

पेट्रो प्लस PETRO PLUS



Energising Employees

VOL - IV / 1 JUNE 2014

Every Boond Counts





Every Boond
Counts1



5.....News

Awards.....10



Legal.....14



16.....People

Farewells20

Safety22

Thoughts.....23

Health24

Family26

समाचार 28



30 ..विश्व पर्यावरण दिवस समारोह

स्वास्थ्य 34

चिन्तन 37

लोग..... 38

“Raise your voice not the sea level,” is the catchy official slogan for this year’s World Environment Day theme : Small Islands and Climate Change. This theme is in sync with our International Year of Small Island Developing States, drawing attention to the critical issues facing the world’s islands. BPCL joined the world on its journey of protecting the environment by celebrating World Environment Day on 5th June at all its locations across the country. Read about their activities in the Hindi feature article.

Water & energy are the two most vital inputs for the economic development of society today. “Water is life’s mater and matrix, mother and medium. There is no life without water,” averred Nobel laureate, Albert Szent-Gyorgyi. For many of us, clean water is so plentiful and readily available that we rarely pause to consider what life would be like without it. But there are several locations in India where water is very scarce, causing extreme hardship to the villagers living there. BPCL has thus, chosen ‘Water Conservation’ as a core thrust area under CSR & Sustainability, to reach out to them and make a difference to their lives. Our Project Boond efforts were rewarded with the World Petroleum Council Excellence Award for Social Responsibility. Our feature article highlights our water projects and the numerous measures adopted to ensure sustainability.

The ‘Water’ quiz on the Inside Back Cover is geared to make starved brains quench their thirst for knowledge and experience the sheer joy of cracking it !

PETRO PLUS

Volume IV / 1 : June 2014

Editor :

Ms. Marianne Karmarkar

हिन्दी सम्पादन :

हिन्दी कक्ष (पश्चिम क्षेत्र)

Printed and Published by :

Ms. Marianne Karmarkar
Public Relations & Brand

For Bharat Petroleum Corporation Ltd.
Bharat Bhavan, Ballard Estate, Mumbai 400 001.

Printed at :

Printrade Issues (I) Pvt. Ltd;
Mumbai - 400 011.

Member, Association of Business
Communicators of India

Website : www.bharatpetroleum.in

Editorial Correspondence :

karmarkarmc@bharatpetroleum.in

For Private Circulation only.

All rights reserved. Reproduction in any form
only with the written permission of the Editor.

Every Boond Counts

Leonardo da Vinci declared that “Water is the driving force of all nature.” Water – the elixir of life - that magical substance from which all life springs forth, is essential to the existence of every life form on earth. With 70% of its surface covered with water, the earth has water in abundance; sadly, 97% of the total water on earth is saline and only 3% is available as fresh water. Moreover, about 88% of this ‘fresh water’ is locked up in glaciers and underground,

leaving only 11% available as extractable ground water and 1% as surface water in lakes and rivers.

In India, water scarcity is a way of life, with a large number of people having no access to basic drinking water. India has about 16% of the world’s population and only 4% of its water resources. As two-thirds of India’s population rely on farming and related industries, there is excessive dependence on the monsoon. We are at high risk with depleting groundwater levels and inefficient ways of using water. Per capita water availability has reduced to 1000 cubic metres from 4000 cubic metres in 1951. There is wide

disparity in the basin-wise water availability due to uneven rainfall and varying population density in the country.

Recognizing the severity of this everyday battle being fought by thousands of people living in rural and urban India, BPCL has over the years committed itself to this cause, and supported projects to arrest this problem.



Bharatpur



Kolar

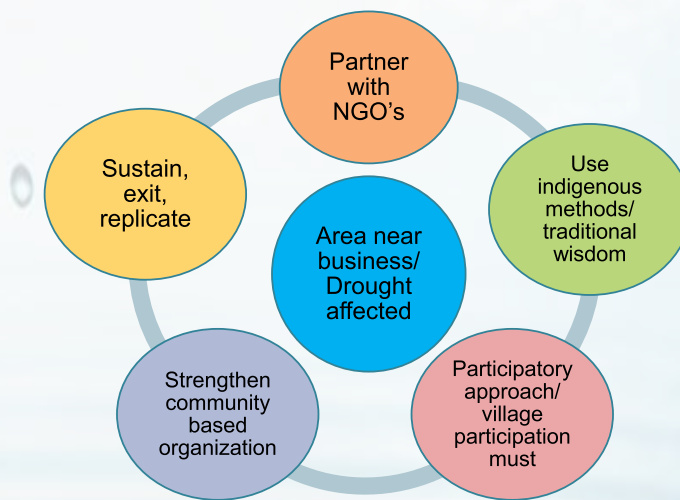
Project Boond

The journey of Project ‘Boond’ started with just four villages in Maharashtra which were along our product pipeline. The villages fell in the rain shadow region behind the Western Ghats. They received ample of rainfall during monsoon (average annual rainfall is 2100 mm) but got completely parched by February / March, leading to acute water scarcity/ drought. Hence, rainwater harvesting mainly focused on providing drinking water. In the last five years, we have transformed almost 100 villages from “water scarce to water positive.”

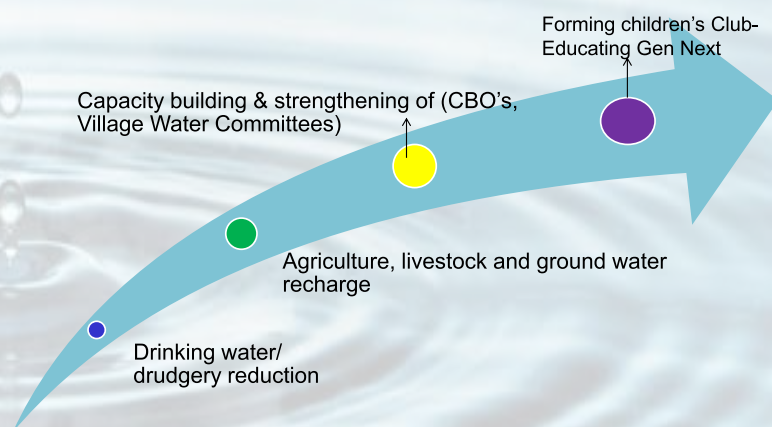
Objectives

- ◆ To provide access to drinking water for people.
- ◆ To make the villages near our business self- reliant.
- ◆ To enable the villagers to be engaged with their farms
- ◆ Stop perennial migration of villagers from Feb-June

Approach



Project Evolution





Initially, BPCL focused on 'drinking water' – introducing projects that would facilitate more conservation of water for drinking purposes. However, the CSR practice has evolved to include projects and practices which are aimed at increasing availability of water for agriculture, livestock and ground water recharge, which assumes importance as we continue to use borewells which result in depletion of the ground water.

Rainwater Harvesting

◆ Rainwater harvesting is the technique of collection and storage of rain water at surface or in sub-surface aquifer, before it is lost as surface runoff. The augmented resource can be harvested in the time of need. Artificial recharge to ground water can be done in urban areas by roof top rain water/storm runoff harvesting through recharge pit, recharge trench, tubewell and recharge well. In rural areas, rainwater harvesting is through gully plug, contour bund, gabion structure, percolation tank, check dam/cement plug/nala bund, recharge shaft, dugwell recharge and ground water dams/subsurface dykes.

◆ For effective "Rainwater Harvesting," the trick lies in "Catch it where it falls". Rainwater is the best renewable fresh water supply, with programmable valves which separate the first rain from contaminating the rest of the water collected and use of graded filters & UV sterilizers can provide drinkable water with due quality checks at the specified frequency. Similarly, it says "Control it where it originates" as a basic theme for "Water Conservation". This leads to optimized use of intake water, reuse & recycle of waste water and treatment of effluent water to convert it into potable quality. Our locations have immense potential for Water Harvesting, to achieve "zero" storm water run-off out of locations for rainwater & implement 100% Reuse, Recycle & all Water Conservation modes. This will, in due course, surely add to a social cause of improving ground water level in the neighbouring areas/villages around our locations.

'Water, water, everywhere,
And all the boards did shrink;
Water, water, everywhere,
Nor any drop to drink.'
- Samuel Taylor Coleridge

◆ In Southern India (Tamil Nadu, Andhra Pradesh & Karnataka), tank cascades, borewells and local ponds, which are important

sources for irrigation, have become redundant due to negligence. Ground water is depleting, and lack of maintenance of traditional harvesting systems such as tank cascades, has severely affected its storage capacity. BPCL collaborated with DHAN Foundation to preserve, manage and maintain tank cascades and revive farm ponds. As a sustainable strategy, members of the village were organized into Tank Farmers Associations called 'Vayalagams' to implement, operate and maintain the project. Through sustained efforts in over 80 villages, BPCL has reduced the community's dependency on monsoons, and provided more livelihood opportunities for the landless.

◆ In Kolar and Tumkur districts in Karnataka, severe droughts had sapped their economy and led to massive migration of people to urban India. Most of the open wells had gone dry, and the soil has lost all its moisture and become powdery even at a depth of two metres. BPCL brought together farmers who removed nearly 8,000 cubic metres of silt and the tanks were restored to their full capacity, bringing happiness and security.

Water Conservation Projects

- ◆ BPCL built indigenous structures such as ponds, wells, gabions, and cordoned off springs, to conserve water for drinking, domestic purposes and livestock
- ◆ Collected over 37 crores litres of water
- ◆ Promoted other sustainable livelihood activities such as horticulture and agriculture
- ◆ Educated the farmers about different farming practices
- ◆ Reduced dependency on water tankers
- ◆ Reduced migration of youth to urban areas

The recharged tanks also brought increased revenue through fishery, and plantation of fruit-bearing trees along the bund and the foreshore areas.

◆ In Mokhada in Thane district of Maharashtra, though this area records very high rainfall, the extreme slopes and geological conditions result in high runoff, leading to water scarcity. It is notoriously famous for deaths due to malnourishment and high unemployment rates. As agriculture is largely rain-fed, landholders can only practice subsistence farming in the kharif season,



leading to large – scale migration in the non-monsoon period. It results in women's drudgery as they have to travel long distances to fetch water.

◆ In Bharatpur, in Rajasthan which has a history of droughts and floods. The extreme weather conditions and limited rainfall has made this region arid, and also affected its economy, which is largely dependent on agriculture. Through our projects, we have been able to increase water retention period in wells and hand pumps, and soil moisture retention around UG Bunda. It has also made irrigation of wheat and mustard more convenient, as less water is required from borewells.

Moreover, we have also been successful in restoring the flora and fauna of this region. There is an increase in green cover around the water canal, accompanied by an increase in frequency of sighting bio-indicator group of organisms like butterflies and odonates around the local ecological setup.

In one drop of water are found all the secrets of the oceans.
- Khalil Gibran

◆ The suicides in Vidarbha are a painful reminder of the fact that much more needs to be done to correct the gross inequality that persists in our society. In collaboration with M.S.Swaminathan Research Organization, we started a project called Mahila Kissan Sashakthikaran Pariyojana in Wardha and Yavatmal, aimed at empowering farmers, especially women farmers here.

We launched 'soil testing units' to ensure that the soil has the required quality of nutrients. We started a helpline to assist farmers in adopting superior farming practices and disseminated audio-advisories. Sessions were held to educate them in the right methods of growing crops, the best seasons etc. We also started a unique SMS system to provide all information on crop management. The project covered 1773 farmers out of which 1080 were women farmers.

In order to ensure that all the projects that we undertake are sustainable, we made 'community participation' at all levels an integral part of our projects. The community was encouraged to participate in the planning, implementation and maintenance of proposed drinking water and irrigation structures. To further their involvement in the projects, we also motivated them to contribute up to 25% of the expenses so that they become more responsible and assume its ownership. It also contributes to the community themselves, where they adopt additional skills in the process of contributing to the projects. Community contribution increases the commitment from the community, motivates them, thus developing long-term sustenance for the projects.

Several committees such as Village Water Committees, Women's Self Help Group, Farmers' group and



Children Water Clubs were also formed to educate and empower. This made it an organized effort, with all members of the community focused, working towards a particular goal. Lastly, we also held sessions for capacity building of these community groups. These sessions equipped them with skills required to maintain and monitor the projects independently. The process of involving the community, encouraging them to make a financial contribution, organizing the community into work groups for focused effort and building their capacities to achieve the desired goal has laid an effective foundation for us to step out of the areas once we make the community self-reliant.

Sustainability



- ◆ Complete village participation
- ◆ Indigenous structure, local resources, easy maintenance (bunds, gabions, pond revival, well repair)
- ◆ Formation & capacity building of community based organizations like Self Help Groups, Village Water Committees
- ◆ Up to 25 % financial contribution from community (creation of sustainability fund)
- ◆ Encourage employee volunteering

WINNER

Bharat Petroleum Corporation Ltd

Boond - Rain water harvesting initiative"



WPC Excellence Award in Social Responsibility

BPCL was declared as the Winner of the 2014 World Petroleum Council's "Excellence Awards for Social Responsibility" on 16th June 2014. The award was received by Mr. K. K. Gupta, Director (Marketing), at a prestigious ceremony of the 2014 World Petroleum Congress at Moscow. BPCL has been ranked at the top amongst over 100 nominations and 3 finalists, which included Shell and Exxon Mobil.

Every three years at the World Petroleum Congress, the World Petroleum Council recognizes some outstanding projects and innovations in the oil and gas sector with the World Petroleum Council Excellence Awards (WPCEA). These awards are aimed at companies that operate with high standards of excellence in Social Responsibility and Technological Development.

Project Boond, which has been awarded at WPC, is our flagship CSR program. We have been executing Rainwater Harvesting Projects in villages near our business locations since 2009. This Award would encourage us to keep working on the social issues relevant to our context and enthuse our teams



Mr. K. K. Gupta, Director (Marketing), receives the WPC Award.

and locations to work with even higher zeal and commitment.

Just as water is the source of life, so also, BPCL has been the source of happiness for the many people, whose lives we've touched through our CSR water projects. We hope to spread the fragrance of joy to many more in future.

BPCL's Water Conservation Projects

Kolhapuri Bund in Chindhyachiwadi



Check dam in Waghwadi



Check dam in Kelichapada



Check dam in Kothala



We never know the worth of water till the well is dry.

-Thomas Fuller

BPCL Hosts HR Summit of Oil & Gas PSUs



BPCL hosted the 49th HR Summit of Oil & Gas PSUs at Kochi from 6th-8th April, 2014. With the theme - 'Agenda for HR Next', the summit brought together over 100 senior executives of the HR fraternity including Directors and Executive Directors of Oil & Gas PSUs. They had a fruitful time of discussions, explorative thinking, deliberations and sharing of experiences on various HR areas.

The Meet was inaugurated by our C&MD, Mr. S. Varadarajan who shared the CEO's Perspective about HR Next - his vision of taking BPCL to the new, young and brave world by shaping future leaders.

The main speaker, Dr. Debashish Chatterjee, Director (IIM-Kozhikode) and new age management guru, inspired the gathering with his insight about timeless leadership values as Satyam and Poornam. With anecdotes and his innate understanding about

management and ancient Indian ethos, he urged the HR fraternity to go beyond the comfort zones and mind frames to take on the emerging social and business environment. Mr. Saikat Chatterjee, Advisor CEB, spoke about the main trends in the field of HR as Convergence of Talent Management & Business Management and leveraging the global and multi-generational workforce.

Thereafter, the individual companies made business presentations. Our BPCL Team, led by Director (HR), Mr. S.P. Gathoo, showcased important agendas for HR Next. Mr. S Vijayakumar, ED (Legal) Designate made a presentation on 'Updation of Labour Case Laws.'

HR Directors - Mr. K. S. Jamestin (ONGC), Mr. N. K. Bharali (OIL), Mr. M. Ravindran (GAIL), Ms. Veena Swarup (EIL), Mr. Pushp K Joshi (HPCL) and Mr. P.P. Sahoo (Balmer Lawrie) were also present.

BPCL Jumps 67 Ranks in Forbes Global 2000



Bharat Petroleum has made a very impressive jump, improving its rank to 1045 in the Forbes Global 2000 list for 2014.

Forbes Global 2000 is the definitive ranking of the world's largest, most powerful and most valuable companies. Amongst the Indian Oil & Gas companies listed in Forbes Global 2000, Bharat Petroleum is

the only oil company to make a significant leap over 67 rungs, from 1112 in 2013 to 1045 in 2014 !

Forbes, the leading source for reliable business news and financial information has reported that 54 Indian companies have made it into the top 2000 companies in 2014, compared to 56 companies in 2013. Many companies have shown a de-growth in their ranking; however, Bharat Petroleum has shown a good jump in its ranking owing to its increase in profits, sales & assets.

OIL COMPANIES OF INDIA IN THE "FORBES GLOBAL 2000"

COMPANY	RANKING 2014	RANKING 2013	RANKING VARIATIONS
Reliance Industries Ltd	135	121	-14
ONGC	176	155	-21
Indian Oil	416	350	-66
GAIL India	955	962	7
Bharat Petroleum	1045	1112	67
Hindustan Petroleum	1211	1217	6

A Meeting of Great Minds

Our C&MD, Mr. S. Varadarajan and Director (Finance), Mr. P. Balasubramanian had fruitful discussions with Mr. Oommen Chandy, Hon'ble Chief Minister of Kerala and other senior ministers of the State - Mr. P.K. Kunhalikutty, Minister of Industries & IT, Mr. K.M. Mani, Minister of Finance, Law & Housing and Mr. K. Babu, Minister of Ports, Fisheries & Excise on 5th June, 2014. Mr. P. H. Kurian, IAS, Principal Secretary (Industries) who is also our Board Member, Mr. G. Chandramouli, MD, Kannur International Airport Ltd. and BPCL officials - Mr. Prasad K. Panicker, ED (KR), Mr. P.M. Somachudan, State Coordinator and Mr. George Thomas, Chief Manager (Estates & Admin.) were present during the meeting.

Our C&MD appraised the progress of the Integrated Refinery Expansion Project (IREP) and other projects of BPCL. He thanked the State Government for finalizing the tax incentives for IREP and the Petrochemical Venture recently and for the continuous support being extended to BPCL. Hon'ble Chief Minister and other Ministers assured all support to BPCL in Kerala and also sought BPCL's further assistance to increase



the availability of LPG cylinders in Northern Districts of Kerala and in enhancing BPCL equity in Kannur Airport. They also met Mr. E.K. Bharat Bhushan, IAS, Chief Secretary and Mr. V.J. Kurian, IAS, Addl. Chief Secretary (Water Resources & Aviation).

A Warm Welcome to Petroleum Secretary



Mr. Saurabh Chandra, Secretary, MoP&NG was given a very warm welcome to Bharat Petroleum Headquarters in Mumbai by Mr. S. Varadarajan, C&MD, Mr. K.K. Gupta, Director (M), Mr. S.P. Gathoo, Director (HR), Mr. B.K. Datta, Director (R), Mr. P Balasubramanian, Director (F) and Mr. Manoj Pant, CVO on 8th May 2014. In a meeting with the senior executives, Mr. Chandra appreciated BPCL for its professionalism and operational excellence and also expressed his best wishes to the Company.

Soaking in the positivity emanating from the BPCL team that had gathered to hear him, the Petroleum Secretary shared that with the kind of initiatives underway, the Company is definitely prepared to take on competition when the market opens up. He also opined that it was imperative for us to strengthen up for a free-market situation. He believed strongly in encouraging a culture of innovation and entrepreneurial spirit and congratulated BPCL on these very inherent traits. While inviting more focus on benchmarking performance on Refinery parameters, he capped his views with two important words – 'cost efficiency', which would be the 'source code' to excellence.

Dr. Neeraj Mittal, Joint Secretary (Marketing) and Mr. R.K. Singh, Joint Secretary (Refineries) were also present at this meeting. At the outset, Mr. Varadarajan, C&MD, welcomed the Petroleum Secretary and the Joint Secretaries and also introduced the BPCL team to them. Ms. Dipti Sanzgiri, ED (HRD) made a brief, yet comprehensive presentation on BPCL.

Modified Gasoline Splitter Unit Inaugurated at KR

Mr. B.K. Datta, Director (Refineries) inaugurated the modified Gasoline Splitter Unit (GSU) at Kochi Refinery at a function held on 24th June, 2014 in the presence of Mr. Prasad K. Panicker, ED (KR) and other senior officials. He congratulated the sincere and dedicated hard work behind this innovative scheme. This modification is to process the excess Naphtha from Crude Distillation Units I & II in the Gasoline Splitter Unit located at FCC block. It facilitates in extracting all potential Naphtha streams as CCR feed and takes out the 5.75 MT/hr Heavy Naphtha from the present CCR feed into the HSD pool. In addition 3.5 MT/hr of MS blend stream will also be generated from the modified GSU operation. The estimated annual savings on implementation of this modification is Rs. 1.4 Crores per annum and IRR is 70.3 %.



Ensuring Energy Security



A BPCIL delegation headed by Mr. S. Varadarajan, our C&MD, Dr. S.C. Khuntia, AS&FA, MOPNG, Mr. B.K. Datta, Director (R), Dr. B.K. Das, MD (BORL), Mr. R.K. Mehra ED (IT), Mr. Senthikumar G.R. Chief Manager (IT) visited Kuwait and UAE to sign term contracts to assure continuous crude oil supplies to our Mumbai, Kochi and BORL refineries for 2014-15. BPCIL and BORL signed the contract to import 4.2 MMT of Crude oil from Kuwait and 3 MMT of ADNOC grades.

Other delegations headed by Mr. B.K. Datta signed term contracts for importing 0.5 MMT (including 0.25 on optional basis) from Brunei-Shell Petroleum for Brunei grades; 0.75 MMT (including 0.25 MMT on optional basis) from Petronas for Malaysian grades and Agbami crude oil from Chevron Singapore. They also firmed up term contracts for 4.6 MMT and 3.25 MMT of Saudi Arabian grades of crude oil for BPCIL and BORL respectively.

Another ODC Arrives at KR IREP Site

The 14th set of ODC (Over Dimensional Consignment) for IREP reached the site on 25th May, 2014. The consignment consisted of four vessel parts viz. the stripper column (in 2 Pcs- 4.5m dia and 35m length total) and two parts of Debutanizer (2 Pc- 2.9m dia and 44m length total) of Delayed Coker Unit. The equipments were manufactured by M/s Phills Heavy Engineering, Mumbai. The consignment was brought to Q7 berth of Cochin Port by barges from Mumbai and it was transported to the IREP site via the Kundanur, Petta, Irumpanam route by special vehicles by M/s MFC Transporters.



'UMANG' Booklet Showcases CSR Initiatives



Epitomizing BPCL's CSR projects and activities pan India, the 'Umang' booklet was released by Mr. S. Varadarajan, our C&MD in the presence of Mr. K. K. Gupta, Director (M), Mr. B.K. Datta, Director (R), Mr. S.P. Gathoo, Director (HR) and Mr. P. Balasubramanian, Director (F). BPCL has been carrying out CSR activities across the country long before it became mandatory as per the new Companies Act 2013. 'Umang' captures the essence of our CSR projects in the core thrust areas of education, water conservation, skill development, health, community development and others over 12 states.

ITRM Imparts Training to PETCO



ITRM designed, developed and delivered a comprehensive interactive program on Trading, Derivatives, Hedging and Risk Management for PETRONAS officials on 16th-17th June, 2014. PETCO, a wholly-owned subsidiary of PETRONAS, the national oil and gas company of Malaysia, has toll refining arrangement with a 125 kbpd refinery in partnership with Phillips66, and showed a keen interest in learning from BPCL's experience of hedging refinery margins. The program covered the entire spectrum of risk management, right from setting up the framework to reporting. The broad topics included were :

- Setting up a Risk Management Framework
- Market and Credit Risk Management of Toll Refinery
- Counterparty Management and Regulatory Issues
- Guidelines/Regulation in Derivatives Market
- Market Analysis
- Demonstration of Derivatives Trading Activities

YouNGAGE : GEN VENT

YouNGAGE – an exclusive employee engagement initiative for Gen Y officers rolled out by HRS South organized its first 'GEN VENT – a voluntary adventure club for the YouNGAGE members' event on 1st June, 2014 at Ramnagar, Bangalore. Eleven adventure enthusiasts came forward to test their thrill for adventure and risk taking abilities through rappelling, chimney climbing, tree climbing using Jummer, target shooting and trekking through the superhit Bollywood film 'Sholay' shooting spot, where Gabbar Singh delivered his famous dialogue – "Kitne admi the?" One of the biggest takeaways from this event was the confidence gained to overcome challenges, apart from the camaraderie built with colleagues from across businesses.



Mumbai Refinery Celebrates 10 Million Man-hours



Mr. S. Varadarajan, our C&MD hoisted the 10 Million Man-hours without Lost Time Accident (LTA) safety flag, after which there was a colourful display by the Fire Services group along with traditional blowing of tutari. In his key note address, he stressed the importance of safety at the workplace and stated that 'Safety first safety must' should form an integral part of our work. Mr. B.K. Datta, Director (R) motivated the employees to develop world class safety standards.



Guwahati Office Inaugurated



On 12th June, 2014 there was rejoicing galore, as Mr. S.P. Gathoo, our Director (HR) inaugurated the new Office Complex at Guwahati. After taking over NRL ROs, we now command a respectable market share of about 20% and are growing rapidly, with representation in all seven States of the north-east. Sporting all modern facilities, the new office houses Retail, Lubes, LPG & I&C and was commissioned in record time by HRS-East.

Kolkata Energises Lives

In a noble gesture of giving back to society, Kolkata Retail Territory donated two ambulances to Kolkata Police for emergency services on 24th May, 2014 at Police HQ of Kolkata, Lalbazaar. The ambulances were handed over by Mr. Pramod Sharma, ED (Retail) to Mr. Soumen Mitra, Spl CP 2 and Mr. Supratim Sarkar, Joint CP Traffic, in the presence of Mr. D.K. Adak, DC Traffic, Mr. V. Anand, GM (Sales) Retail HQ, Mr. S. Banerjee, GM (Retail) East along with Mr. T.N. Ramkrishnan, Mr. Rajiv Dutta, both Ch. Mgr Sales East & Mr. P.M. Jha, TM (Retail), Kolkata. Kolkata Police thanked BPCL for its efforts in saving lives and making Kolkata a better and safer city. A video of CCTV footages of accidents in the city and safety on the road was screened. Mr. S. Banerjee assured Kolkata Police that BPCL will continue its efforts to energize the lives of people and society.



AWARDS

Best CFO Award for C&MD



Mr. S. Varadarajan, our C&MD has been recognized as the Best Performing CFO in the Oil & Gas/ Chemicals Sector. The prestigious award instituted by CNBC TV18 was presented to him by Mr. K.V. Kamath, Chairman, ICICI Bank at a grand awards ceremony in Mumbai on 28th June 2014. While receiving the award, Mr. S. Varadarajan remarked, "This award is a testimony to the value created by each and every employee of BPCL in the market place."

The CNBC TV18 CFO 2013-14 awards were presented to honor the best minds in finance across various sectors, who have steered their organizations through the rough waters of the economic downturn. The awards were designed to acknowledge the changing role of the CFOs, ranging from cross border M&A to business diversification, from business expansion by venturing in newer markets to transforming organizations, under each category. The winners of these defining awards were selected through a robust, comprehensive and multi-phased judging process, based on a combination of criteria by an esteemed jury chaired by Mr. K.V. Kamath. We congratulate our C&MD on his outstanding achievement !

Jawaharlal Nehru Port Trust Award

BPCL received an Award for its outstanding contribution in handling 6.17 MMT of Liquid Bulk Cargo and earning revenue for Jawaharlal Nehru Port Trust (JNPT) on the occasion of their silver jubilee celebration on 25th May 2014. Mr. George Paul, ED (LPG) received the award from Shri Nitin Gadkari, Hon'ble Union Minister for Road Transport, Highways, Shipping and Rural Development on 25th June 2014. Also present on the occasion were Dr. Vishawapati Trivedi, IAS, Secretary (Shipping), Govt. of India and Mr. N.N. Kumar, IRS, Chairman, JNPT.

BPCL has been operating the liquid cargo jetty of capacity 4.5 MMTPA at Jawaharlal Nehru port since its inception in 2002, as a JV with IOCL. BPCL is handling 71 different types of products viz. crude oil, propane, butane, LPG, Ammonia, POL Class A, B, & C, various chemicals and oils at JNPT jetty. Liquid Cargos are handled for prestigious customers like ONGC, IOCL, BPCL, Reliance, IMC, Deepak Fertilisers, Ganesh Benzoplast, Bharat Shell, Suraj Agro etc. Liquid Cargo volumes and revenues have increased from 2.26 MMT and Rs.13.23 Crores in 2003-04 to 6.17 MMT and Rs.41.81 Crores in 2013-14 respectively. This recognition commends BPCL's excellence in setting up and managing an allied facility and serving the nation in a key economic infrastructure sector, besides Oil and Gas.



Award For Excellence



BPCL has been awarded with a Certificate of Appreciation for Excellence by M/s. Marico Ltd. on 15th May 2014. The award was presented by Mr. Jitendra Mahajan, EVP & Global Head of Procurement and Operation, Marico Ltd., and was received by team members from Lubes, Mumbai Direct Territory at Marico's Vendor Meet in Goa. Marico is one of the most prestigious customers of the Lubricant business in terms of volume contribution. BPCL has shown a growth of 126% over historical volumes in supplying Light Liquid Paraffin Oil (LLPO) to them in 2013-14. LLPO is used in the manufacture of cosmetics.

State Pollution Control Excellence Award



Kochi Refinery has won the State Pollution Control Excellence Award instituted by Kerala State Pollution Control Board (KSPCB) for pollution control measures in the category of very large industries. Kochi Refinery has been receiving this award for the last seven consecutive years.

The award was received by Mr. Prasad K Panicker, ED (KR) and Mr. C.K Soman, GM (Operations) from Mr. Aryadan Mohammed, Hon'ble Minister for Power and Pollution Control, Govt. of Kerala at a function held at Kochi on 5th June, 2014, World Environment Day. Mr. K. Babu, Hon'ble Minister for Fisheries, Ports & Excise, Mr. P Rajeev, MP, Mr. Benny Behanan, MLA, Mr. Hibi Eden, MLA and Mr. K Sajeevan, Chairman, KSPCB were also present.

Business Performance Award

Kochi Refinery has won the Award for Excellence in Business Performance in Cargo/Ship handling at Cochin Port for the year 2013-14. The Award has been instituted by Cochin Port Trust (CPT) for honoring Business Entities that do business with CPT in the field of imports and exports. Kochi Refinery has been the winner of this award consistently. The award was received by Mr. C.K. Soman, GM (Operations) and Mr. Subramoni Iyer M.R., DGM (OM&S), from Mr. V.J. Kurian, IAS. Mr. Paul Antony, Chairman Cochin Port Trust and Mr. K. N. Raghavan, Commissioner of Customs were also present on the occasion.



Green Manufacturing Excellence Award



Kochi Refinery bagged Frost & Sullivan's "Green Manufacturing Excellence Award 2014" (Believers Award - Mega Large Business). The award was received on 9th May, 2014 by Mr. Chacko M. Jose, Chief Manager (Energy & Environment) from Ms. Beroz Gazdar, Senior Vice President - Sustainability, Mahindra Group during the 'Green Manufacturing Excellence Summit' held at Mumbai. The

Award recognizes leading corporates who are imbibing the Green philosophy. In its 5th year, through this award platform, Frost & Sullivan worked with companies across

various sectors (Automotive, Auto Ancillary, Metals, Engineering, Chemicals, Pharmaceuticals, etc.) to review their performance on sustainability and assist them in their journey by providing a roadmap. The assessment is comprehensive, covering 11 parameters that lay the foundation on the strategic involvement of sustainability initiatives, risk mapping and the mitigation process. Further, it leads into assessing resource sustainability (energy, water, materials, etc.), operational efficiency, waste & emission reduction, supply chain management, occupation health & safety, CSR activities and managing bio-diversity impact. Finally, the overall impact on the society and employees is assessed to see how these stakeholders are engaged. Initiatives taken and results achieved by organizations towards Reduce, Reuse and Recycle of Materials, Water, Energy, Emissions, Effluents, Waste, Products and Services are assessed.

Reading Reviews

On the path of enhancing knowledge, Mumbai Refinery rolled out the second edition of the learning initiative, 'Book Review Contest,' encouraging staff to upgrade their knowhow on various management subjects. The panel of judges - Mr. R.R. Nair, then GM (HR), Mr. P.L.N. Murthy, DGM I/C (Engg. & Advisory Services) and Ms. Sangita Kelkar, Ch. Manager (ESE) - adjudged the participants on their understanding of the book, internalization of the concept and principles and its relevance to the work environment. The winner was Mr. Rituraj Mishra, Sr. Maint. Officer (Mech)., MMBPL and the runner-up was Mr. Swapnil Mhatre, Operations Officer, MR. Happy reading !

Aviation Spreads its Wings

Aviation Marketing has added yet another feather in its cap - the business of 'flydubai' at Cochin & Trivandrum. 'flydubai' was officially set up in 2008 by the Government of Dubai as the city's first low cost airline. The Airline operates a fleet of 36 Boeing 737-800 Aircraft, has a network of 74 destinations and over 800 flights a week. It is a matter of great pride for BPCL to fuel three major airlines from UAE viz. Emirates, Etihad and flydubai.

The maiden flight of flydubai was refueled at Cochin Intl Airport on 2nd June 2014 and at Trivandrum on 4th June 2014. For now, flydubai will be operating thrice a week to both places. Apart from the 'Water Cannon Salute' from CIAL for their maiden flight at Cochin, the personnel were given a warm reception with garlands and sweets. Mr. S. SriGovind, Station Manager, flydubai Kochi & Mr. Kartik, Station In-charge, flydubai Trivandrum thanked BPCL for refuelling their first flight, exhibiting the highest standards of fuelling drill.

Bharat Petroleum has clearly emerged as the preferred jet fuel supplier offering safe operations with a customer centric approach.

Reference Material Accreditation in India

The National Accreditation Board for Laboratories (NABL) organized the first Awareness program on Reference Material Accreditation at Delhi, Mumbai & Chennai on 26th, 28th and 30th May 2014 respectively. The program was attended by participants from various industries, laboratories, R&D institutions, equipment manufacturers, regulators, standard bodies (like NPL), government organisations and NGOs in India.

The basic aim of this program was for -

- Enhancing the awareness about need, production and use of reference material in India.
- Creating a platform to review and discuss the critical issue related reference material (Homogeneity and stability testing, Characterization, Traceability, Measurement Uncertainty)
- Evolving a road map to Reference Material Producer Accreditation.

A team of delegates comprising Mr. A. Debnath, Mr. S.K. Verma, Mr. R. Subramanian, Mr. R.K. Sistla, Ms. Madhura Kolarkar, Mr. C. Shanmuganathan, Mr. S.K. Rout & Mr. M.K. Shevade (Mumbai Refinery) actively participated in the program, which had technical sessions on various themes like development of CRM's in India, steps for Reference Material certification, metrological traceability of reference material etc. The discussions helped them to understand the basics of reference material production. This awareness program is a stepping stone in preparing ourselves for the accreditation of our Sewree QA Lab as a Reference Material Producer.

Roshni Plus Launched

Our six year old Employee Assistance Program (EAP) 'Roshni' progressed to 'Roshni Plus' with introduction of 360 degree Wellness Services from May 2014. The EAP services now incorporate physical wellness along with psychological and emotional wellness. The Wellness services under 'Roshni Plus' are focused on helping the individual employee and BPCL achieve the highest level of health possible using the various value added features. The goal of Wellness efforts is to motivate people to change their lifestyle/ behaviours and engage in long-lasting healthy behaviour patterns. The New Physical Wellness offers various features like Health Risk Assessment Tool, Online Resources and Trackers, Wellness Coaching and Doc Suggest. Ms. Mrinalini Ellen Shinde, Clinical Head of M/s. 1to1help.net (our partners in 'Roshni Plus') explained the new Wellness feature at a session organized by Employee Satisfaction Enhancement Cell at CO on 2nd May 2014.

Innovation Engine at Work

Learning is a continuous process, and it is permanent when it is experienced / witnessed personally. HRS South presented the book, 'How Stella Saved the Farm' written by Prof. Vijay Govindarajan & Chris Trimble in theatre form on 7th May, 2014 to the regional heads of all BUs/Entities of South and all the HRS South Management staff. The enactment was followed by an engrossing discussion led by Mr. M.V. Prabhakaran, DGM (HRS) South wherein participants brought out their real life experiences and discussed each character in the story. Some of the critical points that emerged were:

- Routine work and innovation need to go hand in hand.
- Organisation/team interests should override individual interests.
- Whenever new initiatives are launched, group dynamics come into play and petty jealousies and wrong perceptions arise; hence, it is pertinent to carry the whole team along.
- Need to have a leader who is strong and committed about new initiatives.

The whole activity was conceived, designed and delivered by the Innovation Engine team, guided by Mr. K. Mahendra Kumar of HRS South. The characters in the drama were played by R.Praveen Kumar, Amit Patnaik, N.Ingocha Singh, Ms.Sushuma, Mgmt. Trainee (I&C), Ms. Thulasi & Ms. Greeshma, Interns from Rajagiri School of Social Sciences, Kochi.

Volunteering to Make a Difference

Ms. Radha Vedantam of SOSVA (Society for Service to Voluntary Agencies), a group who connect volunteers with NGOs, explained in detail about Volunteering and how it brings meaning to life. At a talk arranged by ESE Cell on 3rd June 2014 at CO, she averred that Volunteering can hone your skills, create a network and be a stress buster too. It also helps you give back to society to make a difference to the less privileged. SOSVA is associated with over 200 NGOs in Mumbai. Since its inception in 1997, SOSVA has placed over 5990 volunteers with nearly 215 NGOs in Mumbai. They provided a good opportunity for those who would love to give their talent and time for a worthwhile cause.

Sujok Therapy

"Hands and feet have a proper cure system for curing the diseases of the human body," said Dr. Bhupinder Kaur Chadha, Member of the International Sujok Association, at a lecture on Sujok Acupressure Therapy on 13th May 2014 at Noida Regional Office organized by ESE (North). 'Su' means hand and 'Jok' means feet. In our hands and feet, there are a number of points which are related to specific organs. If any organ has a disease, then it sends a message to the connected points, which become extremely painful on pressing. When we treat this point by various methods, curative waves are produced, which send a cure message to the diseased organ and the disease is cured. Thus, by influencing and stimulating these points on our hands and feet, a variety of physiological, mental, physical and emotional level diseases can be treated. Ms. Chadha stressed the importance of Sujok for a country like India, where it can be a good alternative for the masses due to low costs, easy to learn and no side effects. A handout with 'Useful Tips' and an Acupressure massage ring were distributed to the participants.

Aiming for Operational Excellence

Retail Operating Location In-charges across India welcomed the first Workshop on Operational Excellence conducted by Retail Operations on 11th & 12th June 2014 at Mumbai. Our C&MD, Director (M), Director (R) & Director (F) participated in the meet. During their addresses, they elaborated on the performance of BPCL in 2013-14, emerging scenarios & future challenges. They complimented the Operations team for their valuable contribution to safe & profitable operations of the Company. The program started with a warm welcome address by Mr. Manohar Rao, GM (Retail) Operations. Mr. Pramod Sharma, ED (I/C) Retail, along with Mr. G.S. Wankhede, then ED (Operations), shared their experiences and expectations from the group. Groups made presentations on action plans for achieving excellence in all facets of Operations. The outstanding performance of locations in various categories was recognized and rewarded on this occasion. Kudos to the Operations Team for making this learning exercise a memorable & enjoyable experience.

Housing Regulatory Authority to the Rescue



“Thinking of investing in the upcoming construction in the city” is one of the hot topics of conversation commonly observed for the last few years - be it for investment or for actual use. Further, along with rising prices, there is huge mistrust among the buyers, as well as lack of faith in the ‘lobby of builders.’ The existing legislations pertaining to the housing arena needed to keep up with the tremendous growth in activities of the housing sector. The State of Maharashtra has received Presidential Assent for the Maharashtra Housing (Regulation and Development) Act 2012 on 17.02.2014 and the Act was enacted on 24.02.2014. The commencement date of the Act is yet to be notified in the Official Gazette. This Act will repeal the existing Maharashtra Ownership of Flats Act, 1963 which lacked the effective implementing arm for its various statutory provisions.

The Act aims at ensuring full disclosure about the project and compliance of agreed terms and conditions by promoters and puts a check on abuses and malpractices in the transactions of flats. Further, it provides for registering, monitoring and regulating housing projects by the Housing Regulatory Authority (HRA) to usher in transparency and discipline.

Role of Housing Regulatory Authority

As per the provisions of this new Act, every promoter is required to make an application to HRA for registration of his project and for displaying it on the website of HRA. Also, the HRA shall have to register such a project within a period of seven days from the receipt of an application from the promoter. The registration has been made mandatory, even to ongoing projects where the occupation certificate has not been granted.

Under the provisions of this new Act, any promoter, who is constructing flats or buildings, shall be liable to give persons intending to buy a flat, full disclosure and detailed information along with documents duly certified by an Attorney. This will include his title to the land, all encumbrances, the architect, structural engineer and contractor for the project, size of plots, layout plan, carpet area, Floor Surface Index (FSI), Transfer of Development Rights (TDR), details of the Builder’s Enterprise, Brokers etc. The promoter also has to disclose the building-

wise time schedule for completion of each phase of the project, date by which possession of the flat with all the amenities is to be handed over and other such details.

The promoter shall not be entitled to market any housing project or offer flats for sale or accept advances for such sale before registering the project and uploading it on the website of HRA. Anyone can access information pertaining to all the ongoing projects from the HRA website.

Roles and Responsibilities of the Promoter

The promoter has to enter into a Registered Agreement for Sale before accepting advance payment or deposit exceeding 20 percent of the sale price. Such an agreement in the prescribed form shall include particulars of the plans and specifications approved by the local authority and all other statutory approvals, extent of carpet area and utility area, allotment of fixed parking space, nature of the organization to be constituted of the persons who are taking the flats, nature and extent of common areas of building and layout, plans and specifications of flats approved by the local authority, property card or extract of village forms showing the nature of title of the promoter in the land, statement of use for which the flat is intended etc. Also, the promoter shall maintain building-wise separate accounts in any bank for taking advance or deposit from flat purchasers in respect of such buildings and such accounts are to be audited by a Chartered Accountant.

With a view of protecting public interests, as well as persons engaged in the development of such projects, promoters are bestowed with various duties and responsibilities viz. if the buyer informs the promoter of any unauthorized change in the construction or the materials used, within a period of 3 years from the date of possession, the promoter is liable to rectify it. In such cases, if a dispute arises between the buyer and the promoter, the HRA shall determine the same within a period of 5 years from the date of handing over possession. Also, the promoter has to obtain an insurance policy from a licensed general insurance company for the building, as well as the labourers and workers involved in the construction of that building

during the period of construction and keep the HRA informed of the same.

It shall be the duty of the promoter to take steps for the registration of a co-operative society for each building by submitting an application to the Competent Authority within 4 months from the issuance of occupation certificate or if minimum 60% of flat purchasers have taken the possession or the promoter has received full consideration for the same, whichever is earlier. The promoter will also have to obtain the occupation/completion certificate from the local authority, provide essential services like water and electricity and pay municipal and local taxes as well as water and electricity charges, till the property is transferred to the buyer.

The Act also provides that, in cases where the promoter fails to complete construction and obtain the occupation certificate for any building on the date specified in the agreement, the HRA may provide for formation and registration of a legal entity comprising 60% of flat purchasers and appointment of such entity as an escrow agent, who in turn would be authorized to complete the project and obtain the occupation certificate. Moreover, if the promoter, for reasons beyond his control, is unable to give possession of the flat by the date specified or agreed and for a further period of 6 months, he will be liable to refund the amount along with prescribed interest and the penalty determined by HRA.

If a promoter creates any mortgage or charge on any flat, after executing the agreement to sell that flat without the consent of the buyer, it shall not affect the rights and interests of the buyer. After the plans or specifications are approved by the local authority and disclosed to the buyer, the promoter shall not make any alteration in the structure or construct any additional floors or wings of the building, which are not disclosed in the agreement without the previous consent of the persons who have agreed to take the flats.

Mechanism for Complaint Redressal

Currently the only remedy available to flat purchasers for redressal of their grievances is to approach the Consumer Courts or Civil Courts. With the establishment of the Housing Regulatory Authority and the Housing Appellate Tribunal (HAT) under the provisions of the new Act, a dedicated authority will deal with the complaints pertaining to the housing sector. The HRA has been empowered to hear and adjudicate complaints and disputes and pass reasoned orders. The Housing Appellate Tribunal is the appellate tribunal established to hear and dispose of appeals against any direction, decision or order of the HRA. Any person aggrieved by any direction, decision or order of the HRA

may appeal to the HAT within 60 days of the HRA order. Appeals from orders of HRA can be filed in the High Court and will have to be made within 30 days of the order. Both HRA and HAT, for the purpose of discharging their functions, will have the same powers of a civil court under the Civil Procedure Code 1908. Also, the award passed by the HRA will be deemed to be a decree of the Civil Court.

The Act has provided that an endeavour will be made for speedy disposal of complaints. HRA, upon receiving an application of complaint, shall preferably pass an order after the enquiry within 3 months of the date of receipt of the complaint. If the HAT fails to dispose of the appeals within 90 days, the reasons for the delay have to be recorded. One of the important features of this new Act is that no Civil Court shall have the jurisdiction in respect of any matter which the Competent Authority, HRA or HAT is empowered to determine under this Act.

Also, the Housing Regulatory Authority has to submit an annual report of the description of its activities and annual accounts to the State Government.

It is pertinent to note that State run corporations like MHADA, CIDCO and MIDC, as well as redevelopment projects not involving marketing or allotment of new flats, have been kept out of the purview of this Act.

Penalties

The Act contains provisions to curb malpractices by imposing penalties on the promoters for violating and contravening its provisions. These include penalties for non-registration by the promoter, failure to enter details on the website by the promoter, failure to give possession within a specified time etc. It also contains penalties for persons who fail to comply with the directions of the HRA or the HAT. The aforementioned penalties range from ₹ 1000/- for each day of violation to ₹1 crore in case of non-compliance of certain provisions.

If a promoter fails or is unable to give possession in accordance with the agreement or on account of cancellation of its registration, he shall be liable without prejudice to other remedies to refund the amount together with interest @ 15% per annum and penalty as decided by the HRA.

It is noteworthy that the Act enhances the scope for transparent practices in the real estate market in the State of Maharashtra and will strengthen the confidence of individual flat purchasers by protecting them to a large extent.

- Saurabhi Raut
Legal Officer, CO



Our New General Manager

Mr. D.N. Mathur Regional LPG Manager, North

A Commerce graduate with a postgraduation in Business Management (Marketing) from Podar Institute of Management, Jaipur, Mr. Mathur started his journey in BPCL in June 1980, working in Operations and Sales in Northern and Western Region Divisional offices. In 1996, he took over as SDM, Lucknow and for the next two years, Lucknow Division was adjudged as the best division in the country. BPCL became market leaders in Retail and the Direct business grew by nearly 50%. He actively participated during restructuring in 1998 with four pilot projects during Project CUSECS and guided the teams as Area Marketing Manager, Lucknow. During his stint in Marketing Corporate, he contributed to various policy matters of each SBU as well as the Manual of Authorities for NRL, assisting Director (M). As BPCL Coordinator in the Oil Industry, for the first time, the Oil Industry data was provided in a booklet and circulated to Directors/ EDs/ GMs/ AMMs.

As Regional Manager Lubes, Mumbai, Wadilube operations were streamlined, and we were successful



in the bazaar and direct sectors. BPCL was acknowledged as the second best vendor by Tata Motors and our share of Lubes supplies nearly doubled. Quick oil change machines were introduced, which increased our clientage of MS customers.

For four years in Coordination, Delhi he contributed in building good rapport with Ministry officials and BPCL was always consulted by MOP&NG on policy matters. As Regional LPG Manager, NR the Region commissioned over 204 LPG distributorships, surpassed the domestic volumes of WR and recorded the highest enrolment of new/DBC customers in the country.

Mr. Mathur is a keen sportsman and has represented Rajasthan State in the School boys and C.K.Nayudu (Under 22) Cricket teams. He has also played for BPCL's cricket and tennis teams. His wife, Charu is a homemaker and has a passion for writing. Their son, Ashish is a Hotel Management graduate with a MBA in Operations and is working for an international chain of hotels. While their elder daughter, Aditi is a postgraduate in BioInformatics, and is married, the younger one, Aishwariya is a student of Class XII.

Run for your Life !

"Every day is a good day when you run," said Kevin Nelson. Mr. M. Mahesh, Dy.Manager-Engg, Chennai successfully completed the TCS World 10 K run at Bangalore on 18.5.2014. He finished the run in just 1 hr 8 minutes, beating his own previous best of 1 hr 23 minutes in the Wipro Chennai Marathon last December.

"Despite not being a natural runner and having to train throughout some of the difficult weathers, it had been worthwhile," says Mahesh. His completing the run

in record time, may inspire many to take up aerobic running, which is a great way to increase one's overall level of health.



Super Saina Wins Australian Open Badminton Title

Saina Nehwal, our sportsperson, ended her long wait of 20 months for a Super Series title when she won the coveted Australian Open Badminton title, defeating Carolina Marin of Spain 21-18, 21-11 in the women's singles summit clash, which lasted for 43 minutes. We compliment her on her return to form and wish her many more successes in future!

Accolades for Arvind


Arvind A, son of Ashok A, Manager (HRD), Kochi Refinery passed his 12th Std.exams with 95.5% marks, scoring 100% in Mathematics, Chemistry and Hindi. The topper in his school, he was felicitated in a function attended by dignitaries, parents and students. We laud his achievement as he is autistic.

Autism is a disorder of neural development, characterized by impaired social interaction, verbal and non-verbal communication and repetitive behavior. The causes that lead to autism are still unknown; therefore, there are no effective remedial measures. The signs of autism get noticed by the age of two, in the form of delayed communication and hyperactivity, as was the case with Arvind. He was born as a normal child and all milestones of development were normal, till the parents noticed that the child's vocabulary was restricted to two/three words even after two years of age. At that point of time, even many pediatricians were unaware of autism and it was at NIMHANS, Bangalore where he was diagnosed as 'autistic.' There started a special journey for Ashok and Beena.

In Ashok's own terms it was a shock to know that his child was autistic. What made the situation worse was that there was no supporting or guiding mechanism available in our country for autistic children. It was totally left to the parents to work their way out, probably with a little support available from institutions like NIMHANS.

The strategy adopted by Arvind's parents was to give him maximum opportunity for socialization, because that was one area where he required drastic improvement. They attended every family gathering, movies and festivals along with Arvind. The turning point in Arvind's life was his joining NSS English Medium School in Thrissur, Kerala where Ashok was posted. The parents wanted to send their son to a normal school only so that he benefitted from the interaction with other children. But not many schools were willing to accept a hyperactive child, that too with a lot of tantrums. It became a big problem for the parents to get their ward an admission. Fortunately, this school accepted Arvind, with all his problems and weaknesses. Moreover, the school management, teachers, fellow students and even non-teaching staff supported him in every possible way. They took down notes, which Arvind could not complete, teachers sat extra hours to teach Beena, they appreciated Arvind for every small achievement of his and as a result, the school became his favorite place and studying an obsession.

Another breakthrough in their life was meeting Dr. Prasad of Sunethri, an Ayurvedic Hospital. Though an ENT specialist by qualification, Dr. Prasad, driven by passion, had done a lot of research with autistic children and had made remarkable improvement in their treatment.



Arvind's tale is one of grit and determination and supreme effort. Braving autism, he emerged a topper !

Adv. Therambil Ramakrishnan MLA, Thrissur presents a memento to Arvind for his noteworthy achievement.

For instance, on a diet of specially prepared home made food, his tantrums almost stopped, concentration span drastically increased and all stomach problems disappeared. Dr. Prasad also gave him some ayurvedic medicines, made of select herbs and leaves and prescribed 'dhara' (pouring of medicated buttermilk over the forehead and scalp continuously under the doctor's supervision).

All these had wonderful results on Arvind. His grades in school started improving and he passed his 10th standard with distinction. The examination authorities provided him with an interpreter, who explained the questions to him in simple language, as comprehending verbal communication is still a tough area for him.

By that time, it was clear Mathematics and Computers were Arvind's strong areas, as in the case of many autistic children. Accordingly, he continued in the same school for the 12th Std. in the Science stream. Meanwhile, Arvind was taken for an assessment in Vidya Sagar, an institution in Chennai, founded by Smt. Poonam Natarajan, who is currently the Chairperson of National Trust For Persons With Developmental Disabilities. The clinical psychologists suggested he pursue his studies in Mathematics and Computer Programming.

Arvind's performance has already become a morale booster for many parents with autistic children and for people working in the field of autism. Though still lacking severely in behavioural and communication areas, Ashok and Beena hope that their son will be able to lead a self-reliant and independent life one day. For them, the journey is not even half way through. And they dedicate their son's achievement to his teachers, fellow students, friends and relatives and is very thankful to our Company for its continued patronage and support.



Silver Jubilee of BPRMSA South

The foundation of the Bharat Petroleum Retired Management Staff Association (BPRMSA) Southern Region was laid in the year 1989 by three eminent personalities - Mr. N.P. Ranganathan, Mr. V.N. Madhava Rao (Retd. Marketing Manager, South) and Mr. M.Punyakoti (Retd. Chief Manager, Madras Division).

On 15th December 1990, the first Meeting was held and a Constitution and byelaws were drafted by the co-founders. With passion and dedication, they involved themselves actively and enlisted new members of retirees of Burmah-Shell and Bharat Petroleum relentlessly and the membership swelled faster than expected. In 1992, they brought out the first Directory of names, addresses and telephone numbers of members. An irresistible urge, to provide more important information to members and their spouses, culminated in the publication of the upgraded Directory-cum-Handbook, which detailed the Constitution, their rights, norms for eligibility of various schemes etc. This was lauded by one and all and effusive praises poured in from all directions, which energized them to propel further unfettered. BPRMSA's activities became a trendsetter for other sister Associations in Mumbai, Delhi and Kolkata who emulated their deeds.

It was unfortunate that one of the co-founders - Mr. N.P. Ranganathan died prematurely and the entire

burden was shouldered by the surviving duo of Mr. V.N. Madhava Rao as President and Mr. M. Punyakoti as Secretary of the Association from 1989 to 2000. They both lived up to their billings and left an indelible footprint. Belying his age of 85 years, Mr. Madhava Rao is nimble metaphorically and physically and still continues to be a part of the Committee, steering and guiding them in the right direction for the growth and welfare of all the members.



Mr. V.N. Madhava Rao

They have handed over the reins in the year 2000 to the right amalgam of youth (comparatively) and experience, fully satisfied that BPRMSA is in safe hands. Both the living legends - VNM and MP - as they are affectionately called and known to all their friends - are the mentors, friends, philosophers and guides for BPRMSA. May God shower on them and their loving families all blessings for long life, health, peace and happiness.

The Silver Jubilee AGM was held on 24th January 2014 (incidentally BPCL's Foundation Day) at GRT Grand Days, Chennai, in which Mr. S.P. Gathoo, Director (HR), Mr. Keshav V.Shenoy, then ED Retail (SR) and Mr. M.V. Prabhakaran, DGM (HRS) SR graced the occasion.

Senior Among Seniors



Mr. H.P. Godhwani, is the seniormost member of the Senior Citizens' Welfare Association. Born on 29th March, 1930 in Karachi, he did his schooling from Karachi and graduation from Jaipur. He worked for Bharat Petroleum and retired on 31/03/ 1988. He was married to Rajni on 8th September, 1954 and they were blessed with a son, Raj and a daughter, Rita. The

children are very well placed in their professional careers, leading happy married lives with their children. After his retirement, he administered two religious places namely, Shri Amrapura Asthan M.I.Road and Mata Utawati Trust in Jaipur. He also remained associated with the All India Sindhu Culture Society, Jaipur where he served as Secretary and President. His contribution to the Society was recognized by dignitaries and celebrities. Mr. Godhwani moved to Sukhdev Vihar in 2013. He keeps good health and is active the whole day. He has become a friendly Senior Citizen amongst most residents above the age of 60. He regularly practices yoga and self -control in life that keeps him fit.



On 5th July, 2014 **Mrs. and Mr. Punyakoti** celebrated their 85th birthday in great style at Hotel Taj Coromandel, Chennai. Mr. Punyakoti's successes were captivatingly narrated by his old colleagues. They lauded his style of managing people i.e. less authoritative and more participative. All that mattered to him was his passion for the job and hunger for achieving company's goals. While Mr. Punyakoti was working 24/7, his wife bore the brunt of managing the house and children very efficiently. Their son, Dr. Naresh Kumar is a renowned cardiologist in Chennai and their daughter is in the US, pursuing a lucrative vocation.



A Point of View

Does Education Prepare You For Life?

The Answer is 'YES'

“Live as if you were to die tomorrow
Learn as if you were to live forever”.

.....Mahatma Gandhi.

Education has a positive effect on every human life. Of course, it is one of the most important investments as far as my view is concerned, which a country can make in its people or its future. Mainly, children go to school to get education, to learn how to survive in this world. Mostly, it enables job opportunities and creates employment. Knowledge is power; good education is a rope that carries us to greatness. Education helps to create innovative ideas to uplift oneself. The leadership quality and research mind will be explored through education. Education reduces the cycle of poverty; it is an important activity and a reflection of a good civilization.

Education helps to discover new things. It is the key to life. It is a long and broad road to drive our mind vehicle. It makes people enhance their life and enables them to achieve their goals/ambitions. To earn money and learn knowledge, it plays a significant role. Hard work leads to success. Studying hard makes a man perfect.

We can save India by educating and uplifting the dark sides of rural people. There is one thing that no one can turn back time in life because of education. Education is the foundation stone to all. It is the supporter to everyone's family and if we educate a child, it is equivalent to lighting up the candle to one's life. Investing in education is smart and it will do wonders. Education provides confidence to lead a peaceful life. To be precise, I should thank my parents for the valuable education given through which I am happy and I could make my parents happy and keep my family happy.

We will go back to the topic “Does education prepare you for Life”? The answer is always 'YES' only. No Compromise.

To end with the beautiful quote of the great leader of South Africa ...

“Education is the most powerful weapon
Which you can use to change the world”

.....Nelson Mandela.

S.Hemameenakshi
Assistant I (Admin) SRO



Indrajit Chatterjee
Uluberia LPG Plant, Kolkata LPG Territory



R.Shanthi
Assistant I, LPG Finance, SRO

Obituary



Mrs. Hydie Helen D'Souza,
Manager (IS), Kochi Refinery expired on 30.4.2014 at the age of 58. She had joined the Corporation on 5.4.1977 and is survived by her husband, son & daughter.



Mr. Viswambharan N.,
Dy. Manager (Facilities), HR – Estates & Administration, Kochi Refinery expired on 4.6.2014 at the age of 54. He had joined the Corporation on 19.7.1990. He is survived by his wife, a son and a daughter.

DID YOU KNOW THAT.....

- There are only four ones in the figure - Eleven Thousand, Eleven Hundred and Eleven?
- Almost the chief mystery of life is - what makes one do things?
- Of all gains, good health is the greatest of all wealth.
- Those who bring sunshine & sunlight into the lives of others are seldom without it.
- CAPITAL is made of Small Savings.
- It's not how much you earn but how much you save that counts.

Contributed by Mr. I. D'Souza,
(Retd. – joined on 21.6.1950)



Mr. Manjunath V. Shet

Mr. Shet joined BPCL in September 1982 in Jaipur Division as a Sales Officer, after having worked in National Savings Organization for 6 years at Bangalore. It was a sea change to be posted at Hanumangarh, a sleepy town in the extreme north of Rajasthan, bordering Pakistan, but, as his seniors advised, he had no option but to like the place. On looking back, he carries very fond memories of that place, where his son, Gaurav was born. He served in Northern region for 10 years with assignments in sales at Hanumangarh, Kota and Jaipur and in marketing services in Northern Regional office.

This was followed by a 'paid' holiday in Goa Division from 1992 to 1998, one of the most picturesque and popular tourist locations in India. As Goa was the most sought after location in BPCL for conferences and meetings, he had an opportunity to interact with senior officials of BPCL, while also selling oil. The most interesting assignment of his life came in 1999, when he was posted to Project ENTRANS, an ambitious project to implement SAP in BPCL. The four years that he spent there added substantial value to his career in terms of knowledge upgradation including certification as an SAP consultant and a sense of accomplishment. The subsequent stint in Retail Brand was still more exciting and interesting where he was involved in the launch and promotion of branded fuels, branded services, handling brand ambassadors like Narain Karthikeyan and M.S. Dhoni and executing several advertising campaigns. "Finally, to superannuate from the Corporate Brand set-up was like the icing on the cake," he said, as Chief Manager (Brand) on 30.4.2014. The best part of his tenure in BPCL was the opportunity to work and to learn the geographical and cultural uniqueness of each place and its people. He and his family have thoroughly enjoyed the company of colleagues, friends and the working atmosphere at each of these places. Their son, Gaurav and his wife, Divya are both software engineers working in Bangalore. Their daughter, Anupama is pursuing a degree programme from Bangalore University. He and his wife, Shobha are having a great time in their company at Bangalore. He is enjoying the second innings of his life listening to music, reading and trying to revive his old hobby of painting. In the short term, they intend to travel to the unexplored parts of Karnataka and few other locations in India and abroad.

Mr. Pradip Paul

In his words, "After 34 years of service, at various locations in ER and SR, I am indebted to this great Organization for the journey full of experiences and learning. The most challenging and most interesting amongst all my assignments was Retail, Sales or the erstwhile Division, as I came across, almost on a daily basis, new issues, new people, new understanding and managing them in newer ways. The best part of this great Organization is – nobody will say no, if one wants to do something meaningful, which adds value and has a direct or indirect positive impact. This Organization has also taught me to be sensitive to issues and the environment, which has a direct impact on the ultimate goal. This culture possibly, has helped the Organization grow at a faster pace on a sustained basis. He superannuated on 30th April, 2014 as Sr. Manager HSSE (Retail) ER.



Mr. Ashraful Hoda

After completing his MBA with specialization in Finance & Marketing from University of Bihar, Muzaffarpur in 1979, he taught Finance to MBA students of the same college for about a year, and then worked in the private sector in Mumbai for about 2 years before joining BPCL as a Sales Officer in Goa Division on 1.9.1982. After working on advertising for locations for ROs & LPG Distributors for the new Marketing Plan, he was transferred to Barauni Sales Area, followed by Dhanbad Sales Area under Patna Division, where he put up 15 new HSD consumer pumps for various collieries of BCCL/ECL/CCL and clinched 2 Railway Consumer Depots at Dhanbad & Phusroo, the first by

any BPC officer post Burmah Shell. In his next assignment as Dy. Mgr.(Direct), he handled high volume customers like RIL, NOCIL, IPCL, RPL, NPL, OCL and was part of policy making for Naphtha/Natural Gas/Special Products. As Lubes Coordinator in June 1995, he then took over as TM (Lubes) Direct Mumbai in 1997, achieving tremendous growth in 1998-99 and 1999-2000. Next he moved to newly formed SCM(Lubes) as role holder to procure Base Oil in April 2002, one of the most challenging assignments. A most memorable moment was singlehandedly supervising the loading of Base Oil in Ocean Tanker ex HPCL Mumbai Refinery jointly with HPCL for BGB. Since August 2007, he's been in Internal Audit till his retirement as Sr. Manager on 30.4.2014. "I'm not really retiring; I call it transition from one phase of life to another."



Mr. P.K. Mukerji

After working in GRASIM, Nagda and IDPL, Rishikesh for 3 years, Mr. Mukerji started his journey in BPCL on 30th May 1980 in Mumbai. As he declares, "I am proud that the company has given me the opportunity to work in all four regions covering many locations which gave me vast and varied experience on the job, specially in Logistics. I also made friends in all the four regions, which is my great strength." Mr. P.K. Mukerji, DGM Logistics (Retail), East retired on 30.6.2014. His wife, Dhira is a housewife and their daughter is presently working in Cognizant Technology, Kolkata.

Mrs. Sancha Fernandes



Speaking from the heart, Sancha says, "My formative years have been spent in Mumbai, a city I have always been attached to and that is where my journey in BPCL started as a young recruit, about 35 years ago. For most of my career, I have been centred in Kolkata, a city to which I moved after marriage. I have been privileged to have worked with the best minds in BPCL, who have contributed to its phenomenal growth. I have also gained a lot of insights about life in general and the Organisation in particular, because of the interaction that I had with all of them. Despite their senior positions, they have been very kind and thoughtful to have been in constant touch with me. Being an extrovert by nature, I have come close to all, be it young or old, within BPCL and outside the Organisation too. I have enjoyed my stint thoroughly, despite all the challenges of work, regarding everyone in BPCL as my extended family."

"I'm very attached to my musical family - my two very affectionate sons, Joel and Jason, who are presently in the US, my caring husband Joe, who retired as a Marine Engineer and now plays the piano/keyboards as a hobby and my mother-in-law, who at 91 years of age, keeps herself busy watching TV and playing the piano. As I retire as Secretary to GM (Retail) ER on 30th June, 2014, I look forward to spending more time with my other passions in life, like cooking exotic dishes and decorating my house. I also plan to engage in some charity work."

Creating a Good-to-Great Company : Key Elements

Element 1 : Level 5 Leadership

Level 1 : Highly Capable Individual

Level 2 : Operating Team Member

Level 3 : Competent Manager

Level 4 : Effective Leader

Level 5 : Good-to-Great Leader - displays a compelling modesty, is self-effacing and understated; fanatically driven, infected with an incurable need to produce sustained results.

Element 2 : First Who ...Then What

Begin the transformation by getting the right people on the bus and then figure out where to drive it. The key point is that 'who' questions come before 'what' decisions - before vision, strategy, organization structure or tactics.

Element 3 : Confront the Brutal Facts (Yet Never Lose Faith)

Retain absolute faith that you can and will prevail in the end, regardless of the difficulties, and at the same time, confront the brutal facts of your current reality, whatever they might be. Create a culture wherein people have a tremendous opportunity to be heard.

Element 4 : The Hedgehog Concept

The good-to-great companies are more like hedgehogs

- simple, dowdy creatures that know "one big thing" and stick to it. The comparison companies are more like foxes - crafty, cunning creatures that know many things yet lack consistency. No matter how bad the industry, they figured out how to produce truly superior economic returns.

Element 5: A Culture of Discipline

The good-to-great companies appear boring and pedestrian looking in from the outside, but upon closer inspection, they are full of people who display extreme diligence and a stunning intensity. The culture is about getting disciplined people who engage in disciplined thought and who then take disciplined action. It involves a duality - it requires people who adhere to a consistent system; yet, it gives people freedom and responsibility within the framework of that system.

Element 6: Technology Accelerators

The good-to-great companies used technology as an accelerator of momentum, not a creator of it. None of them began their transformations with pioneering technology, yet they all became pioneers in the application of technology once they grasped how it fit with their strategies.

How to Prevent Workplace Injuries

A new breed of health problems plague today's office. Thanks to computerization, ailments such as repetitive stress injuries, migraines, and back pain have become more prevalent. Repetitive stress injuries develop over a period of 5 to 15 years without any symptoms. Microscopic tears occur in the tendons, ligaments, and joint capsules of the body part being misused and accumulate until they add up to serious pain. Medication may alleviate the pain, but won't cure the problem. Most of these problems can be eliminated simply by being aware and taking care to use the body correctly.

Lower Back : Chairs should be high enough so your knees are lower than your seat. This gives the lower back support and holds the body upright. Also, sit close enough to your desk to avoid leaning forward to reach any work.

Ease lower back tension with these exercises: 1. While working, imagine there is a string at the top of your head pulling you upward, like a puppet. This helps you sit up straight, reducing the strain on your back and neck, and indirectly relaxing your arms.

2. While sitting, push your feet firmly into the ground. Feel how this straightens the back.

3. Push your chair away from your desk and sit on its edge. Lift one leg straight out in front of you, toes pointing toward the ceiling. Keeping your back straight, bend forward over the extended leg to stretch the muscles in the back of your leg.

4. Take regular breaks to walk around, stretching and relaxing the muscles in the legs, buttocks and shoulders.



Neck and Shoulders : A desktop should be just high enough so your knees fit underneath it, but not so high that you are forced to hold your shoulders up while you work. Never lean on your elbows as you type or write - over time, this practice injures your shoulders and neck. Instead, keep your posture upright. Try the following exercises to relax your neck and shoulders:

1. Massage the muscles on the back and sides of your neck.

2. Massage the small muscles where your skull meets your neck.

3. Rotate both shoulders four times in a circle, first forwards and then backwards.

Breathing : Most of us have tight, collapsed chests and breathe shallowly, due as much to our poor sitting posture as to the stress of daily life. When you slouch, your lungs must push against the contraction of your collapsed chest every time you take a breath. This is hard work, and it diminishes your breathing capacity. Over the years, this pattern becomes habitual.

Breath holding decreases the amount of oxygen available to your brain, which is the main reason you feel tired and less productive at the end of the day. It affects you emotionally as well: When your body knows you can't breathe easily, there is a pervading feeling of panic. Though it may be so mild you're scarcely aware of it, it does affect your performance.

The following exercises will help you keep your chest relaxed throughout the day:

1. Periodically take deep breaths, filling your lungs completely, then exhale, slowly and gently.

2. Massage above your collarbone (clavicle), from the center of your neck out toward the shoulders. This may be a bit painful, but it ultimately helps you breathe easier.

3. Using your fingertips, massage between your ribs where they meet the breastplate (sternum) working outward under the collarbone toward the shoulders to relieve stress.

Hands and Arms : People who type frequently are at high risk for hand and arm injuries. When typing, hands should be slightly lower than arms; shoulders should be relaxed. Wrists should not rest on the bottom of the keyboard. Place computer keyboards approximately 12 inches in front of the chair; use a detached key board if possible to ease the strain.



When typing from printed material, put the paper in a stand at eye level next to the computer.

Eyes : Your eyes are the most overworked part of your body. They become tense when you are under pressure or write, read, or type for hours at a time.

Our eyes are designed to scan in three dimensions—in front and peripherally. But when you read print on a page or computer screen for hours a day, you effectively train your eyes to see only two-dimensionally, and they continue to do so even after you stop working.

To put the least amount of strain on your eyes, position your computer monitor about 18 inches in front of you, slightly below eye level so your eyes are at a comfortable, slightly downcast angle. If you still feel eye strain, take periodic breaks from your work and do these exercises:



1. Force yourself to see in three dimensions by relaxing and unfocusing your eyes.

2. Look at something as far away as you can see.

3. Notice shapes, outlines, and colors at your terminal and around the room.

4. Quickly alternate between looking at a near object and a far object.

5. Massage around your eyes with your fingertips.

Organise Your Work Space



Look around your work area and ask yourself - is it clean, neat and uncluttered?

According to Feng Shui, clutter is an extremely detrimental force to the flow of Qi (positive energy), and can cause much harm by blocking the majority of positive energy that travels throughout your workplace, negatively influencing your life. If you clear away your clutter and find ways to avoid building it up again, you enable yourself more clarity, higher energy levels and an elevated sense of well-being in your everyday life.

The best way to organize a work space for efficiency and effectiveness is by using the '5S' system of management. 5S is a deceptively simple system composed of five related terms beginning with "S" sound. It is the foundation of continuous improvement or Kaizen. Traditionally, Japanese automobile companies used this concept and it found favour in the manufacturing sector; now it has widespread use in nearly all industries.

What is 5S?

The brief explanation of individual "S's" in "5S" given below highlights the philosophy behind each one of them and the importance / need for an organized and efficient workplace as part of an overall approach to optimization. It describes how to organize a work space for efficiency and effectiveness by identifying and storing the items used, maintaining the area and items, and sustaining the new order. The decision-making process usually comes from a dialogue about standardization, which builds understanding among employees of how they should do the work. This methodology establishes and maintains a productive and quality environment in an organization, aiming at not just enhancing the physical conditions, but the thought processes as well.

1. Seiri (sort)

- Remove unnecessary items and dispose of them properly
- Make work easier by eliminating obstacles
- Prevent accumulation of unnecessary items
- Evaluate necessary items with regard to department / cost / other factors.
- Effective use of space and careful purchase of items follow.

2. Seiton (straighten or streamline or systematize)

- Arrange all necessary items in order for easy retrieval and return
- Prevent waste of time
- Ensure first-come-first-served basis
- Easy access leads to efficient work flow and increases worker productivity

3. Seiso (shine)

- Inspect and clean your workplace completely
- Prevent machinery and equipment deterioration
- Keep workplace safe and easy to work

4. Seiketsu (standardize)

- Maintain high standards of housekeeping and workplace organization at all times
- Focus on simplification and orderliness
- Adopt standard rules and policies
- Assign responsibility for doing various jobs

5. Shitsuke (sustain)

- Define a new standard of an organized workplace
- Regular training to maintain standards
- Engenders self-discipline and commitment

Benefits of 5S

- It can be started immediately.
- Everyone can participate from the Manager to the Peon.
- It is an entirely people-driven initiative.
- Brings the concept of ownership.
- All wastage is visible.
- A clean and tidy workplace leads to greater well-being and increased motivation.
- Smooth working environment
- Everyone knows where things are supposed to be.
- Time saving and quick retrieval.
- Company's image improves

An important purpose of 5S is to help change the culture. The Cultural Change phase (engaging people) involves establishing a continuous improvement framework. Cultural change begins with establishing behaviors, which begin to change mindsets. Therefore 5S should first be treated as a cultural change tool – establishing behaviors, rather than a lean implementation tool – increasing flow, etc.

Many successful organisations have found that by developing a high quality work environment and discipline in the form of procedures and work instructions, employees devote more energy and time to achieve results. The 5S practice not only helps to impress customers, but also to establish effective quality processes for good services and products. The 5S practice is useful because it helps everyone in the organization to live a better life.





What's the Formula for a Happy and Healthy Life?

Apparently it's all summed up in the following equation:

$$(M \times 16) + (C \times 1) + (L \times 2) + (T \times 5) + (N \times 2) + (B \times 33)$$

Where **M** stands for live in the **Moment**. Try to appreciate the sounds, smells and sights around you that you might take for granted in your daily life. (16 times a day).

C means be **Curious**: Once a day, be spontaneous enough to explore the unknown and uncertain aspects of your life.

L do something you **Love** at least twice a day. An essential part of a happy life is to take part in activities that truly give you pleasure or excite you.

T is to **Think** of others first. While it's important to care for yourself, there is great value in spreading love to others - which can ultimately make you feel good too. Share your appreciation with people around you five times a day, by offering compliments, listening intently and doing good deeds

N means **Nurture** your relationships: The happiest people in the world have a close relationship with a significant other. Twice a day, make an effort to devote some quality time to a family member, relative, friend or partner.

B reminds you to take care of your **Body**: This doesn't have to mean extreme dieting or intense exercising. Embracing your body is about nourishing yourself with healthy food three times a day and incorporating 30 minutes of exercise once a day.

There is no single secret to feeling good, but when these six ingredients are carefully attended to, in the right doses, you will be on target for a happy life.

Are you making happiness part of your daily health routine? Growing research has linked the science of happiness with physical, emotional and mental wellbeing. Studies have found links between happiness and a stronger immune system, improved coping skills, positive mood, greater pain endurance, longer life-span, and a lower risk of heart disease. Happier people can be more resilient to developing physical and psychological disorders. When they do become unwell, their recovery is often faster. Their quality of life is better, and so is their longevity.

Happiness includes experiencing lots of pleasurable feelings; but more important than hedonism, happiness consists of having a high degree of inner satisfaction and a sense of purpose in life. How much does your happiness level fluctuate? Regardless of what may happen to people, their underlying disposition does not seem to change - cheerful people remain cheerful and negative people remain negative. We all have a set point

for our mood to which we tend to revert. The effect of good or bad events are temporary - we go back to our baseline level of happiness once the initial mood change has worn off.

Does having more money make you happier? Once you have sufficient money to pay for your basic needs - such as accommodation and food - the link between having more money and being happier is weak. Instead, developing and maintaining high quality relationships, which are mutually supportive and rewarding, is more important for happiness.

Work is also important for happiness, but not in a necessarily obvious way. Being in work can give our days structure, improves our self-esteem and provides opportunities for positive interaction with others. What else can permanently shift your set point upwards? The clue is in the word permanent - it generally requires a change in habits, lifestyle or patterns of thinking. Your mood is closely related to your thoughts. Other ways to become permanently happier include taking more notice of the good things in your life, the ones we too often take for granted. Regularly focusing on positive mental states during meditation is one of the most effective ways of improving long term happiness levels.

Long working hours, a stressful family life and the weather often leaves you feeling miserable, unhappy and anxious - all of which takes a toll on both your mental wellbeing and your skin.

According to European Psychologist, Dr Chris Bundy, "Happiness is a state of mind and a habit, which can be learned like any other habit. We tend to think of it as something we either do or don't have, but in reality if we practice the actions that happy people perform, we can improve our mood. By taking just 10 minutes a day to practice my happiness tips below, you embed it into your day-to-day life and happiness therefore becomes habit. Taking this approach is easy enough to fit into your lifestyle and will help you to think and feel positive. Improving your happiness can also have a positive impact on your skin health, helping to make it look naturally radiant and glowing - the better your skin feels, the happier you feel too, so it is a virtuous circle!"

Find the positive zone : Begin by being grateful, spend time giving thanks for and appreciating what you have - this will draw attention to positive things in your life. Don't just focus on the material things, though. When people cite they are happy, it's usually because of a person they love or who loves them.

रचनात्मक शीर्षक प्रतियोगिता

परिणाम

Follow your instincts : People who stick with their gut instincts can be happier than people who labour over their decisions. If you labour over a decision, you're more likely to wonder, unhappily, if you made a mistake in picking one thing over the other.

Fake it until you make it : Smile, even if you don't always feel like it. Smile in the mirror before heading to work and last thing at night as you clean your teeth and throughout the day catch the eye of a passer-by and give them a soft, gentle smile. It will make both of you feel good.

Stay in the positive zone : Where possible, do more of what you like and less of what you don't. Start with a list of what you do like and make sure you do one nice thing each day. It could be a quick walk around the block or a 10 minute phone call with a friend after work. If something less good happens, try to see the positive side. It will come in handy when you need to get out of a negative thinking rut.

Occupy the moment : Live in the moment: try not to think about recent problems or planning ahead. Just focus all your attention on the 'here and now' and take in the sights, sounds, smells and colours around you. Doing this means you are practicing channelling your attention and this can help you control your thoughts so you think in a more positive way. Remember that controlling your thoughts is the success to controlling how you feel.

Be active : Take yourself out of the office and away from your desk at least once a day. A brisk walk at lunchtime can give you time to de-stress or think about something other than work. When you get home, loosen your body and help relieve tension by dancing in the kitchen to the radio or spend 10 minutes playing with the kids outside. Putting a bit more effort into doing something a little different will help you to get away from your daily routine and see the fun things in life.

Choose your friends carefully : A key driving force behind an individual's success and happiness can be found in the company they keep. Friends also shape who you are and can have a massive influence on your life. Spend as little time as possible with those who drag you down, and as much time as you can with those who will help you improve your life to become more than who you are. We can see friends as people who can help us to grow as human beings. Such friends will not keep you tied to destructive habits or send you chocolate when you're on a diet. They will help you to become a better, happier person by changing for the better. As Oprah Winfrey said, 'Surround yourself only with people who are going to lift you higher.'

Happiness is not something ready-made. It comes from your own actions.

1st Prize

'मैं रेगिस्तान की रेत हूँ, खुद को नहीं पहचान पाया
दुनिया का बोझ उठाते उठाते ना जाने कहाँ तक आया।
गम नहीं फिर भी, क्योंकि यही है जीवन
रेत हो या सड़क, चलना है आजीवन।

नेहा खैरे, लॉयल्टी विभाग, मेकर टावर्स

2nd Prize

'जानवर हूँ, पर जिंदा हूँ, यह जानो।
इतना भारी बोझ, हम पे मत डालो,
कहाँ गयी वो? साहिल के रेत की खुशबू,
इंसान के रास्ते चलते, आती धुएँ की बदबू'

श्री अविनाश विश्वनाथ गोगर, मुंबई रिफाइनरी

3rd Prize

'आसमान को छूना आसान नहीं, तू अपनी राह बनाता चल
पाना है हर हाल में लक्ष्य अपना, सबको यही सिखाता चल'

सुश्री बेला देवी, बिज़्नेस संस्थापन



Creative Caption Contest

1st Prize

Head held high, pulling on in uncharted territory.

- Debashish Das

Manager Constrn. (Retail), Visakhapatnam

2nd Prize

Ship of the desert plying on the road,
Helping mankind by sharing their load.

- Mohammed Rouf Khan

Sr. Manager Retail Engineering, North

2nd Prize

Where is the last straw on the camel's back ?

- Rajgopal Subramanian

Retd. Manager, Madras Division

3rd Prize

Sufferance is the badge of our tribe.

- P.S. Natarajan

Retd. S&D, Madras

EMPOWERING Playtimes



Suicide rates among the younger lot are increasing. It is said to peak after exams. One of the reasons is that though this generation has high IQ, their EQ (Emotional Quotient) is pretty low. This is because we have forgotten to let children be children in the way we were. We try to fill their life with every luxury and gadget that we could not afford and they demand more and more. With children and even adults, 'more is less and less is more' when it comes to accumulating things and the opposite is true with regard to quality time. The less they have and the more they play creatively, they learn life skills that can help them survive and succeed when life hits them.

What is he doing? "Just playing" is a common refrain from many adults. Beuschlein in her book 'FYI to Parents' says, "often play appears to us adults as 'aimless pattering about with paints, toys, or blocks.'" However, for a child, play provides not only enjoyment and excitement but unending opportunities to learn and grow.

I can vouch this is true. My son has recently started a small pretend shop at home and he uses real coins for the sale. Every morning and evening he tidies his shop and opens it for customers (read Dad and Mom). He decides the prices of items and then counts the coins we give, calculates the change and offers it back. This boy, who is not yet 4 years old, is now

learning addition and subtraction with no effort from us. Until recently he could only count till 10. After another game he invented, he has now learnt to count till 50 and still going strong. Apart from learning arithmetic, his confidence, joy, self-esteem has all been given a major boost with every game he invents and plays. And playing with him is the greatest stress buster and joy for us. We laugh so much more doing crazy skits, songs in unknown languages, conjuring stories etc.

With older children, if they don't come up with ideas initially, you could even start with your home version of their favourite TV show like 'Minute to Win it' or 'Indian Idol.' For younger ones, the space could be transformed into an air plane or jungle... the list is endless. Playing with your children does not require much, you can draw the boundaries as to which corner of the room they can play, what they can use, how long it can go on etc., in discussion with your child. Space, things, ideas etc. are not constraints, only our attitude and time is.

Spend time letting your child's imagination be the limit to what your home and life can be transformed into. The greatest beneficiary may be you as you learn to laugh more, love more and live more.

Courtesy : Ms. Chitra Ramaswamy
in Family Mantra

I tried to teach my child
from books
He only gave me puzzled looks.
I tried to teach my child with words
They passed him by often unheard.
Despairingly I turned aside,
"How shall I teach this child?" I cried.
"Come," He said, "and play with me."
Author Unknown

Beuschlein enumerates many things that play is for a child:

- Discovering and exploring
- Building self-confidence
- Testing new ideas or strategies
- The primary means by which children learn
- Active learning with "hands on" experiences
 - Making decisions and choices
 - Building verbal skills
- Interacting and building relationships
 - Developing positive attitudes
 - Taking risks
 - FUN!!!



निबन्ध प्रतियोगिता परिणाम

क्या शिक्षा आपको जीवन के लिए तैयार करती हैं

श्री हनुमान दास जोशी, बीकानेर एलपीजी प्लान्ट

हाँ, शिक्षा हमें जीवन के लिए तैयार करती है। क्योंकि ऐसा कहा गया है कि एक शिक्षित मनुष्य के चार आँखे होती हैं और वह अपने तथा अपने देश के बारे में अच्छा या बुरा सोच सकता है। क्योंकि शिक्षा ग्रहण करके प्रत्येक मनुष्य अपने स्वयं के जीवन को आगे बढ़ाने और प्रगतिशील, कर्मठ बनाने के लिए प्रेरित होता है।

बिना शिक्षा के मनुष्य अपना जीवनयापन तो करता है। लेकिन उसके जीवन जीने का कोई अर्थ ही नहीं रह जाता। क्योंकि बिना शिक्षा के मनुष्य स्वयं को मेंढक के जैसा महसूस करता है।

“शिक्षा जीवन की तैयारी का शिक्षण काल है।”

“विद्या ददाति विनयम्”

विद्या हमें विनय (विनम्र) होना सिखाती है क्योंकि विनम्रता मनुष्य का अनमोल गुण है। जबकि “विद्या अमूल्य और अनश्वर धन है।” इसलिए शिक्षा का महत्व कभी कम नहीं हो सकता और शिक्षा की देवी सरस्वती माता है। कोई भी पढ़ाई की बात शुरू करने से पहले स्कूलों, महाविद्यालयों आदि समस्त जगहों पर सरस्वती माता का स्मरण करके फिर आगे की पढ़ाई शुरू होती है। शिक्षा प्राचीन समय में भी दी जाती थी। अन्तर बस यह है कि आज की शिक्षा आधुनिक तरीके से दी जाती है। जबकि पहले शिक्षा गुरुकुलो में गुरु के द्वारा दी जाती थी और शिक्षा देने वाले को गुरु कहा जाता था और शिक्षा ग्रहण करने वाले को शिष्य या शिष्या कहा जाता था।

गुरु को ईश्वर के समान माना जाता है इसीलिए कहा गया है

गुरु गोविन्द दोऊ खड़े,
काके लागू पाय।
बलिहारी गुरु आपने,
गोविन्द दियो बताय।

शिक्षा के विविध रूप- शिक्षा के विविध रूप हैं, जैसे व्यावहारिक शिक्षा, सैद्धान्तिक शिक्षा, प्रयोगात्मक शिक्षा, नैतिक शिक्षा, योगा शिक्षा आदि। प्राचीन समय में शिक्षा गुरु के द्वारा गुरुकुलों में व्यावहारिक शिक्षा और योगा शिक्षा दी जाती थी। व्यावहारिक शिक्षा के अन्तर्गत मनुष्य का व्यवहार, चरित्र आदि बातें शामिल होती थीं। जबकि योगा शिक्षा में मनुष्य को कई आसन और योगा सिखाये जाते थे। जैसे सूर्यासन, प्राणायाम, वज्रासन मयूरासन आदि। इससे मनुष्य का शरीर हृष्टपुष्ट, लचीला, चुस्त, तंदुरुस्त बना रहता है। इससे मनुष्य स्वस्थ रहता है और ऐसा कहते हैं कि

“एक स्वस्थ शरीर में स्वस्थ मस्तिष्क निवास करता है।”

क्योंकि मनुष्य स्वयं स्वस्थ होगा तो वह अच्छे-अच्छे कार्य सुविचार आदि प्रकट कर सकता है। तथा वह दूसरों के लिए एक प्रेरणास्रोत का कार्य भी करता है।

शिक्षा चाहे कोई भी हो उसे ग्रहण करके मनुष्य अपने पैरों पर खड़ा होने के लिए अर्थात् आत्म-निर्भर बनने के लिए प्रेरित होता है।

जैसे-जैसे समय बदलता गया वैसे-वैसे शिक्षा का स्वरूप भी बदलता गया।

बाद में नैतिक शिक्षा दी जाती थी और आज भी दी जा रही है। नैतिक शिक्षा के कारण मनुष्य सबसे सर्वश्रेष्ठ माना जाता है। क्योंकि नैतिक शिक्षा से व्यवहार, कुशलता, विनम्रता, शिष्टाचार जैसे सद्गुणों का विकास होता है। वर्तमान शिक्षा प्रणाली में सैद्धान्तिक शिक्षा और प्रयोगात्मक शिक्षा दी जाती है। आज दोनों ही प्रकार की शिक्षा (प्रयोगात्मक और सिद्धान्तिक) ग्रहण करके आज अनेकों शिक्षार्थी अपने जीवन को सार्थक सिद्ध कर रहे हैं। इसी कारण आज भारत ने हर क्षेत्र में प्रगति कर ली है। शिक्षा के बल पर।

“शिक्षा मनुष्य के जीवन का आधार है। जो युवकों को अपने जीवन में कुछ करने के लिए प्रेरित करती है।”

“युवकों की शिक्षा पर ही राष्ट्र आधारित है।”

जितने भी महापुरुष हुए हैं उन्होंने अपने जीवन समाज और राष्ट्र में शिक्षा के बल पर अलख जगायी है।

“संसार में जितनी भी प्राप्तियां हैं उनमें से शिक्षा सबसे बढ़कर है। हिन्दी के प्रसिद्ध कवि ‘सूर्यकान्त त्रिपाठी’ ‘निराला’ ने कहा है कि इस संसार में जितना भी प्राप्त करना है, उनमें शिक्षा सबसे महत्वपूर्ण व प्राप्त करने योग्य उपलब्धि है।”

इसलिए सभी प्रकार की शिक्षा होना मनुष्य के लिए अति आवश्यक है। क्योंकि शिक्षा से ही मनुष्य की सोचने की क्षमता विकसित होती है और वह सकारात्मक सोच का विकास करती है। इस प्रकार से मनुष्य अपने जीवन की प्रत्येक मुश्किलों का सामना करना सीख जाता है और वह समझ जाता है कि जीवन में शिक्षा का होना अति आवश्यक है।

हर इन्सान पढ़ेगा।
तो देश आगे बढ़ेगा।।

शिक्षा से तात्पर्य - “मनुष्य की अर्न्तनिहित पूर्णता को अभिव्यक्त करना ही शिक्षा है।”

‘स्वामी विवेकानन्द’

“शिक्षा हमें एक - दूसरे के निकट लाने वाला सेतु है।”

‘महादेवी वर्मा’



सुश्री बेला देवी, बिजवासन संस्थापन

अध्यक्ष एवं प्रबंध निदेशक का वाडीलूब दौरा



वाडीलूब टीम के लिए 16 जून 2014 का दिन अविस्मरणीय बन गया जब हमारे अध्यक्ष एवं प्रबंध निदेशक, श्री एस. वरदराजन ने वाडीलूब संयंत्र का दौरा किया। संयंत्र प्रबंधक, श्री एस.के.महेन्द्र ने ईडी ल्यूब श्री के. पी. चांडी और हेड एससीएम श्री वी. आर. खर्चे की उपस्थिति में अध्यक्ष एवं प्रबंध निदेशक का हार्दिक स्वागत किया। सन 1956 में शुरू हुआ, वाडीलूब प्लांट, आज देश में 70% मैक लुब्रिकेन्ट की मांग पूरी करता है, जो वाडीलूब टीम की अथक मेहनत को दर्शाता है। अध्यक्ष एवं प्रबंध निदेशक ने अपने संबोधन में टीम के इस ज़ज्बे की तारीफ की और वर्ष 2013-14 में 4060 करोड़ रुपये के रेकॉर्ड मुनाफे के लिए संयंत्र की भूरी-भूरी प्रशंसा की। उन्होने आने वाले दिनों में कड़ी स्पर्धा

के बारे में सूचित करते हुए संभावित एचएसडी विनियंत्रण के बारे में भी सावधान किया। उन्होने कर्मचारियों के साथ यूनियन लीडरों से भी भेंट की और मैनेजमेंट स्टाफ को विभिन्न पूंजीगत निवेशों वाली परियोजनाओं, रिफाइनरी विस्तार, रिटेल आउटलेट का ऑटोमेशन इत्यादि से अवगत करवाया। खुले मंच के दौरान अध्यक्ष एवं प्रबंध निदेशक ने अधिकारियों द्वारा पुछे गए सभी प्रश्नों के उत्तर दिए और संयंत्र दौरे के समय ब्लेडिंग, फिलिंग, गुणवत्ता आदि के प्रति गहरी रूचि दर्शायी। उन्होने दीर्घ सेवा पूर्ण करनेवाले कर्मचारियों को पुरस्कार प्रदान किए। इस तरह कुल मिलाकर यह दौरा वाडीलूब के लिए एक यादगार दौरा रहा।

बकानिया एलपीजी संयंत्र का दौरा

23 जून, 2014, बकानिया एलपीजी प्लांट के लिए एक यादगार पल बन गया, जब श्री शैलेंद्र सिंह, संयुक्त सचिव, डिपार्टमेंट ऑफ इंडस्ट्रियल पॉलिसी अँड प्रमोशन (भारत सरकार) ने अपनी टीम व विस्फोटक विभाग के अधिकारियों के साथ एलपीजी संयंत्र का दौरा किया। उन्होने प्लांट उपकरणों एवं गतिविधियों को तथा करोजल परिचालन पद्धति को बारीकी से देखा। कुछ सिलिंडरों का वजन चेक किया तथा प्लांट द्वारा स्थापित सिलिंडर गुणवत्ता के मापदण्डों की सराहना की। संयंत्र में रखे विजिटर बुक में उन्होंने संयंत्र के बारे में बहुत ही उत्साहवर्द्धक व प्रशंसनीय बातें लिखीं।

• *खुशी को हम जितना लुटाएंगे उतनी वह बढ़ेगी।*

• *संयम और श्रम मानव के दो सर्वोत्तम चिकित्सक है।*

• *गुण सभी स्थानों पर अपना आदर करा लेता है।*

राजभाषा कार्यान्वयन संबंधी निरीक्षण

दिनांक 13.6.2014 को श्री विनोद कुमार शर्मा, उप निदेशक, राजभाषा कार्यान्वयन, गृह मंत्रालय, मुंबई द्वारा **सोलापुर एलपीजी प्रादेशिक कार्यालय** का राजभाषा कार्यान्वयन संबंधी निरीक्षण किया गया। श्री विलास पाठरांबे, प्रादेशिक प्रबंधक(एलपीजी) ने श्री विनोद कुमार शर्मा जी का पुष्पगुच्छ देकर स्वागत किया, तत्पश्चात उप प्रबंधक (एलपीजी) परिचालन तथा हिन्दी समन्वयक, श्री मनोज नामजोशी ने एलपीजी प्रादेशिक कार्यालय द्वारा की जाने वाली हिन्दी की गतिविधियों के बारे में उन्हें अवगत कराया। इस अवसर पर सोलापुर एलपीजी के सभी कर्मचारी एवं अधिकारी, पश्चिम क्षेत्र (हिन्दी) के उप प्रबंधक, श्री विद्याधर जोग एवं नगर राजभाषा कार्यान्वयन समिति, सोलापुर के सदस्य सचिव, श्री त्रिलोक भी उपस्थित थे। इस दौरान श्री विनोद कुमार शर्मा द्वारा पौधा रोपण भी किया गया एवं हिन्दी में तैयार की गई सुरक्षा कर्मी प्रशिक्षण पुस्तिका एवं सुरक्षित परिचालन प्रणाली पुस्तिका का

अनूठी कला और कलाकार

निगमित सामाजिक दायित्व (सीएसआर) के हिस्से के रूप में 23 जून, 2014 को **अध्यक्ष कार्यालय** में, माउथ एण्ड फूट पेंटिंग आर्टिस्ट एसोसिएशन (एमएफपीए) द्वारा पेंटिंग की प्रदर्शनी और बिक्री आयोजित की गई। इसमें 10000 से भी अधिक की बिक्री हुई जिसमें चैन, की स्टैण्ड, पोस्टर्स, लिफाफे इत्यादि के साथ मुंह और पैर की मदद से बनाए गए चित्रों की बिक्री शामिल है। इसका खास आकर्षण था, 21 साल के नदीम शेख द्वारा जीवंत चित्र बनाना। बिना हाथों के जन्मे नदीम ने लगभग सभी काम अपने पैरों से करना सीख लिया है और चित्रकला जैसी मुश्किल कला भी वह पैरों से ही बनाता है। उक्त संस्था 74 देशों में है और 800 से अधिक विकलांग कलाकार इसके सदस्य हैं। अपनी आर्थिक जरूरतें पूरी करने के लिए ये सदस्य ही इस संस्था को चलाते हैं।



विमोचन भी इनके द्वारा किया गया, उन्होंने 100 प्रतिशत कार्य हिन्दी में करने का अनुरोध किया। अंत में प्रादेशिक समन्वयक डॉ. मकरंद नंदनवार ने श्री विनोद कुमार शर्माजी का आभार व्यक्त करते हुए उन्हें 100% कार्य हिन्दी में करने की दिशा में कार्यरत रहने का विश्वास दिलाया।

हिन्दी निरीक्षण

दिनांक 8 मई, 2014 को श्री राकेश कुमार, (उप निदेशक, राजभाषा, गृह मंत्रालय) ने **लोनी संयंत्र प्रादेशिक कार्यालय** के हिन्दी कार्य का निरीक्षण किया। इस अवसर पर प्रादेशिक प्रबंधक श्री सुभाष चंद गुप्ता ने श्री राकेश कुमार का स्वागत किया एवं प्रादेशिक कार्यालय द्वारा हिन्दी क्षेत्र में उठाए गए कदमों से उन्हें अवगत कराया। श्री राकेश कुमार ने हिन्दी में पत्राचार, प्रत्राचार प्रतिशत, प्रशिक्षण, टिप्पण आदि में कार्यालय द्वारा किए गए कार्य की समीक्षा की। श्री राकेश कुमार ने उन बिन्दुओं पर चर्चा की, जिससे ई-मेल द्वारा पत्राचार को बढ़ावा मिल सकता है तथा कार्यालय के हिन्दी कार्य को सराहा एवं और अधिक उन्नति करने की ओर कार्यालय का मार्गदर्शन किया।



नागपुर बीपीसीएल फर्स्ट टीम ने अनोखे तरीके से विश्व पर्यावरण दिवस मनाया। नागपुर टीम ऑरेंज ने कई अखबारों में क्विज प्रकाशित किये जिनमें विजेताओं को 150 रू का मुफ्त पेट्रोल वाऊचर, या सुरक्षा होज़ या एक लीटर मुफ्त मैक लुब्रिकेन्ट दिया गया। रिटेल आउटलेट में आनेवाले ग्राहकों को पौधे दिए गए। इसके अलावा नागपुर के विभिन्न रिटेल आउटलेट और गैस एजेंसियों में बैटरी चेक अप, पेपर बैग वितरण आदि जैसी गतिविधियां भी चलाई गईं।



अहमदाबाद एलपीजी संयंत्र में 5 जून 2014 को विश्व पर्यावरण दिवस का आयोजन किया गया। इस अवसर पर प्रादेशिक समन्वयक, श्री पीयूष गुजराथी ने पर्यावरण की रक्षा हेतु संदेश दिया एवं पौधा रोपण कार्यक्रम आयोजित किया जिसमें सभी स्टाफ ने हिस्सा लिया व कुल 50 पौधे संयंत्र में लगाये गये। पर्यावरण की रक्षा हेतु अहमदाबाद एलपीजी का यह एक अत्यंत सराहनीय प्रयास था।



तिरूनेलवेली डिपो में विश्व पर्यावरण दिवस पर सभी अधिकारी, कॉन्ट्रैक्ट कर्मचारी, सुरक्षा और पीसीवी कू ने एकत्रित होकर यह शपथ ग्रहण की कि वे पर्यावरण संरक्षण के लिए पूरा प्रयास करेंगे। ठेकेदारों और पीसीआर कू के लिए क्विज आयोजित की गई जिसमें उत्पाद छलकाव, वाहनों के अनुचित रख-रखाव और प्रदूषकों का स्वास्थ्य पर दुष्प्रभावों जैसे विषयों पर सवाल पूछे गए। स्लोगन प्रतियोगिता के आयोजन के साथ, पौधारोपण भी किया गया।



कोच्चि रिफाइनरी में विभिन्न कार्यक्रमों को आयोजित कर विश्व पर्यावरण दिवस मनाया गया। 20,000 वृक्ष प्रकृति रूपी माता के लिए, नामक एक नया पर्यावरण अभिक्रम चलाया गया। इस परियोजना में 20,000 पेड़ों को रिफाइनरी एवं आस-पास के क्षेत्रों में एकीकृत रिफाइनरी विस्तार परियोजना के हिस्से के रूप में लगाना परिकल्पित है।

दिवस समारोह



झाँसी एलपीजी प्लांट में पर्यावरण दिवस बड़े धूमधाम से मनाया गया। प्रादेशिक समन्वयक, श्री अजय पटेल ने सभी को पेड़ लगाने एवं उनकी देखभाल के लिए प्रेरित किया। इस मौके पर संयंत्र के सभी अधिकारी एवं कर्मचारी व ठेकेदार कर्मियों ने प्लांट में वृक्षारोपण किया। इसी कड़ी को आगे बढ़ाते हुए भारत पेट्रोलियम के आवासीय परिसर में भी पर्यावरण दिवस मनाया गया, जिसमें हर परिवार ने एक पौधा लगाकर वृक्षारोपण में अपना योगदान दिया। अंत में हाऊसिंग क्लब की तरफ से श्रीमती रूपाली वाधवन ने लोगों का पर्यावरण दिवस में हिस्सा लेने के लिए आभार व्यक्त किया।



सिद्धपुर टीओपी में आयोजित बैठक में श्री जी एम गुलवानी ने पर्यावरण दिवस का महत्व समझाते हुए इस वर्ष के स्लोगन 'अपनी आवाज़ बढ़ाए, समुद्री स्तर नहीं' के आशय से सभी उपस्थितों को अवगत कराया। सदस्यों को यह भी बताया गया कि कैसे छोटी-छोटी बातों से हम पर्यावरण की रक्षा कर सकते हैं, जैसे कि जरूरत न होने पर लाईट बंद करना, प्लास्टिक के बजाए कपड़े से बनी थैलियां इस्तेमाल करना आदि। इस अवसर पर नए पौधे और प्रमुख स्थानों पर पोस्टर भी लगाए गए।

लखनऊ एलपीजी में विश्व पर्यावरण दिवस के अवसर पर सभी ने पर्यावरण संरक्षण की शपथ ली और पौधे लगाए। आम, अमरूद जैसे फलों के पौधे ट्रैक लॉरी पार्किंग एरिया की बंजर भूमि पर लगाए गए, जो न केवल पर्यावरण की रक्षा करेंगे, बल्कि आनेवाले वर्षों में फल भी देंगे। टेरिटरी को-ऑर्डिनेटर श्री पुनीश कुमारी ने बताया कि कैसे पौधे लगाकर ग्लोबल वार्मिंग के दुष्परिणामों से बचा जा सकता है।



पारादीप संस्थापन में एडमिन एरिया में सभी कर्मचारियों ने पौधे लगाए। परिचालन प्रभारी श्री डी सी पात्रा ने ऑडियो विज्युअल दिखाकर हमारे पर्यावरण पर ग्लोबल वार्मिंग के दुष्परिणामों पर चर्चा की। उन्होंने बताया कि कैसे हम अपनी कोशिशों से पर्यावरण को बचा सकते हैं, यदि हम पानी, बिजली की बचत करें और कचरे का उचित प्रबंधन करें।



उरण एलपीजी संयंत्र में 5 जून को विश्व पर्यावरण दिवस मनाया गया। इस अवसर पर डॉ. वाय. बी. सोनटक्के, क्षेत्रीय अधिकारी, महाराष्ट्र प्रदूषण नियंत्रण बोर्ड, मुख्य अतिथि के रूप में उपस्थित थे। उन्होने पर्यावरण से संबंधित अपने विचार व्यक्त किए और विभिन्न कानूनों की जानकारी दी। उन्होने कहा कि हमें विकास का संपोषणीय मार्ग अपनाना है, ताकि आनेवाली पीढ़ी को भी प्रकृति और उसके संसाधनों का लाभ मिले। पौधारोपण कार्यक्रम के अन्तर्गत मुख्य अतिथि महोदय और अन्य उपस्थित जनों ने 100 पौधे लगाए। डॉ. सोनटक्के ने उरण बॉटलिंग संयंत्र के अनोखे उपक्रम 'सन पाईप्स ए नैचुरल डे लाईट सिस्टम' की सराहना की।



बरेली एलपीजी प्लान्ट में विश्व पर्यावरण दिवस अत्यंत उल्लास के साथ मनाया गया। इस अवसर पर सभी कर्मचारियों ने ग्लोबल वार्मिंग से डटकर मुकाबला करने की शपथ ली। इस अवसर पर श्री हीरालाल, प्रादेशिक समन्वयक(बरेली एलपीजी) ने ग्लोबल वार्मिंग, इसके प्रभाव तथा इसको नियंत्रण करने में प्रत्येक की भूमिका के बारे में जानकारी दी। कार्यक्रम का समापन श्री हीरालाल, प्रादेशिक समन्वयक(बरेली एलपीजी) द्वारा इस अवसर पर आयोजित स्लोगन प्रतियोगिता के विजेताओं को सोलर लाइट प्रदान करके तथा सोलर ऊर्जा के महत्व को बताते हुये किया गया।



नागपुर एलपीजी प्लान्ट में महाराष्ट्र प्रदूषण नियंत्रण मंडल नागपुर के साथ विश्व पर्यावरण दिवस के कार्यक्रमों का आयोजन किया गया। इस अवसर पर महाराष्ट्र प्रदूषण नियंत्रण मंडल नागपुर के क्षेत्राधिकारी, श्री एम जे भोई, श्री के एम अवचरमल तथा श्री एम ए महाजन उपस्थित थे। इस अवसर पर श्री एम जे भोई ने बताया कि इस वर्ष के विश्व पर्यावरण दिवस की थीम, छोटे टापू तथा मौसम में परिवर्तन है। आज वक्त की पुकार है कि हम अधिक से अधिक पेड़ लगाएं। उन्होने कहा कि भारत पेट्रोलियम के एलपीजी प्लान्ट ने आज जो वृक्षारोपण कार्यक्रम किया है, वह बहुत ही सराहनीय है। महाराष्ट्र प्रदूषण नियंत्रण मंडल के अधिकारी, श्री के एम अवचरमल ने बताया कि प्लास्टिक प्रदूषण का मुख्य कारण, प्लास्टिक कैरी बैग को इधर उधर फेकने से होता है। इस पर्यावरण दिवस पर प्लास्टिक के थैलों के स्थान पर जूट या थैलों का प्रयोग करने का प्रण लेना चाहिए। इस अवसर पर सभी उपस्थित लोगों को सांकेतिक तौर पर जूट बैग वितरित किये गये। कार्यक्रम के अंत में श्री संजय यादव, प्रादेशिक समन्वयक, एलपीजी नागपुर द्वारा महाराष्ट्र प्रदूषण नियंत्रण मंडल नागपुर के सभी अधिकारियों को धन्यवाद दिया गया।





विश्व पर्यावरण दिवस 2014 के मौके पर बीपीसीएल की **मुंबई रिफाइनरी** के ईएण्डई विभाग ने वाशी के एपीएमसी मार्केट में वृक्षा रोपण किया। 'हरित धरती अभिक्रम' के हिस्से के रूप में बड़ी संख्या में बीपीसीएल के कर्मचारियों ने इसमें भाग लिया और पर्यावरण संरक्षण के प्रति अपने सरोकारों को व्यक्त किया। यह अभियान इसलिए भी अनुठा था कि एपीएमसी (एग्रीकल्चरल प्रोड्यूस मार्केट कमिटी) ने, न केवल बीपीसीएल को चार एकड़ जगह में फैले इस स्थान पर पौधे लगाने की अनुमति दी, बल्कि उन्हें पोषित करने की जिम्मेदारी भी उन्होंने उठाई। विभिन्न प्रजातियों के त्रेपन (53) वृक्षारोपण किए गए। इस मानसून के दौरान यहाँ 3000 पौधे लगाने की योजना है। नवी मुंबई को हरित मुंबई बनाते हुए : सर्वश्री बालासाहेब सोलासकर, अध्यक्ष, एपीएमसी तथा सुधीर तुंगर, अतिरिक्त आयुक्त एवं सचिव, एपीएमसी, साथ में बीपीसीएल मुंबई रिफाइनरी के पदाधिकारी सर्वश्री सी. जे. अय्यर, महाप्रबंधक (ऑप्स), आर. आर. नायर, महाप्रबंधक (मा सं), ई. रोज़ारिओ, उप महाप्रबंधक प्रशासन, बी. डी. काम्बले, उप महाप्रबंधक, सुरक्षा, वी. सुरेश उप महाप्रबंधक (तकनीकी) विश्व पर्यावरण दिवस के मौके पर मुंबई रिफाइनरी के एस्टेट विभाग ने 15 जून 2014 को हरित धरती अभियान 2014 शुरू किया। इस अवसर पर निदेशक रिफाइनरीज़, श्री बी.के. दत्ता ने वृक्षा रोपण किया और उपस्थितों को संबोधित करते हुए

बताया कि अकेले मुंबई रिफाइनरी ने ही 2012-13 में 10,000 पेड़ लगाने का लक्ष्य हासिल किया और अब 2013-14 में मुंबई और इसके आस-पास 15,000 पेड़ लगाने का लक्ष्य है। हरी भरी धरती के इस जज्बे को आगे बढ़ाते हुए, मुंबई रिफाइनरी के सीएसआर एवं इस्टेट विभाग ने बशाला के इंटरमीडिएट पंपिंग स्टेशन के एमएमबीपीएल में 21 जून 2014 को वृक्षारोपण समारोह आयोजित किया। तत्कालीन ईडी (पाइपलाइन), श्री अनुराग दीपक, महाप्रबंधक (मासं), श्री आर. आर. नायर, उप महाप्रबंधक (प्रशासन), श्री ई. रोज़ारिओ के साथ पाइपलाइन अधिकारियों एवं पी एण्ड ए स्टाफ ने इस मौके पर वृक्षारोपण किया और गाँववालों में फलों के बीजों का वितरण किया। कुल 3000 पौधों का वितरण/रोपण किया गया।

सूरत एलपीजी प्लान्ट में 5 जून, 2014 को विश्व पर्यावरण दिवस मनाया गया। इस अवसर पर संयंत्र के सभी कर्मचारियों को संदेश भेजा गया तथा पर्यावरण संरक्षण पर एक व्याख्यान रखा गया। ग्लोबल वार्मिंग के कारण व परिणाम तथा जल संरक्षण आदि जैसे विषयों पर बातचीत की गयी। सभी ने पौधे लगाए और हरेक को यह जिम्मेदारी दी गई है कि वो अपने पौधे की देखभाल करें।





टैंकलॉरी चालक एवं वाहकों के लिए निःशुल्क स्वास्थ्य परीक्षण शिविर

टैंक लॉरी चालकों और वाहकों के लिए **मनमाड संस्थापन** ने सिक्स सिग्मा मेडिकेयर एंड रिसर्च लिमिटेड, नासिक के साथ मिलकर टैंक लॉरी चालक एवं वाहकों के लिए निःशुल्क स्वास्थ्य परीक्षण शिविर का आयोजन किया।

डॉ. फारूकी, डॉ. काले के मार्गदर्शन में तथा डॉ. सानप के सहयोग से तीन दिवसीय शिविर संपन्न हुआ जिसमें कुल 562 टैंक लॉरी चालकों और वाहकों का स्वास्थ्य परीक्षण हुआ, जिनमें से 48 सदस्य अपर्याप्त पोषण के शिकार मिले, जिनका इलाज चल रहा है। इस स्वास्थ्य परीक्षण शिविर में रक्त शर्करा, रक्त दाब और ईसीजी की जाँच हुई। इस कार्यक्रम के सफल आयोजन में श्री श्रीधर सिदगम, श्री गणेश जोशी, श्री आशीष आष्टिकर तथा सुश्री जयश्री चौधरी ने अपना सहयोग दिया।



झांसी एलपीजी में नो-टोबॅको-डे

31 मई को विश्व टोबॅको डे के उपलक्ष पर, श्री संजीव बंसल, उप प्रबंधक (परि.) श्री अजय कुमार पटेल, टेरिटरी को-ऑर्डिनेटर (एलपीजी), श्री आर पी कोरी, एचएसएसई अधिकारी ने सभी स्टाफ को संबोधित किया। उन्हें तम्बाकू के दुष्परिणामों से अवगत कराया गया और तम्बाकू सेवन की बुरी आदत धीरे-धीरे छोड़ने का आग्रह किया गया। उन्हें बताया गया कि तम्बाकू सेवन से उनकी सेहत तो खराब होती ही है, साथ ही उनके परिवार और आस-पास के लोगों पर भी इसका बुरा असर पड़ता है।

स्वास्थ्य का खजाना

मछली खानेवाले, इनसे बननेवाले विविध व्यंजनों का लुत्फ तो खूब उठाते हैं, लेकिन शायद ही कोई यह सोचता है कि उसके पीछे कितना परिश्रम है। मछुआरों का जीवन बहुत ही कठिन है, उन्हें मछलियाँ पकड़ने के लिए दिन रात मेहनत करनी पड़ती है। खारे पानी में, चिलचिलाती धूप में रहने से उनके स्वास्थ्य पर विपरीत प्रभाव पड़ता है। मछुआरों में उनकी स्वास्थ्य संबंधी समस्याओं के प्रति जागरूकता लाने के लिए, **मुंबई रिफाइनरी** की सीएसआर टीम ने 13 मई, 2014 को माहुल जेट्टी में एक व्याख्यान आयोजित किया। मुंबई रिफाइनरी मेडिकल सेंटर के डॉ. संजय पाटील और डॉ. वंदना शिंदे ने मछुआरों की समस्याओं तथा उनके निदान के बारे में मार्गदर्शन किया। इस अवसर पर श्रीमती सीमा माहुलकर, नगरसेविका भी उपस्थित थीं।





स्वास्थ्य परीक्षण

सिलिगुड़ी मार्केटिंग टर्मिनल, एनआरएल रंगापानी ने हमारे पीसीवीओ क्लू के लिए 30.6.2014 को सेंट जॉन एम्बुलेंस, सिलिगुड़ी के साथ मिलकर एक मेडिकल शिविर आयोजित किया। कुल 72 पीसीवीओ का परीक्षण किया गया। डॉ. सुमन मुखर्जी और डॉ. एम. मुंशी द्वारा किए गए परीक्षणों में कई मामले सामने आए जिन्हें आगे इलाज के लिए भेजा गया।



विश्व तम्बाकू दिवस एवं रक्तदान शिविर

अहमदाबाद एलपीजी प्लान्ट में 31 मई 2014 को विश्व तम्बाकू निषेध दिवस का आयोजन किया गया। इस अवसर पर गुजरात कैंसर रिसर्च एसोसिएशन की उपनियामक, श्रीमती डॉक्टर गीता जोशी एवं निवृत्त कर्नल डॉ. जोशी, विशेष अतिथि के रूप में उपस्थित थे। श्रीमती गीता जोशी एवं कर्नल डॉक्टर जोशी ने बताया गया कि 60% कैंसर तम्बाकू सेवन से होते हैं। दोनों का वक्तव्य इतना प्रभावशाली रहा कि 15 लोगों ने उसी समय इस व्यसन से अपने आप को दूर रखने की शपथ ग्रहण की। समारोह के बाद रक्तदान शिविर का आयोजन भी किया गया, जिसमें 10 लोगों ने स्वैच्छिक रक्तदान किया। उप प्रबंधक परिचालन, श्री दीपक शाह ने सभी महानुभावों का मार्गदर्शन करने के लिए तहे दिल से आभार प्रकट किया।

रीढ़ की हड्डी

स्वास्थ्य प्रवर्तन अभिकर्मों के हिस्से के रूप में मुंबई रिफाइनरी मेडिकल सेंटर ने रीढ़ की समस्याओं के प्रबंधन पर एक चर्चा आयोजित की थी। दिनांक 19 जून, 2014 को आयोजित इस चर्चा में डॉ. निखिल अरबत्ती ने, जो एशियन हार्ट, मुंबई में स्पाइन सर्जन हैं, इस विषय में विस्तृत चर्चा की और इससे जुड़ी सामान्य तकलीफों के बारे में बताया। हमारी जीवन शैली, गतिविधियों एवं चालढाल का इस पर कैसा असर पड़ता है, इसके बारे में खुलासा किया और इससे बचने के उपाय भी बताए। इस कार्यक्रम में काफी लोग आए थे और इससे काफी कुछ सीखने को मिला।



वैकल्पिक पोषण

दक्षिण क्षेत्र के मासंसे ने 12 जून, 2014 को वैज्ञानिक पोषण पर एक चर्चा आयोजित की जिसे प्रसिद्ध फिजियोथेरेपिस्ट और न्यूट्रीशनिस्ट डॉ. अल्पना डोंगरे ने संबोधित किया। उन्होंने भोजन से संबंधित अनेक गलत धारणाओं का निवारण किया। चर्चा सत्र की कुछ विशेषताएं रहीं, बीएमआई, पोषक सप्लीमेंट के प्रभाव, ग्लिसिपिक लोड और इंडेक्स की अवधारणाएँ आदि। दर्शकों ने इसे काफी पसंद किया और चर्चा सत्र में उत्साहपूर्वक भाग लिया।

स्वास्थ्य चर्चा

कर्मचारी संतुष्टि संवर्द्धन कक्ष ने 18 जून, 2014 को मनमाड डिपो में हार्ट/कार्डिएक समस्याओं, जीवनशैली, परिवर्तन थेरेपी से इसकी रोकथाम और इलाज पर एक चर्चा आयोजित की। माधवबाग सानेकेयर के डॉ. ओंकार चौधरी ने दिल की बीमारी से जुड़े सवालों के उत्तर देते हुए इसकी जटिलताओं, ब्लॉकेज आदि पर प्रकाश डाला। बाद में 19 जून को स्वास्थ्य जोखिम मूल्यांकन शिविर में कर्मचारियों की शारीरिक जाँच भी की गई। इस शिविर में 70 कर्मचारियों ने भाग लिया और मनमाड हाउसिंग कॉलोनी के पारिवारिक सदस्यों ने भी एचआरए कैम्प में भाग लिया, जिसमें ईसीजी, वीपीटी असमानताएँ, बीएमडी इत्यादि परीक्षण किए गए।

जीवनोपयोगी प्रशिक्षण

अपने दैनंदिन जीवन में हमें कभी न कभी ऐसी स्थिति का सामना करना पड़ता है जब हम असहाय हो जाते हैं और किसी का जीवन न बचा पाने का पश्चाताप करते हैं। आपातकालीन जीवनोपयोगी प्रणाली, वह महत्वपूर्ण स्थिति है, जब हम मुश्किल में फंसे लोगों का जीवन बचाने का काम कर सकते हैं। इस दृष्टि से मासंसे (प) ने उरण एलपीजी संयंत्र के सक्रिय सहयोग से 16 जून एवं 17 जून 2014 को 100 से ज्यादा कर्मचारियों को 3 बैचेस में जीवनोपयोगी प्रणालियों का प्रशिक्षण प्रदान किया। यह कार्यक्रम फोर्टिस अस्पताल, वाशी, नवी मुंबई के विशेष प्रशिक्षित स्टाफ द्वारा स्वैच्छिक आधार पर आयोजित किया गया था। अनेक स्थितियों के दौरान अपनाई जाने वाली प्रक्रियाओं और सावधानियों के बारे में प्रशिक्षित किया गया।



दिल की बीमारियों पर व्याख्यान

कर्मचारी संतुष्टि संवर्द्धन कक्ष की ओर से 6 मई, 2014 को शिवड़ी संस्थापन में हृदय की समस्याओं पर एक व्याख्यान आयोजित किया गया। सानेकेयर माधवबाग के डॉ. गुरुदत्त अमीन ने हृदय की समस्याओं के बारे में बताया और समझाया कि कैसे जीवनशैली में परिवर्तन करके स्वस्थ रहा जा सकता है। इसके पश्चात 8 मई को शिवड़ी संस्थापन में स्वास्थ्य जोखिम मूल्यांकन शिविर आयोजित किया गया। इस शिविर में ईसीजी, बीएमडी और वीपीटी जैसे परीक्षण आयोजित किए गए, जिसका 110 कर्मचारियों ने लाभ उठाया।

प्राथमिक चिकित्सा प्रशिक्षण कार्यक्रम

बरेली एलपीजी संयंत्र में 29 से 31 मई, 2014 तक, तीन दिवसीय प्राथमिक चिकित्सा कार्यक्रम का आयोजन, नागरिक सुरक्षा विभाग के श्री के एस दिवाकर (उप नियंत्रक, नागरिक सुरक्षा विभाग बरेली) एवं श्री पंकज कुदेशिया (सहा. उप नियंत्रक, नागरिक सुरक्षा विभाग बरेली) के मार्गदर्शन में किया। श्री दिवाकर एवं श्री कुदेशिया जी ने प्राथमिक चिकित्सा के मुख्य उद्देश्य को समझाते हुये प्रशिक्षण दिया, जिसमें दुर्घटना के समय घायल व्यक्ति को दिये जाने वाले आवश्यक उपचार, जैसे कृत्रिम स्वांस देने की विधि, घायल को उठाने के तरीके इत्यादि के बारे में बताया गया। कार्यक्रम में सभी प्रतिभागियों ने उत्साह के साथ भाग लिया।





इस विश्व में मौजूद एक महान शक्ति, जिसे कोई ईश्वर कोई अल्लाह या अन्य किसी नाम से जानता है, इस दिव्य शक्ति का संचार हर जगह पर मौजूद है और इस महान शक्ति से सारा जगत् चलता है। यह शक्ति सर्वत्र, यानि पशुओं में, पक्षियों में, पेड़ों और पौधों सहित सभी जीवित प्राणियों के भीतर, इतना ही नहीं, महासागरों में, पहाड़ों में, हर जगह यह शक्ति मौजूद है, यानि यह शक्ति हमारे शरीर के अंदर भी मौजूद है और इसी कारण हमारा शरीर एक मंदिर है। जब हम आम तौर पर मंदिरों या पूजा के अन्य स्थानों की यात्रा करते हैं, तब अक्सर हम यह पाते हैं कि इस जगह को स्वच्छ और साफ सुथरा रखा जाता है। मंदिर के आसपास का परिसर तथा सभी रास्तों को साफ रखा जाता है और जब हम ऐसी जगह जाते हैं तो हमें पवित्रता, सम्मान और प्यार का एहसास होने लगता है। हमारा शरीर भी भगवान का एक मंदिर है और इसी कारण हमें हमारे शरीर को अंदर बाहर से, यानि तन मन से, साफसुथरा, स्वच्छ, ताजा और स्वस्थ रखना चाहिए। इसके लिए हमारा कर्तव्य है कि हम उपयुक्त साधना के साथ शरीर रूपी मंदिर को पोषण, आहार, व्यायाम और ध्यान से सदा ही मजबूत और सुंदर एवं प्रसन्न बनाये रखें। ऐसा करने में ब्रह्मविद्या के नियम और प्रथाएं हमारी मदद करते हैं। साँस लेने के व्यायाम, तरीके हमारे शरीर को शुद्ध और प्रार्थना यानि ध्यान हमारे मन को शुद्ध बनाते हैं।

आध्यात्मिक तरीके से साँस लेने के व्यायाम और ध्यान का एक अनूठे तरीके से शिक्षण देने वाली योग और दर्शन की एक प्राचीन और दुर्लभ प्रणाली ही ब्रह्मविद्या है। ब्रह्मविद्या के कई छात्रों ने इन दुर्लभ तरीकों के नियमित अभ्यास से शारीरिक और मानसिक, दोनों स्तर पर संतोषजनक लाभ अर्जित किया है। हम जन्म से

साँस ले रहे हैं, लेकिन हम सही ढंग से साँस ले रहे हैं या नहीं, इस बात का पता नहीं है और न ही हमें कोई इस संबंध में प्रशिक्षण देता है। हमें अपने शरीर की तंदुरस्ती के लिए, अधिक ऑक्सीजन और प्राण ऊर्जा प्राप्त करने की जरूरत पड़ती है और साँस लेने का उचित और सही तरीका जाने बगैर हम उचित श्वास नहीं ले सकते। इस आध्यात्मिक साँस लेने के व्यायाम से, फेफड़ों की क्षमता बढ़ जाती है और यह स्वचालित रूप से शरीर स्वस्थ और मजबूत बनाने में मददगार साबित होती है।

ब्रह्मविद्या के नियमित अभ्यास से साधकों को जो अनुभव प्राप्त होते हैं उनसे, किसी भी तरह की बीमारी, जैसे सर्दी, खांसी, एलर्जी, अस्थमा, वर्टिगो, थाइरोइड, हाय या लो बीपी, डाइबेटीस, थकान, स्पोन्डीलाइटिस, घुटनों का दर्द, कमर दर्द आदि जैसी एक न अनेक व्याधियों पर 100% सुधार होता ही है और साथ ही अपना मानसिक संतुलन और स्वास्थ्य में सुधार आने से हमारी कार्यक्षमता बढ़ कर हम पूरे दिन उल्हसित और आनंदित रहने लगते हैं और सही मायने में सुख शांति का अनुभव प्राप्त करते हैं। इस प्राचीन योग प्रणाली के महत्व और प्रभावकारिता को पूरी दुनिया में पहचाना जा रहा है। इस योग विद्या को अपनाने पर सभी विद्याओं का सार आपको इसमें मिल जाएगा और फिर आपको अलग से किसी अन्य विद्या का अभ्यास करने की जरूरत महसूस ही नहीं होगी। आप भी इस ब्रह्मविद्या का लाभ उठाएँ और तन मन से स्वस्थ होकर अपने जीवन की सारी परेशानियों से मुक्ति पाएं।

यह पाठ्यक्रम मराठी, हिन्दी, अंग्रेजी तथा गुजराती भाषा में चलाया जाता है। आप इस विद्या के बारे में अधिक जानकारी लेने के लिए इंटरनेट साइट www.brahmavidya.net पर संपर्क कर सकते हैं।

संकलन : विद्याधर जोग
हिन्दी कक्ष, पश्चिम



दीर्घ सेवा सम्मान



श्री यशवंत बागुल
प्रबंधक ऑपरेशन,
शिवड़ी संस्थापन - 30 वर्ष



श्री के स्वामिनाथन
प्रबंधक (कोको),
मोगाप्यर - 25 वर्ष



श्री कमल निगम
प्रबंधक (वित्त) रिटेल - 30 वर्ष



श्री. थरियन जॉर्ज
उप महाप्रबंधक,
योजना, सीओ - 30 वर्ष



श्री जे नीलमेहन
उप प्रबंधक, परिचालन (रिटेल),
चैन्नई - 30 वर्ष



श्री उत्कर्ष सावंत
सहायक प्रबंधक,
शिवड़ी संस्थापन - 25 वर्ष



श्रीमती ललिता अय्यर
कार्यपालक(लेखा), रिटेल - 30 वर्ष



श्रीमती शारदा सहगल
वरिष्ठ निजी सहायक, रिटेल - 30 वर्ष



श्रीमती आदर्श बी आर्या
वरिष्ठ निजी सहायक, रिटेल - 30 वर्ष



श्री जे. जेकब
वरिष्ठ निजी सहायक,
शिवड़ी संस्थापन - 30 वर्ष



श्री एम पी जयावेल
बिक्री सहायक,
चैन्नई टेरिटरी - 25 वर्ष



श्री किरण जोशी
सेल्स असिस्टेंट,
शिवड़ी संस्थापन - 25 वर्ष



सुश्री ललीथा बोड्डापति
सहायक, बिक्री (रिटेल),
चैन्नई - 30 वर्ष



श्री विजय रोकडे
सहायक,
वाडीलूब - 25 वर्ष



श्री अविनाश ओहोल
टेकनीशियन,
शिवड़ी संस्थापन - 25 वर्ष



श्री धनंजय एस. करजांवकर
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री अनिल जे. सावंत
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री इकबाल अली शेख
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री संजय पार्ले
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री विनायक गीते
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री विलास करजावकर
सुरक्षा रक्षक,
शिवड़ी संस्थापन : 25 वर्ष



श्री रमेश जोशी
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री दिगंबर जे राणे
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री विभीषण डी. आनंदाचे
सुरक्षा रक्षक,
शिवड़ी संस्थापन - 25 वर्ष



श्री सुधाकर कोली
फील्ड ऑपरेटर,
शिवड़ी संस्थापन - 25 वर्ष



श्री बी आर वाघेला
फायलिंग अटेन्डेंट - 35 वर्ष



श्री. गंगाराम कोंडे
ऑपरेटर फील्ड,
शिवड़ी संस्थापन - 35 वर्ष



श्री जगदीश भोईर
कुक,
शिवड़ी संस्थापन - 25 वर्ष

योगा में प्रथम

श्री तानाजी शिंदे, ऑपरेटर (फील्ड), सोलापुर एलपीजी संयंत्र के सुपुत्र निलेश शिंदे ने राज्य स्तरीय योगा प्रतियोगिता में भाग लेकर, जो आर ए पोतदार कॉलेज (आयुर्वेद) वरली, मुंबई में आयोजित की गई थी, प्रथम स्थान प्राप्त किया। इसके पूर्व भी उन्होंने विभिन्न प्रतियोगिताओं में भाग लेकर कई पुरस्कार जीते हैं। हम उन्हें एवं उनके परिवार को बधाई देते हैं।



- अपनी विद्वत्ता पर गर्व करना सबसे बड़ा अज्ञान है।
- आप ढूँढे तो परेशानी का आधा कारण तो अपने में ही मिल जाता है।

पीसीओ कू प्रशिक्षण

पीसीओ कू प्रशिक्षण के लिए, सीएमवी नियम 1989 के अनुसार, सिलिगुडी मार्केटिंग टर्मिनल, एनआरएल रंगापानी में 26 से 28 जून, 2014 तक तीन दिवसीय प्रशिक्षण आयोजित किया गया। इसका उद्घाटन टर्मिनल के वरिष्ठ टर्मिनल प्रबंधक ने किया। इस कार्यक्रम में 61 पीसीवीओ कर्मियों को प्रशिक्षित किया गया। इसमें लोडिंग/अनलोडिंग के दौरान मोबाइल फोन के उपयोग के खतरे, लोडिंग/अनलोडिंग के सुरक्षित तरीके, अर्थिंग और बॉण्डिंग, पीओएल उत्पादों का वर्गीकरण, जैसे विषयों पर बातचीत और विडियो क्लिप दिखाई गई।



निधन सूचना



श्री ज्ञानेश्वर गाढ़वे

ऑपरेटर III (फील्ड), वाई एलपीजी टेरिटररी का दिनांक 22.05.2014 को हार्ट अटैक से दुःखद निधन हो गया। वह 40 वर्ष के थे, उनके परिवार में पत्नी और दो पुत्र हैं।



श्री अनिल आत्माराम तौसालकर

सीक्यूरीटी गार्ड, शिवड़ी इन्स्टलेशन का दिनांक 24.05.2014 को हार्ट अटैक से दुःखद निधन हो गया। वह 56 वर्ष के थे। उनके परिवार में पत्नी, पुत्र और पुत्री हैं।



श्री राजेश कुमार शर्मा

ऑपरेटर फील्ड लोनी लुब्स का दिनांक 19.06.2014 को दुखद निधन हो गया। वे 56 वर्ष के थे, उनके परिवार में पत्नी एवं दो पुत्र हैं।



श्री के. पी. जॉय

मुंबई रिफाइनरी के मास विभाग में 'कैन्टीन कुक' के पद पर कार्यरत हमारे प्रिय सहयोगी का दिनांक 30.6.2014 को दुःखद निधन हुआ। वे 58 वर्ष के थे। उनके परिवार में पत्नी, पुत्र एवं पुत्री हैं।



श्री एन के माहुलकर

जनरल वर्कमेन, सीडीयू विभाग, मुंबई रिफाइनरी का दिनांक 24.05.2014 को दुःखद निधन हो गया। वे 51 वर्ष के थे। उनके परिवार में पत्नी, पुत्र, पुत्री एवं पिताजी हैं।



सुश्री माया नंदू जाधव

सहायक, वाडील्यूब संस्थापन का दिनांक 30.05.2014 को दुःखद निधन हो गया। वे 46 वर्ष की थीं, उनके परिवार में दो पुत्र हैं।



श्री टेकचन्द वाधवा

असिस्टेंट I, संगरूर टीओपी का दिनांक 11.06.2014 को निधन हो गया। वह 55 वर्ष के थे। उनके परिवार में पिता, दो भाई एवं एक बहन हैं।



श्री जयसिंह रामकुमार काकरण

ऑपरेटर फील्ड, पियाला इन्स्टलेशन का दिनांक 25.06.2014 को दुखद निधन हो गया। वे 59 वर्ष के थे, उनके परिवार में पत्नी, एक पुत्र एवं तीन पुत्रियां हैं।

हम शोक संतप्त परिवार के सदस्यों के प्रति अपनी संवेदनाएं व्यक्त करते हैं व ईश्वर से उनकी आत्मा की चिर शांति के लिए प्रार्थना करते हैं।

The WATER Quiz

It's the season for 'Raindrops are falling on my head' ... The monsoons and the World Environment Day celebrations have inspired this quiz for wordsmiths.

'Water' is featured somewhere in the answer !

1. A cascade of water falling from a height straddling the US and Canada
2. Theme based park in Mumbai
3. Tempting – smelling or looking delicious
4. A large African antelope found in the savannah
5. A film directed by Mary Mazzio featuring a robotics contest
6. Artists' paint
7. A sudden flow of saliva associated with indigestion
8. An American rock band popular in the late 1960s
9. A minute animal with a short body and four pairs of stubby legs
10. An official who enforces fishing laws
11. Fine, clear, colourless flint glassware made in Ireland
12. An American crime drama film starring Marlon Brando
13. A laboratory analytical instrument/ software company in Massachusetts, USA
14. Structures constructed to reduce coastal erosion
15. An English musician, who co-founded the progressive rock band - Pink Floyd
16. Interconnected waterways, rivers, lakes and inlets found in Kerala
17. Animals (and people) regularly drink from here
18. Large green fruit with red pulp
19. Major political scandal during President Nixon's tenure
20. Battle site where Napoleon was finally defeated
21. Faint design used on currency to discourage counterfeiting
22. An event marking a turning point in a state of affairs
23. A leading player in the Indian lubricant industry
24. A perfume introduced by Davidoff
25. Famous song by the British rock band, Deep Purple

Name :

Designation :

Location :

**Last
date 30th
September,
2014**

Floral Glory

A thing of beauty is a joy forever..

