

# THE HIMALAYAN MIND

A Nepalese Investigation

Edited by  
**Murari P. Regmi**



# The Himalayan Mind A Nepalese Investigation

**Ramesh Raj Kunwar**



## **The Himalayan Mind A Nepalese Investigation:**

**The Himalayan Mind** Murari P. Regmi, 1994      **The Handbook of International Psychology** Merry Bullock, Michael Stevens, Danny Wedding, Amanda Clinton, 2024-11-18 This second edition of The Handbook of International Psychology chronicles the discipline of psychology as it evolves in different regions from the perspective of those living and working in the countries they write about This volume surveys the history methodology education training and future of psychology in more than 100 countries territories organized by region and continent In this thoroughly updated and expanded edition chapters highlight the important ways in which psychological knowledge and services are contextualized through culture history geography social and political forces This comprehensive handbook is essential for students and teachers of psychology as well as professionals wanting to develop their understanding of psychology around the world      **Nepal National Union Catalogue** Bhanu Pathak, Damodar Adhikari, 1997      Research Anthology on Mental Health Stigma, Education, and Treatment Management Association, Information Resources, 2021-02-05 In times of uncertainty and crisis the mental health of individuals become a concern as added stressors and pressures can cause depression anxiety and stress Today especially with more people than ever experiencing these effects due to the Covid 19 epidemic and all that comes along with it discourse around mental health has gained heightened urgency While there have always been stigmas surrounding mental health the continued display of these biases can add to an already distressing situation for struggling individuals Despite the experience of mental health issues becoming normalized it remains important for these issues to be addressed along with adequate education about mental health so that it becomes normalized and discussed in ways that are beneficial for society and those affected Along with raising awareness of mental health in general there should be a continued focus on treatment options methods and modes for healthcare delivery The Research Anthology on Mental Health Stigma Education and Treatment explores the latest research on the newest advancements in mental health best practices and new research on treatment and the need for education and awareness to mitigate the stigma that surrounds discussions on mental health The chapters will cover new technologies that are impacting delivery modes for treatment the latest methods and models for treatment options how education on mental health is delivered and developed and how mental health is viewed and discussed It is a comprehensive view of mental health from both a societal and medical standpoint and examines mental health issues in children and adults from all ethnicities and socio economic backgrounds and in a variety of professions including healthcare emergency services and the military This book is ideal for psychologists therapists psychiatrists counsellors religious leaders mental health support agencies and organizations medical professionals teachers researchers students academicians mental health practitioners and more      **Nepal, Missing Elements in the Development Thinking** Gunanidhi Sharma, 2000      Development and Public Health in the Himalaya Ian Harper, 2014-02-05 Engaging with a range of public health issues this book charts important social and political transitions in

Nepal through the lens of medicine and health development It focuses on mission health care institutions tuberculosis control programmes as a site of medical intervention the pharmaceuticalization of mental health and public health and in relation to development ideologies the attempted creation of modern subjects and citizens to advance the health of the nation Based on two decades of experience both as a physician and public health professional and an anthropologist the author presents these issues through four case studies of health programme intervention in a district in central Nepal to show the inter related aspects of the processes The book explains how local realities align with resist and are complicated by globalized narratives and practices of health and development It pays careful attention to traditional healers infectious disease micronutrient initiatives mental health and the historical ideological and political economic context of mission based development work Offering an ethnographic picture of the challenges and possibilities for action that exist in Nepal this book is of interest to academics in the field of medical and development anthropology and those working directly in the fields of health and development

**Access to Mental Health Care in South Asia** S. M. Yasir Arafat, Sujita Kumar Kar, 2024-04-06 This book is about access to mental health care in South Asia South Asia consists of eight countries with low and middle income backgrounds The region contains a combined population of about 2 billion making up about a quarter of the global population The people of this region share common cultures beliefs and behavioral patterns regarding physical and mental health Among them about 15% about 300 million have been suffering from common mental disorders However there is a persisting high treatment gap for mental illness in the region Hence despite having a mental illness only a small percentage of the population is able to have access to essential mental healthcare Though governments are trying to bridge the gap by improving mental health policies and programs it is still a major challenge delivering mental healthcare to all people in need Due to the income category and dual disease burden of the countries there are some additional enduring challenges like poor funding and research inadequate and inequitable manpower huge out of pocket expenses poor mental health literacy income disparity and high stigma This book aims to highlight the issues related to accessing mental health services in a densely populated low and middle income setting This book is the first of its kind in comparing and contrasting the delivery status of mental health services in South Asian countries

**Routledge Handbook of Psychiatry in Asia** Dinesh Bhugra, Samson Tse, Roger Ng, Nori Takei, 2015-08-20 Geographically and demographically Asia is a huge region with a large number of societies and cultures each affected by their own unique problems including over population major natural disasters poverty and changing social and economic factors Inevitably this means that different mental health needs have developed across the region Colonialism globalization industrialization and urbanization have brought major demographic and cultural shifts in the region but clinical mental health practices and services and societal attitudes to mental health issues vary enormously This handbook surveys the state of the current psychiatric care field across the whole Asia Pacific region Focusing on individual countries each chapter will include A summary of factors affecting the practice and provision of psychiatric care including

cultural attitudes to mental health issues Coverage of the conceptualisation causation and prevalence of mental health issues in society An overview of mental health care services and systems available and workforce training Coverage of country specific innovative practices and folk therapies As the first major reference work on psychiatric care in Asia this book is an essential resource for scholars and students researching mental health in Asia as well as psychiatrists and other mental health professionals working in the region      **Trance, Initiation & Psychotherapy in Nepalese Shamanism** Larry Peters,2004      **Fire of Himal** Ramesh Raj Kunwar,1999      **The Himalayan Review** ,1980      To the Battlefield on an Elephant Tārānātha Śarmā,1997      The Change Rishikeshab Raj Regmi,2002      Folk Tales from Mithila Ram Dayal Rakesh,1996      *Long Term Impact of War, Civil War and Persecution in Civilian Populations* Thomas Wenzel,Meryam Schouler-Ocak,Thomas Stompe,2021-11-01      **Sheet of Snow** Yuyutsu R. D.,1997 This is an English anthology of Nepalese short stories which tears apart the carefully woven facade of morality of the Nepalese      Pioneers of Nepalese Geography Rāmakumāra Pāñḍe,1998      *Indian Books in Print* ,2003      **Art and Culture of Nepal** Sāphalya Amātya,1999      **The Edinburgh Review, Or Critical Journal** ,1875

## Unveiling the Magic of Words: A Review of "**The Himalayan Mind A Nepalese Investigation**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**The Himalayan Mind A Nepalese Investigation**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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