highway on April 18, 2013 where the doctors conducted free medical check-ups on the local community especially young children. They also gave medicines to children suffering from various medical ailments. The children were also accompanied by their parents. The doctors advised the children and their parents to adopt a healthy lifestyle and ensure cleanliness in their surroundings. ■



Let the sun be your energy!

Solar water geysers provide a cost-effective energy resource

By Syed Imran Ahmed, Dy. Chief Manager, Corporate Communications



Necessity, as the saying goes, is the mother of invention. Due to the inherently finite characteristic of non-renewable resources such as oil, gas, diesel and coal, countries have, for long, been adopting renewable resources including bio-fuel, geothermal, hydroelectricity, wind power and solar energy which guarantee cost-effective and plentiful source of energy.

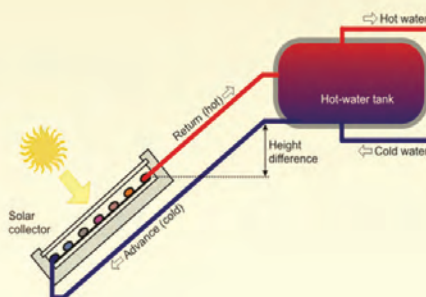
Today Pakistan is faced with an

energy crisis of epic proportions. Massive reliance on natural gas, for instance, has not been matched by production in the same scale. Explorations by Exploration and Production (E&P) companies have been few and far in between and in the absence of renewable resources, meeting the burgeoning demand has placed severe strain on the already hard pressed resource, forcing the Government to rationalize the consumption of gas.

While SSGC is taking measures to augment gas supplies, it is, at the same time, diversifying itself into finding energy solutions by tapping into the infinite potential of solar energy, a renewable resource which provides eco-friendly and sustainable alternative to more conventional natural gas or electrical options. ■

Why solar geysers?

A company with a proven history of placing customer convenience above everything, SSGC is now introducing solar water geysers (SWG) to the general public. The close-coupled solar water heater system offers a viable alternative to gas or electricity boosted geysers by providing 80% to 100% of households' hot water needs. This initiative becomes all the more necessary for reducing energy costs since gas tariffs are mounting



day by day. In the initial phase, the plan is to encourage people living in bungalows with a covered area of 200 square yards or more to adopt state-of-the-art SWGs for saving on their domestic hot water heating bills. Owning and operating SWG with a gas or electric backup is markedly less expensive than relying on a gas or electric water heater alone. Besides, a solar water heating system offers long-term performance with very low maintenance costs. ■

Key benefits of SWG system

- By switching to a nearly 50 gallon capacity SWG, the consumer can expect to reduce their gas bills up to 70%..
- On average 5.5 mmcf of gas can be saved that can be utilized by the power sector for alleviating power outages.
- Although SWG systems have been designed to deliver hot water for most of the year, in winter there sometimes may not be sufficient solar heat to provide required quantity of hot water. In this case as a backup, the gas utility will give to its customers another option of hybrid system (gas or electric) for heating purposes, which can also help to reduce the gas bills by 70%.
- Expected life of solar geyser is 15 years and its maintenance cost is zero.
- Purchasing and installing through

SSGC will provide a cost advantage not available if the same geysers are purchased from any other vendor. By paying this amount in installments through adjustments in monthly bills over a period of 3 years, customers can recoup their investment by virtue of reduced bills. ■

SWG – Myths and Reality

Myths	Reality
Install solar water geyser and get hot water 24 hours a day	Hot water supply quantity is limited to a number of collectors as per hot water requirements
Solar Water Geyser (SWG) can work alone for 24 hours on solar without any back-up	No. It can only work in Hybrid (gas or electric) with Gas or instant heater. Back-up in case of no sun is necessary.
SWG can be placed anywhere on the roof	It is placed where sun is available throughout the day without any shade. Water Tank height should be at a minimum of 6 feet to develop gravity in case of non-pressure. In case of pressurized system, there is no need for gravity.
One SWG is enough	No. Number of SWGs depends on total flow requirement, pressure and hot water requirements.

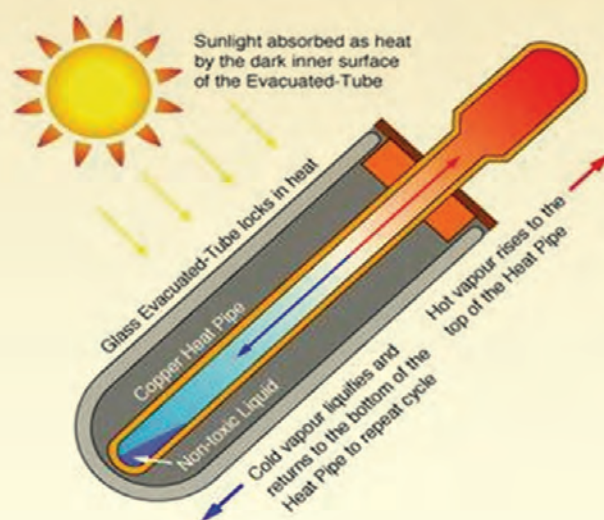
How does SWG work?

SWG systems can convert the sun's heat into usable hot water for your home or business. SSGC will make available to its customers a "close-coupled" SWG system in which the storage tank is horizontally mounted immediately above the solar collectors on the roof. No pumping is required as the hot water naturally rises into the tank through thermosiphon flow, a method which involves warm water rising through a phenomenon known as natural convection, to circulate water through the evacuated glass tube collector and to the tank. Hot water storage tank is located above the absorber evacuated glass tubes. As water in the vacuum tubes heats up, it becomes lighter

and naturally rises into the tank above. Meanwhile, cooler water in the tank flows downwards into the vacuum tubes, thus causing circulation in the system.

SWG will provide a win-win situation for all stakeholders concerned. Since the last few years, homeowners in countries including Australia, China, Greece, India, Japan and Turkey have lapped on to SWG solutions for their heating, cooling and cooking needs.

Unlike conventional energy costs, the price of sunlight remains a constant zero year after year. And unlike other non-renewable resources, sunlight will never be in short supply. ■



Two-day course on HSE management system conducted

Sarwat Abbas, Engineer (HSEQA) conducted 2 day course on HSE Management System and HSE standards OHSAS 18001-2007 and ISO 14001-2004 on March 28-29, 2013 at GTI Karachi.

The purpose of this training was to give a basic concept of HSE and International Standards of Occupational Health and Safety OHSAS 18001 and Environment 14001 to the participants and to enable them to put knowledge into practice for the collective benefit of the organization and society as a whole.

Ms. Sarwat stressed on the importance of OH&S and said that according to the International Labor Organization (ILO) there are 250 million work related accidents in a year and 685,000 per day, which result in fatalities of 3000 workers. About 160 million new cases of



work related illness are recorded every year and about 4% (US \$1251 billion) global GDP is lost due to occupational work related incidents.

The organizations which abide by the OH&S systems may benefit in many ways such as industrial relations, staff morale, customer pressure, access to market place, public relations, moral imperative, greater knowledge, control of incident causes, safer work force

and uninterrupted production periods.

During the training all the participants learned how to stay safe at work place and how to provide safety to others. This course provided in-depth knowledge about developing, implementing and maintaining continual improvement of Occupational Health and Safety Assessment Series 18001: 2007 and ISO 14001:2004. ■

Workshop on "Corrosion and Cathodic Protection Techniques"

Naik Muhammad Shaikh of CP Department conducted two days training workshop on "Corrosion & Cathodic Protection Techniques" for the company executives of Hyderabad region at GTI Hyderabad on March 11-12, 2013 at GTI Hyderabad.

Noor Muhammad Magsi, ZM (Hyderabad) and Raheem Soomro CE (CRD) Hyderabad distributed the certificates. ■

Courtesy: Rizwanullah Khan, GTI Hyderabad.



SSGC sponsors 'Being your own boss'

With its everlasting commitment to society and quality of education in Pakistan, SSGC sponsored a motivational training event at Lal Qila Karachi organized by Institute Of Business Management Karachi. The event 'Being Your Own Boss' was organized on April 17, 2013 by the students of Institute of Business Management. Muhammad Ali Gohar, DCM (CCD/CSR) and Danish Javed,

AM (CCD) represented SSGC in the event.

Guest speakers included Mr. Ahmed Saeed Khan, who also leads the theatre Nautanki. The second guest speaker of the event, Mr. Wali Zahid, is one of the finest trainers of Pakistan, President of Flow and CEO of Skill City UAE/Pakistan. The third guest speaker, Mr. Wajihuddin, is a trainer at An-Nibras (Institute of

Islamic Sciences) and faculty at Karachi Grammar School. The last guest speaker was Ms. Faiza Salman, a bright motivational speaker from the platform of Flow. The participants thoroughly enjoyed the event, appreciated the effort and congratulated the management team for pulling up such a successful show. Among the students, Anita Ansari played a vital role in organizing this event. ■



Retirements – Non-executives

Name	Designation	Department	Location	Date of Retirement
Munawar Ahmed	Supervisor (Instrument)	Transmission	Karachi	March 24, 2013
Abdul Rasheed	Supervisor (Fitter)	Measurement	Hyderabad	March 31, 2013
Sawan Khan	Headline Walker	Transmission	HQ-Sibi	April 1, 2013
Abdul Hamid	Supervisor (Fitter)	Distribution Karachi (Western Region)	Karachi-SITE	April 10, 2013
Abdul Sattar	Supervisor (Driving)	Administrative Services	Karachi-HO	April 14, 2013

Courtesy: HR Department

Transitions

- Abdul Samad Kakar, DM (CRD-Quetta Region) tragically lost his two sons Musaf Ahmed and Faraz Ahmed in a bomb blast that took place in Quetta on April 23, 2013.
 - Qutubuddin Siddiqui father of Shahabuddin Siddiqui, General Secretary, SSGOA - April 24, 2013.
 - Muhammad Zafar, Supervisor, Gas Engine Mechanic, Services (KT) - April 21, 2013.
 - Khadim Hussain, Senior Head Helper (Fitter), Distribution Lower Sindh - Hyderabad - March 17, 2013.
 - Sarwar Zamir, Supervisor (Fitter), Recovery, KT - March 3, 2013.
 - Lal Bux Brohi, Superintendant, M&IM, KT - March 9, 2013.
 - Shamim Muzafar Uqaili w/o former GM (MS) Dr. Muzaffar Uqaili - February 24, 2013.
- May their souls rest in peace. Aameen!*

Petroleum Minister visits SSGC



Sohail Wajahat Siddiqui, Caretaker Federal Minister for Petroleum and Natural Resources visited SSGC Head Office on April 13, 2013 for the first time since assuming office. He met with Zuhaib Siddiqui, MD, Yusuf J. Ansari, SGM (Corporate and Legal Affairs) and Yasin Siddik, Chairman APTMA (Sindh-Balochistan region) and discussed matters of mutual interest.

Nuri Telecom's delegation holds talks with management



A delegation of Nuri Telecom led by Song Man Cho, President and CEO held talks with Zuhaib Siddiqui, MD at the Head Office. Rahat Kamal Siddiqui, DMD (Operations) and Yusuf J. Ansari, SGM (C and LA) were also present on the occasion. The Nuri Telecom President was also accompanied by Gabsum Kim, Vice President and CTO and Zaheer Hassan, Vice President and Business Development. Also present were Byung Hoon Sung, Director General and Amir Burney of Pakmaco (Nuri Telecom's representative in Karachi).

8th Consumers Choice Award for SSGC



Athar Siddiqui, CM (CRD) receiving the 8th Consumers Choice Award 2012 on behalf of SSGC from Khalid Tawab, Caretaker Minister for Industry and Commerce at the ceremony held at a local hotel in Karachi on April 27, 2013.

Seminar on High Blood Pressure



Dr. Waqar Khan, Cardiologist, Tabba Heart Centre, gave a lecture on the medical conditions related to high blood pressure at SSGC Head Office Auditorium on April 25, 2013. Rahat Kamal Siddiqui, DMD (Operations) and Dr. Shehla Naqvi, SGM (MS) also spoke on the occasion.

Inspection of SMSs



Haroon Rasheed, DGM (UFG) and Habib Sheikh, Senior Engineer, visited SMSs in Orangi Town, Karachi along with the engineers of Distribution and Measurement departments in April 2013 on the instructions of the MD.

SSGOA congratulates newly promoted sr. management members



SSGOA office bearers presented bouquets to the newly promoted members of the senior management, Rahat Kamal Siddiqui, DMD (Operations), Yusuf J. Ansari, DMD (Corporate Services), Ijazuddin Faruqi, SGM (Transmission) and Dr. Shehla Naqvi, SGM (Management Services) on April 12, 2013.

Felicitating the senior managers



Shoaib Warsi, SGM (Transmission) and Sohail Khan, DGM (LPG) presented confectioneries to Rahat Kamal Siddiqui, DMD (Operations), and Dr. Shehla Naqvi, SGM (Management Services) on their promotions.

Celebrating with the new SGM



Executives and staff from different departments as well as from his office joined Ijazuddin Faruqi, SGM (Transmission) on his promotion by cutting a cake and providing him with bouquets.

Celebrating SSGC's birthday



The Legal Department organized a cake cutting ceremony on April 2, 2013 to celebrate SSGC's 24th birth anniversary since its incorporation in 1989. Yusuf J. Ansari, SGM (C&LA) was the chief guest.

Collaboration with Chhipa Welfare Association



Renowned social worker Ramzan Chhipa, head of Chhipa Welfare Association visited Corporate Communication Department for a meeting with its DGM Ms. Nasreen Hussain. On the occasion, Mr. Hussain presented a cheque of Rs. 0.9 million to Mr. Chhipa to facilitate his Foundation in acquiring an ambulance, as part of SSGC's CSR initiative. She also conferred an 'Acknowledgment of Collaboration' certificate to Mr. Chhipa.

Sharjah hero visits SSGC



Tauseef Ahmed, former Pakistani spinner visited SSGC Head Office in April 2013 and met with officials from the Sports Department and SSGC veterans Cricket Club.

Chairman CBA given a hero's welcome



Riaz Akhtar Awan, Chairman, CBA (Peoples Labour Union) was given a hero's welcome by his fellow workers when he returned to the Head Office in April 2013. Rizwan Mallah, General Secretary CBA can also be seen addressing the workers.

Corporate Restructuring

Pursuant to the recent promotions approved by SSGC's Board of Directors, following changes in the corporate structure came into effect from April 26, 2013:

1. Mr. Shoaib Warsi has been redesignated as Senior General Manager (Transmission) and is being re-located at Karachi Terminal. In this capacity he will report to Mr. Rahat Kamal Siddiqui, DMD (Operations).
2. Mr. Ijazuddin Farooqui has been redesignated as Senior General Manager (Engineering Services). In this capacity he will report to Mr. Rahat Kamal Siddiqui, DMD (Operations).
3. Mr. Haroon Rashid, DGM (UFG) will look after the UFG functions and will report to the Managing Director.
4. Senior General Manager (IT) and General Manager (Human Resources) will report to the Managing Director.
5. LNG Project will continue to be looked after by DMD (Operations).
6. NGEP Project would be looked after the CFO.

Academic Achievements



Syeda Unzina D/o
Syed Azam Shah
(Admin Service
Department-HO)
secured 1st position
in final exams 2013
of class 3, from The
Citizens Foundation
School, Crescent
Steel Campus 1,
New Karachi.



Ahsan Ahmed S/o
Mansoor Ahmed
(Finance
Department-HO)
secured 1st position
securing 81.78%
marks in the year
2013 examination
from Allama Iqbal
Boys Elementary
School Karachi.



Meher un Nisa D/o
Mohammed Ali
Sheikh
(Superintendent
CRD S.Z.M. office)
Rohri secured "A"
grade in her annual
examination 2012
from Bise Sukkur.



Yasir Aziz S/o
Azizullah Solangi
(Dy. Manager Sales
Head Office)
secured A grade
with 89% marks in
his class 3 exams
from The
Educators, Pak
Kausar Town
Campus.



Zainab Aziz D/o
Azizullah Solangi
(Dy. Manager Sales
Head Office)
secured A+ grade
with 92.3% marks
in her class exams
from The
Educators, Pak
Kausar Town
Campus.



Sabrina Ghani D/o
Imran Ghani
(Supervisor
Rehabilitation
Department Site)
secured 1st position
scoring 85.7%
marks in class 5
exams from Rose
Educational
Society.



Usman Shabbir
S/o Shabbir Ahmed
(Sr. Supervisor
RHB Department
Site Karachi)
secured 6th position
obtaining 88%
marks in class 3
final examinations
from the R. Jee
Public School,
Karachi.



Umer Shabbir S/o
Shabbir Ahmed
(Sr. Supervisor
RHB Department
Site Karachi)
secured 79%
marks in Class 2
final examinations
from the R. Jee
Public School,
Karachi.



Mohsin Shabbir
S/o Shabbir Ahmed
(Sr. Supervisor
RHB Department
Site Karachi)
secured 4th position
obtaining 80.7%
marks in class 6
final examinations
from the R. Jee
Public School,
Karachi.



Jummah Khan S/o
Azam Baloch
Supervisor (UFG
Site), studying in
Westland Model
School Karachi,
secured 89.7%
(A Plus) in class 4
annual
examination.



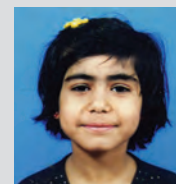
Hassan Imam S/o
Shaheen Imam,
Secretary to DGM
(Legal Services)
secured 2nd
Position 84% in
class 4 final
examinations 2013
from The Country
School, Karachi.



Roha Imam D/o
Shaheen Imam,
Secretary to DGM
(Legal Services)
secured 2nd
Position 96% in
class 5 final
examinations 2013
from The Country
School, Karachi.



Sooraj Kumar S/o
Gurmukh Das (Sr.
Clerk Transport
R.O. Sukkur),
secured 1st position
in 6th grade
studying in Makki
Shah Model
School, Kandhra,
Distt. Sukkur.



Minahil Asif D/o
Muhammed Asif
Baloch (Senior
Superintendent
City Zone, Billing),
Secured 2nd
position in her class
1 final exams from
DUA High School,
Karachi.



Ghazain Asif S/o
Muhammed Asif
Baloch (Senior
Superintendent
City Zone, Billing),
secured 3rd position
in his final exams
from DUA High
School, Karachi.



Muzammil Samdani S/o Ghulam Samdani (Assistant Manager CRD, Mirpur Mathelo) secured 1st position with 99% marks in class 2 finals from Global School System, Islamabad.



Laiba Samdani D/o Ghulam Samdani (AM CRD, Mirpur Mathelo) Secured "A1" grade in final examination, obtaining 98% marks in P.Y. II grade from Global School, System.



Laraib Samdani D/o Ghulam Samdani (AM CRD, Mirpur Mathelo) secured 2nd position obtaining 98% in class 3 final exams from Global School System, Islamabad.



Abdul Jaleel Mahar S/o Abdul Ghaffar Mahar (Manager regional stores Sukkur) achieved 1st position by securing 95% in his class KG1 annual examination from Model School, Shah Abdul Latif University, Khairpur.



Maimoona Munir D/o Munir Ahmed Sheikh (Engineer - S & U) secured "A-1" grade obtaining 81% marks in class 1 from Shams High School, Larkana.



Kinza D/o Imtiaz Hussain Mahar (Manager Stores RO Sukkur) secured "A" grade with 70% in class 4 from Daffodils Grammar School, Sukkur.



Abdul Baqi S/o Tufail Ahmed Pirzada (Distribution Department, Larkana Regional Office) passed class 1 with "A-1" grade and 96.33% from Quaid e Awam Public School.



Aisha Irshad D/o Irshad Ali Mahejar (SPDT-Billing Sub Zone, Miro Khan) scored 585 marks out of 700 and secured 1st position in her class 2 final exams from Shah Latif Public School, Sajawal.



Mariyam Irshad D/o Irshad Ali Mahejar (SPDT-Billing Sub Zone, Miro Khan) scored 80% marks and secured 1st position in her class 2 final exams from Shah Latif Public School, Sajawal.



Aafaqe Ahmed S/o Irshad Ali Mahejar (SPDT-Billing Sub Zone, Miro Khan) scored 768 out of 1000 marks and secured 1st position in his class 6 final exams from Shah Latif Public School, Sajawal.



M. Nabeel Khan s/o Shafique M. Khan, Senior Welder (KT Welding Yard) passed his Board of Secondary Education examination (Part II) securing "A+" grade from The Educators, Karachi .



Wajahat Bano D/o Muhammad Ali Sheikh (Superintendent CRD Sub Zone Office, Rohri) secured "A1" grade in her annual examination from New Mehran Public Elementary School.



Mahnoor Rind D/o Saifullah Khan Rind (Assistant Manager (P&D) Quetta Regional Office, Quetta) passed her class Prep examination, securing 80% from Wilderness School, Quetta.



Hamza Rind S/o Saifullah Khan Rind (Assistant Manager (P&D) Quetta Regional Office, Quetta) passed his class Prep examination securing 75% from Wilderness School, Quetta.



Hammadullah S/o Abdul Latif (Surveillance Monitors Larkana) secured "A" grade in his class 2 final examinations from Ideal Public High School, Larkana.



Ubaidullah S/o Abdul Latif (Surveillance Monitors Larkana) secured 3rd position in his class 8 final examinations from Ideal Public High School, Larkana.



Atiya Tahir D/o Tahir Iqbal (Duty officer Gas control Transmission Kt) passed her nursery class examination with 95% marks from Little Hearts Grammar School.

CANVAS

**The Flame Life
Technical Articles**



THE FLAME *Life*

What hypertensive patient needs to know

6 Hypertension Risk Factors
Understanding the risk factors for high blood pressure will help you take steps to prevent the problem before it causes any serious damage to your health.

While you can lower, or even reverse, some of your risk factors for hypertension, others are out of your control. Knowing where you stand, and the number of risk factors you have, will help determine your options for prevention and treatment:

Risk Factor # 1

Who You Are: Heredity plays a part in your hypertension risk. If you have family members with high blood pressure, that may mean you're more prone to the condition. Men are more likely to develop high blood pressure at a younger age than women, and age is a factor by itself - men over the age of 45 and women over the age of 55 have a greater hypertension risk than younger individuals.

Risk Factor # 2

What You Eat: Those endless bags of chips, cartons of fries, and greasy pizzas increase your hypertension risk and take a toll on your overall health. Adding salt to your food and eating a lot of processed pre-packaged food will boost our sodium intake. A diet high in sodium is one of the major hypertension risk factors and is certainly one that you can change.

Risk Factor # 3

How Much You Weigh: Excess body weight is hard on your heart and blood vessels. If your body mass index (BMI) is 25 or higher, you're considered to be overweight and have a greater hypertension risk. So get slim and trim, and aim for a BMI below 25 to help prevent high blood pressure.

Risk Factor # 4

How Much You Move: Getting little



too comfortable on the couch lately? Knowing that a sedentary lifestyle is a major hypertension risk factor ought to be plenty of motivation. The American Heart Association recommends at least 30 minutes of moderate or more strenuous exercise on most days of the week. The more you get, the better and lower your risk for high blood pressure.

Risk Factor # 5

Your Bad Habits: The dangers of smoking and drinking are no secret, but here's another reminder of how bad they are for your health. Tobacco use and excessive alcohol consumption are known contributors to high blood pressure. So kick your bad habits to lower your hypertension risk.

Risk Factor # 6

Diabetes: If you have diabetes, you already know you're at risk for major complications. Having diabetes actually doubles your risk of

developing high blood pressure, and people who have both diabetes and high blood pressure are at four times the risk of developing heart disease than a person without either condition.

Take control of your hypertension risk

You may not be able to do anything about your family history, age, gender, or race, but that doesn't mean you have to sit idly by and let your health deteriorate. If you're living a lifestyle that contributes to your high blood pressure risk, then change it.

Eating a healthy diet, maintaining a healthy weight, keeping diabetes under control, and getting plenty of regular exercise will help you beat the odds and decrease your hypertension risk. ■

Courtesy: Dr. M. Ashraf Memon, DM (Medical Centre Sukkur)

Ways to control high blood pressure without medication

1. Lose extra pounds and watch your waistline

Besides shedding pounds, you should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure. In general:

- Men are at risk if their waist measurement is greater than 40 inches (102 centimeters, or cm).
- Women are at risk if their waist measurement is greater than 35 inches (89 cm).
- Asian men are at risk if their waist measurement is greater than 36 inches (91 cm).
- Asian women are at risk if their waist measurement is greater than 32 inches (81 cm).

2. Exercise regularly

Regular physical activity - at least 30 to 60 minutes most days of the week - can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). And it doesn't take long to see a difference. If you haven't been active, increasing your exercise level can lower your blood pressure within just a few weeks.

3. Eat a healthy diet

With these tips, you can adopt a healthy diet:

- **Keep a food diary.** Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.
- **Consider boosting potassium.** Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. Talk to your doctor about the potassium level that's best for you.
- **Be a smart shopper.** Make a shopping list before heading to the supermarket to avoid picking up junk food. Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood



pressure by 2 to 8 mm Hg. Limit sodium to 2,300 milligrams (mg) a day or less. A lower sodium level - 1,500 mg a day or less - is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have high blood pressure, diabetes or chronic kidney disease.

5. Avoid tobacco products and secondhand smoke

On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 mm Hg or more for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high.

6. Cut back on caffeine

The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure, but it's unclear whether the effect is temporary or long lasting.

7. Reduce your stress

Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know

what's causing your stress, consider how you can eliminate or reduce stress. If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Take breaks for deep-breathing exercises. Get a massage or take up yoga or meditation. If self-help doesn't work, seek out a professional for counseling.

8. Monitor your blood pressure at home and make regular doctor's appointments

If you have high blood pressure, you may need to monitor your blood pressure at home. Learning to self-monitor your blood pressure with an upper arm monitor can help motivate you. Talk to your doctor about home monitoring before getting started.

9. Get support from family and friends

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low. Talk to your family and friends about the dangers of high blood pressure. ■

Source: mayoclinic.com

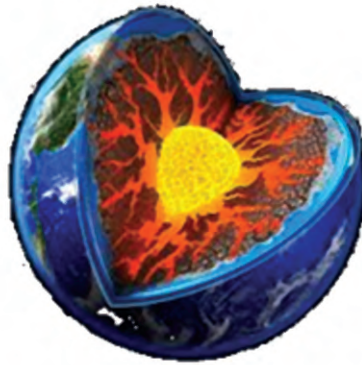
Earthquake: A frightening and lingering hazard

By Dr. Nadia Asad Siddiqui, AM (GIS)

Tuesday, 16th of April 2013 was the day when suddenly a natural shiver went through the spines of everyone. It seemed like a small yet scary movement of ground below but by the time we realized something was wrong it was an earthquake. The building seemed to sway back and forth like a pendulum.

The magnitude of the earthquake was around 7.8 on Richter scale which fortunately lasted just a few seconds causing no major damage. The earthquake epicenter was 600 KM away from Karachi at Pak-Iran border with a depth of 70-80 KMs. The shock waves were also felt in Iran, UAE and India.

The major damage of earthquake was seen in the city of Kash in Iran and Mashkel in Pakistan. A lot of



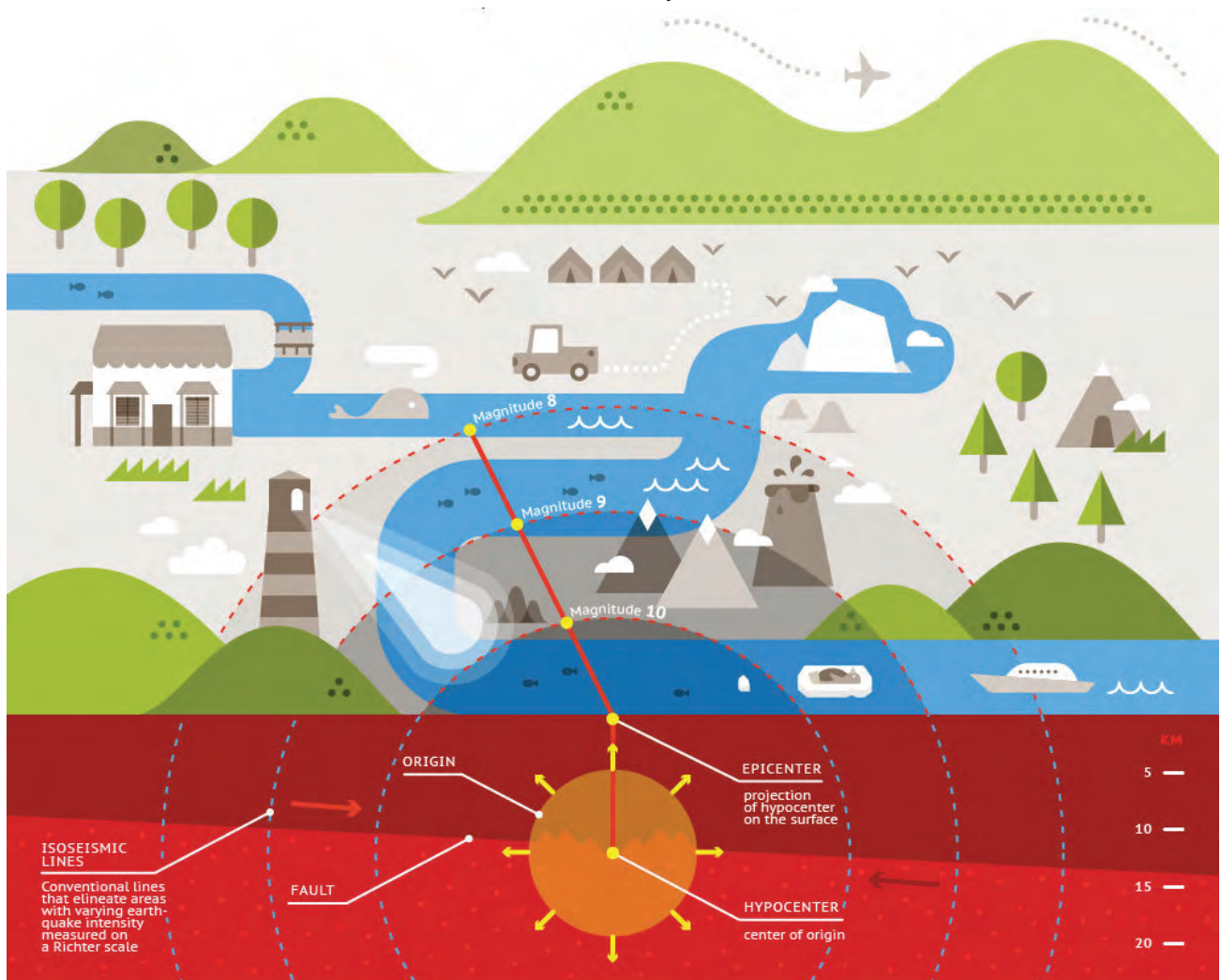
people wonder how earth quake originates and how it travels below ground.

Earth is a planet, separated from sun and then cooled down gradually to sustain life on its surface. During this cooling process the upper layer of earth solidified to form land 75% of which is covered by water. The

solid lands on top cracked and separated into pieces to form continents. These continents and oceans are sitting upon molten hot inner core of the earth that is still boiling and fuming.

All the continents and ocean floors are floating on molten lava that erupts on the surface when it finds a crack or fissure in solid land or ocean floor. These pieces of land and ocean floor are called 'Tectonic Plates' in geological terminology.

Karachi lies 150 KM east of triple junction between three active tectonic plates (Arabian, Indian and Asian). The underground molten lava pushes these plates to move apart or converge into each other or slide past the adjacent plates.



How earthquakes are formed:

- 1 friction prevents rocks from slipping along the fault line
- 2 the energy is stored up
- 3 the tension reaches a critical point where it overcomes the friction
- 4 the plates make a sharp move and the stored up energy is released and shakes the earth's surface

Other types of earthquakes
(other than tectonic)

- a. man-induced (resulting from mining, construction of reservoirs, nuclear tests, etc.)
- b. volcanic
- c. collapse earthquakes (caused by massive rock or ice sliding or cavern collapse)

Preventing major earthquakes

Provoking minor shocks in the fault line in order to release tension



Pumping water in the wells along the fault line (water acts as lubricant for plates moving along the fault line)

Earthquake forecasting methods

Monitoring local seismic activity



Measuring movements of the crust and crustal deformations



Monitoring the ground water levels



Monitoring radon content in subsurface water



Measuring the geomagnetic field



Measuring the electrical resistivity



Observing the animal behavior

The fractured rock that generates an earthquake needs time to settle down in a comfortable position and during this settling down process further 'shock waves' are produced. These shock waves may be less intense than the earthquake but cause more damage due to already shaken infrastructure.

Pakistan lies in active tectonic region where earthquakes generate regularly and almost 65% area is under moderate to high hazard zones. Karachi lies in Zone 2B that is the moderate hazard zone of earthquake.

Most of the earthquakes in Pakistan are not of great magnitude (usually 3 to 5 on Richter scale) but some of them were too intense (greater than 7.5) that caused tremendous damage to several cities including Quetta (1935) and Balakot, Rawlakot, Bagh, Mansehra in 2005.

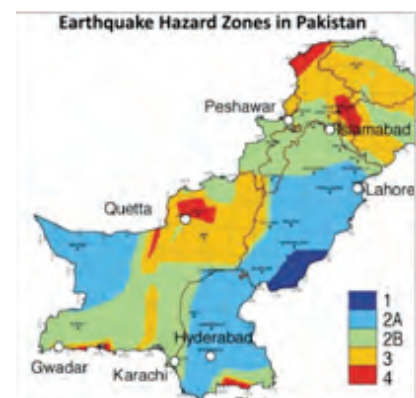
When earthquake centre lies in the ocean floor then it propels the normal waves into devastating Tsunami waves, as happened in Japan (2011

and 2012). These gigantic waves sometime exceed 10 meters height (depending on earthquake magnitude). Fortunately Karachi never experienced any tsunami event in recent times with only one such event happening in 320BC.

The destructive effects of an earthquake on the ground surface are not always related to the distance from the earthquake source. Different land and building materials respond differently and influence the level of shaking that sometimes intensifies as experienced by residents of buildings situated on sandy soil or buildings made up of loose material. An appropriate choice of building design and construction material can considerably lower the effects of the shaking.

Following are some safety measures that must be followed during an earthquake emergency:

- Stay away from windows, bookcases, file cabinets, heavy mirrors, and other heavy objects that can fall



- Duck under a desk or table
- Watch for falling plaster or ceiling tiles
- Stay undercover until the shaking stops, and hold onto your cover
- If the desk or table you are under moves... move with it
- If in your car, stop, but not on a bridge, or under trees or a power line
- If outside, stay outside, and move to an area clear of overhead trees, power lines, or objects that could fall from a structure
- Don't forget about aftershocks. ■



8 Teams

16 Events

400 Players

1 Rip-roaring Extravaganza



SSGC's first-ever inter-divisional sports festival sets the tone for togetherness



April was a month of fun, festivity and positive healthy activities all around in SSGC. Throughout the month there was a buzz in all departments about the Inter-Divisional Sports Festival that was contested under a highly inspiring theme "Synergizing People" with catch words, GET-SET-PLAY. This festival that proved to be one of its kind in the history of SSGC, kicked off in a splendid style with a colorful opening ceremony at the head office on April 19, 2013. MD SSGC, Zuhair Siddiqui inaugurated the event in the presence of Company's senior management.



All departments gelled together to form eight divisional teams namely Corporate Sharks, CS Dolphins, ES Panthers, Finance Falcons, IT Lions, MS Kangaroos, Southern Tigers, and Transmission Eagles. These teams featuring around 400 players competed in 16 various events under 11 disciplines of games including cricket, table tennis (males and females), badminton (Singles males and females and Doubles males), relay race, sprint 100 meter race, tug-of-war, tug-of-war (veterans) paint ball shooting, bowling, egg spoon race, checkers, chess and scrabble. (Continued on centre spread)



Medal Table

SPORTS FESTIVAL 2013 MEDAL TABLE		Corporate Sharks			CS Dolphins			ES Panthers			Finance Falcons			IT Lions			MS Kangaroos			Southern Tigers			Transmission Eagles		
		Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze
1	100 Meter Sprint					1									1										
2	100x4 Relay Race			1		1											1								
3	Badminton (D-M)																	1	1						
4	Badminton (S-F)	1		1														1							1
5	Badminton (S-M)													1				1	1						
6	Bowling		1		1																	1			
7	Bullet Fighting	1														1		1							
8	Checkers		1		1														1						
9	Chess						1						1		1			1							
10	Cricket						1							1					1						
11	Egg Spoon Race			1														1	1						
12	Scrabble												1					1	1	1					
13	Table Tennis (F)			1					1					1											
14	Table Tennis (M)					1					1		1												
15	Tug of War				1														1						
16	Tug of War (Veterans)	1																	1						
GRAND TOTAL		3	2	4	3	3	2	0	1	0	1	0	3	4	2	1	4	9	4	0	0	1	1	0	1
					3									2			1								







Funny and bizzare

From Sohail Jaleel's spontaneity to Nadeem's exhibition of his biceps to Gohar's relay debut to the mystery tattoo, the Sports Festival was more than just about sports



SSGC's inter-divisional sports festival...

(Continued from flap)

Throughout the festival the spirits remained high and the participants as well as spectators experienced the thrill of team building, companionship and jubilation. The event unfolded on a span of four days i.e. April 19 and 20 and a week later on 26 and 27. All major competitions were held at Company's Karachi Terminal Sports Complex whereas bowling and paintball shooting were organized at 'The Arena'. The festival concluded on a high note on April 27, 2013 with a grand prize distribution ceremony featuring SSGC's former MD and present member of the Board of Directors, Azim Iqbal Siddiqui, as the chief guest. Though teams landed on winning and losing sides it was clear that the real winner was the sporting spirit.

The main highlights of this festival were the colorful opening ceremony in the jam packed head office auditorium where heads of 8 divisional teams were escorted one by one on stage by their respective representative attired in the exclusively colored sports attires. They were then greeted on stage by the MD who presented them their official playing kits. Helium gas lifter balloon tied with the multicolored festival mascot banner was released in air to add the color of the

ceremony. The MD then lit the ceremonial torch to officially declare the festival open and DGM (IT) Jameel ur Rehman, the torch bearer jogged with the torch to the main venue at Karachi Terminal where DGM (GTI) Adil Paracha took it over and ran to GM (Transmission) Mansoor Ahmed who lit the ceremonial light tower that remained illuminated till DMD (Ops) Rahat Kamal Siddiqui extinguished it immediately after declaring the festival as closed on April 27, 2013 in a fascinating closing ceremony where all winners were awarded the medals and trophies.

MS Kangaroos won the winning trophy by bagging 17 medals including 4 gold. They were closely followed by IT Lions and CS Dolphins first and second runner-ups, respectively. Nassar Abbas of IT Lions was declared as the best sportsman of the company and Sohail Jaleel, DGM (CRD) was presented a special memento for his exceptionally jovial and spontaneous running commentaries during the cricket matches. The festivity of the event managed in attracting corporate giants like Warid Telecom, Al-Karam Textiles, Crescent Steel, Dresser-Rand and Prince Brothers to extend their cooperation as event sponsors. The period in which this festival was

convened was quite torrid for the organizing committee as it was not only intervened by heavy rains that challenged the maintenance of muddy outfield but was also shaken by the volatile law and order situation in town. Yet the resilient organizing committee under the project lead DGM (HR) Shahbaz Islam handled the entire affair in a highly professional manner.

This team that presented the highest ever participated event in SSGC's history earned huge applause from all quarters as it spent sleepless nights for around two weeks while addressing the minutest details. This speaks volumes of the leadership of MS Division, SSGC's Sports Board and HR Department that oversaw the entire activities of the organizing committee to ensure a presentable festival under the sole philosophy of bringing Company executives close to each other while nurturing a sense of togetherness and unity amongst them that is above the divisional and departmental boundaries.

In their endeavors they were fully supported by other departments including Corporate Communications, Transmission, Services, Administration, IT, Security, Medical, P&C and SSGC Sports Club. ■

سوئی سدرن گیس کمپنی اور ٹرانسپرنسی انٹرنیشنل کے مابین یادداشت پر دستخط



انداز میں لے گئی۔ انہوں نے ایک مرتبہ پھر دہرایا کہ انکی تنظیم ایمانداری، شفاف طریقہ کار اور واضح انداز میں کام کرنے پر یقین رکھتی ہے۔
ٹی آئی پی اور سوئی سدرن گیس کمپنی کے سینئر ممبران اور آفیشلز جن میں عادل گیلانی کنسلٹنٹ ٹی آئی پی اور جناب یوسف جے انصاری سینئر جنرل مینیجر (کارپوریٹ اینڈ لیگل افیئرز) دستخط کرنے کی اس تقریب میں موجود تھے۔ ■

اپنے خطاب میں ٹی آئی پی کے چیئرمین نے کہا کہ پرائیوٹ سیکٹر کے علاوہ پبلک سیکٹر کی تنظیموں جیسے پی آئی اے، نادرو، بے نظیر انکم سپورٹ پروگرام اور پاکستان اسٹیل ملز نے ان کی تنظیم کے ساتھ یادداشتوں کے ذریعے تعلق جوڑا ہے تاکہ انکے پروکیورمنٹ پروسس میں شفاف طریقہ کار کو ہر لحاظ سے یقینی بنایا جاسکے۔ جناب مظفر نے امید ظاہر کی کہ ٹی آئی پی کی جانب سے دیئے جانے والے مشوروں کو سوئی سدرن گیس کمپنی مثبت

سوئی سدرن گیس کمپنی نے یکم اپریل 2013 کو ٹرانسپرنسی انٹرنیشنل پاکستان کے ہمراہ ایک یادداشت پر دستخط کئے ہیں، جس کا مقصد کمپنی کے پروکیورمنٹ کے طریقے کار میں مکمل شفافیت کو یقینی بنانا ہے۔ اس یادداشت کے تحت گیس کمپنی کو ٹی آئی پی کی بحیثیت آبرور خدمات حاصل ہوگی جس کے تحت کمپنی حکومت کے قوانین کی پابندی کیلئے بہترین پریکٹسز اختیار کر سکتی ہے اس یادداشت پر ٹی آئی پی کے چیئرمین جناب سہیل مظفر اور سوئی سدرن گیس کمپنی کے چیفنگ ڈائریکٹر زہیر صدیقی نے دستخط کئے۔ دستخط کرنے کی یہ تقریب کراچی میں سوئی سدرن گیس کمپنی کے ہیڈ آفس میں منعقد ہوئی۔

اس موقع پر اپنے خطاب میں سوئی سدرن گیس کے چیفنگ ڈائریکٹر جناب زہیر صدیقی نے کہا کہ گیس کمپنی اور ٹی آئی پی کا ایک مشترکہ نقطہ نظر ہے یعنی کرپشن سے پاک پاکستان۔ انہوں نے اس بات پر زور دیا کہ کمپنی اس ضمن میں اپنے مشاہدات پر پوری توجہ دے گی۔ چیفنگ ڈائریکٹر نے مزید کہا کہ یہ یادداشت سوئی سدرن گیس کمپنی کو پروکیورمنٹ کے طریقہ کار میں ہر حوالے سے شفاف طریقہ کار اختیار کرنے اور اس سلسلے میں زیادہ جتنا ہونے کے قابل بنادے گی۔



سوئی سدرن گیس کمپنی کا اندرونی جریدہ

سوئی سدرن گیس کمپنی کی جانب سے سیکڑوں نادہندہ کسٹمرز کے گیس کنکشن منقطع



کمپنی کے 79 بلین روپے کے خطیر واجب الادا رقم کی وصولی کے سلسلے میں جاری مہم کے تحت سوئی سدرن گیس کمپنی نے نادہندگان کے خلاف سخت ایکشن لیتے ہوئے اسکے گیس کنکشن منقطع کر دیئے۔ ان نادہندگان میں سے اکثریت کے کنکشنز پہلے ہی کاٹ دیئے گئے ہیں جبکہ روزانہ کی بنیاد پر سیکڑوں کنکشنز کاٹے جا رہے ہیں۔

کمپنی نے ان نادہندگان کے نام میڈیا کے ذریعے چھ بڑی کسٹمر کیٹگریز میں شائع کرنے کا فیصلہ کیا ہے۔ جن میں انڈسٹریل بلک کسٹمرز: (کل واجب الادا رقم: 64,612,162 ملین روپے) انڈسٹریل کسٹمرز: (کل واجب الادا رقم: 328,013 ملین روپے)، گورنمنٹ کسٹمرز: (کل واجب الادا رقم: 56,649 ملین روپے)، بلک کسٹمرز: (کل واجب الادا رقم: 33,265 ملین روپے)، کمرشل کسٹمرز: (کل واجب الادا رقم: 16,730 ملین روپے) گھریلو کسٹمرز: (کل واجب الادا رقم: 14,172 ملین روپے) شامل ہیں۔ ■

کوئٹہ کینٹ زون میں گیس چوری کا بڑا انکشاف



سروس پائپ پر 3/4 انچ ڈایا کے کھمپ کی مدد سے 1/2 انچ ڈایا کی ساکٹ کھمپ پرویلڈ کر کے ایک جی آئی پائپ اس شہری کے گھر کے اندر لے جایا گیا جہاں سے پڑوس کے دس کچے مکانات کو غیر قانونی طور پر گیس فراہم کی جا رہی تھی۔ خیال کیا جاتا ہے کہ مذکورہ بالا فرد یہ غیر قانونی کنکشن ایک سال سے زیادہ عرصے سے استعمال کر رہا تھا۔ کوئٹہ ریجن کے ریجنل منیجر جناب رفیق بلوچ نے بھی مذکورہ جگہ کا دورہ کیا اور کینٹ زون اور سی آر ڈی کی ٹیموں کی کاوشوں کو سراہا۔ ■

یو ایف جی کے خلاف اپنی مہم کے حصے کے طور پر کینٹونمنٹ زون کی ٹیم اور سی آر ڈی نے مارچ 2013 کو خروٹ آباد، سمنگلی روڈ کوئٹہ کے علاقے قلی ناصر آباد میں چھاپہ مارا۔

ٹیم کی قیادت کینٹ زون کے انچارج ڈی سی ای نے کی۔ ٹیم ممبران میں کینٹ زون کے انجینئر محمد عارف ایکٹنگ منیجر کینٹ زون عبدالباری، ایکٹنگ منیجر سی آر ڈی امیر محمد اور کینٹ زون کی مینٹیننس ٹیم شامل تھی۔

سی آر ڈی کے حکام کو معلوم ہوا تھا کہ ایک شہری جی آئی پائپ کے ذریعے سروس والو سے براہ راست بغیر میٹر گیس استعمال کر رہا تھا۔ 3/4 انچ



دی فلیم ادارتی ٹیم

- عنایت اللہ سلیم
- محمد علی گوہر
- محمد رضوان انصاری

کوآرڈینیٹر: عزیز احمد خان
فونوگرافر: عبدالکلام

سوئی سدرن گیس کمپنی لمیٹڈ

کارپوریت کی ریکارڈیشن ڈپارٹمنٹ، ساقی منزل، SSGC ہاؤس

بلاک 14، گلشن اقبال، کراچی۔ 75300

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زرغون۔ کوئٹہ گیس پروجیکٹ: مشترکہ جیوگرافیکل سروے و جائزہ رپورٹ برائے 64 کلومیٹر ہائی پریشر ٹرانسمیشن پائپ لائن راہ داری و تنصیبات



سوئی سدرن گیس کمپنی (SSGC) کے 3 شعبوں P&D, IT اور P&C نے ایک ہفتے کا مشترکہ فیلڈ سروے زرغون تا کوئٹہ GPS ٹیکنالوجی کی مدد سے کیا۔ 64 کلومیٹر طویل ہائی پریشر ٹرانسمیشن پائپ لائن نیٹ ورک کی راہ داری کی تجدید اور اسے دوبارہ زیر غور لایا گیا یاد رہے کہ اس سے قبل GPS سروے ایک نئی کمپنی دو بار یعنی 2004 اور 2009 میں کر چکی ہے۔ لیکن اس مرتبہ انتظامیہ نے اصولی فیصلہ کیا کہ یہ کام IT ڈیپارٹمنٹ کی GIS ٹیم کرے گی جس کیلئے سروے ایکسپریٹ زوار حسین (ایکٹنگ مینیجر GIS-IT) کو ٹیم کا سربراہ بنایا گیا۔

ابتدائی طور پر جس پرائیوٹ کمپنی نے یہ سروے کیا تھا اس میں Map Projection دوسری تھی جبکہ سوئی گیس کی ٹیکنیکل ٹیم کو اپنی پروجیکشن میں لانے کیلئے Data منتقل کرنا ضروری تھا تاکہ بلوچستان میں یہ تمام مواد زیر استعمال لایا جاسکے۔ Data Conversion کے بعد سروے میں اہم نقطہ پائپ لائن نیٹ کے تمام پوائنٹس کو پہلے سے ہوئے سروے کے مطابق Re-route کرنا تھا۔ اس مقصد کے حصول کیلئے نئی کمپنی کے تمام Data کو مطلوبہ صورت میں ڈھال کر Trimble Geo Active Syno سوفٹ ویئر کی مدد سے XM-GPS میں لوڈ کر کے بروئے کار لایا گیا اور تجزیوں کیلئے GPS Pathfinder سوفٹ ویئر کی مدد لی گئی یوں ایک ہفتے میں زرغون کا فیلڈ سروے باحسن و خوبی اختتام پذیر ہوا۔

بلوچستان کا یہ سروے شدید بارش و برف باری میں مزید خطرناک رہا۔ دو FC گاڑوں کی گاڑیاں اور ایک جیمر وین آگے، اسی طرح دو FC کی گاڑیاں اور جیمر وین پیچھے مستعد رہتی تھیں۔ ویسے اس طرح کے ایڈونچر سے بھرپور کام کرنے کا لطف ہی کچھ اور ہوا کرتا ہے۔ پرودہ گار کے کرم سے تمام امور باخیر و خوبی سرانجام پائے۔ یہ پائپ لائن اہلیان کوئٹہ کیلئے بہت زیادہ اہمیت کی حامل ہے ایک مختلط اندازے کے مطابق زرغون

نمائندوں کی خدمات اور اخلاقی اقدار بھی قابل ستائش تھیں۔ بقول ڈاکٹر علامہ اقبال۔

نہیں ہے نا امید اقبال اپنی کشت ویراں سے
ذرا نرم ہو تو یہ مٹی بہت زرخیز ہے ساقی

تحریر زوار حسین ایکٹنگ مینیجر GIS

گیس کوئٹہ کے گھریلو صنعتی صارفین کیلئے کافی ہوگی جو یقیناً خوش حالی کی نوید ہے۔ جیوگرافیکل سروے کرنے والوں میں انجینئر اختر حسین سومرو، انجینئر کیوم خان، سپروائزر حسن بروہی، ڈپٹی مینیجر طارق قریشی اور ایکٹنگ مینیجر زوار حسین شامل تھے۔

برگینڈیزر سلیم محمود (GM-Mari Gas) کزنل سعید ارشد (CM سیکورٹی) اور عبدالرحمن (AM سیکورٹی) نے رہنمائی اور حفاظت کو یقینی بنانے کیلئے مسلسل جدوجہد کی اور تمام قانون نافذ کرنے والے اداروں سے رابطے رکھے۔ اس کے علاوہ ماڑی گیس کمپنی کے



پہلے انٹرڈویژنل اسپورٹس فیسٹیول نے اتحاد اور جشن کا ماحول موزوں کر دیا



اپریل پوری سوئی سدرن گیس کمپنی میں تفریح، جشن اور مثبت اور صحتمندانہ سرگرمیوں کا مہینہ تھا۔ پورے مہینے میں تمام ڈیپارٹمنٹس میں انٹرڈویژنل اسپورٹس فیسٹیول کی بات ہوتی رہی جو بے حد پر جوش و خروش "افراد کا باہمی تعاون" اور انتہائی پرکشش الفاظ Get, Set, Play سے مزین تھا۔ یہ فیسٹیول سوئی سدرن گیس کی تاریخ میں اپنی نوعیت کا انوکھا ایونٹ ثابت ہوا۔ اس کا افتتاح ہیڈ آفس میں 19 اپریل 2013 کو رنگ تقریب میں ہوا۔ سوئی سدرن گیس کے مینجنگ ڈائریکٹر زہیر صدیقی نے کمپنی کی سینئر مینجمنٹ کی موجودگی میں افتتاح کیا۔ تمام ڈیپارٹمنٹس کو ملا کر 8 ڈویژن بنائی گئیں جن کے نام کارپوریٹ شارکس، CS ڈالفنز، ES ٹینٹھرز، فنانس فیلکٹرز، IT لائسنز، MS کیلنگرز، سدرن ٹائیگرز اور ٹرانسمیشن اینگلو تھے۔ ان ٹیموں نے جو تقریباً 400 کھلاڑیوں پر مشتمل تقصیل کھیلوں کے 11 ڈسپلینز میں 16 مختلف ایونٹس میں مقابلہ کیا جن میں کرکٹ، ٹیبل ٹینس (مرد و خواتین)، بیڈمنٹن (سنگلز، میڈلز اینڈ ٹیم میڈلز اور ڈبلز میڈلز)، رے ریس 100 میٹر اسپرینٹ ریس، ریس کشتی، ریس کشتی (ویٹرز)، پیٹنٹ وال شوٹنگ، باؤلنگ، ایک اسپون ریس، چیکرز، جیس اور اسکرینیل شامل تھے۔

اس پورے فیسٹیول میں کھلاڑیوں کا جوش و خروش اپنے عروج پر رہا اور شرکاؤ اور قاضیوں سمیت سب نے ٹیم بلڈنگ، اتحاد اور خوشی کے لحاظ کامنڈو تجربہ کیا۔ یہ ایونٹ 4 دن جاری رہا یعنی 19 اور 20 اپریل اور ایک ہفتے بعد 26 اور 27 اپریل۔ تمام اہم مقابلے کمپنی کے کراچی ٹریٹنل اسپورٹس کلب میں منعقد ہوئے جبکہ باؤلنگ اور پیٹنٹ وال شوٹنگ کے مقابلے "دی ارینا" میں منعقد کئے گئے۔ یہ فیسٹیول 27 اپریل 2013 کو کامیابی سے اختتام پذیر ہوا جس کی تقریب تقسیم انعامات کے مہمان خصوصی سوئی سدرن گیس کے سابق مینجنگ ڈائریکٹر اور بورڈ آف ڈائریکٹرز کے موجودہ ممبر جناب عظیم اقبال صدیقی تھے۔ ہر چند کہ ٹیمیں جیتی یا ہاریں تاہم یہ امر واضح تھا کہ ٹیم اسپرٹ جیت گئی۔ کمپنی کے HR ڈپارٹمنٹ جس نے اس پورے فیسٹیول کو منعقد کیا اور اس کی منصوبہ بندی نے ہر شریک کو مسکرانے، تفریح کرنے اور ایسی صحت مندرگرمی کے ذریعے مضبوط تعلقات استوار کرنے کا بھرپور موقع فراہم کیا۔

MS کیلنگرز نے 17 میڈلز جن میں 4 گولڈ میڈل بھی جیتے تھے جیت کر ایونٹ کی وننگ ٹرافی جیتی۔ IT لائسنز اور CS ڈالفنز ان سے خاصے قریب اور بل ترتیب پہلے اور دوسرے رنر اپ رہے۔ IT لائسنز کے نصر عباس کو کمپنی کا بہترین اسپورٹس مین قرار دیا گیا اور ڈپٹی جنرل فیجرسی آر ڈی کو کرکٹ میچرز کے دوران تمام چاروں سک ان کے دلچسپ تھروں پر خصوصی میمنو پیش کیا گیا۔ اس ایونٹ کی خصوصیت یہ بھی تھی کہ چند بڑے کارپوریٹ ادارے جیسا کہ وارد ٹیلی کام، الکریم ٹیکسٹائل، کریسٹن اسٹیل، ڈریس رینڈ اور پرنس برادرز نے اس ایونٹ میں اسپانسر کے طور پر حصہ لیا۔ ■





عبدالستار کا سوئی سدرن گیس کمپنی سے تعلق اپنے اختتام کو پہنچا



سوئی سدرن گیس کے بزرگ ڈرائیور عبدالستار نے 39 سال طویل خدمات انجام دے کر کمپنی کو الوداع کہہ دیا۔ انہیں ان کے ساتھیوں کی جانب سے 14 اپریل 2013 کو ساحل سمندر پر پکنک کیساتھ الوداعیہ دیا گیا۔ اس موقع پر عبدالستار صاحب کے ماضی کے اور موجودہ ساتھیوں نے انہیں زبردست خراج تحسین پیش کیا اور تحائف دیئے۔ چیف منیجر (ایڈمن سروسز) ناصر احسن نے اللہ کے ناموں پر مشتمل انہیں ایک فریم پیش کیا۔ یہ الوداعیہ ہا کس بے کے پرسکون ماحول میں منعقد کیا گیا جہاں عبدالستار اور ان کے ساتھیوں نے سورج کی تہاڑت کا لطف اٹھایا۔ ■



سئي سدرن گيس ڪمپني ۽ ٽرانسپيرنسي انٽرنيشنل جي مابين يادداشت تي صحيحون



سئي سدرن گيس ڪمپني پهرين اپريل 2013ع تي ٽرانسپيرنسي انٽرنيشنل پاڪستان سان گڏ هڪ يادداشت تي صحيحون ڪيون آهن، جنهن جو مقصد ڪمپني جي پروڪيورمنٽ جي طريقي ڪار ۾ مڪمل شفافيت کي يقيني بنائڻو آهي - هن يادداشت جي تحت گيس

ڪمپني کي ٿي آءِ پي جي حيثيت سان آيزرور خدمتون حاصل هونديون جنهن تحت ڪمپني حڪومت جي قانونن جي پابندي جي لاءِ بهترين پريڪٽيسز اختيار ڪري سگهي ٿي - هن يادداشت تي ٿي آءِ پي جي چيئرمين جناب سهيل مظفر ۽ سئي سدرن گيس ڪمپني جي مئنيجنگ ڊائريڪٽر زهير صديقي صحيحون ڪيون - صحيح ڪرڻ جي اها تقريبن ڪراچي ۾ سئي سدرن گيس ڪمپني جي هيڊ آفيس ۾ منعقد ڪئي وئي - هن موقعي تي پنهنجي خطاب ۾ سئي سدرن گيس ڪمپني جي مئنيجنگ ڊائريڪٽر زهير صديقي چيو ته گيس ڪمپني ۽ ٿي آءِ پي جو هڪ گڏيل تنظيم سان يادداشتن ذريعي تعلق جوڙيو آهي ته

نقطه نظر آهي يعني ڪرپشن کان پاڪ ڪمپني هن ضمن ۾ پنهنجي مشاهدات تي پورو ڌيان ڏيندي - مئنيجنگ ڊائريڪٽر وڌيڪ چيو ته اها يادداشت سئي سدرن گيس ڪمپني کي پروڪيورمينٽ جي طريقي ڪار ۾ هر حوالي سان شفاف طريقا ڪار اختيار ڪرڻ ۽ هن سلسلي ۾ وڌيڪ محتاط هجڻ جي قابل بڻائيندي - پنهنجي خطاب ۾ ٿي آءِ پي جي چيئرمين چيو ته پرائيويٽ سيڪٽر کان علاوه پبلڪ سيڪٽر جي تنظيمن جيئن ته ٿي آءِ اي ، نادره ، بينظير انڪم سپورٽ پروگرام ۽ پاڪستان اسٽيل ملز انهن جي تنظيم سان يادداشتن ذريعي تعلق جوڙيو آهي ته

جيئن انهن جي پروڪيورمينٽ پروسس ۾ شفاف طريقي ڪار کي هر لحاظ سان يقيني بڻايو وڃي - جناب مظفر اُميد ظاهر ڪئي ته ٿي آءِ پي پاران ڏنل مشورن کي سئي سدرن گيس ڪمپني مثبت انداز ۾ وٺندي - انهن هڪ ڀيرو ٻيهر چيو ته انهن جي تنظيم ايمانداري ، شفاف طريقي ڪار ۽ واضح انداز ۾ ڪم ڪرڻ تي يقين رکي ٿي - ٿي آءِ پي ۽ سئي سدرن گيس ڪمپني جي سينيئر ميمبرن ۽ آفيسلز جنهن ۾ عادل گيلاني ڪنسلٽنٽ ٿي آءِ پي ۽ جناب يوسف جي انصاري سينيئر جنرل مئنيجر (ڪارپوريت اينڊ ليگل افيزرز) صحيحون ڪرڻ جي هن تقريبن ۾ موجود هئا - ■

سئي سدرن گيس ڪمپني پاران سوين ناهنده ڪسٽمرز جا گيس ڪنيڪشن منقطع

ڪسٽمرز : (ڪُل واجب الادا رقم
=64,612,162 ملين روپيا)، انڊسٽريل
 ڪسٽمرز : (ڪُل واجب الادا رقم
=328,013 ملين روپيا) ، گورنمينٽ
 ڪسٽمرز : (ڪُل واجب الادا رقم
=56,649 ملين روپيا)، بلڪ ڪسٽمرز : (ڪُل واجب
 الادا رقم **=33,265** ملين روپيا) ، ڪمرشيل
 ڪسٽمرز : (ڪُل واجب الادا رقم **=16,730**
 ملين روپيا) ، گهرو ڪسٽمرز : (ڪُل واجب
 الادا رقم **14,172** ملين روپيا) شامل آهن - ■



ڪمپنيءَ جي **79** بلين روپين جي خطير واجب
 الادا رقم جي وصولي جي سلسلي ۾ جاري مهم
 تحت سئي سدرن گيس ڪمپني ناهندگان خلاف
 سخت ايڪشن ڪندي انهن جا گيس ڪنيڪشن
 منقطع ڪري ڇڏيا - انهن ناهندگان مان گهڻن
 جا ڪنيڪشن پهريان ئي ڪاٽيا ويا آهن جڏهن
 ته روزانه جي بنياد تي سوين ڪنيڪشن ڪاٽيا
 پيا وڃن -

ڪمپني انهن ناهندگان جا نالا ميڊيا ذريعي
 ڇهه وڏي ڪسٽمر ڪيٽيگريز ۾ شايع ڪرڻ جو
 فيصلو ڪيو آهي - جنهن ۾ انڊسٽريل بلاڪ

ڪوئيٽا زون ۾ گيس چوريءَ جو وڏو انڪشاف



يواف جيءَ جي خلاف پنهنجي مهم جي حصي
 طور ڪنٽونمينٽ زون جي ٽيم ۽ سي آر ڊي مارچ
2013ع تي خروٽ آباد ، سمنگلي روڊ ڪوئيٽا
 جي علائقي ڪلي ناصر آباد ۾ ڇاپو هڻيو - ٽيم
 جي اڳواڻي ڪينٽ زون جي انچارج ڊي سي اي
 ڪئي - ٽيم ميمبرن ۾ ڪينٽ زون جو انجنيئر
 محمد عارف ايڪٽنگ مئنيجر ڪينٽ زون
 عبدالباري ، ايڪٽنگ مئنيجر سي آر ڊي امير
 محمد ۽ ڪينٽ زون جي مينٽيننس ٽيم شامل
 هئي -
 سي آر ڊي ۽ جي آفيسرن کي خبر پئي هئي ته
 هڪ شهري جي آءِ پائپ ذريعي سروس والوڪان
 سڌو سنئون بغير ميٽر گيس استعمال ڪري رهيو
 هو - **3/4** انچ سروس پائپ تي **3/4** انچ ڍاڍا
 جي ڪليمپ جي مدد سان **1/2** انچ ڍاڍا جي
 ساڪٽ ڪليمپ تي ويلڊ ڪري هڪ جي آءِ
 پائپ هن شهري جي گهر اندر نيو ويو، جتان
 پاڙيسرين جي ڏهه ڪڇي گهرن کي غير قانوني
 طور تي گيس فراهم ڪئي وئي هئي - خيال ڪيو
 وڃي ٿو ته مٿي ذڪر ڪيل ماڻهو اهو غير قانوني
 ڪنيڪشن هڪ سال کان وڌيڪ عرصي کان
 استعمال ڪري رهيو هو - ڪوئيٽا ريجن جي
 ريجنل مئنيجر جناب رفيق بلوچ به ذڪر ڪيل
 جڳهه جو دورو ڪيو ۽ ڪينٽ زون ۽ سي آر ڊي
 جي ٽيم جي ڪاوشن کي ساراهيو - ■