This is my experience I had during the pandemic

"I am posted to covid area are since my initial days. Being a medico i always ready to serve humanity. I did not panic when covid came. The first covid patient in the PGI come to our ward. I was quite excited to learn about this novel virus.We are always in direct contact with covid patients either they are positive or suspected. At beginning my institute were n't going to test me for corona because I didn't fit the criteria as I was quite asymptomatic, after few weeks as random method of sampling they decided to go ahead and test me And they came back and they told me that I tested positive. My family does not know that I have been tested positive.

 These few words come as landslide over me as there is no treatment for corona virus and   what they're treating is, they can treat a symptom. Immediately authorities ask me to get admitted at Covid facilities. I was shocked... during working with covid patients I never realize that I may be among them. This was come as psychological setback and was difficult to hold my passions. There is no need to be scared as the covid mortality rate is quite low in india. Therefore donot panic by seeing numbers of infected people. If we keep getting scared of this new virus, we will never learn how to deal it.

As we all are human and we all feared by getting away from family, friends from our comfortable homes even I was little upset to get admitted to the place where I was treating patients one day before. I had two choice either I surrender my self to the corona virus monster or go ahead and face . I decided to face as I am a medico warrior. Psychological support plays a key role as my friends keep my moral high. Now that I have experience covids, I think I will be able to cater to the psychological needs of patients efficiently. As health worker in ward we used to spend minimal time on a patient. With covid experience , I will now talk more with patients. We can always improvise when it comes to patient care. This covid- 19 is more mentally challenging than all other infections.

As I got admitted I realize that now I have to follow certain traits of being patients as if I have a fever, they could treat it with PCM, If I have a cough, they could treat me with cough medicine but my body has to fight it off. So I have to take the time to rest, make sure that I'm trying to keep down as much

food as I can and let my body do its job. I could hear the running of the nurses and doctors outside of my room and that really scared me when I asked the nurses, 'How are the other patients doing?" one of them said, 'Sir, number 5 died already.' And they were just beside me. That was the most frightening moment of my life."

On 3rd of May my daughter was celebrating her birthday at Hyderabad and what could me more painful if i am not able to make it with her. She called me on video whatts app and asking me to show her gift, her toys. I was helpless and had no answer to the innocence of the minor kid who have no idea where actually I am. This was a point where I found my self-stuck between real face of covid -19 pandemic as how it going to hurt our life and we are quite a changed person since its spread.

I think the only thing that kind of bothered me was to see myself on the news as in reality of the situation no even know wholeheartedly like what was going on as it's a lot scarier when you see it on the TV or when you read about it than what it actually is. It feels quite surreal to be part of this huge thing, actually. I step back, and realize that I see it on the news and it just dominates the headlines everywhere Definitely the corona virus was taken me away from my family, friends, gave me some physical problems, and sat me down for a while to reevaluate myself and kind of my life.

Now days a positive indicator that our recovery rate is consistently increasing and is comparable to the best in the country. We have to learn to live with the virus. The peak is yet to come, it may take long to go. So social distancing, hand washing, wearing mask and avoiding crowds should become a way of life."

Here my message to you guys as just make sure that you guys are keeping your kids safe and you're keeping yourself safe as well. That's the best advice that I can give anybody. Just make sure to y'all are paying attention to your body. Your body will let you know when something's wrong, and if it's telling you something is wrong, then go ahead and get tested "I want you to know that once you have symptoms, you need to immediately isolate yourself. There's no way you can take the risk that the elderly or high-risk groups in your family will get contaminated or will get the virus. You need to go to the hospital to get yourself tested. It's important that people know that they should not fear going to the hospital and that's the only way you can protect your loved ones.

Must involve

- Yoga
- Meditation

- High protein and Vit. C diet
- Exercise in daily routine life

Now I am restricted to, obviously, inside the home, I can't have any visitors. I can't sleep peacefully due to the past 2 weeks quarantine experiences but have high moral. I am thankful to entire omaxe society for providing me grand welcome once I reach back after winning corona fight. I am thankful to all society members to facilitate me. Thank you all .

Regards,
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