

Sui Southern Gas
Company Limited



Vol. 141-January 2020

The FLAME

Capturing vibrancy, diversity and energy of SSGC

YEAR IN REVIEW 2019





CALCULATION OF SSGC DOMESTIC GAS BILL

STEP
#1



Units Consumed

Digits in black on your gas meter (first five digits from left) are the current reading of the meter in cubic meters (cms).

Reading Difference = Current reading - Previous reading
e.g. 05532 - 05419 = 113 Units

STEP
#2



Calculation of SCMs

To arrive at measured quantity
SCM = Reading Difference X PCF
(PCF mentioned on the bill)
SCM = 113 X 1.0171 = 115 (Rounded off)

STEP
#3



Conversion of MMBTUs

MCF = SCM / 28.17385 = 4.0817
MMBTU = MCF X GCV / 1000
(GCV mentioned on the bill)
MMBTU = 4.0817 X 990 / 1000
MMBTU = 4.0408

STEP
#4



Calculation of Bill

Gas Charges = Gas Consumed
(in MMBTU) X Applicable Rate
(Benefit of preceding one slab only)
i.e. if 115 units of gas are consumed,
the Company will charge slab 2 for 100
units. Rest of the units will be charged
as per slab 3.

Gas Charges

Slab 02: 100 SCM ~ 3.514 MMBTU
@ Rs. 300 = Rs. 1,054
Slab 03: 15 SCM ~ 0.527 MMBTU
@ Rs. 553 = Rs. 291
Total Rs. 1,345

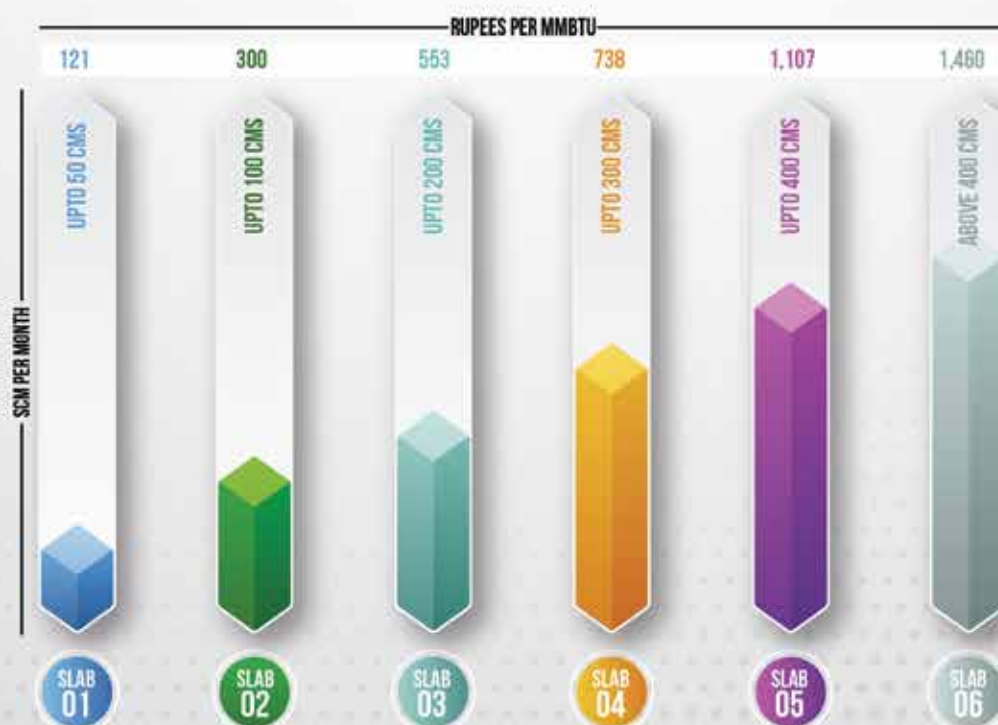
Net Bill

Gas Charges = Rs. 1,345
Meter Rent = Rs. 20
GST @17% = Rs. 232
Net Bill = Rs. 1,597

SCM
(STANDARD CUBIC METERS)

MCF
(THOUSAND CUBIC FEET)

MMBTU
(MILLION BRITISH THERMAL UNITS)



*with effect from 1st July 2019



Sui Southern Gas
Company Limited

Minimum Gas Charges = Rs. 172.58 per month

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Message from the Managing Director

Dear colleagues,

As another year passes by, we look to the future with renewed vigor and determination. The past year presented us with many challenges and we stood steadfast in the face of difficulties and overcame them through teamwork and sheer hardwork.

I expect the coming years to be full of more challenges, bigger and better than before, for us to overcome. However, I have faith, that our agile teams can not only overcome them, rather transform them into opportunities.

Let's all together make a pledge to remain strong and united in the face of adversity and work towards making SSGC one of the best organization of Pakistan.

Happy New Year and God Bless us all!

All the very best,
Mohammad Wasim



Renewed Determination - Learnings from The Past

Dear readers,

Let us welcome the New Year with a new perspective towards life, our company, our country and our community. Let's pledge that in 2020 we as a team will leave no stone unturned to serve our customers and make SSGC a great organization.

We also look back at the year gone by and review our successes, our wins, and our achievements as a means to pave way for future efforts and new and exciting endeavors.

Have a happy reading,

Ed



Editorial Team



● Shahbaz Islam ● Salman A. Siddiqui
● S. Imran Ahmed ● M. Jawad Ahmed

Write to us at:

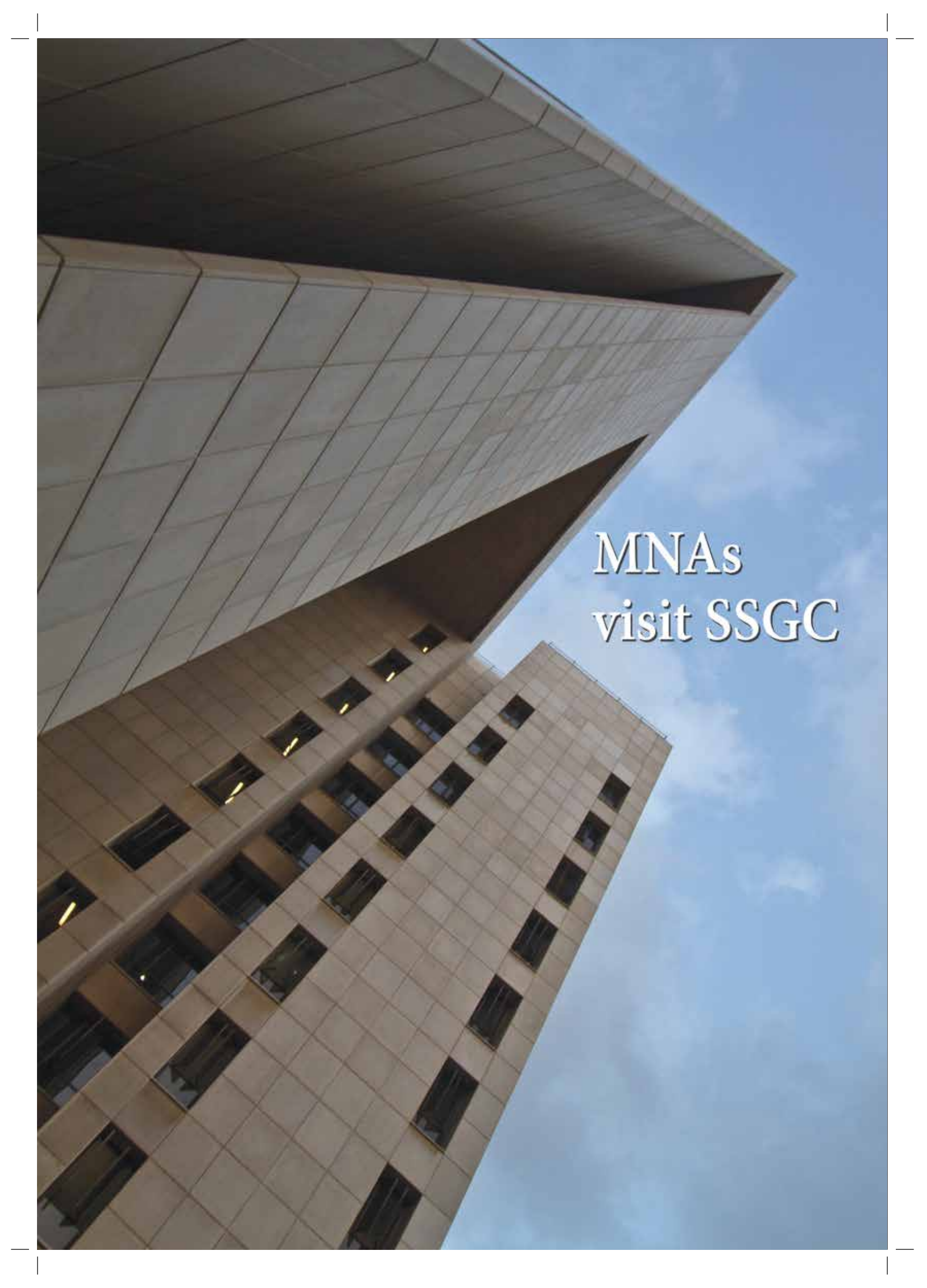
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A low-angle, upward-looking photograph of a modern building's facade. The building features a light-colored, textured exterior with a grid of rectangular windows. A large, dark, triangular overhang extends from the upper part of the building. The sky is a clear, pale blue with some light clouds. The text "MNAs visit SSGC" is overlaid on the right side of the image.

MNAs
visit SSGC



To raise their concerns and being the voice of Karachiites, an 8 member syndicate of MQM including Syed Amin-ul-Haq, MNA and Iqbal Muhammad Ali, MNA along with team visited SSGC House to

discuss these issues with the management. During the meeting multiple issues were discussed regarding gas crisis in Sindh.

Mohammad Wasim, AMD, Imran Farookhi,

DMD (CS), Amin Rajput, DMD (Finance/CFO), Asad Saeed Khan, SGM (HR), Shehryar Kazmi, GM/Incharge (CS) and Shahbaz Islam, GM (CCD) were also presented on the occasion. 



DEVELOPMENTS

Delegation from Balochistan visits SSGC



On 14th Jan'2020, SSGC's gates were flooded with delegates from multiple organizations, to raise their concerns related to gas supply with the

management. One such delegation consisted of delegates from Balochistan, led by Mr. Shahzaman. During the meeting, multiple issues being faced in Balochistan due to the

continuing gas crisis were discussed, along with their possible solutions. ●



MPA Pashin meets Senior Management



Mohammad Wasim, Acting MD along with Saeed A Larik, SGM (Distribution) and Madni Siddiqui, GM (Distribution - Bolochistan) met Asghar Ali Tareen, MPA (Pashin) and discussed matters of mutual interest. ●



PMDU Citizen Portal meet up



In order to bring continuous improvement in PMDU (Prime Minister Delivery Unit) and to review the performance of citizen complaint(s) related to gas issues being lodged on Pakistan Citizen Portal at (MD SSGC dash Board).

An Audit and Performance Evaluation was carried out Jan 22-23, 2020 for complaints being lodged / responded during the month of June and July 2019 to ascertain the Performance and quality of response being provided to citizen in response to their complaint(s) as per the criteria evolved by the

Prime Minister Delivery Unit (PMDU) / Prime Minister Office for PMDU Manual and existing Rules and Provision of SSGC related complaints. Amir Mumtaz, ASGC (GS) and other Senior Member of Coordination department were present on the occasion. 



JOB FAIR AT IU AND DUET



Sui Southern Gas Company as part of its talent hunt activity attended the Job Fair at Dawood University of Engineering and Technology and Iqra University on January 14, 2020 and January 29, 2020, respectively. The purpose of the Job Fair were to enable Fresh Graduates to connect with the representatives of various organization on a single platform. A number of Companies from the industry were also part of these job fairs.

Members of HR Department attended the session and interacted with a number of Graduates. The students showed keen interest and enthusiasm towards our ELP and Internship program. SSGC's team ensured that they resolve the queries put forward by the young graduates. SSGC's brochures were also displayed to enable the graduates to learn more about the Company.

The response was encouraging and a number of CVs were received for Internships. Many graduates exchanged contact information for further inquiry.

A number of other job fair attendees also showed interest in knowing about SSGC. It was a great experience and networking opportunity and the representatives received a very positive response. 📌





Workshop on time management



HR Department organized a one-day training session for the freshly inducted Management Trainees on "Time Management" by Syed Sajjad Raza on January 15, 2020 at SSGC -Head Office Auditorium. The aim of the session was to impart effective time management skills amongst the participants, so that they can take control of their time and dive right into the core skills of time management; i.e. prioritization, scheduling and focus. The session aimed to help the participants to analyze their own strengths and weaknesses, set their own priorities, manage the expectations of others and become more effective in the workplace alongwith tips to deal with some common time management challenges such as lateness, dead time and interruptions.

The session was an incredible learning opportunity for the audience which gave the participants, the strategies and techniques need to make the most of their precious time. 🕒





**SSGC
SYNERGIZER**

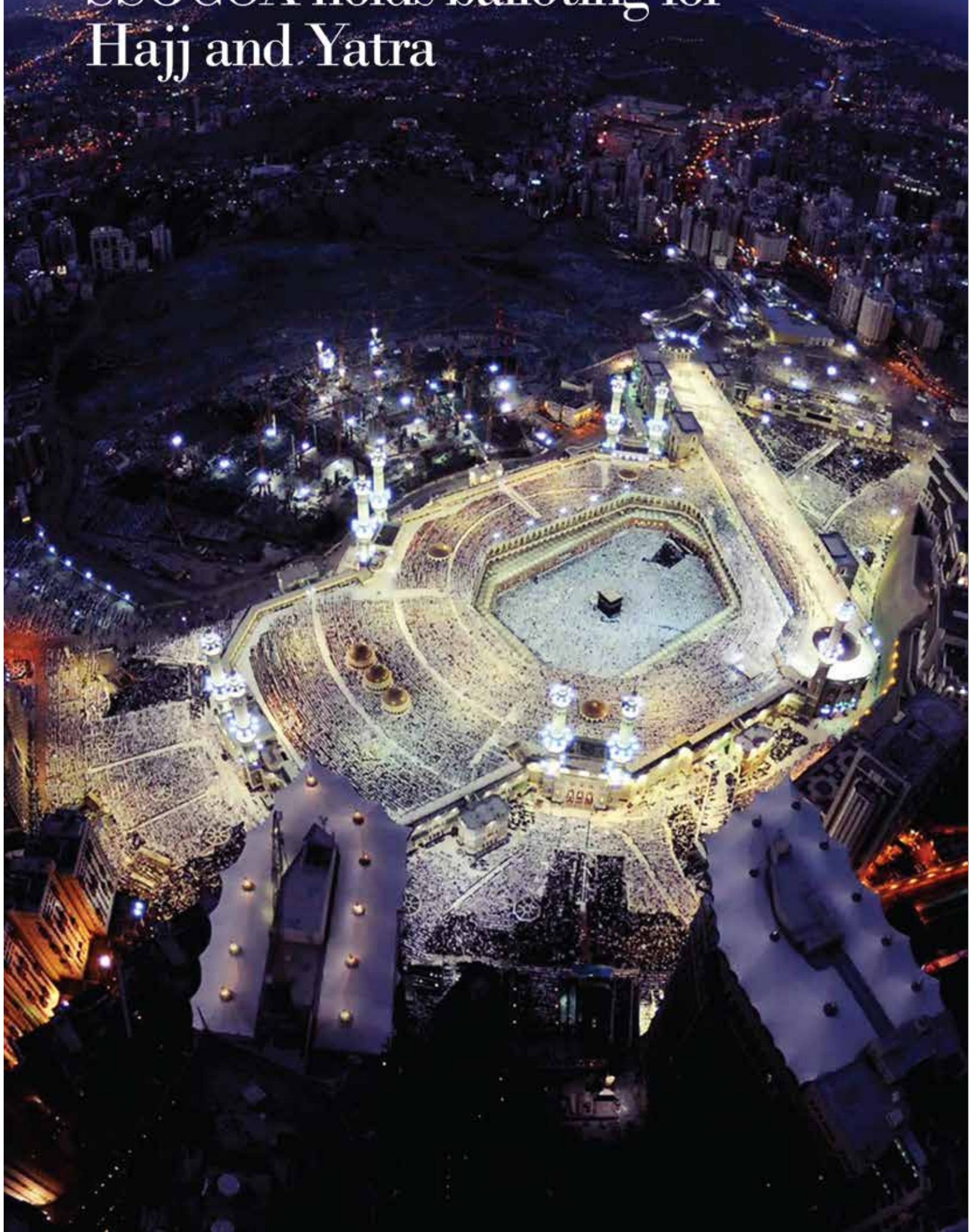
**Campus Ambassador
Program launched - Gas Awareness
activities in schools and colleges**



CD organized first session of its campus ambassador program in which students from different universities took active participation. The session was conducted by Farhan Munaf, DM (CCD), Faizan Munaf, DM (CCD) and Javeria Abdul Salam, (MTO) along with team CCD. This program relates to nominating students of a number of universities as focal persons for effective liaisoning between their respective universities and SSGC for conducting activities of mutual interest. These activities may include a) holding gas related seminars and awareness programs b) promote SSGC's customer campaigns in their campuses, c) acquaint fellow students and faculty about Company's Transmission and Distribution projects and CSR projects and d) arranging study tours of students to SSGC. The focal person will basically be the first point of contact between SSGC and the University authorities. Another objective behind the idea of Campus Ambassador is to inculcate in these focal persons, leadership skills which would help them become future leaders. 📌



SSGCOA holds balloting for Hajj and Yatra





The Sui Southern Gas Officers Association (SSGCOA) organized annual Hajj and Yatra balloting for the Company executive.

The balloting was arranged at the Head

Office Auditorium. SSGC's senior management including Saeed A Larik, SGM (Distribution), Amir Mumtaz, ASGM (GS), Fasih Azhar, GM (CRD) and Kamran Yousaf GM (Billing) and Irfan Jafari, Chairman SSGCOA were among those who took out the names

of the fortunate ones. A number of executives won the lucky draw whereas few were named on the basis of seniority.

Following is a complete list of fortunate executives. 📌



	Name of Executive	Designation	Department	Location
Hajj Balloting	Sadia Zaheer	MANAGER	ADMINSTRATIVE SERVICES	ISLAMABAD -LIASON OFFICE
	Nazir Ahmed Mugheri	SENIOR ENGINEER	DUS-MAINTAINCE	SHAHDAD KOT
	Irshad Ahmed Khan	DEPUTY CHIEF ENGINEER	MP.MAINTAINENCE AND TOOL ROOM	GULSHAN E IQBAL KARACHI
	Abdul Rehman	DEPUTY MANAGER	SS&CGTO	QUETTA
	Madni Ahmed Ali Arafat	GENERAL MANAGER	DISTRIBUTION	QUETTA
	Aijaz Ali Mugheri	SENIOR ENGINEER	MEASURMENT TRANSMISSION	HQ-HYDERABAD
	Shoukat Ali Memon	MANAGER	DUS-SUPERVISION	LARKANA
	Ghulam Asghar	SENIOR ENGINEER	DLS-SUPERVISION	QAZI AHMED
	Shabbir Ahmed Shaikh	DEPUTY CHIEF ENGINEER	MEASURMENT-DISTRIBUTION	KARACHI GULSHAN E IQBAL
	Saira Junaid	ASSISTANT MANAGER	CORPORATE COMMUNICATION	HEAD OFFICE
	Syed Noman Hussain	DEPUTY MANAGER	FINANCE	HEAD OFFICE
	Masood Akhtar	ENGINEER	TRANSMISSION	HQ-SUKKUR
SENIORITY BASIS	Rohbana Ahsan	DEPUTY CHIEF MANAGER	PROCUREMENT	HEAD OFFICE
	Mumtaz H. Shaikh	DEPUTY GENERAL MANAGER	STORES	HYDERABAD
	Nazakat Ali	DEPUTY CHIEF MANAGER	BILLING	KORANGI KARACHI
	Rafeeq Ahmed Shaikh	DEPUTY CHIEF ENGINEER	DISTRIBUTION UPPER S-P&D	SUKKUR
	Saeed Ahmed Larik	SENIOR GENERAL MANAGER	DISTRIBUTION	H.O KARACHI
	Tufail Ahmed	CHIEF ENGINEER	MEASUREMENT DISTRIBUTION	AZAD TRADE CENTER
Waiting	Urooj Asif	ASSISTANT MANAGER	TREASURY FUNCTION	HEAD OFFICE
	Muhammad Javed Naeem	MANAGER	RECOVERY SECTION	SUKKUR
	Nadeem Asif	DEPUTY CHIEF ENGINEER	MEASUREMENT DISTRIBUTIO	A.T.C. KARACHI
Yatra	Manohar Lal	DEPUTY CHIEF ENGINEER	CATHODIC PROTECTION	KARACHI SITE
	Sunder Lal	ENGINEER	TRANSMISSION COMPRESSOR	HQ NAWABSHAH
	Khem Raj	ENGINEER	DUS REHABILITATION	LARKANA

SEMINAR

Seminar on Cathodic Protection



On 31st January 2020, the R&D Dept. in collaboration with InspecTest Pvt Ltd, arranged a knowledge sharing seminar on Cathodic Protection. InspecTest (part of Descon Group) is a leading service provider in the areas of Testing, Inspection and Certification of Industrial Plant equipment and assets and has executed various CP projects within Pakistan. The event was held at Learning and Development Centre (KT) auditorium and was attended by Senior Managers and Engineers from Transmission and Distribution CP, Planning and Development, R&D and HSE&QA.

The session was lead by Mr. Ahmed Asad, NACE Level 3 certified, providing a golden opportunity to share knowledge, experiences and learn. The seminar began with Mr. Asad going through basic theory of CP explaining key concepts of Electrolytic

Cell and creation of potential differences on the surface of pipeline that initiate the flow of electrons and corrosion process. He shed light on why -0.7 Volts Pipe to Soil potential is a worldwide standard, explained that NACE technologist surveyed various types of soils and found that with a PSP of -0.7 Volts, corrosion process can be made to sleep. Mr. Asad further explained various configurations of ground beds such as Vertical, Horizontal and Remote Anode and discussed the benefits of each one according to the situation. He also shared another unique technology of factory assembled Deep Anode system that installs in minutes. The assembly is pre-fitted with cables, vent, anode, connection links, bottom weight and lowering rope and shipped complete on one reel, eliminating the time and risk involved in field assembly. This reduces the chances of errors in field jointing and installation. Lastly,

he discussed about DCVG, CIPS and ECDA programs that can evaluate the integrity of pipelines and mitigate risks of corrosion.

The seminar was an interactive one and in-depth discussion were lead by SSGC CP experts, C.E Khurram Sheikh and Dy. C.E Manzoor Hussain Khosso. Newly appointed Trainees also made use of the session with active participation. ASGM (GS) Amir Mumtaz Khan gave the concluding remarks and distributed souvenirs to Mr. Ahmed Asad and his team, thanking them for facilitating the session. He complimented the achievements of the young and learned trainer and also praised the collective discussions by CP Team. He further stressed that such knowledge sharing sessions are critical to update technical teams with modern and latest standards being published by International Organizations. 📌





GSA violation SSGC carries out industrial load survey to take strict action

Sui Southern Gas Company (SSGC) has intensified its Operation Grift Phase 11 in its franchise areas of Sindh and Balochistan.

SSGC's Counter Gas Theft Operations team undertook a load survey/ inspection of Industries in accordance to their GSA and Gas load, meters and other technical appliances.

In this regard, SSGC teams from Measurement, Sales, and SS&CGTO carried out joint surveys in Karachi, in which thorough inspection of five industrial units were carried out. These units included Hasmat Dyeing, Mehtab Garments,

Shahnawaz n Coy, Chhepa Textile, and Ghuasia Dyeing. Strict action will be taken against those units who will be found violating act of Gas sales Agreement (GSA) and using extra Connected Load etc.

In Nawabshah, the team unearthed two cases of direct gas theft by two commercial businesses.

A hotel and power generation business, along with a Fast Food business were found to be stealing gas with a total connected load of 680cft/hr and 275cft/hr respectively.

Another raid was carried out in Landhi,

Karachi, where 3,000 defaulting residents were caught stealing gas. All illegal connections were removed on spot.

And on the legal front, three culprits were convicted by the Honorable Gas Utility Court and were fined.

Additionally, the Gas Theft Control Task Force detected underground and overhead theft in Kambar, Lakhi, Jacobabad, Shikarpur, and Thull where 12 houses were involved in gas theft, whereas, in Sukkur region, 24 houses were involved in multiple cases of gas theft. ■

SSGC intensifies gas theft move, 1400 connections disconnected

The CRD Task Force of Sui Southern Gas Company identified and caught 1400 defaulted residents involved in direct stealing of gas through rubber pipes at Baldia Town, Karachi. In addition, 28 areas who were involved in stealing gas.

The SS and CGTO department of the company has doubled its efforts in bringing down those miscreants involved in illegal use of gas. The team has been able to achieve multiple prosecution successes over the past couple of weeks. A recent conviction was given by Honorable Judge Gas Utility Court, Larkana, against three accused of stealing gas, namely; Bashir Ali Jatoi, Rustam Ali Jatoi,

and Shoukat Ali Jatoi. The culprits, after imprisonment will be liable to pay a fine of Rs. 5,000/- each.

In another case, Honorable Judge of Gas Utility Court/ District & Sessions Judge Sukkur, announced the verdict against culprit Gul Bahar. The accused had concealed information from the judge and upon conviction was sent to Central Jail. A Provisional Theft Gas claim of Rs. 84,100/- was issued against Mr. Sadaqat Ali, Karachi, where the customer paid fine upon intimation.

On the other hand, multiple raids are being carried out in industrial, domestic, and

commercial areas of SSGC's franchise provinces of Sindh and Baluchistan. 37 culprits were found to be involved in tampering of gas lines through underground and over head clamps.

All illegal connections were removed on spot and FIR lodged against them.

CGTO chief Brig. (R) Muhammad Abu Zar said in his statement that SSGC has zero tolerance for miscreants.

Efforts to curb down incidences of gas theft will continue, he said. ■

PRESERVE NATURAL GAS, EVERY DAY

Don't leave the stove ON when not in use. Ensure blue flames, as red and yellow flames indicate gas wastage. A little effort can save you more.

Conserve natural gas NOW.



**Sui Southern Gas
Company Limited**

Remember! Always use Pakistan Standards and Quality Control Authority (PSQCA)-approved gas products and fittings.

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2019

IN RETROSPECT



ENI Pakistan's delegation meets Acting MD



SSGC bags 8th CSR Award for sustainability efforts



Received CSR Award from Dr. Arif Ali for educating the marginalized



SSGCOA organized Hajj, Umra and Yatra balloting for executives

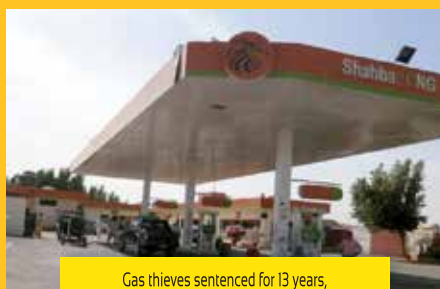


SSGC Women Association united against cancer



SSGC secures 3rd place in Pakistan Football Premier League

January 2019



Gas thieves sentenced for 13 years, fined Rs. 18 billion



Medical Department holds seminar on Women's wellness



Golfing for a noble cause
Senior Management avidly participated in charitable golf tournament



A workshop on "Essential roles of a manager"



SSGC holds its 63rd AGM amidst financial turnaround

February 2019



NAB officials conducted a session on "Transparency and Decision Making" for Senior Management



Recovery Department made one of the highest recoveries of outstanding dues from JPMC



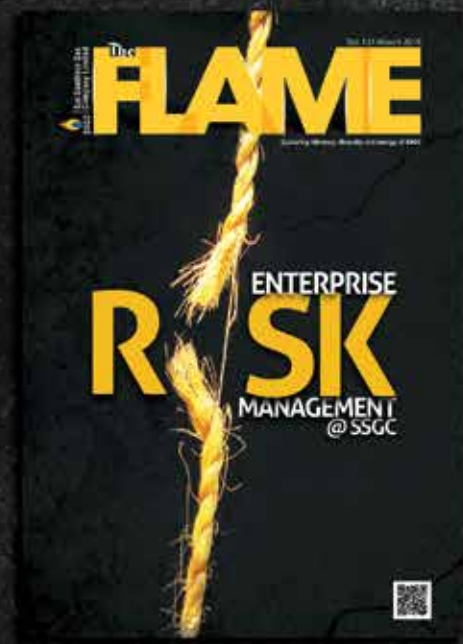
SSGCWA celebrated International Women's Day



Fitness freaks conducted a session for SSGC audience



Awareness session on UFG held at SZABIST



Awareness Session on Safe Driving Skills

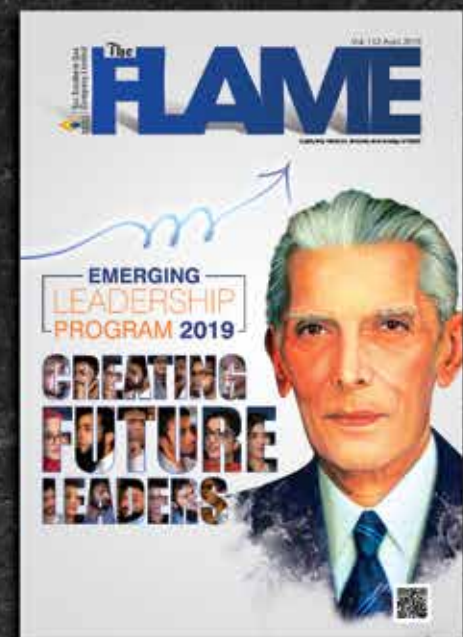
March 2019



LDC holds technical training on EVCs



SSGC marks the advent of Ramadan with a blissful event



A befitting farewell for Lt. General (R) Javed Zia

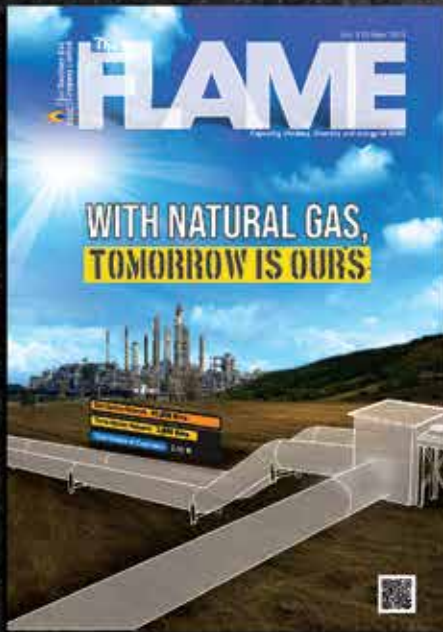


Emerging Leadership Program launched with Orientation Week



CBA-management inks Charter of Demands

April 2019



Petroleum Minister, SA to PM calls on Chairperson, SSGC management to discuss Company operations



LDC Hyderabad organizes workshops on ethics for staff



CCD collaborated with the local NGO to share happiness with the women and children incarcerated at Central Jail



R&D organized a presentation on FOG - Fire Extinguishers



Ramzan cricket fest witnesses top class cricket



Company management exchanged eid greetings with the Company employees

May 2019



Creating awareness about Performance Management System (PMS)



SSGC showcases its anti-gas theft efforts at POGEE



Summer Camp 2019
A week full of learn and fun activities



SA to PM discusses key issues with the management



HSE trainings held at LDC



SSGC initiates process for pre-qualification of ad agencies

June 2019



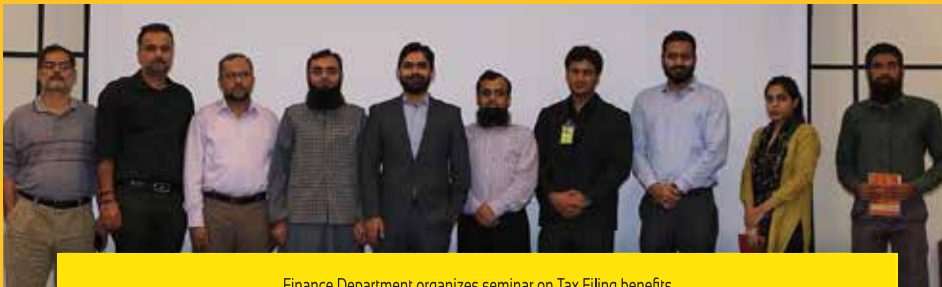
SSGC-Bahria Foundation discuss RLNG distribution



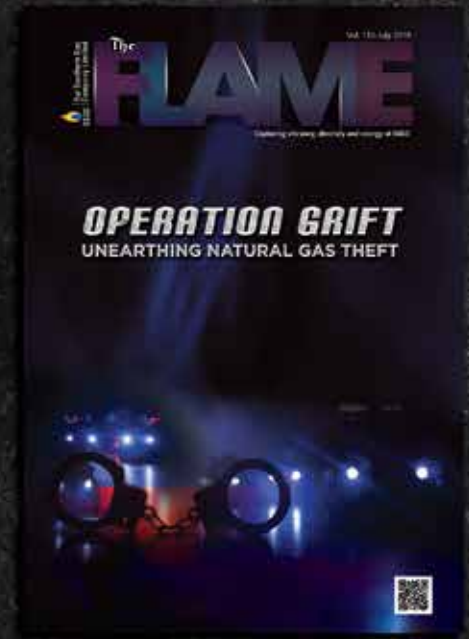
Demo held on Modern Pipe Locators



HR holds session on KPIs



Finance Department organizes seminar on Tax Filing benefits



'Industries must regularize extra load through new GSA'

July 2019



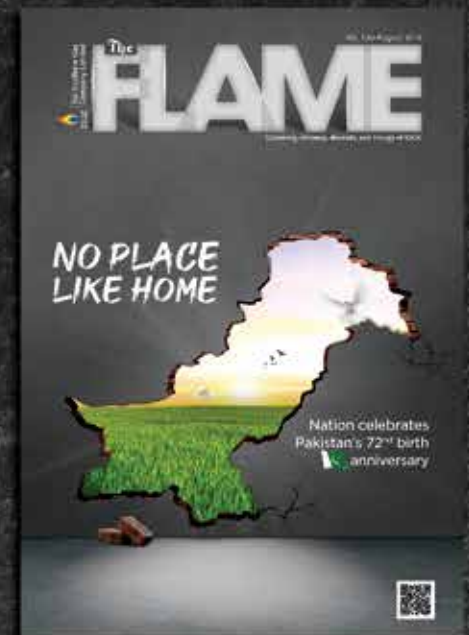
Soch for Pakistan activity organized at Head Office



SSGC removes more than 300 illegal connections



SSGC stands by Kashmir



DMD (CS) conducts a session on women harassment

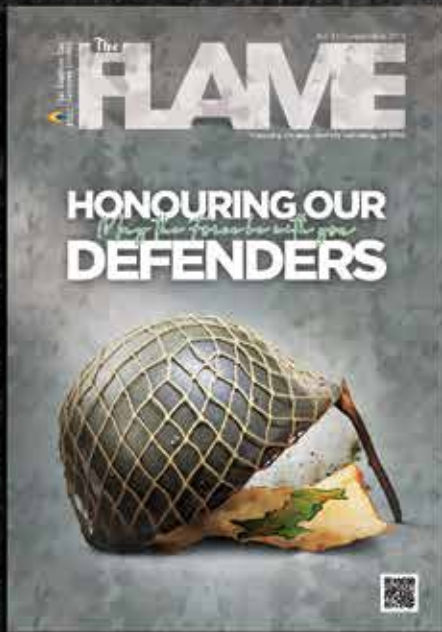


Ramazan Cricket 2019 Awards Ceremony held at SSGC



Independence day celebrations at SSGC

August 2019



SSGC provides monetary support for AH-Khidmat's orphan kids



SSGC makes a strong presence at POGC



SSGC officials visit families of soldiers



Micheal Holding livens up OSF event



SSGC observes Defence Day as Kashmir solidarity day



LDC organizes workshop on Technical writing skills

September 2019



Athar Sajid Khan gives a timely reminder in Synergy Talks



SSGC holds breast cancer awareness session



SSGC focuses on creating a gas-wise generation



Dr. Ejaz ends an illustrious career at SSGC

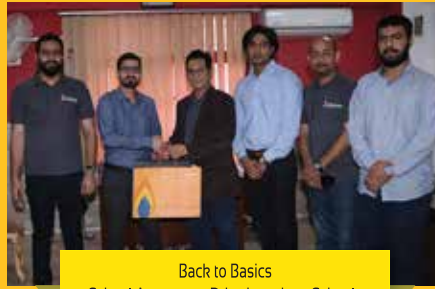


Extraordinary General Meeting held to elect new directors

October 2019



SSGC wins 9th Fire and Safety Award by NFEH



Back to Basics
School Awareness Drive in various Schools



Pakistan Pavilion wins widespread
praise at ADIPEC



Top performance in football applauded



Domestic Cricket Structure: PCB team meets SSGC management



Mehfil-e-Milad organized in Head Office

November 2019



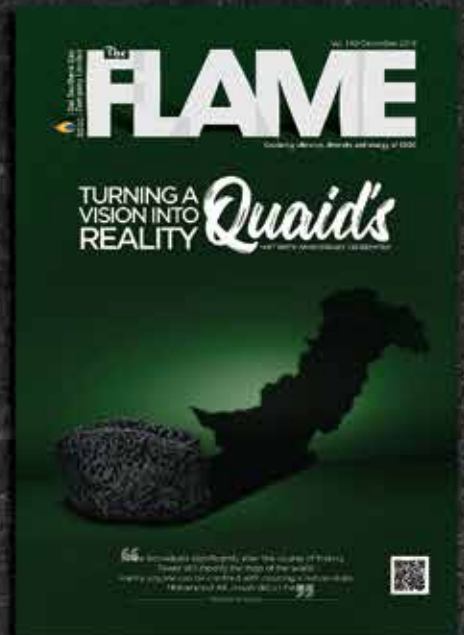
SSGC-Behbud joins hands for funding
vocational training project



Medical Department creates awareness about
a killer disease



HR-OD organizes awareness
session on UFG

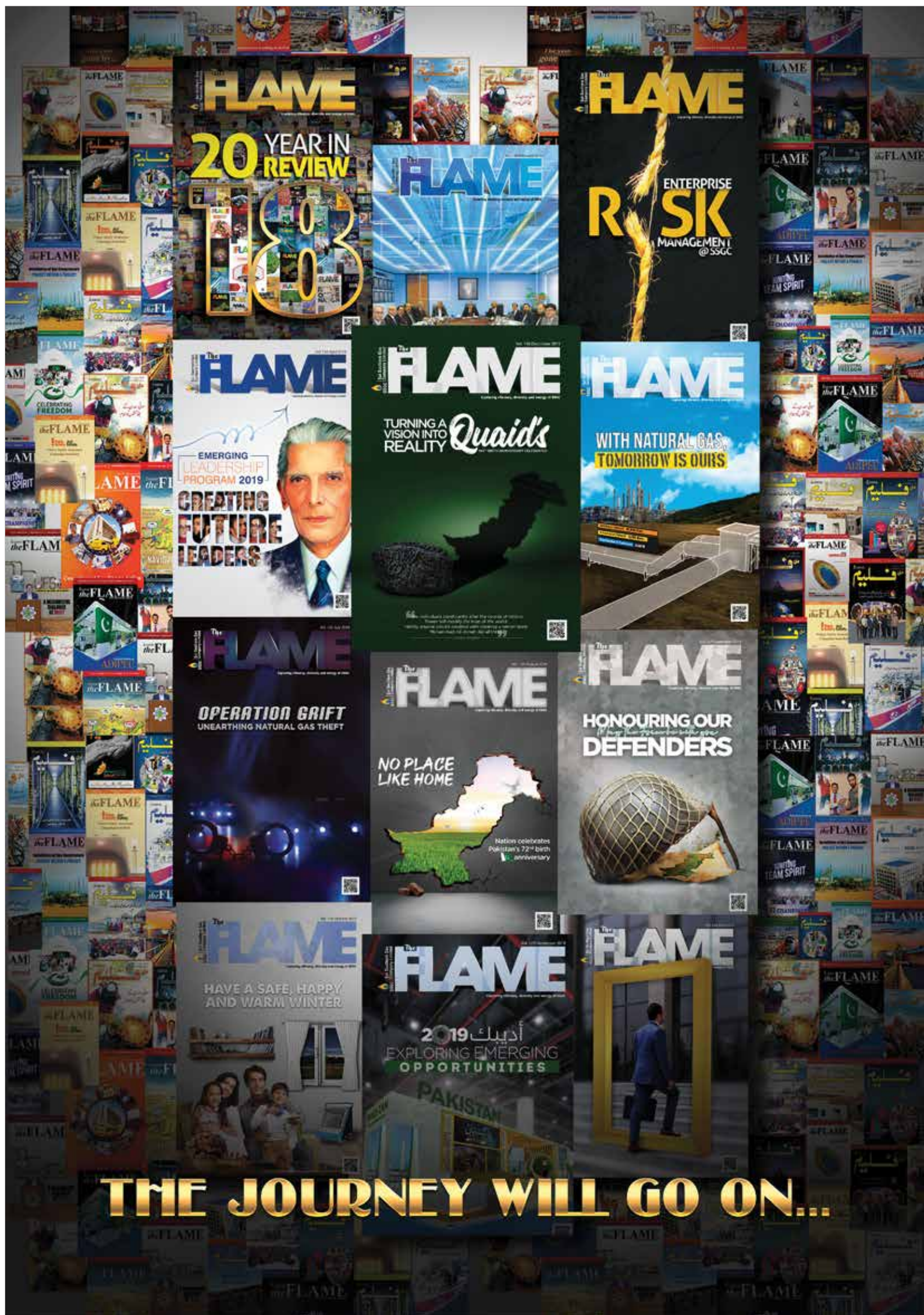


Workshops held on ethical business dealings, conflict of interest,
and benefits of good corporate governance



SSGC riders win big for
the Company

December 2019



CSR AWARD

SSGC bags 9th Intl CSR Award in the field of education



SSGC bagged the 9th Intl CSR Award for its contribution in the area of education and scholarships. The Awards ceremony and Summit was organized by The Professional Network on

Jan 30, 2020. SSGC's GM (CCD) Shahbaz Islam received the award and gave a comprehensive presentation on the subject at the event. Zubia Sadiq, Executive, Aamnah Khalid, MTO and Tabassum Fatima

represented the Company in the CSR Summit and got an opportunity to network with the representatives from other organizations. 📍



SSGC honoured with Dr. Ruth Phau Award



Sahbaz Islam, GM (CCD) received Dr. Ruth Phau CSR Award 2020 from Ms. Rabia Riaz of MALC to acknowledge

the support being given by SSGC for MALCs Triple Merger Center at Mirpurkhas and Eye Care Center at Gwadar by bearing their

annual expenditure since 2005. Aamnah Khalid, MTO was also present on the occasion. 📌

Imran Farookhi meets CEO PCB



Imran Farooki, DMD(CS) met Wasim Khan, CEO Pakistan Cricket Board and discussed matters related to Cricket in Pakistan

DEVELOPMENTS

SSGC sets up a Corporate Lab at Rehnuma Trust School



SSGC provided financial support to Rehnuma Trust for setting up a of Computer Lab in its School in the slum area of Karachi called Sherpao Basti.

The computer lab was jointly inaugurated by first lady of Pakistan Mrs. Samina Alvi and GM Corporate Communication Shahbaz Islam. The inauguration was followed by an event hosted by Rehnuma Trust, where they provided a brief overview of their past and upcoming projects. They also presented a

shield of appreciation to the team CSR for their support in the cause of education.

Shahbaz Islam in his speech appreciated the efforts that Trustees of Rehnuma Trust are putting in uplifting the underprivileged sector of Karachi by providing them with quality education and training. He further added that SSGC is always seeking opportunities to invest in such projects of education and community development because we as an organization understand

that the young and helpless generation if not taken care, will be cradled by unemployment and nursed by a failing civic society leading them to a life of poverty and instability.

Mrs. Samina Alvi also acknowledged and applauded the efforts of both Rehnuma Trust and SSGC and emphasized on how important it is for individuals and organizations to come together to work for the elimination of illiteracy. 



SSGCWA Member's Day and New Year celebrations



Sui Southern Gas Company Women Association celebrated its "Member's Day and Happy New Year 2020" luncheon at SSGC Auditorium, Karachi on Friday, 3rd January 2020. A scrumptious

lunch and giveaways were served. Renowned Chef, Mrs. Shireen Anwar (Masala TV fame) was the Chief Guest to grace the occasion, who mingled with the members and shared some of her secret recipes and appreciated

the efforts of SSGCWA extended through their platform for the ladies at SSGC. The afternoon was celebrated with great fervor and everyone enjoyed it thoroughly. 📌



FAREWELL

Waqar Sheikh given a befitting farewell



This January, DGM Waqar Sheikh bid farewell to the Company after an illustrious career spanning 30 years.

Mr. Sheikh spent a substantial part of his career in the Human Resource Department and served as a section head of I.R, E&D and

HR Operations. His last stint was in the Admin. Services Department. Mr. Waqar was an excellent team player and was known to possess excellent disposition. He was also an avid cricketer and had played in the Quaid-e-Azam Trophy in his younger days. Admin. Services Department arranged a

luncheon in his honour on the occasion of his superannuation. Col. (R) Shoaib Ahmed, GM (Admin. Services) and his team members paid tribute to Mr. Sheikh and quipped that he will surely be missed. Team SSGC wishes Waqar Sheikh all the very best for his future. 📌



ACADEMIC ACHIEVEMENTS



Faizan Zia s/o Zia Ul Haq Bhatti,
IT Department secured Grade A in his
SSC Examination from Shaheen Public School



Controlling Anger before it Controls You

Anger is a basic human emotion. It is very natural to feel irritated or aggressive towards a person or situation which you feel has deliberately done you wrong. It is as elemental as happiness but uncontrolled anger can be harmful as it affects not only your relationship but your health also in the long run. Controlling anger is an important psychological skill, it is necessary to learn that skill as it may save your sanity and your relationships too.

Over the period of time psychologists and therapists have given so many advices and techniques on anger management. Learning these techniques can lessen the emotional damage that may occur in the form of emotional destruction.

One can use some of the simplest strategies in order to control anger. These strategies may be called as anger management techniques:

- 1. Think before you speak.**
Stop being reactive and think before saying because you are fully responsible of your words once they are said.
- 2. Stay calm, express your concern.**
Slow down, don't rush to an argument.
- 3. Get some exercise.**
Take a deep Breath, start counting till 10 or more.
- 4. Take a timeout.**
Dismiss the discussion and leave the place politely for a while if possible.
- 5. Identify possible solutions.**
Try to clarify the conflict by focusing on mutual agreements.
- 6. Stick with 'I' statements.**
Don't just don't point finger on the other party stay focused on your point of concern.
- 7. Don't hold a grudge.**
Forgive easily trust me it's a favor for your own self
- 8. Use humor to release tension.**
Soothe the tension, use humor in a light hearted but respectful way.

Dealing with anger is never easy but trust me it's not even that difficult. Try to recognize your behavior first and deal with it by using these simple techniques. The cause of aggression may be anything or anyone but anger management techniques will definitely be helpful to calm you down. ■

Courtesy: Tehmina Anwer





Responsible Citizen - The Need of the Hour

Every nation that has risen to great heights has done so because of its citizens' hard work and perseverance. Unity is imperative to develop a progressive state that provides for the welfare of its people. Take the examples of Malaysia, Indonesia, or Bangladesh. Their limited resources did not hinder their quest for progress and instead these countries are far more economically sound than Pakistan – despite the fact that Pakistan has abundance of natural resources. Why, you may ask? The answer is simple; it is the people of these nations that helped them grow into prosperous countries. Not only do their citizens act responsibly but take great pride in working hard for their countries.

Sadly, Pakistanis don't share the same passion, yet it should not be misconstrued that they don't love their country. Pakistanis need to become responsible citizens, since it is the need of the hour if we have to rise economically. It is the people who always make up a nation. And while Pakistanis are no doubt passionate about the wellbeing of their country, responsible citizenship is a phenomenon they appear to be rather unaware of. Take the example of gas consumption. SSGC and SNGPL are the two major gas transmission and distribution

entities within Pakistan, having a vast joint network of 175,000 kms, which is found to be unique, even in today's advanced world. However, irresponsibility on part of the citizens is what is creating immense difficulties for these two utility providers to enhance and further develop their distribution network.

One reason for this is because there is limited supply of gas that is available to these two organizations. And sadly, neither SSGC nor SNGPL are able to provide all the gas that they acquire, primarily due to gas thefts, and illegal tampering of the gas pipelines, that as per industry estimates comprise of 60% of line losses. Through the efforts made by SSGC team to curb gas theft attempts by apprehending the culprits responsible for their unethical and immoral conduct, they have shed light on the fact that our citizens lack the notion of responsibility, which is necessary for any country's progress. Gas theft is something that is not acceptable even at individual or domestic level, however, when even industrialists and commercial customers are involved in such misdemeanor; the menace takes on a whole new serious meaning. And so, even if these two organizations wanted to improve and increase their distribution network, they find

that such an objective leads to a path riddled with obstacles. While it is easy to blame organizations for not providing the services they are responsible for or not taking a proactive approach in addressing the issues, it is far more difficult to take responsibility and behave responsibly. Before we begin to criticize our utility companies for the issues faced by us, we should first try to become responsible citizens. We should do our part, conserve gas, refrain from theft, report theft incidence, and avoid actions that may cause damage to the property or the people of the company. It is time that the people of this nation start acting responsibly and take a proactive approach in aiding these gas utility organizations to solve their problems. Simply put, we must act as responsible citizens and support those who are working day and night to solve our problems.

Quaid-e-Azam Mohammad Ali Jinnah saw immense potential in this nation and placed his hopes in the people to take his vision to fruition. The question is, will the people make his vision a reality, or will they lead all of his hopes and dreams for the country and all the leaders who came after, astray? ❶

Courtesy: Huda Qureshi



Winter is Coming! Steps for Survival

Winter is coming became a popular slogan from an English TV show for a number of years. However, it very aptly describes the situation that awaits Pakistani citizens, especially those residing in the northern areas. The arrival of winter has been accompanied with natural gas shortages, and low gas pressure issues. And so, the citizens of Pakistan must prepare for what's to come.

We all are well aware that natural gas reserves, on the whole, are declining. Furthermore gas fields are fast depleting and new discoveries are few and far between. In such a scenario, catering to rising consumer demands, especially during winters becomes an uphill task.

As we stand right now, it is imperative to take certain measures to not only conserve gas, but also to take active steps to ensure our survival. I am primarily referring to the number of accidents that occur due to lack of awareness regarding the safety measures that should be taken when using gas-run appliances. These include geysers, heaters, stoves, and even motor vehicles. During the winter, when it gets extremely cold in the northern areas of the country, the use of these appliances increases many folds. But, most people tend to forget the steps necessary to ensure their safety. So,

here are some important and easy tips that will definitely help you during winter.

Most people in the colder regions of Pakistan use heaters throughout the night in order to keep themselves warm. However, accidents occur, when due to low pressure of gas, the heater's flame switches off during the night, when the residents are asleep. After some time, when the gas pressure increases, the gas begins leaking into the room through the switched off heater.

Natural gas, when filled in closed space, depletes oxygen levels of that space. Worst case scenario, the residents end up suffocating and eventually passing on to the afterlife. In order to avoid such an incident, there are two things that can be done. Either, switch off the heater before falling to sleep, or keep the window slightly ajar. This will allow air to pass through, thereby, preventing the oxygen level in the room from depleting. In return, the number of accidental deaths will also decrease, directly minimizing the death toll during winters.

Another misconception by many people is regarding the temperature setting of geysers. A lot of us have a habit of increasing the temperature all the way to

the highest option in the hopes of receiving hot water throughout winter. However, this only leads to gas wastage. It is always recommended to set the geyser thermostat at warm, for optimum utilization of both, the equipment as well as natural gas.

The stove, on the other hand, is one of the most frequently used appliances throughout the year. Consumers need to be very careful while using this appliance in order to ensure that there is no gas leakage.

Nobs should be regularly checked, and the stove should be cleaned in order to conserve gas. Most of the Pakistani women have a habit of cooking on high flame, which not only affects the nutritional value of the food, but also results in wastage of gas. For delicious meals, it is always recommended to cook on blue flame, as it retains the nutrition, and also prevents gas wastage.

So, prepare for the coming winter season by following the advices indicated in this article, and make sure to conserve gas, because only you can! 🛑

Courtesy: Huda Qureshi



Best Home Remedies for Cough and Cold

When the enemy virus or bacteria attacks, your own immune systems becomes the first line of defence. The stronger it is, the more chances you have of not contracting an illness. So, how can you make your immune system stronger? Here are some natural ingredients, which are sure to boost your immunity against foreign entrants.

- Ginger
- Onion
- Habanero Pepper
- Raw Honey
- Garlic
- Root of Horseradish
- Turmeric
- Kalonji
- Apple Cider Vinegar
- Oregano Oil

YOGA – EXERCISE OF THE SOUL

Meditation is one of the most basic forms of spiritual connection. Just like your body needs exercise, so does your soul. And yoga provides just that, and so much more.

FOR THE MIND

- Calms the mind & improves the memory
- Improves focus
- Boosts confidence
- Promotes positive thinking

FOR THE BODY

- Improves flexibility and balance
- Boosts Energy
- Improves quality of sleep & helps to relax
- Aids in Weight Loss

FOR THE HEART

- Reduce the risk of heart diseases
- Increases heart rate
- Lowers cholesterol

5 SIMPLE EXERCISES TO DO AT HOME

Time to Hit the Floor

Whenever your favorite TV show is on, simply hit the floor, and watch it while doing bicycles, crunches, leg lifts, planks, and Russian twists.

Squat it Out

Whether you are unloading the groceries or putting away the laundry, it's a great chance to do some squats. Include 20 squats every time you do a lifting chore, and you will be set for the day.

Stretch and then Stretch some more For those accustomed to using desks at home while working, stretching is a good way to relax your muscles and feel refreshed. Raise your arms, roll your neck gently roll your trunk, stretch your legs, and shrug those shoulders.

You're all set to get back in your creative zone.

About time to make use of stairs Stairs are a great way to stay fit. Got time to spare? Then run up and down the stairs. Still got time? So it again!

Good Morning Call

Kick start your morning with a routine set up of arm circles. They are great for your muscles, and help you remain in shape.

So, get exercising!



ENERGY SNAPSHOT



Chevron gets another extension to continue Venezuela operations

Chevron and four oilfield service providers won U.S. government approval to continue working in Venezuela for 90 days, allowing the companies' access to the world's largest reserves of crude despite sanctions on the crisis-stricken country.

The U.S. Treasury Department decision is the fourth waiver granted since sanctions were announced in November 2018 in what is becoming a fraught quarterly ritual for the companies.

Baker Hughes Co., Halliburton Co., Schlumberger Ltd. and Weatherford International Ltd. from sanctions.

The waiver was extended on April 22. 

Along with Chevron, the waiver also exempts



Turkey to issue exploration licenses in contested waters, straining EU ties



Turkey will issue new exploration licenses in the eastern Mediterranean now that it's set a maritime border with Libya, on orders of President Recep Tayyip Erdogan.

Erdogan's remarks underlined Turkey's determination to press its claims in contested waters of the energy-rich eastern Mediterranean, where European nations, Egypt and Israel have built a forum to promote their interests. Turkey insists it has rights to energy finds there due to its claims

to Cyprus's north, which it seized in 1974. Greece, Cyprus and the EU oppose Ankara's drilling operations within the island's exclusive economic zone.

Tensions over the conflicting claims have escalated since Turkey and Libya signed a contentious agreement in November that delineates maritime borders and affirms claims of sovereignty over areas of the Mediterranean. Turkey's demands could make it more difficult and costly to build a planned natural-gas pipeline that could link

the eastern Mediterranean basin with European markets through Cyprus, Greece and Italy.

The eastern Mediterranean has been one of the world's most prolific spots for major gas discoveries during the past decade. Noble Energy Inc. found the Leviathan gas field in Israeli waters in 2010 and Italy's Eni SpA discovered the giant Zohr deposit off the Egyptian coast in 2015. Exxon made a discovery off the southwest coast of Cyprus last year. ●



بلوچستان مان وفد جي ايس ايس جي سي آمد



14 جنوري 2020 تي بلوچستان جي مختلف تنظيمن جي وفدن جي ايس ايس جي سي جي هيڊ آفيسر ۾ آمد ٿي، سندن آمد جو مقصد ايس ايس جي سي جي مئنيجمينٽ سان گڏس سهلا جي معاملن تي ڳالهيون هو، ان مان هڪ وفد جي قيادت شاهه زمان صاحب ڪري رهيو هو، ان سان گڏ مئٽنگ جي دوران مختلف معاملن تي ڳالهيون ٿيون، جيڪي

بلوچستان تي گڏس بحران جي ڪري درپيش آهن، ان سان گڏ ان جي ممڪن حل تي به غور ڪيو ويو.

ایس ایس جی سی 9th انٹرنیشنل سی ایس آر ایوارڈ کٹی ورتو



ايس ايس جي سي لاءِ هڪ ٻيو اعزاز آهي ته تازو ئي نائين انٽرنيشنل سي ايس آر ايوارڊ ۾ سٺي سدرن گئس ڪمپني ” تعليم ۽ اسڪالرشپ“ جي ميدان ۾ ايوارڊ پنهنجي نالي ڪيو. سي ايس آر سميت ۽ ايوارڊ جي اها تقريبن ڏي

کیمپس امبیسڈر پروگرام

سي سي ڊي پاران ڪيمپس امبيسڊر پروگرام کي متعارف ڪرايو ويو، جنهن جو انتظام سئي سڊرن گئس ڪمپني لميٽيڊ جي هيڊ آفيس ۾ ڪيو ويو. ان پروگرام کي محترم فرحان مناف، فيضان مناف ۽ حوريا عبدالسلام پنهنجي ٽيم سان گڏ عمل ۾ آندو. ان پروگرام جو مقصد يونيورسٽي ۽ اداري ۾ راه هموار ڪرڻ هو ته جيئن ادارو اتي جي ماڻهن ۾ قدرتي گئس جي باري ۾ شعور بيسدار ڪري سگهي ۽ مختلف سرگرمين سيمينار ۽ ورڪشاپ جي ذريعي شاگردن ۽ استادن کي گئس جي ورهاست ۽ فراهمي جي باري ۾ آگاهي ڏئي سگهي. ■



گھر کے باہر بھی گیس لیک کیج سے نقصان ہمارا ہے



صرف گھر کے اندر ہی گیس لیکج خطرے یا نقصان کا باعث نہیں اگر گلی محلے میں بھی کہیں گیس لیکج ہو رہی ہو تو ہوشیار ہو جائیں
اور اسی وقت اپنے فون سے SSGC ہیلپ لائن 1199 کال کریں یا SSGC Customer Connect ایپ ڈاؤن لوڈ کر کے اطلاع دیں۔

سمجھداری دکھائیں ... ذمہ داری نبھائیں

ایس ایس جی سی کی گیس چوری کے خلاف مہم میں شدت؛ 1400 کنکشن منقطع کر دیئے گئے



مختلف صنعتی، گھریلو اور کمرشل علاقوں میں متعدد چھاپے مارے گئے۔ ان میں 37 ملزمان زیر زمین اور اوور ہیڈ کنکشن کے ذریعہ گیس لائن میں ٹمپرنگ میں ملوث پائے گئے۔ تمام غیر قانونی کنکشن فوری طور پر ہٹا دیئے گئے اور ملزمان کے خلاف ایف آئی آر درج کرا دی گئی۔

سی جی ٹی او چیف بریگیڈیئر (ر) محمد ابوذر نے اپنے ایک بیان میں کہا کہ ایس ایس جی سی چوروں کے خلاف زبردست اقدام برداشت کا رویہ رکھتی ہے۔ انہوں نے مزید کہا کہ گیس چوری کے واقعات کو کم سے کم کرنے کیلئے کاوشیں جاری رہیں گی۔

رستم علی چٹوٹی اور شوکت علی چٹوٹی کے خلاف فیصلہ دیا۔ ملزمان کو قید کے بعد 5000/- روپے فی کس جرمانہ بھی ادا کرنا ہوگا۔

ایک اور واقعہ میں گیس پمپنگ کورٹ کے معزز جج/ڈسٹرکٹ اینڈ سیشن جج سکھرنے ملزمہ گل بہار کے خلاف فیصلہ سنایا۔ ملزمہ نے جج سے معلومات چھپائی تھیں اور اعتراف کرنے کے بعد اس کو سینٹرل جیل بھیج دیا گیا۔

صوبائی سطح پر کراچی میں صداقت علی کے خلاف 84,100/- روپے کا دعوئی کیا گیا تھا جو صاف نے ادا کر دیا ہے۔

دوسری طرف ایس ایس جی سی کے صوبہ سندھ اور بلوچستان کے فریچائز

سوئی سدرن گیس کمپنی کی سی آر ڈی ٹاسک فورس نے شدید کارروائی کرتے ہوئے بلدیہ ٹاؤن کراچی میں 1400 ناہندہ رہائشیوں کو ربر پائپس کے ذریعہ براہ راست گیس چوری کرتے ہوئے گرفتار کر لیا جب کہ مزید 28 علاقوں میں گیس چوری کے کیس پکڑے۔

کمپنی کے ایس ایس اینڈ سی جی ٹی او ڈپارٹمنٹ نے غیر قانونی طور پر گیس استعمال کرنے والوں کے خلاف اپنی کاوشیں دگنی کر دیں۔ اس کے علاوہ ٹیم کو گزشتہ چند ہفتوں میں گیس چوری کے مختلف مقدمات میں کامیابیاں حاصل ہوئیں۔ ایک حالیہ مقدمے میں گیس سیکورٹی کورٹ لاڈکانہ کے معزز جج نے گیس چوری کے تین ملزموں بنام بشیر علی چٹوٹی،

ایس ایس جی سی آپریشن گرفت میں شدت، ایک ملزم گرفتار



سوئی سدرن گیس کمپنی کے ایس ایس اینڈ سی جی ٹی او ڈپارٹمنٹ نے ملیر کالونی میں بسم اللہ بی بی کیو پر چھاپہ مارا جہاں مالک کو ایس ایس جی سی کی سروس لائن سے براست گیس چوری کرتے ہوئے پایا گیا۔ ملزم محمد سلیم ولد لڈن کو موقع پر ہی گرفتار کر لیا گیا۔

حیدرآباد میں ایس ایس اینڈ سی جی ٹی او ڈپارٹمنٹ نے ایک ملزم کا پتہ لگایا جو ایک پرانی خستہ بند لائن سے کمرشل مقصد کیلئے گیس چوری کر رہا تھا۔ ملزم نے براہ راست لائن کے ساتھ ایک کمرشل میٹر بھی منسلک کیا ہوا تھا۔ لاڈکانہ اور سکھر میں گیس تھیفٹ کنٹرول ٹاسک فورس نے 33 گھروں کا پتہ چلا جو زیر زمین اور بالائی ٹمپس کے ذریعہ گیس کی چوری میں ملوث تھے۔

کاؤنٹر گیس تھیفٹ (CGTO) کے بریگیڈیئر (ر) محمد ابوذر نے اپنے ایک بیان میں کہا کہ گیس کی چوری UFG (غیر شمار شدہ گیس) میں سب سے بڑا عنصر ہے۔ اسلئے گیس چوری کے واقعات کو کم سے کم کرنے کی کوششوں کو مستقبل میں مزید تیز کیا جائے گا۔

انہوں نے مزید کہا کہ ٹیم گیس چوروں کے خلاف کریک ڈاؤن کرے گی اور اس برائی کو جڑ سے ختم کرنے کیلئے اپنی کوششیں دگنا کر رہی ہے۔

بلوچستان سے وفد کی ایس ایس جی سی آمد



پر بھی غور و فکر کیا گیا۔

وشید تھی۔ ان میں سے ایک وفد کی قیادت شاہ زمان صاحب کر رہے تھے۔ ان کے ساتھ مینٹگ کے دوران متعدد مسائل پر بات ہوئی جو صوبہ بلوچستان کو گیس بحران کی وجہ سے لاحق ہیں اور ان کے ساتھ ساتھ مکمل

14 جنوری 2020 کو بلوچستان کی مختلف تنظیموں کے وفد کی ایس ایس جی سی کے ہیڈ آفس میں تشریف آوری ہوئی۔ ان کی آمد کا مقصد ایس ایس جی سی کی مینٹگ کے ساتھ گیس سپلائی کے معاملات پر باہمی گفت

ایس ایس جی سی نے 9th انٹرنیشنل سی ایس آر ایوارڈ جیت لیا



کے ساتھ ساتھ دیگر کمپنیوں کے نمائندگان کے ساتھ میٹ ورکنگ بھی کی اور سی ایس آر کے حوالے سے تبادلہ خیال کیا۔

2020 کو منعقد کی گئی۔ شہباز اسلام، جی ایم (سی سی ڈی) نے ایوارڈ وصول کیا اور اس موقع کی مناسبت سے ایک جامع اور پراثر پریزینٹیشن بھی دی۔ سی ایس آر کی ٹیم میں زویہ صادق، ایگزیکٹو، آمنہ خالد، ایم ٹی او اور نسیم فاطمہ شامل تھیں جنہوں نے نہ صرف کمپنی کی نمائندگی کی بلکہ اس

ایس ایس جی سی کے لئے ایک اور تمغہ امتیاز، حال ہی میں ہونے والے نویں انٹرنیشنل سی ایس آر ایوارڈز میں سوئی سدرن گیس کمپنی نے 'دفعہ اور اسکالرشپ' کے میدان میں ایوارڈ اپنے نام کیا۔ سی ایس آر سٹ اور ایوارڈز کی تقریب دی پرفیشنل میٹ ورک کی جانب سے 30 جنوری

کیمپس ایمپسڈ رپروگرام



سی سی ڈی کی جانب سے کیمپس ایمپسڈ رپروگرام کا متعارف کروایا گیا جس کا انعقاد سوئی سدرن گیس کمپنی لمیٹڈ کے ہیڈ آفس میں کیا گیا۔ اس پروگرام کو فرحان مناف، ڈپٹی مینجر، فیضان، ڈپٹی مینجر اور جویریہ عبدالسلام، ایم ٹی او نے اپنی ٹیم کے ساتھ مرتب کیا۔

اس پروگرام کا مقصد یونیورسٹی اور کمپنی کے درمیان ایک اشتراک تھا تا کہ کمپنی وہاں طالب علموں میں قدرتی گیس کے بارے میں شعور بیدار کر سکے اور مختلف سرگرمیوں کے تحت جیسا کہ سمینار، ورک شاپ کے ذریعے طلباء اور اساتذہ کو قدرتی گیس کے بچاؤ سے متعلق آگاہی دی جاسکے۔



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- ۳۔ ایس ایس جی سی آپریشن گرفت میں شدت، ایک ملزم گرفتار

ایڈیٹر کے قلم سے

محترم قارئین کرام! آئیں! سال نو کے استقبال، اپنی زندگی، اپنی کمپنی اور اپنے ملک کے لئے ایک نئی سوچ اور ولولے کے ساتھ کرتے ہیں۔ اور سال 2020 میں اس بات کا عہد کرتے ہیں کہ ہم سوئی سدرن کو ایک بہترین ادارہ بناتے ہوئے اپنے صارفین کو بہترین سہولیات دینے کے لئے حقیقی توسیع کوششیں کریں گے۔

شمارہ ہذا میں گزشتہ سال کا جائزہ لیا گیا ہے جو ہماری کامیابیوں اور کامیابیوں کا منہ بولتا ثبوت ہے۔

شکریہ

اپنی آراء ہمیں اس پتے پر ارسال کریں

سوئی سدرن گیس کمپنی لمیٹڈ

کارپوریٹ کمیونیکیشن ڈپارٹمنٹ

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سوئی سدرن گیس
کمپنی لمیٹڈ | SSGC

شماره نمبر ۱۳۱ جنوری ۲۰۲۰

دک فلیم

سوئی سدرن گیس کمپنی کا اندرونی جریدہ



ایس ایس جی سی نے نواں انٹرنیشنل
سی ایس آر ایوارڈ اپنے نام کر لیا

