

पेट्रो प्लस PETRO PLUS



Energising Employees

VOL - IV / 2 AUGUST 2014



**Safety
First**





Safety First,
Safety Must1



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A good safety culture is built over time. It is never given. Truly, safety is the joint responsibility of the entire workforce of an organization. Our safety motto 'Safety First, Safety Must' has been spearheaded by our C&MD, Mr. S.Varadarajan and he spares no effort in driving this theme home at every forum. The concept involves creating a safe working atmosphere, securing and safeguarding the lives of the employees as well as the world we live in. It is of prime importance, especially in our industry, due to the hazardous products we handle on a daily basis. Any lapse could lead to consequences of alarming proportions. Therefore, we should always ensure that we follow all the safety regulations seriously and meticulously. Adherence to Standard Operating Practices should be a way of life in the organization with zero deviations and zero tolerance. We bring you a flavour of 'Safety' in our feature, which promises to be thought provoking and enlightening. Be alert, be aware, be alive.

We've been crowned with the two most prestigious PetroFed Awards - the Leading Oil & Gas Corporate and Oil & Gas Marketing Company of the Year - for our sterling performance in the past few years. Moreover, India Today has rated our company as the Best Performing PSU among the Navratnas. These are the latest in a long list of accolades that our company has received recently, serving to renew our vigour and boost our pride in belonging to such a wonderful organization.

We'd like our magazine to be brimming with vitality, a reflection of our energized company. Do send in articles, poems, thoughts, journeys – anything exciting or engaging would fit the bill perfectly !

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Safety First, Safety Must



Safety is paramount for our industry, for society, for life. As Eleanor Everet opined, "For safety is not a gadget but a state of mind." If one is wired for safety, every thought, word and deed is laced with precaution, prevention and risk minimization. For these individuals, "Safety isn't just a slogan, it's a way of life."

Developing a Lasting Safety Culture

The culture of an organisation is the way that people manage safety in the organisation, their attitudes to safety and their perceptions of it. The leadership team has a vital role to play in developing a positive safety culture, which should involve every level of the organisation. This will instil a strong commitment to safety, reduce accidents, improve the bottom line, and nurture an atmosphere where everyone wins.

Proactive cultures consider safety to be a core value. The leadership team and other managers genuinely care for the safety and well-being of the staff and contractors. They understand the role of management system failures as primary causes of incidents and have performance targets in place. The organisation uses tools that simplify work processes and support line management as well as the workforce.

The focus is on continuous improvement.

Generative cultures realise the benefit of safety on their entire operating environment and safety is just part of what they do on a daily basis.

The following activities are vital in achieving a good safety culture:

1. Genuine, visible leadership and commitment from the top on safety issues.



2. Acceptance that achieving good safety performance is a long-term strategy that requires sustained interest and efforts.
3. Treating safety performance as a business objective, and resourcing it adequately.
4. Ensuring that safety is a line management responsibility and that managers understand their own role in promoting and protecting their own safety and that of their staff.
5. Creating 'ownership' of safety throughout all levels within the organisation. This requires employee involvement, training and communication programmes so that staff can identify hazards/risks, suggest control measures, provide feedback, and feel that they 'own' safety procedures.
6. Providing high quality training that is properly managed, meets the requirements of the organisation, has well-chosen, high quality content.
7. Setting realistic and achievable targets, receiving adequate and up-to-date performance information, and measuring performance against the targets.
8. Ensuring that incidents (injury accidents, non-injury accidents and near misses) are thoroughly investigated and actions taken to prevent their recurrence.
9. Ensuring audits and assessments are carried out and resultant actions taken promptly.
10. Making good safety behaviour a condition of employment, part of the job description, and part of the employee performance review.

Engaging Employees on Safety

These three key ingredients are vital to improving safety:

- lead by example
- instill a positive safety culture
- ensure that employees are involved in the decision making process.

Safety is not an intellectual exercise to keep us in work. It is a matter of life and death.

Safety is about doing the right thing, even if no one is looking, because safety starts with me !

Preventing the Top 5 Workplace Injuries

Thousands of workers are injured on the job every year. Some of these injuries are serious and life-threatening, while others are not as grave and require little attention. Reducing the occurrence of injuries is the main objective of safety professionals all over the country.

The top five leading causes of injuries are :

1. **Overexertion.** For injuries from excessive lifting, pushing, pulling, holding, carrying or throwing, get help or use devices to assist with the task if possible. Proper technique and training is recommended.
2. **Fall on same level.** Proper housekeeping is one way to reduce injuries from falls. Keeping your work area clean and clutter-free is very important in preventing these kinds of injuries. Also, using anti-slip coatings on floors or wearing anti-slip footwear might help reduce falls.
3. **Bodily reaction.** Injuries from bending, climbing, reaching, standing, sitting, slipping or tripping without falling. Some important ways to reduce these injuries include eliminating environmental factors that can cause them. Be aware of hazards that can cause injuries, such as improper placement of tools or clutter around your workstation. Also, maintain a healthy lifestyle with proper physical conditioning and prevent situations that carry prolonged awkward posture.



4. **Fall to lower level.** In preventing this, always make sure ladders are in proper working order and scaffolding has been built and repaired correctly. It's important to make sure that tools are inspected and maintained regularly. Also, remember to wear proper fall protection where applicable.

5. **Struck by object.** Workers struck by objects such as a tool falling from above. A few of the simpler ways to reduce these injuries include :

- Wear hardhats to avoid falling objects
- Stack materials properly to prevent sliding, falling or collapse
- Always wear proper Personal Protective Equipment. (PPE). This includes safety glasses, gloves, goggles and face shields, to name a few.
- Don't work under cranes, hoists or heavy machinery while it's being operated.
- To avoid incidents with vehicles, workers should wear seat belts, check vehicles thoroughly and wear highly visible clothing.



With proper training and awareness, these numbers will hopefully decline and fewer people will be injured on the job.

Getting employees more involved in safety has three main psychological benefits :

1. **Employees become more focused on their work;** they are more alert, active and prepared to perform, they do not become easily distracted and therefore are less likely to make errors that may lead to an accident.
2. **Participation motivates employees to contribute more.** A motivated employee will balance their own and the organisation's needs. If their job is designed to give them intrinsic and extrinsic rewards, then they will be more committed to the organisation and therefore, the goals that the organisation sets around safety.
3. **Participating in decision making can help employees to become more accountable** and therefore help them to achieve the safety goals of the organisation and therefore, feel safer at work.

How can you involve employees more?

Demonstrate you care about them - you need to go above and beyond just safety. You need to show employees that there is a strong connection between the employee's and the organisation's actions.

Create opportunities for employees to achieve their personal goals - link the employee's performance objectives to safety, and ensure that any safety responsibilities that they are given are meaningful to them and can help them gain experience.

Modify the employee's safety responsibilities so that they can gain more intrinsic rewards -

these are the personal gains that an employee can get from doing their job, for example feeling competent, craftsmanship, a feeling of pride. For instance, providing them with opportunities

KISS: Keep
it Safe and
Sound.

Safety is as simple as ABC
- Always Be Careful

to make decisions about their personal protective equipment, giving them an opportunity to study for a meaningful qualification, empowering them and giving them control over how they do their work.

Reward and interact with employees - make sure that you are available to talk to your employees about any concerns they have, praise good safety practices and celebrate safety successes.

Set goals together - work together with employees to set safety goals. Make sure that the goals are valued by them by adding them to performance appraisals. By doing this, you will actively encourage employees to want to develop and be committed.



The 10 Commandments of Workplace Safety

1. Always be responsible for the safety of yourself and others.
2. Always remember all accidents are preventable.
3. Always follow company rules, regulations and procedures.
4. Always assess the risks. Stop and think.
5. Always be proactive about safety.
6. Always deter from situations you're not trained to handle.
7. Always ask if you are in doubt.
8. Always be prepared.
9. Always practice good housekeeping.
10. Always take the safest path, never take shortcuts.

Keep Employees Safe in the Workplace

We live in a world where bad things happen in the workplace. Apart from acts of terror, the safety of our team can be at risk due to natural disasters and other unexpected events. And yet few people ever really think it will happen to them. To lead safety at work, here are very important thinking points:

1. **Come to terms with reality.** It can happen in your workplace. Living in denial is the riskiest strategy of all. Post-tragedy interviews prove the point: "I could never imagine it happening here," you'll often hear.
2. **Be aware and teach awareness.** Criminals use the element of surprise. By paying closer attention to unusual or suspicious behavior and challenging it, you can reconfigure the odds. Don't be afraid to inquire or report, and make sure your people aren't afraid either. Be polite but assertive in challenging anyone acting unusual.
3. **Get expert advice.** Law enforcement officials are usually willing to offer suggestions and even courses, and private enterprises can teach and provide security. Find someone in your community who is a proven expert in workplace safety. What is safest and most effective isn't always intuitive, but an expert will know what works best.
4. **Develop a plan.** Make sure every employee understands what needs to happen should there be a crisis, whether by a terrorist or a natural disaster. A written plan of action should be available in our policies and procedures manual.
5. **Do the drill.** It isn't enough to have a plan others can't implement. Every quarter or at least every six months, alert your employees to a drill and practice it so people know what to do and where to go in case of specific emergencies.
6. **Find leaders within your team.** These individuals can serve as captains to help coordinate and take additional responsibility in case of an emergency. Make workplace security a team effort.
7. **Consider providing a basic self-defense and safety course to all employees.** It's an employee perk that will not only be appreciated, but could potentially save lives.

Many alarm systems are purchased only after a break in. You need to be ahead of the game. Don't put off doing what needs to be done to assure the safety of your team.

Boosting Safety Performance

- 1. Engage employees.** Involving employees in the safety process permits them to demonstrate their commitment while building pride, ownership, and skills. Start with an employee survey to identify the issues that matter most to your workers and where they feel improvement is needed. Involve employees in safety planning. Send them out to divisions of your company or other businesses to learn about best practices.
- 2. Identify and report hazards.** The process of eliminating a hazard starts with identifying and reporting it. One large industrial site posts a safety logbook at each of its locations. Employees are encouraged to enter risks or safety concerns into the book. Another proven tactic is maintaining a library of up-to-date job hazard analyses (JHAs).
- 3. Get the most from your managers and supervisors.** Managers and front-line supervisors have the most direct access to workers. Their actions, reactions, and attitudes can have a huge impact on employees' safety performance. Make sure your managers and supervisors:
 - Routinely discuss safety at staff and employee meetings;
 - Attend and participate in safety committee meetings;
 - Conduct facility walkarounds, noting best practices or areas in need of improvement;
- Use coaching and feedback to encourage safe behaviors;
- Launch accident investigations as soon as possible and follow up to identify corrective actions; *and*
- Make it clear to employees that they may shut down an operation if they believe conditions are unsafe.
- 4. Put it in writing.** A written safety program is the gold standard. We also need a safety mission statement that aligns with our corporate goals and culture. Communicate the statement to all employees, customers, contractors, and suppliers and feature it on your website. Codify our safety policies and practices into a document that is easy for managers and employees to consult and use.
- 5. Be ready.** Emergencies don't just happen to the business down the road. You've got to be prepared for a wide range of unexpected events. An emergency plan should be inclusive and reflect all possible contingencies. It should be site-specific and based on a thorough hazard assessment as well as an understanding of risks specific to location, weather patterns, etc.
- 6. Get involved in health and wellness.** Compliance with safety and health regulations is your duty under the law. While there are no comparable laws governing diet, exercise and stress, many experts agree that these factors play a role in keeping employees present and productive.

Take responsibility for your safe work environment. Have the strength to do the right thing every time even when it's seems easier not to.

By involving employees more at work, you can increase job satisfaction and commitment, which as well as encouraging a safe environment has a multitude of business benefits, leading to gaining an edge over your competitors, such as better employee relationship, less sickness absence, better performance, more creativity and more ambitious goal setting.

Each and every one of us shares the responsibility of making sure everyone goes home to their family healthy and uninjured daily. We can achieve this by following the safety procedures that are in place. Our families count on us, let's not let them down.

Our C&MD has been continuously urging all of us to adopt 'Safety First, Safety Must' as our credo in all our endeavours. Let's live and work safely !

Good safety is good business



A Noteworthy Visit



Bangalore LPG Territory was privileged to play host to Mr. S.C. Khuntia, Additional Secretary & Financial Advisor, MOP&NG, along with Mr. S. Varadarajan, our C&MD and Mr. P. Balasubramanian, Director (Finance) on 2.8.2014. Mr. P.K Raghunathan, RLM (South), Mr. Santhosh Kumar, Head (Retail)-South and other BPCL First team members were present on the occasion. Mr. Ajay Phirke, TM (LPG) and Mr.K.Ravindra, TC (LPG), Bangalore took them around the Plant and explained the state-of-the-art facilities available. Special prominence on housekeeping and greenery was highly appreciated.

The dignitaries also visited our CSR projects. The Science Education project for school children in partnership with NGO Agastya International Foundation, offers hands-on learning through a Mobile Science Lab and Lab in a Box to children from low income schools. Project Boond in Magdi, in partnership with NGO DHAN Foundation, has seen 4 villages made 'Water positive' through BPCL's efforts at Rainwater harvesting. Both projects were appreciated and the efforts of the Company were applauded by all the dignitaries present.

BPCL Wins HRM Pro 14 Quiz

The HRM Pro 14 Quiz competition conducted by National HRD Network, Chennai Chapter on 31st July, 2014 was won by the BPCL Team. The BPCL team from Southern Region was represented by Sanson T Koleth (E&P), VR Sudhakar (Retail) and K Mahendra Kumar (HRS). This HR quiz competition attracted 32 corporate teams, which included TCS, Infosys, Ashok Leyland, CTS, Rane etc. Keep it up !

Ahmedabad Rolls Out the Red Carpet

Our C&MD, Mr. S. Varadarajan and Director (M), Mr. K.K. Gupta visited Ahmedabad recently, to the delight of the staff there. Mr. Prakash V. Ghorpade, State Coordinator, Gujarat extended a warm welcome. Then, Regional Head (Retail), West, Mr. P.S. Ravi gave a brief background on the various initiatives being taken by Retail in strengthening market share.



C&MD apprised the team on BPCL's global expansion programme, from exploration in Mozambique and Brazil to setting up of an office in Singapore; opportunities available in the near future, deregulation and setting the goal of making BPCL a Maharatna PSU. He also emphasized on safety, which must be maintained at all times at all levels.

Director (M) emphasized the need for BPCL's presence on global platforms, the urgency of retaining market share by keeping the existing customers happy and also expanding our reach to touch their lives, and the 'BPCL First' initiative to ensure this. I&C, Lubes, LPG and Aviation SBUs also presented their performance. The interaction has revitalized the entire team.



A Fillip to HSSE



While inaugurating the Location based HSSE Role holders Meet – Southern Region, Mr. K.K. Gupta, Director (M) exhorted all to adopt best practices in operations and technology. He emphasized that each

of our locations should become world class. The meet was organized at Chennai on 25th & 26th July, 2014 wherein 47 HSSE role holders from Retail, Aviation, LPG & Lubricants participated.

After the welcome address by Mr. P.K Raghunathan, RLM, South, Mr. Pramod Sharma, ED (Retail) shared the data on accidents. Mr. P.C. Srivastava, ED HSSE, stated that there should be zero tolerance on safety. Sharing accident statistics, he said that the rate of accidents is higher in India and training programs play a major role in accident reduction.

The meet started with the Regional presentations on Significant Audit finding, DCMP Fire drill deficiencies & Near Miss/Root cause analysis recorded and systemic improvements made during the past one year followed by the presentations by Location HSSE role holders on Effective Maintenance Management etc. ED-OISD, Mr. HIRAK DUTTA made a presentation on Safety Management emphasizing 'How Safety can be achieved through effective operations & maintenance.'

Licence Tracking System at KR

Mr. B.K. Datta, Director (Refineries) inaugurated the Licence Tracking System at Kochi Refinery on 24 June. This System is used for tracking Statutory Licenses, Calibration Certificates & Agreements which require periodic renewals. In this system, the licenses details of different departments are managed centrally. The system also generates automatic email notifications ahead of renewal dates of licenses which will help in the timely renewal of licenses. Mr. Prasad K. Panicker, ED (Kochi Refinery), Mr. C.K. Soman, GM (Operations), Mr. P.K. Suresh, GM (Finance), Mr. M.N. Neelakanton, GM (Advisory Engineering), Mr. P. S. Ramachandran, GM (Projects- Units) and other Senior officials were also present during the occasion.



Burns Unit Donated



BPCL has extended financial support for setting up a Burns Unit at Govt. Medical College, Ernakulam. The Burns Unit was inaugurated by Shri. V.S Sivakumar, Hon'ble Minister for Health, Govt. of Kerala on 28th June in a function presided over by Shri. VK Ebrahim Kunju, Hon'ble Minister for Public Works, Govt of Kerala. Shri. Prasad K Panicker, ED (Kochi Refinery) and Shri. S Somasekhar, DGM (HR) I/c also attended the function. The Burns Unit is the first of its kind in Ernakulam and nearby Districts. With a hydro therapy tub and special beds for patients, the unit will be part of the surgery department with a plastic surgeon on board. An operation theatre and ventilator facility is also part of the unit. The unit would be very beneficial to the burn victims in the industrial capital City as well as nearby areas.

A Green Thumbs Up for IREP Green Belt Project

Mr. B.K. Datta, Director (Refineries) gave a start to our IREP Green Belt Project (Phase II) by planting a sapling at the Refinery main gate area on 13th August, 2014. Present on the occasion were Mr. Prasad K. Panicker, ED (KR), Mr. P Kumaraswamy, GM I/C (Projects), Mr. P.S. Ramachandran, GM (Project Units) and Mr. P.K. Thampi, DGM (Technical) I/C.

This phase has the ultimate objective of planting 20,000 trees for Mother Nature as part of the ongoing IREP project. It involves greening and beautification of the existing refinery area with special focus on development of both sides of the road with decorative, flowering and fruit bearing plants.



Gas SBU Signs MoU with BASF



In view of the increasing Natural Gas demand in the country, Gas SBU and Corporate R&D Centre (CRDC) have undertaken a joint developmental program on the Adsorbed Natural Gas (ANG) concept. This is a novel, cost effective, energy efficient, eco-friendly, safe technology for Natural Gas distribution for stationary and automotive applications by rolling out pre-filled gas canisters for Natural Gas distribution. BPCL and BASF, USA signed an MoU on 4th August, 2014 at New Delhi, for joint development of an ANG platform in India, with an aim to leverage complementary strengths of the two Fortune Global 500 giants. The MoU was signed by Mr. I.S. Rao, ED (Gas) and Mr. Joseph Lynch, Global Director, Energy Storage Application, BASF, USA in the presence of Mr. V. Duggal, GM (Gas), Dr. P.S. Viswanathan (DGM-R&D) and CRDC & Gas teams. The developmental work will be jointly carried out by CRDC, Gas SBU and BASF teams.

Face to Face with CVO

Our Chief Vigilance Officer, Mr. Manoj Pant, IFS has embarked upon his initiative "Face to face with CVO" which is aimed at changing the perception of Vigilance, from a department which catches people for their wrongdoings and punishes them, to a management function which is a very important tool for achieving business excellence. Carrying this message, our CVO visited Northern Region and addressed officers at Noida Regional Office, Lalru LPG plant and Chandigarh State Office. In his address, he stated, "While business interest is very important, we must also abide by the laws, rules & regulations and norms framed for protecting the interest of the state and society. Ignorance of law is an unacceptable excuse and reflects poorly on the competence of an individual, particularly when being made by professionals / management staff who have been dealing with the subject for some time."



This was followed by a presentation by Mr. Indrajit Mazumdar, DGM (Vigilance), HQ on tendering guidelines, procedures and observed deviations. Queries were answered and doubts clarified by the Vigilance team. The message spread by Mr. Pant will definitely percolate down the line and will eventually reinforce our corporate culture and values.

Vigilance Website and 'Soch' Launched

“We need to ensure functioning with transparency and good corporate governance,” averred Mr. R.K. Singh, Joint Secretary (Refineries), MOP&NG, at the launch of the Vigilance website on I-connect. Our C&MD, Mr. S. Varadarajan echoed his sentiments, stating that governance is critical for an organization and it is vital that we adhere to guidelines while meeting business needs. The Vigilance website was launched on 3rd July, 2014 in the presence of Mr. Manoj Pant, our CVO, Ms. Madhu Sagar, GM (Vigilance), Mr. S. Ramesh, ED (PR, Brand & NI), Mr. R.P. Natekar, ED (I&C), Mr. Ramesh Nair, GM (HRS).

The website has the objective of creating awareness on good governance, sharing knowledge on ethical practices and proactive vigilance and connecting with all the employees. Apart from showcasing various award winning slogans and a wide range of activities conducted during Vigilance Awareness Week, a large number of interesting case studies have also been shared, to provide a glimpse of frauds and corruption worldwide. These can serve as reference points for people to report on cases in future.



Mr. R.K. Singh also launched the e-magazine from the Vigilance stable - “Soch” - which promises to provide food for thought. ‘Soch’ will be an important communication channel where interesting articles and case studies will be published on a quarterly basis. With these two communication channels, Vigilance hopes to reach out to everyone and make a difference. Participative vigilance is the way ahead.

MAK Lubricants at IGL Outlets

BPCL has entered into a MoU with Indraprastha Gas Limited (IGL) for marketing of MAK Lubricants at 115 IGL CNG Stations across Delhi and NCR. Delhi has huge potential of Gas Engine Oil and by bringing IGL in its fold, Delhi Reseller team has targeted to promote MAK GE along with coolants, brake oil and greases across all IGL outlets. The sale was launched on 24th July, 2014 by Mr. K.P. Chandy, ED (Lubes), along with Mr. Narender Kumar, MD (IGL), in the presence of Mr. S. Rath, Marketing Manager (Lubes) and Mr. Rajesh Chaturvedi, Director (Commercial), IGL. To give the launch further impetus, a One Day Wonder activity was also conducted at IGL Station, Mahipalpur on the same day.



AeroLogic Refuelled at Chennai

The dynamic Aviation Team refuelled the maiden flight of the Cargo Airline, ‘Aerologic’ at Chennai Airport on 5th July, 2014. Aerologic is one of our contracted scheduled customers who have extended their business by operating a new flight at Chennai after Mumbai & Delhi. This inaugural flight was refueled with 95,100 liters within 30 minutes by placing a battery of Refuellers from both sides at a non-hydrant location. Mr. Marco Sperling, Station Manager AeroLogic (Chennai), Mr. Veeranna Chavdi, Lufthansa Ops head, Flight Captain and crew members of AeroLogic conveyed their gratitude to BPCL for exhibiting such high standards of service.



Kandla Celebrates Collaboration

On 13th August, 2014 inter-SBU camaraderie and co-operation between I&C and Retail was celebrated with aplomb. An I&C customer needed 700 MT of bonded FO 380 to be loaded in a single day for a foreign-going vessel at Kandla. The timing was of utmost importance as any delay would incur demurrage. The problems were further compounded by the limited number of tank trucks available at Kandla for such a movement, requiring one tanker to be filled more than once during the day.

Kudos to the Kandla team who, under the leadership of Mr. Vineet Bhutani, Mgr Ops (I/C), Retail started operations at 6.30 in the morning and continued till late night to ensure that the required quantity was indeed made available. Such a landmark and focused display of customer loyalty has been rare and each and every member of Kandla Installation, i.e. M/s. Bhutani, Hemant Rathod, Ashish Kumar, C. Prakash Ram, Vijay Singhan and Raghuram, deserve a salute. The Installation guys were ably assisted by AM (Indl) Rajkot, Mr. Arvind Goel, who co-ordinated the activities between the Installation, customer and transporters consistently throughout the day.



The incident was commemorated by cutting of a cake by Mr. R.P. Natekar, ED (I&C), Mr. K.S. Shankaran, DGM (Logistics), I&C and Mr. Amit Garg, TM (Indl), Ahmedabad. Mr. Bhutani apprised all of the history of the Installation and Kutch district. Mr. Vijay Shingan, AM Ops (Retail) gave an overview of Kandla Installation, which was once known as the 'Mecca of Operations' in BPCL. ED (I&C) appreciated the performance of the Kandla Team and complimented them for excellent housekeeping and cleanliness, despite some major projects in progress. The operation carried out would certainly make the customer think about 'BPCL First' throughout his requirements.

Aviation Footprint at Thanjavur

On 19th August, 2014, Aviation SBU put its maiden footprint in the Defence segment in South India, when the first refuelling of Sukhoi-30 (SU-30) fighter aircrafts from Adampur Air Force Base of Western Air Command was done at 47 Wing Thanjavur Air Force station. It was a proud moment for Aviation to get an entry in the Indian Air Force, specially under southern command, which was awarded through a competitive bidding process.

Construction of the AFS with initial capacity of 5x200 kl Semi buried tanks (expanding up to 10,000 kl tankage capacity in future) and allied facilities are in full swing and likely to be completed by March 2015. IAF has also awarded us fuelling until the new BPI at this base is commissioned on an exclusive basis. Thanjavur base will be the 5th IAF base where we have our exclusive Aviation Fuelling Stations. Presently, we have our AFS at Gwalior, Sirsa, Suratgarh and Phalodi Airforce bases. Thanjavur Air Force is the largest forward operating station in South India. It has plans to induct two full SU-30 Multi Role Combat Aircraft squadron (up to 18 aircrafts). This base will support squadrons for medium and heavy lift transporters and helicopters.

Air Force Station Commander Group Captain R V Shinde & Chief Pilot of Sukhoi Aircraft was greeted with a bouquet by AM (South), Mr. P.M. Kamath and he inaugurated the ITP operations at Thanjavur Air Force Station with fuelling Sukhoi Aircrafts followed by distribution of sweets. IAF officers were very pleased to see the upkeep of the refuellers & SOPs followed by our refueling staff.



Coaches Meet to Create Exuberance

Mr. Shrikant P. Gathoo, Director (HR) sagely advised, “Coaches should not always be in “spend mode”, they also need to be in “collect mode”, at the All India Coaches Meet, which laid emphasis on coaches to reflect, internalize and demonstrate the inner core for others to respect and emulate. Full time and part time coaches congregated on 17th & 18th July at Khandala to gain clarity on the coaching interventions that would add value and translate into hard business results and to reaffirm their commitment to the coaching journey.

In his address, Director (HR) saw an important role for the coaching team in energizing and creating exuberance in the organization and strengthening a culture of collaboration in business teams. He called upon the part time coaches to contribute to coaching initiatives in a big way for the benefit of the organization as well as for their own inner development.

Ms. Dipti Sanzgiri, ED (IT) & Master Coach highlighted that there is a spiritual dimension to coaching and coaches need to go deeper, using the tools available in the spiritual world which are far more robust.

Mr. G. Kalaiselvan, GM (Internal Coaching) facilitated a deeply reflective conversation amongst coaches, which brought to the fore how each one had evolved in the coaching journey and the goal they are passionate about achieving in the next 3 months in coaching. He further shared that the internal coaching team had developed and rolled out a new program on “Leading a happy and stress free life” across the regions and refineries which aims at developing emotionally attuned



and happy employees through mindfulness meditation practice. This has emerged as a flagship program with people expressing perceptible change in their personal and professional life.

VLP for cross business teams at BPCL First locations was yet another program innovatively designed and rolled out at all Phase I & II locations to strengthen collaboration and to present a unified face to the customers, contributing to the top and bottom line of the company. The team had also piloted a culture & value workshop for non-management staff to reach out to the larger organization. At the end of the meet, a fully energized coaching team resolved to fulfill the organizational expectation reposed in it.

HPCL Honours BPCL



HPCL needed urgent aid when a portion of their Mumbai-Pune-Solapur Pipeline, which lies below the concrete layer of the highway near Kamothe in Navi Mumbai, developed heavy leakage on 17th July 2014. The emergency situation

worsened, since it started raining incessantly and the leaky spot was inaccessible, thus leaving HPCL in a hapless situation. When HPCL informed Mr. V. S. Sehgal, Chief Operations Manager (Product Pipelines), BPCL about this incident at 3 p.m. and requested for help, it was the promptness of positive response that

impressed HPCL the most. In less than five minutes, our Emergency Rescue Vehicle, along with two experienced Ops. Officers left Mumbai Refinery and rushed to the emergency site. The co-ordination was done enroute and the danger averted, the timely action & gesture providing great relief to HPCL. After about 10 days of tireless toil, HPCL completed the repair work and resumed pumping. Since the leaky portion of the pipeline was not accessible, being below the RCC highway, Radio Isotope technology was adopted for the first time in the oil industry to identify & locate the exact point of leakage, which was new learning & takeaway for MMBPL. In a thanksgiving function organized by HPCL in Mumbai on 9.8.2014, Mr. Anil Pande, ED (Projects & Pipelines) presented a Plaque to Mr. V S Sehgal & Mr. A. S. Pathare, Manager Ops.-MDT to express their gratitude.

NRL Wins Most Eco-Friendly PSU Award



NRL was awarded the Most Eco-Friendly PSU in the Miniratna Category at the prestigious India Today PSU Awards 2014. The award was presented to NRL MD, Mr. P. Padmanabhan by Hon'ble Union Minister of Consumer Affairs, Food and Public Distribution, Shri Ram Vilas Paswan in the presence of Vice-Chairman and Editor-in-Chief of the India Today Group, Mr. Shekhar Gupta at a function held at New Delhi on 21st August, 2014. These Awards, which recognize the contribution of state-owned behemoths to nation building, are based on an independent survey carried out by Marketing and Development Research Associates (MDRA), a premier research organization. The award assumes great significance since the selection process included all the 229 PSUs nationwide in the fray and therefore, is a befitting recognition of the innovative, sincere and dedicated efforts of NRL towards preservation and conservation of the ecology and the environment.

NRL Votes for Security



July was observed as 'Security Month' at NRL, to enhance security awareness among employees, contractors, workers and family members of the employees living in the NRL Township at Numaligarh. SP, Golaghat, Mr. Siladitya

Chetia, IPS was the Chief Guest at the inaugural meet held on 11.7.2014 which was graced by Directors of the Company along with a large number of employees. Subsequently, awareness programs were held at the Wax project site, Crude Distillation Unit, Tank lorry loading site at NRMT, ETP- VOC project site, Township project site, Warehouse and the night lorry parking area. To create awareness among family members, two programs were organized for the ladies in the Township.

An awareness program was also held in the VK-NRL hospital premises involving doctors, paramedical staff, township security staff and contract workers. In addition, DIG (Security), Mr. K.K Sharma, IPS interacted with the operative & functional heads of various departments on 21.7. 2014. A Security drill was conducted on 22.7.2014 by the CISF personnel at the marketing terminal and a Bomb Threat drill on 30.7.2014 at the administrative building under the Company commander CISF-NRL Unit, Mr. Sohan Lal. Apart from a quiz on security awareness for the employees, a journal - 'Suraksha' was published with messages from Dy. Commissioner, Golaghat, DIG (CR), DIG (ER), DIG (Security), SP Golaghat etc. This was officially released during the closing ceremony on 31.7. 2014, which was attended by senior officials of the Intelligence Bureau along with NRL Directors.

Health is Wealth for NRL

NRL observed August 2014 as 'Health Awareness Month' to enhance health awareness among its employees and their families, contract workmen, CISF personnel, people in the neighborhood and other stakeholders of the close knit NRL family. Various activities and programs were undertaken by NRL during the course of the month to inculcate healthy habits and encourage lifestyle changes which would contribute towards a healthier society.

In the plant and within NRL Township, 14 health awareness programs were organized on nutrition, hygiene, first aid and general care to be taken for protection from diseases among the employees and contract workmen. Special hygiene camps were also organized at the plant canteens. An online quiz competition was organized with enthusiastic participation from employees.

Special programs were conducted on child nutrition and family planning for female workers, with active assistance from WIPS-NRL chapter. For the ladies of the township, awareness programs were conducted on diet, nutrition and physiotherapy. An eye screening camp was organized in Rong Bong Srimanta Sankardeva ME School along with two children's health check up programs in nearby schools, with the active support from VKNRL Hospital and WIPS-NRL chapter. It was concluded that in any organization, the employees - the human capital - are the most critical element in the productive apparatus. If the health and well-being of the employees is not given adequate attention, it is likely to affect the productivity of the organization as a whole.



Retail Policy Compendium CD Released

Retail is a matter of detail and so are its policies. Mr. Pramod Sharma, ED (Retail) released a CD on 'Compendium of Retail Policies' on 19th July, 2014 at Noida Regional Office. The CD covers all policies which are referred to day in and day out by the Retail warriors in the field and in the back office. Topics included are 1) Back to Basics for Sales Officers 2) COCO guidelines 3) Compendium of ARB Circulars and Guidelines 4) MDG 5) PFS Manuals 6) Manual for Selection of Dealers for Regular and Rural Outlets. ED-Retail complimented the efforts put in by the NR team in collating the valuable CD. He mentioned that this ready reckoner would equip the existing and new field officers with enhanced knowledge and awareness to take timely decisions.

Chikankari Sale Supports SEWA

CSR facilitated an exhibition and sale of Chikankari work (embroidered items popularly known as Lucknowi) on 16th July, 2014 in CO. SEWA, Lucknow made sales exceeding Rs. 1 lakh, which will contribute towards empowerment of the women who live in the rural areas around our LPG bottling plant in Lucknow. Our partnership with NGO SEWA is for training women from low economic strata in Chikankari embroidery, subsequent income generation activity and linkage to financial institutions. The project has covered over 1000 women, who now earn Rs. 5000-6000 per month and save enough money to educate their children as well.

The Treasure of Books

Books give wings to the mind, flight to the imagination and life to everything. They are a wealth of knowledge and wisdom. A two-day Book Exhibition and Sale of Books organized by Employee Satisfaction Enhancement at CO brought this treasure to employees' doorstep on 12th & 13th August, 2014. A tremendous response for the exhibition confirmed the love for the good old habit of reading a book, even in this cyber world. Reading is to the mind what exercise is to the body. It gives you a refuge from the stresses of day-to-day life. Reading a good book can not only enhance your knowledge but can also be a very relaxing experience. Books are great gifting ideas too. Many netizens thronged the venue for the pleasure of browsing through the print world. A variety of books from the world of Fiction, Non-Fiction, Business, Finance, Economics, Management, Self-help, Children, Hindi and Marathi Sections were on offer at discounted prices. Employees were happy to leaf through the collection and pick their choice.

Statutory Excellence Campaign

HRS South launched the Statutory Excellence Campaign on 16th July, 2014 as an initiative to drive Statutory Compliance so as to enroll all locations in the region and to ensure 100% compliance on labour statutes. The campaign, which promotes a full-fledged statutory compliance drive with audits, interface with labour authorities, communications etc., kick-started with compliance audits at Trivandrum and Kochi. Interface with Officials of Labour Departments was attended by Mr. S. Sekar, Dy. Chief Labour Commissioner, Dr. J. Ugin Gomez, Assistant Labour Commissioner and Mr. Sunil Kumar, Labour Enforcement Officer from the Central Labour Department, Kochi on 24.7.2014 at Kochi. It served as a platform for seeking clarification on various statutory compliance issues to get a better understanding of the various provisions under labour statutes. Mr. P.M. Somachudan, Kerala State Coordinator and other senior officers from Retail, LPG, Aviation, I&C and E&P attended the interface. HRS was represented by Mr. R. Praveen Kumar, Dy.Mgr.(ER).



Kochi Refinery Achieves 36 Million Man-hours

On 22nd July 2014, Kochi Refinery completed 36 million accident free man-hours, equivalent to 3126 days continuous safe operation. Celebrating the occasion, Mr. C.K. Soman, GM (Operations) hoisted the safety flag. "It is our commitment to safety, laced with teamwork which has made it possible to cross this 36th step," said Mr. Geogy Thomas P, DGM (Fire & Safety). He appreciated the near miss reporting system, behavior based safety system and practice of Tool Box talk which has contributed towards building up the safety culture in Kochi Refinery. He thanked all employees for adhering to Safety rules and urged everyone to continue the safety pursuit in the years to come.



CRDC Celebrates its Foundation Day

CRDC celebrated its 14th Foundation Day on 4th July 2014 with full zeal and enthusiasm. Dr. P S Viswanathan, Head-CRDC, He encouraged all to demonstrate the highest levels of commitment and discipline and take the Corporation to greater heights.

- Director(R)'s message to CRDC was read out
- Glimpses of Journey of CRDC- "Reminiscences" was showcased by Mr. Bharat Sajjan and a Questionnaire on the way forward for CRDC was conducted by Dr. Chanchal Samantha & Mr. Rajeev Kumar.
- A Solo performance by Mr. Lalit Kumar and Surshetra, a musical extravaganza was followed by the Prize Distribution.



Strengthening Ties With Hospitals

HRS – North facilitated an interactive session at Noida Regional Office with the representatives of newly formed tie ups in Noida / Delhi / Gurgaon / Ghaziabad and around NCR to provide better medical facilities. The tie-ups included reputed hospitals like Apollo, Medanta, Max, Fortis, Metro, Dharamshila etc. wherein the medical policies of management, non-management and retired staff were discussed.

Representatives of the hospitals also agreed to provide us assistance in holding medical camps / medical talks by expert doctors to spread awareness about health and well-being. Such an interaction shall also help the organization in strengthening ties with renowned hospitals and developing new tie-ups at much more competitive rates.



CRDC Bags Petrotech Research Fellowships

Corporate R&D center has bagged two fellowships under the prestigious "Petrotech Research Fellowship" program. The main objective of this scheme is to encourage, motivate and support R & D pertaining to the Hydrocarbon Sector. The research project entitled "Process Modelling studies for producing Propylene in Novel Reactors" will be carried and along with IIT Delhi. The second research project entitled "Production of Clean Methanol From Carbon Dioxide using Nano Structured Catalyst" will be jointly carried out with IIP, Dehradun. Under this scheme a research fellowship is supported by Petrotech for the candidate to pursue research leading to award of a Ph.D degree from the respective institute. The fellowship includes monthly stipend and contingency research grant. For both these projects BPCL scientists will supervise along with the faculty from IIT Delhi and IIP Dehradun, while the research work will be carried out in BPCL and IIT/ IIP. Apart from building strong knowledge base in these areas a long term association with premium academic research institutes would further improve the visibility of BPCL R&D in the scientific community.

PetroFed Awards



The Corporate R&D Centre team consisting of M/s. Rajeev Kumar, Mohammad Muzaffar Ahsan, Prashant Udaysinh Parihar and Dr. Ravi Kumar Voolapalli received the Special Commendation Award for 'Innovator of the year - Team' from PetroFed for their innovation in the indigenous development of a new method and a system for prediction of refining characteristics of crude oil based on routine measurements, wherein valuable information can be obtained in a short time. Refining characteristics of crude oil consist of key information such as distillation yields, hydrogen consumption in hydroprocessing, distillate quality, residue-potential, crude oil/blends selection. Models have been tested and validated with more than 100 crudes and National and International Patent applications have been filed to protect the IPR. Development of an automatic apparatus and software package have also been envisaged which will open up new business avenues for the company.

BPCL's phenomenal performance has been recognized with the 'Leading Oil & Gas Corporate of the Year' and the 'Oil & Gas Marketing Company of the Year' Awards, two of the topmost recognitions of PetroFed Oil & Gas Industry Awards. Mr. S. Varadarajan, our C&MD and Mr. K.K. Gupta, Director (Marketing) received the Trophy and Citations from the Petroleum Secretary, Mr. Saurabh Chandra at a glittering ceremony in New Delhi on 8th September 2014. This is the fourth time that BPCL is winning the coveted position of the 'Oil & Gas Marketing Company of the Year.' The previous wins were in 2007, 2008 and 2010.

The Petroleum Federation of India is an Apex Hydrocarbon Industry Association to promote Member interests in line with public/national policies through a self-regulatory environment with consumer interests in view. BPCL has always been rated very highly and has been winning many of the coveted accolades right from the time the PetroFed Awards were instituted in 2007.



PetroFed also conferred the Innovator of the Year 2013 Team Award to BPCL Pipelines for innovating and successfully implementing the Global Positioning System linking with Wage Payment for Pipeline surveillance leading to increased reliability and monitoring of the pipeline. Mr. R.K. Mehra, ED (Pipelines) and his team received the Award.



Best Performing Navratna PSU



Bharat Petroleum has been recognized by the India Today Group as the Best Performing PSU among the Navratnas that have powered the nation's growth. Most befittingly, BPCL has been adjudged the winner for its consistent performance during the last three years. Mr. K.K. Gupta, Director (Marketing), received the prestigious award from Hon'ble Union Minister for Consumer Affairs, Food and Public Distribution, Ram Vilas Paswan in the presence of Mr. Shekhar Gupta, Editor-in-Chief & Vice Chairman, India Today Group and Mr. Abhay Kumar, C&MD, Grihapravesha Buildteck at the India Today Group PSU Awards in New Delhi on 21st August, 2014. In the first ever comprehensive survey of Indian Public Sector Undertakings, published recently, India Today evaluated the PSUs across four segments - Maharatna, Navratna, Miniratna and other PSUs - under eight categories. The survey offers a rare insight into the functioning of Indian PSUs and their contribution towards nation building. BPCL was adjudged as the Best Performing PSU among the Navratnas in these categories that were established, considering various core dimensions of growth, strategy, performance and competitiveness of a PSU.

In his congratulatory note to BPCL employees, Director (M) expressed that each award propels BPCL to perform stronger, better and also raise the bar of excellence to the next level and that, "this achievement was made possible only through the stupendous efforts and team spirit in achieving not only the goals of the organisation but also the vision co-created by all of us to energise a billion lives in more ways than one."

Performance Excellence Award

Indian Institution of Industrial Engineering (IIIE) has conferred the Performance Excellence Award 2013 in the Platinum Category (Organization in the Energy Sector) on BPCL. Mr. B.P. Singh, GM I/C Planning and Infrastructure received the award from Padmabhushan Dr. Sivathanu Pillai, CEO & MD, BrahMos Aerospace at the IIIE 18th CEOs Conference held in Lonavala on 4th July 2014.

Over the years, the discipline of Industrial engineering has gained wide acceptance and recognition as a distinct profession in India. IIIE, that has instituted this award, is the national body for the advancement of the IE profession in India. IIIE had shortlisted outstanding companies, after evaluating their financial and physical performance during the year 2012-13. Factors assessed included financial strength/achievement, customer satisfaction, internal processes, innovation and learning and strategy for development and growth.



Hockey Champs

BPCL sportspersons displayed great grit and determination to win medals at the recently concluded Commonwealth Games at Glasgow, Scotland. Birendra Lakra and Manpreet Singh were part of the Indian Hockey team which won the Silver medal, after losing the finals to Australia. India beat Pakistan in the Asiad final at South Korea after a span of 48 years and bagged the Hockey Gold ! Congrats !



FAREWELLS

Mr. C.K. Jain



Joining BPCL in October, 1983 in Mumbai Refinery, Mr. Jain's first assignment was the construction of buildings in the Refinery Colony. Subsequently, he moved to CO in Administration & Facilities in 1990, when land in Bandra Kurla Complex was acquired for a residential building. Thereafter, he was deputed to BORL for infrastructure jobs, the cadastral survey of the Vadinar-Bina pipeline, land acquisition for the refinery and associated facilities in Bina. Active coordination with the Madhya Pradesh Government resulted in an MOU in 2005, extending fiscal benefits to BORL to the tune of Rs. 7500 crores over a period of 15 years. The actual execution of the project started from January 2006 when he handled the water supply, power, township etc. In July 2011, Mr. Jain was deputed to MNGL as Director (Commercial). In the first year itself, the turnover of the company went up to Rs. 77 crores, it earned a net profit of Rs.10.74 crores and a maiden dividend of 3% was declared for FY 2011-12. For FY 2013-14, the turnover was Rs.343 crores, net profit approx. Rs.55 crores and sales were 112.35 mmscm. "All these achievements were possible only because of dedicated efforts of the MNGL team and support from the MNGL Board and Promoters. This gives me a tremendous sense of satisfaction as I could be a part of the success story for the Bina Refinery project as well as MNGL." His wife is a homemaker. Their daughter has done her MBA and had a brief stint of 2 years in HDFC Bank before marriage, while their son completed his Engineering from IIT Kharagpur in 2012 and is working for a Consultancy firm.

Mr. Prafulchandra G. Shah



Having joined BPCL in 1978 at Solapur Depot, he got the opportunity to work in Manmad, Sabarmati DU, Kandla Installation and TM (Ahmedabad/Indore). In 2004, he was posted as WR Distribution I/C and from 2006 onwards, in Retail HQ Distribution. Among his major achievements are the Best Despatch Unit Chairman's Trophy consecutively for 2 years in 96-97 & 97-98 when he was In-Charge of Sabarmati DU; launch of new initiatives like Petro Card/Fleet Card PFS at Ahmedabad and Indore as well as 98-03 achievement of site security and NRO commissioning. It was a challenging job from 2004 onwards to maintain the supply line, initially for WR and later for All India, but he ensured continuous availability of product at various locations so that BPC recorded highest sales growth among the Industry. He retired as Sr. Manager Distribution (Retail) West on 31.7.2014. As he says, "The journey has been full of excitement, challenges, anxiety and has been a vast learning experience." His wife, Hemalata, a housewife, has given him full support in the ups and downs of life and took care of the children while he was discharging long hours of duty for BPCL. Their son, Jayesh has done his MBA and is currently working in Trent Ltd. (Tata Group) – Mumbai, daughter-in-law Sheetal is a housewife and they have a cute grandson, Vedant, who is 3 years old. Their younger son, Chetan completed his C.A. and is working in KPMG.

Mr. Bipin N. Vaidya



After his M.Sc. from Mumbai University, Mr.Vaidya worked in a private company for two years before joining BPCL in 1980 at Mumbai Refinery. He then moved to Wadilube in 1982, where he worked for 19 years. He adds, "I enriched my knowledge & experience, built confidence & expertise in my area and accomplished many challenges here. I was the key person for getting ISO 9002 Certification and BPCL was the first oil company to have it at that time." He also handled supply of Lube Oils to Defence with stringent specifications, and blended major Engine Oils for Bharat Shell as per their standards. He moved to Sewree QA Lab in 2001, when enrolling ROs for PFS was a big challenge. He played a major role in setting up 22 Stationary Labs, positioning equipment and training new officers. He also contributed towards getting NABL accreditation for Sewree & the other three Metro Labs. He retired as Manager Quality Assurance Lab (Lubes), Sewree on 31.8.2014. His wife is a Principal in a Girls' school. Their elder son, Abhigna has done his BE and MBA and works with an IT company as a Solution Sales Consultant. The other son, Manogna has also done his BE and is working with Royal Bank of Scotland as a Senior Association Analyst.

Mr. G.S. Wankhede



After his B.E. (Mech.) from Marathwada University in June 1976, Mr. Wankhede worked in IBP and SCI before joining BPCL in Dec.1982 as Dy.Mgr. Constn. incharge of construction of a new Depot at Badnera. In Area Engineering, he gained insights on retail outlets and depots; in Materials, he was in Inspection/Vendor Development and Procurement; in Sewree Installation he handled the HVDs/workmen, upkeep of facilities and streamlining of practices. In the newly formed Safety Cell, he learnt Engg. & Ops. of Depots/Installations and was involved in preparation of checklist standards with OISD. A team of 6 engineers under his leadership was sent to M/s. Enbridge Canada for training on cross country pipelines. They successfully commissioned the first pipeline of BPCL from Mumbai to Manmad with round the clock working for 6 days. A comprehensive plan for remedial measures for corrosion/leakage was completed in 2003, ensuring pipeline safety till date. Further extensions to Indore and Bijwasan have become the lifeline of Mumbai Refinery. "I have commissioned about 4000 kms of pipeline including training new engineers and it was 'Swargawas' for me." In Retail Ops, the challenging task of compliance of MBL recommendation was streamlined and BPCL were pioneers in their design implementation viz. the new designs of Domeproof, Centralised foam system / FF system, which Industry adopted later on. He adds, "It was a great place to work for me, as I could do a lot of innovations in Pipeline and Retail Ops. The dream of having NANO Depots/Installations will give us an edge over the Industry." He retired as ED (Operations) Retail on 30.6.2014. His wife, Maya, is a Paediatrician working in the State Government. Their daughter, Prachi is a dentist, married and son, Chetan, a pilot working with the Airlines.

Mr. Prakash Gurbuxani



Mr. Gurbuxani joined BPCL on 15th May, 1981 and superannuated as DGM (Corp. Finance) Delhi on 30.6.2014. In his words, "I had four wonderful deputations to Oil Coordination Committee, Petroleum India International, Indraprastha Gas Limited and the last one to Department of Public Enterprises. All these deputations extended over 14 years were quite challenging and I had the privilege of holding senior positions and responsibility. I need to acknowledge just how much I have been shaped by my colleagues and friends during my 33 year journey. I have a myriad of experiences, too many to mention, that have impacted my life in a memorable and meaningful way. What follows barely scratches the surface of all that I have learned over the years. I hope to reminisce fondly with friends I have made along the way, as I venture into a new chapter of my life!"

Mr. D.J. Rajgor



Mr. Rajgor joined Mumbai Refinery on 12.7.1982 as Project Officer (Elect). and worked in all the plants of the Refinery before being posted to MMPL in July 1999 as Dy. Mgr. Operations at IPS –Washala. He travelled 240 kms daily for 8 years, devoting 15 hours from his Thane residence, walking 2.5 kms to Shahpur & then to Washala by contract vehicle. He took over as Operations Incharge in Kota in 2007, & finally retired as Manager Maint. Elect Mumbai Refinery on 31.7.2014. He self-financed his Diploma in Elect. Engg. from Adipur Tolani College in April 1975, securing a distinction and stood 1st class 1st from his college & district & 3rd at the State/Board level. Finally he obtained a distinction for his B.E. Elect. Engg. from Pune University through correspondence. He adds, "When I was small, I've had an experience of seeing light rays of a thousand suns in a deserted room. I had to close my eyes & on opening them again, I saw Sakshat Padmanabhan (God Vishnu) with Chaturbhuj Shankh, Chakra, Gada & Padmadhari ! From that moment onwards, I have faith in God. My wife, Usha has always been my inspiration." Their daughter, Vaishali has done her B.Com, Advanced Diploma in Software Engg. and is in Baroda with her husband, Deepak Bhatt, a Chemical Engineer, working with Dupont & daughter, Priyanka. Their son, Alpesh has done his MBA-Finance & is working as a Manager with Bayer India Ltd. Married to Swapna (M.Com), they have a son, Hardik. They are fond of travelling, especially on pilgrimages. He does Yoga & Bhakti / stuti in Sanskrit and walks 2-3 kms. A good singer & teacher, he intends joining an NGO to teach needy students. He is also a follower of Sri Sri Ravishankar Maharaj – Art of Living in Bangalore & Brahma Kumari – Abu Road.

Good Governance

In the wake of the upcoming State elections, expectations are surely on the rise. We seek a robust education system, more jobs, cleanliness, no corruption etc.

Why can't incumbent governments redress these problems? Are political ideologies and manifestos not well defined?

The only answer to these problems is proper policy enactment. We need an aspiration for our Government whose contours are well defined. And what better model of governance can there be than the Constitution? The Constitution, in its Part IV, incorporates Guidelines for the Union and the States which are considered fundamental to governance. They are termed as Directive Principles of State Policy.

Although they are merely guidelines issued to the State and Central Governments, their implementation is arguably a "duty" of the State. If the political system gives some credence to the Constitution, instead of floating around flagrant and hollow eyed manifestos, it must incorporate the DPSPs into their political ideology.

DPSPs cover a wide range of social topics and are centred on the theory of socialism, welfare and public good. It is interesting to note that the Indian Constitution harbours the aspects of socialism also. Some of the Key DPSPs are:-

1. Justice

It is the duty of the State to promote a social order which shall be based on the principles of social, economic and political justice. There should be no divide between different people of this great nation. There is security of an equal level of justice to all. The Constitution specifically directs the State to minimise the inequalities in income, and endeavour to eliminate inequalities in status, facilities and opportunities, not only amongst individuals but also amongst groups of people residing in different areas or engaged in different vocations. Men and women equally, have the right to an adequate means of livelihood. Aspects of Socialism and Equal Pay for equal work are also incorporated in the DPSPs.

2. Education

The State shall, within the limits of its economic capacity and development, make effective provision for securing the right to work, to education. Right to primary education is also mandated by this part. The "Sarva Shiksha Abhiyaan" is truly a great effort in acknowledging this mandate. Indeed, to grow, a nation must develop its intellectual quotient at the very best levels. A government which can foster education to all, is truly doing the nation a great favour. Unemployment is also one of the key plagues affecting the economy,

which has ironically the maximum population in the "youth" bracket.

3. Representation

Denial of representation is checked, because the Constitution mandates free legal aid, by suitable legislation or schemes to ensure that opportunities for securing justice are not denied to any citizen by reason of any disability. The Constitution does not fail to recognise representation to anyone. It contemplates the State taking steps, by suitable legislation or in any other way, to secure the participation of workers in the management of undertakings, establishments or other organisations engaged in any industry.

4. Bridging the Cultural Divide

Fundamentalism and caste divide has long been a taint on our unity. Even the legal system has to give respect to personal laws of different inhabitants of this diversified sub-continent. The Constitution, in a far-fetched attempt, directs the State to endeavour to secure for the citizens a uniform civil code throughout the territory of India. However a note of lamentation is in order. The Indian judiciary has several times remembered this aspiration, but due to lack of enforceability of these provisions, it has become a hopeless dream in achieving this. Goa is the only State in the country to have achieved a Unified Civil Code of personal laws for all its domiciles. Perhaps a lesson can be learnt by all the State Governments from the achieved tranquillity of the Goan state.

5. Protection and Inclusiveness

The Constitution directs the State to promote with special care, the educational and economic interests of the weaker sections of the people, and in particular, of the Scheduled Castes and Scheduled Tribes, and directs the State to protect them from social injustice and all forms of exploitation.

6. Health and Cleanliness

It is the State's duty to raise the level of nutrition and the standard of living and to improve public health. This duty has been termed as a primary objective of the State. Also specifically, the State should endeavour to bring about prohibition of the consumption of intoxicating drinks and of drugs which are injurious to health.

7. Saving our Majestic Nation

The State shall endeavour to protect and improve the environment and to safeguard the forests and wildlife of the country. There is significant legislation to empower the State Governments to act accordingly in this regard. Protecting the environment is our paramount duty.

8. Impartiality

The State shall take steps to separate the judiciary from the executive in the public services of the State.

9. Harmony – Vasudev Kutumbkam

The State shall endeavour to- (a) promote international peace and security; (b) maintain just and honourable relations between nations; (c) foster respect for international law.

While the DPSPs are an instrument of change, they are often termed as a toothless tiger because of their “guideline” and “directory” status. Indeed it is up to the government to live up to the challenge of serving its electors by including these facets in their mission statements.

Legal experts would suggest that the term “State” used in all these preceding points has a connotation which involves all public bodies. However, in my view, the term “State” should be looked at from an angle of political theory also. It involves people too. People like you and me. The states are answerable for the observance of these duties; yet it is first a duty for all of us.

Be the change you want to see in the world.

– Mahatma Gandhi

Shikhar Thukral
Executive, Legal CO

Nurturing Bonds With Stakeholders

In our constant endeavour to nurture and strengthen bonds with important stakeholders, Mumbai Refinery organized a friendly badminton match with the IAS Officers' Association on 26th July, 2014 at the Sachivalaya Gymkhana, Mumbai. Present at the event were Mr. Swadheen Kshatriya, presently the Chief Secretary, Govt. of Maharashtra, Mr. Ravi Parmar, Chairman, MbPT, Mr. Vikas Rastogi, Secretary to Governor of Maharashtra, Mr. Parag Jain, CEO, Maharashtra Maritime Board, Smt. Vandana Krishna, DG, Rajmata Jijau Mother Child Health and other senior IAS officials. Our Director [R], Mr. B.K. Datta inaugurated the match, which was enthusiastically played by both teams and culminated with a get-together.

Going the Extra Mile

Parth, 14 year son of our Mr. Prashant Kharge, Manager Distribution, Retail HQ, was awarded the Winners trophy, medal & cash prize by world champion athlete Ms. Anju Bobby George (long jumper) for winning the 3000 m athletics race (under 14 boys category) in Kranti Daud held at Thane on 10th August 2014. He completed the race with a timing of 11min14.6 sec. Parth has won many prizes while representing his school, 'Lok Puram Public School in local Thane district & cluster tournaments in Gujarat. Recently, he won another medal in the 1000 m race at Thane District Athletic tournament (in the under 16 boys category).



OBITUARY



Mr. B.K. Chakraborty

Mr. Bimal Kumar Chakraborty expired on 19th May, 2014. He was 63 years old and is survived by his mother, wife Anjali (who worked with BPCL as Secretary, HRS (West)) and son Bikram. He had joined BPCL in April 1978 in Mumbai and was posted as Chief Finance Manager in Delhi, Madras and Kolkata. He had long stints as a DGM in Taxation and Corporate Finance and finally took VRS in 2004. As Anjali says, “ We were married for 35 years. He was well read, knowledgeable and intelligent and could discuss on any topic – science, politics, geography, astronomy, mythology, world history, sports ... We used to watch cricket, football and tennis together as a family and he would even watch the repeats at night. He liked Bengali and English literature and was fond of reading novels. Though he never watched Hindi movies, he was well aware of the film industry including the actors and actresses. He would also watch all

the Hollywood movies, old and new, many times. In the office, he was very supportive and many confirmed that "he had made their career." In the housing complex, everyone loved him; he used to give our garage for the Ganpati puja and Navratri puja, apart from many other generous acts. Daily he would read 5 newspapers and cut out important information on property, tax, medical, online payments etc. Also, he was very fond of good food and would cut out various recipes and ask me to cook. He believed in simple living, to the extent of washing and ironing his own clothes.”

Board Exam of a Child - Musings of a Parent



There come times when, as parents, we experience a sense of déjà-vu through events in the lives of our children. Once in a while, life presents us with unique events; events which are not just destined to create long term memories, but which also evoke strong memories from the past.

Events like the marriage of one's child, the birth of grandchildren, a child's maiden solo performance on stage, winning a medal at an important and challenging competition, etc. are examples of some such events. As parents, we can relate very closely to our child's state of mind on such occasions, and revisit the emotions of the event.



The Board exam of one's child could also be one such event. In our country, academic sessions of Standards 10 and 12 end with a very important examination. The prefix 'Board' to this exam gives it an aura of supreme importance and far-away authority. The huge respect and awe for such exams

stem essentially from the importance of the results of these exams, which have a significant bearing on career options in one's future life. Also daunting is the fact that the exam's marks would be decided not by familiar school teachers, but by unknown individuals, sitting hundreds of miles away, who do not know you at all.

As with preparations for any such 'once in a lifetime' event, for most of us, preparation for the child's board exams start several months (and sometimes even years) in advance. Meticulous planning, followed by diligent and disciplined execution, becomes the obvious recipe for success.

As months shrink to weeks and weeks to days, psychologically, the pressure builds up for most of us. Revision of the study material and resolving queries gives way to solving sample exam question papers. The ultimate objective becomes the fine-tuning of the art of writing answers effectively and precisely within the allocated time, with a view to secure maximum marks. Every available resource, be it adequate study material, assistance for learning through tutors, proper food, adequate sleep, mitigation of distractions, etc are ensured by the parents for the child, with the objective of enabling the best possible performance during the examinations.

As the exam date draws closer, the enhanced sense of focus and alertness builds up to a crescendo. In most families, the Board exam of the child becomes the central

axis of existence for most family members, and often, routine activities get done almost in an 'auto-pilot' mode. The exam centre is visited to gain familiarity, scientific analysis is done to decide upon which Sections of the question paper to attempt first and how much time to devote for each mark, and even a 'dry-run' of the exam day schedule is often carried out – all with the objective of enabling a smooth flow of events on the examination day, so as to get maximum marks. 'Breathe deep and relax', we tell our child; and try to practice the same ourselves (though often in vain). All other jobs and priorities get subservient to this central priority.

The day before the first exam is a unique day. There is a strange sense of calm, engendered by a conscious effort to slow down and reduce the hyperactivity of the past days. With every important detail like Hall ticket, requisite stationary material etc. checked and rechecked, the exam bag contents are finalized with multiple redundancies, with backups provided for all critical material, to address any contingency. Calls come in from relatives and friends wishing the child good luck for the exam. And last, but never the least, blessings of the almighty are sought, to successfully accomplish the task ahead. Armed with such a battery of support, we prepare to send our child for the Board exam.

If the preparations over the past months have been thorough, there is an inherent sense of confidence in the child. However, the night before the first day of exams assumes a surreal existence. It seems longer and more intense, as if an old and known entity has manifested itself in an altered reality. It is very difficult to predict the thoughts passing through the child's mind as he or she lays in bed on that night. It is perhaps similar to the buzz in the head of the young soldier, on the night before battle. Having retired early for the night, the soldier is unable to get sleep easily, alert with the awareness that he will need to wake up early and, as his commanding officer had told him, 'strike at first light'.

And thus, a battle is fought. Notwithstanding the results, the meticulous planning and disciplined execution for months will automatically lead to a boost in one's confidence and capabilities. In all probability, the weeks and months leading up to a child's Board exam would be recalled in later years as time well invested towards the pursuit of a worthwhile objective. In times of challenge, when the going is tough, one's confidence seems shaken, and feelings and internal reserves are running low, what better way to rebound than to access the memory of such a past phase in life, where one has consistently worked diligently on an endeavor, and has, in one's own eye, exhibited sterling performance.

Kalyan Mukherjee
Sr. Manager (E & P), BPRL



Calcium Call

Calcium happens to be the most abundant mineral in the human body. It's also one of the most widely consumed supplements in the world. But new research suggests that getting calcium in pill form may not only be less effective, but also carry health risks. Daily low doses of calcium supplements have been found to be ineffective at preventing bone fractures, slightly increasing risks of kidney stones, apart from added heart risks.

Fortunately, there's a safe and easy way to get all or most of the calcium your body needs to keep your bones strong - the old-fashioned way, in beverages and food.

Use supplements only to bridge any gap between dietary calcium and the 1,000 to 1,200 mg a day most adults need.

Balancing act

Although calcium has many roles in the body, besides building strong bones, only about one per cent of the body's calcium is used in muscle and blood-vessel functioning, nerve transmission, intracellular signaling, hormonal secretion and other metabolic activity. The other 99% is stored in your bones and teeth. Blood levels of calcium don't vary much with changes in the amount of calcium you consume - instead, if you're low on calcium intake, your body borrows what it needs from your bones. Think of your bones as a calcium savings account, which gets tapped when the day-to-day "checking account" runs low.



Your skeleton doesn't remain fixed after you've reached adulthood and stop growing; your bones are constantly in flux, "remodeling" by resorption and deposition of calcium. In older adults, particularly postmenopausal women, the balance between bone breakdown and formation shifts, resulting in bone loss and the risk of osteoporosis. Without adequate calcium intake, this breakdown accelerates.

Worse, the body's ability to absorb calcium from food declines with age - from as high as 60% in children to 15% to 20% in adulthood, possibly even lower among seniors. That's one reason the recommended intake of calcium goes up to 1,200 mg after age 50 for women and after age 70 for men.

Sources

Milk and other dairy products such as yogurt and cheese are rich natural sources of calcium. A 200 ml glass of milk supplies 275 to 300 milligrams of calcium; low-fat yogurt (*dahi*) can contain more than 400mg of calcium per cup. Better yet, the active cultures in yogurt increase the body's absorption of calcium. Cheese, contains about 300 mg of calcium in just a 40-gm serving. Of course, cheese can also contribute saturated fat, so consume in moderation.



But what if you don't like milk or can't tolerate the lactose in milk? Recent years have seen an explosion of milk alternatives made from plant sources. These include soy milk, almond milk, coconut milk, etc. When fortified, these can deliver 450 mg of calcium in a 200 ml glass. Other soy products, such as tofu, can also be fortified with calcium. Additional calcium-fortified products at your supermarket include breakfast cereals, orange juice and other beverages.



Besides bringing other nutrients to the party, foods containing calcium - including fortified foods - have the advantage of delivering the mineral in more readily absorbable amounts. It's better to get your calcium in three or four meals and snacks spread throughout the day than in one or two big doses. That's because the percentage of calcium your body actually absorbs depends in part on the amount consumed at any one sitting. Absorption of calcium is highest in doses *less* than 500 mg.

Beans and greens both contain moderate amounts of calcium, as do canned fish such as sardines (with the bones), okra (bhendi), crabmeat and clams. The calcium content of many foods comes with a caveat or two, however. Foods with high levels of oxalic acid, which binds to calcium, deliver less calcium than their nutritional numbers promise; these include spinach, mustard greens, *methi* sweet potatoes, and beans. Even simply eating spinach with milk has been found to reduce the absorption of calcium from the milk. Phytic acid, found in whole grains, wheat bran, beans, seeds, nuts and soy-protein products, has a similar calcium-binding effect. Whole-grain wheat products (but not bran) don't appear to have this effect, so your cereal isn't cramping the calcium from your milk.

Experts however still advise that for people who eat a variety of foods, these interactions probably have little or no nutritional consequence and, furthermore, are accounted for in the overall calcium DRIs (Dietary Reference Intakes), which factor in differences in absorption of calcium in mixed diets. In short, aim for 1,000 or 1,200 mg daily of calcium going in, and don't worry too much about what percentage your body can utilize.



It is important to get plenty of vitamin D, which your body needs to make use of the calcium you consume. Because adequate vitamin D can be difficult to obtain from diet alone, without regular sun exposure to make the "sunshine vitamin," you may need supplements to reach the 800 IU daily associated with fracture prevention.

The bottom line for your bones? Get most of your calcium (and other nutrients) from food. It's an old message, but it's timely again.

Living Happily Ever After

Saying 'I do' to one another is just the first step of a couple's lifelong relationship. However, adults don't always have an open mindset while getting into a relationship. They often try to change their partner or themselves rather than accepting them as they are.

Problems of Modern Life

Increased urbanisation : Individualism is at the forefront and adjustment is not as automatic as in rural areas or small towns.

Changing status of women : Increasing equality of both genders means that more and more women are getting economically self-sufficient and assertive, which may lead to insecurity in men.

When you make a sacrifice in marriage, you're sacrificing not to each other but to the unity in a relationship.

Lack of communication and time :

Lack of time, due to our busy schedules, is another reason why we drift away from our partners emotionally and physically. We spend more time at work and there are also more chances of outside attachments or relationships.

Surviving infidelity : Having an affair is one of the biggest reasons why couples split up. And even in those that stay together, the infidelity can cause lasting problems. Coming to terms with what has happened and what to do next can leave both sides feeling confused, fearful and angry. Going through things with a mediator can help you stand back and decide whether or not your relationship deserves a second chance.

Money troubles : Every couple experiences uncertainties about their financial future at some time. The resulting stress lowers your tolerance level, so it becomes easy to bicker over small issues and neglect those that are more important. Negative feelings can build on both sides until the situation becomes intolerable. The key to solving financial worries is to work together as a team, using your individual strengths and skills.

In-laws and extended family : In Indian society, a typical married couple's life also revolves around in-laws and the extended family, which can put heavy strains on a marriage.

When to call a counsellor : Any couple experiencing recurring problems without resolution will benefit from counselling. Repeating the same argument over and over means you're unable to resolve the problem on your own. The longer this continues without intervention, the more likely there's something wrong with the way you're communicating and the issue will become irresolvable. Perhaps one of you has stopped listening, or one of you has stopped communicating altogether. You may also feel that your relationship is taking a toll on your mental and physical health, with the growing difference of opinion causing unhealthy fights that could even impact your children's lives negatively. Then a qualified professional counselling session will help you see the options you may not have thought of, your relationship patterns, the way you react and the reasons behind them, their consequences, conflicts of expectations, and how to make your marriage survive a difficult phase. The thought of having relationship counselling can be daunting, but if it works out, you could discover that your relationship is stronger than ever.



Resolving conflict : Conflict is a normal and healthy part of every close relationship. No one can get on all the time and learning to accept and deal with arguments is important to every relationship.

Real magic in relationships means an absence of judgement of others.

Continuing conflict can trigger strong emotions and lead to resentment and bitterness. But if conflict can be resolved in a healthy way, it can increase your understanding of each other, building trust and strengthening existing bonds. This is vital to the long-term success of any relationship.



Anger Pangs



While we regularly clean, our homes & work places our minds remain crammed with emotional clutter. With moulding jealousies, deep-seated fears, festering resentments and simmering anger, our inner attics are bursting at the seams. Though we struggle to let go of these, it is our addiction to anger that we find the most challenging.

Anger is difficult to dislodge primarily because, often it is a mere mask for other deep, dark emotions. Like feelings of hurt, helplessness, jealousy and inadequacy. Any situation that is perceived as a potential trigger for these painful, vulnerable feelings is experienced as a threat. Anger is then a protective, emotional response to that threat.

When our self-esteem is fragile, we often take offense where none is meant, and anticipate rejection and disrespect where none is intended. We then respond with anger.

The other reason why anger is difficult to let go off lies in the physiology of the emotion. Anger involves the activation of the sympathetic autonomic nervous system. Heart rate is accelerated, adrenaline is pumped and hormones are released; energizing the body for an emergency response. This physiological activation fuels in us a spurious sense of power. Ever so often our anger commands compliance from people around us and they retreat even if resentfully. We feel counted, respected and in-charge. This further reinforces our sense of power. This is particularly true of righteous anger that we feel is justified. We have been wronged; scores need to be settled; justice needs to be done and anger, of course, seems like the only option. Adrenaline, indignation and obedience make for a heady cocktail. Not surprising then that this is one intoxication we are loathe to give up, especially if we have unresolved vulnerabilities within.

Anger can then become our habitual response to life's frustrations and non-compliance; to everyday delays and disappointments. When we respond to these triggers with anger, anger gets wired to these stimuli. With repeated responses, a neural circuit is firmly put in place and anger now becomes an almost automatic, instant response to any frustration — big or small. An emotional habit thus takes root.

Anger is Costly Clutter

The next time you 'purchase' it, look closely at its price tag. This emotional habit takes a toll on the entire body:

- Adrenaline elevates our heart rate, raises blood pressure, increases muscular tension and speeds up our breathing. Frequent activation makes us vulnerable to cardiac complications.

- Anger activates the release of the hormone cortisol. Chronic elevation of this hormone hampers glucose utilization, promotes osteoporosis, destroys brain cells, impairs memory and weakens the immune system.

- Anger leads to disordered heart rhythms, putting the heart and other organs under stress.

- Psychologically, while anger may seem intoxicating, it is far from empowering. Every time you lose control and lash out, you are truly giving the power away. Others can pull your strings, press your buttons and get under your skin.

- Angry outbursts may shut people up, but in reality they psychologically 'switch off' and soon cease to take you seriously. Even when 'what' you say has substance, 'how' you say it takes centre stage and the real issue is never addressed.

- Your anger breeds resentment, fear and hostility in others. Relationships are seriously damaged. You are deprived of honest feedback and true intimacy. Emotional isolation is inevitable, as people don't feel safe to share and slowly move away.

- Spiritually speaking, the cosmic mirror dutifully reflects back into our lives what we offer it. The more anger we harbour, the more reasons it gives us to feel angry about.

How do I Declutter?

- Firstly, own your anger: Your anger is yours. Take responsibility for it rather than put the onus on others for provoking it. Unless you own your anger, you can't begin to work on it.

- Realise the cost of this clutter: Remember, the body doesn't know the difference. Whether your anger is justified or not, the same physiological changes occur and the same damage is done.

- Count till 10 - It gives time for the sensory data to reach the cortex where logic & analysis reside.

- Learn to set firm boundaries and say 'no'. Unassertive people tend to fly off the handle from time to time.

- Intense emotions are generally triggered when rigid beliefs are activated. Examine the underlying 'shoulds' about yourself, others, the world and life. Rigid beliefs like "I should be perfect", "Others should appreciate me" and "Life should always be fair" are often at the root of hurt and anger.

- Work on your self-esteem. When you truly accept and value yourself, your neurotic need for control, approval and perfection goes down. Your expectations become realistic and angry feelings are diminished.

- Look your anger fearlessly and honestly in the eye. What is it masking? Get help to gently but firmly peel off that mask and confront the painful vulnerabilities underneath - be it hurt, helplessness, inadequacy or fear.

A Centurion in Waiting

16th August, 2014 was a momentous day for Bharat Petroleum Retired Management Staff Association (BPRMSA-SR), when the Vice President, Mr. S. Sitaram, Mr. V. Sampath Raghavan, Secretary and Mr. V.N. Madhava Rao, President Emeritus, felicitated the Centurion to be (99+ years) – Mr. T.R. Ramanathan. He has reached this milestone, wading through the choppy waters of life smoothly and uneventfully, much to the delight and envy of others.

Born on 15th June, 1915, Mr. T.R. Ramanathan, popularly known as TRR, joined Burmah-Shell Oil Storage and Distributing Co. of India, Patna, on 2.11.1935 as a Stenographer and retired as a Credit Manager in July 1970 in Calcutta Branch, after an illustrious and chequered career spanning 35 long years.

The knowledge and experience gained over a period of time in Patna and Puri divisional regions earned him the sobriquet of “encyclopedia.” When Mr. G.S. Painter was Divisional Manager, Patna, he was promoted, as a temporary expedient, in place of his Senior Secretary who fell sick and went on long leave. Realising that opportunity knocks on the door only once, TRR showcased his talent, skill, ability and capability in the same manner, if not better, as his senior colleagues. He was found by the hierarchy to be head and shoulders above his peers. This indeed paved the way for his retention in the same position, even when the senior colleague resumed work. TRR being an iconic figure, this recognition was blissfully well received, as this was in tune with the policy of promoting only the efficient and deserving.

It was Mr. Jagdish Chopra, who was initially the Divisional Manager, Patna and subsequently became the Branch Manager of Calcutta Branch, who was responsible for TRR’s elevation as a Branch Assistant. This fulfilled TRR’s aspiration of moving from the shadow of the periphery to centre stage.

Appreciating the abundance of theoretical knowledge of the markets of all the regions of Calcutta Branch, it was Mr. P.N. Miller who brought into disuse the archaic policy of Burmah-Shell of not enabling the Branch Assistants to visit markets on tour. This facilitated TRR to have first-hand knowledge of the markets. This departure was found necessary by Mr. Miller, not only to provide quick and robust marketing solutions to several issues, but also to combat and preempt other OMCs activities, effectively steering our performance level to stellar heights.

The most enriching, enlightening and energizing experience, which was indelibly etched in his memory, was the one week tour he had undertaken with the then Branch Manager, Mr.J.R.I. Lee. He found in JRIL a most affable, kind, endearing, compassionate, caring and broad minded personality, who always allowed his staff



freedom to operate. He was lavish in paying tribute to JRIL. During their informal chats, to quote TRR, “Mr. Lee remarked that Englishmen gave freedom to India on a platter” and TRR’s immediate response was “Otherwise Englishmen would have been thrown into the sea.” Without reacting adversely or getting offended, being a Briton, JRIL had a hearty laugh at this repartee. TRR will never miss this master quip in his lifetime. He still savours this episode and does not wish it to be pushed into the realm of history.

TRR says, with all humility at his command, that the road travelled thus far was indeed exciting, exhilarating and thoroughly enjoyable and hopes that the road ahead would still be much better, with children and grandchildren weaving around him. TRR is completing 100 years come 15th June 2015. Belying the saying “waning memory is an inevitable offshoot of advancing age,” his memory still remains as sharp as it was in his hey days. However, physically he is slightly handicapped, due to a fall a couple of years ago, when he broke his hip. He is still strong, agile and alert, moving inside the house with the help of a walker. Being a strict disciplinarian, he does his daily regimen with delight and dedication. He is a keen sports enthusiast and enjoys watching all sports programs like cricket, football, tennis and kabbadi.

TRR lost his beloved wife 15 years ago. He has 3 sons and 4 daughters; all are married and well settled in life. He is now staying happily in Chennai with one of his sons, Mr. T.R. Venkatesh, who is a Professor in the Institute of Financial Management & Research. His daughter-in-law, Dr. Srimathi Venkatesh is working in Apollo Hospital, Chennai. One of his grandsons, Bharat, whom the members met, is working for SAP in Bengaluru.

May TRR live long with continued good health, happiness and peace with his loving children and grandchildren. We look forward to celebrating his century !

A BAD AIR DAY

Pollution in cities, especially metros, has reached alarming levels, with Delhi recently experiencing an 'airpocalypse' - a thick haze enveloping the city with particulate matter in the air rising to hazardous levels. Respiratory complaints have doubled in the past five years, with pneumonia, bronchitis, chronic obstructive pulmonary disease (COPD) or lung fibrosis, wheezing and asthma increasingly becoming common.

Most people consider air pollution a minor irritant that may cause an occasional breathing problem, irritation in the throat or itching in the eye. However, it may affect a person in more sinister ways. According to the Global Burden of Diseases, Injuries and Risk Factors report, air pollution-related diseases have been causing more than 6.2 lakh premature deaths in India every year, making it the fifth largest killer in the country.

World Health Organisation and International Agency for Research on Cancer classified outdoor air pollution as group 1 carcinogen in 2013. This is because particulate matter contains carcinogens, which when inhaled, cause damage to the DNA and changes in the genes. The net result is the change of a normal cell to a cancerous one.

Usually tiny particles are trapped in the nose by the mucus. However, particulate matter with a diameter between 2.5 micrometres (PM 2.5) and 10 micrometres (PM 10) escape the nose's filtering process and reach the lungs, cross into the blood and circulate throughout the body, reaching vital organs like the kidney, liver and even brain. Toxic chemicals in the particle can cause damage to the DNA, birth defect, suppress immunity, initiate the growth of cancer-producing cells, and increase the risk for stroke, heart disease and premature death. Chronic exposure to high levels of air pollution increases the risk of hypertension, cardiovascular and neurological diseases, cognitive and behavioural problems, kidney ailments and even metabolic diseases such as diabetes. In those who already have these diseases, pollution may aggravate it.

Since it takes an exposure of 10 to 15 years for effects of air pollution to show, those who are exposed to toxic air now will fall sick only later. According to a forecast by National Cancer Control Programme, more than 1.4 million people in India will be affected by cancer by 2026.

According to the latest Global Burden of Diseases report, indoor air pollution is the leading cause

of disease in South Asia. Healthy Indians have lung function that is 30 percent lower than people in the west and this is largely because of the poor quality of the air we breathe.

Around 10,000 litres of air needs to be inhaled every day in order to provide the body with the 420 litres of oxygen that it requires. We breathe in very high levels of harmful gases and particulate matter every day, which not only damage our lungs but also affect the other organs. The sources of outdoor air pollutants include emissions from motor vehicles, road dust, building and construction dust and industrial waste.

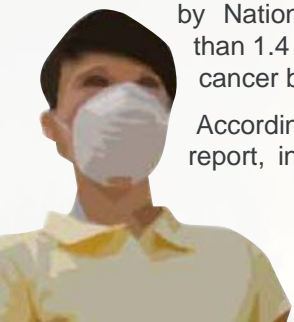
The use of biomass fuels for cooking (mainly in the rural areas), burning of mosquito coils (a single mosquito coil is equal to smoking 100 cigarettes) and incense sticks or dhoop, using air fresheners, freshly-painted walls and newly-varnished furniture cause indoor air pollution. Fireworks during Diwali is another major source of air pollution. Reducing outdoor air pollution is a bigger challenge.



What We Can Do

- Keep the indoors pollution-free by using cleaner sources of cooking fuel and smoke exhaust in the kitchen.
- Burning of mosquito coils should be avoided wherever possible. The liquid vapourisers and mats emit harmful gases that could cause irritation to the lungs.
- Avoid spending too much time outdoors when the level of pollutants is high.
- Use air conditioners and air filters at home to keep out particulate matter.
- When in traffic, put your A/C in the recycled air setting to avoid inhaling the fumes.
- Grow more trees, especially those which are extremely efficient in absorbing air pollutants.
- Eat food rich in anti-oxidants like fresh fruits, vegetables, fish and fish oil to reduce the damage at cellular and molecular levels. Also drink plenty of water. Avoid fried food.

It is high time we took active measures to improve the quality of the air we breathe. If we don't do it today, the future generations will have to pay a price for it.



पियाला में अध्यक्ष एवं प्रबंध निदेशक का दौरा



हमारे माननीय अध्यक्ष एवं प्रबंध निदेशक ने 2 जुलाई, 2014 को पियाला एलपीजी संयंत्र का दौरा किया। इस अवसर पर टीएम (एलपीजी) पियाला और टीएम(रिटेल) रेवाड़ी ने उनके द्वारा पियाला में शुरू किए गए विभिन्न अभिक्रमों की जानकारी दी। अपने भाषण में श्री एस वरदराजन ने 2013-14 के दौरान बेहतर प्रदर्शन के लिए अधिकारियों को बधाई दी। उन्होंने दो कर्मचारियों को दीर्घ सेवा पुरस्कार प्रदान किए और 'दक्ष मंच' तथा 'मेरी वाणी' विजेताओं को सम्मानित किया। उन्होंने कहा कि पिछले 2 वर्षों में एलपीजी के क्षेत्र में काफी प्रगति हुई है और हमें भी समय के साथ चलना चाहिए। उन्होंने सुरक्षा सर्वप्रथम, सुरक्षा हर कदम मंत्र का पालन करने पर जोर दिया। अंत में श्री डी एन माथुर, आरएलएम (उत्तर) ने आभार प्रदर्शन किया।

भुवनेश्वर कार्यालय में हिन्दी कार्यशाला

दिनांक 25.06.2014 को भुवनेश्वर कार्यालय में हिन्दी कार्यशाला का आयोजन किया गया जिसमें मुख्य अतिथि के रूप में श्री निर्मल कुमार दुबे, अनुसंधान अधिकारी, गृह मंत्रालय, राजभाषा विभाग, पूर्व क्षेत्र, कोलकाता को आमंत्रित किया गया था। श्री दुबेजी ने राजभाषा अधिनियम, 1963 एवं राजभाषा नियम, 1976 के अनुरूप हिन्दी के प्रमुख निर्देश, जिनका पालन करना अनिवार्य है, उनकी विस्तारपूर्वक जानकारी दी। श्री दुबेजी ने भुवनेश्वर कार्यालय में हिन्दी में किए जा रहे कार्यों की सराहना की। अंत में, श्री लोकेश मिश्र ने आभार प्रदर्शन किया।



बीकानेर एलपीजी संयंत्र को सर्वश्रेष्ठ हिन्दी पुरस्कार



दिनांक 30.06.2014 को नराकास, बीकानेर द्वारा बीकानेर एलपीजी संयंत्र को वर्ष 2013-14 के लिए सर्वश्रेष्ठ हिन्दी कार्यान्वयन पुरस्कार प्रदान किया गया। श्रीमती साधना त्रिपाठी (सहायक निदेशक), राजभाषा विभाग, गृह मंत्रालय, भोपाल ने बीकानेर एलपीजी टेरिटरी में हुए हिन्दी कार्यान्वयन की सराहना की।

शिवड़ी संस्थापन में सेना अधिकारियों का प्रशिक्षण

शिवड़ी संस्थापन में वर्ष में दो-तीन बार भारतीय सेना अधिकारियों के लिए पेट्रोलियम पदार्थ की हैंडलिंग का गहन प्रशिक्षण कार्यक्रम आयोजित किया जाता है। इस वर्ष भी 7 जुलाई से 2 अगस्त 2014 तक 70 वां एजेएफएनआर पेट्रोलियम उत्पाद हैंडलिंग प्रशिक्षण आयोजित किया गया जिसका उद्घाटन भारतीय सेना के कमांडिंग ऑफिसर लेफ्ट कर्नल प्रवीण कश्यप, विंग कमांडर, पेट्रोलियम तकनीक एवं स्थापना विंग ने किया। प्रशिक्षण में प्रतिभागियों को संस्थापन के विभिन्न पहलुओं से अवगत कराया गया और सभी एसबीयु के प्रतिनिधियों ने उनका मार्गदर्शन किया। इस कार्यक्रम का संचालन श्री विजय शिरसाट, प्रबंधक परिचालन ने किया।



मानव सेवा



हम जानते हैं कि प्रौद्योगिकी के अत्याधुनिक जगत में मानव जाति के हर काम को रोबोट के जरिए करवाए जाने पर जोर दिया जाता है लेकिन फिर भी ऐसा कुछ है जिसका अन्य कोई विकल्प नहीं है और वह है रक्त। इसे कृत्रिम रूप से बनाने की कोई तकनीक विकसित नहीं हुई है। इसलिए इस वैज्ञानिक एवं विकसित जगत में मानव रक्त अमूल्य है। मानवता और मानव जीवन की सेवा के उद्देश्य से कोटा रिटेल टेरिटरी टीम के सदस्यों ने 1 अगस्त 2014 को एक मेगा रक्तदान शिविर का आयोजन किया जिसमें कोटा ब्लड बैंक को 57 यूनिट रक्तदान किया गया। टीएम(रिटेल) कोटा द्वारा इस शिविर का उद्घाटन किया गया और उन्होंने रक्तदान के फायदे एवं सामाजिक महत्व पर प्रकाश डाला। इस अवसर पर रिटेल टेरिटरी के सदस्यों सहित अन्य अनेक पदाधिकारी मौजूद थे।

उलूबेरिया एलपीजी संयंत्र में क्वालिटी सर्कल कार्यान्वयन

माससे पूर्व ने टीम उलूबेरिया एलपीजी के साथ मिलकर उलूबेरिया एलपीजी संयंत्र में सफलतापूर्वक क्वालिटी सर्कल की शुरूआत की। स्टेट प्रॉडक्टिविटी काउंसिल, पश्चिम बंगाल के संकाय सदस्यों ने हरेक शिफ्ट में दो सत्र लिए और क्वालिटी सर्कल की संकल्पना तथा माध्यमों पर चर्चा की। सर्कल सदस्य तथा सर्कल लीडरों के कार्यों तथा दायित्वों पर विस्तृत चर्चा की गई। कार्यशाला के अंत में एक रियल टाईम क्वालिटी सर्कल आयोजित की गई जिसमें सभी सहभागियों ने सक्रिय हिस्सा लिया। कार्यशाला के प्रतिभागियों ने कार्य माहौल में सुधार लाने हेतु किए जा रहे इन प्रयासों की सराहना की।

ट्रांसपोर्टर्स ऊर्जामय



कोटा रिटेल टेरिटरी ने मानसून के आगमन पूर्व 30.7.2014 को एक मेगा ट्रांसपोर्टर्स बैठक आयोजित की जिसमें कोटा और अन्य उन जगहों के 61 फ्लीट ओनर्स ने भाग लिया जो मशहूर कोटा स्टोन और ग्रेन ले जाने का काम करते हैं। इस कार्यक्रम का उद्देश्य था फ्लीट ओनर्स को उत्पाद, सेवाओं, तथा अन्य प्रस्तावों के प्रति बीपीसीएल ब्राण्ड और इसकी प्रतिबद्धता को

बताना था। सुश्री अज़मीना सिंह, प्रबंधक कोको, कोटा ने ट्रांसपोर्टर्स तथा अन्य उपस्थितों का स्वागत किया और कार्यक्रम का संचालन श्री राजीव जयस्वाल, टीएम (रिटेल) तथा श्री अशोक मंजू, टीसी, कोटा ने किया। श्री जयस्वाल ने फ्लीट ओनर्स को बीपीसीएल द्वारा उन्हें दिए जाने वाले प्रस्ताव और उनके फायदे बताए। अन्य सदस्यों ने स्मार्ट फ्लीट, लूब्स, पीएफएस, क्यू एंड क्यू, ऑटोमेशन इत्यादि के फायदे बताए। अंत में ट्रांसपोर्टर्स और उनके फ्लीट का पूरा विवरण लिया गया। कार्यक्रम में कुछ मौजूदा फ्लीट ग्राहकों को भी आमंत्रित किया गया था। उनमें से आठ को मेसर्स विनोद फिलिंग स्टेशन द्वारा जारी चेक दिए गए जो उनके स्मार्ट फ्लीट प्वाइंट के रिडेम्पशन के बराबर मूल्य के थे। कार्यक्रम की उपलब्धियों में से एक थी सात नए फ्लीट ग्राहकों ने, जिनके पास लगभग 98 ट्रक है, बीपीसीएल से हाथ मिलाया और अगले ही दिन से बीपीसीएल, कोटा से ईंधन लेना शुरू कर दिया।

भूमिकाधारकों की कार्यशाला



उत्तर क्षेत्र के एचएसएसई भूमिकाधारकों की कार्यशाला नई दिल्ली में सम्पन्न हुई जिसमें एलपीजी संयंत्रों, पीओएल डिपो,

ल्यूब प्लान्ट एवं एविएशन स्टेशनों से आए 53 एचएसएसई भूमिकाधारक मौजूद थे। बैठक में ईडी(एचएसएसई), ईडी (ईएंडपी), ईडी (इंजीनियरिंग सेवाएं) विपणन, ईडी (विमानन), जीएम (एचएसएसई) भी मौजूद थे। श्री डी एन माथुर संयोजक (एचएसएसई) उत्तर ने भूमिकाधारकों की भूमिका स्पष्ट की। निदेशक(विपणन) ने अपने भाषण में पहली तिमाही में बीपीसीएल के अच्छे निष्पादन के लिए बधाई दी। इसके अलावा ड्रीम प्लान, सर्वोत्तम प्रथाएं, सुरक्षा जैसे अनेक महत्वपूर्ण मुद्दों पर विचार विमर्श हुआ। ईडी (एचएसएसई) ने विभिन्न कार्य योजनाओं पर लोकेशन प्रभारियों से प्रतिबद्धता ली और शून्य दुर्घटनाओं पर विशेष जोर दिया गया। एचएसएसई अवार्ड जीतनेवाले एसबीयू को विशेष बधाईयाँ दी गई।

एचएसएसई भूमिकाधारकों की बैठक

31 जुलाई, 2014 और 1 अगस्त, 2014 को पूर्व क्षेत्र के विभिन्न लोकेशनों के 40 एचएसएसई भूमिकाधारकों की बैठक हुई। एलपीजी, ल्यूब्स, रिटेल और एविएशन के रोल होल्डर्स ने सुरक्षा संबंधी संगठन के उद्देश्य पर विचार विमर्श किया। जीएम (रिटेल) पू.क्षे. श्री सिद्धार्थ बैनर्जी ने प्रतिभागियों का स्वागत करते हुए उन्हें अपने निष्पादन का मूल्यांकन करने हेतु भविष्य की कार्य-योजना बनाने का सुझाव दिया। ईडी (एचएसएसई) श्री पी सी श्रीवास्तव ने प्रतिभागियों को सतर्क रहने और सुरक्षा के प्रति जरा भी लापरवाही को नकारने का आवाहन किया। इस बैठक की विशेषता थी निदेशक (विपणन) ने विडियो कॉन्फेरेंसिंग के जरिए सरकार और कंपनी की सुरक्षा के प्रति गंभीरता को सबके सामने रखा। प्रतिभागियों को निदेशक (रिफाइनरी) श्री बी के दत्ता से भी परस्पर बातचीत का मौका मिला जिन्होंने



सुरक्षा संस्कृति विकसित करने पर जोर दिया। श्री एस सी साहू, उपमहाप्रबंधक, परिचालन (प्रभारी) रिटेल पूर्व ने धन्यवाद ज्ञापन दिया।

संयुक्त राजभाषा हिन्दी कार्यशाला

14 अगस्त, 2014 बेलगांम, कर्नाटक स्वतन्त्रता दिवस की पूर्वसंध्या पर राजभाषा 'हिन्दी' को सक्रिय बना कर हिन्दी कार्यान्वयन को गति प्रदान करने हेतु तथा राजभाषा हिन्दी के प्रचार एवं प्रसार के लिए भारत पेट्रोलियम कॉर्पोरेशन, इंडियन ऑइल कॉर्पोरेशन तथा हिन्दुस्तान पेट्रोलियम कॉर्पोरेशन इन तीनों ऑइल कंपनियों द्वारा दिनांक 14.08.2014 को इंडियन ऑइल कार्यालय के सभागृह में एक 'संयुक्त राजभाषा कार्यशाला' का आयोजन हुआ। बेलगांम नगर राजभाषा कार्यान्वयन समिति के अध्यक्ष एवं संयुक्त आयुक्त आयुक्त, श्री एम.महेश जी के करकमलों द्वारा कार्यशाला का उद्घाटन हुआ। इस कार्यशाला में मुख्य अतिथि डॉ. जयशंकर यादव, नराकास सचिव सहित एचपीसी, आईओसी तथा बीपीसी के अधिकारी व कर्मचारी उपस्थित थे। मान्यवरों के करकमलों द्वारा दीप प्रज्वलन कर कार्यशाला को आगे बढ़ाया। न.रा.का.स सचिव डॉ. जयशंकर यादवजी ने 'राजभाषा नीति' के सत्र से राजभाषा नियम अधिनियम पर प्रकाश डाला तथा इस कार्यशाला में श्रीमती वंदना कुलकर्णी, एचपीसी, ने 'यूनिकोड' संबंधी दिशा निर्देश और प्रशिक्षण सत्र का भी आयोजन किया।

उत्कृष्टता का सम्मान

मुंबई रिफाइनरी के जन संपर्क विभाग ने 26 जुलाई, 2014 को चेम्बुर के स्वामी विवेकानंद हाईस्कूल में 'भारत पेट्रोलियम शीलड ऑफ एक्सीलेंस अवार्ड 2014' आयोजित किया जिसकी विषय वस्तु थी 'उत्कृष्टता कोई संजोग नहीं एक निरंतर प्रवाह है' श्री एस.एस. सुंदरराजन, कार्यकारी निदेशक (मुंबई रिफाइनरी) इस कार्यक्रम के मुख्य अतिथि थे। सुश्री सुजाता चोगले, महाप्रबंधक (मानव संसाधन) मुंबई रिफाइनरी ने उपस्थितों का स्वागत किया। श्री सुंदरराजन ने विद्यार्थियों को कई प्रेरणादायी बातें बताई और कैरियर के लिए मौजूद विभिन्न अवसरों की चर्चा की। उन्होंने अपनी परम्परा के मूल्यों में विश्वास व्यक्त करते हुए उपस्थितों को उनका हृदय से पालन करने का संदेश दिया। कुमुद विद्यामंदिर के युवराज पाटिल को उक्त पुरस्कार प्रदान किया गया जिन्होंने 96.8% अंक हासिल कर सर्वोच्च स्थान प्राप्त किया था। पुरस्कार स्वरूप 5000 ₹. और प्रमाणपत्र प्रदान किया गया। तत्पश्चात अन्य 57 टॉपर्स को भी सम्मानित किया गया। कार्यक्रम का संचालन सुश्री बीना खानोलकर ने किया। 'भारत पेट्रोलियम शीलड ऑफ एक्सीलेंस अवार्ड' बीपीसीएल के एनरजाइजिंग लाइव्ज के उद्देश्य को सामने रख कर की गई पहल का एक और उदाहरण है।

टॉलिक द्वारा 'उत्कृष्ट राजभाषा कार्यान्वयन पुरस्कार 2014'



हमें बताते हुए गर्व और गौरव महसूस हो रहा है कि भारत पेट्रोलियम, पश्चिम क्षेत्र के मुंबई कार्यालय को वर्ष 2013-14 के दरम्यान उत्कृष्ट राजभाषा कार्यान्वयन के लिए मुंबई उपक्रम नगर राजभाषा समिति (टॉलिक) मुंबई द्वारा उनकी 53 वीं बैठक में तृतीय पुरस्कार से सम्मानित किया गया। भारत पेट्रोलियम की ओर से यह पुरस्कार हमारे निदेशक (मानव संसाधन) माननीय श्री श्रीकांत पी. गट्टू जी ने टोलिक की अध्यक्ष तथा हिंदुस्तान पेट्रोलियम की अध्यक्ष एवं प्रबंध निदेशक, सुश्री निशि वासुदेवा जी के करकमलों द्वारा स्वीकार किया। इस अवसर पर श्री आर आर नायर, महा प्रबंधक (मानव संसाधन) श्री प्रदीप अय्यंगार, मुख्य प्रबंधक (प्रशासन) श्रीमती सुषमा जाधव, वरिष्ठ प्रबंधक (हिन्दी)

निगमित तथा उप प्रबंधक हिन्दी (पश्चिम), श्री अशोक कुमार लाल एवं श्री विद्याधर जोग उपस्थित थे।

इतनी बड़ी उपलब्धि हासिल करने के लिए श्री एस.पी. गट्टू जी तथा श्री आर आर नायर जी तथा सभी मान्यवरों ने हिन्दी कक्ष के सभी अधिकारी एवं कर्मचारियों को बधाई दी तथा अगले वर्ष प्रथम पुरस्कार प्राप्त करने की दिशा में कार्य करने का अनुरोध भी किया। टॉलिक सचिव तथा वरिष्ठ प्रबंधक, हिन्दी (निगमित) एचपीसीएल श्री रामविचार यादव जी ने वर्ष 2013-14 के दरम्यान टॉलिक के लिए 'गायन प्रतियोगिता' का आयोजन करने हेतु भारत पेट्रोलियम को विशेष रूप से धन्यवाद देते हुए इस वर्ष भी सहयोग प्रदान करने का अनुरोध किया। इस अवसर पर टॉलिक, मुंबई की ओर से टोलिक अध्यक्ष सुश्री निशि वासुदेवा जी के करकमलों से अपने सेवा काल में हिन्दी की बड़ी ही लगन और श्रद्धा से अखंड सेवा कर भारत पेट्रोलियम से 31 जुलाई, 2014 को सेवानिवृत्त होने वाले श्री अशोक कुमार लाल, उप प्रबंधक (हिन्दी) पश्चिम को व्यक्तिगत रूप से तथा टॉलिक की ओर से गौरवान्वित किया तथा सेवानिवृत्ति के उपरांत उनके लिए एक स्वास्थ्य पूर्ण एवं समृद्धशाली जीवन के लिए शुभकामनायें दी गईं।

खतरनाक पदार्थों के सुरक्षापूर्वक परिवहन

अपने निगम के सुरक्षा नीतियों के तहत रांची डिपो में समस्त टैंक लॉरी चालकों के लिए दिनांक 29.07.2014 से 31.07.2014 तक खतरनाक पदार्थों के सुरक्षापूर्वक परिवहन पर प्रशिक्षण कार्यक्रम का आयोजन किया गया। प्रशिक्षण कार्यक्रम का उद्घाटन डिपो प्रभारी श्री द्वारिका दास द्वारा किया गया। कार्यक्रम की शुरुआत सुरक्षा शपथ से की गई। प्रशिक्षण में खास तौर से खतरनाक पदार्थों के परिवहन, आपदा के समय सुरक्षा उपकरणों के सफल प्रयोग, मोटर वाहन अधिनियम और उसके नियमों की जानकारी, ट्रांसपोर्ट इमर्जेंसी कार्ड और उसमें लिखित सुरक्षा संबंधी जानकारी, टैंक लॉरी के रक्षात्मक ड्राइविंग, टैंक लॉरी के चालक का स्वास्थ्य (फिटनेस) संबंधी जानकारी, रोड पर होने वाली दुर्घटनाओं को रोकना, टैंक लॉरी के डिज़ाइन और उसमें लगे सुरक्षा उपकरणों तथा

उस के प्रयोग हेतु लिखे गए सुरक्षा संबंधी दिशा निर्देश, एड्स संबंधी रोग की रोकथाम और शराब पीकर या किसी और तरह का नशा कर गाड़ी चलाने संबंधी विषयों पर

जानकारी एवं प्रशिक्षण प्रदान किया गया। प्रशिक्षण कार्यक्रम में करीब 54 चालकों ने हिस्सा लिया। प्रशिक्षण समाप्ति के दिन डिपो प्रभारी ने सभी प्रतिभागियों और प्रशिक्षकों को प्रशिक्षण के सफल संचालन और प्रतिभागिता के लिए आभार प्रकट किया।



लेबर पोर्टल एवं एसएमएस सुविधा कार्यशाला

लेबर कर्मचारियों को शिक्षित करने एवं आत्मनिर्भर बनाने हेतु लेबर पोर्टल व एसएमएस सुविधा पर कार्यशाला दिनांक 27 अगस्त, 2014 को स्वप्नशिल्प सभागार मे आयोजित की गई, जिसका उद्घाटन श्री आर आर नायर, महाप्रबंधक (मानव संसाधन सेवायें) ने किया। लेबर पोर्टल की सुविधा का फायदा कोई भी लेबर कर्मचारी कंपनी के नेटवर्क से जुड़े किसी भी कम्प्यूटर अथवा लैपटॉप पर के यूज़फुल लिंक्स के तहत लेबर पोर्टल में अपना स्टाफ नंबर व पासवर्ड से लॉग-इन कर जन्मतिथि, घर का पता, शिक्षा, पीएफ/ग्रेचुइटी आदि के नॉमिनेशन, लोन बैलेन्स, छुट्टियों का बैलेन्स, पी एफ बैलेन्स, बैंक खाते की जानकारी, परिवार के सदस्यों की जानकारी, एलएफए की जानकारी, मेडिकल क्लेम की जानकारी, सैलरी स्लिप का प्रिंटआउट, ऑफ साइकल स्टेटमेंट का प्रिंट आउट, फार्म 16 व हाउसिंग लोन इंटरेस्ट सर्टिफिकेट का प्रिंट आउट, इसके अलावा अन्य सूचनायें आदि संबंधी जानकारी जब चाहे प्राप्त कर सकता है।

यह भी बताया गया कि लेबर पोर्टल खोल कर मोबाइल नंबर अपडेट करने पर घर बैठे सैलरी व ऑफ साइकल पेमेंट की जानकारी मिलना शुरू होती है तथा उसी रजिस्टर्ड मोबाइल नंबर से 9167500123 इस मोबाइल नंबर पर निम्न Key Words लिख कर एसएमएस करे तो चाही गई जानकारी तुरंत मिल जाती है।

- Info - मुख्य शब्दों की सूची दिखायी देगी।
- Loans - आवास व वाहन ऋण शेष राशि (ब्याज सहित)
- Pay - पिछले 5 दिये गये भुगतान
- Leave - छुट्टी शेष (ईएल/ एचपीएल/एसएल/सीएल)
- Hday - लोकेशन की अगली 4 सार्वजनिक छुट्टियाँ
- Admin - चिकित्सा आपात स्थितियों के लिए एडमिनिस्ट्रेटर इस प्रकार घर बैठे छुट्टियों के



बैलेन्स की जानकारी, लोन बैलेन्स की जानकारी, निगम से प्राप्त गत 5 भुगतानों की जानकारी, आगामी हॉलिडे की जानकारी आदि प्राप्त कर सकते है। एसएमएस सुविधा का लाभ वे सभी मैनेजमेंट एवं नॉन मैनेजमेंटभी कर्मचारी उठा सकते है, जिनके मोबाइल नंबर माई पोर्टल में अपडेट किए हुये है। कार्यशाला में सभी को बताया गया कि अब उन्हें एचआरएस या फ़ाइनेंस विभाग पर निर्भर रहने की जरूरत नहीं है ये सब जानकारी आप भारत भवन 2 में बेसमेंट में उपलब्ध पोर्टल के कम्प्यूटर से या किसी भी अन्य पीसी/लैपटॉप से प्राप्त कर सकते है। सैलरी स्लिप एवं निर्धारण वर्ष 2014-15 का फॉर्म-16 एवं हाउसिंग लोन सर्टिफिकेट का प्रिंट जब चाहे तब प्राप्त कर सकते हैं।

कार्यशाला में सीओ में कार्यरत सभी लेबर कर्मचारियों के अलावा एचआरएस एवं फ़ाइनेंस शोर्ड सर्विसेस के अधिकारी एवं कर्मचारियों के साथ श्री अर्नेस्ट रोजरिओ, उप महाप्रबंधक एचआरएस पश्चिम, श्री पी एल सारंग, वरिष्ठ प्रबन्धक फ़ाइनेंस शोर्ड सर्विसेस व सुश्री उषा मूर्ति, प्रबन्धक फ़ाइनेंस शोर्ड सर्विसेस भी उपस्थित थे।

कोटा में हरित अभिक्रम

अपनी धरती को स्वर्ग जैसा बनाने और पाइपलाइन हरित अभिक्रम कार्यक्रम के हिस्से के रूप में कोटा टीम ने 'हरित मलरना' की तरफ एक छोटा सा कदम उठाया है। यह अभियान मलरना स्थित हमारे दूरस्थ मध्यवर्ती पंपिंग स्टेशन को हरा भरा बनाने के लिए 19-20 अगस्त 2014 को आयोजित किया गया था। एमआईपीएम टीम जिसमें स्टाफ/ठेकेदार ने इस अभियान में भाग लिया। कुल 23200 स्क्वे.मीटर क्षेत्रफल में 200 वृक्ष लगाए गए। 'वृक्षारोपण की गई हरित धरती से स्वच्छ हवा मिलेगी और खुशहाल जिंदगी होगी' यह संदेश इस अभियान के जरिए प्रस्तारित किया गया।



सुरक्षा सर्वप्रथम सुरक्षा हरकदम

विक्रेताओं और उनके स्थल पर्यवेक्षक और वर्कमेन आदि को सुरक्षा सर्वप्रथम सुरक्षा हर कदम का महत्व समझाने के लिए करूर रिटेल टेरिटरी ने 8.8.2014 को करूर संस्थापन में सामान्य सुरक्षा, ऊंचाई पर सुरक्षित कार्य प्रणाली, बिजली के कामों में सुरक्षित कार्य प्रणाली और प्राथमिक उपचार पर एक दिवसीय कार्यशाला आयोजित की थी। स्थल पर्यवेक्षकों और वर्कमेन सहित लगभग 60 विक्रेताओं ने इसमें भाग लिया। टीएम (रिटेल) श्री एन कनी अमूधन ने अपने आरम्भिक भाषण

में सभी गतिविधियों में सुरक्षा के महत्व पर बल दिया और कार्य परिसरों में सुरक्षित पद्धतियों को अपना कर उदाहरण प्रस्तुत करने की बात कही। मेसर्स करम इंस्ट्रीज, कोयम्बटूर जो व्यक्तिगत बचाव के उपकरण (पीपीई) बनाते हैं के श्री के.भाग्यराज और मेसर्स सेंट जॉन एम्बुलेंस फर्स्ट एड के वरिष्ठ प्रोफेसर और प्रशिक्षक श्री पी राजारमण को जीवंत प्रदर्शन के लिए संकाय के रूप में आमंत्रित किया गया था जिन्होंने प्राथमिक उपचार से सुरक्षा संबंधी अन्य बातों की जानकारी दी। अंत में सुरक्षा प्रश्नोत्तरी से कार्यक्रम का समापन हुआ।

ईआरडीएमपी ड्रिल

बर्मा शेल द्वारा लगभग 97 वर्ष पूर्व तोंडियारपेट में स्थापित एक युगान्तर इंस्टलेशन आज भी राष्ट्र की सेवा में अग्रसर है। एक प्रदर्शित गाथा- 'सुरक्षा सर्वप्रथम सुरक्षा हरकदम' हेतु इंस्टलेशन में सम्पन्न ईआरडीएमपी ड्रिल के दौरान आपातकालीन तैयारी के परीक्षण के लिए दोहरा परिदृश्य लिया गया। टैंक लॉरी के एक 1 कम्पार्टमेंट में आग और विस्फोट और बिखरे मोटर स्पिरिट के कारण पंप हाउस क्षेत्र में आग। टीएम, रिटेल(चेन्नई) संयुक्त निदेशक, तेल विपणन कंपनियों के म्युच्युअल एड मेम्बर्स और औद्योगिक सुरक्षा तथा स्वास्थ्य के महानिदेशक ने ड्रिल देखी और इसके लिए विचार किए गए परिदृश्य की सराहना की। उन्होंने परिस्थिति से निपटने के लिए इंस्टलेशन, ल्यूब संयंत्र, मटीरियल्स क्यूए लैब और चेन्नई टेरिटरी के संयुक्त प्रयासों की भी प्रशंसा की।



ग्राहक सुरक्षा एवं अधिकार शिविर

टीएम पटना ने 19 अगस्त 2014 को ग्राहक सुरक्षा एवं अधिकार शिविर आयोजित किया जो पूरी तरह ग्राहक प्रतिक्रिया पर आधारित था। साथ में रक्त दान जीवन दान जैसे अभियान से बीपीसीएल का ख्याल रखने की मूल्यदृष्टि को आत्मसात किया गया। आसापास के सभी भारत गैस वितरक, रिटेल आउटलेट एवं ल्यूब वितरकों ने इसमें भाग लिया। रिटेल आउटलेट सुरक्षा और एलपीजी ग्राहक सुरक्षा एवं अधिकार पर नुक्कड नाटक भी प्रस्तुत किए गए। टीएम (एलपीजी) श्री दिलीप खोरवाल,

टीएम(ल्यूब्स) श्री मनीष कुमार, वरि. प्रबंधक (प्रभारी) श्री तन्मय जयस्वाल प्रबंधक(ऑटोमेशन) श्री अनिलकुमार के साथ साथ अन्य अनेक पदाधिकारी इस शो में मौजूद थे और सुरक्षा एवं ब्रैंड बीपीसीएल पर प्रतिभागियों से विचार विमर्श किया। इसकी विशेषताएं थी मैक लुब्रिकेंट्स की खरीद पर विशेष योजनाएं, दीघा के भारत गैस वितरक ओम साई भारतगैस द्वारा मुफ्त हॉट प्लेट सेवा शिविर तथा दीघा के ही मेसर्स संजीव द्वारा मुफ्त पीयूसी जाँच।

पेशे से जुड़े स्वास्थ्य एवं सुरक्षा पाठ्यक्रम

कॉर्पोरेट एएसएसई ने स्कोप के साथ मिलकर दिनांक 7 और 8 अगस्त, 2014 को जयपुर में दो दिवसीय पाठ्यक्रम आयोजित किया था जो पेशे से जुड़े स्वास्थ्य एवं सुरक्षा से संबंधित था। यह पाठ्यक्रम एचएसएसई रोल होल्डर्स, कंस्ट्रक्शन इंजीनियर्स, ओएसटीएस प्रबंधकों, राजस्थान और आस-पास के चुनिंदा टेरिटरी प्रबंधकों एवं सभी एसबीयू एवं एन्टीटी के टेरिटरी समन्वयकों के लिए था। इस कोर्स से प्रतिभागियों को अनेक बातें सीखने और समझने में आसानी हुई जैसे स्वास्थ्य और काम के बीच का संबंध पेशे से जुड़े विभिन्न स्वास्थ्य संबंधी जोखिम को पहचानना, ओएचएस की भूमिका, जिम्मेदारियाँ और विनियम इत्यादि। ईडी एचएसएसई ने अपने संबोधन में सुरक्षा प्रबंधन, वर्क परमिट, इल बॉक्स टॉक तथा स्वास्थ्य जाँच रिपोर्ट पर प्रकाश डाला। स्कोप से आए संकाय डा. एम. अहमद और श्री ए.यू.घटक ने कार्य स्थल में रसायनों के सुरक्षित रखरखाव, इरगोनॉमिक्स तथा थकान प्रबंधन तथा पेशे से संबंधित तनाव प्रबंधन पर अपने विचार प्रस्तुत किए। अपने अपने कार्य स्थल को खतरा मुक्त, जोखिम मुक्त, सुरक्षित कार्यस्थल बनाने की शपथ लेकर हर प्रतिभागी ने अपने प्रतिबद्धता जाहिर की और मुख्य प्रबंधक(एचएसएसई, उत्तर) श्री घटवई के द्वारा दिए गए धन्यवाद ज्ञापन के साथ कार्यक्रम समाप्त हुआ।



एलपीजी उत्तर क्षेत्र में सुरक्षा सर्वप्रथम सुरक्षा हरकदम

हमारे सीएंडएमडी तथा निदेशक (विपणन) का दिया गया मंत्र 'सुरक्षा सर्वप्रथम सुरक्षा हर कदम' को उत्तर क्षेत्र ने पूरे उत्साह से मनाया। यह अभियान आरएलएस, उत्तर द्वारा 1 अगस्त, 2014 को एलपीजी उत्तर क्षेत्र के सभी अधिकारियों के साथ शुरू किया गया जब 'सुरक्षा सर्वप्रथम सुरक्षा हर कदम' के नारे को वितरकों एवं ग्राहकों को भेजे गए ई-मेल द्वारा प्रसारित किया गया। अभियान के दौरान सुरक्षा और अच्छे सिलिंडरों की डिलिवरी से संबंधित विभिन्न गतिविधियों की योजना बनाई गई। संयंत्र के

स्टाफ, वितरक नेटवर्क और ट्रान्सपोर्टर्स की पूरी तरह इस अभियान में सूचीबद्ध किया गया। इस दौरान कई गतिविधियाँ हुईं, जैसे सुरक्षा के पाँच मंत्र से संबंधित बैनर्स और स्टैंडिज, भारत गैस समुदाय बैठके, ग्राहक जुड़ाव कार्यक्रम, सुरक्षा क्लिनिक और 50% से अधिक ग्राहकों को 'सुरक्षा सर्वप्रथम सुरक्षा हर कदम' के 68 लाख एसएमएस भेजे गए। ईडी रिटेल श्री प्रमोद शर्मा ने 3 डी पर फोकस करने का सुझाव दिया। ड्राइवर (हमारे ग्राहक) डीएसएम (हमारा पहला टच प्वाइंट) और डीलर्स (चैनल पार्टनर) जिन्हे लगातार 3 पी पर काम करना है प्रॉडक्ट, प्रोसेग्रेम और पीपल।

गैस एसबीयू का दक्षता कार्यक्रम

बीपीसीएल ने एलएसजी टैंक ट्रक ड्राइवरों का एचएसएसई दक्षता स्तर बढ़ाने के लिए 14 जुलाई, 2014 को पेट्रोनेट एलएनजी लिमिटेड, दहेज में एक व्यापक कार्यक्रम आयोजित किया। आईओसीएल एवं पीएलएल ने भी इस पहल की प्रशंसा की और इसमें सक्रिय भाग लिया। ड्राइवरों को एलएनजी परिवहन प्रणाली में एचएसएसई जागरूकता के महत्व को समझाने के साथ कार्यक्रम की शुरुआत हुई। मुख्य प्रबंधक, पीएलएल श्री संजय कुमार ने टैंक लॉरी दुर्घटनाओं के मूल कारण का विश्लेषण और असुरक्षित परिस्थितियों को दूर करने पर फोकस डालने के साथ साथ ड्राइवरों की मानसिक और शारीरिक फिटनेस बेहतर करने की बात भी कही। उन्होंने वाहन चालकों को दक्षता परीक्षण में भाग लेकर मूल्यांकन के लिए भेज कर सुरक्षा संस्कृति को बेहतर करने का भी सुझाव दिया। मानक परिचालन प्रक्रियाओं का 100% पालन कर मानव गलतियों एवं लापरवाहियों को टालने पर भी जोर दिया गया।



लोनी में तम्बाखू रोको अभियान

तम्बाखू का बहुत ज्यादा प्रयोग करनेवाले कॉन्ट्रैक्ट कर्मचारियों और ड्राईवरों को इसके दुष्प्रभावों से अवगत कराने के लिए लोनी एलपीजी में तम्बाखू रोको अभियान चलाया गया। इस अवसर पर श्री राकेश गुप्ता, सीनियर कंसल्टेंट ने स्वास्थ्य पर व्याख्यान दिया जिसमें, मेट्रो ग्रुप ऑफ हॉस्पिटल ने स्वास्थ्य पर व्याख्यान दिया जिसमें उन्होंने स्वास्थ्य पर तम्बाखू के दुष्प्रभावों और उससे होनेवाली घातक तथा अन्य बीमारियों की जानकारी दी। इस व्याख्यान से प्रेरित होकर पूर्ण ग्रुप ने तम्बाखू सेवन न करने की शपथ ली। संयंत्र में कई पोस्ट लगाए गए और मद्य तथा तम्बाखू सेवन रोकने के लिए कर्मचारियों की आकस्मिक जांच की गई।

बेसिक लाइफ सपोर्ट - जीवन बचाने का अनोखा अभिक्रम

बेसिक लाइफ सपोर्ट(बीएलएस) से उन पीड़ितों को चिकित्सा सहायता दी जाती है, जिन्हें अस्पताल पहुंचने से पहले घातक बीमारियों या चोटों से राहत पाना आवश्यक होता है। यह काम प्रशिक्षित कर्मचारियों द्वारा किया जाता है जिनमें आपातकालीन चिकित्सा तकनीशियन, पैरामेडिक और बीएलएस में प्रशिक्षित आम व्यक्ति शामिल है। मुंबई रिफाइनरी में 27 जून, 2014 को फोर्टिस अस्पताल, वाशी के सहयोग से बेसिक लाइफ सपोर्ट प्रशिक्षण आयोजित किया गया था, जिसमें विभिन्न विभागों के 34 कर्मचारियों ने हिस्सा लिया। बीएलएस के अलावा उन्हें कार्डियो पल्मोनरी पुनर्जीवन (सीपीआर) में भी प्रशिक्षित किया गया।



बोरखेडी डिपो में स्वास्थ्य जांच शिविर

नागपुर स्थित बोरखेडी डिपो में 15.07.2014 को वोक्हार्ट अस्पताल के सहयोग से स्वास्थ्य जांच शिविर आयोजित किया गया। आरंभ में नागपुर के जाने माने कार्डियोलॉजिस्ट डॉ. डी. आर. होरे ने हृदय रोग, उससे बचने के उपाय और जीवनशैली में बदलाव लाने जैसे विषयों पर बातें की। वोक्हार्ट टीम ने स्टाफ की सामान्य स्वास्थ्य जांच, ब्लड शुगर, ब्लड प्रेशर, ईसीजी और परामर्श इत्यादि की। कुल 57 कर्मचारियों ने इस शिविर का लाभ उठाया।

नाड़ी परीक्षा शिविर

ईएसई(पूर्व) ने 19 अगस्त, 2014 को कोलकाता में नाड़ी परीक्षा पर एक चर्चा सत्र आयोजित किया। दो घंटे के इस चर्चा सत्र में नाड़ी परीक्षा और इसके फायदों के बारे में बताया गया। 'आर्ट ऑफ लीविंग' के एक विशेषज्ञ ने इसकी विशेषताओं के बारे में अवगत करवाया। चर्चा के बाद 21 अगस्त, 2014 को एक दिवसीय नाड़ी परीक्षा शिविर आयोजित किया गया जिसमें डॉ. सुनील त्रिपाठी आयुर्वेदविद द्वारा कर्मचारियों का परीक्षण किया गया और आहार नियंत्रण के साथ आयुर्वेदिक दवाओं के जरिए वात-पित्त-कफ दोषों के निवारण के बारे में बताया गया।



मानसून पूर्व मेगा स्वास्थ्य जाँच

राजस्थान राज्य में मानसून आने से पहले टीम कोटा ने टैंक लॉरी कर्मी दल की इस मौसम में सुरक्षा प्रदान करने के उद्देश्य से 'मानसून पूर्व वाहन मेगा स्वास्थ्य जाँच शिविर' दिनांक 21.7.2014 से 24.7.2014 तक पीओएल टैंक लॉरियों के लिए बीपीसीएल कोटा टीओपी में आयोजित किया था। टी एम(रिटेल) कोटा श्री राजीव जयस्वाल द्वारा इस अनोखे शिविर का उद्घाटन किया गया। इस शिविर में विभिन्न सेवा प्रदाताओं को तत्काल आवश्यक सुधार करने के लिए बुलाया गया था। लगभग 300 टैंक लॉरियाँ इस शिविर से लाभान्वित हुईं और चालकों को मानसून में ड्राइविंग, इलेक्ट्रिक तथा अन्य फिटिंग्स से लेकर सड़क सुरक्षा आदि के विभिन्न पहलुओं की जानकारी दी गई।



मालदा डिपो में प्राथमिक चिकित्सा प्रशिक्षण

दिनांक 8-9 जुलाई, 2014 को मालदा डिपो में 'संत जोन्स एम्बुलेंस, कोलकाता' द्वारा दो दिवसीय प्राथमिक चिकित्सा प्रशिक्षण सत्र आयोजित किया गया। इस प्रशिक्षण में प्राथमिक चिकित्सा का परिचय देते हुए उसकी आवश्यकता एवं महत्व पर प्रकाश डाला गया। मानव शरीर की रचना, विभिन्न अंगों के कार्य, प्राथमिक उपाय, संबंधित सामान्य उपचार एवं प्रयोग की जानेवाली दवाईयों के बारे में बताया गया। प्रशिक्षण सत्र के उपरांत एक लिखित परीक्षा भी आयोजित की गई जिसे उत्तीर्ण करनेवालों को प्रमाणपत्र दिए गए।



उरण में जीवन शैली चर्चा

उरण एलपीजी संयंत्र में 21 अगस्त 2014 को जीवन शैली में परिवर्तन के जरिए हृदय/कार्डिएक समस्याओं, निवारण एवं इलाज पर एक चर्चा कर्मचारी संतुष्टि संवर्द्धन कक्ष के तत्वावधान में आयोजित किया गया था। सानेकेयर माधवबाग से आए डॉ. ओंकार चौधरी ने स्पष्ट किया कि किस तरह जीवन शैली में थोड़े से परिवर्तन से दिल की बीमारियों से बचा जा सकता है। नित्य व्यायाम एवं संतुलित आहार विहार के महत्व पर प्रकाश डाला गया और इससे संबंधित सामान्य भ्रान्तियों को दूर किया गया। 55 से अधिक श्रोताओं ने इस प्रेरक चर्चा सत्र में भाग लिया।



अंगदान और रक्तदान अभियान

14 अगस्त 2014 को मुंबई रिफाइनरी मेडिकल सेंटर ने एलटीएमजी अस्पताल सायन और स्नेह बंधन ट्रस्ट, मुंबई के साथ मिलकर रक्तदान और अंगदान अभियान आयोजित किया। ईडी रिफाइनरी श्री एस.एस.सुंदरराजन ने रक्तदान के महत्व पर प्रकाश डाला और सबसे रक्तदान की अपील की। जीएम मासं सुश्री सुजाता चोगले ने अंगदान की आवश्यकता के बारे में बताया। रिफाइनरी के कर्मचारियों और ठेकेदार के कामगारों ने इसमें हिस्सा लिया और इस साल 151 लोगों ने रक्तदान किया।

मेगा मेडिकल कैम्प

कोच्चि रिफाइनरी द्वारा प्रवर्तित एक गैर मुनाफेवाली चैरिटेबल मेडिकल संस्थान अंबलामुगल मेडिकल एंड सोसाइटी (एएमएस) ने 24 अगस्त, को एक मेगा मेडिकल शिविर आयोजित किया था। यह शिविर एरणाकुलम सरकारी मेडिकल कॉलेज और एरणाकुलम जनरल हॉस्पिटल के समन्वयन में आयोजित किया गया था। प्रवासी श्रमिक जो हमारे परियोजना स्थल पर काम करते हैं उनके साथ 800 से अधिक गरीब गाँववालों को इस शिविर से लाभ हुआ। 70 से ज्यादा डॉक्टरों ने इस शिविर में अपनी सेवाएं प्रदान की और अलग अलग बीमारियों से पीड़ित लोगों की जाँच की। मुफ्त दवाईयाँ और अनुवर्ती इलाज प्रदान किया गया।





आज के दौर में मनुष्य इतना आधुनिक हो गया है कि उसे अब हर चीज़ हाथ में और हर काम सेकंडों में पूरा चाहिए। और ये सुविधाएँ मुहैया कराने के लिए हर तरह की मशीनें भी उपलब्ध हैं। कपड़े धोने के लिए वॉशिंग मशीन, खाना पकाने के लिए ओवन, आवागमन के लिए मोटर कार इत्यादि। ये सब मशीनें बनाने के लिए जो कारखाने बनते हैं उनके लिए जमीन की आवश्यकता होती है अतः वन काट कर हम कारखाने बनाते हैं, आने जाने के सड़क की चौड़ाई कम पड़ने पर सड़क के किनारे लगे पेड़ काट कर कर सड़क चौड़ी कर दी जाती है। मशीनें चलाने के लिए बिजली की आवश्यकता होती है अतः जितनी ज्यादा मशीनें उतनी ही अधिक बिजली की जरूरत। अतएव बिजली बनाने के लिए नदियों में डैम बनाए जाते हैं। तत्पश्चात हमारे द्वारा पर्यावरण को खत्म करने पर जब उसका असर हम पर पड़ता है जैसे की बेमौसम बरसात, अत्यधिक गर्मी, अत्यधिक शीत, भू-स्खलन, बाढ़, सूखा इत्यादि तब हम प्रकृति को दोष देते हैं तथा उन लोगों को दोष देते हैं जो यह पेड़ काटते हैं अथवा डैम बनाते हैं।

परंतु क्या कभी हमने यह सोचा कि आखिर वे लोग पेड़ क्यों काटते हैं??

यदि हम अपनी जरूरतें कम कर लेंगे जैसे कि हमेशा मोटर कार की अपेक्षा कभी पैदल चलें या साइकल का प्रयोग करें तो क्या सड़क की चौड़ाई बढ़ाने की आवश्यकता रह जाएगी???

यदि हम अपने अधिकतर कार्य अपने हाथों से करें तो क्या हमें मशीनों की आवश्यकता है? और यदि हमें मशीनों की आवश्यकता नहीं रहेगी तो क्यों बिजली अधिक बनाने की जरूरत रहेगी?

इसका उत्तर हम यह देंगे की हम आराम का जीवन व्यतीत करना चाहते हैं। परंतु यदि हमारा शरीर स्वस्थ न हो तो क्या इतनी सारी सुविधाएँ होने के बावजूद हम आराम से जी पाएंगे???

हमारा शरीर भी एक मशीन की तरह ही है अर्थात यदि इसको कार्य में नहीं लाया गया तो यह शरीर खराब हो जाता है व अनेक बीमारियाँ हमें जकड़ लेती हैं, फिर उन बीमारियों की वजह से हम और ज्यादा आरामदायक जीवनशैली अपनाने के लिए और नई नई तकनीकें लाते हैं। जो अंत में हम कुछ न कर पाने लायक बना कर छोड़ती हैं। फिर वैद्य हमको सलाह देते हैं कसरत करने की और हम उस पर समय बर्बाद करते हैं। जरा सोचिए, यदि हम अपने सभी कार्य अधिकतम अपने हाथों से ही करेंगे तो क्या हमारे शरीर की कसरत नहीं होगी? और यदि कसरत होगी तो क्या हम स्वस्थ नहीं रहेंगे? तो फिर स्वस्थ रहने के लिए हम लंबा तरीका क्यों अपना रहे हैं?

हम में से अधिकतम लोगों के जीवन का लक्ष्य होता है कि युवावस्था में अधिक से अधिक धनोपार्जित करके अपने बुढ़ापे में किसी शांत, हरे भरे क्षेत्र में जा कर बसने का। तो वह शांत वातावरण तथा हरियाली पाने के लिए बुढ़ापे का इंतजार क्यों? यदि हम अपनी जरूरतों को सीमित रखेंगे तो हमें वह शांति अभी से हासिल हो जाएगी। यदि हम कृत्रिम ऊर्जा व ईंधन का प्रयोग कम करेंगे तो हमें वह हरियाली आज ही से नसीब होगी। क्या यह हमारे लिए बुरा है? आज विश्व भर में पर्यावरण संरक्षण के लिए अनेक कार्यक्रम आयोजित किए जाते हैं जैसे कि पर्यावरण दिवस, जल सप्ताह, इत्यादि। लेकिन ये तो सरासर बेवकूफी हुई।

कैसे? चलिये एक उदाहरण लेते हैं:

मान लीजिये एक व्यक्ति एक नया घर खरीदता है जिसकी आसपास खूब पेड़ पौधे हैं। परंतु उसके घर की शोभा खराब हो रही है तथा उसे अधिक जमीन चाहिए अपने घर के लिए तो वह उन पौधों को कटवा देता है। अब उसका घर आलीशान लगता है। लेकिन उसे कई बीमारियाँ हो गई हैं क्योंकि मोटरों से निकलते धुएँ को साफ कर के जो पेड़ उस तक शुद्ध वायु पहुंचाते थे उन्हें तो उसने काट दिया। घास में नंगे पैर चलने से जो रक्त का संचार उसके शरीर में होता था उसे तो उसने बंद कर दिया। अब वैद्य के मुताबिक उसे अपने आस पास पेड़ लगाने हैं तो वह एक सुंदर बगीचा बनवाता है जिसमें काफी सारा पैसा भी खर्च होता है। परंतु सोचिए कि क्या यह बेवकूफी नहीं हुई कि जो सुविधा उसे प्राकृतिक तौर पर मिली हुई थी उसे बर्बाद कर के वही सुविधा अब कृत्रिम रूप में लाया। यही बेवकूफी हम प्रतिदिन कर रहे हैं, अपने कार्य स्वयं ना करके अपना शरीर खराब करते हैं फिर कृत्रिम तरीकों से कसरत करके उस शरीर को ठीक करने की कोशिश करते हैं, तो शरीर को खराब ही क्यों किया?

पेड़ काट कर सड़कें चौड़ी करते हैं मोटर कारों के लिए फिर जब उन्हीं कारों से निकले धुएँ से श्वास की दिक्कत होती है तो वायु शुद्ध करने के लिए वृक्षारोपण करते हैं, तो वृक्ष हटाये ही क्यों थे? अतः मेरे कहने का सार सिर्फ इतना ही है कि यदि हम अपने सभी कार्य न्यूनतम कृत्रिम ऊर्जा व ईंधन खर्च करके करेंगे तो हमें शांति के लिए बुढ़ापे का इंतजार नहीं करना पड़ेगा तथा ऐसा करने पर ही हमें बूढ़े होने का अवसर भी मिलेगा अन्यथा शायद हम बूढ़े होने से पहले ही स्वर्गवासी हो जाएँ।

स्वाति सिंह

कार्यपालक अधिकारी

बकानिया डिपो

दीर्घ सेवा सम्मान



श्री लक्ष्मण ए. कोली
सहायक, कस्टमर केयर डेस्क,
सीओ - 35 वर्ष



श्री अरल बीनू
ई एंड पी विभाग,
उत्तर - 35 वर्ष



श्री दविंदर ठाकुर
ई एंड पी विभाग,
उत्तर - 35 वर्ष



श्री उमेश उपाध्याय
उप महाप्रबंधक (मासंसे)
उत्तर, नोएडा - 30 वर्ष



श्री मुकेश नांगिया,
मुख्य प्रबंधक, प्रशासन उत्तर,
नोएडा - 30 वर्ष



श्री विनय कुमार मेहन्दीरत्ता
सचिव, मासंसे,
उत्तर, नोएडा - 30 वर्ष



श्री जय सिंह
असिस्टेंट- I मासंसे,
उत्तर, नोएडा - 30 वर्ष



श्री महेश कुमार वर्मा
ई एंड पी विभाग
उत्तर - 30 वर्ष



श्री किसन टी. वामन
ए.सी.प्लान्ट ऑपरेटर,
सीओ - 30 वर्ष



श्री पीटर दोडती
सूपरिन्टेंडेन्ट,
शिवड़ी - 30 वर्ष



श्री मारुति बी. गुरव
सहायक,
सीओ - 30 वर्ष



श्री चंद्रकांत आर.कामत
सहायक - 1
शिवड़ी - 30 वर्ष



श्री ज्ञानेश्वर जे. वाघ
सुरक्षा रक्षक (पी)
शिवड़ी - 30 वर्ष



श्री अशोक सी. शेलके
जनरल ऑपरेटर,
लोणी डी. यू. - 30 वर्ष



श्री पुरुषोत्तम वी. गांवकर
टैन्क लॉरी हेल्पर,
शिवड़ी - 30 वर्ष



श्री वसंत बामणे
सुरक्षा रक्षक,
शिवड़ी - 30 वर्ष



श्री सुधीर बी.मेनन
ऑपरेटर (पी) फिल्ड,
शिवड़ी - 30 वर्ष



श्रीमती सिंधिया फर्नांडिस
स्टेनो असिस्टेंट,
एलपीजी, प.क्षेत्र - 25 वर्ष



श्री अनिल कोचुरे
सहाय्यक I, हिन्दीकक्ष सीओ,
25 वर्ष



श्री लोकराम
तकनीशियन,
बरेली एलपीजी प्लान्ट - 25 वर्ष

सेवानिवृत्ति



श्रीमती वीना अहूजा,
ई एंड पी विभाग,
उत्तर 33 वर्ष की सेवा कर
कॉर्पोरेशन से सेवानिवृत्त हुई।



श्री खंडु एच. काले
इंजन पम्प ऑपरेटर,
शिवड़ी संस्थापन, दिनांक 30.6.2014
को 37 वर्ष 04 महिनों की सेवा के बाद
सेवानिवृत्त हुए।



श्री गुलाम हुसेन पी. पटेल,
एचवीडी, शिवड़ी संस्थापन,
दिनांक 30.06.2014 को
34 वर्षों की सेवा के बाद
सेवानिवृत्त हुए।



श्री भास्कर एम. पांडा
इंजन पम्प ऑपरेटर, शिवड़ी संस्थापन,
दिनांक 31.07.2014 को 34 वर्ष
की सेवा के बाद सेवानिवृत्त हुए।



श्री तुकाराम आर. बोडेकर
सुरक्षा रक्षक, शिवड़ी संस्थापन,
दिनांक 30.6.2014 को 33 वर्ष
02 महिनों की सेवा के बाद
सेवानिवृत्त हुए।

मेरा भारत महान

मेरा भारत महान, मेरा भारत महान
गाडियों के पीछे लिखकर बढ़ाई मेरी शान
मैं सब जाति धर्म को अपने अंदर समा लेता हूँ।

मजहब पे नहीं लड़ेंगे इसका रहे भान।

खाली सोचनेसे पूरा नहीं होगा काम।

किसी खेल में जान लगाके खेलो तो

पूरे होंगे मेरे अरमान।

दुश्मनों से डरो नहीं ऐसा करो इंतजाम।

वह हमलेसे पहले दस बार सोचेगा

और होगा हैरान।

धैर्य में बड़ी ताकत है गांधीजी ने सिखाया।

बरसों राज के बाद भी करना पड़ा पलायन।

खूब मेहनत करो, सरहद के बारे में सोचो नहीं।

सबको पता है पहरा दे रहा है मेरा जवान।

जरूरत नहीं अमरिका चाइना की तरफ देखनेकी।

कुछ ऐसा करो की मैं सचमुच हो जाऊँ महान।

स्वतंत्रता सेनानी गांधी, नेहरू, आंबेडकर,

सुभाष, सावरकर, मौलाना आज़ाद और भगतसिंग

इनके त्याग और बलिदान को मेरा विनम्र अभिवादन।

मेरा भारत महान मेरा भारत महान।

विजय सिरसाट
प्रबंधक (परिचालन)
शिवड़ी इन्स्टलेशन

मैं और बीपीसीएल



केंद्र सरकार के एक मुंबई कार्यालय में सेवारत रहते हुए वर्ष 1985 में मैंने बीपीसीएल में सेवा के लिए आवेदन किया और सौभाग्य से मैंने 1.10.1985 को 'क्लर्क टाइपिस्ट बी' के रूप में टीडीयू में पदभार ग्रहण किया। ढाई साल टीडीयू में कार्य करने के बाद वर्ष

1989 में मुझे हिन्दी अनुवादक के रूप में कार्य करने का अवसर मिला। क्योंकि हिन्दी और अंग्रेजी विषय स्नातक स्तर तक मेरे प्रिय विषय थे। मुझे हिन्दी का कार्य करने में बड़ा आनंद आता था। अगले ही वर्ष मैंने मुंबई विश्वविद्यालय से हिन्दी में एम ए की परीक्षा पास कर ली ताकि मुझे हिन्दी अधिकारी का पद मिल सके। परंतु उस समय ऐसा नहीं हो पाया। वर्ष 1995 में मेरे पद में एक और वृद्धि हुई और मैं कार्यालय अधीक्षक के रूप में शिपिंग विभाग, सीओ में कार्य के लिए नियुक्त हुआ। वर्ष 2001 में मेरी तरक्की के लिए बीपीसीएल ने एक और द्वार खोल दिया और मेरी पदोन्नति ऑपरेशन ऑफिसर के रूप में हो गई। साढ़े चार साल

मिरज डिपो में कार्य करने के बाद ढाई साल मैंने शिवड़ी बेंझिन में ऑपरेशन ऑफिसर के रूप में कार्य किया और फिर 2007 में मैं फिर हिन्दी कक्ष में हिन्दी की सेवा के लिए नियुक्त हुआ। 31 जुलाई 2014 को उपप्रबंधक, हिन्दी पश्चिम के पद से मैंने अपनी सेवा यात्रा को विराम दिया।

मित्रों, यह कहने की जरूरत नहीं है कि भारत पेट्रोलियम कार्य करने के लिए सर्वोत्तम स्थान है। मुझे इस शानदार संगठन में प्रगति के वे सभी अवसर मिलें जो एक अच्छे संगठन में मिलने चाहिए। मैं अपने को सौभाग्यशाली समझता हूँ कि मुझे बीपीसीएल में यह सेवा करने का मौका मिला। मैं अवकाश प्राप्त करने के बाद पूर्ण रूप से संतुष्ट हूँ एवं बीपीसीएल के परिवार से प्यार करता हूँ और उद्योग जगत में बीपीसीएल को एक ज्योतिष्मान नक्षत्र के समान सदा चमकते हुए देखना चाहता हूँ।

शुभकामनाओं सहित,

अशोक कुमार लाल

भूतपूर्व उप प्रबंधक, हिन्दी कक्ष पश्चिम

निधन सूचना



श्री सत्य प्रकाश सिंह

एचवीडी मुगलसराय इन्स्टलेशन का दिनांक 22.07.2014 को दुःखद निधन हुआ। वे 59 वर्ष के थे। श्री सत्य प्रकाश सिंह निगम में दिनांक 12.05.1980 से नियुक्त थे। उनके परिवार में, चार पुत्र एवं चार पुत्रियाँ हैं।



श्री धरमपाल बाल्मिकी

ऑपरेटर पी. (फिल्ड) बजबज इन्स्टलेशन में कार्यरत का दिनांक 3.7.2014 को दुःखद निधन हुआ। वे 58 वर्ष के थे।



श्री ज्ञान चंद सोधा

एलवीडी, राज्य समन्वयक, चंडीगढ़ का दिनांक 05.07.2014 को असामयिक निधन हुआ। वह 54 वर्ष के थे। श्री ज्ञान चंद सोधा निगम में दिनांक 24.08.1992 से नियुक्त थे। उनके परिवार में उनकी माताजी, पत्नी, एक पुत्र एवं पुत्री हैं।



श्री प्रकाश पी. भट

अटेंडेंट (सर्विसेस), मानव संसाधन सेवाएं, पश्चिम का दिनांक 11.08.2014 को हृदयाघात से हुए दुःखद एवं असामयिक निधन हुआ है। वह 58 वर्ष के थे। उनके परिवार में उनकी पत्नी तथा उनके दो पुत्र हैं।

हम शोक संतप्त परिवारों के सदस्यों के प्रति अपनी शोक संवेदनाएं व्यक्त करते हैं व ईश्वर से प्रार्थना करते हैं कि उनकी आत्मा को शांति प्रदान करें।

Ten Mantras to Age Gracefully

1. Never say I am aged

There are three ages - chronological, biological and psychological. The first is calculated based on our date of birth; the second is determined by our health conditions; the third is how old we feel we are. While we don't have control over the first, we can take care of our health with a good diet, exercise and a cheerful mien. A positive attitude and optimistic thinking can reverse the third age.

2. Health is wealth

If you really love your kith and kin, taking care of your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up and take the prescribed medicines regularly.

3. Money is important

Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse. If your children are grateful and they take care of you, you are blessed. But never take it for granted.

4. Relaxation and recreation

The best R & R forces are a healthy religious attitude, good sleep, music and laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life.

6. Change is the only permanent thing

We should accept change - it is inevitable. The only way to make sense out of change is to join in the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

5. Time is precious

It is almost like holding horses' reins. When they are in your hands, you can control them. Imagine that every day you are born again. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash - use it profitably. Live this moment; live it fully, now, in the present time.

8. Forget and forgive

Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped on one. But for the sake of our own health and happiness, let us forgive and forget them. Otherwise, we will only be increasing our blood pressure.

7. Enlightened selfishness

All of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But our focus should be on the internal satisfaction and the happiness we derive by doing good to others, without expecting anything in return. Perform a random act of kindness daily.

10. Overcome the fear of death

We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is no one is going to die for you; they may be depressed for some time. Time heals everything and they will go on.

9. Everything has a purpose

Take life as it comes. Accept yourself as you are and also accept others for what they are. Everybody is unique and is right in his own way.

The Call of the Mountains



Pics by Mr. K.R. Shridhar, Manager Finance (Shared Services), West