

Sui Northern Gas Pipelines Limited

# **APRIL 2015 NEWSLETTER VOLUME 11, ISSUE 12**

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**SNGPL ANNUAL SPORTS 2015** 

SNGPL Annual Sports Gala 2015 was held from 6th - 9th April 2015 at WAPDA Sports Complex, Lahore. Around 275 Players participated from 18 Regional teams that competed in 12 different events including Volley Ball, Tug of War, Badminton Single & Double, Table Tennis Single & Double, 100 meter Race, 200 meter Race, 4 x 100 meter Race, Shot Put, Long Jump and High Jump. A Ladies team from Lahore participated in the Table tennis and Badminton games.

Overall Champion team was Head Office with 47 points securing first position in Table Tennis Single and Badminton double, second in High Jump, third in 200 Meter, 4 x 100 Meter relay, long jump and High jump. Peshawar was Runner up with 40 Points having first position in 100 Meter, 200 Meter, Long Jump and Volley Ball. Multan distribution got 3rd position with 36 points having first position in 4 x 100 relay, second in 100 Meter, 200 Meter and Long Jump, third position in Badminton Single event. Mr. Ishfaq Ali from Peshawar region was declared best athlete of the event with 30 Points scoring first position in 100 Meter, 200 Meter and Long Jump, whereas, ladies from the Lahore area participated in Table Tennis and Badminton.

# **Editorial Board**

Patron-in-Chief Mr. M. Arif Hameed Chief Co-ordinator **Syed Jawad Naseem** E-Team **Media Affairs** 

**Department** 



#### Monday, 6th April 2015

The Sports Gala began with the double events of Table Tennis and Badminton round matches, on April 6, 2015.

#### Tuesday 7th April 2015

Table Tennis and Badminton single events were conducted in the morning session of games. While outdoor events of shot put, High Jump, heats of 200 meter and 4 x 100 Meter relay race were conducted later.

The formal opening ceremony of the Annual Sports and ribbon cutting ceremony was honored by the Chief Guest, Mr. M. Arif Hameed, Managing Director SNGPL at 3pm on April 7, 2015. The Event started with the recitation of the Holy Quran, followed by a welcome speech by Ms. Adeela Marzouk, Member Sports Cell. Managing Director Mr Arif Hameed appreciated the participation of women in Company's sports and emphasized on the benefits of Sports in our day to day life for a healthy well-being.

A well organized display of the March Past was done by all the regional teams. The Climbing team of SNGPL welcomed the Chief Guest and the participants with their amazing performance by throwing flowers by hanging from the tow rope. It was an amazing spectacle for the guests to see the 100 meter and Tug of War matches. Round Matches and Quarter final matches were played in the evening.

#### Wednesday 8th April 2015

The Ladies event had 15 Participants from Head Office and Lahore Area in Table tennis and Badminton games, Madam Uzma Adil Khan, CFO, SNGPL graced the occasion as the Chief Guest. She encouraged the female participants by playing a friendly tennis match with SNGPL's Squash Star player Sadia Gull.

Outdoor Men's events continued in the morning session and Quarter finals of Tug of War, 200 Meter final, 4 100 Meter were held. Semi finals of Volley Ball were played in the evening.

#### Thursday 9th April 2015

The final of Table Tennis Single, Double, Badminton Single & Double events were played in the morning.

The Closing ceremony and Prize Distribution ceremony was held on 9th April at 3pm at WAPDA Sports Complex. Mr. Amjad Latif, DMD (Ops), SNGPL as the chief guest distributed prizes amongst the winners.

A traditional and formal Closing Dinner was given to all participants at United Marquee, near Allama Iqbal International Airport, Lahore. Chief Guest was Mr. M Arif Hameed along with Senior Management of SNGPL. Star cricket Players like Misbah-ul-Haq, Azhar Ali, Yasir Shah, and Muhammad Rizwan also accompanied the Chief Guest. Shields were awarded to the Management Committee of the Annual Sports 2015. The event was made a success by the utmost dedication of the Sports Cell management headed by General Secretary Sports Cell Mr. Ashraf Nadeem.









# Glimpses from the Annual Sports Event 2015

















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The month of April was marked by the elaborate and extravagant Sports Gala 2015, organized at Wapda Complex. It was reflective of the Company's resolve to instigate the sportsmanship spirit amongst employees from all regions. The event included sports such as, Long Jump, Tug of War, Badminton, Volleyball, Table Tennis and Relay Race.

Another prime highlight of the month was the Loan Agreement signed between SNGPL and consortium of commercial banks, lead by Bank Alfalah. The loan has been obtained for financing of infrastructure development for smooth transmission of RLNG and indigenous gas supply to its intended consumers. The laying of the pipelines will be completed in two phases and will take approximately a year, which will go a long way in combating energy shortfall situation.

Further, this edition focuses on the significant contributions made by various departments such as Corrosion, Telecom, Civil, IT, Treasury and Procurement. Their current operating models and the incorporation of latest technologies along with their future scope in the Company, is also highlighted. The HSE Department and its efforts in the eradication of Dengue and gaseous pesticides have also been included in this edition.



# SNGPL enters Financing Agreement Rs. 17.70 Billion for RLNG Infrastructure Development Project Phase-I



Sui Northern Gas Pipelines Limited has entered into one of the largest syndicated term loan agreement worth Rs. 17.70 Billion with a consortium of large commercial banks led by Bank Alfalah. Other banks in the consortium are ABL, UBL, HBL, Askari Commercial Bank, Dubai Islamic Bank, Meezan Bank and Faysal Bank. This syndicated term loan will be repaid in a time span of seven years.

Managing Director, Mr. M. Arif Hameed, SNGPL signed the agreement on behalf of the Company. Ms Uzma Adil Khan CFO, Mr. Faisal Iqbal General Manager (Billing), Mr. Asif Iqbal Qureshi General Manager (Treasury) and Mr. Amjad Ikram Incharge (Law) were also present on the occasion. Mr. Fakhar Ahmad, Corporate Head Lahore of Bank Alfalah signed agreement on behalf of the consortium of banks. The teams of other banks represented by their senior level executives also attended the signing ceremony.





This syndicated term loan has been arranged after long negotiations, enormous documentation and fulfillment of legal formalities with the collaboration of Law Department. Negotiation and arrangement of loan of this magnitude is unprecedented in the history of our Company. This milestone was achieved after a great deal of hard work and dedication demonstrated by the team of Treasury Department. This syndicated term loan has been negotiated on most competitive terms even though the OGRA decisions, regarding revenue requirements, is pending since last two years.

Said term loan has been obtained for financing of infrastructure development for smooth transmission of RLNG and indigenous supply to its intended consumers. In the first phase, pipeline of 42" dia x 110 KM will be laid from SAWAN to Qadirpur. After this augmentation, SNGPL's network downstream Sawan would be able to pick up additional 400 MMCFD LNG supply and 305 MMCFD anticipated / existing indigenous gas supplies. The project is expected to complete by the end of this year.

By: Treasury Department





# Establishment of Gas Leak Detection Workshop

Corrosion Department has achieved another milestone by establishing a Repair Workshop for Gas Leak Detection Equipment under the umbrella of Corrosion Control Centre.

The workshop is functional since January - 2015 and now in full boom. The core functions of the workshop are:

- 1) To perform In-house repair & maintenance of Laser Based Gas Leak Detection Equipment.
- 2) To calibrate the GLD equipment on weekly basis.
- 3) To perform annual master calibration of all the hand held equipments through calibration test bench. The bench operates on software and the calibration is carried out automatically.
- 4) To maintain the stock inventory of GLD equipment & spares.

The staff working in the workshop underwent a Level-1 Trouble Shooting Program through foreign trainer of Original Equipment Manufacturer and successfully certified for this job.

By the addition of this workshop, we are now able to calibrate the leakage detection equipment as per schedule and repair the faulty equipment on priority.





By: **S. Wajahat Hussain** Engr. (Corrosion)



# Managing Director congratulates Mr. Azhar Ali, the New Captain of Pakistan Cricket Team One Day Series.



Mr. Azhar Ali visited the Head Office, to meet Mr. M. Arif Hameed, MD SNGPL, after he had been assigned the duties as the captain of Pakistan Cricket Team, One- Day series. Mr. Misbah Ur Rehman and Mr. Muhammad Hafeez were also present on the occasion. The star players interacted with the MD and discussed the future of cricket in Pakistan.







# APPLICATIONS OF CARBON FIBER-REINFORCED POLYMER IN CIVIL CONSTRUCTION

Carbon fiber-reinforced polymer (CFRP) is an extremely strong and light fiber-reinforced polymer which contains carbon fibers. CFRPs can be expensive to produce but are commonly used wherever high strength to weight ratio and rigidity are required such as Aerospace, Automotive and Civil Engineering.

Carbon-fiber-reinforced polymer (CFRP) has become a notable material in Structural Engineering applications. In the studies conducted, related to potential benefits in construction have proved itself cost-effective in a number of field applications including strengthening concrete, masonry, steel, cast iron and timber structures. Its use in industry can be either for retrofitting to strengthen an existing structure or as an alternative reinforcing (or pre-stressing) material instead of steel from the outset of a project.

Retrofitting has become dominant in applications of Civil Engineering, increasing the load capacity of old structures such as bridges that were designed to tolerate far lower service loads than they are experiencing today, seismic retrofitting, and repair of damaged structures. Retrofitting is popular in many instances as the cost of replacing the deficient structure can greatly exceed using CFRP.

CFRP can also be applied to enhance shear strength of concrete by wrapping fabrics or fibers around the section. Wrapping around sections (such as bridges or building columns), can also enhance the ductility of the section, greatly increasing the resistance to collapse under earthquake loading. Such 'seismic retrofit' is the major application in earthquake-prone areas, since it is much more economic than alternative methods.









If a column is circular (or nearly so), an increase in axial capacity is also achieved by wrapping. In this application, the confinement of the CFRP wrap enhances the compressive strength of the concrete.

CFRP could be used as pre-stressing materials due to their high strength. The advantages of CFRP over steel as a pre-stressing material, namely its light weight and corrosion resistance; should enable the material to be used for niche applications such as, in offshore environments. However, there are practical difficulties in anchorage of carbon fiber strands and its applications are rare.

The use of retrofitting has become dominant in numerous materials and applications in Civil Engineering, increasing the load capacity of old structures.

By: Rao M. Waqas Engr. (Civil)





# "Getting Smarter with Smart Meters" MEMS GAS METERS

#### Introduction

Metering lies at the heart of any gas utility Company as it allows the correct application of tariff to the consumer, thus generating valuable revenue which can be used to support the operations of the gas company. The energy crisis in Pakistan has made it paramount that we should save every cubic foot of gas which brings us to accurate measurement.

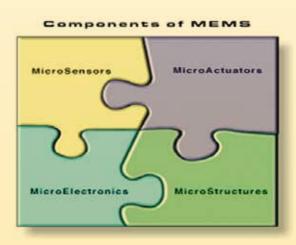
Smart Meters will become increasingly important in the domestic segment in the near future as they offer consumers more billing transparency. Consumers can request monthly billing from the utilities to obtain a prompt account of their consumption. This is intended as a basis for energy-optimized behavior, which not only saves costs, but also spares resources in the long term. A compact design and noise-free operation combined with accurate measurement of consumption enable smart meters to be installation used virtually any Customer-friendly displays show consumers their energy consumption conveniently and create a high degree of billing transparency. Static equipment such as personal computers or mobile handheld equipment can be used for this purpose. The one of the most widely used technology for natural gas measurement is MEMS technology.

# What is MEMS Technology?

Micro-Electro-Mechanical Systems, or MEMS, is a technology that in its most general form can be defined as miniaturized mechanical and electro-mechanical elements (i.e., devices and structures) that are made using the techniques of micro fabrication. The critical physical dimensions of MEMS devices can vary from well below one micron on the lower end of the dimensional spectrum, all

the way to several millimeters. Likewise, the types of MEMS devices can vary from relatively simple structures having no moving elements, to extremely complex electromechanical systems with multiple moving elements under the control of integrated microelectronics. The term used to define MEMS varies in different parts of the world. In the United States they are predominantly called MEMS; while in some other parts of the world they are called "Microsystems Technology" or "micromachined devices".

This technology combines mechanical and electrical systems on a single chip. These chips are miniature and have got dimensions less than the thickness of human hair. The eccentric American physicist and Nobel laureate Richard P.Feynman first talked about the potential of this technology in his famous speech "There is plenty of room at the bottom" in 1959. He envisioned the manipulation of materials at atomic scale to form highly dense computer circuitry and even a small robot which could be swallowed and would perform surgery within the patient.

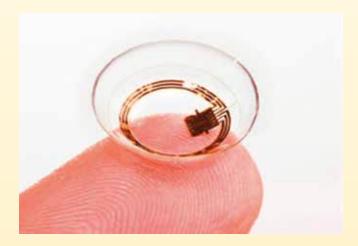




#### MEMS Sensors

MEMS based sensors have got various advantages over their conventional counterparts. They are extremely small in size, have got very low power consumption and are highly sensitive to input variations. They are inexpensive due to mass production and are less invasive than the conventional sensors.

They have found applications in automotive industry for airbag deployment and navigation to name a few. They are also being used by biomedical industry to monitor the activity of pacemakers and the automated drug delivery system by a smart pill. MEMS based sensors have gained popularity in recent years in the oil and gas industry for measurement of gas.



# Measuring principle

There are three operating principles currently deployed by MEMS based sensors:

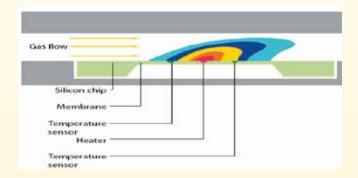
- 1. Calorimetric
- 2. Anemometric
- 3. Time of Flight measurement.

#### Calorimetric sensor:

It has got a microheater at the center which is flanked by two temperature sensors. The microheater generates a uniform temperature distribution. When gas flows, it disturbs the uniform distribution which creates a temperature difference which is measured. This temperature difference is proportional to mass flow. The underlying formula of calorimetric sensor is:

# $\Delta T \propto P(\xi)/qm \times Cp$

Where qm is mass flow rate, Cp is thermal capacitance and  $\xi$  is thermal conductivity of the fluid.



The mass flow is then converted to flow rate by the microprocessor which is then displayed on the LCD in m3.

### **Anemometric sensor:**

The sensor has got a relatively simpler construction as it measures the difference in temperature of microheater and the flowing gas which is proportional to power dissipation of the microheater and mass flow.

# Time of Flight sensor:

In ToF (Time of Flight) the upstream thermistor generates continuous pulses which are received by the downstream thermistor. The downstream thermistor measures the time taken by pulses to reach it and since distance is a known quantity, we can find out the flow speed.

# **Advantages**

- It is an all electronic gas meter with no moving parts, thus eliminating any possibility of wear and tear.
- It has a very small form factor for better logistics and the compact design means reduced production price.
- MEMS gas meters have got intrinsic pressure and temperature compensation. They have got an extended dynamic range which gives them the ability to measure very low flow rates accurately.

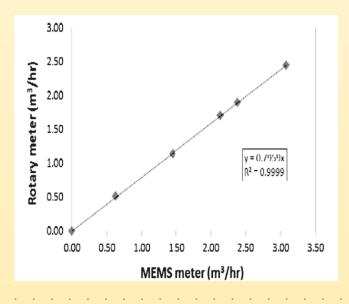


• They have got remote data transmission capability and are easy to network which makes it easy for them to be integrated into AMR (Automated Meter Reading) and AMI (Automated Metering Infrastructure) systems. It has the scope of eliminating the role of meter readers which can curb any malpractices by them.

There are a number of companies manufacturing MEMS gas meters on a large scale. They include Aerius, Metersit, Yamatake and Siargo to name a few. Aerius and Metersit have developed models for the domestic consumer equivalent to G4 diaphragm meter. Siargo deals primarily in production of industrial and commercial gas meters and has got a market in 4 countries including UK.

#### Performance

In order to achieve the gas composition compensation, it is critical that the MEMS mass flow meter maintains a singular or even better a linear correlation when metering the gases with different compositions. In other words, the gas conversion correlation current capability of the calorimetric gas meters for the calorific value comes from its measurement principle. Therefore the measured flow rate shall depend on both the mass flow rate and the calorific values or the compositions of the gases. The gas conversion factor is the linear correction value that is obtained by referencing to the temperature and pressure compensated volumetric values in air or a specific gas



### MEMS Meters Manufacturers

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# **Ushering into new frontiers**

Keeping in line with the progressive outlook of SNGPL and its interest in adopting AMR and AMI, MEMS gas meters are a viable candidate as they are inexpensive in comparison to adding flow computers to a domestic diaphragm gas meter. This technology opens new vistas and allows for greater accuracy which can improve revenue generation and customer service.

By:
Asad Abbas Ahmed
Executive Engineer Metering
RMS Faisalabad



# Dengue Awareness Campaign at SNGPL

With a view to promote awareness amongst SNGPL executives and staff about precautions for the prevention of dengue fever, HSE department as a part of its awareness raising campaign conducted short sessions both at Dhulian Project Camp and Islamabad Region. The sessions were quite interactive pamphlets and handouts related to dengue awareness, were also distributed amungst in participants. Various queries of the participants were answered, which clarified the ambiguities regarding the safety measures necessary from Dengue virus.

> By: **Dr. Huma Tabassum** OH Consultant





Awareness session at Regional Office Islamabad







# INTERACTIONS

Meeting held between Mr. M. Arif Hameed, MD SNGPL, Mr. S. M. Tanveer, Chairman APTMA and senior members of APTMA.





Mr. S. A. Naiyer, DMD (Retd) SNGPL, paid a visit to the Head Office.

Mr. M. Arif Hameed, MD SNGPL, and Mr. Amer Tufail, DMD (Services), in a meeting with Mr. Arif Ellahi, Chairman Pakistan National Shipping Corporation, Pakistan.







Khawaja Ghulam Rasool Koreja, MNA/Chairman Standing Committee on Textile Industry, visited Mr. M. Arif Hameed, MD SNGPL, at the Head Office.

DMD (OPS) Mr. Amjad Latif along with the senior management in a meeting with Mr. Riaz Ur Rehman, Director Trans Petroleum (Intl) Islamabad, along with a delegation from Daewoo Pakistan.





The senior management of SNGPL, in the DAC meeting at Head Office.







# Video Conferencing: A step towards Real Time Collaboration

Video Conferencing is conducted by a set of telecommunication technologies which allow two or more locations to communicate by simultaneous two-way video and audio transmissions. It has also been called 'visual collaboration' and is a type of Groupware. The core technology used in this system is digital compression of audio and video streams in real time.

Video Conferencing has become the prime medium for long distance meetings and collaborations worldwide. In SNGPL, the Telecom Department has introduced it and is handling the Video Conferencing needs for all purposes. Using State of The Art equipment by PolyCom, the global leader in Video Conferencing Equipment, the SNGPL Video Conferencing System has Eagle-Eye Wide angle Cameras and Super Sensitive Microphones with Echo Cancellation and Hardware Level Video Compression Technologies.

Telecom Department has connected (over its own Microwave Backbone Network), all Regional Offices to Head Office for all types of meetings, for example: General Addresses of the Honorable Managing Director to the Regional Heads and getting their feedback, Meetings of UFG, Accounts, Audit, Procurement, Sales and other departments etc.





Video Conferencing Network of SNGPL is unique in a way that all Video Conferencing communication is available on our own network round the clock, on our own Multi-Conferencing Unit. This advantage in ready-to-go Video Conference has proved vital for the Company as it saves immense amount of time and revenue while the Regional Heads do not have to travel all the way to the Head Office for any kind of collaborative meetings.

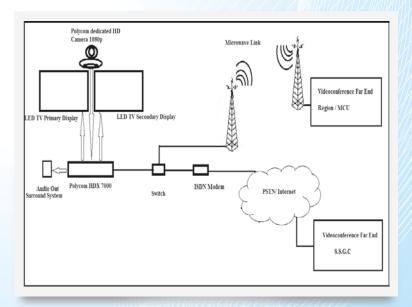
During the past year, the Telecom Department has increased the scope of Video Conferencing immensely as it has moved towards Inter-Departmental Video Conferencing. The usual Endpoints now include Sui Southern Gas Company, PSO, Ministry of Petroleum, Pakistan Petroleum, Inter State Gas and International Concerned parties.

For every Video Conference held, there is a group of Engineers and Technicians at every End Point who are managing the resources, bandwidth and connectivity between the End Points. It takes multiple traversals through firewalls, Pakistan Telecom Authority's approvals and Bandwidth Management for even a single frame or sound of Video/Audio sent.

Video Conferencing has become an essential part of the most important collaborations in the Company: the meetings of the Board of Directors and their Committee meetings where the respected members are present on Video Links, if their physical presence is not possible. It has been an essential means of communication during the LNG Project where the collaborating parties were present in PSO, SSGC, SNGPL, Ministry of Petroleum and International Parties.

Telecom Department has successfully managed to take on this extra load with the same Permanent/Casual staff present by training the human resource as 'Video Conference Managers': a certification by the Government of Pakistan.





By:
Abdur Rehman
Engineer Telecom
Gr-II, Head Office



# In-house Training Sessions For General Awareness In Gujrat (D)

# **Knowledge broadens vision**

Management of our Company has a broad vision regarding welfare and training of its valuable manpower as much as possible which is exhibited by its many employee value-added policies. In continuity of this practice, in-house training sessions are being arranged at regional level to make executives and staff aware of different departments with new state of the art equipments and SOP of SNGPL core activities.



In the month of April 2015, following training sessions were held in Gujarat (D):-

- 1. Types of Coating and stopac tape application
- 2. GAS LEAK DETECTION (GLD) equipment and importance of detected faults repairing.
- 3. Impact of poor workmanship in welding and coating on corrosion leaks

Training sessions were delivered by Sr. Engr. Corrosion (Gujarat) Mr. Rehan Amjad under the kind guidance of R.M (Gujrat) Mr. Ehsan Ullah Bhatti. Participants comprising executive and subordinate cadre from different departments were invited.

Salient features of these informative short training sessions are as follows:-

# 1. Types of Coating and stopac tape application

- Different types of coatings including enamel based coal tar/ asphalt & 3LPE here were discussed
- Compatibility of these coatings with each others
- Application of stopac tape
- Responsibility of field staff regarding quality of work and its impact
- Negative impacts of poor workmanship







# 2. Gas Leak Detector (GLD)

- Introduction to basic gas leak detection equipment
- Functions of different keys
- Field work demonstration
- First hand working experience
- Discussion on different issues
- Field work problems trouble shooting

# 3. Impact of poor workmanship in welding and coating on corrosion leaks

In this training session, impacts of poor workmanship in welding works regarding new connections/ leakages, repairs and coating were discussed. The following points were highlighted:-

- Importance of standard welding on service line /joints etc
- Proper coating application on new service connection.
- Proper identification of leakages to be rectified highlighted by GLD team
- Preference must be quality not quantity
- Close coordination with Corrosion Department for repairing work.

All training sessions were very informative and participants showed great interest.

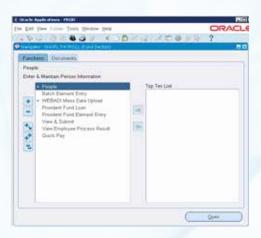
By: **Hafiz Ammar Liaqat** Engr. (Corrosion) Gr.II Gujrat



With a vision of continuous improvement, IT-HRMS team is setting new trends in revolutionizing IT technology in Human Resource and Payroll activities in SNGPL with the automation of Provident Fund operational activities.

# Automation of Provident Fund Operations in Oracle HRMS

IT -HRMS functional and technical team accomplished implementation of provident fund operations. With this automation, Provident Fund Annual Accounts for the Financial Year 2014-15 onwards will be available in Oracle HRMS & GL modules. During the implementation, Treasury department has provided extended support for the timely completion of this activity.



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# **Key Features of the System**

- Issuance and History of Repayable, Non-Repayable and Insurance Loans
- Issuance and History of All Loans Refunded (Partial & Full Refund)
- Issuance and History of PF Final Settlements & Re-Settlements
- Preparation of final accounts of Provident Fund
- Transfer of PF (Provident Fund) data to GL (General Ledger)
- 45 reports have been developed and deployed on Oracle HRMS and Oracle GL for business users (Treasury Dept).

# Testing of Disaster Recovery Plan for ERP and CC&B

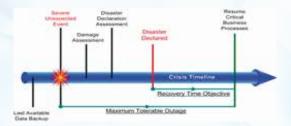
Disaster recovery strategies, ISO/IEC 27031, the global standard for IT disaster recovery, states, that "Strategies should define the approaches to implement the required resilience so that the principles of incident prevention, detection, response, recovery and restoration are put in place"

As per Managemnet directives, IT/MIS has performed ERP & CC&B applications disaster testing at Islamabad DR Site along with business departments (Billing, Finance & Accounts) nominated executives.

### **Benefits Achieved**

Through this activity, following benefits have been achieved:-

- Recovery of systems at the standby site, and establishment of an environment to enable full access to ERP and CC&B Servers.
- Recovery of system data from the offsite/backup tapes
- Examination and cross verification of business transactions entered in production environment and checked in DR environment.













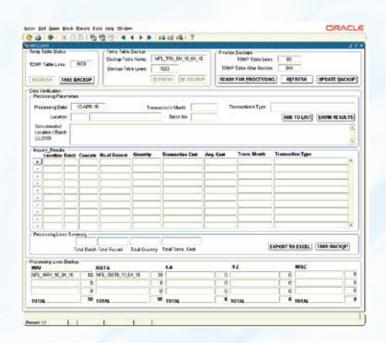
Group photo of participants of DR Activity

# **Development of Customized Form for Stores Documents Processing**

IT- Inventory Team has implemented a preventive mechanism in Oracle ERP Inventory module to avoid processing of incorrectly punched transactions by Stores Department. For the error free and rectifiable transactions processing in store locations, IT- Team has developed customized forms integrated with Oracle application.

# **Benefits Achieved**

- Centralized data processing of 39 store locations data entry
- Cross verification of data punched by store resources before final posting to Oracle Inventory





# How to Manage Oneself

It is an age of unprecedented challenges and opportunities both. The dearth of opportunities, as often clamored by professionals, does not correlate with abundant challenges. One just needs to have the passion, the drive and the ambition to outsmart one's competitors. An awkward start of professional career should also be ruled out as any hindrance in rising to the top of a chosen profession. There are numerous tales from the modern world testifying that professionals had swirled to where they finally ended up. Taking up a job with a reasonable organization and leaving it to destiny and higher ups to take care of your career, is very lethargic.

Gone are the days when organizations were managing their knowledge workers' careers. Every professional is his own boss in this regard in this ever changing and demanding world. What needs to be realized and understood, as a matter of fact, is that opportunities come with responsibilities; shoulder them and have new avenues opening before you every dawn. In a nutshell, it is up to us to keep us engaged yet dynamic in our work lives that are 40 plus years long. We have to shape up our place in the working world and must know when to change course.



All what is essentially required is to create a deep and justified understanding of our own selves. Nothing but a periodic analysis of our selves is the prerequisite. We must know our essential values and strengths and build our career on them carefully keeping aloof from our most lethal weaknesses. We need to learn how to work with others and what work environment suits us the most. A true and lasting excellence can thus be achieved only when we maneuver with a blend of our strengths and self-knowledge.

Knowing our own strengths is not enough. A feedback analysis is a must in this regard. We may record the expected outcome whenever we take a major decision and can compare the actual results when they start coming in due course of time. The comparison helps us identify our skill patterns, gaps and unproductive habits. We need to know in what ways we work the best and are most productive and that is to see working alone or in a team, taking decisions or advising others, under stress or in a predictable environment.

Employees are at best when their very own ethics are aligned with the ethical environment at their workplace. Our career, otherwise, remains marked by frustration and poor performance. We must consider our strengths, preferred work style and values in a way to transform ourselves from merely acceptable employee to star performers. Believe it or not, it is an era where employees decide how they can best enhance their organization's performance.

At SNGPL, the work environment provides diverse opportunities to its employees to perform beyond the defined lines. The candid approach and flexible work patterns in almost all departments have rendered an employee friendly feel to the Company's face. The Human Resource department provides sufficient means and assists the employees in any matters of inconvenience which they are facing or they might face in the future, regarding their performance and work display. It is their utmost resolve to provide individual space which brings out the best in every resource.

By: Muhammad Shamsul Arifin Masood Chief Officer (HR)



# Fumigation at Regional Office Islamabad





Fumigation is a method of pest control that completely fills an area with gaseous pesticides to suffocate or poison the pests within. It is utilized for control of pests in buildings (structural fumigation), soil and grain etc. It is also used during processing of goods to be imported or exported to prevent transfer of exotic organisms.

Fumigation generally involves the following phases:

- Firstly, the area intended to be fumigated is covered to create a sealed environment;
- Secondly, the fumigant is released into the space to be fumigated.
- Thirdly, the space is held for a set period while the fumigant gas percolates through the space and acts on and kills any infestation in the product.
- Finally the space is ventilated so that the poisonous gases are allowed to escape from the space making it safe for humans to enter.

Keeping in view the above stages, Fumigation was arranged at the Islamabad Regional Office on 18-19 April, 2015 by the LS Department.

By:
Umair Ashraf
Exec. Engineer (HSE),
Islamabad



# Long Beach Punjab Open Tennis Championship

Muhammad Abid, from SNGPL, won the Long Beach Punjab Open Tennis Championship held at Bagh-e-Jinnah, Lahore. Mian Munir and Mr. Rasheed Malik, Secretary Punjab Lawn Tennis Association, were the chief guests. The performance of Muhammad Abid was highly appreciated.











# **ACHIEVEMENTS**



Ms. Shahla Shujaat, qualified ACMA during her service and achieved the status of ACMA member of Institute of Cost and Management accountants of Pakistan.



Mr. Liaqat Ali Nehra, Chief Billing Officer, scored a CGPA of 3.54 in M.S in Commercial Law, from University of Management and Technology, Lahore. His major subjects were, Corporate Governance, Project Finance and Transnational Commercial.



Mr. Ramiz Akbar, s/o Mr. Akbar Hussain Executive Secretary to Chairman BOD, obtained 3.02/4.00 CGPA in MBA (Banking & Finance) Examination in University of Central Punjab Lahore.



# **RETIREMENTS**



Mr. Muhammad Sarwar retired from the Civil Department, as the Senior Associate Engineer Civil.



Farewell ceremony conducted for Mr. Fayyaz Ul Haq, Deputy Chief (Ops, IT/MIS) and Mr. Shabbir Ahmad (Supdtt DEO, IT/MIS).



Mr. Shaheen Akhtar Khan retired as Superintendent Accounts, from the Accounts Department.



Farewell was given to Mr. Sultan Ahmad Qureshi, Executive Secretary, Distribution North.





# "Building confidence is a journey, not a destination."

Confidence takes many forms for an individual. When it comes to confidence, one thing is certain; truly confident people always have the upper hand over the doubtful and the skittish because they inspire others and they make things happen.

# Henry Ford says rightly:

# "Whether you think you can, or you think you can't—you're right. - Henry Ford"

Ford's notion that your mentality has a powerful effect on your ability to succeed is manifest in the results of a recent study at the University of Melbourne that showed that confident people went on to earn higher wages and get promoted more quickly than anyone else. Learning to be confident is clearly important, but what is it that truly confident people do that sets them apart from everyone else?

I did some digging to uncover the 12 cardinal habits of truly confident people so that you can incorporate these behaviors into your repertoire.

### 1. They Get Their Happiness from Within

Happiness is a critical element of confidence, because in order to be confident in what you do, you have to be happy with whom you are. People who brim with confidence derive their sense of pleasure and satisfaction from their own accomplishments, as opposed to what other people think of their accomplishments.

# 2. They Don't Pass Judgment

Confident people don't pass judgments on others because they know that everyone has something to offer, and they don't need to take other people down a notch in order to feel good about themselves. Confident people don't waste time sizing people up and worrying about whether or not they measure up to everyone they meet.

# 3. They Don't Say Yes Unless They Really Want To

Research conducted at the University of California in San Francisco shows that the more difficulty that you have in saying no, the more likely you are to experience stress, burnout, and even depression. Confident people know that saying no is healthy and they have the self-esteem to make their disagreements clear.

## 4. They Listen More than They Speak

People with confidence; listen more than they speak because they don't feel as though they have anything to prove. Confident people know that by actively listening and paying attention to others, they are much more likely to learn and grow.

#### 5. They Speak with Certainty

It's rare to hear the truly confident people utter phrases such as "Um," "I'm not sure," and "I think." Confident people speak assertively because they know that it's difficult for people to listen to you, if you can't deliver your ideas with conviction.



# **6. They Seek Out Small Victories**

Confident people like to challenge themselves and compete, even when their efforts yield small victories. Small victories build new androgen receptors in the areas of the brain responsible for reward and motivation. The increase in androgen receptors increases the influence of testosterone, which further increases their confidence to deal with future challenges. When you have a series of small victories, the boost in your confidence can last for months.

# 7. They Exercise

A study conducted at the Eastern Ontario Research Institute revealed that people who exercised twice a week for 10 weeks felt more competent socially, academically, and athletically. They also rated their body image and self-esteem higher. Best of all, rather than the physical changes in their bodies being responsible for the uptick in confidence, it was the immediate, endorphin-fueled positivity from exercise that made all the difference.

### 8. They Don't Seek Attention

People are turned off by those who are desperate for attention. Confident people know that being yourself is much more effective than trying to prove that you're important. People catch on to your attitude quickly and are more attracted to the right attitude than what, or how many, people you know. Confident people are masters of attention diffusion. When they're receiving attention for an accomplishment, they quickly shift the focus to all the people who worked hard to help get them there. They don't crave approval or praise because they draw their self-worth from within.

# 9. They Aren't Afraid to Be Wrong

Confident people aren't afraid to be proven wrong. They like putting their opinions out there to see if they hold up because they learn a lot from the times they are wrong and other people learn from them when they're right. Self-assured people know what they are capable of and don't treat being wrong as a personal slight.

# 10. They Stick Their Necks Out

When confident people see an opportunity, they take it. Instead of worrying about what could go wrong, they ask themselves, "What's stopping me? Why can't I do that?" and they go for it. Fear doesn't hold them back because they know that if they never try, they will never succeed.

# 11. They Celebrate Other People

Insecure people constantly doubt their relevance, and because of this, they try to steal the spotlight and criticize others in order to prove their worth. Confident people, on the other hand, aren't worried about their relevance because they draw their self-worth from within. Instead of insecurely focusing inward, confident people focus outward, which allows them to see all the wonderful things that other people bring to the table.

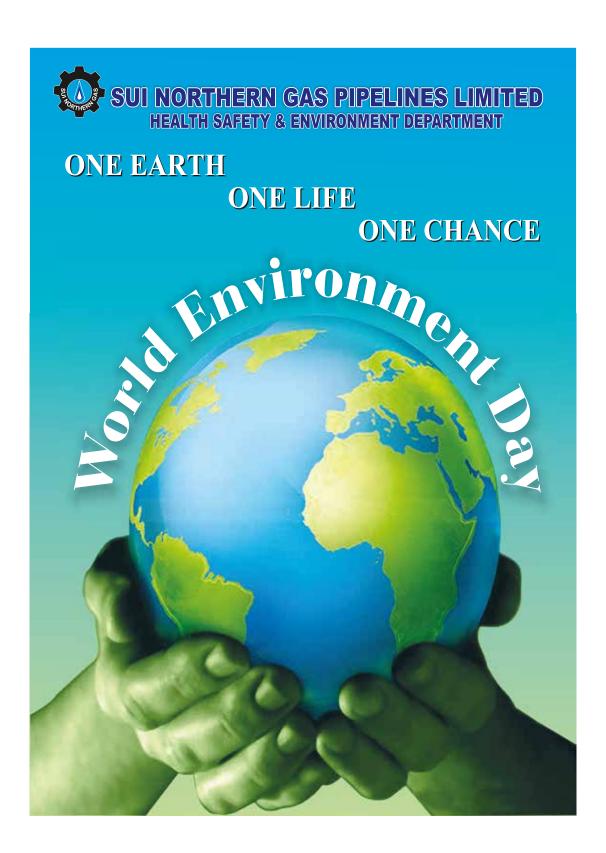
# 12. They Aren't Afraid to Ask for Help

Confident people know that asking other people for help won't make them seem weak or unintelligent. They know their strengths and weaknesses, and they look to others to fill the gaps. They also know that learning from someone with more expertise is a great way to improve.

By:
Raheel Farooq
Chief Accountant (Finance)







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