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humans and known to cause certain cancers).

Adasahed Garware College in Pune.

BMC garbage collection staff get protective gear during the lockdown to cu

Bandra man pulls through after 11 days on ventilator

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Mumbai: His voice still hoarse from 11 days of intubation, Bandra man Faraz (39) called his one-month suffering from coronavirus a journey beyond and back. After 11 days on a ventilator and a complete recovery, the entrepreneur went home last week, among a handful of Covid-19 patients in the city to recover from acute respiratory distress syndrome (ARDS)—one of the deadliest complications caused by the infection.

Faraz told TOI on a video call: "Doctors are fighting the virus, but we must find the courage to fight it from within. It's as much a mental battle."

He distinctly remembers the sinking feeling when doctors were prepping to put him on a ventilator at Lilavati Hospital on April 6.

He had progressed to



It is as much a mental battle as physical, says 39-year-old Faraz

ARDS, where the lungs become heavy, stiff and start losing their ability to expand. "I used to be closest to my grandmother until we lost her some years ago. During my days on the ventilator, I had started imagining that I would be meeting her soon," said the entrepreneur. He snapped out of

such thoughts the day a fellow patient, a much older woman, came out of the ventilator. "That gave me the faith to fight it. Besides, the doctors and nurses told me they were risking their lives for me, so I must fight harder," he said.

It all started with a mild fever and cough on March 13.

He took some medicines and the fever subsided for two days, only to return with severity. As advised by a doctor, he did blood tests and got x-rays, but nothing was conclusive. Faraz had an inkling it could be coronavirus and went to Kasturba Hospital for tests on March 21. "I had started maintaining distance from my family by then," he said. His report was negative. But as his symptoms persisted and started worsening, he got admitted to Lilavati on March 24. Another Bandra hospital had turned him away.

Faraz tested positive the next day, by which time his breathing was laboured. On March 26, he was put on the ventilator. His treating physician Dr Jalil Parkar said they put him on a non-invasive ventilator at first but since he did not respond they put him on an invasive one. "He is a young man with no comorbid

conditions, yet his disease progressed to such a critical stage. We gave our everything to save him," said the doctor. Faraz's father and sister, a surgeon, tested positive too and were admitted at the hospital.

Faraz came out of the ventilator on April 5 as his lung function improved. "His x-rays started getting clearer and his oxygen dependence reduced. I knew he would pull through," said the doctor, adding by April 2 he was quite conscious. "That day was like winning a world cup for the medical team," he said.

Faraz wonders where he may have contracted the virus. His last foreign travel was a one-day trip to Bangladesh in February and before that to the US in the first week of February. "But I got the symptoms after more than a month. We know so little about the virus. It's important to heed the advice of social distancing."