



THE PRIDE

OFFICIAL NEWSLETTER OF SNGPL

Volume 18
Issue 03
March 2025

SNGPL WINS CSR AWARD AT THE 17TH ANNUAL CSR SUMMIT





سوئی ناردرن گیس
Sui Northern Gas

Media Affairs Department | میڈیا افیئرز ڈیپارٹمنٹ

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آج ہی خریدیں محفوظ اور معیاری LPG سلنڈرز*

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Patron - in - Chief: Amer Tufail
Chief Editor: Syed Jawad Naseem
Editor: Tanveer Yaquub
Editorial Team: Jahangir Ali Sundrana
Yasir Uzair Ahmed

MESSAGE FROM

MANAGING DIRECTOR

As we have just celebrated the joyous occasion of Eid, I would like to extend my warmest greetings to you and your loved ones. Eid is a time of celebration, reflection and togetherness, and it is an occasion that brings us all closer in spirit. On behalf of everyone at Sui Northern, I wish you a blessed and prosperous life filled with happiness, peace and good health.

At Sui Northern, we take immense pride in the role we play in the daily lives of natural gas consumers, ensuring the continuous and safe supply of gas to their homes and businesses. This responsibility is especially important during the festive season, where the need for energy is ever-present to keep the celebrations running smoothly.

We understand the significance of uninterrupted service, particularly during such an important time. Our teams are dedicated to providing round-the-clock gas supply, ensuring that our esteemed consumers can continue to enjoy the warmth and comfort of their homes without any disruptions. Our operations remained fully committed to delivering a seamless and reliable service throughout the Eid celebrations, as we recognize how critical it is for this festive event.

May these festivities bring prosperity to all and strengthen the bonds that unite us as a community. We look forward to continuing our journey together in the months ahead.



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اس شمارے میں

یوم پاکستان



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COVER STORY



SNGPL WINS CSR AWARD AT THE 17TH ANNUAL CSR SUMMIT, ORGANIZED BY THE NATIONAL FORUM FOR ENVIRONMENT AND HEALTH

Shumaila Azam

Sui Northern Gas Pipelines Limited (SNGPL) has been honoured with a prestigious CSR Award at the 17th Annual CSR Summit, organized by the National Forum for Environment and Health (NFEH). The event, held at the Serena Hotel in Islamabad, recognized SNGPL's commitment to social responsibility and its contributions to environmental sustainability and community welfare. SNGPL has been recognized for its multifaceted approach to Corporate Social Responsibility, with a focus on environmental conservation, health, education and community development.

The Company's strategic CSR initiatives have played a pivotal role in improving the quality of life for countless individuals, especially in underprivileged areas across the country. The 17th Annual CSR Summit at Serena Hotel, Islamabad, was a gathering of industry leaders, government officials, environmental promoters and business pioneers, all committed to advance the cause of sustainability. The event offered valuable opportunities for networking and exchanging

ideas, showcasing innovative CSR models and encouraging collaboration across sectors. DMD (Services) and DMD (Operations) presented the CSR award and certificate to Managing Director, SNGPL at Head Office.



*The Writer is Deputy Chief Engineer (HSE),
at Head Office.*

EVENT



SNGPL'S PARTICIPATION IN SUNDAR INDUSTRIAL EXPO - 2025

Zeeshan Qadar

SNGPL participated in the Sundar Industrial Expo, with a view to showcase company's operational excellence and associated business activities to a wider audience of various national and multinational industrial companies. The event was graced by Minister of Industries and various dignitaries, industry leaders, thought leaders from private and public sector alike.

More than 300 national and multi-national companies exhibited their stalls to present their products and services. NP&D Department took the lead in this regard and forged a team of representatives from various Departments i.e LNG - LPG, CS, Projects and HSE to represent company at this prestigious event.

SNGPL's stall was the center of attraction in the event and garnered visibility from audience. In the wake of black marketing and under-filling of LPG by illegal LPG vendors in the marketplace, audience appreciated SNGPL's foray into LPG marketplace and reposed confidence in this venture by ordering LPG cylinders at the stall.

Companies were seen particularly interested in EPC projects and CSR activities of SNGPL. Executives of NP&D and Projects Department apprised the visitors about the company's EPC credentials and ongoing projects of national importance.

The marketing and networking effort of company to showcase its business activities and its widespread approval by larger attendees in such an exciting event is a testament to company's corporate image as leading energy company of region and completely aligns with its mission and vision.



The Writer is Deputy Chief Engineer (NP&D), at Head Office.

EVENT



EID UL FITR CELEBRATED AT SUI NORTHERN

Eid ul Fitr is all about spreading love and promoting unity in the society. Keeping up the traditions of celebrating the joy and festivity, a grand Eid Milan party was organized at the SNGPL Head Office. Managing Director SNGPL Amer Tufail and Senior Management of the Company attended the gathering. MD SNGPL Amer Tufail personally greeted all the employees. A large number of employees were

also present on this occasion.

This gathering not only provides the employees with a chance to meet and greet their colleagues but also act as a bridge between the Company Management and the employees. We wish and hope that SNGPL continues to celebrate all festivals, religious or national, together with the same spirit.





SUPERANNUATION



Shaheryar Qazi, Senior General Manager (Transmission) retired from the Company after serving the Company for more than 24 years. A farewell

ceremony was organized in his honour which was attended by Senior Management of the Company.



EVENT



STRENGTHENING EMPLOYER BRANDING - SNGPL AT GHULAM ISHAQ KHAN INSTITUTE OF ENGINEERING SCIENCES AND TECHNOLOGY (GIKI) CAREER FAIR, 2025

Hammad Haider

To strengthen SNGPL's presence and engagement with future talent, the Company took another significant step by participating in the Ghulam Ishaq Khan Institute (GIKI) Career Fair, 2025 - one of the leading centers of excellence in education and research. This initiative aimed to enhance SNGPL's brand visibility and connect with the next generation of innovators.

The Career Fair was held in order to bringing together top Business Firms from different sectors like Oil & Gas, Consumer Goods and Services, Tech Companies and Banks. SNGPL was represented by a four-member team from the HR, Distribution and Administration Departments, who remained actively engaged throughout the event. They conducted on-site conversations with students specializing in Core Engineering disciplines, Computer Science, Software Engineering, Data Science, Cybersecurity, AI and Management Sciences, providing guidance on

employment and internship opportunities while addressing queries related to the company's operations.

To further engage with students, the team conducted a brief survey to gather insights on SNGPL as a potential employer. A short questionnaire was also administered and giveaways were distributed as a token of appreciation for their participation.

Additionally, our team met with GIKI faculty members to explore opportunities for collaboration in industrial training, final-year projects and consultation. SNGPL's participation in the Career Fair proved highly beneficial in reinforcing its position as an employer of choice. In recognition of our engagement, the management of Ghulam Ishaq Khan Institute presented a special letter of appreciation to the team.

*The Writer is Senior Officer (HR),
at Head Office.*



BREAKING FREE FROM DIABETES

Hassan Ammar

My Journey from Diagnosis to a Medicine-Free Life

A year ago, I received a life-changing diagnosis: I was diabetic. It was a wake-up call that forced me to re-evaluate my lifestyle, habits and priorities. Today, I'm proud to say that I've not only managed to reverse my diabetes to pre-diabetes but also regained control of my health and that too without relying on medication. This is my story of transformation and I hope it inspires others to take charge of their health.

The Diagnosis: A Turning Point

When I first heard the words, "You have diabetes," I felt a mix of fear, confusion and determination. I knew that diabetes wasn't just a number on a lab report; it was a chronic condition that could lead to serious complications if left unmanaged. My doctor explained that my blood sugar levels were too high and I was at risk for heart disease, nerve damage and other health issues. While medication was an option, I wanted to explore whether lifestyle changes could make a difference.

The Decision to Take Control

I decided to take a proactive approach. I knew that weight loss, exercise and dietary changes were key to managing diabetes but I wanted to go beyond just "managing" it because I wanted to reverse it. I started researching and learned that type 2 diabetes, in many cases, could be reversed or significantly improved through lifestyle interventions. That's when I committed to a new way of living.

The Plan: Weight Training and Cardio

I began with weight training and cardio, two forms of exercise that I had heard could improve insulin sensitivity and help regulate blood sugar levels. There are variety of activities in routine to keep things interesting and provide additional health benefits like; Yoga, Swimming, Cycling, Walking, Hiking, Rock Climbing, stretch and Mobility and Sports (Tennis, Cricket, Badminton). Here's how I incorporated them into my routine.

Weight Training:

I started lifting weights three to four times a week, focusing on compound movements like squats, deadlifts and bench presses. Building muscle mass helped my body use glucose more efficiently, which directly impacted my blood sugar levels.

Cardio:

I added 30 - 45 minutes of moderate-intensity cardio, such as brisk walking, cycling or swimming, five days a week. Cardio helped me burn calories, improve my cardiovascular health and further enhance insulin sensitivity.

The Role of Nutrition

Exercise alone wasn't enough; I also overhauled my diet. I focused on:

Whole, Unprocessed foods

I prioritized vegetables, lean proteins, whole grains and healthy fats.

Reducing Refined Carbs and Sugar

I cut out sugary drinks, white bread and

processed snacks (Most bakery items).

Portion control

I learned to eat mindfully and avoid overeating, even with healthier foods.

Achieving health goals doesn't require perfection: It's about balance and consistency over time

While I committed to a healthier diet, I also allowed myself the occasional recharge days. These were days when I indulged in foods I loved whether it was a slice of pizza, a dessert or a favorite snack. At first, I worried that these flexible days would derail my progress but I soon realized that they served an important purpose.

Mental Balance

Treat days helped me stay mentally refreshed and prevented feelings of deprivation. Knowing I could enjoy my favorite foods occasionally made it easier to stick to my plan the rest of the time.

Sustainability

Allowing myself some flexibility made my new lifestyle feel more sustainable. It wasn't about being perfect; it was about making progress.

No Guilt, Just Moderation

I learned to enjoy my guilt-free days. The key was moderation as I didn't let one indulgent meal turn into an entire day or week of unhealthy eating.

Back on Track

After a cheat day, I always returned to my healthy routine the next day. This balance helped me stay consistent without feeling restricted.

Why Including Treat Days Matters

Many people struggle with the idea of giving up their favorite foods entirely, and my experience shows that it's possible to achieve health goals while still enjoying life. My message is "Progress, Not Perfection".

The Results: A New Lease on Life

Gradually, I began to see changes. My blood sugar levels started to drop, and I felt more energetic and focused. After a few months, my doctor confirmed that I had moved from diabetic (HbA1C 9.2) to prediabetes (HbA1C 6.5). A year later, I'm living a normal, healthy life without relying on medication. My blood sugar levels are stable and I feel stronger and more confident than ever.

Lessons Learned

Consistency is Key: Reversing diabetes didn't happen overnight. It took consistent effort, discipline, and patience.

Small Changes Add Up: Even small improvements in diet and exercise can lead to significant health benefits over time.

Mindset Matters: Believing that change is possible was half the battle. A positive mindset kept me motivated even on tough days.

A Message to Others

If you've been diagnosed with diabetes or prediabetes, know that it's not a life sentence. With the right lifestyle changes, you can take control of your health and potentially reverse the condition. Start small, stay consistent and don't be afraid to seek support from healthcare professionals, trainers or loved ones.

My journey from diabetes to a medicine-free life has been challenging but incredibly rewarding. If I can do it, so can you. Take the first step today because your health is worth it.

The Writer is Executive Officer (IT/MIS), at Gujranwala (D).



بنیں ذمہ دار شہری بل ادا کریں فوری



اب SNGPL ConnectOn App کے ذریعے پائیا گیس بل با آسانی جمع کروائیں

نوٹ: اس سروس کے استعمال کے لیے آپ کو سٹیبل انٹرنیٹ کنکشن کی ضرورت ہے۔



REVALIDATION OF ISO CERTIFICATION 27001:2022

Hafiz Muhammad Yasir

ISMS Certification Upgradation and Revalidation – ISO 27001:2013 and ISO 27001:2022

- Successfully upgraded ISO 27001 certification from 2013 to 2022 standard.
- Secured revalidation, valid until 2028, for both the Head Office and Disaster Recovery Center (DRC) in Manga.



**Information Security Management System Auditor
/ Lead Auditor Training Certification (2605) – ISO
27001:2022**

Three executives from IT/MIS (Middle Level Management) have successfully achieved the Auditor / Lead Auditor certification based on ISO 27001:2022.

- The certified training course was conducted in November 2024
- This certification enables the participants to pursue IRCA membership with a certification body, qualifying them to perform ISO 27001:2022 ISMS audits.



Certified Executives

Aqdas Adnan, Senior Officer (IT/MIS)
Muhammad Kazim, Senior Officer (IT/MIS)
Hafiz Muhammad Yasir, Executive Officer (IT/MIS)

This achievement reinforces the IT/MIS team's commitment to maintaining the highest information security standards and ensuring the continued compliance and security of Data Center facilities.

*The Writer is Executive Officer (IT/MIS)
at Head Office.*

all IN THE FAMILY



اِنَّا لِلّٰهِ وَاِنَّا اِلَيْهِ رَاجِعُونَ

Mother of **Muhammad Sohail**, Chief Engineer (Metering), CMS Kot Lakhpat, passed away on 13 March 2025.

Son of **Abdul Ghafoor**, Chief Officer (Audit), Head Office, passed away on 23 March 2025.

Mother of **Syed Sajid Raza**, Chief Engineer (Projects), Projects Headquarter (Head Office), passed away on 25 March 2025.

Mother of **Abid Rehman**, Deputy Chief Engineer (Distribution), Islamabad (D), passed away on 03 March 2025.

Father of **Syed Mahmood Abbas Gillani**, Executive Officer (Admin), Multan (D), passed away on 15 February 2025

Father of **Rana Tariq Iqbal**, Executive Officer (Retail Sales), Multan (D), passed away on 06 March 2025.

Daughter of **M. Junaid Iqbal**, Executive Engineer (QA), Faisalabad (D), passed away on 17 March 2025.

Father of **Shakil Ahmad**, Executive Officer (Recovery), Islamabad (D), passed away on 20 March 2025.



سمارٹ انتخاب سروسز لا جواب

Connect n

اب اضافی خصوصیات کے ساتھ



ایپ ڈاؤن لوڈ کرنے کیلئے
QR کو اسکین کریں

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Google Play

آپ ہوں کہیں بھی، کبھی بھی آن لائن سہولیات سے فائدہ اٹھائیں

گیس کنکشن کی درخواست



گیس بل کی ادائیگی



شکایات کا اندراج



گیس بل کی مکمل ہسٹری



ای میل یا SMS بل کیلئے رجسٹریشن



Estimated بل چیک کرنے کی سہولت





یوم پاکستان

شہباز خان آفریدی

یوم پاکستان ہر سال 23 مارچ کو منایا جاتا ہے۔ یہ ہمارے لیے ایک اہم دن ہے۔ اس دن لاہور میں قرارداد پاکستان منظور ہوئی۔ اس قرارداد میں کہا گیا تھا کہ برصغیر کے مسلمان اپنے لیے الگ ریاست چاہتے ہیں۔ یہ دن مسلمانوں کی تاریخ میں ایک سنگ میل تھا جس کے نتیجے میں پاکستان 14 اگست 1947 کو معرض وجود میں آیا۔

اس تاریخی موقع پر پاکستان دنیا کے نقشے پر نمودار ہوا۔ یہ دن پاکستان میں ہر سال منایا جاتا ہے۔ ہم یہ دن اس عہد کے ساتھ مناتے ہیں کہ ہم اپنی آزادی کو برقرار رکھیں گے اور ان مقاصد کے لیے کام کریں گے جن کے لیے ہمیں یہ پیارا وطن ملا ہے۔

تمام تعلیمی اداروں خصوصاً سکولوں میں یوم پاکستان انتہائی جوش و خروش اور خوشی سے منایا جاتا ہے۔ یہ جشن ہمیں اس سرزمین کے حصول کے لیے مسلمانوں کو درپیش مشکلات کی یاد دلاتا ہے اور اپنے ملک کو درپیش تمام چیلنجوں کا مقابلہ کرنے کی ہمت بھی فراہم کرتا ہے۔

مسلم لیگ نے اپنا سالانہ اجلاس لاہور، پنجاب کے منٹو پارک میں 23 مارچ 1940 میں منعقد کیا۔ اس

تقریب کے دوران، قائد اعظم محمد علی جناح کی قیادت میں مسلم لیگ اور دیگر بانیوں نے ہندوؤں اور مسلمانوں کے درمیان اختلافات کے حوالے سے واقعات کو بیان کیا اور اس تاریخی قرارداد کو متعارف کرایا جس نے پاکستان کو جنوبی ایشیا میں ایک قومی ریاست کی تشکیل کو تقویت بخشی۔

یہ قرارداد اُسے کے فضل الحق کی طرف سے پیش کی گئی تھی جنہیں اکثر شیر بگلمہ کہا جاتا ہے۔ اس قرارداد پر پاکستان کے بانی کے دستخط موجود ہیں۔

کوئی بھی آئینی منصوبہ مسلمانوں کے لیے قابل عمل یا قابل قبول نہیں ہو گا جب تک کہ جغرافیائی ملحقہ اکائیوں کو ان خطوں میں تقسیم نہیں کیا جاتا جو اس طرح کی علاقائی تبدیلیوں کے ساتھ تشکیل دیے جائیں جو کہ ضروری ہے کہ جن علاقوں میں مسلمان عددی طور پر اکثریت میں ہیں جیسا کہ ہندوستان کے شمال مغربی اور مشرقی علاقوں میں ان کو آزاد ریاستوں کی تشکیل کے لیے گروپ کیا جائے جس میں جزوی اکائیاں خود مختار ہوں گی۔

مصنف میڈیا فیئر زڈ پارٹنرٹ میں آفیسر میڈیا فیئر ز کی حیثیت سے منسلک ہیں



سوئی ناردرن گیس

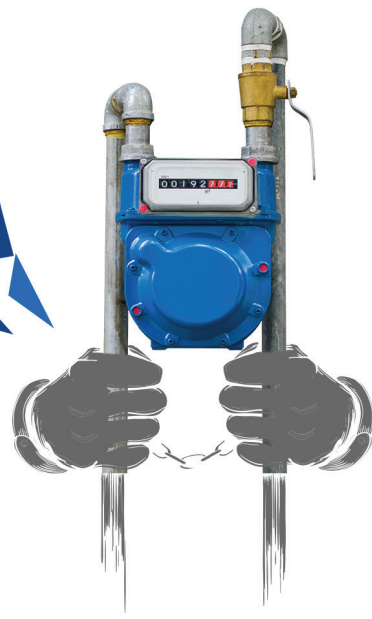
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جو گیس چرائے گا وہ سزا پائے گا



کمرشل یا صنعتی

میٹر کو نقصان پہنچانے پر

10 برس قید اور
50 لاکھ روپے جرمانہ

سوئی ناردرن گیس کی پمپنگ اسٹیشن پر لگے گیس میٹر کو نقصان پہنچانے پر

SNGPL dismantles 4,500-metre illegal pipeline in Lower Dir

SNGPL detects 325,000 gas pilferage cases, recovers Rs2.4b during crackdown

گیس چوری پر مزید 138 کنکشن منقطع، 54 لاکھ جرمانہ

Over 180 gas connections disconnected in anti-theft drive

SNGPL intensifies crackdown on gas pilferers

گیس چوروں کی خلاف آپریشن، مزید 138 کنکشن منقطع

214 gas connections severed, Rs2.7m fine imposed

پنجاب کے پی، اسلام آباد: ایس چوری کی خلاف آپریشن جاری

SNGPL intensifies crackdown on gas pilferers

'Massive action' kicks off against gas theft in Punjab, KP

گیس چوروں کی خلاف کریک ڈاؤن جاری، 182 گیس کنکشن منقطع، جرمانے

Factory's connection severed for using domestic meter

Unit found using gas worth Rs400,000 to Rs500,000 per month

گھریلو صارف کے

گیس چوری میں ملوث ہونے پر

16 ماہ قید اور
1 لاکھ روپے جرمانہ

گیس پائپ لائن کو

نقصان پہنچانے پر

14 برس قید اور
1 کروڑ روپے جرمانہ

گرفتاریاں



قید کی سزا



لاکھوں روپے کے جرمانے



گیس تھیفٹ کنٹرول اینڈ ریکوری ایکٹ 2016ء کے تحت گیس کے غیر قانونی استعمال، گیس تنصیبات کے ساتھ چھپر چھاڑ اور گیس منراہمی میں رکاوٹ پیدا کرنا قابل سزا جرم ہے

خبردار!

گیس چوری کی اطلاع **1199** پر دیں

وی پرائیڈ

جلد ۱۸
شمارہ ۰۳
مارچ ۲۰۲۵ء



اسی این جی پی ایل کا ترجمان جریدہ

