

THE FLAME

Vol. 71 - November 2013

The Official Magazine of SSGC

 Sui Southern Gas Company Limited



Shareholders elect new SSGC Board



SSGC's directors and members of the senior management at the EOGM; (below) shareholders casting their votes

The Extraordinary General Meeting of the shareholders of SSGC was held on October 30, 2013 at Pearl Continental Hotel, Karachi to elect members of Board of Directors of the Company for a period of three years. The meeting was held under the Chairmanship of the outgoing Chairman Shahid Aziz Siddiqui.

In pursuance to the provisions of Companies Ordinance, 1984, twenty three (23) individuals filed notices of their intention with the Company, offering their candidature as Director for the election. As the number of persons who offered themselves to be elected was more than the number of Directors fixed by the Board under Section 178 (1) of the

Companies Ordinance, 1984, balloting was held to elect 14 Directors.

After the balloting, the outgoing Chairman Shahid Aziz Siddiqui announced the names of Directors who got elected. They are Alamuddin Bullo, Amir Amin, Miftah Ismail, Zuhair Siddiqui, Azra Mujtaba,



In this issue...



Earthquake relief 04



Oracle R12 goes live 06



S&M Quetta raids 08



Gas Leak Survey 09



Pink Ribbon Seminar 10



Tribute to Rahat Kamal 13



SSGC shines 17



450th Board Meeting 20



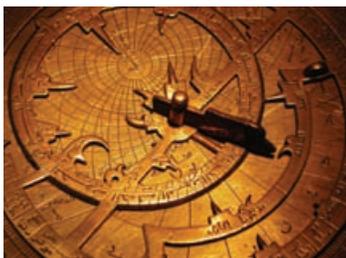
Cardio Diseases 24

Editor's Note

Hope for peace

Dear readers,

By the time you will receive your copy of the November issue, with the advent of Muharram, the new Islamic year will have started. The Flame wishes its readers a blessed start to the Islamic calendar. Muharram is the month that needs to be celebrated with all the religious fervor and solemnity. At the same time, we hope and pray that tolerance and peace will reign supreme during the month and days leading up to Ashura. Meanwhile a new Board of Directors has been elected by the shareholders for a three year period. These are challenging times for the energy sector and the new Board is determined to play an integral part in turning things around.



True to its tradition, SSGC also dispatched a convoy of relief goods to Awaran that faced the major brunt of the recent earthquake. The Company has never shied away from helping the people in distress and will continue to rise to the occasion whenever the situation demands. *Ed*

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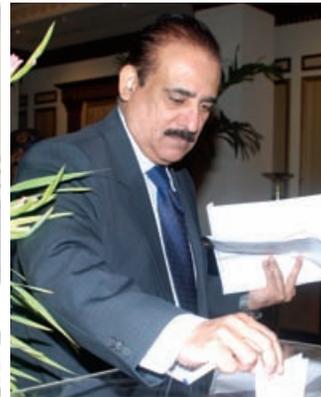
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Arshad Mirza, Muhammad Arif Hameed, Mobin Saulat, Nawabzada Riaz Noshervani, Rizwan Kehar, Salim Zamindar, Agha Sher Shah, Muhammad Bilal Sheikh and Mirza Mahmood Ahmad.

The elections were held through balloting under the management of the Company's Shares Registrar, Central Depository Company of Pakistan in accordance with the provisions of the Companies

Ordinance, 1984. M/s. M. Yousuf Adil Saleem and Company, SSGC's external auditing firm supervised and verified the balloting for maintaining the independence and transparency of the entire process. ■



SSGC dispatches convoy of relief goods to Awaran

Recent earthquakes in Awaran district of Balochistan have left in their wake a trail of destruction, leaving many families displaced and devoid of basic necessities.

In keeping with its past tradition, SSGC, being a responsible 'Corporate Citizen', dispatched relief goods to

contained 17 kilogram material.

As per instructions of Zuhair Siddiqui, MD, SSGC, the Company's Administrative Services (AS) Department took the lead in arranging relief goods through a tender process, as well as ensuring logistics for transportation.

of the Company.

The DMD informed the media that SSGC was handing over the first installment of relief goods to the tune of Rs. 3.5 million to alleviate the sufferings of more than 1,400 families. If required by the people of Awaran, SSGC will send another batch of relief goods, he said. "SSGC has already



Awaran to meet, primarily, the nutritional needs of its affected people, under its CSR initiatives.

The Company initially dispatched the relief goods, weighing 23,800 kg, comprising of 1,400 bags of food items including cooking oil, milk powder, wheat flour, sugar, salt, red chilli powder, match boxes and dates, from the Head Office. Each bag

A simple handing over ceremony was held at SSGC Head Office on October 12, 2013. The ceremony was attended by SSGC's Yusuf J. Ansari, DMD (Corporate Services), Dr. Shehla Naqvi, SGM (Management Services) and Adil Paracha, DGM (Admin. Services).

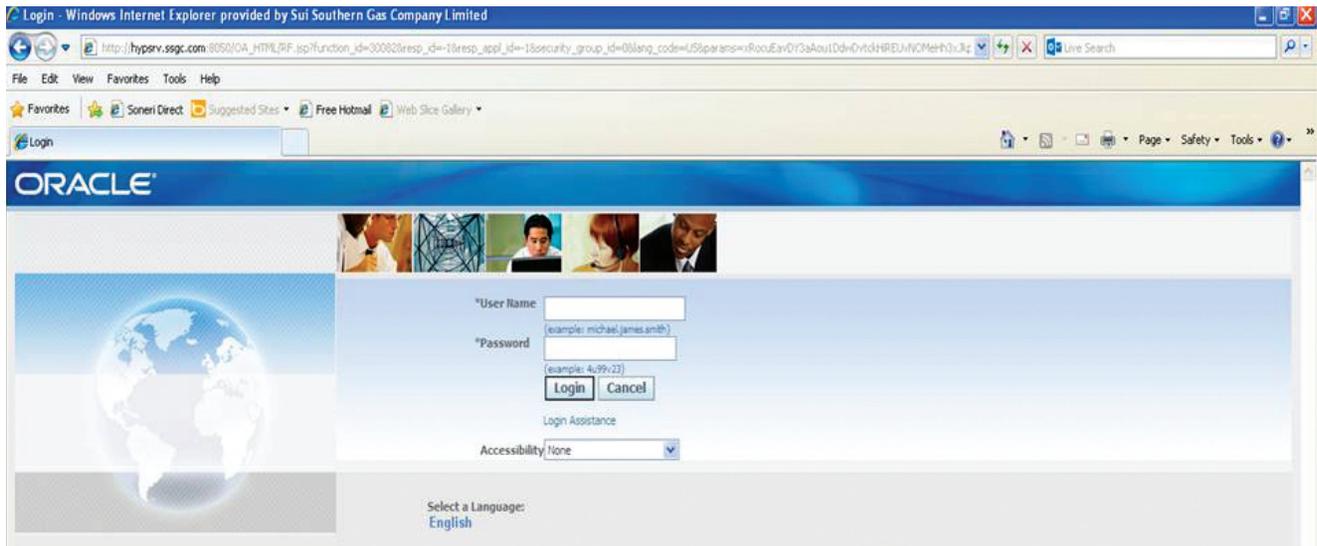
The DMD handed over the relief goods to Asif Ali, Ordinance Officer of COD representing Pakistan Army, on behalf

provided Rs. 20 million for Prime Minister's Balochistan Earthquake Relief Fund-2013", the DMD further added.

"In the past too, SSGC has been at the forefront of providing relief help in the wake of natural calamities such as floods and earthquakes inside and outside Pakistan", Mr. Ansari elaborated. ■



Oracle R12 goes live



SSGC's IT Department has achieved another milestone by successfully upgrading the Oracle 11 i.e-Business Suite to Oracle R12. This was a totally in-house initiative achieved without any kind

of external help and support. The ERP team completed this project, consisting of 15 modules, in a record time of 5 months.

On November 1, 2013, the system

moved to Oracle R12 system.

To enforce up-gradation to Oracle R12, a series of training programs for the benefit of all the end users in the Company have already started. ■

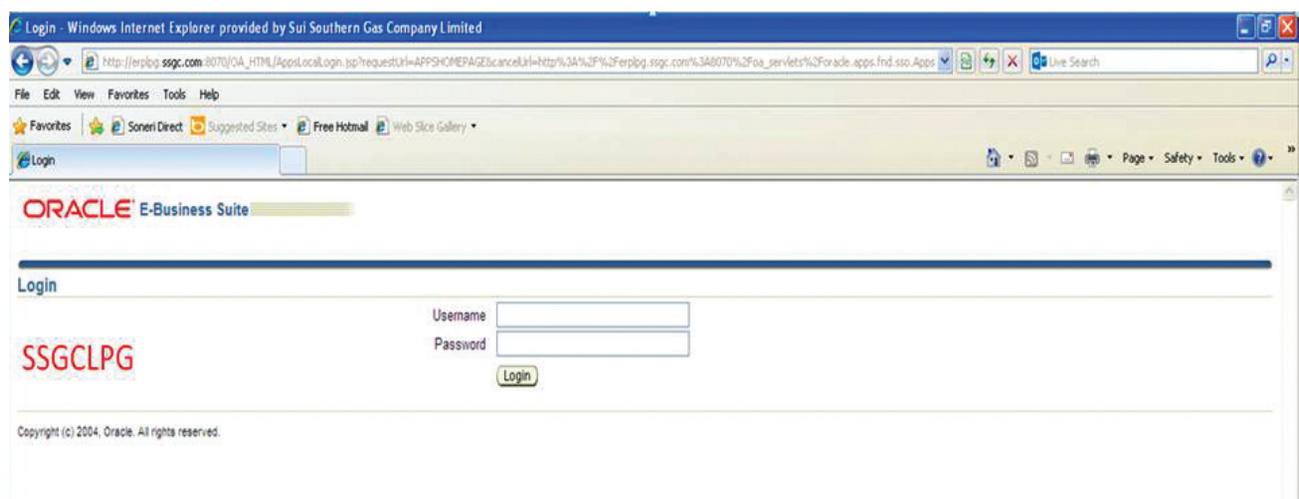
Oracle Applications go live at SSGC-LPG (Pvt.) Ltd.

The SSGC ERP team has implemented nine modules of Oracle Applications at SSGC - LPG (Pvt) Ltd. Applications went live from October 1, 2013. The implementation was a totally in-house initiative that included Financial, Supply Chain and HRMS suites. The Oracle modules implemented included General Ledger, Account Payables, Fixed Assets, Purchasing, Inventory, Order

Management, Human Resources and Payroll.

Oracle Applications is an integrated solution, sharing a centralized database, with all 'users' including Human Resources / Payroll / Benefits, Procurement, Accounting, Budgets, Inventory, Payables etc, served by the same database through one point of entry i.e. Departmental Focal Points (DFPs).

Data can only be entered or updated once, thus reducing errors, time and labor for reports' generation and in doing so ensuring better analysis of data and planning and program management. Ultimately, time and resources are shifted to innovating, problem solving and direct service to customers rather than inputting, processing, organizing, verifying and related "busy work". ■



Central air conditioning / HVAC system for RO Hyderabad



The Services Department embarked on a plan of providing centrally air-conditioned HVAC System at Regional Office Hyderabad year 2010. Due to the hot weather in Hyderabad this was badly needed to provide better working environment. This was managed along with simultaneous Civil works renovation work being carried out at Regional Office Hyderabad. In order to minimize the impact of the expenditure, it was planned to carry out this project in phases to evenly overlay the cost over different fiscal years. The project was conceived in the following phases:

- (1) Complete ducting of the main building for HVAC System.
- (2) Procurement of HVAC Equipment for HVAC system.
- (3) Installation and commissioning of HVAC Equipment.

All three phases were executed through distinct tender inquiries in different years over a period of time.



Entire the procurement was done through press tender and as per PPRA rules. The project now stands completed after the execution of the third phase. HVAC system is now operational with 250 Refrigeration Tonnes (RT) of cooling being made available.

This project was envisaged by then DGM (Electrical) Shabbir Ahmed under the able leadership of the then GM (Services), Habibullah Soomro and the then SGM, Zuhair Siddiqui (now MD). The project was later carried out by DGM (ES), Karim Baloch. He was fully supported by Rehman Akhter Shah, Chief Engineer (Electrical) at Karachi Terminal. Site Engineer for this project Senior Engineer (E), Mr. Zafar Khanzada, spent long hours ensuring timely completion of this project. The entire Electrical team at the Services Department demonstrated complete



dedication and commitment. Anything which came in way was taken care off in the shortest possible time and in a professional manner. Whether it was a strike in Europe which affected delivery of equipment or last minute changes in the Civil Architecture of the building, everything was brilliantly tackled.

This new HVAC system will provide better working environment and would improve the productivity of SSGC team members at RO Hyderabad. It will facilitate our valued clientele in Sindh and in doing so go a long way in augmenting the image of SSGC. Irfan Zafar, SGM/Incharge (Operations) was a continued source of inspiration and also provided his guidance and input for successful completion of this project as well as availability of the fund and resources for the project. Mustafa Abdullah, SGM (D-North) and Nisar Sheikh GM (Distribution-Hyderabad) deserve appreciation for their unwavering support for the successful roll out of this project. ■



S&M Quetta raids sweet factories involved in gas theft

Shujaat Ali Khan, AM, I/C (S&M Quetta) Region recently received information regarding a huge incident of gas theft taking place in two sweet factories at Killi Allah Abad, Zarghoon Road, Quetta. The information was conveyed to AGM Balochistan, Mr. Haroon Rashid, for further necessary action.

The AGM at once formed a team under the supervision of his Regional Manager, Rafiq Baloch, which also comprised of Bashir Khan Achakzai, ZM City Zone, Aziz Khan Kakar, DM, Majid Shah, Shujaat Ali Khan, AM City Zone and Hafiz Naeem, Incharge S&M. On September 17, 2013 the team raided the site along with SSGC's Security Services Department, FC and local police.

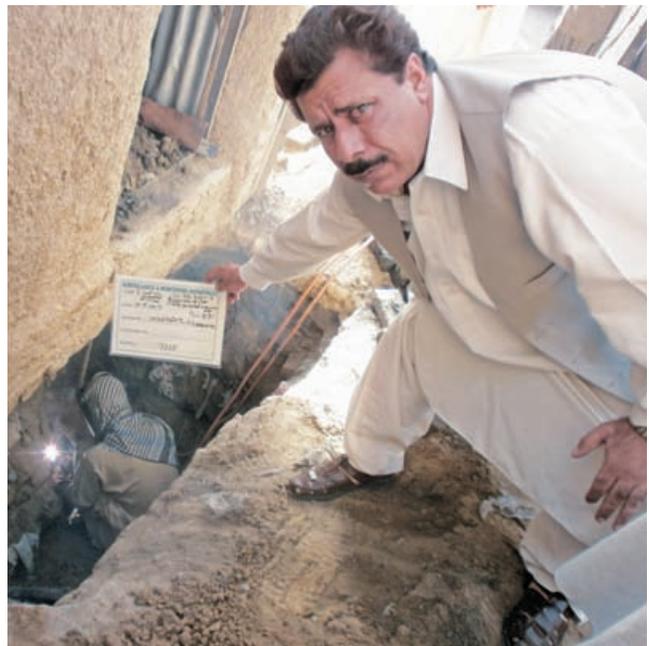
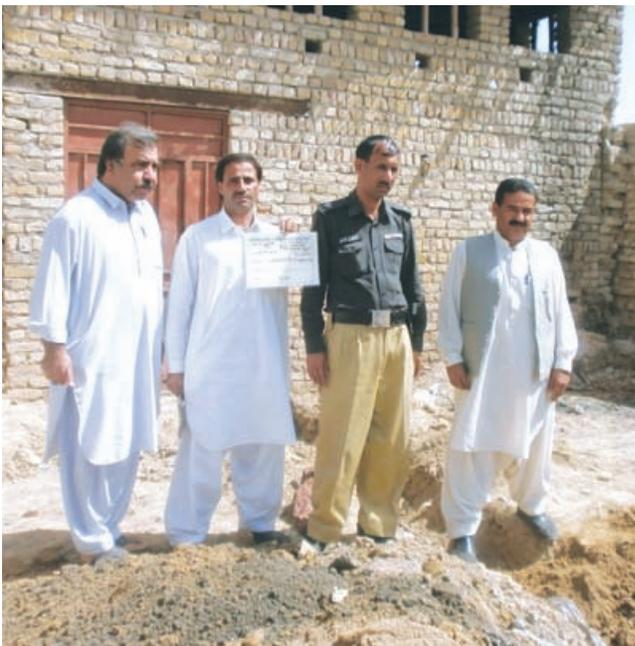


The Joint Inspection Team discovered that gas was being used illegally on a huge scale by the two factories. It was revealed that no meter was found at the premises although the furnaces were operative, further confirming that it was a blatant theft case. Through exhaustive search

and approximately 6ft deep digging of the affected area of the compound, the team found that a direct connection was taken from a ¾ inch dia line connected to 4 inch dia supply mains and extended to both the factories. The welding team of the city zone disconnected and welded illegal ¾

inch dia" direct connection at the spot. FIRs against the accused were subsequently lodged.

The presence of RM Balochistan throughout the entire operation boosted the morale of the team who successfully completed the mission. ■



Gas Leak Survey and rectification work carried out in Quetta

An underground Gas Leak Point was detected on 1" dia distribution pipeline during the Gas Leak Survey at Jail Road in Huddah, Quetta. The leakage was rectified by installing 1" dia leak clamp by Cantt. Maintenance Team on October 3, 2013. Earlier on September 29th, the same team detected underground gas leak point on 2" dia, distribution pipeline during the leak survey at Killi Ismail, Cantt Zone, Quetta.

In its quest to control gas theft, the Quetta team raided two Samungli Road customers in Jinnah Town located in Langove Street and Killi Kharotabad who were found using unmetered gas through rubber pipe from a single service valve. Acting promptly, the Cantonment Zone Maintenance Team removed the rubber pipes and plugged and welded the Tee on September 12, 2013. ■

Courtesy: Liaquat Ali, Deputy Chief Engineer, I/C Cantt Zone Quetta



90% of breast cancer deaths can be prevented if diagnosed early: Medical Seminar

World over, October is observed as a month for creating much needed awareness on a deadly and fearsome disease, breast cancer. October is also symbolically marked as the month of the *Pink Ribbon* during which people show support for the cause by wearing pink ribbons. In this regard, an awareness seminar was held at the head office auditorium on October 24, 2013.

The event was jointly organised by Medical Services Department and Sui Southern Gas Company Women Association (SSGCWA).

For privacy reasons, the seminar was restricted to female audience only. The welcome speech by Ms. Asma Butt, Vice President SSGCWA was followed by a very informative and interactive presentation by the guest speaker Dr. Bushra Waseem, General Surgeon Patel Hospital.

The presentation included basic information about the disease as well as its symptoms and available treatment options. According to the speaker, one out of nine women in

Pakistan are at a risk of contracting this disease whereas 40,000 women die due to breast cancer every year. The guest speaker informed the audience that 90% of related deaths can be prevented if the disease is

her experiences. A question and answer session and a quiz competition amongst the audience also followed. Sr. General Manager (Management Services) Dr. Shehla Naqvi along with Dr. Bushra



diagnosed at the right time. She advised the participants to get their mammograms on a periodical basis and note any significant changes and developments in light of symptoms.

Waseem distributed lucky draw prizes and giveaways amongst the audience.

Guest of honour famous television actor Uroosa Siddiqui praised the organizers for holding such an informative event. ■

A breast cancer survivor also shared



Healthy lifestyle can control Dyslipidemia: EPP

An Expert Patient Program (EPP) was conducted on Dyslipidemia (abnormal amount of lipids (e.g. cholesterol and/or fat in the blood)). The EPP held on October 2, 2013 at the Head Office Medical Center was attended by thirty-six participants. A comprehensive lecture was delivered by Dr. Areeba Ahmed in which she emphasized the importance of normal cholesterol level and its benefits. She explained the harmful effects of the medical condition, which she emphasized can



be controlled by following a strict dietary regimen and a healthy lifestyle.

All participants took keen interest and asked relevant questions. Dr. Munawar Hayat, DGM/DCMO answered the queries in full detail. Company souvenirs were given to early birds, those who asked interesting questions and those who answered correctly. ■

Courtesy: Medical Services Department, Karachi



Awareness programs on Dengue emphasize early recognition

The epidemic nature of Dengue Fever and rising number of infected cases in Hyderabad this year has been a cause for major concern. In this regard, the city's Medical Services Department embarked upon an awareness drive to increase SSGC's employee's awareness of this infectious tropical disease.

held on October 3 and 4, 2013 at Regional Office Hyderabad. Doctors stressed that dengue is not transmitted directly from person to person and symptoms range from mild fever to incapacitating high fever with severe headache, pain behind the eyes, muscle, joint pain and rash.

the most effective and protective measures are those that avoid mosquito bites and breeding. When infected, early recognition and prompt supportive treatment can substantially lower the risk of developing severe disease, the employees were informed. Both programs were very interactive and were well attended by employees. ■

Symposiums entitled 'Dengue Fever -Prevention and Management' were

Doctors emphasized on prevention as there is no vaccine or any specific medicine available, and said that

Courtesy: Medical Services Department, Hyderabad

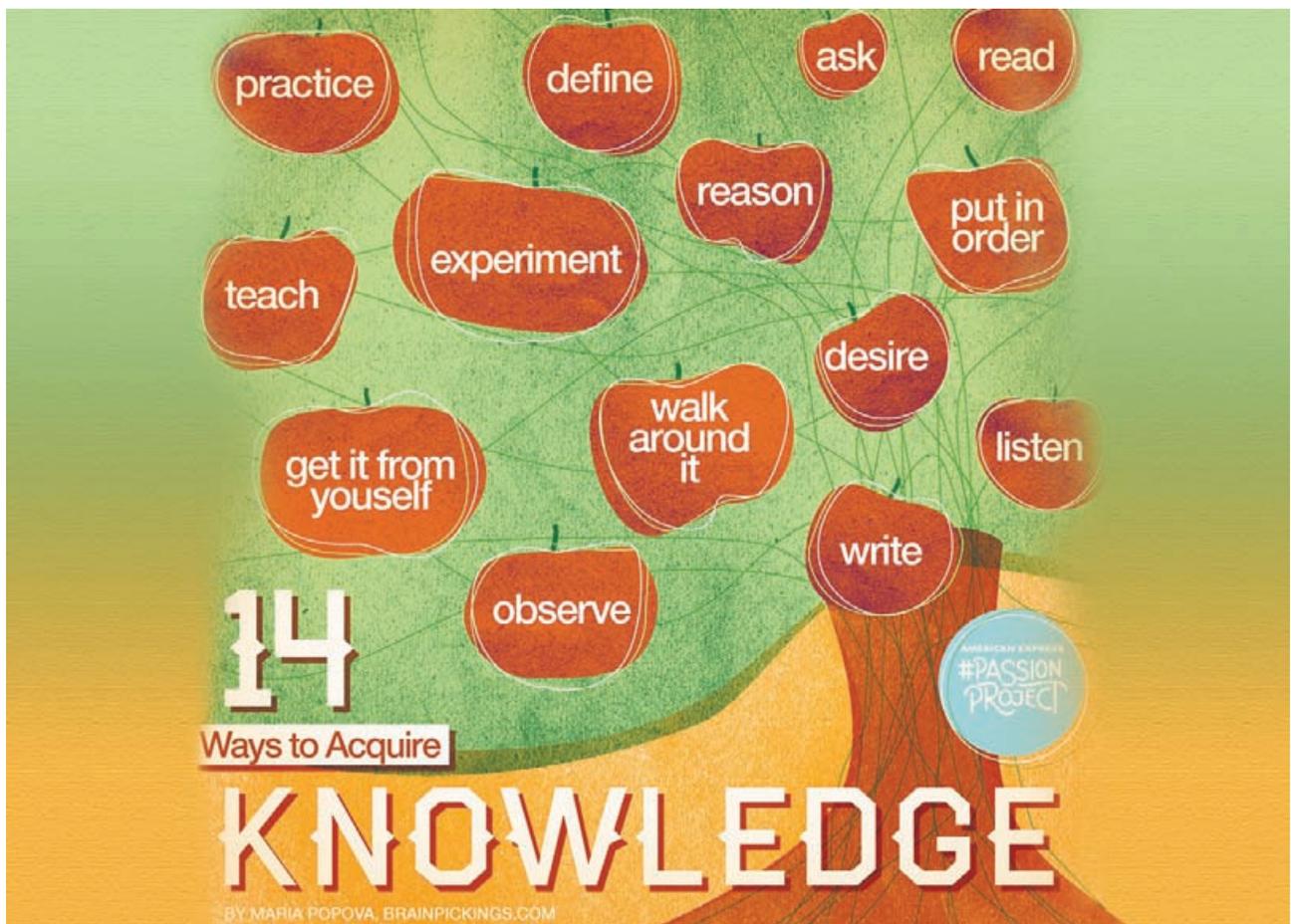


New CP Station installed at Tando Muhammad Khan

Tando Muhammad Khan's City distribution gas pipelines network has been recently extended. In this connection, Ali Mohammad Memon, SE (CP) installed a new station near Mir Ghulamullah Park, TMK for the cathodic protection of pipelines. Mr. Ali accompanied with Naik Muhammad Shaikh, DCE (CP) and Noor Nabi Soomro, AE (CP) also checked and monitored the CP System in various locations as part of the extension plan. ■



Pearls of Wisdom



DMD (Operations) Rahat K. Siddiqui achieves superannuation

The veteran DMD Rahat Kamal Siddiqui was honored with a warm superannuation ceremony held at The Arena on October 10, 2013. Mr. Siddiqui served SSGC for more than three decades climbing the ladder of progress step by step before reaching his final official role in the company as DMD (Operations).

A thorough professional, Mr. Siddiqui worked in major core projects and led the departments that have contributed towards expanding the Company's distribution and transmission projects. The befitting lunch was attended by Zuhair Siddiqui, MD, SSGC, members of the senior management, GMs, DGMs and the P&D Department. ■



Veteran photographer calls it a day

SSGC's official photographer and a member of *The Flame's* Editorial Team Abul Kalam retired from service on October 2013 after serving the Company illustriously for 32 years. A simple yet emotional farewell lunch was arranged by his department, Corporate Communications at the Head Office on October 11, 2013. Abul Kalam was an imperative part of SSGC who served the Company dedicatedly. Always punctual, he would never say no to any assignment, even if it involved travelling at odd hours. Many prizes he won internationally spoke volumes of his prowess behind the lens. Above all, he remains a colorful personality, a straight talking man known for integrity and professionalism. ■



Company engineers network at WEC 2013

The 5th World Engineering Congress (WEC 2013) was held from September 23 to 25, 2013 at National University of Sciences and Technology (NUST) Islamabad. Engineers from SSGC's Civil Works namely Khurram Yousof,

S. M. Aamir Shah and Ghansham Das K. K. Khatri attended the Conference whose theme was entitled "Advancement in Engineering, Technology and Science: Creating Synergies".

The two-day conference provided a forum for SSGC engineers to share their knowledge, ideas and expertise in modern engineering, science and technology with the other delegates. ■



HSE executive successfully completes Lead Auditor Course of EMS 14001:2004

Engineer Sarwat Abbas of HSE Department was nominated for a Lead Auditor Course of EMS 14001:2004 with an aim to enhance the professional expertise of the executive.

This course was conducted by the Bureau Vertias Certification at Marriot Hotel in Karachi in October 2013.

After 5 days of training Bureau



Vertias conducted a comprehensive test with examination papers assessed by the examiner from UKAS International Register of Certificated Auditors (IRCA).

Ms. Abbas is also a certified Lead Auditor of International Standards of Occupational Health and Safety Advisory Services OHSAS 18001:2007. ■

Monitoring UFG trends



Habib Sheikh, Engineer (UFG) visited Sales Meter Stations (SMSs) of Balochistan with Muhammad Altaf, DCE (Operations) in August 2013 to check UFG trends. Picture combo below shows engineers of Distribution (West) and UFG Department visiting the facilities at Nawabshah Region in October 2013 for inspection purposes. ■



Another victory for Shahzad Alam

Veteran Chess Master, Shahzad Alam, DCE (HSE) receiving the winners' trophy after clinching the first Professors' College Open Chess Championship held in October 2013 in Quetta.

The tournament was arranged by Professors College at Professors Public School.



SSGC shines in cycling championships

SSGC's riders dominated the two gruelling national cycling competitions held in October 2013 under the aegis of Pakistan Cycling Federation. In the 32-km Abbottabad to Nathiagali race held on October 5, 2013, SSGC rider Habibullah won the first position while Naimat Ali and Zameer Ahmed secured 3rd and 5th positions respectively. Habibullah not only won the first place but also created a new record in the process.

In the second race, held from Rawalpindi to Murree on October 7, 2013 and covering a distance of 52-km, Habibullah, Naimat Ali and Zameer Hussain secured 3rd, 5th and 6th positions respectively. ■



Trainings at GTI Karachi - September-October 2013

Computer Skills Course



Shakeeluddin (GTI Trainer) conducted a two-day training session on 'Basic Computer Skills and MS Office 2007' on September 28-30, 2013.

Training on Corrosion Prevention



SSGC's Engineer and trainer Naik Muhammad conducted a training course on 'Corrosion and Cathodic Protection' on September 18-20, 2013.

Workshop on Gas Distribution Operation



Saeed Larik, GM (D-East) conducted a training session on 'Gas Distribution Operation' on October 10-11, 2013.

Orientation on Geographical Information System



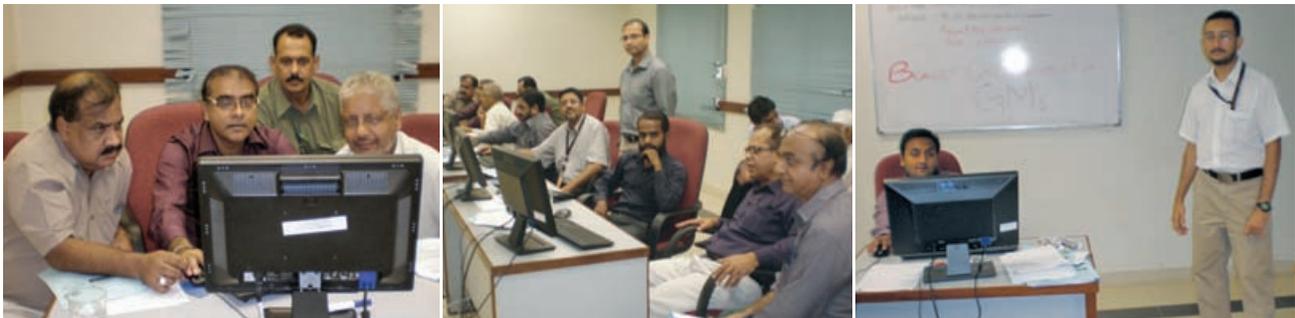
A GIS training in session for the external participants being conducted by Geology Department of Karachi University from 19 to 26 September 2013.

Training session on HSE



Nizamuddin Domki, Engineer (HSE) conducted a 2-day training session on HSE Management System on September 25-26, 2013.

Training in Oracle 12 Applications



The ERP Team comprising of Hassan Khan, Tabish Hussain, Ahmed Raza and Imran Ansari conducted an orientation session on Oracle R12 for AP, DFPS users on October 8-9, 2013.

Assessment for Grade VII candidates



Potential Assessment of senior executives being conducted by Narejo Human Resources in September 2013.

Course on UFG Awareness



Adnan Afzal, ACM Billing conducting a refresher course on UFG Awareness and Meter Reading on October 9-11, 2013.

450th Board Meeting



The 450th meeting of Board of Directors of SSGC was held at the Head Office on October 25, 2013 under the chairmanship of Shahid Aziz Siddiqui.



CNG Association meets the management



A delegation of All Pakistan CNG Association held a meeting with the Company's senior management led by Zuhair Siddiqui, MD, SSGC on October 4, 2013 at the Head Office. Abdul Sami Khan, Chairman, All-Pakistan CNG Dealers Association and Malik Khuda Baksh, President of CNG Station Owners Association of Pakistan held talks with the management to discuss CNG closure issues.

Delegation from Russia



Irfan Zafar, SGM / Incharge (Operations) chairing a meeting with a delegation from Russian Chamber of Commerce to explore opportunities for cooperation in SSGC endeavours in controlling UFG. The meeting was held on October 7, 2013. Ijazuddin Faruqi, SGM (ES) and Mustafa Abdulla, SGM (D-North) also attended the meeting.

Farewell to a veteran



A farewell lunch was arranged by the officers of the Cathodic Protection Department of Regional Office Hyderabad in honor of Superintendent Shamim Akhtar. The chief guest was Nisar Ahmed Shaikh, GM-D (LS). On the occasion, gifts were presented to the outgoing veteran who was lauded for her commitment and honesty.

Activities with CSR partners



M. A. Gohar, DCM (CCD / CSR) attended a Diabetic Foot Symposium on September 28-29, 2013 organized by BIDE. Dr. Raza Merchant and Dr. Sarwat Raza of SSGC's Medical Services Department also participated in the seminar. Also seen in the picture are Dr. Professor A. Samad (Patron BIDE Projects) and Dr. Abdul Basit, Director, BIDE



An industrial and linkage team comprising, of Jay Kumar Panjwani and Marvi Aslam from Sukkur IBA visited the Corporate Communication Department on October 13, 2013 for a meeting with its DGM Ms. Nasreen Hussain and DCM (CSR / CCD) M. A. Gohar.

Academic achievements – Employees children



Paras Riaz
d/o Riaz Ahmed Shaikh
(Admin. Services Larkana)
secured 82.94% marks in
her SSC-II Annual
Examination 2013 from
Board of Intermediate and
Secondary Education,
Larkana.



Irfan Ali
s/o Zulfiqar Ali (Billing
Department Larkana)
secured 87.18% marks in
his HSC-II Annual
Examination 2013 from
Board of Intermediate and
Secondary Education,
Larkana.



Hameeda Parveen d/o
Haji Rehman Hussain
secured 84% marks in
her SSC-II Examination
2013 from Board of
Intermediate and
Secondary Education,
Hyderabad.



Khurshed Ahmed
s/o Abdur Rasheed
passed his SSC-I
Examination 2013 from
Board of Secondary
Education, Karachi.



Aftab Ali
s/o Abid Khan Lashari
(Superintendent HQ
Nawabshah) passed his
HSC-II Examinations 2013
securing 80% marks from
Board of Intermediate and
Secondary Education
Hyderabad.



Bilawal Panjal
s/o Mohammad Panjal
Jatoi (S&M Larkana)
secured 96% marks
acquiring A-1 grade with
First Position in his First
Term examination of Class
II from Elite English High
School, Larkana.



Dua Fatima
d/o Mohammad Panjal
Jatoi (S&M Larkana)
secured 96.17% marks
acquiring A-1 grade with
First Position in her First
Term examination of Class
1 from Elite English High
School, Larkana.



Abdul Basit
s/o Mohammad Panjal
Jatoi (S&M Larkana)
secured 93% marks
acquiring A grade with
First Position in his First
Term examination of Class
II from Elite English High
School, Larkana.

Transitions

- Mother of Turab Akbar Baloch, Engineer (Store - HSE) - October 4, 2013
- Father of Muneer Khan (Sec. to SGM D-South) - October 23, 2013
- Jan Muhammad, Superintendent, Distribution (Upper Sindh-Kandhkot) - September 28, 2013
- Ikramuddin, Supervisor (fitter), Distribution (Lower Sindh-Hyderabad) - October 6, 2013
- Zaheer Ahmed, Supervisor (Compressor), Distribution Karachi (Western Region) - October 10, 2013
- Muhammad Hashim, Supervisor (Fitter), Distribution Lower Sindh-Tando Allayar - October 18, 2013

May their souls rest in peace. *Ameen.*

Retirements – Non-executives

Name	Designation	Department	Location	Retirement Date
Mushtaq Ahmed	Supervisor (Driving)	Admin Services	Karachi-HO	27-Aug-2013
S. M. Mumtaz Alam	Supervisor Checker	Billing	Karachi-Garden Zone	29-Sep-2013
Muhammad Riaz Khan	Senior Head Helper (Stores)	Material & Inventory Management	Karachi-Site	30-Sep-2013
Ghulam Qadir Mughal	Senior Havaladar	Security Services	Rohri	3-Oct-2013
Shameem Akhter	Superintendent (Typist)	Distribution - Lower (Sindh)	Hyderabad	9-Oct-2013
Javid Iqbal	Superintendent	Material & Inventory Management	Karachi-Terminal	9-Oct-2013
Jameel Ahmed Shaikh	Senior Superintendent	Distribution Karachi (Eastern Region)	Karachi-Landhi-Korangi Zone	10-Oct-2013
Abul Kalam	Photographer	Corporate Communication	Karachi-HO	19-Oct-2013

Courtesy: HR Department

CANVAS



Risk factors for heart diseases and their prevention

What are the risk factors for cardiovascular disease?

The most important behavioral risk factors of heart disease and stroke are;

- Unhealthy diet
- Inactivity
- Tobacco use and
- Harmful use of alcohol

Behavioral risk factors are responsible for about 80% of coronary heart disease and cerebrovascular disease.

The effects of unhealthy diet and physical inactivity may show up in individuals as;

- Raised blood pressure
- Raised blood glucose
- Raised blood lipids
- Overweight and obesity

These "intermediate risks factors" can be measured in primary care facilities and indicate an increased risk of developing a heart attack, stroke, heart failure and other complications.

Can cardiovascular disease be prevented?

- Cessation of tobacco use
- Reduction of salt in the diet
- Consuming fruits and vegetables
- Regular physical activity
- Avoiding harmful use of alcohol
- Preventing or treating hypertension, diabetes and raised blood lipids and maintaining a healthy weight, have all been shown to reduce the risk of cardiovascular disease. ■

Courtesy: Medical Service Department



Get active your way ...

build physical activity into your daily life...

at home

at school

at work

at play

on the way



.... that's active living!

Global Energy Roundup



Thousands protest in Romania against shale gas, gold mine

Thousands of Romanians protested against plans by U.S. energy group Chevron to explore for shale gas in a poor eastern region and a Canadian company's project to set up Europe's biggest open cast gold mine in a Carpathian town.

Plans by the leftist government of Prime Minister Victor Ponta to approve the tapping of natural resources in the European Union's second-poorest state have triggered nationwide protests since the start of September 2013, throwing together local communities, environmentalists, civic rights groups and the clergy. While the two projects are separate and in different stages of development, protesters have criticized a lack of transparency in approving both. They demand stronger safeguards to protect Romania's environment and national heritage.

India eyes more Iranian oil

India is exploring ways to increase

crude oil supplies from Iran without attracting U.S. sanctions. The current waiver granted to India by the U.S. is set to expire in December and any further extension is largely dependent on how far business with Iran has been contained. A senior government official said, "It was decided in the meeting of senior officials held recently that it was necessary to increase oil imports from Iran as payment for it is made in rupee and we get to save precious foreign exchange. But, it can only be done if it is legally possible. "At present, the legal tenability of buying more Iranian crude oil during the fiscal year without affecting other commercial relations (U.S.) is being examined by the External Affairs Ministry's legal & tender department.

The U.S. could allow higher imports this year since there was a sharp drop in crude sourcing from Iran last year. The Indian department of commerce has asked Iran to accept payment for crude oil imports by India entirely in rupees or face the risk of losing its biggest client. India currently

pays 55 percent of its crude oil purchases from Iran in rupees and the rest in euros.

China offers tax rebates on solar power

China has offered tax rebates to manufacturers of solar power products in an attempt to prop up the struggling sector and also cut pollution levels. Manufacturers will be refunded 50% of the value added tax from 1 October 2013 to 31 December 2015, the state-owned Xinhua news agency has reported. Chinese firms emerged as key players in the solar power sector in recent years. But weak demand and trade rows have resulted in overcapacity, leaving leading firms with huge debts. According to the Xinhua report, the country's top 10 solar panel makers have up to 100bn yuan (\$16.3bn; £10bn) in debt. Earlier this year, China's Suntech Power Holdings, the world's biggest solar panel maker, defaulted on its debt. That was followed by a default by LDK Solar Company, the world's largest producer of solar wafers. ■



نیا اسلامی سال مبارک

کمپنی کے نئے بورڈ ممبران کا انتخاب

سوئی سدرن گیس کمپنی کا اندرونی جریڈہ



بعد ازاں سوئی سدرن کے موجودہ چیئرمین جناب شاہد صدیقی نے نون منتخب ڈائریکٹروں کے ناموں کا اعلان کیا جو درج ذیل ہیں۔

غلام الدین بلو، عامر امین، مفتاح اسماعیل، زہیر صدیقی، عدرا مجتبیٰ، ارشد مرزا، محمد عارف حمید، مبین صولت، نواب زاہد ریاض نوشیروانی، رضوان کھر، سلیم زمیندار، آغا شیر شاہ، محمد بلال شیخ اور مرزا محمود احمد۔

سے مقرر کی جانے والے تعداد سے زیادہ تھی لہذا 14 ڈائریکٹروں کا بیلیٹ کے ذریعے انتخاب عمل میں آیا۔

اس انتخاب کو سوئی سدرن گیس کے شیئرز رجسٹرار "سینٹرل ڈیپازٹری کمپنی آف پاکستان" نے کمپنیز آرڈیننس 1984 کے مطابق منعقد کروایا۔ کمپنی کی ایکٹرٹل آڈیٹنگ فرم میسرز ایم یوسف عادل سلیم اینڈ کمپنی نے آزادانہ اور شفاف بیلیٹنگ کے مرحلے کو یقینی بنایا۔

سوئی سدرن گیس کمپنی کے آئندہ تین برسوں کیلئے بورڈ آف ڈائریکٹرز کے انتخاب کیلئے کمپنی کے شیئرز ہولڈرز کا 30 اکتوبر 2013 کو کراچی میں ایک غیر معمولی اجلاس منعقد ہوا۔

کمپنیز آرڈیننس 1984 کے تحت 23 افراد نے اپنے آپ کو ڈائریکٹرز کے انتخاب کیلئے بحیثیت امیدوار رجسٹرڈ کروایا تھا۔ چونکہ انتخاب میں حصہ لینے والے امیدواروں کی تعداد سیکشن (1) 178 کے تحت بورڈ کی طرف





دی فلیم ادارتی ٹیم

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

کوآرڈینیٹر: عزیز احمد خان
فوٹوگرافر: ابوالکلام

سوشل سدرن گیس کمپنی لمیٹڈ

کارپوریٹ کیونٹینیشن ڈیپارٹمنٹ، ساتویں منزل، SSGC ہاؤس

بلاک 14، نیشنل اقبال، کراچی - 75300

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S&M ڈپارٹمنٹ، کوئٹہ کے گیس چوری میں ملوث مٹھائی کے کارخانوں پر چھاپے



ستمبر 2013 میں شجاعت علی خان، ایکٹنگ منیجر (S&M) کوئٹہ ریجن (کوئٹہ آباد زرغون روڈ کوئٹہ) پر واقع مٹھائی کے دو کارخانوں میں وسیع پیمانے پر گیس چوری کا علم ہوا۔ یہ اطلاع مزید کارروائی کیلئے فوری طور پر ایکٹنگ جنرل نیجر بلوچستان ہارون رشید کو فرائیڈ کی گئی۔

ہارون رشید نے فوری طور پر ریجنل منیجر رفیق بلوچ کی سربراہی میں ایک چھاپہ مار ٹیم تشکیل دی جس میں بشیر خان اچکزئی، ذوال فیضی زون، عزیز خان کاکڑ، ڈپٹی منیجر،

ماجد شاہ، شجاعت علی خان ایکٹنگ منیجر سٹی زون اور حافظ نعیم، انچارج S&M بھی شامل تھے۔ 17 ستمبر 2013 کو ٹیم نے سوئی سدرن گیس کمپنی کی سکیورٹی سروسز ٹیم، ایف سی اے کاروں اور مقامی پولیس کے ہمراہ مذکورہ کارخانوں پر چھاپہ مارا۔

مشترکہ تفتیشی ٹیم کو معلوم ہوا کہ دونوں کارخانوں میں بڑے پیمانے پر گیس غیر قانونی طور پر استعمال ہو رہی تھی۔ مزید معلوم ہوا کہ مذکورہ عمارتوں میں گیس میٹر پہلے سے موجود ہی نہیں تھا جبکہ چولہے پہلے سے کام کر رہے تھے جو اس بات کا واضح ثبوت تھا کہ یہ بڑی مقدار میں گیس چوری کا کیس تھا۔ تقریباً 6 فٹ گہرائی تک کھدائی کرنے اور تفصیلی تلاش پر چھاپہ مار ٹیم کو پتہ چلا کہ 14 انچ قطر کی مین سپلائی لائن سے 3/4 انچ قطر کی لائن کے ذریعے براہ راست دونوں کارخانوں کو چوری کی گیس فراہم کی جا رہی تھی۔ سٹی زون کی ویلڈنگ ٹیم نے فوری طور اس لائن کو منقطع کر دیا اور ذمہ داروں کے خلاف ایف آئی آر درج کروادی گئی۔

اس پوری کارروائی کے دوران جناب ہارون رشید کی موجودگی سے ٹیم کی ہمت افزائی ہوئی اور ٹیم نے اپنا مشن کامیابی سے مکمل کر لیا۔ ■

سوئی سدرن گیس کمپنی وومن ایسوسی ایشن (SSGCWA) اور میڈیکل سروسز ڈپارٹمنٹ کا بریسٹ کینسر کے بارے میں آگاہی پیدا کرنے کی مشترکہ کاوش



گئی علامات کی روشنی میں کسی بھی نمایاں تبدیلی کو نوٹ کریں۔

بریسٹ کینسر سے متاثرہ ایک خاتون نے اپنے تجربات حاضرین کے سامنے بیان کئے۔ جس کے بعد سوال و جواب کا ایک سیشن اور حاضرین کیلئے ذہنی آزمائش کا ایک مقابلہ بھی منعقد ہوا۔ سینئر جنرل منیجر (میجسٹریٹ سروسز) ڈاکٹر شہلا نقوی نے ڈاکٹر بشری وسیم کے ہمراہ کئی ڈرا اور دوسرے انعامات حاضرین میں تقسیم کئے۔ مشہور ٹیلی ویژن آرٹسٹ عروسہ صدیقی نے بھی اس سیمینار میں شرکت کی یہ سیمینار حاضرین پر بہترین تاثر چھوڑتا ہوا اختتام پذیر ہوا۔ حاضرین نے اس معلوماتی پروگرام کے انعقاد پر منتظمین کی تعریف کی۔

خواتین کیلئے مخصوص تھا۔ سوئی سدرن گیس کمپنی وومن ایسوسی ایشن (SSGCWA) کی نائب صدر اسماء بٹ کی جانب سے استقبالی خطاب کے بعد مہمان اسپیکر، پٹیل اسپتال کی جنرل سرجن ڈاکٹر بشری وسیم کی جانب سے ایک معلوماتی اور مربوط پریزنٹیشن دی گئی۔ اس پریزنٹیشن میں بیماری کے بارے میں بنیادی معلومات، اس کی علامات اور دستیاب علاج کے بارے میں مفید معلومات شامل تھیں۔ سیمینار میں زیر بحث لائے گئے حقائق کی روشنی میں پاکستان میں ہر 9 میں سے 1 عورت میں اس بیماری میں مبتلا ہونے کے امکانات ہیں جبکہ ہر سال 40,000 خواتین بریسٹ کینسر سے مر جاتی ہیں جس سے اس طرح کے پروگراموں کی اہمیت اور ضرورت کا اندازہ ہوتا ہے۔ شرکاء کو بتایا کہ اگر بروقت علاج کیا جائے تو یہ بیماری قابل علاج ہے۔ خواتین کو مشورہ دیا گیا کہ وہ وقفے وقفے سے اپنا ایموگرام کروائیں اور پریزنٹیشن میں بتائی

دنیا بھر میں اکتوبر کے مہینے میں ایک انتہائی خطرناک اور جان لیوا بیماری یعنی بریسٹ کینسر یا سینے کے سرطان کے بارے میں آگاہی پیدا کی جاتی ہے۔ ڈاکٹر ز اور معاشرے کے ممتاز افراد سینے کے سرطان کی تباہ کاریوں پر روشنی ڈالنے کیلئے اس مہینے کو بہت اہمیت دیتے ہیں۔ ویسے بھی اس مہینے کو پیک ربن کا مہینہ کہا جاتا ہے جس میں لوگ گلابی ربن پہن کر کھجکتی کا مظاہرہ کرتے ہیں۔ اس سلسلے میں 24 اکتوبر 2013 کو کے ہیڈ آفس آڈیٹوریم میں سوئی سدرن گیس کمپنی وومن ایسوسی ایشن (SSGCWA) اور میڈیکل سروسز ڈپارٹمنٹ نے مشترکہ طور پر بریسٹ کینسر کے بارے میں آگاہی پیدا کرنے کی غرض سے ایک آگاہی سیمینار منعقد کیا۔

اس پروگرام کی حوصلہ افزائی کیلئے کمپنی کی خواتین ملازمین اور مرد ملازمین کی بیگمات نے بڑی تعداد میں شرکت کی۔ جس میں داخلہ صرف





خدا کرے

خدا کرے کہ میں برسے محبتوں کا چاہتوں کا
تو زور ٹوٹے ان نفرتوں کا اور کدورتوں کا

جو گھر سے نکلے کوئی مسافر کسی پہر بھی
نہ خوف آئے دل میں اس کے نہ ڈر ہو اس کو ظلمتوں کا

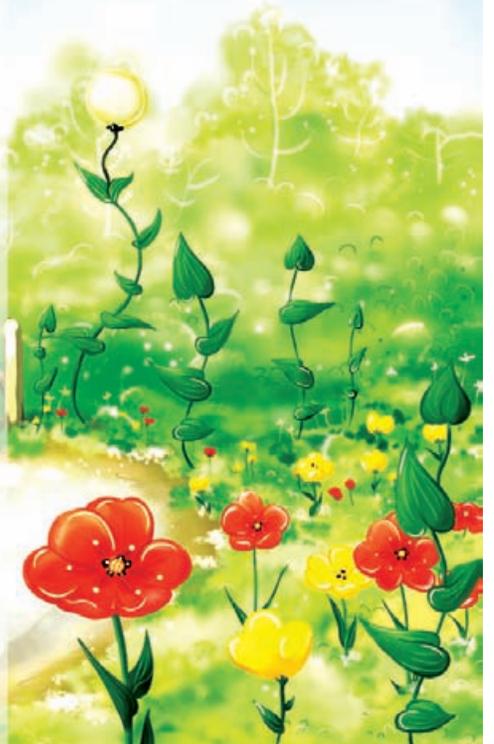
نہ پتہ ٹوٹے نہ ڈال ٹوٹے نہ ہی کسی کا خواب ٹوٹے
اور خیال رکھیں تمام مل کر ایک دو جے کی حرمتوں کا

چڑیا چبکے، مینا بولے اور گیت گائے کوئل اپنے
اس طرح کی فضا بنے اور سماں میسر ہو راحتوں کا

پیام پہنچے بہار کو یہ آنا اب تو پھر نہ جانا
کہ فوجی سارا جلا دیا ہے خزاں نے اب تو حسرتوں کا

بیٹے آنسو ہنر دکھائیں کہ مستعجب ٹھرے دعائے ثانی!
کہ رواں ہو دریا امن کا جس سے نزول ایسا ہو رحمتوں کا

افتخار ثانی!
(سرمد سٹی پارٹنٹ، ہیڈ آفس)



سندھ کی روحانی شخصیت! حضرت فقیر عبدالقادر عرف قادر بخش بیدلؒ کا پیغام محبت

صوفیائے کرام نے ہمیشہ امن اور محبت کا مثالی درس دیا جو آج بھی امن، بھائی چارے، یکجہتی اور حب الوطنی جیسے پاکیزہ جذبات کی روشنی میں ہمیں بیدار کر کے زندہ جاوید قوم ہونے کا پیغام دیتا ہے۔ اب یہ ہمارا کام ہے کہ بلا امتیاز زبان اور رنگ و نسل پائیدار امن کیلئے باہم شکر ہو جائیں۔

مراسلہ: سلطان احمد شیخ انجینئر (ری ہیلٹیٹیشن) ریجنل آفس۔ سکھر
تلیخیص: محمد علی گوہر ڈپٹی چیف منیجر (سی سی ڈی) ہیڈ آفس

بیدل فقیر حضرت سید جان اللہ شاہ رضوی (ثانی) سے بیعت تھے۔ ان کو حضرت سید عثمان علی مرندی (المعروف لعل شہباز قلندر) نے خواب میں کہا تھا کہ ”فقیر! آؤ اور اپنی امانت لے جاؤ“۔ لہذا وہ سیون تشریف لے گئے اور روحانی فیض حاصل کیا۔ بیدل فقیر نے اپنی شاعری کا آغاز بھی اسی درگاہ سے کیا تھا۔ انہوں نے نثر اور نظم کے تقریباً 35 قیمتی نئے قلمبند کئے جن میں سندھی اور فارسی زبان میں وحدت نامہ، سرود نامہ، دیوان سلوک الطالین اور دیوان بیدل قابل ذکر ہیں۔ ان کی تمام تصنیفات اور شاعری کے مجموعے راہ حق کے متلاشیوں کیلئے عظیم سرمایہ ہیں۔ حضرت بیدلؒ کا 16 ذی قعدہ 1289 ہجری کو وصال ہوا۔

اولیاء اور صوفیاء نے اپنے اقوال و افعال کے ذریعے رشد و ہدایت کی ہمیشہ ایسی شمعیں جلائیں کہ گناہوں سے آلودہ لوگوں کی کثیر تعداد راہ حق پر گامزن ہو گئی۔ معروف روحانی شخصیت حضرت فقیر عبدالقادر عرف قادر بخش بیدلؒ صوبہ سندھ کے ایک جید عالم، فقیہ، مبلغ اور فلسفی تھے جو سندھی، سرائیکی، عربی، فارسی، اردو اور ہندی زبانوں کے ادیب و شاعر بھی تھے۔ آپ نے اپنی شاعری میں بیدل کے علاوہ طالب اور عبدالقادر بھی تخلص استعمال کیا ہے۔ آپ سندھ کے شہر ہڑپڑ میں 1231 ہجری میں پیدا ہوئے۔ اُنکے والد صاحب کو صوفی بزرگ فقیر سید عبدالوہاب شاہ جیلانیؒ سے ارادت حاصل تھی۔



سئي سدرن گيس پاران آواران جي زلزلي متاثرين لاءِ امدادي سامان جي قافلي جي روانگي



بلوچستان جي آواران دسترڪت ۾ غذائي ضرورتن کي فوري طور تي پورو ڪيو وڃي - هائوڪي زلزلي تباهي ۽ جا اهڙا نشان ڇڏيا آهن ، جنهن ۾ گهڻائي ڪٽنب نه رڳو بي گهر ٿيا بلڪ بنيادي ضروريات زندگي کان به محروم ٿي ويا - ماضي جون روايتون برقرار رکندي سئي سدرن گيس هڪ ذميوار ڪارپوريت شهري هجڻ جو ثبوت ڏيندي پنهنجي سي ايس آر پروگرام 2013 - 2014 جي تحت آواران جي علائقي جي ماڻهن لاءِ امدادي سامان روانو ڪيو ته جيئن انهن متاثر ٿيلن جي

صدقي جي هدايتن جي روشني ۾ ڪمپني جي ايد منسٽريٽيو سروسز (AS) ڊپارٽمينٽ هڪ ٽينڊر جي ذريعي امدادي سامان جو انتظام ڪيو - انهي ۽ سان گڏ سامان جي ترسيل جي لاءِ لاجسٽڪ جي انتظام کي به يقيني بڻايو - هن سلسلي ۾ سئي سدرن گيس جي هيڊ آفيس ۾ 12 آڪٽوبر 2013 تي هڪ سادي تقريب منعقد ڪئي وئي - ان تقريب ۾ سئي سدرن جو يوسف انصاري ڊپٽي مئنيجنگ ڊائريڪٽر (ڪارپوريت سروسز)،

غذائي ضرورتن کي فوري طور تي پورو ڪيو وڃي - ڪمپني هيڊ آفيس مان ابتدائي طور تي 23,800 ڪلوگرام امدادي شيون روانا ڪيون جيڪي غذائي اجناس جي 1400 پيڪٽن تي مشتمل هيون ، جنهن ۾ ڪوڪنگ آئل ، سُڪوڪير ، اٽو ، کنڊ ، لوڻ ، مرچ ، ماچس ۽ ڪجيون شامل هيون - هر پيڪٽ ۾ 17 ڪلوگرام سامان موجود هيو - ڪمپني جي مئنيجنگ ڊائريڪٽر زهير



ڊاڪٽر شھلا نقوي سينيئر جنرل مئنيجر ڪيو۔ جناب يوسف انصاري ميڊيا ڪي سٽي سدرن گيس ڪمپني ان کان علاوه (مئنيجمينٽ سروسز) ۽ عادل پراچا ٻڌايو ته 1400 کان وڌيڪ ڪٽنبن جي امداد جي لاءِ سٽي سدرن گيس پاران 35 لک روپين جي امدادي سامان جي پھرين ڪسٽ روانا ڪئي وئي آھي ۽ جيڪڏھن ضرورت پئي ته سٽي سدرن وڌيڪ امدادي سامان روانا ڪندو۔ انھن وڌيڪ چيو ته

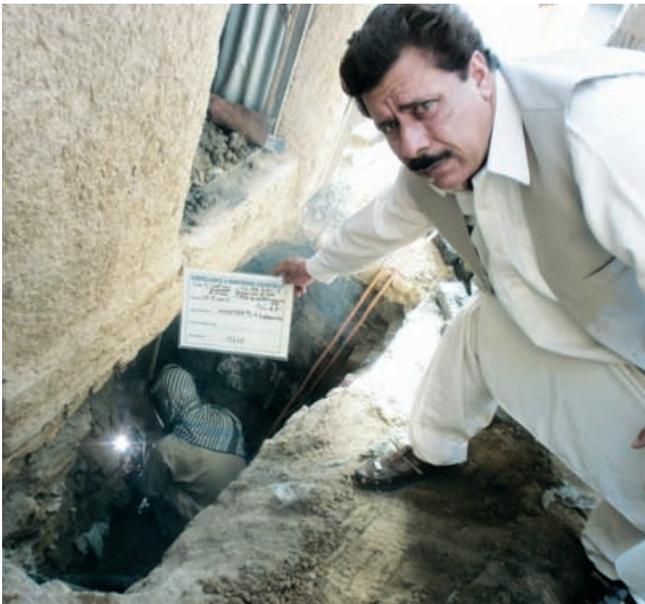
ڊپٽي جنرل مئنيجر (ايڊمن سروسز) بہ موجود هئا۔ يوسف انصاري ڪمپني ۽ پاران اھو سامان پاڪ فوج جي نمائندي آصف علي، آرڊيننس آفيسر، COD جي حوالي ۾ پيش پيش رھي آھي۔



S&M ڊپارٽمينٽ ، ڪوئيٽا جي گيس چوري ۾ ملوث مٺائي جي ڪارخانن تي ڇاپا

سيپٽمبر 2013 ۾ شجاعت علي خان ، زون ۽ حافظ نعيم ، انچارج S&M به لڳ ڀڳ 6 فوٽ اونهي ڪڏ ڪوٽڻ ۽ ايڪٽنگ مئنيجر I / C (S&M) ڪوئيٽا شامل هئا - 17 سيپٽمبر 2013 تي ٽيم تفصيلي تلاش کانپوءِ ڇاپا مار ٽيم کي پتو ريجن (ڪوڪلي الهه آباد زرغون روڊ سٽي سڌرن گيس ڪمپني جي سيڪيورٽي پيو ته 4 انچ قطر جي مين لائين مان 3/4 ڪوئيٽا تي واقع مٺائي جي ٻن ڪارخانن ۾ وڏي پيماني تي گيس چوري جو علم ٿيو - اها اطلاع وڌيڪ ڪارروائي جي لاءِ فوري طور تي ايڪٽنگ جنرل مئنيجر بلوچستان هارون رشيد کي فراهم ڪئي وئي - هارون رشيد فوري طور تي ريجنل مئنيجر رفيق بلوچ جي اڳواڻي ۾ هڪ ڇاپا مار ٽيم تشڪيل ڏني ، جنهن ۾ بشير خان اڇڪڙي ، زونل مئنيجر سٽي زون ، عزيز خان ڪاڪڙ ، ڊپٽي مئنيجر ، ماجد شاه ، شجاعت علي خان ايڪٽنگ مئنيجر سٽي

لڳ ڀڳ 6 فوٽ اونهي ڪڏ ڪوٽڻ ۽ تفصيلي تلاش کانپوءِ ڇاپا مار ٽيم کي پتو پيو ته 4 انچ قطر جي مين لائين مان 3/4 سروسز ٽيم ، ايف سي اهلڪارن ۽ مقامي پوليس سان گڏ ذڪر ڪيل ڪارخانن تي ڇاپو هنيو - ڪئي پئي وڃي - سٽي زون جي ويلڊنگ گڏيل تفتيشي ٽيمن کي معلوم ٿيو هو ته ٽيم فوري طور تي هن لائين کي ڪاٽي ڇڏيو ۽ ذميوارن جي خلاف ايف آءِ آر درج غير قانوني طور تي استعمال ٿي رهي آهي - ڪرائي ڇڏي - وڌيڪ معلوم ٿيو ته ذڪر ڪيل عمارتن ۾ گيس جا ميٽر موجود نه هئا ، جڏهن ته ڇلها پهرين کان ئي ڪم ڪري رهيا هئا ، همت افزائي ٿي ۽ ٽيم پنهنجو مشن ڪاميابي سان مڪمل ڪيو - جڏهن ته اهو وڏي مقدار ۾ گيس چوري جو ڪيس آهي -



سنڌ جي روحاني شخصيت! حضرت فقير عبدالقادر عرف قادر بخش بيدل جو پيغام محبت

ڏٺو جيڪو اڄ به امن ، پائيداري ،
يڪجهتي ۽ حب الوطني جهڙن پاڪيزه
جذبن جي روشني ۾ اسان کي جاڳائي زنده
جاويد قوم هجڻ جو پيغام ڏيندو آهي -
هاڻي اهو اسانجو ڪم آهي ته زبان ۽ رنگ
ونس جي بغير پائيدار امن جي لاءِ ڪير ۽
ڪندڙ ٿي وڃون -

مراسلو: سلطان احمد شيخ انجنيئر (ري هيلٿيٽيشن)
ريجنل آفيس - سکر
تلخيص: محمد علي گوهر ڊپٽي چيف مئنيجر
(سي سي ڊي) هيڊ آفيس

تعاون: حبيب احمد شيخ
سينيئر انجنيئر، يو ايف جي

اوليائين ۽ صوفين پنهنجي قولن ۽ افعالن
ذريعي رشد ۽ هدايت جون اهڙيون شمعون
روشن ڪيون ته گناهن کان آلوده ماڻهن
جي وڏي تعداد حق جي راه تي گامزن ٿي
ويا - معروف روحاني شخصيت حضرت
عبدالقادر عرف قادر بخش بيدل صوبي سنڌ
جو هڪ جيد عالم ، فقيه ، مبلغ ۽ فلسفي
هو ، جيڪو سنڌي ، سرائيڪي ، عربي ،
فارسي ، اردو ۽ هندي زبانن جو اديب ۽
شاعر به هيو - پاڻ پنهنجي شاعري ۾ بيدل
وصال ٿيو -

صوفين هميشه امن ۽ محبت جو مثالي درس
کان علاوه طالب ۽ عبدالقادر به تخلص
استعمال ڪيو آهي - پاڻ سنڌ جي شهر
روهڙي ۾ 1231 هجري ۾ ڄائو - انهن
جي والد صاحب کي صوفي بزرگ فقير سيد
عبدالوهاب شاه جيلاني سان ارادت
حاصل هئي -

بيدل فقير حضرت سيد جان الله شاه رضوي
(ثاني) سان بيعت هئا - انهن کي حضرت
سيد عثمان علي مروندي (المعروف لعل
شهباز قلندر) خواب ۾ چيو هو ته ”فقير!
اڄ ۽ پنهنجي امانت کڻي وڃ -“ انهيءَ
ڪري اُهي سيهوڻ تشریف کڻي ويا ۽
روحاني فيض حاصل ڪيو - بيدل فقير

