

Hunza

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Annette Bräker and Horst H. Geerken take us with them on a more than 3000-kilometre journey from Pakistan through the Hunza Valley to Kashgar in Xinjiang and back to Pakistan. The book deals with the history, culture and peoples of the Hunza Valley and Xinjiang. As well as with historical facts the book is larded with amusing anecdotes about their experiences. It is an amusing and humorous, but also informative read.

The Karakorum Highway and the Hunza Valley, 1998

Discover the Culinary Treasures of the Kalash and Hunza Valleys! Embark on a culinary journey through the breath-taking Himalayas in Pakistan's Northern Areas, where the vibrant traditions of the indigenous Kalasha and Burusho peoples are celebrated in unique vegetarian recipes. This book features fifty easy-to-make dishes, including beverages that honour their culinary heritage and help preserve a culture facing extinction, highlighting the importance of respecting indigenous communities worldwide. From fragrant apricot delights to hearty flatbreads, each recipe offers insight into a way of life steeped in history and a connection to nature. With simple preparations that focus on wholesome ingredients—such as local grains, nuts, and fruits—these dishes highlight healthy superfoods while reflecting the region's resource scarcity. Embracing vegetarianism not only supports better health and well-being but also contributes to environmental sustainability. Enhanced by captivating photographs and illustrations, this book makes exploring these culinary treasures accessible and enjoyable. Ready to enrich your cooking routine? Dive into a tasty and healthy adventure that celebrates culture and community! Bon appétit!

Vegetarian RECIPES from KALASH & HUNZA

The People Of Hunza Inhabit The Western Karakoram. This Study Offers A Systematic Compilation Of Available Ethnographic, Historical And Ecological Data On Traditional Hunzakut Society. Has 7 Chapters And Quite A Few Illustration. Useful For Those Interested In The Area And Anthropological Studies.

Irrigation system performance in farmer managed irrigation systems in Hunza-Gojal - Final report submitted to Aga Khan Foundation

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Hunza, an Ethnographic Outline

Early in its history, anthropology was a visual as well as verbal discipline. But as time passed, visually oriented professionals became a minority among their colleagues, and most anthropologists used written words rather than audiovisual modes as their professional means of communication. Today, however, contemporary electronic and interactive media once more place visual anthropologists and anthropologically oriented artists within the mainstream. Digital media, small-sized and easy-to-use equipment, and the Internet, with its interactive and public forum websites, democratize roles once relegated to highly trained professionals alone. However, having access to a good set of tools does not guarantee accurate and reliable

work. Visual anthropology involves much more than media alone. This book presents visual anthropology as a work-in-progress, open to the myriad innovations that the new audiovisual communications technologies bring to the field. It is intended to aid in contextualizing, explaining, and humanizing the storehouse of visual knowledge that university students and general readers now encounter, and to help inform them about how these new media tools can be used for intellectually and socially beneficial purposes. Concentrating on documentary photography and ethnographic film, as well as lesser-known areas of study and presentation including dance, painting, architecture, archaeology, and primate research, the book's fifteen contributors feature populations living on all of the world's continents as well as within the United States. The final chapter gives readers practical advice about how to use the most current digital and interactive technologies to present research findings.

Vegetarian Times

Since the mid-19th century, boundary-making in the Pamirian Crossroads had involved the redefining of contested spheres of influence between Great Britain and Russia. Remote mountain microstates had enjoyed a comparatively high degree of autonomy from their immediate neighbours. The incorporation of the Hunza Valley into the British-Kashmirian realm followed a successful military intervention. The colonial project has significantly affected living conditions in the Hunza Valley. *Hunza matters* addresses the transformation from four perspectives. First, the changing physical infrastructure are analysed from a road perspective. Initially, pack animals and portage were involved in crossing high passes. Daring geostrategic projects emerged, shedding light on early plans for connecting British India with China by motor road. Much later the Karakoram Highway was built. The latest stage of infrastructure development is the China-Pakistan Economic Corridor. Second, environmental resource utilisation strategies have changed over time. Emphasis has shifted from a predominantly agriculture-based economy towards a market-oriented income generation including extractivism, remittances and services. Third, bordering and ordering is strongly linked to actors and factors. Fourth, new light is shed on prevalent myths that are associated with Alexander the Great and the Silk Roads, longevity and an ideal state. A developmentalism discourse has been transformed in Chinese occupation narrative. All four perspectives are displayed on the basis of archival evidence that has been collected from a wide range of sources, augmented by empirical material collected during four decades.

Viewpoints

Beginning Apr. 1895, includes the Proceedings of the East India Association.

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Irrigation and State Formation in Hunza explores the evolution of political complexity and centralization in Hunza, a remote high-mountain kingdom in the western Karakoram mountains. The author follows the argument that the rise of the Hunza state is directly linked to the construction of Hunza's large-scale irrigation works during the late 18th and early-19th centuries. Sidky's theories are influenced by anthropological writings on irrigation and its impact on society. He pays special attention to Karl Wittfogel's 'hydraulic hypothesis' and goes on to examine linkages between specific ecological conditions, hydraulic agriculture, and the pattern of socioeconomic and political organization that emerged in Hunza due to a local ruler's construction of a large-scale hydraulic system. This unique study will appeal to historians, anthropologists, cultural geographers and South Asian specialists.

Hunza

Provides 565 entries--proverbs, expressions, riddles--expressed in Burushaski, an isolated language spoken in the northern tip of Pakistan. Along with the translation for each is commentary that interprets meaning and indicates context. Annotation copyright by Book News, Inc., Portland, OR

Hunza Matters

A mountain people renowned for their longevity and vigor, the Hunza of the Himalayas commonly live to be 100 or older, and cancer and degenerative disease are virtually unknown in their communities. G. T. Wrench, an English physician, searched for the wellspring of the Hunzas' fitness and health in the 1930s. He found the answers in the work of Dr. Robert McCarrison, who had been Director of Nutrition Research in India and had studied the Hunza people for many years. Their diet and their methods of food cultivation and soil preparation are the key as detailed in this timeless book, a lost classic newly returned to print. The Wheel of Health traces the agricultural techniques of the Hunzas from plants to humans, humans to soil, and soil to plants, exploring the farmers' renewal and protection of the soil. Dr. Wrench also examines drug-free methods of strengthening the immune system. These fact-based findings stem from knowledge acquired over countless generations and evidenced by the Hunzas' remarkable vitality. An effective approach to holistic health and disease prevention, this landmark book offers a balanced health alternative to modern fad diet books.

Hunza, Lost Kingdom of the Himalayas

Northwest Frontier Province, Baluchistan, Jammu, Kashmir, Eastern Turkistan, Afghanistan

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