

Vol. 135-July 2019



The FLAME

Capturing vibrancy, diversity and energy of SSGC

OPERATION GRIFT **UNEARTHING NATURAL GAS THEFT**





GAS BILL CALCULATION MADE SIMPLE

STEP #1



READING GAS METER

Digits in black represent current meter reading in cubic meters (CM / m³)
e.g.: **Monthly consumed units** =
Current Reading (05595) minus
Previous Reading (05520) = 75 CMs

STEP #2



CONVERSION OF CM INTO MMBTU

If Gas Calorific Value (GCV) given in the bill is 990, then, as per **Gas Charges Calculation Formula**
 $MMBTU = CM / 28.17385 \times 990 / 1000$
In this case: $75 / 28.17385 \times 990 / 1000 = 2.6354$ MMBTU

STEP #3



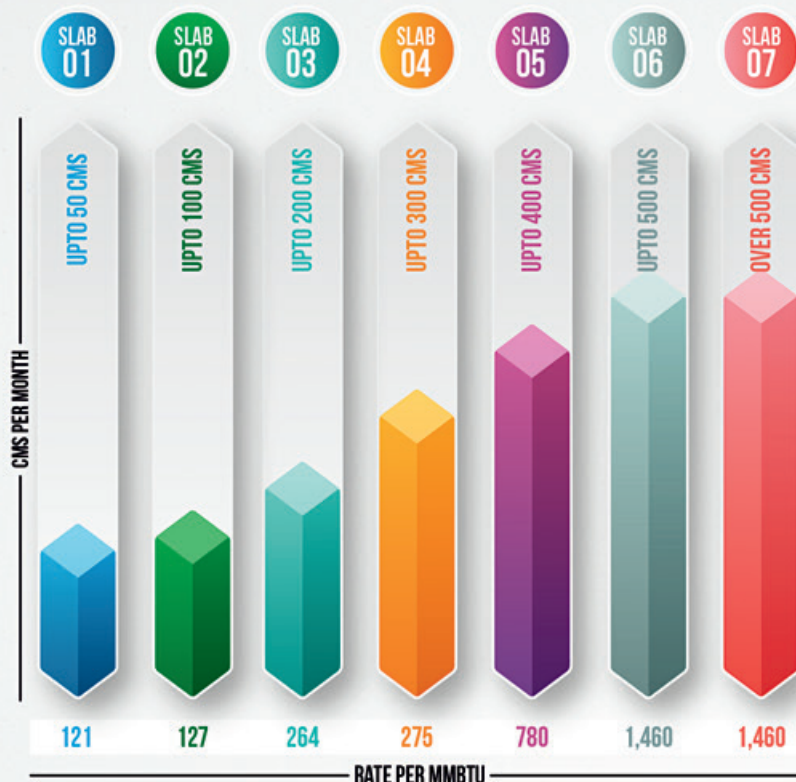
BILL CALCULATION

Gas Charges (Rs.) = Consumed Gas (MMBTU) x
Applicable Slab Rate (Rs./MMBTU)
e.g.: $2.6354 \times Rs. 127 = Rs. 334.70$

Bill = Gas Charges + Meter Rent* + GST**

e.g.: $Rs. 334.70 + Rs. 20.00 + Rs. 60.30 = Rs. 415.00$

*Meter Rent = Rs. 20 per month (30 Days) **GST=17%



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Message from the Managing Director

"The secret of change is to focus all your energy not on fighting the old but on building the new."

— Socrates, father of Western philosophy

Dear colleagues,

I understand that the coming years will hold the key for oil and gas development within Pakistan that will lead to an impregnable change, which will take the society to greater heights. SSGC has set its sights upon addressing the challenges being faced by the organization related to the demand and supply gap along with the challenges related to uninterrupted supply of gas.

True, the gas industry today faces myriad challenges with the widening demand and supply gap and UFG or line losses being the grey areas. The Company remains committed to investing in Transmission and Distribution projects including focusing on alternative energy sources. Thankfully the Government of Pakistan, the Ministry of Energy (Petroleum Division) and SSGC management are on the same page when it comes to containing the thorny issues of gas theft and leakages, both of which are a drain on the Company's financial numbers. The Company also is working on a program to ensure energy conservation that emphasizes on safe and wise use of natural gas.

On the other hand, Team SSGC is continuously working on providing optimal support to its 2.9 million customers. With the passage of time, we hope to enhance our consumers' confidence in us.

Even in the face of change, we will continue to evolve and grow, both as an organization and as a family. Let us stand together and prove that with dedication and hard work, every obstacle can be overcome, and adversity transformed into an opportunity.

All the very best,

Mohammad Wasim



‘You can run but you can’t hide’

Dear readers,

The month of July marks the start of the new financial year. As the Company enters the new fiscal year, it continues to confront diverse challenges such as Unaccounted-for-Gas and gas demand and supply issues. UFG remains a core issue but in accordance with the vision of the Prime Minister of Pakistan, the Company is laser focused towards taking the menace of the line losses head on. One of the major contributory factors behind UFG is gas theft that in statistical terms constitutes 50% of line losses. In this regard, in FY 2018-19, the Company's Counter Gas Theft Operations team made major progress in controlling gas theft among the domestic, commercial and industrial customers through numerous raids in Sindh and Balochistan. The raids helped to save major volumes lost due to theft and raised claims worth millions of rupees. It has been more than two years since the Counter Gas Theft Operations Department was set up with the primary aim of controlling gas theft and prosecuting the miscreants. The start has been promising and by the manner in which the Department is being structured in the form of various wings including operational, intelligence and prosecution wings, more success is ensured.

Best Regards,

Ed



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**'Industries must regularize extra
load through new GSA'**





Mohammad Wasim, Acting MD, SSGC has stressed that all industries must ensure that any extra connected load extension is formally registered with the Company, which the customer can do by renewing GSA with it.

The Acting MD expressed these views while visiting a local industrial unit in SITE Karachi with Brigadier (R) Mohammad Abuzar, DG, Security Services and Counter Gas Control Operations (SS and CGTO). During his visit, Mr. Wasim observed the SS and CGTO team conducting the load survey at the location. 📍



— SS & CGTO —
**SCORES MAJOR
PROSECUTION
SUCCESS**





The Sindh High Court recently rejected the pre-arrest bail application of accused Ghulam Murtaza nominated in an FIR filed by SSGC for stealing natural gas from direct line. In Larkana, the Gas Utility Court also rejected the pre-arrest bail application of accused Ghulam Nadir Ali Khoso nominated in FIR lodged in Civil Lines Police Station. The accused was found using direct gas for power generation.

In Karachi, the Intelligence Wing of SSGC's Security Services and Counter Gas Theft Operation's (SS and CGTO) conducted joint raids with representatives of the Company's Customer Relations Department, SSGC Police

and field teams in North Karachi area. The culprits were found using domestic connections for running press boilers for garment manufacturing and power generation purposes. Total load against these connections obtained was approximately over 2,170 cubic feet per hour(cft/hr). Meters and regulators were removed and sent for lab testing. Gas supply was disconnected and claims are being raised.

A similar joint raid was undertaken in the old city area where the culprit was found using gas directly for a hotel through a rubber pipe installed on disconnected meter point. Total load obtained was approximately 225 cft/hr. Direct connection was disconnected. FIR was

lodged and claim will also be raised.

SS&CGTO also carried out a joint raid in Rafah-e-Aam Society in Malir where it was observed that the culprit were using gas directly by installing fake meter for running a plastic factory.

Total load obtained was around 590 cft/hr. Pressure observed was 6.56 Psig. Fake Meter was removed and gas supply was disconnected. FIR is being lodged and claim will be raised. In Lyari area more than 260 flats were found directly stealing gas from main line. All rubber pipes and fittings used for Illegal extension of gas were removed by the raiding party. 🔴



Gas thieves on the run as SS and CGTO teams intensify raids



The SS and CGTO teams conducted raids in Hyderabad where culprits were using domestic gas connection for commercial purposes including power generation for selling electricity, and for operating a road side hotel.

Raids were also conducted in Sukkur against

offenders using gas for commercial purposes through direct line.

In yet another raid, Larkana Distribution (Theft Control Task Force) detected underground theft and removed clamps in a number of villages in Jacobabad, Shikarpur and adjoining areas. In raids carried in Naushero Feroze and Moro, direct service

lines providing gas to more than 11 houses were disconnected.

And in Quetta's Sariab area, SSGC's Distribution Department raided a site of a water hydrant where a 200 KVA Genset was running on gas by using a direct tap. The Company's SS and CGTO team consequently lodged an FIR against the culprit. 📌



ATTENTION PLEASE

As per the directives of the Government of Pakistan and Federal Board of Revenue and in pursuant of the Finance Act 2019, SSGC is required to report NTN/CNIC of its customers on their monthly gas bills.

Does your correct NTN/CNIC appear on your monthly gas bill?

....If not, then immediately:

- 📌 Get it corrected from your nearest SSGC Customer Facilitation Centre (CFC).
- 📌 SMS your Customer ID along with NTN/CNIC on 9202.
- 📌 Fill in the box below and post us the details on the address given below.

Remember

- 📌 Registering correct NTN/CNIC on your Gas Bill is your ethical and legal responsibility.
- 📌 Wrong number registration may effect your Gas Connection.
- 📌 Kindly cooperate with SSGC staff collecting information from door to door.

Customer #. _____ Customer's Name _____

NTN/CNIC #. _____ Mobile #. _____

Customer's Status ☐ Owner of House ☐ Tenant

SSGC runs campaign in local dailies

As per the directives of the Government of Pakistan and Federal Board of Revenue and in pursuant of the Finance Act 2019, SSGC is

required to report NTN/CNIC of its customers on their monthly gas bills.

Recently, the Company ran a campaign in

dailies published in its franchise areas of Sindh and Balochistan to reinforce the message so that the customers can update their relevant details. 📌

SSGC-Bahria Foundation discuss RLNG distribution



A delegation from Bahria Foundation along with their consortium members visited Head office to discuss the opportunity of business cooperation and RLNG capacity allocation using SSGC's RLNG-III Pipeline network.

In the session, different aspects regarding swapping arrangements, RLNG-III pipeline project status, TPA and Network Codes and Terminal construction were discussed. SGM (ES), ASGM (GS), GM (Transmission) and GM (P&D) participated in the meeting. Tariq

Masud, CEO of NYK, Pakistan accompanied with foreign consortium members appreciated the SSGC management for their cooperation and technical clarity on various matters. 📍



HR holds session on KPIs



An awareness session was held with regard to integration of Key Performance Indicators within the Company on July 17, 2019 by the HR department for Division/Department Heads.

The session arranged by the HR Department underlined the necessity of understanding and integration of Key Performance Indicators within the Company as well as the need for communication and cascading of goals and objectives from divisions and departments to the operational level throughout the organization.

Shahbaz Islam, GM (HR and CCD) emphasized that integration of KPI's within the organization was the need of the hour and re-iterated that the HR Department in collaboration with Divisions and Departments was committed towards their implementation. Sample of Key Performance Indicators for various Divisions and Departments were also shared with the audience in order to provide a guideline for further development of the same. ➡



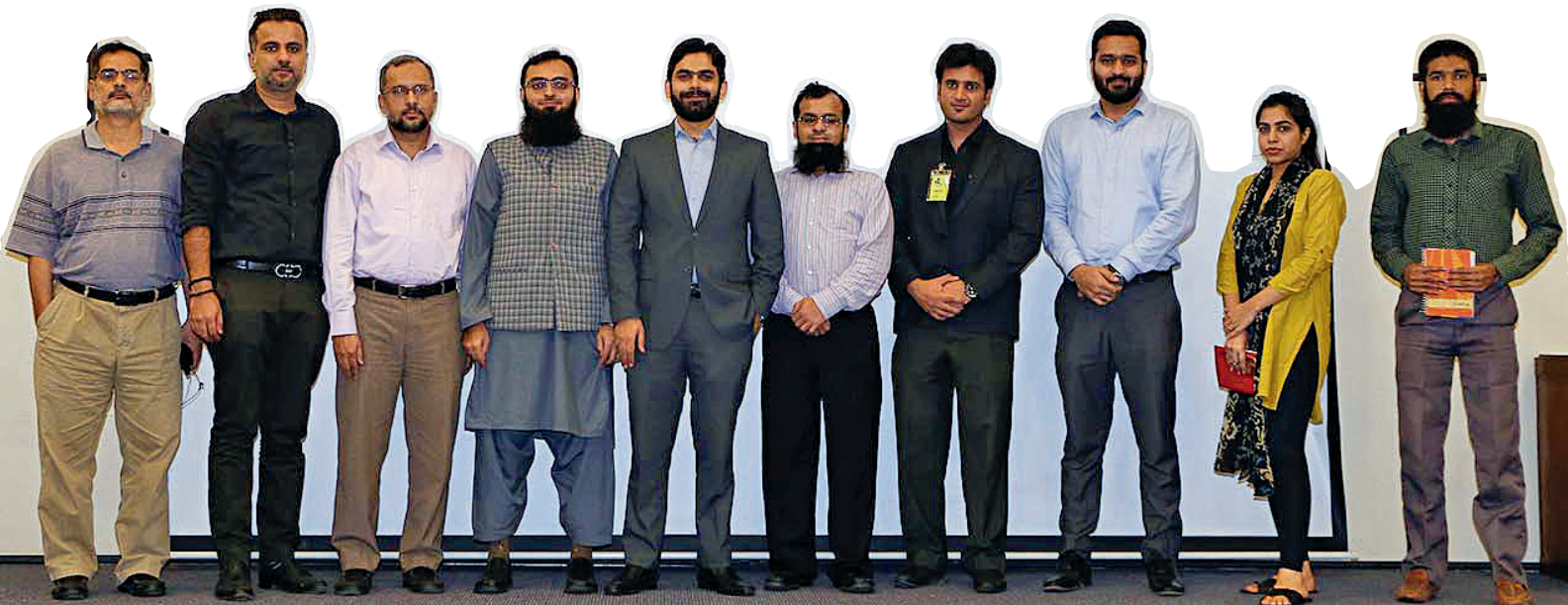
Finance Department organizes seminar on Tax Filing benefits



Farrukh Rasheed, Partner Taxation at RA & Co. was invited recently as a guest speaker to shed light on the "Benefits and consequences of being a filer

and non-filer". A comprehensive awareness of tax filing is mandatory for every working individual to comply with the policies of the Federal Board of Revenue (FBR). Mr. Rasheed

gave a comprehensive presentation on the subject and handled queries raised by the participants. 



Demo held on Modern Pipe Locators



Keeping in view the challenges faced by field executives in pin pointing exact location of buried pipes, the R&D Department arranged a demonstration on modern pipeline locator on July 16, 2019 at P&D Conference Room. The demo was organized to evaluate and explore how the latest pipeline locators can assist in efficiently locating buried pipelines.

Mr. Munawar, a technical expert in pipe locating equipment with over 20 years' experience and local distribution of Metrotech USA, was invited to brief on the gadget. He gave a detailed presentation in which he discussed the unique features of the VivexvLoc 3 Pro Transmitter and Receiver in great detail.

The basic operational principle is similar to conventional metallic pipe locators but vLoc Pro offers advanced features. The receiver is light weight, ergonomically safe and can be used in an upright position, compared to

previous version where the user had to kneel and bend on the ground. It offers colored LCD to easily distinguish between varying signal strength. It displays multiple parameters such as live depth, current strength, battery level and GPS coordinates.

The receiver can operate in Passive and Active Induction modes and detect radio, cable, CP and power signals. Various screens are available for confirming pipe location such as classic screen with compass and arrows, vector locate, traverse plot and plan view. With vector locate, one can walk parallel to a pipe and track it without being on top. Upon pipe location, the gadget vibrates and also has varying beep sound.

The receiver can communicate with transmitter via bluetooth to vary frequency. Similarly, the transmitter is also advanced and very user friendly accommodating frequency range from 16 Hz to 200 KHz. Field survey data can be easily downloaded on a

computer and pipe locations can be displayed on a map.

After presentation, the gadget was tested in SSG Head Office premises where main pipeline entering TBS was located using various modes and results observed on multiple screens. The engineers were given hands-on experience on the gadget and were satisfied with the performance of the gadget.

The demo was attended by Managers and Engineers from Distribution (Karachi and Hyderabad), Cathodic Protection and R and D Department. DGM I/C (Central) presented various complex scenarios experienced in pipeline location and sought insight from the trainer.

The advanced features of the gadget can be used to quickly locate and deduce depth of pipelines. Added feature of GPS data logging can assist in bringing GIS up to date. 📍



SSGC continues monetary support to Markaz-e-Umeed

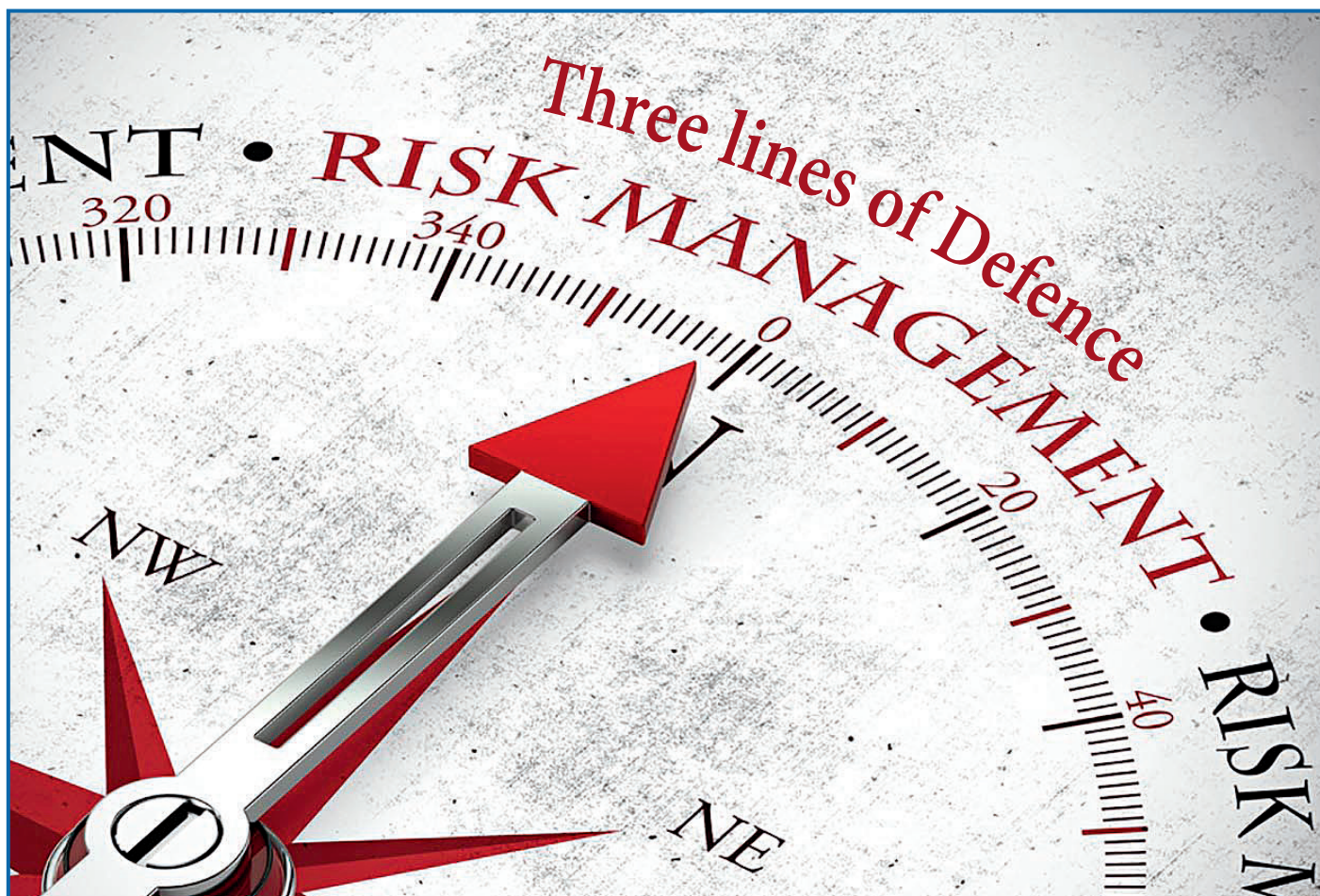


As a part of its CSR initiatives for FY 2018-19, SSGC provided monetary support to Markaz-e-Umeed for supporting the education and allied expenses of special needs children studying

at Markaz-e-Umeed for one entire year. Shahbaz Islam, GM (Corporate Communications) presented the cheque to Miss Subha Ayaz, Manager of Markaz-e-Umeed.

Also seen in the picture are Salman A. Siddiqui, DGM, Syed Irtaza Raza, DM, Zubia Sadiq, Executive, and Aamna Khalid, Management Trainee Officer. 





Risk Management Department was formed by the SSGC Board and management a few years back, with a vision to provide support and coordinate with risk owners' departments in identifying, assessing, prioritizing and mitigating risks in accordance with Enterprise Risk Management (ERM) framework approved by the Board.

In the first article that appeared in March 2019 issue of The Flame, the ERP Department dilated on the objectives behind the formation of the Department. This is the second article developed by the Department.

First Line: Core Business

Management is responsible for identifying and managing the performance and risks resulting from practices and systems for which they are accountable. The first line is also responsible for the risks inherent to the strategy and business objectives. As the principal owners of risk:

- they set business objectives,
- establish acceptable variation in performance,
- train personnel and reinforce risk responses.

In short, the first line implements and executes the day-to-day tasks to manage performance and risks taken to achieve

strategy and business objectives.

Second Line: Support Functions

Support functions (also referred to as business-enabling functions) include management and personnel responsible for overseeing performance and enterprise risk management. They provide guidance on performance and enterprise risk management requirements, and evaluate adherence to defined standards. Each of these functions has some degree of independence from the first lines of accountability, and they challenge the first line to manage performance and take prudent risks to achieve strategy and business objectives.

In some entities, independent teams without separate and distinct reporting lines may provide some degree of challenge. These organizational functions or operating units support the entity through specialized skills, such as technical risk management expertise, finance, product/service quality management, technology, compliance, legal, human resources, and others. As management functions they may intervene directly in modifying and supporting the first line in appropriate risk response.

Second-line responsibilities often include:

- Supporting management policies, defining roles and responsibilities, and setting

targets for implementation.

- Providing enterprise risk management guidance.
- Supporting management to identify trends and emerging risks.
- Assisting management in developing processes and risk responses to manage risks and issues.
- Providing guidance and training on enterprise risk management processes.
- Monitoring the adequacy and effectiveness of risk responses, accuracy, and completeness of reporting, and timely remediation of deficiencies.
- Escalating identified or emerging risk exposures to management and the board for awareness and potential action.

There are various methods of achieving objectivity across these two lines of accountability. For example, one company may have enterprise risk management teams embedded in the first line but with a separate second line risk function. Another company may spread its risk management teams across the two lines depending on the complexity and nature of the business. These and other approaches can work as long as unbiased oversight is not constrained.

Third Line: Assurance Functions

Assurance functions, most commonly internal audit, often provide the last line of accountability by performing audits or



3rd Line of Defence

Internal Audit

Advisory role to improve processes



2nd Line of Defence

Risk and Control Functions

Independent risk control and compliance



1st Line of Defence

Business Operations

Enterprise-wide risk management on business operations



The management is responsible for identifying and managing the performance and risks resulting from practices and systems for which they are accountable. The first line is also responsible for the risks inherent to the strategy and business objectives.

reviews of enterprise risk management practices, identifying issues and improvement opportunities, making recommendations, and keeping the board and executive management up-to-date on matters requiring resolution.

Two factors distinguish the last line of accountability from the others: the high level of independence and objectivity (enabled by direct reporting to the Board), and the authority to evaluate and make recommendations to management on the design and operating effectiveness of the entity overall.

External Auditors

External auditors provide management and the board of directors with a unique, independent, and objective view that can contribute to an entity's achievement of its strategy and business objectives.

In an external audit, the auditor expresses an opinion on the fairness of the financial statements in conformity with generally accepted accounting principles, thereby contributing to the entity's external financial reporting objectives. The auditor conducting a financial statement audit may contribute further to those objectives by providing information useful to management in carrying out its enterprise risk management responsibilities. Such information includes:

- Audit findings, analytical information, and recommendations for actions necessary to achieve established business objectives.
- Findings regarding deficiencies in enterprise risk management and control that come to the auditor's attention, and recommendations for improvement.

This information frequently relates not only to reporting but to strategy, operations, and

compliance practices as well, and can be important to an entity's achievement of its business objectives in each of these areas. The information is reported to management and, depending on its significance, to the Board of Directors or Audit Committee.

It is important to recognize that a financial statement audit, by itself, normally does not include a significant focus on enterprise risk management. Nor does it result in the auditor forming an opinion on the entity's enterprise risk management.

Where, however, law or regulation requires the auditor to evaluate a company's assertions related to internal control over financial reporting and the supporting basis for those assertions, the scope of the work directed at those areas will be extensive, and additional information and assurance will be gained. 🔴

LDC HOLDS TRAININGS

Finance for Non-finance Managers



The HR Department organized five highly interactive sessions on "Finance for Non Finance Managers" in June 2019 at Learning and Development Center, Karachi. The sessions were facilitated by the trainer from Pakistan

Society for Training and Development (PSTD). These sessions were attended by Deputy Chief Managers of Customer Services, Distribution, Procurement and Inventory Management, Transmission, Engineering Services, SS & CGTO, Human Resources and

General Services departments.

The objective behind these sessions was to convey understanding of the main accounting and finance concepts used in the financial decision making. 📌



Coaching Conversation for DGMs



Coaching doesn't have to be limited to the professional setting. Informal coaching conversations can take place anywhere and everywhere. Every conversation can be converted into a coaching conversation.

The HR Department recently organized highly interactive sessions entitled "Coaching Conversation". The program aimed to create coach-like leaders fully equipped to turn ordinary conversations into more meaningful

and result oriented coaching dialogues. The purpose of this workshop was to equip leaders with the hands on coaching knowledge, skill and practice. Based on experiential learning model, the workshop can improve coaching dialogue skills of the participants. The Deputy General Managers from different departments attended the sessions. These departments included Accounts, Administrative Services, HSE & QA, HR, IT, Measurement, P&C, Sales, Transmission, Legal Services, Billing, CRD,

Distribution, Internal Audit, P&D, Cathodic Protection, Medical, Procurement, Civil Works, Meter Manufacturing, Regulatory Affairs, R&D, Special Projects, Stores, Land and Estate Management and Security Services and Counter Gas Theft Operations.

The audience experienced this new reality that everyone in an organization can master a new language called 'dialogue', to improve service excellence and continuous learning. 📌



ON DIVERSE TOPICS

Coaching Conversation for Executives



L DC organized a one-day training session on Coaching Conversation at LDC, Karachi for the Company executives in Grade III and IV. Syed Sajjad Raza, Manager (OD-HR) was the course facilitator. Executives of different departments attended the session. 📌



Training on UFG Awareness



L DC, Karachi conducted a one day training session on UFG Awareness for SSGC's executives and staff in May and June 2019. The session was facilitated by LDC's Tauseef Anwar. 📌





Quetta Medical team arranges blood donation camp

Quetta Medical Center usually arranges health awareness programs in order to educate the employees on widespread diseases.

On July 4, 2019, the Medical Center team arranged blood donation camp for the thalassemia patients under a slogan 'Have

mercy on Earth, Allah will have mercy on you'.

The camp was organized on the request of Fatimid Foundation who had completely run out of blood packs for the patients with the result that few of the patients had expired due to unavailability of blood. On that day, every member of the Medical Department

was enthusiastically engaged in convincing and educating the employees to donate the blood and the response was highly encouraging.

Courtesy: Dr. Abdul Ghaffar, Dy. Manager (MS), Medical Center, Quetta. 🇵🇰





**YOUR EDUCATION
IS A DRESS REHEARSAL
FOR A LIFE THAT IS
YOURS TO
LEAD**

**A COMPANY
WITH A HEART OF GOLD**

A business that makes nothing but money is a poor business, said Henry Ford. SSGC may be in the transmission and distribution business but at the same time it also runs a CSR program through which it makes a positive impact on the lives of the marginalized communities around it. Be it education, health care, environment and community development, SSGC ensures that its efforts bring a positive change in peoples' lives.

ENERGY SNAPSHOT

New discoveries posit Egypt as attractive LNG investment destination

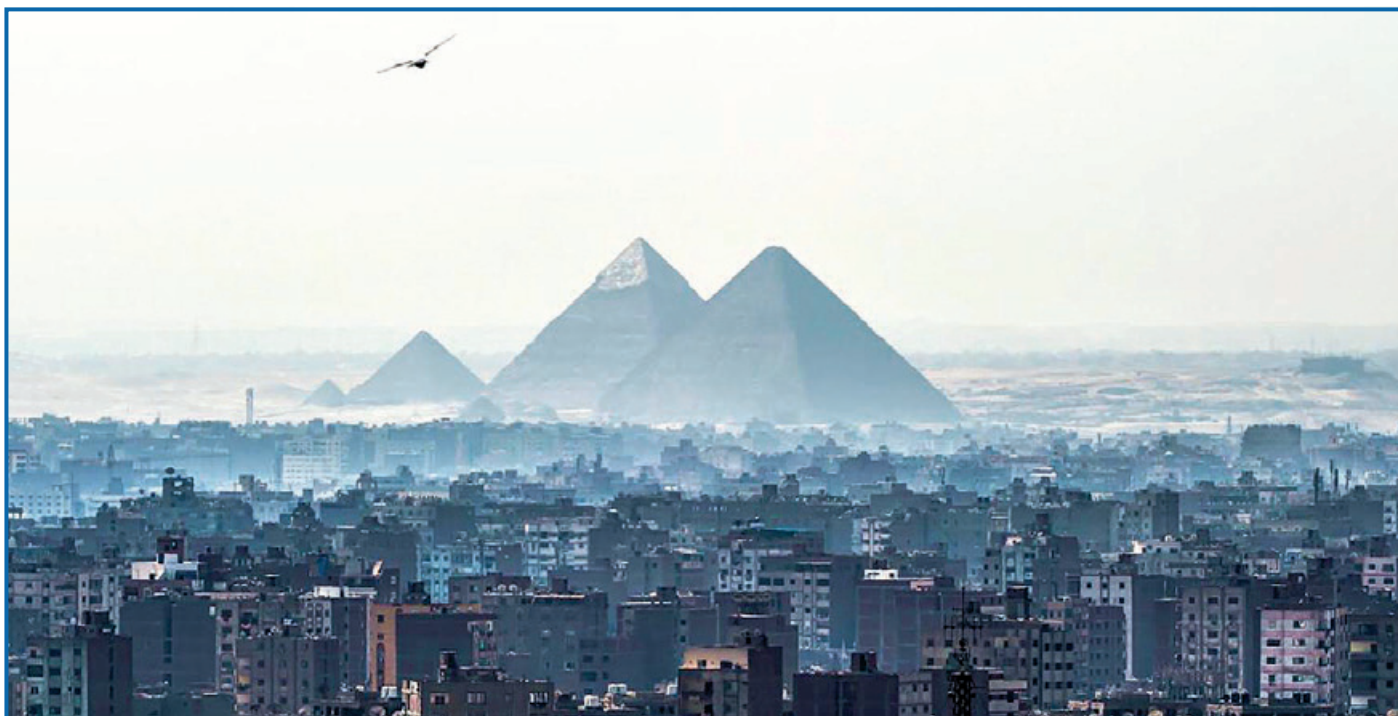
Egypt has become an important investment destination for Liquefied Natural Gas (LNG), supported by new discoveries, according to a report released on Wednesday by Africa Oil and Power Conference.

In the first half of 2019, Egypt's Zohr offshore

gas field produced 11.3 billion cubic meters, 300.6% higher than the year before. The recent boom in the Egyptian LNG output is expected to be boosted by Italy's ENI new discovery in the Nour North Sinai concession. In February, the Egyptian Natural Gas Holding Corporation awarded five new gas exploration concessions to Shell,

ExxonMobil, Petronas, DEA, and Eni. As per Africa Oil and Power Conference, African LNG sector is expected to attract \$103 billion in investments in 2019. The continent is forecast to contribute 10% of global LNG output growth by 2024. 

Source: hellenicshippingnews.com



Thailand sets its sights on larger LNG share



Thailand's newly elected coalition government, heading by former junta leader General Prayut Cham-o-cha, will look to significantly lift the proportion of natural gas in the country's

energy mix, following the cabinet's approval of the amended Power Development Plan (PDP) at the end of April. Under the new PDP, the government aims to derive 53% of the country's power from gas by 2037, which is a

13% increase over the previous plan. Greater LNG imports will be Thailand's main focus over the coming years. 

Source: petroleum-economist.com



Pakistan Oil and Gas Reserved Discovered in Kohat

Pakistan Oilfields Limited (POL), with 25 percent shares and MOL has made oil and gas discoveries in MOL-operated TAL Block – that is located in the Kohat Plateau of Khyber Pakhtunkhwa. Initial testing is being considered as extremely encouraging as it showed flow of

crude oil at 1,844 barrels per day and 18.25 mmcf of gas. According to the data available, the new reserves will produce 18.2 million cubic feet of gas on daily basis. Commercial production from the new oil and gas reserves will begin in December this year, with POL's pre-commerciality working

interest at 25 percent. The field accounts for 20 percent of Pakistan's oil production, amounting to 17,000 barrels per day. Six discoveries have been made in the block, the first in 2002 and the most recent in 2011. 

Source: tribune.com.pk/story

Do Electric Vehicles have a Future in Pakistan?

The Electric-Car Boom has taken over the world in recent years as the global drive towards finding eco-friendly commuting options has pushed famous automakers to produce more Electric Vehicles (EVs) than ever before. The demand for electric vehicles is increasing by the day, thanks to the effectiveness of EVs in improving the air quality by reducing the carbon footprint. Electric vehicles generate power from electric batteries, hence they completely diminish the need for conventional fuel, which on combustion in petrol and diesel vehicles, adds to the air pollution. The acceptance of electric cars is growing steadily across the world as the sales figures of electric cars have continued to grow over the last few years.



Mercedes-Benz quietly enters the e-scooter market

Mercedes-Benz is known for being a pioneer in the world of automobiles, but until now, it hadn't ventured into the world of two-wheeled electric scooters. That will change, though, as the company very quietly announced a two-wheeler at the 2019 Frankfurt Motor Show in July 2019.



WifiBooster – Better Connectivity For Your Home

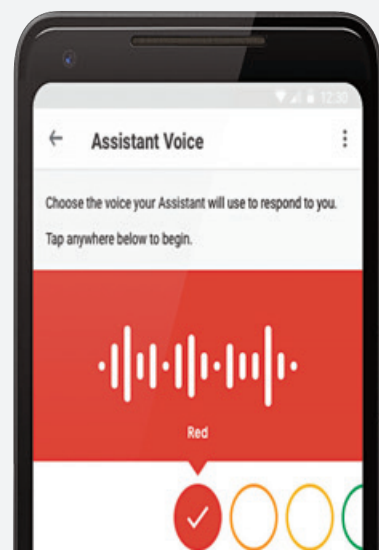
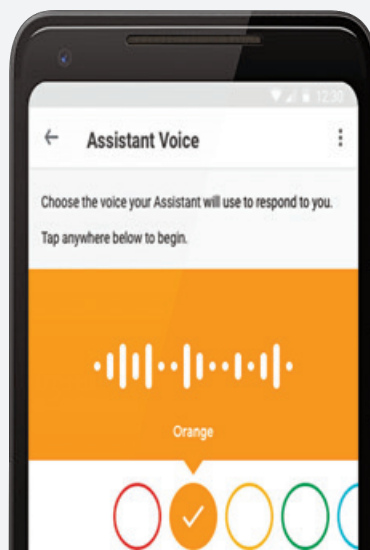
Do you hate having slow internet and losing connectivity in some parts of your home? Nothing is worse than having your videos constantly buffer and waiting forever for your websites to load.

Calling your internet provider never helps and they always want you to pay more to upgrade your already expensive service... and even then things don't get better! With WifiBooster you can make sure your entire home is covered no matter how far away you are from the modem! Not only does WifiBooster improve your WiFi signal strength throughout your house, but it will also improve your internet speed! Never again will you experience any video interruptions or loss of your internet signal. This is truly a device that everyone should have in their home.

Google Assistant gets new voice options in nine more languages

Google Assistant users outside the US haven't had much choice when it comes to voice options – until now, as Google launches a second voice for Assistant in French, German, Dutch, Japanese, Norwegian, Korean, Italian and English for India and the UK. The new voices have been built with DeepMind's WaveNet technology to help them sound natural, and will be displayed in settings as a color, rather than as a gender. Users selecting a voice in one of these languages will be able to choose from "orange" or "red," and when you set up Google Assistant for the first time you'll be randomly assigned one of them. According to Google, "We've learned that people enjoy choosing between voices to find one that sounds right to them, and we think it's important to present these voices without any labels." The new voice options launch today.

Source: <https://www.automark.pk/do-electric-vehicles-have-a-future-in-pakistan/>



The FLAME

LAUGH OLOGY

Boss: How can we keep the office clean?

Me: By staying at home.

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablet nowadays and handed me her iPad. The fly didn't stand a chance

Coworker: Do you ever think about work at home?

Me: I don't even think about work at work!

HR: "What's your biggest weakness?"

Me: "Interviews"

HR: "And besides that?"

Me: "Follow up questions"

The truly intelligent person is one who can pretend to be a fool in front of a fool who pretends to be intelligent.

When a flower doesn't bloom, you fix the environment in which it grows, not the flower.

Alexander Den Heijer

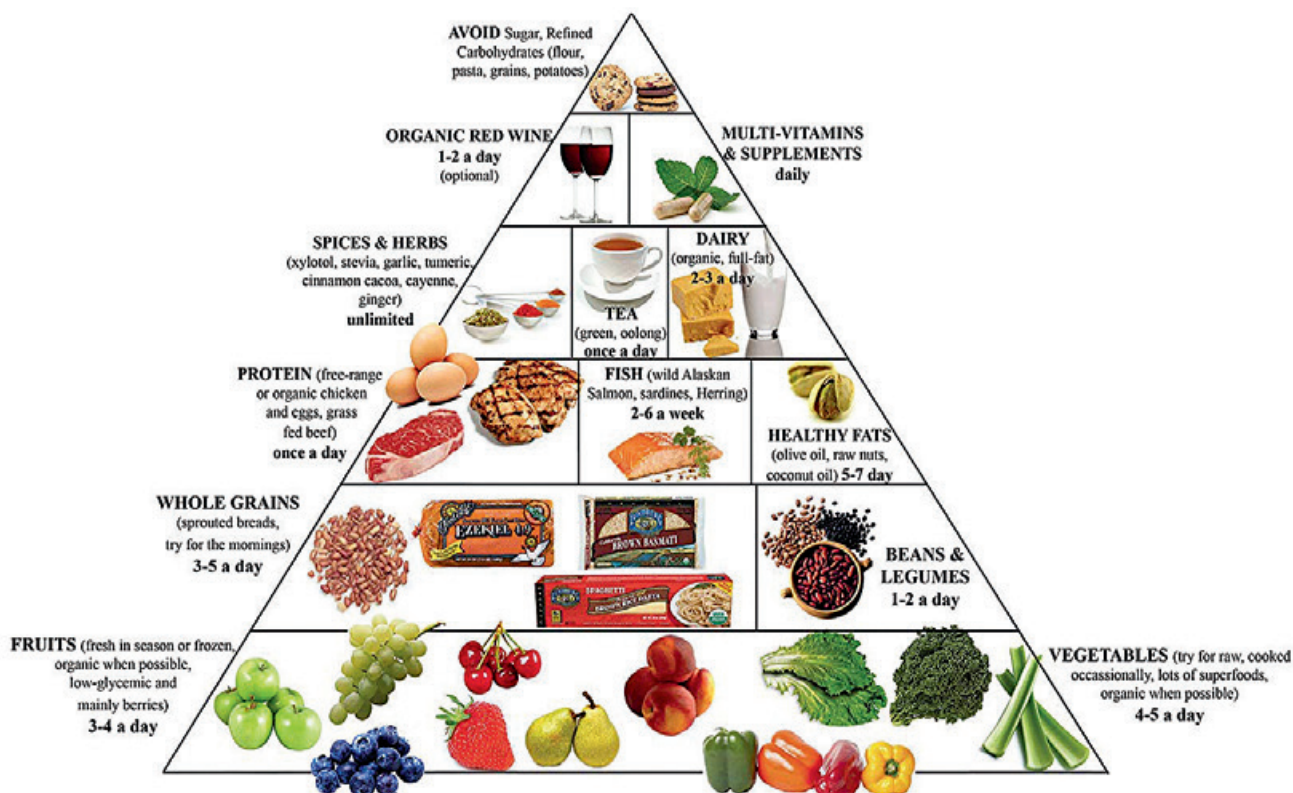
I'VE LEARNED SO MUCH FROM MY MISTAKES, I'M THINKING OF MAKING A FEW MORE.



The FLAME life

A regular section that provides useful tips and ideas on maintaining a healthy lifestyle.

THE FOOD PYRAMID





**REASONS TO
ADD COLOR
TO YOUR
LIFE**

1. FULL OF THE GOOD

Fruits and vegetables provide a host of nutrients such as water, minerals, vitamins, proteins, calcium and the like. Add these to your meals for a flavorful power boost.



2. FREE OF THE BAD

Fruits and vegetables contain low levels of trans fats, saturated fats and little to no sodium. The natural sugars give your body the required nutrients thereby, helping you remain energized and healthy.

3. WON'T WEIGH YOU DOWN

As fruits and vegetables are low in calories, they help you in managing your weight and ensure that your body does not end up gaining the unhealthy fats associated with other types of non-recommended food (such as junk food).



4. SUPER FLEXIBLE SUPER FOODS

You can eat the fruits and vegetables raw or by combining them with another dish either savory or sweet. These super foods in any form whether fresh, or dried, are chock full of nutritional elements.

5. A WHOLE BODY HEALTH BOOST

A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions. So make sure to add plenty of these in your diet and stay carefree.



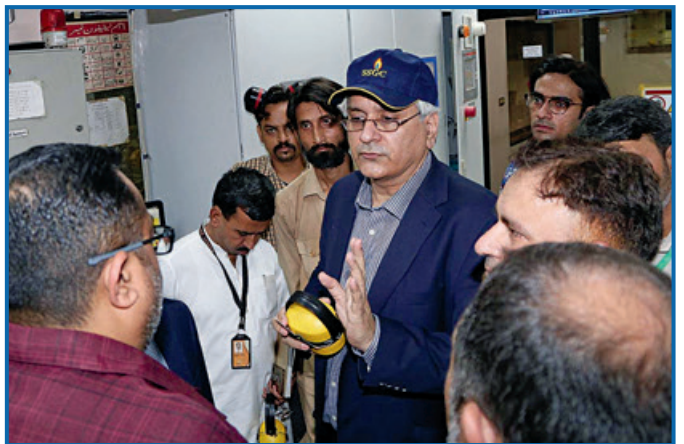
ايس ايس جي سي ۽ سي جي ٽي او هڪ ٻي وڏي قانوني جنگ کڻي ورتي (يو اينڊ ايس)

داخل ڪرائي وئي ۽ دعوائون به داخل ڪرايون ويون. ايس ايس جي سي ۽ سي جي ٽي او رفاہ عام سوسائٽي ملير ۾ گڏيل ڇاپو هنيو، جتي ڏوهارين کي هڪ پلاسٽڪ فيڪٽري هلائڻ لاءِ جعلي ميٽر لڳائي ان جي ذريعي سڌو سنئون گئس استعمال ڪندي پڪڙيو ويو، ان ۾ حاصل ڪيل ڪل لوڊ سي ايف ٽي/ ڪلاڪ 590 هو، جڏهن ته پريشر 6.56 psig هو، جعلي ميٽر هٽايو ويو ۽ گئس جي فراهمي پڻ ڪاٽي وئي جڏهن ته ايف آءِ آر داخل ڪندي چوريءَ جي دعويٰ داخل ڪئي ويندي. لياري واري علائقي ۾ 260 کان وڌيڪ فليٽن ۾ مين لائين مان غير قانوني طور گئس استعمال ڪئي پئي وئي. ڇاپو هٽندڙ پارٽي گئس جي ان غير قانوني توسيع ۾ استعمال وارا سمورا رپٽ پائپس، فٽنگز سميت بيوسامان ضبط ڪري ورتو. ■

ٽيمز سان گڏ نارٿ ڪراچي واري علائقي ۾ گڏيل ڇاپو هنيو. ڏوهاري گهريلو ڪنيڪشنز مان گارمينٽ مينوفڪچرنگ ۽ پاور جنريشن جي مقصدن لاءِ پريس بوائيلرز هلائڻ لاءِ استعمال ڪري رهيا هئا، انهن ڪنيڪشنز جي ذريعي حاصل ڪيل ڪل لوڊ 2170 ڪيوڪ فوٽ في ڪلاڪ (سي ايف ٽي/ ڪلاڪ) کان وڌيڪ هو. ميٽرز ۽ ريگوليٽرز کي ڪڍيو ويو هو ۽ ليپ ٽيسٽنگ لاءِ امائيو ويو گئس جي فراهمي ڪاٽي وئي ۽ دعوائون داخل ڪيون ويون، اهڙي قسم جو هڪ ٻيو گڏيل ڇاپو سٽي اولڊ ايريا ۾ هنيو ويو، جتي جوابدارن کي هڪ ڪٽيل ميٽر پوائنٽ تي رپٽ پائپ لڳائي ان جي ذريعي هڪ هوٽل کي سڌو سنئون گئس فراهم ڪندي پڪڙيو ويو، ان ۾ تقريبن سي ايف ٽي/ ڪلاڪ 225 مجموعي لوڊ حاصل ڪيو ويو. سڌو سنئون ڪنيڪشن کي ڪاٽيو ويو، ايف آءِ آر

سنڌ هاءِ ڪورٽ تازو ٽي هڪ ڏوهاري غلام مرتضيٰ جي گرفتاري کان اڳ واري ضمانت واري درخواست رد ڪري ڇڏي، جنهن خلاف سڌو سنئون لائين مان قدرتي گئس جي چوري لاءِ ايس ايس جي سي ايف آءِ آر داخل ڪرائي هئي. لاڙڪاڻي ۾ گئس يوٽيلٽي ڪورٽ پڻ هڪ ڏوهاري غلام نادر علي کوسو جي گرفتاري کان اڳ واري ضمانت واري درخواست رد ڪري ڇڏي، جنهن کي سول لائينز پوليس اسٽيشن ۾ داخل ايف آءِ آر ۾ نامزد ڪيو ويو هو. ڏوهاري پاور جنريشن لاءِ سڌو سنئون گئس استعمال ڪندي پڪڙيو ويو. ڪراچي ۾ ايس ايس جي سي جي سيڪيورٽي سروسز جي انٽيليجنس ونگ ۽ ڪائونٽر گئس ٿيفٽ آپريشنز (ايس ايس اينڊ سي جي ٽي او) ڪمپني جي ڪسٽمر ريليشنز ڊپارٽمينٽ جي نمائندن، ايس ايس جي سي پوليس ۽ فيسلڊ

صنعتن کي نئين (يو اينڊ ايس) جي ايس اي جي ذريعي اضافي لوڊ کي باضابطا (ريگولرائز) بڻائڻ جي هدايت



ايس ايس جي سي جي قائم مقام ايم ڊي جناب محمد وسيم زور ڀريو آهي ته سموريون صنعتون ان ڳالهه کي يقيني بڻائين ته ڪو به اضافي ڪنڪٽڊ لوڊ جيڪو اڳ ۾ ڪمپني سان رجسٽرڊ هو، جي ايس اي سان ان جي تجديد لازمي طور تي ڪن. ■

ایس ایس اینڈسی جی ٹی اوٹیموں کی جانب سے چھاپوں میں تیزی



کوئٹہ میں سریاب روڈ کے علاقے میں ایس ایس جی ٹی اوٹیموں نے ڈیپارٹمنٹ کے ایک پانی کے ہائڈرنٹ پر چھاپا مارا جہاں ایک 200 وی اے جوائنٹ کو ایک ڈائریکٹ ٹل کے ذریعے گیس سے چلایا جا رہا تھا۔ کچینی کے ایس ایس اینڈسی جی ٹی اوٹیم نے مجرم کے خلاف ایف آئی آر درج کروادی ہے۔

مقاصد کیلئے استعمال کے رہے تھے۔ ایک اور چھاپے میں لاڑکانہ ڈسٹرکٹ ہیوشن (ٹھیکٹ کنڈول ٹاسک فورس) نے جیکب آباد شکار پور اور مختلف اضلاع کے مختلف گھنٹوں میں کلیمپس اتارے اور زیر زمین چوری کو پکڑا۔ نوشہرو فیروز اور مورو میں چھاپوں کے دوران ڈائریکٹ سروس لائنز کو منقطع کیا گیا جو گیارہ گھروں کو گیس پہنچا رہے تھے۔

ایس ایس اینڈسی جی ٹی اوٹیموں نے حیدرآباد میں چھاپے مارے جن میں مجرمان ڈومیسٹک کنکشن کو کمرشل مقاصد کیلئے استعمال کر رہے تھے اور اس کے ساتھ گیس سے بجلی بنانے کے بیچ بھی رہے تھے اور اس سے ایک ہوٹل بھی چلا رہے تھے۔ اس کے علاوہ سکھر میں بھی چھاپے مارے گئے جن میں ملزمان ڈائریکٹ لائن کے ذریعے گیس کو تجارتی

ایس ایس اینڈسی جی ٹی او کی عدالتی مقدمات میں نمایاں کامیابی



کنکشن کو منقطع کر دیا گیا۔

اسی طرح کے ایک اور چھاپے میں ملزمان کو ایک منقطع میٹر کے پوائنٹ سے ربر پائپ کے ذریعے ایک ہوٹل کو ڈائریکٹ گیس سپلائی کرتے ہوئے پکڑا گیا۔ گیس لوڈ کو تقریباً 225 سی ایف ٹی فی گھنٹہ پر پایا گیا۔ یہاں بھی کنکشن منقطع کر کے میٹر ز کو لیبارٹری بھجوا دیا گیا اور ایف آئی آر درج کروا دی گئی۔

ایس ایس اینڈسی جی ٹی او نے رفاه عام سوسائٹی میں بھی کارروائی کرتے ہوئے ایک ملزم کو پکڑا جو ٹی میٹر آؤٹ براؤں کر کے ڈائریکٹ گیس سے ایک پلاسٹک فیکٹری چلا رہے تھے۔ گیس لوڈ 590 سی ایف ٹی فی گھنٹہ پر تھا اور پریشر 6.56 بی ایس آئی جی بی تھا۔ آگے ضروری کارروائی کی گئی اور لیاری کے علاقے میں 260 سے زیادہ فلیٹس میں مین لائن سے گیس چوری کر کے مہیا کی جا رہی تھی۔ تمام غیر قانونی ربر پائپس اور فٹنگس کو اتار دیا گیا۔

حال یہ میں سندھ ہائی کورٹ نے ایک مقدمے کی کارروائی کے دوران ملزم غلام مرتضیٰ کی ضمانت قبل از وقت گرفتاری منسوخ کر دی۔ ملزم کے خلاف ایف آئی آر سونے سدرن کی جانب سے درج کرانی گئی تھی جس میں ملزم کو ڈائریکٹ لائن کے ذریعے گیس چوری کا مذمہ دار ٹھہرایا تھا اسی طرح لاڑکانہ میں گیس یونٹیلٹی کورٹ نے بھی ملزم غلام قادر علی کھوسو کی ضمانت قبل از وقت گرفتاری کو منسوخ کر دیا۔ ملزم کو ڈائریکٹ پائپ لائن کے ذریعے گیس کو پاور جنریشن کے لیے استعمال پر پکڑا گیا ہے۔

کراچی میں ایس ایس اینڈسی جی ٹی او نے کمپنی کے کسٹمر ریلیشن ڈیپارٹمنٹ کے ساتھ مل کر چھاپے مارے ان کے ہمراہ کمپنی کے سی آر ڈی کی نمائندے، ایس ایس جی ٹی او پولیس اور نارٹھ کراچی کی فیلڈ ٹیمیں بھی شامل تھیں۔ چھاپے مار کارروائی کے دوران ملزمان کو گھریلو کنکشن کی گیس کو گارمنٹ مینوفیکچرنگ کیلئے بوائلر چلانے اور پاور جنریشن کیلئے استعمال کرتے پکڑا گیا اور گیس لوڈ کو تقریباً 2170 کیوبک فٹ فی گھنٹہ پر پایا گیا، میٹر اور ریگولیٹرز کو اتار کر لیبارٹری ٹیسٹنگ کیلئے بھیج دیا گیا اور گیس





اضافی لوڈ کی نئے جی ایس اے کے تحت ریگولر ایزیشن صنعتوں کی ذمہ داری

ایریا میں موجود ایک لوکل صنعتی یونٹ کا دورہ کرتے ہوئے کیا۔ اس دورے میں اے ایم ڈی نے ایس ایس اینڈ سی جی ٹی اوٹیم کی جانب سے علاقے کا لوڈ سروے کی کارروائی کا معائنہ کیا۔

گیس سٹرا ایگریمنٹ کی کمپنی کے ساتھ تجدید (ری نیو) کروالیں۔ اے ایم ڈی نے ان خیالات کا اظہار بریگیڈئیر (ر) ایم ایوزر، ڈی جی، سیکورٹی سروسز اینڈ کاؤنٹر گیس کنٹرول آپریشنز کے ساتھ کراچی سائٹ

محمد وہیم، ایکٹنگ ایم ڈی، ایس ایس جی سی نے زور دیا ہے کہ تمام صنعتیں اس بات کو یقینی بنائیں کہ ان کا اضافی لوڈ ایکسیشن کمپنی کے ساتھ باضابطہ طور پر رجسٹرڈ ہے۔ تمام صارفین کے لئے لازم ہے کہ وہ اپنے



دک فلیم

سوئی سدرن گیس کمپنی کا اندرونی جریدہ

گیس سیلز ایگریمنٹ صنعتوں کی ذمہ داری

