

The FLAME

Capturing vibrancy, diversity and energy of SSGC

HONOURING OUR *May the Force be with you* DEFENDERS





6TH SEPTEMBER
PAKISTAN DEFENCE DAY



**STRONG &
FEARLESS**

Honouring our Armed Forces



Main Stories

05

POGC - SSGC makes a strong presence

07

SSGC observes Defence Day with Kashmir Solidarity Day

11

Back to Basics Launched

14

Demo on Modern Pipe Locators

16

Monetary support for Al-Khidmat's orphan kids

17

Micheal Holding livens up OSF event

19

GM (CCD) speaks at an HR conference

21

Tech News

23

Flame Life

25

Energy Snapshot



Message from the Managing Director

Unity is strength. Unity is survival. Unity is success.

Dear colleagues,

Together, as a nation, we can achieve everything we set our minds to – be it energy conservation, defending our sovereignty, or achieving economic targets.

As we enter the month of September, we are reminded of the sacrifices our beloved countrymen have made in order to provide a safe haven to us. September is a month that serves as a reminder of the countless efforts and lives that have been invested in building our country, and the lessons we should learn from their loss. Our brethren in arms have fought bravely to secure our future, and will continue to do so. For this, we extend our gratitude and support for those who have always fought for the safety and security of their country. While remembering our martyred soldiers, we must also seek to fight for what is right and stand together with the people of our country. It is that, which has allowed a global issue like Kashmir to be heard on every international platform. The people of Kashmir are facing a tough time. The only thing that we, as citizens of our country and as proud employees of SSGC, can do, is to let them know that we stand together with them, both in spirit and in this fight towards freedom.

Pakistan is a country that is rich in resources, talent, and beauty. SSGC strives to build a country where facilities are easily available, and uninterrupted services are at arm's reach to all customers. New oil and gas discoveries will definitely help pave the way for the future. We, as veterans of the field, and a service oriented organization will continue to work hard to put an end to thievery, and work towards conservation of gas.

All the very best,

Mohammad Wasim



‘Beyond barbed wires’

Dear readers,

Back in August, Pakistan's Independence Day was an apt occasion to express solidarity with the people of India-held Kashmir whose homeland all of a sudden became a police state. The country-wide wrath against the invocation of Article 370 by the Indian government in August 5, 2019 continued well into September as valley-wide curfew continued to be imposed on the poor Kashmiris. The Government of Pakistan quite correctly found it appropriate to commemorate Pakistan's Defence Day as Kashmir Solidarity Day. The anger of each and every Pakistani against the Indian action was clearly reflected in the Prime Minister's speech to the UN National Assembly in late September. The PM minced no words in lambasting the aggressors for their misadventure in Kashmir and reiterated that the world must take strong notice of Indian action.

Meanwhile, Team SSGC joined its countrymen in observing Kashmir Solidarity day on Pakistan's Defence Day with tremendous enthusiasm. We remain confident that justice will prevail and Kashmiris will eventually win their struggle against mindless aggression.

Best Regards,

Ed

Editorial Team



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

Write to us at:

Sui Southern Gas Company Limited
Corporate Communication Department,
3rd floor, Medical Department Building,
SSGC House, Block-14, Gulshan-e-Iqbal,
Karachi-75300

E-mail: flame@ssgc.com.pk | **Tel:** 9902-1771-5 & 1793

Printed by: The Times Press (Pvt.) Ltd.

Photographer: Syed Niaz Uddin

f ssgc.official **@** ssgcofficial **📠** ssgc_official

Pakistan Oil and Gas Conference SSGC makes a strong presence

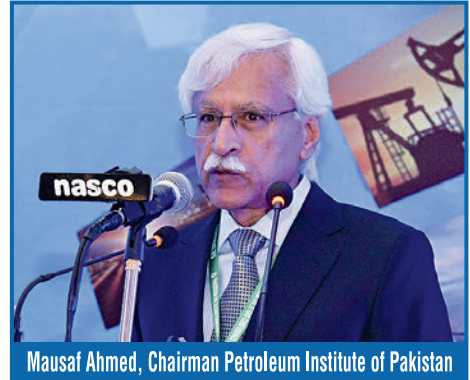




Omar Ayub Khan, Federal Minister for Energy



Nadeem Babar, Special Assistant to Prime Minister



Mausaf Ahmed, Chairman Petroleum Institute of Pakistan



Shahbaz Islam, GM (Corp. Communications)



Syed Imran Ahmed, CM (Corp. Communications)



Petroleum Institute of Pakistan (PIP), a representative body of the oil and gas sectors in Pakistan organized its flagship Pakistan Oil & Gas Conference 2019 in September, 2019 at the Marriott Hotel, Islamabad with the theme: "Securing Pakistan's Energy Supplies – Fueling the Future". SSGC participated in this Conference by overseeing many aspects of event management activities as well as by setting up an impressive corporate booth.

The purpose of the conference, held on September 2, 2019 was to provide valuable platform for launching the Pakistan Energy Outlook Document 2019 and presenting the work done by PIP in collaboration with NED University of Engineering and Technology on the Pakistan Energy projections over the next 25 years in view of changing energy demand-supply scenarios.

Omar Ayub Khan, Federal Minister for Energy, Nadeem Babar, Special Assistant to Prime Minister on Petroleum and Mian Asad

Hayauddin Secretary for Ministry of Energy (Petroleum Division) graced the occasion of the Conference. The event was also marked by the formal launch of Pakistan Energy Outlook (PEO) 2019, the flagship regular publication of PIP which is updated to incorporate new developments and changes in energy sector dynamics particular demand and supply gap analysis.

Mr. Babar was the keynote speaker at the conference and spoke on the topic of "Invigorating the Petroleum Sector – Government, Plans and Policies". Mr. Omar Ayub Khan also addressed the audience and enlightened them with Government's investor friendly policies on ease of doing business and encouraging investment in the energy sector. A number of national and international speakers from the corporate sector gave their presentations on diverse topics pertaining to oil and gas sector. Mirza Faizan Ahmed, Assistant Professor at the NED University of Engineering and Technology spoke on 'Energy Outlook for the next 25

years'. Moin Raza Khan MD, Pakistan Petroleum Limited (PPL) talked on the subject of Unexplored E&P potential, challenges and way forward. On the other hand, Khurram Shahzad, GM Wind Powers, United Energy Pakistan dilated on Renewable Energy Potential and Syed Zawar Haider, CEO, Oil Companies Advisory Council gave an Overview of the Downstream Oil Industry. Among the other speakers were Syed Abul Fazal Rizvi , CEO Sindh Engro Coal Mining Co. who spoke on 'Thar Coal, Unlocking Pakistan's Energy Potential' and Desmond Godson – CEO Asia Biogas who gave a presentation on Bio Gas in Mass Transit. SSGC's Shahbaz Islam and Syed Imran Ahmed were the event emcees.

The conference was attended by over 200 delegates, CEOs of NOCs and IOCs, heads of organizations, Government officials, Industry professionals, media and academia along with top-level experts of oil and gas industry. SSGC was the silver sponsor of the one-day conference. ●



SSGC OBSERVES DEFENCE DAY AS KASHMIR SOLIDARITY DAY





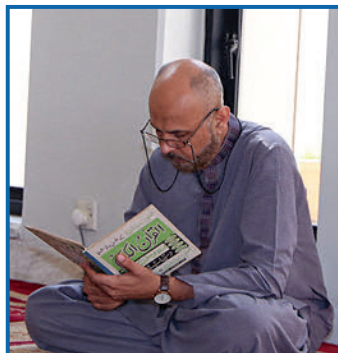
On the call of the Government of Pakistan, SSGC commemorated Pakistan's Defence Day on the 6th of September as Kashmir Solidarity Day. A number of activities were arranged by the Corporate Communication Department with the objective of highlighting the Kashmir cause and paying tribute to the defenders of our borders.

The Company's Corporate Communication Department took the lead in organizing these activities. At exactly 12:30 noon, the

Company executives and staff led by DMDs Imran Farookhi and M. Amin Rajput converged at the Head Office podium to hoist the national flag while everyone present sang in unison. The flag hoisting was followed by a special dua for the martyrs and for the success of the Kashmiri struggle. Throughout the day, an SMD installed just outside the main gate of the building screened in-house developed videos honouring the heroes who laid down their lives for Pakistan. National songs too played on in the giant screen as onlookers took

pictures of the videos. After the Jumma prayers, Quran Khawani was also arranged for the male and female employees for the departed souls.

During the day, Corporate Communications' executives including Shahbaz Islam, GM, Salman A. Siddiqui, DGM, S. Imran Ahmed, CM and others visited homes of martyrs where they met with the families of the heroes who defended their borders against the enemy aggression and embraced martyrdom in the process. 📍



Three martyrs, three stories

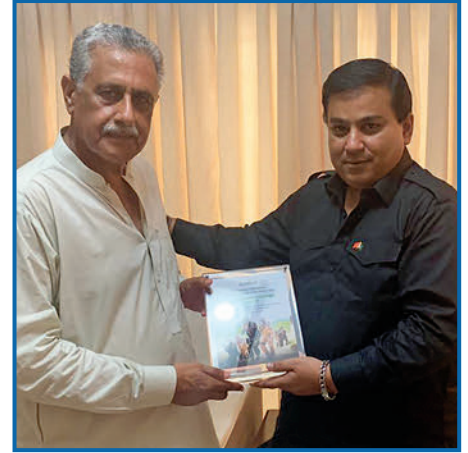
On the 6th of September, the Corporate Communication Department along with some of the members of SSGC's in-house volunteers' group Hum Qadam paid handsome tribute to some of the brave men who laid their lives for their country. They did so by visiting their homes to meet their family members and get to know about the martyrs.

Visiting a family of soldiers



Corporate Communications team led by GM Shahbaz Islam visited the home of Capt. Karamat Ullah Beg (Shaheed) of Pakistan Air Force to pay their respects to the brave Soldier. The team met with the brother of Captain Karamat Ullah Beg. Captain's brother

informed the team members that they are a family of three brothers out of which two including Col. Karamat laid down their lives for Pakistan. Their father too was a retired army officer. Captain Karamat embraced martyrdom in 1977 when the Pakistan Air



Force plane he was flying crashed.

The family members of the great martyr thanked SSGC team for spending time with them on Defence Day. 📍

Bravery remembered



One team led by Salman A. Siddiqui, DGM (Corporate Communications) visited Captain Shujaat Shaheed's home and met with his family members.

The team was welcomed by his wife and his father-in-law, Shaukat Ali Changezi who is also an SSGC employee. As we entered the living room, our eyes fell upon the front wall,

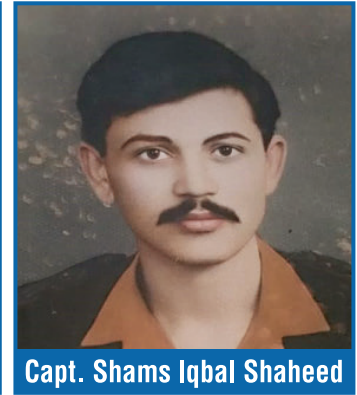
adorned with medals, shields and pictures of Captain Shujaat Shaheed.

Captain Shujaat's family told us that this valiant soldier of Pakistan Army embraced martyrdom on April 8, 2014 while flying a Cessna Aircraft, leaving behind his young family and two adorable children. The Shaheed's 6-year-old proudly showed us

pictures of his father and revealed that he too plans to join army once he grows up. Captain Shujaat's wife was also the epitome of courage and grit, despite being a single mother.

Team SSGC presented them with a memento to acknowledge the efforts of Captain Shujaat. 📍

Honoring Captain Shams Iqbal



Capt. Shams Iqbal Shaheed

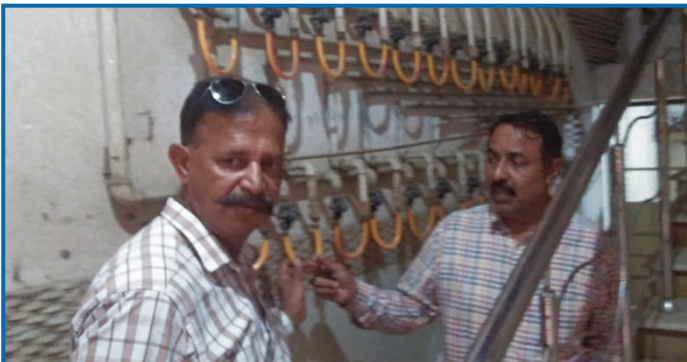
Another team visited the home of the brother of Shaheed Captain Shams Iqbal. The Shaheed's brother Commodore Zafar Iqbal warmly welcomed his guests. As we made ourselves comfortable in his living room, the Commodore quipped that he felt extremely proud of his brother for laying down his life for his country. The Commodore told us that Captain Shams Iqbal had recently joined the

military and passed all his training, when he volunteered to be part of a platoon that was heading to Kashmir to defend one of the posts that had been under attack by the Indian Army.

Young and passionate as he was, Captain Shams, immediately volunteered with a couple of other brave soldiers, who risked

their lives in defending the post, and successfully recaptured it from the clutches of the enemy. However, driven by sheer patriotism, they went deeper into the Indian territory, where they face heavy shelling, and bombardment. None of those who had ventured far survived, and Captain Shams laid down his life while defending the post he had proudly reclaimed for Pakistan. 🇵🇰

Operations continue against gas theft, several arrested



S SGC has intensified its anti-gas theft operations in Sindh and Balochistan, as part of its Operation Grift campaign.

In the latest round of raids conducted by Security Services and Counter Gas Theft Operations (SS and CGTO) and Customer Relations Departments teams, a number of registered and unregistered customers were caught involved in underground and overhead theft from main supply lines in

localities in Karachi, Hyderabad, Sukkur and Larkana and Quetta.

The teams removed clamps, confiscated rubber pipes, filed cases and raised claims against theft cases.

Meanwhile, SS and CGTO continued with aggressive prosecution in September 2019 to bring the culprits behind bars. In Karachi, two gas theft miscreants, Gulzar Qazi and Mohammad Tahir, were sent behind bars Gas

Utility Court Quetta sentenced accused Haris Khan to 5 years imprisonment and Rs. 1 lakh fine.

Since 2018, SSGC has to date detected 121,975 theft cases that has helped to save gas volume of 9,800 MMCFD (Rs. 6,335 million in monetary terms). More than 20 individuals have so far been convicted with more than 380 trials in progress in gas utility courts. 🇵🇰





C=Conservation



B-

BACK TO BASICS LAUNCHED

B=Blue Flame

A=Awareness



School Awareness Drive



SSGC launched its school-focused awareness program called Back-to-Basics this September through several sessions in Karachi's leading schools including Reflections and IB Beaconhouse schools. The Company's Corporate Communication Department (CCD) team informed the students about safe and wise use of natural gas especially in a scenario marked by gas demand and supply gap in the country as a result of depleted reserves.

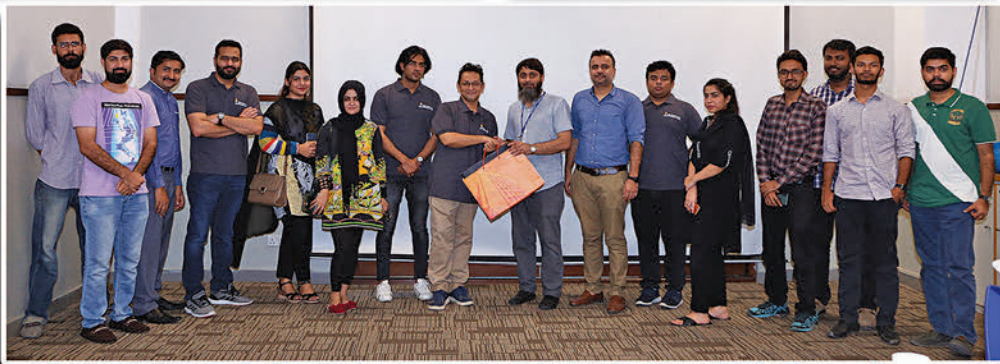
The CCD team led by its General Manager Shahbaz Islam and comprising of DGM Salman A. Siddiqui, Chief Manager, S. Imran

Ahmed, Manager Huda Qureshi and Dy. Manager Faizan Munaf gave comprehensive presentations to the students. These presentations were sprinkled with interactive activities.

The Company representatives stressed on the importance of ensuring blue flame while using gas-fired appliances since it results in lesser gas consumption, reduced gas billing and cleaner utensils. The students were told that yellow or orange flames may mean incomplete combustion and if these colours on flame persist for long, they are a sure sign of gas leakages. The SSGC team informed the children about signs related to gas leakage

including smell of rotten eggs, hissing sounds and wilted plants. It was also stressed that reporting any incident of gas leakage in the neighbourhood to SSGC by dialing 1199 is one's national obligation since it is a matter of life and death besides gas wastage.

The sessions also featured parents of the students. The SSGC team gave them some tips to conserve on gas while cooking that included use of pressure cookers and proper maintenance of utensils to minimize gas wastage. The administration of the schools appreciated SSGC for the sessions and requested the visiting team to collaborate with them in similar programs in the future. ■





HSE & QA publishes research paper on Behavior Based Safety Program

Umer Hussain, Engineer - HSE&QA, SSGC has presented his paper entitled "Analysis of Safety

Awareness, Accident Prevention and Implementation of 'Behavior Based Safety Program in Energy Utility Firm' in

International Conference on Frontiers of Industrial Engineers (ICFIE) 2019 recently held in Turkey.

The paper has also been published in the journal of the Institute of Electrical and Electronics Engineers (IEEE).

Behavior Based Safety is a new approach and methodology that is being adopted by the developed countries nowadays, to promote safety culture and making employees aware about occupational safety and hygiene by addressing the at risk behavior of stated personnel. While analyzing the accident data and previous injuries history in Pakistan and around the globe it was concluded that 80% of occupational accidents are caused due to employees' unsafe and at risk behaviors. So taking it as challenge, SSGC's HSE & QA Department carried out a research in the implementation of the Behavior Based Safety Program in a Utility firm (i.e. SSGC).

Through sheer team effort and commitment, we came to achieve optimum results in respective areas where this approach was implemented and submitted this to some of the world's best engineering journals.

Fortunately, some of the most valuable and completed engineering literature databases Ei Compendex and Scopus approved this research for publication in their database. ●



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 held on 16th July 2019 at P&D Conference Room. The demo was organized to evaluate and explore how latest pipeline locaters can assist in efficiently locating buried pipelines.

Mr Munawar, a technical expert in pipe locating equipment with over 20 years experience and local distributor of Metrotech USA, was invited to brief on the gadget. He gave a detailed presentation in which he discussed the unique features of the Vivex vLoc 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 & GPS coordinates.

The receiver can operate in Passive & 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 still 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 too accommodating frequency range from 16 Hz to 200 KHz. Field survey data can be easily

downloaded onto a PC and pipe locations can be displayed on a map.

After presentation, the gadget was tested in SSGC 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 & Hyderabad), Cathodic Protection and R&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. 📍



Gaining proficiency in Technical Writing



S SGC's Learning and Development (LDC) trainer Shoab Ahmed organized a Technical Writing Workshop to give exposure, knowledge and hands-on training to the Company's Management Trainees. The workshop was designed to arm the young executives with skills to create technical and specifications documents, critical in achieving the right technical performance. 📌



MoE interns visit SSGC on an excursion tour



The Ministry of Energy (Petroleum Division) launched an internship program in February 2019. The Human Resource Department of SSGC designed a 9-day program for MoE interns, which included presentations and visits to operationally important departments such as Information Technology, Karachi Terminal Department, Meter Plant, HQ-3, Legal services and Finance. Pictures show here the interns being taken on a guided tour of HQ-3 in Jamshoro. 📌



SSGC comes to the rescue of Thalassemia Patients



As part of the company initiatives in the area of CSR, SSGC has provided financial support for the provision of blood bags to benefit 150 Thalassemia patients of Afzaal Memorial Thalassemia Foundation (AMTF). In September 2019, the Corporate Communication Department's GM Shahbaz Islam and his team visited AMTF where he handed over a cheque to the Foundation's Management. 📍



Monetary support for Al-Khidmat's orphan kids



As part of its CSR initiative, SSGC provided support to Al-Khidmat Operation Family Support Program to provide support to twenty orphan children for a period of one year. Inayatullah Ismail, Sr. Manager, Resource Mobilization Department, Al-Khidmat and his team received a cheque of Rs. 840,000 on behalf of the NGO from Shahbaz Islam, GM (Corporate Communications). The CSR team comprising of DGM Salman A. Siddiqui, Zubia Sadiq, Executive and Aamna Khalid, MTO can be seen in the picture. 📍

Micheal Holding livens up OSF event



West Indian bowling great Micheal Holding was recently visiting Karachi to cover the recently concluded series between Pakistan and Sri Lanka. Mr. Holding was invited by Omair Sana Foundation, one of SSGC's CSR partners as its guest of honour.

Micheal Holding who was the part of the lethal West Indian bowling attack of 70s and 80s joined Shahbaz Islam, GM (Corporate Communications) in presented a cheque to OSF for providing blood bags that would be annually used by 175 thalassemia patients. 📌




SSGC provides support to CDSS for a worthy cause




A kbar Bilgrami, Head of the Centre for Development of Social Services received a cheque from Shahbaz

Islam, GM (Corporate Communications) to facilitate his NGO in procurement of books and classroom furniture for the marginalized

community. Also seen in the picture are Salman A. Siddiqui, DGM (CCD/CSR) and his team. 

Inayat Ali bids farewell



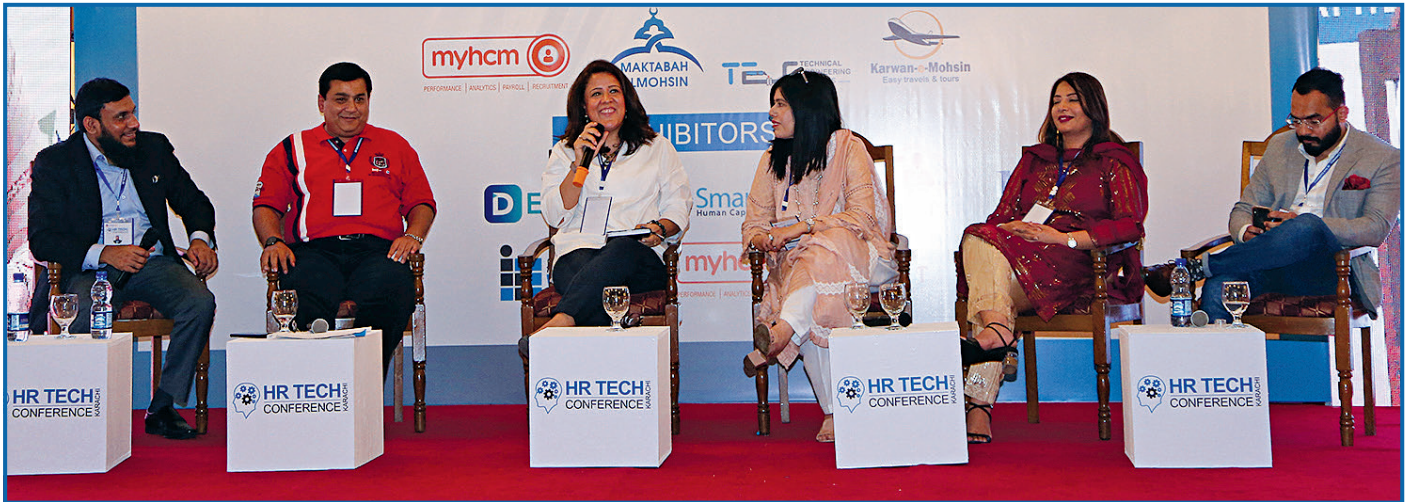
N aik Muhammad Shaikh CE (Catholic Protection) and his team presented a flower bouquet to Inayat Ali, Driver (CP) on his retirement on October 2, 2019, after completing nearly 30-year long service. 



*Don't find fault,
find a remedy.*

Henry Ford

GM (CCD) speaks at an HR conference



S HR Tech Conference was held in a Karachi hotel on September 21, 2019. Shahbaz Islam, GM (Corporate Communications) was invited as one of the distinguished panelists to speak on HR-related functions. 📍



GM (CCD) shares perspective at a logistics conference

S hahbaz Islam, GM (Corporate Communications) spoke at the 9th Annual Shipping, Logistics and Supply Chain Summit as one of the event's distinguished speakers. Pictures taken on the occasion. 📍





Safety Culture and Society

Muhammad Shamail Haider
Chief Engineer (HSEQA)

Every organization has a certain level of Safety Culture which develops and nurtures over time. It does not operate in vacuum or isolation.

In Strong Safety Culture Organizations, the management is committed to provide a leadership role for the implementation and sustenance of values that drives safety.

On the contrary, lack of management commitment, inability to inculcate safety values and turning blind eyes to identified risks are the signs of a weak safety Culture.

Safety culture of any organization is heavily influenced by predominant Cultural values of the society. Societies where Safety is embedded in their cultural norms normally are more adaptable to embrace newer and stringent safety protocols, guidelines and regulations. One can easily conceptualize this

by comparing the road traffic conditions of various societies. If public in general are obeying safety rules (Wearing Seat belts, adhering to Traffic lights, avoiding over speed, driving in dedicated lanes) then it is certain that the organizations will have a "Safety Conscious" workforce available in market and minimum efforts are required to educate and train the employees on nuts and bolts of workplace safety.

On the contrary where a chaos is apparent on road traffic, it is assumed with certainty that organizations have to work hard to provide basic training and understanding of safety at workplace.

The worker who is not following/obeying traffic regulations is not likely to follow workplace safety protocols on his/her own until and unless the organization enforces it and a strong system of vigilance is in place. In

other words Safety Culture of an organization is roughly a mirror image of Organizational and Societal culture.

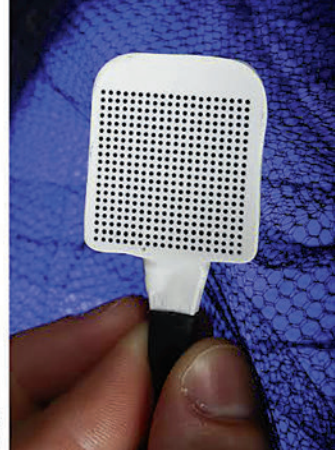
Changing the way people think and behave is practically impossible and is considered to be the biggest challenge, but restructuring the existing functions (inter & intra department) which best suits the organization needs to foster safety, implementing controls and continuously monitoring the system is a doable task.

It also include culture of inclusion and feedback from all tiers of management and staff to have their buy-in on any changes that organization plans to bring in for improving safety performance. Training, development and providing awareness to the workforce on matters related to safety is also a key to help establish a Strong safety Culture. ❖

Technology allows blind to see with their tongue

Technology has transformed the way people live, the way businesses are conducted, and the way major of the basic necessities are produced. Similarly, technology is enabling those, whose sight has been impaired to see again, and that too using the surface of their tongues.

A large number of sensory substitution devices are being developed that influence the brain in remarkable ways. These devices take in visual information from the environment, and translate it into forms of physical touch or sound, which can be interpreted as vision by the user. This technology is actually allowing the blind to see with their tongues, helping them experience more of this beautiful world bit by bit.



Google Home, Home Mini Get Stereo Speaker Pairing, Allowing You to Use 2 Speakers

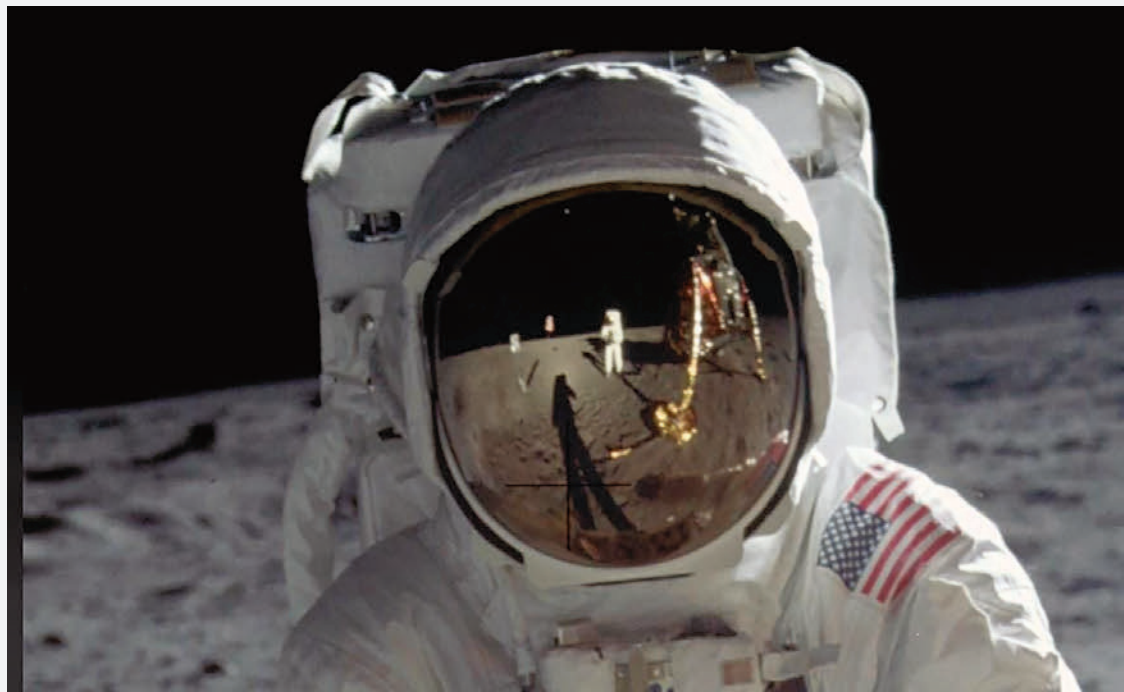
Now, you can use two Google Home speakers and play audio together. The latest features introduced by Google will allow two speakers to be paired in stereo mode. As Google home is immensely popular when it comes to smart speakers, this feature will allow users to transform the Google Home speakers into a multichannel audio setup.

Once the speakers are paired, the Google Home app will treat them as one, and every feature will work together including; volume, base, treble, and other settings. When paired, only one speaker (the left one) accepts voice command, whereas, the voice controls of the second speaker are automatically disabled. This will surely enhance user experience and turn your home into a mini stereo.

The new push to the moon

The next journey to the moon will be a joint venture between international government agencies, as well as entrepreneurs along with NASA. A panel was organized on 21st October, 2019, which was sponsored by Space Trust; a non partisan social enterprise that works with the aim to help countries have peaceful interactions through space initiatives.

Previously, only two countries had space flight programs, namely; US and Russia. However, the game has change in recent years, with countries like Japan and China entering the fray. Not only government entities, but also entrepreneurs see value in investing in space, with people like Jeff Bezos and Elon Musk founding companies dedicated to taking people to space. Hence, this forging of new relationships will change the manner of space travels in times to come.





GAS THIEVES, BEWARE...

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 **Rs. 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
WHATSAPP 0322-8217576
Email: gas.theft.info@ssgc.com.pk



No mosquitoes = no dengue

So do your part by cleaning up mosquito breeding sites!

Empty water storage containers, scrub the insides and reseal carefully after refilling

O
n



Clean the insides of flower vases, plant pots or pet bowls and change the water

C
e



Clean drains and gutters

a



Dispose of any unused containers and objects that can accumulate water

W
e



Turn over any containers that cannot be thrown away and protect them from rain

e
k



Even a bottle cap can contain enough water for a mosquito to breed!

DIABETES *Super foods*

These diabetic “superfoods” are especially high in nutritive value and have other benefits besides just their nutrients. Most have a low glycomic index so they won’t raise your blood sugar as much.

Superfoods contain those nutrients that are usually missing in a typical Westernized diet, such as vitamin A, vitamin C, vitamin E, magnesium, fiber, potassium and calcium.



beans

Pinto beans, navy beans, kidney beans, and black beans are extremely high in fiber, which binds glucose in the gut.



dark leafy greens

This includes kale, collard greens, and spinach. They are high in nutrients and yet low in calories.

citrus fruits

This includes lemons, limes, oranges, and grapefruit. They are high in fiber and have plenty of vitamin C in them.



sweet potatoes

These are high in fiber and vitamin A. They have a lower glycomic index when compared to white potatoes.



berries

They are high fiber foods that are high in vitamins and antioxidants.



omega-3 fish

The best choice is salmon but you can also eat sardines, tuna, halibut, or mackerel.



whole grains

These are high in fiber and contain many healthful nutrients.



nuts

Just an ounce of nuts will give you fiber, magnesium, and vitamins.



fat-free milk or yogurt

These are not only high in calcium and vitamin D but they are high in protein and low in sugar.

ENERGY SNAPSHOT



OGDCL makes four discoveries in 3 months

Oil and Gas Development Company Limited (OGDCL) has made four discoveries during the last three months with accumulative potential to produce 886 Barrels per Day (BPD) oil and 26,432 Million Standard Cubic Feet per Day (MMSCFD) gas.

The company is following an aggressive exploration strategy, which led to the discovery of three hydrocarbon deposits in collaboration with its partners in different areas of Khyber Pakhtunkhwa (KP) and one in Sindh. These findings have the potential to produce 9.12 MMCFD gas and 520 BPD oil in

district Sanghar province in July, while it discovered three reservoirs in Kohat district of KP with initial flow of 12.7 MMSCFD gas and 240 BPD condensate in August, around 76 BPD crude oil and 0.512 MMSCFD gas in September 2019. ●

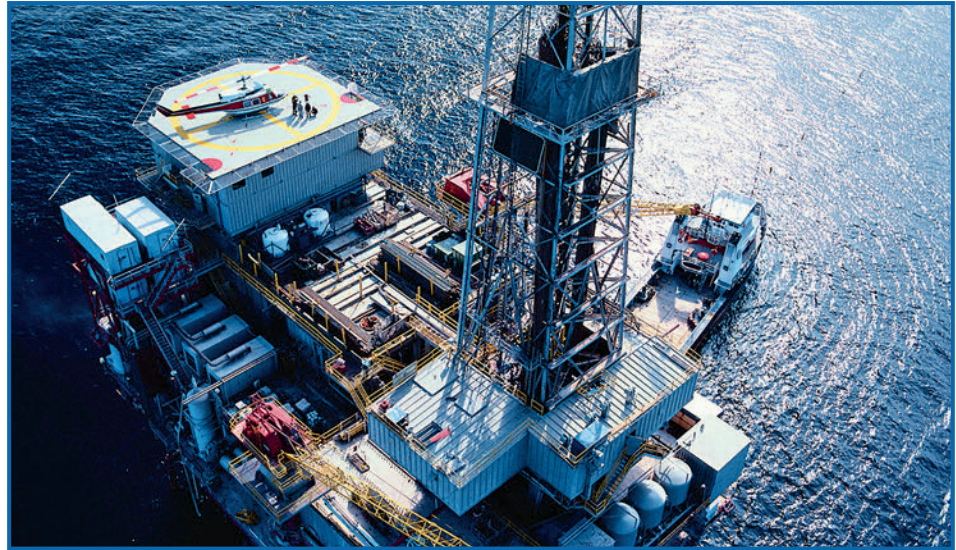


US shale production set for a steep decline

The latest EIA data shows that oil output fell sharply in July, dipping by 276,000 barrels per day.

The decrease can be chalked up to outages related to a hurricane that forced oil companies to temporarily idle operations in the Gulf of Mexico. Offshore Gulf of Mexico production plunged by 332,000 bpd in July.

As a result, the dip in output might easily be dismissed as a one-off aberration. However, U.S. output has stagnated in 2019, ending several years of explosive shale growth. Compared to December 2018, total U.S. production was only up 44,000 in June 2019, which essentially means that despite heady forecasts and lots of hype, U.S. shale has plateaued this year. 🚫



The biggest oil and gas discoveries of 2019

Conventional oil and gas discoveries have fallen by the wayside since the shale boom and the subsequent oil price collapse. In fact, they've fallen to their lowest in 70 years. But there are still some amazing discoveries in the mysterious deep.

All in all, this year has seen new discoveries of nearly 8 billion barrels of oil equivalent, compared to 10 billion barrels of oil equivalent discovered last year. So, let's take a look at some of the biggest oil and gas discoveries globally in this year.

#1 Russia - 1.5 Bboe in Russian Arctic Waters

Russia has discovered nearly 1.5 billion barrels of oil equivalent (Bboe) thanks to the Dinkov and Nyarmeyskoye finds on the Yamal peninsula shelf in the Kara Sea. In natural gas terms, that's a whopping 17 trillion cubic feet (Tcf). However, due to the changing in nature and climate, the extraction of these oil and gas reserves is becoming an impeding challenge.

#2 Guyana: More than 6 billion barrels, and climbing

Exxon Mobil just put Guyana on the oil and gas map for the first time, with a huge discovery. In fact, it's a string of 14 discoveries so far - just from Exxon. Tullow

Oil has also announced two discoveries. Prior to the last three discoveries listed below, Guyana had already hit 6 billion barrels of oil equivalent in the Stabroek Block. Further discoveries were made in Tripletail-1, Exxon, Jethro-1, Tullow, with an expected finding of nearly 100 million barrels from Jethro-1 in Guyana's Orinduik block, and Joe-1, Tullow. The potential for Guyana is huge, with some estimating Guyana's future production at 750,000 within the next five years.

#3 Cyprus: Up to 8 trillion cubic feet of disputed gas

Exxon made the biggest natural gas discovery in two years off the coast of Cyprus. With an estimated 5-8 trillion cubic feet, which the European Union is greedily eyeing as a pathway to a new Mediterranean gas hub, which is expected to reduce Russian dominance in the region, it is expected that Turkey and other interested parties will likely fight over the drilling rights to this reservoir of natural gas. 🚫

Source: <http://www.baystreet.ca>



From Islamabad to Babu Sar... on Bike



Impossible, we would hear people say. You simply cannot do it. How can three hypertensive patients, with other health issues possibly go on a bike tour for ten whole days? Our answer was simple, with sheer effort and dedication.

On September 6, 2019, Mohammad Omair Abbas, Owais Abbas, and Zohaib Siddiqui set out on a journey that would not only turn out adventurous but also enthralling. Our story begins with all three of us missing the train we were supposed to take to Islamabad by 5 minutes.

Alas! Luck was on our side. And we were able to purchase tickets of Sir Syed Express Train, which was supposed to leave the station in a couple of hours. Reaching Islamabad on 7th September, we were picked by a mutual friend of ours. Together, we headed to his home, where we spent the night and prepared for the journey ahead. On Sunday, 8th September, we went to Rawalpindi Cantt Station, where we collected our bikes and headed out on to Muzaffarabad via Kashmir Highway on Motor Bikes. 9 hours down the road, we overlooked the beautiful city of Muzaffarabad. Finally, after checking into Neelum Continental Hotel, we went off to have dinner at Al-Atiq Hotel. After a delectable and scrumptious meal, we decided to call it a day, as the next day held even more adventures for us.

The next day, we headed towards Naran, via Neelum Jehlum project. After a couple of hours, we reached the Kiwai Waterfall, where we took a break for lunch and took in the picturesque landscape that surrounded us.

10 hours later, we had covered approx 165 km distance on bike, and reached Naran, which was bustling with tourists and residents. Having gone in the busy season, we found it quite a challenge to find rooms, however, after much searching, we were able to book rooms in the Rear View Hotel, and headed out to grab a bite while enjoying the scenic beauty of Naran. Even at night, we were amazed at the gorgeous landscape that welcomes us.

Our plans got ambitious with each passing day, and we decided to visit Jheel Saif-ul-Malook, along with lalazar the next day. It took us 4 hours, as we stopped here and there to click pictures and make memories of this trip. The beautiful jheel that we call Saif-ul-Malook cannot be described in words. The feelings one experiences when visiting this place are many, and so, I would urge the readers to visit this jheel whenever they have the chance. Not only is it beautiful, but the calm and serene atmosphere will definitely make everyone feel amazing. On our way towards lalazar, one of the bikes we were riding experienced an engine failure, and we had to return to Jalakhand.

As we waited for the bike to get repaired, we planned for the next day. The next stop was the last one; BabuSar. Having been told that the bike would require two days for repairs, we decided to head out on two bikes. After crossing Naran Waterfall, and Lulusar lake, we finally arrived at Babusar. The view that greeted us there was mesmerizing. It was freezing cold, and so we decided to enjoy boiled eggs, samosas, and pakoras. After

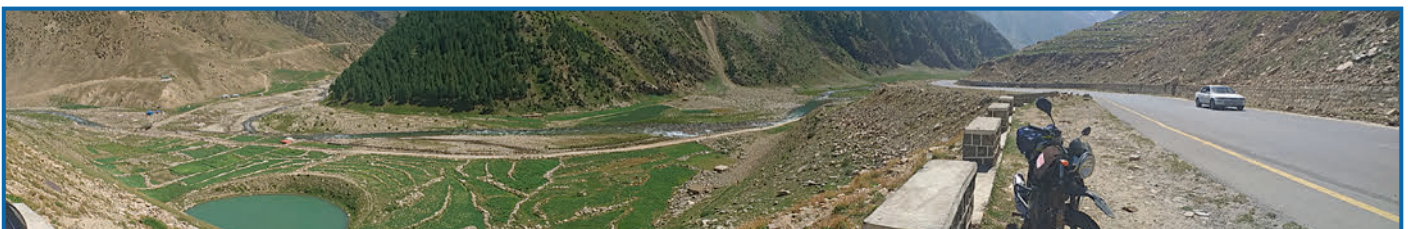
staying there for four hours, we headed back to Naraan, where we enjoyed a delicious mean at the Naraan Bazaar.

The next day, After much persuasion from our friend in Naran, we went out for rafting in Kunhar River. Being our first experience rafting in unchartered waters, we thoroughly enjoyed it. Three novices with one Captain, we followed his lead while he expertly maneuvered through the water coursing through the river. After this, we enjoyed an eagle show, and once again, headed to the Naran Waterfall. The next day, we set out for Islamabad, passing through Mansehra and Abbotabad. Having bad network reception, and no clue where we were actually headed, we decided to rely on our instincts and continued the journey. Aided by the people guiding us towards the correct path, we eventually reached Khanpur Dam. At nightfall, the Dam looked like a mighty being, standing tall and strong. From there, we finally reached Islamabad, where we at dinner at F8, and throughout enjoyed Cold Coffee at our friend's place.

With the objective accomplished, we returned the bikes we had borrowed from Rawalpindi, Cantt Station, and headed back to Islamabad, from where we were to catch a flight back home the next day. Most people would say, that the journey had a satisfactory end, but I say; 🍌

And the Journey Continues...

Courtesy: Muhammad Omair Abbasi, Assistant Manager - CNG / Coordination



PRESERVE NATURAL GAS, EVERY DAY

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.

Conserve natural gas now.



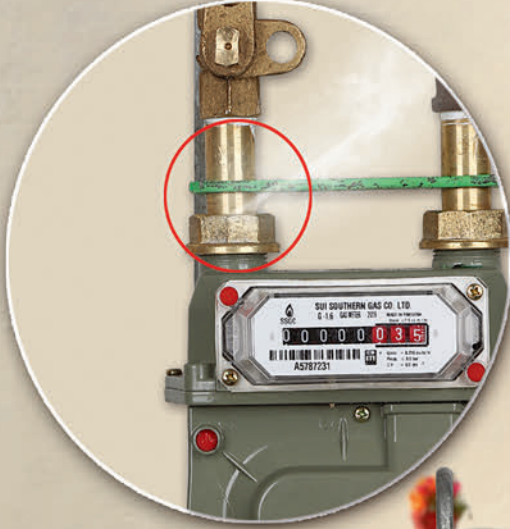
Remember! Always use Pakistan Standards and Quality Control Authority (PSQCA)-approved gas products and fittings.

www.ssgc.com.pk

[ssgc.official](https://www.facebook.com/ssgc.official)

[ssgc_official](https://www.instagram.com/ssgc_official)

گھر کے باہر بھی گیس لیکج سے نقصان ہمارا ہے



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

سمجھداری دکھائیں ... ذمہ داری نبھائیں

بيڪ ٽو بيسڪز” بليو فليمر (نيرو شعلو) جي اهميت



معلومات ڏيڻ سان گڏوگڏ ” بليو فليمر“ جي باري ۾ آگاهه ڪندي ٻڌايو ته نيري شعلي تي کاڌو پچائڻ سان نه صرف قدرتي گئس جي بچت ٿيندي آهي پر کاڌو به مزيدار بڻجي ٿو. ان سيشن ۾ شاگردن جي والدين ۽ استادن به ڀرپور شرڪت ڪئي ۽ سي سي ڊي ٽيم کان ڪيترائي سوال پڇيا. اسڪولن جي انتظاميا سڻي سدرن جي ان قدم کي گهڻو ساراهيو ۽ اڳتي به اهڙا پروگرام منعقد ڪرڻ تي زور ڀريو.



استعمال جي باري ۾ آگاهه ڪيو ويو. گڏوگڏ ڪيترين ئي غلط فهمين جو ازالو ڪندي تبزي سان گهٽ ٿيندڙ گئس جي ذخيرن ۽ ملڪ ۾ وڌندڙ قدرتي گئس جي کوٽ کان شاگردن کي آگاهه ڪيو ويو. سي سي ڊي ٽيم شهيد اسلام (جنرل مئنيجر سي سي ڊي) جي سربراهي ۾ شاگردن کي دلچسپ پريزنٽيشن ڏني، جن کي شاگردن خوب ساراهيو. ان موقعي تي ڪمپني جي نمائندن شاگردن کي بنيادي



سڻي سدرن ڪمپني شاگردن کي قدرتي گئس جي اهميت ۽ بليو فليمر جي افاديت کان آگاهه ڪرڻ لاءِ بيڪ ٽو بيسڪز” جي عنوان سان هڪ خاص مهڻو جي شروعات ڪئي آهي، ان مهڻو جي تحت ڪراچي جي بهترين اسڪولن (ريفليڪشن، شاهه ولايت ۽ آءِ بي بيڪن هائوس) ۾ آگاهي مهڻو جو پروگرام جو منعقد ڪيو ويو. ڪارپوريت ڪميونيڪيشن جي ٽيم شاگردن کي قدرتي گئس جي درست ۽ ذميواري



گئس چورن خلاف آپريشن جاري، ڪيترين ئي گرفتاريون

ڪري ورتو ۽ ريمانڊ تي جيل موڪلي ڇڏيو. 2018 کان وٺي هيستائين سڻي سدرن 121975 گئس چوري وارن هنڌن (واقعن) جو تعين ڪندي 9800 ايمر ايمر سي ايف ڊي گئس (ماليت: 6335 ملين روپيا) محفوظ ڪرڻ ۾ اهم ڪردار ادا ڪيو. اڃا تائين 20 ڏوهارين تي فرد جررم لاڳو ٿي چڪو آهي جڏهن ته ڪورٽس ۾ 380 ڪيس بحث هيٺ آهن.

خلاف ايف آءِ آر داخل ڪرائي وئي، انهي دوران سيپٽمبر 2019 ۾ استغاثا جي ڀرپور ڪوششن جي ڪري گئس چوري جي پن ڏوهارين گلزار قاضي ۽ محمد طاهر تي ڪيس يوٽيلٽي ڪورٽ فرد جررم لاڳو ڪندي 5 سال قيد ۽ 1 لک ڏنڊ جي سزا جي ٻڌائي. اهڙي طرح لاڙڪاڻي ۾ سيشن جج استغاثا ۽ دفاع جو موقف ٻڌڻ کان پوءِ جوابدار زاهد علي کي واپاري مقصدن لاءِ گئس چوري ڪرڻ جي الزام ۾ گرفتار

سڻي سدرن آپريشن گرفت تحت ٿيڻ وارين ڪارروايين ۾ وڌيڪ تبزي آندي آهي ان باري ۾ تازو ئي سي آر ڊي ۽ ڪائونٽر گئس ٿيفٽ آپريشن ڊپارٽمينٽ ڪراچي، حيدرآباد، سکر، لاڙڪاڻو ۽ ڪوئيٽا ۾ ڪيترن ئي هنڌن تي ڇاپا هڻيا ۽ ڪيترين ئي گرفتاريون عمل ۾ آيون. ٻنهي ڊپارٽمينٽ تي ٻڌل ٽيم گئس چوري ۾ استعمال ٿيل سامان (پائپ، ڪلمپ، والوز وغيره) ثبوت طور ضبط ڪري ورتو ۽ ڏوهارين



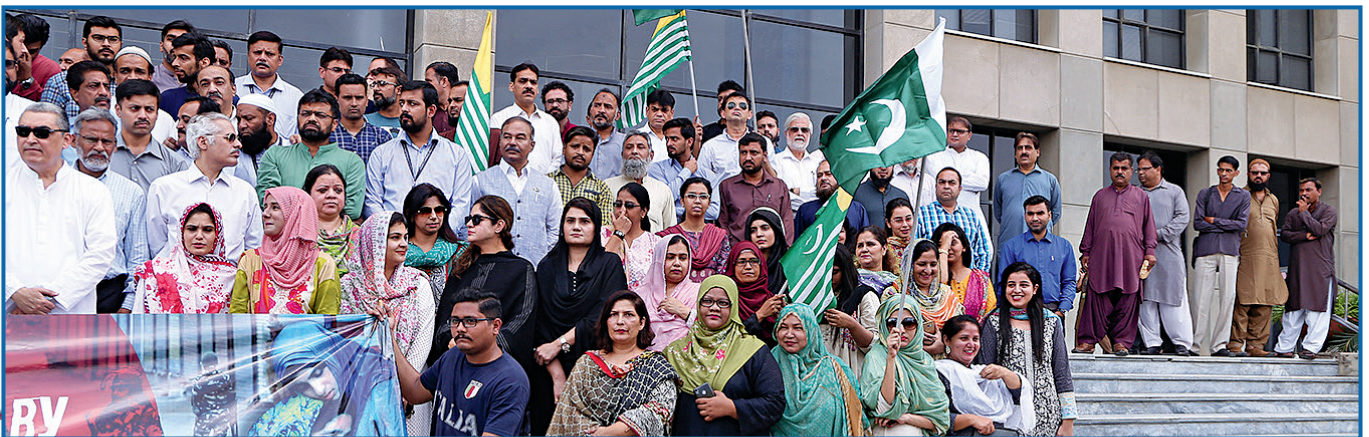
ايس ايس جي سي يوم دفاع کي يوم يکجهتي کشمير طور ملهايو



کان پوءِ مردن ۽ عورتن لاءِ قرآن خواني جو به اھتمام ڪيو ويو تہ جيئن شھيدن جي روح کي ايصال ثواب پھچائي سگھجي. ان ڏينھن سي سي ڊي جي آفيسرن ساڻ شھباز اسلام، جي ايمر سلمان صديقي، ڊي جي ايمر، عمران احمد، چيف مئنيجر شھيدن جي گھر تشريف ڪئي ويا جتي هوشيدن جي وارثن سان مليا ۽ فاتح خواني ڪئي جيڪا دشمن کان بچماءُ لاءِ سرحدن جي حفاظت ڪندي ۽ ان ئي فرض جي ادائينگي دوران شھادت ماڻي. ■

آفيسرن ۽ اسٽاف گڏجي ڪري هيڊ آفيس آڊيٽوريم تي گڏ ٿيا جتي سڀني جهنڊي چاڙهڻ واري تقريب ۾ شرڪت ڪئي ۽ گڏجي ترانو پڙهيو. ان کان پوءِ هڪ خاص دعا شھيدن ۽ ڪشمير جي جدوجهد جي حوالي سان ڪئي وئي. سڄو ڏينھن ايس ايم ڊي ايس ايس جي سي جي عمارت جي ٻاهرئين دروازي تي لڳل رهيو. جنهن ۾ ڊپارٽمينٽ جي ڪاوشن سان تيار ڪيل ويڊيو هلندي رهي. ان ويڊيو ۾ انھن قومي هيروزن کي خراج تحسین پيش ڪيو ويو جن پنھنجون جانيون پاڪستان لاءِ قربان ڪيون. ان سان گڏوگڏ ان سکرين تي قومي نغما به هلندا رهيا جمعي جي نماز جي ادائينگي

حڪومت پاڪستان جي هدايتن جي روشني ۾ ايس ايس جي سي 6 سيپٽمبر تي پاڪستان جو يوم دفاع يکجهتي ڪشمير طور تي ملهايو ڪارپورٽ ڪميونيڪيشن ڊپارٽمينٽ طرفان مختلف ايڪٽيويٽيز منعقد ڪيون ڪيون ويون جنهن جي ذريعي ڪشمير مسئلي کي اجاگر ڪرڻ سان گڏوگڏ سرحدن تي موجود محافظن کي به خراج تحسین پيش ڪيو ويو. سي سي ڊي جي ڪوششن جي ڪري ملازمن جي هڪ وڏي تعداد ان تقريب ۾ وڏي ڪري حصو ورتو. 6 سيپٽمبر واري ڏينھن 12:30 تي ڊي ايم ڊي عمران فروخي ۽ امين راجپوت جي قيادت هيٺ ڪمپني جي





**FACTORY
SEALED**

گیس چوروں کے خلاف بھرپور آپریشن

حکومت پاکستان کے عزم کے مطابق گیس چوری کے خلاف آپریشن گرفت فیصلہ کن مرحلے میں داخل ہو چکا ہے۔ گیس (تھیفٹ اینڈ ریکوری) ایکٹ 2016 کے تحت اس سنگین جرم میں ملوث افراد کو نہ صرف گرفتار کیا گیا ہے بلکہ ان پر گیس کورٹس میں مقدمات چلا کر بھاری جرمانے بھی عائد کئے گئے ہیں اور سخت سے سخت سزائیں بھی سنائی جا چکی ہیں۔

1 ارب | **127** | **1,370**
روپے سے زائد کے | مقدمات | کارروائیاں
جرمانے | یاد رکھیئے۔۔۔

صرف منظور شدہ مقصد اور مقدار کے لئے گیس کا استعمال کیجئے

اپنے گیس سیلزا ایگریمنٹ کی پاسداری کیجئے

سوئی سدرن سے گیس سیلزا ایگریمنٹ کی تجدید کے بغیر صنعتوں میں اضافی ایکویپمنٹس لگانا غیر قانونی ہے

ان احکامات پر عمل نہ کرنے پر ایف آئی آر، گرفتاری، جرمانے اور 10 سال قید تک سزا ہو سکتی ہے

اضافی گیس حاصل کرنے کے لئے سیکشن بوسٹر لگانا غیر قانونی ہے

 Sui Southern Gas
Company Limited

گیس چوری کی اطلاع دینے کے لئے
پر کال کریں **1199**

اطلاع یا تصاویر بھیجنے کے لئے
0323-8213346
WHATSAPP 0322-8217576
Email: gas.theft.info@ssgc.com.pk

www.ssgc.com.pk

[ssgc.official](https://www.facebook.com/ssgc.official)

[ssgc_official](https://www.instagram.com/ssgc_official)

روشنی کا سفر

قسط نمبر ۲

کے لیے علم ضروری ہے۔ علم ہمیں زندگی کا مقصد سمجھاتا ہے۔ ہمیں اطمینان قلب دیتا ہے۔ علم حاصل کرنے کے لیے ضروری چیز شوق، عاجزی اور ادب۔ جب جہاں حواسِ خمسہ کی حد ختم ہوتی ہے وہاں سے عقل کا کام شروع ہوتا ہے اور جب عقل کی حد ختم ہوتی ہے تو وہاں سے خالق کی قدرت شروع ہوتی ہے خالق کی قدرت کو سمجھنے کے لیے خالق نے ایک کتاب عطا کی ہے اور وہ ہے قرآن مجید اور اس کو پڑھانے کے لیے ایک استاد دیا اور وہ ہیں حضرت محمد ﷺ۔ اس استاد نے کتاب کو پڑھایا، سمجھایا اور اپنے عمل سے اس پر عمل کرنا سکھایا یعنی تہجوری بھی پڑھائی اور پریکٹیکل بھی کرایا۔ آپ ﷺ کے جانے کے بعد آپ ﷺ کے شاگردوں نے اس کام کو کیا اور اس کے بعد ان کے شاگردوں نے اور یہ سلسلہ قیامت تک چلتا رہے گا۔

اگلی قسط میں ہم اس بات پر غور کریں گے کہ قرآن پاک ہمیں کیسے اس دنیا میں آنے کا مقصد سمجھاتی ہے اور وہ لوگ جو صرف عقل کو علم سمجھنے کا وسیلہ سمجھتے ہیں ان کے نزدیک دنیا میں آنے کا مقصد کیا ہے اور جو لوگ اللہ اور اس کے رسول کی بتائی ہوئی بات سے زندگی کا مقصد سمجھتے ہیں ان کے درمیان کیا فرق ہے۔ (جاری ہے) ●

اس دنیا اور اس میں موجود چیزوں کو سمجھنے کے لیے اللہ نے انسان کو حواسِ خمسہ دیئے یعنی پانچ حسیں۔ دیکھنے کی صلاحیت، سنے کی صلاحیت، سونگھنے کی صلاحیت، چھونے کی صلاحیت، اور بولنے کی صلاحیت۔ ان حواسِ خمسہ سے انسان دنیا میں موجود اشیاء کو سمجھتا ہے اور ان کا استعمال کرتا ہے۔ جب ان صلاحیتوں کی حد ختم ہوتی ہے تو انسان اپنی عقل استعمال کرتا ہے۔ کسی انسان کی عقل اس کی تعلیم، تربیت، ماحول، عمر، تجربہ کے حساب سے چائی جاتی ہے۔

حواسِ خمسہ اور عقل کی صلاحیت بڑھائی جاسکتی ہے۔ اس کے ذرائع ہیں معلم، ہشوق، عمل، تجربہ اور مطالعہ لیکن ان چاروں چیزوں سے زیادہ ضروری چیز ہے شوق اگر شوق نہیں اور یہ ساری چیزیں میسر ہیں تو حقیقی علم کا حصول ممکن نہیں اور اگر شوق ہے تو یہ ساری چیزیں قدرتی طور پر آپ کو مل جائیں گی۔ علم حاصل کرنے کے لیے دوسری چیز عاجزی ہے۔ اپنے آپ کو کم علم سمجھتے ہوئے علم حاصل کرنا چاہیے اس سے تکبر پیدا نہیں ہوتا۔ کیونکہ تکبر بے ادبی کی طرف لے جاتا ہے اور بے ادب کبھی علم والا نہیں بنتا۔ پرانا خاکور ہے۔ "اباد ب نصیب، بے ادب ب نصیب" اب تک جو کچھ ہم نے سیکھا اس کو دہرا لیتے ہیں۔ علم حاصل کرنا زندگی کے لیے ضروری ہے جس طرح جسم کے لیے غذا ضروری ہے اسی طرح روح

علم ادب کے ساتھ ہو تو مل جاتا ہے رُحمن،

علم بے ادب ہو جائے تو بن جاتا ہے شیطان،

بجھلی قسط کا اختتام اس بات پر کیا تھا کہ ہم اپنی بقیہ بیچ جانے والی زندگی میں طالب علم بن جائیں گے اور سیکھنے کا عمل شروع کر دیں گے۔ اللہ رب العزت نے حضرت آدم کو پیدا کرنے کے بعد ان کو کائنات کے سارے اجسام اشیاء کے نام اور خواص بتا دیئے تھے اور کہا تھا کہ میں تمہیں زمین پر اپنا نائب مقرر کرتا ہوں اور یہ تمہاری اور تمہاری اولاد کی ذمہ داری ہے کہ تم میرا تعارف کرواؤ اور میری صفات کو بچانوں اور دوسروں کو بھی بتاؤ تاکہ زمین پر موجود لوگوں کا تعلق مجھ سے جڑ جائے۔

یعنی انسان کی تخلیق کے بعد اس کی تعلیم شروع ہوگئی۔ سکھانے والے اللہ اور سیکھنے والے حضرت آدم۔ اب یہ انسان کا فرض بنتا ہے کہ وہ اس دنیا میں اپنے آنے کے مقصد کو پہچانے۔ اس پہچان کے عمل کے لیے ایک معلم اور ایک کتاب کی ضرورت ہے۔ ہم جس وقت کے دوران یہ میں موجود ہیں اس میں ہمیں اللہ کے بعد دنیا میں موجود سب سے بہترین اور اعلیٰ استاد ملے اور وہ ہیں حضور پاک ﷺ کہ آپ ﷺ معلم انسانیت ہیں۔ اس سے پہلے یہ کام مختلف ادوار میں دوسرے انبیاء انجام دیتے تھے جن میں حضرت آدم، نوح، ابراہیم، داؤد، موسیٰ اور عیسیٰ قابل ذکر ہیں۔



محمد رضوان علی کے قلم سے



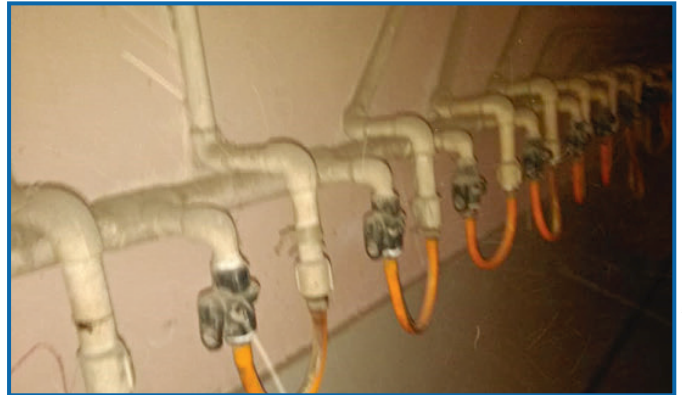


گیس چوروں کے خلاف آپریشن جاری، متعدد گرفتاریاں

گرفتار کر لیا اور ریمانڈ پر جیل بھیج دیا۔ 2018 سے لے کر اب تک سوئی سدرن نے 121,975 گیس چوری کے مقدمات (واقعات) کا تعین کرتے ہوئے 9800 mmcf (مایت: 6335 ملین روپے) محفوظ کرنے میں اہم کردار ادا کیا۔ تا حال 20 ملزمان پر فرود جرم عائد ہو چکی ہے جبکہ کورٹس میں 380 مقدمات زیر بحث ہیں۔

غلاف ایف آئی آر درج کروائی گئی۔ اسی دوران ستمبر 2019 میں استغاثہ کی بھرپور کوششوں کی وجہ سے چوری کے دو ملزمان گلزار قاضی اور محمد طاہر پریکس یونیٹی کورٹ نے فرود جرم عائد کرتے ہوئے 5 سال قید اور 1 لاکھ جرمانہ کی سزا دی۔ اسی طرح، لاڈکانہ میں سیشن جج نے استغاثہ اور دفاع کا موقف سننے کے بعد ملزم زاہد علی کو تجارتی مقاصد کے لئے گیس چوری کرنے کے الزام میں

سوئی سدرن نے آپریشن گرفت کے تحت ہونے والی کارروائیوں میں مزید تیزی لائی ہے۔ اس ضمن میں حال ہی میں سی آر ڈی اور کاؤنٹر گیس تصفیٹ آپریشن ڈپارٹمنٹ کراچی، حیدرآباد، سکھر، لاڈکانہ اور کوئٹہ میں متعدد مقدمات پر چھاپے مارے اور متعدد گرفتاریاں عمل میں آئیں۔ دونوں ڈپارٹمنٹ پر مشتمل ٹیم نے گیس کی چوری میں استعمال ہونے والا سامان (پائپ، کلب، والوز وغیرہ) بطور ثبوت ضبط کر لیے اور ملزمان کے



ایس ایس جی سی نے یوم دفاع کو یوم یکجہتی کشمیر کے طور پر منایا



شہداء کی رحوں کو ایصالِ ثواب پہنچایا جاسکے۔ اس دن سی سی ڈی کے افسران بشمول شہباز اسلام، جی ایم، سلمان صدیقی، ڈی جی ایم، عمران احمد، چیف میجر شہداء کے گھروں پر تشریف لے گئے جہاں وہ ان شہداء کے اہل خانہ سے ملے اور فاتحہ خوانی کی جو دشمن سے بچاؤ کے لئے سرحدوں کی حفاظت کرتے اور اسی فرض کی ادائیگی کے دوران جام شہادت نوش کیا۔

ہوئے۔ جہاں سب نے پرچم کشائی کی تقریب میں شرکت کی اور مل کر ترانہ پڑھا۔ اس کے بعد ایک خصوصی دعا شہیدوں اور جدوجہد کشمیر کے حوالے سے کی گئی۔ سارا دن ایک ایس ایم ڈی ایس ایس جی سی کی عمارت کے بیرونی دروازے پر آویزاں رہا جس میں ڈیپارٹمنٹ کی کاوشوں سے تیار کردہ وڈیو چلنا رہا۔ اس وڈیو میں ان قومی ہیروز کو خراج تحسین پیش کیا گیا جنہوں نے اپنی جانیں پاکستان کے لئے قربان کر دیں۔ اس کے ساتھ ساتھ اس اسکرین پر قومی نغمے بھی چلنے رہے۔ نماز جمعہ کی ادائیگی کے بعد مردوں اور خواتین کے لئے قرآن خوانی کا بھی اہتمام کیا گیا تاکہ

حکومت پاکستان کی ہدایات کی روشنی میں ایس ایس جی سی نے 6 ستمبر کو پاکستان کا یوم دفاع کو یوم یکجہتی کشمیر کے طور پر منایا۔ کارپوریشن کی کمیونیکیشن ڈیپارٹمنٹ کی جانب سے مختلف ایکٹیویٹیز کا انعقاد کیا گیا جن کے ذریعے مسئلہ کشمیر کو اجاگر کرنے کے ساتھ ساتھ سرحدوں پر موجود جانفروں کو بھی خراج تحسین پیش کیا گیا۔ سی سی ڈی کی کوششوں کی بدولت ملازمین کی ایک بڑی تعداد نے ان تقریب میں بڑھ چڑھ کر حصہ لیا۔

6 ستمبر کے دن 12:30 پر ڈی ایم ڈی عمران فروغی اور امین راجپوت کی زیر قیادت کہنی کے افسران اور اسٹاف سب مل کر ہیڈ آفس آڈیٹیم پر جمع



بیک ٹو بیکسز - بلیو فلیم کی اہمیت



کھانا بنانے سے ناصرف قدرتی گیس کی بچت ہوتی ہے بلکہ کھانا بھی مزیدار بنتا ہے۔ اس سیشن میں طلبہ کے والدین اور اساتذہ نے بھی بھرپور شرکت کی اور سی سی ڈی کی ٹیم سے کئی سوالات پوچھے۔ اسکولوں کی انتظامیہ نے سوئی سدرن کے اس قدم کی خوب پذیرائی کی اور آئندہ بھی ایسے پروگرام منعقد کرنے پر زور دیا۔

ازالہ کرتے ہوئے تیزی سے کم ہوتے ہوئے قدرتی گیس کے ذخائر اور ملک میں بڑھتی ہوئی قدرتی گیس کی قلت سے بھی طلبہ کو روشناس کیا۔ سی سی ڈی کی ٹیم نے شہباز اسلام (جنرل انجینئری سی ڈی) کی سربراہی میں طلبہ کو دلچسپ پریزینٹیشن دیں۔ جنہیں طلبہ نے خوب سراہا۔ اس موقع پر کئی نمائندگان نے طلبہ کو بنیادی معلومات دینے کے ساتھ ساتھ ”بلیو فلیم“ کے بارے میں بھی آگاہ کرتے ہوئے بتایا کہ نیلے شعلے پر

سوئی سدرن کینیڈا نے طلبہ کو قدرتی گیس کی اہمیت اور بلیو فلیم کی افادیت سے آگاہ کرنے کے لئے ”بیک ٹو بیکسز“ کے عنوان ایک خصوصی مہم کا آغاز کیا ہے۔ اس مہم کے تحت کراچی کے بہترین اسکولوں (ریفلکشنز، شاہ ولایت اور آئی بی ٹیکن ہاؤس) میں آگاہی پروگرام کا انعقاد کیا گیا۔ کارپوریٹ کمیونیکیشن کی ٹیم نے طلبہ کو قدرتی گیس کے درست اور ذمہ دارانہ استعمال کے بارے میں آگاہ کیا۔ ساتھ ہی ساتھ کئی غلط فہمیوں کا



فلیم

ستمبر ۲۰۱۹

فہرست

- ۲۔ بیک۔ ٹو۔ پیسکز ’بلیو فلیم کی اہمیت‘
- ۳۔ ایس ایس جی سی نے یوم دفاع کو یوم بچہتی کشمیر کے طور پر منایا
- ۴۔ پی او جی سی میں سوئی سدرن کی بھرپور شرکت
- ۵۔ گیس چوروں کے خلاف آپریشن جاری، متعدد گرفتاریاں
- ۶۔ روشنی کا سفر

ایڈیٹر کے قلم سے

محترم قارئین کرام!

خاردارتاروں کے پیچھے!

اس سال ماہ اگست میں، پاکستان کے یوم آزادی کی صورت میں ہماری قوم کو مناسب موقع میسر آیا جس میں ہم اہل کشمیر کے ساتھ اظہارِ بچہتی کر سکے جن کا خطا چا تک سے ایک پولیس اسٹیٹ بنا دیا گیا۔ ہندوستانی حکومت کی جانب سے 15 اگست 2019 کو آئرلینڈ 370 کی منظوری کے بعد متفقہ کشمیر میں کرفیو نافذ کر دیا گیا جس کے رد عمل میں پاکستانی عوام میں غم و غصہ کی لہر دوڑ گئی جو کہ ستمبر کے مہینے میں بھی جاری و ساری رہی۔ حکومت پاکستان نے اس موقع پر ایک درست قدم اٹھاتے ہوئے پاکستان کے یوم دفاع کو کشمیر سے اظہارِ بچہتی کے دن کے طور پر منانے کا فیصلہ کیا۔ ماہ ستمبر کے اختتام پر وزیر اعظم عمران خان کی اقوام متحدہ کی جنرل اسمبلی میں خطاب کے دوران تقریر سے ہر پاکستانی کا کشمیر کی صورتحال پر غصہ جھلک رہا تھا۔

اس صورتحال کے مد نظر رکھتے ہوئے ٹیم ایس ایس جی سی نے دیگر پاکستانیوں کی طرح نہایت جوش و خروش سے ’کشمیر سالیڈارٹی ڈے‘ منایا۔ ہم امید کرتے ہیں کہ انصاف کا بول بالا ہو اور کشمیریوں کو اس ظلم سے نجات ملے اور ان کی جدوجہدِ فقیانی سے ہمکنار ہو۔ انشاء اللہ

شکریہ

اپنی آراء ہمیں اس پتے پر ارسال کریں

سوئی سدرن گیس کمپنی لمیٹڈ

کارپوریٹ کمیونیکیشن ڈپارٹمنٹ

ایس ایس جی سی ہاؤس، تیسری منزل، میڈیکل بلڈنگ، بلاک 14، گلشن اقبال، کراچی۔ 75300

فون: 021-99021771(5), 021-99021745, 021-99021739

021-99021720, 021-99021793

فیکس: 021-99231622 ای میل: flame@ssgc.com.pk

ادارتی ٹیم (اردو اور سندھی)

● صفدر حسین ● تمہینہ انور ● زوبیہ صادق ● محمد طیب



سوئی سدرن گیس | سوئی سدرن گیس
کمپنی لمیٹڈ | SSGC

شماره نمبر ۷۱۳ ستمبر ۲۰۱۹

دفتر فلیپ

سوئی سدرن گیس کمپنی کانڈرونی جویدہ

توانائی کا تحفظ ماحول کی ضرورت۔
پی او جی سی میں سوئی سدرن کی شرکت

nasco



nasco

