

COVID-19 and Its Psycho Socio Impact on Women (132nd Issue E-Bulletin)

Background

In Nepal, the spread of the virus has been increasing rapidly with positive cases above 136,000 and the death of 757 people until 20th October, 2020. Despite the extension of the lockdown for three months and again on mid of fourth month, the increasing number of COVID-19 cases in Nepal has threatened the livelihoods of people affecting various socioeconomic aspects such as education, occupation, social relation, physical and mental health conditions.

Primarily, pandemic induced restrictions have lead the cases of violence against women and girls (VAWG). It confined and trapped the women and girls resulting to the increasing in cases of domestic and gender based violence. Due to which women and young girls are suffering even more with their mental health issues. VAWG not only results in physiological harm but, also results in psychological effects such as depression, anxiety, Post traumatic stress disorder and substance abuse.

Jagaran Nepal working on matters of women rights brought this issue in highlight and addressed the scenario by conducting conducted various programs on mental health on different districts of Nepal. Targeting the marginalized and deprived women belonging from Chhaupadi affected district Achham and Dadeldhura as well as also conducted a program targeting women from urban areas being crowded in Kathmandu district.

The program activity was carried out by Jagaran Nepal in August-September are:

- a) Distribution of COVID-19 Women's Kit to 500 marginalized women belonging from Chhaupadi affected district Achham, Nepal.
- b) Distribution of 1000 masks to the marginalized and deprived women in Dadeldhura, Nepal.
- c) Conducted one day orientation program on "COVID-19" and its impact on Women's Mental Health in Achham, Nepal.
- d) Conducted one day orientation program on Psycho Socio Counseling on issues of women's mental health as well as raised awareness on COVID-19 issues and ways to protect against it via appropriate preventive measures by by Dr. Bigya Shah and Dr. Ranjis Pahari respectively as resource person.

- e) Preparation of Country Report on Religious Extremism under the EU project, Upholding Rights of Minorities Beyond Borders (against Chhaupadi).