

Team Alfalah

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Table of Contents

Editor's Note	Page 3
Islamic Corner	Page 4
Employee Corner	Page 5
Annual Get Together 2015	Page 6
Claims Department	Page 8
Accounts Department	Page 9
Journey towards Swat	Page 10
U/W Department	Page 12
Reinsurance Department	Page 13
Internal Audit	Page 14
Cultivating Positive Emotions	Page 15
North Zone	Page 17
South Zone	Page 18
Safar Bakhair	Page 19

Editor's *Note*

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“Enhancement in anyone’s four natures is a symbol of peace and happiness. These natures are physical, mental, spiritual and social/emotional. All these four natures should be regularly renewed in wise and balanced ways. Renewing the physical dimension means following good nutrition, regular exercise, rest and relaxation. The mental dimension is continuing to develop your intellect through reading, writing, attending seminars and positive discussions. The spiritual dimension is the commitment to your value system. Renewal comes from prayer, meditation and spiritual reading. Finally, social and emotional dimension of our lives are tied together because our emotional life is manifested by our relationship with others. This activity does not require time, but it requires exercise. Everyone needs to refine the greatest asset he has so that it may contribute towards his success and satisfaction.”

Dr. Fawad Sarwar

Islamic Corner

قرآن کریم

وَلَا تَلْبِسُوا الْحَقَّ بِالْبَاطِلِ وَتَكْتُمُوا الْحَقَّ وَأَنْتُمْ تَعْلَمُونَ ﴿٣٢﴾

اور حق کو باطل کے ساتھ نہ ملاؤ اور سچی بات کو جان بوجھ کر نہ چھپاؤ۔

And do not mix up the truth with the falsehood, nor hide the truth while you know (it) .

سورة البقرة، آية 42

Co-Operation the Key to Success!

Co-operation is to work together for a common good.

It is to undertake a job in which everyone plays his part sincerely to finish it. People in co-operation pool their resources for their common benefit. We come to hear or see co-operative societies established in many countries. Their benefit has been dignity of labour and self-dependence. The co-operative movement has been the cause of rapid economic progress in many countries.

The Prophet of Islam, Prophet Muhammad (S). was once travelling with his companions. They stopped at a place to have something to eat and then rest. They decided to slaughter a sheep and roast it.

One of them said, "I shall do the slaughtering."

The other said, "I shall remove the skin."

The third one said, "I shall do the roasting."

Each one of them volunteered to do one piece of work.

The Prophet of Islam said, "I shall collect and bring the firewood from the forest."

The companions said, "Oh Prophet! You need not take the trouble. We shall attend to everything."

The Prophet said, "I know you can do everything. But I do not like to enjoy a preferential treatment from you. God Almighty does not like to see a person distinguishing himself from his companions." Thus the Prophet went and brought firewood from the forest;

This is one of the examples set by the Prophet of Islam on co-operation and working together for a common good.

Employee Corner

Very Happy Birthday to Dear Fellows

M. Nasir Rafiq Senior Executive Officer Head Office	1-May	Mr Nasir Rafique is performing his duties at Alfalah Insurance in 2008. He holds degrees of MBA, IRM and MSC Geography from Punjab University. He has also passed LLB part I & II exams. He really is a hard working and dedicated officer.
Syed Aosaf Ahmed Burq Executive Officer Head Office	4-May	Mr Oasaf joined Alfalah in 2008, he is a graduate having 14 years of experience in insurance sector. He is assisting Mr. Manzoor Hussain in claims department, specifically looking after theft and total loss claims. He is a dependable employee and always takes pride in his work.
Ch. Manzoor Hussain Assistant General Manager Head Office	10-May	Ch. Manzoor Hussain Sb has been the spearhead of the claims department right from Alfalah started operations. He is known for his vast experience and knowledge, he is indeed an organized person and professionalism is his trademark.
Salman Abdul Majeed Senior Executive Officer Karachi	13-May	Mr. Salman Mohammadi joined us in July 2014. He is a graduate having 8 years experience in Marine and claims departments. We welcome him to Alfalah and hope that he will contribute his share in the operations of the company with honesty.
Taimur Mahmood Mirza senior Officer Head Office	18-May	Taimoor Mirza is multitalented individual with exceptional sense of humor and hence a great entertainer. He has been part of Alfalah since April 2011. He has acquired MBA finance degree and has just started ACI.
M. Ali Shahid Assistant Manager Lahore	20-May	Ali Shahid is another person who is famous in Head Office for his witty and social nature. He is working in Marketing department since 2007. He is a ferocious business producer and has come a long way in a short time , he really takes his task seriously.

Annual Get Together 2015

Company organized Annual Get Together on 10th of May at Royal Palm. Event started with the Holy Name of Allah followed by Naat, Skits, Documentaries and few other sections. There was an award ceremony for the two competitions; Best Work Place and Punctuality. Best Work Place Award on Executive Floor was given to Ms. Sana Mir, Ground Floor to Ms. Rizwana Jabin and Basement to Mr. Fraz Amin. Punctuality Award was given to Mr. Fahim Haider, Mr. Zain ul Abidin and Mr. Muhammad Rizwan. Certificates of Appreciation were awarded to all the participants and organizers of the event



Annual Get Together 2015



Claims Department

We didn't receive any content for publication in the newsletter from claims department.



Accounts Department

We didn't receive any content for publication in the newsletter from accounts department.



Journey towards Swat

The beautiful Swat Valley is renowned for its stunning and heartthrobing landscape and natural beauty witnessed by four of our colleagues. Mr. Iqbal Hassan, Mr. Shamshul Zuha, Mr. Fahad Salman & Mr. Usman Arif started their journey on the night of 30th April for the enchanting Swat Valley from Lahore and traveled all the way to famous Mahodand Lake of Kalam. A few clicks of the journey are shared by the travelers which shows the beauty of "Jannat Nazeer Swat Valley"



Journey towards Swat



U/W Department

We didn't receive any content for publication in the newsletter from U/W department.



Reinsurance Department

We didn't receive any content for publication in the newsletter from reinsurance department.



Internal Audit

We didn't receive any content for publication in the newsletter from internal audit.













Cultivating Positive Emotions

10 EMOTIONAL "SEEDS" TO PLANT IN YOUR GARDEN NOW

Think of your mind, your emotions and your spirit as the ultimate garden. The way to ensure a bountiful, nourishing harvest is to plant seeds like love, warmth and appreciation — instead of seeds of disappointment, anger and fear.

Here are 10 emotional seeds to plant in your garden now. Use them to bring fulfillment and abundance to your life, and as an antidote to negative emotions.

10 POWER EMOTIONS

 Gratitude	 Hunger	 Passion	 Love & Warmth	 Curiosity
 Flexibility	 Confidence	 Cheerfulness	 Vitality	 Sense of Contribution

TONY ROBBINS

Gratitude

Gratitude is the single greatest power to change your life. Spiritual leaders and philosophers across the world credit a happier life to it. Deepak Chopra describes gratitude as an "immensely powerful force that we can use to expand our happiness, create loving relationships, and even improve our health." As Tony says, "When you are grateful, fear disappears and abundance appears."

Hunger

In a recent LinkedIn article Tony addressed the emotion most essential to success: "If someone asks me, "Tony what is the single most valuable secret to success in life? How do I live life on my terms and have choices, and become the best in my field?" I'd tell them that every great leader I've ever had the privilege to work with – whether they are a politician, an athlete, a musician or a business savant – got there using one force above all other. And that's hunger." If you are going to create lasting value in the world, you must have the determination to make change happen.

Cultivating Positive Emotions

Passion: Passion is a force that awakens you. Passion blows the lid off of your imagination, your capability and your drive. It shakes your mind free from limiting beliefs and breaks your old patterns of thinking. Passion is what gives you a sense of purpose. Excitement and passion can add "juice" to just about anything. To paraphrase Benjamin Disraeli, "man is only truly great when he acts from passion."

Love and warmth: The consistent expression of love can melt almost any negative emotion it comes in contact with. Recognize that whether you are met with an expression of love or a cry for help, the intent is positive. Recognizing the positive intent within yourself and others allows you to be gracious rather than offended.

Curiosity: If you really want to grow in life, learn to be as curious as a child. Children know how to wonder – to marvel at things most obvious or routine to the average adult. That's why they're rarely bored! When you're curious, nothing is a chore.

Flexibility: The ability to change what's going on – to adapt rapidly and without getting upset – is the guarantee of success. Your level of happiness is in direct proportion to the amount of uncertainty you are willing to live with. As Amazon founder Jeff Bezos once said, "We are stubborn on vision. We are flexible on details."

Confidence: When you're confident, you are willing to experience the power of faith – the trust that things will work out. Unshakable confidence provides the sense of certainty we all want.

Cheerfulness: Being cheerful means you live life in a state of pleasure – one that's so intense that you transmit a sense of joy to those around you.

Vitality: Vitality – or energy – is our life force. Your mental or emotional state starts with your energy level. Remember when you were a kid and you would run into a room or splash through a puddle, and you felt full of life? Well, the ultimate source of energy is our psychology. You can choose to be in an "energy rich" state of mind.

Sense of contribution: Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: true fulfillment. If every day you can feel that what you do adds something not only to your own life, but to others as well, then life takes on a new, deeper sense of meaning. There's no richer emotion than the sense that who you are as a person, something you've said or done, has added to the life of someone you care about or perhaps someone you don't even know.

North Zone

We didn't receive any content for publication in the newsletter from north zone.



South Zone

We didn't receive any content for publication in the newsletter from south zone.





سفر بخير

SAFAR BAKHAIR TRAVEL INSURANCE

In partnership with one of the largest travel reinsurance providers, Mapfre Assistance, we are pleased to advise that we are now in a position to provide complete travel insurance and assistance solutions around the world. Whereas there are many ready packages for individuals/families, we can also tailor make travel insurance packages for large groups at special rates and terms.

Now you can have a carefree travel around the world enjoying following facilities of our 'Safar Bakhair' travel insurance plans:

- ◆ Medical Advice on Telephone
- ◆ Medicine Delivery
- ◆ Hospital Admission Arrangements
- ◆ Medical Translation Services
- ◆ Arrangement of Emergency Medical Evacuation and Repatriation
- ◆ Accommodation Arrangements
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- ◆ Interpreter Referral
- ◆ Legal Referrals
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peace of mind

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