

1: Gurung | Endangered Language Alliance

This course is for persons beginning the study of the Gurung language. It has been designed with the needs of anthropologists, social scientists, and field workers in mind.

My favourite designer, Prabal Gurung, was in Nepal to celebrate the festival of Tihar with his family and friends. I was so happy to follow his Instagram where he treated his entire fan with great photos and videos every day. I so wished I was in Nepal for the event. It was a great experience watching him speak so honestly. It was late night for me when it started but it was worth it when I listen to his story in his own words. I keep on reading experience of the people who were there and definitely envy them. Here is the report on myRepublica. Ashutosh Tiwari, the Head of WaterAid Nepal was the moderator of the conversation, which was attended by hundreds of enthusiastic audience who was keen to see Gurung live and learn about the designer, whose list of clientele includes high profile Hollywood stars, along with the First Lady Michelle Obama. I liked doing things my way and was always interested in doing creative works, like sketching. It was my mother who encouraged me to follow my dreams and assured me that being myself was perfectly fine. All you need to do is believe in yourself, be yourself and work hard to achieve your dreams. Being a Nepali, he has reached such great heights and it boosts me up as a student to strive harder to reach my goals too. While I was listening to him, I wanted to go to Skype and talk to him too but I knew that there was a long queue so just enjoyed watching him on Revcam and listening to his answers. Again, he proved he is down to earth and he was nice and humble throughout the conversation. Some of my favourite quotes of Prabal Gurung so far. His innovative and cutting-edge designs have made Gurung a known face in the global fashion circuit. Tell us something about growing up in Nepal. Does that experience influence your designs? Growing up in Nepal, I have always been aware of the rich culture and heritage and that has been a huge influence on me as a person and hence affects me as a designer. The way women gracefully carry themselves here in Nepal is reflected in my designs. The colours I choose are very subtle and my designs are predominantly red with draping like saris that are worn here. I wanted to emerge as an international designer. From global fame after the New York Fashion Week, you have gone from one achievement to another. How would you describe this journey till date? The journey has been exciting, humbling, one of absolute gratitude and more than I had imagined. When I moved to New York and started working in fashion most people did not know about Nepal. The fact that many designers and celebrities have now come to Nepal feels great. It feels great to represent Nepal in my own way and I feel blessed. One lesson you have learnt on this journey. The journey has not been easy but there are always ups and downs with everyone. The one lesson I have learnt is perhaps to be completely honest and true to myself and to keep listening to my heart. I always feel that with per cent integrity and absolute passion and hard work things will work out. Being famous cannot be the end goal. Nepal sees you as an icon with pride. How do you feel about that? I was not your typical bright student. If you had asked people back then if I was going to be this person, they would have laughed. Nobody would have believed it, including me. I knew I wanted to do something different and something that I love. I hoped I would be able to survive in the early days and I am happy with the way things have worked out. Women have always inspired your designs. How do you know what women want? So you basically want my secret chuckles – the thing is that women have so many layers and are very complex. Without being sexist, I think women are emotionally different from men. I have understood what makes women comfortable and what they want to look like. I try to make them look beautiful and not ridiculous or vulgar. I want women to look their best and the most graceful. You have designed and dressed some of the most famous women. Is there any one woman that you would like to design for in Nepal? There are so many women. While I may not know many public figures in Nepal, there are many friends and family members who do buy and wear my stuff. Getting to know Prabal Favourite Nepali model: The epitome of beauty, elegance and timeless modernity. The thing you miss most about Nepal:

2: Conversation # Regan Gurung and the Scholarship of Teaching and Learning – CAT Food

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

Mueller and Daniel M. Absolutely! I think there are many different levels to this talk and to that topic, but I wanted to start off with what really inspired me to put these thoughts together and that is: I talk about skills and kryptonite because I think there are certain powers that teachers have and, just like superheroes, there are those certain things that can be a downfall. So when you were thinking about it you were thinking about the classroom prep, and that as teachers being kind of the primary role, but then all the other things, service, scholarship, piled on to it; am I correct? I mean, we talk about when do you get your research done, when do you get service done, class prep, grading; and then there are friends and family that we need to fit in there as well. So to balance that all, gosh, it takes, near superhero powers. What are some, when you say superpowers for teachers, what are you talking about, what are the superpowers? I think of course, superhuman strength is one thing. So what, from your work and having thought about this for a while, what superpower do you think we should nourish the most at the beginning of the semester, and how. What tips would you give them? You want to set the tone, you want to use the time, and I like to set certain standards as far as behaviors go, for example, not using laptops: So I like to suit up, armor myself with these research findings so I can share them with my students so they have the best tips to learn. The reality is and this is the health psychologist in me coming up the reality is, what we eat determines our energy levels, the reality is, protein gives us energy and burns longer than carbohydrates or fats. So, I actually watch my nutrition because I think if we eat smart it really gives us more energy for a longer period of time. So those are some really key things right off the bat. Thank you so much for sharing those. I will mention that the articles you mention, the texting one and the laptop one, we can put links at the bottom of your podcast so that anyone listening who would like to see those can see those. What steps can we take to avoid them in kind of practical terms? In my talking to different faculty members, I think probably the biggest one is the inability to balance time; efficiency and balancing time is probably one of the biggest bits of kryptonite and there are things that I think we can do to be more efficient to balance time better. There are a number of really good reads out there, one of my favorites is actually one not written by a psychologist but, Gretchen Ruben has one out called *Better Than Before*, and she actually does a really good job of taking the psychological research on habit formation and putting it together in this really easy read and easy to follow way to change habits. The bottom line here is balancing your time, getting your research done, spending time on your classes, is all a matter of building good habits; and one of the key take home messages there is to pick a keystone or foundational habit, change that and a lot of other habits will follow. So, when I think about kryptonite, when I look at people who have issues or problems, I notice that it tends to be the lack of good habits; and instead of trying to change everything, pick that one habit, get good at it, and you will find that other habits will change as well. As we talk about the first day of class where many professors will be, boy, spend the time to make that first day go like clockwork because that time is time well-spent; you set up that first day well and the following days are likely to go better. I realized that and something that I now do with all my classes my first day is almost as scripted as a play; it may sound crazy to say [that] but I even think about staging, where will I be and movement, I think about a whole bunch of things. And so, when I map out my first day I literally map it out: I wonder again if you could think back, what foundational habit did you change and how did it trickle into your teaching; could you give us an example? Wow! I think my nemesis is that nameless student who, despite my best efforts to motivate and inspire, still remains unmotivated and uninspired. What an excellent metaphor, I love that! Do you have any last thoughts or take home points for us? Gurung I always enjoy learning so much from you, thank you so much for taking the time to talk with me today! Share this post:

3: Conversation # Regan Gurung on Teachers as Superheroes – CAT FooD

Prabal Gurung and Tarana Burke, in conversation on the state of our society, what it means to be an organizer, and actions to move forward towards a brighter, stronger future. Category People & Blogs.

Hello and welcome to the Teaching, Learning, and Everything else podcast. He was born and raised in Bombay, India. He received a B. He then spent 3 years at UCLA as the nation institute of mental health research fellow. He has received numerous local, state, and national grants for his health psychological and social psychological research on cultural differences in stress social support, smoking sensation, body image, and impression formation. He has published books including a textbook and articles in a variety of scholarly journals. He has made over presentations and has given workshops nationally and internationally. Gurung loves to teach. He is a dedicated teacher and has a strong interest in enhancing faculty development and student understanding. He has a strong interest in teaching in pedagogy. He has organized statewide and national teaching conferences. When not helping people stay calm reading and writing, he enjoys culinary explorations, travel, time with his two children and avoiding political discussion of any kind. Welcome Regan, thank you for taking the time to speak with us. You are very welcome. It is good to be on. I am really looking forward to this conversation today. As you know I learn so much from you. Every Time I have gotten the opportunity to hear you speak and I really appreciate you sharing your vast experiences and expertise in the scholarship of teaching and learning today with us. What is scholarship of teaching and learning? How did you personally get involved? Yea, When I think about the scholarship of teaching and learning I see it encompassing the theoretical understandings of how we learn. More importantly the intentional systematic modifications of pedagogy and assessment of the results in changing of learning. So you can simplify that to anything dealing with teaching and learning. I really like to focus on those systematic modifications of teaching and more importantly the assessment of whether those modifications have worked. I started at the University of Wisconsin Green Bay and it was a campus program that got faculty members together to talk about teaching and learning and actually do scholarship of teaching and learning. Once I did that, it really got me interested. I started doing research on teaching and learning in my classroom. One of my studies really showed me something that surprised me. The more students used key-terms or flashcards the worst they did on exams. That finding really made me dive into it more and I have been doing it ever since. You sort of alluded to the value of teaching and learning and engaging in it. So, how do you talk to faculty about getting engaged in SOTL? What are the time constraints faculty have? What would you say to someone just getting started? I think a lot of people think wow when can I add this to what I already do. I like to make people think about well what others things do you do? If you care about teaching in many ways SOTL is a systematic way of looking at your teaching and your students learning. How do we know they are learning? How do we know what we are doing is making a difference in their development and competence? In terms of where you fit it in.. It may actually save you time and I know it sounds paradoxical but that is the neat thing. It can save you time because it give you a structured way of doing something you already care about. So, not only does it help in that way, I have found that specially after years of teaching, by virtue of asking about our teaching, by virtue of looking at what is out there to do the scholarship of teaching and learning on or examining certain questions that we have about our classes.. It really serves this invigorating role. So, when I think about the value of SOTL, and this is not just my opinion, when you look at the research it shows that when faculty do SOTL there students learn better, they grow personally from a faculty development standpoint, university departments do better. I think correspondingly our entire enterprise of higher education get pushed along. I so agree with that. Or our faculty has already been experimenting with that. We are working with our faculty to really try and engage in this and get that out there so that we can move the academy forward. What resources would you recommend to faculty who are just getting started? Right, I think right of the bat, you and your center are the resource! I mean anybody who listens to this.. When I think about where could people go, it stalks to the center and the great individuals at the center. I know what both of you do and I have had the pleasure of meeting you all and seeing what the center does first-hand. Read the stuff we have written. I have

written stuff, Elizabeth you have written stuff, the center puts out stuff , there is so much good material out there to get you started. I know in the field of psychology ,for example, the society for the teaching of psychology holds yearly SOTL workshops and out of that workshop came a publication that is specifically designed to help people get started on doing the scholarship of teaching and learning. So I would say hey if you are listening to this and you want to get started take a look at Doing the Scholarship of Teaching and Learning measuring systematic changes in teaching and improvements in learning. It is an edited book with multiple chapters spanning every part of the process arranging from how you could actually use assessment, designing studies,navigating ethics and the IRB, writing it out. So that for me is my great go-to place to start because it is a slim volume that really puts everything together in one wonderful spot. I mean you can turn to your computer, browse for SOTL in your discipline and if you cruise some of those journal, that can really give you an idea of what you can do. When I think about a model teacher I think conducting this form of investigation of teaching and learning on a regular basis needs to be part of what faculty do all the time. Absolutely, we are going to make sure to our listeners that we have links to those resources that have been mentioned in addition to some other ones. I want to move a little bit ahead in this process to actually publishing. So, what advice would you have for getting over that hump and getting this information published? I would say do it in steps and I see 3 normal steps to take that I think always work well. I think step 1 is to find find a local forum to talk about it. You can share it locally, you can share it at a disciplinary conference, you can share it as a poster, you can share it as a presentation. They would love to hear what that faculty did and found. Even if they found something that was not significant. The steps are presented as a poster or talk, that automatically gives you something you can then develop into an article and get out. I think a lot of people depend on the reward structure of the universities. Does your department reward it? Does your chair reward it? What has been your favorite study or the one you feel has been most impactful? There are probably a couple that jump out. I will mention two. One is earlier, one is more recent. It is a series of studies where I found that students are over relying on boldface terms. They are over relying on key terms. They spend so much attention of key terms when studying that they are not doing other things. I refer to that as a dangerous detour that students often take. That has inspired me to do a lot more work and I have gotten a lot of feedback on that. Much more recently ,I published a study on open educational resources. I did this multisite study comparing students using an open educational resource with students using a regular textbook. At least on a common benchmark exam. The students using that educational resource did not score as high or do as well. I think the research on that has really just started in earnest. I think just this summer there was a study that came out of Georgia showing that open educational resources not only saved a lot of money but also seemed to help student performance. I know my personal jury is still out because it is very tough to do a well controlled study. Absolutely, I want to take you back to something you alluded to a moment ago. So, for those who understand the importance of engaging in SOTL but who are in that environment.. Any thoughts about they push pass that hurdle? Yea, I would say find your champion. On every campus there is a champion of SOTL. I think the value of doing SOTL goes so far beyond just another thing for tenure or promotion. It is something that can truly provide inspiration and energy ; keep faculty teaching and being excited about teaching. I would say do not hesitate to look out to an author of a paper you have read and make a connection, that works too. Provide formats or venue where you can put forward an exploration that may have failed but we can still learn from it and move forward.

4: Conversational Gurung Download

My favourite designer, Prabal Gurung, was in Nepal to celebrate the festival of Tihar with his family and friends. I was so happy to follow his instagram where he treated his entire fan with great photos and videos every day.

There they raise livestock and crops in terraced villages that hug the steep slopes of river valleys. Although many Gurungs still live in these traditional mountain villages, more and more people are relocating to urban areas like Kathmandu and Pokhara – or even moving abroad – in search of education and employment Swenson This population shift has benefitted the community by increasing access to things like technology, healthcare, and clean water; however, for some communities it has also resulted in the loss of traditional practices like honey hunting, and affected the transmission of the Gurung language to younger generations. A Sociolinguistic Survey of Gurung in Nepal. Members of the Gurung community report that each Gurung village speaks its own variety of the Gurung language; however, the exact number of villages is currently unknown. A map at the Eco Museum in Sikles labels close to villages, each of which potentially speaks its own dialect. Early works on Gurung reported that the varieties spoken in these villages could be grouped into 14 distinct dialect groups that could then be categorized as belonging to two major varieties – East Gurung and West Gurung – which were largely not mutually intelligible Glover and Landon However, a recent sociolinguistic survey found that the East Gurung-West Gurung distinction, as well as cross-dialectal unintelligibility levels, are likely weaker than previously thought Swenson Sememic and grammatical structures in Gurung Nepal. On tone in Tamang and neighboring languages: Endangerment Like many other minority languages of Nepal, Gurung today is threatened by the spread of Nepali as the increasingly widespread national language. Out-migration from the Gurung-speaking region to larger cities such as Pokhara and Kathmandu, and to overseas cities like Hong Kong and New York, is also playing a role in the weakening of intergenerational transmission, with younger generations now primarily speaking Nepali and English. Academic Work The most extensively-documented variety of Gurung is the dialect spoken in Ghachok. Sikles is located north of Pokhara in the Annapurna Conservation Area and is home to several thousand families. Morphologically it is primarily a suffixing language, and it has four lexical tones that interact with a register system. Two studies in Gurungkura: A guide to Gurung tone. Summer Institute of Linguistics. The influence of tone and affrication on manner: Many members of this community, however, do not speak the Gurung language and now communicate in Nepali or English. Over several years, a number of students and researchers have worked on the project: Current team members have made several trips to Sikles to work with speakers there, and are completing a sketch grammar based on spoken texts of a variety of genres. A number of recorded dialogues and interviews with speakers of different dialects have also been collected.

5: OLAC resources in and about the Gurung language

MissMalini has a fun chat with International fashion designer Prabal Gurung about his entry into the fashion industry and how he got to where he is today! Cl.

6: Prabal Gurung | nepaliaustralian

*Basic Conversation in Gurung Language [Mr R Gurung] on www.enganchecubano.com *FREE* shipping on qualifying offers. This book is for beginners and young learners those who wish to learn modern Gurung language. The book is written in GURUMAN script with the English translation and colorful illustrations.*

7: Apil Gurung – The Conversation

Apil Gurung's profile on The Conversation. Apil is a sessional academic and currently conducting Doctoral research on

decision making by aged care nurses pertaining to transfer of resident to.

8: A Conversation with Prabal Gurung - events in Nepal

A Conversation with Prabal Gurung. Photo Kathmandu is thrilled to present a conversation with Prabal Gurung on the thematic focus of this year's festival- gender, patriarchy, power, sexuality and identity.

9: In conversation with Prabal Gurung | nepaliaustralian

The most extensively-documented variety of Gurung is the dialect spoken in Ghachok. During the 1950s and 60s, Warren and Jesse Glover and their collaborators produced a dictionary (Glover, Glover & Gurung), a grammatical sketch (Glover), a phonemic summary (Glover), a description of lexical tone (Glover & Glover), and a conversation guide (Glover) all based on.

From learning to competence development: how can competences be learned, and how can they be developed in Social networking for its own sake List of random variables mean variance Magic in the Ancient Greek World (Blackwell Ancient Religions) Nantucket Borders LT K-B Tb Who Ate Lettuce? Is (Food and Fun) Essay on traditional philosophy Book the human revolution Dalzell Gorge and the Burn Ms office notes in A mental health coalition evaluation report Creating moments of joy for the person with Alzheimers or Dementia Aquaculture and algae culture Mathematics content for elementary teachers Computer games (1997) Young marginals at the centenary : one hundred years of Huachos. Set free by forgiveness Handbook of research methods in clinical psychology Selected Statutes and International Agreements on Unfair Competition, Trademarks, Copyrights, and Patents Coding And Payment Guide for Laboratory Services 2007 The Illustrated Timeline of American History Defining and Redefining Gender Equity in Education The Art of Uzbek Cooking (Hippocrene International Cookbooks) Chemistry and Applications of Polyphosphazenes Paul rand a designers art Ayurvedic perspectives on selected pathologies Upper airway inflammatory diseases Playing the Mind Game Exercises with Her Questions surrounding the hockey stick temperature studies Basic bash shell scripting The market value process Advanced programming techniques for your Atari including graphics and voice programs Toxicology, teratology, and prenatal diagnosis Mexico, the struggle for peace and bread Ch. 11. Its all in the timing NABE Review of Research and Practice, Vol. 3 On kingship, or, The governance of rulers Plasticity gone awry, or, When body maps go blurry Man and the Earth. Diamond jubilee collection