



TEL Newsletter

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Editorial Note



Isn't it amazing how the year has flown past by. We seemed to have been swept by the tides of quick flowing time. In next couple of weeks we have seen off 2003 and entering a new year in our life. It reminds me of the verse by Shakespeare "All the world's a stage, And all the men and women merely players. They have their exits and their entrances, And one man in his time plays many parts".

The time has come for 'personal audit'. Did I achieve what I had set out to do this year? Obviously the next question is, how can I gauge my achievements? What criteria do I identify to determine my failures and successes?

I may have accomplished professionally but perhaps missed out on my family. I might have attained financial security but experiencing a silence in my inner spirituality. I perhaps get a better salary at my job but the challenge and the job satisfaction is lacking. One of the ways to evaluate one's life is to think on how long am I going to live? What my purpose in life is? Am I living my life according to my priorities? What are my priorities?

Do you know, what is the best way to determine your priorities in life? Write your obituary or your epitaph. How would you like to be remembered as? It gives great insight to your true feelings. Experts on self development say that the three major priorities in life

should be in this order; first priority is spiritual development, second family responsibility and finally career responsibility. In our fast moving lives, this triangle is always reversed.

It is never too late to turn your life around. Take charge of your own destiny. Life is 10% what happens to me & 90% my reaction to it. By just controlling my reaction I can transform my existence dramatically. A wise man once said "The best first reaction is no reaction". It means we don't get defensive at the first hint of criticism, or emotionally charged up when things go wrong or imagine a colleague stabbing us in the back just based on our insecurities.

Welcome the New Year with some new priorities in life not forgetting those around you whom you care the most.

Happy New Year

Badruddin Palanpurwala

What creates mastery? Invariably, masters are simply those who have more references than the rest of us about what leads to success or frustrations in a given area. Each day presents another opportunity to take in new references that can help us bolster our beliefs, refine our values, as new questions, and access the states that propel us in the direction we desire.

Giant Steps—Anthony Robbins

Quote of the month

"Be careful of your thoughts, they may become words at any moment".

ONE-YEAR GAME PLAN COVERING 12 PILLARS OF SUCCESS.

Jim Rohn is one of the famous personal development consultant and author of many books and articles on personal development. In "The Jim Rohn One Year Success Plan"

1. A One-Year Game Plan Covering 12 Pillars of Success (one per month - see below) Geared to Help You Achieve a 10%-40% Increase in the Following:

Month 1) Personal Development - Become the person you truly desire to be by engaging in a life-long strategy of skills, knowledge and self-improvement (which will also place you in the upper echelon of your particular industry).

Month 2) Goal-setting - Achieve a sense of purpose behind every action as well as multiply your long-term success quotient by having a set of clearly defined 10-year goals.

Month 3) Health - Spiritual/Physical/Emotional - Improve your looks, confidence, energy, quality and length of life by having a consistent health/fitness philosophy and maintaining a health plan.

Month 4) Money - Financial Independence/Getting Out of Debt/Saving/Giving - Place yourself ahead of 85% of the population and increase by 90% your odds of achieving financial independence by retirement age simply by having a sound financial philosophy and proven investment plan.

Month 5) Relationships - Improve your ability to be a more effective and loving parent, spouse and friend by improving your relational skills.

Month 6) Time Management - Gain between 10 and 15 additional forty-hour work weeks per year (multiply one to two hours a day by 365 days a year) by applying more productive time management methods each day.

Month 7) Networking/Referrals - Tap into one of the greatest resources we possess as well as have a greater, more positive influence in the marketplace by utilizing your current relationships & networking base.

Month 8) Selling/Negotiating - Increase your production by 10%-50% without investing more time or effort by improving your selling, networking and negotiation skills.

Month 9) Communication/Presentation - Increase every level of performance related to your company, staff and individual performance, as well as all your personal relationships, by mastering the art of communication.

Month 10) Leadership - Multiply your efforts and have a positive influence over a larger sphere of people by learning effective leadership and management skills.

Month 11) Accelerated Learning - Quickly improve your skills and aptitude to gain and retain knowledge in any area (communication, time management, leadership, etc.) through Memory and Speed-Reading techniques and more.

Month 12) Legacy/Contribution - Take the time to apply your skills in making a difference in your community and world, something that will have an impact on future generations.

Let me leave you with a favorite Jim Rohnism: "You cannot change your destination overnight, but you can change your direction overnight."

And that's worth thinking about! :-)

OPERATING HIGHLIGHTS

NOVEMBER – 2003

| | | |
|-------------------------|------------|--------|
| Energy Generated | MWh | 62,132 |
| Energy Sold to KESC | MWh | 61,129 |
| Dispatch Factor | % | 67.7% |
| Selling Price Per Unit | Rs./kWh | 4.61 |
| HFO Consumed | Tonnes | 13,243 |
| HFO Consumption Rate | g/kWh | 216.64 |
| HSD Consumption Rate | g/k/Wh | 0.11 |
| L.O. Consumption Rate | g/k/Wh | 0.92 |
| Spares Consumption | USD | 63,590 |
| Spares Consumption Rate | US\$MWh | 1.04 |
| Scheduled Outage | Eng. Hours | 135 |
| Maintenance Outage | Eng. Hours | 84 |

BEGINNINGS & ENDINGS

There were two ships in a harbor. One was setting out on a journey. The other was coming home to port. Everyone cheered the ship going out, but the incoming ship was scarcely noticed.

To this a wise man said: "Do not rejoice over a ship setting out to sea, for you cannot know what terrible storms it may encounter. Rather, rejoice over the ship that has safely reached port and brings its passengers home in peace.

This is the way of the world: When a child is born, all rejoice; when someone dies, all weep. We should do the opposite, For no one can tell what trails and travails await a new born child, but when mortals die in peace, we should rejoice, for they have completed a long journey, and there is no greater boon than to leave this world with the imperishable crown of a good name.

The Best of Bits & Pieces.

- ⊛ **Distribute work evenly.** You probably have your share of both willing and uncooperative employees. Don't overwork the willing employees because you don't want to deal with the troublesome types. Keep a record of assignments to make sure that everyone's doing roughly the same amount of work.
- ⊛ **When taking over a new position,** remember to pace yourself. Don't try to be an immediate superstar by tackling 50 projects in the first week. The trick is to be productive over the long haul.
- ⊛ **When meeting discussions turn heated,** try a "walking meeting." Have groups of two or three employees—preferably those with different views on the meeting topic—take a 15 to 20-minute walk. Ask all groups to come back to the "sitting meeting" with solutions in mind.
- ⊛ **Stay productive** despite being interrupted by jotting down what you'll need to do when you return to the task. *Example:* If your boss asks you to drop everything and help with an emergency, write "Finish calling vendors and complete tow file reviews" before you rush out.

Communication Briefings

WORK

Smith died and regained consciousness in the next world. He looked out over a vast expanse of pleasant country. After resting comfortably for a while in a delightful spot, he began to get a little board. He called out, "Is there anybody here?" An attendant, appropriately dressed in white, appeared and said gravely, "What do you want?" "What can I have?" asked Smith. "Whatever you want." "May I have something to eat?" They brought him delicious dishes, even the things he liked best on earth. Smith was having a wonderful time eating, sleeping and calling for good things.

But presently he wanted something more. He called for games. They came in profusion. Then he called for books and read with excitement and pleasure. He called for anything that struck his fancy and received it in abundant measure. But at last the boredom caught up with him, and he shouted, "I want something to do!"

The attendant appeared and said, "I am sorry, but that is the only thing we cannot give you here."

By this time Smith was frantic for something to do and in his terrible frustration cried out, "I'm sick and tired of everything here; I'd rather go to hell!"

"Where do you think you are?" asked the attendant.

*If you have lived well, laughed often,
and loved much, consider yourself a*

HAPPY BIRTHDAY

Khuzema

Basir Ahmed Qidwai

December 2003

Syed Jaweed Ahmed

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“People Behind Power ”

SOME HOME REMEDIES

1. Chew a small amount of cumin seeds if you are feeling sick and feel like vomiting.
2. Raw onion eaten daily purifies the blood, cleanses the complexion and induces sleep.
3. Two tablespoons of mustard powder dissolved in the bath water does wonders for rheumatic pains.
4. To bring down very high fever rub some goat milk on the palms, feet and forehead of the patient.
5. To avoid blisters and give relief in case of burns, apply castor oil or glycerin immediately to the affected area.
6. For mild ear-ache burn a clove of garlic in some oil, cool a little and put two or three drops in the ear, you will get instant relief.
7. To ease cutting of teeth in babies, rub some honey and salt mixture to the gums.
8. If your feet perspire a lot, immerse them in a basin of water to which few drops of lime has been added.
9. To stop hiccups, chew a clove slowly.
10. Soak a handful of prunes in a pint of water and in the morning gently simmer over slow fire. Press through a fine sieve, add the juice of one fresh lime and drink unsweetened while still warm. This taken first thing in the morning for a couple of months will clear the skin of blemishes.

EXPECTATIONS

Believe in your innermost being and your strength
And you will achieve what you set out to do,
Because you have decided to do it,
And it will open the way for miracles to happen.

You'll find that life responds to your outlook.
What you expect to happen, happens,
Because you energize your goal and give it momentum,
And you make it happen.

Your expectation will open or close the doors to your future.
Expect great things, work with honor for them,
And they will surely come to you.

There is no medicine like hope, no incentive so great,
And no tonic so powerful as the expectation of a goal achieved.
You can't succeed beyond your wildest expectations
Unless you begin with some wild expectations.

**The dreams you believe in
Are the ones that come to be!**

IDEAS THAT CAN HELP YOU GET BETTER ORGANIZED

◆ SET TIME LIMITS.

Say, 'I've got only 5 minutes to talk.' Outline your calls, Say, 'I'd like to discuss these 2 possible solutions to problem A . . .'

◆ MAKE TIME FOR YOURSELF.

Make at least one screened appointment with yourself each day. Screened time is quiet, uninterrupted time allowing you to concentrate on a project or catch up on your reading.

◆ DELEGATE.

Realize that you can't do everything. Delegate in the office and at home. To use an effective delegation system, you must train, entrust, follow-up and evaluate.

◆ DON'T OVERSTUFF FILING CABINETS.

There's nothing worse than having to file papers in a file cabinet that is overloaded! Leave enough room in file drawers so that you're not using all your energy to get a piece of paper in or out.

◆ DEVELOP FALSE DEADLINES.

If you have a deadline at the end of the month, record the deadline four days earlier. You'll eliminate the last-minute rush to complete the project because you'll have given yourself ample padding.

◆ USE TIMERS AND ALARM CLOCKS.

Allocate time for your daily activities, from working on projects to doing household chores. Then set timers or alarm clocks to keep you on schedule.

[To be Cont'd in next issue]

