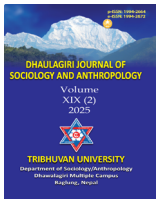
Gold Open Access
Full contents available in NepJOL & DOAJ
Dhaulagiri Journal of Sociology and Anthropology



Post-COVID-19 Impacts on Sociocultural Practices and Quality of Life in Baglung District, Nepal

Prakash Prasad Sapkota
Dhawalagiri Multtiple Campus Baglung, Tribhuvan University, Nepal

Article Info
Received: August 21, 2024
Revised received: June 30, 2025
Accepted: December 1, 2025
Available online: December 31, 2025
DOI: https://doi.org/10.3126/dsaj.v19i2.69002

Abstract

In late 2019, viral outbreaks, such as SARS and SARS-CoV-2 (coronaviruses), began to spread globally, severely affecting public health and disrupting the national and global economy. The pandemic lasted for more than two years and posed a serious threat to human health. Even after the virus was controlled, its long-term effects, commonly called post-COVID-19 conditions, continued to affect the quality of life of many individuals worldwide. This study explored how post-COVID-19 conditions influenced sociocultural activities and quality of life in Baglung District, Western Nepal. The research acknowledges diverse personal and community experiences, adopts a mixed-methods and explanatory design, and collects both qualitative and quantitative data between September 2022 and January 2024. The findings inform a variety of behavioral and psychological changes among people recovering from COVID-19. These include reduced motivation for teaching and learning, economic disruptions, and increased physical and emotional strain. However, cultural activities played a key role in helping people adapt to these challenges, supporting knowledge sharing, economic recovery, social cohesion, and cultural continuity.

Keywords: quality of life, post-COVID-19, socio-cultural activities

Introduction

The novel coronavirus disease (COVID-19) emerged in late 2019 and persisted for over two years, profoundly impacting global health and the economy (Hao et al., 2022). Individuals with COVID-19 struggled with the illness, recovered, and many returned to their normal lives. However, many patients continue to feel unwell even after recovery. Individuals with a history of SARS-CoV-2 infection may experience post-COVID-19 conditions[1], manifesting three months after COVID-19, and have symptoms and consequences that persist for at least two months or years (World Health Organization [WHO], 2021). Symptoms such as weariness, coughing, shortness of breath, headaches, and brain fog persisted for an extended period. Research indicates that after recovering from their initial sickness, 10%–20% of people endure a variety of mid- and long-term symptoms. In this study, the term "post-COVID-19 condition" is used for people who were once infected with COVID-19 and recovered but persisted with the precursor of its infection, affecting their quality of life. Delaware (1977) defines:

> The medical definition of health as the absence of sickness is an abstract, value-free idea. Contrary to numerous other concepts frequently seen in the health literature, biological function and statistical normalcy are its primary components. Diseases are internal states

1. Post-COVID-19 condition is the name used to describe these mid- and long-term effects combined (WHO, 2021) after the recovery from COVID-19.

: sapkotapps117@gmail.com

> that, aside from general environmental damage, lower functional capacity to below species-typical levels. The ability to carry out all usual physiological processes with at least typical efficiency is the statistical normalcy of function, which is health, as the absence of disease. This idea of health claims about biological processes, but it is the belief that health is fundamentally value-laden, maintained by many writers on the subject, and appears to stem from one of two things: a commitment to good health that goes beyond the absence of sickness. The presumption is that practical health judgments are made regarding the treatment of patients. I contend that the commitment may have been mischaracterized and that the assumption is incorrect (pp. 542-573).

The germ theory of disease is a generally accepted as scientific theory for many diseases. According to this definition, pathogens or "germs" are microorganisms that can cause disease. These tiny organisms invade people, other animals, and other live hosts because they are small and cannot be seen without magnification. The cellular theory of disease was developed, and it is believed that disease becomes a biochemical process on the one hand. The body is a transient social and cultural artifact (White, 2002).

The World Health Organization has expanded its mandate to include a wide range of demographic concerns that are thought to impact health (Rickles, 2011). A better way to describe health is the capacity to live in perfect harmony with the environment. Such a description implies the capacity to handle the typical demands of life on physical, emotional, and mental levels, based on biological, social, and cultural dimensions, to maintain quality of life. According to this definition, a person's socio-cultural activities with their environment affect their health. In this connection, this study attempted to explore how post-COVID-19 conditions influenced sociocultural activities and quality of life in Baglung District, Western Nepal.

Methods

This study employs an interpretative approach, recognizing the complexity of the issue through a combination of mixed methods, and utilizes an explanatory research design. Primary data were collected from Baglung District, Gandaki Province, and its periphery from September 2022 to January 2024. Questionnaires, semi-structured interviews, and observation tools were used to collect primary data. The study population comprised college students pursuing bachelor's and master's degrees in different disciplines at Dhawalagiri Multiple Campus, electricity office staff in ward number three, and Muslim community members in ward number four. Quantitative data were collected using a questionnaire administered to randomly selected students.

Similarly, qualitative data were collected using interviews and observation tools from purposively selected electricity office staff and Muslim community members. A stratified random sample was taken from different disciplines of bachelor's and master's students at Dhawalagiri Multiple Campus, other communities, and government organizations. The data were collected from a selected sample representing the districts of Baglung, Myagdi, and Parbat, thereby ensuring their reliability. The chosen first sample was 468, which grew larger, and it was again kept in the study's universe. Then, from the universe (486), a random sample representing each cluster of respondents, 15% (73), was taken for quantitative data. Secondary data were gathered from relevant books and journal articles. Using a qualitative-quantitative approach, the data were presented and analyzed according to their characteristics.

Findings and Discussion

Impact on Education

The coronavirus has affected education systems worldwide. Schools, colleges, and universities were closed to save lives and control the spread of the coronavirus. The closure of teaching-learning institutions has brought difficulties for students, teachers, and parents. This situation led students and teachers to feel lonely, show decreased interest, and feel eager to engage in any activities or issues in their lives. In the query of interest in the teaching and learning activities of the respondents, pre- and post-COVID-19, the following results emerged:

Table 1

Respondents' Interests in Studying for Gaining Knowledge

S. No.	Items	Pre-COVID-19	At the time of COVID-19	Post-COVID-19
1.	Interest in studying	17 (22.97%)	12(16.21%)	17 (22.97%)
2.	Little interest in studying	47 (63.51%)	19(25.67%)	45 (60.81%)
3.	No interest in studying	10 (13.51%)	43 (58.10%)	12 (16.21%)

Source: Field study, 2024

The participants were requested to express their interests in studying prior to, during, and following the COVID-19 pandemic. According to the results, their enthusiasm for teaching-learning activities dropped from 63.51% to 25.67%, while the lack of interest rose from 13.51% to 58.10% (Table 1). After COVID-19, the interest of the laborious respondents has not changed, but the percentage is less; those with no interest increased, while the number of respondents with little interest decreased

from 63.51 to 60.81%. This behavior of the respondents directly indicated that decreasing knowledge in the study area is expected to harm their quality of life in the long run. In response to the query about the impact of COVID-19 on school education, a 52-year-old female principal of the Muslim community said:

> Coronavirus infection increases fear among parents and their children. Most parents who migrated to towns for better education are returning to their villages. Children who regularly attend school are not interested in teaching-learning activities. Children from economically poor families appear frustrated and are more negligent in each activity within the school. It is very difficult for children to increase their diligence and creativity. I feel that a big effort is necessary to uplift the quality of teaching and learning activities.

Her response indicated that the COVID-19 crisis increased social disproportion in schools. Under these conditions, introducing ICT in school education would attract students' learning aptitude. Studies have highlighted that using ICT enhances students' engagement and participation (Roopa & Khhana, 2024)[2]. In Nepal, parents with strong financial resources send their children to schools with superior digital infrastructure and teachers who may be more proficient in using digital technology. Only a few schools are replete with digital resources and teaching supports. Schools where disadvantaged children enroll have poorer ICT infrastructure and instructional resources (Di Pietro et al., 2020). More privileged children attend schools due to COVID-19 to adopt online learning, but student engagement in teaching and learning activities has declined. Underprivileged urban and rural locations lack the necessary digital infrastructure to teach remotely. Online teaching and learning activities also have issues with electricity reliability, internet access, and the quality of mobile, laptop, and computer equipment. The impoverished are asked to remain silent in this scenario; what has happened to them? Additionally, there are notable differences in technology and instructional resources between private and public schools. Students do not have equal access to digital technology and learning resources. Almost all the respondents agreed with this situation and felt the difference between the city and village; they had and did not have children in the study area. A comparable conclusion was reported by Di Pietro et al. (2020) and UNESCO (2020a) in their respective studies.

Despite government encouragement of home-based learning through radio and television, this approach proved ineffective for rural students due to limited economic access to technology. This aligns with Tiruneh's (2020) findings in Ethiopia, which reported weak outcomes from online teaching and learning activities. However, our findings indicate that many rural schools in Nepal, including those in the study area, maintained physical classes with social distancing. The analysis, presented in Table 1, reveals a marked decrease in students' interest, focus, and concentration in post-COVID-19 learning environments. This reduction in enthusiasm and behavioral changes constitute a significant threat to their prospects, underscoring the crucial connection between current commitment and enduring human development, because humans remain in their present situation through a massive, laborious effort within the animal kingdom.

In urban areas, schools have progressively adopted digital platforms such as Google Classroom, email, and social media for distance learning, facilitating the uploading of homework assignments, textbooks, and reading materials. However, significant challenges emerge among impoverished urban students, who often lack the practical knowledge to utilize these digital services effectively. This issue is exacerbated by the lack of proper monitoring in some urban areas, which allows students to misuse remote learning tools, even when they are available. This observation is consistent with Tzifopoulos (2020), who argued that most students show greater interest in using their smartphones and laptops for non-academic purposes, such as social media (e.g., Facebook, TikTok) and gaming (e.g., PUBG), rather than for academic purposes. In contrast, private schools often use social media platforms to deliver educational materials directly to parents. The diverse approaches to maintaining home-based learning across public and private schools and across rural and urban schools underscore the critical dependence on parents' digital literacy and financial capacity. Moreover, a substantial barrier in public schools is the limited or non-existent Internet access for teachers and students. While a survey by Woday et al. (2020) indicated high levels of stress, impatience, and depression among students during school closures, such elevated stress was not reported by the respondents in the current study area during the post-COVID-19 period.

In the post-COVID-19 landscape, distance learning presents a pragmatic opportunity for students, educators, and families, particularly given the enhancement of information technology. However, most parents, children, and students in the study area faced significant economic deprivation, which disrupted their ability to access and effectively utilize computers and other information technology equipment at home. This finding supports Sahu's (2020) observations. Despite the Government of Nepal's resourcefulness in announcing online learning platforms and administering virtual training, these resources are often neither universally accessible nor comprehensively adequate across all courses, as argued by Zhu and Liu (2020). It is important to note that, unlike its established presence in many developing nations, online education is not a truly creative delivery method in rural Nepal.

2. Roopa, S., & Kanna, M. R. R. (2024). Revolutionizing learning: The role of ICT in enhancing student engagement and achievement. *Library Progress International*, *44*(3), 14065–14074. https://www.bpasjournals.com

Respondents and informants in the study area detected analytical challenges in the transformation from traditional face-to-face direction to online learning, specifying issues related to funding, a lack of professional expertise, inadequate Information and Communication Technology (ICT) infrastructure, deceptive Internet connectivity, and deficient access to appropriate educational materials. This conclusion aligns with Basilaia and Kvavadze's (2020) findings.

Furthermore, certain academic disciplines, such as sports, nursing, laboratory work, music, and art, intrinsically pose important difficulties or prove impractical for competent instruction and learning through purely online methods. Despite these inherent restrictions on teaching and learning activities, teachers, students, and families within the study area, while confessing the challenges, demonstrated a clear perception of the value of ICT in facilitating adaptation to evolving educational environments. Consequently, they are obliged to acquire and master the necessary management and operational techniques to utilize these technologies.

Education System during the Post-COVID-19

The post-COVID-19 period has remarkably reshaped the instructional environment, societal behaviors, and daily routines. This transformation demands a collaborative effort among researchers, curriculum designers, education officers, and educational organizations to rethink and adapt the operating educational system to local contexts. Specifically, educational institutions must systematize curriculum redesign, develop creative post-COVID-19 learning tools and techniques, and comprehensively recondition the entire educational framework. During school closure, the focus should be on curriculum development, encouraging teamwork, upgrading skill development, and reinforcing institutional capacity. The post-COVID-19 period has specifically obligated schools to design strategies and techniques to mitigate learning loss, ensure student re-enrollment upon school reopening, and scale the accessibility of distance learning (Tiruneh, 2020). The observations in the current study area validate this broader context. Furthermore, to safeguard children at home during teaching institution closures and stimulate continued study, school instructors, in partnership with education officers, must proactively elevate awareness among parents and students (Crawford et al., 2020). Parents and teachers must monitor student engagement to avert participation in potentially harmful and inefficient digital activities, such as online gaming (e.g., PUBG), exposure to improper content, and excessive use of social media platforms (e.g., TikTok), which represent momentous behavioral shifts observed in the post-COVID-19 period.

A notable disparity has emerged in educational outcomes and access, delineating urban from rural students and students from socio-economically advantaged versus disadvantaged (literate or illiterate) households. To mitigate the learning deficits incurred during school closures, the education system must design and implement evidence-based strategies aimed at optimizing the school reopening process. Children from low-income and illiterate parental backgrounds are particularly vulnerable, facing considerable obstacles in recovering lost learning time owing to the lack of support received during periods of school closure. Furthermore, some children from economically disadvantaged households are likely to engage in day labor upon school reopening, prioritizing immediate family financial needs over continued education. Regarding student re-enrollment rates, a 39-year-old male teacher said:

> In our school, the socioeconomic landscape under study reveals that over 80% of students belong to lower socioeconomic classes. These families are often drawn to urban areas by the availability of labor work, searching for both employment for themselves and better educational opportunities for their children. While most parents are engaged in daily wage labor and enroll their children in this school, the appearance and aftermath of the COVID-19 pandemic severely disrupted their livelihood. Economic precocity, worsened by the inability to secure consistent work, has led many families to face significant challenges in sustaining themselves in urban areas, compelling some to return to their rural homes. Consequently, approximately 25% of the enrolled children have not returned to school to this day.

This teacher's statement illustrates the profound impact of post-COVID-19 conditions on school-based teaching and learning activities. Parents facing extreme economic constraints are largely unable to assimilate their children into the urban education system. This economic burden, coupled with the return to rural settings, may foster hesitation among parents to re-enroll their children, potentially leading to greater involvement in household labor, such as cattle herding and farming. Therefore, schools must proactively identify students who have not returned even after the initial COVID-19 recovery period. Recognizing potential parental fears about sending children to school, institutions should design strategic interventions to encourage and facilitate their return. This perspective aligns with Tiruneh (2020), emphasizing the need for the education system to develop comprehensive strategies for preparing students and teachers for these changed circumstances to overcome these challenges and the socioeconomic impact on school re-enrollment.

Higher Education and Migration Trends during the Post-COVID-19

Higher education institutions, especially colleges, face a myriad of challenges in the post-COVID-19 era. While most colleges have launched distance learning and teaching through ICT, its efficacy is significantly hindered in resource-constrained nations like Nepal due to limited

network infrastructure, inadequate access to computers, and unreliable Internet connectivity. A conventional trend among secondary school graduates is to pursue higher education abroad, driven by the perceived learning and earning opportunities in foreign nations. After completing their formal education, many exercise considerable effort to secure opportunities for advanced studies in affluent countries. For those unable to pursue higher education overseas, labor opportunities were sought in Gulf countries. The post-COVID-19 period has seen a notable increase in outward migration rates. Similar to other national universities, student enrollment has substantially decreased in the higher education institutions in the study area. Demographic analysis outlined that in general education, females constitute over 75% of students, while males account for 25%. In technical education, the gender split is 40% female and 60% male. This unbalanced enrollment, particularly the low male participation in general education, has potential negative implications for future generations and the nation's overall development.

Impact on the Economy

The post-COVID-19 period has unleashed an esoteric global crisis, transcending a mere health shock to pose severe threats to economies, lives, and livelihoods. The rapid proliferation of the coronavirus not only threatened human lives and disrupted livelihoods but also significantly impacted global trade, economic stability, and business operations. The world economy has experienced substantial disruptions, leading to severe slumps and unprecedented economic crises. This period's profound impact is largely attributable to the high degree of global economic integration and interdependence through intricate supply chains (Acharya & Porwal, 2020; Ozili & Arun, 2020; Rasul et al., 2020), a negative condition that persists to the present. Every nation has confronted unique and terrible challenges in overcoming these obstacles to achieve sustainable development. The mandate to maintain physical distancing and implement other containment measures has disproportionately encumbered countries characterized by large populations, underdeveloped health infrastructure, high poverty rates, poor socioeconomic conditions, insufficient social protection systems, limited access to water and sanitation, and deficient living space (Hossain et al., 2020; Rasul, 2020). Consequently, acute negative effects have been observed across economic, socio-cultural, and health dimensions in the study area and Nepal as a whole in the post-COVID-19 period.

Macroeconomic and Microeconomic Instability

The COVID-19 pandemic amplified macro-and microeconomic instability, negatively influencing GDP growth. For illustration, the IMF projected aggregate GDP growth rates for South Asian nations in 2020 to range from -18% (Maldives) to 3.8% (Bangladesh), with Nepal lamentably positioned among countries experiencing a negative growth rate. This adverse effect manifested in the study area, where approximately 10% of businesses were closed. This decline flows from substantial disturbances in regional and global trade and supply networks, proximate to a significant decrease in trade volume and exports. Nearly 15% of the population has returned to their villages due to the economic difficulties of sustaining themselves in urban markets. These findings are similar to those of Baldwin and Tomiura (2020) and Rasul et al. (2020), who noted that a considerable portion of the population experienced income loss in 2020 due to surprisingly declines or negative GDP growth. The ongoing disruption of regional and global trade and supply networks, manifested in decreased trade volumes and exports, has had a significant negative impact on domestic and international trade. This trend persisted throughout the post-COVID-19 period.

In South Asia, export growth was estimated to range from 6.8% to 3.9%, while import growth was estimated to range from 7.3% to 6.2% (World Bank, 2020a). The expected economic crisis in other sectors, particularly employment and household income, is anticipated to be further exacerbated by diminished export earnings due to the war. Another critical post-COVID-19 impact is persistent inflation, which burdens most nations. Nepal's inflation rate is 6.4%, among the highest in South Asia. The economic situation in the study area directly mirrors national trends. Regarding local economic activities, a 55-year-old male respondent engaged in business activities stated:

> In the post-COVID-19 period, all economic activities have been disrupted. People lack the money to buy daily essentials, business channels have collapsed, and there is less interest in working diligently. Many who have money told me, ‘Money alone cannot save life, so why chase it?’ I feel the same. I have observed that urban residents are more frustrated than those in rural areas, likely because rural people continue engaging in productive activities. What type of disease is this? I think we may continue struggling to live.

The respondent's view indicates the profound negative impact remaining post-COVID-19 on individual and societal economic activities nationally.

In Nepal, economic growth during COVID-19 was trifling, estimated at 0.2% in 2020 and 0.6% in 2021. The persisting effect of post-COVID-19 continues to manifest, with growth projected up to 2.5-3% in the fiscal year 2024, notably hopeful on tourism recovery. The World Bank (2021) highlighted the severe economic consequences for Nepal, stating that "the economic consequences of the pandemic and impact on livelihoods across Nepal are expected to be the most acute for informal workers or those without social security or assistance, who are more at risk of falling into extreme poverty." Similarly, Faris Hadad-Zervos, Director of the World Bank, said, "Swift action... to provide income, social protection, and employment to support them. This includes key investment climate

reforms to promote physical infrastructure and access to finance for the informal sector to shorten the transition to recovery" (World Bank, 2021).

This perspective corroborates that the informal workforce remains disproportionately affected by the pandemic and its outcomes. Currently, informal firms constitute over 50% of all businesses in Nepal (World Bank, 2021) and serve as the primary income source for most of the labor force. Within this group, self-employed urban households and informal-sector workers are more vulnerable than rural households, which often depend on subsistence farming (World Bank, 2022). Proprietors of most informal businesses faced the difficult impasse of complying with lockdowns, risking starvation or operating unsafely, and facing infection. These challenging economic conditions are adamantly aggravated by the ongoing spread of the coronavirus and its long-term financial implications in the post-COVID-19 era.

Policy Responses and Migration Trends

The Nepal government should strategically and pragmatically develop localized, regional, and national social safety policies. Such policies are essential to enhance productivity, foster skill development, and promote human capital investment, thereby protecting the population from challenges arising in the post-COVID-19 era. Securing both domestic and foreign funding will be pivotal for governments to finance essential initiatives directed at accelerating economic recovery. However, high rates of rural-to-urban migration and a significant rise in international labor demand continue to contribute to the decline of both rural and urban economic systems in Nepal. The World Bank (2021) emphasized the need to enhance competitiveness and market integration by improving digital access and supporting workers to leverage online platforms. Hans Timmer (2021) identified a "silver lining" for South Asia, stating: "COVID-19 will remarkably transform Nepal and the rest of South Asia for years to come and leave lasting defects in its economies. But there is a silver lining toward expansive recovery: the pandemic could impel innovations that improve South Asia's future participation in global value chains, as its comparative advantage in innovation services and niche tourism will likely be in higher demand as the global economy becomes more digital."

The comparative study of the real GDP growth at constant market prices, 2019, and forecasts of Nepal as (Table 2), A comparative analysis of real GDP growth at constant market prices shows Nepal's economic recovery lagging behind other South Asian countries like Bangladesh, Bhutan, Pakistan, and India. This economic condition suggests a challenging economic landscape, despite a modest increase in economic activities in the post-COVID-19 period. The limited monetary circulation and reduced daily work and developmental activities contributed to Nepal's low economic growth rate. Consequently, many individuals are compelled to seek economically more beneficial places and countries abroad.

Table 3

Economic and Cultural Activities in the Study Area (N=73 Respondents, Multiple Responses Allowed)

S. No.	Items	Before COVID-19	After COVID-19
1.	Business Shorter in function	68 (93.15%)	35 (47.94%)
2.	Goods-selling activities	70 (95.89%)	38 (52.05%)
3.	Purchasing power of people	64 (87.67%)	36 (49.31%)
4.	Expense behavior	42 (57.53%)	66 (90.41%)
5.	Belief (visiting temple, church, Masjid)	55 (75.34%)	69 (94.52%)
6.	Formality maintain	28 (38.35%)	68 (93.15%)

Source: Field study 2024

The comparison of pre- and post-COVID-19 periods exposes a substantial decline in business activity and purchasing power for goods. Contrarily, expense behavior, engagement in religious belief, and the tendency to purely maintain formalities in activities have increased. This shift reflects a diminished interest in active economic participation, accompanied by heightened reliance on spiritual or 'unseen' forces and stronger adherence to social norms.

Table 2

The comparative study of the real GDP growth at constant market prices

Fiscal year bases	18/19	19/20(e)	20/21(f)	21/22(f)	19/20(f)	20/21 (f)	22/23 (e)	23/24(f)
Nepal	7.0	0.2	0.6	2.5	-6.2	-5.9	-2.2	-1.0

Source: World Bank Macro Poverty Outlook 2023.

The industries most severely affected during the pandemic and its aftermath include tourism, sports,

entertainment (cinema), education, transportation, manufacturing, migration services, and remittances. These sectors experienced both direct and prolonged impacts extending into the post-COVID-19 period. A 21-year-old male student in his second year of a bachelor's program articulated his impasse regarding discontinuing university

studies:

> I want to study and work in a foreign country. The price of everything is increasing day by day. I do not have any source of income, and my family's economic condition is also weak. My friend succeeded in getting into a European university, managed his fees, and even sent some money for his family's expenses within two years, but I am… what will happen to me? How will I manage college fees and other daily expenses? Even after completing a bachelor's degree, there is no guarantee of a job. We have no connections with a person in power, so what can I do?

This respondent's emotional statement encapsulates the challenging situation faced by youth in the study area, characterized by increasing expenditure and declining income, a severe consequence of the post-COVID-19 context. Foreign remittances constitute a primary source of income for many households and a vital source of foreign exchange for countries, including Nepal. As a crucial source of foreign currency and a lifeline for families, remittances from migrant workers contribute substantially to Nepal's economy. For instance, remittances accounted for approximately 27% of Nepal's national GDP in 2019, 20.8% in 2021, 22% in 2022, and 25% from July 2023 to January 2024 (Bhatta & Mishra, 2020; World Bank, 2024). However, the closure of remittance transfer businesses, job losses abroad, and travel restrictions significantly reduced remittance inflows in the post-COVID-19 period.

Most of Nepal's population lives in rural areas, where agriculture and related activities are the primary sources of livelihood. Many rural agricultural lands have been left barren due to labor shortages and resource scarcity. The poignant phrase "imports of goats and export of young people" metaphorically entraps the country's current predicament. There is widespread confusion among the Nepali people, who have largely lost hope in leaders to improve their conditions in the post-COVID-19 era. Countries with more organized public health systems have managed the pandemic more effectively, thereby mitigating its human and economic consequences. Conversely, many people in the study area struggled to cope with the emergency, facing shortages of medical personnel, equipment, and expertise, directly impacting their quality of life and their ability to sustain themselves locally. This challenging health situation is prevalent not only in the study area and Nepal but also in other developing countries worldwide.

Impact on Culture

Culture, as a foundational facet of human existence, distinguishes societies from mere aggregations of individuals. Societies with well-defined cultures often manifest enhanced collective action in severe crises. However, the post-COVID-19 era has significantly scrambled cultural production and diversity, primarily through its destructive effects on distribution channels and a decline in sectoral investment. This negative trend is further expanded by its direct impact on international and domestic tourism, diminished purchasing power, and diminutions in public and private funding for cultural activities, especially at the local level. An interesting perspective came from a 55-year-old male informant from the electricity office, who recovered from COVID-19 and returned to normal life:

> What type of disease is this? Although I am free from the illness, I have no interest in any activities. I have no expectations or desires in cultural practices such as eating, clothing, or celebrating festivals. At present, I participate only to fulfill formalities. The question of 'the reality of life' constantly occupies my mind. My creative interest and motivation for work continue to deteriorate.

It is acknowledged that culture admits a comprehensive framework of social behaviors, norms, individual knowledge, beliefs, arts, laws, customs, abilities, and habits within a specific environment (Triandis, 2001). It also depends on conventional beliefs, ideas, traditions, and values to guide societal behavior in particular environmental conditions. However, the post-COVID-19 period has demonstrably eroded people's cohesive social behavior, leading to a depletion of cultural and creative sectors within communities and regions. Desire, a crucial motivator for active participation in life's activities, has especially diminished, particularly among youth. This decline poses a severe challenge for both present and future generations. In an inquiry regarding the celebration of rituals and festivals within the Muslim community, a 45-year-old female informant stated:

> Our income is low. It has decreased greatly in the post-COVID-19 period and continues to be low at present. We have minimized the use of materials, goods, and invitations to relatives, and the frequency of rituals and festival celebrations. We remember past celebrations, the enjoyment, and the satisfaction they brought. Now, we feel regret because our bonds have weakened, yet we are, in some way, trying to preserve our cultural activities. "This informant's perspective demonstrates the pervasive suffering across communities due to the pandemic's lingering effects. The downsizing of cultural and creative industries has destroyed cities and regions, impacting job creation, revenue generation, innovation, civic well-being, community vibrancy, and diversity. The absence of cohesive coupled with reduced participation, support, and recovery initiatives directly undermines quality of life. Cultural activities typically bind people through shared norms, knowledge, beliefs, customs, values, arts, laws, conventions, abilities, and behavior within their ecological context.

This observation is consistent with the notions articulated by Henrich (2015) and Taylor (1871), and Triandis (2001). Moreover, Gelfand et al. (2021),

Triandis (2001), and Willmott (2000) emphasize that culture significantly influences adherence to public health measures, behavior, and social activities. In the post-COVID-19 period, weakened social bonds have fostered increased individualism, with long-term implications for society. Regarding the duration of ritual rites and festivals, a 60-year-old female informant from the community said:

> We celebrate many festivals passed down from our grandparents and parents. In the past, festivals lasted several days, with all family members and relatives gathering to share their feelings about life, enjoy diverse foods, spend time joyfully, and strengthen family bonds. Following the coronavirus pandemic and in the post-COVID-19 period, people have become fearful of others, and many festivals are no longer celebrated as before. Major festivals are now observed only briefly among immediate family members. Nevertheless, ritual rites continue to be performed, albeit without large gatherings, reflecting the persistence of strong beliefs. "This respondent's view stresses the reduction in cultural activities. Such a situation, created in the post-COVID-19 period, has a detrimental impact on cities and regions regarding jobs, revenues, innovation levels, comfort, vibrancy, and community disparity.

Tadesse and Muluye (2020) offered a similar argument, elaborating that culture's interpretations are always more significant than how we organize actions "within" culture and how resources are dispersed to enable those actions. In the post-COVID-19 period, the organization of societal activities is returning to a more structured track in the study area and the country at large.

The COVID-19 pandemic has rendered culture vulnerable, leaving it weakened and fragile in the post-COVID-19 period. Consequently, fostering resilience, recovery, and revival is essential, providing critical insights into structural changes and emerging trends that can strengthen the cultural sector as a cornerstone of a sustainable, well-being-oriented economy. To enhance the value of culture as a public good, cultivate cross-sector collaboration, and comprehensively address the sector's fundamental needs, governments and their partners are encouraged to consider several strategic development initiatives. These include supporting cultural professionals in adapting to a changing global environment and ensuring equitable access and opportunities throughout the cultural value chain. The potential to relocate the cultural sector as a strategic driver of sustainable development is significant, particularly at a formative stage in its evolution.

Human Health and Post-COVID-19 Syndromes

It is well-established that SARS-CoV-2 affects the respiratory system, a vital bodily function. Infected individuals experience a range of symptoms as the virus attacks the body. The most common symptoms of post-COVID-19 illness, often referred to as 'Long COVID,' include persistent breathing difficulties, cognitive impairments such as issues with memory, concentration, or sleep, chest pain, chronic cough, dysphonia, myalgia, anosmia or agues, depression, fever, and general fatigue. Such enduring symptoms significantly restrict individuals' daily functioning (Staff, 2020). Extensively, individuals experiencing post-COVID-19 symptoms can be categorized into two groups: those primarily presenting with respiratory symptoms (e.g., fatigue, headaches) and those experiencing multi-systemic symptoms affecting various body regions (e.g., heart palpitations, paresthesia, brain fog, and gastrointestinal discomfort). Other expressed symptoms include sleep disturbances, depression, joint or muscle pain, diarrhea, stomach pain, blood clots, vascular issues, and changes in the menstrual cycle (Staff, 2020). A 60-year-old male informant shared his personal experience:

> When I was infected with the coronavirus, I felt general body uneasiness, headaches, breathing difficulties, and joint and muscle pain. Through careful isolation, managing my diet, and using local plants as medicine, I recovered from the infection. I also received the full dose of the Verocel Corona vaccine. However, even after recovery and dietary management, I do not feel fully well. My body is less active than before the infection, and sudden forgetfulness makes me feel that I am not completely cured. I believe the virus's effects remain in my body for a long time, contributing to heart problems and fluctuations in blood sugar and blood pressure. I have nearly stopped my daily work related to teaching and learning. What kind of virus infection is this? My immune system feels weakened and has not yet fully recovered.

Another male respondent, aged 21, reported on a follow-up visit in March 2024:

> I visited my father's birthplace in the mountainous region. I was suffering from a common cold there. When I returned to town, I continuously suffered from fever and felt so weak. Then, I visited the hospital. The doctor said I was suffering from coronavirus. I spent ten days in the hospital and returned home. What type of disease is this?

According to informant data, individuals with the coronavirus often experience lingering effects long after the acute symptoms have disappeared. The ambiguous impacts of the virus are believed to continuously compromise the body's immune system, which is crucial for maintaining physiological equilibrium. This view corresponds with Subbarao and Mahanty's (2020) and ICAMBC's (2021) findings, which explain SARS-CoV-2's capacity to evade the human immune system and perpetuate disease. Patients with pre-existing conditions such as diabetes, hypertension, and cardiovascular disorders are particularly at greater risk of severe COVID-19 impacts and even death. While vaccinations offer a preventive measure against certain diseases, this virus's continuous mutation and increasing lethality present ongoing challenges. The

informants' personal experiences further substantiate this anxiety.

Impact on Quality of Life

Health is the capital for maintaining a high quality of life. It remains central, while economic, educational, and cultural factors influence this quality. Standard indicators of quality of life include wealth, employment, environmental conditions, physical and mental health, education, recreation, leisure time, social belonging, religious beliefs, safety, and freedom (Thongchuam, 2023). Only when individuals are healthy can they actively engage in other essential activities related to education, the economy, culture, and leisure.

The lingering effects of COVID-19 have significantly impacted individuals' quality of life. Sudre et al. (2021) reported that many long-term COVID-19 patients experienced moderate to severe limitations in their daily activities, with 38% reporting severely reduced work capacity and 33% experiencing moderate or greater levels of anxiety or depression. The symptoms of post-COVID-19 conditions (Long COVID) are diverse, including headaches, exhaustion, and disturbed sleep, as well as specific organ system issues such as cardiac, neurological, and neuropsychiatric symptoms (e.g., anxiety and depression). Multisystem involvement is common, and symptoms may fluctuate or recur over time. The persistent nature of SARS-CoV-2 infection contributes to these extended effects during the post-COVID-19 period.

Further research by Blitshteyn and Whitelaw (2021) and Deland-Marcus (2020) indicates that COVID-19 alters heart function, directly affecting extracardiac postganglionic sympathetic nerves and leading to cardiac deconditioning. These physiological effects are visible in the body and last for an extended period, a condition observed in the study area during the post-COVID-19 period. Zheng (2020) recognizes that the persistence of viral antigens in tissues can cause chronic inflammation, autoimmunity, neuro-inflammation, endothelial dysfunction, microvascular thrombosis, and imbalance in the microbiome and virome. Blitshteyn and Whitelaw (2021) and Deland-Marcus (2020) also suggest that COVID-19 impairs myelin sheath function, affecting the extracardiac postganglionic sympathetic nervous system. As a result, many individuals experience mental health issues, including cognitive problems (e.g., "brain fog"), anxiety, depression, sleep disorders, and post-traumatic stress disorder (Padilla-Raygoza, 2023). The ongoing presence of viral remnants in the human body diminishes individuals' capacity to stay healthy and actively participate in work, reducing their overall quality of life.

Ballouz et al. (as cited in Wu, 2023) found that 23% of people had not recovered from infection six months post-infection, 19% at twelve months, and 17% at twenty-four months. The proportions of those still experiencing symptoms were similar but slightly higher, decreasing from 29% at six months to 20% at twelve months and 18% at twenty-four months. These findings expand our understanding of the post-COVID-19 conditions up to two years post-infection and align with earlier research covering similar periods (Peter, 2023).

In Nepal, an unprecedented COVID-19 outbreak severely affected mortality and morbidity rates. Approximately 10% of symptomatic COVID-19 patients reported significant physical, social, and cognitive impairments lasting longer than three to four weeks, interfering with their daily functioning and causing substantial functional deficits (Sashi et al., 2023). A 43-year-old female informant's account of her daily life and quality reflects these widespread challenges:

> I suffered from COVID-19 for about two months. I used local foods and medicinal plants, mainly *Satuwa, Beshar, Gurgo ko lahara*, and meat soup at that time. After recovery, I also took the COVID vaccine. Now I lead a normal life externally, but I forget many things suddenly. My leg joints have started to pain. I have no interest in anything—food, new clothes, traveling, and so on. I have no curiosity about my surroundings and activities. I feel life is not in our hands, and I just spend day after day.

People aged 59 are generally considered active in Nepal. This respondent's view emphasizes the esoteric impact of post-COVID-19 on individual vitality. A decrease in interest and curiosity directly affects quality of life, leading to a sense of withdrawal, possibly directed against the supreme power. The physical, mental, and social repercussions of post-COVID-19 can be long-lasting, necessitating sustained support and care. A study by Saloner et al. (2020) highlighted that only 18 (12.6%) participants were asymptomatic, 32% had one or two COVID-19-related symptoms, and 55% had three or more. No participants exhibited signs of acute illness, but 44.1% reported a degraded quality of life. Common symptoms included fatigue (53.1%), dyspnea (43.4%), joint pain (27.3%), and chest pain (27.1%). Similar situations have been observed in the study area, where the lingering effects of post-COVID-19 continue to manifest, particularly increasing depression among younger individuals.

Though various studies offer distinct perspectives on the impact of COVID-19 and post-COVID-19 conditions, their effects are noticeable across diverse ecological settings and human behaviors. The foregoing discussion and current data unequivocally demonstrate the prolonged impact of post-COVID-19 on individuals' quality of life. Persistent depression, a long-term precursor, is particularly challenging to eradicate. Alarming, the study area has witnessed an increased rate of divorce and suicide, alongside a rise in Parkinson's disease among adults and the elderly, collectively signaling a diminished quality of life resulting from the integrated effects of the coronavirus in the post-COVID-19 period globally. Furthermore, curiosity, interest in daily activities, and hope for the

future have significantly declined. This situation severely threatens humanity and human welfare, directly hampering innovation and developmental efforts worldwide. In this critical context, it is urgent to integrate knowledge from allopathy, homeopathy, and indigenous practices regarding using plants as food and medicine to effectively counter these adverse conditions within local ecological environments, ultimately enhancing global human welfare.

Conclusion

The disease caused by SARS-CoV-2 significantly harms human health. While viruses often target specific hosts and organs, the highly infectious nature of SARS-CoV-2 and its potential for fatal outcomes present serious risks. Common post-COVID-19 symptoms include persistent breathing problems, cognitive issues (such as memory loss, concentration difficulties, and sleep disturbances), chest pain, chronic cough, dysphonia, muscle aches, loss of smell or taste, and depression. People with severe infections may need long recovery periods. However, behavioral and psychological changes related to the illness often take even longer to resolve. The harmful impact of this deadly disease, caused by microorganisms, affects knowledge acquisition, economic growth, social cohesion, and cultural activities, reducing their importance within communities and harming overall human welfare. This situation reflects a decline in quality of life worldwide due to the combined effects of post-COVID-19 conditions. The notable decrease in curiosity, interest in daily activities, and hope for the future poses a grave threat to humanity and its collective well-being, directly hindering innovation and global progress. Therefore, a thorough re-examination of human behavior and modernization is necessary. It is crucial to recognize, reconsider, and develop protective strategies against such harmful and deadly microorganisms and their spread, grounded in local environmental and cultural contexts, to ensure the long-term survival of the human species on Earth.

Declarations

Ethics Approval and Consent to Participate
I declare that this research has been conducted ethically.

Consent for Publication
Not applicable

Availability of Data and Materials
The data will be available on request.

Competing Interests
There is not competing interest with any individual or agency.

Funding
No funding

Authors' Contributions
Not applicable.

Use of AI
AI was used to improve the language.

Acknowledgments
I would like to thanks the informants and the anonymous reviewers for their insightful comment and editors, which helped to make the article better.

References

Acharya, R., & Porwal, A. (2020). A vulnerability index for the management of and response to the COVID-19 epidemic in India: an ecological study. *Lancet, 8*(9), E1142–E1151.10.1016/S2214-109X(20)30300-4 CrossRef Full Text | Google Scholar

Baldwin, R., & Tomiura, E. (2020). Thinking ahead about the trade impact of COVID-19. *Economics in the Time of COVID-19*. A59, March 6.

Basilaia, G., & Kvavadze, D. (2020). Transition to Online Education in Schools during a SARS-CoV-2 Coronavirus (COVID-19) Pandemic in Georgia. *Pedagogical Research*, *5*, em0060. https://doi.org/10.29333/pr/7937

Bhatta, G. P., & Mishra, A. (2020). *Estimating Optimum Growth-Maximizing Public Debt Threshold for Nepal. NRB Economic Review, 32*(2), 1–28. https://doi.org/10.3126/nrber.v32i2.35298.

Blitshteyn, S. & Whitelaw, S. (2021). Postural orthostatic tachycardia syndrome (POTS) and other autonomic disorders after COVID-19 infection: A case series of 20 patients. *Immunol Res.*, 69(2), 205–211. https://doi.org/10.1007/s12026-021-09185-5

Crawford, J., Butler-Henderson, K., Rudolph, J., Malkawi, B., Malkawi, B., Glowatz, M., Burton, R., Magni, P. A., & Lam, S. (2020). COVID-19: 20 Countries' Higher Education Intra-Period Digital Pedagogy Responses. *Journal of Applied Teaching and Learning, 3,* 1-21. https://doi.org/10.37074/jalt.2020.3.1.7

Del Rio, R., & Marcus, N. J. (2020). Inestrosa NC: Potential role of autonomic dysfunction in COVID-19 morbidity and mortality. *Front Physiol*, 11(56), 17-49. 10.3389/fphys.2020.561749

Delaware, U. (1977). Health as a theoretical concept. *Philosophy of Science.* Cambridge University Press.

Di Pietro, G. B., Biagi, F., Dinis, M. D., Costa, P., Karpinski, Z., & Mazza, J. (2020). *The likely impact of COVID-19 on education reflections based on the existing literature and recent international datasets.* Publications Office of the European Union.

Erfani. A., Shahriarirad, R., Ranjbar, K., Mirahmadizadeh, A., & Moghadami, M. (2020). Knowledge, attitude, and practice toward the novel coronavirus (COVID-19) outbreak: A population-based survey in Iran. *Bull*

World Health Organ, 30. https://doi.org/10.2471/BLT.20.25665

European Centre for Disease Prevention and Control [ECDPC]. (2024). *SARS-CoV-2 variants of concern*. European Centre for Disease Prevention and Control. An Agency of the European Union.

Garcia, L. F. (2020). "Immune response, inflammation, and the clinical spectrum of COVID19" *Frontiers in immunology*. https://doi.org/10.3389/fimmu.2020.01441

Gelfand, M. J., Jackson, J. C., Pan, X., Nau, D., Pieper, D., Denison, E. Dagher, M., Van Lange, P. A. M., Chiu, C. Y. & Wang, M. (2021). The relationship between cultural tightness–looseness and COVID-19 cases and deaths: A global analysis. *The Lancet Planetary Health, 5*(3), 135–144. https://doi.org/10.1016/S2542-5196(20)30301-6

Goldsmith, C. S., Tatti, K. M., Kaiazek, T. G., Rollin, P. E., Comer, J. A., Lee, W. W., Rota, P. A., Bankamp, B., William, J. B., & Zaki, S. R. (2004). "Ultrastructural characterization of SARS coronavirus". *Emerging Infectious Disease, 10*(2), 320–326. https://doi.org/10.3201/eid1002.030913

Hao, Y. J., Wang, Y. L., Wang, M. Y., Zhou, L., Shi, J. Y., Cao, J. M., & Wang, D. P. (2022). The origins of the COVID-19 pandemic: A brief overview. *Transbound Emerg Dis. 69*(6), 3181-3197. https://doi.org/10.1111/tbed.14732

Henrich, J. (2015). Culture and social behavior. *Current Opinion in Behavioral Sciences, 3,* 84-89. https://doi.org/10.1016/j.cobeha.2015.02.001

Hossain, M. S., Ferdous, S., & Siddiqee, M. (2020). Mass panic during the COVID-19 outbreak–A perspective from Bangladesh as a high-risk country. *J. Biomed. Analyt,* 3(2), 1–3. https://www.medparkhospital.com/en-US/medpark-stories/parkinsons-disease-early-detection-and-treatment-leads-to-better-quality-of-life https://www.nrb.org.np/contents/uploads/2020/12/1.pdf

International Conference on Advanced Materials Behavior and Characterization [ICAMBC]. (2021). *IOP Conf. Series: Materials Science and Engineering 1170 (2021) 012003 IOP.* https://doi.org/10.1088/1757-899X/1170/1/012003 2

Kanta, S., & Siddhartha, M. (2020). "Respiratory virus infections: Understanding COVID-19". *Immunity, 52*(6), 905–909. https://doi.org/10.1016/j.immuni.2020.05.004

Padilla-Raygoza, N. [ed.]. (2023). *Post-COVID-19-effects on human health*. *https://doi.org/*105772/intechopen05656

Peter, R. S., Nieters, A., Krausslich, H., Brockmann, S. O., Gopel, S., Kindle, G., Merle, U., Steinacker, J. M., Rothenbacher, D., & Kern, W. V. (2023). Post-acute sequelae of COVID-19 six to 12 months after infection: population-based study. *BMJ, 379*. https://doi.org/10.1136/bmj-2022-071050

Rasul, G. (2020). A framework for improving policy priorities in managing COVID-19 challenges in developing countries. *Front. Public Health, 8*, 589681. https://doi.org/10.3389/fpubh.2020.589681 |

Rickles, D. (2011). The germ theory of disease. *Science Direct*. https://www.sciencedirect

Sahu, P. (2020). Closure of universities due to coronavirus disease 2019 (COVID-19): Impact on education and mental health of students and academic staff. *Cureus, 12,* e7541. https://doi.org/10.7759/cureus.7541

Saloner, B., Parish, K., Julie Ward, M. A., Grace, D. R., & Sharon, D. J. (2020). Persistent symptoms in patients after acute COVID-19. *JAMA, 324,* 603–605. https://doi.org/10.1001/jama.2020.12603

Silwal, S., Parajuli, K., Acharya, A., Ghimire, A., Pandey, S., Pandey, A., Paoudyal, A., Bista, B., Gyanwali, P., & Dhimal, M. (2023). Physical, mental and social status after COVID-19 recovery in Nepal: A mixed-method study. *PLoS ONE, 8*(9), e0290693. https://doi.org/10.1371/journal.pone.0290693

Staff, M. C. (2020). *Understand the possible symptoms and risk factors for post-COVID-19 syndrome*. https://www.google.com/search?

Sudre, C. H., Murray, B., Varsavsky, T., Graham, M. S., Penfold, R. S., Bowyer, R. C., Pujol, J. C., Klasr, K., Antonelli, M., Canas, L. S., Molteni, E., Modat, M., Cardoso, M. J., May, A., Ganesh, S., Davirs, R., Nguyen, L. H., Drew, D. A., Astley, C. M., Joshi, A. D., Merino, J., Tsereteli, N., Fall, T., Gomez, M. F., Duncan, E. L., Menni, E. L., Williams, F. M. K., Franks, P. W., Chan, A. T., Wolf, J., Ourselin, S., Spector, T., & Steves, C. J. (2021). Attributes and predictors of long COVID. *Nat Med.*, 27(4), 626–631. https://doi.org/10.1038/s41591-021-01292-y

Tadesse, A. W., Mihret, S., Biset, G., Kassa, A. M. (2020). *Psychological impacts of COVID-19 among college students in dessie town, amhara region, Ethiopia; Cross-Sectional Study.* Women's Health during the COVID-19 Lockdown.

Tadesse, S., & Muluye, W. (2020). The impact of the COVID-19 pandemic on the education system in developing countries: A review. *Open Journal of Social Science, 8*(10).

Thongchuam, Y. (2023). *Parkinson's disease: Early detection and treatment lead to a better quality of life*.

Timmer, H. (2020) South Asia: Worst economic plunge, informal workers hit hardest. https://www.worldbank.org/en/news/press-release/2020/10/08/south-asia-worst-economic-plunge-informal-workers-hit-hardest

Tiruneh, D. (2020). COVID-19 School closures may further widen the inequality gaps between the advantaged and the disadvantaged in Ethiopia. *The Education and Development Form*. https://www.ukfiet.org/2020/covid-19-school-

closures-may-further-widen-the-inequality-gaps-between-the-advantaged-and-the-disadvantaged-in-ethiopia/

Triandis, H. C. (2001). Individualism-collectivism and personality. *Journal of Personality, 69(*6), 907–924. https://doi.org/10.1111/1467-6494.696169

United Nations Educational, Scientific, and Cultural Organization [UNESCO]. (2020a). *Distance learning solutions.* https://en.unesco.org/covid19/educationresponse/solutions

White, K. (2002). *An introduction to the sociology of health and illness: Foucault and the sociology of medical knowledge*. SAGE.

Willmott, R. (2000). The place of culture in organization theory: Introducing the morphogenetic approach. *Organization, 7*(1), 95–128. https://doi.org/10.1177/135050840071006

Woo, P. C. Y., Lau, S. K. P., Lam, C. S. F., Lau, C. Y., Tsang, A. K. L., Lau, J. H. N., Bai, R., Teng, J. L. L., Tsang, C. C. C., Wang, M., Zheng, B. J., Chan, K. H.. & Yuen, K. Y. (2011). Yuen "Discovery of seven novel mammalian and avian coronaviruses in the genus Delta coronavirus supports bat coronaviruses as the gene source of Alpha coronavirus and Beta coronavirus, and Avian Coronaviruses as the gene source of Gamma coronavirus and Delta coronavirus". *Journal of Virology, 86*(7), 3995-4008. https://doi.org/10.1128/JVI.06540-11

World Bank [WB]. (2020). COVID-19 impact on Nepal's economy hits hardest the informal sector.

World Bank [WB]. (2020b). *"East Asia and Pacific in the time of COVID-19" East Asia and Pacific economic update*. https://openknowledge.worldbank.org/handle/10986/33477

World Bank [WB]. (2023). *The World Bank projects a rebound in Nepal's economic growth*. www.worldbank.org

World Health Organization [WHO]. (2021). *Coronavirus Disease (COVID-19): Virus evolution*. https://www.who.int/news-room/questions-and-answers/item/sars-cov-2-evolution

Wu, Q. (2023). Understanding the burden of post-COVID-19 condition. *BMJ.* https://doi.org/10.1136/bmj.p932.

Zheng, S., Fan, J., & Yu F., Feng, B., Lou, B., Zou, Q., Xie, G., Lin, S., Wang, R., Yang, X., Chen, W., Wang, Q., Zhang, D., Liu, Y., Gong, R., Ma, Z., Lu, S., Xiao, Y., Gu, Y., Zhang, J., Yao, H., Xu, K., Lu, X., Wei, G., Zhou, J., Fang, Q., Cai, H., Qui, Y., Sheng, J., Chen, Y., Liang, T. (2020). Viral load dynamics and disease severity in patients infected with SARS-CoV-2 in Zhejiang province, China, January-March 2020: Retrospective cohort study. *BMJ.* https://doi.org/10.1136/bmj.m1443

Zhu, X. D., & Liu, J. (2020). Education in and after Covid-19: Immediate responses and long-term visions. *Post-digital Science and Education, 2*(3):695–699. https://doi.org/10.1007/s42438-020-00126-3

About the Author

Prakash Prasad Sapkota, PhD (https://orcid.org/0000-0001-6070-8404) is a Teaching Assistant at the Department of Sociology/Anthropology, Dhawalagiri Multiple Campus, Baglung, Tribhuvan University, Nepal. He is also Editor of Dhaulagiri Journal of Sociology and Anthropology.

Email: prakash.sapkota@dmc.tu.edu.np