

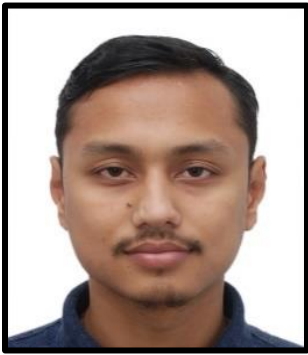
Editors' Profile



Yubaraj Adhikari, Ph.D. born and raised in a remote village of the Taplejung district of Nepal, had a passion and determination to serve the people in need. After some years of work in the civil engineering sector, his passion and dedication brought him to pursue his career in the humanitarian field. While serving the people affected by armed conflicts and natural disasters, Yubaraj became passionate about pursuing his career in Psychology. Yubaraj completed a post-graduation diploma in counseling psychology from Nepal. After that Yubaraj completed his Master of Science in Mental Health Psychology from the University of Liverpool, United Kingdom, and accomplished Doctor of Philosophy in Psychology at the University of Nicosia, Cyprus. His doctoral research was on understanding the prevalence of the professional and personal distress of Nepali doctors. Equally, Yubaraj applied the ‘structural equation modeling’ method to test the hypothesis of complex correlations of personal and professional distresses of Nepali doctors. Yubaraj validated three psychometric scales in the Nepali context by using confirmatory factor analysis. Yubaraj contributes through contemporary research on the professional quality of life, moral injury, mental health at the workplace, public mental health, and the advancement of Nepalese psychology. Yubaraj voluntarily serves as a reviewer and has published papers in scientific journals. On the career front, Yubaraj closely worked with the conflict-affected population in Nepal, which brought his interest to the psychological and social sufferings faced by the families of missing persons. Yubaraj assisted in designing, piloting, expanding, and later coordinated the ‘Hateymalo

Psychosocial Support Project' in which he contributed to the conflict-affected population and worked closely with renowned Nepali and international psychologists. Yubaraj's engagement in various interventions served in addressing trauma, mental health, and other protection needs of people affected by conflict and violence in Sri Lanka, Myanmar, and Iraq.

Email: yubaraj.mhps@gmail.com



Sujan Shrestha is keen on observing the relationship between the individual personality traits, cognitions and situational contexts in the behaviours of youth - especially their mental health, social and emotional learning, motivation and loneliness. He divides his professional time between teaching and doing research - the two things he treasures the most. He derives his happiness imparting the

knowledge to the young minds and guiding them in the academic journey. At the same time, he feels immensely engaged and find meaning in building up the psychological knowledge through research. He completed his bachelor's degree in Psychology, Marketing and Economics from Bangalore University and Master's degree in clinical Psychology from Tribhuvan University. He has taken a professional development course on global mental health from University of Washington. Professionally, he is engaged as a subject lead at St. Xavier's College and A levels instructor at Gems Institute of Higher Education. He is currently engaged in two independent researches and working as one of the editors of this book project. He has one book published on Social Psychology to his credit. He has published four research articles in peer reviewed journals. He has participated in several national and international research conferences, the recent being the Association for Research in Personality (ARP) conference on July, 2021 He is a creator and president of Psychbigyaan Network Nepal which gives platforms for the youth to implement

their ideas on Psychology and Mental Health. He has been associated with reputed institutions such as Golden Gate International College as lecturer, Koshish Nepal as Research Consultant etc. Email: psychologist.sujan@gmail.com



Mrs. Kripa Sigdel is an academician and mental health counselor by profession. She is currently pursuing her Ph.D in Psychology focusing on ‘Counseling and Mental Health’. Currently, she is involved as Full time Research Coordinator of the project collaborated by Dhulikhel Hospital, KUSMS, and Yale University, USA. Her research project focuses on ‘Suicide and Development of Suicide Prevention Package’. She is also the co-founder of organization Psychbigyaan Network Nepal-PNN www.mankaakura.com, the first online platform providing mental health services to Nepali. Mankaakura and PNN are the organizations which are very close to her heart, so when not working full-time for her research project, teaching and doing therapy or counseling, you will find Ms. Sigdel working in these two organizations for program management. The keen interest in working with people led her to study Psychology when she was looking for a course in her undergraduate degree. She did her undergraduate studies in Goldengate International College with Psychology major followed by Masters in Psychology with Clinical Emphasis at Padmakanya Multiple Campus. She was batch topper in Masters in Psychology from Tribhuvan University. Her academic inclination and excellence led her join Padmakanya Multiple Campus as faculty in Psychology immediately. She has been teaching Psychology in Undergraduate and Graduate level at Padmakanya Campus since 2075 as a part-time faculty. In between she also taught psychology in various colleges including Goldengate International College, Active Academy, National College-KU, Prime International College. Recently, she has co-authored a book in Social Psychology which was published for undergraduate and graduate students. She was also selected from US

embassy as an exchange student to study New Media and Journalism at University of Washington in the summer of 2014. She had also represented Nepal in International Youth Leaders Assembly, USA in August 2018.

Email: kripasigdel@hotmail.com