

## **From Restuarant to Quarantine Center - My journey with the Virus**

I had finished my Thesis colloquium and to celebrate it, I along with my lab mates and friends went outside for the dinner treat. Unfortunately, we went at a time when the cases in Bangalore started to increase. You never know when and where the attack on you by the virus happens when you step outside the campus, especially in crowded places like restaurants and cafes!

In this unfortunate event, I contracted the virus (obviously without my knowledge) and exposed my friends and lab mates to the virus. You feel extreme tiredness with fever and sore throat, and you start thinking that the decision to eat out seems to be a regretful and wrong one. I finally ended up testing positive and had spent 18 days of my precious time, where I could have used that time to submit my Thesis, but ended up in the KRVH quarantine facility!

Thankfully, I did not have critical symptoms which might otherwise have led to hospitalisation and I have recovered well with the help of the doctors in health centre, constant care, and monitoring by the Hostel chair and other frontline covid workers.

I have learned my lesson, and on that note, I ask my fellow friends in the campus

***"Would you want to end up in KRVH quarantine facility or in the heavily crowded hospitals for going and eating outside or else spend your precious time for your academic and co-curricular activities well within the campus?"***

The answer lies within you!

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