



Women Health amongst COVID

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COVID has affected diverse population throughout the world. The female domain exhibit amplified effects of this pandemic. Lockdown implications has exponential impact for women in every sphere of their lives. The multilayered effects have worsened the pre-existing conditions of inequality, informal economy, unsecure jobs, limited social protection, domestic violence and so on. Heightened care demands of family members staying back at home has burdened this very group of community to bear top up household responsibilities. Mismatch in competing both home and job demands has lead her exhausted. Instead of ventilating her feelings she has been subjected to certain neglectful strategies- Psychological abuse, physical and sexual violence in relationship, family abuse and greater reports of intimate partner violence. This has left her all shattered with feeling of worthlessness, anger, humiliation and helplessness. All these have somatic presentation in the form of changes in memory, attention, appetite and sleep with fatigue, body aches and adverse thoughts of self -harm and suicide. Of course there is unpaid care and unequal share in domestic responsibilities but there is likely more chance of women getting infected with virus by comprising 70% in the frontline health care workforce. Amongst this all women has proved to be backbone of recovery in community. The need of the hour is to ensure women safety, foster her health and combat inequalities. Increase awareness and advocacy campaigns. Prioritize legal aid in domestic violence and reproductive health services. All the frontline health workers to be equipped adequately. We should find out ways to include women in response and recovery decision making whether at home or outside.

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