

Authors' Biography



Abha Lal is a first year PhD student in the anthropology department at Rice University. Her research interests are in sanitation infrastructure and the problem of "open defecation." In particular, she is interested in the social, cultural, political and ecological factors surrounding the use and disuse of toilets in South

Asia; taking state and developmental approaches to open defecation as the problem, rather than open defecation itself. She received a BA in Sociology and Anthropology from Swarthmore College, and prior to attending Rice, she worked as a journalist and editor in Kathmandu.



Aidan Seale-Feldman is an Assistant Professor of Medical Anthropology at the University of Notre Dame. Trained in medical and psychological anthropology, her work explores affliction and its treatments by bringing together critical phenomenology, the anthropology of ethics and morality, and experimental

ethnography. Since 2012, she has been conducting fieldwork in Nepal on mental health governance and the translation of affliction between psychiatric and indigenous worlds. She is currently working on a book on the psychic life of disaster that explores the emergence of a "mental health crisis" in the aftermath of the 2015 Nepal earthquakes. In Nepal, Aidan has also conducted research on mass hysteria and collective affliction among teenage girls. Her work has been published in *Cultural Anthropology*, *Ethos*, and *HIMALAYA: The Journal of the Association for Nepal and Himalayan Studies*, *South Asia: Journal of South Asian Studies*, as well as in public venues such as *Somatosphere*, *The Record Nepal*, and *Cultural Anthropology online*. Since 2018, Aidan has been a Research Associate in the Centre d'Anthropologie

Culturelle (CANTHEL) at the Université de Paris, where she collaborates with researchers studying global mental health and medical pluralism in South Asia and the Himalayas. She received her M.A. and Ph.D. in Anthropology from the University of California, Los Angeles and was a Postdoctoral Research Associate in Bioethics at the University of Virginia. Email: asealefe@nd.edu



Bhava Nath Poudyal started his professional work with the Centre for Victims of Torture (CVICT), Nepal in 1995 after his master's in psychology (clinical stream) from Tribhuvan University, Nepal. He worked in Nepal for 5 years, three of which, he primarily lived and worked in Bhutanese refugee camps. In 2000, he moved to Guinea (West Africa), with the international program of the Center for Victims of Torture (CVT), Minneapolis. Since then, he has worked in West Africa, South East Asia, South Asia, and Central Asia with various international organizations. He currently works for the International Committee for the Red Cross as a Regional Mental Health and Psychosocial Support (MHPSS) Specialist for Asia and Pacific, where he provides technical guidance to all MHPSS programs implemented by the organization in Asia and Pacific. During his 26-year career, he has always lived in the affected country so that he can understand local nuances to design culturally relevant interventions. His work has supported survivors of different traumatic events, including torture, gender-based violence, war, earthquakes, tsunamis, and families of missing persons. He has contributed to several consensus MHPSS guidelines and has 10 publications in peer reviewed journals. For his dedication towards the rehabilitation of torture survivors, he received the honor of being selected as a finalist for the Barbara Chester Award for clinicians working with survivors of torture in 2007. He was awarded with the 2021 International Humanitarian Award by the APA (American Psychological Association). Email: bhavapoudyal@gmail.com



Dr. Devavrat Joshi, born in 1976, the older son of Dr. Sarvagya N. Shrestha (Joshi) and Saraswati Shrestha is a MD doctor himself with his specialization in Neuro-Psychiatry from BPKIHS, Dharan. Currently, he is also an Associate Professor and supervises postgraduate psychiatry training in Mental Hospital, Lagankhel (NAMS). He is well known for his suave persona as a clinician and practices evidence-based patient care. His areas of expertise are biological psychiatry, sleep disorders and psychosexual disorders. Married and with two kids, he provides outreach services in Banepa as well along with contributing in establishing the first ever private psychiatric facility in the form of Tranquility Hospital at Khumaltar.



Ganesh Amgain is a Gestalt Psychotherapist and Dance Movement Therapy Practitioner. He works as Psychotherapist and Mental Health Counselor in Nirvana Psychosocial Care Center & Research Institute. Followed by his Masters in Psychology, he is trained in Gestalt Psychotherapy, Dance Movement Therapy. He is also the Academician and Researcher. He is the faculty of psychology in Tri – Chandra Campus, Post Graduate Diploma in Counseling Psychology (PGDCP). As a researcher, his areas of interest are Applied Psychology mostly in Counseling and Psychotherapy and Social Psychology. He has been practicing counseling since 2012 and psychotherapy since 2018. He believes in working with the multidisciplinary team that fosters holistic well-being in an individual. His therapeutic approaches are eclectic mostly the blend of talk-based, arts and embodied movement-based psychotherapy. He believes “our body has the wisdom and inherent tendency to heal, we just need to find a way to listen to it.” Email: ganeshamgain@gmail.com



Dr. Kapil Dev Upadhyaya is a senior psychiatrist in Nepal who has an extensive experience of 34 years working in Government health service and as consultants for various NGOs and INGOs. He has published several articles in national and international journals. He has also published books in Nepali and is a prolific writer in national dailies. His special fields of interest are stress management and counseling, community psychiatry and spirituality and health.

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Khagendra Prasad Subedi, PhD is Chief Psychologist (joint Secretary) at Public Service Commission (PSC) of Nepal. He earned his Master degree in two subjects; Psychology (1995) and Public Administration (2012) from Tribhuvan University, Nepal and PhD (2016) from Pacific university, Udaipur, India. His areas

of work include designing syllabus, selecting tools and techniques, adopting and reviewing

new selection technologies for competitive examination. He is a pioneer person of Nepal to introduce Assessment center methodology in Public Service Commission, Nepal as a selection tool. He had experiences of teaching in college and trainer of family planning counselor. He has got excellent Civil service award at 2016 by Nepal government and Nepal Bidyaabhusan 'Ka' class award by president of Nepal at 2017 A.D. His interest is in research and development in human resource management field. Email: skhagendra@gmail.com



Dr. Krista Rajkarnikar is a HCPC Registered Chartered Counseling Psychologist. She trained and worked in the UK from 2004-2014. She worked at the NHS in Scotland and England as well as various specialized mental health centers, and was also an independent practitioner at First

Psychology, Glasgow. In Nepal, Dr. Rajkarnikar worked in a few hospitals such as Grande Hospital and Ciwec Clinic. She then started her private practice, Psychology Care and Consultancy in Nepal in 2015 whilst also working for various international organizations. She currently works predominantly with adult mental health care, and also does some systemic family work by providing empirically evidence based psychological interventions. Dr. Rajkarnikar manages a clinic so takes care of case managements, referrals, risk assessments and protocols, clinical supervision, support groups and training. Email: kristarajkarnikar@gmail.com



Lal Maya Gurung has completed her Bachelor in Public Health from Pokhara University in 2016 A.D and post graduate diploma in Counselling Psychology from Tri-Chandra Multiple Campus, Tribhuvan University in 2018. She began her career as a research assistant at Pokhara University, Nepal. She worked in different health institutions as a health assistant. Currently, she is working as a Health Assistant at Sunkhani Health Post since October 2019. She has published a paper on dietary practice and nutritional status of tuberculosis patients in Pokhara was published in *Frontiers in Nutrition*. Email: minzagrg1824@gmail.com



Madan Raj Bhatt is a 'Public Health Expert' working in Nepal with extensive experiences of designing and implementing health projects, especially USAID-funded Reproductive Maternal Newborn Child and Adolescent Health projects, and providing technical assistance to government and implementing agencies with special focus on women of reproductive age, rural, marginalized and underserved populations. Mr Bhatt was a founding member and ex-general secretary of Health Foundation Nepal (HFN). He had served as a first Executive Director of HFN (from January 2019

to July 2021) and provided technical and managerial leadership to implement health projects in Nepal.



Madhusudan Pokharel is a mental health counsellor working in Nepal with experiences of implementing mental health researches and providing technical assistance to implementing agencies with special focus on adolescent and migration. He has also worked on a feasibility study of mental health crisis helpline services for the prevention of suicide in Nepal under fellowship provided by Health Foundation Nepal. His research interests are in areas of gender, psychological wellbeing, social support, and suicide prevention within the community. Mr. Pokharel holds MA in Psychology degree from Central Department of Psychology, Tribhuvan University, Nepal. Email: madhusudan.ws@gmail.com



Professor Dr. Mita Rana is clinical psychologist and coordinator of M.Phil. Clinical psychology program at Department of Psychiatry and Mental Health, TU Teaching Hospital (TUTH), Institute of Medicine, Kathmandu, Nepal. Dr. Rana holds M.Phil.in Clinical Psychology & PhD degree (Psychology) from Tribhuvan University. She has been actively involved in the academic and clinical field of clinical psychology for more than two decades. She has 30 peer reviewed research articles and has supervised more than 20 dissertations of doctoral and post graduate students in clinical psychology and has participated and presented papers at National and International conferences. Her main area of interest is adult mental health and cognitive behavior therapy for anxiety and depressive disorders. Dr. Rana has extended her expertise in the development of training manuals for health workers on Psychosocial care (NHTC, 2071), GBV Clinical Protocol (UNFPA, Jhapiego, 2073), Community mental health care package (2074), Mental health care strategies and action plan (2077)

etc. She is the founder president of Nepalese Association of Clinical Psychologist (NACP) and is currently Chairperson of Transcultural Psychosocial Organization Nepal (TPO-Nepal). Email: ranamita@yahoo.co.uk



Muna Bhattarai, Ph.D., RN, is an assistant professor in the College of Nursing at Texas A&M University, USA. She completed her Ph.D. in Rehabilitation Counselor Education from the University of Wisconsin-Madison, USA. She obtained her master's degree in Psychology from Padma Kanya Multiple Campus, Nepal, and a master's degree in Nursing from Prince of Songkla University, Thailand. She has experience teaching nursing students and rehabilitation psychology students. She also served as a registered nurse for five and a half years in Nepal. She has published over 10 peer-reviewed journal articles, contributed to four book chapters, and presented research at nine national and international conferences. She received an outstanding master's degree thesis award in Social Science from Prince of Songkla University, Thailand. She also secured the best paper award at the Fourth National Summit of Health and Population Scientists in Nepal and the best poster presentation award at the 2017 International Nursing Conference in Thailand. Her research incorporates positive psychology concepts to study mental health, psychosocial adaptation, and well-being of individuals with disabilities. She is committed to promoting mental health and quality of life of individuals with chronic illnesses and disabilities and their families through research, teaching, and services. Email: mbhattarai@tamu.edu



Pradeep Acharya is a Lecturer at Tribhuvan University, Nepal. He has a PhD (Anthropology), PGD (Counseling Psychology) and MA (Psychology) from Tribhuvan University. He has been teaching at various colleges under Pokhara

University, Purvanchal University and Tribhuvan University from last eighteen years. Currently he is a Researcher at Centre for Nepal and Asian Studies, Tribhuvan University and Lecturer at Central Department of Psychology and Department of Social Work, Tribhuvan University Campus, Kirtipur. Email: pradeepacharya@hotmail.com



Pralhad Adhikari has been working as the assistant professor of psychology in Tribhuvan University since July 2017. He has authored six psychological textbooks and some research papers. His current interests are in workplace safety, organizational psychiatry, and applied psychology. He tries to be better every day but

regresses sometimes.

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Pushpa Adhikari, MA., is a psychologist who completed her master's degree in Psychology from Padma Kanya Multiple Campus. For six years, she worked as a psychosocial counselor for children and adolescents in the following institutions: Euro Kids School, Child Protection Centre and Service (CPCS), and Uniglobe College. Besides, she has been lecturing psychology-related courses for bachelor's degree students in different colleges for four years. She also provided training on parenting styles in Uniglobe College, Little Sisters Fund in Education for Empowerment (E4E), and a few other schools. Her research interest focuses on parenting styles and the self-esteem of children, including street children. Email: pushpadhikari040@gmail.com



Dr. Rishav Koirala is a Consultant Psychiatrist and a researcher. Dr. Koirala has been involved in several fields of adult psychiatry, including community psychiatry, psycho-oncology, trauma related disorders, substance abuse and general psychiatry. He established the first Psycho-oncology Clinic of Nepal in NCHRC, and opened psycho-oncology clinics in two more centers. He is currently pursuing his PhD on effects of trauma from University of Oslo, Norway. He is the executive manager of Brain and Neuroscience Center (BANC) Nepal. He has worked as the focal person for Mental Health in WHO for Nepal and is the Associate Professor at People's Medical College and Advisor for Transcultural Psychosocial Organization Nepal. He held the post of Joint Treasurer of the Psychiatrist's Association of Nepal and has worked in several remote areas of Nepal in promotion of community psychiatry and mHGAP training program. His domain of research includes trauma, addiction, traditional healing and transcultural psychiatry. He has authored several research articles in prominent international journals. He has also played important role in organising several international conferences in Nepal.

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Er. Ritavrat Joshi, born in 1988, the younger son of Dr. Sarvagya N. Shrestha (Joshi) and Saraswati Shrestha is an Environmental Engineer by profession with a Masters degree in Renewable Energy Engineering. He's been actively working in the WASH, climate change, RET intervention and energy sector for the past 11 years. Apart from it, he is also a musician currently involved in 4 bands and 2 solo projects and is also known for his lyrics writing, video screenplay and direction. He is the co-owner of Beers N' Cheers – a pub in Jhamsikhel and is also one of the co-founders of Noodle Rex

app – which is the first ever music sales portal of Nepal based on Android, IOS and Web.



Safar Bikram Adhikari is currently affiliated to The Canberra Hospital, Canberra, Australia in the capacity of a Mental Health Clinician. He currently works in the Adult Mental Health Unit and looks after patients admitted in the Mental Health ward with complex Mental Health issues. In past he was affiliated to Services for treatment

and rehabilitation of torture and trauma survivors (STARTTS) in the New South Wales, Australia, where he worked clinically with Refugees and Displaced people arriving in Australia under Australian Government's humanitarian Program. He holds a postgraduate level qualification in Clinical Sciences and Mental Health/Psychotherapy from The University of Sydney and The Western Sydney University respectively. In Nepal, he worked in a different capacity in areas pertaining to Primary Health care, Pharmacy and Mental Health. His interest lies in the area of novel treatment of c-PTSD using both Pharmacotherapy and Psychotherapy.

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Sasmita Poudel, completed her Doctorate in Public Health in May, 2021 from West China School of Public Health, Sichuan University, China. She had also completed a post graduate diploma on counseling psychology in 2012. She is a Public Health professional with ten years of experience in global and public health issues with specialized experience on Water, Sanitation, and Hygiene (WASH), Health promotion, and Public Health Nutrition in both humanitarian context and development sector. She has profound experience on research along with a good track record scientific and academic publications from Nepal, India, China, and Yemen. She is the author

of 11 scientific papers on public health issues around the globe and received various recognitions for her work as Young Scientist (Integrated Research on Disaster Risk) and Belt and Road Scholarship (for PhD). She uses her positive attitude and tireless energy to encourage others to work hard for success. Moreover, she is affiliated to different professional network at national and international level.

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Born and raised in Nepal, **Dr. Shailuza Karki** grew up with an unchanging determination to serve the health sector. Her passion and dedication to pursue a career in healthcare are palpable in her academic achievements and work experiences. She did a bachelor's degree in medicine and surgery (MBBS) from the Institute of Applied Health Sciences (IAHS) in Bangladesh. As a licensed medical doctor, she has worked in the Intensive Care Unit (ICU), Anesthesia, Emergency room (ER), and public health research-based non-governmental organization (NGO) in Nepal. After moving to the United States, she graduated with a Master of Science in Healthcare informatics administration from the University of Maryland University College (UMGC). She is currently working as Healthcare Big Data Business Analyst at CRISP, Maryland. CRISP is a non-profit health information exchange (HIE) organization. She is also volunteering for the IMLS Advisory Board Member (Howard County Library System) in Maryland. She is an active member of the Honor Society of Phi Kappa Phi by the election of the chapter at the UMGC. She aspires to become a Subject Matter Expert (SME) and medical consultant for healthcare organizations. She also has a keen interest in mental health advocacy, mindfulness meditation, and Artificial Intelligence (AI) in healthcare.

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Simoni Agarwal (she/her/hers), is a budding psychologist, researcher as well as a certified life coach with a specialization in art therapy. She has a passion for psychology and to pursue this, she did her undergraduate in BA Applied Psychology from Amity University, Noida, which she graduated with honors. Simoni has

been interested in research since she was 19 and has been able to change her interest into a viable career choice. She has done quantitative studies but has a niche for qualitative studies. Besides being an up-and-coming pioneer of her field, Simoni enjoys reading, writing, cooking and gardening. She also holds social issues, advocacy and educating people close to her heart. At 24, Simoni has been a published author and a researcher with more work on the way. She is planning to pursue her masters in clinical as well as counselling psychology with a specialization in gender, sexuality and public health.

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Mr. Sudip Ghimire works as a Project Coordinator at KOSHISH, National Mental Health Self-Help Organization. He was born in Lamjung district. Now, he lives and works in Gandaki province (Pokhara). His main area of work is strengthening community-based mental health and psychosocial support interventions

through existing community and the government system. Since 2008, he served as humanitarian worker especially in Mental Health and Psychosocial Support Services (MHPSS) field. He started his works in MHPSS sector after completion of the six months Psychosocial Counseling training in 2007. Later, he also made psychology as a subject of study. He completed Master's Degree from Webster University, Thailand. From the beginning, he has worked on various community-based mental health and psychosocial programming for vulnerable children, women, refugees, and adolescents in the complex humanitarian settings. As a result, he has contributed as a technical

reviewer of the mhGAP version-2 manual and other psychosocial-related reading materials in the context of Nepal.

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Mr. Sujen Man Maharjan is a humanitarian professional engaged in mental health care and research with an aim to promote psychological well-being in Nepal. He studied Clinical Psychology (MA) in Central Department of Psychology at Tribhuvan University, Kathmandu. He is currently working as a research consultant for project called Sensing Technology to personalize Adolescent maternal Depression Treatment in low resource settings II (StandStrong II) with Global Mental Health Lab of George Washington University, in collaboration with Kathmandu University. He has previously worked as Mental Health and Care Practices (MHCP) programme manager in Action Contre la Faim (ACF) alias Action Against Hunger and as a psychosocial field officer in International Committee of Red Cross (ICRC). He has also consulted for Common Threads Project and Chhahari Nepal for Mental Health (CNMH). He has experience of over ten years in research, training, communications and programme management. He is a founder/administrator of NEPsychNet (Nepalese Psychology Network), an online community dedicated for the field of mental health and psychology with an objective to bring together members for communication and collaboration. He also blogs on psychology in Nepal at sujenman.wordpress.com His profile can be found here: <http://psychology.com.np/smaharjan/>.

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Dr. Suraj Shakya is currently working as an assistant professor and clinical psychologist at Institute of Medicine, Tribhuvan University. He has completed his master's degree in psychology in 2005 and MPhil in clinical psychology in 2012 from the same university. He developed a parent reporting questionnaire for the assessment of the emotional and

behavioral problems of Nepalese children and adolescents as a part of his doctoral research. He has research interest in community mental health and psychometrics. He holds an international diplomate as a certified cognitive behavior therapist from the Academy of Cognitive & Behavior Therapies (USA). He practices individual sessions at the TU teaching hospital and other mental health centers in Kathmandu. In addition, he provides online psychotherapy services for adolescents and adult clients, as well as clinical supervision to counselors.

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