

3rd World Summit on HEALTH NUTRITION

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Factors affecting Mental Health of Women and Children Post Covid-19-Challenges and Pathways**Manisha Kabra***IIHMR University, India*

Covid -19 has brought challenges but also brought new opportunities. Though mental health is an outcome influenced by various underlying factors, but they bring new perspectives with theory of change. Global evidences suggest that a traumatic experiences of Covid-19 has affected mental health of people. It has affected majorly women and children in different spheres of life. When global actions were oriented to achieve SDG 2030, pandemic created paradigm shift from individual components of food, nutrition, health, education and financial prospects as individual arena to integrated components to improve mental health. Now, global action calls to improve mental health of children and adolescents who will bear the loss of future generations and better resilience. This presentation is focussed on factors affecting mental health and challenges with new prospects to break vicious cycle of mental health, innovative investment vehicles to generate mental health work force and discuss new pathways to develop community leadership for mental health. This presentation will discuss various available data and research facts through global literature and will discuss challenges and pathways for global community to attain positive mental health through community based management of mental health in view of Country India

Biography

Manisha Kabra is pursuing her PhD at the age of 46 years from IIHMR University, Jaipur, Rajasthan, India.. She is working as free lance consultant and researcher to various firms and organisations. Currently, she is working as project consultant to develop integrated mental health project post covid-19.