

August 2015

































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# EDITOR'S NOTE Straight from the heart







Dear readers.

We may have visited Quaid's mazar many times on our own but one does not recall a contingent of our Company employees celebrating the country's independence day by going to the grand mausoleum and paying homage to the man who created Pakistan. After the flag hoisting ceremony at the head office in which the honours were done by Khalid Rahman, MD, SSGC, personnel from different departments proceeded to the mazar and laid a floral wreath at the Quaid's grave. It was no excursion trip but a straight from the heart gesture meant to pay tribute to the great Mohammad Ali Jinnah. In addition, this issue is especially dedicated to the silent soldiers of Khadeji Base Camp, who create incredible feats of engineering that benefits millions of stakeholders.

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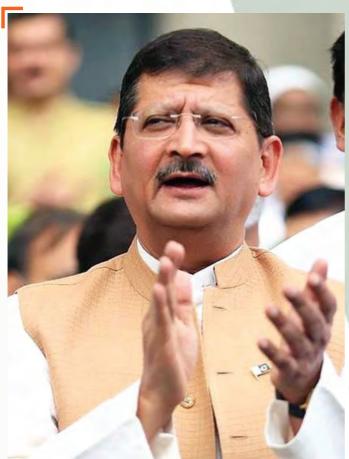
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#### SSGC celebrates green day with gusto

#### REAFFIRMING COMMITMENT TO CONFRONT CHALLENGES





MD, SSGC leads the independence day festivities; flag hoisting ceremony in progress at the Head Office podium

SGC celebrated Pakistan's 69th birth anniversary with traditional fervour and enthusiasm. The Company's Head Office in Karachi was all decked up in green while a colourful flag hoisting ceremony initiated the day long celebrations.

At exactly 9.00 am, Khalid Rehman, SSGC's MD accompanied by the senior management, office bearers of Sui Southern Officers Association, CBA (Peoples Labour Union) and a large number of executives and employees, hoisted the national flag at the Head Office podium and sang the national anthem in unison. As the patriotic songs played on in the background, the MD and his team wished every one a happy independence day and spent some time with the children of the executives and staff members.

After the flag hoisting, the MD addressed SSGC's executives and staff and reiterated the commitment to overcome challenges faced by the Company. He

added that the Company is working towards providing those sectors with natural gas that face major supply issues due to this widening demand-supply gap and hoped that by the same time next year this objective will be achieved. Mr. Rahman reiterated that SSGC is currently confronted with challenges including Unaccounted-for- Gas that has affected the Company's financial bottomline. In order to take SSGC back on the road to prosperity, a concerted effort from every

single employee is required, the MD stressed. The impressive ceremony concluded with a hearty breakfast.

On the occasion of Pakistan's Independence Day, all offices of SSGC wore a festive look and ceremonies were organized in a number of Company facilities. SSGC's Head Office building illuminated with green lighting was a centre of attraction for the on-lookers.



### CHERISHING FREEDOM, SSGC STYLE

#### Paying respects to the great man

oon after the flag hoisting ceremony on August 14, Team SSGC proceeded to the Mazar-e-Quaid to pay respects to the founder of the nation. The SSGC contingent led by Shahbaz Islam, AGM(CCD) laid floral wreath at the

Quaid's grave and offered fateha.
Officials and staff from Corporate
Communications, Legal and Customer
Relations Department visited the
mausoleum, carrying banners that
depicted their love for the Quaid.







Team SSGC paid an ultimate tribute to the man who founded Pakistan

#### Quality time with senior citizens

here is no better way to celebrate a festive occasion like Independence Day than by visiting a place like Darul Sukun Home for Senior Citizens. It was a pleasure to find the senior citizens in the twilight of their lives in a celebratory mood. The visiting SSGC team presented them with a special 'freedom' cake. It did not take long before both the octogenarians and SSGC contingent got into a real festive mood by singing national songs with zeal and enthusiasm. Dar-ul-Sukun management thanked the visitors for spending quality time with the residents of the reputable old house.







#### SSGC holds off MALC in Azad Cricket Festival games

s part of the Independence Day celebrations, SSGC and its collaborative CSR partner Marie Adelaide Leprosy Centre (MALC) played in a couple of limited over cricket matches at the Christ the King Seminary Ground. The first game saw SSGC beat MALC convincingly by 75 runs.

Batting first, SSGC scored 115 with Qazi Nasar and Owais shining with the bat. In reply, MALC could manage just 40 runs. After the matches, Asif Ansari, GM (Litigation) presented a shield to MALC's captain and its CEO Mervin Lobo.

The latter also presented Salman A. Siddiqui, DGM (CCD) with the shield. M. A. Gohar, CM (CCD/CSR) coordinated the event on behalf of SSGC.





(Top to bottom) Team MALC huddle before the game; SSGC openers lead the onslaught, teams in action, and SSGC and MALC teams in a fine display of camaradarie







#### Hyderabad CFCs join in the celebration



xecutives and staff of Qasimabad and Heerabad Customer Facilitation Centers celebrated Independence day with traditional enthusiasm. Pictures taken on the occasion.



#### MD. SSGC CALLS FOR UNITY IN RANKS

Khalid Rahman, MD, SSGC has reiterated the need for unity in ranks in order to wade off some of the ongoing challenges being faced by the Company. The MD was speaking to the Company's senior officials at the head office auditorium on August 31, 2015.

Mr. Rahman stressed that SSGC has zero-tolerance against the wrong doers inside the Company. He advised the officers not to believe in hearsay or engage in rumour mongering and instead perform their duties in normal business as usual mode.

The MD agreed with the senior officials that the media should verify facts with the





Company before making any news public since any flawed content has a direct impact on staff morale and the anxiety of their family members.

During his speech, the MD encouraged the officers by ensuring that the management will wholeheartedly support those who are honestly discharging their duties.





Senior managers raising their concerns at the meeting

#### Senate Committee for P&NR visits Engro LNG Terminal

he Senate Standing Committee for Petroleum and Natural Resources visited Engro Elengy Terminal (Pvt) Ltd. The delegation was briefed on the current status of the LNG projects by the Engro and SSGC managements. SSGC was led by its Managing Director Mr. Khalid Rahman. The visit took place on August 27, 2015.





MD, SSGC presenting souveniers to the senators

#### TRRs for FY 2012-13 and FY 2013-14

#### OGRA HOLDS PUBLIC HEARING IN KARACHI

he Oil and Gas Regulatory Authority (OGRA) recently heard SSGC's petitions for Total Revenue Requirement (TRR) for FY 2012-13 and FY 2013-14 under Section 8 (2) of the OGRA Ordinance 2002. The petitions, were convened in Karachi on August 25, 2015.

Chairman OGRA Saeed Ahmed Khan, Member (Gas) Aamir Naseem and Member (Finance) Noor-ul-Haq heard the petitions of the gas utility. Khalid Rahman, MD, SSGC, Fasihuddin Fawad, GM (Regulatory Affairs) and Mirza Mahmood Ahmad, Legal Counsel, made a strong case for the petition Interveners representing various trade bodies also spoke eloquently about the petition.









Petitioners and interveners spoke at length at the hearing organized in a Karachi hotel

#### 12th Environment Excellence Award

#### SSGC's role in environmental preservation acknowledged

SGC is the first public utility company in Pakistan which has acquired ISO 14001 and OHSAS 18001 certification Environmental Management System in 2004. SSGC is committed to the Health and Safety of its employees and preservation of environment by preventing pollution, conserving natural resources and adhering to applicable national laws and regulations in all its activities related to transmission and distribution of natural gas. The Company's motto has been 'Clean Fuel for a clean environment'.

The Company's role in contributing towards health, safety and environment was acknowledged at the 12th Environmental Excellence Award Ceremony held on August 28, 2015 at Marriott Hotel Karachi. The Ceremony was organized by the National Forum for Environment and Health.

On behalf of the Company, Ali Ahmed, ADGM (HSE&QA) received the Award from chief guest Senator Taj Haider, Advisor Ministry of Environment, Government of Sindh.



#### TASK FORCE - WAGING A WAR AGAINST GAS THEFT

n August, the Customer Relations
Department's Task Force
conducted several raids on
residential areas and commercial
units in various Karachi localities, with
the help of the SSGC-backed Police
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Utilization-DSM Departments.

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The team undertook a raid in Rabia City, Gulistan-e-Jauhar to remove illegal connections. More than 300 flats and one tandoori shop using gas directly were raided and their illegal connections were dismantled.

Earlier, the team cracked down on direct use of gas in a Nazimabad apartment. More than 40 flats using gas illegally had their lines disconnected. On the same day, the team raided a tailoring shop illegal using a 15Kv generator and 3 small business units illegally using domestic lines for running heavy generator.











SSGC Teams and police force during raids in different areas

### Major gas thefts in Hyderabad unearthed

s per the directives of SGM (D-South) and GM (Distribution-Sindh), gas theft control teams based in Hyderabad conducted successful raids in plastic moulding and battery manufacturing factories in a number of localities around the city.

The raids were conducted on August 8,



13 and 25, 2015 with support from Rangers, Police and FIA teams.

Under the supervision of Abdul Rasheed Laghari, RM (Hyderabad), the raiding team comprised of Ghulam Mohammad Laghari, DCE, I/C(Maintenance), Ayaz Rahim Memon, Sr. Engineer, Qamaruddin Mangi, AM (Maintenance), Haq Nawaz Dahri, DM (Maint.), Ayaz

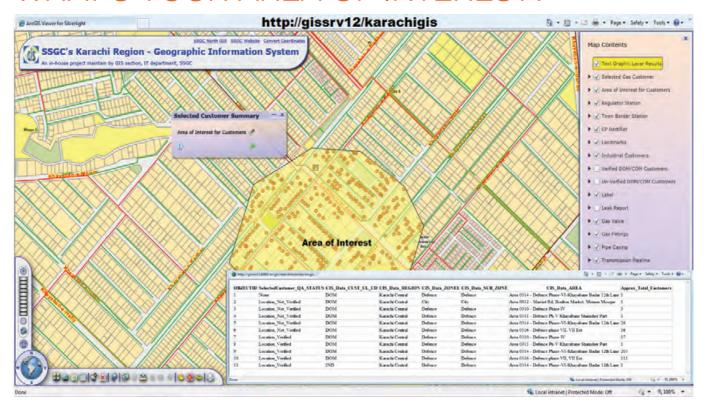


Ahmed Memon, DM (Distribution), M. Bux Umrani, DM (S&M) and Jamil Ahmed, DCE (CRD) conducted raids in Mukhi Bagh Tando Yousuf, Allahdad Chand Goth and Fish Market. The miscreants were found using gas directly by installing clamps. FIRs were lodged agains the culprits and challans were presented in the courts. Six culprits were arrested by the police squad.



#### **New GIS tool introduced**

#### WHAT'S YOUR AREA OF INTEREST?



ontinuing with its tradition of innovation and efficiency, the GIS section of IT Department has introduced a customized geo-processing tool "Gas Customer Summary Tool" to the existing Web GIS application for Karachi regions at http://gissrv12/Karachigis.

This tool will help GIS users to get report (in HTML/MS Excel format) of total number of gas customers in their "area of interest" by drawing polygon/area on the GIS map. The report, customized according to Distribution department's needs covers details of a number of gas

customers by their Class/Type, Zone, Sub Zone, Region and Billing Area categories. Out of 1.7 million customers of Karachi region, 1.0 million customers have been plotted using GPS coordinates on GIS map. The remaining 0.7 customers will be plotted by June 2016 on the GIS map depending on the availability of their accurate GPS coordinates collected from handheld gas meter read devices.

The new tool, based on number of gas customers with the above mentioned information, will also help GIS users to define/create new billing areas, SBUs,

UFG zones, allocate proper billing area to customers etc.

GIS layer for domestic, commercial and industrial gas customers has also been linked to CIS data which will enable users to view gas customer's location along with CIS data information on a click of a mouse. Information that can be made available through this facility includes customer number, customer class, customer name, customer address, unit, region, zone, sub zone, billing area, meter number, meter type, GCV, temp zone, TBS, PRS, SMS and UFG Zones.



#### THE SILENT SO

SGC's most valuable asset is its human capital. Being an engineering company, Company needs to invest in a large number of workforce for carrying out various projects and construction jobs. When we talk of the Company's achievements over the years, perhaps unfairly we ignore the silent soldiers of the Khadeji Base Camp, a huge construction and workshop complex situated 45-kms from Karachi off Super Highway. The Camp is an important section of the Company's P&C Department.

Established in early 1970s, the Khadeji Base Camp is a hub for constructing and

developing transmission and distribution pipeline infrastructure including sandblasting, lathe and welding works as well as repair and maintenance works of vehicles and pipeline accessory items. The Camp has a huge warehousing facility for heavy construction machinery and equipments. Engineers, workers and technicians spend their lives miles away from their families and only get to meet them either every weekend or fortnightly.

An impressive accommodation for executives and workers based in the Camp ensures relaxed sleep after a hectic day at work. A few years ago, an executive mess was also built in the facility that allows the men to unwind and

relax as well as for forging a close camaraderie.

Historically, some of the finest executives and engineers the Company has ever produced have worked in Khadeji Camp. These engineers, aided by the Camp's indefatigable have had the honour of working on major distribution and transmission projects in Sindh Balochistan.

The engineers, workers and technicians of Khadeji deserve our utmost respect for their dedication and ingenuity. Away from the comfort of their homes, they help build SSGC and the nation.











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#### SSGC PARTICIPATES IN DAY LONG MEDICAL CAMP

SGC's Medical Services Department set up a stall at a day long medical camp organized for the marginalized communities by Imkaan Welfare Organization on August 30, 2015. Those visiting the camps enquired with the SSGC doctors about their ailments and treatment. Medicines were also distributed to those suffering from different medical conditions.











### Faiza Kapadia bids farewell to SSGC

ompany Secretary, Ms. Faiza Rafay Kapadia ended her short yet prolific stint in SSGC in August 2015. The management hosted a lunch to bid farewell to her. Ms. Kapadia joined SSGC in 2013.







#### DIG SPECIAL BRANCH TAKEN ON A GUIDED TOUR OF HQ QUETTA

n August 19, 2015, Manzoor Sarwar, DIG Special Branch along with Balochistan's Security/Survey team comprising of Lt Col. (R) Tahir Shah, CM (SS) Balochistan Region and Ghulam Abbas, DSP NPF visited the HQ Quetta with regards to the re-survey of key points. In his capacity as the in-charge of the facility, Muhammad Altaf, DCE (Operations) briefed Mr. Sarwar about HQ Quetta with regards to the re-survey of key points in his capacity as the incharge of the facility, Muhammad Altaf, DCE (Operations) briefed Mr. Sarwar about HQ Quetta and transmission network while Lt Col. (R) Tahir Shah apprised the visiting DIG about the security mechanism. DCE (O) took the visitor on a guided tour of HQ Quetta; CCTV Control room, Gas control room, SMS Quetta/ Coastal power and garage workshop areas.

Later, while registering his views on the comments book, Mr. Sarwar wrote that he was thankful to SSGC for the hospitality and briefing on the functioning of HQ







### Superannuations – Executives

Name	Designation	Department/ Division	Place of Posting	Retirement Date
Mr. Qazi Muhammad Akram	Manager (Recovery)	Customer Relations	Gulshan-e-Iqbal	06-08-2015
Mr. Ziker Kapadia	Chief Manager	Procurement	Head Office	15-08-2015
Mr. Mansoor Alam Nasir	Deputy Manager	Finance	Head Office	13-08-2015

### Obituary

- Amanullah Shaikh, Assistant Engineer Distribution Department Zonal Office, Khairpur August 10, 2015
- Mother of Asif Hussain, Deputy Chief Manager, I.R. Department (Quetta) August 20, 2015
- Mother of Meraj Ahmed Siddique, Sr. KPO (Billing) Hyderabad- August 10, 2015
- Father of Mehboob Ali Khatian, Dy. Chief Engineer, Distribution Department, Sukkur August 11, 2015
- Brother of Syed Irtaza Raza, Deputy Manager, Procurement Department (HO) August 30, 2015
   May the departed souls rest in peace! Ameen

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### SSGC - THROUGH THE LENS

#### Meeting with the bankers





Khalid Rahman, MD, SSGC meeting with the delegation of MCB Bank led by its President Mr. Imran Maqbool on August 4, 2015

#### Cogen delegation visits Head office





MD, SSGC holding a meeting with the DHA Cogen delegation on August 13, 2015

#### **Educationist meets MD**



Abdul Qadir Jaffer, founder of Ahmed E.H. Jaffer Foundation met MD, SSGC at August 18, 2015 and discussed matters of mutual interest

#### Visitors from various sectors



A number of visitors from various sectors met MD, SSGC during the month of August and discussed matters of mutual interest. Here are some of the snapshots





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#### **Adious Syed Niazuddin**



Billing Nazimabad Zone bid farewell to Syed Niazuddin, Senior Meter Reader on August 10, 2015. Fellow colleagues were also present on this occasion. Syed Niazuddin recently replaced Abdul Kalam as the official photographer for SSGC and now reports to the Corporate Communication Department

#### **Cricket fiesta**



Executives and staff of Regional Office Hyderabad organized a series of night cricket matches during the holy month of Ramadan this year. Customer Relations Department took the lead in organizing the games



#### IT, Transmission conducts Joint Survey of 42" Ø RLNG





The IT and Transmission Departments jointly organized a GIS based GPS Survey of the newly laid high pressure transmission pipeline in Section-IV region of RLNG 42" Ø from Custody Transfer Station-CTS to SMS-Pakland Karachi. Executives and staff who were part of this first such survey of its kind included Khaleel Ahmed Khawaja, (DCE-Operations) I/C Section-4 KT, Sohail Ahmed (Engineer Operations) Section-4 Mobile Operator FJFC Allah Bux Khoso and Zawwar Hussain, GIS Manager from IT department, apart from the care takers and walkers.

Courtesy: Mr. Sohail Ahmed (Engineer Operations) Section-4 KT-Karachi.



#### China helps Pakistan build world's largest solar farm

n just three months, Chinese company Xinjiang SunOasis has built some 400,000 solar panels, spread over 200 hectares of Cholistan desert in Punjab. Known as the Quaid-e-Azam Solar Power Park (QASP), the 100 MW photovoltaic (PV) solar farm was built at a cost of around US\$131 million and started selling electricity to the national grid in August.

This is the first energy project under the US \$46 billion China-Pakistan Economic Corridor, a key part of China's 'new silk roads', linking the port at Gwadar in southern Pakistan with Kashgar in China's western region of Xinjiang.

The 100 MW plant is the pilot stage of a more ambitious plan to build the world's largest solar farm. Once completed in 2017, the site could have capacity of 5.2 million PV cells producing as much as 1,000 MW of electricity – equivalent to an average sized coal-fired power station and enough to power about 320,000 households. Construction of the next



stage is already underway, led by Zonergy, another Chinese company.

Eighteen months ago, the site was nothing more than wilderness. Now a mini city has emerged in the middle of

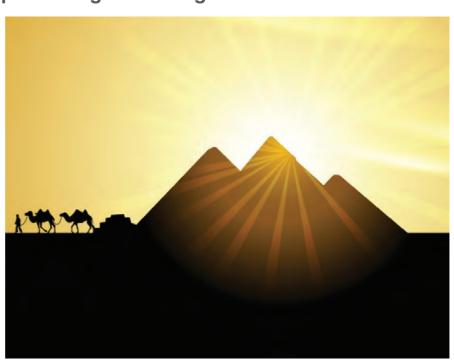
the desert, with over 2,000 workers accompanied by heavy machinery, power transmission lines, blocks of buildings, water pipes and pylons.

#### ENI's new discovery - a potential game changer

laudio Descalzi, CEO of Eni said that the Italian energy giant's latest discovery of potentially world's largest natural-gas field off the Egyptian coast will be a gamechanger for Egypt and the Mediterranean in terms of energy stability.

ENI said late August that it had discovered a "supergiant" gas field that could hold "a potential of 30 trillion cubic feet of lean gas in place." It said the discovery well was located off Egypt's Mediterranean coastline at a depth of 1,450 metres with the prospective Zohr field covering an area of about 100 square kilometres (60 square miles).

Eni said that the discovery could satisfy Egypt's natural gas demand for "decades". Descalzi could not give a timeline for when the gas might hit the market, but said developments would be quick as the gas field was in close proximity to Eni's processing facilities.



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#### World's first entirely solar-powered airport unveiled

ochin International Airport in the southern Indian state of Kerala became the world's first entirely solar-powered airport late August, unveiling a new system that will make the airport "absolutely power neutral," according to a statement released by the parent company.

The airport's solar power plant, which is comprised of more than 46,000 solar panels arrayed across 45 acres of land,

will produce 48,000 units of energy per day, the Economic Times reports.

Cochin International had already begun the transition to renewable energy when it installed a smaller solar power array on its arrivals terminal roof in March 2013, but the move to total solar power is still considered a significant step, as the airport has still relied partly on non-renewable power in the intervening years. The new system is designed to work with the smaller array from 2013 to fully meet the facility's day-to-day energy needs.

Still, the system's true impact will become clear only over time. Over the next 25 years, Cochin International's solar power station is expected to save 300,000 tons worth of carbon emissions. That's the equivalent of planting three million trees or not driving 750 million miles.



#### Spain-Iran reach natural gas deal

Spain reached an agreement with Iran to ship natural gas from Iran to Europe following the release of sanctions against the country. Iranian authorities and an economic trade delegation of some 70 Spanish companies, including Repsol (ticker: REP) accompanied by government officials, visited Tehran recently to discuss the details,

Iranian Oil Minister Bijan Zanganeh met with Spanish Industry, Energy and Tourism Minister Jose Manuel Soria and declared Iran's willingness to develop the infrastructure Spain needs to supply Europe with gas from the South Pars gas field.

"In the meeting we explained Iran's facilities and programs for development of oil, gas and petrochemical industries to the Spanish companies and they expressed their interest to cooperate in

these fields," Zanganeh said. "It was emphasized in the meeting that Iranian and Spanish companies should continue their relations and the Spanish government needs to set the grounds for the presence of their companies in Iran," he continued.



Various sources

### A PAGE FROM THE HISTORY

#### **Building a vast infrastructure**

his month, we go back in time to 1955 to bring to you some extracts from the monthly Progress Report of the then Sui Gas Transmission Co. Ltd. (SGTC)

The Report dated January 31, 1955 dilates on the shipment of two ships that brought pipelines from the UK for constructing the transmission main by April 1955 that was to be followed by pressure testing. Progress reported that the construction of supply mains upcountry began during the month with Rohri and Khairpur lines. The report comprehensively dilates on Engineering jobs including surveys, main pipeline construction, barrage and canal crossings, supply mains, telecommunications, cathodic protection, distribution and civil construction. Salute to the engineers, technicians and workers of that era for building a solid distribution and transmission foundation for generations to come



SGTC workers at the pipeline laying site



Holiday Detector in Use



SUI GAS TRANSMISSION CO., LTD.



By Munir Ahmed, AM (Corporate Communications)

Ever since the ban on the imported cars was lifted, Pakistani roads have had a steady influx of Japanese assembled cars. These (Japanese assembled) cars provide a better value for money as compared to their Pakistani counterparts. Nothing beats the feeling of driving a brand new car as the fresh smell of a new car is irreplaceable, but in the longer run Japanese cars are a better choice. The reasons for this favorable perception of imported cars are that locally assembled become considerably cars have expensive..

Another reason for the rise in imported cars is the automatic transmission in smaller engine cars. Locally assembled cars have automatic transmission which are over 1300cc while in imported cars one gets automatic transmission in a 660cc vehicle.

The very recent trend of Hybrid cars is an occurrence which has given the locally assembled 1300cc-1500cc cars a run for their money.

### What is a Hybrid Vehicle?

A vehicle is a hybrid if it utilizes more than one form of onboard energy to achieve propulsion. In practice, that means a hybrid will have a traditional internal-combustion engine and a fuel



tank, as well as one or more electric motors and a battery pack.(source: Wikipedia).

Simply put, a hybrid runs on fuel as well as an alternative battery source.

A hybrid vehicle is relatively expensive than a non-hybrid vehicle but it gives a much better mileage. For example an ordinary 1500cc vehicle will give maximum 10-12kms/liter, while a 1500cc hybrid vehicle will give 17-20 km/liter.

Options such as Toyota Prius, Toyota Aqua, Honda Vezel, Honda Fit and many other variants are examples of how much variety there is in the hybrid vehicles market.

#### **Financial Impact**

The financial impact of hybrid cars stem from the auto and petroleum market forces, combined with consumer behavior and the rhythms of the technology adoption cycle. In other words, it amounts to a question of who buys hybrids, why they buy them and whether they buy them in sufficient numbers to have an effect. The number of hybrids being bought, and why, is difficult to pin down because purchasing patterns are driven by several factors.

#### **Benefits of Hybrid Vehicles**

A few benefits of hybrid cars are as follows:

- Better fuel efficiency
- Fewer emissions
- Soundless engine
- Not having to wait in long queues for CNG
- Saving on fuel budget
- Tax relaxation on import



If the local manufacturers start producing hybrid vehicles, then it would be a potential game changer on two fronts, one, introduction of new technology in production which will open new avenues for jobs and, two, substantial reduction in oil import bill since hybrids consume less fuel.

### 7 ways to beat summer weight gain

### Go easy on tea and lemonade

When you're thirsty and water doesn't seem to quench your thirst, a cold glass of lemonade or the Pakistani favourite, doodh patti, is considered as the perfect solution. But these drinks can be major sugar bombs, says Dr Brian Quebbemann, a bariatric surgeon in California. "Commercially-sweetened iced tea or sugary teas made at home have over 80 calories per glass, lemonade has 99 calories, and most commercial fruit juices are about 80 calories per eight ounces, which is roughly the same amount of calories as a regular cola." When you want to drink something sweet, dilute 100 per cent fruit juice with equal parts water, suggests Quebbemann

### 2Keep the fresh in fruit salad

Summer and fruit go hand-in-hand and there's no gainsaying that fruit is packs a punch, but not if your salad comprises canned fruit soaked in syrup, is loaded with whipped cream and garnished with mini marshmallows and raisins, as it often is at summer picnics, says Quebbemann. "This is an incredibly heavy, high-calorie treat, and it's about as devastating to your weight control and health as you can get." Cut calories by using fresh fruit rather than canned, light whipped cream or substitute plain vogurt, which provides added protein. Replace the marshmallows and kishmish with banana or melon slices to add more sweetness

### **3**Prep your food right

Refreshing beverages, such as squashes with full fat milk and cold potato salads often contain surprisingly high amounts of fat and calories.

"To stay in shape or even lose weight during the warm season, you need to follow two simple guidelines," says Quebbemann. "First, there's always a healthy option for the type of food you want. Second, it's not only what you choose to eat but how you prepare it that makes the big difference."

### Go easy on the toppings

A colossal bowl of ice cream to quench the summer heat can put your daily calorie intake far over the top, especially if you choose a packaged variety. A small size of chocolate mud pie could add up to more than 600 calories and 45 grams of fat. Swap it for sorbet at 150 calories for the small version. "Get a cone, the lowest calorie option," Quebbemann says. "Moderation is key."

### 5 Keep salads light

Salads can be a great low-calorie food choice ... or a major calorie bomb. Cold, creamy pasta salads may be one of the worst calorie offenders. Salads decked with cheeses, for instance, can clock in over 600 calories per serving and 17 grams of fat. Many people load up on salad greens and then pile on the dressing. Four tablespoons of dressing can have nearly 400 calories, mostly fat. Buy low-fat dressing or, if you make your own, substitute mayo with Greek yogurt.

### 6 Include seasonal vegetables

It might seem as if all the fresh produce is over for another season, but that is not true. Summer offers a fantastic harvest of vegetables your entire family will love. Be it lauki or turai, veggies keep you cool in the summertime without adding inches to your waistline. Grab some mint leaves or podina to add zing to your smoothies and salads. Add cucumber to your yogurt to liven it up and make sure to add cooling chukandar and baingan to your diet stay hydrated as well as fit.

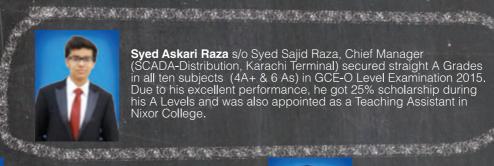
### **7** Weight-train yourself

The quest for the most effective fat loss, body-sculpting, metabolism-boosting workout in any season leads to weight training.

Even in the scorching heat, utilising dumbbells, barbells, cables and weight machines can, in fact, cool you down by promoting healthy perspiration and a faster metabolism. Especially in the summer, you'll notice all sorts of unexpected benefits, for example, improved immune system, better self-esteem, flexibility, strength, stamina, and the list goes on. But, of course, like most people, looking and feeling fabulous in the summer is priority, so make use of the weight room next time you hit the gym.



### Academic Achievements



Syed Askari Raza s/o Syed Sajid Raza, Chief Manager (SCADA-Distribution, Karachi Terminal) secured straight A Grades in all ten subjects (4A+ & 6 As) in GCE-O Level Examination 2015. Due to his explanation and the subject of the second was also appointed as a Too spring Assistant in his A Levels and was also appointed as a Teaching Assistant in Nixor College.



M. Fahad Chandio s/o Ahmed Ali Chandio of GM Sales Secretariat (HO) achieved A Grade in Board of Secondary Education (SSC Examination) from New Century Schooling System, Karachi.



Dua Fatima s/o Muhammad Panjal Jatoi (SSGC-S&M Larkana) secured 96.17% marks in his class 2 final examinations 2015 acquiring A-1 grade from Elite English School Larkana.



S. Shahabuddin s/o S. Niazuddin, CCD photographer passed his Class IV Final Examination by attaining 60% marks from Happy Palace School.



**Abdul Basit** s/o Muhammad Panjal Jatoi (SSGC-S&M Larkana) secured 90.83% marks in his class KG-2 final examinations 2015 acquiring A-1 grade from Elite English School Larkana.



**Marium Sultana** d/o S. Niazuddin, CCD photographer passed her Class VI Final Examination by attaining 61% marks from Happy Palace School.



Abeera Shaikh d/o Sarfaraz Ahmed Shaikh (Engineer C.P Regional Office Larkana) secured 1st position in her class 5 final examination 2015 acquiring 98% marks from The Educators Larkana.



Huma Noshad d/o Noshad Khan (Helper, CRD HO Karachi) Secured 97.56% marks in her 8th grade final examination 2015 acquiring A-1 grade from Khan English Academy School Karachi.



**Ghulam Fatima** d/o Sarfaraz Ahmed Shaikh (Engineer C.P Regional Office Larkana) Secured 1st position in her class 1 final examination 2015 acquiring 97% marks from The Educators Larkana.



**Ghulam Ali** s/o Abdul Latif Lehri (Superintendent Billing Sub-Zonal Office Quetta) Secured 93% in his class 7th final examination 2015 from Pakturk International Schools and Colleges.



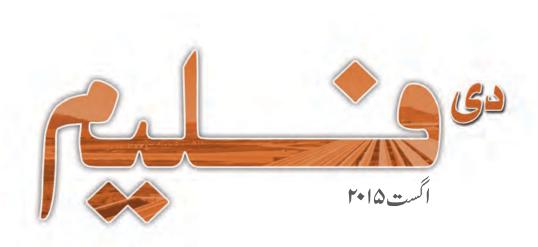
Marwa Waheed d/o Abdul Waheed (Superintendent Azad Trade Center DSM department) secured 97.66% marks in her final examination 2015 acquiring 6th position from E-Complex School System Karachi.



**Bilawal Panjal** s/o Muhammad Panjal Jatoi (SSGC-S&M Larkana) secured 96.63% marks in his class 3 final examinations 2015 acquiring A-1 grade from Elite English School Larkana.



**Taqwa Aijaz** d/o Aijaz Sheikh (A.Manager CRD, Head Office Karachi) secured 1st position in her grade 3 annual exams 2015 acquiring 91.91% marks from Wahid Endowed Grammar School Karachi.



# فهرست

در پیش چیلنجز کامقابله کرنے کے عزم کااعادہ ۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔ منبجنگ ڈائر یکٹر کی جانب سے ملاز مین کواپنی صفوں میں اتحاد قائم رکھنے کی دعوت ۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔۔

# ایڈیٹر کے لم سے

### دل کی گہرائیوں ہے!

محترم قارئين،

ہوسکتا ہے کہ ہم نے نئی بار مزارِ قائد گئے ہوں مگراس سے پہلے بھی کمپنی کے ملاز مین کے وفد نے اس عالیشان مقبرے پر پہنچ کردنیا کے اس عظیم انسان کیلئے فاتحہ خوانی کرکے یوم آزادی نہیں منایا ہوگا۔ ہیڈ آفس میں منعقد ہونے والی پر چم کشائی کی سادہ تقریب کے بعد، جس کے مہمان خصوصی پنجنگ ڈائر کیٹر خالدر جمان تھے، سوئی سدرن گیس کمپنی کے مختلف ڈپارٹمنٹس کے افرادایک وفد کی صورت میں مزارِ قائد پنچے اور قائدا عظم کی قبر پر پھول چڑھائے ، بیکوئی تفریحی دورہ نہیں تھا بلکہ دل کی اتھاہ گہرائیوں سے بانی پاکستان مجمع کی جناح کو خراج عقیدت پیش کرنے کیلئے تھا۔ بیشارہ کھادیجی کے جفاکشوں کے نام بھی منسوب کیا جاتا ہے۔

### اپنی آراء ہمیں اس ہتے پرارسال کریں

سوئی سدرن گیس نمینی لمیشر

کار پوریٹ کمیونکیشن ڈپارٹمنٹ، تیسری منزل (میڈیکل ڈپارٹمنٹ کے اوپر)

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  - محمالي گوہر
  - سيدعمران احمه
- محدرضوان انصاري

# سوئی سدرن گیس کمپنی میں جوش وخرش کے ساتھ یوم آزادی منایا گیا

# درپیش چیلنجز کامقابله کرنے کے عزم کااعادہ

پاکتان کی 69ویں سالگرہ سوئی سدرن گیس کمپنی میں روایتی جوش اور ولو لے کے ساتھ منائی گئی۔اس موقع پر کراچی میں کمپنی کے ہیڈ آفس کو ہرے رنگ سے آراستہ کیا گیا تھا، جبکہ اہراتے پر چوں کی رنگارنگ تقریب نے دن مجر کے جشن کو یادگار بنادیا۔

ٹھیک 9 بچصبح موئی سدرن کے بنیجنگ ڈائز مکٹر نے سینئرانتظامیہ، سوئی سدرن گیس آ فیسرز، الیوی ایشن اوری کی اے کے عہدے داروں اور بڑی تعداد میں اگیز کیٹوزاور ورکرز کے ہمراہ ہیڈ آفس کے چہوترے پر چرچ کشائی کی ۔ پس پردہ ملی نغموں کی گوخ میں نیجنگ ڈائز کیٹر اوران کی شیم نے تقریب کے شرکاء کو یوم آزادی کی مبارک باد پیش کی اور پچھوفت اگریکٹیڈواور عملے کے بچوں کے ساتھ گزارا۔



یرچم کشائی کے بعد منجنگ ڈائز کیٹر جناب خالدرحمان نے ہیڈ آفس کی عمارت میں موجودا گیزیکٹیوز اور عملے سے خطاب کیا اور کمپنی کو درپیش مسائل برقابویانے کے عزم کا اعادہ کیا۔ جناب خالدرحمان نے کہا کہ سوئی سدرن گیس کمپنی نے ملک میں بجل کے بحران کو کم کرنے کیلئے ایل این جی کی ترسیل میں ہم کر دارا داکیا ہے۔ انہوں نے مزید کہا کہ کمپنی ان سکٹرز کوقدرتی گیس کی فراہمی کی کوشش کررہی ہے جس میں اس وسیع خلا کی وجہ سے سپلائی کے بڑے مسائل کا سامنا ہے اور امید ظاہر کی کہ اگلے سال اس وقت تک بیر ہرف حاصل کرلیا جائےگا۔ جناب رحمان نے دہرایا کہ اس وقت سوئی سدرن گیس کومختلف چیلنجز کا سامنا ہے بشمول گیس کے ترسیلاتی نقصان (UFG)،جس نے کمپنی کے منافع کوشد پدمتاثر کیاہے۔ منیجنگ ڈائر بکٹر نے زور دیا کہ سوئی سدرن گیس کمپنی کو دوبارہ خوشجالی کی راہ پر گامزن کرنے کیلئے ملاز مین کیجانب سے تخت کوشش کی ضرورت ہے۔ یا کستان کے یوم آ زادی کے موقع پر ،سوئی سدرن کمپنی کے تمام دفاتر پر جشن کا ساں تھااور کمپنی کی گئیسیلٹیز کی جانب سے تقریبات کاانعقاد کیا گیا۔ سوئی سدرن کے ہیڈ آفس کی سبز قبقول سے بھی عمارت مرکزِ نگاہ بنی رہی۔ یر چم کشائی کی پروقارتقریب کے بعد ناشتے کا اہتمام بھی کیا گیا تھا۔







### عظيم انسان كوخراج عقيدت

پرچم کشائی کی تقریب کے بعد ، سوئی سدرن گیس کے افسران اور ورکرز بانی پاکستان کو خراج عقیدت پیش کرنے کیلیے حزار قائد بھی گے ۔ سوئی سدرن گیس کے وفد نے ایکٹنگ جزل منجر(سی می ڈی) شہباز اسلام کی سربراہی میں مزارِ قائد پر پھولوں کی چاور چڑھائی اور فاتحہ خوانی کی۔ کار پوریٹ کمیؤیکیشنز ، لیگل اور کسٹمر ریلیشنز ، ڈپارٹمنٹ کے افسران اور عملے کے اراکین اس وفد میں شامل تھے۔



ف لبغ اگس

### سوئى سدرن كى شيم كا دارالسكون كا دوره

یوم آزادی جیسے تہوار کومنانے کا اس سے بہتر طریقتہ کیا ہوسکتا ہے کہ معمر افراد کیلئے قائم کئے گئے معروف ادارے دارالسکو ن کا دورہ کیا جائے۔ان معمرافراد کوزندگی کے دھند ککوں میں خوشگوار موڈ میں دیکھنا ہے حد خوشی کا

باعث تھا۔ دورہ کرنے والی سوئی سدرن کی قیم نے آئیس خصوصی "آزادی" کیک پیش کیااس سے پہلے ایسا موقع بھی ٹہیں آیا جب اس سال کے معمرا فراداورسوئی سدرن کے وفد نے جوش وولولے کے ساتھ کی

نغہ گا کرخوشی کا اظہار کیا ہو۔ دارالسکو ن کی انتظامیہ نے سوئی سدران کمپنی کے وفد کا اس ناموراولڈ ہاؤس میں رہنے والول کے ساتھ بہترین وفت گزارنے پرشکر بیادا کیا۔





### سوئی سدرن گیس کمپنی نے آزادی کرکٹ فیسٹیول میں MALC کوزیر کردیا

سوئی سررن گیس کمپنی کا مقابلہ تین دوستانہ کرکٹ میچز میں MALC سے ہوا چوکر انسٹ دی کئے سٹاس جیننے کے بعد سوئی سررن گیس کمپنی نے پہلے بیننگ کا فیصلہ کیا ۔ ناس رقاضی اور اولیس بعد سوئی سررن گیس کمپنی نے پہلے بیننگ کا فیصلہ کیا ۔ ناصر قاضی اور اولیس خان نے MALC کے باؤلرز کو چھا وورز میں 115 رنز کا بڑا ہدف دیکر مشکل میں ڈال دیا ۔ سوئی سرران کمپنی کے باؤلرز میرز بان فیم کو 40رز پر آوٹ کرکے حاوی رہے ۔ DMALC کے چیف ایکر بیٹو ڈائر کیٹر مارون اور آفد امات لوہواس موقع پر موجود تھے ۔ انہوں نے بعد کیک کا شخ کی تقریب ہوئی جانب سے بنائی گئی پارٹرشپ اور MALC کے منصوبوں اور اقد امات میں تعاون کو سراہا ۔ ایوارڈ ز کی تقسیم کے بعد کیک کا شخ کی تقریب ہوئی جس میں آصف انصاری ، جز ل فیچر (لیکیشن) نے یادگا دی شایل موقع پر شخ جس میں آصف انصاری ، جز ل فیچر (لیکیشن کو سراہا اس موقع پر شخ کی انعقاد کی اس کوشش کو سراہا اس موقع پر شخ کے انعقاد کی اس کوشش کو سراہا اس موقع پر شخ کے کر میڈیشن شیم کے دیگر ممبران کو ہر چیف مذیجر (سی سی ڈی) ، ایم ا









دى مى مى اگست

## منیجنگ ڈ ائر یکٹر کی جانب سے ملاز مین کواپنی صفوں میں اتحاد قائم رکھنے کی دعوت



سوئی سدرن کے منجنگ ڈائر یکٹر خالد رحمان نے ڈپاٹسنٹس کے سربراہان اور سینئر عبد بداران سے خطاب کیا۔ جس میں انہوں نے قانون نافذ کرنے والی ایجنسیوں کی جانب سے سینئر افران کوتھ ملی میں لئے جانے کے بعد کمپنی میں پیدا ہونے والی صورتحال سے آگاہ کیا۔ 13 آگست 102 کو ہیڈ آفس میں خطاب کرتے ہوئے منجنگ ڈائر کیٹر نے تمام اعلیٰ افران پرزور دیا کہ سوئی سدرن گیس میں کسی بھی فاط کام کرنے والے کی کوئی گنجائش نہیں۔

انہوں نے نمپنی کے افسران کو تلقین کی کہ وہ ٹی سنائی با توں پریقین نہ کریں یا افوا ہواں کا حصہ بننے کہ بجائے معمول کےمطابق اپنے امور وفرائض انجام دیتے رہیں ۔

میٹنگ میں بیہ مشاہرہ بھی کیا گیا کہ الیکٹرونک اور پرنٹ میڈیا کے پچھ سیکشنز الیی خبریں چھاپتے اور مواد نشر کرتے رہے ہیں جو محض قیاس آرائیوں پر بٹنی اور حقیقت کے بھکس ہے۔ مینجنگ ڈائز یکٹرنے نوٹ کیا

کہ جب ہمارے عملے ہے متعلق غلط مواد میڈیا میں چھاپا جاتا ہے، تو عملے کی کام پر سے توجہ ہٹ جاتی ہے اور انہیں نفسیاتی طور پر متاثر کرنے کے ساتھ ساتھ ان کے خاندانوں کیلئے دکھ کا باعث بنی اور ظاہر ہے ایسی چیزیں کمپنی کے مثبت ان بچ کو بھی نقصان پہنچانے کا باعث بن رہی ہیں۔ سینئر افسران نے منجنگ ڈائر کیٹر کو لیقین دلایا کہ وہ اپنی صفوں میں اتحاد برقر ارر کھنے کے علاوہ اپنے فرائض کی انجام دہی پر مکمل توجہ مرکوز کریں گے۔ بعد از اں بنجنگ ڈائر کیٹر نے حالیہ صور تحال سے متعلق بینئر نیجرز کے دہوں میں اٹھنے والے کئی سوالوں کا جواب بھی دیا۔ •

### کھادیجی کیمپ کے خاموش سیاہی



سوئی سدرن گیس کمپنی کا سب ہے قیمتی سرما بیاس کی افرادی قوت ہے۔
انجینئر نگ کمپنی کے طور پر ،کپنی کوشنف منصوبوں اور تغییراتی کا موں کیلئے
افرادی ضرورت ہوتی ہے۔ ہم کمپنی کی سال بھرکی کا میا ہوں کا ذکر کرتے
ہوئے ،کرا چی ہے 45 کلو میٹر دور سپر ہائی وے پر ایک وسیع تغییر اور
ورکشاپ ، کھاد بچی ہیں کمپ کے خاموش سپاہیوں کونظر انداز کر کے شاید
ناانھانی کرتے ہیں۔

1970 کی ابتداء میں قائم ہونے والا کھادیجی میں کیمپ ،ٹرائسمیشن اور ڈسٹری ہیوٹن پائپ لائٹز کے بنیادی ڈھانچے کی تغییر ومرمت کا مرکز ہے جسمیں سینٹر بلاسٹنگ ، لیتھ اور ویلڈ نگ کے کام کے ساتھ ساتھ گاڑیوں





جنھوں نے ماضی میں کھادیگر کیمپ میں کام کیا ہے کیمپ کے انتقاب محنت کرنے والے ان انجینئر وں کو سندھ اور بلو چستان کے ڈسٹری ہیوثن اور ٹرانسمیشن کے اہم منصوبوں پر کام کرنے کا فخر حاصل ہے۔ کھادیجی کے انجینئر کز ، ورکرز اور ٹیکنیشٹز اپنی ہنر مندی اور خود کو وقف کردیتے کے باعث انتہائی احترام کے لائق ہیں۔ گھر کے سکون سے دور ، وہ قوم اور سوئی سدرن گیس کی ترقی میں معاونت کررہے ہیں۔ اور پائپ لائن کے سامان کی مرمت اور بیٹنینس بھی شامل ہے کیپ پر بھاراتی مشینری اور آلات کیلئے ویئر ہاؤس کی سہوات بھی موجود ہے۔انجینئر ز، ورکرز اور ٹیکنیشنز آپنی زندگی فیلی سے میلوں دور رہ کر گزارتے ہیں اور آئیس بیفتا یا دو بیفتہ بعدان سے ملاقات کا موقع ملتا ہے۔ دن بھرکی شخت مشقت کے بعدافسران اور ملاز مین کی پرسکون منیند کیلئے آیک بہترین قیام گاہ موجود ہے۔ پچھسال پہلے ایک ایگر کیلئے میس کیلئے آیک بہترین قیام گاہ موجود ہے۔ پچھسال پہلے ایک ایگر کیلئے میس بھی بنایا گیا تھا جو آرام وسکون کے حصول کے ساتھ ساتھ دوستانہ ماحول کا باعث بھی ہے۔

تاریخ شاہد ہے کہ ممپنی کے پچھ بہترین ایگزیکٹیوز اور انجینئر ز وہ ہیں



### سُئي سدرن گيس ڪمپني ۾ جوشو خروش سان يوم آزادي ملهايو ويو

### پيش ايل چئلينجن جومقابلو ڪرڻ جو عزم ڪيو ويو

پاڪستان جي 69 هين سالگره سئي سدرن گيس ڪمپني ۾ روايتي جوش ۽ ولولي سان ملهائي وئي - هن سوقعي تي ڪراچي ۾ ڪمپني جي هيڊ آفيس کي سائي رنگ سان سجايو ويو هو - جڏهن ته لهرائيندڙ پرچمن جي رنگارنگ تقريب سڄي ڏينهن جي جشن کي يادگار بنائي ڇڏيو هو -

نيڪ و و ڳي صبح سئي سدرن گيس ڪمپني جي مئنيجنگ ڊائريڪٽر سينيئر انتظاميا ، سئي سدرن گيس آفيسرز ، ايسوسي ايشن ۽ سي بي اي جي عهديدارن ۽ وڏي تعداد ۾ ايگزيڪٽيوز ۽ ورڪرن سان گڏ هيڊآفيس جي چبوتري تي پرچم ڪُشائي ڪئي ۔ پسِ پرده ملي نغمن جي گونج ۾ مئنيجنگ ڊائريڪٽر ۽ هن جي ٽيم تقريب مئنيجنگ ڊائريڪٽر ۽ هن جي ٽيم تقريب ۾ شريڪ ٿيندڙن کي يوم آزادي جي مبارڪ باد پيش ڪئي ۽ ڪجهہ وقت عملي مبارڪ باد پيش ڪئي ۽ ڪجهہ وقت عملي جي ٻارن سان گڏ گذاريو۔

پرچم ڪُشائي کانپوءِ مئنيجنگ ڊائريڪٽر جناب خالد رحمان هيڊ آفيس جي عمارت ۾ موجود ايگزيڪٽيوز ۽ عملي سان خطاب

كيو ۽ كمپني كي پيش آيل مسئلن تي قابو پائڻ جو عزم كيو - جناب خالد رحمان چيو تہ سئي سدرن گيس كمپني ملك ۾ بجلي جي بحران كي گهٽائڻ جي لاءِ ايل اين جي ۽ جي ترسيل ۾ اهم كردار ادا كيو آهي - انهن وڌيك چيو تہ كمپني انهن سيكترن ۾ قدرتي گيس جي فراهمي جي كوشش كري رهي آهي جتي هن وسيع خلا جي كري سپلاءِ جا وڏا مسئلا سامهون اچي رهيا آهن ۽ اميد ظاهر كئي سامهون اچي رهيا آهن ۽ اميد ظاهر كئي ويندو - جناب خالد رحمان ورجايو تہ هن وقت سئي سدرن گيس كمپني كي گهڻائي وقت سئي سدرن گيس كمپني كي گهڻائي چئلينجز آهن بشمول گيس جي ترسيلاتي چئلينجز آهن بشمول گيس جي ترسيلاتي خيوان (UFG) ، جنهن كمپني جي

منافعي كي ڏاڍو متاثر كيو آهي ـ مئنيجنگ ڊائريڪٽر هن ڳالهہ تي زور ڏنو تہ سئي سدرن گيس ڪمپني كي ٻيهر خوشحاليءَ ڏانهن گامزن ڪرڻ جي لاءِ ملازمن پاران سخت ڪوشش جي ضرورت آهي ـ

پاڪستان جي يوم آزادي جي موقعي تي، سئي سدرن گيس ڪمپني جي سڀني آفيسن تي جشن جو سمان هو ۽ ڪمپني جي گهڻن ئي فيسيليٽيز پاران تقريبات جو انعقاد ڪيو ويو ۔ سئي سدرن گيس ڪمپني جي هيدآفيس جي سائي قمقمن سان سجايل عمارت مرڪز نگاه بڻيل هئي۔

پرچم ڪُشائي جي پُروقار تقريب کانپوءِ ناشتي جو اهتمام بہ ڪيو ويو هو۔



### مئنيجنگ ڊائريڪٽر پاران ملازمن کي پنهنجي صفن ۾ اتحادقائم رکڻ جي دعوت

سئي سدرن گيس ڪمپني جي مئنيجنگ دائريكتر جناب خالد رحمان ، ڊيپارٽمينٽس جي اڳواڻن ۽ سينيئر عهدیدارن سان خطاب کیو ـ جنهن م انهن قانون لاڳو ڪرڻ وارين ايجنسين پاران سينيئر آفيسرن کي تحويل ۾ وٺڻ کانپوءِ ڪمپني ۾ پيدا ٿيڻ واري صورتحال كان آگاھ كيو ـ 31 آگسٽ 2015 تى هيڊ آفيس ۾ خطاب ڪندي مئنيجنگ ڊائريڪٽر پنهنجي ٽيم کي ٻڌايو تہ ايجنسيون تفتيش ڪري رهيون آهن ۽ اڃان تائين ڪمپني جي ڪنهن آفيسر تي ڪو بہ فردِ جرم عائد نہ ڪيو ويو آھي ـ مئنيجنگ ڊائريڪٽر سڀني وڏن آفيسرن تي زورڏنوته سُئي سدرن گيس ڪمپني ۾ ڪنهن بہ غلط ڪم ڪرڻ وارن جي لاءِ كابه گنجائش ناهي۽وڌيڪ چيوتہ ڪمپني

جي انتظاميا قانون لاڳو ڪرڻ وارين ايجنسين سان تفتيشي عمل ۾ ڀرپور تعاون ڪري رهي آهي - انهن ڪمپني جي آفيسرن کي تلقين ڪئي تہ اُهي اڻ ڄاتل ڳالهين تي يقين نہ ڪن ۽ افواهن جو حصو بنجڻ بجاءِ معمول جي مطابق پنهنجا امور ۽ فرائض انجام ڏيندا رهن - انهن اتي موجود ماڻهن کي مطلع ڪيو تہ ڪاروباري عمل ماڻهن کي مطلع ڪيو تہ ڪاروباري عمل جي تسلسل کي يقيني بنائڻ جي لاءِ ، هڪ عبوري انتظام ڪيو پيو وڃي تہ جيئن عبوري انتظام ڪيو پيو اي عمل ڪيو ته ڪين جي ڪمن عبوري انتظام ڪيو پيو وڃي تہ جيئن عبوري انتظام ڪيو پيو وڃي تہ جيئن عبوري انتظام ڪيو پيو وڃي تہ جيئن

میتنگ مراهو به مشاهدو کیو ویو ته الیکترونک ۽ پرنٽ میدیا جا ڪجهه سیکشنز اهڙیون خبرون ڇاپیندا ۽ مواد نشر کندا رهیا آهن جیکو رڳو قیاس آرائیئن ۽ حقیقت جی ابتز آهی ـ مئنیجنگ

جائريڪٽر نوٽ ڪيو تہ جڏهن اسانجي عملي سان لاڳاپيل غلط مواد ميڊيا ۾ ڇاپيو ويندو آهي تہ اسانجي عملي جو ڌيان ڪم سان هٽي ويندو آهي ۽ انهن کي نفسياتي طور تي متاثر ڪرڻ سان گڏوگڏ انهن جي ڪُتنبن جي لاءِ ڏک جو سبب بڻجندو آهي ۽ ظاهر آهي تہ اهڙيون شيون بڻجندو آهي ۽ ظاهر آهي تہ اهڙيون شيون پهچائڻ جو سبب بڻجي رهيون آهن ـ سينيئر پهچائڻ جو سبب بڻجي رهيون آهن ـ سينيئر آفيسرن مئنيجنگ ڊائريڪٽر کي يقين پهچائڻ جو سبب بڻجي رهيون آهن ـ سينيئر آفيسرن مئنيجنگ ڊائريڪٽر کي يقين رکڻ کان علاوه پنهجي فرائض جي انجام رکڻ کان علاوه پنهجي فرائض جي انجام دهي تي ڀرپور ڌيان ڏيندا رهندا ـ

هن كان پوءِ مئنيجنگ دائريكتر هاڻوكي صورتحال سان متعلق سينيئر مئنيجرن جي ذهنن ۾ اُتندڙ گهڻن ئي سوالن جو جواب بہ ڏنو ۔



