

# THE FLAME

The Official Magazine of SSGC

| Police station inaugurated

| Briefing on CSR projects

| A week of positive activity

| CRD conducts major raids

## Sun Shines on Sustainability



# LNG enters Pakistani shores



# THE FLAME

March 2015



## In this issue...

- 3 Making history – LNG comes to Pakistan
- 5 State Minister briefed on CSR projects
- 6 Major leap against a major crime
- 7 5 days of positive activity
- 9 Another Fire and Safety Excellence Award
- 9 CRD Task Force conducts major raid
- 10 MD holds meeting with CNG stakeholders
- 10 Vehicle inducted in Hyderabad's CRD fleet
- 11 Safe Driving campaign launched
- 11 New CP station commissioned in Sanghar
- 12 Haj and yatra balloting at the head office
- 13 Inside Section IV
- 16 Connectivity and Beyond
- 17 Energy Snapshot **NEW!**
- 19 Gas distribution project portfolio management
- 21 Training
- 23 Pictorial coverage
- 25 Standing up for clean environment



# EDITOR'S NOTE



## ANCHORED FOR SUSTAINABILITY

Pakistan has for quite some time been battling with the phenomenon of energy crisis. SSGC, being one of Pakistan's premier energy company, is at the forefront of devising ways and means of augmenting supplies. One of the strategies aimed at bridging demand-supply gap is the import of LNG. March 2015 marks a momentous achievement in Pakistan's history when the first-ever LNG carrier "Exquisite" entered the Port Qasim shores.

It would be too early to foresee the project's success since much needs to be done on the distribution front, but for sure this arrival is a step in the right direction, since uninterrupted supply of energy is directly related to the growth of our economy. It is nevertheless envisaged that energy crisis that Pakistan faces today can only be resolved through a sustainable and futuristic vision.

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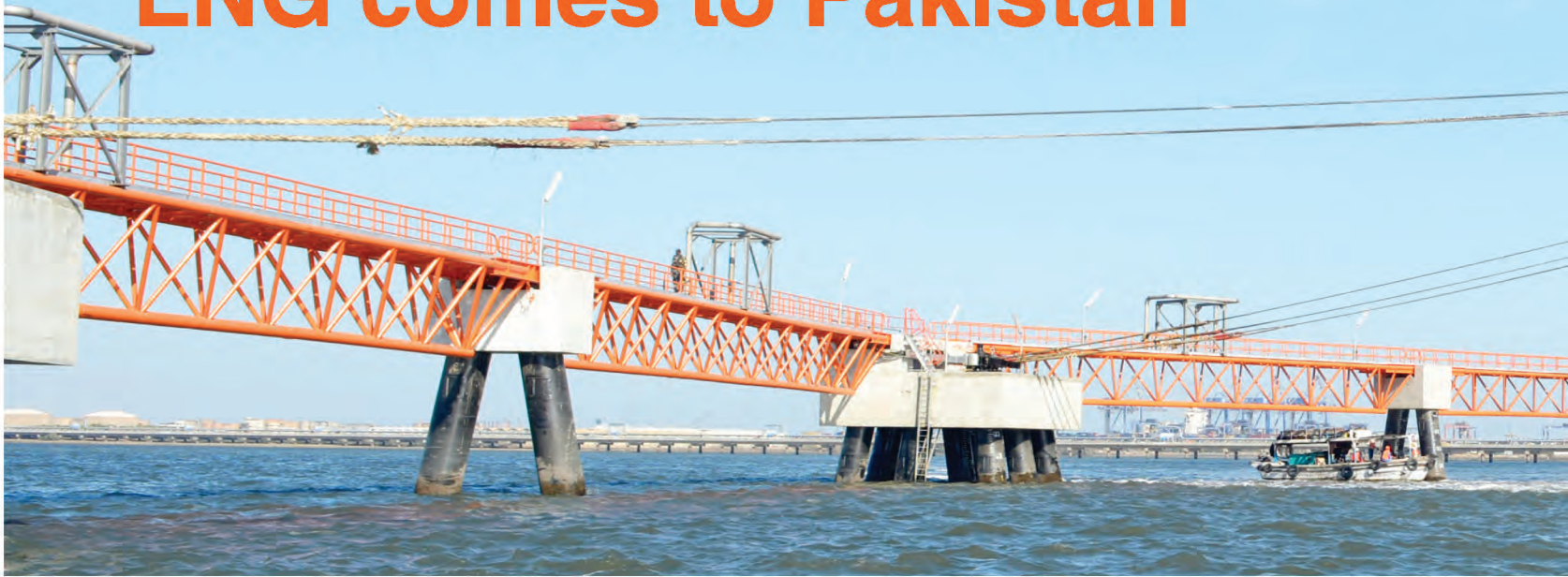
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# Making history – LNG comes to Pakistan



On March 26, 2015, Pakistan became the newest member of global LNG importing nations with the arrival of the first tanker carrying a cargo of the chilled fuel. M/v Exquisite, the Belgium-flagged ship carrying 147,000 cubic metres or nearly 60,000 tons of fast track LNG sailed into Karachi's Port Qasim shores. Two days later on March 28, 2015, Pakistan's first-ever LNG Terminal was inaugurated by Shahid Khaqan Abbasi, Federal Minister for Petroleum and Natural Resources.

The inauguration ceremony, organized by Engro Vopak Terminal Limited (EVPL), held aboard M/v Exquisite was also attended by Jam Kamal Khan, Minister of State for Petroleum and Natural Resources, Dr. Miftah Ismail, Chairman, SSGC, Khalid Rahman, MD, SSGC, Aliuddin Ansari, CEO, Engro Corporation, Agha Jan Akhtar, Chairman, Port Qasim Authority, Shaikh Imran-ul-Haq, CEO, EVPL. Other concerned executives included SSGC's Shoaib Warsi, DMD/COO, Fayyaz Merchant, SGM (Engineering Services) and heads and personnel from different departments. A large media contingent was also taken on a guided tour of the vessel.

The much awaited arrival of LNG is a major step forward towards mitigating the widening demand and supply gap of natural gas in the country. Pakistan is currently facing a shortage of 2,000 million metric cubic/feet/day (mmcf) as the country's total production is around

4,000 mmcf, while demand is close to 6,000 mmcf. A steady supply of RLNG will help Pakistan utilize its existing power generation capacity, while reducing reliance on costly imported diesel fuel for electricity generation. The import of LNG promises to ensure energy security and diversification.

SSGC has emerged as a project facilitator responsible for laying down, on behalf of Engro Elengy Terminal (Pvt.)

*In the initial stage, the Government of Pakistan's plan is to inject 200 mmcf RLNG into SSGC's system, increase it to 325 mmcf upto October 31, 2015 and from November 1, 2015, transmit 400 mmcf from the existing LNG Terminal.*

Ltd., a 42" dia 17-km and 24" dia 6-km pipeline from Floating Storage Regasification Unit (FSRU) upto the Company's Transmission Hook-up point. The pipeline commissioning, followed a construction contract signed between EETL and SSGC on May 30, 2014, for constructing and laying the Pipeline from FSRU upto the Hook-up point. FSRUs are purpose-built LNG tankers that incorporate onboard equipment for the vaporization of LNG and delivery of high-pressure natural gas.

The landmark arrival of the FSRU follows the LNG Services Agreement (LSA) signed between SSGC and Engro Elengy Terminal (Pvt) Ltd. (EETPL) on April 30, 2014.

As per contractual obligations, EETPL was to construct an LNG import terminal, with a total capacity of importing 600 mmcf of fast track re-gasified LNG for the next 15 years. Since gas shortages on SNGPL's system are relatively more severe than in SSGC, allocation (2/3rd for SNGPL and 1/3rd for SSGC) has been made on the basis of available gas carrying capacity of transmission system through swap arrangement between both the gas utilities. The terminal was successfully built at a cost of US\$ 135 million, in a world record time of 335 days of signing with actual construction completed in 179 days. Pakistan State Oil (PSO) is another major player, responsible for purchasing LNG on behalf of the Government of Pakistan. China Harbour, on the other hand, carried out the important dredging and construction work to pave the way for the vessel's entry.

The commissioning of the terminal, the first of its kind in Pakistan, set the stage for injection of re-gasified LNG (RLNG) into SSGC's pipeline infrastructure. In the initial stage, the Government of Pakistan's plan is to inject 200 mmcf RLNG into SSGC's system, increase it to 325 mmcf upto October 31, 2015 and from November 1, 2015, transmit 400 mmcf from the existing LNG Terminal. ▶



In the initial stage, the prime beneficiaries will be power, fertilizer and CNG sectors. As per the LSA, SSGC will supply RLNG volumes to SNGPL through swap arrangements at different locations including Sawan, Zamzama and Sui gas fields.

SSGC has embarked on the construction of the 2nd RLNG Terminal which is expected to come on stream in July 2017. Furthermore, the Government is fully committed to support SSGC and SNGPL in their pipeline projects to bring added LNG of 1.2 bcf per day by mid-June 2017. In pursuit of this objective, a 42" dia., 358 km long pipeline of 1.2 BCF capacity from Karachi to Sawan and additional

compression will be planned, in order to deliver RLNG directly from Karachi to SNGPL network at Sawan.

Later in the day, SSGC management briefed the Minister for Petroleum and Natural Resources about various issues related to project components of LNG Pipeline Project-2. The main agenda of the meeting was to discuss status of projects needed to enhance the pipeline transmission capacity at SSGC's network, that include installing pipeline segments of 42" dia X 125 KM (Pakland Karachi to Hyderabad), 42" dia X 131 KM (Hyderabad to Nawabshah) and 42" dia X 82 KM (Nawabshah to Nara), Compression Station at Nawabshah and Nitrogen Blending.

The Minister gave a number of recommendations to expedite the procurement and commissioning processes.

Those who also participated in the briefing were Jam Kamal Khan, State Minister for P&NR, Dr. Miftah Ismail, Chairman and SSGC's Khalid Rahman, MD, Shoaib Warsi, DMD/COO, Abdul Majid Malik, SGM (Distribution-North), Amin Rajput, CFO, Fayyaz Merchant, SGM (Engineering Services), Asim Tirmizi, Project Director LNG, Mohammad Ahmed Siddiqui, GM (Procurement), Azam Akhtar, AGM (P&D), Syed Imran Ahmed, CM (CCD) and Major (R) Mohammad Ayaz, ACM (MD's Cell). ●



A view of FPSO from the captain's deck

## STATE MINISTER BRIEFED ON CSR PROJECTS

Jam Kamal Khan, Minister of State for Petroleum and Natural Resources, was given a comprehensive briefing on CSR initiatives undertaken by SSGC, during his visit to the company, on April 3, 2015.

Shahbaz Islam, AGM (Corporate Communications) apprised the Minister about the overall CSR-related projects for the year 2014-15 and also briefed him about the status of projects under implementation at Hub in District Lasbela.

A delegation from PSO was also present during the management's meeting with the Minister. Khalid Rahman, MD, SSGC, Shoaib Warsi, DMD/COO, Abdul Majid Malik, SGM (Distribution-North), Fayyaz Merchant, SGM (Engineering Services), Azam Akhtar, AGM (P&D), Malik Javed Hamoka, ADGM (IR) were also present on the occasion.

*The State Minister expressed his satisfaction over the progress of renovation work being carried out in Government Jam Yousuf Colony Boys Middle School, Govt. Boys Primary School, Goth Haji Muhammad Amin Shaikh, Elahaabad and Baldia Community Park.*

The State Minister expressed his satisfaction over the progress of renovation work being carried out in Government Jam Yousuf Colony Boys Middle School, Govt. Boys Primary School, Goth Haji Muhammad Amin Shaikh, Elahaabad and Baldia Community Park. The Minister was also briefed on the status of the renovation work to be carried out in Al-Haj Jam Ghulam Qadir Khan Cricket Stadium.

The State Minister was informed that SSGC, under the CSR initiative has been successfully running a scholarship program for students on merit-n-need basis.

SSGC has collaborated with different academic institutions in Sindh and Balochistan including MUET (Jamshoro), QUEST (Nawabshah), NEDUET (Karachi), IBA-Karachi, Sukkur IBA, IoBM (Karachi), BUIITEMS (Quetta) and CBEP (Quetta). ◻



Jam Kamal Khan, State Minister for P&NR being briefed on CSR projects by AGM (CCD)



PSO delegation and SSGC management led by the MD at the meeting



## MAJOR LEAP AGAINST A MAJOR CRIME

### Police station dedicated for cracking down on gas theft inaugurated



MD, SSGC and DIG Karachi West inaugurating the police station

The first-ever Police Station especially dedicated for penalizing miscreants involved in natural gas theft was jointly inaugurated by Feroze Shah, DIG Police (Karachi West) and Khalid Rahman, MD, SSGC on April 10, 2015. The police station set up by SSGC in North Nazimabad Karachi was the result of the Company's year long efforts aimed at curbing gas theft. Natural gas theft is one of the primary reasons behind Unaccounted for Gas (UFG), a phenomenon that has severely affected the Company's financial bottom-line. The police station will be responsible for conducting raids against gas thieves,

lodging FIRs, collecting evidence and presenting challans to the courts.

In their remarks, both MD, SSGC and DIG (West) expressed their utmost commitment in working together to control gas theft. While appreciating SSGC for taking a major step forward by setting up this police station, Sindh Police has gone a step ahead in showing its determination to expose the gas theft miscreants by coordinating with SSGC to regularly reveal their names and pictures in the media. The Police Station has been set up due to the efforts and constant patronage of Ghulam Haider Jamali, IG Sindh, Feroze Shah, DIG (West) and

Nauman Siddiqui, SSP Central. DG Rangers Major General Bilal Akhtar has also shown Pakistan Rangers' keenness to support the efforts of SSGC in bringing the gas thieves to book.

Also present on the occasion were Shoaib Warsi, DMD/COO, Major Mohammad Akhtar, (R) SGM (Management Services), Dr. Ejaz Ahmed, SGM (Customer Services), Lt. Colonel (R) Shoaib Ahmed Qureshi, AGM (Admin. /Security Services), Kashif Qadeer, DGM/Incharge (Customer Relations) and Col. Mohammad Saad, CM (Security Services). ◻



Senior management with DIG West; management and police officials praying for the project's success





## WOMEN HEALTH WEEK – 5 DAYS OF POSITIVE ACTIVITY

8<sup>th</sup> of March is celebrated as International Women's Day. The day acknowledges the achievements of women in various fields while calling for their greater equality. SSGC's Medical Services Department has always used such occasions to add value to the Company's human capital that comprises of many women employees. From March 9 to 13, 2015, the Department celebrated the occasion with a Women's Health Week by organizing a number of events especially for the female employees, at its facilities in Karachi.

The events were organized at different Company locations, including KT Sports Club, Head Office and City Clinic. The Health Week kicked off with an impressive inauguration ceremony held at the KT Sports Club. Khalid Rahman, MD, SSGC inaugurated the event and was taken on a guided tour of the exhibition hall by Dr. Munawar Hyat, ACMO (MS) and his team of doctors.

The MD met the personnel from the Medical Department and pharmaceutical companies who had set up info desks to disseminate vital information about major health issues such as anemia (deficiency of blood), breast and gynecological cancers, osteoporosis, depression and uro-gynaecology. The MD appreciated the Department for celebrating the week not just through fun-filled activities but by creating awareness about various medical conditions.

On the 10<sup>th</sup> of March, the second day of the Health Week, a group meeting was convened at City Clinic which was attended by patients with history of obesity issues. The meeting focused on women's health status in Pakistan. The participants also shared their experiences related to weight reduction while a few ladies exchanged recipes for fat-free diet.

An interactive talk show was arranged on the 12<sup>th</sup> of March at KT Sports Club which was attended by more than 100 ladies. Television celebrity Dr. Huma Mir was the chief guest who lauded the Medical Department for initiating such a healthy activity. Guest speakers Gynecologist Dr. Shabeen Naz Masood, psychiatrist Dr. Ayesha, nutritionist Ms. Azra Roohi and Dr. Shaheen Naz expressed their views on women's health issues.



MD briefed on publication material being provided to the visitors

They elaborated on the symptoms and treatment for breast cancer and stressed on the need for self-examination to identify the signs of the disease. Dr. Ayesha shared information about the prevalence of depression among the Pakistani females. Ladies were enthusiastic to know about various medical conditions and asked many relevant questions. The program concluded with a lucky draw and a quiz.

*The MD met the personnel from the Medical Department and pharmaceutical companies who had set up info desks up to disseminate vital information about major health issues such as anemia (deficiency of blood), breast and gynecological cancers, osteoporosis, depression and uro-gynaecology.*

On the 13<sup>th</sup> of March, a concluding session was held at the Head Office Auditorium. Mrs. Naushaba Khalid Rahman, the wife of the MD, was chief guest on the occasion. Gynecologist Dr. Tahira Yasmeen from the Agha Khan University Hospital was the guest speaker. She gave a comprehensive talk on common gynaecological cancers, their screening and prevention. In her speech, Mrs. Rahman said that she

found Dr. Tahira's talk highly informative, and appreciated the very idea behind organizing the health week.

A number of female employees as well as their family members visited the stalls set up at the KT Sports Club. They were not only briefed about health problems but were also provided with health awareness material. Bone mineral density (a test to rule out Osteoporosis) was measured. The visiting ladies also had their Body Mass Index checked in order to assess the obesity levels.

The Medical Department's lady diet counselor provided diet plans for individuals interested in reducing weight appreciably by following a strict diet regimen. A clinical psychologist was also at hand for counseling people with psychological problems. In addition, a counselor, specializing in uro-gynaecology advised the ladies on coping techniques.

Facility for on-spot screening for Hepatitis B and C was also available. Face painting and mehndi tables were also set up to enrich the festive environment. Furthermore, many indoor games and puzzles were arranged for the entertainment of the visitors. All in all, it was a week brimming with fun and knowledge. ◉

**Courtesy:** Dr. Areeba Ahmed (Gynaecologist)



# Women's Health Week



Scenes from the Women's Health Week celebrated at different company offices in March 2015

## ANOTHER FIRE AND SAFETY EXCELLENCE AWARD FOR SSGC



Commissioner Karachi presenting the trophy to AGM (HSE&QA); HSE&QA team with the trophy and memento

SSGC was conferred with the 5th Fire and Safety Award at a simple yet impressive ceremony held on March 18, 2015 at Marriott Hotel, Karachi. The Awards ceremony was organized by National Forum for Environment in collaboration with Health and Fire Protection Association of Pakistan.

Jamshed Qureshi, AGM (HSE&QA) received the Award on behalf of the

Company from Shoab Siddiqui, Commissioner Karachi. Organizations implementing excellent Fire and Safety management system were also presented with awards. Also present on the occasion were Amir Mumtaz Khan, ASGM (General Services), Ali Ahmed, CM (HSE&QA) and other executives and engineers of the department.

SSGC became eligible for this Award by virtue of its good practices of Fire and

Safety procedures implemented in the Company, in accordance with internationally recognized HSE Management system, based on OHSAS 18001:2007 standards. This Fire and Safety award is a matter of great pride for SSGC and a recognition of health, safety and environment initiatives taken by the Company. ◻

**Courtesy:** HSEQA Department

## CRD Task Force conducts major raids

Customer Relations' Department conducted a major raid on blatant gas theft in Micasa Apartment in Gulshan-e-Iqbal, Karachi on March 25, 2015.

The Task Force found out that some 150 flats were involved in using gas through direct line. The team estimated that 6,885 mcf gas was being stolen. In monetary terms, this stolen gas amounts to Rs. 2.25 million.

On March 31, 2015, the Task Force conducted yet another crack down in Shah Latif Town in National Highway. The raids were undertaken in a number of Goths in the area including Jatoi Goth, Dur Mohammad Goth and Shah Latif Town Sector 25-A and 25-B. The Task Force disconnected more than 2,000 PVC and rubber pipes. The team estimated that more than 92 mmcf gas was being stolen with impunity, which in monetary terms amounts to Rs. 2.25 million.



Task Force team conducting raids in different areas of Karachi; TF head Nawab Ali Shah briefing media during one of the raids

On the 6th of April, another raid was conducted at Zehra Arcade in Buxshan Village in Gizri where they discovered that gas was being illegally supplied to the flat owners using five fake domestic meters. The flat owners were taking gas

directly through rubber pipe from main gas line. The team removed all rubber pipes and disconnected all illegal connections. ◻

**Courtesy:** CRD

## MD HOLDS MEETING WITH CNG STAKEHOLDERS



MD holding talks with the stakeholders; CNG and Petroleum delegation with the MD and team



A delegation from CNG and Petroleum Dealers Association led by its Chairman Abdul Sami Khan met Khalid Rahman, MD, SSGC at his office in March 2015. Mr. Khan was accompanied by Association's Malik

Khuda Baksh and Abdul Haseeb Khan.

Mr. Khan congratulated Mr. Rahman on his appointment as the MD and wished him success in his new capacity. He expressed hope that like his

predecessors, the new MD would be accommodating and fair-minded. The MD assigned Amir Mumtaz Khan, ASGM (General Services) as focal person for coordinating with the Association on CNG issues. ●

## New vehicle inducted in Hyderabad's CRD fleet

A new vehicle for gas emergency centre in Hyderabad was inducted into the fleet of 1199. Syed Pir Muhammad Shah, ACM CRD North handed over the keys to Sr. Engineer Saeed Memon, Incharge 1199 Hyderabad. Idrees Abbasi, DM (CRD) was also present on the occasion. ●



## SAFE DRIVING CAMPAIGN REVEALS MANY INTERESTING FACTS

In March 2015, HSE&QA ran a 'Drive Safe Campaign' at the Head Office. The main objective of this activity was to promote awareness and reinforce on the company employees to adopt basic safe driving habits.

Data collected during this campaign revealed many facts that are enough to raise eyebrows requiring immediate attention from all concerned. Driving and approaching the main entrances of HO building from the wrong side, driving without seat belts and at times adopting a casual and sarcastic attitude when cautioned on these safety issues are some of the Department's observations.

It is important to realize that when SSGC employees are on the road they are the Company's brand ambassadors. If we do not abide by traffic rules, God forbid we might face a tragic mishap.

Besides other safety issues, HSE&QA's main observation was that a lot of drivers take the wrong track. Around 7% of four wheelers and almost over 90% of two wheelers conveniently take wrong track, i.e. they approach from the direction of Civic Centre during peak hours. This is a serious matter and must be stopped immediately, as this practice is causing a real nuisance during peak hours of office timings, and is also a potential safety risk to company's employees and other vehicles on the road.

Necessary support for this campaign was accorded from the Security Services and Corporate Communication Departments. ●

**Courtesy:** HSE&QA



HSE personnel checking the car drivers to see if they are wearing seat belts

## New CP station commissioned in Sanghar

The gas pipeline network was extended at Shahdadpur-Sanghar Road. In this connection, new Cathodic Protection Station equipped with Thermo Electric Generator was installed on 6" dia Sanghar supply main. The system was commissioned and inaugurated on March 26, 2015 by Naik Muhammad Shaikh, CE/In-charge (Cathodic Protection) Hyderabad, along with Manzoor Hussain, DCM (CP) and Abdul Fatah Solangi, Engineer (CP). ●



## Haj and Yatra balloting held at the Head Office

**S**SGC Officers Association (SSGOA) organized annual Hajj and Yatra balloting for 2015 at the Head Office on September 20, 2015. Shoaib Warsi, DMD/COO was the chief guest. A large number of Company executives and employees witnessed the balloting. Fasih Azhar, GM (HR) and office bearers from SSGOA including Shahabuddin Siddiqui, General Secretary and Irfan Jafri, President and CBA (PLU) representatives also took out the names of the lucky draw winners.



### Hajj Balloting - Successful employees

- 1 Shafqat Ali Mirani, Asst. Manager, Khairpur, Customer Relations
- 2 Zahoor Ahmed, Engineer, Ghotki
- 3 Nabi Bux Umrami, Executive (Billing), Usta Muhammad,
- 4 Masood Ahmed, Deputy Manager, Hyderabad, Customer Relations
- 5 Ghulam Yasin, Deputy Manager (Billing), Kandhkot.
- 6 Anwer Ali, Deputy Manager (Sales), Khairpur
- 7 Rehman Akhter, Chief Engineer (Electrical), Karachi Terminal
- 8 Fida Hussain, Stores, Karachi Terminal
- 9 Ali Akbar, Deputy Chief Engineer, Rehabilitation-Central.



### Seniority basis – Successful employees

- 1 Iqbal Sultan, Chief Manager (IT), Head Office
- 2 Najma Mumtaz, Manager (Sales), Hyderabad.
- 3 Saleem Sheikh, DGM (Procurement), Head Office

### Yatra – Successful employees

- 1 Nirmal Das, Engineer, Distribution Maintenance, Karachi SITE.
- 2 Chander Bhan, Chief Engineer, Motor Transport Shop West, Karachi SITE.
- 3 Mohan, Asst. Manager (Billing), Sanghar. ◻

**Courtesy:** Syed Irfan Ali Jafri, President, SSGOA



## INSIDE SECTION IV (REPEATER STATION JHAMPIR TO KARACHI TERMINAL)

### Contributed by:

Zawwar Hussain, Manager (GIS-IT), Head Office- Karachi and  
Sohail Ahmed, Engineer-Operations, HQ Section-IV, KT- Karachi, Sindh.



Bird eye view with MVA of Transmission Structure of Repeater Station Jhampir

In 1955, engineers and technicians accomplished a great engineering milestone in Pakistan by laying the first 16" diameter ILBP High Pressure Gas Transmission Pipeline from Sui

(Baluchistan) to Karachi (Sindh) stretching to a total of 347.5 Miles (558 KMs) Network.

The total length of network is 3567.86

KMs all over Sindh and Balochistan for supply of natural gas to domestic and industrial consumers of their two provinces.

## Distinguishing features of Section-IV Department KT

Section-IV is the first Section which will transmit initially 400 MMCFD RLNG from 6.5 KMs 24" dia. and 17 KMs 42" dia. line to supply gas to entire SSGC network from Main Valve Assembly Pak Land. 70 percent of total transmitted purchased gas sold in Section-IV jurisdiction through 19 SMS Supply Gas to entire Karachi city including domestic and industrial consumers (i.e, SITE Industrial Area, Korangi Industrial Area, Hub Industrial Area and Bin Qasim Industrial Area) approximately load 889 MMCFD.

Karachi is the industrial hub and responsibility of Section-IV Department is to ensure transmission of uninterrupted gas supply for all industrial and domestic

consumers.

Even through 80 percent area of Section-IV exists in thick populated urban area it is difficult to maintain SSGC acquired ROW encroachment free in the presence of political parties and land grabbers. However, due to the efforts of Section Incharge and his team of Executives and Employees including CE(ILBP), DGM(T) and GM(T) KT, the difficult task was made possible.



LNG work in progress at the Pakland Main Valve Assembly

Section-IV is the only Section that has more than one Right of way (ROW) i.e. ILBP, IRBP, Interlink and FJFC for 10 Main Pipelines. There is no Down Stream existing in this Section.



Operation Engineer Mr Sohail Ahmed Inspect the Transmssion SKID at SMS-II at Karachi Terminal, Section IV; Satellite based Geomatics Surveying and mapping for development of corridor ROW-Right-Of-Way of Transmission Pipeline Network at Section IV near CPS-MP-292



SSGC's Main Pipelines segregates into three segments:

- ILBP = Indus Left Bank Pipe Line.
- IRBP = Indus Right Bank Pipe Line.
- QPL = Quetta Pipe Line.

### 1. ILBP

In ILBP, 60 feet acquired Right of Way (ROW) passes through three Main Pipelines (i.e. 16" dia. ILBP, 20" dia. Kadanwari and 24" dia. Sanghar-Karachi MPLs) including Head Quarters (HQ-1 Sukkur, HQ-2 Nawabshah, HQ-3 Hyderabad and Section-IV KT).

### 2. IRBP

In IRBP, 60 feet acquired Right of Way (ROW) passes through three Main Pipelines (i.e. 18" dia. IRBP, 20" dia. IRBP CEP and 24" dia. Bajara MPLs) including Head Quarters (HQ-Sui, HQ Shikarpur, HQ Dadu and Section-IV KT).

### 3. QPL

In QPL 40 feet acquired Right of Way (ROW) passes three high pressure gas transmission pipelines (i.e. 12" dia. QPL, 18" dia, 20" dia. and 24" dia. QPCEP) starting from HQ-Shikarpur including Head Quarters (HQ-Sibi & HQ-Quetta).

## Operational Jurisdiction of Section-IV for Operational and Maintenance Jobs:

### 1. 16" DIA ILBP MPL:

16" dia. ILBP MPL started from RS-4 MP-284¼ to SMS KT MP-347½ end.

### 2. 20" DIA KADANWARI MPL:

20" dia. KDN MPL started from RS-4 KMP-320 to SMS Malir KMP-410 end.

### 3. 24" DIA SANGHAR – KARACHI MPL:

24" dia. MPL started from RS-4 KMP-320 to SMS Pak Land KMP-386+963 end.

### 4. 18" DIA IRBP MPL:

18" dia. IRBP MPL started from Karchat V/A KMP-370 to SMS KT KMP-500 end.

### 5. 20" DIA IRBP CEP MPL:

20" dia. IRBP CEP MPL started from Karchat V/A KMP-387 to SMS Malir KMP-505 end.

### 6. 24" DIA BAJARA – KARACHI MPL:

24" dia. BJR MPL started from Karchat V/A KMP-387 to SMS KT KMP-517 end.

### 7. 18" DIA INTERLINK MPL:

18" dia. Interlink MPL interconnected between 16" dia ILBP MPL and 18" dia IRBP MPL started from SMS Khadeji KMP-00 to SMS Pak Land KMP-21+500 end.

### 8. 20" DIA, 24" DIA FJFC & 24" DIA FFBQL MPLs:

20" dia., 24" dia FJFC & 24" dia FFBQL MPLs started from SMS Pak Land KMP-00 to SMS FJFC KMP-05 end.

All the above ground structures in the section are taken care by the Operations team of the Transmission Department, which every month visits each and every installation of the section, spread over the entire pipeline network and check every installation for any abnormality and take remedial actions as per ground situation.

Maintenance of ROW and keeping it jeepable throughout the year is very important as there are many installations in the pipeline network which can only be approached through them. Further, during an emergency on pipeline, ROW is the only approach in most of the cases. Due to growth of population and spreading of cities in all direction our

operational team is regularly facing and fighting menace of ROW encroachment. They have to be very vigilant during routine vehicle patrolling and takes immediate actions themselves and if required through the Civil Administration.

The integrity of the buried structures is the responsibility of Corrosion Prevention section of Transmission Department. CPS (Corrosion prevention Stations), Solar TEG (Thermo Electric Generator), and TR (Transformer Rectifier ) are installed all along the length of High Pressure Pipeline for supplying just the right amount of DC current to the pipeline for prevention of corrosion. CP section regularly takes PSP (Pipe to Soil Potential) of the entire Network, this data

is the basis of any further repair and maintenance activity of the buried pipelines.

A Point of Delivery (POD) Sari / Hundi at KMP-430 RS Sari, custody transfer of Gas takes place through 8" dia. pipeline from producer (OGDCL) to SSGC.

Section-IV also has distinguishing characteristics from the Geographical point of view. There are 23 Nadi and Nalas existing in Section-IV jurisdiction. Emergency is imposed in hurricane and monsoon seasons due to these geographical changes because water flows towards sea with full swing and there is also severe threat of sand lifting activity in Section-IV territory. ▶



## MAIN PIPELINES

### LENGTH OF MAIN PIPELINES IN SECTION-4 JURISDICTION

#	MAIN PIPELINES	Length in KMs	Construction Date
1	16" dia. ILBP MPL	63.25 Miles (102 KMs)	1955
2	20" dia. KDN MPL	90 KMs	1995
3	24" dia. Sanghar-Karachi MPL	66 KMs	2005
4	18" dia. IRBP MPL	130 KMs	1977
5	20" dia. IRBP CEP MPL	118 KMs	1992
6	18" dia. Interlink MPL	21+500 KMs	2003
7	20" dia. FJFC MPL	05 KMs	1995
8	24" dia. FJFC MPL	05 KMs	2002
9	24" dia. FFBL MPL	05 KMs	2006
10	24" dia. Bajara MPL	130 KMs	2007
	<b>Total Length</b>	<b>672.5 KMs</b>	

### IMPORTANT STATS

1	Pipeline Length.	672.5 KMs
2	Right of Way (ROW) Length.	258.5 KMs
3	Main Valve Assemblies (MVAs).	40
4	Corrosion Prevention Stations (CPS).	16
5	Sales Meter Stations (SMSs).	19
6	Flyover Crossing.	01
7	Point of Delivery (PODs).	01
8	Repeater Stations (RS).	04
9	Pig Launchers & Receivers.	15
10	By Pass Valves.	08
11	Nadi / Nalas	23



Scrubbers at SMS-II at Karachi Terminal, Section IV Transmission department

Note: In The Flame issue of January 2015 Vol. 85, the name of co-author Zawwar Hussain, Manager (GIS-IT) was inadvertently left out from the article "HQ-Shikarpur" (pages 29-30). The error is regretted.

# CONNECTIVITY AND BEYOND

## Nauman S. Khan, AM (CCD) looks at Pakistan's growing TELCO market

*With the advent of 3G spectrum auction last year in Pakistan, the digital platform across the country has witnessed notable changes across all sectors. There have been visible changes in smart phone accessibility and enhanced communication paradigms. At the same time, this ground breaking development has inspired new digital entrepreneurs and telcos. This article will highlight some of the telecom indicators which have attained tremendous success.*

### Tele-density

Telephone density or Tele-density is the number of telephone connections for every hundred individuals living within an area. It varies widely across the nations and also between urban and rural areas within a country. Tele-density is one of the foremost indicators of a country's telecom outlook. Total Tele-density of the country reached at 76.7% in January 2015. Cellular mobile sector is the most important part of the telecom profile of Pakistan as it constitutes the major part of overall Tele-density figure.

The total mobile subscribers at the end of FY2014 stood at 136.4 million but is expected to go further down in the coming months though due to the biometric verification system which is being placed by the government. This decline in subscription base is likely to be termed as a correction for telcos which will not only eradicate illegal usage of connections for the purpose of crime and delinquency but will help in transparency and better traceability of the owners.

### 3G/4G subscribers

As we embark on the journey to the next era of enhanced connectivity, as expected the 3G/4G spectrum rollout has kindled the need for smart phones and 3G/4G enabled devices. Consumers and especially the rising young population across the country now feel the necessity for long-drawn-out facilities. Since the rise of the 3G/4G spectrum in June 2014, the number of subscribers is unceasingly rising and currently there are about 10 million users across Pakistan acquiring services from 5 TELCOS. Although this number accounts to only 8% of the total mobile subscribers, this number is expected to rise up to 20% by next year. The ambitious targets set by TELCOS only reflects the staggering growth rates they are achieving.



### Good for business?

Global firms are more inclined towards making investments in a market where workforce becomes more educated and qualified since there is a great talent of skillful professionals and aspiring entrepreneurs in the market. The local marketplace is in turn boosted, leading the aspiring entrepreneurs to establish platforms which support employment opportunities and new digital start-ups, socioeconomic growth is also wedged. E-commerce and shipping dynamics will also be revamped and would offer more convenience and awareness to newly acquired subscribers about the services offered.

Upcoming e-commerce giants such as rocket internet has seen an astounding growth in the last few years and rise in their profitability which has helped it to acquire its nearest rivals EatOye and Urbanite. For telcos induction of 3G/4G services will not only boost its declining ARPU (Average revenue per user) but will bring in foreign direct investment (FDI) into the country. For i.e. TELCOS have collectively committed more than \$2 billion in investments to expand their services across the country other than the spectrum fees obtained by the government. Pakistan not only enjoys some of the lowest call rates offered by telcos but with the availability of cheaper smartphones and easy to access VAs (Value added services) such expediency which is only possible in a perfect competitive Telco environment each fighting for the best market share

### Government's role

It is worth noting that the government has always been proactive in terms of augmentation and improvement of the TELCO sector since the last decade till date with the recent steps of biometric

verification, successful roll-out of 3G/4G services last year. Pakistan not only enjoys some of the lowest call rates offered by telcos but with the availability of cheaper smartphones and easy to access VAs (Value added services) such expediency which is only possible in a perfect competitive Telco environment each fighting for the best market share.

This is due to better monitoring and control of Ministry of IT and Telecommunication over the market players ensuring a smooth transition in the industry. The Government is also committed to provide basic telephony and data services in several remote areas of Pakistan under USF (Universal Service Fund) with the help of all TELCOS as well as the National ICT R&D Fund which aims to support research and development projects proposed by industry and academia, this fund which is contributed in the form of certain percentage of gross revenue generated by all TELCOS in Pakistan.

### The Future

Whilst the subscription of 3G/4G user is on a rise and so is the profitability of TELCOS and rise of government's revenue in its exchequer. Some major developments are expected in the near future including the SEA-ME-WE-5 submarine Cable landing which will help deliver ultra-broadband capacity and faster speed to consumers and businesses. Possible auction of unsold (one 10Mhz block in 2100Mhz and another 7.38Mhz in 850Mhz band) 3G/4G spectrum services in the near future, growth of digital platforms and new startups, strengthening of cyber laws in the country and fluctuating market share of TELCOS will be some of the prospects to look out in the future. ◻

## ENERGY SNAPSHOT



*The Flame's editorial team is always striving to ensure that the readers continue to broaden their horizons. Hence the reason behind restarting this session. Every month, we will inform you of not just developments on the local energy front but also in the international arena. And if there is a new innovation with a future potential, trust us to cover it every month.*

## Transnational Pipelines

### TAPI CONSTRUCTION TO BEGIN THIS YEAR: TURKMEN PRESIDENT

Turkmenistan President Gurbanguly Berdimuhamedov has said that the \$10 billion TAPI gas pipeline project will begin this year. He said this during a meeting with external affairs minister Sushma Swaraj at the presidential palace at Ashgabat on April 8, 2015. During the meeting, the two countries sought to step up collaboration in the energy sector and fertiliser production. Swaraj, who co-chaired the fifth

India-Turkmenistan Inter-Governmental Joint Commission on Trade, Economic, Scientific and Technological Cooperation with her Turkmen counterpart Rashid Meredov, termed the meeting as a "preparatory" meeting session, prior to Prime Minister Narendra Modi's first visit to this country in July 2015.



### CHINA TO BUILD PIPELINE FROM IRAN TO PAKISTAN: FOREIGN PRESS



Foreign publications including The Wall Street Journal and Tehran Times reported that China will build a pipeline

to bring natural gas from Iran to Pakistan to help address Pakistan's acute energy shortage, under a deal to be signed during the Chinese president's upcoming visit to Islamabad. Foreign media reports that the arrival of President Xi Jinping is expected to showcase China's commitment to infrastructure development in ally Pakistan, at a time when few other countries are willing to make major investments in the cash-strapped, terrorism-plagued country. The pipeline

would amount to an early benefit for both Pakistan and Iran from the framework agreement reached earlier this month between Tehran and the U.S. and other world powers to prevent Iran from developing nuclear weapons. The U.S. had previously threatened Pakistan with sanctions if it went ahead with the project. "We're building it," Pakistani Petroleum Minister Shahid Khaqan Abbasi said. "The process has started."

## Safety standards

### OFFSHORE OIL AND GAS OPERATIONS SAFER THAN EVER

Advances in technology, standards and practices in the last five years have made America's offshore oil and natural gas industry safer than ever, API President and CEO Jack Gerard said this April. "Our goal is zero accidents and zero spills," said Gerard. "Our daily commitment is one of constant improvement until that goal becomes reality. The millions of men and women

who work in our industry – and all Americans whose lives are powered by oil and natural gas – deserve no less." Gerard highlighted a number of actions the industry has taken, which began immediately after the Macondo incident in 2010 with a comprehensive review of existing practices to improve accident prevention, intervention and response.



## Sustainability

### DUBAI TO REDUCE CARBON FOOTPRINT

Dubai is among the world's leaders in the promotion of sustainable energy as it steadily works to diminish its vast carbon footprint, according to the CEO of the Dubai Carbon Centre of Excellence (DCCE). The DCCE was founded in January 2011 by an agreement between the Dubai Supreme Council of Energy and the UN Development Programme, with the mission of facilitating Dubai's transformation into a low carbon economy. The UAE has one of the largest

carbon footprints in the world. According to the 2015 UAE State of Energy Report, in 2010 the UAE produced just under 20 tonnes of CO2 emissions per person, a 63 per cent increase from 2000. According to DCCE statistics, water and electricity generation accounts for 33 percent of all greenhouse gas emissions in the UAE, followed closely by public and private road transportation, which is responsible for 22 percent.



## Financials

### MAJOR REFINERIES ANNOUNCE RESULTS

The Attock gro-up took the lead in coming up with quarterly results for the period ended March 31, 2015. Major announcements on Monday came from Pakistan Oilfields (POL); Attock Petro-leum (APL); Attock Refinery (ATRL) and National Refinery (NRL). POL announced 9MFY15 earnings of

Rs7.4 billion that turned into earnings per share (eps) at Rs31.14 down 27pc year-on-year (YoY) from Rs10.1bn (eps Rs42.7) in the same period last year. Decline in earnings was primarily due to Rs2.8bn (dry well cost) booked in 2QFY15 and falling oil prices and was in line with market expectations.



## New Innovation

### WORLD'S FIRST LAGOON POWER PLANTS UNVEILED IN UK

The six lagoons - four in Wales and one each in Somerset and Cumbria - will capture incoming and outgoing tides behind giant sea walls, and use the weight of the water to power turbines. A £1bn Swansea scheme, said to be able to produce energy for 155,000 homes, is already in the planning system.

Energy Secretary Ed Davey says he wants to back the project. The cost of generating power from the Swansea project will be very high, but the firm behind the plan says subsequent lagoons will be able to produce electricity much more cheaply.

It says the series of six lagoons could generate 8% of the UK's electricity for an investment of £30bn. As well as Swansea, the proposed lagoon sites are Cardiff, Newport, and Colwyn Bay in Wales; Bridgwater in Somerset; and West Cumbria.

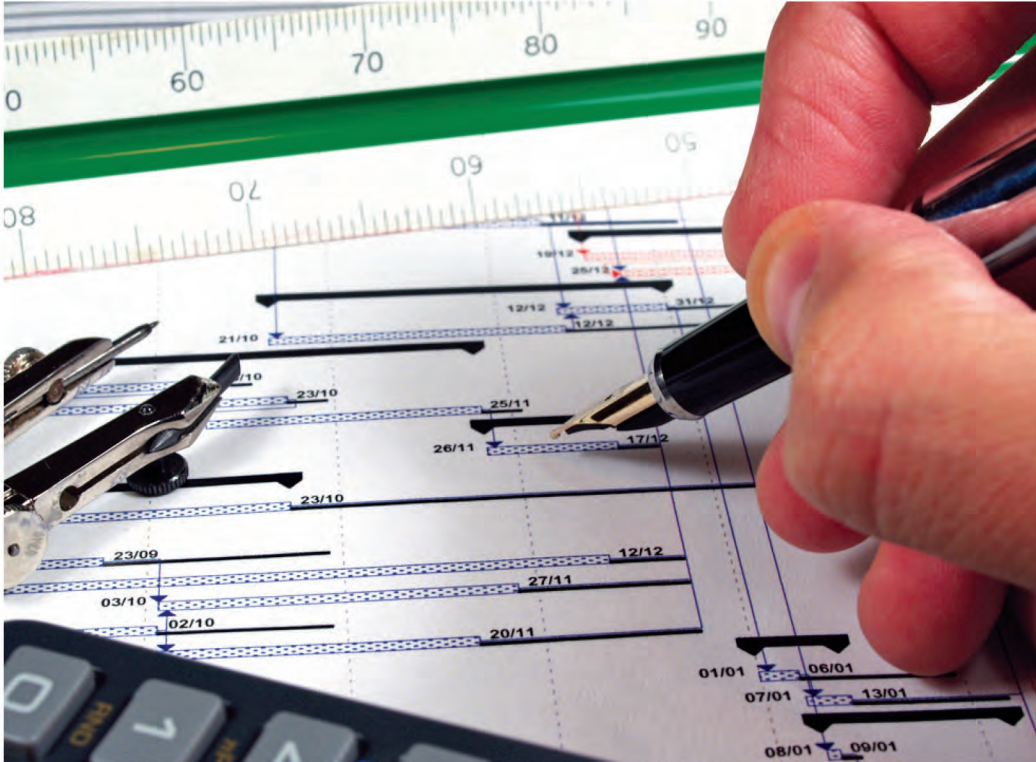
Each will require engineering on a grand scale. In Swansea, the sea wall to contain the new lagoon will stretch more

than five miles and reach more than two miles out to sea. The Cardiff lagoon could include up to 90 turbines set in a 14-mile (22km) breakwater around Cardiff Bay and could generate power for about 14 hours each day. A planning application

for the project is expected in 2017. If approved, it could be generating power by 2022.



## GAS DISTRIBUTION PROJECT PORTFOLIO MANAGEMENT – HELPING MAKE RIGHT DECISIONS



SSGC's IT department, in collaboration with Gas Distribution (South Division) has implemented a Project Portfolio Management Application (Rational Focal Point) which facilitates Engineers in automating the processes from selection of potential Pipeline Rehabilitation Project to the Project Closing phase. Rational Focal Point is a web-based, 100% configurable application digitizes Distribution department working and power up its processes.

### What challenges does this application solve?

#### 1. Lack of project prioritization.

Prioritizing the project portfolio in Distribution Department is difficult without a razor-sharp tool. The management must be able to compare the value that individual projects add to the SSGC, and all projects costs, simply and reliably.

#### 2. Static Information Sources

Static information such as MS Excel, Word, and Lotus Notes make it time-consuming to gather information and create a

project overview and does not allow management to compare project proposals or prioritize projects according to general criteria.

#### 3. Effective Project Scheduling and Budgeting Processes

#### 4. Effective Project Risk Process

#### 5. Effective Project Stakeholder Communication Process.

### What results can management create with application?

#### 1. Faster decisions with the top-down principle

This application lets management act quickly to make the right decisions in business environments that are changing ever faster. This application is based on the top-down principle: implementation starts at the top of the Distribution Division, not the bottom. With just 5% of total project information, the

management is equipped to determine whether a project is in line with the Company's strategic focus.

#### 2. Reduced Complexity, increased flexibility

#### 3. Focus on value creation

#### 4. Easy to get started

### Key features of the application

- Distribution Segments Creation
- Customer identification of the segments
- UFG computation
- Underground leaks measurement on various pressure operating pressure
- Cathodic Protection status of the segments
- Overhead, Underground gas leak survey and rectification results of the segments
- Meter replacement data of customers and its Impact
- Selection of Distribution segments for Rehabilitation

- Preparation of Pipeline Rehabilitation schemes
- Prioritization of Rehabilitation Schemes based on strategic value, risk and payback period.
- Tracking status of scheme approval process.
- Pipeline Rehabilitation Projects Execution and progress monitoring
- Role based customized reports and Dashboard displays.

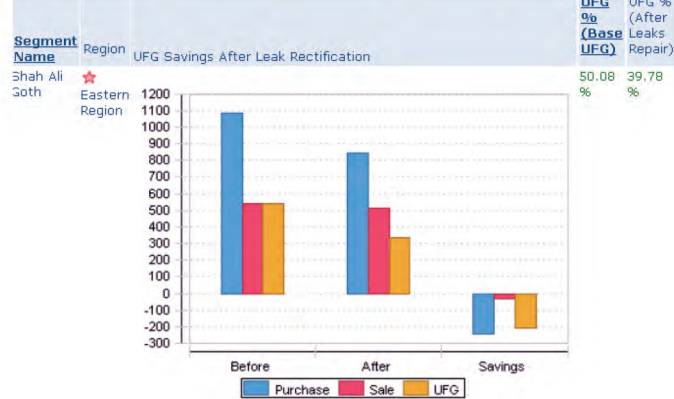
Contributed by Aziz Channa (IT Department)

## Underground Gas Leak Survey &amp; Rectification Result

Title	Total Network Surveyed	Total Leak Points Found	Total Leaks rectified {Mains}	Total Leaks rectified {STP}	Total Leaks rectified {STJ}	Total Leaks Rectified	Total Expected UFG Volume Saving Year-To-Date
Eastern Region	103 KMs.	420 Nos.	286 Nos.	226 Nos.	99 Nos.	601 Nos.	97,412.791666667
Central Region	5 KMs.	13 Nos.	16 Nos.	6 Nos.	3 Nos.	25 Nos.	3,575
Western Region	10 KMs.	133 Nos.	10 Nos.	4 Nos.	2 Nos.	16 Nos.	1,671.666666667

## Overhead Gas Leak Survey &amp; Rectification Results

Title	Total No of Customers Surveyed	Total Connections found leaky	Total Connections repaired	Total Leak points repaired {HP}	Total Leak points repaired {LP}	Total Expected UFG Volume Saving {Year To-Date}
Eastern Region	6,086 Nos.	5,087 Nos.	5,087	2,599 Nos.	10,339	88,476.38 Nos.
Central Region	215 Nos.	215 Nos.	215	13 Nos.	219	1,271.36 Nos.
Western Region	0 Nos.	0 Nos.	0	0 Nos.	0	0 Nos.

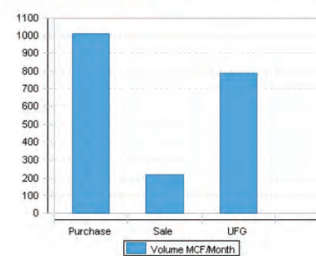


## UFG Measurement

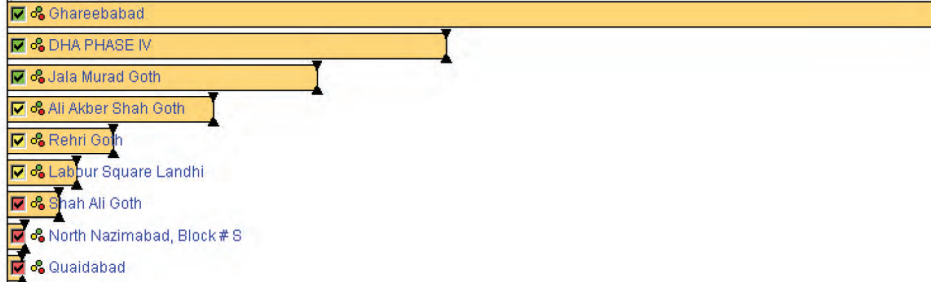
## Karachi Eastern Region

Segment Name	System Operating Pressure (Base UFG)	UFG % (Base UFG)
Jala Murad Goth	8 PSIG	78.23 %

## Base UFG Measurement Chart



## UFG Savings



## PROJECT PRIORITIZATION

## Which Project will save more gas?

<b>Ali Akber Shah Goth</b> Segment Name: Ali Akber Shah Goth UFG % (Base UFG): 55.81 %	<b>Rehri Goth</b> Segment Name: Rehri Goth UFG % (Base UFG): 55.65 %
<b>North Nazimabad, Block # S</b> Segment Name: North Nazimabad, Block # S UFG % (Base UFG): 23.25 %	<b>Shah Ali Goth</b> Segment Name: Shah Ali Goth UFG % (Base UFG): 50.08 %

## Distribution Segments created in Karachi Eastern Region

Display > Karachi East

Display

- Karachi East
- Karachi Central
- Karachi West

Reports

- Shah Ali Goth
- Rehri Goth
- Jala Murad Goth
- Ali Akber Shah Goth
- Quaidabad
- Labour Square Landhi

**Rehri Goth**

Segment Name: Rehri Goth  
 Segment Creation Date: 17/06/14  
 Last Changed Date: 06/04/15  
 SMS: 9002-FJFC  
 TBS Name: Rehri Goth  
 Project Manager: Abdul Sattar Shaikh

**EXISTING NETWORK SIZE OF THE SEGMENT NETWORK**

Type of Network: Steel and PE  
 Total steel+PE network (existing): 111.659 KMs.



## CC&B Training for Hyderabad CFCs



Training on "CC&B Application" was arranged at GTI Hyderabad for the entire team of CFCs of Hyderabad and Nawabshah Regions in March 2015. CRD's Siraj Ahmed and Nusrat Abbasi imparted the training.

This workshop was unique in a sense that besides executives, non-executives

were also allowed to attend this training program to develop a sense of ownership amongst them.

Role playing was one of the ingredients of the training program. Trainers faced difficult questions from actual front desk representatives who confront different types of customers. The participants and

the trainers shared personal experiences that made the workshop quite a learning experience.

Management Trainee Syed Saad Aziz deftly coordinated this training program with GTI and the participants.

## Surface Preparation, Coating and Painting Techniques

Naik Muhammad Shaikh, Chief Engineer/Incharge (Cathodic Protection-Hyderabad) conducted a workshop on "Surface Preparation, Coating and Painting Techniques" for Hyderabad-based executives in February 2015.

He explained the concepts through photos and videos and demonstrated practically surface preparation of steel gas pipes, types of coating types and painting techniques. This course was useful for engineers involved in the operation and maintenance of pipelines.



## EVC Regulator and Meter Tampering Identifications

GTI Hyderabad arranged a two-day training session on EVC Regulator and Meter Tampering Identifications. The session was conducted by former SGM Mr. Aminullah Khan in February 2015.



## How to Please a Customer

External Trainer Sitwat Naeem conducted a 2-day training session on 'Customer Facilitation for Customer Services.'



## Gas Distribution Management Software

Aziz Channa (IT Department) conducted a 2-day training

session on 'Gas Distribution Management Software'. Nisar Ahmed

Shaikh, GM (Distribution-Lower Sindh) distributed certificates.

## Fundamentals of Basic English

Veteran SSGC engineer Jahangir Channa conducted a 2-day

Training Program at GTI Hyderabad on Fundamentals of Basic English for the

subordinate staff.

## Maintenance of CMS

A 2-day training on "Maintenance of Customer Meter Station" was

successfully conducted by Najmal Baig Mughal at RO-Larkana on March 19-20,

2015. Subhan Ali Dasti, RM (Larkana Region) distributed certificates.

## SUPERANNUATIONS – EXECUTIVES

Name	Designation	Department/ Division	Place of Posting	Retirement Date
Mr. Muhammad Umer Qadri	DCM	P&D	Head Office	26/02/2015
Mr. Ariz Muhammad Larik	Chief Manager/ Zonal Manager	Distribution	Nausheroferoze	01/03/2015
Ms. Aziz Bano Soomro	Manager	Legal Services	Head Office	02/03/2015
Mr. Azeem Ahmed Siddiqui	Assistant Manager	CRD	Gulshan-e-Iqbal	14/03/2015
Mr. Iqbal Hussain	DCM	Stores	Karachi Terminal	15/03/2015

## In memory of

- Hafiz Mohammad Anwar Mahesar, DCE (Services) - HQ3 – March 2015
- Mother of Saeed Rizwan, DCM (LG Department) – March 2015
- Mother of Noman Asif, CE (S&M) - March 12, 2015
- Mother of Farooq Memon, Sub Zonal Manager Tando Mohammad Khan, Distribution Department – March 2015
- Wife of Zafar Dawood Qambrani, Supervisor (S&M) and former Vice President, CBA (PLU) – March 24, 2015



## PICTORIAL COVERAGE

### Highlighting energy projects

Shoaib Warsi, DMD/COO, SSGC being interviewed by the editorial board of Energy Update on gas distribution issues including demand-supply gap, fast track LNG import and other gas-related matters at his office on April 6, 2015.



### Veterans given resounding farewell

Veterans who have spent a huge part of their lives serving SSGC are recognized and given farewell with enthusiasm along with smiles of hope for their future. Such an event was held at the head office in March 2015 in which veteran Abrar Hussain of Transport Section was given a warm farewell in a modest yet memorable ceremony.



### Umar Qadri bids farewell to SSGC

SSGC veteran Umar Qadri bid farewell to SSGC after serving it illustriously for more than 41 years. Mr. Qadri started his career on 28 June 1974 as a typist of multiple languages. For most part of his career, he ably served in the P&C Department. From 1986 to 1989, he also served in the Finance Department. His last assignment was in the P&D Department where he worked for three months. On February

25, 2015, P&D Department gave a befitting farewell to Mr. Qadri with a luncheon in his honour.



### Estanara Institute



Estanara Institute runs an empowerment project for women with disabilities by offering them beautician courses so that they can earn honest and honorable livelihood. On February 25, 2015 the CSR unit comprising of CM-CCD Muhammad Ali Gohar, Shaheen Imam (AM) and Mahwish Waseem (Management Trainee Officer) visited the Estanara Institute facility where they monitored the activities of the institute for need assessment purposes.



## For a worthy cause

Alamgir Welfare Trust is one of Pakistan's reputed welfare organizations. The management of the Trust invited CCD's

Shahbaz Islam (AGM) as a chief guest at a ceremony to distribute sewing machines among the underprivileged

women. Muhammad Ali Gohar, CM-CCD was also present on the occasion.



## Earth hour

In March 2015, the CCD team participated in an event organized by WWF Pakistan in Karachi to launch the Earth Hour initiative.



## Auction at Stores Department

Transparent disposal of Company's assets has always been assured at SSGC. In this regard, an auction was conducted by the Stores Department on March 28, 2015 where IT

related items, Battery and plastic parts meters were disposed off in an organized and transparent manner through auction.



## Eat Healthy, Live Longer

### Making healthy food choices

- Lots of non-starchy vegetables
- Whole-grain foods
- Fish 2 to 3 times a week
- Lean cuts of beef
- Remove skin from chicken and turkey
- Non-fat dairy products
- Water, unsweetened tea, coffee, and calorie-free "diet" drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats- Limited quantities
- Ask your diabetes care team how many fruits a day are right for your meal plan.

### Diabetes and healthy eating

- Good diabetes self-care means following your meal plan and keeping track of what you eat and drink
- Eat a variety of foods in the right amounts
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, Trans fat and sodium.



## STANDING UP FOR A CLEAN ENVIRONMENT

The World Wide Fund (WWF) for Nature is an international non-governmental organization founded on April 29, 1961, and is working on issues regarding the conservation, research and restoration of the environment. SSGC and WWF together have joined hands as partners in the past in pursuing a cleaner and safer environment for Pakistan's future. The Company has, for quite sometime, been mobilizing WWF's activities as part of its CSR activities. On April 5, 2015, SSGC took part in the WWF Nature's Carnival to join WWF's in its vision to promote cleaner environment.

SSGC set up a booth at the Expo Centre

which remained the hub of fun-filled activity for children and even parents for most part of the day. Throughout the day SSGC's booth was a center of attraction for students of various age groups as it had video presentations, quiz competitions and awareness sessions. The level of interaction were also high as youth was specifically interested in SSGC's social media platforms of Facebook and Twitter which was on display in the plasma screen as well. SSGC's volunteers also interacted with the crowd and educated them on various gas conservation issues and created awareness on various challenges our country faces today in terms of energy crisis and its probable solutions.

Amongst the organizers from the Corporate Communications were team leader, Muhammad Ali Gohar, CM(CCD-CSR), Assistant Managers Danish Javed, Nauman Saeed Khan and Shaheen Imam, MTOs Syed Uzair Haider and Mahvish Waseem and Executive Zubia Sadiq. Shahbaz Islam, AGM (CCD), Salman A. Siddiqui (DGM-CCD), along with CCD team members also visited the booth throughout the day and appreciated the festivity generated out there. On the whole, more than 2,000 people visited the booth. The activity turned out to be viral on social media as it was being updated live throughout the day. ●



SSGC's booth was a hub of activity all day long

## Academic Achievements



**Saqlain Haider Mari** s/o Akhlaque Hussain Mari (Suprintendent Billing Office Nawabshah) secured A-1 Grade in Class VI, from Al-Karim Public School Daur, District Shaheed Benazirabad.



**Ahmed Ali** s/o Riaz Ahmed (Supervisor Electrical Section) Services Department at HQ-3 Hyderabad secured A+ grade, acquiring 98% marks in his Class 1 final exams 2015 from The Educators School Hyderabad.



**Batool Umrani** d/o Fazal Ahmed Umrani, Engineer Distribution, SSGC Quetta, passed her Class 5 Annual Examination, 2014 in Grade A (88%) from Lahore Grammar School, Quetta.



**Abdul Quddos** s/o Nazeer Ahmed Channa (Superintendent CRD) Pano Aqil passed his Class 4 final examination, securing 2nd position with 92% marks from Dawn Kids Garden School, Pano Aqil.



**Hamza Khan Umrani** s/o Fazal Ahmed Umrani, Engineer Distribution, SSGC Quetta, passed his Annual Examination, 2014 in Class 3 in Grade A+ (95%) from Lahore Grammar School, Quetta.



**Abdul Sami** s/o Nazeer Ahmed Channa (Superintendent CRD) Pano Aqil passed his Class 4 final examination, securing A-1 grade with 90% marks from Dawn Kids Garden School PanoAqil.



**Ganesh** s/o Greesh Kumar (Senior Engineer) P&C department Karachi, secured A+ grade in his acquiring 96.6% marks in his final examination 2015 from the Haracks School, Karachi.



**Noor-ul-Ain** d/o Usman Ali Shaikh, Engineer, CRD Department, Head Office, secured 2nd position in her Class 5 final examination 2015 from The Educators School Karachi.



**Noor-e-Nazar** d/o Abid Ali, Supervisor Welding, secured 98.2% marks in her final examination 2015.



**Maria Parveen** d/o Imdad Ali Bhutto, Supervisor, NGEP/DSM SITE Karachi secured 99.07% in her Class 4 final examination 2015, acquiring first position in her class from The Cowasjee School at NED University Karachi.



**A. Waris** s/o Abdul Ghaffar of Regional Office Hyderabad passed his Class 2 Examination in Grade A+ (98%) from Eden Grammar School, Hyderabad.



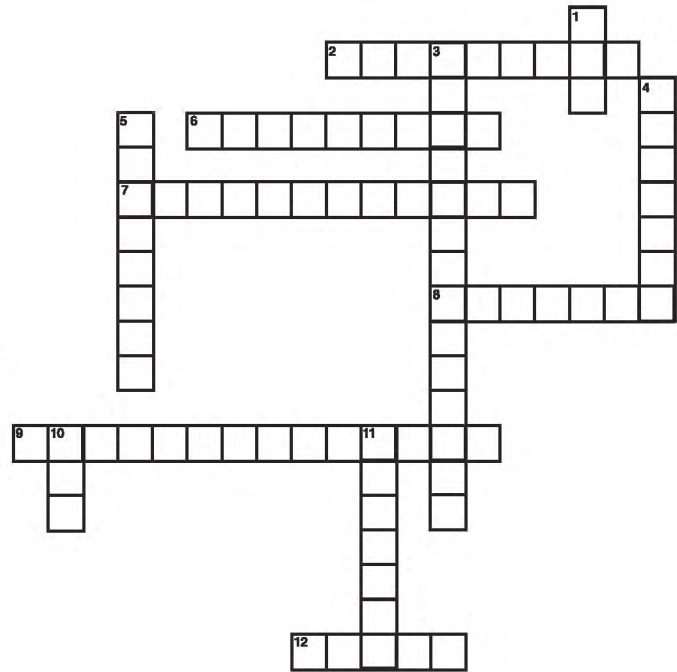
# C R O S S W O R D

## Across

- 2- Meters are rigged this way
- 6- Gas fields eventually lead to it
- 7- A method which can reduce wastage of gas
- 8- Customers have to do this monthly
- 9- Ensures uninterrupted supply of gas
- 12- A social criminal act

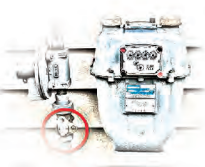
## Down

- 1- Hope for the future to meet energy needs
- 3- Must be enhanced for better company performance
- 4- Done by the IT department to give a pictorial view of the SSGC transmission and distribution systems
- 5- We have to do to enhance efficiency
- 10- Gas that does not get billed for various reasons
- 11- If seen/spotted by a customer, must be reported to 1199 immediately





The top 5 winners of this crossword will be given prizes, to be drawn from a lucky draw. Names of all the winners will be published in the next issue of The Flame. The last date for entries is May 15. You can either mail it or email: [syed.imran@ssgc.com.pk](mailto:syed.imran@ssgc.com.pk)

Answers in the next issue



# BEWARE





SSGC is on the move against  
**GAS THIEVES**

The "Criminal Law (Amendment) Act 2011" has strengthened SSGC's stance against gas theft. Raids are being conducted on gas thieves and culprits are being taken to task by lodging FIRs against them. Names and details of those involved in gas theft will soon be published in all leading newspapers.

In order to avoid severe punishments and public embarrassment, gas thieves are advised to refrain from such heinous activities which may lead to imprisonment of up to ten years and imposition of fines up to Rs. 5,000,000.


**Being a responsible citizen we request you to kindly report gas theft at 1199 or your nearest Customer Facilitation Centre, if you see one.**



**Sui Southern Gas Company Limited**

[www.ssgc.com.pk](http://www.ssgc.com.pk)

Kindly report gas theft on this email: [gas.theft.info@ssgc.com.pk](mailto:gas.theft.info@ssgc.com.pk)



# 5 TYPES OF TOXIC EMPLOYEES (AND HOW TO DEAL WITH THEM)

Dealing with uncooperative employees can be a real pain. Good managers have the ability to recognize the problem-makers and turn them into productive workers. Now I'm

not going to say every difficult employee can be turned into super-star. Most can at best be turned into a manageable, usable, 'worth having' type of worker. Although, some employees are just bad

eggs. They bring down the team, are a poison in the workplace. These types of employees need to be cut, and cut fast.

## THE MARTYR



The polar opposite of the slacker may seem like an employer's dream, but a worker who insists on doing everything themselves can cause their own serious set of problems. Not just a hard worker, the Martyr also wants to let everyone know what they are sacrificing for the job. They may have control issues, or may be working too hard to prove themselves, but they bring an imbalance to the team, foster unrest in the ranks, and are at risk of burnout.

### Worst Traits of the Martyr

- Doesn't know his/her limits
- Complains often/nonconstructive attitude
- Comes to work when sick and infects everyone else
- Undermines the confidence of teammates
- Prone to burnout

### Martyr Antidotes

- Enforce delegation
- Foster a collaborative rather than competitive workplace
- Encourage taking paid time off
- Introduce stress management measures
- Incentivize teamwork over individual effort



## THE SOCIOPATH



An estimated 4% of the population meets the clinical definition, but even without a diagnosis, an employee with sociopathic tendencies can leave a trail of destruction and discord wherever they go. They poison the atmosphere and create a hostile environment for everyone else. One disruptive employee can ruin the morale, cohesion and effectiveness of an entire team, and if placed in a customer facing role they can cause serious damage to your reputation and your bottom line.

### Worst Traits of the Sociopath

- Bullying behavior
- Disregard for protocol
- Issues with authority
- Interpersonal problems
- Manipulation and sabotage

### Sociopath Antidotes

- Provide a safe and supportive environment
- Take employee complaints seriously
- Enforce strict antibullying policies
- Trust your instincts
- Carefully document negative behaviors



## THE SLACKER



Finding ways to avoid working at work is a full time job for this toxic type. Like the Hot Mess, they are a major drain on everybody else's time, energy, and enthusiasm. Slackers are happy to let everybody else pick up the slack, and don't seem to care what other team members or their managers think of them. If they can get away with it, they will.

### Worst Traits of the Slacker

- Low motivation
- Lack of regard for deadlines
- Bad timekeeping
- Wasting time online
- Absenteeism

### Slacker Antidotes

- Uncover hidden resentments
- Provide clear expectations
- Demand accountability
- Impose unscheduled visits and reviews
- Recognize and reward effort



## THE HOT MESS



Incompetent, erratic, and unreliable, the Hot Mess can tank productivity and energy for the whole team. Nobody likes to see someone struggling, but constant appeals for help and an over-reliance on other people to clean up or correct mistakes can quickly bring projects to a crawl and cause widespread frustration. Whether they don't know how to do their job or just aren't able to, they bring everybody down with them.

### Worst Traits of the Hot Mess

- Learned helplessness
- Disorganization
- Lack of credibility
- Passivity
- Resistance to change

### Hot Mess Antidotes

- Offer extra training
- Introduce improvement plans
- Foster awareness with frequent check-ins
- Provide support
- Encourage screening for ADD and related issues



## THE SOCIALITE



Funny, entertaining, and everybody's best friend, the socialite treats their job as if it's his/her own personal party or stage every day. Whether on the phone or around the watercooler, gossip and chat are the first priority. While fun and fellowship have their spot in the workplace, the socialite takes things too far. When most billable hours are taken up with conversation and endless coffee breaks, this charismatic employee turns toxic.

### Worst Traits of the Socialite

- Loud and distracting
- Lack of focus
- Immature approach to work
- Unprofessional affect
- Fans office drama

### Socialite Antidotes

- Provide regular redirection
- Define social times and activities for staff
- Be clear about appropriate behavior
- Harness communication skills
- Channel interpersonal energy



# دی فلیم

مارچ ۲۰۱۵

## فہرست

- ۲ تاریخ ساز ایل این جی کی پاکستان آمد
- ۳ گیس چوروں کے خلاف کارروائیاں کرنے کے لیے خصوصی پولیس اسٹیشن کا قیام
- ۴ خواتین کا ہفتہ صحت۔ مثبت سرگرمی کے پانچ دن
- ۴ گیس چوروں کے خلاف سی آر ڈی عملہ کے بڑے چھاپے
- ۵ ہیڈ آفس میں تقریب قراءت نمازی برائے حج اور یاترا کا انعقاد

## ایڈیٹر کے قلم سے

پاکستان کو درپیش توانائی کا بحران طویل عرصے پر محیط ہے۔ پاکستان کے انرجی سیکٹر کا ایک اہم ستون، سوئی سدرن گیس کمپنی نے ہمیشہ کوشش کی ہے کہ اس کی خدمات کا دائرہ کار لاکھوں شہریوں تک وسیع کیا جائے۔ طلب و رسد کے خلاء کو پورا کرنے کیلئے گورنمنٹ کی جانب سے کی گئی مختلف تدابیر میں سے LNG ایک ایسا حل تصور کی جاتی ہے جو کہ پاکستان کے انرجی سیکٹر کو درپیش مسائل کے حل میں مددگار ثابت ہوگی۔

مارچ 2015 پاکستان کی تاریخ میں عظیم کامیابی کا نشان ہے، جب پہلا LNG کیریئر "ایکسکوٹ" پاکستان کی سمندری حدود میں روشن کل کی امید کے ساتھ داخل ہوا۔ منصوبے کی کامیابی کے بارے میں کوئی فخریہ اندازہ قبل از وقت ہوگا مگر یہ امر یقینی ہے کہ یہ درست سمت کی جانب ایک قدم ہے، کیونکہ بلا رکاوٹ توانائی کی فراہمی معیشت کی ترقی کی ضامن ہے۔ خیال یہ ہے کہ اس غیر متزلزل اور دور رس نگاہ کے ذریعے وطن عزیز کے توانائی کے مسائل جلد حل کر لئے جائیں گے۔

اپنی آراء ہمیں اس پتے پر ارسال کریں

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## تاریخ ساز ایل این جی کی پاکستان آمد

26 مارچ 2015 کو چلڈنول کا کارگو لانے والے پہلے ٹینکر کی آمد کے ساتھ ہی پاکستان ایل این جی کی درآمد کرنے والی اقوام کے کلب کا ممبر بن گیا۔ بلجیم کا پرچم بردار ایم وی ایکسکوٹزٹ کراچی پورٹ قاسم کے ساحلوں پر 147,000 کیوبک میٹرز یا تقریباً 60,000 ٹن فاسٹ ٹریک ایل این جی لے کر لنگر انداز ہوا۔ دو دن بعد، 28 مارچ 2015 کو وفاقی وزیر برائے پیٹرولیم اور قدرتی وسائل شاہد خاقان عباسی نے پاکستان کے سب سے پہلے ایل این جی ٹرینٹل کا افتتاح کیا۔

افتتاحی تقریب کا انعقاد اینگرو پاک ٹرینٹل لمیٹڈ (EVPL) کی جانب سے ایم وی ایکسکوٹزٹ پر کیا گیا۔ جس میں وزیر مملکت برائے پیٹرولیم اور قدرتی وسائل جام کمال خان، سوئی سدرن کے چیئرمین ڈاکٹر منجھو اسماعیل، سوئی سدرن کے چیفنگ ڈائریکٹر جناب خالد رحمن، اینگرو کارپوریشن کے چیف ایگزیکٹو افسر علی الدین انصاری، چیئرمین پورٹ قاسم اتھارٹی آغا خان اختر، EVPL کے چیف ایگزیکٹو افسر شیخ عمران الحق دیگر متعلقہ اعلیٰ افسران بشمول سوئی سدرن کے ڈپٹی چیفنگ ڈائریکٹر/ چیف آپریشنل آفیسر شعیب وارثی، سوئی سدرن کے سینئر جنرل نیچر (انجینئرنگ سروسز) فیاض مرچنٹ اور مختلف حکموں کے سربراہان اور ملازمین شامل تھے۔ میڈیا کے نمائندوں کی بڑی تعداد کو بھی جہاز کے معائنے کے لئے دورے پر لے جایا گیا۔

ایک طویل انتظار کے بعد ایل این جی کی آمد ملک میں گیس کی طلب و رسد کے بڑھتے ہوئے فرق میں کمی کرنے کی جانب ایک اہم قدم ہے۔ پاکستان کو ان دنوں یومیہ 2,000 ملین میٹرک کیوبک فیٹ گیس کی کمی کا سامنا ہے کیونکہ ملک کی کل یومیہ پیداوار 4000 ملین میٹرک کیوبک فیٹ ہے جبکہ طلب یومیہ 6000 ملین میٹرک کیوبک فیٹ ہے۔ ری گیسیفائیڈ نیٹیل ایل این جی (RLNG) کی مسلسل فراہمی پاکستان کی موجودہ بجلی کی پیداواری صلاحیت میں اضافے کے سلسلے میں معاون ثابت ہوگی۔ جبکہ بجلی کی پیداوار کیلئے درآمد کئے جانے والے مینگے ایندھن پر انحصار میں بھی کمی آئیگی۔ ایل این جی صاف ستھری، کم قیمت اور زیادہ استعداد رکھنے والا متبادل ایندھن ہوگی جس سے انرجی کی حفاظت اور توسیع یقینی ہوگی۔

سوئی سدرن ایک فلوٹنگ اسٹوریج ری گیسیفیکیشن یونٹ (FSRU) سے کینی کی ٹرانسمیشن ہک پوائنٹ تک "142 انچ قطر کی 17 کلومیٹر اور "24 قطر کی 6 کلومیٹر طویل پائپ لائن بچھانے کے ایک منصوبے میں ایل این جی ٹرینٹل (پرائیویٹ) لمیٹڈ کی مددگار بھی ہے۔ یہ پائپ لائن EETL اور سوئی سدرن کے درمیان 30 مئی 2014 کو ایک تعمیری معاہدے پر دستخط کے نتیجے میں بچھائی جا رہی ہے جس کا مقصد FSRU سے سوئی سدرن ٹرانسمیشن ہک پوائنٹ تک تعمیر اور پائپ لائن بچھانا ہے۔ FSRUs خاص مقصد کیلئے بنائے گئے ایل این جی ٹینکرز ہوتے ہیں جن پر ہائی پریشر قدرتی گیس کی ترسیل کیلئے ساز و سامان شامل ہوتا ہے۔ FSRU تک رسائی کا سنگ میل 30 اپریل 2014 کو سوئی سدرن اور اینگرو ایل این جی ٹرینٹل (پرائیویٹ) لمیٹڈ کے درمیان طے پانے والے ایک معاہدے ایل این جی سروسز ایگریمنٹ (LSA) کے تحت طے پایا



میٹرک کیوبک فیٹ کی ترسیل ہوگی۔

ابتدائی مرحلے میں بنیادی طور پر مستفید ہونے والے تین اہم سکٹرز میں پاور پلانٹ، کھاد بنانے والے اور کپریسڈ قدرتی گیس (سی این جی) کے اسٹیشنز ہوں گے۔ ایل این جی سروس ایگریمنٹ (LSA) کے مطابق سوئی سدرن آریل ایل این جی کی مقدار سوئی نادرن گیس پائپ لائن کو مبادلہ کے انتظامات کے ذریعے مختلف مقامات بشمول ساون، زمزمہ اور سوئی گیس کی فیلڈز کو بہم پہنچائے گی۔

سوئی سدرن نے دوسرے آریل ایل این جی ٹرینٹل کی تعمیر کا آغاز کر دیا ہے، جس کی تکمیل جولائی 2017 تک متوقع ہے۔ مزید براں گورنمنٹ، سوئی سدرن اور سوئی نادرن گیس پائپ لائن لمیٹڈ (SNGPL) کے ساتھ 2017 کے وسط تک اضافی یومیہ 1.2 ملین کیوبک فیٹ ایل این جی لانے کیلئے ان کے مستقبل کے منصوبے میں تعاون کیلئے پر عزم ہے۔ اس مقصد کے حصول کیلئے "142 انچ قطر کی 358 کلومیٹر طویل 1.2 ملین کیوبک فیٹ گنجائش کی حامل پائپ لائن کراچی سے ساون تک بچھائی جائے گی اور کراچی سے براہ راست ساون میں سوئی نادرن گیس پائپ لائن لمیٹڈ کے نیٹ ورک پر ایل این جی کی فراہمی کیلئے اضافی کپریٹیشن کا منصوبہ بنایا جائے گا۔

بعد ازاں سوئی سدرن انتظامیہ نے وزیر برائے پیٹرولیم و قدرتی وسائل کو ایل این جی پائپ لائن پروجیکٹ کے 2- کے منصوبے کے اجراء کے متعدد مسائل کے بارے میں تفصیلات سے آگاہ کیا۔ مینگے کا اہم ایجنڈا ان ضروری عناصر پر گفتگو کرنا تھا۔ جس کے ذریعے سوئی سدرن کے نیٹ ورک

ہے۔ معاہدے کی شرائط کے تحت EETPL کو اگلے پندرہ سال کیلئے یومیہ 600 میٹرک کیوبک فیٹ کی فاسٹ ٹریک ری گیسیفائیڈ ایل این جی کی کل درآمدی گنجائش رکھنے والا ایل این جی امپورٹ ٹرینٹل بنانا تھا، چونکہ گیس کی کمی سوئی سدرن کے مقابلے میں سوئی نادرن گیس پائپ لائن کے سٹم میں مقابلتا زیادہ شدید ہے۔ اس لئے ٹرانسمیشن سٹم میں دستیاب گیس گزرنے کی گنجائش کی مناسبت سے ایک ایلیکشن (سوئی نادرن کیلئے 2/3 اور سوئی سدرن کیلئے 1/3) بنائی گئی ہے۔ جس سے دونوں گیسوں کا استعمال بتا دالے کے ذریعے ممکن ہے۔

یہ ٹرینٹل 135 ملین ڈالر کی لاگت کے ساتھ کامیابی سے تعمیر کیا گیا جو کہ معاہدے کے مطابق 335 دنوں میں تعمیر ہوا تھا لیکن 179 دنوں میں اس کی تعمیر نے ایک عالمی ریکارڈ قائم کر دیا۔ گورنمنٹ آف پاکستان کی جانب سے ایل این جی کی خرید کا ایک اہم ذمہ دار پاکستان اسٹیٹ آئل (PSO) بھی ہے۔ دوسری جانب بندرگاہ پر جہاز کے داخلی راستے کو صاف کرنے کیلئے اہم ڈریجنگ کے ذریعے صفائی اور تعمیری کام بھی کیا گیا۔ اس ٹرینٹل کا قیام پاکستان میں اپنی نوعیت کا پہلا پروجیکٹ ہے جو سوئی سدرن کی پائپ لائن نیٹ ورک کے بنیادی ڈھانچے میں ری گیسیفائیڈ ایل این جی کی شمولیت کیلئے بنایا گیا ہے۔ ابتدائی مرحلے پر حکومت پاکستان کے منصوبے کے مطابق سوئی سدرن کے سٹم میں یومیہ 200 ملین میٹرک کیوبک فیٹ ایل این جی داخل کی جائے گی، اور 31 اکتوبر 2015 تک یومیہ 325 ملین کیوبک فیٹ تک کا اضافہ کیا جائے گا، اور یکم نومبر 2015 تک موجود ایل این جی ٹرینٹل سے یومیہ 400 ملین



فیاض مرچنٹ، جنرل نیجر (پروکیورمنٹ) محمد احمد صدیقی، اسسٹنٹ جنرل نیجر (پلاننگ اینڈ ڈویلپمنٹ) اعظم اختر، ای ایم (سی سی ڈی) سید عمران احمد، ای ایم (ٹیکنگ ڈائریکٹرز سیل) سمیر (ریٹائرڈ) محمد ایاز اور پروڈیکٹ ڈائریکٹر عاصم ترمزی شامل تھے۔

سلسلے میں کئی مشورے بھی دیے۔ جن دیگر لوگوں نے بریفنگ میں شرکت کی ان میں وزیر مملکت برائے پیٹرولیم اور قدرتی وسائل جام کمال خان، چیئر مین ڈاکٹر مفتاح اطمین، ٹیکنگ ڈائریکٹر خالد رحمن ڈپٹی ٹیکنگ ڈائریکٹر/چیف آپریشنل آفیسر شعیب وارثی، سینئر جنرل نیجر (ڈسٹری بیوشن - تارھ) عبدالماجد ملک، چیف فنانشل آفیسر امین راجپوت، سینئر جنرل نیجر (انجینئرنگ سروسز)

میں "42 انچ قطر کی طویل پائپ لائن (پاک لینڈ کراچی سے حیدرآباد) اور 125 کلومیٹر طویل، 131 کلومیٹر (حیدرآباد سے نواب شاہ) اور 82 کلومیٹر (نواب شاہ سے نار) پائپ لائن چھائی جائے گی نیز کمپنیشن اسٹیشن (نواب شاہ) پر پائپ لائن کے حصوں کی تنصیب اور ٹرانزیشن کی آمیزش سے پائپ لائن کی ترسیل گنجانش میں اضافہ کیا جائے گا۔ وزیر پیٹرولیم و قدرتی وسائل نے ان تمام منصوبوں کی جلد از جلد تکمیل کے

## گیس چوروں کے خلاف کارروائیاں کرنے کے لیے خصوصی پولیس اسٹیشن کا قیام



گیس چوروں کے خلاف موثر اور فوری کارروائی کرنے کی غرض سے قائم کیے جانے والے پہلے پولیس اسٹیشن کی افتتاحی تقریب 10 اپریل 2015 کو منعقد ہوئی۔ اس پولیس اسٹیشن کا افتتاح مشترکہ طور پر فیروز شاہ، ڈی آئی جی (غربی) اور خالد رحمن، ای ایم ڈی سوئی سدرن گیس نے کیا۔ یہ پولیس اسٹیشن سوئی سدرن گیس اور پولیس کے اعلیٰ حکام کے تعاون سے ناظم آباد میں پولیس کے سٹریٹجیٹک سینیٹر کی حدود میں قائم کیا گیا ہے۔ سائی سدرن گیس گزشتہ ایک برس سے اس طرز کے خصوصی پولیس اسٹیشن کے قیام کے لیے کوشاں تھی جس کے ذریعے گیس چوری کے سلسلے میں کئی کی جاری کارروائیوں کو مزید موثر بنایا جاسکے۔

گیس کی چوری کا عنصر کئی کے ترسیلی نقصانات میں اضافے کا ایک بنیادی اور اہم سبب ہے جس کی وجہ سے ادارے کو بڑی مقدار میں مالی نقصان کا سامنا کرنا پڑ رہا ہے۔ اس نوعیت پر پولیس اسٹیشن کے ذریعے اب تیز رفتاری کے ساتھ گیس چوروں کے خلاف چھاپے، طرمان کے خلاف ایف آئی آر کا اندراج، اس چوری سے متعلق شواہد کا جمع کیا جانا اور عدالتوں میں سرعت کے ساتھ مقدمات کا پیش کرنا آسان ہو جائے گا۔

افتتاحی تقریب میں سوئی سدرن گیس کے ای ایم ڈی اور ڈی آئی جی ضلع غربی نے اپنے خطاب میں اس چوری کی کثرت پر قابو پانے کے سلسلے میں باہم مل جل کر کارروائی کرنے کی ضرورت پر زور دیا۔ پولیس چیف نے اس عہد کا اعادہ کیا کہ گیس چوروں کے خلاف کی جانے والی کارروائیوں کی خبریں اور تصاویر کو میڈیا کو جاری کرنے کا سلسلہ جاری رکھا جائے گا۔ انہوں نے بتایا کہ اس پولیس اسٹیشن کے قیام کے سلسلے میں غلام حیدر جمالی، آئی جی پولیس سندھ اور نعمان صدیقی، سینئر سپرنٹنڈنٹ پولیس سینٹرل نے قابل قدر کارروائی کی ہے۔ ڈائریکٹر جنرل ریجنل، سمیر جنرل بلال اختر نے بھی ان چوروں کے خلاف کی جانے والی کارروائیوں میں اپنا مکمل تعاون فراہم کرنے کا وعدہ کیا ہے۔

افتتاحی تقریب میں سوئی سدرن گیس کے ڈی ایم ڈی شعیب وارثی، نیجر ریٹائرڈ محمد اختر، سینئر جنرل نیجر (ایم ایس) ڈاکٹر اعجاز احمد، سینئر جنرل نیجر سمر ویز، ہیڈ کوارٹرز، شعیب احمد قریشی، ای ٹیکنگ جنرل نیجر سکورٹی اینڈ ایڈمن سروسز اور دیگر عہدے داران بھی موجود تھے۔



## خواتین کا ہفتہ صحت - مثبت سرگرمی کے پانچ دن



8 مارچ کو خواتین کے عالمی دن کے طور پر منایا جاتا ہے۔ اس دن ان کے مسائل کو مد نظر رکھتے ہوئے ان کے مختلف شعبوں میں کارناموں کو سراہا جاتا ہے۔ سوئی سدرن کے میڈیکل سروسز ڈپارٹمنٹ نے خواتین ملازمین پر مشتمل کمپنی کے انسانی سرمائے کی اہمیت کو اجاگر کرنے کیلئے ایسے مواقعوں کو ہمیشہ استعمال کیا ہے۔ 9 مارچ سے 13 مارچ 2015 تک میڈیکل ڈپارٹمنٹ نے کراچی میں مختلف مقامات پر متعدد تقریبات کے ذریعے خواتین کے حوالے سے ہفتہ صحت منایا۔

اس ہفتے کے دوران کمپنی کے تین مختلف مقامات بشمول کے ٹی اسپورٹس کلب، ہیڈ آفس اور سیٹلنگ پریکٹس کی تقریبات کا انعقاد کیا گیا۔ ہفتے کا آغاز کے ٹی اسپورٹس کلب میں ایک شاندار افتتاحی تقریب سے کیا گیا۔ سوئی سدرن کے فینٹک ڈائریکٹر خالد رحمن نے تقریب کا افتتاح کرنے کے بعد ڈاکٹر منور حیات اور کئی لیڈی ڈاکٹرز کے ہمراہ ہال کا دورہ کیا۔ جہاں صحت سے متعلقہ بڑے مسائل جیسا کہ اینٹی بیاہ (خون کی کمی)، بریسٹ اور گائناکالوجیکل کیمرز، اوٹیبو پروس، ڈیٹی ٹاؤ اور یوروگنا کالوجی کے حوالے سے اہم معلومات سے آگاہی کیلئے میڈیکل ڈپارٹمنٹ اور مختلف دواساز کمپنیوں کے اسٹال لگائے گئے تھے۔ فینٹک ڈائریکٹر نے ڈپارٹمنٹ کی جانب سے اس ہفتے کو منانے پر سراہا جس کا مقصد خاص طور پر خواتین کو طبی صورتحال سے آگاہی فراہم کرنا تھا۔ ہفتہ صحت (ہیلتھ ویک) کے دوسرے دن 10 مارچ کو سیٹلنگ پریکٹس ایک اجتماعی میٹنگ کا اہتمام کیا گیا جس میں مٹاپے کے شکار مریضوں نے شرکت کی، میٹنگ کا مقصد پاکستان میں خواتین کی صحت پر توجہ مرکوز کرنا تھا۔ شریک خواتین نے وزن کم کرنے سے متعلق تجربات کا بھی ذکر کیا اور کچھ خواتین نے چکنائی سے پاک غذائی ترکیب بتائیں۔

12 مارچ 2015 کو کے ٹی اسپورٹس کلب میں ایک ٹاک شو کا انعقاد کیا گیا۔ تقریباً 100 خواتین نے اس پروگرام میں شرکت کی۔ ماہر امراض نسوان ڈاکٹر شبنم ناز مسعود، ماہر نفسیات ڈاکٹر عائشہ اور ماہر غذائیت مس عذرا دروٹی مقرر مہمان تھیں۔ ٹیلی ویژن کی ممتاز شخصیت ڈاکٹر ہامیر اس موقع پر مہمان خصوصی تھیں۔ ڈاکٹر شبنم ناز نے خواتین کی صحت سے

متعلق مسائل کے بارے میں اپنے خیالات کا اظہار کیا۔ انہوں نے خصوصی طور پر بریسٹ کیمر کی علامات اور اس کے علاج کی وضاحت کی اور خواتین میں بیماری کی علامات کی نشاندہی کیلئے خود تھکس کی ضرورت پر بھی زور دیا۔ ڈاکٹر عائشہ نے پاکستانی خواتین میں ڈیٹی دیاؤ کے بڑھتے ہوئے رجحان کے حوالے سے اپنے خیالات کا اظہار کیا۔ مس عذرا دروٹی نے صحت مند خواتین کیلئے صحت مند انداز زندگی کی ضرورت سے متعلق گفتگو کی خواتین طبی صورتحال سے متعلق معلومات سے آگاہی کیلئے پر جوش تھیں۔ انہوں نے کئی متعلقہ سوالات پوچھے۔ پروگرام کا اختتام قرعہ اندازی کے ذریعے انعامات کی تقسیم سے ہوا۔

13 مارچ کو ہیڈ آفس آڈیٹوریم میں ایک اختتامی اجلاس منعقد ہوا۔ فینٹک ڈائریکٹر کی اہلیہ محترمہ نوشابہ خالد رحمن اس موقع پر مہمان خصوصی تھیں۔ آغا خان یونیورسٹی ہسپتال کی ماہر امراض نسوان ڈاکٹر طاہرہ یاسمین مقرر رہنما تھیں۔ انہوں نے عام گائناکالوجیکل کیمرز، ان کی اسکریننگ اور روک تھام کیلئے مفصل گفتگو کی۔ مہمان خصوصی محترمہ نوشابہ خالد رحمن اپنی گفتگو میں ڈاکٹر طاہرہ کی تقریر کو انتہائی معلوماتی قرار دیتے ہوئے اور

اس سلسلے میں ہفتہ صحت کے انعقاد کو سراہا۔

خواتین ملازمین کی بڑی تعداد کے علاوہ ان کے فیملی ممبرز نے بھی کے ٹی اسپورٹس کلب میں قائم اسٹال کا دورہ کیا۔ انہیں نہ صرف صحت سے متعلق معلومات فراہم کی گئیں بلکہ اس سلسلے میں آگاہی سے متعلق مواد بھی فراہم کیا گیا۔ یون منرل ڈیفینسی (اوسٹیو پروس خارج کرنے کا ٹیسٹ) ٹیسٹ بھی کیا گیا۔ آنے والی خواتین نے بھی موٹاپے کی جانچ کیلئے اپنا وزن چیک کروایا۔ میڈیکل ڈپارٹمنٹ کی ماہر غذائیت نے شریک خواتین کیلئے مختلف غذائی پلان تیار کئے جو غذائی پابندی کو اپناتے ہوئے اپنا وزن کم کرنا چاہتی تھیں۔ نفسیاتی مسائل حل کرنے کیلئے ماہر امراض نفسیات بھی موجود تھیں۔ مزید یہ کہ یوروگنا کالوجی کے مسائل کے حوالے سے مشاورت کیلئے بھی یوروگنا کالوجسٹ موجود تھیں۔ انہوں نے خواتین کو اس سے نمٹنے کیلئے کئی تکنیک بتائیں۔ چہاٹائٹس بی اور سی کی اسکریننگ کی سہولت بھی موجود تھی۔ شرکاء کو فیس بینٹنگ اور مہندی کے ذریعے بھی تفریح فراہم کی گئی۔ مجموعی طور پر پورا ہفتہ علم اور تفریح سے بھر پور رہا۔

بشکر یہ ڈاکٹر ارباب ساجد

## گیس چوروں کے خلاف سی آر ڈی عملہ کے بڑے چھاپے



31 مارچ کو ٹاسک فورس کے عملے نے اس سنگین مسئلے سے نمٹنے کیلئے پیشمل ہائی وے میں شاہ لطیف ٹاؤن کے علاقوں میں چھاپے مارے۔ یہ چھاپے متعدد گھنٹے بشمول چوتھی گھنٹہ، دوڑ گھنٹہ اور شاہ لطیف ٹاؤن کے سیکٹر A-25 اور B-25 میں مارے گئے۔ عملے نے 2000 سے زائد پی وی سی اور ربر پائپس منقطع کئے۔ عملے نے اندازہ لگایا کہ پومپ 92 ملین میٹرک کیوبک فٹ سے زائد گیس کی بلاخوف چوری کی جارہی تھی، جس کا تخمینہ مالی اعتبار سے 2.25 ملین روپے ہے۔

25 مارچ 2015 کو کسٹمر ریلیشنز ڈپارٹمنٹ نے گلشن اقبال کے مکاشہ اپارٹمنٹ میں گیس کی سنگین چوری کے خلاف بڑے چھاپے مارے۔ ٹاسک فورس کے عملے نے اس پروجیکٹ کے تقریباً 150 فٹیس کے گیس چوری میں ملوث ہونے کا انکشاف کیا جو براہ راست لائن سے گیس استعمال کر رہے تھے۔ عملہ کے اندازے کے مطابق 6,885 ملین کیوبک فٹ گیس کی چوری کی گئی جس کی قیمت مالیاتی اعتبار سے 2.25 ملین روپے ہے۔

## ہیڈ آفس میں تقریب قرعہ اندازی برائے حج اور یاترا کا انعقاد



سوئی سدرن گیس کمپنی آفیسر زاہد یوسی ایٹن (SSGOA) نے ہیڈ آفس میں 20 ستمبر 2015 کو سال 2015 کیلئے حج اور یاترا کی قرعہ اندازی کا انتظام کیا۔ چیف آپریشنل آفیسر/ ڈپٹی چیفنگ ڈائریکٹر شعیب وارثی اس موقع پر مہمان خصوصی تھے۔ بڑی تعداد میں کمپنی کے اعلیٰ افسران اور ملازمین نے قرعہ اندازی دیکھی۔ جنرل فیجر (ایچ آر) فصیح اظہر اور ایس ایس جی او اے کے عہدیداروں بشمول جنرل سیکریٹری شہاب الدین صدیقی اور صدر عرفان جعفری اور سی بی اے کے نمائندوں نے بھی خوش نصیبوں کے ناموں کی قرعہ اندازی کی۔

حج کی قرعہ اندازی جیتنے والے ملازمین۔

- 1- شفقت علی میرانی اسٹنٹ فیجر، خیر پور کسٹمر ریلیشنز
  - 2- ظہور احمد، انجینئر، گھوکی
  - 3- نبی بخش امبرای، ایگزیکٹو (بلیگ) استامہ
  - 4- مسعود احمد، ڈپٹی فیجر، حیدرآباد کسٹمر ریلیشنز
  - 5- غلام بلین، ڈپٹی فیجر (بلیگ) کندھ کوٹ
  - 6- انور علی، ڈپٹی فیجر (سیلز) خیر پور
- 7- رحمن اختر، چیف انجینئر (ایگزیکٹو) کراچی ٹرمینل
  - 8- فدا حسین قریشی، فیجر اسٹورز، کراچی ٹرمینل
  - 9- علی اکبر، ڈپٹی چیف انجینئر، ری ہیلٹھیشن۔ سینٹرل متبادل امیدوار برائے حج
  - 1- اقبال سلطان، چیف فیجر (آئی۔ ٹی) ہیڈ آفس
  - 2- نجم ممتاز، فیجر (سیلز) حیدرآباد
  - 3- سلیم شیخ، ڈپٹی جنرل فیجر (پروکوریٹ) ہیڈ آفس
- 1- یاترا کی قرعہ اندازی میں جیتنے والے خوش نصیب
  - 1- نزل داس، ایگزیکٹو نمبر 9971، انجینئر ڈسٹری بیوشن میٹھیس، کراچی سائٹ
  - 2- چندر بھان، ایگزیکٹو نمبر 8143، چیف انجینئر، موٹر ٹرانسپورٹ شاپ ویسٹ، کراچی سائٹ
  - 3- موہن، ایگزیکٹو نمبر 10378، اسٹنٹ فیجر بلیگ، ساگھڑ
- بشکریہ: سید عدنان علی جعفری صدر، سوئی سدرن گیس آفیسر زاہد یوسی ایٹن

## پارینہ

اب تو پارینہ ہو گئے ہیں قصے محبتوں کے  
جب سے جلانے گئے ہیں یہ دیپ نفرتوں کے

کچے گھڑوں میں رکھے پانی میں جانے کیا اثر تھا  
پنی کر جنھیں سبھی دم بھرتے تھے الفتوں کے

راہ میں گھر دس کے کوئی پختہ سڑک نہیں تھی  
لاتے تھے لوگ پھر بھی پیغام چاہتوں کے

طبیعت میں تھی سادگی اور سادہ مزاج تھے سب  
ٹھہرے رہتے تھے سال بھر موسم بھی راحتوں کے

شب بھر یہ چاند تارے رہتے تھے ساتھ ساتھ  
بارش اور بادلوں میں رشتے تھے قربتوں کے

ٹائی! سہانے دن وہ لوٹیں گے پھر کب تک  
بن جائیں نہ ہم کہیں نشان عبرتوں کے

انتھارہائی!

۱۲۸ اکتوبر ۲۰۱۲ء



## هيد آفيس ۾ حج ۽ ياترا جي قرعہ اندازي لاءِ تقريبن جو انعقاد



سٺي سدرن گيس ڪمپني آفيسرز ايسوسي ايشن (SSGOA) هيد آفيس ۾ 20 مارچ 2015 تي سال 2015 جي لاءِ حج ۽ ياترا جي قرعہ اندازي جو انتظام ڪيو. چيف آپريشنل آفيسر/ڊپٽي مئنيجنگ ڊائريڪٽر شعيب وارثي هن موقعي تي خاص مهمان هو. وڏي تعداد ۾ ڪمپني جي آفيسرن ۽ ملازمن قرعہ اندازي ۾ شرڪت ڪئي. جنرل مئنيجر (ايڇ آر) فصيح اظهر ۽ ايس ايس جي او اي جي عهديدارن بشمول جنرل سيڪريٽري شهاب الدين صديقي ۽ صدر عرفان جعفري ۽ سي بي اي جي نمائندن به خوش نصيبن جي نالن جي قرعہ اندازي ڪئي.

حج جي قرعہ اندازي ڪٿڻ وارا ملازم: 1- شفقت علي ميراڻي اسسٽنٽ مئنيجر، خيرپور ڪسٽمر ريليشنز 2- ظهور احمد، انجنيئر، گهوٽڪي

- 3 - نبي بخش امبرامي، ايگزيڪيوٽو (بلنگ) اوسٽه محمد  
6 - انور علي، ڊپٽي مئنيجر (سيلز) خيرپور  
7 - رحمن اختر، چيف انجنيئر (اليڪٽريڪل) ڪراچي ٽرمينل  
4 - مسعود احمد، ڊپٽي مئنيجر، حيدرآباد ڪسٽمر ريليشنز  
8 - فدا حسين قريشي، مئنيجر اسٽورز، ڪراچي ٽرمينل  
5 - غلام يسين، ڊپٽي مئنيجر (بلنگ) ڪنڌ ڪوٽ



## گيس چورن جي خلاف سي آر ڊي عملي جو وڏو ڇاپو

تاسڪ فورس جي عملي هن پروجيڪٽ جي لڳ ڀڳ 150 فليٽن جي گيس چوري ۾ ملوث هجڻ جو ڏس ڏنو جيڪي سٽوسٽون لائين مان گيس استعمال

25 مارچ 2015 تي ڪسٽمر ريليشنز ڊيپارٽمينٽ گلشن اقبال جي مڪانه اپارٽمينٽ ۾ گيس جي وڏي چوري خلاف هڪ وڏو ڇاپو هنيو.

ڪري رهيا هئا - عملي جي اندازي مطابق **6,885** ملين ڪيويڪ فوٽ گيس جي چوري ڪئي وئي ، جنهن جي قيمت مالياتي اعتبار سان **2.25** ملين روپيا آهي -

**31** مارچ تي ٽاسڪ فورس جي عملي هن سنگين مسئلي سان نبرٽن جي لاءِ نيشنل

هائڊ وي ۾ شاھ لطيف ٽائون جي علائقي ۾ ڇاپو هنيو - اهو ڇاپو گهڻن ئي ڳوٺن جنهن ۾ جتوئي ڳوٺ ۽ ڏرمحمد ڳوٺ به شامل آهن ۽ شاھ لطيف ٽائون جي سيڪٽر **25-A** ۽ **25-B** ۾ هنيا ويا - عملي **2000** کان وڌيڪ پي وي سي ۽ رٽز جا پائيس ڪاٽي ڇڏيا - عملي اندازو لڳايو ته روزانا **92** ملين ميٽرڪ ڪيويڪ فوٽ کان وڌيڪ گيس ڄاڻايل علائقن جا ماڻهو بنا خوف جي چوري ڪري رهيا هئا جنهن جو تخمينو مالي اعتبار سان **2.25** ملين روپيا آهي -

## خواتين جو هفتہ صحت - مثبت سرگرمي جا پنج ڏينهن

**8** مارچ کي خواتين جي عالمي ڏينهن جي طور تي ملهايو ويو - ان ڏينهن انهن جي مسئلن کي نظر ۾ رکندي انهن جي مختلف شعبن ۾ ڪارنامن کي ساراهيو وڃي ٿو - سٺي سڏن جي ميڊيڪل سروسز ڊيپارٽمينٽ خواتين ملازمن تي مشتمل ڪمپني جي سرمائي جي اهميت کي اڃاگر ڪرڻ جي لاءِ اهڙن موقعن کي هميشه استعمال ڪيو آهي - **9** مارچ کان **13** مارچ **2015** تائين ميڊيڪل سروسز ڊيپارٽمينٽ ڪراچي ۾ مختلف هنڌن تي متعدد تقريبن جي ذريعي خواتين جي حوالي سان هفتہ صحت ملهايو - هن هفتي جي دوران ڪمپني جي ٽن مختلف هنڌن کي ٽي اسپورٽس ڪلب ، هيڊ آفيس ۽ سٽي ڪلينڪ تي گهڻين ئي تقريبن جو انعقاد ڪيو ويو - هفتي جو آغاز ڪي ٽي اسپورٽس ڪلب ۾ هڪ شاندار افتتاحي تقريب سان ڪيو ويو - سٺي

سڏن جي مئنيجنگ ڊائريڪٽر خالدرحمان تقريب جو افتتاح ڪرڻ کانپوءِ ڊاڪٽر منور حيات ۽ ڪيئن ليڊي ڊاڪٽرن سان گڏ هال جو ڏورو ڪيو - جتي صحت سان لاڳاپيل وڏا مسئلا جيئن ته اينيمياءَ (خون جي گهٽتائي) ، بريسٽ ۽ گائناڪالوجيڪل ڪينسر ، اوسٽيو پروسيس ، ذهني چڪتاڻ ۽ يوروگائناڪالوجي ۽ جي حوالي سان اهم معلومات سان آگاهي جي لاءِ ميڊيڪل ڊيپارٽمينٽ ۽ مختلف دواساز ڪمپنين جا

اسٽالز لڳايا ويا هئا - مئنيجنگ ڊائريڪٽر ، ڊيپارٽمينٽ پاران هفتو ملهائڻ کي ڏاڍو ساراهيو ، جنهن جو مقصد خاص طور تي خواتين کي طبي صورتحال سان آگاهي فراهم ڪرڻ هو - هفتہ صحت (هيلٿ ويڪ) جي ٻئي ڏينهن **10** مارچ سٽي ڪلينڪ تي هڪ اجتماعي ميٽنگ جو اهم ڪيو ويو جنهن ۾ موٽاپي جي سٽايل مريضن شرڪت ڪئي ، ميٽنگ جي مقصد پاڪستان ۾ خواتين جي صحت تي



ڌيان ڇڪائڻ هو - شريڪ ٿيندڙ عورتن وزن گهٽائڻ متعلق پنهنجن تجربن جو به ذڪر ڪيو ۽ ڪجهه عورتن ڇڪنائڻ کان پاڪ غذا جون ترڪيون ٻڌايون -

**12 مارچ 2015** تي ڪي ٽي اسپورٽس ڪلب ۾ هڪ ٽاڪ شو جو انعقاد ڪيو ويو - لڳ ڀڳ **100** عورتن هن پروگرام ۾ شرڪت ڪئي - ماهر امراض نسوان ڊاڪٽر شبن ناز مسعود ، ماهر نفسيات ڊاڪٽر عائشه ۽ ماهر غذائيت مس عذراروحي مقرر مهمان هيون - ٽيلي ويزن جي ممتاز شخصيت ڊاڪٽر همامير هن موقعي تي مهمان خصوصي هئي - ڊاڪٽر شاهين ناز خواتين جي صحت سان متعلق مسئلن جي باري ۾ پنهنجي خيالن جو اظهار ڪيو - انهن خاص طور تي بريسٽ ڪينسر جي علامتن ۽ هن جي علاج جي وضاحت ڪئي ۽ عورتن ۾ بيماري جي علامتن جي نشاندهي جي لاءِ پاڻ تشخيص جي ضرورت تي به زور ڏنو - ڊاڪٽر عائشه پاڪستاني عورتن ۾ ذهني ڇڪتاڻ جي وڌندڙ رجحان جي حوالي سان پنهنجي خيالن جو اظهار ڪيو - مس عذراروحي صحت مند عورتن جي لاءِ صحت مندانہ طرز زندگي جي ضرورت سان متعلق ڳالهه بولھ ڪئي - عورتون طبي صورتحال سان متعلق معلومات سان آگاهي جي لاءِ ڏاڍيون پُرجوش هيون - انهن گهڻا ئي سوال پڇيا -

پروگرام جي پڄاڻي قرعہ اندازي جي ذريعي انعامن جي تقسيم تي ٿيو -

**13** مارچ تي هيڊ آفيس آڊيٽوريم ۾ هڪ اختتامی اجلاس منعقد ٿيو - مئنيجنگ ڊائريڪٽر جي اهليه محترمہ نوشابه خالد رحمان هن موقعي تي مهمان خصوصي هئي - آغاخان يونيورسٽي اسپتال جي ماهر امراض نسوان ڊاڪٽر طاھرہ ياسمين مقرر رهنما هئي - هنن عام گائناڪالوجيڪل ڪينسرز ، انهن جي اسڪريننگ ۽ روڪڻ جي لاءِ تفصيل سان ڳالهه بولھ ڪئي - مهمان خصوصي محترمہ نوشابه خالد رحمان ڳالهائيندي ڊاڪٽر طاھرہ جي تقرير کي ڏاڍو معلوماتي قرار ڏنو ۽ هن سلسلي ۾ هفتہ صحت جي انعقاد کي ساراهيو -

خواتين ملازمن جي وڏي تعداد کان علاوه انهن جي فيملي ميمبرن به ڪي ٽي اسپورٽس ڪلب ۾ قائم اسٽالز جو دورو ڪيو - انهن کي نه رڳو صحت سان متعلق معلومات فراهم ڪيون ويون بلڪ هن سلسلي ۾ آگاهي سان متعلق مواد به

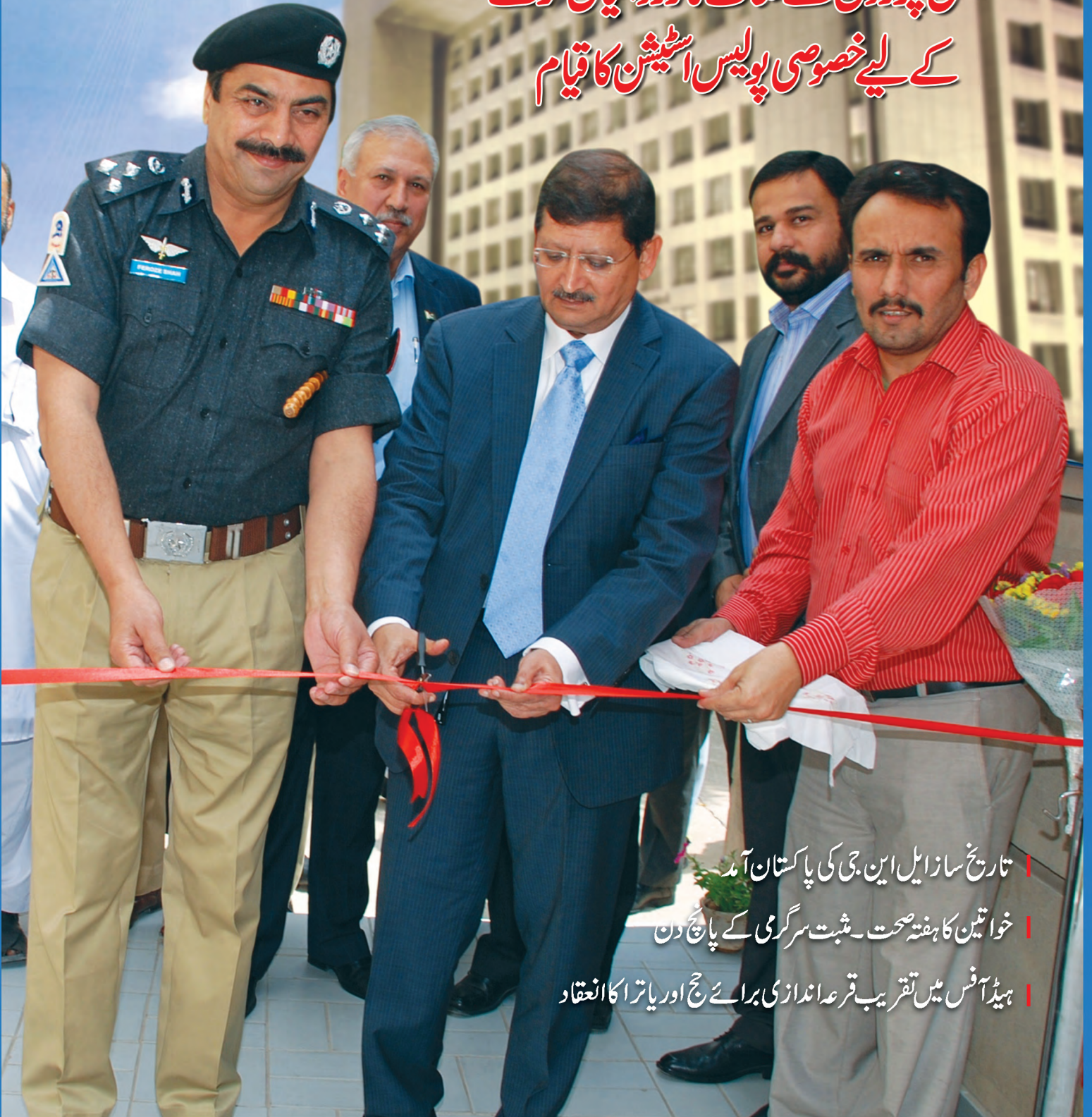
فراهم ڪيو ويو - بون منرل ڊينسي (اوسٽيوپوروسيس خارج ڪرڻ جو ٽيسٽ) ٽيسٽ به ڪيو ويو - اچڻ وارين عورتن به موٽايي جي جاچ جي لاءِ پنهنجو وزن چيڪ ڪرايو - ميڊيڪل ڊيپارٽمينٽ جي ماهر غذائيت ، شريڪ ٿيندڙ خواتين جي لاءِ مختلف غذائي پلان تيار ڪيا جيڪي غذائي پابندي ڪندي پنهنجو وزن گهٽائڻ چاهن ٿيون - نفسياتي مسئلا حل ڪرڻ جي لاءِ ماهر امراض نفسيات به موجود هيون - وڌيڪ اهو ته يوروگائناالوجي جي مسئلن جي حوالي سان مشاورت جي لاءِ به يوروگائناالوجسٽ موجود هيون - انهن عورتن کي هن مسئلي سان نبرڻ جي لاءِ گهڻيون ٽيڪنيڪ ٻڌايون - هيپاٽائٽس بي ۽ سي جي اسڪريننگ جي سهولت به موجود هئي - شريڪ ٿيندڙن کي فيس پينٽنگ ۽ مهندي جي ذريعي به تفريح فراهم ڪئي وئي - مجموعي طور تي پورو هفتو علم ۽ تفريح سان ڀرپور رهيو -

بشڪريه : ڊاڪٽر اربيه احمد



# دی سائبر

گیس چوروں کے خلاف کارروائیاں کرنے  
کے لیے خصوصی پولیس اسٹیشن کا قیام



تاریخ ساز ایل این جی کی پاکستان آمد  
خواتین کا ہفتہ صحت - مثبت سرگرمی کے پانچ دن  
ہیڈ آفس میں تقریب قرعہ اندازی برائے حج اور یاترا کا انعقاد