

Chapter 1 : What is Cultural Heritage? (article) | Khan Academy

A Brief Look at the Fascinating Nepalese Culture and Traditions Situated at the foothills of the Himalayas, Nepal is an important destination for tourist and mountaineers, but there is more to this country than Mt. Everest.

Check new design of our homepage! A Brief Look at the Fascinating Nepalese Culture and Traditions Situated at the foothills of the Himalayas, Nepal is an important destination for tourist and mountaineers, but there is more to this country than Mt. Scroll down to learn about the Nepalese culture and traditions. Historyplex Staff Last Updated: Mar 8, Nepal is a beautiful country. It is known to be the birth place of Gautama Buddha, the founder of Buddhism. The people of this country live in harmony and with religious tolerance. It is a sovereign state which has rich culture and tradition. Due to its landlocked location and historical invasions, Nepalese culture and customs are influenced by Indian and Chinese culture. Large-scale migrations from Northern India, Tibet, China has made a diverse ethnic, linguistic pattern in this country. This country is a potpourri of ethnicity with beautiful cultural landscapes. Many races and tribal groups live in different regions of the country. Its population is more than 26 million. Newars are a group of people who are believed to be the original inhabitants, and they live mainly in Kathmandu. Sherpas, one of the major ethnic groups, occupy the central and eastern regions of the country. Some of the other ethnic groups are Magars, Dalits, Kirats etc. Brahmins are the upper caste people and Dalits untouchables belong to the lower caste in Nepalese society. Freedom and opportunities that are available to women differ by ethnic groups and castes. Women belonging to higher castes do not come out in public because they believe that their family and caste reputation could be affected. Women of lower castes work for long hours for meager wages and are more outgoing. Arranged marriage is practiced in the culture of Nepal. When a child attains the nubile age, parents and elders in the family find a proper mate of appropriate status, caste, education. Usually, sons inherit the lands of their fathers, while daughters are denied from acquiring the property unless they stay unmarried at home above 35 years. The people of this country are more conscious about cleanliness. It is quite evident from their eating habits. They pay reverence to the Hindu gods which they worship. They consider cows to be sacred, so they do not carry any leather items around the temple vicinity, because leather is primarily made of cow skin. Public displays of love is absolutely discouraged in their culture. They greet each other by joining their hands near their chest and saying Namaste. This is one of the important customs and traditions of this country. Clothing Daura-Suruwal, also known as Labeda-Suruwal, is the traditional dress worn by men. A wool hat Topi is an additional accessory for men. Women wear cotton or silk sari, a garment worn with blouse which is similar to Indian women. The complete clothing is called Guniu. They wear a shawl like garb on the upper body. Festivals and Celebrations Dashain is the most important festival. The festival is religious and it lasts for 15 days. Dashain occurs before rice harvest around September-October. Family members unite and celebrate it joyously. Different rituals are performed on those 15 days of celebrations. This festival is also known to be the "day of victory over evil forces and demons. They sing bhajans religious hymns and celebrate for the good of the world. Music During the medieval period, Newari music flourished. A type of music called Dapa evolved during this era. Modern sense of music is quite dispersed which includes classical, folk, rock, pop, etc. Kirant music is played while performing rituals and religious offerings. Due to increasing radio stations and televisions, indigenous music of Nepal is declining. Cuisine Newari Cuisine is the most prominent cuisine. Newars eat Laa Water- Buffalo meat but observant Hindus avoid it. Newari cuisine consists of around dishes. Mustard oil is used for cooking purposes. Pahari or Khas is the standard meal which is consumed twice a day. It consists of roti made from wheat , dry cooked grains, vegetables, fruits, chicken, goat meat, fish etc. Nepal is not only admired for its scenic beauty, but also for its culture, virtue, hospitable people and traditions which Nepalese carry out with full devoutness and sincerity.

Chapter 2 : A Brief Look at the Cultural & Economic Impacts of American Comics – PUB

A Brief Look at Pop Culture Words Jan 31st, 3 Pages Wikipedia defines it as, "the entirety of ideas, perspectives, attitudes, memes, images, and other phenomena that are within the mainstream of a given culture", at a given time.

It is here that evidence of the earliest human development has been found, where one of the greatest campaigns of World War I was fought, where one of the great oriental dynasties created a sultanate, and where some of the more memorable tussles of the colonial period took place. The opportunities for Cultural and Heritage Travel in Tanzania are enormous. From the slave market in Zanzibar to the battlefield sites of WWI, the possibilities are endless – with, of course, the beauty of Tanzanian wildlife always a backdrop. A Brief History of Tanzania Recorded history came to the east coast of Africa with the arrival of the Portuguese in the late 15th century. Prior to this trade had been underway between the Arabian Peninsular and the east coast, and further afield between the Indian sub-continent and China, from the first millennium A. Archeological discoveries in the late s by British anthropologist Dr. Leaky unearthed in the Olduvai Gorge the fossilized remains of what was termed Homo habilis, an early hominid that lived some 1. Also nearby are the Laetoli Footprints formed by the earliest human ancestors thought to be over 3. The original human inhabitants of the region where hunter gather communities of the Khoisan group, that later gave way to Nilotic pastoral immigrants from the north and Bantu speaking people from the west and northwest. The arrival of the Portuguese mariner Vasco da Gama in en-route to India began a period when the Arab mercantile influence along the coast was challenged, an influence that had been steady for almost half a century. This influence is still evident in the language, religion and architecture of the region to this day. Both Arab and Portuguese traders exploited the interior for ivory, gold and slaves, which were principally exported east into the Indian Ocean trading axis. In a resurgence of Arab influence was achieved with the help of Omani Arabs who established a presence on the Island of Zanzibar. In Zanzibar became the official seat of the Sultan of Oman where it remained until the advent of the liberation period. From Zanzibar most of the trade emanating from the interior was factored and controlled, including the lucrative Indian Ocean Slave Trade from which the economy of Zanzibar was largely built. The effect of this revitalization of trade along the east coast was the founding or regeneration of important commercial centers along the coast, including Kiliwa, Tanga, Pangani, Kivinje, Lindi and Bagamoyo. The expansion of European imperial powers into Africa reached Tanzania with the treaty gathering journeys of agents for the German Colonization Society throughout the hinterland of the Tanzanian coast. By treaty agreement with the British Imperial Government Germany achieved a sphere of influence over mainland Tanzania barring a narrow strip adjacent to Zanzibar which remained the territory of the Sultan, himself becoming increasingly dependent on British diplomatic and financial support. The Company was granted a charter to govern the territory but was met by resistance from various groups including the Arabs and the Swahili, resistance that was quelled only after the direct involvement of the German government. Thanks to the ineptitude and general unpopularity of the Company, control of the territory was later assumed by the German government. The East Africa Campaign was a contest between the British General Jan Smuts and German counterpart Paul von Lettow Vorbeck that drew in almost every nation of the empire and required the drafting of thousands of native Africans for service under arms and frontline portage and labor. After the German defeat the territory was handed to Britain as a mandate by the League of Nations. British economic development of the territory went ahead largely along the same model as had been applied by the Germans, with by the advent of WWII an increasing number of blacks taking up seats on the legislative council. On October 29 Julius Nyerere became the first President of the republic. Tanzania achieved independence and self government without recourse to violence or war, as had been the case in many other colonial territories. A short war was fought with Uganda to oust Idi Amin after a brief and failed invasion of parts of northern Tanzania. Nyerere resigned in and a multi-party political system was introduced seven years later. The Culture of Tanzania Ninety percent of the population of Tanzania are rural, and remain within the rural, subsistence agriculture economy. Over ethnic groups call Tanzania home, and amongst them over languages are spoken. The main language groups are Bantu, although small populations of Nilotic

people, including the Maasai and the Luo, are found in Tanzania, as are two small remnant populations of Khoisan speakers centered around the alkaline lakes. Most of the population of Zanzibar originates from the mainland, although a small group calling themselves Afro-Shriazis claim a lineage reaching back as far as the original Persian occupation of the island. The coastal language group is primarily Swahili, which, thanks to centuries of Arab influence has a strong Arabic flavor, and thanks to the wide ranging trade routes of earlier centuries, the language has evolved into a lingua franca for the entire east African region. The Tanzanian art scene is mixed and very varied. Popular music has developed considerably since independence, and Tanzania fields some of the regions biggest names. Bongo Flava is the definitive Tanzanian style of popular music, combining western hip-hop beats with Afrobeat rhythms and a combination of Swahili and English phrases. Traditional music tends to be specific to particular ethnic groups, and a wide variety of traditional instruments are applied. The most famous Tanzanian musical product was Freddie Mercury, who was born of Parsi parents in Zanzibar. Painting and sculpture are also well represented, with the colorful Tinga Tinga painting style tending to dominate the curio markets. Exceptional examples of this style mingle with much mediocre work, so caution is necessary in buying. The best sculptures among the Tanzanians are reputed to be the Makonde of the south who produce fine works out of indigenous hardwoods, specifically fetish style figurines and masks. The multi-culturalism of Tanzania is perhaps best reflected in the varied cuisine of the country. Zanzibar, and the coastal cities offer a variety of Indian and pan-African restaurants, with street food in Zanzibar being a long and august tradition.

Historical Evolution of Culture's Meaning Culture derives from the Latin root colere, which basically means to tend, or to cultivate. Thus, culture was originally a noun of process geared to describing the fostering of the growth of something, especially a plant or an animal (e.g., Julius Caesar was an expert in the culture of olives).

Photo Source Physical therapy, which is a unique treatment approach for healing musculoskeletal and neuromuscular conditions has a rich history that dates back to BC. Used nowadays for treating conditions like hip fracture, backaches, neck pain, shoulder injuries, foot and ankle pain, and headaches etc. Yes, physical therapy had been used by people belonging to different civilizations for managing pain and healing injuries for ages. Whether you talk about ancient Greeks, Parisians, Egyptians or Chinese they all had been using physical therapy to treat the pain caused by injuries and prolonged illnesses for centuries. In fact, nowadays most people rely only on physical therapy techniques like massage therapy, aquatic therapy, manual therapy, laser therapy, dry needling, and Kinesio taping etc. Today a wide range of physical therapy clinics are mushrooming across the world because they provide non-surgical, drug-free and non-invasive treatments for healing pain and injuries. If you talk particularly about the US, a wide range of people rely on physical therapy clinics like New York Rehab Experts to treat conditions like back pain, shoulder problems, joint injuries, and nerve problems. But physical therapy in ancient time was all about treating pain and discomfort that stems from injuries and illnesses with the assistance of exercise. Given below is a brief account of the history of physical therapy which will enhance your understanding of its growth and evolution over the years. Yes, he was the first physician in the world who produced the written account of physical therapy way back in BC. He was the first physician, who brought the idea of manual manipulation to heal pain and discomfort caused by a wide range of conditions. Both Hippocrates and Galen used to treat their patients with physical therapy techniques. They used techniques like hydrotherapy, massage therapy and manual therapy to heal the patients experiencing huge pain and discomfort. Born in a wealthy family, Galen was well-educated and he contributed a lot in the field of medicine. In addition to that, the account of physical therapy is also found in ancient Persian and Egyptian texts. In short, people belonging to different cultures and geographical areas had been using techniques like massage and exercises to improve their physical fitness and to reduce pain caused by musculoskeletal conditions.

Evolution of Physical Therapy in 19th Century In the 19th-century, physical therapy evolved like anything and it was the time when several popular personalities physical therapists came into the picture. Per Henrik Ling is one of the most popular physical therapy practitioners of the 19th century. He was known as the Father of Swedish Gymnastics, because of his enormous contributions in this field. The year was very important for physical therapists because the National Board of Health and Welfare of Sweden gave them official registration. The work in the field of physical therapy also started in Great Britain in the 19th century. It was established by four nurses.

Evolution of Physical Therapy in 20th Century At the beginning of 20th century, the work in the field of physical therapy started in New Zealand. In the year , the School of Physiotherapy was established in New Zealand. It was established by the University of Otago to promote the physiotherapy. The United States of America was also doing great in this direction during the 20th century. Physical therapy was used extensively to treat the patients struggling with injuries during World War I. In addition to that, the demand for physical therapy increased like anything during the s when people were struggling with polio. A large number of physical therapists were required to save people from this highly contagious disease. The American Physical Therapy Association was established by the end of After that physical therapy was used widely in hospitals to treat people suffering from injuries. By the end of the s, the demand for physical therapy services increased even more and that was the time when physical therapists began to form their own independent clinics to treat patients struggling with conditions like neck injuries, back pain, shoulder problems, and foot and ankle issues etc. Nowadays, physical therapists are treating a wide range of injuries and illnesses. Whether you talk about sports injuries, workplace injuries or pain caused by diseases like arthritis, physical therapy is the best way to deal your condition. It plays a crucial role in reducing pain, dealing with physical symptoms of injuries like swelling, and in enhancing the natural healing system of the

body. So, if you are struggling with pain and are unable to carry out your routine activities, you must consult a licensed physical therapist soon. David is a graduate student and also a writer.. He loves to write on health related issues, music and all about travel.. When he is not writing, you can find him at the coffee shop.. Hit David up on twitter at dmilsont!

Chapter 4 : A Brief Look at the Fascinating Nepalese Culture and Traditions

A Brief Look at the Cultural & Economic Impacts of American Comics Essays | Posted April 11, by roshanem From the pages of newspapers to breaking records at the box office, comic books have shifted from light, humorous distractions to devices of cultural influence and big sources of revenue for publishers across many sectors.

An example of this would be the reservation system imposed on Native peoples throughout the United States over an extended period of years. Did you know that there were once reservations in both New Jersey and in Delaware? We will find out a little bit about that shortly. This tribe was known to be more peaceful and less interested in warring with other tribes. They were also considered a mediator between those tribes who were having disputes and often very hospitable toward European settlers upon their arrival in the s. There was also a reservation in New Jersey called the Brotherton Reservation located in Burlington County between the years of . Some of these places were intended to be protectorate locations for Native people, yet in fact became burdensome to the tribal people inhabiting the area. Once the reservations were closed, it left Native populations to fend for themselves in terms of land settlement. Land was already being encroached upon before the reservations were set in place. Then as the Native people were displaced to areas and forced to live in a sedentary manner not typical of their culture, their release from this land left them in the hands of the government which allowed settlement for the colonial population in areas previously lived in by the Lenape and Nanticoke tribes. A migration of the Nanticoke people from the E. Maryland shore to S. Delaware in the s would eventually lead them to unite with the Lenni Lenape people in the New Jersey region. Some Lenape people tried to adapt or assimilate themselves into the general population after the Revolution in order to survive and without having to migrate to other locations. Some lived as farmers and others as tradesmen. In , Congress signed the American Indian Religious Freedom Act, allowing Native people from all tribes the right to practice their religious beliefs in the ways they sought fit under the current law. Native people have struggled to reclaim their rights over an extended period of years. Their struggle for the rights and ability to maintain their culture is still threatened in many areas of the country, even today. It is not something that most of us will witness in the local or even national news, but it is still something that needs to be worked recognized and addressed. It is important to note that they have brought themselves from some of the most incredibly trying of situations into a new chapter in American history. They are still trying to educate the public in many ways about their culture as individual nations, tribes, bands, and clans and the relevance it has to our own history as citizens of this country. Only time will allow a more welcoming and empathetic spirit from non-Natives toward all Native people residing in our area and throughout the country. It is clearly noted, however, that we have already come a long way, but progress in any area of historical study and the understanding of cultures will be ongoing into perpetuity. Sarah Krykew Be sure to visit our Pinterest page!

Chapter 5 : Urban Flow | A brief look at the culture of metropolitan cities in the U.S.

The aperitivo culture in northern Italy goes like calendrierdelascience.com the weekdays after work hours, sometimes one might want to have a drink. It is too late to drive all the way home first to change and go back out, so folks go out and grab a cocktail (usually).

The comics we discuss here are of the American variety. Comics first started with the comic strip in newspapers; later expressed in graphic novels. Since then there have been hundreds of different comic strips in thousands of newspapers across the world. These comic strips began as humorous sections that offered a light refrain from the news. But as time progressed, some of these comic books began to take on a more serious nature. This began an era of serious comics. The Golden Age of Comics Source: DC Comics The modern comic book began with the classic superhero comic. This publication redefined the idea of comics from features to be found on the pages of the newspaper to stand alone small books. He has been immortalized in different media including radio, cartoons and serials set in front of movies to his very own movies! Many will remember hearing these lines, whether or not they listened to a full episode of the show: More powerful than a locomotive. Able to leap tall buildings in a single bound. Up in the sky! The radio serial ran from and had 2 episodes in total. Comic book writers responded with a wave of propaganda. A new hero Captain America was introduced in March Captain America was a soldier who gained his superhero strength due to good, old-fashioned American science; he famously punched Adolf Hitler in the face. Superman would often fight alongside the American soldiers against the Nazis and Japanese. Dozens of covers had the heroes displayed with bonds, suggesting that the American public was fighting the war because they bought them. This use of propaganda during World War II helped to boost comic sales and increased the impact of comic books on popular culture at the time. At the same time, a U. The book asserted that reading this material encouraged similar behavior in children. Reed, The changes brought on by the code in the mid- to late s caused noticeable declines in sales; not many comic producers could handle the the volatility. However, the main comic companies Marvel and DC survived and continued to produce content based on their now iconic characters. Though they both suffered major losses at different points. Despite all this, the comic book was not easily brushed aside as a medium as it had brought people reassurance and comfort during a very dark period. Comic Cons Gatherings that supported the continued celebration and community of comic books had a major effect on sustaining the culture. Comic book conventions are used as a vehicle by the industry to allow publishers, distributors, and retailers to represent their comic-related releases. Comic book conventions may be considered derivatives of science-fiction conventions, which began in the late s. Wikipedia The first official comic book convention was held in in New York City. The first recurring conventions were the Detroit Triple Fan Fair, which ran from 1935-1936, and Academy Con, which ran from 1936-1937 Many recurring conventions begin as single-day events in small venues, but end up growing in duration and scope. The Comic Book Rises Today the comic industry is back on the rise with comic book characters thriving in other media. Over the last several decades many comic book movies have been released to box office success. From DC the most notable franchises are Superman and Batman; the soon to be released Justice League is expected to be a huge success. Using this as an indicator of success, the Justice League movies may even break the billion dollar mark. Comic books have become a part of the literary establishment Martin, The prize sent shock-waves through the literary community. Fantasy genre fans and fellow authors alike were stunned. The impact of comics have grown over the decades serving as entertainment, propaganda and their influence only seems to grow as new generations becomes exposed. Lucrative film rights negotiations leave the companies Marvel and DC in very good earning positions. It is already one of the most lucrative acquisitions of a media company because of the Marvel catalogue Bedigan; Before being acquired, Marvel had sold some of its properties and those continue to prove lucrative investments for the studios that purchased the licenses may years ago. DC was acquired by Warner Brothers in 1941 This is both good and bad more movies, yes, but what about the quality? It is clear that comics have really come a long way from newspaper strips to the properties that fuel multi-billion dollar acquisitions. It continues Comic book characters are an excellent example of transmedia projects, that is, characters

appearing across media with varying extensions of their stories. For most, the appetite for the comic book characters comes from nostalgia Rogers,

Chapter 6 : A Brief Look at the Werewolf Through History

Cannabis is also present in Japanese religion. Shinto ("the way of the Kami") is the name of the formal state religion of Japan. It is defined as an action-centered religion, focused on ritual practices to be carried out diligently, to establish a connection between present-day Japan and its ancient past.

Virtually every culture across the globe has its own werewolf mythology, with this beastly shape-shifter being one of the oldest monsters to terrorize humans. Werewolf legends span so far back that their existence almost certainly predates recorded history. The only time that wolves typically pose a real threat to humans these days is during especially brutal winters when food is scarce, if one is wandering alone in the woods in the evening or the like. In any event, one of the earliest written accounts of a werewolf comes to us courtesy of Herodotus in BC where he describes a tribe of people in Scythia who annually transformed into wolves. About years later, Ovid shares the tale of King Lycaeon. King Lycaeon decided that feeding his visitor human flesh during a banquet held in his honor would be the best way to prove his theory. Cannibalism inspired the same reaction back in the day that it would in modern times. He turned the unfortunate king into a werewolf, figuring if Lycaeon enjoyed serving and eating human meat so much, he would be better off inhabiting the body of a wolf, since they already shared the same dietary preferences. Werewolf legends spread all over Europe and Asia with all the various myths sharing two common threads: Beyond this, it seems anything goes – a werewolf could be of either sex and shape-shift permanently or intermittently. Some legends assert that a werewolf would need the actual skin of a wolf to make the change-over, while others assure us that the skin of a hanged man would do the trick. The association between a full moon and shape-shifting into a werewolf was not part of the original folklore – it came much later. Feel free to ponder if one is a fool or a saint for attempting to perform a half-baked exorcism on a hairy, feral monster that is intent on wearing your intestines as a necklace. Once Christianity displaced Paganism as the popular religious affiliation of most Europeans, werewolves were lumped in with – you guessed it – Satan. The head honchos of the Church, who clearly were in dire need of hobbies, spent untold man-hours debating whether werewolves literally took on the form of a wolf, or whether Satan just tricked us into thinking they did. They finally came to the conclusion that Satan was just messing with our minds. So, did this pronouncement from the Church end the spread of folklore starring the werewolf? Reports of werewolf attacks skyrocketed in Europe, and remained constant right through the Renaissance, when we encounter the tale of one of the most notorious wolf-men of them all. A man named Peter Stubbe, who resided in Northwest Germany, held the dubious distinction of being the Ted Bundy of his time, or at least he confessed to such there is some debate whether it was actually a political execution. After a date with the torture wheel, Stubbe admitted to making a pact with the devil, and committing the crimes of murder, cannibalism and rape. For good measure, his daughter and mistress were also brutally executed via flaying and strangling. The bodies were all then thrown into a fire. Even though Stubbe was dead and gone, his high-profile gruesome story and execution ensured that werewolf legends would remain a part of the collective conscious for some time to come. Because of this and other such stories, there are those that believe werewolves are actually an attempt to explain the phenomenon of the serial killer, as people found it easier to believe that an animal – or monster – was responsible for crimes considered too heinous and unspeakable for any human being to commit. There are many other cases such as these that took place all over Europe during that period. Is it a coincidence that the wolf population was also at its zenith at the same time? Were people confusing the behavior of animals with animalistic behavior? The legend of the werewolf lives on to this day, albeit in more cartoon-ish, less intimidating forms. Werewolves in modern mythology tend more towards the introspective anti-hero, constantly battling with their dark, untamed side; or smooth-chested hunks of young beefcake that compete with emo, sparkly, ephebophile vampires for the affection of an expressionless, underage, human female devoid of anything resembling acting skills. The only scary thing about any of this is the prospect of losing the ability to change the channel. After all, even in our enlightened age, we all still run like mad up the stairs after shutting off the lights in the basement. Not this time basement monsters.

Chapter 7 : The Bible and Birth Control – A Brief Look at a Changing Culture

A brief history of Costa Rica: Like all the other countries in the region, Costa Rica was 'discovered' by Christopher Columbus in With the arrival of new settlers came along diseases which wiped out almost all the native population of the country.

Chapter 8 : Guest Post: Here’s A Brief Look At The History of Physical Therapy – Physical Culture S

A Brief Look at a Changing Culture The book 'Bible and Birth Control' by Charles D Provan should be read by all Christians of all denominations. As with most pro-life, pro-family literature it is American in origin.

Chapter 9 : A Brief Look at the History and Culture of Tanzania | Peter Baxter

TAINTED LOVE: A Brief Look at Hybristophilia and Columbiner Culture. For some odd reason, there has been a recent surge in social media posts and articles related to "Columbiners".