

पेट्रो प्लस

PETRO PLUS

Energising Employees



Bharat
Petroleum

energising lives

VOL-V / 2 July - September 2015

BPEC EXCELS



Editorial

"All things excellent are as difficult as they are rare," said Benedict De Spinoza, the famous philosopher. Echoing his sentiment, Pat Riley added, "Excellence is the gradual result of always striving to do better." Fascinated with the 'excellence' tag, the Bharat Petroleum Excellence Centre (BPEC) team was determined to take up the challenge to live up to its lofty name and prove their mettle in this new, first of its kind project. Energised by the long term benefits that would accrue to the Corporation and the thrill of charting out new paths, the team worked tirelessly to devise structures, systems and processes that would stand the test of time. Innovating continuously and learning from their experiences, they ventured forth to establish BPEC as a Centre to be proud of. Read about the BPEC journey in the feature article.

The results of the 'Key Quiz' are featured on the Back Cover. Congrats to the winners and hope the rest do better next time ! We've also included the 'Creative Caption' and 'Point of View' Contests in this issue. Let your creative juices flow and you may win an attractive prize !

A Petro Plus Readership Survey in Hindi and English is on the last page. Do write in, to enable us to improve on our offerings.

PETRO PLUS

VOL-V / 2 July - September 2015

Editor :

Ms. Marianne Karmarkar

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A landmark on the Kharghar skyline, BPCL's sleek 'green office' sports a modern glass-plated facade, the spacious sunlit lobby and bubble lifts lending a touch of openness and transparency. On the fifth floor, the imposing entrance of the Business Process Excellence Centre (BPEC) with its emblazoned logo leads into a huge hall, which is neatly partitioned into colourful sections. The atmosphere is vibrant and energetic, with rows and rows of terminals and people concentrating on their monitors, deeply engrossed in their work. This is the nerve centre of BPCL's financial transactions, where about 1500 invoices are processed daily.

THE JOURNEY

The BPEC project has evolved from an idea, to the full blown Centre it is now, in the space of three years ! In 2012, Finance visualized a Centre where transactional processes that are common across businesses, could



Mr. K. Sivakumar

be standardized and consolidated on to a process platform, in order to gain efficiency and effectiveness. This Centre would provide business services to the rest of BPCL, enabling individuals at locations to concentrate on core activities, and

improving governance and control for BPCL as a whole.

After much research and a number of visits to Shared Service Centres (SSC) across organizations, the project was formally kick-started in 2014. As a first step, it was decided that Vendor Invoice Processing would be moved into the Centre. BPCL considered a number of enabling technologies before finalizing Open Text's Vendor Invoice Management (VIM) for its close integration with SAP ERP. As Mr. S. Radhakrishnan, Chief Manager (Corp Finance) admitted, "We used Gartner's Magic Quadrant research methodology to map the competitive positioning of the technology providers in fast-growing markets."

Next, the implementation partner, Capgemini Consulting, was chosen to provide process and system consulting. A joint project team was formed, with consultants from Capgemini, BPCL officers and the ERP team, thus combining technical expertise with BPCL's organizational knowledge.

The next step in the project journey was a comprehensive As-Is assessment of the entire purchasing cycle across the organization. The team travelled to a number of locations in order to determine the existing processes and business scenarios. They found varied practices across locations and Business Units, and special business requirements that needed to be taken into consideration for design. These were discussed with the locations and documented, to ensure that they would be considered during process design.



Seated left to right : Partha Mukherjee, Service Desk, Kalyanaraman Jagannathan, Capgemini Project Manager, Prabhu Venkatesh, Head BPEC, S. Radhakrishnan, Project Head & Savithri Biju, Invoice Processing Manager.

Standing left to right : Nirmal Mulchandani, Team Lead Allied Process, Rajesh Gupta, Team Lead Invoice Processing, Sanjay Shinde, Team Lead Invoice Processing, Barkha Agarwal, Audit & Recovery, Fatima Mazahir, Project Team Member, Priyanka Maheshwari, Tax Expert, Manoj Dighe, Team Lead Document Management, Vijay Sawant, Team Lead Invoice Processing & Vatsal Thakar, Project Team Member.

Mr. K.B. Narayanan, ED (Information Systems)

Implementation of SAP's Vendor Invoice Management (VIM) module by BPCL's IS Team, is a strategic initiative in centralizing the processing of Vendor Bills as a part of the Procure-to-Pay cycle. The value drivers for this initiative are digitization of Vendor Invoices (as part of the digital initiative), improved visibility to "Vendors" and "Buyers in Business" on the status of bill processing, enhanced controls in processing of vendor bills and processes in the system for other allied requirements like release of retention money, security deposit, bank guarantee etc. BPCL is one of the very few clients of SAP who have implemented the VIM module and the Vendor Invoice Processing Project for non-Hydro Carbon domestic procurements was executed in about 3 months' time with the initial pilot implementation on 8th June 2015. Some of the new enablements like "Pull based SMS", "Mobile App" instantly provide status of their bills to Vendors. In addition, Vendors are pro-actively informed on status of their bills through SMS & email at each stage of invoice processing."

The most challenging aspect of the process was found to be the practice of invoice certification by buyers, where the GRN / SES, PO, contract and LIV numbers were all written on the physical copy of the invoice in

order to certify it for payment. This certification would not be possible if the invoice were received and processed at a central location, so the solution decided upon was that the invoices would only be certified in the system, by logging in (which of course, would need the user's password to be as sacrosanct as a physical signature).

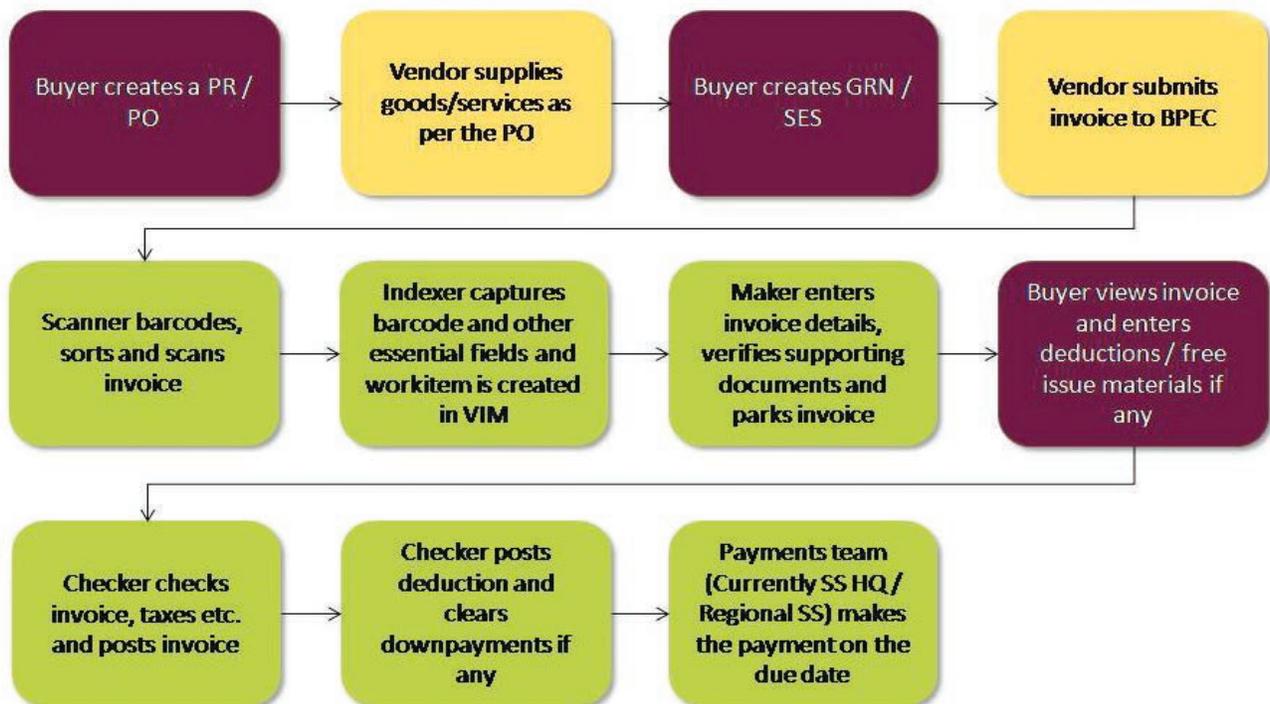
The team visited the Capgemini office in Bangalore to understand BPO/SSC operations and how they work in terms of people, process and technology. They also observed how Capgemini supports multiple global clients and the activities/services performed at a centralised location. One more input obtained was the infrastructure and layout of a typical SSC, and how to leverage various elements like IT enablement, third party vendors, administration etc. for optimum operations. They studied the best practices employed in the market, to make an informed choice on the design and facilities of BPEC.

As Mr. Radhakrishnan observed, "A total of four lakh invoices per year are being



Scanning room

Process flow for PO Invoice processing : Regular POs



Legend
■ BPEC Task ■ Location's Task ■ Vendor task



Training room

processed here and they had to be channelized in the right direction. During the design stage, there were many issues like change management, procurement group resistance and availability of the

system. We had periodic meetings with HRS, HRD, Procurement, ERP, the project team and Capgemini. We were fortunate to have top management support throughout, providing guidance and direction.”

The draft process was taken to various forums – Finance, Non-Hydrocarbon and Finance Council, for validation. This phase was followed by extensive discussions and brainstorming; after multiple rounds of iterations, the To-Be process design was finalised. This was essential in order to create and finalize the future BPEC organization, processes and systems.

A STAR IS BORN

BPEC finally evolved as a division that houses Shared Services, where activities that are transactional in nature and common across businesses are consolidated in a harmonized environment. BPEC will create a standardized process platform across the group, enabling the businesses to focus on core activities. This is being implemented by BPCL to achieve various organizational goals, ranging from transactional excellence to finance transformation.

BENEFITS

A key goal of invoice processing through the Centre was to ensure that CENVAT credit was accurately taken. Towards that goal, it was decided that a team of tax experts would be included in the Centre, to validate the taxation aspects of payments and to ensure the

capturing of correct information so that credit could be accurately taken.

TEAMWORK

The other teams at BPEC were finalized as :

- The Invoice Processing team, responsible for verifying and posting vendor invoices
- The Service Desk, responsible for answering vendor and buyer queries and for sorting out problems with invoices
- The Audit and Recovery team, responsible for checking the quality of processed invoices
- The Reporting team, responsible for reporting and analyzing payables data
- The FI Team, responsible for performing other transactions on the vendor account, including accounting and releasing bank guarantees.

TECHNOLOGY INNOVATION

In the true spirit of the digital age that we now find ourselves in, BPEC was envisaged as a digital, paperless office, where all vendor invoices would be received, digitized and processed,



Service Desk

while the hard copies would be stored securely, against a possible regulatory requirement to provide the originals. The systems and processes were designed accordingly, with a great deal of coordination on inputs and testing with Purchasing Officers across the organization.

In order to digitize and store the invoices securely, it was decided to employ the expertise of a third party vendor. After evaluating numerous vendors in the records management space, Stock Holding Corporation India Limited (SHCIL) was chosen as the BPEC digitization partner, to sort, barcode and store invoices at a secure location outside the organization.

At the same time, the BPEC founding team was chosen, consisting of five officers with extensive experience in SAP, particularly on PO creation and associated processes.

Mr. A.R. Shah, DGM (P&CS), Mumbai Refinery

“BPEC is one more excellent initiative by BPCL, the first in the Industry. I am sure this will fulfill the expectations of multiple stakeholders like vendors and BPCL staff dealing with vendors/contractors. The unique and customized payment processing has improved transparency and will greatly help in improving governance, various compliances and vendor satisfaction levels.”

Process flow for Non-PO (statutory and utility) invoice processing



The team was located at Mumbai Refinery for a time, in order to become familiar with invoice processing at one of the most varied and complex locations at BPCL. Once the system was fully implemented, the team was given intensive training in VIM and SAP transactions required for BPEC. In addition, they were introduced to tax related aspects of payment, in preparation for actual invoice processing operations.

In the meantime, the project team needed to ensure that the BPEC infrastructure in Kharghar was complete. It was a race against time to get all essential equipment in place, and the HRS team performed an amazing job in transforming an incomplete, dark and cavernous space into the bright and open ergonomic workplace it is today. The floor was equipped with state-of-the-art conference rooms, furniture and lighting. The wide aisles and open seating were designed to give a feeling of space and to serve as a hallmark of the open door culture to be fostered at BPEC.

Next the pilot locations needed to be chosen, as a comprehensive mix of differing complexities and volumes within the Western Region. After much deliberation, it was decided to pilot BPEC services for invoice processing at Mumbai Refinery, Mumbai Retail Territory and Nashik LPG plant.

All these efforts came to fruition on the 8th of June, when BPEC “went live” for invoice processing for pilot locations. This pilot was a great success and received a great deal of support and encouragement from the purchasing officers of the pilot purchasing groups.

PROJECT TEAM



Mr. P. Balasubramanian

Mr. P. Balasubramanian, Director (F) has contributed immensely to the success of this project, right from inception. He has been closely involved in project implementation; thereafter, his monthly monitoring and guidance has provided direction and stabilized the BPEC processes.

Mr. Prabhu Venkatesh, Head BPEC was entrusted with the responsibility of spearheading the BPEC project. He affirms, “The biggest challenge was putting the infrastructure and people in place and sorting out a wide range of issues. Luckily, with my varied experience in Engineering & Projects, Retail Finance, Shared Services and Audit, I was familiar with the world of data analytics and invoice processing and could implement the learnings gleaned. I was thrilled with the high expectations from top management and the confidence reposed in me to head this Centre and deliver results. The immediate benefits were capturing the tax details of individual invoices, which led to substantial tax savings.”



C&MD proffers his vision for BPEC.

Declared Mr. Radhakrishnan, “We had aggressive targets – communicating with people on 1st April 2015, then training 750 people all India from all Business Units and Entities – it was a mammoth task. For me, it was a golden opportunity, to use my immense wealth of experience in ERP and Finance to handle all aspects of the project. We got tremendous support from top management for the right kind of resources, technology, skill sets etc. If BPCL feels anything is achievable, we have the willpower, passion and desire to do something different. Now we’re happy – we designed it and it’s shaping up better than we anticipated. What we seeded is now bearing fruit.”

Ms.Savithri B., Manager (Finance) delineates her role in Invoice Processing, “We receive on an average 1600 invoices per day and we have 52 BPCL Checkers and 52 Capgemini Makers. The invoices are scanned, barcoded, and the images are saved against a DP Id in BPCL’s VIM module of SAP. The warehousing of hard copies is done by SHCIL. Using twin monitors, the invoices are checked and eight fields are meticulously captured through the Invoice Capture Centre Validation Client, including taxes. The company has placed a lot of



Mr. Prabhu Venkatesh in his room with a view.

faith in me and I've strived to live up to their expectations by managing the diverse teams of BPCL and outsourced persons. Besides, educating vendors and buyers and training them on the VIM module is an ongoing process. The learning velocity here is very high. I'm charged to perform, as the energy levels are elevated and the output is visible."

States Mr. Vatsal Thakar, Dy. Mgr.(F), "Since this was system driven, it was a challenge to understand the system thoroughly. We went through each and every process note in SAP. At each step of the way, we had so many iterations; we would discuss every single point threadbare in the conference room. There's transparency in procurement, with all the procedures followed properly, and no manual corrections." He proudly adds, "Every single transaction is being supported by documentary evidence. No one will ever have to experience the pain of tracing a document. This will be a legacy for generations to come."

Ms. Fatima Mazahir, Dy. Mgr.(F) avers, "There is no hierarchy here, which makes for a very conducive atmosphere. BPCL is such a large organisation, with so many systems, processes, scenarios and complexities. We studied the current procurement practices and systems and the best global practices in detail before implementation. The project was rolled out in two phases - while the As-Is study was conducted by ERP CC & Capgemini, the training programmes were conducted by us & Capgemini. Each programme was for one full day, and we had participants ranging from 9 at one location to 150 at big locations. The learning has been huge !"

INAUGURATION

A formal inauguration, by Mr. S. Varadarajan, our C&MD, was held on 1st July, 2015 to mark the migration of Invoice Processing for the Western Region to BPEC. The event was graced by Mr.K.K.Gupta, Director(M), Mr.S.P.Gathoo, Director(HR),

Mr. Ashok Gupta, Chief Procurement Officer (Mktg.), Sewree

"The Business Process Excellence Centre of BPCL has brought about a revolutionary change in the way we manage our Business Processes. In addition to meeting the high governance standards set by BPCL, it would also meet the objective of Process Excellence. With the renewed focus on IT and operations transformation and deep re-engineering expertise in BPEC, the costs would be optimized and would help us in managing risks from changing regulations and market conditions and effectively fuel growth. With the improved process efficiency and responsiveness, I am sure that the service levels of BPEC will delight us."



C&MD inaugurates BPEC.

Mr. P. Balasubramanian, Director(F), Mr. Manoj Pant, then CVO, Mr. Kishor Chitale, CEO, LBS, Capgemini (India & Middle East), as well as senior management of BPCL across Business Units and Entities.

While Mr. S. Varadarajan unveiled the BPEC plaque, Mr. K. Sivakumar outlined the BPEC journey. In his address, Mr. Varadarajan shared the vision and opportunities for BPEC. The function included a floor walk by the C&MD, as well as a short presentation and demonstration of the system.

FUTURE OUTLOOK

The Centre is now operational for invoice processing services for the whole country. Other accounts payable processes, including payments, taxation and vendor master maintenance have also migrated to BPEC. The future of BPEC is visualized as a steady transition from a transactional processing centre for vendor invoices, to achieving breakthrough performance in providing business services across the BPCL landscape.

Mr. K. Sivakumar, GM (Corporate Finance) proudly states, "One thousand Purchase Groups have been physically trained in 35 sessions across the country. We have already processed and posted over one lakh invoices so far." Gung-ho about the immense benefits reaped and future developments, he adds, "Firstly, BPEC will address and strengthen internal controls. Secondly, we can also enter into analytics on the purchase side for procurement excellence. Thirdly, under the GST regime, this will be a good platform for assistance in implementation. Fourthly, BPCL can improve availment of various credits like Service Tax credit and TDS payment. Once this stabilizes, we'll embark on other areas like Accounts Receivable, Transportation and Legal payments."

An AGM to Remember



62^{वीं} वार्षिक सामान्य बैठक

मुंबई - 9 सितम्बर 2015

62nd Annual General Meeting

Mumbai - 9th September 2015



From left are Mr. S.V. Kulkarni, Company Secretary, Mr. P. Balasubramanian, Director (F), Mr. S.P. Gathoo, Director (HR), Mr. S. Varadarajan, C&MD, Mr. K.K. Gupta, Director (M) and Mr. B.K. Datta, Director (R).

AWARDS

- Forbes Global 2000 - attained rank 757 in 2015, up from 1045 in 2014
- Fortune Global 500 - ranked 280
- Platts Top 250 Global Energy Company Rankings - ranked among the top 20 Oil and Gas Refining and Marketing companies for 2014
- Public Sector Unit of the Year Award - premier edition of the ICICI Lombard & CNBC - TV18 India Risk Management Awards
- 'Leading Oil & Gas Corporate of the Year' - PetroFed
- Oil & Gas Marketing Company of the Year - PetroFed
- Innovator of the Year 2013 Team Award - PetroFed
- Best Performing PSU among the Navratnas - India Today Group
- Honored by Asian Centre for Corporate Governance and Sustainability with 'Company with Best CSR & Sustainability Award 2014'
- Winner 2014 ICAI Award in Corporate Social Responsibility
- CSI excellence in IT Award for in-house developed 'Customer Care System'
- Silver Award for in-house Magazine 'Petro Plus' and Bronze Award for Corporate Calendar - Association of Business Communicators of India (ABCII)
- Performance Excellence Award 2013 in the Platinum Category (Organization in the Energy Sector) - IIIE

POST AGM Media Meet 2014-15



From left are Mr. Milind S. Patke, GM (Brand & PR), Mr. P. Balasubramanian, Director (F), Mr. S. Varadarajan, C&MD, Mr. K.K. Gupta, Director (M) and Mr. S.P. Gathoo, Director (HR).

The mood was upbeat, the shareholders were ecstatic and the BPCL personnel played their role of hosts to perfection! Mr. S. Varadarajan, our C&MD, took pride in declaring BPCL's outstanding results at the 62nd Annual General Meeting of BPCL convened at K.C. College, Mumbai on 9th September 2015. He also detailed the future plans of the company across the entire value chain, from Exploration and Production to Refining and Marketing and responded concisely to the various queries raised by the shareholders.

It was a full house for the Post AGM Media Meet, with the print and electronic media in record attendance, all eagerly awaiting the opportunity to interact with our top management. After touching on BPCL's phenomenal performance and eventful journey in 2014-15, Mr. Varadarajan mentioned the accolades received recently and future investment plans.

BPCL Presents Dividend to GOK

BPCL presented the cheque for Rs.1399.99 lakhs to the Government of Kerala, being the Dividend for the financial year ended 31.3.2015. Mr. S. Varadarajan, our C&MD handed over the cheque to Mr. Oommen Chandy, Hon'ble Chief Minister of Kerala in Thiruvananthapuram on 16th September in the presence of Mr. PK Kunhalikutty, Hon'ble Minister for Industries & IT, Mr. KM Mani, Hon'ble Minister for Finance, Law & Housing, Mr. K. Babu, Hon'ble Minister for Fisheries, Excise & Ports, Mr. Jiji Thomson, Chief Secretary and Mr. P.H. Kurian, IAS, Secretary (Industries), Govt. of Kerala. The Government of Kerala holds about 62,22,222 shares of Rs. 10 each in BPCL, representing 0.86% of the paid up share capital of the Company.



Dividend to GOI Presented



Mr. S. Varadarajan hands over the cheque to Mr. Kapil Dev Tripathi, IAS, Secretary, MOP&NG.

BPCL presented the cheque of Rs. 893.70 crore to the Government of India as Dividend for the financial year 2014-15. The BPCL board had recommended a dividend of 225% (Rs.22.50 per share) for the year. Mr. S. Varadarajan, our C&MD handed over the cheque for the highest ever Dividend to Mr. Kapil Dev Tripathi, IAS, Secretary, Ministry of Petroleum and Natural Gas in the presence of Ms. Monica Widhani, our ED (Coordination), and officials of BPCL & MoPNG on 15th September 2015 in New Delhi.

KR Adopts New Technology

Mr. B.K. Datta, Director (Refineries) inaugurated the new in-situ regeneration of sulfolane solvent in the Aromatic Recovery Unit (ARU) during his visit to KR on 16.6.2015. The ARU uses sulfolane as solvent from extraction of aromatics from feed naphtha. Due to various possible reasons like oxygen ingress, higher reboiling temperature, chlorides in the feed will lead to solvent degradation, which will result in higher Total Acidic Number (TAN), Total Suspended Solids (TSS) and low pH values. Hence, there were severe corrosion issues in columns and erosion issues in pump leading to frequent shutdown of units. Kochi Refinery adapted a new ion exchange technology for in-situ regeneration of sulfolane solvent, which has reduced TAN and TSS to Nil from the ion exchange skid outlet. BPCL-KR is the first public sector refinery to implement this with a savings of around Rs.28 crores and eliminated the SS pipeline replacement in the solvent circuit worth Rs. 98 crores. The initial investment required for this technology including manpower and erection cost is only Rs. 64 lakhs.



BPCL Corporate Website in a Brand New Avatar



Mr. S. Varadarajan, C&MD launches the Corporate Website

It shimmers ! It sparkles ! It scintillates ! The Corporate Website www.bharatpetroleum.in in its brand new avatar was launched by our C&MD, Mr. S. Varadarajan at the Retail Leadership in Action Summit - 2015 in Bengaluru on 3rd August 2015. Mr. K.K. Gupta, Director (Marketing), registered as the first customer on the website. Mr. P. Balasubramanian, Director (Finance), Mr. Manoj Pant, then Chief Vigilance Officer, Mr. George Paul, ED (Retail), Mr. S. Ramesh, ED (LPG), Mr. K.P. Chandy, ED (Lubes), Mr. R.P. Natekar, ED (I&C), Mr. I. S. Rao, ED (Gas), Mr. Milind Patke, GM (Brand & PR) and the Corporate Brand & PR Team witnessed the launch along with the huge gathering of the LIA Summit.

In our efforts to being 'innovative, caring and reliable,' the website has been developed with a host of new facilities. Apart from information about the business and services, the website will also serve as a business enabler with features to share, connect and do business with us. The website has been enriched with brand new images and videos and has features to make it

more interactive, response-driven and is compatible on all user friendly devices. Planned digital marketing services and customer conversations on the website/social media to enrich consumer mind-space have also been integrated in the website. The site in its all-new avatar is equipped for real time methods and platforms for e-transactions and knowledge sharing for customers and the global network. The website will also be an easily accessible platform for capturing customer feedback. The website is equipped to create a superior user experience with single user dashboards and conveniences; therefore, please login and register at your own www.bharatpetroleum.in to experience the value adds designed for all our valuable customers.

The launch only marks the beginning of another new journey that requires continued collaborative support from all BUs and Entities. We dedicate the all new site to BPCL's continued commitment to being Innovative, Caring and Reliable.

Leadership in Action Summit 2015

A landmark event for the Retail Business, it had a stimulating line up of sessions, impressive speakers and an enthusiastic audience, where growth strategies were outlined to give momentum to the business and become every customers' first choice. For the first time, representatives from the Junior Retail Council were inducted to be a part of the Leadership platform, reinforcing commitment to recognizing young talent and building an inclusive culture in the organization. As Mr. George Paul, ED (Retail) averred, "At the LIA Awards 2015, we

celebrated our accomplishments and feats achieved in 2014-15 across business objectives and goals. As we built new bonds, created new memories to cherish and shared lighter moments, we in true spirit resonated with the Summit Theme, 'Rishta Dil Se', making the event a grand success. There is nothing more powerful than when this community of leaders comes together to share ideas and experiences and rejoice achievements. Wishing you all the very best and looking forward to a rewarding and prolific 2015-16. Keep up the momentum and drive!"

SmartDrive Launched

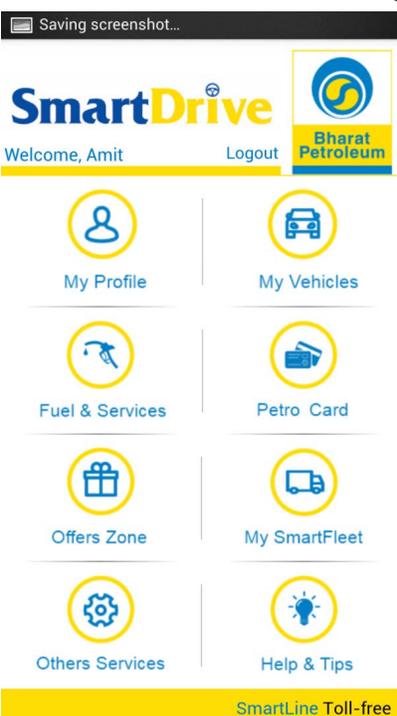


In an era of digital technology marked by continuous innovation and out-of-the-box thinking, BPCL has transcended boundaries to rate as the first choice of customers. Catering to the changing needs of the tech savvy, smart and intelligent customers, we have launched a customer friendly mobile app - SmartDrive -designed & developed by the IT & BI team of Retail SBU. SmartDrive was launched by our C&MD, Mr. S. Varadarajan on 3rd August, 2015 during the LIA Awards Ceremony at Bangalore. This app is now available on Android & iOS platforms and will soon be launched on the Windows platform. This can be downloaded from Google Play Store and Apple App Store depending on your smartphones. Customers can search for outlets nearest to them, by services they want, on their route.

Further, SmartDrive is customized to capture the customer details along with their vehicle details and give

regular reminders for their PUC, insurance and servicing of the vehicle. Customer complaints and suggestions have also been enabled in SmartDrive. Customers can rate particular retail outlets as well as give retail outlet wise feedback on services, along with the photo of the outlet.

Projecting BPCL as one brand, SmartDrive has brought the Bharatgas profile, MAK Lubricants data, Petro Card profile and SmartFleet profile under its roof, to cater to each and every type of customer and their wholesome energy needs.



The LIA Summit at Bengaluru

The LIA summit of Retail, at the picturesque GP- so energizing. Under the guidance of the enthusiastic GP- fully recharging.

*In depth & analytical presentations – with an eye for detail
Ops excellence, Logistics-the key differentiator and Digital retail*

*100 smart cities, Highway, rural and Brand – clear strategy for future
The surprise package- a remarkable show by JC members adding lustre*

*Insights & critical inputs from BU heads on fine tuning “BPCL FIRST”
Launch of SMARTFLEET mob apps and new web site to showcase ”BPCL BEST”*

*An evening with the C&MD/Directors- the interaction is surely motivating
The thirst now, for attaining Maha Ratna status, is genuinely captivating*

*The Award function to acknowledge performers, who surpassed the target
MUKUL Joshi’s KAVITHA-mano RANJAN – for a long time, we will never forget*

*Rishta and Dil se- the new watchwords to conquer new high
Communicate - Hum Rishte Banate Hai & Dil se Dil milate Hai*

*New learnings - to leap frog, challenge the mindset /shifting the frame
We assure -to continue the winning trend and change the rule of the game.*

R.Swaminathan, DGM (S&D), Retail HQ

MOUs Abound

Royal Sundaram

Driven by zeal to meet the latent needs of customers and bring customer delight, BPCL has entered into a MOU with Royal Sundaram Alliance Insurance Company for carrying out two wheeler vehicle insurance at BPC Retail outlets across Southern Region. The MoU was signed by Head Retail South, Mr. Santosh Kumar, and MD, Royal Sundaram Alliance Insurance Company Ltd., Mr. M.S. Sreedhar on 10th July at Chennai.

M/s. Royal Sundaram, a joint venture between Sundaram Finance and Royal & Sun Alliance Insurance plc, UK, has strong roots in South India with 56 branches in the



South alone and a pan India presence in 108 locations. The tie up shall provide 'Insurance of a two-wheeler' at our Retail Outlets through them instantly. One of the major benefits from this association is increased customer centricity.

SAIL



BPCL and Steel Authority of India Limited (SAIL) have entered into a MOU on 8.6. 2015 for supply of greases for a period of three years starting from 2015-16. SAIL is one of the largest consumers of Lubricants in India with annual requirement of 12 TMT. The MOU was signed in Durgapur by Mr. S. Kannan, our RM (Lubes) ER and Mr. A. K. Mondal, DGM (MM) DSP. This will be the first time that SAIL, India's largest steel producing company with a turnover of Rs. 50,627 crores, has entered into such an MOU exclusively with PSUs. This has been made possible because of our service and product quality offered to them.

Deepak Phenolics

On 31st July 2015, I&C Mumbai signed an MOU with Deepak Phenolics for supply of petroleum products from our Mumbai & Kochi Refineries. I&C Mumbai Territory has gained annual volume of approx. 126 TMT by supplying different petroleum products from MR & KR. Mr. Deepak Mehta, Vice Chairman, DNL, Mr. Shripad Gumaste, Director, DPL and Mr. Mahesh Barve, AGM, DNL were present on the occasion. Mr. R.P. Natekar, ED (I&C), Mr. S.K. Malik, GM (Sales) I&C, Mr. K.S. Shankaran, DGM (Logistics) I&C, TM (I&C) Mumbai and others graced this event. M/s. Deepak Phenolics Ltd. (DPL) is a wholly owned subsidiary of M/s. Deepak Nitrite Ltd. (DNL), incorporated for setting up a manufacturing plant for derivatives based on Propylene as feedstock at Dahej. It is expected to be commissioned by September 2017.



KR Achieves Safety Milestone

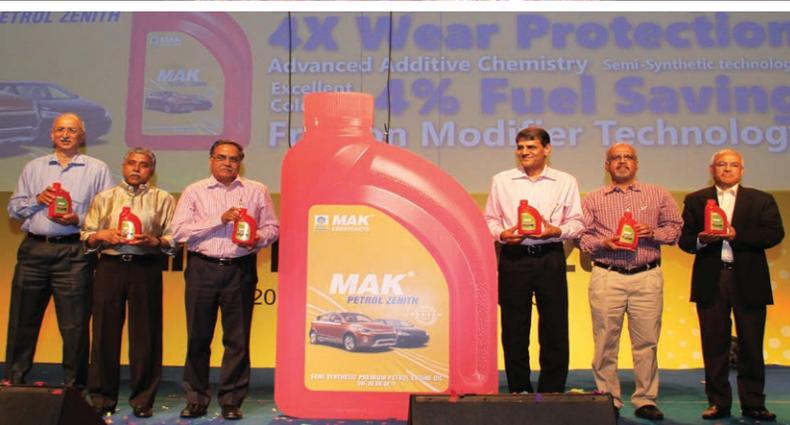
Kochi Refinery has achieved 41 Million accident free man-hours on 11.9.2015. Mr. C.K. Soman, GM (Operations) stressed the need to be more vigilant in order to achieve further safety milestones. Mr. K.D. Damien Gracious, DGM (Fire & Safety) urged everyone to be more cautious as project work is in progress in the plant.

Launch of MAK 4T Scootech NXT and MAK Petrol Zenith



MAK launched two new premium grades at the recent All India Lubes Meet at Hyderabad on 19th & 20th June 2015. The launch of MAK 4T Scootech NXT (for gearless scooters) and MAK Petrol Zenith (for crossovers and passenger cars) was done in an innovative way involving illusionist – Clifford, and unveiled by our C&MD, Mr. S. Varadarajan, Director (M), Mr. K.K. Gupta, Director (R), Mr. B.K. Datta, Director (F), Mr. P. Balasubramanian, CVO Mr. Manoj Pant and ED(Lubes) Mr. K.P.Chandy.

MAK 4T Scootech NXT, another premium offering from the NXT stable, is a semi-synthetic product designed to offer ultimate protection and performance reliability required for latest generation gearless scooters of various engine capacities and meets API SL & JASO MB requirements, with a viscometry of 10W-30. It has a special cap with spout, which enables easy pouring.



MAK Petrol Zenith is a premium semi-synthetic petrol engine oil, proven for 4% savings in fuel economy, and 4X better wear protection as compared to API SN industry standards. This grade meets API SN, SAE 5W-30 specifications.

Every quest is on to make MAK the customer's first choice of lubricant. With continuous product unveilings that address every customer's and vehicle's need, MAK continues to introduce new and innovative products to create value to the customer in the highly competitive lubricants market, to build relationships and ensure loyalty to the brand.

Aviation Scales New Heights

Our Aviation SBU strives to be the preferred jet fuel supplier to all the major airlines in the country. The business of Turbo Megha Airways Ltd. (TRUJET), a Regional Airline headquartered at Hyderabad, has added yet another feather to its cap. Currently, they have two ATR-72 Aircrafts and plan to add another three in the next eighteen months. It was a proud moment for team BPCL Aviation to refuel the maiden flight of TRUJET on 12.7.2015. The Guest of Honour was Hon'ble Civil Aviation Minister, Shri Ashok Gajapathy Raju accompanied by Shri B. Gopala Krishna Reddy, Hon'ble Minister of Environment & Forests, Andhra Pradesh.



'Meet The Leaders' Platform

On 28th July 2015, HRS West launched 'Meet the Leaders', an innovative platform that allows the audience to explore the leader's vision for the future, understand the business intricacies and its challenges and opportunities. The platform was jointly inaugurated by Mr. George Paul, ED Retail and Mr. R.R. Nair, GM (HRS) at CO. Mr. Nair emphasized that this forum would serve as a powerful means to enhance business acumen and stay updated with the latest happenings in the competitive business scenario.

Mr. George Paul stated that leadership is about building the inherent capabilities of people and creating enhanced outcomes for the customers. While speaking on essential skills for leaders, he stressed on adaptability, execution and result orientation. He stated that, 'Leadership is embedded in each one of us and one does not need to hold a position to display his or her leadership abilities.' A special 'Meet the Leaders' wall was created to capture the signatures of leaders gracing the platform.

Our New General Manager

Mr. Mahendra Pimpale

General Manager (Projects), Mumbai Refinery



An Engineering graduate from Mumbai University and a member of Institute of Engineers (India), he also has to his credit a Diploma in Business Management. He joined BPCL in 1983 in Projects, Mumbai Refinery and most of his career, spanning 32 years, has been spent in Projects in different departments and different places. He considers Project CDU-4, including the New Central Workshop, as the highest milestone of his career, this being a very challenging project in terms of volume of work, space constraints and stiff time-lines. He also counts working on the grassroots refinery project at NRL and construction of the warehouse and crude tankages in Mumbai Refinery as high points in his career. He fondly recollects the stint in KNPC, where he worked as Design Engineer and led the Petroleum India International Team. He has worked in the Commercial and HR Departments of Mumbai Refinery, which has helped him to gain multi-discipline experience. His hobbies include reading and travelling. His wife, Prachi, is a home maker and son Nishant, is pursuing his MBA from Indian Institute of Foreign Trade. His daughter, Meghalee, is studying Architecture in Mumbai.

Aviation Soars on R&D Wings



The Aviation team – M/s. M.M. Somaya, ED (Aviation), Vijay Ranjan QCM, and S.P. Singh, Dy QCM Aviation receiving the first batch of in-house developed WDCs from the CRDC team – Dr. S Bhargava, GM CRDC, Dr. Sudha Tyagi, Shalini Gupta, D.T. Gokak, V. Ravikumar and Bharat Sajjan.

R&D has played a key role in Bharat Aviation Services reaching a new milestone on its eventful journey. The in-house development of the Water Detection Capsules (WDCs) by R&D has enhanced self-sufficiency and thrown open fresh options for the BU. WDCs are a critical component of aviation operations at all stages – receipt, storage and delivery of ATF or Jet A1. These capsules are used to detect presence of water up to levels of 15 ppm, a mandatory requirement by DGCA. Erratic supply by limited number of vendors was posing problems and it was decided to explore in-house options.

The project was started in 2013 and after extensive work by the R&D team of Dr. Sudha Tyagi and Shalini Gupta and support from the role holders of the Aviation BU, the WDCs have been developed in-house. These are at par with the commercial WDC being marketed by vendors, as has been corroborated by extensive testing at internal and external laboratories. The process of filing for patents has also been initiated. Reliability tests are on at BPCL aviation stations with the new WDC capsules and these can later be offered to other companies as well.

Hon'ble Petroleum Minister Inaugurates Bio-diesel at Haldia

The launch of Bio-diesel B 5 blend to diesel consumers is a pathbreaking step in India's fuel retail sector. Our Hon'ble Minister of State (I/C), Petroleum & Natural Gas, Mr. Dharmendra Pradhan, in the presence of Director (M), Mr. K.K. Gupta inaugurated this initiative through

live streaming from the Conference Hall of MoP&NG, Shastri Bhavan, New Delhi at BPCL's M/s. Madhu Filling Station, Haldia on 10th August, 2015. He termed the day as historic, for entering the eco-friendly world of biofuels.

OISD Awards Galore for BPCL !



Hon'ble MOS (I/C) MOP&NG, Shri Dharmendra Pradhan presented the 'LPG Marketing Organizations' award to our Director (M), Mr. K.K. Gupta, ED (LPG), Mr. S. Ramesh, ED (HSSE), Mr. P.C. Srivastava, DGM LPG OPS & HSSE, Mr. Ravindra Deshmukh and RLM WR, Mr. Sukhmal Jain.

BPCL won the OISD award under 'LPG Marketing Organizations' for the year 2013-14 for the 6th consecutive year in a row. In a glittering ceremony organized by OISD on 4th August 2015 at New Delhi, the award was presented by our Hon'ble Minister of State (I/C) MOP&NG, Shri Dharmendra Pradhan.



Hon'ble Minister of State (I/C) MOP&NG, Shri Dharmendra Pradhan presented the 'Best Overall Safety Performance' award to Director (M), GM Operations RHQ, Mr. N. Manohar Rao, ED HSSE, Head Retail West, Mr. P.S. Ravi and COM Retail West, Mr. Sanjeev Raina.

BPCL Western Region Retail Operations Team won the prestigious OISD award for 'Best Overall Safety Performance' for the year 2013-14 in the POL Marketing Organization category.

While congratulating the Award Winners, Mr. Pradhan underlined the need for creating an incident and injury-free safe work environment in the entire Oil and Gas Industry in India. Secretary, P&NG, Mr. K.D. Tripathi articulated the need to achieve excellence in Operations and the need for adequate checks and balances in the system, ensuring effective safety in the Oil & Gas Industry establishment. Joint Secretary, P&NG, Mr. Sandeep Poundrik emphasized that the reputation of oil companies in the international arena depends upon how many accident free hours it achieves in Operations. ED OISD, Mr. HIRAK Datta mentioned that the number of incidents in the Oil & Gas Industry show a downward trend since 2011, which is a first step towards achieving our ultimate objective of 'Nil Incident' across Industry segments.

The coveted Oil Industry Safety Award is presented to organizations that achieve exceptional safety performance. The criteria for selection of these Awards was based on various parameters like complexity of the facility, risk factor, volumes handled etc. Commendable performance by all 22 Retail Locations of Western Region & Regional Team enabled us to obtain this award.



Mr. Naizu A.V., Mr. Rajeeve K.C., Mr. S. Chandra Babu of Fire & Safety department and Mr. Charles V.T. of P&U department of BPCL Kochi Refinery were awarded OISD individual awards 2013-14 in recognition of their contribution in fighting the Tank-23 Rim Seal fire on the rainy night of 16th October 2013.

BPCL Lifts PetroFed Awards



Petroleum Federation of India is an apex Hydrocarbon Association which represents the Industry on Government Bodies, Committees and Taskforce. The objective of the Awards is to celebrate and honour the Leaders, Innovators and Pioneers of the Industry for their outstanding achievements. The scheme of Awards is open to all companies operating in India in the Oil & Gas Sector. A high level Technocrat Committee screens the Awards. Twelve awards were given away in 11 categories for performance during the financial year 2013-14 at the annual PetroFed Oil & Gas Industry Awards for 2014.

Bharat Petroleum has bagged the Petrofed 'Innovator of the Year – Team' award for the indigenous development and commercial application of cost effective gasoline sulphur reduction catalyst additive for Fluid Catalytic Cracking using spent FCC catalyst in refineries. Mr. S. Varadarajan, our C&MD, Mr. K.K. Gupta, Director (M), Mr. S.P. Gathoo, Director (HR), and Mr. Sanjay Bhargava, Head of Corporate R&D Centre, received the



award from Hon'ble Minister of State (I/C) for Petroleum & Natural Gas, Mr. Dharmendra Pradhan and Mr. K.D. Tripathi, Secretary, MOP&NG in Delhi on 15.7.2015. The Team Members were Mrs. Pragya Rai, Dr. T. Chiranjeevi, Dr. D. T. Gokak, Mr. B. Kundu, Mr. I. Sasi, Mr. V. Suresh, Mr. S. Bhargava and Mr. B. K. Datta.

BPCL was also recognized as the 'Environmental Sustainability – Company of the Year.'

Dun & Bradstreet India's Top PSU Award for BPCL

BPCL received the Dun & Bradstreet India's Top PSU Award at a glittering ceremony held at ITC Maurya, Delhi on 23.7.2015. The award was received by Ms. Monica Widhani, ED (Co-ordination), BPCL from Shri Kaushal Sampat, President & Managing Director –Dun & Bradstreet, India. Dun & Bradstreet (D&B), the world's leading provider of global business information, knowledge and insight, presented this award to BPCL in the Best Navratna (Non- Financial) sector. The occasion also marked the launch of the 8th edition of Dun & Bradstreet India's premium publication, 'India's Top PSU Awards 2015'.



MR Wins FICCI Award for Quality System Excellence

BPCL Mumbai Refinery's continual emphasis on Quality and Business Excellence was recognized by FICCI (Federation of Indian Chambers of Commerce and Industries) and was awarded the First Prize of the 4th FICCI Quality Systems Excellence Award for Manufacturing – 2015 under the Large Size category.

The Award was formally handed over by Dr. V.K. Saraswat, Member, NITI Aayog, and Mr. Adil Zainulbhai, Chairman, Quality Council of India, during the FICCI Conference on Sustainable Manufacturing Growth through Quality Systems held on 23rd September, 2015 at the Federation House, New Delhi. We are the first PSU to win this prestigious Award.



The Award was received by Mr. S.S. Sunderajan, ED (Mumbai Refinery), along with the Mumbai Refinery Team represented by Mr. P. K. Gayen, Mr. T. Paramasivam, Mr. D. Sen, Mr. K. K. Das and Mr. A. B. Gadekar.

BPCL Receives JNPT Award

BPCL received an award for outstanding performance from Jawaharlal Nehru Port Trust (JNPT) for the year 2014-15. The trophy was received by Mr. Sudip Mallick, GM Logistics (LPG) HQ from Mr. Neeraj Bansal, Chairman Incharge JNPT at the 26th Anniversary Function held on 28.8.2015 at Hotel Taj.



Bakania LPG Wins NSC Sarwashreshth Award



Bakania LPG Territory continued the journey of 'Safety First – Safety Must' and evolved the safety culture at the plant which enabled them to bag the National Safety Council Sarwashreshth Award successively for two years 2013 and 2014. On 11.8.2015, in a glittering award ceremony organized by National Safety Council, Bakania LPG Territory received the Award in MP chapter from Shri Babulal Gaur, Home Minister of Madhya Pradesh.

BPCL Wins HR Excellence Award

BPCL has been recognized as a 'Leader in Engaging Millenials' for its initiative 'YouNGAGE', at the prestigious HR Excellence Awards organized by BWI Business World at Mumbai on 16.7.2015. YouNGAGE is an Employee Engagement initiative designed exclusively for Gen Y Officers in the organization. The platform comprises multiple contests where young Officers get opportunities to showcase their talents and skills in the areas of strategic thinking, managerial skills, creativity and innovation. Besides providing an opportunity for Gen Y Officers to meet and interact with senior leadership, YouNGAGE also provides an avenue for the participants to enjoy themselves even whilst competing amongst their peer group.

INFOSEC MAESTROS Award 2015

In today's business environment, technology is a key differentiator defining the future of the organization. Identifying the right technology, managing without compromising on the flexibility to business and IT security are key challenges for a CIO, whose role has been transformed from managing IT infrastructure to a strategic one.

The 'INFOSEC MAESTROS' Awards have been instituted to inspire the innovative, talented and hardworking Information Technology professionals across verticals across the nation. For 2015, Mr. Ajay Nigam, Chief Manager (Database) Retail HQ has been selected as one of the top 100 INFOSEC MAESTROS across all Industries in India. He received the award at a glittering function held at Bangalore.



BPCL Bags the Best L & D Team of the Year Award

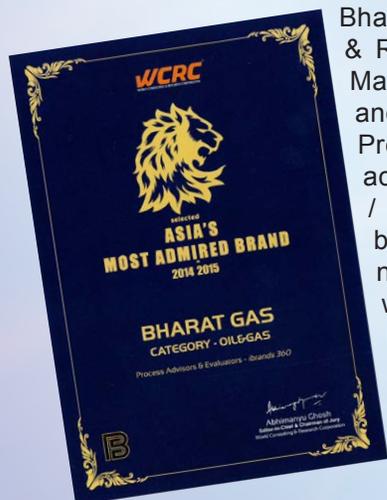
On 10th September 2015, BPCL was bestowed with the honour of the 'Best L & D Team of the Year' in the grand Chief Learning Officers (CLO) summit organized by Tata Institute of Social Sciences in collaboration with LeapVault. This is one of the coveted platforms which aims at recognizing excellence in the space of Corporate Learning & Development.

The 6th edition of the TISS – CLO awards, based on nomination, attracted participation from leading global and Indian organizations and was keenly contested by some of the finest corporate learning and talent management teams across the private & public sectors. BPCL was honoured to receive the award from Ms. Poonam Mahajan, MP & National Secretary, BJP and Dr. R.A. Mashelkar (Padmashri, Padmabhushan & Padma Vibhushan awardee) in the presence of Prof. S. Parsuram, Director - TISS and Mr. Kumar Bagrodia, CEO LeapVault. This award recognizes BPCL's relentless efforts towards being a learning organization committed to the core value of "Development of People."



Bharatgas Wins 'Asia's Most Admired Brands' Award

Bharatgas has been conferred with 'Asia's Most Admired Brands' award by World Consulting & Research Corporation (WCRC) for 2014-2015. While WCRC is in the business of Management Consulting, 'Ibrand 360' is a specialized division of WCRC, involved in brand and company evaluation studies. The award is the outcome of 3 phases of selection: a) Preliminary survey conducted for brands operating in Asia, which shortlisted 500 brands across categories. b) The list was then examined on various parameters like brand promise / growth, brand perception and goodwill, market acceptance, network of operations, brand recall, brand image, brand visibility and brand penetration. c) In the last phase, the nominated brands present their organizational credentials and performance, based on which 100 brands have been selected. In the Oil & Gas category, 'Bharatgas' is the only brand selected from India. Other brands selected from India this year were Ultratech Cement, Johnson Tiles, Godrej and Tata Motors, to name a few. The award was presented in 'Ideas Fest,' an event which was part of the Indo-Singapore Business Summit, held at Singapore in the presence of business leaders from various fields in Asian countries.



Arbitration & Conciliation Amended

Arbitration is a dispute resolution mechanism by which the parties themselves decide on a particular person/s who will have the jurisdiction to hear and resolve the disputes between them. BPCL incorporates arbitration clauses in nearly all its agreements.

The salient features of the new Arbitration and Conciliation (Amendment) Ordinance, 2015 and its influence on the various agreements of the Corporation are as under:

In order to ensure neutrality of arbitrators, Section 12 of the Arbitration and Conciliation Act, 1996 has been amended to the effect that a prospective arbitrator shall disclose, in writing, about existence of any past or present relationship or interest of any kind in the parties (financial, business, professional etc.), which is likely to give rise to justifiable doubts regarding his neutrality. Further, if a person is having a specified relationship with the party, such as that of an employee, a director, a lawyer, or family, he shall be ineligible to be appointed as an arbitrator. The ineligibility of arbitrator specified above can only be waived by the parties by a written agreement to that effect. This provision, however, will have no effect for Arbitrators already appointed.

This provision directly affects us, since all our arbitration agreements follow a standard form of contract, whereby our Director (Marketing) or his chosen nominee is appointed as the arbitrator, who is an employee of the Company. Therefore, there is a need to modify and amend our lease and dealership agreements, in accordance with the provisions of the amended Act.

Additionally, till now, we were not paying any fees to our in-house arbitrators since they were the employees of the Corporation. However, now that the employees of BPCL cannot be appointed as arbitrators, the Corporation has to take recourse to outside arbitration, be it institutional or otherwise, which would include payment of fees to the arbitrators for their services. Therefore, arbitration would now involve an additional burden on our purse.

However, the same fees have been capped under the new Ordinance. By virtue of Section 11 (14) of the Act, the High Court has been empowered to frame rules for the fees to be paid to the appointed arbitrators, keeping in consideration the rates specified in the Fourth Schedule of the Ordinance. This Schedule contains the model fee structure which is to be paid to the tribunal. However, this fee structure shall not apply to International Commercial Arbitration and Institutional Arbitration.

A time limit for finishing the arbitration also finds mention in the new Ordinance. It has been provided that the

Arbitral Tribunal shall make its award within a period of 12 months from the date the tribunal is appointed. Parties may extend such a period up to six months. Thereafter, it can only be extended by the Court, by an application of any party on sufficient cause. The Court may also change the composition of the Arbitral Tribunal, if time is extended by it and the new tribunal shall continue the proceedings from where it was previously left off.

The Ordinance also postulates that the tribunal shall hold hearings on a daily basis for oral arguments and evidence and shall not give adjournments until sufficient cause is made out by the party. This is a welcome inclusion, since it places the onus on the arbitrator to give adjournments only if it is supported by sufficient



cause and, after coupling it with the 18 months' time limit, would expedite the process of arbitration.

Further, the Ordinance makes it compulsory that if the application to set aside the award is not filed within due time (within 3 months of receipt of award, subject to a maximum of 4 months), then the award shall be enforced. The Ordinance also states that the mere filing of an application for challenging the award would not automatically stay execution of the award. The award can only be stayed where the Court passed any specific order on an application filed by the party. This is different from the earlier procedure, where the award got stayed automatically as soon as a challenge against it was filed.

On the whole, the changes brought in by the Ordinance are well intentioned and aimed at making the whole arbitration proceeding more transparent and making arbitrators more accountable. However, the Corporation needs to revise its various agreements and bring them in tune with the new law.

**- Nalin Kanaujia and Shruthee Srinivasan,
Legal Cell, CO**



Mr. V.S. Krishnan

He started his 'baby walk' at Mumbai Refinery in 1979, 'schooling' at Kandla, acquired knowledge at S&D Mumbai, persuading skills at I&C Kolkata, innovativeness in Modified Bitumen at I&C HQ Mumbai and attained wisdom at RHQ Logistics. The journey started from west to east across the country. He experienced varied cultures, the ever changing environment, interlinking languages and interacted with the industry full of enthusiasm, enjoyment and empowerment. He finally retired as Chief Manager Supplies, Retail HQ on 31.7.2015. As he states, "All my colleagues were friends in this wonderful institution, where we enjoyed nil protocols, full of aristocracy, a lot of powers to wield, many avenues to venture, experiment and experience. No need of training in this great institution as everything is well displayed, easy to understand and execute. I loved every moment here. Never felt the work pressure, as that is the work culture here. At the end of my service here, I feel I'm at the pinnacle of glory in my life. The BPCL fraternity and the family culture greatly enhanced the upbringing of my offspring too." His elder son is an M.Tech Ph.D in Biotech at 27 years and the younger son is an M.Tech in Biotech at 23 years and aspires to be an IFS/IAS.



Mr. B. Chakraborty

After graduating in Mechanical Engineering from Jadavpur University in 1980, Mr. Chakraborty joined BPCL in December 1980. Posted in E&P, he was involved in implementation of LPG phase-II & III till 1992. Subsequently, he was posted in E&P Kolkata for the revamp of Budge Budge Installation, followed by Materials Manager (ER). In 1996, he joined the MMPL implementation team at Mumbai, responsible for laying the pipeline of spread-III in Nasik district, followed by laying the pipeline from Mumbai refinery to Thane. In 1998, he took over as Materials Manager (NR), handling underground tank procurement. In 2009, after creation of CPO, he was entrusted with the responsibility of embedded Materials of E&P. He finally retired as Chief Manager Materials I/C (E&P) HQ on 31.8.2015. His wife, Sumita is a homemaker and their daughter, Chitra did her graduation in ECE & then PGDM in HR and is working in the Indian arm of a multinational company. She is also happily married to Arjun in August 2013.



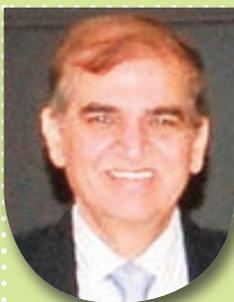
Mr. O.P. Gandhi

Having joined BPCL on 7th August 1978 at Jaipur Division, Mr. Gandhi was then transferred to Delhi Division and in 1986 took over as Operations Officer, Kota Depot. His next postings took him to Bijwasan Installation, Jaipur Depot, Jodhpur Depot, Bijwasan Installation and Delhi Territory, where he held the position of Territory Coordinator in March 2003. His next assignment was Installation Manager, Mathura and in May 2007, he took over as Sr. Manager Ops. (Retail) North, a post he retired from on 31.8.2015. He has two children – a son and a daughter, who are both married & well settled. He is also the grandfather of a baby boy who is two years old.



Ms. R. Shanthi

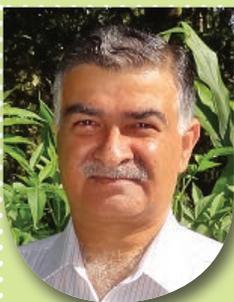
Ms. R. Shanthi's journey in BPCL started on 16th August 1984 in Accounts Imprest. She was fortunate to work with Burmah Shell colleagues, who trained her and made her stint in Accounts very enjoyable. Thereafter, she gained invaluable experience and knowledge working in Payroll, EDP and LPG. Promoted as a Data Entry Operator, when computers were being newly introduced in BPCL, she had a successful stint of 10 years in EDP before moving to LPG Finance, where she learnt many aspects of customer relationship. She has actively participated in various programs conducted by BPCL, where she exhibited her talent in sports and other extra-curricular activities. The accolades in carrom tournaments and in the Fancy Dress competition (for 17 different roles) were memorable. The very first event in 1984 was a drama enacted by lady members of the sports club, where she played the role of rowdy 'Mayandi' which brought her name and fame. She also received the Meritorious Award in the 'Energizing Lives Contest' (Beyond the Workplace). "I carry fond memories of BPCL and will cherish them throughout my life," she adds. She superannuated on 30.6.2015.



Mr. Rakesh K. Mehra

Mr. Mehra joined BPCL in 1981 as Trainee Sales Officer in Pune Division. He has had 18 different postings, in LPG, Retail, I&C, Logistics, Bio-Fuels, Corporate Planning, International Trade, Refinery Operations and lastly Pipelines Operations. He also has the unique distinction of having worked in all the four regions of the Corporation and the Refinery. He has had landmark achievements in almost every assignment, some of which were trendsetters in the oil industry. He was also the leader of the oil industry team which did extensive study on Bio-fuel opportunities in Brazil, the founding member of the International Biofuels Forum which was launched at the United Nations, and a member of the Biofuels committee appointed by the Ministry of Renewable Energy. As head of International Trade, he has been a speaker at several prestigious conferences in Houston, London, Dubai, Doha, Brisbane, Singapore, Kuala Lumpur, Johannesburg, Colombo, Hong Kong among others. He finally retired as ED (Pipelines) on 31.7.2015. Mr. Mehra actively played cricket, hockey and badminton during his school days. In IIT BHU, he pursued diplomas in Yoga and the French language and played squash. He has led the BPCL golf team for the past three years in PSPB tournaments. He is also fond of reading and relishes reading the Economist and the National Geographic. He was also a patron member of the Hemophilic Federation of India where he was successful in garnering free treatment to hemophilic patients, for which he received a special commendation from the Government of Maharashtra. He was also very active in FICCI, Bombay Chamber of Commerce, Indian Merchant Chambers, Gateway House and several other such think tank groups.

Mr. Mehra's wife, Poonam did her Ph.D in Physics from Pune University and has published a large number of scientific papers in national and international journals. She has also done diplomas in counselling and Indology and is a practising Reiki grandmaster. She has published two books - 'The Sounds of Silence' (a compilation of poems), and 'My Inner Silence talks to me' (a compilation of articles on Science and Spirituality). Their daughter, Priyanka has done her B.E in Instrumentation from Pune and her PGDBM in Marketing from Welinkar Institute, Mumbai. Presently she is employed with IOC in Consumer Sales. They are all fond of traveling and visiting places of historical importance.



Mr. S.K. Tandon

Mr. Tandon joined BPCL in May 1981 and had equal tenure in Aviation and Internal Audit Departments. He started Sirsa AFS in 1987 after taking over from the IAF. He covered all regions – South, East, West and almost all major locations in North during his tenure in Internal Audit. Mr. Tandon superannuated as Sr. Manager Audit, North on 31.8.2015. He adds, "I express my deep sense of gratitude and thankfulness to the Organization as well as each staff member for the cooperation, support, goodwill extended to me. I will cherish the long association I had. I may not have everything, but I am blessed enough to have all that I need. I have a very simple attitude to life. I feel one should not look back, but try to make the best of whatever you have today, relish every moment and live life to its full worth. I am glad at the way things are today." His wife is a housewife. Both his daughters have done their MCA; the elder one is married and settled in Manila, while the second one is a software programmer in telecommunication and is in USA for her assignments. His son, who's a B.Tech in ECE, is self employed.



Mr. Mahesh Kumar Jain

Mr. Jain joined BPCL in August 1978 in Employee Relations, Delhi. He then worked in various locations like Kandla Installation, Shakurbasti Installation, Bijwasan Installation, Amousi Depot, DSBs Allahabad & Lucknow, Claim & Freight Section, NR, AMM Office-Lucknow, BP-Preet Vihar, BP-Burari & finally BP-Malwan. He superannuated as an OSTs Manager on 30.6.2015. He says, "Over the past 37 years, I have grown both professionally & personally. The amazing friends & connections that I have made during my journey in BPCL is indeed memorable. The work environment in the company has been great & I cherished every moment of it." His wife is working in Central School, Delhi. Of their three daughters, one is employed as a networking engineer in a multinational company, the second one is doing her L.L.M from Delhi University and the third is in the 12th Std.



Mr. Vishnu D. Sonawane

Mr. Sonawane joined BPCL on 10th January, 1983 at Sewree Installation. One of the oldest installations, it had multiple activities like wagon, pipeline, tank farm and tank lorry operations, chemical blending, Teepol refilling, Methanol mixture etc. which was a great source of learning, especially man management. In 1993, he was posted in Wadilube, when Shell had a JVC (BSL) with BPCL. As he proudly states, "It was very challenging, making over 400 grades of Lubes and supplying them all over the country, but with the joint efforts of the entire team, we turned around the Unit as the pride of BPCL, making International Lubes and getting ISO 9000 conferred, which we celebrated in a grand way with employees and their families. This unique celebration later emerged

as Institutional Day across BPCL locations." In 1998, he was posted at Delhi shouldering the responsibility of Lube Operations as Council Member. He was also part of the SAP pilot at Wadilube, the new DRA drafting for Lubes and many other re-engineering fronts. In 2002, he took over as TM Lubes (Incl.) at WR, and then HQ. In 2006, a stint as RLM Lubes North followed, where he travelled fearlessly in the Kashmir valley to market Lubes viz. HMO for apple trees. In 2009, he returned to Retail WR at Mumbai, responsible for upgrading fuel from Grade II to III to IV, coordinating with MMBPL. Finally, life took a full circle and he returned to Sewree as Chief LPG Equipment Manager, retiring on 30.6.2015. He adds, "I enjoyed freedom of experimentation, failure and success and I'm happy and content while superannuating."



Mr. Viththalbhai K Painter

A Mechanical Engineer from M.S. University of Baroda, Mr. Painter commenced his career with Dodsai Pvt.Ltd. and EIL before joining BPCL on 30.12.1985 in the E&P setup. Here he contributed to the LPG Pipeline from ONGC Uran to BPCL-LPG Plant, Uran. Next in Materials, he handled various procurements, disposals, transportation contracts, store/inventory management, import and inspection, vendor developments and registration. In 2000, he moved to Vigilance, first in the South, followed by Mumbai Refinery, focusing more on Preventive Vigilance, CTE-type Inspection and System Studies. He enjoyed his last posting as Chief Manager (Business Development) looking after solar/wind energy. While handling UP JV Refinery, he attempted to secure land at

Shankergahr, Allahabad and helped to prepare guidelines for future consortiums. In 2013, he was awarded a 'Certified Corporate Directorship' from Institute of Directors. He retired on 31.8.2015. His ex-wife, Daksha was a pillar of strength and inspiration throughout his journey. His daughter - Jeetagni, son-in-law - Kanva Kumar and their daughter, Kiara are settled at Surat. In his second innings, apart from working professionally, he and his wife, Jyotika will also engage in welfare activities for some NGOs. They also want to read good books, watch movies and travel all over India and the world, making good friends along the way.



Mr. Devnath Bhiwaji Rangari

His journey in BPCL started on 12.10.1982 at Legal, CO; thereafter, he was posted at Nagpur Division as Operations Officer. His further assignments were at Badnera Depot, Kandla Installation, Manglia, Borkhedi Depot, Panewadi and Sewree Installations. His achievements include commissioning of three major depots – Bhitoni, Tadali and Borkhedi. At Kandla, 450 T/L were loaded in a single day when he was Tank Lorry Planning I/C and 1000 Conventional tank wagons were loaded when he was Shift/S&D I/C. Also, 100 Rakes were loaded in a month on a single spur siding at Panewadi, when he was the Tank Farm/ S&D I/C. He has conducted, co-ordinated and lectured more than 1000 courses for drivers, cleaners, workers and officers in various locations. He even got the certificate

of the Trainer Training Course from NOCIL. For the first time, he conducted a training course for Cleaners in Manglia; subsequently, it was started at Borkhedi & Panewadi under OISD 154. More than 40 Marine Tankers were boarded in Kandla. During his two years in Sewree, he helped in commissioning of 5/6 tanks. He has worked in POL Operations, Sales Operations & Logistics at various locations, trained over 500 management trainees, conducted various quizzes like Safety week, Hindi Pakhwada, QC Quiz etc. During this journey, his family has extended their full support. Mr. Rangari finally superannuated as Manager (Ops.) Sewree on 31.8.2015.

Marathon Man



The Airtel Hyderabad Marathon was organised by Hyderabad Runners on 23.8.2015 in a grand way, with 3 categories viz. Full Marathon (42 km), Half Marathon (21.1 km) and 10 km. The marathon route was very challenging, with many mountains and flyovers to be climbed enroute, but the 13,000 enthusiastic runners from all over the world took it all in their stride. Capt. Shankar N. Karajagi, our TM (I&C) AP & Telangana, enthusiastically participated, clocked 02:04:04 hrs and stood 40th in the Half Marathon (Veteran) category and 369th out of 2921 finishers

in the overall Half Marathon category. He completed the race at an average speed of 5:53 mins per km. A fitness freak, he runs about 50 km and cycles about 40 km every week. He strongly believes that in this world of high work pressure and stress, the best way to de-stress and be fit is by sparing some quality time for oneself and exercising.

Doctorate Awarded



Ms. Priya Ghatwai, daughter of Mr. K.G. Ghatwai, Chief Manager HSSE (Retail) – North, has been conferred a Doctorate Degree in Material Science on 17.5.2015. She did her B.Tech from NIT, Nagpur and pursued her MS from University of Virginia, USA. She researched Structure-Property Relationships in Ordered Co-Pt Alloys of Near-Eutectoid Compositions. The research focused on investigating and understanding the correlation between microstructure and magnetic properties in these alloys. Her fundamental research would provide important insights for tailoring the magnetic response and new material development of ferromagnets.

Congratulations Priya!

Ideating on Public Policy

Centre for Public Policy, IIM Bangalore conducted its flagship annual event, the Xth Annual International Conference on Public Policy and Management during 3rd-5th August 2015. While Mr. Ajit Seth, former Cabinet Secretary, Government of India delivered the keynote address, Dr. D.C. Patra, our DGM Strategy (LPG) presented a thought provoking paper on 'Demand and Subsidy Management of LPG in India : An Empirical Study on Policy Intervention and Outcome.' This was one of 120 technical papers presented to scholars and practitioners from across the spectrum on the domain of public policy.



An Einstein in the Making !

Pawan, son of Mahesh Goyal, Joint Director (MO), OISD Noida has exhibited the fine scientific temper he possesses. On an all India basis, 35 students were selected in February 2015 for Stage-III of the 12th International Junior Science Olympiad (IJSO). (The IJSO is a competitive exam in which over 45,000 students appeared for the first



level of test from India.) They underwent 18 days of training in an Orientation cum Selection Camp at Homi Bhabha Centre for Science Education, Mumbai and finally 6 students qualified for the final stage of IJSO held at South Korea in December 2015. Pawan bagged a Gold Medal in the event; with five gold medals and one silver, the Indian Team bagged the second position in the competition, after Taiwan, for the 'highest winning medals.' Around 43 countries participated in the event this year. We're proud of you, Pawan !



Burns are divided into three categories, according to their severity.

First-degree burns are the mildest and cause redness and perhaps slight swelling of the skin (like most sunburns).

Second-degree burns cause blistering and considerable swelling.

Third-degree burns may appear white or charred and cause serious injury, not just to the surface but also to the deeper skin layers.

There are many different causes of serious burns, including sunburn, hot-water scalds, and those due to fire, electrical contact, or chemicals. All of these can cause permanent injury and scarring to the skin.

Treatment

Your immediate treatment of a burn should include the following :

- ♦ As quickly as possible, soak the burn in cool water. Don't hesitate to run cool water over the burn long enough to cool the area and relieve the pain immediately after the injury. Do not use ice on a burn. It may delay healing. Also, do not rub a burn; it can increase blistering.
- ♦ Cool any smoldering clothing immediately by soaking with water, then remove any clothing from the burned area unless it is stuck firmly to the skin. In that case, cut away as much clothing as possible.
- ♦ If the injured area is not oozing, cover the burn with a sterile gauze pad or a clean, dry cloth.
- ♦ If the burn is oozing, cover it lightly with sterile gauze if available and immediately seek medical attention. If sterile gauze is not available, cover burns with a clean sheet or towel.
- ♦ Do not put butter, grease, or powder on a burn. All of these so-called home remedies actually can make the injury worse.

For anything more serious than a superficial burn, or if redness and pain continue for more than a few hours, consult a physician. All electrical burns and burns of the hands, mouth, or genitals should receive immediate medical attention. Chemicals that cause burns also may be absorbed through the skin and cause other symptoms. Call the doctor after washing off all the chemicals.

If your physician thinks the burn is not too serious, he may show you how to clean and care for it at home using medicated ointments and dressings. Under the following circumstances, however, hospitalization may be necessary.

- ♦ If the burns are third degree
- ♦ If 10 percent or more of the body is burned

- ♦ If the burn involves the face, hands, feet, or genitals, or involves a moving joint
- ♦ If the child is very young or fussy, and therefore too difficult to treat at home

When treating a burn at home, watch for any increase in redness or swelling or the development of a bad odor or discharge. These can be signs of infection, which will require medical attention.

Prevention

- ♦ Install smoke detectors in hallways outside bedrooms, the kitchen and living room. Test them every month to be sure they work. It is best to use alarms that have long-life batteries, but if these are not available, change batteries at least annually on a specific date that you'll remember (such as January 1 of each year).
- ♦ Practice home fire drills. Make sure every family member and others who care for your children in your home know how to leave any area of the home safely in case of a fire.
- ♦ Have several working fire extinguishers readily available. Place fire extinguishers around the home where the risk of fire is greatest, in the kitchen.
- ♦ Teach your children to crawl to the exits if there's smoke in the room. (They will avoid inhaling the smoke by staying below it.)
- ♦ If you live in a high-rise building, teach your children the locations of all exits and make sure they understand never to use the elevator in a fire. (It can become trapped between floors or open on a floor where the fire is burning.) Agree on a family meeting point outside the house or apartment so you can make certain everyone has gotten out of the burning area.
- ♦ Teach your children to stop, drop, and roll on the ground if their clothing catches fire.
- ♦ Avoid smoking indoors.
- ♦ Do not leave food cooking on the stove unattended.
- ♦ Lock up flammable liquids in the home. It is best to store them outside the home, out of children's reach, and away from heat or ignition sources.
- ♦ Lower the temperature of your water heater to below 120 degrees Fahrenheit (48.9 degrees Celsius) to prevent hot water scalds and burns.
- ♦ Don't plug appliances or other electrical equipment into extension cords if they place too much "amperage" or load on the cord, thus creating a potentially unsafe situation.
- ♦ Keep matches and lighters away from children, locked and out of reach.
- ♦ Avoid all fireworks, even those meant for consumer use.



Study of a Balanced Ecosystem

The term ecosystem describes both the living and non-living components of an area that interact with one another. All the components are inter-dependent in some way with each other. An ecosystem may be aquatic or terrestrial.

In an aquatic ecosystem, rocks are needed for shelter and plants provide oxygen for fish. An ecosystem is balanced when the natural animals and plants and non-living components are in harmony- i.e. there is nothing to disturb the balance. With increasing pollution, change in migratory patterns, and rise of human population, many ecosystems are in danger of losing that harmony.

Advantages

It is difficult to find a perfectly balanced ecosystem but you can make a model at home and observe how the ecosystem functions.

- You can observe how different species interact with each other
- Study the natural cycle of each species
- Understand the relationship between different species- producer, predator, prey

How to create a balanced ecosystem model

Here is a suggestion for making an aquatic ecosystem- an aquarium. You will need:

1. River silt or clean sand for the aquatic plants to grow.
2. An aquarium tank, at least 1 foot wide, 2 feet deep and 2.5 to 3 feet long. The top of the tank should be detachable and foldable so that you can reach into the aquarium to clean the glass sides and also feed the fish.
3. A light attached to the top lid to provide artificial light and for warming during cold winters. You can also place the aquarium at a sunny place.
4. Aquatic plants.
5. Small rocks for the bottom.
6. Fish.

First clean the soil and put it in the bottom of the tank. Arrange the rocks. Then pour a little water into the tank. Pouring the water directly will disturb the soil bed; so

pour it over a plastic plate that floats over the surface of the water.

This way you will not disturb the bed or any other plants or fish when you pour water. When the water is at least 1 inch higher than the bed, put the plants into the soil. As the water level goes up the leaves of the plants will also rise up.

After the tank is full with about 4 inches left on top, stop pouring the water. Let the water settle for some time. Now introduce the fish one by one and close the top.

Observation

Observe whether some fish are destroying the plants or whether some fish are eating other fish. If the population of one species goes down dramatically, try and find the reason why this has happened.

See what will bring back the balance- is it more fish of the same species, places for them to hide and be protected from predator fish, or more oxygen in the water? Observe the relationship the fish have with each other and the plants - are they prey-predator? Learn where they are in the food chain. Note their life cycle and their adaptations and interactions with each other and the environment.



The Power of Love

John Donne famously proclaimed "No man is an island." Truly, love and relationships play an extraordinarily powerful role in determining health and illness. Talking with friends, feeling close to your parents or sharing feelings openly can influence your wellbeing.

When you feel loved, nurtured, cared for, supported and intimately connected, you are much more likely to be happier and healthier. And on the flip side, loneliness hurts not just your soul, but also your health. And these effects - beneficial and negative - can be felt throughout your body - in your heart, your brain, your immune system, your life span. Good relationships help relieve harmful levels of stress, which can adversely affect coronary arteries, gut function, insulin regulation etc.

Heartfelt connections



What helps the heart and blood vessels thrive are social connections, intimacy and love. A highly satisfying marriage with your spouse's love and support and good interactions with family and friends are important balancing factors, which apparently reduce the risk of angina pectoris.

Isolation ward

Loneliness affects almost every aspect of health. It actually stresses the heart as much as high blood pressure or high cholesterol. It is highly subjective — wanting more or different social interactions, feeling isolated or disconnected, not fitting in.

Love and interconnectedness come in many forms - with other people, of course, but also with a pet, or with a spiritual force.

Heady Stuff

A relative lack of social ties is associated with depression and later-life cognitive decline. Talking and interacting with people takes energy and makes you work harder, which stimulates your brain. Conversation engages multiple mental skills, including attention, listening, reasoning, language and memory. And you also have to stay abreast of topics, like the news, weather, sports, or politics.



Networking for immunity

In order to make us sick, bacteria, viruses and other microorganisms must first penetrate through our immune, neuroendocrine and other defense systems. These defenses may be enhanced and buffered by

love and relationships, which are protective. To use the French scientist Louis Pasteur's metaphor, loneliness and isolation help create a fertile soil for microbes to grow.

Strengthening ties

For many of us, holidays mean family gatherings, getting together with friends, and participating in special religious, community, and workplace activities. Such occasions are an opportunity to check in with each other, exchange ideas, and perhaps lend a supportive ear or shoulder. Now is a good time to strengthen your ties throughout the years to come. Here are some ways to start:

- Focus on your most meaningful relationships.
- Choose activities to do together that are most likely to bring joy to you and the people you care about.
- Delegate or discard tasks that eat into your time, or do them together with family or friends.

Make one connection

As lonely people know all too well, making new connections isn't easy. A few can muster their courage and plunge into a more sociable life by joining a club, taking a class, or getting involved in religious activities. If you are determined to pull yourself up by your bootstraps, altruism is a good first step. Take something you know — mathematics or coping with heart disease — and help someone else. Devoting time and energy to relationships pays off at least as fully as taking care of high blood pressure or adopting a more healthful diet.

Forging new bonds

New communities and new relationships are forming. The perception of community - the feelings of familiarity, safety and comfort - may now transcend the neighbourhood and involve a network of people throughout the world. These "virtual communities" come in many different forms but may serve a similar purpose like email, Facebook, Twitter, Internet support groups etc.

Volunteering for health

Doing service work for others and volunteering provides chances for brain-stimulating social interactions, including spirited discussion and working with a variety of people of different backgrounds and ages. For people with chronic health conditions that may limit their physical activity or ability to travel, it's especially important to stay social. Do not stop. Push yourself to do whatever you can. Even in an exercise class, the exercise is only a part of it. You are together with other people.

But most people can gain much from face-to-face social interaction. Especially as we age, it becomes more important, not less. Social engagement through volunteering or some other means can be a hedge against future losses of "social capital," as longtime friends move away or even pass away, increasing the risk of isolation and poorer mental and physical well being. "You can have all the money in the world, but without friends you are going to be greatly impoverished," Lubben says.

Rate your social network

The Lubben Social Network Scale (LSNS) score reflects your level of "social engagement," or the richness of your social network - including close friends and family.

Add the number of points indicated for each answer:

Answer	Score
None	0 points
1	1 point
2	2 points
3-4	3 points
5-8	4 points
9 or more	5 points

FAMILY: The people to whom you are related by birth, marriage, adoption, etc.

- | |
|--|
| 1. How many relatives do you see or hear from at least once a month? |
| 2. How many relatives do you feel enough at ease with that you can talk about private matters? |
| 3. How many relatives do you feel close to such that you could call on them for help? |

FRIENDSHIPS: All of your friends, including those in your neighbourhood.

- | |
|--|
| 1. How many of your friends do you see or hear from at least once a month? |
| 2. How many friends do you feel at ease with that you can talk to about private matters? |
| 3. How many friends do you feel close to such that you could call on them for help? |

If your combined score for all six questions is 12 or lower, you may be socially isolated.

Who do you love?

Exactly how do scientists measure love and support? It is easier to measure the number of social relationships than a person's perceptions of the quality of those relationships. In one study, the researchers measured the number of social relationships by asking about:

- the number of people you meet during an ordinary week
- the number of people with whom you share interests
- the number of friends who at any time could come and visit your home and you wouldn't be embarrassed if it were messy
- the number of friends or family members with who you can talk frankly
- The investigators measured the availability of close, emotional relationships by asking if you have:
 - someone special, whom you can lean on
 - someone who feels very close to you
 - someone to share feelings with
 - someone to confide in
 - someone to hold and comfort you
 - someone at home who really appreciates what you do for him/her.

The researchers found that having a number of social ties and the presence of close, emotional relationships were both important. Of course, having a large number of destructive relationships is not desirable, so the quality of the relationships - how loving and supportive they are - is more important than the number of those relationships.

Another group of scientists defined social support in three categories. Emotional support involves the verbal and nonverbal communication of caring and concern - that you are valued and loved and have the opportunity for intimacy. Emotional support can help provide a sense of purpose, meaning and belonging. Informational support gives you access to information, advice, appraisal and guidance from others. Instrumental support gives you access to material or physical assistance, such as transportation, money or help with chores.

Source : Health & Nutrition (March 2014)

Don't Sit – And Be Fit

Most of us sit for too long each day, sometimes even going up to 15 hours a day, in the office or at home in front of the TV.

Sitting it Out

Throughout most of human history, sitting or lying down has been a way to rest in between long bouts of movement, whether for work, transportation or recreation. For many people today, the equation has been reversed. Cars, home entertainment, computers, email, office work and labour-saving devices have made for a life of sitting that's interrupted by small bouts of movement, and sometimes exercise.

Health Toll

There's a reason why sitting and reclining feels restful. When you sit, muscle activity effectively stops. A key function of your muscles is to soak up blood sugar and blood fats for energy use. When you move around or even just stand, the largest muscles of your body are actively working to keep you upright and moving, and sucking up fats and sugar from your bloodstream.

When you sit for too long, blood sugar and blood fat levels don't return to normal as readily. In addition, sitting impairs endothelial function - the ability of blood vessels to expand and contract. Over time, this may contribute to undesirable cholesterol levels, development of diabetes, storage of excess energy as body fat, damage to blood vessels that lead to cardiovascular disease such as stroke and heart disease, and other unwanted biological changes.

Thirty-four chronic conditions and illnesses have been associated with excess sitting, including cardiovascular ailments, cancer etc.

Exercise Negated

It's recommended that adults get at least 30 minutes of moderately intense exercise - such as brisk walking - on most days. That's great advice, but what about the other 14 to 18 hours you're awake during the day? It turns out that sitting too much can largely negate many of the health benefits of moderate exercise.

All Rise!

Activities to reduce the amount of time you spend sitting - and break up stretches of continuous sitting - don't have to be physically strenuous.

Start a new habit : Find ways to stand up, shuffle around, do light activity and walk around more often throughout the day. Take short walking breaks at least

every hour. This may lessen or even prevent some of the adverse effects that prolonged sitting can have on the cardiovascular system.

Get on your feet during screen time : Take a lap around the house during a commercial or get up for a glass of water. Do a chore while watching television. Stand at your computer. Get up and pace when you're thinking. Watch some shows while on a treadmill at the gym, even if you're only walking very slowly.

Make sitting tasks walking tasks : Walk around when you're on the phone. Read the paper standing at the counter. Stand while doing chores. Meet friends for a walk-and-talk rather than sitting for coffee. Wash your car instead of hiring someone to do the job.



Make things inconvenient : Keep your television remote in a place that you have to get up and walk to reach. Arrange an office so that you have to get up to throw things away, answer the phone or reach a file cabinet. Hang your laundry out on a line to dry. Get a small wastebasket so that you have to take the trash out more often. Park at the back of a parking lot and walk. Get off the bus or train one stop early or one stop late and walk the remainder of the way

Take a post meal stroll : Rather than hitting the lounge chair after a meal, get up and do something active. About 20 to 30 minutes after a meal, blood glucose begins to spike as food is digested. Taking a 10- to 15-minute walk at this time - or simply being on your feet doing something - puts your muscles into glucose absorption mode, thus flattening the blood glucose spike.

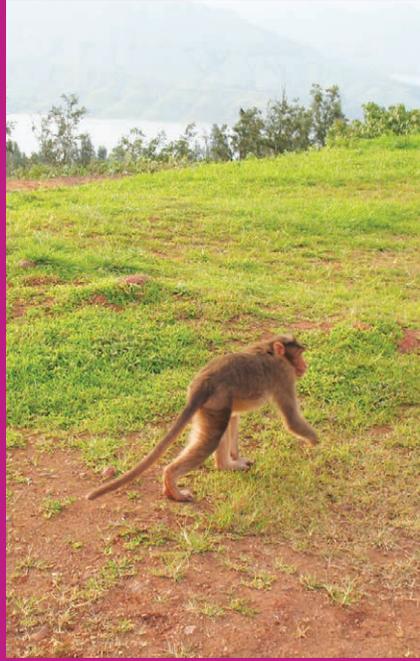
रचनात्मक शीर्षक प्रतियोगिता

क्या यह तस्वीर आपके मन में कोई ऐसा भाव जगाती है जो आपको कुछ लिखने के लिए प्रेरित करता है?

तो चलिए अपना कलम उठाईये और एक या दो पंक्तियों में कोई आकर्षक शीर्षक लिखकर karmarkarmc@bharatpetroleum.in or chavansk@bharatpetroleum.in को भेज दीजिए।

यह शीर्षक अंग्रेजी या हिन्दी में भेजा जा सकता है। शानदार इनाम आपका इंतजार कर रहे हैं !

**भेजने की अंतिम तारीख है
29 फरवरी, 2016**



Creative Caption Contest

Does this photograph evoke deep emotions in you or inspire you to pen a couplet ?

Don your thinking cap and e-mail a catchy caption in one or two lines only to :

karmarkarmc@bharatpetroleum.in
or chavansk@bharatpetroleum.in

The caption could be in English or Hindi. Great prizes are in store for you !

**The last date is
29th February, 2016**

आपकी राय

हम विभिन्न विषयों पर आपके विचार जानने के लिए हमारा नियमित स्तम्भ फिर एक बार आपके सामने प्रस्तुत कर रहे हैं :

विषय : इंटरनेट के फायदे कम नुकसान ज्यादा है

कृपया इस अंक के लिए अपने संक्षिप्त लेख भेजिए और ध्यान रखें कि वे विचारशील हों और 300 शब्दों से अधिक न हों।

karmarkarmc@bharatpetroleum.in या chavansk@bharatpetroleum.in को ई मेल करें।

अंग्रेजी और हिन्दी में सर्वोत्तम लेखों को पुरस्कृत किया जाएगा। तो क्या सोच रहे हैं ? लिखना शुरू कीजिए !

**भेजने की अंतिम तारीख है
29 फरवरी, 2016**

A Point of View

We once again bring you our regular feature to elicit your views on various topics.

Topic : The Internet Brings More Harm Than Good

Please send in your brief essays on this issue, ensuring that they are thought provoking and do not exceed 300 words.

E-mail to

karmarkarmc@bharatpetroleum.in or
chavansk@bharatpetroleum.in.

Prizes will be awarded for the best essays in English and Hindi. What are you waiting for ? Start writing !

**The last date is
29th February, 2016**

अध्यक्ष कार्यालय में स्वतंत्रता दिवस



श्री एस.वरदराजन, अध्यक्ष एवं प्रबंध निदेशक महोदय ने ध्वजारोहण किया और उपस्थित कर्मचारियों को संबोधित किया। वर्ष 2014-15 के शैक्षणिक वर्ष के दौरान जिन कर्मचारियों के बच्चों ने कक्षा 1 से 12 वीं तक बेहतरीन सफलता प्राप्त की, उन्हें पुरस्कार दिये गए। हिन्दी कक्ष द्वारा डॉ.ए पी जे अब्दुल कलाम को श्रद्धांजलि के रूप में एक लघु फिल्म "कलाम तुझे सलाम" प्रस्तुत की गयी। एचआरएस (पश्चिम) की महिला कर्मचारियों द्वारा प्रार्थना गीत और राष्ट्र गीत प्रस्तुत किए गए।

संसदीय राजभाषा समिति द्वारा लखनऊ एलपीजी संयंत्र का निरीक्षण

संसदीय राजभाषा समिति की पहली उपसमिति के माननीय सदस्यों, श्री सत्यव्रत चतुर्वेदी (संसद सदस्य (राज्यसभा), संयोजक श्री श्रीरंग अप्पा वारणे (संसद सदस्य(लोकसभा), श्री अजय मिश्रा टेनी (संसद सदस्य (लोकसभा), श्रीमती संतोष अहलावत (संसद सदस्य(लोकसभा) एवं एस.के. श्रीवास्तव (सचिव,राजभाषा विभाग) ने लखनऊ एलपीजी संयंत्र का निरीक्षण किया।

पेट्रोलियम एवं प्राकृतिक गैस मंत्रालय की तरफ से श्रीमती अर्चना माथुर (अतिरिक्त सचिव) एवं श्री डी एस रावत (निदेशक) शामिल थे। भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड की तरफ से उत्तर क्षेत्र के राजभाषा अध्यक्ष श्री टी पीठाम्बरन,श्री डी एन माथुर,महाप्रबंधक एलपीजी उत्तर क्षेत्र,श्री रमेश नायर, महाप्रबंधक (एचआरएस) (पश्चिम) श्रीमती सुषमा जाधव, वरिष्ठ प्रबंधक (हिन्दी) निगमित सीओ एवं श्री उपेन्द्र मिश्रा प्रबंधक हिन्दी, उत्तर शामिल थे। श्री संजय शर्मा (प्रादेशिक प्रबंधक) एलपीजी, लखनऊ ने समिति को एलपीजी संयंत्र में हिन्दी के कार्य के बारे में अवगत कराया कि 92% हिन्दी में कार्य किये जा रहे हैं। इसकी संसदीय राजभाषा समिति ने बहुत सराहना की। निरीक्षण में आयी समिति ने भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड की प्रदर्शनी की खूब तारीफ की और सम्मेलन कक्ष बैठक में लखनऊ के कार्य को भी बहुत सराहा एवं हिन्दी में १०० प्रतिशत कार्य करने को कहा।

ओनम संध्या के उपलक्ष्य में कोच्चि रिफाइनरी के एकत्र हुए 16000 लोग

ओणम संध्या के साथ बीपीसीएल कोच्चि रिफाइनरी ने एकीकृत रिफाइनरी विस्तार परियोजना स्थल पर आईआरईपी परियोजना कार्यान्वयन टीम - बीपीसीएल एवं इंजीनियर इंडिया लिमिटेड ने 15000 ठेका मजदूरों, पर्यवेक्षकों एवं यूनियन नेताओं के साथ मिलकर दस लाख दुर्घटना रहित मानव पूर्ण करने के उपलक्ष्य में, जो कि एक महत्वपूर्ण उपलब्धि है, को जश्न के साथ धूमधाम से मनाया गया। इस अवसर पर 3000 लोगों को एक साथ केले के पत्ते पर पारंपारिक व्यंजन परोसे गये। इस अवसर पर शाम को एक मनोरंजक स्टेज शो का आयोजन किया गया। तत्पश्चात रात्रि भोज का भी आयोजन किया गया। आईआरईपी कार्यान्वयन के अंतिम चरण में है। इस अवसर पर बीपीसीएल द्वारा श्रम समुदाय द्वारा किये गये योगदान के लिए उन्हें प्रोत्साहित करने के लिए कई पुरस्कारों से नवाजा गया।



पाकनी डिपो, सोलापुर में गृह मंत्रालय द्वारा राजभाषा निरीक्षण

सोलापुर प्रादेशिक कार्यालय, पाकनी डिपो में श्री विनोद कुमार शर्मा, उप निदेशक (कार्यान्वयन) राजभाषा विभाग, गृह मंत्रालय द्वारा राजभाषा निरीक्षण किया गया। श्री अमित सक्सेना, प्रादेशिक प्रबंधक, रिटेल, सोलापुर तथा श्री विजय कुमार कांबले, प्रबंधक (परिचालन) प्रभारी, पाकनी डिपो द्वारा श्री विनोद कुमार शर्मा जी का पुष्पगुच्छ देकर स्वागत किया गया। हिन्दी समन्वयक तथा सहायक प्रबंधक (एचएसएसई) श्री रोहित घोलप ने श्री विनोद शर्मा जी तथा पश्चिम क्षेत्र, मुंबई से आए उप प्रबंधक (हिन्दी) श्री विद्याधर जोग का स्वागत किया। श्री अमित सक्सेना, प्रादेशिक प्रबंधक ने प्रादेशिक कार्यालय में हो रही हिन्दी की गतिविधियों के बारे में हिन्दी के कार्य को आगे ले जाने की दिशा में अपनी आंतरिक इच्छा प्रकट की। श्री विजय कुमार कांबले द्वारा पाकनी डिपो के कर्मचारियों को हिन्दी में कार्य करने के लिए प्रेरित किया गया। श्री विनोद कुमार शर्मा जी द्वारा सभी उपस्थित अधिकारियों एवं कर्मचारियों को हिन्दी के प्रति और अधिक तेजी से कार्य करने की दिशा में मार्गदर्शन दिया। टिप्पणियाँ और हिन्दी पत्र के मानक मसौदे कम्प्यूटर पर डाल



कर रखने के लिए कहा और सभी टैंक लॉरियों पर भारत पेट्रोलियम का लोगो तथा नाम हिन्दी में दोनों तरफ द्विभाषी रूप में प्रदर्शित करने का सुझाव दिया। श्री विनोद कुमार शर्मा जी ने समूचे पश्चिम क्षेत्र में हो रही हिन्दी प्रगति पर भी संतोषजनक टिप्पणी की। श्री अजय रूगे, प्रादेशिक समन्वयक, सोलापुर ने श्री विनोद कुमार शर्माजी के प्रति आभार व्यक्त करते हुए सोलापुर कार्यालय की ओर उनके दिए गए सुझाओं के अनुसार हिन्दी को आगे ले जाने की दिशा में आश्वस्त किया।

हिन्दी कार्यान्वयन के क्षेत्र में पानीपत संस्थापन के बढ़ते कदम

राजभाषा हिन्दी कार्यान्वयन की दिशा में उत्कृष्ट कार्य हेतु भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड, पानीपत संस्थापन को नगर राजभाषा कार्यान्वयन समिति, पानीपत की ओर से 'क' श्रेणी में तृतीय पुरस्कार से सम्मानित किया गया तथा 'रिफाइनरी राजभाषा शील्ड एवं प्रशस्ति पत्र' प्रदान किया गया।



अनुबंधीय कर्मचारियों के लिए प्राथमिक चिकित्सा पर प्रशिक्षण

टोंडियारपेट इंस्टालेशन एवं लूब प्लांट ने सेंट जान एम्बुलेंस, चैने के साथ मिलकर अनुबंध कर्मचारी, जिनमें इलेक्ट्रिशियन, गेजिंग सहायक, हाउस किपिंग स्टाफ एवं लूब परिचालन शामिल हैं, के लिए एक प्राथमिक चिकित्सा प्रशिक्षण का आयोजन किया।



टोंडियारपेट इंस्टालेशन की कार्यविधियों जो कि यांत्रिक, रासायनिक, विद्युतीय, प्राकृतिक (सांप, कुत्ते का काटना) जैसी बहुत सारी जोखिमों से भरी हैं, अतः इन जोखिमों से जीवन को बचाने के लिए प्राथमिक उपचार आवश्यक हो जाता है। प्रतिभागियों को जलने, दाग, सदमा, आघात, फिट, फ्रैक्चर, विषाक्तता, सांप और कुत्ते के काटने आदि विषय पर प्राथमिक चिकित्सा उपचार का प्रशिक्षण दिया गया। प्रतिभागियों को एक घायल व्यक्ति को ड्रेसिंग और पट्टियों सहित स्ट्रेचर का उपयोग करते हुए कैसे लेकर जाएं, का प्रशिक्षण दिया गया। सीपीआर (कार्डियोपल्मनरी पुनःजीवन) गतिविधियों के बारे में एक पुतले का प्रयोग करते हुए बहुत अच्छे ढंग से उदाहरण देते हुए समझाया गया।

एलपीजी मैकेनिकों के लिए अनोखा प्रशिक्षण कार्यक्रम

भारत गैस का सर्वविदित घोष वाक्य है पकाएं खाना, परोसे प्यार और प्यार बरकरार रखने का सबसे उचित तरीका है यह सुनिश्चित करना कि हमारे बहुमूल्य ग्राहकों के पास सम्पूर्णतः सुरक्षित सिलिंडर पहुंचे। अतः इस उद्देश्य से पूर्वी क्षेत्र एलपीजी ने आईटीआई के सहयोग से हमारे एलपीजी मैकेनिकों को प्रशिक्षित करने का बीड़ा उठाया। मैकेनिकों को पहली बार व्यावसायिक और पद्धतिबद्ध तरीके से कौशल विकास का प्रशिक्षण दिया जाना था और उन्हें सरकारी आईटीआई द्वारा प्रमाणपत्र भी दिए जाने थे। इससे उनका मनोबल बढ़ेगा और बाजार में हमारी स्थिति मजबूत होगी। ऐसा पहला कार्यक्रम आईटीआई टॉलीगंज, कोलकाता में आयोजित किया गया, जिसमें कोलकाता

एलपीजी टेरिटरी के विभिन्न वितरकों के 34 मैकेनिकों ने हिस्सा लिया। इस कार्यक्रम की यह विशेषता थी कि यह 6 दिनों का आवासीय कार्यक्रम चलाया गया और इसमें मैकेनिक कार्य के प्रत्येक पहलू को शामिल किया गया था चाहे एलपीजी उत्पाद ज्ञान हो या घरेलू स्थापना हो या सख्त ग्राहकों से निपटना हो। मानव संसाधन सेवाएं, पूर्व ने भी सहयोग दिया और आचरण प्रशिक्षण संबंधी जानकारी उपलब्ध कराई। रोल प्ले उत्साहपूर्वक चलाए गए। मैकेनिकों को फ्लम्बिंग, ब्रेजिंग, वेल्डिंग इत्यादि के विभिन्न पहलुओं का प्रशिक्षण दिया गया। उन्हें वाणिज्यिक संस्थापना के अनिवार्य निरीक्षण करने हेतु भी प्रशिक्षित किया गया।



पीसीवीओ प्रशिक्षण

मोटर वाहन, अधिनियम नियम 09 के अनुसार अर्थात सड़क द्वारा जोखिमपूर्ण सामानों का सुरक्षित परिवहन और सड़क सुरक्षा एवं बचावात्मक ड्राइविंग पर राजकोट एलपीजी टेरिटरी द्वारा पैक्ड लॉरी ड्राइवरों हेतु तीन दिवसीय पीसीवीओ प्रशिक्षण चलाया गया। प्रादेशिक समन्वयक ने कहा कि ड्राइवर शिक्षा क्लासरूम में दी जाती है जहां ड्राइवरों को सड़क के नियम और उनकी तथा अन्य लोगों की सुरक्षा का महत्व सिखाया जाता है। जबकि ड्राइवर प्रशिक्षण व्यावहारिक गतिविधि है, जहां ड्राइवरों को सिखाई गई बातें क्रियान्वित करने का प्रशिक्षण दिया जाता है। विशेषतः नये और युवा ड्राइवरों को गति नियंत्रित करने की हिदायत दी गई क्योंकि दुर्घटनाओं की संख्या में काफी वृद्धि हुई है। प्रादेशिक प्रबंधक ने दोहराया कि रात के वक्त ड्राइविंग न की जाए। प्रशिक्षण के अंत में लिखित परीक्षा ली गई।



सकारात्मक चिंतन

कर्मचारी संतुष्टि संवर्द्धन कक्ष, पूर्वी क्षेत्र ने ब्रह्मकुमारी केन्द्र के सहयोग पूर्वी क्षेत्रीय कार्यालय में सकारात्मक चिंतन पर एक कार्यक्रम आयोजित किया। सकारात्मक चिंतन एक ऐसी मानसिक व भावनात्मक वृत्ति है जो जीवन के उज्ज्वल पक्ष पर ध्यान केन्द्रित करती है और सकारात्मक नतीजे चाहती है। सकारात्मक व्यक्ति आनंद, स्वास्थ्य, सफलता की आशा रखता है और विश्वास करता है कि वह कोई भी बाधा और मुश्किल पार कर सकता है। सकारात्मक वृत्ति होने पर हम आनंददायी और प्रसन्न महसूस करते हैं। इससे हमारे स्वास्थ्य पर भी अनुकूल असर पड़ता है। हमारी आवाज़ दमदार हो जाती है और हमारे अंदाज से हमारी खुशी व्यक्त होती है। कार्यक्रम के दौरान, दस मिनट का राजयोग ध्यान भी सिखाया गया।



इमर्जेंसी किट प्रशिक्षण



बीपीसीएल, पटना-टीओपी में इमर्जेंसी किट सामान इस्तेमाल विषय पर एक प्रशिक्षण कार्यक्रम आयोजित किया गया जिसमें निम्न विषय शामिल थे:

- ◆ फायर प्रॉक्जिमिटी सूट, सेल्फ-कंटेन्ड ब्रिथिंग, एपेरेटस और एस्केप सेट पहनना एवं इस्तेमाल करना।
- ◆ तेल शोषक तकिए, कणिकाएं, तेल शोषक बूम, और बैंक स्प्रे जैसे पेट्रोलियम साफ करनेवाली सामग्रियाँ इस्तेमाल करना
- ◆ फोल्डेबल स्ट्रेचर और संबद्ध बचाव कार्य की बारीकियां।
- ◆ विद्युत दस्ताने, निम्न तापमान के दस्ताने, सेफ्टी गॉगल्स और मैन्यूअल पुनरुज्जीवन इस्तेमाल करना।

पाठ्यक्रम में सिखाए गए विषयों के बारे में सहभागियों से प्रश्न पूछे गए और दिए गए उत्तरों के लिए उन्हें सेफ्टी गॉगल्स, इयर प्लग और अन्य सुरक्षा उपकरण पुरस्कार स्वरूप दिए गए।

संयंत्र परिचालनों में एचएसएसई प्रशिक्षण

संयंत्र में कार्यरत कर्मचारियों को उचित प्रशिक्षण देकर कार्यस्थल दुर्घटनाएं एवं सुरक्षा दुर्घटनाएं रोकी जा सकती हैं। दुर्घटना पश्चात जांचों से ज्ञात होता है कि यदि कर्मचारी कार्यस्थल जोखिमों और अनुप्रयोज्य महत्वपूर्ण सुरक्षा दिशा-निर्देश से पूर्णतः अवगत होते तो इनमें से कई दुर्घटनाएं रोकी जा सकती थीं। एलओबीपी तॉडियारपेट ने 2011-12, 2013-14 और 2014-15 में उत्कृष्ट एचएसएसई पद्धतियां संयंत्र पुरस्कार प्राप्त करके सुरक्षा का उच्च मानदण्ड स्थापित किए हैं। सुरक्षित परिचालन का उच्च स्तर बनाए रखने के लिए लूब ऑयल ब्लेंडिंग प्लान्ट, तॉडियारपेट में सभी अधिकारियों, क्लेरिकल स्टाफ और कर्मचारियों के लिए एक प्रशिक्षण सत्र चलाया गया जिसमें कार्यस्थल सुरक्षा, सुरक्षित परिचालन पद्धतियां और व्यावसायिक स्वास्थ्य जोखिम जैसे विषय शामिल किए गए।



पीसीआरए द्वारा पीसीवीओ प्रशिक्षण



इरिम्पनम संस्थापन में पीसीआरए द्वारा टैंकलॉरी चालक दल के लिए एक प्रशिक्षण कार्यक्रम का आयोजन किया जिसमें 64 से अधिक टैंक लॉरी चालक दल ने भाग लिया। अतिरिक्त निदेशक पीसीआरए कोच्चि यूनिट ने सत्र को सम्भाला। संकाय ने गियर चयन के बारे में, रूको एवं जाओ की स्थिति में धीमी गति से जाएं, सुरक्षित अलग-अलग ड्राइविंग तरीकों में कार्बन उत्सर्जन, वाहनों का रखरखाव आदि के बारे में महत्वपूर्ण आवश्यक जानकारी प्रदान की। सुरक्षित एवं असुरक्षित ड्राइविंग पर वीडियो भी दिखाये गए। धन्यवाद प्रस्ताव के साथ सत्र समाप्त हुआ।

गुटी डिपो के पीसीआरए फैकल्टी द्वारा पीसीवीओ और डीलर के स्वामित्ववाले टैंक लॉरी कू हेतु प्रशिक्षण कार्यक्रम आयोजित किया गया था। फैकल्टी ने सहभागियों को सूचित किया कि वाहन की ईंधन खपत कई कारकों पर निर्भर करती है जैसे कि वाहन की डिज़ाइन, सड़क की स्थिति, ट्रैफिक पैटर्न, ड्राइविंग आदतें और रखरखाव पद्धतियां। इसके अलावा, ईंधन बचाने और ब्रेकडाऊन घटाने का सबसे सस्ता और तेज तरीका है अच्छी ड्राइविंग पद्धतियां अपनाकर सड़क सुरक्षा बढ़ाना तथा वाहन उत्सर्जन घटाना। पीसीआरए के ईंधन संरक्षण युक्तियों पर अठारह ड्राइवरों की ऑन-दि-व्हील परीक्षा ली गई। प्रत्येक ड्राइवर का सम्पूर्ण सुधार आंका गया और ड्राइविंग परीक्षा देनेवाले सभी ड्राइवरों को पीसीआरए प्रमाणपत्र प्रदान किए गए।



हिन्दी कार्यशाला तथा यूनिकोड प्रशिक्षण कार्यक्रम



सोलापुर प्रादेशिक कार्यालय पाकनी डिपो में उप निदेशक (कार्यान्वयन) राजभाषा विभाग, गृह मंत्रालय द्वारा राजभाषा निरीक्षण के पश्चात मिली संतोषजनक टिप्पणी से प्रेरित होकर प्रादेशिक प्रबंधक श्री अमित सक्सेना जी ने पश्चिम क्षेत्र से आए श्री विद्याधर जोग, उप प्रबंधक (हिन्दी) से आग्रह किया कि हिन्दी कार्यशाला का आयोजन करें। तदनुसार दोपहर 3 से 5 बजे के बीच 2 घंटे की कार्यशाला चलाई गई जिसमें सभी कर्मचारियों ने बढ़चढ़कर हिस्सा लिया। इस प्रशिक्षण कार्यक्रम में सबसे पहले श्री जोग द्वारा पश्चिम क्षेत्र में हो रही हिन्दी प्रगति के बारे में बताकर हिन्दी के कार्य को आगे बढ़ाने की दिशा में सभी उपस्थितों को प्रेरित किया गया। तदपश्चात सभी कर्मचारियों को हिन्दी सॉफ्टवेयर इंडिक का इन्स्टालेशन तथा इसके प्रयोग के संबंध में जानकारी देते हुए सभी को हिन्दी में यूनिकोड के माध्यम से टंकण करने का प्रशिक्षण दिया। हिन्दी के मानक मसौदे, टिप्पणियां, राजभाषा नियम, धारा 3 (3) के कागजात, जाँच बिंदु तथा हिन्दी प्रोत्साहन योजना के संबंध में जानकारी दी। कुल मिलकर 35 कर्मचारी एवं अधिकारियों ने इस कार्यशाला का लाभ उठाया। श्री रोहित घोलक, हिन्दी समन्वयक तथा सहायक प्रबंधक (एचएसएसई) ने धन्यवाद ज्ञापन देते हुए हिन्दी के कार्य को तेजी से बढ़ाकर हिन्दी के कार्यान्वयन में पश्चिम क्षेत्र में सबसे आगे रहने की सभी कर्मचारी एवं अधिकारियों को शपथ दिलाई और कार्यक्रम समाप्ति की घोषणा की।

एनडीआरएफ के साथ डीसीएमपी ड्रिल



मालदा डिपो ने वित्तीय वर्ष 2015-16 का प्रथम डीसीएमपी ड्रिल आयोजित किया। ऐसा आपात परिदृश्य था कि दो टैंक लॉरियों की लदाई जारी थी और अचानक कम तीव्रता का भूकंप आया। जनरल ऑपरेटर्स ने गेन्ट्री के एमएस पाइपलाइन में क्षति देखी और उत्पाद पाइपलाइनों से रिसकर सतह पर गिर रहा था। तुरंत बचाव दल को उत्पाद क्षति से बचाने के निर्देश दिए गए। डर के मारे एक टैंकलॉरी ड्राइवर ने गेन्ट्री से बाहर निकलने की कोशिश में अपनी टैंकलॉरी शुरू कर दी, जिससे प्रज्वलन हुआ और टीएलएफ क्षेत्र में छलके हुए एमएस में आग लगी। एनडीआरएफ कर्मियों ने स्थिति संभाली। एक और पाइपलाइन से रिसाव हो रहा था जिसे लोगों ने अरेस्टिंग किट से रोका इस ड्रिल में एनडीआरएफ दल के 35 सदस्य, जिला अधिकारी एवं म्युच्युअल एवं कामगार उपस्थित थे। शिविर में एनडीआरएफ दल ने उनके बचाव अभियान में प्रयुक्त होनेवाले विभिन्न उपकरण दिखाए। ड्रिल में दो खोजी कुत्ते भी शामिल थे, जो मलबे में फंसे लोगों को पहचानने में सहायता करते हैं।

लॉरी चालक प्रशिक्षण कार्यक्रम

हरियाला एलपीजी प्लांट में लॉरी चालकों के लिए एक दिवसीय रिफ्रेशर प्रशिक्षण कार्यक्रम का आयोजन किया गया, जिसमें मोटर वाहन अधिनियम और सड़क सुरक्षा के बारे में चालकों को सुरक्षित ड्राइविंग का प्रशिक्षण प्रदान किया गया। खास करके रात के समय 11 से 5 बजे तक गाड़ी नहीं चलाने, औसत से ज्यादा तेज रफ्तार से गाड़ी न चलाने और ड्राइवर के साथ क्लीनर की आवश्यकता पर खास बल दिया गया। अंत में कार्यक्रम के बारे में सभी ड्राइवरों के विचार सुने गए और लेखा परीक्षण किया गया।



प्रोत्साहन योजना - सुरक्षा चैम्पियन

पियाला संस्थापन में एक अनोखी तिमाही सुरक्षा प्रोत्साहन योजना शुरू की गई। सेफ्टी चैम्पियन्स जिनमें सभी कार्मिक भाग ले सकते हैं जैसे कि पीसीवीओ, सुरक्षा गार्ड, ठेका कर्मचारी, कम्पनी स्टाफ एवं अधिकारी। चयन मापदण्डों के आधार पर संबंधित क्षेत्र अधिकारियों द्वारा प्रत्येक तिमाही के सेफ्टी चैम्पियन, नामांकित व चुने जाते हैं। यह योजना वर्ष 2013 से प्रभावी है और हरेक श्रेणी के विजेताओं को सम्मानित किया जाता है और उन्हें उस तिमाही का सेफ्टी चैम्पियन घोषित किया जाता है। संपूर्ण तिमाही की उनकी उपलब्धि का चित्रांकन, संस्थापन के मुख्य प्रवेशद्वार पर प्रदर्शित किया जाता है जिससे वे अधिक कार्य करने के लिए प्रेरित हों और अन्य स्टाफ भी प्रोत्साहित हों। इस कार्यक्रम में सुरक्षा शिक्षा देने के लिए विषय आधारित विशिष्ट सुरक्षा जागरूकता प्रशिक्षक सत्र भी चलाए जाते हैं। स्वास्थ्य, सुरक्षा, संरक्षा और पर्यावरण पर कई विषय शामिल किए गए हैं।



आपात स्थिति से निपटने के लिए मॉक ड्रिल



धनबाद डिपो में कोलकाता के नैशनल डिजास्टर रिस्पांस फोर्स तथा भारत पेट्रोलियम, धनबाद डिपो के कर्मियों के साथ मिलकर आपात स्थिति में आगे से निपटने के लिए मॉक ड्रिल का आयोजन किया गया। एनडीआरएफ की कोलकाता से आई 42 सदस्यीय टीम ने भारत पेट्रोलियम के कर्मियों को इस प्रकार की घटनाओं से त्वरित बचाव प्रबंध करने का प्रशिक्षण दिया। एनडीआरएफ की टीम का नेतृत्व श्री एस एस यादव कर रहे थे, जबकि भारत पेट्रोलियम की ओर से डिपो प्रबंधक श्री जे टोप्पो उपस्थित थे। तेल लोडिंग करते वक्त टैंकर के समीप भूकंप का काल्पनिक दृश्य तैयार किया गया, इस तरह वहां धरती हिलने की स्थिति में बिखरे तेल में आग लग गई। फिर शुरू हुआ बचाव प्रबंध का कार्य। मौके पर डटे एनडीआरएफ जवानों ने डिपो कर्मियों के साथ मिलकर आग पर फोम की बौछार कर उस पर थोड़ी देर में सफलतापूर्वक काबू पा लिया।

डीसीएमपी मॉक ड्रिल



मिरज डिपो में वित्त वर्ष 2015-16 का प्रथम डीसीएमपी ड्रिल का आयोजन किया। आपातकालीन परिदृश्य ऐसा था कि पेट्रोल के प्रेषण के समय आउटलेट में रिसाव आने से इसके रखरखाव कार्य के दौरान एक चिंगारी उत्पन्न होने से आग लग गई एवं कामगार ने वीएचएफ पर तुरन्त आग-आग चिल्लाना शुरू कर सबको सचेत कर दिया तथा सायरन भी सक्रिय कर दिया। सभी टीमों ने आग संगठनात्मक चार्ट के अनुसार अपने कर्तव्यों को निभाया। यह मॉक ड्रिल की घटना जिला प्रशासन अधिकारी श्री रफीक नादफ, एसएमकेएमसी फायर ब्रिगेड एवं सरकारी अस्पतालों के प्रतिनिधि आदि की उपस्थिति में हुआ।

बम आशंका निवारण अभ्यास

स्थानीय प्रशासन तथा केन्द्रिय अन्वेषण विभाग के सौजन्य से हिस्सार डिपो में बम आशंका निवारण अभ्यास का आयोजन किया गया। स्थानीय सीआईडी विभाग ने डिपो के सुरक्षा कर्मियों, कर्मचारियों तथा अधिकारियों को बम की सूचना मिलने पर क्या कार्यवाहियाँ करनी हैं तथा किस प्रकार बचाव करना है, से अवगत कराया। सीआईडी ने विभिन्न प्रकार के विस्फोटक बम कैसे पहचाने जाएं, साथ ही बम मिलने पर सैंड बेग के प्रयोग से उसका नुकसान किस प्रकार कम किया जा सकता है, इसका व्यावहारिक प्रदर्शन किया, विभिन्न उपकरण जैसे बम निरोधक सूट तथा बम विसर्जन उपकरण इत्यादि का प्रदर्शन किया। लोगों ने सीआईडी की इन बम निरोधक क्षमताओं की प्रशंसा की।



डीसीएमपी फायर ड्रिल

गुटी डिपो के लिए एक यादगार दिन रहेगा जब श्री संतोष कुमार, रिटेल प्रमुख दक्षिण एवं नेल्लोर टेरिटरी के क्षेत्रीय प्रबंधक श्री रविकुमार नाटा ने गुटी डिपो का दौरा किया। डिपो प्रबंधक श्री हरिहरा वर्मा ने उनका प्रथागत स्वागत किया। रिटेल प्रमुख दक्षिण ने टैंक लॉरी चालक दल एवं अनुबंध कामगारों के साथ बातचीत की। तत्पश्चात् हरित क्रांति के तहत डिपो में श्री संतोष कुमार जी ने एक पौधा लगाया, साथ ही, उन्होंने डिपो कर्मचारियों, ठेका मजदूरों एवं टैंक लॉरी चालक दल के लाभ हेतु, डिपो में व्यावसायिक स्वास्थ्य केन्द्र का उद्घाटन किया। गुटी डिपो ने वित्तीय वर्ष 2015-16 के अपने पहले डीसीएमपी ड्रिल का आयोजन जिला प्रशासन एवं पारस्परिक सहायता सदस्यों की उपस्थिति में किया। ड्रिल के पश्चात, उप मुख्य निरीक्षक, फेक्टरियों की अध्यक्षता में पड़ोसी उद्योगों के साथ एक बैठक का आयोजन किया गया। फायर ड्रिल, श्री एन हरिहर वर्मा फायर चीफ के नेतृत्व में हुआ।



पेट्रोलियम उत्पाद हैडलिंग प्रशिक्षण



74 वां एजेएफएनआर (AJFNR) "पेट्रोलियम उत्पाद/पदार्थ हैडलिंग गहन प्रशिक्षण कार्यक्रम" शिवड़ी संस्थापन में सम्पन्न हुआ, जिसमें भारत भर से 32 सेना अधिकारियों ने हिस्सा लिया। इस कार्यक्रम का उद्घाटन मुख्य संस्थापन प्रबंधक श्रीधर सिदगम और भारतीय सेना के कमांडिंग ऑफिसर विंग कमांडर लेफ्ट. कर्नल श्रीमान राजनीत तुकनेत ने किया। प्रशिक्षण सत्र में भारत पेट्रोलियम की अलग-अलग इकाइयों जैसे रिटेल, एलपीजी, ईएंडपी और लुब के संकायों ने प्रशिक्षणार्थियों को यथोपरि प्रशिक्षण दिया। इस प्रशिक्षण के दौरान उन्हें अलग अलग क्षेत्रों में ले जाया गया जैसे कि टैंक फार्म, गेन्द्री, गुणवत्ता प्रयोगशाला, लुब संयंत्र, रिफाइनरी स्टेशन, उरण एलपीजी संयंत्र, समुद्री बंकरिंग सुविधा इत्यादि।

प्रशिक्षण एवं मॉक ड्रिल



पानीपत इन्स्टलेशन ने बम की धमकी एवं आपात स्थिति से निपटने के एक प्रशिक्षण सत्र का आयोजन किया। बम निरोधक टीम, सीआईडी, करनाल, हरियाणा द्वारा आयोजित इस प्रशिक्षण कार्यक्रम में कंपनी के कर्मचारी अनुबंध कामगार एवं इन्स्टलेशन सुरक्षा स्टाफ ने भाग लिया। वरिष्ठ प्रबंधन प्रभारी श्री सी पी सिंह ने प्रशिक्षण कार्यक्रम का उद्घाटन किया तथा इसकी जरूरत एवं महत्व के बारे में बताया। सहायक निदेशक (बम निरोधक टीम, सीआईडी करनाल) ने बम की धमकी एवं आपात स्थिति में कैसे निपटा जाएं, का व्यावहारिक प्रदर्शन किया। उन्होंने संदिग्ध वस्तुओं में बम के पता लगाने के तरीकों जैसे कुत्ते, एक्सरे एवं मीटर डिटेक्टर मशीनों का भी प्रदर्शन किया।

मनोविकास-समुदाय स्वास्थ्य कार्यक्रम

इन्स्टिट्यूट फॉर सायकोलॉजिकल हेल्थ (आईपीएच), मुंबई के सहयोग से कर्मचारी संतुष्टि संवर्द्धन (ईएसई) मुंबई रिफाइनरी ने शॉप कॉम्प्लेक्स के कर्मचारियों के लिए मनोविकास नामक समुदाय स्वास्थ्य कार्यक्रम का दूसरा सत्र आयोजित किया। मनोविकास, “जागरूकता से बोध तक का सफर” है। इसमें शारीरिक, सामाजिक एवं मानसिक स्वास्थ्य का संबंध, कैसे सकारात्मक एवं नकारात्मक विचार हमारे शरीर को प्रभावित करते हैं और मानसिक संतुलन, संतुष्टि, मनन एवं परहेज से सकारात्मक मानसिकता पाने के बारे में जानकारी दी गई। भूमिकाओं व कविताओं के माध्यम से प्रस्तुतीकरण किया गया और इसे अधिक प्रभावी बनाने के लिए मराठी एवं हिन्दी में कार्यक्रम संचालित किया गया।



शिक्षा जागरूकता शिविर

ठेकेदारों, परिवहकों पीसीवीओ कू और ठेकेदार के कर्मचारियों को शिक्षा के प्रति अधिक जागरूक बनाने और उनके बच्चों की बेहतर शिक्षा के लिए टीम कोटा ने योगीराज पब्लिक स्कूल और योगीराज पॉलिटेक्निक आईटीआई कॉलेज-कोटा (टीजेएस ग्रुप) के सहयोग से एक अभियान चलाया। इस अवसर पर कोटा टीओपी के हितधारकों के साथ बातचीत की गई और उन्हें जीवन में शिक्षा के महत्व से अवगत कराया। उन्हें बताया गया कि शिक्षा क्षेत्र का स्तर बढ़ाने और शिक्षा से वंचित बच्चों को स्कूल में वापस लाने के लिए समाज के सभी वर्ग योगदान दें। कोटा के टीओपी ने कहा कि समाज से गरीबी हटाने का एकमात्र साधन शिक्षा है और यह भी कहा कि शिक्षा और प्रगति एक दूसरे से जुड़े हैं और कोई भी देश अपने बच्चों को शिक्षित किए बिना आगे नहीं बढ़ सकता।



एड्स जागरूकता शिविर



पैकड तथा बल्क परिवहकों के पीसीवीओ कू के लिए राजकोट एलपीजी टेरिटरी ने एड्स जागरूकता शिविर का आयोजन किया जिसमें दर्शकों को बताया गया कि एचआईवी एड्स क्या है, यह समाज में कैसे फैल रहा है और इससे कैसे बचा जा सकता है। सभी ड्राइवरों और क्लीनरों को गुजराती भाषा में पर्चे बांटे गए। एड्स प्रिवेंशन सोसायटी उन मरीजों की सहायता करती है जिन्हें एड्स होने की वजह से समाज द्वारा या सगे-संबंधियों द्वारा निष्कासित किया जाता है। उन्होंने यह भी बताया कि आवश्यकता पड़ने पर एड्स सोसायटी, लोगों को उनके अधिकार पाने हेतु मुफ्त कानूनी सहायता भी देती है। इस शिविर से ५२ ड्राइवर एवं कू लाभान्वित हुए।

निःशुल्क नेत्र जाँच शिविर



जबलपुर हॉस्पिटल एण्ड रिसर्च सेंटर, जबलपुर के सहयोग से भिटौनी एलपीजी संयंत्र में एक दिवसीय निःशुल्क नेत्र जाँच शिविर आयोजित किया गया। शिविर में नेत्र विशेषज्ञा डॉ. उषा दत्त को आमंत्रित किया गया था। 56 ठेका मजदूरों और 20 ड्राइवरों ने इस शिविर में हिस्सा लिया।

मिलन- अस्पताल के प्रतिनिधियों के साथ



नोएडा श्रेणीय कार्यालय में, मासंसे, उत्तर ने उत्तर डिपो के अस्पतालों के प्रतिनिधियों के साथ मिलकर एक दिन का इंटरैक्टिव सत्र 'मिलन' का आयोजन किया जिसका मुख्य उद्देश्य था- हमारे कर्मचारियों एवं उनके आश्रितों की अस्पतालों द्वारा चिकित्सा सेवाओं में सुधार एवं समय पर समुचित देखभाल हो। अपोलो, मैक्स, मेट्रो अस्पताल एवं अन्य अस्पताल से आये 34 प्रतिनिधियों का श्री उमेश उपाध्याय एवं श्री डी एन माथुर ने स्वागत किया एवं हमारे कर्मचारियों एवं उनके आश्रितों की कठिनाइयों की जानकारी दी तथा उच्च गुणवत्ता की सेवा के महत्व पर जोर दिया। यह कार्यशाला बहुत ही सफल रही। इन प्रतिनिधियों ने बीपीसीएल, उत्तर के प्रति आभार व्यक्त करते हुये कहा कि इस इंटरैक्टिव सत्र के माध्यम से वे बीपीसीएल के जरूरतों को समझ सके एवं उन्होंने उत्कृष्ट सेवाएं प्रदान करने का आश्वासन दिया।

स्वास्थ्य जाँच शिविर

कोटा टेरिटरी द्वारा स्वास्थ्य जाँच शिविर टीम कोटा ने टैंक लॉरी चालकों के लिए प्रथम अर्धवार्षिक स्वास्थ्य शिविर का आयोजन संजीवनी अस्पताल के सहयोग से किया गया। इस अवसर पर अस्पताल के निदेशक डॉ. संजीव धाकड़ उपस्थित थे। उन्होंने अपने उद्घाटन भाषण में स्वास्थ्य संबंधी एवं स्वस्थ जीवन शैली के बारे में बात की। शिविर में 191 टैंक लॉरी चालक दल, अनुबंध कामगार एवं सुरक्षा कर्मियों के रक्तचाप, रेंडम ब्लड शुगर, नेत्र परीक्षा एवं वर्णधता की जांच की गई। जहां मुनासिब था, परामर्श भी दिया गया।



हृदय की समस्याएं और जीवनशैली संशोधन चिकित्सा

बिजवासन संस्थापन के दल ने ईएसई दल के साथ मिलकर हृदय की समस्याओं और जीवनशैली संशोधन चिकित्सा पर एक प्रशिक्षण कार्यक्रम आयोजित किया। प्रशिक्षण का संचालन मेसर्स साने केअर, माधवबाग के डॉ. प्रमोद चव्हान ने किया जो विश्व का पहला हृदय पुनर्वास केन्द्र है (ISO 9001 प्रमाणित)। कंपनी के कर्मचारियों ने इसमें हिस्सा लिया। व्याख्यान में आधुनिक जीवन की प्रमुख समस्याएं बी ओटू मैक्स का महत्व, स्वस्थ जीवन के नुस्खे, खाने-पीने की गलत आदतों के दुष्परिणामों पर प्रकाश डाला गया और यह भी कहा गया कि अपना हृदय स्वस्थ रखने के लिए हर रोज कम से कम 30 मिनट सैर करना जरूरी है।



स्वास्थ्य शिविर

श्री एपिकटेस ने कहा था "सिर्फ अच्छा शरीर होना ही सब कुछ नहीं, इसके साथ दिल और आत्मा भी अच्छी होने चाहिए।" मासंसे पश्चिम ने हमारे निगमित कार्यालय में सभी कर्मचारियों के लिए बुनियादी हृदय स्वास्थ्य जांच शिविर आयोजित किया। कुर्ला, मुंबई के कोहिनूर अस्पताल की टीम द्वारा यह शिविर आयोजित की गई जिसमें इसीजी, रेन्डम ब्लड शुगर, ऊंचाई, वजन, बीएमआई और डॉक्टर सलाह शामिल था। हमारे 80 से अधिक स्टाफ ने इस सुविधा का लाभ उठाया।

'इलाज से बेहतर रोकथाम' इसी सूत्र को ध्यान में रखते हुए मासंसे पश्चिम ने क्षेत्रीय कार्यालय, खारघर में प्रथम स्वास्थ्य जांच शिविर का आयोजन किया। मुंबई के सुप्रसिद्ध नानावटी अस्पताल द्वारा स्वास्थ्य शिविर का संचालन किया जिसमें कंपनी के कर्मचारियों एवं अनुबंध कामगार सभी ने भाग लिया। कुल 280 कर्मचारियों (205 कंपनी कर्मचारी एवं 75 अनुबंध कामगार) का इस स्वास्थ्य शिविर में इसीजी, रक्तचाप, मधुमेह जांच, बीएमआई किया गया। डॉ. विशाल (सहायक, हृदयरोग विशेषज्ञ) परामर्श के लिए उपलब्ध थे। सभी प्रतिभागियों ने सुव्यवस्थित कार्यवाही, डॉक्टर की गुणवत्ता एवं उनकी टीम के सदस्यों की सराहना की।

ईएसई द्वारा सीओ, शिवडी एवं उरण एलपीजी में योग का विशेष सत्र

कर्मचारी संतुष्टि संवर्द्धन विभाग द्वारा सीओ, शिवडी एवं उरण एलपीजी सयंत्र में योग का एक विशेष सत्र आयोजित किया गया जिसमें निम्नलिखित पहलुओं को शामिल किया गया :-

- ◆ उच्च रक्तचाप, पीठ दर्द एवं गर्दन दर्द को योग अभ्यास के माध्यम से कैसे नियंत्रित करें ?
- ◆ प्राणायम कैसे करें, प्राणायम करने की सही विधि एवं प्राणायम से लाभ।
- ◆ कुछ प्रमुख आसनों जैसे वज्रासन, शलभासन, नोकासन एवं गर्दन की कसरतों का प्रायोगिक प्रदर्शन किया गया।

अंबिका योग आश्रम के योग विशेषज्ञ श्री किशोर घामो रिकर ने सांस लेने की तकनीक एवं दैनिक जीवन में योग अभ्यास के महत्व के बारे में बताया। इन तीन सत्रों में 175 से अधिक कर्मचारियों ने भाग लिया एवं सभी ने इस सत्र की बहुत सराहना की एवं भविष्य में वापिस करने का निवेदन किया।



स्वास्थ्य वार्ता - मानसून से संबंधित बीमारी



एक अनुमान के अनुसार हर साल दुनियाभर में डेंगू/मलेरिया एवं मानसून से संबंधित बीमारियों के 100 मिलियन मामले पाए जाते हैं। जनवरी 2015 से जुलाई 2015 की अवधि के दौरान मुंबई में संदिग्ध डेंगू के मामलों में 22% की वृद्धि देखी गई मानसून आगमन के बाद, जलवायु में होने वाले लगातार परिवर्तन के

कारण, संबंधित बीमारियों के फैलाव ने इस वर्ष को और संकटमय बना दिया।

इसके अलावा मुंबई का उमस भरा मौसम वायरस प्रसार के अनुकूल है। डॉक्टर ने कहा कि कभी कभी वायरल के लक्षण हलके होते हैं एवं फ्लू या अन्य वायरल संक्रमण की गलत फहमी हो सकती है। मासंसे पश्चिम ने बृहमुंबई नगर निगम के डॉ. विक्रान्त देशमुख एवं उनकी टीम को हमारे कॉर्पोरेट कार्यालय में, मुख्य रूप से हाउस किपिंग, सफाई सुविधाओं का कार्य कर रहे कर्मचारियों एवं सुविधा प्रबंधन स्टाफ को मानसून से संबंधित होनेवाली बीमारियों के प्रति जागरूकता पैदा करने एवं जानकारी देने के लिए आमंत्रित किया था। इन्होंने मुख्य रूप से डेंगू, मलेरिया, और लेप्टोस्पायरोसिस के तथ्यों, भयों, रोकथाम, सावधानियां एवं उपचार के बारे में जानकारी दी। साथ ही, हमारे कार्यालय परिसर के अंदर एवं आसपास मच्छर प्रजनन को रोकने के लिए उठाये जानेवाले कदमों के बारे में बताया। स्वाइन फ्लू के वायरस की रोकथाम के लिए निम्नलिखित करें एवं नहीं करें की सावधानी बरतनी चाहिए।

इसे करें :

- ◆ भोजन करने के पूर्व हाथ धो लें।
- ◆ जब बाहर जा रहे हैं तो हमेशा हाथ और पैरों को ढकने वाले कपड़े पहनें।
- ◆ पर्याप्त मात्रा में नींद लें। शीर्ष फ्लू के वायरस से लड़ने के लिए प्रतिरक्षा प्रणाली को मजबूत बनाये रखने के लिए हर रात 8 घंटे पूर्ण रूप से आराम करने की कोशिश करें।
- ◆ प्रतिरक्षा बढ़ाने वाले खाद्य पदार्थ अनाज, सब्जियां और फलों का नियमित रूप से सेवन करें।
- ◆ सावधान रहिए, स्वच्छ रहें एवं सुनिश्चित करें घर या इमारत के अंदर एवं बाहर पानी चाहे वह ताजा हो या अपशिष्ट स्थिर या भरा नहीं हों।
- ◆ मित्रों और परिवार के सदस्यों के बीच जागरूकता पैदा करें।
- ◆ मानसून के दौरान अपने आप को बचाने के लिए उच्च एडी वाले बारिश के जूते पहनें।

इसे ना करें :

- ◆ जब फ्लू या वायरल बुखार के लक्षण मालूम पड़े तो घबराये या दहशत में नही आएं। दो दिनों के भीतर यदि बुखार का तापमान नीचे नहीं आया तो तुरन्त नजदीकी डॉक्टर से संपर्क करें।
- ◆ घर एवं घर के आसपास प्रवाह हीन पानी के संग्रहण की अनुमति नहीं दें।
- ◆ बुखार से निपटने के लिए क्रोसिन जैसी दवा स्वयं लें ताकि डेंगू, मलेरिया या लेप्टो के होने की स्थिति में यह जवाबी उत्पादक के रूप में काम करेगा।

सेवा निवृत्ति



श्री प्रदीप गौड

निदेशक (प्रशासन), पीपीएसी दिनांक 31.7.2015 को सेवानिवृत्त हुए। उन्होंने ओसीसी/ पीपीएसी/ बीपीसीएल में लगभग 37 वर्ष तक कार्य किया।



श्री बी. चक्रवर्ती

मुख्य प्रबंधक मटेरियल्स इंचार्ज (ई एंड पी), उत्तर, नोएडा कार्यालय दिनांक 31.08.2015 को सेवानिवृत्त हुए। उन्होंने बीपीसीएल में लगभग 33 वर्ष तक कार्य किया।



श्री ओम प्रकाश गांधी

वरिष्ठ प्रबंधक परिचालन (रिटेल) उत्तर, नोएडा कार्यालय दिनांक 31.08.2015 को सेवानिवृत्त हुए। उन्होंने बीपीसीएल में लगभग 37 वर्ष तक कार्य किया।



श्री एस. के. टंडन

वरिष्ठ प्रबंधक (ऑडिट), उत्तर, नोएडा कार्यालय दिनांक 31.08.2015 को सेवानिवृत्त हुए। उन्होंने बीपीसीएल में लगभग 34 वर्ष तक कार्य किया।



श्री एस. के. आनंद

वरिष्ठ प्रबंधक डिस्ट्रिब्यूशन (रिटेल), उत्तर नोएडा कार्यालय दिनांक 31.08.2015 को सेवानिवृत्त हुए। उन्होंने बीपीसीएल में लगभग 34 वर्ष तक कार्य किया।



श्री शीशपाल सिंह

एलवीडी, माससे उत्तर, नोएडा कार्यालय दिनांक 31.7.2015 को सेवानिवृत्त हुए। उन्होंने लगभग 26 वर्ष कार्य किया।



श्री सी. डी. मांझी

अटेंडेंट दिनांक 31.08.2015 को सेवानिवृत्त हुए। उन्होंने ओसीसी, पीपीएसी एवं बीपीसीएल में लगभग 37 वर्ष तक कार्य किया।

पुरस्कार

नगर राजभाषा कार्यान्वयन समिति (उपक्रम) के तत्वाधान में आयोजित नगर स्तरीय 'हिन्दी कहानी पूरी करो' में सुश्री ऋतु कटारिया रिटेल



क्षेत्रीय वीपणन कार्यालय, नोएडा को 'भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड' की ओर से नामित किया गया। उन्हें नगर राजभाषा कार्यालय द्वारा सम्मानित किया गया एवं शील्ड, प्रमाणपत्र एवं भेंटस्वरूप राशि से पुरस्कृत किया गया। भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड का गौरव बढ़ाने पर आपको हार्दिक बधाई हो।



अध्यक्ष कार्यालय में कार्यरत सुरक्षा रक्षक, श्री बापु गोवेकर ने दिनांक 4.07.2015 से 04.08.2015 के बीच नागपुर कामटी में हुए टेरिटरियल आर्मी के पीपीईटी प्रशिक्षण के दौरान 2.5 किली लंबी दौड़ प्रतियोगिता में द्वितीय पुरस्कार हासिल किया। हम इस सफलता के लिए उन्हें हार्दिक बधाई देते हैं।

निधन सूचना



श्री आशीष शुक्ला
कार्यपालक मनमाड संस्थापन
का दिनांक 12 अगस्त, 2015
को दुःखद निधन हो गया। वे
24 वर्ष के थे। उनके परिवार में
माता एवं पिता हैं।



श्री अरूण रत्नाकर रायकर
सहायक, मानव संसाधन सेवाएं,
पश्चिम का दिनांक 1 मई, 2015
को दुःखद निधन हो गया। वे 50
वर्ष के थे। उनके परिवार में पत्नी,
एक पुत्र तथा एक पुत्री हैं।



श्री जितेन्द्र गोहिल
टिम सदस्य ईआरपी-सीसी,
का 28 जुलाई 2015 को
दुःखद निधन हो गया। वे 24
वर्ष के थे। उनके परिवार में
उनकी माता और पिता हैं।



श्री विठ्ठल गुरव
सहायक, कॉर्पोरेट वित्त विभाग,
पश्चिम का दिनांक 7 सितम्बर,
2015 को दुःखद निधन हो गया।
वे 49 वर्ष के थे। उनके परिवार में
पत्नी, तथा एक पुत्र हैं।



श्री ओम प्रकाश
सहायक, वित्त, नोएडा का
दिनांक 20 अगस्त, 2015 को
दुःखद निधन हो गया। वे 56
वर्ष के थे। उनके परिवार में
पत्नी, व तीन पुत्रियाँ हैं।



श्री के. परमेश्वर राव
तकनीशियन (रिटेल), रिटेल
टैरिटररी, विजयवाडा का दुःखद
निधन हो गया। वे 59 वर्ष के
थे। उनके परिवार में पत्नी, दो
पुत्र एवं पुत्री हैं।



श्री बी ए बासवत
एलपीजी जीओ (फिल्ड) मुंबई
रिफाइनरी का दिनांक 7 अगस्त,
2015 को दुःखद निधन हो
गया। वे 55 वर्ष के थे। उनके
परिवार में पत्नी, पुत्र एवं पुत्री हैं।



श्री आर बालकृष्णन
जी ओ (सेवाएं) मुंबई रिफाइनरी
का दिनांक 18 जुलाई, 2015
को दुःखद निधन हो गया। वे
50 वर्ष के थे। उनके परिवार में
पत्नी, 4 पुत्र एवं पुत्री हैं।



श्री मान सिंह
अटेंडेंट ई एण्ड पी, नोएडा का
दिनांक 19 जून, 2015 को
दुःखद निधन हो गया। वे 58 वर्ष
के थे। उनके परिवार में पत्नी, दो
पुत्र एवं एक पुत्री हैं।



श्री डी वी गुंडल
ऑपरेटर, पुणे एलपीजी प्लांट का
दिनांक 19 जून 2015 को
दुःखद निधन हो गया। वे 48
वर्ष के थे। उनके परिवार में
पत्नी, एक पुत्र तथा एक पुत्री हैं।



श्री बी.एस. उदयकुमार
वरिष्ठ इंजीनियरिंग सहायक,
रिटेल टैरिटररी, बैंगलोर का दिनांक
13/7/2015 को दुखद निधन हो
गया। वे 55 वर्ष के थे। उनके
परिवार में पत्नी एवं पुत्र हैं।



श्री एच. धरमकुमार
एचवीडी (पी), मंगलोर
इन्स्टलेशन का दुखद निधन
हो गया। वे 55 वर्ष के थे।
उनके परिवार में पत्नी एवं दो
पुत्रियाँ हैं।

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

पेट्रो प्लस पाठकगण सर्वेक्षण

पेट्रो प्लस पाठकगण सर्वेक्षण में आपका हार्दिक स्वागत है! निवेदन है कि अपना थोड़ा-सा समय देकर हमें अपने मूल्यवान विचार बताएं।

1. आप पेट्रो प्लस कितनी बार पढ़ते हैं?

- हर अंक अधिकतर अंक कभी-कभार कोई अंक कोई अंक नहीं पढ़ा है

2. अपने मनचाहे विषयों को चिन्हित करें :

- निगमित समाचार प्रबंधन विषय व्यक्तिगत उपलब्धियाँ स्वास्थ्य संरक्षण पर्यावरण
 विज्ञान एवं प्रौद्योगिकी यात्रा एवं फुरसत विधि सुरक्षा परिवार

3. कृपया पेट्रो प्लस में शामिल करने के लिए कोई नया विषय सुझाएं :

4. कृपया निम्न पर पेट्रो प्लस की गुणवत्ता का दर्जा तय करें:

	उत्तम	अच्छा	औसत	बुरा	एकदम बुरा
विषय	<input type="checkbox"/>				
आवरण	<input type="checkbox"/>				
पढ़ने में आसानी	<input type="checkbox"/>				
लिखने की शैली	<input type="checkbox"/>				
लेआउट एवं रूपरेखा	<input type="checkbox"/>				
छायाचित्रण	<input type="checkbox"/>				
समय पर सुपुर्दगी	<input type="checkbox"/>				

5. क्या आप पेट्रो प्लस में कोई परिवर्तन या सुधार सुझाना चाहेंगे?

आयु : 25 वर्ष से कम 25 से 34 35 से 49 50 से 60 61 और अधिक

आप कौन हैं?

महिला

पुरुष

आपका सम्पर्क पता: (वैकल्पिक)

नाम और पद :

लोकेशन :

स्टाफ नं :

पेट्रो प्लस पाठकगण सर्वेक्षण में भाग लेने के लिए धन्यवाद!!

कृपया अपना फीडबैक क्षेत्रीय संवाददाताओं को अथवा निम्न के पास भेजें।

karmarkarmc@bharatpetroleum.in

संपादक, पेट्रो प्लस,

ब्राण्ड एवं पीआर, भारत पेट्रोलियम कॉर्पोरेशन लि.

भारत भवन, 4 एवं 6, करीमभोय रोड, बेलाई इस्टेट, पीबी नं: 688, मुंबई - 400001

Petro Plus Readership Survey

Welcome to the Petro Plus Readership Survey! Kindly spare a few moments of your time to give us your valued opinion.

1. How often do you read Petro Plus?

- Every issue Most issues Occasional issues Never read an issue

2. Please tick the topics that interest you :

- Corporate news Management Topics Personal achievements Health Care Legal
 Environment Travel & Leisure Safety Family

3. Please suggest any new topics that you wish Petro Plus should cover :

4. Please rate the quality of Petro Plus on the following:

	Excellent	Good	Average	Poor	Very Poor
Content	<input type="checkbox"/>				
Cover	<input type="checkbox"/>				
Ease of reading	<input type="checkbox"/>				
Writing style	<input type="checkbox"/>				
Layout and design	<input type="checkbox"/>				
Photography	<input type="checkbox"/>				
Timely delivery	<input type="checkbox"/>				

5. Are there any changes or improvements you would like to suggest in Petro Plus?

Age : Under 25 25 to 34 34 to 49 50 to 60 61 and over

Gender : Female Male

Name & Designation :

Location :

Staff No :

Thank you for participating in the Petro Plus readership survey!!

Please send your feedback to:

karmarkarmc@bharatpetroleum.in

The Editor, Petro Plus , Brand & PR,

Bharat Petroleum Corporation Ltd. Bharat Bhavan,

4 & 6 Currimbhoy Road, Ballard Estate, PB No: 688,

Mumbai - 400 001.

*Hearty
congratulations!*

Winners of the 'KEY' Quiz

*Although this quiz was a notch tougher than the usual
brainers, four winners have cracked it !
They've unlocked the 'key' to their success !*

- ◆ Ms. Sabina Miranda – Secretary to GM HR (RETAIL), HQ
- ◆ Ms. Vilasini Shetty – Assistant I, CPO, Sewree
- ◆ Ms. Ritu Katarya - Assistant I, Retail Area Mktg. North
- ◆ Mr. Vaibhav Lakhe – Executive (Ops.) Retail, Bhilai Depot

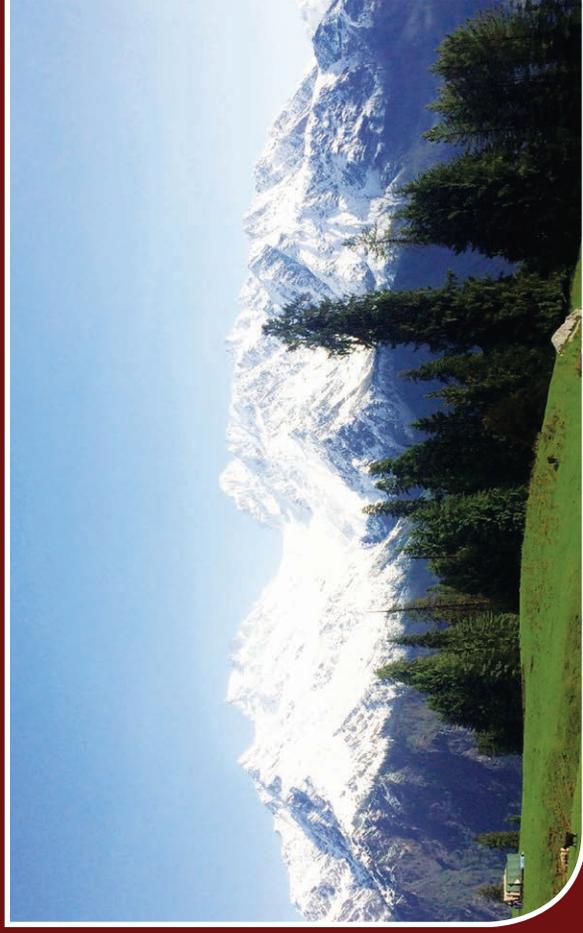
Results of the 'KEY' Quiz

1. Our dear ancestor..... **Monkey**
2. Speech setting the central theme of a conference..... **Keynote**
3. A British economist whose ideas have profoundly affected macroeconomics.....
John Maynard Keynes
4. An oral hygiene program used in treatment of periodontal disease..... **Keyes Technique**
5. A movie starring Kristin Scott Thomas as a journalist doing research.....**Sarah's Key**
6. Song by Maze featuring Frankie Beverly..... **Love is the Key**
7. A type of project or something that is ready for immediate use..... **Turnkey**
8. A business metric used to evaluate factors that are crucial to organisation success.....
Key Performance Indicator
9. A thriller novel by Alistair MacLean, also a film..... **Fear is the Key**
10. Minimally invasive surgery **Keyhole Surgery**
11. A domesticated member of the horse family..... **Donkey**
12. An Australian electronic magazine comprising a website and email newsletter.... **Crikey**
13. General areas of outcomes for which you are responsible..... **Key Result Areas**
14. Irish Book Awards winner, who wrote the bestseller 'Watermelon'.... **Marian Keyes**
15. The Christmas dish that's also a country..... **Turkey**
16. An island in the Straits of Florida..... **Key West**
17. A fantasy–adventure book series written by Garth Nix.....**The Keys To The Kingdom**
18. It can open many different types of locks..... **Master Key**
19. An American lawyer, who wrote the lyrics to the United States' national anthem.....
Francis Scott Key
20. The person in a film crew who is in charge of the camera equipment..... **Key Grip**

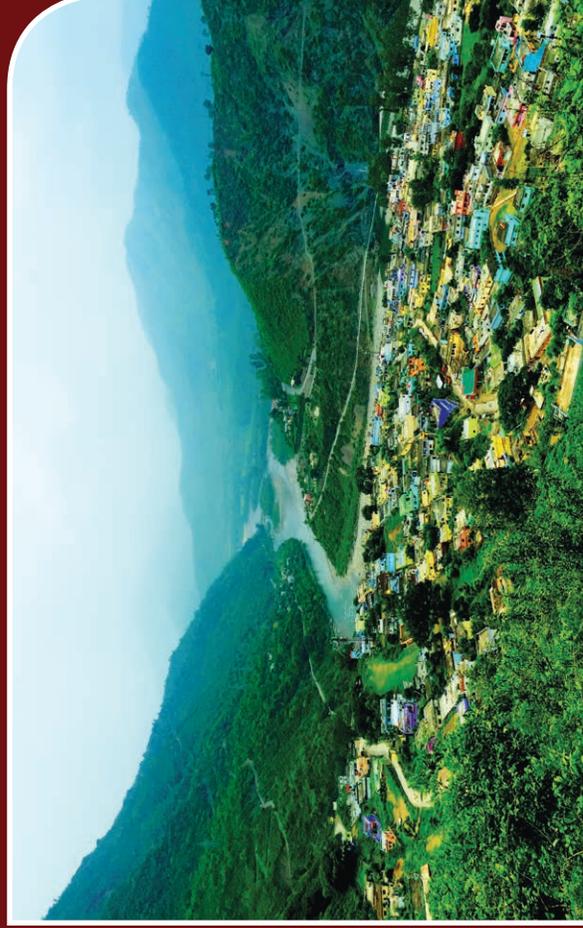
Heavenly Heights



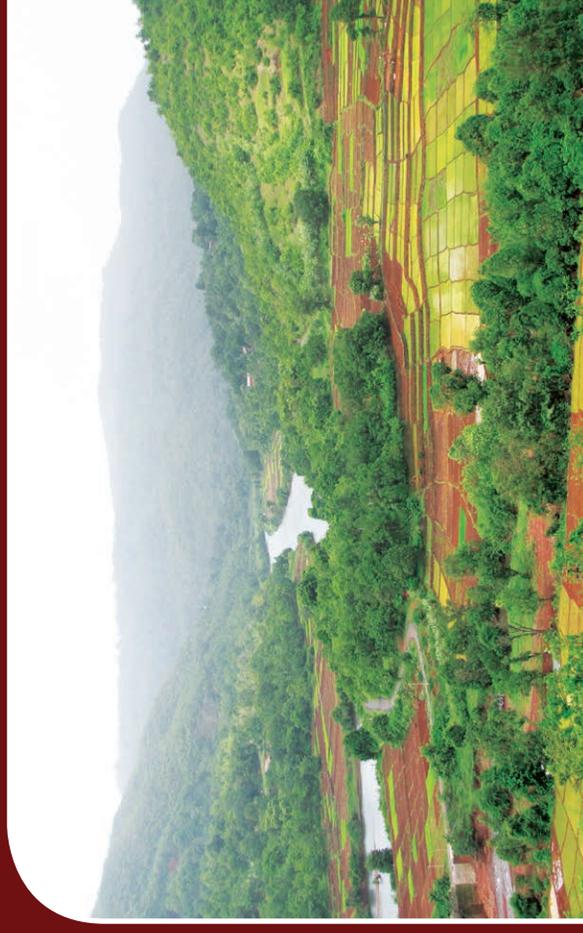
Prashant Pratap Singh, Executive Operations, Udaipur Depot



Vaibhav Lakhe, Executive (Ops) Retail, Bhilai Depot



Mahesh Jangam, TM (LPG), Roorkee



K. R. Shridhar, Manager Finance (SS), West