

## fightingback

### Family support, strong willpower helped her fight coronavirus

**LUCKNOW** : Professor Poonam Tandon, 52, head of the physics department and dean students welfare of Lucknow University tested positive for Covid-19 just a day before Holi.

During her treatment, she had to stay in two different hospitals as her oxygen level dropped alarmingly during those times.

She said a day before Holi she decided to get herself tested for Covid as she showed symptoms like high fever for three consecutive days. As expected, the test report came out positive and she was admitted to Era's Medical College. But during that time, her fever continued, and the temperature remained the same therefore, she was shifted to Ram Manohar Lohia Institute where she underwent treatment for a week.

She said the days were hard but in those difficult times, it was her family, particularly her husband and daughter, who stood by her as a pillar of strength that helped, fight the disease and turn out negative for the virus.

Tandon said, "It was the end of the financial year, and I was working in the office, to complete the necessary work, thinking that it was just a viral fever. I stopped going to the department after my test report came out positive."

However, she decided to stay brave and was ready to face the Covid-19 challenge.

"Despite my oxygen level dropping fast, I was determined to fight it out. I went to Era's Medical College a day before Holi, stayed there for three days, but when my fever continued to remain the same, I was shifted to Ram Manohar Lohia hospital on the night of March 31," she said.

Tandon asserts, "Those fighting Covid-19 should not think much about it, one should stay positive and have strong will power. Two of my colleagues, prof KC Pandey, head of the philosophy department and prof Brijesh



Prof Poonam Tandon.

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**DURING MY 10-DAY-LONG STAY IN THE HOSPITAL, I NEVER ATTENDED ANY PHONE CALL FROM MY FRIENDS OR RELATIVES.**

Shukla, dean of Arts faculty were also there in the Covid ward, but unfortunately, they succumbed. I was reading all those news but kept telling myself that I will have to fight it out for my husband and daughter."

Prof Tandon was discharged from RML Hospital on April 6. "I recovered completely when I came home. During my 10-day-long stay in the hospital, I never attended any phone call from my friends or relatives. I only took calls from my husband, KD Nag, senior advocate and daughter Surabhi Nag. Our vice-chancellor Prof Alok Kumar Rai took a lot of pain in getting my admission done in a hospital."

"Strong will power keeps you positive. Covid patients are getting more panicky and people are getting nervous. I remained hooked up to my family members via video conferencing. Although physically I was getting weak mentally I remained strong," she said. She said if there's no complication one must stay at home. "I lost 8 to 10 kg during my stay in the hospital. But once I came home my daughter and husband forced me to eat more fruits and vegetables. Their moral support was commendable," she said.

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