



Jamil Janjua,
CEO, Octara & Chief Editor
janjua05@gmail.com

Dear Reader,

Future Fit, Future Ready & Future Proofed! Thus reads the headline of our piece on **Tariq Qureishy** that provides a rare glimpse of the 21st century that we've embarked upon. While writing the piece I couldn't help but dwell on the irony of it all. If coping with the Monsoons is any yardstick of future proofing, then Karachi at least has a very long way to go given the ease with which it just rolls over and drowns at the slightest hint of rain. Maybe it's not the downpour as such. Maybe we should be looking at the Arabian Sea's inability to absorb the run off as sea levels rise worldwide given the reality of global warming.

While our public representatives engage in some good old fashioned bickering, pointing fingers at each other, there is one group of corporateers who are nonpartisan and committed to reclaiming lost ground and developing Karachi, the commercial capital of Pakistan and the heart that pumps our treasured land of the Indus and the Karakorum. The Corporate Pakistan Group is headed by **Muhammad Azfar Ahsan** described as a global influencer, business connector, change activist, philanthropist, nonpartisan political analyst, and entrepreneur, and we carry his detailed interview in the hope that it will inspire more people to think beyond themselves and light an endless series of candles instead of cursing the darkness.

Our regular contributor and highly valued international associate **Dr. Tommy Weir** explains "Why AI and Big Data Will Be the Heroes of the Great Recession", and **Katrina (Tina) Olivero** calls out to UN-FUNK YOURSELF! **Brittany Denis, DPT**, has been in search of the fountain of youth and contributes a piece on "What You Can Learn from the Longest Study Conducted on Aging."

Bringing up the rear, as usual, is the Octara Calendar covering the period August to December, 2020, and an exhortation to try out our Octara Design House.

Stay Safe, Stay Dry, Stay Home, and Go Vegan this Bakr Eid.



Editorial Compiled by **Adil Ahmad**, Special Correspondent, octara.com
Creative & Design by **Zainab Essajee & Nazim Ansari**

Feedback: info@octara.com

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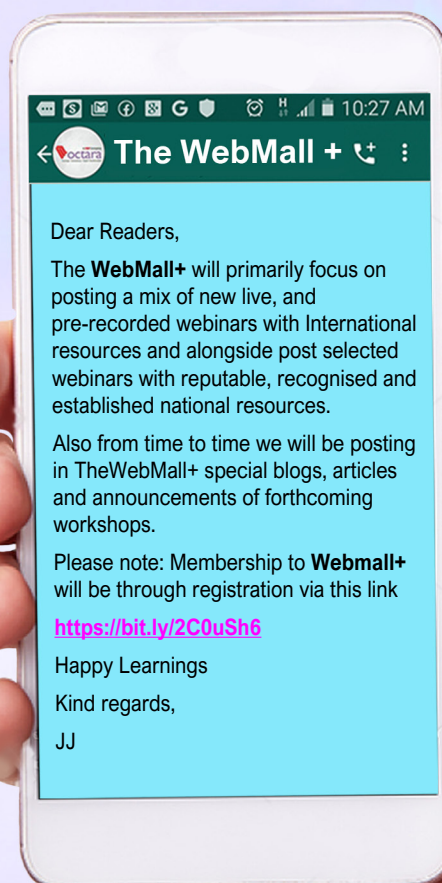


What You Can Learn from the Longest Study Conducted on Aging
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• Octara Training Calendar (August- December 2020)

• Octara Design House

- Solution for all your Designing and Printing needs



Pakistan's Corporate ICON!



M. Azfar Ahsan

THE GREAT CONNECTOR BACK ON THE FRONT FOOT

He is a people's man, an extrovert who thrives while putting people together in intellectually stimulating settings with the sole purpose of finding ways and means to deliver progress and prosperity to the people of Pakistan, and put the nation on the world map.

A patriot in every sense of the word, and completely apolitical in his views and outlook, Muhammad Azfar Ahsan's international management consulting firm Nutshell Conferences stood on the cusp of pulling off the fourth editions of the Leaders-in-Islamabad and the Future Summit, two truly international conclaves and signature events that Azfar has developed from scratch after relentlessly scouring the world from Davos to the four corners of the globe for pre-eminent thought leaders who would bring their formidable insights to the table and help Pakistan orchestrate a leapfrog that would position it way ahead of the curve and occupy a dignified and distinguished place in the international comity of nations.

Then COVID-19 bowled Azfar a bouncer that caught him momentarily wrong-footed as the novel Coronavirus sent the world topsy-turvy in unprecedented manner, applying the brakes on the global economy, and sending aviation and all manner of tourism crashing, seemingly irrevocably.

Azfar appeared stumped, as indeed did the entire world and its leadership that reeled from the sledge hammer blow that the pandemic struck. But Azfar is back! Gone is the paralysis of analysis that a good part of the business and government leadership still suffers from. He is back brimming with optimism for the future, and has pivoted with speed and grace, reinventing Nutshell

Conferences to turn on the afterburners in virtual space of the Corporate Pakistan Group (CPG) of which he is the founder and which comprises the elite of Pakistan's national intelligentsia.

Corporate Pakistan Group CPG - LEVERAGING WHATSAPP

The Corporate Pakistan Group is a WhatsApp group and has 256 members from a wide cross section of society, and who each bear the acronym CPGian. "When we started the CPG five years ago WhatsApp was not considered a serious medium, but I started physical meet up events in Karachi, Lahore and Islamabad and engaged with political parties on condition that there would be no blame game and only constructive dialogue. There were rules and regulations that were strictly implemented. We expelled some very senior people, and re-inducted those who apologized. That's how our credibility got made. We started a Dubai Chapter as well over 2 years ago and did dialogues, get-togethers, receptions, and presented recommendations to various ministries on how to improve their working. Our membership is restricted by the capacity limitation set by WhatsApp which was 100 initially and then WhatsApp increased it globally. For the past 18 months our membership is closed. Some members have passed away and in their place new ones have been inducted."

Benefiting good causes

Today CPG is Pakistan's most powerful virtual group, claims Azfar, and recently has generated 51 million rupees for the COVID-19 affected. "Not one phone call was made, and not a single rupee's cash transaction was made. The recipients' bank account numbers were made available on WhatsApp, and a chartered accountant member was made responsible for the accounting. Our members kept making pledges and we made a separate WhatsApp group for the beneficiaries, and as the donations were made we would forward the receipts. 30 million rupees were donated towards making a BSL level 3 laboratory and more funds are being raised for it. Earlier we have done other fundraisers of lesser amounts for worthy causes, including the Baithak School Network."

In 2021 CPG will be registered in Islamabad as a Think Tank. "The few think tanks that exist are financed by donors with specific agendas. Our strength is that we have the leadership of 7 political parties in our midst, as well as senior serving and retired members of the armed forces and the civil service."

Azfar has been inducted onto the Fundraising Advisory Board of the Shaukat Khanum Cancer Hospital Karachi project. "Shaukat Khanum's Karachi hospital is double the size of the Lahore hospital, 400 versus 200 beds. The first phase is spread over 3 ½ years and then a further 2 years for the 2nd phase. It will cater to Sindh and Balochistan, and is situated in DHA Phase 9, visible from the Superhighway. Work on it has started."

Reenergizing Karachi

The CPGians have pulled off three editions of the hugely popular Aalmi Mashaira organized in the very stately grounds of the Mohatta Palace, with the Palace itself making for a magnificent backdrop for some extremely intellectually stimulating activity that features the top Urdu poets of the day. The organizational responsibility is outsourced to CPGians who use their own organizational resources to execute, with Azfar as the founder connecting people and facilitating the process.

Moving beyond the rousing narrative of poets, CPG engaged K-Electric CEO Moonis Alvi in a detailed Conversation with a panel of technocrats comprising Ayla Majid, Zafar Sobani, Khurram Schehzad & Adnan Rizvi on "Overcoming Electricity Issues in Karachi: The Way Forward".

Azfar is serious about bringing positive change to his hometown and place of birth, and is engaging the mainstream political leadership and concerned stakeholders for Karachi's Development through a non-partisan initiative aimed at harnessing to a common yoke people who have remained at daggers drawn. The response that he has received is most heartening, and Karachi's downward spiraling fortunes may well be heading for a U Turn.

Azfar cites St. Patrick's College as the place that groomed him and where he really came into his own. "People came from all over Karachi, from Malir and Shah Faisal to Clifton and DHA, with Hindus, Christians and Muslims coexisting in complete harmony. There was great diversity. I took admission in 1991, and have great memories of Zahid Nihari, the famous Students Biryani, and Rabri at Delhi Rabri House on Burns Road."

"CPG will be a constructive watchdog and pressure group, and will vigorously follow up to ensure implementation. It's not rocket science. Just requires sincerity of purpose. We will be unbiased and impartial, and driven solely by our concern for the public's welfare. The silent majority is silent because it doesn't have access to the corridors of power. We will provide that access."

Moving from the physical to the virtual

In quick succession Azfar has brought to bear the public focus on the burning issues of the day through a series of interviews with the movers and shakers of government that he has conducted himself, and panel discussions involving top thought leaders on the changing dynamics of international relations and the global balance of power, leveraging all the while the power of Zoom and Facebook Live to reach a global audience estimated in the millions.

Azfar has learnt a great deal on the job, for it was not so very long ago in the pre-COVID-19 period when all that mattered to him was the physical assembly in Pakistan of top guns from around the world. The Internet was as yet considered a playground for the kids and looked upon with condescension by the heavy hitters too busy zooming around in their private jets and first class flights for physical pow-wows anywhere in the four corners of the

world at short notice. Jet-setting separated the men from the boys, and jetsetters were the aristocrats of capitalism whose symbol was the Concorde that, horror of horrors, came crashing down in flames, an early omen of the times to come.

Penetrating MENA

Azfar was all set to change gears in a big way. From the 5 star Marriott, Movenpick and Avari in Karachi, Pearl Continental in Lahore and the Serena in Islamabad that had comprised his stomping ground for the grand conclaves that Nutshell had organized, Azfar had his heart set on Dubai and the ultra-luxurious 7 star Atlantis where he planned a major international gathering of leading minds in a gutsy effort to export his Nutshell brand.

Azfar's ingress into the Middle East & North Africa region (MENA) had been underway for some time, and he came to the notice of MENA heavyweights RYTS Global, an investment and business development group based in Dubai with branches in different parts of the globe. RYTS invests in rising star companies such as Pixonal.com which is a leading information design company in the region. Its other notable ventures include Trandux, a global counter trade & barter platform, and RYTS Intelligence, an economic & business intelligence arm which supports corporates and governments in their future decision making.

RYTS Global invited Azfar to become a board member, with its CEO Wael Osman expressing his confidence that Azfar Ahsan would bring new strengths to the group. "With his vision, social capital, and expertise, we believe that he is the best brand ambassador to promote cooperation and build bridges between MENA and Pakistan and the rest of the world." Muhammad Azfar Ahsan, it seemed, had truly arrived.

Reinventing in the face of disruption

Even as the COVID-19 pandemic put the brakes on Azfar's grand plans, he gauged the ground as it trembled and heaved beneath his feet and across the world, splitting and swallowing entire economies. He gathered his sprawling ambitions and looked at the virtual world with new eyes, a dimension he had already gained a healthy respect for but appeared helpless as the demands of the conventional swept him on in time honored directions.

COVID-19 showed scant regard for the conventional and time tested techniques of conducting business as it grounded the global aviation and tourism industries through lockdowns, quarantines and social distancing, spelling disaster and doom for millions upon millions around the world, with everybody speaking about the 'new normal' without knowing exactly what it would imply and mean for them. The titans of yore began crashing like ninepins, confounding the masses that had looked upon these giants of trade, commerce and industry as too big to fail.

Azfar has been described in the media as a global influencer, business connector, change activist, philanthropist, non-partisan political analyst, and entrepreneur, a rare individual that Pakistan, indeed the world will need more of as it seeks to climb out of the COVID-19 debacle.

Acknowledging the severe operational limitations imposed by COVID-19, Azfar scrambled to keep alive the roaring flame that he had kindled and organized in virtual space the Diversity Inclusion Conference with no prior exposure to the digital world. Fortune favors the brave as also the prepared, and even if Azfar's state of preparedness was below par at this stage, fortune rewarded him in most generous manner with over 1 million eyeballs from 35 countries as he sallied forth with 20 international speakers, bolstering his self-confidence in no mean manner.

CPGians to the fore! Heavy hitters galore!

Thereafter Azfar launched a frontal assault upon the COVID-19 monster that had immobilized large swaths of humanity. He mobilized the Corporate Pakistan Group under whose aegis he launched the CPG panel discussions series, with the first one on a matter of utmost urgency, the "China & India Standoff - What Next: Implications for Pakistan, the Kashmir Movement and the Belt & Road Initiative".

The panel featured some serious heavy hitters and included Sardar Masood Khan (Pakistani diplomat who serves as the 27th President of Azad Kashmir), Adil Najam (inaugural dean of the Pardee School of Global Studies at Boston University, and previously vice-chancellor of the Lahore University of Management Sciences), Prof. Dr. Daniel Markey (Senior Research Professor of International Relations, John Hopkins University's School of Advanced International Studies), Sajjad Karim (British politician and Member of the European Parliament for North West England between 2004 and 2019), Senator Mushahid Hussain Syed (Chairman of the China-Pakistan Institute), Athar Abbas (former DG ISPR), Dr. Huma Baqai (Associate Dean Faculty of Business Administration and Associate Professor of Social Sciences and Liberal Arts, Institute of Business Administration, Karachi), and Dr. Rabia Akhtar (Director of School of Integrated Social Sciences at the University of Lahore and senior fellow South Asia Center of the Atlantic Council). Mosharraf Zaidi (Pakistani columnist and development practitioner and Policy Advisor to the Ministry of Foreign Affairs between 2011 and 2013) skillfully moderated the proceedings that enjoyed a virtually limitless global audience difficult to quantify.

The second panel discussion brought a new set of panelists to focus on "China India Conflict - Pakistan's Options in Evolving Geopolitical Situation". This was the second edition of China India Conflict Dialogue Series and featured National Security Advisor Moeed Yusuf, Senator Sherry Rehman (politician and former diplomat who served as the Pakistan's Ambassador to the United States from 2011 to 2013), Ambassador Riaz Khokhar (served as Foreign Secretary of Pakistan 2002-2005; ambassador to India 1992-1997, the United States 1997-1999 and China 1999-2002), Lt Gen (R) Naeem Khalid Lodhi (Defence Commentator), Michael Kugelman (Asia Program Deputy Director and Senior Associate for South Asia at the Woodrow Wilson Center), Nasim Zehra (Pakistani journalist who hosts a primetime current affairs talkshow and author of *From Kargil to the coup: Events that shook Pakistan*) and Mosharraf Zaidi.

The third in the series was "Pakistan & Changing Regional Dynamics: China, Iran, India & Afghanistan". The panelists were CPGian Dr. Shireen Mazari (Federal Minister for Human Rights), CPGian Senator Mushahid Hussain Sayed (Chairman Foreign Relations Committee, Senate of Pakistan), CPGian Senator Anwar Ul Haque Kakar (Member, Senate of Pakistan) and CPGian Maj Gen (R) Samrez Salik (Author of *Fighting Shadows*), with CPGian Farrukh Pitafi (PTV Anchor) moderating the Dialogue.

Truly Corporate Warriors

With these three virtual events, closely followed by a limitless global audience in the four corners of the world who watched with bated breath, horrified by the brinkmanship by three nuclear powers in that which has long been described as the "Most Dangerous Place on Earth", Azfar and the Corporate Pakistan Group moved way beyond the realms of business as usual, and showed that merchants of all hues in Pakistan, freed from the strictures of the Caste System, have the capacity for strategic engagement at all levels of human endeavor, in particular the defense of the Motherland and its positioning as a prime mover



Late M. Jawaid Akhai (Founding Chairman of Martin Dow Group), Muhammad Azfar Ahsan (Founder of Nutshell Conferences & CORPORATE PAKISTAN GROUP) and Ali Akhai (Chairman of Martin Dow Group) are the Founders of LEADERS IN ISLAMABAD BUSINESS SUMMIT Series, now into its 4th Edition.

on the chessboard of the new Great Game.

The Way Forward for Pakistan

From backstage Azfar moved onstage, taking the spotlight and moderating a series of dialogues with people in power at the Federal level and concerning the dynamics of good governance and best practices, once again on behalf of the CPG. He went Face to Face with Pakistan's Information Minister Senator Shibli Faraz, followed by a Conversation with Federal Minister for Education CPGian Shafqat Mahmood on "The Way Forward for Pakistan", and Gup Shup with Federal Minister for Science & Technology CPGian Fawad Chaudhary.

On the health front, CPG convened a Conversation with Prof. Dr. Saeed Qureshi, Dr. Saad Khalid Niaz & Prof. Abdul Bari Khan on "COVID-19: Challenges & Way Forward", and a 90 minutes Conversation with Beximco Bangladesh's CEO Syed Naved Husain on "Leadership in Adversity" via Zoom & Facebook live moderated by Ayla Majid and Azfar. Then there was the Breakfast Dialogue with Adviser to the Prime Minister on Finance, Revenue & Economic Affairs Dr. Abdul Hafeez Sheikh followed by a no holds barred debate on the Federal Budget & Pakistan's Economy via Facebook live.

Seeing his relentless drive in the public space the logical question that comes to mind concerns the possibility of a public office for Azfar at some point? "My colleagues and I operate without any political bias. In the present system a public office is out of the question."

Acknowledging early enablers

Azfar has come a very long way since the days he first launched Nutshell Conferences from a small office on Zamzama Boulevard, equipped with a desktop computer and fax machine. Schooled at the Azeem Children's Paradise up to class 4, and then the Progressive Children's Academy from where he did his High School, Azfar was a debator, played hockey and cricket, and took a keen interest in theatre and singing competitions during his school days. However, he cites St. Patrick's College as the place that groomed him and where he really came into his own.

"People came from all over Karachi, from Malir and Shah Faisal to Clifton and DHA, with Hindus, Christians and Muslims coexisting in complete harmony. There was great diversity. I took admission in 1991, and have great memories of Zahid Nihari, the famous Students Biryani, and Rabri at Delhi Rabri House on Burns Road. I mixed with all types, from serious students to hooligans!"

Azfar says that he always intended to get into media and advertising, but later decided on organizing conferences and seminars. "This switch was planned and not accidental. I did three jobs secured on merit, but couldn't last in them for more than 13 months each. All three remain good friends and associates of Nutshell. That's how Nutshell got started, with a small office on Zamzama, a used table, one computer and a fax machine."

Fortune smiled on Azfar and before the ordered furniture could arrive Nutshell had executed two projects. The first project was 'the proactive manager' seminar followed by a national HR conference in which Shaukat Aziz and Dr. Ishrat Husain took part. TCS was the Official Logistics Partner.

"Mr. Khalid Awan, the chairman TCS, and Mr. Jamil Janjua the CEO TCS, were extremely supportive of me in all the Nutshell ventures. In return I extended full support to the TCS CONNECT Forum. Mr. Jamil Janjua is amongst those friends who led me by the hand, and this is a public admission I have made in many forums. There are others like him who helped me when I needed help, and I never forget my friends. I got a lot of support from Mr. Khalid Awan as well, and today he remains a father figure for me, and he is a valued member of CPG."

Jawaid Akhai (late) of Martin Dow became a co-founder with Azfar of Leaders in Islamabad and understood the concept within the first 15 minutes of their meeting. "I wanted an international conference that would develop over 5 to 6 years into a major regional event for international investors and he bought into the vision and convinced his board. We did the first 2 editions together, and then after his death his son Ali has come onboard and was with us for the 3rd edition. The Akhai Family has decided that this joint venture with Nutshell is a lifetime project since it was the late Jawed Akhai's wish and because it's good for Pakistan."

Interview conducted by **Adil Ahmad** (Correspondent, OCTARA.COM)

**FUTURE FIT, FUTURE READY
& FUTURE PROOFED!**

TARIQ QUREISHY

MESMERIZES WITH 'THE FUTURE OF FINANCE 5.0'

It's best described as thrilling stuff, bordering on science fiction, the kind that has you riveted to the edge of your seat. A bit strange, one would think, that dry subjects like finance and banking are being described in such terms. A good part of it has to do with the technology driven paradigm shifts that the world is experiencing in general and which have been accelerated in no uncertain terms by the COVID-19 assault on humanity's way of life, disrupting business as usual, and that is a good thing because 'business as usual' was eminently unsustainable.

But a good measure of the thrill has to do with the anchor of the Show himself, a global celebrity futurist speaker who has done over 200 keynotes and specializes in talks about the future, trust, ethics, transformation & metamorphosis, particularly relevant in the post COVID-19 period. Tariq Qureishy is helping companies through the current crisis. He has a degree in Economics, is a Harvard Business School 1998 alumnus, and styles himself as Futurist, Finance & Media Professional, Entrepreneur, and International Speaker.

Future Readiness

Tariq Qureishy is currently the Founder/CEO of Xponential, a "Future Readiness" enabling platform which executes transformational methodology and concepts to bridge "exponential organizations" for the future. He has worked in top leadership roles for over 20 years in Dow Jones Markets (Regional Director Europe/MEA), The Times and Sunday Times (CEO/Publisher Middle East Africa), Bloomberg Media (Regional Leader/Consultant -MEA). He is also the founder and CEO of MAD Talks, a storytelling platform and media brand for the emerging world. This TED-like platform captures stories shaping the future of leadership and entrepreneurship on video and audio digital platforms.

Tariq Qureishy's area of expertise is finding practical business solutions for the future of innovation, breakthrough thinking, and creativity. His extensive media and broadcasting experience has seen him work with BBC World, Dubai Eye, and Dubai TV and appear in international broadcast and print media.

I had the good fortune of attending Tariq's free webinar in the buildup to the more serious stuff in August that he is rolling out in association with Dubai International Financial Center (DIFC) Academy, led by an international faculty, wherein the Future of Finance program will propel delegates on a unique and

comprehensive journey of Finance & Banking 5.0.

Exponential transformation

"The waves of disruption are taking over and transforming the world exponentially," says Tariq Qureishy. "From Block-chain to artificial intelligence, Fin-tech to crypto-currency, cashless-payments, to total automation, the world is moving exponentially forward.

We are now going forward to the foundational principles of banking & finance where the core utilities are seamless, contextual, behavioral, experiential and ubiquitous. We have new dimensions of intelligent solutions, new human roles and new ecosystems emerging exponentially. We show you how to thrive in your future. This is the time you need to be Future Fit, Future Ready & Future Proofed."

The webinar is billed to provide a distinct edge, a lead in the market, making one's job relevant and future proofed, and equipping one with the toolkit to thrive in this new world. My meager banking needs are limited to en-cashing my cheques as and when they arrive, and I've often wondered why the monies could not be transferred directly into my account instead of necessitating the filling in of deposit forms, waiting 48 hours for the cheques to clear, and then writing out cheques to finally lay my hands on my money! Tariq's webinar forcefully drove home the fact of how we steadfastly remain in the bullock-cart age as depicted on the seals found in Moenjodaro in 5000 BC, and our resistance to 'Tabdeeli'. Well, like the man

Future of Finance 5.0 in association with DIFC Academy



<https://youtu.be/JKWOzgJ8H0M>

once said, "If it ain't broke, don't fix it." Well, it is broke, and it's taking a pandemic to jolt the world out of its slumber and scramble to get up to speed.

Transformation Decade

Transform Or Be Transformed! Tariq Qureishy says that 2020-2030 is the Transformation Decade for Everything, with 20th Century companies in steep decline and 21st Century companies in steep ascent. "All industries are affected in accelerated and asymmetric fashion, first due to Tech and now COVID-19. Industries already disrupted include Data, Information, Content, Music, Media, Films, Television, Print, Cities, Transportation, and Cars. Those in the process of being disrupted are Retail and Commerce, Banking and Financial Services, and Insurance. Those resisting disruption are Pharma, Medical, Energy, Utilities, Water, Food, Education, and Philanthropy."

The Big Battle is between the Incumbent (Banks) and Startups, and the question is whether the Incumbent will innovate faster before the Start-up gets to distribution? Tariq spoke of the Wells Fargo Case Study when it came to unbundling banking, and said that Fin-techs were everywhere, whether it was user interface, fraud, regulatory, data, payments, core systems, or license.

Vision 2025 Finance 5.0 Hybrid Ecosystem sees daily digital interactions greater than all physical interactions annually, with Artificial Intelligence advice far outstripping human advice, and robotic advisors in much greater numbers than human advisors churning out \$100+ Trillion in transactions.

New thinking is the order of the day, and the question on people's minds is whether Jack Ma's Alibaba will be the biggest bank in the world in 2030 with Trillions++ in valuation, 3 billion customers; lending, investment, transactions on super wallet, in 100 countries, with no branches, and \$1 trillion funds?

The future of financial advisory by 2025 will see risk profiles built around learnt behavior not forms; facial recognition, biometrics, voice will be in use; contextual and proactive advice for credit; AI driven trading, changing KPIs, reducing humans; and augmented reality glasses anticipating and advising.

Courage and Vision

Not surprisingly companies are not prepared with 93% CEOs say new tech will rapidly change their company's industry; 54% of the companies have no program in place to build the skills of the future; and only 3% of the companies have completed true digital transformation programs. The Hybrid Finance Ecosystem that's just around the corner if not already here, will

in association with

FUTURE OF FINANCE 5.0

Executive Future Readiness Program

Making you Future Fit, Future Ready & Future Focused

Episode 1 Led by Tariq Qureishy & Paul Epping **AUG 16th** Time: 17:00 to 19:00

Awake Session & Exponential Dynamics:

The Banking & Finance world post COVID

COVID-19 is disrupting industries as we know it. Exponential Crisis needs and exponential response. Preparing you for a "new reality".

Emilie Sydney-Smith

Corporate Transformation Coach, Global Speaker, Entrepreneur & CEO, ExO Works10x transformation

Episode 2 Led by Emilie Sydney-Smith, CEO Exo Works **AUG 23rd** Time: 17:00 to 19:00

The Financial World being disrupted

The exponential future, pivoting & case studies

Emerging technologies and business models to be adopted at scale and in real time, ready for the world economy to transform.

Episode 3 Led by Dr. Terence Tse & Rajiv Kakar **AUG 30th** Time: 17:00 to 19:00

Financial Resilience, AI in Finance

Growth in emerging markets, new leadership imperatives, transformation of existing institutions.

The financial services industry is trying to respond to an increasingly turbulent business environment, post covid. New leaders need to embrace new attributes & mindset with the new ecosystems.

Dr. Terence Tse

Educator, Keynote Speaker, Business Advisor, Commentator & Co-Founder @ Nexus Frontier Tech

Episode 4 Led by Tariq Qureishy & Paul Epping **AUG 6th** Time: 17:00 to 19:00

Connecting the dots. Preparing for the exponential future

The world beyond COVID-19 will be our new reality & equilibrium. Key takeaways for financial professionals to build resilience to thrive post COVID-19. & mindset with the new ecosystems.

Tariq Qureishy & Paul Epping with Expert Panel

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comprise of tech giants, fintechs and unicorns, and of course banks.

The advice on offer is to stop hiring bankers, and instead hire data scientists, social scientists, neuroscientists, anthropologists, psychologists, and musicians who think tech, not banks; Apply 10X thinking because 10% will not work; Think anything non-touch and scale; Optimize the core and go for the edge with courage and vision.

Having got into the nitty-gritty of the operational detail, Tariq Qureishy brought proceedings to a close with a macro flourish. At the end of the day what really matters, he said, are family and friends (relationships), serving God and others (self-transcendence), developing your full potential (growth), fulfilling your calling, pursuing meaning and virtue, and making this world a better place (legacy). Indeed ■

Reviewed by **Adil Ahmad** (Correspondent, OCTARA.COM)

Why AI and Big Data Will Be the Heroes of the Great Recession

Dr. Tommy Weir

Published on July 22, 2020

The current global crisis has ushered in a tough new reality that makes it difficult for employers and employees to cope, and we are all struggling. Let's face it — with record unemployment and an uptick in virus cases across North America, we all know that it's hard out there. The economic landscape is jagged and scary, and another Great Recession looms over us, threatening to bite even deeper than the crisis of 2008. For every sensible business that has survived thus far, now is the time to limit exposure to the economic storm that's building overhead.

For many organizations, that starts with cost-cutting — a perennial “go-to” in hard times. And when it comes time to make cuts, new technologies that were just getting embedded before COVID-19 struck may be among the first victims of a jittery C-suite searching for ways to survive.

But before you're tempted to cut back on your pre-recession push into AI and big data investments, please consider this: Any company that, instead of trimming or axing, has the courage to double down on its tech investment will reap the rewards. Just as the world's healthcare workers are nursing populations back to physical health, AI and big data will be the heroes who lead us out of recession. And if that weren't enough reason to stick with your pre-virus tech plans, here are some more reasons why AI and big data will save the day and are worth investing in during this perilous time.

AI and big data will:

- **Boost Productivity:** Employee-led productivity growth is the key to returning entire economies back to health, and it is here that artificial intelligence truly shines. Far from eliminating jobs, AI will help to build the uber-productive workforce of the future — a workforce that optimizes time instead of wasting it. One of the greatest appeals of AI is the tangible insights it can yield, as well as the answers it can provide to business-critical questions such as: *How many productive hours are worked in a day?* And, more importantly, *how can we increase them?*
- **Help You Fine-Tune Your Business:** AI and big data will free employees from mundane tasks and give them time to both chase new clients and get to know your existing ones deeply. This will allow organizations to radically personalize offerings to them — the best way to secure their long-term loyalty among the most talented employee base. AI will help you spot the trends in your sector, make accurate sales forecasts, and mine your social media relationship with your customers to release profound insights for your research and marketing departments to really sink their teeth into.
- **Generate New Business and New Customers:** This will happen, but only if you have positioned your business well by investing in the above. It's arguably the most significant insight we in the technology world are missing — *customers want all the benefits of new tech, even if they don't understand it, even if they're afraid it may take their job.* The person who is concerned about losing their job to robots is, at

the same time, the person who wants early and accurate detection of autism and cancer at one end of the spectrum and a tailored-for-them list of movies and music at the other. Just because many of your customers don't understand how AI and big data drive the services they rely on does not mean they do not want their benefits. So, if you fail to offer those advantages, someone else will — and they will take your customers with them.

- **Nurture a New Post-COVID-19 Worker:** This is the worker who has thought about life deeply during lockdown and now wants more life and less work or more meaningful work, at least. AI can automate so much that is drudgery, leaving employees with more interesting jobs and employers with more loyal workers as a result. If you fail to move with the times and offer more satisfying and creative work, your best people will find it elsewhere.
- **Drive a New Wave of Tech-Skilled Young People:** Companies need the new generation of workers fresh out of schools and colleges who are AI-savvy. Right now is the best time to attract the best and the brightest AI and big data talent. There will be an almighty scramble for the best talent, and if you are seen as a tech dinosaur by the next generation, they will take their skills elsewhere.
- **Drive Unforeseen Opportunities:** Disruptions of the kind AI and big data are causing always create new markets and unforeseen opportunities. A Deloitte report (which calls tech “the great job-creating machine”) highlights unforeseen results of technology uptake, such as the car leading to the growth of suburbs. As the report points out, it is impossible to tell what goods and services people will demand in future — coffee shops, gyms, and the importance of cell phones would have been completely unpredicted just 50 years ago. The question is, what incredible opportunities may emerge from left field if you stick with your tech investment today?

The 2008 recession drove technology into the heart of businesses as organizations sought efficiencies and new opportunities. Now, as we stare another crisis in the face, the winners and losers will, without a doubt, divide along tech investment lines.

Right now, we need AI and big data more than ever to mitigate the impact of COVID-19 and the looming Great Recession. Is your organization brave enough to take the right steps now to build a brighter future? Or will your organization get left behind due to fear or inertia? The choice is yours right now. Now is the time to seize the day. Carpe diem ■

Source:

<https://www.dataversity.net/why-ai-and-big-data-will-be-the-heroes-of-the-great-recession/>



Dr. Tommy is the leading CEO Coach in the Emerging Markets. Sitting in their shadow, he typically advises CEOs on growth in the emerging markets. He is exclusively working with Octara for his workshops in Pakistan and was the Keynote Speaker of 17th MAP Convention 2015.

For Inquiries, info@octara.com

UNFUNK YOURSELF

by Tina Olivero, Founder of The OGM - Our Great Minds

Are you stuck?
Tired of being tired?
Sick of being sick?
Wish you had a better relationship?
Finances got you anxious?
Covid got you down?

OK, then it's probably a good time to UnFunk Yourself.

Unfunking yourself starts with a willingness to see that all your issues in life are designed for you and they have something important to teach you. All that angst has a purpose. It's saying, "Heh there, it's time for a change."

WHY DON'T PEOPLE LIKE CHANGE?

At some level, we are all change-resistant. What is this human tendency to resist life? We don't like to admit mistakes? We are stubborn to ask for help. We put the bills off as long as we can. We avoid having the conversation we know we need to have.

We play the same cycle repeatedly and wonder how we ended up in the same relationship with a different person. We keep drinking to forget we did that. We use pot to numb our minds and pretend it's all cool. But eventually..... it comes back to bite us on the ass. And when it does, it's not pretty.

Why do we guard our positions so vigorously that we can't see another option and keep doing the same thing over and over again? Even when life is not fulfilling?

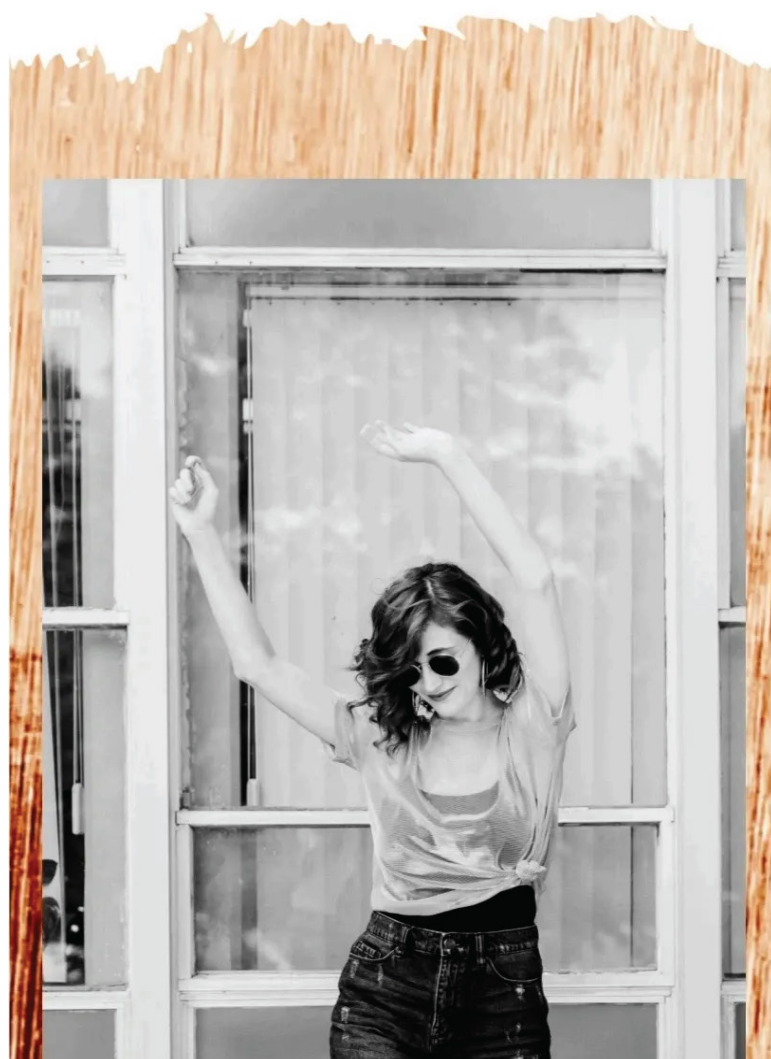
WHAT ARE WE PROTECTING?

Here's why that happens! Unknowingly, we are protecting THE EGO. Yes, we all have one. The Ego is that sneaky bugger that has some rather unattractive qualities. It is a sabotage expert. The passive-aggressive one. The one that has to have it right here and now. The one that puts things off and likes to control things. Sometimes jealous, sometimes angry, sometimes depressed, sometimes judgemental....yes that's all ego.

Wait a second, are you saying you don't have any of those issues? OK the one that said thatTHAT'S YOUR EGO.

STAVROS: MY EGO

I have an ego; his name is Stavros. I call him that because he's militant. He comes out when I'm afraid, and he sounds like control and dominance. He's usually around when my teens are off doing something they aren't supposed to be doing, and I'm home fretting for their lives.



OH YES, Stavros comes out in full force when my kids trigger me. First there's fear, then judgement, then anger. Sometimes there's shaming, bossing, and even ultimatums. It never works out!

Oh, Stavros, you are NOT EFFECTIVE at solving my issues.

LOOK DEEPER

Rather than pretending, we don't have an ego, let's be authentic. When our Ego's come out to play, what if we chose to see how our Ego's are causing our own demise?

What would happen if we looked under triggers of control and anger

and found the real emotion that everything was stemming from? The emotion called "fear".

What if we looked under the daily beer drinking and found the heartbreak. What if we looked under that heartbreak, even further, and saw the fear of the loss of love? Or fear of being alone? Or fear of not being good enough?

GIFTS IN AWARENESS

That process of looking deeper and being honest with ourselves offers enormous gifts and pays off in spades in terms of your happiness and satisfaction with life.

When you truly "own" it, and see how the Ego is acting out. Call it out. And when you do, you will see that the ego has a lot less power over you. For example, verbalizing and taking responsibility for our ego releases it... and it gives us a place to create something new. It provides us with a place for change. When we are willing to say what causes our fear it no longer controls us.

So what ever is in the way, is the way. What causes us pain becomes the purpose of the future. In other words, suffering happens to us, for us and to teach us.

So you know how easy it is to talk about all your accomplishments and how great of a person you are.... When you get as comfortable as that, talking about your Ego, and all of it's sabotaging outcomes, that's when you know you have won. That's emotional intelligence.

Distinguishing the Ego is where all the healing and magic happens. Realizing the egos impact on yourself and others dissolves pain, reduces fear, cures illnesses, and mends relationships.

Think about it, would you rather be in a relationship with someone who admits their mistakes or fears and moves on, or someone who's hiding it all and leaves you second guessing everything?

READY TO TRY THIS?

OK, think about the last time you got angry. Who was there? What happened? Anger is a powerful emotion. It can take us down, and take down those around us, or it can lift us and catapult us into action.

Was anger a place for you to look deeper or was it a place for you to blame someone else? If you're still blaming, you are still stuck. If it became a teacher, then change happened.

Which was it?

Emotions are predispositions for actions. The things you do and the outcomes you have all stem from your emotions. So it's worth getting to know them intimately if you want specific results.

THE UNDERLYING EMOTION

When we get angry, there is an underlying emotion that wants to be revealed. Or a range of underlying emotions.

Anger usually signifies that we are fearful, frustrated, or feeling insecure. Anger can teach us many things about ourselves. It is RICH in learning. What is it that we fear? What is the root fear?

Is it a fear of loss?

Is it fear of rejection?

Is it a fear of not being enough?

Anger shields the underlying feelings we never get to learn from, unless we look deeper and acknowledge it.

Anger is a great place to stop and look at what you might be worried about in that future. 90% of the time we are worried and fearful of something that's never going to happen.

DENY OR LEARN - IT IS YOUR CHOICE

Rather than anger, choose to "own" your thoughts and actions.

SQUEEZE the JUICE out of anger and learn how it harms you and those around you. Find the gift that anger has.

Does anger request a change in your view?

Does anger request a change in your life?

Does anger request that we take a specific action?

Do anger signify a conversation you are afraid of having?

Can anger lead to you to being vulnerable, whereby you share your real emotions?

When we realize the gift that anger has for us, it teaches us. We soften. We become reverent. We find grace in life's situations. We cultivate understanding rather than acting like a bull in a China shop, breaking everyone in our path. We also restore our relationships. It's powerful stuff.

Negative emotions and outcomes are our greatest teachers if we have a willing mind. We can resist and resist and postpone and resist. But it's to our detriment – EVERY TIME.

EMOTIONAL AWARENESS

Emotional awareness is not a movement of the times reserved for spiritual people. It is not a wonky book that is all fu fu, la la, hairy fairyland ideals. And it's certainly not people hummitating on the side of a cliff, asking for world peace.

No, emotional awareness is taking the time to 'self observe', and find answers. It is a deep and meaningful personal experience. Emotional awareness is a verb that requires personal action. It dares to examine the way we act and react and be honest with ourselves about it.

It is a process of identifying our emotions and being willing to tell the truth to yourself about what's really going on underneath those surface emotions and all the substances we use to pretend they aren't there.

YOUR SUCCESS CORRELATES DIRECTLY WITH YOUR ABILITY TO GET OUT OF YOUR OWN WAY

The journey of a self-examined life is one worth living. Your life's success correlates directly with your ability to get out of your own way! That means being willing to release that Ego's hold, and that always feels uncomfortable. But do it anyway, because beyond that emotional mind trap, is a peaceful world requesting you show up to the party.

Think of 2020 as your time in life where things got so intense that you had no other choice but to grow. Covid-19 really was so scary, so painful, so uncertain that we got very clear about what really matters and put things into perspective.

What if 2020 meant the world stopped long enough for us to finally see what we have been unable to see, and what we see is ourselves requesting to grow. To grow more conscious, get clear and precise, align with our highest self. Clearly what matters is our animals, our environment, our health. In that order.

So go ahead, get mad, then observe it. Identify the underlying fears. Get angry when you go off course and really 'see' it for what it is. Unravel it!

And then, go and UnFunk Yourself ■

Source:

<https://thephoenixfuture.com/f/unfunk-yourself>



Katrina (Tina) Olivero is the Founder of The OGM - Our Great Minds. She is also a Business Growth Strategist, Leadership Coach and Trainer.

For Inquiries, info@octara.com

Simplify your life to Live your Life Alive

Saturday, August 22, 2020

11am - 12pm (UK Time)

2pm - 3pm (Dubai Time)

3pm - 4pm (Pak Time)



Speaker: Dr. Zsuzsanna Fajcsak-Simon (Dr. Zsu) Ph.D., M.A., M.Sc., CNS.

- Dr. Zsuzsanna Fajcsak-Simon is The Leader in Integrated Health
- She is the founder of ALIVE – Live your Life Alive program, which brings complete transformation in people's lives
- Author of the best-seller book "The Secret of Happiness Locked in Your Fears", published in USA in 2019
- Dr. Zsu with 3 masters and a PhD (Physical education, Exercise physiology, Nutrition and Education), she is certified in Functional diagnostic medicine, NLP and yoga master trainer
- Over 25 years of work experience extends to 4 different continents and different cultures
- (Europe, USA, Australia, Asia including Malaysia and Pakistan)

Dr. Zsu teaching is all about bringing you an experience, so you can feel better and realize that feeling better, living more peaceful, healthy and happy with high meaning is possible, it is simple and it is all within your hands. Visit her website www.drzsu.com for in depth knowledge

Program Overview:

Did you know that by simplifying your...

- Environment you will simplify your life and feel better?
- Life you work on your health and you step on the road to happiness?

The Question is:

How to simplify your life when you don't have time, your life is so complicated and you are so afraid of change?

Key Highlights:

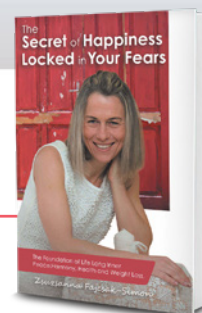
How to simplify your environment and life in such small bite sized steps that all difficulty becomes an easy to do task?

Who Should NOT Attend:

- Who are waiting for a miracle to happen for their life to change
- Who are expecting others to fix their lives
- Who expect their happiness from others
- Who depend on others to fulfill their emotional needs and use them as a compensation for their lack of self-love

Key Takeaways:

- Experience inner calm and start seeing life with more clarity
- Start prioritizing among your needs, your life and seeing the real value
- Getting rid of the clutter and feeling much better
- A healthier diet and more active life
- Less fatigue, more concentrated work, conserving energy
- Able to express genuine acceptance and gratitude for self and others
- Live with genuine loving-kindness and compassion
- Be a better human being and add to social change



The Secret of Happiness Locked in Your Fears:

The Foundation of Life Long Inner Peace, Harmony, Health and Weight Loss.

by Dr. Zsuzsanna Fajcsak-Simon

This book outlines Dr. Zsu's international program "Live Your Life Alive."

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WHAT YOU CAN LEARN FROM THE LONGEST STUDY CONDUCTED ON AGING

The surprising answers to aging well

by Brittany Denis, DPT

Photo by Kenny Luo on Unsplash

The study of aging is a relatively new field of science. It wasn't until the last century that we started to see both lifespan and quality of life extend exponentially. And it wasn't until the last 50 years that researchers started to take a serious look at aging.

And as a physical therapist who works with older adults, aging is a topic I research often. A simple Google search provides a plethora of information on solutions that hold the supposed "cure" to aging. How should anyone know where to start to sort this information out? And what really does work?

"Aging is not a disease, otherwise living would be a disease, but you can't make money off satisfaction." -Ashton Applewhite

First of all, aging isn't a disease that needs to be "cured". As author Ashton Applewhite would say, aging is living. And it doesn't have to be a state of decline to be dreaded and avoided.

If any solution is touting itself as the ultimate "anti-aging" remedy, it's likely not the answer. And if it sounds too easy or passive, it's also likely not the answer.

Which brings me back to research on aging. Because that's where the real answers lie.

▶ The Baltimore Longitudinal Study of Aging

The Baltimore Longitudinal Study of Aging (BLSA) is one of the world's longest-running studies on aging. It began in 1958 and continues to date. For this study, researchers enroll participants age 20 or older and monitor them for life.

Participants undergo an extensive battery of health tests and measures every 3 years throughout their lifespan. These tests include blood work, physical tests for mobility, cognitive testing, and body composition among others.

This is one of the largest and most comprehensive data sets we have available. And after 60+ years of study, researchers have learned a lot but have also been left with questions.

▶ What Can We Learn From the Study?

The study was set up to discover markers of aging but found there are none. One of the key findings of the study has been that aging is highly varied. And understandably this frustrated researchers at first.

They've realized aging is different for each individual and data predicted that. And most interesting was a huge variation among individuals observed by researchers. One thing that can be agreed on is that we all age differently and the older we get the more variation there is.

So does that mean aging is completely beyond our control? No, and

below I'll explain how this study demonstrates that aging is more within our control than we realize.

There may not have been one single marker for aging, but there were several strong predictors of how individuals would age. And researchers found these differences could be detected in middle age. For any disease, research supports that one's aging trajectory is largely determined by our health and attitudes during middle age. The good news is that the markers for many of these diseases are malleable and depend mostly on behavior and choices.

The two strongest predictors researchers found that correlated with healthy aging were attitudes toward aging and mobility during middle age. Meaning the more positive the participant's attitudes toward aging while in their 40's and 50's the better they aged. And the better their walking speed and balance in their 40's and 50's the better they age as well.

The great news here is that both of those factors are within our control. And better yet, it's never too early or too late to start to improve these. Both are accessible and don't require any financial investment.

You can use this information to check your own attitudes on aging and make adjustments as you need to. There is a balance between being positive and realistic that can be difficult to navigate. Just know your health is more in control than you believe.

The study is still ongoing. And still finding that much of aging is variable and changeable. And as Dr. Ferrucci, the director of the study, notes "That's a wonderful thing: it's a window of opportunity. If everyone was on the same deterministic biological trajectory, there would be no hope that we could change it. But the incredible variability shows that the potential to age well is there for everyone. A few people are showing us the way."

▶ Take Control Of Your Aging

Start taking control of your aging today by implementing simple solutions to improve your attitudes and beliefs about aging. Surround yourself with others in the right frame of mind to age well.

Then, get up and go for a walk. Try a balance challenge. Just keep moving in small ways every day. This doesn't have to be complicated. Don't overthink it, just move.

And finally, bypass flashy and expensive "anti-aging" solutions for inexpensive, accessible and simple approaches instead. The best things in life really are free ■

Source:

<https://medium.com/the-ascent/what-you-can-learn-from-the-longest-study-conducted-on-aging-c9740f3f853b>



Brittany Denis, DPT, Physical therapist navigating life on a farm. With coffee in hand. Enhancing health through movement at <https://www.advancedbalance.org/>

For Inquiries, info@octara.com



Topic	Day/s - Hour/s	Trainer	Month
Online Training: Effective Online Marketing & Selling Techniques	4-hours	Dave Nelissen	Aug
Free Webinar - How to Stay Sane during Uncertain Times	TBC	Sayed Habib	Aug
Free Webinar - Leading & Managing Change during COVID-19	60min	Mark Stuart	Aug
Classroom Training: Service 4.0 Transforming Customer Interactions	TBC	Asim Rashid	Aug
Free Webinar - Simplify your life to Live your Life Alive	60min	Dr. Zsu Fajcsak	22-Aug
Online Training: COVID-19 Leaders Need Coaching Now More Than Ever	2-hours	Shiraz Ahmed	Sep
Free Webinar - Mindfulness Management	TBC	Omar Tauseef	Sep
Online/ Classroom Training: Business Communication	TBC	Kanwal Akhtar	Sep
Online Training: Designing Agile Organizations	TBC	Frederik Haentjens	Sep
Classroom Training: 3D - Direction, Drive and Discipline	TBC	Umair Jaliawala	Sep
Free Webinar - Protecting Financial Assets	60min	Petros Geroulanos	TBC
Health Care Operation Management	TBC	David Ben Tovim	TBC
Successful Product Launching and Brand Positioning	TBC	Jerome Joseph	TBC
Agile Project Management	2	Kevin Charlesworth	TBC
Business Communications Masterclass	1	Catherine Bentley	TBC
Certificate in Maintenance Planning / RCM	2	Ben Stevens	TBC
Certified Google Adword	2	Dr. Frank Peter	TBC
Channel Management	1	Tony Lewis	TBC
Corporate Etiquettes for Sales Professionals	Half-Day	Ghaus A. Jafri	TBC
Corporate Governance	1	TBC	TBC
Creating Content that Sells	1	Hira Saeed	TBC
Creativity & Innovation using Design Thinking	2	Rody Vonk	TBC
Crisis Response and Communication Management	1	Ben Pronk	TBC
Cyber Security Management	TBC	TBC	TBC
Digital Marketing Masterclass	2	Dr. Frank Peter	TBC
Emotional Intelligence for Leadership Excellence	1	John Bentley	TBC
Enterprise Risk Management	2	Philip Griffith	TBC
HR Leadership Using HR Metrics & HR Analytics	1	Talha Asim	TBC
Interviewing Tomorrow Workforce	1	Uzma Chishti	TBC
Key Account Management	TBC	David Vachal	TBC
Leadership Code	1	Kate Sweetman	TBC

* All training programs are subject to change as per the guidelines from GoP on CoVID_19



For Details Contact:

Karachi: 021-34520093, 34547141, 34520708

✉ info@octara.com 🌐 www.octara.com 📱 teamoctara

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