

Capturing vibrancy, diversity and energy of SSGC







HONORING THE SACRIFICES OF MILLIONS



HAPPY INDEPENDENCE DAY







Message from the Managing Director

Dear colleagues,

he month of August is always one of the most awaited months of the year. Every year, we celebrate 14th of August with renewed passion and vigor. Independence Day has always been looked upon as a means to celebrate the blessing we call Pakistan, and to strengthen our resolve to work for the betterment of our country and help it prosper. Independence was gained through massive sacrifices and as such, it should not be taken lightly. Rather, it should be regarded as a beacon that will light our path as we progress through the ages.

The resources that our country possess are many. However, in my eyes, the one truly valuable resource are its people. A great nation is formed by the people, and the talented pool of individuals that exist in Pakistan, leaves little doubt in my mind that our country can reach the pinnacle of greatness. I have had the pleasure of meeting remarkable people at SSGC, and I am delighted to applaud the efforts of team SSGC in remaining true to its core values.

Eid-ul-Azha is yet another occasion to celebrate all that we have been blessed with and I wish SSGC family, the best of both occasions. May this year and the coming years be transformed into years of progression; both for SSGC and Pakistan.

All the very best,

Mohammad Wasim



'Reaffirmation'

ourteenth of August is not just a day to spend on mindless self-indulgence. It is not a day to spend by riding silencerless motor bikes and playing national songs loud enough to disturb the neighbours. 14th of August is actually a day of reflection, a time to focus on self-examination to find out where we stand today as a nation. The goal for each one of us should be to uphold the Quaid-e-Azam's ideas and vision for Pakistan.

The kind of Pakistan Quaid and the founding fathers had envisioned has not yet materialized but, through sheer commitment, integrity and honesty, we still have a fair chance of giving the future generations a better Pakistan.

Best Regards,

Ed



Editorial Team



Shahbaz Islam
Salman A. Siddiqui

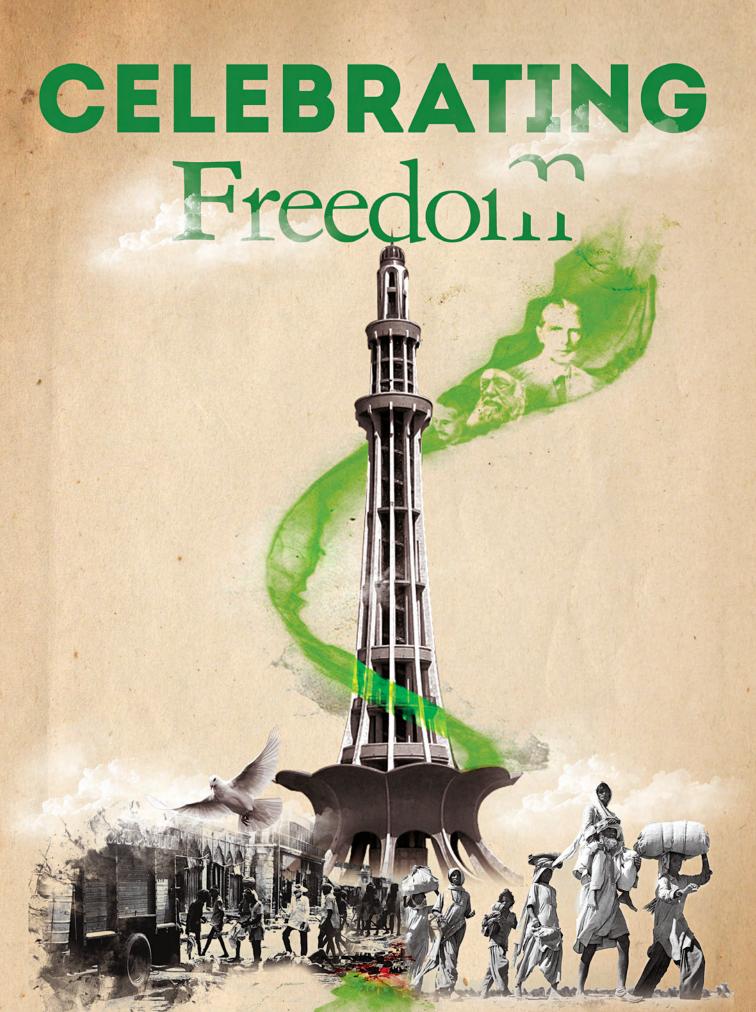
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14 AUG 1947

COVER STORY



ndependence day is always celebrated with fervor and zeal. This year, this eagerly awaited day coincided with the third day of Eid-ul-Azha, and the SSGC family decided to celebrate both the events together. It was indeed a memorable day, with the event kicking off with a flag hoisting ceremony.

As the beautiful chorus of Pakistan's national

anthem played on in the background, the senior management, SSGOA, CBA office bearers, executives and staff together sang the world's number one anthem. In days leading up to the independence day celebrations some activities were arranged by the Corporate Communication Department.

One such activity was entitled "Soch for Pakistan" that involved the management and

employees penning down their thoughts related to hopes and aspirations on pieces of paper which were then put up on a large flag erected on the head office reception area.

A number of other CSR partner organizations also organized independence day festivities which were marked by representation from SSGC.















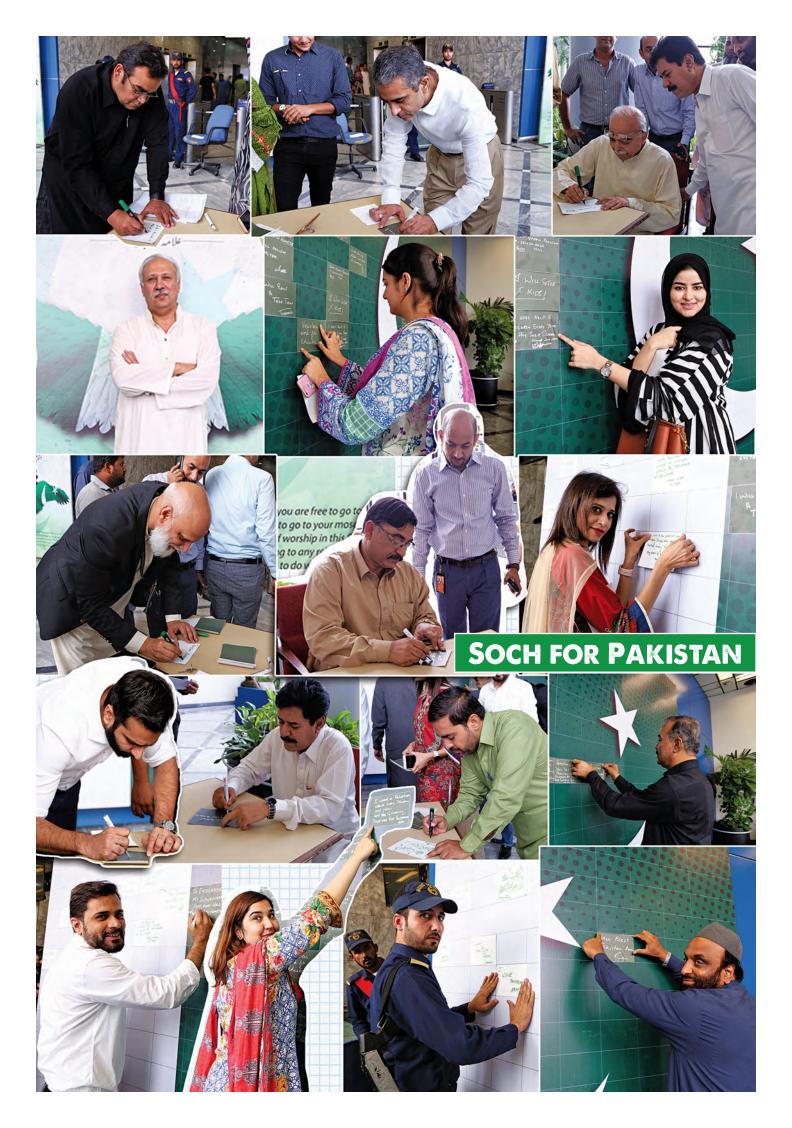












Freedom takes a new meaning at Markaz-e-Umeed



n the day of independence some members of Team SSGC also visited Markaz-e-Umeed, a home for children with special needs which also is one

of the Company's CSR partners. The SSGC team members, led by Shahbaz Islam, GM (Corporate Communications), Salman A. Siddiqui, DGM (Corporate Communications),

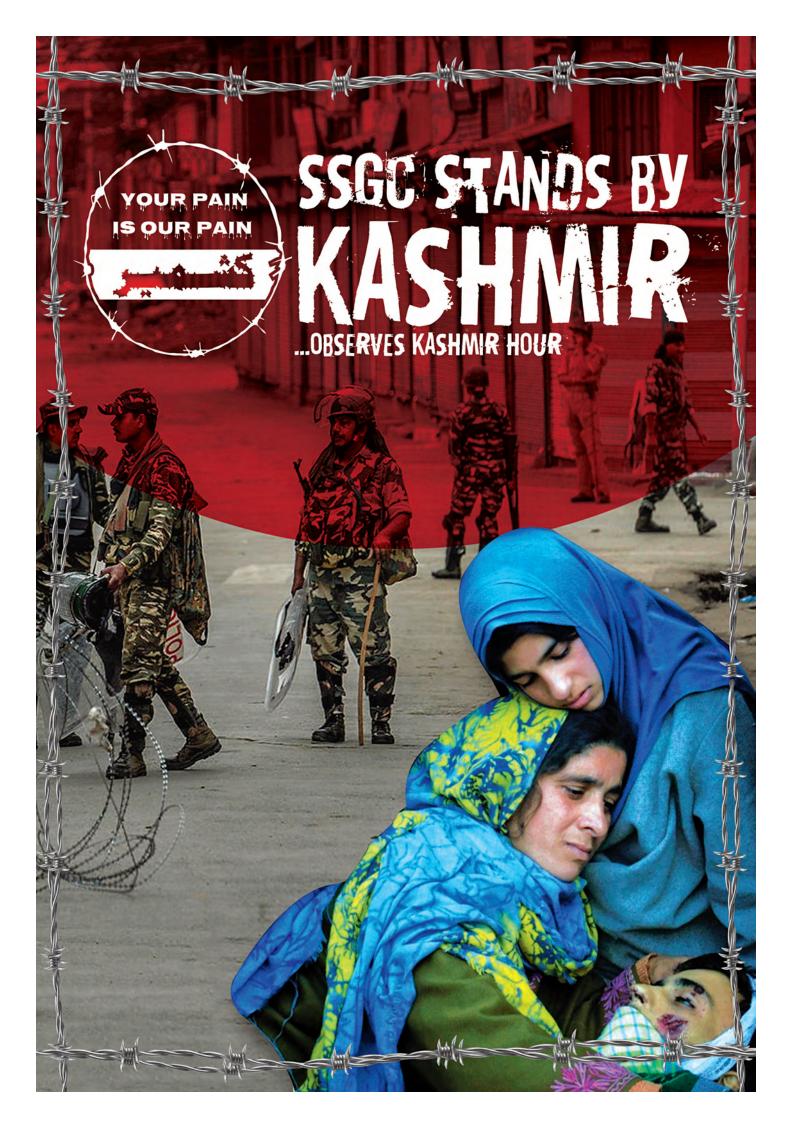
Faizan Munaf, DM, Muhammad Ali Gohar, former CM CCD, Javaria Abdul Salam (MTO) and Tabbassum Fatima also attended the





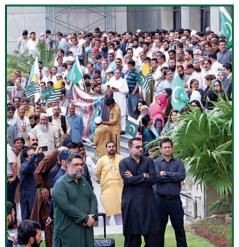






SOLIDARITY





SGC joined the entire nation to observe Kashmir Hour on August 30, 2019 to express solidarity with the oppressed people of Indian Occupied Jammu and Kashmir.

The Kashmir Solidarity Hour commenced from 12:00 noon and lasted till 12:30 hours. Just like elsewhere in the country, Pakistan's national anthem was played at the designated hour as Mohammad Wasim, AMD, SSGC performed the flag hoisting. He was joined by Imran Farookhi, DMD (CS) and M. Amin Rajput, DMD (F and A)/CFO and a large number of Company executives and staff.

















Awards Ceremony



AWARDS









ast July, the first three weeks of Ramadan witnessed superb and exciting cricket from six inter departmental teams.

To commend and award the top three winning teams namely ES Cheetahs, MS Kangaroos and Finance Falcons, an exclusive Ramadan Cricket Trophy Distribution event was held right after the flag hoisting ceremony. The Ceremony was marked by the presence of Pakistani star cricketers Sohail Khan and Fawad Alam who also

represent SSGC in domestic circuit. Senior management led by Amin Rajput, DMD (F and A)/CFO and cricket stars Fawad Alam and Sohail Khan presented the Winners' Trophy to Qazi Nasar, Captain of ES Cheetahs who was also declared as the Man of the Tournament.

The first runners' up and second runners up trophies were presented to Shahbbaz Islam of MS Kangaroos and Mohammad Owais of Finance Falcons, respectively. Players were also awarded shields for participating in the

tournament. A number of videos were screened during the ceremony related to the Kashmir cause and Ramazan cricket itself.

Another video entitled "Meri Pehchaan" was developed by the interns of the Corporate Communication Department that superbly conveyed the message that regardless of our race or religion, at the end of the day, every individual living in this land is a Pakistani at heart. The ceremony was hosted by DM Faizan Munaf and MTO Javaria Abdul Salam.

























Government of Pakistan's strong resolve to root out gas theft has breathed new life into Operation Grift, SSGC's anti-gas theft campaign. SSGC, by enforcing Gas (Theft and Recovery) Act 2016, has scored major prosecution successes. FIRs were lodged, culprits were tried in Gas Utility Courts and miscreants sent behind bars and fined heavily.

1,370 RAIDS

127
FIRS
LODGED

Over 1 Billion
CLAIMED

Gas Theft crimes involve:

Violation of Gas Sales Agreement (GSA) Unauthorized enhancement of gas loads other than contracted for in GSA Installation of suction booster in industrial units

Unauthorized use of more gas against that registered by the meter

Such crimes will lead to a maximum of 10-year prison term

Remember: If one breaks the law, the long arm of law will get the culprit.



To report gas theft CALL: 1199

Send brief and pics on 0323-8213346 WHATSAPP 0322-8217576 Email: gas.theft.info@ssgc.com.pk

SSGC removes more than 300 illegal connections



SGC has intensified its gas theft drive and tightened rope against gas thieves in its franchise areas to eliminate the possibilities of gas theft that has been causing heavy financial losses to the Company.

Force of Customer Relations Department conducted a raid on KDA Flats where more than 300 registered customers were involved in gas theft. Culprits were

stealing gas by clamping SSGC main line through rubber pipes.

On other hand, The Task Force of SSGC's Customer Relations Department conducted raid in different areas of Sindh. In a series of raids conducted in Wazir abad and old Saddar Mohalla of Shikarpur, Syed jo Goth Mehar, Village Masu Hub of Larkano, Jacobabad and Karachi West more than 50 illegal clamps were identified and removed

that were made by the miscreants by puncturing SSGC's main line. The gas supply was disconnected by SSGC team.

All material including rubber pipes, clamps and other articles that were being used in gas theft were taken in custody by the team. Fine against the load observed during the raids will be raised and appropriate legal action will be taken against the culprits.

SSGC patronizes Propellair

s part of its CSR initiative, SSGC sponsored NEDUET's only All Flying Competition Propellair, a platform that gives the students of various institutions all over Pakistan, with a spark of interest in aerodynamics, the opportunity to come together and participate in the voluminous activities that engineering has to offer. PropellAir" is a two-day event, in which the students are able to practically test their technical and creative capabilities. Picture shows here Salman A. Siddiqui, DGM (Corporate Communications) being presented with a memento by Base Commander PAF Base Sharae Faisal as Prof. Dr. Muhammad Tufail, Pro Vice Chancellor, NEDUET looks on.



DMD (CS) conducts a session on women harassment



SGC takes pride in uplifting its women and making sure that there are no employees hurdles stopping them to grow and shine bright. SSGC understands that in our society women face more problems as compared to men and more than often are an harassment target. However, SSGC is ready to do whatever it takes to make its workplace as safe for women as it is for men.

In order to create awareness about workplace harassment, and to let women of SSGC know about the seriousness of management towards the issue, Imran Farookhi, DMD (CS) and Asad Saeed Khan, SGM (HR) themselves chaired multiple sessions on workplace harassment.

Each session had a different set of women representing each department and they

were all encouraged to share the problems that they have been facing. Mr. Farookhi encouraged women to come forward, identify and stand against anyone involved in workplace harassment so that all of us can together make SSGC a better place to work for both men and women. He also emphasized on the fact that the management of SSGC is looking forward to having more and more women in the top tier.









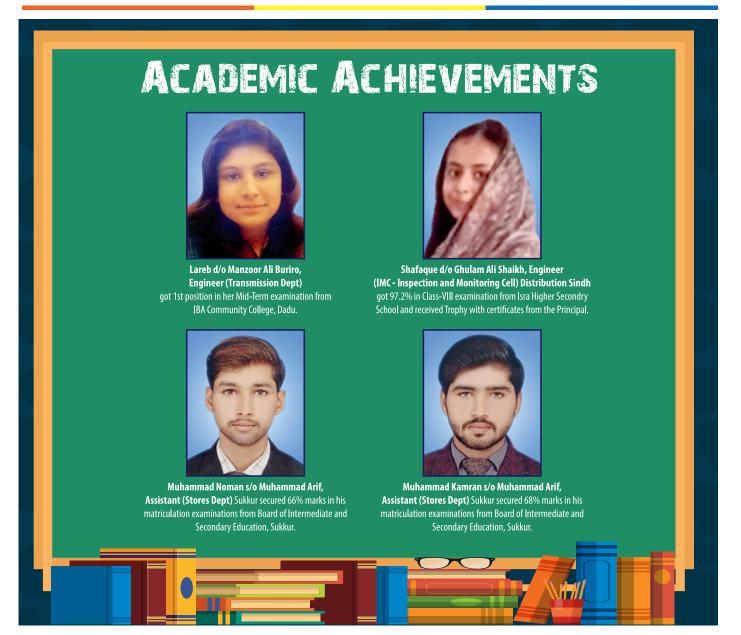
HUMAN RESOURCE

Nadir Memon bids farewell



N

adir Ali Memon, DCE Distribution Hyderabad (TBS-Operations) retired from SSGC after serving the Company illustriously since 38 years. His colleagues gave him a befitting farewell.



WHY BLUE FLAME?

Blue flame



Yellow flame



- The colour and flame of both LPG (propane) and natural gas (methane) are both blue.
- A blue flame color and temperature means complete combustion.
- Blue flames are good.
- For Natural Gas (Methane), the blue flame temperature is about 1,960°C.
- A natural gas blue flame indicates that the burner is providing the correct air-fuel mixture, with sufficient oxygen for complete combustion at the burner. A blue flame burns the fuel completely producing carbon dioxide, water and heat.
- Natural gas burns with a blue flame colour, with complete combustion. LPG (propane) also burns with a blue flame

- colour. With complete combustion, an LPG (Propane) gas burns with a blue flame and burns at a temperature of around 1,980°C, as noted on the flame color temperature chart
- LPG blue flame colour burns 20°C higher than a natural gas blue flame colour.
- Both natural gas and LPG burn in a different colour from other materials, like wood.
- You get a blue gas flame with a hydrocarbon gas wher you have enough oxygen for complete combustion.
- When you do have sufficient oxygen, the gas flame appears blue because complete combustion creates enough energy to excite and ionize the gas molecules in the flame.

You can run but you can't hide

SSGC aggressively contains gas thieves

It is 7 am. While most people are getting ready to start their day, SSGC's Counter Gas Theft Control Operations' team are already on ground preparing for a raid on a facility involved in theft of natural gas. On a tip-off, the Company's Counter Gas Control Department was informed of a major theft being committed for quite some time. The raiding party accompanied by SSGC Police and other law enforcement agencies reaches the site within no time. The miscreants known to have friends in high places, have been stealing gas for a long time by puncturing main supply Line to operate generators for supplying electricity to the neighbors. Expecting an aggressive reception, the team accompanied by the Company's own Police Force moves gingerly to conduct their operations. The miscreants, caught red handed, raise a major hue and cry and threatens SSGC team of disastrous consequences. Nonetheless, the raiding party goes about their task of dismantling the illegal connection and lodging FIRs against the culprits.

This operation is one of the many, SSGC's Counter Gas Theft Control team carries out nearly every day on gas theft being committed across the Company's franchise areas of Sindh and Balochistan. Stealing natural gas is not only a crime, it also puts innocent lives at risk since only a Company employee can operate a gas line and not a plumber. One major reason to control theft is financial. Gas theft contributes 50% to Unaccounted-for-Gas (UFG) or line losses which means every percentage increase in UFG leads to the regulator (OGRA) slashing more than Rs. 1.5 billion from the Company's financial bottom-line.

Seemingly, the gas thieves are everywhere. There are a number of reasons for the rising incidence of gas theft in Sindh and Balochistan. Rapid urbanization is one. During the past several years, big cities like Karachi have witnessed an unplanned growth of kachi abadis or slum areas where gas is unavailable. The settlers of these kachi abadis steal gas theft from direct line in the surrounding areas through rubber pipes by bypassing the gas meter. In addition, in the industrial sector, a moratorium for many years had compelled addition, in the industrial sector, a moratorium for many years had compelled many users to significantly increase gas load for running their units without the company permission, with the meters not large enough to calculate and measure the exact load for billing. Factories also set up suction boosters that not only affects the company's gas distribution system but also its measuring devices. On the other hand, in Balochistan, gas heaters run all day long in bitterly cold winters and a common man's bill shoots up by Rs. 30,000 to Rs. 35,000 which affects his ability to pay gas bills. That is when the consumers start tampering with gas meters on mass scale or pilfering gas by puncturing the Company's supply lines to meet their space heating needs. In the rest of Sindh, gas theft is generally seen as a money-making business whereby residents steal gas for power generation through distribution lines and then sell them commercially. On the other hand, commercial units such as ice and rice milling factories and mawa bhattis (sweet manufacturing machines) steal gas directly to run their businesses.

Although in the past, legislation was promulgated to rein in gas theft, attempts by the gas utility companies in Pakistan to control gas theft in a major way did not make much headway. Then in 2016, National Assembly of Pakistan passed Gas (Theft and Recovery Act) that imposed heavy penalties in the form of prison terms and fines on offenders engaged in various types of gas theft.

The Act proved to be a much needed shot in the arm for SSGC. In 2017, the Company's Security Department was revamped as Security Services and Control Gas Theft Operations (SS & CGTO) Department and structured on more result-oriented and professional lines, with the establishment of gas theft intelligence, security, prosecution and operations wings. The SS and CGTO department is backed up by a dedicated SSGC Police Force and other law enforcement agencies such as Sindh Rangers and FIA for undertaking raids on domestic, commercial and industrial thefts.

Ever since its formation in July 2017, through an extremely aggressive approach, SS & CGTO Department has detected 157,000 gas theft cases in Sindh and Balochistan through a number of intelligence based operations, through Operation Grift.

The Company management happily notes that Operation Grift is heading in a right direction. Enforcement actions have resulted in a number of arrests and heavy penalties, with over 390 theft undergoing trial in

By S. Imran Ahmed

the courts. SSGC's war against gas theft has been boosted by the establishment of more than 38 gas utility courts with 27 in Sindh and 11 in Balochistan for taking punitive action against the offenders and serving them punishment commensurate with the type of theft committed. This zero tolerance has so far paid dividends. Natural gas worth 12,037 MMCF volume (Rs. 6,980 million in monetary terms) has been saved so far due to the persistent actions. Claims worth Rs. 1.5 billion have been raised against the offenders out of which Rs. 750 million has been recovered from the culprits. The SSGC management considers this to be a major progress yet admits that much needs to be done to put a stranglehold on gas theft for which it is constantly strategizing.

The law not just gives the gas companies the mandate to nab the criminals but spurs a common citizen into playing a proactive role in prosecuting the wrong doers. Section 25 of Gas Act 2016 specifically states that if an individual reports a theft to the Company, as per law, the person will be eligible to 5% of any recovered amount. Needless to say, SSGC needs the society's support to curtail this illegal practice. The Company encourages people to report theft anonymously through its whatsapp numbers and official social media pages.

SSGC has no choice but to stay grounded in its war against gas theft. The Company's fortunes depend heavily on its ability in containing gas theft. In a country where gas worth Rs. 50 billion is stolen every year, SSGC's achievements in countering this menace may be a tip of the iceberg but a positive step forward. Let's hope they can keep the momentum



Monetary support provided to CSR partners

s a part of its CSR initiatives for FY 2018-19, SSGC provided monetary support to Fatima Kidney Care Hospital, Surjani Town, for the provision of a dialysis machine for the hospital.

Shahbaz Islam, General Manager (Corporate Communication) presented the cheque to Inam-ul-Haq and Sehrish Rajput of FKCH. Also seen in the picture are Salman A. Siddiqui, DGM, Syed Irtaza Raza, DM, Zubia Sadiq, Executive, and Aamna Khalid, MTO from the Corporate Communications.





alman Ahmed Siddiqui, DGM (Corporate Communications) presented a cheque to Sehban Hassan, Manager, SIUT for the provision of a dialysis machine for SIUT's Chhablani Medical Centre' in Sukkur as a part of SSGC's CSR activities. Also seen in this picture are Syed Irtaza Raza, DM, Zubia Sadiq, Executive and Aamna Khalid, MTO of Corporate Communication Department.

nna Daniel, Manager Events and Training of Dar-ul-Sukun received a cheque from Shahbaz Islam, GM (Corporate Communications) which has been given as a part of SSGC's CSR initiatives in FY 2018-19, for supporting the rehabilitation and treatment of seven children with intellectual and severe disability for a whole year. Salman A. Siddiqui, DGM, Syed Irtaza Raza, DM, Zubia Sadiq, Executive, and Aamna Khalid, MTO from CCD were also present on the occasion.





alman A. Siddiqui, DGM (CCD) presented a cheque to the representative of School of Leadership for supporting 10 lesser privileged students for their participation in a high-class training academy, spanning over 6 days as a part of SSGC's CSR program for the FY 2018-19. Also seen in this picture are Zubia Sadiq, Executive (CCD) and Aamna Khalid, MTO (CCD) of the SSGC's CSR Team.

"GOODNESS IS THE ONLY INVESTMENT THAT NEVER FAILS."

- HENRY DAVID THOREAU



China Gezhouba Group keen to invest in Pakistan's energy sector

hairman China Gezhouba Group Lyu Zexiang called on Prime Minister in Beijing in August and discussed cooperation in the energy sector.

The Chinese Group showed keen interest in exploring new business avenues in Pakistan especially in the energy sector.

Foreign Minister Shah Mahmood Qureshi, Minister for Planning Makhdoom Khusro Bakhtiar, Minister for Railways Sheikh Rashid, Adviser on Commerce Razaq Dawood, Special Assistant on Petroleum Nadeem Babar and Chairman Board of Investment (BOI) Zubair Gilani were also present in the meeting.

China Gezhouba Group Corporation (CGGC) is one of the most competitive listed companies with very strong financing capabilities. The Chinese group has expanded its business in more than one hundred countries and regions.

Source: Radio Pakistan



Future of renewable energy in Pakistan

wer Division is reported to have finalised the draft Renewable Energy Policy 2019 to be presented to the Federal Cabinet for approval, envisaging 25 percent of total generation capacity from Alternative and Renewable Energy Technologies (ARET) by 2025 and 30 percent by 2030.

With this ARET target, as envisaged by the government, together with over 30 percent hydel, the government aims to achieve the most environmental-friendly and affordable electricity mix compared to the heavy mix of imported fossil fuels of the past.

The policy covers projects in the public and private sector; or public-private partnership will be implemented with alternative and renewable energy technologies for producing power whether for sale to a public utility or for private sale to a consumer if the producer wishes to avail any or all incentives available in this policy.

The technologies covered under this policy are both conventional renewable energy including solar, wind, geothermal, biomass, as well as alternative technologies like biogas, syngas, Waste to Energy (WtE), storage systems, ocean/tidal waves, as well as all kinds of hybrids.

However, hydel projects are reported not to be covered under this policy. In addition, any proprietary technology, or new technology to be developed during the applicability of the ARE policy, would also fall under its ambit.

The proposed Renewable Energy Policy 2019 and the generation targets therein set appear highly ambitious if not unrealistic if one fairly examines Pakistan's progress so far in renewable energy introduction in the country, the performance of our institutions in the energy sector, the current investment climate and fiscal and governance issues in the sector.

Pakistan so far has only 5 percent of its total generation from renewable power - mainly

from wind, a bit from solar and a bit from bagasse as captive power plants at sugar mills. Reportedly, the 1000MW Quaid-e-Azam Solar plant set up by the Punjab government in the deserts of Cholistan has not delivered anywhere near the rated output.

Let us censure a bit the conduct and delivery of the country's institutions established to mobilise alternate energy in the country.

Alternative Energy Development Board (AEDB) is the sole representative agency of the Federal Government that was established in May 2003 with the main objective to facilitate, promote and encourage development of renewable energy in Pakistan and with a mission to introduce Alternative and Renewable Energies (AREs) at an accelerated rate.

The administrative control of AEDB was transferred to Ministry of Water and Power in 2006. The Government of Pakistan has inter alia mandated AEDB to:

- Implement policies, programs and projects through private sector in the field of ARE;
- * Assist and facilitate development and generation of ARE to achieve sustainable economic growth;
- * Encourage transfer of technology & develop indigenous manufacturing base for ARE Technology;
- * Promote provision of energy services that are based on ARE resources; and undertake ARE projects on commercial scale (the AEDB Act 2010).

AEDB, which is in existence for over 15 years has not done much on any of the above items of the said mandate.

The tariffs announced by NEPRA, specially for wind and solar, were erratic. In its first policy it offered attractive tariffs for wind farms which ushered in a stream of investors. In its

next policy it offered tariffs not considered attractive by the investors and investment in the sector therefore nosedived.

Today, nearly whole of Scandinavia is on wind and waste to energy. Europe is catching up. Even the Middle East with abundance of oil resources is going for solar energy by exploiting the abundance of sun power.

India is one of the countries with largest production of energy from renewable sources. In the electricity sector, renewable energy accounts for 34.6 percent of the total installed power capacity.

Large hydro installed capacity was 45.399GW as of 30 June 2019, contributing to 13 percent of the total power capacity. The remaining renewable energy sources accounted for 22 percent of the total installed power capacity (80.467GW) as of 30 June 2019.

Wind power capacity was 36,625MW as of 31 March 2019, making India the fourth-largest wind power producer in the world. The country has a strong manufacturing base in wind power with 20 manufactures of 53 different wind turbine models of international quality. Moreover, it has been successfully exporting wind turbine to Europe, the United States and other countries.

Pakistan produces one of the world's largest waste. But, nearly all of this is used for land filling, burned to ashes or scattered around the cities as garbage. All of it can be used to fuel 'Waste to Energy' - the technology of which is simpler and much of it can be indigenous.

Many policies were tabled and circulated on the subject in the past also. But these policies were never implemented or enforced in an effective and meaningful manner. Success lies in Implementation and enforcement only. It is this area the government needs to work on.

Source: Radio Pakistan





The North Face's high-tech Futurelight jackets are finally here

hen The North Face teased its new Futurelight fabric earlier this year, it claimed to have created its most breathable waterproof gear yet. It uses a proprietary nanospinning technology that lets air move through fabric easily and according to the company offers "more venting than ever before."

It also said Futurelight made it possible for it to have waterproof garments that aren't only soft, light and comfortable, but also durable.





Palmer Luckey's company is making drone-ramming drones

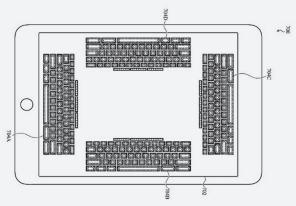


ulus co-founder Palmer Luckey and his company Anduril Industries have drawn flak for their pursuit of controversial government and

military contracts, and that uproar isn't about to subside any time soon.

Anduril has unveiled the Interceptor, a "counter-drone" built solely to take down other robotic fliers by ramming them at high speed. It requires human operators' permission for takedowns, but can be cued through AI and automatically acquire targets using computer vision.

The company is hoping this will protect military units and key infrastructure against hostile drones, whether they're improvised bombers or purpose-built recon vehicles.



Apple patent application describes touchscreen keyboards you can feel

ore than 10 years after the first iPhone, it's safe to say most people are used to typing on on-screen keyboards. But that doesn't they couldn't be made better, and it looks like someone at Apple is thinking about ways to do just that. Patently Apple pointed out a patent application where the company describes a technology that could allow virtual keyboards to more easily mimic their traditional mechanical counterparts. All the usual caveats with patents apply here: just because Apple has applied for a patent on this technology doesn't mean we'll see it make its way into one of the company's future products. Moreover, it's best to think of a specific patent application as one of the many directions a company can take a particular technology.

Dual displays are a safer bet than folding screens

here were plenty of rumors leading to Microsoft event about a foldable Surface. But instead of getting a true foldable, with a single bendable screen, Microsoft showed the Surface Neo and Duo, which feature dual

Sure, they may look a bit archaic compared to the folding OLED screens phone makers are rushing to put on shelves, but maybe folding screens are more trouble than they're worth.

screens connected by sturdy hinges.

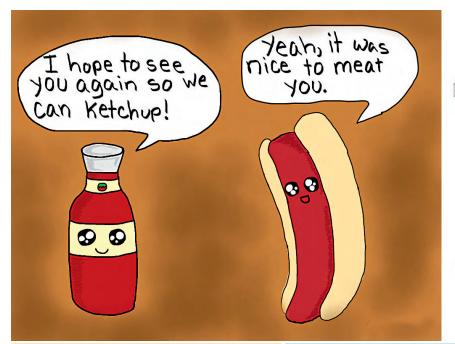
Using two screens still gives us a taste of a whole new generation of computing, where our devices can take on wild new forms, but it does so with fewer headaches.

Source: https://www.engadget.com/2019

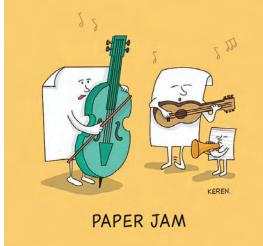


FLAME LAUGHOLOGY

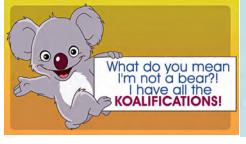
THE BEST OF PUNS

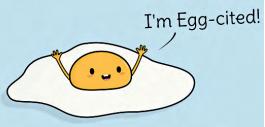


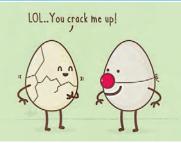












THE FLAME LIFE



HEALTH BENEFITS OF SINGHARA



Exploring the ACNE Face Map



43%

of all adults in the U.S. suffer from health and beauty issues related to stress.

(source-beautytidbits.com)

FOREHEAD

Digestive problems | Liver issues | Stress How to fix:-

Increase daily water intake to flush toxins out. Reduce high amount of fat in diet.

EAR

Kidney | Dehydration

How to fix:-

Drink more than 8 glass of water a day. Avoid caffeine and salt.

CHEEKS (Left)

Lungs | Liver issues | Stress

How to fix:-

Eat more cooling foods such

as gourds, winter melons, green beans etc.

Clean your pillow cases and

makeup brushes.

MOUTH LIP AREA

Constipation | Spicy/fried foods

Certain toothpaste

How to fix:

Eat more fiber.

Change your

toothpaste.

TEMPLES/EYEBROWS

Poor circulation | Processed foods | Alcohol How to fix:-

Check for food allergies.

Avoid alcohol and dairy products.

NOSE

Poor diet | Constipation | Bloating How to fix:-

Have more greens, nuts and omega rich foods. Avoid spicy, pungent foods, meats and salts.

CHEEKS (Right)

Overeating | Stomach | Dirty cell phones

How to fix:-

Practice proper hygiene, distress and relax.

Sanitize cell phone screens with rubbing alcohol.

CHIN

Hormonal problems | Gynecological issues Kldney imbalance

How to fix:-

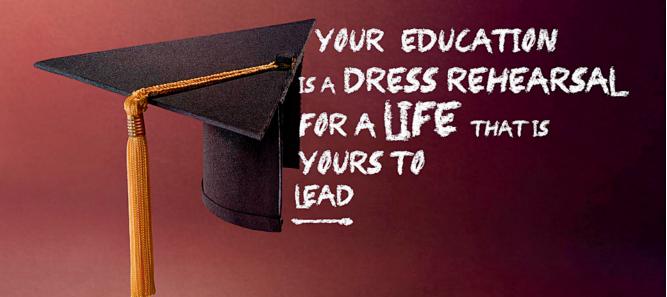
Eat more fresh fruit and vegetables. Avoid late night snacking.

TOP 5 BENEFITS OF TURMERIC

- Anti-Inflammatory: Turmeric contains curcumin, which is an active star compound that promotes healthy inflammatory responses and works wonders for alleviating the symptoms of arthritis.
- Eases Pain: Turmeric helps in relieving all sorts of aches in the body as it promotes muscles and joint health. This is the reason why most elders suggest taking warm milk with turmeric to relieve pain.
- Improves Heart Health: Turmeric regulates cholesterol and blood of pressure levels in the body, and hence, promotes heart health.
- Strengthens the Skin: Turmeric combats acne, closes pores, and speeds up the healing process
- Aids Digestion: Turmeric helps reduce bloating and gas.









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.



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

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يوم آزادي واريون تقريبون





يوم آزادي هميشہ سان انتهائي جوش ۽ جذبي سان ملهايو ويندو آهي. هن سال خوشين سان ڀريل اهو ڏينهن عييد جي ٽئين ڏينهن هو، ان ڪري خوشين جو ڏينهن وڌيڪ خوشيين وارو ٿي ويو سئي سدرن ٻنهي خوشين کي گڏ ملهائڻ لاءِ فيصلو ڪيو، ان ڏينهن جي شروعات قومي تراني سان ڪئي وئي. هيڊ آفيس ۾ وڏي تعداد ۾ گڏ ڪمپني جي سينئر عملدارن. ملازمن ۽ سندن اهل ۽ عيال هڪ آواز ٿي ترانو پڙهيو. جهنڊي چاڙهڻ واري تقريب کان پوءِ مشهور مقرر محمد علي هڪ زبردست تقرير ڪئي، ان تاريخ ساز ڏينههن

جي مناسبت سان ويڊيو "منهنجي سڃاڻپ بڻجي وئي." گڏوگڏ ڪشمرين سان ٻڌي جي اظهار لاءِ به هڪ ويڊيو ٺاهي وئي. انهن ٻنهي ويڊيوز کي سوشل ميڊيا تي گهڻي پذيرائي ملي.

14 آگسٽ ۽ عيدجي تقريبن جي پڄاڻي ڪرڪييٽ جي انعام ورهائڻ سان ٿي. ان ٽورنامينٽ ۾ 6 ٽيمن حصو ورتو ٽورنامينٽ ۾ شاندار ڪارڪردگي تي رانديگرن کي گنهشو ساراهيو ويو. چيمپيئن جو ٽائٽل "ES Cheetah" جي هٿ آيو.

"ES Cheetah" جي ڪپتان قاضي نصر نہ رڳو پنهنجي ٽيم پاران چيمپيئن ٽرافي وصول ڪئي پر کيس ٽورنامينٽ MS جو بهترين رانديگر بہ قرار ڏنـو ويـو. ٻي پـوزيشن FINANCE ۽ ٽـيـن پـوزيشن FALCONS حاصل ڪئي. ان ٽورنامينٽ ۾ حصو وٺندڙ رانديگرن کي اعزازي شيلڊ ڏني وئي. ان تـقـريب ۾ امـيـن راجپوت صاحب ۽ ڪمپني جي سينئر مئنيجمينٽ خاص طور شرڪت ڪئي.









مركز اميد سان گڏ عيد ملن





عيد جي آمد هميشه خوشين ۽ مسرتن جي پيامبر رهي آهي. سئي سدرن جي هميش ڪوشش رهي آهي ته عيد جي انهن خوشين کي انهن ماڻهن سان ورهايو وڃي. جن کي سماج نظر انداز ڪري ٿو ڇڏي. هن سال سئي سدرن جي ٽيم عيد مرڪز

اميد جي شاگردن سان گڏ ملهائڻ جو فيصلو ڪيـو آهي. ان دوران ٽيم مرڪز اميد جي اسٽاف ۽ شاگردن سان گڏ بهترين وقت گذاريو ۽ مختلف سرگرمين ۾ حصو ورتو سئي سدرن لاءِ اها ڳاله فخر واري آهي ته ان موقعي تي ڪمپني مرڪـز

اميد ود ترانسپورٽ ۽ تعليمي خرچن جي مد ۾ 10 لک رپيا عطيو ڪيو. شهباز اسلام (جنرل مئنييجر ڪارپوريٽ ڪميونيڪيشن) جهنڊو چاڙهيو ۽ مرڪز اميد جي استاف ۽ شاگ دن جي محنت ۽ ڪامشن کي خدي ساداهي .







گھر گھر لاشے آتے ہیں، جو سبر ہلالی میں سج جاتے ہیں اللہ اکبر کے نعروں پر شہیدوں کو سروں پر اٹھاتے ہیں ان کے عنیض وغضب سے بچنا، اب یہ کریں گے وہ گھسان کشمیر بنے گا پاکتان، کشمیر بنے گا پاکتان، کشمیر بنے گا پاکتان

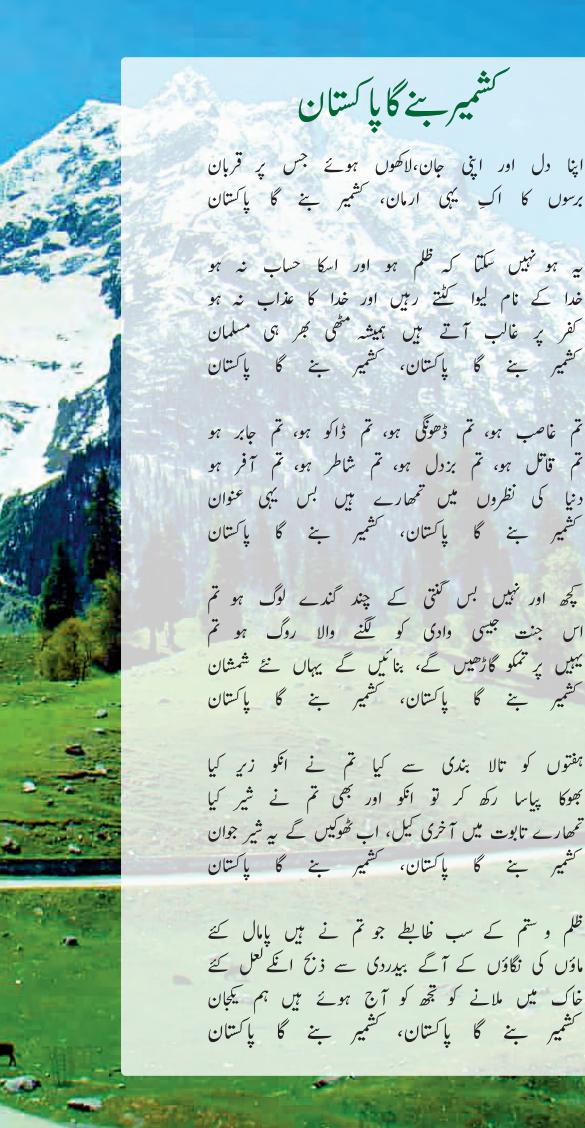
یہ مسئلہ کبھی نہ ہوتا گر، ہوتی ان کی نیت ٹھیک وہ سن سینالیس کے منصف جو تم کودے گئے کشمیر کی بھیک بھگت رہیں ہیں آج تلک جو جھگڑا چھوڑ گیا تھا انگلستان کشمیر بنے گا پاکستان کشمیر بنے گا پاکستان

جو آزادی سے جینے دیتے ، یہ دن شاید کبھی نہ آتا وہ بھی سکھ چین سے رہتے، تیرا گھر بھی ن ہی جاتا پر آزادی کی دھن میں اب یہ ماریں گے سب میدان خشمیر بنے گا پاکتان کشمیر بنے گا پاکتان

وہ دن اب دور نہیں، وادی ہے آزاد جو ہوگی ہر سو خوشیول کا بسیرا ہوگا، محبول سے آباد جو ہوگی بس کھھ بیل ہی باقی ہیں، ہونے میں یہ اعلان کشمیر بنے گا پاکستان، کشمیر بنے گا پاکستان، کشمیر بنے گا پاکستان،

ظلم کی کالی رات چھٹے گی، آزادی کی کرنوں میں سرحد کے اس پار سے بچھڑے آن ملیں گے اپنول میں اللہ پر بھروسہ ہے تجھکو، وضفی ترا تو ہے یہ کامل ایمان کشمیر بنے گا پاکستان، کشمیر بنے گا پاکستان، کشمیر بنے گا پاکستان

دعا گو_سلمان احمرصد لقی (وصفّی) کراچی _ ۱۳۰۰ گست ۲۰۱۹ء



اےوادی کشمیر

ہم خاک میں تشمن کے ارادے کو ملادیں گے جت سے تخفے این اب ہم تو بھادیں گے

ڈھائے جو ستم تو نے مظلوم نہتوں پہ

مکروہ وہ تیرا چہرہ دنیا کو دکھا دیں گے

اے وادی کشمیر! وعدہ یہ رہا تجھے

حرمت پہتیری ہم، بیجان گادیں گے

للكارا ہے تونے كس قوم كو اے بُردل

دن میں مجھے تارے اس بارد کھادیں گے

شہادت تومسلماں کا ہے جذبہ ایمانی

اس شوق شہادت کو ہردل میں بسادیں گے

سمجھیں گے نہیں ثانی! یہ بات زب<mark>انی اب</mark>

ازبر انہیں ٹیبوکاوہ قول کرا دیں گے

افتخارثانی سروسز ڈیپارٹمنٹ ہیڈآفس،کراچی ۱۹اگست ۱۹۰



خواتین کودفترمیں ہراسال کرنے سے متعلق آگا ہی سیشن



سوئی سدرن ہمیشہ اپنی خواتین ایمپلائز کی حوصلہ افزائی کرنے اور آہیں آگئے بڑھنے میں مدد کرنے پر یقین رکھتا ہے مگر ساتھ ہی ساتھ اس بات ہے بھی آگاہ ہے کہ ہمارے معاشرے میں مردوں کے مقابلے عورتوں کو

ا کثر و ہر مما ہوئے متع یہ لئے سعیا

زیادہ مسائل کا سامنا کرنا پڑتا ہے۔اس ہی ضمن میں خوانتین اکثر و بیشترورک بلیس پر ہراسال کی جاتی ہیں۔اس مسئلے کو مذنظر رکھتے ہوئے سوئی سدرن کی مینجنٹ نے خوانتین کو محفوظ ماحول مہیا کرنے کے لئے

ہر ممکن قدم اٹھایا ہے۔ اس سلسلے میں ورک پلیس پر ہراساں کرنے سے متعلق آگائی کے لئے عمران فاروقی ، ڈی ایم ڈی (سی ایس) اور اسد سعیدخان ، ایس جی ایم (ایج) آر) نے مختلف خصوصی سیشن کا انعقاد کیا۔ ◘

مركز اميد كے ساتھ يوم آزادى اور عيدمكن



عید کی آمد بهیشہ سے خوشیوں اور سر توں کی پیامبر رہی ہے۔ سوئی سدرن کی بمیشہ کوشش رہی ہے کہ عمید کی ان خوشیوں کو ان لوگوں کے ساتھ با ٹنا جائے جنہیں عموماً معاشرہ نظر انداز کردیتا ہے۔ اس سال سوئی سدرن کی ٹیم نے یوم آزادی اور عبد مرکز امید کے خصوصی طلباء کے ہمراہ منانے کا فیصلہ

کار پوریٹ کمیونیکیشن)نے پرچم کشائی کی اور مرکز امید کے اسٹاف اور طلبہ کی محنت اور کاوشوں کوخوب سراہا۔

کیا۔اس دوران ٹیم نے مرکز امید کے اسٹاف اورطلبہ کے ساتھ بہترین وقت گزارا اور متعدد سرگرمیوں میں حصہ لیا یہ سوئی سدرن کے لئے میہ بات باعث فخر ہے کہ کمپنی نے مرکز امید کوٹر انسپورٹ اورتعلیمی اخراجات کی مد میں مالی معاونت فراہم کی۔ دریں اثنا شہباز اسلام (جزل منیج

یوم آزادی کی تقریبات





یوم آزادی ہمیشہ سے انتہائی جوش وخروش سے منایا جاتا ہے۔ اس سال یرمسرت دن عید کے تیسر ہے دن تھا ،لہذا خوشیوں کا دن دوبالا ہوگیا۔ سوئی سدرن نے دونوں خوشیوں کوایک ساتھ منانے کا فیصلہ کیا۔اس دن کا آغاز قومی ترانے سے ہواجس کو ہیڈ آفس کے بوڈیم پر بری تعداد میں موجو د کمپنی کے سینئر حکام، ملاز مین اور ان کے اہل وعیال نے ہم آواز ہوکر پڑھا۔ پرچم کشائی کی تقریب کی نظامت سابق چیف منیجر (سی سی ڈی)مجمع علی گو ہرنے کی ۔اس تاریخ ساز دن کی مناسبت سے ایک

ویڈیو''میری پیچان''بنائی گئی ۔ساتھ ساتھ شمیریوں سے اظہار بجہتی کے کئے بھی ایک ویڈیو بنائی گئی۔ان دونوں ویڈیوز کوسوشل میڈیا برخوب

4 الست اورعيد كي تقريبات كاختنا مرمضان كركث تورنامنك كي تقسيم انعامات ير ہوا اس ٹورنامنٹ ميں 6 ٹيموں نے حصد ليا ٹورنامنٹ میں شاندار کارکردگی پر کھلاڑیوں کو خوب سراہا گیا ۔ چیمپئن کا ٹائٹل "ES Cheetah<mark>s</mark>"کے ہاتھ آیا۔

"ES Cheetah" کے کپتان قاضی نصر نے نہ صرف این ٹیم کی طرف ہے چیمپئن ٹرافی وصول کی بلکہ انہیں ٹورنامنٹ کا بہترین کھلاڑی بھی قرار دیا گیا ۔ دوسری یوزیش "MS KANGROOS" اور تیسری يوزيشن" FINANCE FALCONS" نے لی ۔ اس ٹورنامنٹ میں حصہ لینے والے کھلاڑیوں کو اعزازی شیلڑ بھی دی گئیں ۔اس تقریب میں ڈی ایم ڈی (ایف اینڈاے) امین راجیوت صاحب اور کمپنی کی سینئر



سوئی سدرن کشمیر بول کے سنگ سنگ



سوئی سدرن نے بھارتی مقبوضہ جموں کشمیر کی مظلوم عوام کے ساتھ اظہار سیجہتی کے لئے 30 اگست، 2019 کو پوری قوم کے ساتھ "Kashmir Hour"ئيں شامل ہوا۔

سے 12:00 کی ابتداء Kashmir Solidarity Hour مونى جوكه 30: 12 بح اختتام يذير موئى - ياكتان مين مرجكه كي طرح ،مقررہ گھنٹے میں یا کستان کا قومی ترانہ بجایا گیا اور گھروسیم ،اےا یم ڈی ،

نے پرچم کشائی کی۔ان کےساتھ عمران فاروقی، ڈی ایم ڈی (سی ایس) اورایم امین راجپوت، ڈی ایم ڈی / (ایف اینڈاے) اور نمپنی کے ا بگیز یکٹیوز اور ملاز مین کی بڑی تعدادشامل ہوئی۔



يوم آزادي کي تقريبات مرکز امید کے ساتھ یوم آزادی اورعیدملن ۔۔۔۔۔ خواتین کو دفتر میں ہراسال کرنے سے متعلق آگا ہی سیشن اےوادی کشمیر! ۔۔۔۔۔۔ تشمير بنے گا يا کشان _____

ایڈیٹر کے قلم سے

محترم قارئين كرام!

14 اگست یوم آزادی صرف غل غپاڑے،شورشرابے،گانا گانے ،ریلیاں اورجلوس نکالنے کے لئے نہیں ہے۔ بیسب ناصرف صوتی آلودگی کا سبب ہیں بلکہ پڑوسیوں کے لئے بھی اذیت ناک ہیں۔اس دن ہر پاکستانی کو ا پنامحاسبہ کرنا چا بینے کہ اس نے ملک وقوم کی کیسے خدمت کی اور ساتھ ہی ساتھ آئندہ سال پاکستان کی خدمت کے لئے تجدید عہر بھی کرے۔

قائد کا پاکتان تا حال شرمند ة تعییز بین ہور کا مگر ہم یقین محکم عمل پهم ،ایمانداری اورخلوص کی بدولت یقیناً آئندہ نسلوں کوایک بہتر پاکتان وے سکیں گے۔انشاءاللہ

اینی آراء ہمیں اس یتے برارسال کریں

سوئی سدرن گیس کمپنی لمبیٹر كاربوريك كميونيكيشن ڈيارٹمنٹ

اليں ايس جي ہي ہاؤس، تيسري منزل،ميڈ يکل بلڈنگ، بلاک 14 ڳلشن ا قبال، کراچي ۔75300 فن: 021-99021771(5), 021-99021745, 021-99021739 021-99021720, 021-99021793

فيس: 021-99231622 اي ميل: flame@ssgc.com.pk

ادارنی شیم (اردواورسندهی)

🔵 صفدرحسین 🔵 تهمینهانور 🌑 زوبییصادق 🌑 محمرطیب





