



Journal of Psychiatrist's Association of Nepal

*An official journal of Psychiatric Association of Nepal (PAN)
A platform to advocate & share eminent psychiatric issues*

Editor In Chief

Dr. Sandip Subedi

Executive Editor

Dr Manoj Dhungana
Dr Dev Kumar Thapa

Editorial team

Dr Ranjan Thapa
Dr. Manisha Chapagain
Dr. Nidesh Sapkota
Dr. Prabhakar Pokhrel
Dr. Anoop Krishna Gupta
Dr. Pratikshya Chalise
Dr. Pawan Sharma

Advisors

Dr. Desh R. Kunwar
Dr. Dhruva M. Shrestha
Dr. Nirakar M. Shrestha
Dr Ambika Shrestha
Dr. Kapil D. Upadhayaya
Dr. Mahendra K. Nepal
Dr. Vidya Dev Sharma
Dr Surendra Sherchan
Dr Nabaraj Koirala

President

Prof. Sudarshan Narsingh Pradhan

Vice-President

Dr. Nirmal Lamichhane

General Secretary

Dr. Rajan Sharma

Joint Secretary

Dr. Neena Rai

Treasurer

Dr. Rachana Sharma Basnet

Joint Treasurer

Dr. Sagun Ballav Pant

Members

Prof. Shailendra Raj Adhikari
Dr. Deepak Kunwar
Dr. Neekesh Rajbhandari

Advisors

Prof. DRB. Kunwar
Dr. Ambika Shrestha
Dr. Kapil D. Upadhayaya
Prof. Surendra Sherchan
Prof. Vidya Dev Sharma
Prof. Naba Raj Koirala
Prof. Saroj Prasad Ojha

Painter Of the Cover Page Photo:

***Dr Lakshmi Sravanti, MBBS, MD, (DM) Senior Resident
Department of Child & Adolescent Psychiatry, NIMHANS, India***

"Reach out to Venus" - The metaphorical "Venus" in this piece of art represents that person /plant / animal /dream/ passion that one must nurture and reach out to when the times are dark and going gets tough (when in depression). For it can help the person regain a sense of purpose and meaning to life.