

BIMSTEC Newsletter

A Monthly Newsletter from BIMSTEC Centre



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BIMSTEC Event

14th TNC Meeting

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The 14th TNC Meeting and the Meeting of its Working Groups were held in Paro, Bhutan from 18-23 June 2007. All member countries participated in the meetings.

Due to the departure of the TNC Chairman, Bhutan further informed that Sri Lanka was elected as a new chairman of the TNC which effect from the 15th TNC Meeting to be held on 24-26 September 2007 at Dhaka. In this regard, the 14th TNC Meeting was chaired by Bhutan as a host country.

The Meeting shared great concerns of the outcome of the negotiating process since it is now overdue the tentative timeframe in concluding the BIMSTEC FTA, however, the TNC agreed that all the pending issues should be resolved and concluded in the next TNC Meeting and be deliverable in the 2nd BIMSTEC Summit.

Updates from BIMSTEC Working Group

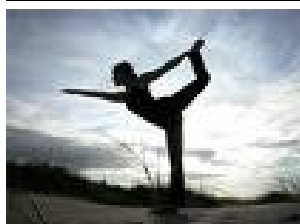
Latest development / progress from the 70th–71st BIMSTEC Working Group Meeting are as follows;

2nd BIMSTEC Summit : The 2nd BIMSTEC Summit is proposed to be held in February 2008 in India and will mark another cornerstone of BIMSTEC as many important subjects will be taken up, such as the establishment of BIMSTEC Permanent Secretariat. Also, the sideline activities will be held along with the Summit e.g. the Business Summit and BIMSTEC Film Festival. The 2nd BIMSTEC Summit will also mark the 10th Anniversary of founding of BIMSTEC. In this connection, BIMSTEC Plan of Action will be drawn up to reform / revise organizational structure to truly reflect the region's mutual benefit and interest.

Cooperation with ADB : ADB now proposed to organise the Regional Technical Workshop on 21-22 August 2007 in Bangkok to discuss the draft policy framework and strategies prepared by the consultant team based on the countries' consultation. The Workshop is designed to be a technical working / brainstorming session involving the country technical advisors or its alternates, the consultant team and ADB representatives. The Study will arrive with at strategies to improve logistics and reduce transport time and costs, and the success of the Study will be announced at the 2nd Summit.

Marking BIMSTEC 10th Anniversary : The BIMSTEC Week Exhibition was successfully held on 20-24 June 2007 to commemorate the 10th Anniversary of founding of BIMSTEC. For the National Winners of the Discover BIMSTEC Postcard Design Competition, they will receive the award and prized money via the Royal Thai Embassies in the respective capitals.

Do the Yoga



Today, many people are taking up yoga techniques for physical exercise to promote a more healthy body but most don't know the history of yoga. Yoga itself is one of the six schools of Hindu philosophy and refers to a particular set of ancient spiritual practices that originate in India. The History of Yoga spans from four to eight thousand years ago to the current day. From hints of its practice in the *Indus Valley civilization* (c. 3000 BC), the *Vedic civilization* (c. 1500 BC), the first elucidations and detailed elaborations in Hindu texts, absorption into Buddhist and Jain philosophies, up to its modern suffusion into secular life, its applicability has stood the test of time. (Information from Wikipedia)

"Everybody can do yoga" and here are some tips to get you started.

- The time most suitable for Yoga is in the morning before breakfast when the mind is calm and fresh and the movements can be done with ease and vitality.
- You must empty your bowels and bladder, clean your nostrils and throat of all mucus, consume a glass of lukewarm water and then begin the exercises after 15 minutes.
- Always remember that you should begin with the easy postures and then proceed to the difficult ones.
- There should be an interval of 4 hours between meals, with balanced diet. No overeating or fasting.
- The clothing should be loose and comfortable, because maximum amount of the skin should be exposed to air.

For more information on practicing Yoga and Yoga postures, please go to www.yoga.com.

BIMSTEC upcoming Activities

Date	Activity	Venue
20 Aug 2007	BTILS Sub-regional Consultation Meeting with Thailand and Myanmar Transport Officials	Bangkok
21-22 Aug 2007	BTILS Interim Workshop for Technical Advisory Committee	ADB Thailand Resident Mission
24-26 Sep 2007	15 th Trade Negotiating Committee Meeting	Dhaka
25 Oct - 21 Dec 2007	Joint Survey of the Project "Ecosystem-Based Fishery Management in the Bay of Bengal"	Thailand
2 nd Week of Dec 2007	2 nd Ministerial Meeting on Culture	Dhaka

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