

11th World Summit on Mental Health, Psychiatry and Wellbeing

July 24-25, 2024 | Webinar

Volume : 26

Long-Term Psychosocial Issues among COVID-19 Survivors in Kathmandu Valley

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Since its emergence in December 2019, Corona Virus disease has impacted several countries, affecting many people. The first cases were recorded in Wuhan, China, between December 2019 and January 2020. Italy is one of the affected countries in Europe. The relations between India and Nepal have reverted to the pre-pandemic period as both countries have open borders. The study focused on the overall psychosocial impact among COVID-19 survivors in their life what are the changes they are facing after covid also how are their relations with friends and relatives after they have covid in different municipalities of Kathmandu Valley, where people from different regions are living in rent and have their own houses. Support from friends and family during a pandemic can prevent it if it is strong enough. Nonetheless, there were risk factors for psychosocial damage, including a lack of or insufficient family and social support, psychiatric assistance, and inadequate insurance or compensation. Poorer mental health outcomes were inversely correlated with social rejection or

Biography

I'm Nabin Prasad Joshi, Founder and CEO at PICS NEPAL and Lecturer at MCP, Tribhuvan University. Professionally, I'm a Counseling Psychologist; I hold a master's degree in Counseling Psychology from Tribhuvan University with a batch topper. It's been 6 years that I've been working as a mental health Counselor at PICS NEPAL. Despite being the founder and mental health counselor, I'm also a lecturer at Tribhuvan University. I teach the foundation of counseling psychology- CPSY 501 and Person-Centered Therapy- CPSY 509. Also, to complete my introduction, I need to talk about my research interests. I'm keenly interested in mental health research and publication. I love to explore knowledge, culture, and experiences. I have visited Japan, Australia, and India to share my research papers. I learned more about counseling skills and mental health scenarios in particular countries during the program I attended. This research is not published yet. It is a product of the equal effort of Nabin Prasad Joshi and Prativa Neupane. It is the first time that we have done work together. However, she has worked as a Psychosocial Counselor at PICS NEPAL for the last two years.

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Abstract received : November 02, 2023 | Abstract accepted : November 06, 2023 | Abstract published : 01-08-2024