







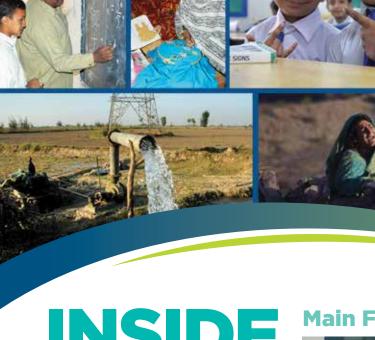


GAS DEVELOP



HUMAN CAPITAL - THE CSR TEAM

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Main Feature



Fuel for Thought

LAUNCH ISSUE : JUL - DEC 2016





- Water Supply & Sanitation
- Infrastructure & Energy

Sports

Emergency Relief



CHAIRMAN'S NOTE

During the last five decades, OGDCL has covered a significant distance. It has indeed braved myriad challenges to accomplish what it has accomplished, such as earning the coveted status of the leading oil and gas exploration and production company in Pakistan, which is inline with our vision. During this journey we have managed to create a self-sustaining, self-reliant and self-sufficient organization; embraced the corporate culture and are now listed on the Pakistan stock exchange and internationally on the London Stock Exchange.

Our mission is to continue being the leading provider of oil and gas to the country by increasing exploration and production both domestically and internationally, utilizing all options including strategic alliances. We continuously realign ourselves to meet the expectations of our stakeholders through best management practices, use of latest technology and innovation for sustainable growth, while being socially responsible.

It is indeed a privilege to be a part of an organization, which is linked not just to its employees and shareholders but also to the communities around its working sites.

With an objective to be recognized as a conscientious and responsible corporate citizen, OGDCL endeavors to bring sustainable change in the lives of communities associated with it.

It gives me immense pleasure, to share with you the first issue of CSR NEWS, which will from now on serve as a vantage point for you to have a look into our journey full of positive stories and initiatives that OGDCL has taken for the people and communities, whose lives, we believe, we are helping to improve.

Our journey continues....!

MANAGING DIRECTOR'S WORD

Today's OGDCL has attained the benchmark position as an industry leader in oil and gas exploration and production, aspiring to become a regional player owing to its financial and operation muscle. This operational muscle we boast of is not merely in terms of equipment, but primarily in terms of our manpower, whose achievements year after year have been the main source of energy for all of us.

The Company operates with certain core values including Merit, Integrity, Teamwork, Safety, Dedication and Innovation, which are implemented in letter and spirit.

Our primary objective as a leading E&P Company in Pakistan is to enhance our reserves and production profile by accelerating production growth, exploiting exploration opportunities and pursuing international opportunities. As we do this we strive to implement international best practices and maintain high shareholder returns, but there is another dimension to this organization. A dimension that is overlooked but remains at the core of what we do and that is to be a responsible corporate citizen.

Our social responsibility initiatives primarily aim at uplifting the communities in the areas that we work with, but are spreading the network of our operations to benefit the whole nation in our key areas of focus.

I take pleasure in announcing that from now on CSR NEWS will be a regular quarterly feature in our communications and will give you an insight into the great work we are doing together to reach out and impact lives in more ways than one.



GENERAL MANAGER CSR'S STATEMENT



Community Development is fast becoming an integral part of Social Responsibility. Commercial enterprises are linked not just to their employees and shareholders but also to their broader communities. Τo long-term build sustainable

shareholder value, it is fundamental and indeed imperative for businesses to address the issues and concerns of stakeholders.

At OGDCL, we aim to engage all our partners – the government, civil society, and the communities – in mutually beneficial relationships that will contribute to the progress and prosperity of the communities that we interact with.

Keeping faith with that principle, a few ways in which we contribute to the development of the communities is by building roads and schools, providing free healthcare and water supply and providing scholarships to deserving students.

More recently we have spread the ambit of our CSR operations, organizing and executing initiatives that include communities and beneficiaries even outside our areas of operation.

EDITORIAL

I have spent most time of my career in the corporate sector, where social initiatives are a very small portion of the pie, but the drum is beaten very LOUD! Finally, I am truly delighted to land into an outfit, where CSR is taken seriously and huge amount is committed towards the welfare of people. It is said that the good should be done and the good deeds must be spread. It is a chain reaction – some people talk about good things, many hear about it and the end result is that GOODNESS spreads, which encourages others to do the same. Our quarterly CSR Newsletter is based on this principle and it gives me immense pleasure to bring to you the first issue of this proud publication. With the objective of informing and entertaining our target audience, OGDCL CSR's Newsletter shall present what we have done, what we are doing and what we plan to do in order to improve lives!

Putting together this first issue was ultimate fun and my special thanks to my

OGDCL CSR TRUST FUND

The Board of Directors in its 182nd meeting held on 26th April, 2016 advised to create a Trust Fund for efficient utilization of funds earmarked towards social welfare activities. To execute various CSR activities more effectively, OGDCL CSR Trust Fund has been created for the purpose of finding or investing in social or community welfare projects, including but not limited to provision and improvement of education and health care, sports facilities and sanitation for communities residing in and around OGDCL's area of operations. OGDCL CSR TRUST FUND was created on 24th June, 2016 and the unspent amount of CSR Budget worth Rs. 722 million has been transferred to the trust account on 30th June, 2016.



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LAUNCH ISSUE : JUL - DEC 2016

Promotion of sports and education especially vocational trainings, support to local governments, financial support during natural calamities and initiatives to empower the disabled are worth mentioning in this regard.

We have also started a trend-setting program in our key focus area of education from 2013 onwards. This is the OGDCL Talent Hunt Program, in collaboration with Institute of Business Administration (IBA). The objective of the program is to enable students from rural backgrounds to compete at national level and help them acquire admissions in reputed educational institutions. The program has been implemented for rural areas of Sindh, Baluchistan, Khyber Pakhtunkhwa, Punjab.

In big ways and small, OGDCL believes in making a difference in changing lives for the better for all the communities, no matter how remote of far flung the area. I am very proud of the fact that unlike other companies in our category, we spend a much bigger amount on our initiated schemes as compared to the obligatory money that goes into PCA schemes.

I wish to acknowledge the efforts of OGDCL CSR Committee, our field units and representatives of local governments in helping us to make our community development programs successful and sustainable.

I also congratulate the team on taking out CSR NEWS, our very own CSR Newsletter, which will from now on be the mouthpiece of all our social responsibility activities.

dear colleagues plus our communication partners for burning mid-night oil to take this publication out.

Your valued feedback much appreciated!



Zeeshan Zaidi (Manager External Communication – CSR) zeeshan.zaidi@ogdcl.com



The CSR Council discussing CSR initiatives





HOW WE WORK

OGDCL being the leading flag carrier of E&P sector in Pakistan, has been diligently following the Guidelines of Directorate General of Petroleum Concessions Ministry of P&NR for utilization of social welfare funds. It is a matter of sheer gratification for OGDCL that its voluntary and obligatory contributions are being disbursed in the most transparent and efficient manner. The company has two types of funds for social welfare i.e PCA funds and own initiative funds.

The PCA funds are utilized in the following concrete steps:

- 1. The Social Welfare schemes in the sectors of Health, Education, Water Supply Emergency, Sports and Culture on the requirement of area are prepared by OGDCL in consultation with the local administration i.e DCO/DC
- 2. Obligatory funds are deposited in joint bank account with concerned DCOs/DCs within one month of signing of Petroleum Concession Agreements and subsequently by 31st January each vear.
- 3. These welfare schemes are executed by OGDCL and monitored by DCOs/ DCs.
- 4. To ensure the ownership of social welfare schemes, the endorsement of MNAs of the concerned area are sought by OGDCI
- OGDCL execute the schemes in strict 5. compliance to the PPRA rules and final

payments are made through cheques from joint bank account whose signatory are the concerned Deputy Commissioner of the District and Regional Coordinator of OGDCL Regional Office.

To ensure transparency while evaluating and implementing the schemes, the

assurance for the viability of the scheme. OGDCL next major contribution to the communities where it operates is through its "Own Initiative" for which OGDCL has prepared a comprehensive "CSR POLICY" that serves as a guide for alleviating suffering in society and



The CSR Committee of the Board meeting to review ongoing CSR initiatives and planning for the future

DCO publishes a notice online and in the most widely-read newspaper in the district, announcing a public hearing to solicit any comments or reservations that the inhabitants of the district in general, and the purported direct beneficiaries of the scheme in particular. may have with regard to the schemes completed

On completion of the work, a prescribed 'Completion Certificate' is sought from the concerned DCO/DC with an

development of communities in marginalized localities. Under the ambit of this policy and the patronage of our management. OGDCL has been successful in launching mega projects in education scholarships etc. For the utilization of this Fund OGDCL has established a "CSR council" comprising of the senior management and "Field CSR Committee" that collectively evaluate and endorse a social intervention.

CSR FOCUS AREAS

THE VISION

Since its inception, OGDCL has always given top priority to the development of communities residing in and around the Company's area of operations. OGDCL management understands that there is a need to strike a balance between the overall objectives of achieving corporate excellence vis-à-vis social responsibility towards the community. It is our belief that "businesses cannot succeed in societies that fail" and this twin objective of business and social commitment has prompted OGDCL to embark upon massive programs in numerous focus areas.







► EDUCATION

Ignorance prevents people from improving their lives and is thereby the biggest impediment to a nation's development. Most of the problems faced by our world today, stem from mass ignorance. Poverty, diseases, over population, violence, ecological crisis and intolerance are all fallout of lack of knowledge and comprehension.

It is our firm belief that training and education are essential to professional development and that education is a building block for change. We not only support educational initiatives directed at our employees but also for the people and communities around us. The variety of projects our Company supports reflects the difference in needs of the communities in which we are active. From providing schools with computers and books, renovating and upgrading schools and other facilities to financing higher education scholarships, our Company looks for practical and effective means of contributing to the community.

▶ HEALTHCARE

We firmly believe that primary health care is an absolute pre-requisite for sustainable socio-economic development. Our health care initiatives

are spread over all the four Provinces. A large population benefits from our healthcare initiatives nation-wide. Free healthcare services are provided to the inhabitants of operational areas where the Company carries out its E&P activities. Keeping in view the increasing attendance of patients in these dispensaries. OGDCL has enhanced funds for medicines. Services of lady doctors are hired to provide maternity and healthcare services to female patients. Along with education, OGDCL has identified healthcare as a key initiative for the Company's CSR activities.

WATER SUPPLY & SANITATION

The Company has played a proactive role in supporting communities and inhabitants in the vicinity of its operating fields. Since the company's operations are mainly in remote areas, people over there previously had to travel long distances to fetch clean drinking water. By implementing water supply schemes, clean drinking water is being supplied to the community in project areas by using different sources and methods.

INFRASTRUCTURE

Through regular schemes, both big and





small, for repair, up-gradation and construction of roads. OGDCL contributes to improving means of communication through easier access to far-flung villages all over the country and in its areas of operation specifically. These very roads, in turn provide faster and improved accessibility to agricultural markets and trade centers.

EMERGENCY RELIEF

The Company generously provides donations both in terms of finances or relief goods whenever a disaster has struck the nation. Apart from donating goods and money, medical teams are also sent to disaster-hit areas to serve the people and take care of them.

SPORTS

The Company is active in encouraging, financing and organizing sports activities and festivals not only in its areas of operation but nationwide as well. This is done with the vision that these activities encourage sportsmanship and the spirit of competition in the youth and also engage the youth in healthy activities. Community bonding and provision of entertainment is another key factor for the support of such activities.







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HIGHLIGHTS OF CSR INITIATIVES Most Recent



The School authorities highly appreciat-



New Electric Water Coolers installed at ed and thanked OGDCL Field Manage-Govt. (P) High School Ghotki and Govt. ment for the gesture. Primary Main (Sindhi) School Ghotki.

The water supply scheme was completed on 24.08.2016 when the Electric Water Coolers



were handed over to respective School Management on behalf of OGDCL under CSR program. The students also seemed very happy and thanked OGDCL for the initiative.

SPONSORSHIP

TOURNAMENT

Blind Cricket Association was sponsored

for 4th PM of Pakistan T-20 Cricket

was played from 17-21 September

2016.

Champions Trophy for the Blind which

FOR BLIND

CRICKET

MEDICINES TO KAHUTA THQ HOSPITAL

OGDCL CSR department has provided medicines to THQ Hospital Kahuta on 26 July, 2016 for the welfare of poor and needy people of the area. The scheme has been successfully executed from the funds provided by OGDCL under PCA obligation. Total cost of Rs. 460,000 medicines provided to Medical Superintendent THQ Hospital Kahuta to further prescribe and issue these medicines to

the deserving people of the area. Continuing to fulfill the commitment of standard healthcare to underprivileged community, free medicines were also provided to THQ Hospital Kahuta in July, 2016 which cost Rs. 460,000. The hospital authorities thanked OGDCL for its generous contribution. OGDCL has also undertaken the construction of a Blood Bank in DHQ Hospital, Barkhan.



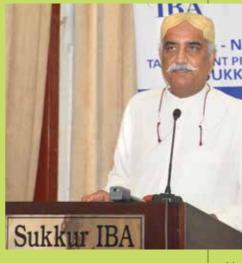




FINANCIAL SUPPORT TO GOVERNMENT COLLEGE MURREE Financial support was provided to Government College Murree for Computer Lab, Equipment, Supplies and Girls Common Room on September 10, 2016. Minister for Petroleum Shahid Khagan Abbasi was present on the occasion where the school authorities appreciated the initiative by OGDCL which will benefit students of the school.

INAUGURATION CEREMONY OF OGDCL-NATIONAL TALENT HUNT (NTHP) PROGRAM 2016 AT SUKKUR IBA

An inauguration ceremony of OGDCL-National Talent Hunt Program 2016 was



hosted by Sukkur IBA on September 26, in which Leader of Opposition, National Assembly of Pakistan, Honorable Syed Khurshid Ahmed Shah graced the occasion as Chief Guest and Mr Zahid Mir, Managing Director Oil and Gas Development Company Limited (OGDCL) presided the ceremony as Guest of Honor. The distinguished quests were welcomed by the Dean and Director Sukkur IBA, Prof. Nisar Ahmed Siddiqui.

Dean and Director Sukkur IBA, Prof. Nisar

Ahmed Siddiaui In his address, gave token of appreciation to OGDCL for allocating resource for the youth development of Pakistan. He appreciated the CSR efforts of OGDCL in helping underprivileged people in changing their lives. He reiterated his commitment toward building strong ties between industry and academia. He further said that the future of nation is dependent upon vouth which require knowl-

edge and skills of 21st century which are imparted through quality NATION education and Sukkur NT PROGRAM IBA is playing its role as UKKUR IB/ quality education institute TRA

Mr. Zahid Mir, MD-OG-DCL while addressing to the audience, expressed his commitment toward community services and youth empowerment for a bright future of Pakistan. He said that it is essential for industry

ship with academia for a mutual benefit where universities play their role as source of new knowledge in shape of research and industry as consumer of knowledge to convert it into commercial solutions. He also applauded the efforts made by Sukkur IBA in spreading the light of education to enlighten young minds with knowledge and skills. He ensured that OGDCL will continue

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to build strong relation-

supporting Sukkur IBA through NTHP and other programs. Mr. Abdul Rauf Khaijak, GM-CSR, Mr, Irteza Qureshi-CFO. Mr. Asad Malik-Director HR, Mr. Ahmed Hayat Lak - Company Secretary, were also present at the ceremony

The delegation from OGDCL also visited National Talent Hunt Program-NTHP classes and interacted with students. Event concluded with Sukkur IBA director presenting traditional gifts to honorable guests. Event was attended by the media personals, government officials, members of the civil society students of Talent Hunt Program, faculty members and people from different walks of life.









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HIGHLIGHTS OF **CSR INITIATIVES** Since Inception



The demand of the twenty-first century is novelty, creativity, and integration of knowledge at global level for a sustainable development. For this reason, education is a vital investment for social and economic progress as well as to counter poverty, diseases, over-population, violence, and ecological challenges. Additionally, proper education means higher wages and economic growth and a better way of life. It also encourages communities to stand for their own choices and rights.

Keeping in consideration the importance of education for the uplift of communities of Pakistan, It is our firm belief that training and education can serve as a building block for change.





THE VARIETY OF PROJECTS OUR COMPANY SUPPORTS REFLECTS THE PLIGHT OF COMMUNITIES **AND THEIR NEEDS IN** WHICH WE ARE ACTIVE.

SCHOLARSHIPS

Under its PCA obligatory funds, OGDCL extended a helping hand to Family Education Service Foundation, Karachi (FESF) and Deaf Reach School, Sukkur, granting scholarships in a bid to encourage the talented students of the under-privileged segments. Leader of the Opposition in the National Assembly, Mr. Khurshid Shah, Deputy Commissioner Sukkur, Abdul Rauf Khajjak, General Manager (CSR), the management of FESF and others attended the ceremony.

KEY INITIATIVES

Distribution of Books: OGDCL spent Rs. 6.928 million for provision

Pirkoh, Mr. Magsood Ahmad distributed the articles. Local notables

of books, uniforms and school bags to the talented students of

Dera Buoti, Students from four FC schools were selected, FM

and FC high-ups hailed the gesture.









OGDCI Sponsored "JAZBA'15", an educational activity at FAST University. It was the first time that such a great initiative has been taken in FAST Islamabad. The management of FAST appreciated that "without the support of our sponsors, especially 'OGDCL" it was not possible to make it successful. All the major institutions participated and the

JAZBA'15

response from everyone was overwhelming. We managed to get more 2,000 attendees on our event. 40 different institutes participated from all over the country.



OGDCL always supported for educational facilities for local community in its operational areas. Company provided science equipments, computer printer, labs, and multimedia



EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD. NELSON MANDELA

VEW

TRAINING COLLEGE DAHARKI DISTRICT GHOTKI WITH MERIT BASED SCHOLARSHIP.



Distribution of school uniforms, shoes and bags to the poor students of Maru/Reti district and Ghotki areas who were delighted and hanked the OGDCL for looking after their needs. OGDCL also provided school bus service for pick and drop facility for 21 villages of Pasakhi field at Tando Jam district Hyderabad with annual expenditure of Rs.1.140 million. Similarly many buses are hired to provide pick & drop facility to ne local students of 11 villages nearby Qadirpur Gas Field to Ghotki City.

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PROVISION OF VARIOUS EQUIPMENTS TO GOVT. HIGH SCHOOL JAHANPUR TALUKA GHOTKI

projector, Al-mirahs for Library Generator, Furniture, and electric water coolers to Govt. High school Jahanpur Taluka Ghotki with cost of Rs. 1.200 million.



DISTRIBUTION OF FURNITURE AT KOT ADDU SCHOOL MUZAFFARGARH IN 2014. THE FURNITURE WAS DISTRIBUTED IN A CEREMONY AND THE INITIATIVE WAS MUCH APPRECIATED BY LOCAL AUTHORITIES.

SKILL DEVELOPMENT

To empower and enable women, the company has established the Vocational Training Institute in District Hyderabad. OGDCL spent approximately Rs.19 million up to June 2014 to meet its expenses which stand at Rs. 2.309 million per annum.



SEWING MACHINES WORTH RUPEES 20 LACS DISTRIBUTED

As a good gesture towards empowering the community, especially the needy widows of Tehsil Kabirwala District Khanewal, OGDCL donated and distributed 348 sewing machines worth Rs 2.0 million. The sewing machines were distributed with a purpose to ensure sustainable development of the locals by providing them with means to generate income and self-employment.

The Company distributed sewing machines for the poor deserving women of Toba Tek Singh to earn their livelihood and approved distribution of 50 sewing machines for needy & poor women of Toba Nokhani Zin Dera Bugti.

BALOCHISTAN **INSTITUTE OF TECHNICAL EDUCATION** (BITE)



To promote technical education in Balochistan, OGDCL provided financial assistance amounting to Rs. 5.00 million to BITE in order to train unskilled people and to educate jobless young people. The Company aimed to implement a community-driven development initiative across the country, focusing on the weaker and more deprived communities.



OGDCL had established a Technical Training Centre at Quetta to provide training to the students of Balochistan Province. The training centre was established in 2006. About 100 students participated every month for technical training. Three officers and three staff members were appointed to operate the activities of training centre. Recently CSR Board has taken decision and closed the TTC Quetta w.e.f 28th February, 2016. However, In Lieu of Technical Training Centre Quetta, the Company offers scholarship on merit cum need basis for the 50 students each for Balochistan studying in Government and Private Technical Colleges registered with Technical Board.

PETROLEUM **TECHNICAL INSTITUTE:**

To uplift the education standard. OGDCL upgraded the Petroleum Technical Training Institute in Khairpur, Sindh, at an estimated cost of Rs 40.165 million.

- It funded the establishment of four fully equipped laboratories:
- Production and Drilling lab.
- · Oil and gas testing lab.

Computer lab.

• Instrumental lab along with relevant text books /software and audio visual aid.



NATIONAL INTERNSHIP Program



As part of OGDCL's corporate social responsibility initiatives and its commitment towards capacity building of the youth and enhancing their employment prospects, National Internship Program has been incorporated.

Interns have been selected for Engineering disciplines across all provinces and regions through invitation of applications after printing of an advertisement in national newspapers.

The interns are being paid Rs. 20,000 per month stipend. The 1 year internship program is designed for practical training to the educated youth for enhancing their skills.

Oil & Gas Training Institute n 29 March to 01 April, 2016

Currently 250 interns are receiving on-the-job training.

Year | Students

100

1st

2nd 200

3rd 300

Tuition fe Rs.3.000

0.30

0.60

0.90

SCHOLARSHIPS FOR DAE **STUDENTS**

In Lieu of Technical Training Centres (TTC) Karak & Quetta, OGDCL offers scholarship on merit cum need basis for the Diploma of Associate Engineering students of Balochistan & KPK studying in Government and private Technical Colleges registered with Technical Board.





QAU GIRLS HOSTEL



OGDCL has constructed Girls Hostel for the students of far-flung areas. The cost of the project was Rs. 59 Million and it started its operation on 01 August, 2015. The hostel has capacity of 300 students for accommodation. In addition to that recently an understanding was reached with QAU that priority should be given to those Girl students who belong to OGDCL operational / concessional areas.

Miscellaneous:

Several other CSR initiatives benefiting education sector include:

- Provision of office furniture ceiling fans. Gentset to Government High School Ayub Lakhan near Qadirpur gas field
- Provision of furniture, ceiling fans, water

coolers to Govt. Primary school village Dhango Khan Sanghar District Ghotki.

Provision of Generator (2 KVA), Electric Water coolers (60 gallon), study chairs cum desk, PCs, computer table / chairs, multimedia projector, Microscope, Science Equipments, Sofa Set, office Table, Almirahs, office chairs for Government High School Jahan pur near

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OST OF THE PROJECT					
@ per Month (Rs. in million)	Tuition fee Per Annum (
	3.60				
	7.20				

OGDCL-HEC NEED BASED SCHOLARSHIP PROGRAM FOR ENGINEERING UNIVERSITIES

OGDCL has partnered with HEC to encourage and provide an opportunity to the talented students belonging to OGDCL operational areas. Financial support is provided to students of Engineering disciplines at renowned universities that includes Tuition fee, lodging, transportation, books etc.

> THE COST OF THE PROJECT WAS **Rs. 59 MILLION AND IT STARTED ITS OPERATION** ON 01 AUGUST. 2015.

「日本」

OGDCL SPONSORED HOSTEL FOR GIRLS

MR. SHAHID KHAQAN ABRASI

AND MR. MUHAMMAD RIAZ KHAN MD / CEO OGDOL

ON JANUARY 23, 2014

FOR PETROLEUM AND N MNA NA.50 DISTRICT IN IN THE PRESENCE OF PROF. DR. MASOOM YASINZAI, SI, AP. VICE CHANCE LLOR QUAID-I-AZAM UNIVERSITY ANN

Qadirpur gas field Ghotki

Provision of electric water coolers for district complex and Masjid to facilitates the local people visiting for their work and praying.

Provision of Laboratory equipment /Furniture/Genset to Government Higher Secondary School Umar Dahu.



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MAIN FEATURE - EDUCATION **OGDCL TALENT** HUNT PROGRAM (THP) A Hallmark Initiative to

EDUCATE – ENABLE – EMPOWER

THE PREMISE

Pakistan is blessed with extraordinary talent but the major portion of it remains undiscovered and underutilized due to lack of access to opportunities. The system available for the students of rural areas has denied them to

compete with their counterparts in urban areas. Their survival in the tough aradina system of reputed universities is a big challenge and most of them are not even able to secure admissions in hiaher education institutions. This results in premature end to their educational career and consequent involvement in anti-state activities.

OGDCL's Talent Hunt Program aims

THE AIM

• To provide an opportunity to the needy students of the rural areas of Sindh. Balochistan and Khyber Pakhtunkhwa to enhance their academic and soft skills.

at

- To expand educational and job opportunities for the talented & needy students.
- To help in lifting families out of the poverty level by making it high quality professional education for their talented
- To motivate others in the communities who are talented and have passion to prove their abilities through this program.

students and ensuring their access to and survival in quality institutions countrywide. The program focuses on assisting students from rural areas of Balochistan and Khyber Sindh.

polishing the talent of such deprived

Pakhtunkhwa through trainings and mentoring that help them improve their capabilities and minimize deficiencies in core subjects so they are at par with and able to compete with students of urban areas.



THE METHODOLOGY

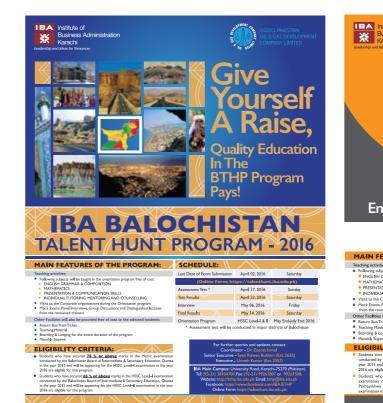




MoU Signing Ceremony with IBA Karachi



MoU Signing Ceremony with Sukkur IBA



THE MISSION

#1 To uplift the academic level of students from rural areas of Sindh, Balochistan and KP to make them capable of securing admission in reputable universities in the country. By the end of Talent Hunt Program, students acquire a rigorous training in core subjects including English, Mathematics, Computer and General Knowledge & Current Affairs. These subjects are mainly included in entrance exam of any university, thus the students trained in THP find it easy to clear the exam and secure admissions in universities. The entry of such students in the universities would also impact positively on the diversity of our higher education institutions where currently we see students only from bigger cities.

#2 To reduce the students' dropout ratio from higher education institutes. As mentioned earlier, the academic level of students coming from rural areas of both provinces is not good enough to help them survive against tough grading system of reputed universities. It is mainly because their skills in core subjects like English, Mathematics and Computer are not at par with the required level. Six months rigorous training during the THP has a positive impact on their core skills required for survival in the universities. #3 To narrow down the rural-urban divide

THP aims at providing the students of underprivileged areas with an opportunity to enter into a competitive world of job market which is otherwise difficult for them given their low academic level.

BENEFITS OF THE PROGRAMME

OGDCL in collaboration with IBA through this joint program is not only fueling the talent pool in the country but is also having a positive impact on

Social Benefits

The students who complete their orientation program and are successful in getting in higher education institutes like IBA then become role models for

Employment

After completing their education, students will be able to join several organiza tions as an educated professional citizen while some of them will be able to become "Employers" and run their own business in a professional manner. So job creation is also an indirect impact that this program will have.

Poverty Alleviation



NEW



Empowering Students To Become Scholars

IBA KHYBER PAKHTUNKHWA TALENT HUNT PROGRAM - 2016

TURES	OF	THE	PROGRAM:	
				Ŀ

will be taught in the orientation program free of cost:
MMAR & COMPOSITION
S
N & COMMUNICATION SKILLS

- cured 70 % or above marks

For further queries and updates contact: Coordinator - Dr. Zeenat [imai] Senior Executive - Syed Rizwan Bukhari (Ext. 2632) Executive - Umesh Kumar (Ext. 2557)	
IBA Main Campus: University Road, Karachi-75270 (Pakitan Tet/92-1) 36194700 Stac(92-21) 99361 900 Website: Intro-Hiphtitp: iba.edu.pl. Email: Ipixtup@ba.edu.pk Facebook: https://www.facebook.com/IBA.K9K1HP Online Form: University: Thefantana: Ba.edu.pk)

May 06, 2016

HSSC Level - 1 & II



Individual Impact

e program not only prepares students for admissions in educatio titutions but it enhances their aptitude and skills as well, so that they

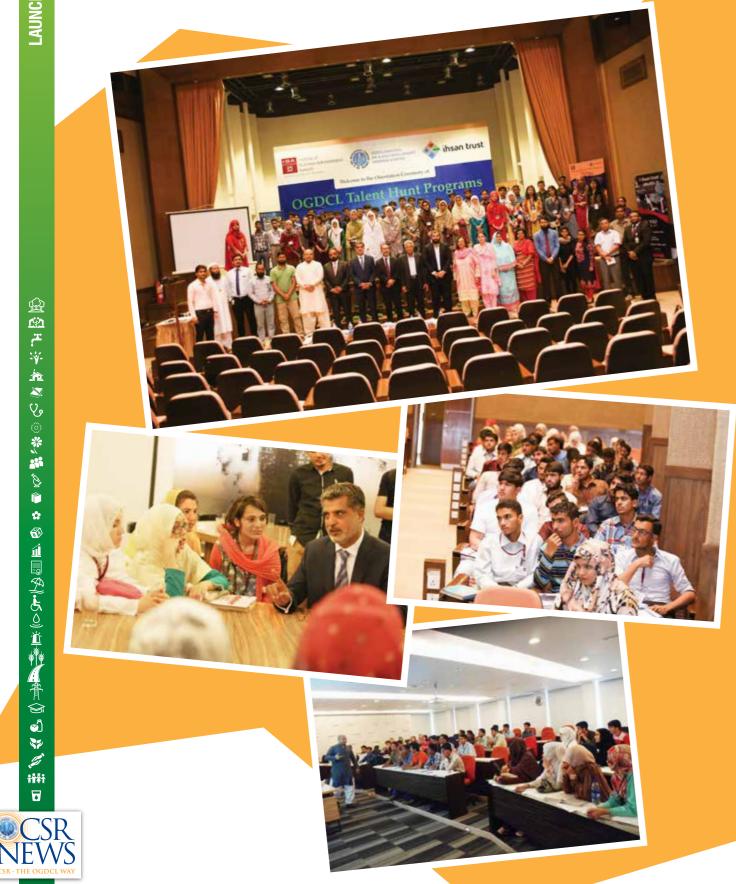


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OGDCL THP AT IBA KARACHI FOR **KP & BALOCHISTAN**



SUCCESS STORIES



TAHIR SALEEM LAKKI MARWAT

I feel lucky to get selected for the orientation training at IBA Karachi. The training was very beneficial for me as it polished my English grammar, communication and Mathematics skills that will help me in my higher studies and career as well.



ZIA UR REHMAN **7HOR**

From the moment I entered into IBA up to the end of the orientation program, everything has been so surreal. The facilities, lifestyle, teaching methodologies and other activities for academic as well as personality development have had a great impact. The experience has really changed my life and enabled me to compete everywhere in my future.



SOHAIL KHALIQ NOWSHERA

Before selection in this program, I always thought Pakistan's top institutes like IBA are only for the elite class, but the opportunity provided through this program changed my thinking and lifestyle. This program helped me to realize my strengths and weaknesses and provided me an opportunity to meet talented students from around the country. After the training, I shall go back home and encourage my other juniors and community members to avail this opportunity to secure their future.

ZAHID KHAN TANK

I remember, on 14th May OGDCL KPK Talent Hunt Program's final selection list was announced. It was the moment with mixed feelings because of my interest for IBA and my parents for engineering. It took a lot of time and efforts to finally convince them to let me go for IBA. The best thing about IBA training is it streamlines your jumbled thoughts and gives you direction and develops your skills. My advice to other students is never go with the flow unless you are dead fish.

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When I entered into IBA main campus the only words that echoed in my head were "Success is when hard work meets with opportunity". This was a golden chance not only for me but for each and every student of Balochistan. If I have to sum up this training it made me "more focused, determined and disciplined".



ARIFA ABDUL AZIZ QUETTA

Getting higher education at Pakistan's premier business institute is always a dream for anyone like me, hailing from an underprivileged area of the country. My family always supported my education until intermediate but this dream became insurmountable for me when I found my family unable to afford my education at IBA. This is where Balochistan THP proved to be a phenomenal help by calling us for orientation program which was conducted by highly qualified IBA faculty members as well as trainers from outside. This greatly helped us prepare for IBA entrance test as well as interview and group discussion. Upon getting into IBA, BTHP offered a fully funded scholarship, bearing all my tuition hostel accommodation as well as mess expenses along with a monthly stipend during four years degree program.

BTHP has been a pleasant experience for me so far as it has given me a platform to prove myself and now that I am a part of IBA-BTHP. I believe that no dream is unachievable until one has the asset of determination coupled with hard work.

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OGDCL AND SUKKUR-IBA HAVE TAKEN THE TALENT HUNT PROGRAM NATIONWIDE

Talent Hunt Program (THP) is a one-semester academic program which is offered by Sukkur IBA since 2009 for the youth of Sindh province. This year OGDCL joined hands with Sukkur IBA to offer this program on National level covering all provinces with equal share of 75 seats each. The purpose of this program is to eliminate the academic deficiencies of the students coming from the rural areas of Pakistan. Through this program student are admitted in 6-month foundation semester in which they are taught English, Mathematics, Current Affairs / General Knowledge and Computer Science subjects. Those students who maintain a minimum 2.2 CGPA during the semester are enrolled in regular programs. This is a fully funded program where students are provided with study material, accommodation, transportation and a stipend of Rs 3000/- per month for a period of 6 months.

Selection criterion of this program is based partially on academic merit and poverty. After completion of this six-month foundation semester, the 100 selected

students will be offered admission in regular programs free of cost for the period of four years. These students will also be given free books, hostel accommodation and monthly stipend of Rs. 5000/ each for span of 4-year.

Majority of students selected for OGDCL-NTHP Program belong to humble and underprivileged families from all across the Pakistan. Students are selected through merit and poverty criteria. Initially over 6000 students applied for this program and 5400 were shortlisted and 4500 appeared in an entrance exam in which 750 were shortlisted based on test score. Out of 750 shortlisted candidates 381 were selected based on poverty filter. Currently, 320 students have joined the program belonging to far-flung areas of Pakistan throughout four provinces, including but not limited to Naushki, Loralai, Panjgur, Swat, Mardaan, Deer etc. Both entities signed a Memorandum of Understanding (MoU) in beginning of 2016 to offer this program.









SUCCESS STORIES



WAHEED ANIUM

KARAK, KHYBER PAKHTUNKHWA

I belong to Karak district in

Khyber Pakhtunkhwa. In

order to get better education

my father sent me to study at

Army Public School

Peshawar. I was also injured

during the attack on our

school on 16 December

2014. During and after my

iniury I was totally

devastated. But with my

parents' support I started

preparing myself for higher

education. I came to know

about Sukkur IBA OGDCL

education expo. With a lot of

efforts I got admission in

Sukkur IBA. Coming here

and studying in this

beautiful campus has

motivated me to work harder

and complete my degree so

that I can make my parents,

my institution and Pakistan

Talent Hunt

during an

National

Program

proud

MUZAMIL NAUSHERO FEROZE, SINDH

I belong to a very humble family of Halani in Naushero Feroze, District Sindh. My elder brother started working at very early age but decided to give me best education possible. After my Intermediate it seemed impossible to continue my education due to our unfavorable financial condition, but the National Talent Hunt program launched by Sukkur IBA in collaboration with OGDCL really helped me. Now I am studying here and my aim is to become an electrical engineer in the future. No matter how much I thank Sukkur IBA and OGDCL it will not be enough for the opportunity that they have given students like me to transform our lives.





NEW



ZAKIA TURBAT, BALOCHISTAN

I come from a very backward area of Kech Turbat from Balochistan. When I read about Sukkur IBA OGDCL NTHP in newspaper, my first thought was to do whatever it takes to take admission in this program. I submitted my form through courier and started preparing for the test and luckily I got admitted in NTHP. At that point my elder sister supported me a lot and convinced my family to let me study at Sukkur IBA. has really transformed the lives of students like me. Due to my love for Math I would like to study in BS- Mathematics and study further to become a PhD doctor of Math.



SABA AKHTAR BAHAWALNAGAR, PUNJAB

I had a dream to study in one of the best universities in Pakistan as I have been good in studies, but our financial condition was a hurdle Towards the end of my intermediate classes became very disheartened thinking that even with good grades I would not be able to study further. Just after my intermediate exam I came to know about the scholarship offered by Sukkur IBA with help of OGDCL Company for poor and meritorious students. I started preparing myself for the test and with the blessings of Allah, I got admitted in the scholarship program. Now my only goal is to clear NTHP with flying colors and complete my Bachelors Degree ir Electrical Engineering so that I can earn and support my family



OGDCL - NATIONAL TALENT HUNT PROGRAM 2016 AT SUKKUR IBA

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HEALTH CARE

A healthy nation, they say, is a wealthy nation. Healthcare is important to the society because people get ill, accidents and emergencies do arise and in such scenarios access to comprehensive, quality health care services is important for the achievement of health equity and for increasing the quality of a healthy life for everyone. We believe in the fact that primary health care is an absolute need for sustainable socio-economic development. Our health care initiatives are spread over all the four Provinces.



DEFEATING DENGUE:

SKIN DISEASE CAMPS

As many as 400 million people get infected by Dengue every year. In March 2016, OGDCL provided financial support of Rs. 2.00 million availed free treatment. At Sinjhoro, a field for creating awareness and counter- camp was conducted at social welfare ing Dengue menace at the early stage under the supervision of Deputy Commissioner, Kohat. procedures of 600 patients.

EYE CAMPS



The camps for Free Eve treatment were held in 2013 and 2014 at 13 different locations of Sindh and Punjab i.e. (Qadirpur, Sinjhoro, Tando Alam, Hundi/Sari, Kunner, Bobi, Kot Adu, Dhodak, Fimkassar, Rajian, Nandpur, Sadgal and Kallar Syedan) where healthcare facilities are not easily accessible. During the free camps 9,313 patients in OPD were attended to, 4,778 patients were provided with vision glasses and 1,352 patients

operated upon. The foldable IOL surgery was applied to 560 patients. The eve camps were established at a cost of Rs. 9.083 million. OGDCL held more free eye camps at 03 locations i.e. Nashpa, Chanda and Kohat of Khyber Pakhtunkhwa province. Some 1,527 free vision glasses were distributed among the patients and **196** patients were operated upon with rigid surgery. The foldable surgery was applied to 157 patients of referred areas.

Skin disease camps were organized at Sinihoro, Bobi, Tando Alam and Kunnar by OGDCL where hundreds of patients dispensary where skin specialists jointly conducted checkup and treatment

HEPATITIS CAMP:

The company also spent an amount of Rs. 0.163 million for holding a medical camp for Hepatitis "B" vaccination to the locals of the area of Kalchas Concession area. One thousand patients were treated through blood screening and vaccination.



FREE MEDICAL CAMP

One-day Free Medical Special Camp was conducted on 19 March, 2015 at Social Welfare Dispensary Qadirpur to give medical treatment and health awareness regarding Diabetes and Hepatitis B&C. Field Manager (QP) and Chief Medical Officer OGDCL inaugurated the Free Medical Camp. Different consultant doctors and physicians from Health Department Ghotki gave medical lectures on prevention of Diabetes and Hepatitis B&C to the locals.

PROVISION OF MEDICINES TO MOTHERAND CHILD CARE CENTER:

The Company provided medicines worth Rs.1.400 million to the Mother & Child Care Center, at Ghotki . Chief Guest was Sardar Muhammad Bux Khan Mahar, MPA Ghotki who appreciated the contribution and efforts of OGDCL for providing basic facilities to poor / local community in Ghotki in healthcare and desired to be continued in future. Notables, Health and Education department officials greatly appreciated the donation on behalf of OGDCL.



FREE MOBILE MEDICAL CAMPS:

Apart from regular medical camps, OGDCL has also been routinely arranging for mobile medical camps to reach those who are not able to come to medical facilities.



FREE MEDICINES:

To ensure that all people in all places have access to quality health care and healthier lives as a result. OGDCL provided free medicines to over 1650 local patients hailing from Janan Wasu, Abdulllah Lakhan, Qadirpur, Muhammad Yousaf Chacharpur, Haii Ata Muhammad, Sanghar, Kahuta and Peeral Sanghar villages through Social Welfare dispensary @Rs.200,000/-per month







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NEWS









SOCIAL WELFARE **DISPENSARY AT CHAK** NAURANG

The Social Welfare Dispensary at Chak Naurang has been constructed at an estimated cost of Rs. 3.359 million. To make it functional free medicines. services of Doctor and Paramedical Staff will be hired to ease the health problems of locals residing around Chak Naurang field. (month and a paragraph needed – Amira Sahiba)

Donation of Ambulance Service for the people of Jhand, District Attock.

> OGDCL donated an amount of Rs.0.5 million to Al-Shifa Trust Eye Hospital, Rawalpindi to support their outreach program in the area of KPK and southern Punjab.



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OUR STRONG COMMITMENT TO HEALTHCARE

Healthcare is also evidenced by the fact that OGDCL has deputed medical staff including doctors in all 4 provinces at remote locations to benefit communities living in and around our areas of operation. These locations were previously facing acute shortage of medical staff. The staff includes doctors, lady doctors, dispensers, medical attendants and assistants at various locations including Nashpa in KP, Dhakni, Dhodak and Fimkassar in Punjab, Uch, Pirkoh and Loti in Baluchistan and Bobi Oil Complex, Kunnar, Qadir Pur Gas Field, Sinjhoro, Tando Alam Oil Complex, Nandpur/Panchpir and Chak Naurang in the province of Sindh.



CGDC



TO KNOW EVEN ONE LIFE HAS BREATHED EASIER BECAUSE YOU HAVE LIVED. THIS IS TO HAVE SUCCEEDED. RALPH WALDO EMERSON

SUPPLY & SAN

OGDCL is pro-actively playing a key role for provision of clean drinking water to the residents of far-flung areas including Dera Bugti, Loti, Pirkoh, Tando Alam, Daru, Hundi/Sari, Rajian, Chaknuarang Dhodak, Toot, Dakhni, Nashpa, Chanda-Shakardara, Zin, Rajian, Bobi and Dhodak areas, through water bousers, digging of tube wells, installation of Pressure/Hand Pumps. In addition, special funds were allocated by OGDCL for improvement of water channels at Dera Bugti on the recommendation of elected representatives.



TUBE WELLS OGDCL financed installation of tube wells for

drinking water at Mohallah Koho Zareen, Koho Balai, Zanko Zareen and Zanko Balai during year 2013-14 amounting to Rs. 20.00 million. The installation of tube wells at Pirkoh has increased asset value and also enhanced access to water for local inhabitants.

OGDCL has also funded the Installation of 62 Hand Pumps at different villages of Pasakhi Oil Field and 14 Hand Pumps in Nashpa, District Karak to make water accessible to locals.





REPLACEMENT OF PIPELINE:

A Scheme titled "Replacement of pipeline for water supply to Killi Kalli, Dera Bugti at a cost of Rs.2 million has been executed to provide drinking water to local community. A water resistivity survey has been completed in the area of Loti and Pirkoh to check the availability of water. The initiative incurred Rs.0.20 million.

The subject scheme is recommended by local MNA Mir

WE FORGET THAT THE WATER CYCLE AND THE LIFE CYCLE ARE ONE.

- JACQUES COUSTEAU









HAND PUMPS

The Company installed 39 Hand Pumps with cost of Rs.0.497 million in the area of U/C Shahid Khan Gopang near Kunnar Field, District Hyderabad





WATER SUPPLY PROIECT FOR LOCAL COMMUNITY AT BOBI NEAR BOBI OIL COMPLEX



Dostan Khan Domki and endorsed by Deputy Commissioner Dera Bugti. The scheme was approved on 28th May, 2014 and completed in May 2015. The water supply will provide hygienic water to 2000 souls @ 20 gallons per capita per day for twenty years. This scheme will also minimize the drastic effects of drought in the area and seems to be in the best interest of community.













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EMERGENCY RELIEF

OGDCL has always been the first to come to the rescue of affected communities in times of national emergencies. We have time and again rallied to help victims of natural calamities, maintaining uninterrupted supply of petroleum products (diesel) and contributing to relief and rehabilitation.



Flood Relief 2014

The 2014 floods in Pakistan affected large areas of Azad Jammu and Kashmir. Gilgit-Baltistan and Punjab. Around one million people were affected by the floods, hundreds lost their lives and tens of thousands were deprived of their houses, properties, crops and livestock. The Government of Pakistan launched a massive relief and rehabilitation operation and all possible assistance is still being provided to the flood affected



Under corporate social responsibility, OGDCL took concrete steps for extending relief to flood affected people. As part of such efforts, the Management approved Rs 50.00 million for relief and rehabilitation of flood affected people in Balochistan and Rs. 3.00 Million for Sindh to help the flood affected people.

Earthouake

RELIFE IN AWARAN-UTHAL BALOCHISTAN

By the same token, the company donated an amount of Rs. 50.00 million to Government of Balochistan for the rehabilitation of 2013 earthquake affected people of Awaran District.



PROVISION OF NFI KITS THROUGH PAKISTAN RED CRESCENT SOCIETY MAY 2016

After a request from Pakistan Red Crescent, OGDCL provided 200 NFI (Non Food Items) Kits in the district of Naseerabad being a disaster prone district declared by NDMA. This kit contained family tent, blanket, tarpaulin, kitchen set, solar lamp, stove, jerry can, hygiene kit, shelter tool kit, CSI sheet & Mosquito net. The idea was to contribute significantly towards enhancing PRC resources for mitigatory interventions in Naseerabad district in event of occurrence of any disaster.

FLOOD RELIEF 2015

Flood Relief 2015: During the 2015 floods, OGDCL provided flood relief support in Ghotki and Khairpur districts including medicines and food hampers to flood affectees at a cost expenditure of Rs.2.062 million. Flood relief activities were also carried out in the area of Kot Adu, Muzaffargarh district and Garh Maharaja, District Jhang. Medicines, food hampers and portable water were supplied to flood affected at a cost of Rs.1.650 million.





IT IS A KINGLY ACT TO ASSIST THE FALLEN - MOTHER TERESA

SPORT

That a healthy body betokens a healthy mind has become almost a cliché. Many disorders including mental, neurological or behavioral are mostly caused by lack of physical activity and sports virtually play a therapeutic role in addressing such disorders.









3RD OGDCL KPK GOLD CUP FOOTBALL TOURNAMENT

OGDCL organized 3rd OGDCL KPK Gold Cup Football Tournament with the collaboration of District Football Association at Kohat at a cost of Rs. 0.88

1ST OGDCL 5-A-SIDE FLOOD LIGHT HOCKEY TOURNAMENT



was also organized to promote the national game. The move was highly appreciated by the PHF President Shahbaz Ahmed (Senior). June 2016, sponsorship: 10 Mn. The company also contributed a sum of Rs. 160,000/- to

the cash prizes and trophies in Prime Ministers T-20 Blinds Cricket Tournament.

OGDCL sponsored National Motorsports Desert Challenge Rally Jhal Magsi -2015. An amount of Rs.1 million went into this activity.



3RD ASIAN KABADDI CHAMPIONSHIP 2016

OGDCL, does not only focus on promoting sports activities at local level but has also left its mark on the international stage by contribution to bring international sport to Pakistan. In this regard a sponsorship worth Rs. 4 million was provided to the organizers of the 3rd Asian Kabaddi Championship.

million. Teams of various districts of KPK participated in the tournament. The aim / objective of this tournament was to create healthy / harmonious atmosphere for E&P activities in the Province through conveying a message of peace and harmony from OGDCL.

WINNING IS NOT **EVERYTHING, BUT** THE EFFORT TO WIN IS. -VINCE LOMBARDI





INFRASTRUCTURE & ENERGY



OGDCL - ROSHAN PAKISTAN SCHEME





Access to modern energy services is fundamental to human development and an investment in our collective future. Energy helps to strengthen economies address poverty, protect ecosystems, and achieves a more equitable society.

OGDCL in pursuance of its mission for sustainable communities in Pakistan is striving to alleviate the marginalized communities. Electricity being a basic need nowadays is a priority for CSR program for rural and marginalized population of OGDCL's concerned fields. Keeping this in view, OGDCL decided to launch the Roshan Pakistan Scheme aiming to provide Solar Power Kits to around 500 homes in each province that in turn will benefit more than 10 to 20 thousand people to bring light in their lives.

The project is already in execution phase as the villages to be electrified are being identified. After identification provision of solar kits to these off-grid villages will be completed in 4-5 months.





HIGHLIGHTS OF **CSR INITIATIVES**

Planned for the near future

HUNAR PROJECT



OGDCL has joined hands with The Hunar Foundation, which is currently running four vocational training institutes in Karachi, Tando Allah Yar and Lahore.

The Hunar Foundation is affiliated with City Guilds. UK and students receive C7G Diplomas, which are recognized in over 80 countries.



OGDCL has approved the case for scholarships of 69 students including 30 with boarding and lodging belonging to District Sanghar, Hyderabad, Tando Allah Yar and Ghotki. The cost of these scholarships amounts to Rs. 16.5 million.



PROVISION OF MEDICAL **FACILITIES & AMBULANCES**

Numerous projects have been planned including an OT & Pediatric Ward at Ghotki, provision of ambulances at Attock and Jhand, nationwide mobile medical units and free eye camps including awareness programs.



SCHOOLS

New schools are to be constructed at Ghotki – Ferozuddin Chachar and Jumma Arbani. A primary school at Rajanpur and a primary school for girls at Dakhni are also in the pipeline.





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WATER SUPPLY **SCHEMES**











Water supply schemes are planned at Nashpa, Loti, Chanda, Pirkoh, Tando Alam, Bobi and Thal.

DISPENSARIES

Planning is complete for provision of medicines through dispensaries in areas including Bobi, Kunnar and Nashpa,



ROADS

New roads are to be constructed at Kunnar, Dakhni and Kot Sarang in order to benefit local communities.





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FUEL FOR THOUGHT



ENERGY SAVING GUIDE FOR THE WORKPLACE

With companies that may have dozens of computers running and hundreds of lights on at any one time, many employees will wonder what difference they can make simple energy efficiency measures such as switching off office equipment, using energy-saving lamps and the correct setting of room temperatures could cut office energy bills by up to 20%. Here are some easy energy efficiency tips to get you started.



LIGHTING

- Encourage your staff to use lights only when necessary. For instance, at times of low occupancy staff should only switch on the lights that they need rather than the whole floor area.
- Make it clear which lights should be left on and which can be off when not needed. For example, you might choose to light your main office entrance continuously, but specify that the boardroom should only be lit when the room is in use.
- · Use time switches and daylight sensors. These can help you to avoid leaving lights on throughout the night for security reasons, reducing energy consumption.
- · Install energy efficient lights. For example, compact fluorescent products that use 80% less energy could replace tungsten GLS lamps Business equipment
- Encourage your staff to switch equipment off when it is not in use. Even in standby mode, your equipment still consumes energy.

- Use the energy saving features of modern IT equipment. HEATING
- Encourage individuals to turn down the thermostatic radiator valves in their rooms
- Ensure that your radiator circuit is weather compensated to reduce overheating. If overheating occurs, make sure that the heat is turned down rather than opening the windows.
- Avoid using supplementary electric heaters. These are one of the most expensive heat sources to run.
- Use window blinds. Closing window blinds at night or in the early evening can help reduce heat loss.

DID YOU KNOW?

Reducing room temperatures by just 1°C can cut fuel consumption in a typical office by around 8% and save enough energy to print over 40 million sheets of A4 paper.

IF HEALTH IS WEALTH...!



Strength exercise, or resistance training, works your muscles by using resistance, like a dumbbell or your own body weight. This type of exercise increases lean muscle mass, which is particularly important for weight loss as lean muscle burns more calories than other types of tissues. When people drop pounds, they can

also lose muscle, so it's important to do resistance training to keep that muscle mass. You can lose weight quickly [by] doing other stuff, but you're not going to keep it off [in the] long term if you don't maintain lean muscle mass.

People also naturally lose muscle mass as

they age, so resistance training is important for older adults. Having strong muscles can make it easier to do everyday activities, like gardening or taking your suitcase out of an overhead bin on an airplane.

Examples of strength exercises include:

- Lifting weights
- Using resistance bands
- Using your body weight for resistance, by doing push-ups, pull-ups, crunches, leg squats or push-ups against a wall
- Using weight machines at a gym

Benefits of strength exercises include:

- Increased lean muscle mass (or prevention of its loss)
- Increased bone density and reduced risk of osteoporosis
- Increased metabolism to help with weight loss or weight maintenance
- Increased muscle strength to make everyday activities easier
- Lowered risk of injury (by allowing the muscles to better support the joints)







FUEL FOR THOUGHT

Saving power can be one of the simplest ways of improving the profitability of your business. You can make quick power saving changes across your business that will reduce your energy bills and conserve energy.

A computer and monitor left on 24 hours a day will cost around Rs. 4000 a year, but switching them off out of hours and enabling standby features could reduce this to less than Rs. 1000 a year.



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