

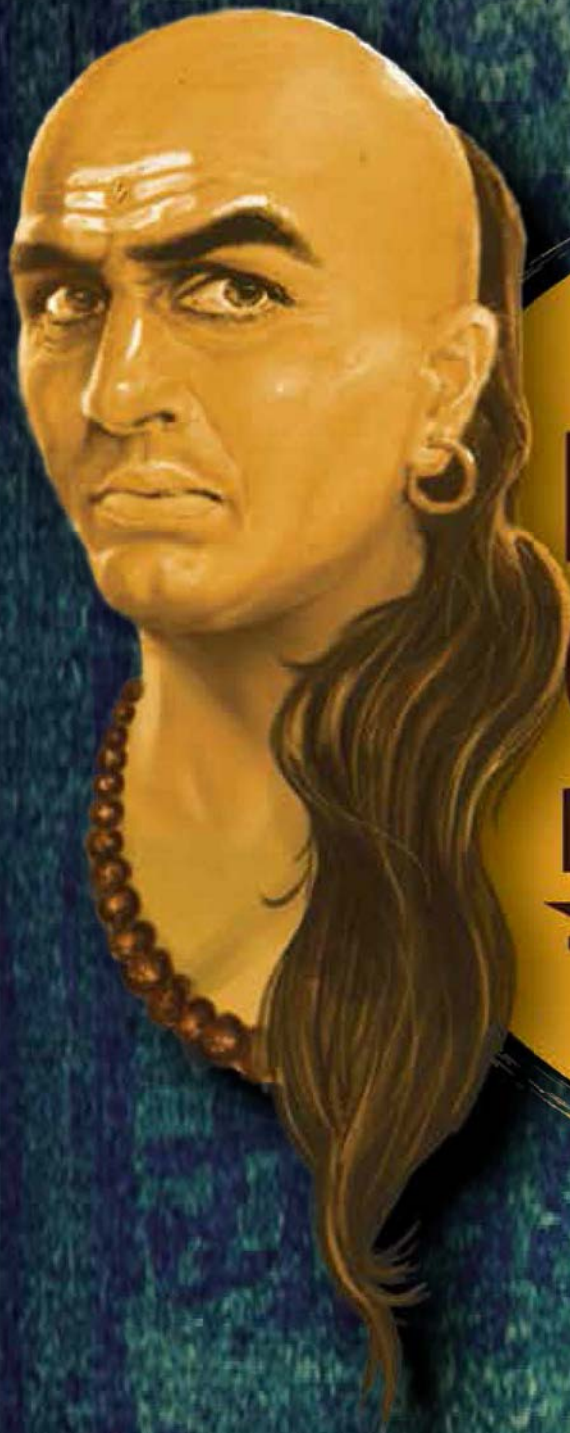
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PETRO PLUS



Energising Employees

VOL-VIII / Issue 1 / 2018-19



**BRAND
QUIZ
BAADSHAH**

**THE CHANAKYA
CHALLENGE**

2018

Editorial

“Knowledge comes, but wisdom lingers.”

- Lord Alfred Tennyson

Holding aloft our corporate philosophy of ‘energising lives’, Brand & PR Department has set out on a journey to engage, enlighten and energise lives across the length and breadth of the country. The Brand Quiz Baadshah Contest reached record levels with our employees last year, gaining an entry in the India Book of Records for the ‘largest employee engagement initiative’ in the country. We have now reached out to our channel partners this year, the ever-widening ripples exciting the BPCL Parivar to stratospheric heights. Christened the Chanakya Challenge, the contest met with a phenomenal response, resulting in BPCL entering the Asia Book of Records for the ‘largest corporate brand initiative’ in the country. This ascendancy goes cheek by jowl with our status as a ‘Star Amongst Maharatnas’. Read about our meteoric journey in our feature article.

As BPCL intends becoming a significant player in the Gas Business, Bharat Gas Resources Ltd. (BGRL) was incorporated as BPCL’s wholly owned Gas subsidiary, to successfully deliver on this Gas strategy. Petronet CCK Ltd. (PCCKL) was also merged with BPCL to consolidate infrastructure and operations, besides paving the way for further expansion. Read about the numerous projects which are in progress and on the anvil, strengthening BPCL’s infrastructure and establishing its vaunted position in the energy sector.

Awards and accolades galore lent added lustre to our stellar status and inspire us to go beyond the ordinary always. Yet we never lose sight of our role in society and constantly reach out to others, aiming to make a difference in their lives.

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Feature

Brand Quiz Baadshah 2018 Energises Lives



“Knowledge is love and light and vision,” was famously said by Helen Keller. In the corporate world, continuous learning is considered to be one of the keys to success in life. Learning, wisdom and success go hand-in-glove as a natural pathway to progress and prosperity. Accentuating on enhancing knowledge, Brand & PR Department launched the ninth edition of Brand Quiz Baadshah – The Chanakya Challenge !

In 2017, Brand Quiz Baadshah was recognized as the Largest Employee Engagement Initiative in the country by any corporate by India Book of Records, as 5408 employees i.e. 45% of the total employees participated in the competition. The bar had to be raised and new benchmarks set for this year !

A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst that sparks extraordinary results. Armed with a positive attitude, dollops of optimism and enthused by last year’s success, the fully charged Brand & PR team were well equipped to strategise about the next edition. After due deliberations with Brand Process Club members, it was decided to include our channel partners, to cover a larger BPCL family in this knowledge enhancement initiative through fun learning.

The following objectives were set for this year’s BQB :

- ▶ To enhance knowledge of BPCL products & services
- ▶ To unleash the potential of BPCL channel partners and employees across the country
- ▶ To engage and develop employees and channel partners as brand ambassadors of BPCL.

The results were stupendous ! The Chanakya Challenge has grown by leaps and bounds and has become a phenomenon in itself ! BQB has generated a lot of energy and alignment in the BPCL family of employees and channel partners and has been a grand success. The first online round, which consisted of 50% questions on BPCL products and services, was completed on 19th July, 2018.

BQB 2018	Total	Participated in BQB 2018	%
Employees (Mgmt+ Non Mgmt+Workmen)	12,929	6,320	49
Channel Partners (RO Dealers+LPG Distributorships+Lubes Distributorships)	19,775	6,326	32
Channel Partners+ Employees	32,704	12,646	39

This great achievement was due to the whole hearted support and active involvement of the entire organisation and the individual teams, right from the SBU/Entity Head to the Regional, Territory & Officer role holders. With the assistance at every level, the communication of the objectives of this initiative could reach every nook and corner of the country successfully, taking this year’s participation to more than double of last year’s numbers !

As Mr. Nori Prabhakar, CGM (Brand & PR) averred, “Initiatives of this kind are needed on a periodic basis to energize the employees and channel partners of our organization and with your consultation and collaboration, we would be planning more of such initiatives in future.”



The Journey

winners - headquarters



mr. usn bhat
sr. vice president, bpri

mr. g. krishnakumar
cgm i/c hrd

runners up - western region



mr. sheikh jalaluddin
manager marketing lubes - nagpur

mr. mosharraf ahmed
executive sales - nagpur

At BPCL, we believe that every mind is like a river delta, ever fertile to breed knowledge. Our organization has taken this factor into the limelight, to regulate the tributaries of knowledge, learning & wisdom that originate from the well-lubricated minds of its family & helped it to converge on a single platform called the BPCL Brand Quiz Baadshah - 2018.

The participants were from all Strategic Business Units, Entities and Refineries across Regions and States. In all, 12,646 inquisitive minds performed to their hilt & did their best to awaken their latent intellectual talent. Out of this, 6320 participants were employees and the rest of the 6326 contestants were channel partners. Eight teams comprising sixteen participants qualified for the Grand Finale.

BPCL Brand Quiz Baadshah - 2018 mirrored the intellect of the BPCL parivar and harnessed their potential to unlock minds, think sharp and kindle their mental reflexes. The objective of this mammoth event was not just about testing the General Knowledge related to BPCL, but also to build brand equity and awareness that will be fruitful for the entire BPCL family and bring about inclusive growth within the BPCL fraternity.

The quiz programme was held from 26th June to 12th October, 2018 and was spread across five rounds which included two online rounds and three live rounds, covering 23 cities. Every event was complemented with games and prizes to fuel further interest among the participants.

The Grand Finale



The scintillating Grand Finale was held on the BPLC lawns at Sewree on 12th October, 2018 and was webcast live. It was won by Mr. G. Krishnakumar, CGM (HRD) and Mr. U.S.N. Bhat, GM, BORL. The runners-up were Mr. Sheikh Jalaluddin, Manager Marketing Lubes,

Nagpur & Mr. Mosharraf Ahmed, Executive Sales (Retail) – Nagpur. Mr. Arun Singh, Director (Marketing) and Mr. K. Padmakar, Director (HR) along with Mr. N. Prabhakar, CGM (Brand and PR) & a galaxy of senior officials of BPCL did the honours.

The Teams in the Finals



Northern Region



Sunil Bains and Rajiv Sikka

Numaligarh Refinery



Amitabh Roy and Joganta Senapaty

Eastern Region



Girish Periwal and Abhishek Saha

Mumbai Refinery



M Gopalakrishnan and Rahul Kamble

Headquarters



G. Krishnakumar and USN Bhat

Western Region



Sheikh Jalaluddin and Mosharraf Ahmed

Kochi Refinery



Vignesh S and Shivamkumar Kaushik

Southern Region



V Anjana Dhevi and S V Latha



The Winner Takes It All

Among SBUS

Lubricants SBU with 85% participation : Winner



LPG SBU with 46% participation : Runner-up



Among Refineries

Kochi Refinery with 37% participation : Winner



Mumbai Refinery with 29% participation : Runner-up



Among Regions

Western Region with 47.3% participation : Winner



Northern Region with 38.5% participation: Runner-up



The Winner Takes It All

Among States

West Bengal with 73.6% participation : Winner



NE states with 56.0% participation : Runner-up



Among Entities

CPO with 96% participation : Winner



Internal Audit+Corporate Affairs+Marketing Corporate with 87% participation : Runner-up



Among similar Staff with no channel partners (Entities+SBUs)

I&C with 85.6% participation : Winner



Aviation with 69.0% participation : Runner-up





Brand Quiz Baadshah Enters Asia Book of Records as the Largest Corporate Brand Engagement Program



The quiz programme was a stimulating knowledge enhancement initiative and 12,646 employees and channel partners (RO dealers, LPG Distributors, Lube Distributors) participated with gusto, winning laurels for the company. This mega initiative justifiably entered the Asia Book of Records and India Book of Records in 2018 as the Largest Corporate Brand Engagement Program in Asia for employees and channel partners.



From Left to Right: Mr. Anil Ahluwalia, GM (Brand & PR), Mr. Rajiv Puri, DGM (Brand and PR), Mr. Arun Singh, Director (Marketing), Mr. Nori Prabhakar, CGM (Brand and PR), Mr. K. Padmakar, Director (HR), Mr. Siddharth Sharma, Sr. Manager (Brand and PR), Mr. S.S. Sundararajan, DGM (Brand and PR), Mr. Shamal Kunder, Secy. to CGM (Brand and PR), Dr. Pravin Kuhikar, Sr. Manager (Brand and PR), Mrs. Marianne Karmakar, DGM (Brand and PR), Ms. Melisa Mendonca, Executive (Brand and PR).



BPCL Signs MoU for 2018-19 with MoP & NG



BPCL has entered into a Memorandum of Understanding (MoU) with MoP&NG for 2018-19. The MoU was signed in Delhi on 27th April 2018 by Mr. K.D. Tripathi, Secretary MoP&NG and Mr. D. Rajkumar, C&MD BPCL in the presence of MoP&NG officials - Ms Urvashi Sadhwani, Principal Advisor, Mr. Ashutosh Jindal, Joint Secretary (Marketing), Mr. Ashish Chatterjee, Joint Secretary (GP), Ms. Indrani Kaushal, Economic Advisor, Mr. K.M. Mahesh, Director (LPG) along with Mr. V. Anand, then ED (P&I), Mr. M.A. Khan, CGM (Coordination), Mr. Neeraj Shukla, CGM (Planning) and BPCL officials from Coordination.

Other than the mandatory financial parameters, the focus areas of MoU

include automation of all the operative retail outlets & replacement of old DUs, increasing digital transactions for LPG & retail outlets, commissioning of LPG distributorships, improving energy efficiency & availability of Refineries, increased penetration of PNG connections, new CNG stations, building infrastructure & enhancing capacity by Capex spending, project completion without time & cost overruns and assessment of level in line with the People Capability Maturity Model.

BPCL has been consistently awarded an 'Excellent' rating for its annual performance against the MoU, right from the commencement of the MoU system, and is committed to moving ahead with even better performance in the years ahead.

Hexane Polymer Grade is in Great Demand

11th September 2017 was a red letter day in the history of BPCL, when new products, Hexane Pharma grade and Hexane Polymer grade as per the requirement of the market, were introduced jointly by I&C and Mumbai Refinery. 4th May 2018 was also a historic day, when I&C initiated supplies under the single largest order of 10,150 KI for Hexane Polymer bagged by our Ahmedabad I&C Territory led by Mr. Rahul Mohite, from M/s OPaL (ONGC Petro additions Ltd). Promoted by ONGC, GAIL and GSPC, OPaL has set up a mega Petrochemical Complex, South Asia's largest Dual Feed Cracker, capable of producing a wide spectrum of petrochemicals at Dahej, Gujarat. The first three tank lorries (72 KI) of this prestigious order were flagged off by Mr. P.V. Ravitej, CGM (Operations), MR. I&C SBU is striving to establish market leadership in this niche segment & have already enrolled three major consumers i.e. M/s Reliance Industries, M/s GAIL & M/s OPaL.

BPRL Signs MOU with BPCL

BPRL has entered into a Memorandum of Understanding (MoU) with BPCL for the financial year 2018-19. The MoU was signed by Mr. D. Rajkumar, C&MD, BPCL and Mr. Ajay Kumar V., MD, BPRL on 17.8.2018. This is the tenth MoU BPRL has signed with BPCL, and so far, BPRL has achieved an 'Excellent' rating in the MoUs signed with BPCL till 2016-17.



Fleetgenie Launched

Under Project Nishchay's non-fuel business strategy, Integrated Fleet Management (IFM), branded as 'Fleetgenie', was envisaged as a one stop solution to address several pain points of fleet-owners, shippers & drivers, by offering a bouquet of integrated services:

- ▶ Business Development: Assistance in arranging return loads for trucks.
- ▶ Cash Management solution: Cash deposits, withdrawals, remittances & other allied financial services.
- ▶ Vehicle maintenance: Roadside Assistance (RSA) for breakdowns and Multi brand full scale service centre
- ▶ Telematics solution (Vehicle Tracking) for trucks
- ▶ Insurance & Working capital loans
- ▶ Driver verification services.
- ▶ Telemedicine facility at outlets for drivers.



During the pilot phase, Fleetgenie enrolled 1560 Fleet-owners and 750 shippers. Apart from a fulfilment ratio of 46% (better than industry average of 30%), the peak milestone was executing 124 loads on a single day in March 2018. Fleetgenie also achieved a gross freight exchange of around ₹ 3.7 crores and generated a commission of more than ₹ 13 lakhs from its numerous offerings.

Fleetgenie services are being extended to five more major National Highways in India. To begin this momentous journey, Fleetgenie was launched at Aero-city New Delhi by ED (Retail) and ED (Business Development) to revolutionise the transportation sector. This impetus is sure to propel Fleetgenie's ascending journey, further consolidating HSD business for BPCL.

Two Decades of Successful Operation of Mumbai – Manmad Pipeline



To commemorate the 20th Anniversary of the Mumbai-Manmad pipeline, a function was organized at Mumbai on 29.3.2018 to celebrate the baby steps taken to lay a hydrocarbon artery of 252 km from Mumbai to Manmad. While Mr. R. Ramachandran, Director (Refineries) emphasized on pipeline safety and speedy expansion of the pipeline network to retain the competitive edge.

Mr. K. Padmakar, Director (HR) applauded the great team work & motivation level of the Pipelines team working under difficult conditions in remote locations. Mr. L.R. Jain, CGM Pipelines (Ops. & Projects) expressed the aspiration of enhancing pipeline performance to optimize the cost of product placement at our retail locations across the country.

LPG Packed Truck VM Launch



Aiming to create a common brand image in the minds of customers, our Brand Council decided to have a uniform design of Visual Manifestation (VM) to promote Bharat Petroleum as the main brand in all Fleets (owned / hired / network) across all SBUs. Solapur LPG territory, with Mr. Vijay Sehgal TM (LPG) at the helm, was first Territory in the country to implement the new VM in 100 % of their fleet. On 2.6.2018, Mr. P.K. Ramanathan, GM Logistics HQ & Mr. S.K. Padhi, DGM Logistics HQ launched the All India First LPG Packed Truck VM at Solapur.

Laying of Foundation Stone of Balangir LPG Bottling Plant



On 21.5.2018, Shri Dharmendra Pradhan, Hon'ble Union Minister of Petroleum & Natural Gas and Skill Development & Entrepreneurship and Dr. Thawar Chand Gehlot, Hon'ble Union Minister of Social Justice & Empowerment laid the Foundation Stone for an LPG Bottling Plant in Village Barkani, Dist. Balangir, Odisha. This is the second plant for BPCL in the state of Odisha after Khurda, which was commissioned in 1988.

In his address, our C&MD, Mr. D. Rajkumar stated that the project costing ₹103 crores will be operational by March 2020. The plant will be spread over an area of 23 acres with rated capacity of 60 TMT, which will fulfil the growing demand of LPG in Odisha. BPCL has an ambitious plan of doubling its volume and selling 200 TMT of packed LPG in Odisha by 2021. The event was widely covered by Odisha media.

CRDC and IIP Sign Collaborative Projects



Corporate R&D Centre signed a Memorandum of Agreement (MoA) with Indian Institute of Petroleum (IIP), Dehradun for 'Indigenous Development & Commercialization of Continuous Catalytic Reformer Catalyst' on 18.4.2018. BPCL has CCR units in Mumbai, Kochi & Bina, with total catalyst inventory of about 174 MT. As this is an expensive catalyst which is imported, indigenous development is another step towards the 'Make in India' initiative by BPCL. CRDC also signed a MoA for a

'Solvent De-Asphalting (SDA) Process Optimization Study.' Mumbai Refinery is contemplating to put the SDA Unit to process High Sulfur (HS) vacuum residue to produce De-asphalted Oil to reduce bottoms generation. Another objective of this project is to process higher proportions of HS crude, maximizing feed stream for the upcoming Petro FCCU and also valorization of pitch produced from SDA. Dr. Sanjay Bhargava, CGM-CRDC and Dr. Anjan Ray, Director-IIP signed the MOA.

Kochi Refinery Taps Technical Talent



In a nail-biting finish, Hariprasad KR and Gijo George emerged champions of the techwiz brain-game which had hard-core quizzing on industry, business and brands. Teams were named with synonyms of Mother Earth - Bhoomi, Dharani, Kshithi, Mahee, Prithvi and Urvi to mark the Earth Day celebrations.

New Railway Siding Facilities at Irugur



Irugur Installation & E&P were overjoyed when our C&MD, Mr. D. Rajkumar commissioned the new Railway Siding, tank-wagon loading gantry and related facilities at Irugur on 1.8.2018. The project was completed 3 months ahead of schedule by the E&P (South) team under the guidance of Mr. K. Prakash, GM Engg I/C (E&P) South, by site team - Mr. R Rajkumar, Project Leader, Mr. Suraj Singh Parihar, Site Engineer & Mrs Umarani Natarajan, Sr Manager, Irugur. When fully functional, it will take care of evacuation of 1500 TMT of MS and HSD from IREP. Mr. Arun Kumar Singh, ED (Retail), Mr. Yogesh Apte, CGM (E&P), Mr. LR Jain, CGM (Pipelines) & Mr. Sanjeev Raina GM Ops I/C (Retail) HQ graced the occasion.

Commissioning of Raipur LPG Bottling Plant

On 25th August 2018, the 45 TMT Raipur LPG plant, the first BPCL plant in the state of Chhattisgarh, was commissioned by gas charging the Mounded Storage Vessel. Cylinder filling started on 31.8.2018. Raipur LPG territory can now meet the growing market demand as well as the aggressive implementation of the Pradhan Mantri Ujwala Yojana. This 50th LPG plant of BPCL is the first one in the country with the new automation system. At a cost of less than ₹68 crores, it is the most cost effective plant with state-of-the-art facilities and was built well within 18 months from the date of receipt of environment clearance. The E&P Team comprised Mr. Anil Agrawal, Project Leader, Mr. Don David, Site Engineer and the LPG Team had Mr. CV Ravikumar, DGM Ops & HSSE, Mr. Pawan Kumar, State Head (LPG), MP & Chhattisgarh, Mr. Ashok Doger, TM (LPG) Raipur and Mr. Piyush Gujarathi, TC (LPG) Raipur.

Launch of Bharat – WDP & EBMS Kit



In pursuit of the "Make in India" initiative, joint developmental efforts of Corporate R&D Centre and Retail-QA teams (Dr. S. Gupta, Sr. Mgr. (R&D),

Mr. D. Pandey, Mgr. (R&D), Ms. M. Kolarkar, Mgr. Retail-QA and Mr. R. Subramanian, Ch. Mgr. Retail-QA) led to development of 'Bharat-Water

Detecting Paste (Bharat-WDP) & EBMS Kit' for detection of water and ethanol content in Ethanol Blended MS (EBMS). On 6.8.2018, Mr. K. Ravi, ED (RC&SP) and Mr. Sanjeev Raina (GM Ops. I/C-Retail) launched the innovative products, marvelling at the creativity of the team.

The first of its kind in the oil industry, WDP is extremely sensitive to water presence in hydrocarbon, changes color from green to pink and detects water content up to 0.5 v/v% in EBMS, is user friendly and is stable in EBMS. The EBMS kit offers rapid (within 2 min) and on the spot estimation of ethanol content in EBMS in the range of 8-12 vol%. Both the products are extremely cheap and offer savings to the tune of ₹ 500 lakhs per annum against estimated internal consumption of 4 MT at Installations, Depots and Retail Outlets.

Analytics Lays a Strong Digital Foundation



Analytics, Big Data, Machine Learning etc. are strategic trends in the corporate world, critical for making a difference in the market. In July 2017, BPCL along with Accenture, embarked on a new journey in Analytics, which included delivery of user-friendly dashboards showing BU performance across various dimensions, actionable insights to BUs using statistical models and building a secure cloud-based data warehouse consolidating information from all data sources. On 10th May 2018, Mr. D. Rajkumar, C&MD declared Go-Live of the first set of analytics dashboards created for Retail, LPG and Lubes SBUs. The event was graced by Mr. R. Ramachandran, Director (R), Mr. K. Padmakar, Director (HR), Mr. K. Sivakumar, ED (Finance I/C) & Mr. Pramod Sharma, ED (BD).

The dashboards can be accessed via my Portal using any device (laptop, iPad, mobile) & have been currently released to all TMs, State and Regional Heads in Retail, LPG and Lubes SBUs. The Analytics Project aims to lay a strong digital foundation and nurture capabilities to get BPCL future-ready.

Bharat Gas Resources Limited Incorporated



BPCL has drawn up ambitious plans to become a significant player in the Gas Business, establishing its footprints across the gas value chain. In order to successfully deliver on this Gas strategy, BPCL needed to internally restructure the Gas Business to ensure agility and dedicated focus with enhanced decision making authorities. On 7th June 2018, Bharat Gas Resources Limited (BGRL) was incorporated as BPCL's Wholly Owned Gas Subsidiary, with its Registered Office at Mumbai and an authorized capital of ₹ 2,000 crores. The name – BGRL - is all-encompassing, taking into account every future activity that a Gas Company can undertake, signifying & supporting international presence, growth & expansion. The name also resonates well with the existing Joint Ventures and Subsidiaries of BPCL like BPRL, NRL and BORL.

After having received the approval of the BPCL Board in February 2018, we were successful in obtaining the approval of Niti Aayog, a mandatory requirement for formation of a subsidiary / joint venture company, and incorporating the same with the Ministry of Corporate Affairs within a period of four months - just in time to bid for the 9th CGD Bid Round in the name of BGRL.

Medical Magic in Maharashtra

BPCL, under its CSR activities, has partnered with a joint initiative of the Indian Railways and Impact India Foundation to support the Lifeline Express, "a hospital on a train". The seven-coach train has three operation theatres equipped with state-of-the-art medical equipment. The main aim of the project is to reduce the burden of avoidable disability in communities in rural India through screening, early identification, medical and surgical intervention, along with Information Education Communication programmes on various topics.

BPCL had first supported Lifeline Express in 1992 at Manmad and again in 2017 at Daltonganj, Jharkhand & now at Latur, Maharashtra in June/July 2018. On 16th June 2018, the program was graced by the presence of Hon'ble Minister, Dr. Sunil Gaikwad, MP Latur, Shri Sambhaji Patil Nilangekar, Guardian Minister of Latur & senior officials of Latur District Administration.

Through the project, people living in far-flung villages were covered within a radius of 80 km like Tuljapur, Ambajainagan, Jaikot, Chakur, Udgir, Renapur. Around 10,000 people have benefitted from the free healthcare services provided. Approximately 765 surgeries were provided free of cost. These include corrective orthopaedic surgeries for people afflicted with polio or club-foot deformities, hearing impairment & cataract surgeries and plastic surgeries for cleft lips. More than 960 aids & appliances were distributed to the needy patients. The doctors on board also provided breast & cervical cancer screening, epilepsy treatment, dental treatment, gynecological & cancer procedures and stroke prevention programmes through health education, reaching out to more than 1300 beneficiaries at the camp.

MOU Signed with C-BEEV for E Mobility



While the electric vehicle market in India is evolving fast, solutions are being sought for better energy density, low maintenance cost, swapping stations, fast charging etc. IIT Madras has formed a Center of Battery Engineering and Electric Vehicles (C-BEEV) along with the active support of different industries to develop the electric mobility ecosystem in India. The Centre carries out multi-disciplinary research work in several areas related to batteries and electric vehicles including cell management, battery management systems, battery testing and charging, and helping in the development of national standards for communication between electric vehicles, batteries, chargers, users and cloud servers.

In this context, on 27th August 2018, BPCL signed an MOU with C- BEEV, IIT Madras, who has been the pioneer in the research and development of the EV ecosystem in India. Our C&MD was taken around the Battery Centre R&D laboratory in the campus. Demonstrations were arranged by the team of C-BEEV (IITM) on various technologies of battery engineering and swapping of batteries in 3 wheelers, the prototype for swapping in e-buses, energy usage by vehicle post operations using high-end Battery Management System (BMS) & billing application with Bluetooth scanning. C&MD also took a ride on an E-rickshaw within the IIT Campus to understand the feasibility of such vehicles for shared mobility.

Oil Industry's First Bio Gas Plant at a RO



On 28th July 2018, Mr. Arun Singh, ED (Retail) inaugurated the Oil Industry's first Bio Gas Plant at BP-Bazargaon, OSTS in Nagpur Territory, in the presence of Mr. Santosh Kumar, Head, Retail West & Mr. P. Sudhakar, GM (Engg) RHQ. Clean, green and renewable energy is the dream of every Energy Company and BPCL has taken the first big step in this context. The Biogas is generated from food and vegetable waste of the Dhaba, which is put in a digester that ferments the waste anaerobically. The Biogas generated is stored in a specially designed balloon, and is used for cooking after being compressed. The plant has a capacity of treating 100 kg Bio-waste per day which generates gas equivalent to 4.5 kg of LPG per day. Even the residue of the Bio-waste after gas generation can be utilized as manure, thus completing the entire cycle of 'From Earth, To Earth'.

1000th Oil Tanker Berths at Kochi SPM

On 26.8.2018, the Suez Max MT MOGRA with 139.652 TMT Basrah Light from Iraq was the 1000th Oil Tanker to berth at the Kochi SPM. Approx. 108.785 Million MT of crude has been brought in through the SPM that was introduced in the Kochi waters off the coast at Puthuvyppeen in 2007 for crude oil receipt from very large crude carriers (VLCCs).



CSR Project at Chennai



On 13th July 2018, our C&MD, Mr. D Rajkumar dedicated 33 Micro Compost Centres for Solid Waste Management to the citizens of Avadi, Poonamallee and Thruverkadu Municipalities, around Chennai, in the august presence of Mr. P. Benjamin, Hon'ble Minister for Rural Industries, Tamil Nadu, Mr. Mafoi K. Pandiarajan, Hon'ble Minister for Tamil Language

& Tamil Culture, and other senior dignitaries from BPCL and CMA, TN.

In these areas, 174 MT of solid waste was generated daily; the segregated organic waste collected by the Municipalities will be sent for scientific processing in the MCCs. BPCL extended support to the tune of ₹10.96 crores for the 33 centres. The project covers 56 wards with a population of

over 4 lakh people. The benefits of the project include reduction in dumping of waste, reduction in fuel consumption, carbon footprint and also generation of additional income for the workers associated with it. This project, which has given these Municipalities a complete facelift, truly epitomizes the Swachha Bharat Mission in every sense of the term !

Bonding with the Best : MAK & TVS



The OEM tie-ups that MAK has entered into till date is an enviable list with some of the world's best brands like Honda, Hero MotoCorp, TVS, Tata Motors, Chevrolet, Kirloskar, ELGI, L&T, Eicher, Munjal Showa, Atlas Copco and many more. MAK has an exclusive tie-up with TVS Motor Company (TVSM) for three series of world class high performance lubricants under the brand name TVS Tru4 with a sales volume of 8 TMT per

year in the existing portfolio.

BPCL and TVSM have now developed a product for 4-Stroke Petrol / CNG / LPG 3 Wheelers, named as 'TVS Duramate', which meets the highest standards of performance and enhances mileage. This was launched on 11th July 2018 at TVS Motors, Hosur by Marketing Manager, Mr. Abhay Shah and Marketing Head, TVS 3 Wheeler Business, Mr. S. S. Krishnakumar.

Kochi Refinery's Gift to Mother Nature



A 120 kWp Solar Power Plant atop the VGO HDS Substation at Kochi Refinery was commissioned on World Environment Day, 5th June 2018 and was dedicated to 'Mother Nature' on 8.6.2018, by Mr. Thampi P.K., CGM (Technical). The Plant is the third Grid Tie system to be commissioned in Kochi Refinery, raising the total capacity to 185 kWp. It is expected to churn out a whopping 1,70,000 units of energy per year which would reduce around 127 MT of CO2. The plant also boasts of state-of-the-art Core 1 Inverters from SMA.

Petroleum Industry Donates to Kerala CM's Distress Relief Fund



On the advice of Hon'ble Prime Minister, Shri Narendra Modi and Shri Dharmendra Pradhan, Hon'ble Minister of Petroleum & Natural Gas & Skill Development, the petroleum industry has been on constant vigil in Kerala throughout the flood crisis to ensure continuous supply of petroleum fuels and LPG. Moreover, the Oil PSUs together donated ₹ 25 Crores to the Chief Minister's Relief Fund as a helping hand to the State. On behalf of the industry, the cheque was handed over to Shri Pinarayi Vijayan, Hon'ble Chief Minister, Kerala, by Shri Alphons Kannanthanam, Hon'ble Union Minister of State (I/C) for Tourism, in the presence of Shri V. Muraleedharan, Hon'ble MP, Mr. Prasad K. Panicker, ED (Kochi Refinery), BPCL.

BPCL Employees Donate ₹4 Crores



In addition, all employees of BPCL showed their solidarity towards the flood victims and 'God's Own Country' by contributing ₹ 4 crores. The cheque was handed over to Shri Pinarayi Vijayan, Hon'ble CM of Kerala by Mr. Prasad K Panicker in the presence of Mr. Tom Jose IAS, Chief Secretary and Dr. K Ellangovan IAS, Principal Secretary (Industries) & GoK representative on the BPCL Board.

I & C Renews Ties



On 12th June 2018, Delhi (I&C) Territory signed an MOU with M/s. Tata Services for the supply of approx. 8000 MT of Furnace Oil & 5000 KL of LDO on pan India basis to various plants of Tata Group Companies. Mr. Indriyajit Sethi, Vice President, Group Strategic Sourcing, TSL, Mr. Sharad Sharma, ED (I&C), Mr. S. Jena, CGM Sales (I&C), Mr. Sanjay Kargaonkar, DGM Bus.Dev. (I&C) & Teekam Singh, TM Delhi (I & C) graced the event.



On 3rd July 2018, I&C Mumbai signed an MOU with SI Group India Ltd. for 100 TMT (90% of their requirements) for the period 2018-2020. SI Group will uplift Propylene from our Mumbai & Kochi Refinery and Benzene & LSHS from our Mumbai Refinery. Mr. Emmanuel Hess, Vice President Asia Pacific, Mr. Oliver Lu, Senior Director Supply Chain and Sourcing Asia Pacific, Mr. Abhijit Vichare GM Sourcing India and SEA, Mr. Sharad Sharma, ED (I&C), Mr. S. Jena, CGM Sales (I&C), & other senior officials from BPCL & SIGI graced the occasion.

Rallying to the Cause

Amidst many challenges, BPCL was able to run the units of Kochi Refinery to ensure availability of petrol, diesel and LPG. Due to heavy water logging in Cochin International Airport, where BPCL is the Fuel Farm/Hydrant Operator, the Airport authorities had declared closure of the Airport from 16th-29th August, 2018. Our entire facilities were inundated with water. Working continuously, the Cochin AFS team, along with support from Aviation HQ and Southern Region, ensured that the quality and safety parameters were met and the system was fully operational in no time.



PCCKL MERGED WITH BPCL

Petronet CCK Ltd. (PCCKL) was founded in 1998 as a Joint Venture Company with BPCL and Petronet India Ltd. as majority shareholders. Over the years, PCCKL has been performing well and has been paying sizeable dividends to BPCL. The dynamic business environment has led to the merger of PCCKL with BPCL with effect from 1st June 2018, thereby consolidating infrastructure and operations, besides paving the way for further expansion.

BPCL SUPPORTS HEALTH CARE

The partnership between BPCL and Ramakrishna Mission has extended over seven years and spans across several developmental areas, like providing quality education, improving access to healthcare for the poor, placement linked vocational skilling, support towards clean energy and others. On 6th July 2018, BPCL and RKM Seva Pratishthan inaugurated the ultra-modern 1.5 Tesla MRI machine at their hospital in Kolkata. This will provide high quality MRI scans to around 5000 patients annually at a minimum charge.

I&C FUELS SECURITY

The Special Service Bureau (now Sashastra Seema Bal) has the mandate of guarding the 2450 km long Indo-Nepal and Indo-Bhutan open border. SSB is now spread along the international border across Uttarakhand, UP, Bihar, West Bengal, Sikkim, Assam and Arunachal Pradesh. The Central Reserve Police Force (CRPF) is responsible for internal security and the Border Security Force (BSF) is deployed on border guarding duties on the Indo-Pakistan and Indo-Bangladesh border. In April 2018, BPCL signed MoUs with these three Central Armed Police Forces for supplies of MS, HSD and SKO to their units all across the country. The annual consumption of the CRPF, BSF and SSB is 25,000 KI, 22,000 KI and 9,700 KI respectively.

BPCL SUPPORTS HEALTH CARE

The Government of India has taken radical measures to bridge the skill gap that has been manching our industrial growth. Developing a skilled workforce can succeed with tangible contributions from the corporate sector, which is the 'force multiplier' of the Government. BPCL is poised at the vanguard of this noble mission, supporting this welfare scheme to the hilt. The Pipelines team has taken a significant step to galvanize the young minds of the Industrial Training Institute, Mankhurd in Mumbai. On 27.3.2018, a training programme was held for 36 participants to impart knowledge on the industrial needs of Electrical Systems & Safety. Opportunities were provided for hands on training and demonstration of the latest technology and equipment in the area of digital measurement and electrical systems with special focus on electrical hazards and safety.

KR TRAINS ENGINEERS OF DORCL, NIGERIA

Kochi Refinery conducted a customised technical training programme for a batch of 22 newly recruited young engineers from M/s. Dangote Oil Refining Co. Ltd., (DORCL) Nigeria. The objective was to familiarize the Engineers with the functions and operations of various units in the refinery and the safety practices at a 24x7 operating unit like KR. Mr. P.Murali Madhavan, CGM (Operations) I/C inaugurated the programme on 3.8.2018 in the presence of Mr. D.K. Shukla, Director (Engineering & Technology), DORCL, Mr. S. Anujan, GM (IREP-Training), Mr. R. Sreekumar, GM (Mfg Ref 1), Mr. Mohan Ram B, DGM (Employee Relations) I/C and delegates from DORCL at the KR Learning Centre.

Awards

Kochi Refinery Wins State Pollution Control Award Again



Kochi Refinery won the State Pollution Control Excellence Award instituted by Kerala State Pollution Control Board (KSPCB) for the 12th consecutive year, for pollution control measures in the category of very large industries. Mr. Prasad K Panicker, ED (KR), Mr. Damien Gracious, CGM (HSE), Mr. E.S. Anilkumar & Mr. K.G. Aji received the award from Hon'ble Chief Minister of Kerala, Mr. Pinarayi Vijayan at a function held at Thiruvananthapuram on 7th June 2018. Mr. K. Muraleedharan MLA, Mr. K. Sajeevan, Chairman, Kerala State Pollution Control Board (KSPCB), Mr. T.A. Thankappan, Member Secretary (IC), KSPCB and Dr. T.N. Seema, Vice Chairperson, Haritha Keralam Mission were also present.

IDC Wins Data Centre Award Again



BPCL's Integrated Data Center's case study - "Enhancement of Data Center Electrical Redundancy System with Modular UPS Architecture" was adjudged as the "Winner" amongst 100+ tough competitors in "Data Center – Power Management" category of awards organized by UBS Transformance at the Taj Mahal Hotel, New Delhi on 20th April, 2018. The IDC team has successfully completed the project of 'Installing Intelligent and Modular Uninterrupted Power Supply System' in March 2018. This system further enhances reliability of the Data Center by providing a filtered uninterrupted power supply to the Data Center as well as increases efficiency by reducing the power consumption using the Variable Multiple Modular System (VMMS) mechanism.

Kochi Refinery Lifts Best Corporate Citizen Award



Kochi Refinery bagged the National Institute of Personnel Management (NIPM) Kerala Best Corporate Citizen Award for the second consecutive year. Mr. Jayesh Shah, ED (HR), Mr. George Thomas, GM (PR & Admin) and Mr. Vineeth M. Varghese, SM (PR & Admin) along with the CSR team received the trophy from Mr. A.P.M. Mohammed Hanish IAS, Managing

Director, Kochi Metro Rail Ltd in Kochi on 23rd June 2018. Kochi Refinery competed among large companies having a minimum CSR budget above ₹100 lakhs. NIPM (Kerala Chapter) instituted the award for recognizing the efforts of companies in integrating and internalizing Corporate Social Responsibility into their core business operations.

BPCL Bags KMA CSR Award 2018



Kochi Refinery bagged the Kerala Management Association (KMA) CSR Award 2018 for "Child & Elderly Care" and Runners-up for "Environment & Greenery" in the public sector. Mr. Babu Joseph, CGM (Maintenance), Mr. George Thomas, GM (PR & Admin), Mr. Vineeth M. Varghese, SM (PR & Admn), along with the CSR team received the trophies from Mr. Kochoseph Chittilappilly, Chairman and CEO, V-Guard Industries and a revered philanthropist, at the KMA CSR conclave in Kochi on 6.7.2018.

BPCL received the recognition in "Child & Elderly Care" for the support extended for facility enhancement and supplementary nutrition at 52 anganwadis (play schools) in the neighbourhood. Books on health, nutrition, well-being, happiness and success have been provided to inspire the young readers. The Environment Award was for the Green Pilgrimage Project, which promoted the use of organic colours instead of chemicals at the annual ritual of Erumely Pettathullal among Sabarimala devotees.

NSC Star Award to Chennai LPG Plant



Chennai LPG Bottling Plant was conferred with the 'Star Award' for adopting the Best Health & Safe Practices for year 2016 from the National Safety Council (NSC) Tamil Nadu Chapter, Chennai. Mr. K.Kalaiannan, Chairman of NSC, TN Chapter, Chennai presented the award to Mr. B. Senthilkumar, TM

(LPG), Chennai, Mr. S. Subbiah, Sr. Mgr. (HSSE), Mr. Arumaiselvan, Clerical Assistant and Mr. T. Premnath, Bus. Dev. Mgr. (LPG), South in the presence of Mr. Surianarayanan, Jt. Secretary NSC, Mr. Rajmohan, Secretary NSC, Mr. S. Venugopal, Joint Director of Industrial Safety & Health and Mr. T. Bhaskaran, Vice Chairman NSC.

SHOWA Awards BPCL for 'Best Quality' Lubricants !



M/s Showa Corporation is a manufacturer of high-performance automotive, motorcycle and outboard suspension systems based in Gyoda, Saitama in Japan. M/s Munjal Showa Ltd. was established in 1986, as a joint venture company with India's Hero Group for manufacturing of shock absorbers in India. BPCL has been enjoying the status of exclusive supplier of Shock Absorber Oils since then.

For the first time in the three decade long association, on the recommendation of M/s Munjal Showa Ltd, M/s Showa Corporation selected BPCL as the recipient of the "Best Quality Award" among all its business partners, signifying outstanding product engineering and consistent quality. The award was conferred by Mr. Kazuhiro Nishioka, Chief Operating Officer of M/s Showa Corporation to Mr. Kuntal Rastogi, BPCL's TM (Lubes) Delhi Direct Lubes Territory.

Excellence Award for Nitin Bajaj Iquation Quiz Tour Corporate Cup 2018



Mr. Nitin Bajaj, Executive (Ops.) LPG, Hissar LPG Territory, has been felicitated with the Excellence Award in appreciation of outstanding achievement in academics for the 2017 batch of Deenbandhu Chhotu Ram University of Science & Technology, Sonipat (Haryana State Govt. University) by Technical Education Department Haryana during I-TECH (Industry & Technical Excellence - Changing Haryana). Only one student from each University was given the award. I-TECH is an initiative taken by Technical Education Department Haryana in which MOUs were signed with Maruti, Hero, Escorts and many other companies for better industrial exposure & training of students from different Govt. institutions of Haryana. The Award was presented by Mr. Ram Bilas Sharma, Hon'ble Education Minister, Govt. of Haryana in the presence of Mr. Manohar Lal Khattar, Hon'ble Chief Minister, Haryana on 2nd May, 2018 at Government Polytechnic Manesar, Gurugram.

More than 100 corporates participate in India's most happening Business & Mindgame IQuation Quiz Tour Corporate Cup is hosted by renowned Quizmaster, Krish Banik from M/s. EMG. The BPCL quizzing team comprising Mr. Jai Rattan Ekka, Sr. Manager –HR, BPRL and Mr. Sagnik Sinha, Manager-BD, BPRL won the Western Region finals. The event saw participation of some top notch seasoned quizzing teams from TCS, HDFC Life, Mercer, IOCL, HPCL, NTPC, VA Group, NUVOCO, Godrej, Gammon, Hero Motocorp Ernst & Young, MJUNCTION etc.



Young Managers Lift AIMA Award



AIMA held its 44th National Competition for Young Managers on the theme 'Reimagining India : Contribution to make it Innovative, Inclusive, Invincible' in which around 110 teams participated from Corporates across India. Nine teams participated from BPCL, out of which the team comprising Ganesan Jaibal from Corporate Treasury, Sonakshi Samar from I&C, Mumbai and Monica Jaiswal from HRD, made it to the Top 10 teams to reach the National Finals after securing the 2nd position in the Western region.

At the national finals held on 27th July 2018 at Delhi, team BPCL bagged the 1st runner up award, coming a close second to Bosch Ltd. The team presented BPCL's contribution to making India innovative through investment in human capital, innovation in products and services and diversifying its portfolio into strategic initiatives. It also highlighted how BPCL has integrated technology with infrastructure, its CSR initiatives and their impact on society along with its outlook to move into cleaner fuels, refinery expansion plans etc.

Obituary

Mr. S. Ramesh



Message from Chairman & Managing Director

Dear Colleagues,

It is with a heavy heart, that we mourn the sad demise of our dear Director Marketing, Shri S. Ramesh, who passed away on 24.9.2018 after a prolonged illness.

Shri Ramesh had an illustrious career in BPCL spanning over 38 years. Prior to joining the Board on 1st March, 2016, he worked in diverse roles, such as Divisional Manager, member of Project CUSECS, GM Brand, GM Retail Strategy, and thereafter headed 3 SBUs, Lubes, Retail, LPG. As a senior business leader he was instrumental in leading several new initiatives that propelled the brand equity of BPCL.

Shri Ramesh was a dear friend, a valuable colleague and a true visionary. He made immense contribution to the organization as a senior member of the board. As an individual, Shri Ramesh was an adorable personality, deeply loved by the entire BPCL family, including its dealer / distributor fraternity. He was also greatly respected by the entire oil industry and was held in high esteem by MOP&NG, including the Honourable Minister.

I acknowledge his indomitable spirit to have served with zeal and vigour despite health setbacks over the last few months. On his passing away, we will miss his presence and support. In this hour of grief, I pray that the almighty may give his family the strength to bear this irreparable loss. May his soul rest in peace.

D. Rajkumar

People

Obituary



Mr. C. R. Ananthanarayanan

ex-BPCL, Chennai passed away on 29th September, 2018 at the age of 87 years. An avid bridge player, he has represented BPCL in PSPB bridge tournaments and also played at the state and national level and won many trophies and accolades. He had worked in the erstwhile Burmah-

Shell for several decades and eventually retired from service in October, 1989.



Mr. U. Venkataswamy

Asst. Manager Operations (Retail) ETPL expired on 8.5.2018 due to illness. Aged 59, he served the Corporation for 34 years. He is survived by his wife, son and daughter.



Mr. Deepak Gopal Mohite

Craftsman, Maintenance Dept., Mumbai Refinery, expired on 16.8.2018 at the age of 58 years. He had joined the Corporation on 7.9.1982. He is survived by his wife, two sons and a daughter.



Mr. Baden Majhi

Sr. Manager Operations (Retail), Paradeep Installation passed away on 15.6.2018 at the age of 53 years. He had joined the Corporation on 1.8.1989. He is survived by his wife, daughter, son and mother.



Mr. Dinesh Kashiram Lokegaonkar

Process Technician, Chargehand in Scheduling & Blending, Mumbai Refinery expired on 27.9.2018 at the age of 55 years. Having joined BPCL on 13.1.1986, he is survived by his wife and two sons.

Doctorate for Indrajit Mazumdar



Our General Manager (Business Dev.) from Corporate Affairs Dept., Mr. Indrajit Mazumdar has been awarded with a Ph.D. by Banaras Hindu University. The title of his thesis is 'Sustainable Models of Renewable Energy Usage in the Oil & Gas Sector'. The objectives of the research were to identify the

factors influencing Renewable Energy and its usage in an economically viable & sustainable basis; to analyze different methods of producing power generated by Renewable Energy & making it economically viable and to construct an economic model for Renewable Energy usage. Finally, it would establish sustainable business models for energy companies, primarily oil & gas companies for use of Renewable Energy like Solar, Wind, Bio-mass & other self-generating sources where the primary energy (air/sunlight) cost is NIL and it adds to reduction of Green House Gases & pollution.

The research has shown that interest & enthusiasm is there to adopt Renewable Energy sources to the maximum possible extent so that there is fresh air to breathe, lesser evils of global warming & reduction of foreign exchange drain caused through oil imports. India on an average has 300 days of sunshine with high insulation levels & it can be tapped free of cost. The Solar Cell Technology has undergone massive improvement & now the manufacturers provide guarantee of 25 years. Introduction of electrical mobility will once again reduce pollution in cities. There are many choices available now starting from Solar Installations, Wind Projects, Bio-mass processing units & switching over to e-vehicles & investment in innovations related to Battery Technology. These efforts will lead to a cheaper source of energy & a better pollution free place to live.

Shivani Excels !



Shivani, daughter of Rakesh Kapur, Member LPG Distributor Selection Board, Punjab has successfully cleared UPSC Civil Services 2017. Apart from being brilliant in studies throughout, she has also won awards in folk dance and declamation amongst other fields. She is a qualified

Company Secretary, who has been adjudged the best female student in various categories/activities. Immediately upon announcement of the result, the Minister in Haryana Government visited the residence to congratulate the family and bless Shivani. For laurels brought to Haryana State, she was honored by Hon'ble Governor at Haryana Raj Bhavan, Chandigarh on 14th June 2018.

Appointment

Mr. Prabhu Venkatesh

Chief General Manager (Finance) Retail HQ



After qualifying as a commerce graduate from Mysore University in 1981, Mr. Prabhu obtained his Chartered Accountancy degree and immediately joined BPCL in 1987 as Sr. Accounts Officer in Project Accounts, Maker Towers, Mumbai. Thereafter, he worked in all four regional offices at Kolkata, Noida, Chennai and Mumbai in

undivided Finance at Kolkata and Noida, E&P(North), E&P (South), Retail(South), Shared Service (HQ) and Internal Audit (HQ). He headed the Business Process Excellence Centre at Kharghar before his current posting. His wife, Veena is a Commerce graduate and homemaker. His daughter, Varsha is studying in her 10th Standard and son, Vaibhav studying in the 7th standard in Ryan International School, Sanpada, Mumbai. Mr. Prabhu has a wide range of interests - cricket, listening to Hindustani Classical Music and Bhajans.

Academic Achiever



Vivek, son of Raju Saraswat, DGM on Deputation to MOP&NG, has been conferred with a Dual Degree B.Tech. (Electrical) and M.Tech. (Mico-Electronics) from IIT-Bombay. Padma Shree Professor S.G. Dhande, Retired Director, IIT-Kanpur awarded the Degree to him on 11.8.2018 at the 56th Convocation. Vivek has scored Net CGPI of 9.57 and obtained 405 Credits during his 5 year Dual Degree programme. He is currently pursuing his Ph.D. under a Prime Minister Research Fellowship (PMRF) programme at IIT-Bombay.

Mr. P. K. Thampi

Mr. Thampi joined the erstwhile Cochin Refineries on 14.9.1981 as an engineer trainee in the first batch recruited for major expansion of the refinery. He underwent training in various process units and joined the project team as an execution engineer. Thereafter, he joined the operations team to commission the revamped crude distillation as well as the new FCC units. He worked in operations in several departments at various levels and was involved in transformation of KR from a small 3.3 MMTPA refinery to a 15.5 MMTPA highly complex and the largest PSU refinery. During his tenure, he worked in Manufacturing, Oil Movement & Storage Depts. and finally retired as Chief General Manager (Technical) on 30.6.2018. Mr. Thampi's interests are reading, travelling and listening to music. His wife, Ambika is an officer in SBI. Their elder daughter is in Civil Services and the younger daughter is an Architect.



Mr. Pranaya Kaushiva

After his B.E.(Mech.) from Roorkee University, Mr. Kaushiva joined BPCL on 25th July 1980 in AS&F, CO. He then completed his PGD from Bharatiya Vidya Bhavan, Mumbai in 1981. With Mr. Ratan Lalkaka as HOD, it was an enjoyable experience coordinating the interior work for the new office at Maker Towers (with architect Hafeez Contractor) and the residential complex at Goregaon. He was an active member of the BPCL Table-Tennis team and represented the company in PSCB tournaments from 1981-85. Postings at Pune and Ahmedabad Divisions and Chennai were eventful, with enriching experience of the launch of Shell lubricants, new Divisional Office complex at Golden Triangle and Bangalore and residential complexes at Rajkot & Coimbatore. Other assignments included TM Kota, CG Delhi, Sr. Manager DSB Agra, Sr.Mgr. RNP (NR) and Chief Mgr. Dealer Selection & Training. He superannuated as DGM, RI in April 2018. His wife Amita, was an English teacher at Father Agnel School, Noida and has taken early retirement in Feb'18 after 15 years. Their elder daughter, Aditi & son-in-law Mayur Solanki (IT Engineer) are presently in London. Their younger daughter, Pavni is completing her Doctorate in HR from IIM, Calcutta and son-in-law, Abhinav Mishra, an MBA from IIM, Calcutta is presently working in Mumbai.



Mr. K. K. S. Mani

After his B.Tech.(Mech.) from Visveswaraya Regional College of Engineering, Nagpur in 1980, he joined Bombay Dyeing and did his Boiler Operating Engineer (BOE) from Mumbai. He then joined the erstwhile Cochin Refineries Ltd. in 1984 as an engineer in Utility section of Manufacturing Dept. He has worked in various departments like Internal Audit, Shift Administration, Corporate Planning, Safety and Projects, where the work was quite challenging and demanding. He retired as Chief Manager, Kochi Refinery in May 2018. His wife, Asha Devi N is a Civil Engineer and worked in FACT for 23 years before taking VRS. Their only son, An and Subramaniam is working with Samsung Austin Semiconductor, Austin, Texas, USA having completing his PhD. from University of Texas, Dallas Texas, USA. His wife, Remya N D is a trained Montessori Teacher and is working in a school. Mr. Mani's hobbies include travel, gardening and a bit of spiritualism.



Mr. Gautam Mukerji

When Mr. Mukerji joined BPCL in 1981, the new Berhampur Sales Area was his first port of call. His postings thereafter took him to Durgapur and Calcutta in Direct Sales; Dy. DM, Patna, Mgr. Staff East, Divisional Manager Lucknow, AMM Jaipur, Aviation, International Trade and NRL on deputation. Back to BPCL in 2010, he took over as DGM Sales, Retail NR followed by GM Coordination and thereafter, GM Retail North. He eventually retired as CGM (Ops. & Logistics) Aviation in July 2018. His hobbies are reading and travelling. In his words, "Life seems inseparable from BPCL. BPCL has played a singular role in what I am and in what I have. Material things one could acquire anywhere, but the leaders at that time encouraged independent thinking, inculcated the spirit of learning, caring, fellow feeling, belongingness and the courage to have a differing view. Stalwarts that I worked with helped in moulding me to have a professional yet humane view of issues. People make organisations is what we were made to believe and practise. We need to appreciate that and nurture people. I was fortunate to have worked with teams that put the entity before self and the finest of them all was when we worked in Patna Division in 1988. In 1996, my entire family met with a massive car crash, when God's grace saved us. We lived through that extremely painful time only because of our colleagues and friends, and we remain deeply in debt and gratitude. My subordinates, some of whom were exceptionally brilliant, have been a boon to me always. My contemporaries always helped me in maintaining a balanced outlook and keeping in touch with reality. I thank God for the blessing of being part of BPCL; my school and teachers for moulding me in the initial years and instilling values that I have always cherished; my parents for enlightening my path; my wife, Pinky, who has been a source of immense encouragement and our daughters, Akanksha and Prerna - the Teen Deviyan - have helped me walk through different phases of life. The girls have blossomed into independent professionals pursuing careers of their own."



Mr. K. Visvanathan

After his Diploma in Mechanical Engineering, he worked in Tamil Nadu Small Industries Dev. Corp. and Kali Conveyor before joining the erstwhile CRL as a Workman on 4.5.1981. He was promoted as an Engineer in 2005 and retired as Manager Maintenance in June 2018. Mr. Visvanathan's hobbies are reading, listening to music and playing cricket and basketball. His interests range from tours and driving to farming. His wife, NV. Rajalekshmi is working in LIC and his daughter, V. Neeraja is married to Raghavendran, working as Assistant Manager at Bina refinery. Their son, VK. Poornash completed his B-Tech. (Electronic & Instrumentation) this year.



Mr. Ashutosh Debnath

A postgraduate in Analytical Chemistry from Calcutta University, Mr. Debnath joined BPCL in August 1984 in Quality Control department. He also worked in the Lube Blending Plant, Retail Operations and Retail Sales in different locations. He was Location In-charge of NJP TOP and during his tenure, NJP TOP won the 'Best Storage Location Award' on an All India basis. As TM (Retail), Barauni, he spearheaded commissioning of Barauni TOP. In 2002, he again worked as Regional Manager Quality Assurance in East, North and West, taking over as Head of All India Marketing Quality Assurance department in 2014. A certified Assessor of NABL, he has conducted more than 100 audits of 3rd party lab of petroleum and other industries. He was also an active member of different sub-committees of BIS involved in preparation of BIS test method and specification. He was also the Head of BPCL Proficiency Testing and BPCL Reference Material Producer. QA department has achieved many milestones like first accreditation of RMP in the country and conducting of APLAC PT across 53 countries in the world. Further, under his leadership, QA department won the prestigious Chairman's trophy in Ideas 2016 for APLAC PT. He retired as DGM Quality Assurance (Lubes) HQ in July 2018. His hobbies are reading books of basic science and listening to music. His wife, Rupa is a postgraduate in Literature who helps the family in all household activities. Their daughter, Basudha is currently studying in second year engineering in Electrical and Electronics at RV College Bangalore.



Mr. S. Somasekhar

A B.E.(Electrical) from Kerala University, his first footfall in the erstwhile CRL was on 1.12.1982. His postings took him to Maintenance, secondment to Port Harcourt Refinery (Nigerian National Petroleum Corpn.), Corporate Planning, Power & Utility & HR. He says, "My major stint in HR for 10 years made me realize the human needs and values, the associated human empathy, its love and care. My advisory engineering role made me professionally enriched and I was able to develop common systems and engineering standards and synergize the talent pool of all four BPCL Group Refineries in replicating the good practices. Finally, the SDI made me more humble and realize the social engineering needs through which I could virtually touch the hearts of the masses. I am a creation of this organization - it shaped my career, my world, my family, my individuality and my personality. It has been a beautiful journey where I've enriched my life experiences. I was fortunate to have friends and colleagues who brightened up my day, I've worked with some of the great minds in this organization and lived a life that is full. My mantra has always been, 'Be sincere to the cause and reward is yours.'



He acquired M. Tech and MBA degrees from Cochin University of Science & Technology and is also certified in Competency Mapping in Trades/Crafts stream. He retired as CGM (Advisory Engineering) and CEO of Skill Development Institute (SDI), Kochi in May 2018. He enjoys reading and financial analytics and will pursue gardening and babysitting after retirement. His wife, Suchitra, a fashion designer, has been a source of encouragement always. Their elder daughter, Aswathy is a CA and works as a manager in Ernst & Young, Kochi. She is married to Anoopdas, also a CA in RBI, Mumbai. They have a baby boy, Prithvidas (2½ years) and baby girl, Dhwanidas (4 months). Their younger daughter, Arathy is a journalist working as Energy Sector Specialist in Reuters, Bangalore.

Mr. Manoharan V.

Mr. Manoharan joined the erstwhile CRL on 18th May 1982 in S&OM dept. He then spent 27 years in Manufacturing dept. working in various sections - CDU-1, DM Plant, ARU, CDU-2 and VGO/CCR/SRU. He was also a member of the CEMP-II Project commissioning group. In 2013 he returned to OM&S and worked in Tank Farm-1, retiring as Senior Manager in May 2018. Hailing from Chadayamangalam of Kollam district in Kerala, he is married to Mrs. Suja who is a home maker. His son, Anoop Manoharan is working with a private firm as an Executive after his MBA. His daughter, Mrs. Athira S Manoharan is a Pharmacist, married to Mr. Janish who is working in Muscat (Oman) as an accountant. After retirement he'll move to his native place and engage in small farming, reading, travel etc.



Mr. Rajamohan S.

On 18th September 1979, Mr. Rajamohan started his career in BPCL in Management Accounts, Capex. His next postings were Materials Officer, Mumbai Refinery, followed by S&D CO handling sale of special products and a stint in Kandla Installation and then, Manager Transport, Western Region where he cleared the pending bills of PCVOs. Next in Mumbai Refinery Finance, he handled imports of crude/BH Crude/BHAG/Gas etc., interacting with S&D, Tanker Agencies, Refinery Operations, Scheduling and Blending and OMCs. In 2001, he was posted to Finance, Bina Refinery Project Cell followed by a short tenure in Director (R)'s office and then, MR Project Finance handling approvals of procurement of supplies/services for various projects like CCR, CDU 4, CDU4/ISOM among others. He retired as Sr. Manager Finance CPO (R) in June 2018. His wife, Pushpa is working as Senior Manager, MTNL, Mumbai. Their daughter, Roshni has completed her M. Tech in Bio-Technology and MBA (Marketing). Recently she has also obtained her Masters - MPS in Fashion Merchandising and Retail Management from LIM College, New York, USA. Their son, Suraj has completed his BMS and is also doing his MBA from State University of New York, USA.



Mr. Ratnakar Behera

Mr. Behera reflects on his career, "An eventful journey of 36 years ends on 31st May 2018. This is a journey that set up my life, fulfilled my ambitions and made me prosperous. I chose BPCL as my career with an intent, to beat stereotypes, to travel wide to experience my country and beyond. I also nourished a deep desire to become a computer expert, from very early in my life. BPCL made it all possible for me and I am retiring as GM (ERP), bearing a distinct IT identity. I met various people during this long journey, they all contributed to my success. It is time to remember all of them and pay my gratitude to them. My wife Sandhya, a home maker, is the source of my strength; she stood firmly behind me and helped me grow in stature. My son, Rakesh is a MBA from IIM (Shillong) and working with Cognizant. My daughter, Swikriti is also an MBA (HR) from Symbiosis and has started working with Maersk Lines. I love to travel and explore various places."



Mr. S. K. Bhatt

"Flames to dust, lovers to friends, why do all good things come to an end?" No, these are not my lines but definitely my emotions. As they rightly say, all good things come to an end. My journey with BPCL has also come to an end. I take this opportunity to thank one and all in this great organisation for being a part of my beautiful journey, for always believing in me and encouraging me in various ways." In 1981, after his postgraduation from Hindu College, Delhi he joined BPCL as Operations Officer and later on as Depot Incharge, Shakurbasti Installation. After a stint as Sales Officer, Delhi he was posted to Agra, Gwalior, Jamnagar, Rajkot, Kolkata and finally Noida, mostly in leadership positions. Besides TM (Retail) for 7 years and COM and CDM for 6 years, lastly he retired as DGM (QCC) North in July 2018. He states, "The most challenging was my last tenure where I utilized my field experience in unearthing the record number of tampering cases prevailing at the ROs with the help of a talented team and establish our brand of ensuring Q&Q to customers. It's been a fantastic journey with highs and lows, which definitely accelerated my personal and professional growth. I am leaving this organisation with a wealth of knowledge, valuable skills and fond memories which I will always treasure. Being a complete fitness freak, I love working out on a regular basis. I am also a sports lover and enjoy playing football and badminton. My wife is a teacher. My elder daughter works in Bangalore with an MNC as a Spanish Language expert and my younger daughter is pursuing MBA from Goa Institute of Management. The immense love and support of my family has always helped me excel in life."



Mr. B. K. Khose

Pricing Section at CO was his first posting when Mr. Khose joined BPCL on 19.4.1982. In 1989, he was promoted as Accounts Officer, Public Deposits, CO where he handled public deposits of over 10,000 depositors. Next in Refinery Accounts in 1995, he was involved in Cash Section, Project Accounts and Oil Accounts. Further, in E&P (West) Finance, Sewree in 2006, his portfolio was to give support service to Materials Dept. & CPO. His last posting was Sr. Manager Finance (LPG), WR and he superannuated in June 2018. His wife, Kalpana is an M.A. B.Ed and homemaker, who has been a great support to him and the family. Their son, Ashwin Kumar is an MBA from NMIMS - School of Business Management and is presently working with a pharmaceutical company and their younger daughter, Anuja is a BE in Electronics and is working for an IT firm in Mumbai. After retirement, he intends travelling to different places, trekking, reading and listening to music. Also he'll keep healthy with regular exercise and yoga.



Mr. N. Krishnamurthy

After graduation (B.Sc Chem.), he joined BPCL on 24.8.1981 in the AS&F Dept. CO. Next as Computer Ops. Officer in EDP, CO and later heading the EDP-Data Control Section, he was instrumental in bringing out many system improvements by analyzing EDP reports, especially in the Accounts Payable (Transport including Arrears). During the 2 years of Control section, many manual screening processes (Sales/Stocks/LPG/Finance) were computerized to reduce human error/data entry error which enabled the huge backlog of LPG SV/TV accounting process to be brought in line with Sales, Stocks & Finance accounting. Next in Internal Audit, during his Transportation Audits of Retail, LPG & Lubes, he brought out many system/accounting improvements in the SAP (SD, MM & FI) modules. He carried out some Special Audits and participated in the Audit Committee Meets in the Board room. As Regional IS In-charge (East), he organized the annual IS Net Meet effectively. As Corporate IT Assets Mgr., he brought out many system/process/procedural improvements in the BITA+ Application (IT Assets) for easy handling at the Locations & better monitoring across BPCL. He also implemented the official 'Laptop Online Buyback Process'. He retired as Chief Manager IS Services (Asset Mgmt) CO in July 2018. His son is an M.Com/CS-employed in Mahindras-Mumbai and daughter has done her MSc-Chem.



Mr. S. P. Venkatesan

Mr. Venkatesan started his career in BPCL with the erstwhile EDP (Mumbai) in 1982 and was then transferred to develop Bharat Gas distributorships in Eastern Region. He worked in Sales at Calcutta, Durgapur, Siliguri, Bhubaneswar, then moved to Operations at Budge Budge and Tondiarpet Installations. Again, he went back to Sales at Chennai, Neyveli and Pondicherry looking after Direct Market, LPG and Retail business. He was posted back to Operations at Warangal, Tondiarpet and Karur, finally terminating as Sr. Manager Ops. (Retail) Irugur in June 2018. In sports, he has participated in the company's Veteran Cricket team. He likes travelling and reading books, particularly English novels. His winning mantra is the three Ts- Try- for a better future; True- to your work; Trust in God.



Mr. S. Venugopal

After his B.Com, Mr. Venugopal joined the erstwhile CRL in Projects on 8.3.1982 and was shortly transferred to Secretarial Dept. Post merger with BPCL on 21.8.2006, it became part of Legal; he was the Regional Legal Head in 2010 handling Kochi Refinery and BPCL Marketing SBUs in Kerala. He did his M.Com, LLB and ACS and became a Fellow of the Company Secretaries of India. He eventually retired as Chief Manager (Legal) in May 2018. During his tenure, he has actively coordinated 22 AGMs, 4 EGMs of Shareholders of CRL, two Rights Issues in 1988 & 1989, Disinvestment of shares by Phillips Petroleum Company in 1988 and Bonus Issue of KRL in 2001. He was part of two mergers i.e. Cochin Refineries Balmer Lawrie Ltd. with KRL in 2001 and KRL with BPCL in 2006. In Legal, he has handled about 1500 Land Acquisition cases and appeals in favour of KRL resulting in great savings; brought down the total number of court cases from 450 to 200; ensured smooth progress of the IREP and PDPP projects of KR with all arbitrations awarded in favour of the Company; contributed to finalization of the contract with M/s Air Products for BOO Plant at Ambalamugal, which was the first time in India; was part of the team for purchase of 170 acres of land from FACT. His wife, Devi, represented Madras University and Tamil Nadu State in Kho Kho and Hockey during her college days and now runs a boutique of ladies garments in Elamakkara. Their elder son, Vishnu V Baliga is a B.Tech.(Computer Science), working as Manager (Frontend Developer) in Survey Sparrow in Kochi and their daughter, Vaishnavi V Baliga is also a B.Tech (Computer Science), working as a Software Engineer in Attinad Software at Trivandrum.



Mr. K. Venkatesan



In 1978, after his graduation from Madras University, Mr. Venkatesan joined BPCL in Finance, CO. In 1985, he was posted in Mumbai Refinery, where he worked in Product Despatches, Loss Control, TDU Operations and Excise Documentation. In 1990, he was transferred to Finance in Southern Regional Office; in 1996, he was deputed to Bharat Shell Ltd., Mumbai for setting up Central Excise & Customs related procedures, particularly at their LOBP in Taloja to avail the Input Tax Credit. His next postings were in Taxation, CO, then Pricing & Insurance, Head – Shared Services, South and back to Taxation, CO before superannuating as GM Finance (CPO Mktg) Sewreein July 2018. A great sports enthusiast, he loves watching most of the indoor and outdoor games. He had the privilege of representing BPCL in Table Tennis in the inter oil company tournaments. As he says, "I'm deeply indebted to this great organization for what I have gained economically, socially and professionally. I'm thankful to all my bosses, peers and subordinates who have supported me while I performed independently without fear or favor in a transparent manner by remaining aligned to my core values, credit of which goes to my parents for my upbringing. I fondly remember all my colleagues and friends - each one of you will remain in my heart even after I leave this great organization, which has always given me the feeling of a 'great place to work'. His wife, Meenakshi is a homemaker and their only son, Karthik is a CA working with PWC. He is married and his wife, Hitashree, also a CA, works for Johnson & Johnson.

Mr. N. Venkataramani



Having joined BPCL in 1983 at Trichy Depot, he was privileged to work with the erstwhile Burmah Shell employees. Thereafter, he was actively involved in commissioning of FCCU and Aromatics Units of Mumbai Refinery as Inspection Officer. In 1986, he shifted to LPG Development/Inspection when technology transfer from Brazil for 14.2 Kg LPG cylinders, from Denmark for Kosan LPG SC Valves and from Italy for Sierra DPRs were pioneered by BPCL. He played a pivotal role in the Oil Industry Technical Audit Team, setting up the LERC (LPG Equipment Research Centre) in Bangalore, designing neoprene 'O' rings, Delrin caps, CVT for detecting valve leaks online, developing 5 Kg LPG cylinders for hilly areas and higher capacity cylinders for industrial use and a Dbase package to eradicate the spurious cylinder menace. In 1991, he was posted to Aviation, Mumbai and next Tirupati Aviation, where he fuelled the VVIP aircrafts of the then President of India, Dr. Shankar Dayal Sharma and Prime Minister, Mr. P. V. Narasimha Rao. After a brief stint at Chennai AFS, he took over as Area Manager (I&C), Madurai where he got No.1 ranking amongst 63 Area Managers for the Highest HSD sales. His next stint in International Trade in 2005 was challenging and enjoyable. He acquired a Green Belt in Six Sigma, completed Harvard Business e-learning. He finally retired as DGM (Vigilance), South in May, 2018. He participated in numerous PSPB tournaments in tennis. He thanks his wife, Kamala and daughter, Akila for playing very active roles in his official and personal life.

Mr. Chandramohan V.



After a B.Com. from Bangalore University and Graduate Diploma in Materials Management from IIMM, Bangalore, he joined the erstwhile CRL on 2.7.1990 as a Steno-clerk in Materials Dept. Then came postings in Manufacturing, Operations and Projects, when he reported to GMs/EDs, who were heading major projects like CEMP-2, SPM, IREP, PDPP, MSBP, HTPL, etc. He retired as Staff Officer, Projects, Kochi Refinery in May 2018. He has received prizes in various celebrations like Safety week, Energy Conservation, Vigilance etc., and was the Floor Co-ordinator for the Emergency Evacuation drill of Administration Building. Being a nature lover, his hobbies include gardening, naturopathy, travelling and listening to music. His wife, Sreekala V, a commerce graduate, had worked in a private company in Bangalore, then as a Pre-primary school teacher in Kochi and is now tutoring school students and is a home-maker. Their only son, Mithil Mohan, a B.Tech. (Computer Science) from MG University, is working in Cognizant Technologies, Kochi.

Mr. S. F. Rahman

"My relationship with Bharat Petroleum dates back to 1976 when I was a Dealer of BPCL along with my father, M/s. S.K. Rahman & S.F. Rahman at Rasulgarh, Bhubaneswar. In September 1982, I joined BPCL heeding my father's advice to work with strong conviction and dedication to excel. In BPCL, we are faced with a lot of challenges and opportunities - bigger the challenge, better the opportunity. Getting a favourable outcome hinges on three cardinal principles -self confidence, desire to excel and loving your work. I was location in charge at Kanpur, Ajmer and Gorakhpur. As a young recruit, I faced a major challenge during my posting at Gorakhpur as an Area Manager. Coupled with the product crisis and internal resistance, I had to deal with the toughest Mafia dealers of those days. This changed me as a person, making me bold & confident with a strong belief in myself. Post restructuring, he took over as TM Kanpur (1998), next came co-ordination with Reliance at Jamnagar as TM Rajkot (1999); then as TM Bhopal increasing BPCL market share from 11% to 24% & starting Police ROs in MP (2003), thereafter as Regional Ops & Distribution In-charge of Western Region in Mumbai and took various initiatives to improve the performance (2006-2013). Recently in Eastern Region some of the milestones achieved were starting of the first Police RO in Odisha State, getting Govt. I and for BPCL at Bhubaneswar and setting up a COCO RO at Bokaro City, marking the first representation of BPCL in the City after more than 20 years. Despite various infrastructure constraints in Eastern Region, last year BPCL recorded No. 1 position in the industry in Retail Business. I had the unconditional support of my wife Anis, a homemaker to whom I will always remain indebted. Being an artist herself, she has painted values into our family. Our daughter Erum, a BITS-Pilani alumna, currently employed in Oracle India, is married to an IRS officer who is posted in Kolkata. Our son Saqib is in the process of setting up his own business venture. I feel proud to have remained a part of this vibrant organisation for such a long time and got a chance to work with such wonderful human beings – my seniors, juniors and peers. I will miss the conducive work culture and support from my team. I also enjoyed working with seniors, particularly with old timers who had a clear vision and conviction. Now I will spend quality time in philanthropic activities, particularly for education of the underprivileged, to make the most of my life by giving back to society." Mr. Rahman retired as GM (Logistics) ER in June 2018.



Mr. John Bosco E. J.

Mr. Bosco joined the erstwhile Cochin Refinery in 1980 after completing his apprenticeship. His entire service period of 38 years was spent in Maintenance - one year in fitting shop, 30 years in machine shop and the balance 7 years as Engineer (Maintenance), retiring in July 2018. His hobbies are reading and gardening. His wife, Philomina Shiny is a homemaker. Their elder son, Nidhin Antony is working with Axis Bank after completing his MBS from CUSAT university and the younger son, Niju Jose is working as a CA with Ernst & Young.



Mr. Bharat Bhushan

Mr. Bhushan joined BPCL on 18th March 1980 as an Assistant at Meerut Depot. He was then transferred to Jodhpur Depot, Shakurbasti LPG and Piyala LPG. In 1988, he was promoted as Operations Officer at Shakurbasti POL Depot, followed by postings at Mughalsarai Installation, Mathura Installation, Kathgodam Depot I/C, Pathankot Depot, Bijwasan Installation and lastly, at Panipat Installation. He finally retired as Manager - Operations (Retail), Panipat in June 2018. He happily avers, "I enjoyed each and every posting and tried to improve the working at every location. I learnt a lot from my colleagues, am thankful to them and wish them a very bright future." He playstable tennis and volley ball and jogs in the morning daily. He has three daughters working in MNCs; two are settled in Noida and one in Canada.



Thoughts

NO BODY IS DEAD!



Mr. R.Vaidyanathan, retd. Senior Finance Manager, SR is passionate about Human Organ Donation

The moment one breathes his last, instantly his body is pronounced "dead" & he is cremated/buried! Is it right? The human body is the totality of the numberless organs, tissues, skin, bones, nerves, blood, cells etc. If the moment one breathes his last, all these also die & become dysfunctional, then you can say the body is dead. But do they?

To the world, you may be one person, but to one person, you may be the world!

Scientists and researchers categorically affirm and have proved beyond doubt, they are alive and functional, even after one breathes his last. The body can be clinically preserved for long. Even otherwise, organs do not instantly become dysfunctional, on so-called death. The heart is believed to be functional for a few minutes, eyes for a few hours, kidneys for about 24 hours, and skin, bone, etc. a little more. Consequently, all of us are guilty of either murder or abetting murder, when we cremate or bury the body!

Live longer through organ donation to ailing brethren!

How is it transplanted organs including heart, eyes, kidney etc. enable the donee or the receiver of the transplanted organs live for many years after it? Please believe and trust each and every part of our body has independent life, intelligence and features. Even when you are in a coma, your heart functions and hence you are alive. When you are in deep sleep, your organs react to the attack by foreign elements. When you sleep, your mind dreams and in the dream if you are attacked by a lion, you cry out loudly for life! You get up, you sweat!

Each limb is connected to a framework and whatever happens in one place, it is instantly relayed to all others and they react. Warnings are given by one organ about the

disorder in another. For instance, if you have indigestion, you get a headache! Your digestive system reacts against allergic substances and throws them out through vomit or motion. When your hand or leg is seriously damaged, your eyes shed tears. At high altitude, the system reacts through palpitation. When you are angry, your blood boils and face turns red!

Even after death, your eyes can see the world through another!

The famous alternative medicine advocate, Deepak Chopra has found out that cells have a specific period of life and once it is over, they die automatically. Of course when a few rebellious cells live longer than the stipulated period, it shows as cancer in the body.

Coming to organ donation, one body can save up to fifty people. Heart, kidney, liver, lungs, tissues, pancreas, small bowel, cornea tissues, bone, skin, tendons, cartilages, eyes and heart valves can be donated and transplanted and used for saving several lives. Even femoral and saphenous veins can be donated.

Age is no bar! Even at the age of eighty you can donate. These organs can be preserved until the time of recovery, blood and oxygen flow through the person's body. Tissues can be donated within 24 hours.

Brain-dead man's organs save eight lives

"A 21 year old from Bengaluru, who was declared brain-dead by a team of doctors on May 20, has provided a new lease of life to many terminally ill patients..... with the consent of his parents, the doctors harvested his vital organs, including liver, heart, and kidneys...a single brain-dead person has saved the lives of up to eight people. Thousands of people die each year as viable organs don't reach them on time....."

- The Hindu

At any point of time, in the world, it is found out that 290 wait for heart transplantation, 50 for lungs, 130 for liver, 10 for intestines, 100 for pancreas, 8370 for kidney for 3 to 5 years.

Humbly let me appeal to all my countrymen in Swami Vivekananda's words, "Arise, awake and stop not until the goal is reached."

Your heart can breathe through another!

Don't you agree that even after death we can save several lives through organ donation? Instead of burning/burying, should we not donate our organs and save lives?



10 STRATEGIES *To Master To Be* SUCCESSFUL

➤ Get adequate education and training

Education is your most powerful ally. Acquire the highest degree you can and consider informal modes of education as well. Attend conferences, online webinars, and stay up-to-date with trade publications in your area of focus. Attend training programmes and avail of professional learning opportunities. Develop skills that are transferable and applicable to various career fields.

➤ Plan your career

Set a goal for where you want to be five years from now and allow for flexibility in case of a change in circumstances. Explore different career paths. Your aim should be to find something that you can be happy with in the long-term and having a plan will help you to stay on that path.

➤ Expand your network

Invest time into making contacts and get competitive in the sphere of networking. Networking groups can be beneficial when you're looking for a trusted circle or for a mentor who was successful at overcoming barriers that others may struggle with. Maintain a diverse array of relationships and build alliances.

➤ Build your personal brand

The first step is to make sure you are refining it authentically, and that it is in line with your mission, vision, purpose and strengths. Then do a check of how you are representing your brand online—does it reflect what you offer most accurately and positively? Take your brand as seriously as you do your career, and it will take you far.



➤ Find a mentor

Mentoring relationships are a great boon for all organisational members. Mentors can help you learn how to navigate your way past obstacles to career success. Those who have succeeded in their careers and reached positions of influence credit their success to a mentoring effort.

➤ Incubate your talents

Spend time working in organisations that will help you 'incubate' your talents. Corporate incubators can give you useful experience with different aspects of business such as customers, suppliers and competitors. They can also help you develop managerial, technical and planning skills.

➤ Express gratitude

The success of most tasks demand the cooperation and effort of others. People contribute to our success as much as we contribute to theirs. Success doesn't occur in a vacuum. Successful people show gratitude to those who work and support them every day and this in turn nurtures loyalty. Foster your relationships and keep them strong.

➤ Articulate your value

Know how to market yourself, leverage your talents and let people know what you do. Working hard isn't the end of it; you have to get people acquainted with your accomplishments. Understand your own unique selling proposition; it could be past experience or personal interests. Once you've developed and sharpened your USP, let people know about it.

➤ Look for opportunities to grow

Take initiative in areas that display your ability to do a challenging job well and learn about your chosen field from every perspective. The more experienced you are in your field, the more effective you will become, making you even more appealing to prospective bosses. Never hesitate to learn new things; few learning experiences will be wasted, and many will lead to new opportunities.

- Pallavi Jha

Source : Woman (India Today)



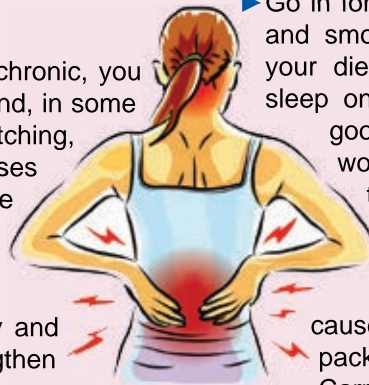
Watch Your Back !

Causes

- ▶ Bones and disks in our spines can degenerate over time, causing stiffness and soreness.
- ▶ Incorrect sitting posture and poor workplace ergonomics can contribute to back pain.
- ▶ A sedentary life can cause back pain because of increased stiffness and weakened muscles.
- ▶ Extra weight places a constant strain on the back as people may experience sciatica and low back pain from a herniated disc or a pinched nerve caused by compensating for the weight.

Treatment

Depending on whether the pain is acute or chronic, you take medication, physical medicine/therapy and, in some cases, surgery. Active therapy includes stretching, weight lifting, cardio and passive therapy uses heat (reduces muscle spasms and pain), ice (helps reduce swelling and numbs deep pain), massage, ultrasound, electrical stimulation. Chiropractic or manipulation therapy, physiotherapy/ occupational therapy and Yoga or Pilates, which helps stretch and strengthen muscles and improve posture, help.



computer workstations

- ▶ Always keep your spine in a neutral position so that your muscles are aligned most naturally. This will reduce the strain on muscles, tendons and the skeletal system.
- ▶ Use the right chair. The chair should have a firm lumbar support. The small of your back should feel rested.
- ▶ Take frequent breaks. Sitting in the same position for too long can lead to back pain.
- ▶ Stretch. Use arm, hand and finger stretches to relieve tension built up from repetitive motions.

Tips To Protect Your Back

▶ Go in for a lifestyle modification: Giving up alcohol and smoking, doing regular exercises, modifying your diet, practicing yoga and getting adequate sleep on the right mattress helps. Maintaining a good posture and taking regular breaks from work just to stretch your body could minimise the stress on your back.

▶ Avoid picking up heavy objects. Carrying a bulky laptop bag, suitcase, camera, or a load of groceries can also cause a strain on your back. When travelling, pack two lighter bags instead of one heavy one. Carry one bag in each hand. Get a suitcase with wheels so you can pull the weight instead of carrying it.

Posture

Sitting with poor posture for hours together places stress on your spine and causes back pain by causing problems with your muscles, discs and joints.

Maintain a good posture :

- ▶ While walking, avoid drooping shoulders. Look straight ahead of you and keep your head balanced straight above your spine.
- ▶ Always sit with support. Keep your back flush against your chair, your arms flexed at a 75 to 90 degree angle at the elbows, your knees level with your hips and your feet flat on the floor.
- ▶ Lift carefully. Bend your hips, not your lower back, and keep your chest out. Keep the object you are lifting as close to your body as possible.

The Right Mattress

The right mattress encourages good sleeping posture, relaxes muscles and generally provides healthy, wholesome sleep. A mattress should provide support, comfort and durability, minimising stress on your cervical, thoracic, and lumbar spine. Choose a pillow that will keep the neck aligned with the chest and lower back, adjustable to allow you to sleep in different positions.

- ▶ Be careful while picking up young children. If possible have them climb up on a chair so you don't have to bend down to lift them.
- ▶ Sleep with a pillow under your knees. Sleeping on your back puts pressure on your spine. Elevate your legs slightly to relieve this pressure on your back as you sleep.
- ▶ You can also implement a short stretching routine into your day. Aim to do a few stretches before you go to bed & after you wake up to help with spine flexibility.
- ▶ Exercises such as swimming and other water-based exercises, walking, cycling, yoga, Pilates, aerobics and exercise ball-based training can help with both weight loss and back problems.
- ▶ Try incorporating back and abdominal strengthening exercises into your workout at least twice a week to develop a stronger, more flexible back.
- ▶ Osteoporosis is one of the most common causes of back pain later in life, particularly for women. Keep the bones in your spine strong by having plenty of calcium and vitamin D.

- Will Rogers

Source : Your Wellness

Using Tea & Coffee in the Garden

After a busy morning in the garden, there's nothing quite like sitting down with your favourite beverage. But there's plenty you can do with tea and coffee in the garden besides simply drinking it.

If you take the time to make a pot of fresh coffee (rather than instant), you'll have a ready supply of coffee grounds. These nutrient-rich leftovers contain several minerals including nitrogen, magnesium, calcium, potassium and there are lots of ways you can use them in the garden.

Here are some ways coffee can be used in the garden:

► Combat slugs and snails

If you're looking for a natural way to keep slugs and snails away from your plants, coffee grounds are a great weapon to include in your arsenal. Simply put a circle of the grounds around the plants you want to protect. Slugs and snails will be put off by the rough texture and won't want to cross over the grounds to reach your plants. Caffeine is also toxic to slugs and snails - another reason why they will be reluctant to come near your coffee grounds.



► Improve your compost

Throw leftover coffee grounds into your compost bin. As they are rich in nitrogen, this will help improve the quality of your compost.



► Add to your soil



You can simply sprinkle coffee grounds onto your soil to boost the nitrogen content.

► Create a liquid fertiliser

Take two cups of leftover coffee grounds and add them to five gallons of water. Leave to steep for a few hours and you'll have a free & natural fertiliser for your garden.



More of a tea drinker? Don't worry; we've got tips for using tea in the garden too:

► A boost for compost

Just like coffee grounds, used teabags can be added to your compost bin or directly to soil to boost the nutrient content. You don't even need to open the bag first as it will decompose just like other waste that you add to your compost bin. Just be sure to remove any tags that are attached to the teabags first.



► Treat mild sunburn



If you've caught the sun while gardening and have a painful spot of sunburn, place a used cooled wet teabag on the area and it will help soothe the sunburn. If you have sunburn over a larger area, you can add teabags to your bath to create a soothing soak.

► Repel pests

Some gardeners claim that weak tea can help repel pests. Decant into a spray bottle and use to spray the leaves of your plants.



► Feed your roses



Teabags can be used to create a natural fertiliser for your plants. Roses in particular are said to benefit from the nutrients found in a used teabag.



How to Deal With Children's Boredom

Don't try to 'fix' the child's boredom - rather, let the child find his or her inner resources.

"I'm bored !" - Every parent has heard these words countless times. But while it can be easy to create what are often meaningless distractions for your child, this isn't always the best course of action. The capacity to be 'bored' is, in fact, an important developmental milestone for children. Firstly, it helps them express emotion and desire; secondly, it is key to engaging their capacity to self organise and be self reliant and thirdly, it gives them time to reflect on who they are.

Let them be bored

Because a child is bored doesn't necessarily mean you have to find them something to do straightaway. Instead, it should be viewed as an opportunity to engage with the child's experience. For many parents, however, the "I'm bored" statement is often construed as a complaint, demand or accusation that we have not provided enough for our children to do. Which means parents can become angry or act too impulsively to eliminate the boredom, without giving enough thought to the situation and what the child really needs. In reality, boredom is simply a time out from scheduled activities to discover what else interests and stimulates, so we must allow our children to be bored for this to happen.

Too many activities can result in unwanted behaviour

In the modern world, children's lives are increasingly micro-managed by their parents and, mostly, this comes from a mother or father's own desire to be the best parent they can be. Ironically, while children clearly benefit hugely from extra-curricular activities, sometimes these activities are planned to allow parents time to get on with their own tasks, when your child would be perfectly happy to spend time on their own or with the parent doing nothing.

Children do not need to be rushed from one activity to another - otherwise the active part of their day is too long and exhausting. They become hyper-stimulated and overwhelmed. And because they lack the emotional language needed to articulate this to you the result can be poor behaviour or 'acting up'.

As Lyn Fry, a child psychologist from London, says, "Your role as a parent is to prepare children to take their place in society. Being an adult means occupying yourself and filling up your leisure time in a way that will make you happy. If parents spend all their time filling up their child's spare time, then the child is never going to learn to do this for themselves."

Encouraging creativity

Over-scheduling can become problematic in two main ways. Firstly, it prevents boredom emerging and, secondly, it blocks creativity from developing. Creative children will always find a desire form within their boredom by occupying themselves through self-stimulation. After all, creativity is about self-expression and finding new interests. And there are many benefits to be had from integrating creativity into your parenting strategies, such as encouraging independence, open mindedness, curiosity, and, of course, helping your children to become emotionally articulate. In other words, we help them to flourish.

The job of any parent is to raise their child to become self-sufficient, independent and self-regulating, which means exposing them to an environment that will suggest things without imposing them. So allow them the time and opportunity to explore their environment and the alternatives for themselves.

One way of putting this into practice, for example, is at the start of vacation. Sit down with your child and between the two of you, write a list of things they can do over the holidays and when the inevitable cry of "I'm bored" sounds, get them to revisit the list and work out what they'd like to do for themselves.

Alternatively, you could just take some time out yourself to sit down with your child, perhaps get them to help you make dinner, or simply do nothing in particular. This is valuable time you can spend sharing thoughts, experiences and opinions. But once you've satisfied their need they have to be with you, let them be on their own. Observe as their sense of self and being takes over. Watch as they discover their own interests through the mere act of being bored. See them grow and become self-reliant.

Perhaps the last word should go to 1930s philosopher, Bertrand Russell, who says in this book entitled 'The Conquest of Happiness': "A child develops best when, like a young plant, he is left undisturbed in the same soil. Too much travel, too much variety of impressions, are not good for the young, and cause them as they grow up to become incapable of enduring fruitful monotony."

- Julia Cameron

Courtesy : Your Wellness



संसदीय राजभाषा निरीक्षण



संसदीय राजभाषा समिति की पहली उपसमिति का निरीक्षण दौरा 19-21 मई 2018 तक सभी पर्वतीय स्थलों की रानी कही जानेवाली दार्जिलिंग को चुना गया था। इस निरीक्षण दौरे हेतु समन्वयन कार्य का दायित्व भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड को सौंपा गया था। भारत पेट्रोलियम एनजेपी टॉप कार्यालय का निरीक्षण 21.05.2018 को किया गया। इस दौरान मंत्रालय एवं भारत पेट्रोलियम की तरफ से निम्नलिखित प्रतिनिधि उपस्थित

थे: श्री डी एस रावत, परामर्शदाता (राजभाषा) पेट्रोलियम एवं प्राकृतिक गैस मंत्रालय, श्री सुरजीत महालिक, प्रमुख (रिटेल) उत्तर, श्री राजीव दत्त, राज्य प्रमुख (रिटेल), पश्चिम बंगाल एवं सिक्किम, श्रीमती सुषमा जाधव, उप महाप्रबंधक हिन्दी निगमित कार्यालय, श्री उपेन्द्र मिश्र, मुख्य प्रबंधक हिन्दी, उत्तर क्षेत्र। निरीक्षण समिति का स्वागत श्री सुरजीत महालिक एवं श्री राजीव दत्त जी ने क्रमशः

शाल एवं हिन्दी पुस्तक प्रदान करते हुए किया तथा स्वागत भाषण की प्रस्तुति श्री सुप्रतिम भट्टाचार्यजी द्वारा एवं धन्यवाद ज्ञापन श्री सुरजीत महालिक द्वारा किया गया। माननीय समिति ने एनजेपी टॉप कार्यालय द्वारा राजभाषा कार्यान्वयन हेतु किए जा रहे कार्यों एवं प्रयासों पर संतोष व्यक्त किया एवं समिति ने भरोसा जताया कि आगे भी यह कार्यालय राजभाषा संबंधी क्रिया-कलापों में बेहतर करता रहेगा।

संसदीय राजभाषा समिति की पहली उपसमिति द्वारा निरीक्षण



दिनांक 9.6.2018 को संसदीय राजभाषा समिति की पहली उप समिति द्वारा देहरादून प्रादेशिक कार्यालय (रिटेल) का राजभाषा संबंधी निरीक्षण किया गया। इस निरीक्षण

बैठक में माननीय सांसदगणों ने भारत पेट्रोलियम द्वारा प्रस्तुत की गई प्रश्नावली तथा देहरादून प्रादेशिक कार्यालय (रिटेल) की हिन्दी गतिविधियों की बहुत तारीफ की।

उन्होंने कहा कि भारत पेट्रोलियम में हिन्दी की गतिविधियां बहुत ही बेहतरीन तरीके से की जा रही हैं। मुख्य प्रबंधक (राजभाषा) उत्तर क्षेत्र श्री उपेन्द्र मिश्र द्वारा धन्यवाद ज्ञापन दिया गया।

राजभाषा कार्यान्वयन हेतु प्रथम पुरस्कार अनुबंध कामगार जागरूकता कार्यक्रम



दिनांक 24 अगस्त 2018 को हमारे भारत भवन, पूर्वी क्षेत्रीय कार्यालय को क्षेत्रीय कार्यालय श्रेणी में प्रथम पुरस्कार से सम्मानित किया गया। कोल इंडिया लिमिटेड के निदेशक (कार्मिक) श्री राम प्रकाश श्रीवास्तव जी के करकमलों से यह पुरस्कार श्री राजीव दत्त राज्य प्रमुख (रिटेल) पश्चिम बंगाल एवं सिक्किम तथा श्री अमित कुमार प्रादेशिक प्रबंधक, कोलकाता रिटेल ने ग्रहण किया। राजभाषा कार्यान्वयन के क्षेत्र में श्रेष्ठ निष्पादन के लिए हिन्दी प्रभारी, पूर्वी क्षेत्र श्री राजकुमार महतो को प्रशस्ति पत्र भी प्रदान किया गया।

20 जुलाई 2018 को वाडीलूब लर्निंग सेंटर में अनुबंध कामगारों के लिए सामाजिक सुरक्षा योजनाओं के बारे में जागरूकता बढ़ाने के लिए एक जानकारी पूर्ण सत्र का आयोजन किया गया था जिसमें उमंग मोबाइल एप्लीकेशन, ईएसआईसी अधिनियम, 1952 की विशेषताएं/लाभ, ईएसआई और ईपीएफ पोर्टल पर विस्तृत रूप से चर्चा की गई। सभी ठेकेदारों ने उनके अनुबंध कामगार के साथ इस जागरूकता कार्यक्रम में भाग लिया। अंत में सभी ठेकेदारों एवं अनुबंध कामगार ने श्री शंकरनारायण दास, प्लांट प्रभारी एवं श्री अनिल खेडेकर को व्यक्तिगत रूप से धन्यवाद दिया एवं कृतज्ञता व्यक्त की।



मनमाड इन्स्टलेशन : परिचालन के शानदार 20 वर्ष



मनमाड इन्स्टलेशन 28 मार्च 1998 से प्रारंभ हुआ था। 28 मार्च 2018 को मनमाड इन्स्टलेशन ने परिचालन के 20 उल्लेखनीय साल पूरे किए। इस अवसर पर श्री. डी. एम. पानझाडे, सीआईएम, मनमाड इन्स्टलेशन ने मनमाड इन्स्टलेशन एवं उसकी उपलब्धियों के बारे में स्मरण किया। यह मुंबई रिफाइनरी की विस्तारित शाखा और महाराष्ट्र रिटेल बिक्री का प्रमुख केंद्र है। इसे विभिन्न पुरस्कारों से सम्मानित किया जा चुका है। यह भली भाँति बुनी गई टीम, राष्ट्र की एक संस्मरणीय रूप से सेवा करने के लिए कटिबद्ध है।



‘मिलन’ स्वास्थ्य प्रबंधन बैठक



मानव संसाधन सेवाएं उत्तर क्षेत्र ने हमेशा बीपीसीएल के कर्मचारियों के स्वास्थ्य पर ध्यान केंद्रित किया है। इस विश्वास के साथ 24.7.2018 को “मिलन” - एक बैठक, उत्तर के विभिन्न अस्पतालों के मेडिकल प्रतिनिधि के साथ स्वास्थ्य देखभाल प्रबंधन एवं अनुभव के ज्ञान को साझा करने हेतु एक बैठक का आयोजन किया गया। श्री ललित वत्स महाप्रबंधक मासंसे उत्तर क्षेत्र ने प्रतिभागियों का स्वागत किया एवं बीपीसीएल के कर्मचारियों को सहायता और देखभाल करने के लिए धन्यवाद दिया। उत्तर क्षेत्र के अपोलो, मैक्स और फोर्टिस के साथ-साथ विभिन्न उपनगरीय अस्पताल के पेशेवरों द्वारा प्रतिनिधित्व किया गया एवं नवीनतम चिकित्सा पद्धतियों के बारे में जानकारी प्रदान की।

मनमाड में फायब्रोसकैन शिविर

मनमाड इन्स्टलेशन में मासंसे (पश्चिम) ने स्वास्थ्य जागरूकता अभिक्रम के हिस्से के रूप में फायब्रोसकैन शिविर आयोजित किया। भारत में यकृत की बीमारी एक आम बीमारी है जो फायब्रोसिस और सिरोसिस का कारण बन सकती है। फायब्रोसकैन यकृत की बीमारी की आरंभिक पहचान की नई एवं सरल पद्धति है। अपोलो अस्पताल, नवी मुंबई के 2018 सदस्यों द्वारा यह शिविर चलाया गया जिसमें यकृत की बीमारी कारण और निवारक उपायों की जानकारी दी गई। कुल 77 कर्मचारी और ठेका कर्मचारी शिविर में उपस्थित थे।



उलुबेरिया एलपीजी प्लांट में स्वास्थ्य शिविर



उलुबेरिया एलपीजी प्लांट में उलुबेरिया के ठेका कामगारों के लिए “निःशुल्क स्वास्थ्य जाँच शिविर” का आयोजन कर ठेका श्रमिक दिवस मनाया। शिविर में 86 ठेका कामगारों ने भाग लिया जिन्हें रक्तचाप, ब्लड शुगर, ईसीजी और चिकित्सक सेवा प्रदान की गई। इसके अतिरिक्त “जीवन शैली प्रबंधन” पर स्वास्थ्य चर्चा भी आयोजित की गई थी। स्वास्थ्य चर्चा के दौरान खाने से पहले साबुन से हाथ धोना, नियमित व्यायाम करना, स्वास्थ्यवर्धक भोजन खाना, तली हुई चीजों को टालना और कम से कम 3-4 लीटर पानी पीना जैसी महत्वपूर्ण बातों पर चर्चा की गई। एक कर्मचारी द्वारा “प्राणायाम” का प्रदर्शन भी किया गया। कार्यक्रम से प्रतिभागियों को स्वस्थ जीवनशैली जीने की प्रेरणा मिली।

उरण में फायब्रोस्कैन कैम्प



उरण टीम सदैव अपने कार्यस्थल पर स्वस्थ और खुशी से भर कार्य माहौल रखने के प्रति वचनबद्ध रहती है। भले ही आधुनिक जीवन में हम अपनी व्यावसायिक, सामाजिक जरूरतों को पूर्ण करने के लिए स्वास्थ्य की उपेक्षा करते हैं, “किंतु लोगों का खयाल रखना” हमारे डीएनए में ही है। इसलिए अपनी टीम को स्वस्थ और तंदुरुस्त रखने के लिए उरण टीम ने मासंसे (पश्चिम) और ग्लोबल अस्पताल, परेल के सहयोग से एक दिवसीय फायब्रोस्कैन कैम्प का आयोजन किया।

फायब्रोस्कैन उपकरण का उपयोग यकृत की बीमारियों की जाँच हेतु होता है। मैनेजमेंट और नॉन-मैनेजमेंट के 106 स्टाफ ने कैम्प का लाभ उठाकर जाँच कराया। सभी ने इस कैम्प को काफी सराहा।

आप अकेले नहीं हैं, रोशनी प्लस आपके साथ है।

स्वास्थ्य ही संपत्ति है, फिर भी इस भाग दौड़ की जिंदगी में हम अपने स्वास्थ्य की देखभाल नहीं करते हैं, केवल शारीरिक स्वस्थता नहीं, बल्कि भावनात्मक और मानसिक स्वास्थ्य पर ध्यान देना आवश्यक है। बाजार में निष्पूर प्रतियोगिता और हमारे अंदर उत्कृष्टता हासिल करने की इच्छा के कारण हम स्वास्थ्य और कार्य जीवन में संतुलन बनाये रखना भूल गये हैं। उरण एलपीजी टर्मिनल में ईएसई विभाग द्वारा ईएसई जागरूकता कार्यक्रम आयोजित किया गया जिसमें श्री विलास पाठराबे, टर्मिनल मैनेजर ने उनके मार्गदर्शन के तहत “ उरण टर्मिनल ” के कार्य माहौल स्वस्थ तथा खुश रखने के लिए किये गये अभिक्रमों के बारे में बताया तथा यह भी बताया कि उरण को “ कार्य के लिए बेहतर ” स्थान हेतु भी नामित किया गया है। उक्त ईएसई तथा रोशनी प्लस जागरूकता कार्यक्रम में 130 कर्मचारियों ने भाग लिया। सत्र में लाफ्टर योग, ईएसई कार्य की रूपरेखा और ईएपी सेवा रोशनी प्लस पर प्रस्तुतीकरण शामिल था। कर्मचारियों की खुशी इंडेक्स परीक्षा भी ली गई और उनसे फीड बैक लिया गया। कार्यक्रम में लोग काफी उत्साहित और प्रेरित हो गये थे।



फैटी लिवर पर स्वास्थ्य चर्चा



मनुष्य के जीवन पर परिणाम करनेवाली विभिन्न बीमारियों के बारे में जानकारी प्रदान करने हेतु राजबंध टीओपी में “फैटी लिवर पर एक स्वास्थ्य चर्चा” आयोजित की गई थी। चर्चा में मुख्यतः यकृत से संबंधित विभिन्न बीमारियों तथा यकृत की बीमारी के लिए उपलब्ध उपचार की बातें बताई गईं।



इसी दिशा में दुर्गापुर एलपीजी प्लांट में “पोषण और आहार” पर स्वास्थ्य चर्चा आयोजित की गई जिसमें स्वस्थ भोजन और इसके फायदे बताये गये, समय पर भोजन और नियमित व्यायाम के उपयोग के बारे में बताया गया। स्वस्थ जीवनशैली के लिए क्या करें और क्या न करें तथा सामान्य गलतियों को किस प्रकार टाला जा सकता है इसके बारे में बताया गया।

नोएडा में स्वास्थ्य जाँच शिविर



सीआरडीसी द्वारा मैक्स मल्टी स्पेशलिटी हॉस्पिटल, ग्रेटर नोएडा के सहयोग से आयोजित स्वास्थ्य जाँच शिविर का कुल 82 स्टाफ ने लाभ उठाया। शिविर के पश्चात स्वास्थ्य चर्चा पर काफी ज्ञानप्रद सत्र चलाया गया जिसमें स्वास्थ्य के प्रति जागरूक स्टाफ के प्रश्नों के जवाब दिये गये। सीआरडीसी के अधिकारी, ठेका स्टाफ के सक्रिय भाग लेने के कारण उक्त शिविर एवं चर्चा सफल एवं अर्थपूर्ण रही।

रक्तदान शिविर : जाँबनेर इन्स्टलेशन

जम्मू डिपो ने एसएमवीडी नारायण अस्पताल के साथ मिलकर एक स्वास्थ्य जाँच शिविर आयोजित की जिसमें 100 हितधारकों से भी अधिक कर्मचारी चालक दल एवं ठेकेदार स्टाफ भी शामिल है, ने भाग लिया। इस अवसर पर क्षेत्रीय प्रबंधक श्री राजेश शर्मा एवं डिपो प्रभारी विरेन्द्र सिंह उपस्थित थे। साथ ही नारायण अस्पताल के वरिष्ठ सलाहकार ने शारीरिक फिटनेस के लिए दैनिक व्यायाम एवं योग के महत्व के बारे में जानकारी साझा की।



पूर्वी क्षेत्र में विश्व-युक्त दिवस मनाया गया

19.04.2018 को विभिन्न गतिविधियों के माध्यम से पूर्वी क्षेत्र में विश्व युक्त दिवस मनाया गया। इस अवसर पर पूर्वी क्षेत्रीय कार्यालय कोलकाता, बज-बज इन्स्टलेशन, उलूबेरिया एलपीजी संयंत्र एवं टाटानगर डिपो में युक्त की विविध श्रेणी की समस्याओं, जैसे फ्रैटी लीवर, जटिल जीआई सर्जरी आदि के बारे में एक स्वास्थ्य चर्चा का आयोजन किया गया जिसमें स्टाफ, अनुबंधित कामगार आदि ने भाग लिया।

सुबह की सैर

सुबह सवेरे की सैर आनंद देती है,
चंचल मन को शांत कर देती है,
मस्तिष्क में सकारात्मक ऊर्जा का संचार करती है,
जीवन में उल्लास पैदा करती है,
सुबह सवेरे की सैर आनंद देती है।

प्रकृति के प्रति रुचि जागृत करती है,
ईश्वर के प्रति विश्वास जगाती है,
ध्यान करने की रुचि का आगाज़ करती है,
सुबह सवेरे की सैर आनंद देती है।

चलते रहो, कदमों को सहारा देती अमृतमयी धरती है,
सुबह की बहती ठंडी हवा, प्रतिदिन एक नया गीत गाती है,
दूब पर पड़ी ओस, वातावरण को शीतलता देती है,
जल- थल- नभ की सुंदर आभा हमेशा कायम रहती है,
सुबह सवेरे की सैर आनंद देती है।

आओ शुरू करें, आलस्य त्यागें,
सुंदर पुष्प, वृक्ष, सुरम्य प्रकृति पुकारती है,
निरोगी होने का शत-प्रतिशत वादा करती है,
सुबह सवेरे की सैर आनंद देती है।

ओमिश बैनाड़ा

टीम मेम्बर, ईआरपी सीसी शिवड़ी

सुरक्षा

उरण एलपीजी टर्मिनल में सुरक्षा माँक ड्रिल



उरण एलपीजी द्वारा ठाणे, पालघर और रायगढ़ जिलों में पैक्ड एलपीजी की आपूर्ति की जाती है। तटीय क्षेत्र में स्थित होने के कारण सुरक्षा की दृष्टि से उरण टर्मिनल महत्वपूर्ण है क्योंकि यहाँ आतंकवादी हमले तथा बम का खतरा रहता है। सुरक्षा और संरक्षा हमारी संस्कृति है और इसलिए क्यूआरटी की सहायता से सुरक्षा माँक ड्रिल शुरू की गई है। दिनांक 17.8.2018 को हुई सुरक्षा माँक ड्रिल में कुल 30 कमांडो और स्थानिक पुलिस अधिकारियों ने भाग लिया।

फायर एंड सेफ्टी मीटिंग का आयोजन



गोवा एलपीजी प्लांट में फायर एंड सेफ्टी मीटिंग का आयोजन किया गया। सबसे पहले कार्य के दौरान सुरक्षा, संरक्षा के उपायों एवं उपकरणों के उपयोग के दौरान रखी जाने वाली सावधानियां, इस्तेमाल के सही तरीकों के बारे में बताया गया। मीटिंग के बाद माँक ड्रिल का आयोजन किया गया। इमरजेंसी के दौरान आसपास के इंडस्ट्री किस तरह से एक दूसरे की सहायता कर सकती है, जैसे इमरजेंसी उपकरण उपलब्ध कराना, मेडिकल सहायता उपलब्ध कराना इत्यादि के बारे में बताया गया।

“ स्वयं से पहले सेवा ” प्रशिक्षण सत्र



दिनांक 24.7.2018 को भारतीय सेना की एक इकाई ने उरण एलपीजी टर्मिनल का दौरा किया। उरण टीम के लिए सेना के अधिकारियों के लिए प्रशिक्षण सत्र आयोजित करना एक महान सम्मान था। प्रशिक्षण कार्यक्रम में 29 सेना के अधिकारियों ने भाग लिया। कार्यक्रम श्री श्याम भावसार, प्रॉडक्शन (प्रभारी) के स्वागत भाषण

के साथ शुरू हुआ। प्रशिक्षण कार्यक्रम का मुख्य उद्देश्य एलपीजी परिचालन, एलपीजी की सुरक्षित हैंडलिंग, गुणवत्ता एवं मात्रा परीक्षण आदि के बारे में अवगत करना था। इस दौरान आर्मी टीम ने अग्निशमन उपकरण के परिचालन का सीधा (लाईव) प्रदर्शन भी किया। सेना टीम द्वारा इस प्रशिक्षण कार्यक्रम की बहुत सराहना की गई।

सेना के अधिकारियों के लिए गहन पेट्रोलियम पाठ्यक्रम



शिवड़ी इन्स्टलेशन हर वर्ष में दो बार जेसीओ और एनसीओ सहित सेवा के अधिकारियों के लिए गहन पेट्रोलियम पाठ्यक्रम आयोजित करता है जिसका उद्देश्य पेट्रोलियम उत्पादों के संचालन के बारे में जानकारी देना था। कार्यक्रम में रिटेल परिचालन एलपीजी बॉटलिंग, लूब्स ब्लेंडिंग एवं परिचालन, सुरक्षा गुणवत्ता नियंत्रण, आर एंड डी गतिविधियां, रिफाइनरी

परिचालन और कोस्टल टैंकर संचालन आदि शामिल था। इस दौरान विभिन्न परिचालन लोकेशनों में फील्ड विजिट भी कराई गई। प्रशिक्षण को अधिक प्रभावी बनाने के लिए परीक्षा एवं प्रश्नमंच का भी आयोजन था। यह एक छोटा सा कदम कंपनी को राष्ट्र निर्माण की दिशा में महत्वपूर्ण सहायक साबित हुआ है।



भारत का मान बढ़ाना है, अच्छे दिनों को लाना है
 भारत को स्वच्छ बनाना है, भारत को ऊँचा उठाना है
 शहर गली में चर्चा करें, स्वच्छ भारत अभियान की
 आओ सभी को समझाएं, महत्ता कूड़ा दान की
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा,
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा ।

मिल जुलकर हम कदम बढ़ाएं, सब मिलकर हम हाथ बटाएँ
 शहर ग्राम से कचरा हटाएँ, स्वच्छ भारत का लक्ष हम पाएँ
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा ।

आओ करें ये दृढ़संकल्प, बनाएंगे भारत को हम स्वच्छ
 हमको ना जाना पड़े विदेश, विदेशी खुद आएँ भारत
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा ।

होगा ये मुमकिन तभी, जब हम सोचेंगे सभी
 थोड़ी बस हिम्मत जुटाएँ, आंगन का कूड़ा उठाएँ
 राष्ट्र प्रेम की भावना जगायें, स्वच्छ भारत का लक्ष हम पाएँ
 भारत को स्वच्छ बनायेंगे, भारत को स्वर्ग बनायेंगे
 अच्छे दिनों को लाएंगे, भारत का मान बढ़ाएंगे
 भारत को स्वर्ग बनायेंगे, भारत को स्वच्छ बनाएंगे
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा
 स्वच्छ भारत मेरा हो ये, स्वच्छ भारत मेरा ... ।।

लेखक तथा गीतकार :
 श्री परमजीत सिंह सहोता, मुंबई रिफाइनरी

(श्री परमजीत द्वारा स्वच्छता पर यह कविता लिखी गई थी
 एवं मुंबई रिफाइनरी में उन्होंने प्रथम पुरस्कार जीता ।)

सेवा निवृत्ति



श्री दलीप कुमार, सचिव (एचआरएस), उत्तर क्षेत्र, ने
 बीपीसीएल में लगभग 31 वर्ष तक कार्य किया और
 दिनांक 30.04.2018 को सेवानिवृत्त हुए ।

श्री संजय चौधरी, एलवीडी (एचआरएस), उत्तर क्षेत्र ने
 बीपीसीएल में लगभग 32 वर्ष तक कार्य किया और
 दिनांक 30.04.2018 को सेवानिवृत्त हुए ।

श्री राजेंद्र, एलवीडी (एचआरएस), उत्तर क्षेत्र ने
 बीपीसीएल में लगभग 35 वर्ष तक कार्य किया और
 दिनांक 30.04.2018 को सेवानिवृत्त हुए ।

Develop Peace of Mind

Does your life seem too complicated sometimes? Do you feel overburdened? Fortunately, there are things you can do to rid your life of negative influences and cultivate peace of mind. There are several steps you can take right now, like small changes in behavior or big changes in lifestyle, to generate more peace in your life.

1 Breathe

Intentional breathing is a simple activity, but it's one of the most powerful ways to create peace of mind. Emotions and breathing are closely connected. If you slow your breath and learn to breathe evenly and fully, your emotions will calm down as well. Breathing practices have been shown to reduce cortisol, the stress hormone. They also activate the "rest and digest" part of the nervous system, known as the parasympathetic nervous system.

Here are steps you can take:

- ▶ Find a comfortable place to sit.
- ▶ Put one hand on your belly and one on your chest.
- ▶ Breathe in deeply from your belly, so that your stomach extends out but your chest stays in place.
- ▶ Hold this breath for a couple of seconds and then breathe out.
- ▶ Repeat this sequence until you find a steady rhythm. Try to do this practice for 10 minutes every day.

5 Be generous

Generosity actually causes us to be happier and increases peace of mind. Giving away money can decrease the stress hormone cortisol. It can also extend how long you live, and it can even promote mental health. People who are more generous are less likely to be depressed.

- ▶ Volunteer at a community service organization.
- ▶ Donate to your favorite charity.
- ▶ Offer to help friends and family members with finances, home development, or babysitting.

3 Get enough sunlight

Sunlight produces Vitamin D in your body, which also increases your serotonin levels. You can't get the same effect from indoor lighting, so try to spend time outside when you can.

- ▶ Play sports.
- ▶ Go for a swim.
- ▶ Pack a picnic

6 Cultivate gratitude

Being grateful for what you have in life is a great way to develop peace of mind. Gratefulness decreases stress and increases things like optimism and life satisfaction.

- ▶ Keep a gratitude journal. Each day, write down what you're thankful for.
- ▶ See the positive side to challenges.

4 Pursue the "flow state."

One of the best ways to experience peace of mind and happiness is to get into a flow state. A flow state is where you are completely involved in an activity without overthinking things. You enter flow states when you are doing things you love and when you are being challenged in a way that's suitable to your abilities. Do what you love to do. This could be anything from playing darts on the weekend to landing your dream job as an accountant.

2 Exercise

Regular exercise is one of the best things you can do for your body and mind. You should do 30-60 minutes of aerobic exercise (walking, running, bicycling, swimming, etc.) 3-5 times per week for good results. Here are some of the things exercise does:

- ▶ Find a comfortable place to sit.
- ▶ Lifts your mood by flooding your brain with endorphins and serotonin, which are "happy chemicals" in the brain.
- ▶ Boosts your energy and reduces fatigue.
- ▶ Improves sleep, even chronic insomnia
- ▶ Reduces your risk for diseases such as cardiovascular disease and type 2 diabetes.

7 Join a community

People generally prefer being with others to being alone. Also, connecting with other people gives us an endless stream of peace and happiness. Many sources of "quick fix" happiness or peace of mind tend to go away the more we engage in the activity, but spending time with people we are close to seems to be an exception.

- ▶ Get involved in religious activities.
- ▶ Join a sports team or a reading group.

8 Express yourself

Creative arts can be a powerful source of happiness and peace of mind. Different ways to express yourself artistically can help you feel better about your life.

- ▶ Draw, color, or paint. You don't have to be amazing; you'll get the benefits of catharsis and engaging your imagination either way.
- ▶ Dance. Join a dance class or just make a habit out of dancing to music in your home.
- ▶ Play an instrument. Guitar, piano, & other instruments are a great way to express yourself through music.

Beautiful Landscapes



Pics by Chander Prakash, Sr. Manager Transport (Retail), North