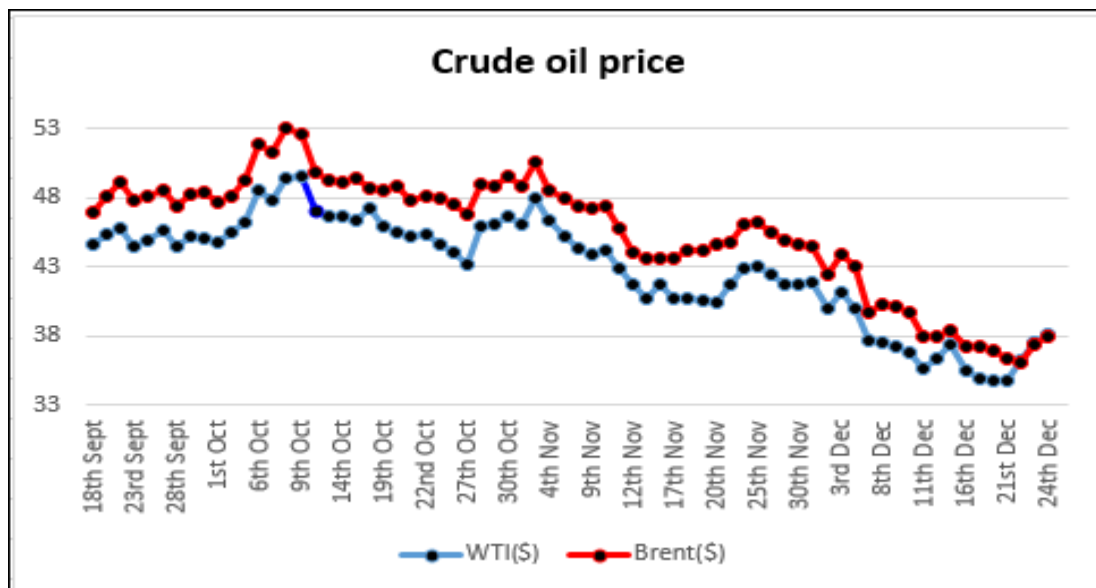


Post 26th December, 2015

Some of the news items for this week are as follows:



1. Crude oil prices showed a rebound this week, with the WTI crude overtaking Brent crude. The last time this happened was in 2010. The reason for this has been given as fall in the US crude inventories last week.

2. In its world oil outlook, OPEC has predicted a return to \$70 a barrel by 2020. This apparently tells us how our industry is going to go forward in the next 5 years.

For the lighter side this week:

My dear blog readers, do you make New Year resolutions?

As you are aware, a New Year resolution is a promise to oneself for doing an act of self-improvement. New Year resolutions help give up a bad habit, or start realizing its ill effects and strive towards adopting some good habits.

Some popular resolutions include the following ideas:

- a) Be active, exercise more, lose weight
- b) Eat healthy
- c) Quit smoking and frequent drinking
- d) Think positive
- e) Adopt ways that help enjoy life
- f) Reduce stress in your life
- g) Plan for travel
- h) Work on your dressing sense/style
- i) Pick up a hobby that interests you
- j) Watch your spending habits
- k) Become more organized

We are all aware that oil habits die hard, but if you give it your best shot, you can make a difference, and that is what a New Year resolution is all about.

Leading a lethargic, monotonous life is no good. There should be something interesting in life to go on, so that each new day is a welcome one and something to look forward to.

My experience with New Year resolutions has been good. In fact before the New Year dawns, I draw a list of things that I need to accomplish during the New Year, and I keep ticking off the items as and when I complete them. It works well for me. By doing so I am constantly reminded what I have accomplished (which is encouraging) and what more I need to do.

I would encourage you all to adopt a New Year resolution and try and see it through.

Did you know how the astronauts warm their food aboard the orbiter by injecting warm water?

So much for this week!

Till the next post, stay safe and happy!