ARE YOU PAYING ATTENTION?
Knowledge begins with an understanding that we are all surrounded by signs; signs of all sorts; some speak volumes, some silently stare while others simply stir our imagination.

Each strongly holds a secret in its palm, and hands it over only to those who willingly awaken their senses to these signs... who show an eagerness to know more and a readiness to Pay Heed!

Paying Heed thus steers us in the right direction, holds our hand and counts our steps... it tells us exactly where to pause and when to stop. It is what keeps us from falling...

And in this failure to fall rests our chance to survive and rise!
So let’s pledge to Pay Heed...

To look longer, hear harder and feel farther

Pledge to see the signs and feel the vibes.

To pay more attention and show more care...

Let’s Pay Heed, for not paying is not an option now...

It’s up to us, whether we choose to fall or fail to fall

Pay Heed!
Tahir Jawaid
CEO
Hub Power Services Limited

An engineer by profession, Tahir Jawaid has over 31 years of vast experience and expertise in Fertilizer, Petrochemical & Power Sectors. Currently, he is working as the CEO at HPSL, a subsidiary of The Hub Power Company Limited. HPSL has been incorporated to manage Operation & Maintenance (O&M) of its existing power assets and explore other O&M business opportunities onshore and offshore. Previously, he was associated with HUBCO as Senior Vice President, to develop projects based on imported & local coal. Before joining Hubco he was the Senior Vice President, Human Resources and Public Affairs of Engro Corporation Limited. He also worked in the United States in various capacities for system and design engineering companies.

Mr. Jawaid obtained MS in Industrial Engineering from the University of Houston, USA, and BS in Mechanical Engineering from the University of Engineering & Technology, Pakistan.

Arshaduddin Ahmed
Vice President, Chemicals And Agri Sciences Business
ICI Pakistan Ltd

Arshad is the Vice President of the Chemicals and Agri Sciences Business. A chartered accountant and engineer by profession, Arshad started his career with Deloitte Touche Tohmatsu International. In 1997 he joined ARTAL Pakistan (a Belgian conglomerate) as Finance Manager and later took on the roles of Financial Analyst and Operations Manager at the same organization. In 2001, he joined Nestle Pakistan as Operations Manager where he was later elevated to the position of Financial Controller. Arshad joined Engro Polymer and Chemicals in 2005 where he served as Chief Financial Officer and Vice President Marketing.

Arshad has over 21 years of highly diversified experience. He holds a Bachelor's degree in civil engineering and has completed the AMP (Advanced Management Programme) at INSEAD, France.
Shahnaz Wazir Ali has an illustrious career as an educationist, social sector development policy specialist, member of National Assembly, Special Assistant to the Prime Minister on Social Sector and a well-known women’s right activist. She served as a Senior Education Specialist on the World Bank; held the position of Minister of State for Education, and is on the Board of number of prestigious national and international organizations, trusts, advisory councils, educational boards, and Higher Education Commission. Currently she is the President of SZABIST and also holds the honorary position of Provincial Coordinator for the Government of Sindh. Ms. Wazir Ali holds a Master’s Degree in Education from the University of Arkansas, USA and a certificate in Education Administration from Trenton College, New Jersey, USA. In addition, she has a Diploma in Principal’s Certification from Harvard University, USA.

Favad Soomro is the head of Engro Foundation and has over 20 years of experience in the corporate and CSR sectors. He joined Engro Fertilizer in 1999 as a Distribution Officer in the marketing department. Since then has worked in Public Affairs, CSR and has also served as Market Development Advisor in Engro Polymer. He became Executive Director of Engro Foundation in 2012 and has overseen all the CSR activities of 7 Engro companies. Favad Soomro has extensive experience in water irrigation, agricultural programs and environmental conservation programs. He has managed large teams and implemented multi-million-dollar development programs with various donor agencies. He has done his MBA from Institution of Business Administration (IBA) Karachi.

Favad serves on various advisory committees within the larger civil society, including being a founding member of Society for I am Karachi, a member of General Body at Strengthening Participatory Organization (SPO). He was also the General Secretary, Sahara Welfare Society in the past.
Hasan Adnan Ahmed
Director Human Resources
CCI Pakistan

With over twenty years of global experience in HR and an in-depth understanding of international business and emerging markets. Hasan joined CCI Pakistan in May 2016 as Director Human Resources. He has a proven track record of building teams and start-ups, and transforming company culture. Earlier, Hasan has also spent 16 years with British American Tobacco where he started his career as a Global Management Trainee after completing his MBA from Maastricht School of Management, Netherlands. He is an accredited Executive Coach and Fellow of Chartered Institute of Personnel Development.

Dr. Waris Qidwai
Professor
Aga Khan University

Professor Qidwai graduated from Dow Medical College in 1983 and joined Family Medicine program, at Aga Khan University in 1986 and is currently working as Professor, Family Medicine Department. He served as Chairman Family Medicine department for more than 9 years. He is OSHA Certified Lead Auditor and Fellow and Member of College of Physicians and Surgeons Pakistan (CPSP) and International Fellow of Royal College of General Practitioners (UK).

Professor Qidwai received, “Global Family Doctor of the month award” in May 2004, from World body of Family Doctors (WONCA). Apart from this he received prestigious Burki Gold Medal award, for his outstanding performance in Fellowship Examination of CPSP, in 1997. He is also on the Advisory Board, Academy of Family Physicians of India and has supported development of primary health care in South Asia region.
Moderator

Ms. Ayesha Tammy Haq

A corporate lawyer by profession, Ayesha Tammy Haq is a well-known face on television. She anchors the hottest debates on her nightly talk show on Business Plus, and is an RJ on FM 89. She is also an avid scuba diver and skydiver, and apparently gets her adrenaline pumping not just from adventure sports but also from taking on varied projects at any given time. Recently, she has stepped into a new and stylish robe as CEO of Fashion Pakistan, a council of designers from Karachi.

Keynote

Acran Salmen Navarro
Ergonomist and Program Coordinator
NYU Occupational & Environmental Medicine Clinic

Dr. Salmen Navarro is a physician, specialized in Occupational Medicine and Ergonomics. He spent over 12 years working in Occupational health and prevention of work-related musculoskeletal diseases in vulnerable/migrant workers around Latin America. Currently he is affiliated with The NYU School of Medicine at the Bellevue Occupational Environmental Clinic where he developed an Ergonomic Evaluation Unit to prevent work related diseases and injuries on migrant population of New York City. He is also an active member of The International Commission for Occupational Health where he leads the working group of Occupational Health of Migrant workers and Future of Descent Work and the treasurer and co-founder of The Venezuelan Ergonomics Association as well as IEA (International Ergonomics Association) Council Member.
Prof. Dr. Rizwan Taj  
Professor and Dean  
PIMS  

Dr. Prof Rizwan Taj, Professor and Head of Psychiatry at Pakistan Institute of Medical Sciences and Dean of Medicine and allied PIMS medical university. He is also associated with United Nations Educational, Scientific and Cultural Organization (UNESCO) bioethics and chair for Pakistan Fellow of Royal College of Psychiatrists UK. Dr. Taj is also an international distinguished fellow of American Psychiatric Association.

Amir Zafar  
Chief Corporate HSEQ  
K-Electric  

Amir Zafar is the Chief of HSEQ & Director Projects at K-electric. Previously he was the Head of HSEQ at International Industries Limited for 1 year. He has also been associated with Pakistan International Airlines and Pakistan Army. He holds his Masters degree from University of Engineering and Technology, Taxila.

He currently provides change leadership through organizational innovation, creative problem solving and critical decision making.
Syed Abul Fazal Rizvi is the Chief Executive Officer (CEO) of Sindh Engro Coal Mining Company (SECMC) and Thar Foundation. He also serves on the Board of Directors of Engro Vopak Terminal Limited and of Thar Foundation. He has more than 20 years of diversified experience at Engro, working in various departments including Technical, Maintenance, New Ventures, Administration and Construction.

Mr. Rizvi holds a Bachelors and Master’s degree in Mechanical Engineering from Kansas State University, USA. He started his professional career in 1996 in the US, where he worked for a year as a design engineer. He returned to Pakistan in 1998 and joined Engro Fertilizers Ltd as Project Engineer, Urea Manufacturing Plant in Daharki, Sindh. During 2007 – 2011, Mr. Rizvi served as the Construction Manager for EnVen project, which was at that time the World’s Largest single-train Ammonia-Urea Plant.

In 2012, he was transferred to Sindh Engro Coal Mining Co where he served as Project Development Manager (June 2012-Jan 2014) and Director Mining (Jan 2014 – Mar 2016) before becoming the Chief Operating Officer in 2016. Since joining SECMC, he has played a pivotal role in the development of the first ever open-pit coal mine in Pakistan.
Atia Naqvi
Clinical Psychologist

Atia Naqvi is a qualified clinical psychologist and a clinical supervisor. She is passionate about imparting the importance of the holistic self, by bridging the gap between physical, mental and spiritual health. On May 2018, she lost her 24-year-old son, to suicide. This tragic life event has moved her to work towards accepting, understanding and working towards channeling her grief. She has carried her son Emad’s legacy in ways that bring healing to herself and her family but also spreading awareness that grief and bereavement are unique and subjective to each person with the hope to feel love and joy once again. She calls it moving towards a New Normal.

Nargis Latif
CEO / Founder
Gul Bahao

Nargis Latif, CEO/ Founder and the brains behind Gul Bahao, an NGO that has revolutionized the concept of waste management in Pakistan. Gul Bahao trust, which is an internationally recognized, environmental based NGO, provides practical solutions for low cost housing, water sanitation and garbage disposal. Gul Bahao’s other projects originates from her research Centre, which is located on a 2,000-sq-yard plot in Gulshan-e-Iqbal. One of their miraculous creations is the Chandi Ghar, a house made of recycled waste. Built for the first time during the 2005 earthquake as shelter, today Gul Bahao has built more than 150 Chandi Ghars across Pakistan.
Emaan Danish
Climate Activist and Social Entrepreneur

Emaan is a 9-year-old climate activist and social entrepreneur and has been working on recycling of wood and plastic. She is often seen with a doll in a wooden frame posing in front of a river or lying in grass dotted with trash all around. The underline purpose of the doll is to spread awareness about the environment through its stories and video stories. Emaan is currently working on story books on climate. Emaanz Peekaboo is the blog she runs, that features her activities.

Amna Asif
CEO / Founder ReliveNow

Amna Asif is the Founder and CEO of ReliveNow. She has won multiple awards for her company including Standard Chartered Women in Tech, UNICEF Gen Unlimited Challenge and has been a regional finalist at She Loves Tech Competition. She has also been a fellow at international entrepreneurship programs in Germany and Scotland. She has been featured at BBC Urdu, Dawn, Synergizer and many other magazines and new channels. Prior to her role at ReliveNow she was a seasoned HR professional with expertise in people management and managing a team of 30 employees for an international client in the IT industry.
Ayesha Chundrigar is the quintessence of humanitarianism. She has been rescuing animals and started a makeshift school for the house staff’s children in the neighborhood at the age of 5. She is a qualified journalist and a licensed psychotherapist with the BACP (British Association of Counsellors and Psychotherapists). She is now a proud founder of Ayesha Chundrigar Foundation Animal Rescue where she rescues and rehabilitates around 200 various types of animals including cats, dogs and donkeys. Alongside her social work, she practices therapy, as well as provides free sessions for acid burn survivors, orphans and women in abusive relationships.

Sameer Beg is a marketer by profession who has worked in the financial industry for 13 years. Since last 19 years he has been associated with different NGO’s and welfare organizations, helping them organize fund raisers, awareness seminars, donation drives etc. In March 2015, he helped start Robin Hood Army in Pakistan, a volunteer organization aiming towards eliminating hunger by collecting surplus food from restaurants and distributing them to the needy in the low-income areas. After two years of being a dedicated volunteer, in March 2017 he was made the Head of Robin Hood Army Pakistan.

He is also among the founding members of ‘Project Mustakbil’, which aims at uplifting living standards of people living in low income areas through provision of basic education, adult literacy, hygiene and healthcare.
Syndicate
Safety

Bilal Syed
COO
OWM & HSE-Vision

Bilal is an accomplished and seasoned professional leader with international experience in Europe, Middle East, SE Asia, and Australia. He has worked in the Oil & Gas Exploration, Energy, LNG Operations, Construction, Production & Terminal Facilities, Mining/Mineral Resources, and the Chemicals sector. He has had over 30 years of experience, both in HSE, technical and management positions. He recently managed the largest public sector waste management company in Pakistan and headed the environment portfolio at the World Bank in Pakistan.

Bilal is trained as an international auditor and has been part of compliance assessments and advice to major corporations, financial institutions and governments with regard to environmental legal compliance, international standards, and leading industry practice.

Dr. Tahir Barlas is a renowned HSE Consultant, who brings 28 years of world class experience in Managing & Practicing HSE in various Organizations. He worked as Country Corporate HSE Manager for Shell Companies in Pakistan, GM - HSE PIA & GM Compliance & HSE Azagard9 Group. Earlier he had a stint with ICI Pakistan as Occupational Health Advisor. He is affiliated with PSTD as visiting HSE Consultant. He is also Global ILO Train the Trainer “Occupational Health & Safety Resource”.

Dr. Barlas has significantly contributed in the area of HSE Compliance, Auditing, Training and Development & Implementation of HSE-IMS, Road Safety, Behaviour Based Safety and Occupational Health Management across various Industrial Sectors in Pakistan. He is also a Lead Auditor for OHSAS 18001 & ISO 14001 Global Health, Safety & Environmental Standards.

Environment

Tahir Barlas
HSE Consultant
PSTD

Dr. Tahir Barlas is a renowned HSE Consultant, who brings 28 years of world class experience in Managing & Practicing HSE in various Organizations. He worked as Country Corporate HSE Manager for Shell Companies in Pakistan, GM - HSE PIA & GM Compliance & HSE Azagard9 Group. Earlier he had a stint with ICI Pakistan as Occupational Health Advisor. He is affiliated with PSTD as visiting HSE Consultant. He is also Global ILO Train the Trainer “Occupational Health & Safety Resource”.

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Yasir Masood Afaq
CEO
MYMACOM

As a critically acclaimed trainer, OD consultant, life coach and academic, Yasir Masood Afaq contributes to the knowledge economy by employing empirically endorsed insights of Applied Psychology in his workshops and keynotes. He practices as a Clinical Psychologist in addition to rendering consultancy on “Work-Life Integration” and “Wellness at Work” for blue chip corporates and UN agencies. He is CEO of MYMACOM, a private limited company, rendering services in the wider spectrum of Applied Organizational Psychology and Founding Director of House of Wellness which is a Mental Health Treatment & Resource Center in Islamabad. Afaq, currently is a doctoral candidate, holds a master’s degree in organizational psychology with a distinction from Quaid-i-Azam University, Islamabad – Pakistan and MS in Clinical Psychology.

Shehzad Ghias Shaikh
Stand-up Comedian/Mental Health Advocate

Shehzad Ghias Shaikh is a Fulbright scholar, holds a Masters in Theatre from Brooklyn College, New York and is one of the foremost stand-up comedians in Pakistan. Apart from multiple national tours, Shehzad has also performed in Dubai, Germany, Canada and toured the United States, including a one man special at the Broadway Comedy Club in New York. Shehzad also hosts the podcast, The Pakistan Experience.
AGENDA

08:30 AM
Conference Registration

09:00 AM
Welcome and Introduction

09:30 AM
HEED 2020

10:00 AM
Case Study on Sustainability

10:30 AM
Leadership Panel

11:30 AM
Tea Break

12:00 PM
Corporate Citizenship and Sustainability Goals

12:30 PM
Closing Keynote

01:15 PM
Syndicate Sessions on HSE

02:15 PM
Leadership Panel

02:30 PM
Heed Stories

03:00 PM
Stand-up Performance

03:45 PM
Individual Stories of People Paying Heed and Making a Difference

04:30 PM
Closing Keynote
Venue
This year Sustainable Development Conference will be held on

February 12
Wednesday, 2020
at Marriott Hotel, Karachi.

CONFERENCE REGISTRATION

PSTD Members
PKR. 15,500 Per participant
PKR. 115,000 Corporate table for 8

Non-Members
PKR. 16,500 Per participant
PKR. 125,000 Corporate table for 8

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Registration Enquiries

Please contact Pakistan Society for Training and Development management to discuss registration details

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