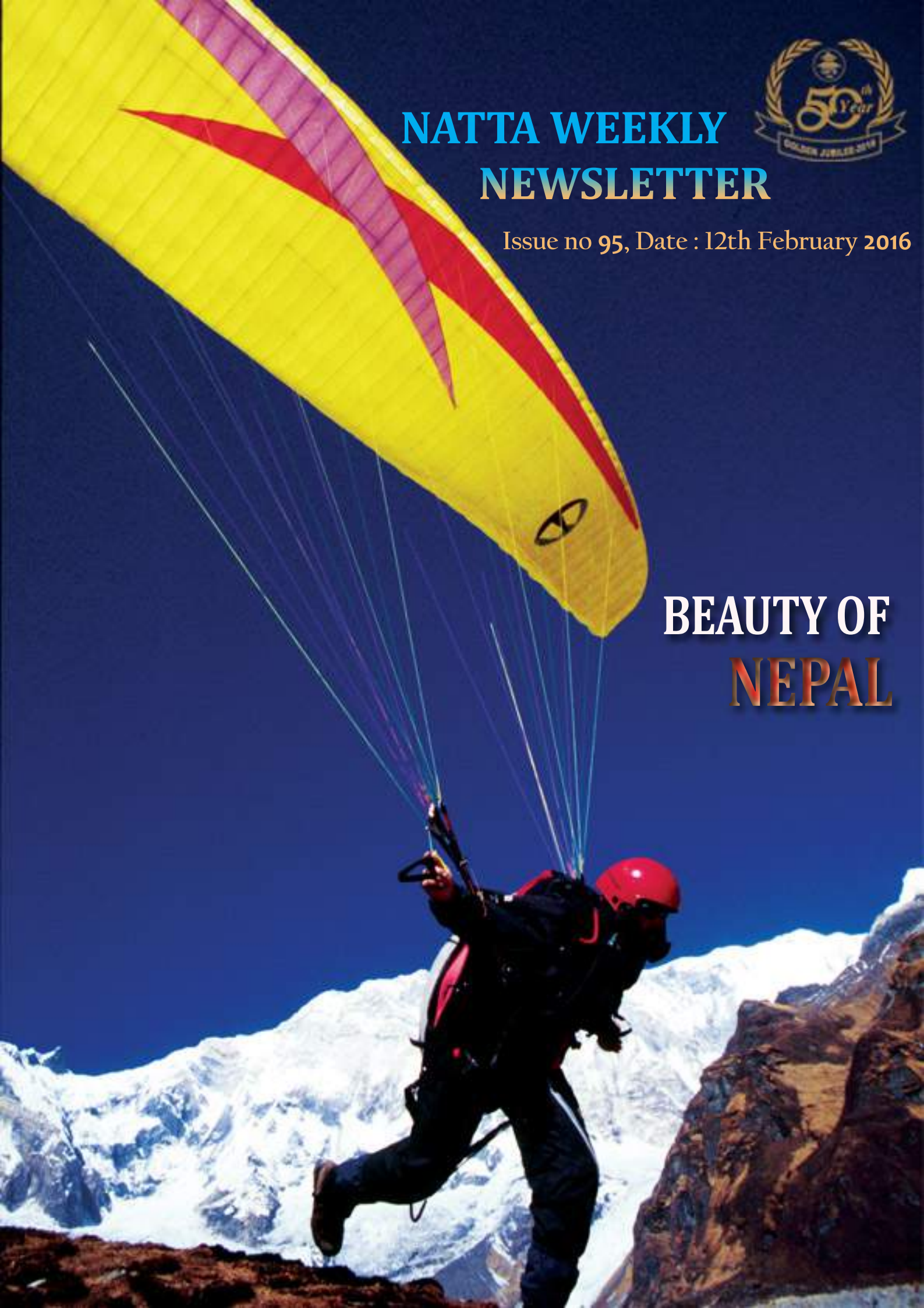




NATTA WEEKLY NEWSLETTER

Issue no 95, Date : 12th February 2016

BEAUTY OF NEPAL



NATTA WESTERN REGIONAL ASSOCIATION GETS NEW LEADERSHIP

The 9th Convention and 21st AGM of NATTA Western Regional Association was held on 9th February 2016 at Hotel Barahi, Pokhara, Lakeside. The program kicked off with the grand inaugural ceremony. Chief Guest for the program was the Military attaché from Embassy of the People's Republic of China. Speaking on the occasion, he said that the name NATTA itself has been quiet meaningful to promote Nepalese Tourism as NATTA enshrines both Nature and Adventure.

NATTA Central President Mr. Madhu Sudan Acharya focused that the stakeholders of tourism should have a clear vision in regard to their objective of promoting tourism. Whether this promotion should target the increased number of visitors or increased revenue, he said. Other speakers on the occasion were the Chairman of Pokhara Tourism Recovery Committee, Mr. Ganesh Bhattarai and the outgoing President Mr. Pom Narayan Shrestha.

After the inaugural session, the program went through the closed session with the members of the association. Hon. General Secretary Mr. Sanjay Kant Sigdel and Treasurer Mr. Tulsi Ram Pokhrel presented their annual reports. After the discussions on the reports the general meeting passed both the reports.

NATTA Pokhara also got a new team in the leadership of Mr. Dilli Prasad Gautam. The Newly Elected Team Members are:

President, Mr. Dilli Prasad Gautam

I.P President, Mr. Pom Narayan Shrestha

1st Vice President, Mr. Harka Bahadur Gurung

2nd Vice President, Mr. Sanjaya Kant Sigdel

General Secretary, Mr. Subash Bhandari

Treasurer, Mr. Hariram Adhikari

Secretary, Mr. Rishiram Poudel

Joint - Treasurer, Mr. Kishor Dahal

Executive Member, Mr. Durbajit Kunwar

Executive Member, Mr. Pradip Kaphle

Executive Member, Mr. Nabaraj Adhikari

Executive Member, Mr. Kulhendra Sharma

Executive Member, Mr. Prem P. Subedi

Executive Member, Mrs. Kamala Giri

Executive Member, Mr. Rajesh Pahari



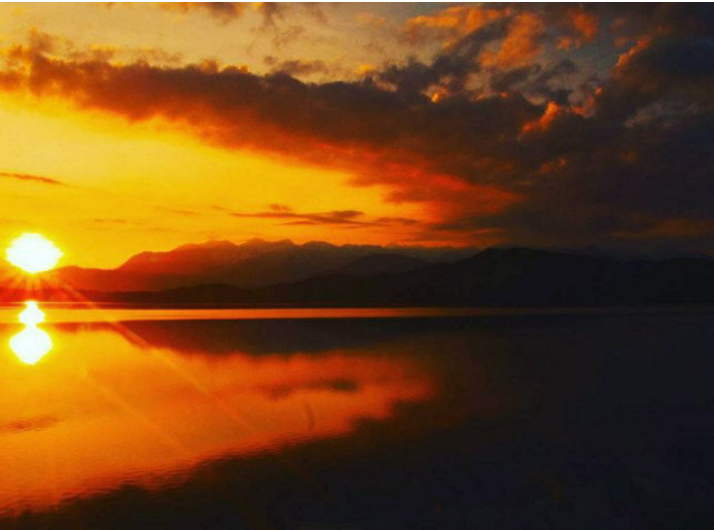
The election program was conducted by Mr. Basu Dev Tripathi, Mr. Santosh Pokhrel, Prof. Dr. Hari Sarmah and Mr. Devraj Devkota.



Joint meeting of NATTA central committee, Eastern Regional Association and Palpa Chapter.



A Group Photo Session taken at Pokhara



One of the best photos in Instagram by Alpine Club of Rara Lake, Nepal. The Photo has been taken by Sunil Sharma, Officiating Director, Nepal Tourism Board



Renowned sand artist Sudarsan Pattnaik creates a sand sculpture to pay homage to former Nepal Prime Minister Sushil Koirala, at Puri beach of Odisha on Tuesday.

Nepal wins hearts

Mount Everest, adventure and cultural experiences in the country was the highlight of the Nepal counter at the International Mediterranean Tourism Market (IMTM) 2016, which was organised on February 9 to 10 at TLV Convention Centre in Israel. The two-day fair was participated by six private sector companies from Nepal and was led by Nepal Tourism Board (NTB), as per a statement issued on Thursday. With latest tourism updates and information, a press conference was organized on February 10 at the Convention Centre for tour operators, media and well-wishers of Nepal in Israel. Fresh visuals of different parts of Nepal along with presentation of Nepal travel experiences were much appreciated by the audience. The 22nd IMTM 2016 hosted representatives from 50 countries.

SAARC Inter-Summit to be held in Lake City



The SAARC inter-summit will most likely be hosted in the city of Pokhara reports The Himalayan Times.

A technical assessment is being carried out by the Ministry of Foreign Affairs to assess the technical and logistical viability of the Lake City. Deputy PM and Foreign Minister Kamal Thapa is reported to have taken the initiative to host the ministerial meeting in a place other than the Capital.

“We are working with the spirit of convening the event in Pokhara. What we are doing now is assessing the technical and logistical viability of the city,” said Foreign Secretary, Shankar Das Bairagi.

The inter-summit or SAARC Council of Ministers meeting is a meeting of foreign ministers of all SAARC members and addresses a wide range of issues including connectivity, development, trade and terrorism. The meeting is set to take place on March 17, while the venue is yet to be confirmed.

The meeting will be preceded by meetings of SAARC Programming Committee and Standing Committee between March 14-16.

**2016 Chinese Public Holiday Calendar**

Festival	Date	Legal Holidays	2016 days off
New Year's Day	Jan. 1	1 day	Jan. 1 - 3, 2016
<u>Chinese New Year</u>	subject to the lunation	3 days (the first three days of the first lunar month)	It falls on Feb. 8, 2016. The holiday is from Feb. 7 to 13.
Women's Day	Mar. 8	half day for women	half day of Mar. 8
Arbor Day	Mar. 12	no days off	no day-off
<u>Qingming Festival</u>	Apr. 4 or 5	1 day	It falls on Apr. 4, 2016. The holiday is from Apr. 2 to 4.
May Day	May 1	1 day	Apr. 30 - May 2, 2016
Youth Day	May 4	half day for youth above 14 years old	half day of May 4
International Nurse Day	May 12	no days off	no day-off
Children's Day	Jun. 1	1 day for children under 13 years old	Jun. 1, 2016
<u>Dragon Boat Festival</u>	the 5th day of the 5th lunar month	1 day	It falls on Jun. 9, 2016. The holiday is from Jun. 9 to 11.
Anniversary of the Founding of the Chinese Communist Party	Jul. 1	no days off	no day-off
Army Day of the Chinese People's Liberation Army	Aug. 1	half day for active army	half day of Aug. 1
Victory Day	Sep. 3	no days off	no day-off
Teachers' Day	Sep. 10	no days off	no day-off
<u>Mid-Autumn Day</u>	Aug. 15 according to the lunar calen-	1 day	It falls on Sep. 15, 2016. The holiday is from Sep. 15 to 17.
<u>National Day</u>	Oct. 1	3 days (Oct. 1- 3)	Oct. 1 - 7, 2016
Journalists' Day	Nov. 8	no days off	no day-off



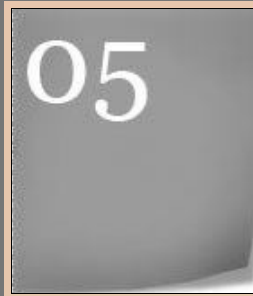
Season's Best

[Dalhousie](#)
[Gangtok](#)
[Kalimpong](#)
[Mount Abu](#)
[Los Angeles](#)
[Muscat](#)
[Vietnam](#)



Cruises

[Asia](#)
[Australia & New Zealand](#)
[Bahamas](#)
[Galapagos Islands](#)
[South America](#)



Special Events

[Nauchandi Mela Meerut](#)
[Elephant Festival Jaipur](#)
[International Yoga Festival, Rishikesh](#)



Off Season's Special

[Bermuda](#)
[Bhutan](#)
[Budapest, Hungary](#)
[Greece](#)
[London](#)
[Netherlands](#)
[Shimla](#)

Festivals

[Las Fallas Valencia](#)
[St Patrick's Day](#)
[Bath Literature Fest](#)
[Navroz](#)
[Ugadi, Karnataka](#)
[Gangaur Festival](#)

Adventure

[Belize](#)
[Bheemeshwari](#)
[Glacier Park, USA](#)
[Kamshet, Maharashtra](#)
[Snowy Mountains, Australia](#)
[Kota Kinabalu, Malaysia](#)



Pilgrimage

[Ajmer Sharif, Ajmer](#)
[Dharamsala](#)
[Israel](#)
[Sarnath, UP](#)
[Sun Temple, Konarak](#)
[Rameshwaram](#)
[Dwarka](#)

Beach

[Havelock Island](#)
[Bay of Islands, NZ](#)
[Cancun, Mexico](#)
[Cape Town, SA](#)
[Gopalpur on Sea](#)
[Pattaya, Thailand](#)
[Jamaica](#)



Honeymoon

[Bali](#)
[Caribbean Cruise](#)
[Fiji Islands](#)
[Goa](#)
[Honolulu](#)
[Manali](#)
[Mauritius](#)
[New Zealand](#)



Hill Stations

[Cameron Highlands](#)
[Bhimtal](#)
[Gstaad, Switzerland](#)
[Helsinki, Finland](#)
[Kurseong](#)
[Santiago, Chile](#)
[Panchgani](#)



Luxury

[Leela, Goa](#)
[Rawla Narlai, Udaipur](#)
[VanyaVilas, Ranthambore](#)
[Rambagh, Jaipur](#)
[Palace on Wheels](#)



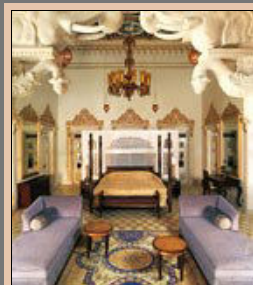
Heritage

[Chichen Itza, Mexico](#)
[Khajuraho](#)
[Mandalay, Myanmar](#)
[Hampi](#)
[Tashkent, Uzbekistan](#)
[Uluru, Australia](#)
[Laos](#)



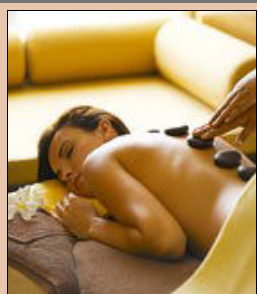
Wildlife

[Addo National Park, SA](#)
[Corbett National Park](#)
[Dandeli, Karnataka](#)
[Bandhavgarh NP](#)
[Lake Tahoe, USA](#)
[Sunderbans](#)
[Sarawak, Malaysia](#)



Spa & Health

[Ista, Amritsar](#)
[Udai Vilas, Udaipur](#)
[Golden Palms, Bangalore](#)
[Beau Rivage, Mauritius](#)



Offbeat

[Araku Valley](#)
[Daman](#)
[Bhalukpong](#)
[Yangon](#)
[Pokhara](#)
[Diveagar](#)
[Tranquebar](#)



FUN AND ENTERTAINMENT

Good communication is the foundation of every successful relationship, be it personal or professional. And not all communication is necessarily verbal, most of the time your body speaks way before you can even utter a word. **Here Are Ways In Which You Can Use Your Body Language To Become Successful & Influential**

1. Flexing muscles boost your willpower and determination

Flexing muscles not only helps you to stay more focused and confident but also increases your ability to resist eating tempting food.



2. Lying down makes you more creative and innovative



You will be surprised to know that lying down helps you be more creative. According to Professor Dr. Darren Lipnicki, "It might be that we have our most creative thoughts while flat on our back". Lying down leads to creative breakthroughs because while we are standing a chemical called nonadrenaline is released which inhibits our ability to think creatively.

3. Crossing your arms makes you feel determined and persistent

Did you know the defensive stance of crossing your arms makes you stick with problems a lot longer as it increases persistence. This act of tightening can be associated with energizing yourself thus making you perform better during tough times.



4. Standing tall makes you feel more confident

As unbelievable as it might sound, holding your arms out towards the sky, or even standing in the Superman pose, increases your level of confidence dramatically.



5. Smiling reduces stress levels

Negative facial expressions such as frowning and grimacing signal your brain that whatever you are going through is difficult. And if you do just the opposite of it, i.e. smile, you will notice a reduction in your stress levels.



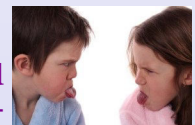
6. Tilting your head forward makes others feel comfortable



Just the simple act of tilting your head forward during conversation helps you in several ways. It not only helps remove any perceived difference in status but also shows your humility and deference towards others.

7. Mimicking other people gives a better understand of their feelings

Research shows that imitating other people's non-verbal expressions can help you understand their feelings. This happens due to the process of "afferent feedback" which helps reinforce emotional synchrony between individuals.

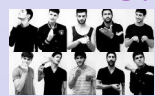


8. Standing at an angle reduces interpersonal tension

When tensions are high, standing face to face seems like a difficult task. So, to make yourself calm and confident during such a situation, shift your feet slightly to stand or sit at an angle. It reduces any perceived confrontation and thus makes an uncomfortable conversation feel less adversarial.



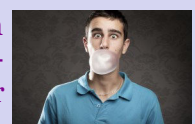
9. Using your hands improves your memory



You must have seen children using gestures to learn new things; that is how they retain their knowledge. According to a research, "Gesturing can play a causal role in learning, perhaps by giving learners an alternative, embodied way of representing new ideas."

10. Chewing gum makes you a perkier and happier person

Although perceived as rude, chewing gum makes you more alert and attentive during tough situations. Also, it makes you seem more approachable and even improves your mood. The other benefit of chewing gum is that it helps reduce anxiety.



Nepal Association of Tour and Travel Agents

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