In project works towards economic empowerment of women and supports women in establishing their own small business or to upscale their existing business by providing financial support as well as guidance on business development, including capacity building. During the past few months since the outbreak of the Covid pandemic, most economic activities have taken a hit all over the world and Sharana’s beneficiaries are also in a similar situation. Multiple lockdowns and the resultant closure of businesses have also had an adverse impact on the household economy, and within the entire economic spectrum the poor have faced the biggest brunt. Since women have the primary responsibility of food & nutrition, as well as child-elderly-sick care in the households, they have been disproportionately affected by the pandemic.

**Methodology**

It was a 5-day tele-campaign and was run from Sharana’s social centre in Pondicherry. Sharana’s counsellor Mr Prakash held individual counselling sessions with the  beneficiaries over the phone calls. All beneficiaries were informed in advance about the campaign and about the over-call counselling session. They were also advised that for an effective counselling session they should ensure that they can speak to the counsellor without disturbance. Beneficiaries were assured that all calls will be 100% confidential, and their personal information will not be shared with anyone, and hence this report is presenting only the analysis of the trends that have been found out during the campaign and by no means Sharana is disclosing the identity of any individual, or their mental health conditions.

**Women’s Mental Health and the Stress factors**

The analysis of the campaign data shows us that there are a lot of different stress factors troubling women since the first lockdown which started on March 24th. While loss of income due to Covid-19 came out to be by and large the Number 1 stress factor for women, other stressors included increased expenditure, increased workload, missed school days/formal education for children, worries about children falling in wrong company, and missing normal life, etc.

Many respondents shared that in order to stay up to date about the development regarding Covid-19, they keep watching television, but the more they watch television, the more stressed they are. One woman shared, **“The TV is on all day, I listen to news and I start to worry about my family’s safety and our future. In this situation even if I want to stay positive I cannot.”**

