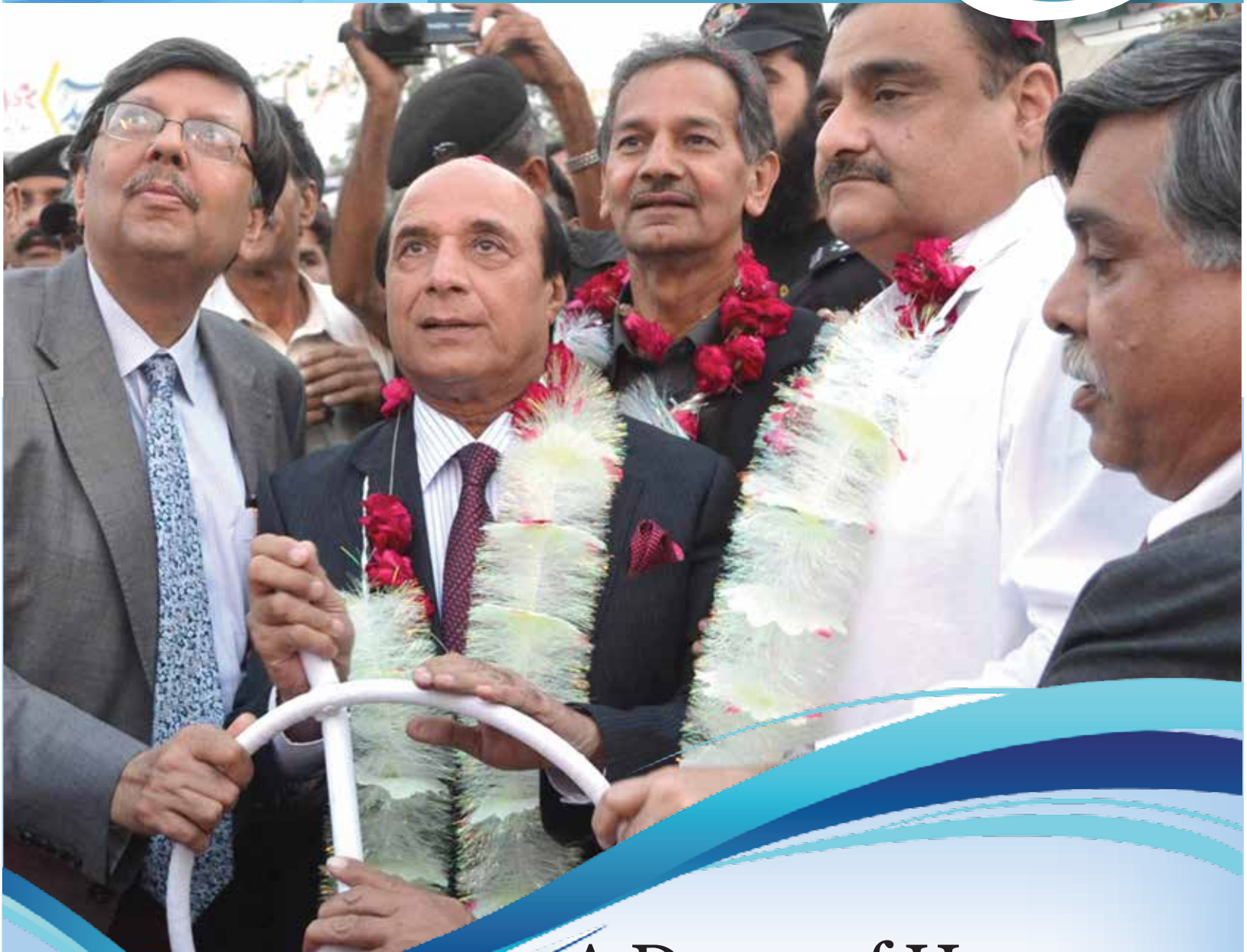




Sui Northern Gas Pipelines Limited

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Newsletter | Nov 2012
VOLUME 4, ISSUE 7



Editorial Board

Patron-in-Chief
M. Arif Hameed

Chief Co-ordinator
Uzma Adil Khan

E Team
Media Affairs Department

A Dawn of Hope

Governor Punjab Inaugurates Gas Supply to Eminabad Town, Gujranwala

Governor Punjab, Sardar Latif Khan Khosa inaugurated the gas supply to Eminabad Town, Gujranwala on November 02, 2012. Advisor to

Prime Minister on Petroleum and Natural Resources, Dr. Asim Hussain and Minister of state for Interior, Mr. Imtiaz Safdar Waraich were also present at the occasion. Governor Punjab, while addressing the gathering at the occasion said that Pakistan People's Party Government is pursuing the vision of Shaheed Zulfikar Ali Bhutto and Shaheed Mohtarma Benazir Bhutto in providing the basic amenities to the people without any discrimination. Advisor to Prime Minister on Petroleum and Natural Resources, Dr. Asim Hussain said that the government is making all its efforts to overcome this energy crisis soon. Mr. M. Arif Hameed, MD, SNGPL, Senior Management, Concerned Departmental Heads and employees were present at the ceremony to welcome the Governor, Advisor to Prime Minister and his entourage. Prime Minister inaugurated the project by unveiling the plaque. Managing Director, SNGPL explained the details of the project by means of a chart.

Mitigation of Low Pressure of Gas in Eminabad Town, District Gujranwala (NA-98)

- ▶ Residents of Eminabad Town, District Gujranwala NA-98, were experiencing extreme low pressure of gas, especially during winter season.
- ▶ Natural gas was originally provided to Eminabad Town by extending 4"Ø x 4 km Feeder Main with off-take from existing 6"Ø Supply Main at Downstream of SMS Eminabad.
- ▶ Main cause of low pressure was the non-availability of required pressure/volume of gas in Transmission system itself and at times pressure at downstream of SMS Eminabad got reduced as low as 20 PSIG.
- ▶ GM (Gujranwala) proposed that the low pressure of the area shall be addressed by laying an Operational Phase of 6"Ø x 5 km with off-take from existing 10"Ø Supply Main at downstream of SMS Eminabad to Eminabad Town, parallel to existing 4"Ø x 4 km Feeder Main.
- ▶ This Operational Phase has been completed and commissioned. Resultantly, gas pressure in Eminabad Town and surrounding areas has been improved by 10 PSIG.
- ▶ A population of approximately 50,000 has been benefitted with the completion of this Operational Phase.

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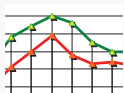
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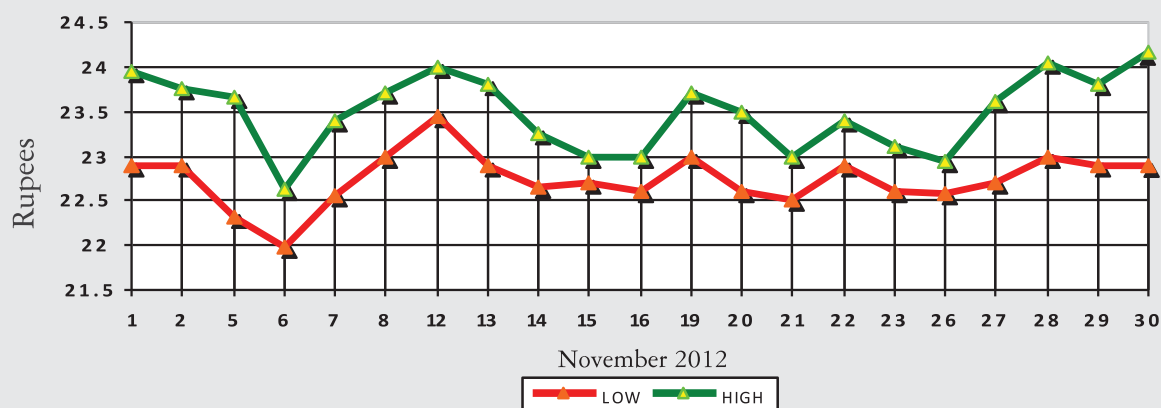
Dear Readers,

Winter comes and our eating habits suddenly go for a toss. We begin to love our parathas smeared with butter and our dals with an extra dollop of ghee. And nothing more divine than a plateful of samosas or pakoras to go with the evening tea. But unfortunately, comfort foods are ever so fattening, add to that our lethargy to work out because it's cold. We seem to throw all the calorie-counting of the summer months to the wind, and wolf down rich, greasy treats with relish. Let's give eating-healthy another thought this winter and consciously include foods that'll keep us snug and steady at the same time. Have a good winter season.



SNGPL Share Price Watch November 2012

Period	Rate / Rs			
	Opening	Closing	High	Low
1st & 2nd WEEK	22.81	23.53	23.95	21.99
3rd WEEK	23.53	22.79	24.00	22.60
4th WEEK	22.79	22.70	23.70	22.51
4th & 5th WEEK	22.70	24.16	24.16	22.57



SNGPL

Exhibits at “Corporate Pakistan 2012”



A mega event titled “Corporate Pakistan 2012” was organized by Institute of Cost and Management Accountants of Pakistan (ICMAP) on November 9 to 11, 2012 at Expo Centre Lahore. A large number of leading organizations participated in the event by exhibiting their products at their stalls and a lot of visitors visited the aforesaid event/exhibition.

SNGPL being a Corporate/Commercial organization also participated in the exhibition for three days. Various departments of the Company including

Customer Services, Billing, IT/MIS, Distribution, HSE, Civil and Media Affairs, participated in the exhibition in order to facilitate the consumers at the event, whilst visiting the Company’s stall.

Besides image building of the Company, the prime objective of participation in the event was to have

direct interaction with the consumers in order to educate them for wise use of natural gas and to adopt different means to save both cash and gas. The aforesaid event in fact provided an opportunity to launch the conservancy campaign before the start of winter season.



It is not out of place to mention here that the practical demonstration in the Expo Centre played a vital role in educating the consumers regarding conservation of natural gas.

The Company was awarded with a Corporate Excellence Award by ICMAP in addition to an exhibitor for participating in the exhibition.

Several questions/queries were raised by the visitors about the Company's operations, which were satisfactorily responded to. The visitors also passed their comments in the visitors' book. A practical demonstration with regard to conical baffles was given at the stall, which convinced the consumers and resultantly several orders were placed for more than 50 conical baffles for installation thereof at the consumers' premises.

Imtiaz Mehmood
Deputy Company Secretary.



Professional Excellence Award

Institute of Cost & Management Accountants of Pakistan (ICMAP) awarded Professional Excellence Awards to the professionals, who have significant contribution in their organizations in the relevant fields of Finance, Accounts, and Audit. In SNGPL this award was presented to Mrs. Uzma Adil Khan, Senior General Manager (Corporate Affairs & Corporate Communication)/Company Secretary and Mr. Saghir ul Hassan Khan, Senior General Manager (Audit) as a token of recognition of their professional services.



Mrs. Uzma Adil Khan, SGM
(CA & CC)/CS is receiving
Professional Excellence
Award from
Mr. Muhammad Kamran
Jamil, Director, Corporate
Relations & Comm., Admin.
& HR, ICMAP.



Mr. Saghir ul Hassan Khan,
SGM (Audit) is receiving
Professional Excellence
Award from Sardar Latif
Khan Khosa, Governor
Punjab.

A discourse on **MOTIVATION**



Mr. Arif Hameed, Managing Director with Guest Speaker Mr. Abrar Ahmad (Ex. DMD) and Sr. Executives at SNGTI Training Programme on "Motivation"
Dated 05.09.2012

A discourse on MOTIVATION was held at SNGTI on 05.09.2012. The Guest speaker was Mr. Abrar Ahmed – Ex. DMD. The Managing director graced the occasion along with SGM's, GMs and Regional Heads. The session was highly interactive in which Mr. Abrar Ahmed explained the Motivational tools and its types used by different organizations. He tried to simplify numerous complex issues, which enabled the participants to understand the different ramifications of motivational theories.

The audience participated enthusiastically as numerous concepts were related to the working conditions at SNGPL. Since Motivation is itself one of the most discussed topic reading organizational behavioral working patterns, the Top Management also provided inputs during the discourse. Mr. Abrar Ahmed who has himself served the organization for more than 30 years was also able to delineate on many behavioral issues keeping in view the SNGPL's organizational culture.

In the end Mr. Najeeb-ul- Hassan (GM Training and Development) thanked the guest speaker. The Managing Director and the Top Management with their presence highlight the importance of Training and Development in SNGPL. The guest speaker also went to the newly operational Technical Training workshops and appreciated the work being initiated in the realms of technical training.

The visit of the guest speaker ended with refreshments during which he informally entered into discussion with the people of organization to share his nostalgia and experiences in the organization.

Najeeb ul Hassan
General Manager (T&D).

Introduction of New Products for Metering Manual

M/s. EL-GAS visited SNGTI to introduce new products for metering manual. These products are extremely helpful and beneficial. The following products were introduced:

1. Battery Powered Gas Volume Conversion Device with integrated GSM/GPRS/SMS modem (nanoELCOR).
2. Battery Powered Gas Volume Conversion Device with option of external power supply (miniElcor)
3. Battery Powered Gas Volume Conversion Device with integrated GSM/GPRS modem (midiELCOR)
4. Battery Powered Gas Volume Conversion Device with integrated GSM/GPRS modem (maxiElcor).
5. Battery Powered Gas Volume Conversion Device with option of external power supply (miniElcor).
6. Gas volume corrector by ELGAS xELCOR family.





1. The device safety is constructed conform to the EN 60079-11 standard as intrinsically-safe. It is approved for use in specified explosive atmospheres. The device is powered by a lithium battery. The lifetime of this battery is 6 years when operated in the defined mode. Battery power supply also enables to use low frequency (LF) pulse inputs. External power supply can be connected if required. The device is built in a poly carbonate casing with IP 66 protection. It is equipped with a graphical display with 128 x 64 pixels and back light. It is operated by the 6 buttons on the front panel keypad. Actual values, stored values, metrological and configuration data as well as status indication can be accessed at the display.



2. The device has a data archive of the measured values with an adjustable structure and storing period. The binary archive stores changes on the binary inputs and the occurrence of the monitored events (limits, etc.) Error conditions are stored in an event archive. It is possible to program the storing of important quantities and calculations and storage of some statistical values in the daily and monthly archive. The archive has settings for service and metrology; in case of changes of settings, the acts influencing the device parameters are recorded. For communication with its superior system, the device has a serial interface RS-232 and RS-485. Various communication protocols installed in the device allow easier connection to the SCADA systems. The

device cooperates with common phone, radio, GSM, and GPRS modems, and in case of an alarm condition, it can initiate the connection. The device can be extended by one non-metrology sensor for measuring pressure or temperature. This extension can be applied without breaking the official seals on an already installed device. The device can be configured using the supplied computer software, which also allows the readout, display and archive of both the actual measured values as well as the contents of the internal device archives.



Najeeb ul Hassan
General Manager (T&D).

Politics and US LNG Exports

Written by Susan L. Sakmar, Visiting Assistant Professor, Andrews Kurth, Energy Law Scholar, University of Houston Law Centre

There's no doubt that the vast shale gas reserves that have been unlocked in the United States have been a "game changer" with shale gas expected to constitute almost 50% of US natural gas production by 2035. What is less clear is whether the abundance of shale gas will result in the US becoming a major LNG exporter with a growing number of companies seeking approval from the US Department of Energy (DOE) to export LNG to countries around the world.

FTA v. Non-FTA Countries

US law generally requires automatic approval of natural gas exports to most countries that have a free trade agreement (FTA) with the United States, including Australia, Bahrain, Canada, Chile, Colombia, Dominican Republic, El Salvador, Guatemala, Honduras, Jordan, Mexico, Morocco, Nicaragua, Oman, Peru, Republic of Korea, Singapore, and Panama which has not yet taken effect. Notably, the US currently does not have an FTA with Japan - the world's largest LNG importer.

For non-FTA countries, the DOE reviews proposed exports on a case-by-case basis to ensure they are consistent with the "public interest" in light of a number of factors including the domestic need for the natural gas proposed to be exported, whether there is a threat to the domestic security of supply, and any other factors to the extent they are shown to be relevant to a public interest determination. While the US DOE claims "it takes its statutory responsibility to make public interest determinations on natural gas export applications very seriously and is committed to taking the time necessary to get the decisions right," a number of lawmakers have been putting pressure on the Obama administration to speed up the approval process for the pending LNG export applications. For example, in an August 2012 letter to Energy Secretary Steven Chu, a group of US lawmakers pointed out that the DOE "does not seem to have a set timeline for decisions or a sense of urgency," which has left a growing number of companies and projects waiting in limbo, with Cheniere's Sabine Pass Liquefaction project being the only project granted an export license for non-FTA countries.

What became increasingly clear prior to the US Presidential election on November 6, 2012, was that the prospect of the US becoming a major natural gas exporter was a political hot button that no one wanted to push in an election year. Some US policy makers have expressed concern that US LNG exports will increase domestic prices for natural gas, which would harm individual consumers as well as industrial users of natural gas such as the steel, plastics, and fertilizer industries.

While most business leaders seem reluctant to argue that a free trade nation like the United States should restrict exports, some have urged that America should exploit her competitive advantage with lower natural gas prices to create jobs in the United States by using its cheap natural gas to convert to products for export, as opposed to exporting the natural resource itself. Still, others have claimed that with far fewer emissions than any other fossil fuel, America should use more natural gas at home, particularly in transportation and heating.

In addition to political and industry opposition to US LNG exports, there is also some risk that environmental opposition to shale gas development will spill over into opposition to US LNG exports. For example, the Sierra Club has opposed a number of LNG export projects, arguing that in addition to issues about whether LNG exports will increase the domestic price of natural gas, the environmental impacts associated with natural gas production must also be considered in determining whether US LNG exports are in the “public’s interest.”

While it remains to be seen whether the environmental opposition to US LNG exports will grow more intense over time, some reports have acknowledged that since the case for US LNG exports depends on the continued development of shale gas, the public’s concerns over the environmental impacts of shale gas development must be resolved.

The bottom line

With the US Presidential election now decided in President Obama’s favor, many are wondering whether the long wait for export approval will soon be over. The US DOE has retained an independent third-party contractor to conduct a review of the economic impacts of proposed LNG exports with the report expected by the end of the year. However, the DOE has also indicated that once complete, the report will be subject to public comment before the DOE continues with the process required by statute to make public interest determinations on the pending applications. How long the public comment period will be open is anyone’s guess but it looks like 2013 before any more decisions are made on exports.



Liaqat Ali Nahra
Deputy Chief Accountant, SNGPL - H.O

Top Ways to Combat Poor Winter Eating Habits

Winter months are very tough on your body, and especially tough on those struggling to achieve and maintain a healthy body weight. During these months, your mood regulators in your brain are in a lesser amount, which directly affects your eating habits. The three chemicals responsible for regulating your moods are Serotonin, Endorphins, and Dopamine. The depletion of these chemicals in your system tricks your body into thinking it needs more food, thereby leading to overeating. Overeating, combined with a decreased desire to exercise, lead to weight struggles.

Lets start by understanding how these individual chemicals work, and what specific effects they have on your body and brain function.

1. "Serotonin is a neurotransmitter, which, when released, brings about feelings of calm, happiness, peace, and satisfaction. Sufficient amounts of circulating serotonin also signal feelings of fullness and reduced appetite. Low levels of serotonin are linked with depression and increased appetite." In order to create the feeling that Serotonin gives us, we typically turn to foods that are high in carbohydrates.

Eating carbohydrates is not normally a problem because carbohydrates help to increase energy levels; the danger lies in the types and quantities of carbohydrates that you ingest.

2. "Eating sugary carbohydrates, instead of complex carbohydrates, can actually have a rebound effect. You might feel good immediately after eating them because they lead to an instant high and an energy boost. But, shortly after that, your insulin levels and energy level drop, which can actually cause a rebound depression, or 'sugar low.' This can, in turn, stimulate more sugary carbohydrate cravings to get back to the initial 'sugar high.' It is a truly vicious cycle."

3. "Next are Endorphins, which are very powerful natural opiates in the brain that produce feelings of intense pleasure. They can also reduce and relieve pain. You might have heard the term 'runner's high.' This has to do with the release of feel-good endorphins after a long run or exercise session." So what do we typically eat in order to create these same feelings? "Chocolate, which contains phenylethylamine, an endorphin releasing substance. But any food with a high sugar and fat content such as doughnuts, baked goods, ice cream, and others can increase endorphin and serotonin levels." Starting to see the danger here?

Last, but not least, is Dopamine.

4. "Dopamine is a neurotransmitter that can cause increased mental alertness and awareness." Dopamine is produced in your body after protein consumption and, while there is not an immediate concern about rapid weight gain, protein has both positive and negative effects on your body. Switching your diet to include more protein will increase your Dopamine levels; however, your body will simultaneously decrease its production of Serotonin and Endorphins.

neurotransmitter that can cause awareness." Dopamine is produced in your body after protein consumption and, while there is not an immediate concern about rapid weight gain, protein has both positive and negative effects on your body. Switching your diet to include more protein will increase your Dopamine levels; however, your body will simultaneously decrease its production of Serotonin and Endorphins.



In an attempt to maintain balance, your body will start craving these chemicals and you will find yourself binging on junk food rather than balancing your diet.”

Seems impossible to balance these mood-altering chemicals with your diet during the winter months, doesn't it? Thankfully there is a winning method you can use to help keep your brain chemistry levels within healthy limits AND help you curb the cravings brought on as a result of dietary change. There are many herbal supplements and vitamins scientifically proven to assist your body during this time, but I'd like to highlight a few important ones.

Green Tea:

1.“Green tea contains compounds called catechins, a class of antioxidants which have been associated with an increased metabolism and the ability to stimulate fat burning. In a 2005 study published in the American Journal of Clinical Nutrition, a group of men who consumed 690 milligrams of green tea extract per day lost more weight in three months than a control group (an average of 5.3 pounds versus 2.9 pounds). Previous studies have shown that green tea causes weight loss in women too.”

Tumeric:

2.“Some herbs are known to be safe and may help with weight loss. One of the best is curcumin. This is a compound found in turmeric. It may help you to lose weight and to reduce your total body fat. It's especially good because it also supports heart health and helps to regulate your blood sugar levels.”

Either Green Tea or Turmeric are basic building blocks for helping to fight weight gain in an effective, all-natural way. By choosing either of these supplements, you avoid putting any harmful chemical mixes into your system which may be high in caffeine and ephedrine, both of which are linked to heart conditions and high blood pressure.

Ginkgo Biloba:

3.“Ginkgo Biloba is another all-round circulation booster. It is most widely known for its ability to improve memory, due to its ability to increase blood flow through the brain. In Germany, physicians use it to treat varicose veins as well. It, like cayenne, improves blood flow and strengthens blood vessels. Ginkgo is also anti-inflammatory, relaxes the lungs, improves blood flow to the heart and lessens coronary demand for oxygen – reducing shortness of breath and is helpful in asthma. Use it to treat poor circulation, thrombosis, varicose veins, cramps, and spontaneous bruising.”

Ginkgo Biloba has been held as a great herbal supplement for many years, and its benefits outweigh most other supplements in its category. Increasing the blood flow in your body to both your heart and lungs will ensure that your workouts go smoother without putting as much strain on your body. “Setting a regular fitness schedule is the key to keeping weight off in winter,” says Lisa Giannetto, MD, an assistant clinical professor in the Diet and Fitness Center at the Duke University Medical Center in Durham, N.C. “Come five o'clock, when it's pitch black and cold out, you're a lot more likely to go to your warm home and watch TV if you don't have a regular fitness schedule that includes a variety of different types of exercises.”

Most importantly, what most people always end up sacrificing is sleep. “Scientists have determined that not getting a full night's sleep can lead to added weight. Try to get the same amount of sleep (at least eight hours) per night and it may help you avoid winter weight gain. How can not sleeping enough cause weight gain? The body has a multitude of hormones coursing through it at any time. Not getting enough sleep means the hormones which tell your brain you're hungry are not in balance, which can lead to overeating.”

The two best herbal remedies for a good night's rest are:

• Melatonin

Melatonin is a hormone that the body produces at night. It is sometimes called the “sleep hormone” because it is so important to healthy sleep. People who are blind, who suffer from jet lag, or who live in places with extended sunlight hours may have trouble sleeping because their bodies do not produce enough melatonin.

Patients looking for a short-term sleep solution may be helped by taking melatonin supplements, as will persons whose natural wake/sleep cycles have been disturbed. Melatonin is also helpful to people who are trying to wean themselves off of sleep medications.

• SAME

SAME (S-adenosyl-methionine) is an amino acid derivative, and is found normally in the body. It is typically used as an antidepressant, but is also commonly used to treat chronic fatigue syndrome or as an herbal sleep aid. Its actions in the body help to promote healthy sleep cycles, especially when taken daily for several weeks.

Mario Kyriazis, M.D, author of The Anti-Aging Plan (Element, 2000) explains that SAME helps to promote sleep by increasing serotonin, a neurotransmitter important to sleep and mood. SAME also works with the hormone melatonin to harmonize the body's natural day/night rhythms. SAME is extremely safe, with no known serious side effects.

Courtesy: **Health Center for better living (www.hcbl.com)**

Defensive Driving Training Session at SNGTI

A defensive driving training session was jointly carried out by the HSE Department and National Highway and Motorway police at SNGTI on 20.10.2012 for Head Office Drivers. Mr. Hafiz Muhammad Tariq Executive Engineer HSE and Mr. Shahzad Yousaf from NH&MP provided the training on road safety, traffic signs and defensive driving techniques. At the end of the session, a group photo of the Trainers and Participants was also taken.



Hafiz Muhammad Tariq
Executive Engineer – HSE HO

Health Safety & Environment

9th Surveillance Audit by M/s URS (Certifying Body)

Surveillance Audit (third party audit) is an essential part of Certification to make sure that planned HSE activities demonstrate the effectiveness of the HSE Management System. 9th Surveillance Audit was conducted by M/s URS (Certifying Body) on ISO 14001:2004 & OHSAS 18001:2007 Standards, from 04th to 07th Dec, 2012.

Following sites were audited:

- 1) Coating Plant, Uch Sharif
- 2) Multan Compression
- 3) Multan Transmisison
- 4) Lahore Transmission
- 5) Meterig Workshop
- 6) Head office

During the Surveillance audit, URS Auditor visited Office blocks, Store, Store Yards, Workshops, Kitchen and Parking area at all sites. URS Auditor also visited AC-IV, Uch Sharif, as sub site of Multan Compression. Some minor observations were highlighted by the auditor for the betterment of the site, which were addressed on site.

It is pertinent to mention that these sites have been prepared on ISO 14001:2004 & OHSAS 18001:2007 Standards by in house resources & without the engagement of Consultant. Overall Management commitment towards HSE was appreciated by the Auditor.

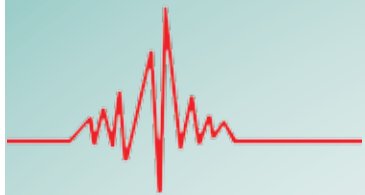
Asma Maqbool
(Engr HSE, Gr-III)



Opening Meeting of URS Auditor with HSE Focal Point ML-C & ML-T and their respective executives



Mr. Shahzad Khalid (URS Auditor) during the inspection of Workshops at ML-T



Latest Cancer Information

from Johns Hopkins

After years of telling people chemotherapy is the only way to try and eliminate cancer, Johns Hopkins is finally going to tell you there is an alternative way ...

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong, the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroying rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc. and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However, prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation, the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to STARVE the cancer cells by not feeding it with food that it needs to multiply.



CANCER

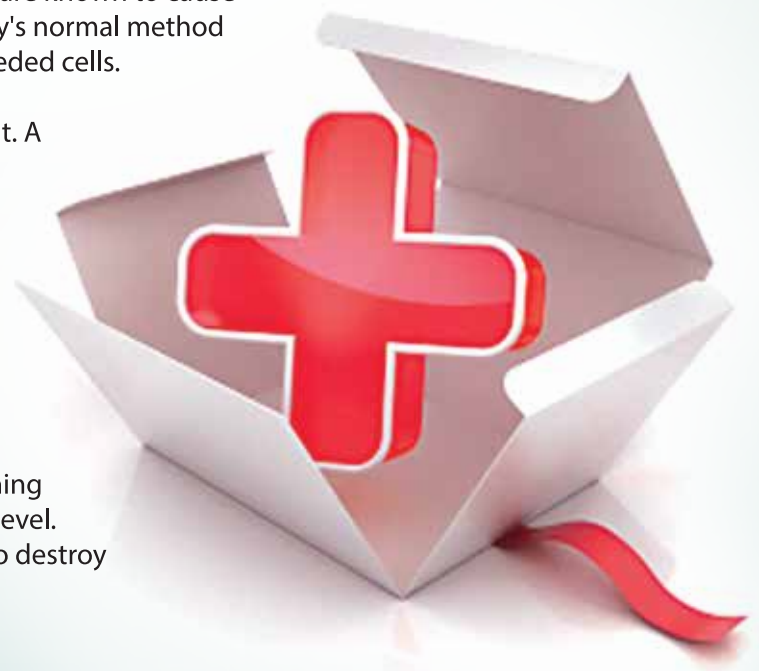
What cancer cells feed on:

- a.** Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Note: Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.
- b.** Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting it with unsweetened soy milk, cancer cells will starve.
- c.** Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
- d.** A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.
- e.** To obtain live enzymes for building healthy cells, try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water--best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

- 12.** Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines will become putrified and leads to more toxic buildup.
- 13.** Cancer cell walls have a tough protein covering. By refraining from or eating less meat, it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
- 14.** Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing off damaged, unwanted, or unneeded cells.
- 15.** Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior become a survivor.

Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
- 16.** Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.



Achievements

Mr. Nasir Awan – Admin Officer (Projects)

has recently returned after representing Pakistan in the General Assembly of UIAA – International Mountaineering and Climbing Federation at Amsterdam, and Presentations about Mountaineering & Climbing in Pakistan at Boulder, Colorado - USA on the invitation of AAC - American Alpine Club.

Mr. Awan was the Leader of First Pakistan Winter Expedition on Pir Peak 6060 meters in Shimshal, and certified trainer from Mountain Wilderness Italy. Presently he is Executive Member of Pakistan's National Mountaineering and Sport Climbing Federation in central executive body. He is also in pursuit for encouragement of Sport Climbing in SNGPL which already has contributed well for good image building of SNGPL.



Mr. Awan recently got International recognition for his contributions towards promotion of Outdoor Education and Climbing activities in Youth. He had been elected as Member Youth Commission of UIAA. UIAA Youth Commission consist of only 8 members elected from 74 countries.



Ms. Asma Maqbool (Engineer HSE, Gr-III - HO) has successfully passed the 2nd Engineering Practice Examination (EPE) for the prestigious title of *"Professional Engineer with specialization in Environment and Process Safety Engineering"*.

Pakistan Engineering Council has become the provisional signatory of 'Washington Accord' in June 2010 and has devised a comprehensive framework titled Professional Development of Engineers (Bye Laws – 2008), approved by the Government of Pakistan. According to CPD Bye Laws, it is mandatory for Registered Engineer to appear in Engineering Practice Examination for the title of Professional Engineer.

Retirements



Mr. Zahid Khan, ex-president CBA/Billing officer, receives shield from G. M Billing, Mr. Zahid Hussain on his farewell bid.

Mr. Liaqat, law officer with G. M legal Mr. Abdul Qayyum and colleagues at his farewell ceremony.



Mr. Allama Mansoor Ahmed, supervisor accounts payroll department, receiving shield at his farewell bid.

HEALTH SAFETY & ENVIRONMENT DEPARTMENT SUI NORTHERN GAS PIPELINES LIMITED



FIRST AID
for your ears.

**Noise is not just a nuisance.
It can cause hearing loss.
Wear your hearing protection.**

12-HSE-SP-49

سماعت کی حفاظت کے لئے Ear Muff کا استعمال کریں



Sui Northern Gas Pipelines Limited

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