

Omicron symptoms mild but spike in cases can create trouble: GMC

■ STATE TIMES NEWS
JAMMU: While it took 25 days for daily cases to rise from 100 to 1000, during the second wave of Covid-19, the numbers have more than doubled in just 15 weeks in the third wave. Roughly double the number of cases are being recorded in half the time in the present Omicron wave'.
 Professor Department of Medicine, Government Medical

College Jammu, Dr. Fayaz Ahmad Wani has warned that the high infectivity rate of the coronavirus during the present wave should not be taken lightly. Although the symptoms are mostly mild in appearance, the sheer number of infected is a major concern nonetheless, he highlighted. Dr Wani advised everybody to keep observing Covid appropriate behaviour, maintain social distancing and avoid unnecessary public gatherings. He suggests that

senior citizens, comorbid patients and those with severe health conditions need to take extra precaution and take a healthy diet. The Professor also assured that the Covid hospitalisation rate is only around 5 to 10 percent, which is less as compared to 20-23 percent recorded during the second coronavirus wave. He warned that the rate might even increase owing to the sudden rise in positive cases as hospitalisation is usually required a week post infec-

tion. For asymptomatic patients and people in isolation, Dr Wani said that such persons must contact the doctor if they feel breathlessness, chest pain, have their breath rate exceeding 24 or if they feel a sense of confusion. Any such unusual development must be intimated to the doctor and medical help be sought, he advised. The doctor has also urged all eligible persons to get vaccinated and practise hand hygiene and frequent hand sanitisation.

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74TH ARMY DAY

15 JANUARY 2022

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Our Army always puts the Nation first.
 I salute all those great individuals
 who sacrificed their lives while serving the Nation.
 India will never forget our valiant heroes.

OUR FALLEN HEROES IN THE YEAR 2021								
RANK	NAME	ARMS/SERVICES	RANK	NAME	ARMS/SERVICES	RANK	NAME	ARMS/SERVICES
NAIB SUBEDAR	RAVINDER, SM	INFANTRY	SEPOY	VIKESH KUMAR SAH	INFANTRY	SEPOY	VAISAKH H	MECHANISED INFANTRY
NAIK	MISHANT SHARMA	MECHANISED INFANTRY	HAVILDAR	KASHIRAY BAMMANAIL	ENGINEERS	SUBEDAR	EBENEZAR AMADALA	ARTILLERY
SEPOY	LAXMAN	INFANTRY	NAIB SUBEDAR	SREEJITH M. SM	INFANTRY	HAVILDAR	DEB KUMAR BHATTACHARJEE	ARTILLERY
LANCE DAFADAR	DEEPAK KUMAR	ARMOURED	SEPOY	MARUPROLU JASWANTH KUMAR REDDY	INFANTRY	HAVILDAR	AJIT KUMAR SHUKLA	ARTILLERY
HAVILDAR	NIRMAL SINGH	INFANTRY	NAIK	GURJANT SINGH	INFANTRY	SUBEDAR	AJAY SINGH	INFANTRY
BATTERY HAVILDAR MAJOR	KULDEEP SINGH	ARTILLERY	SUBEDAR	KRUSHNA CHANDRA PANDA	INFANTRY	RIFLEMAN	YOGAMBAR SINGH	INFANTRY
HAVILDAR	PINKU KUMAR	INFANTRY	SEPOY	BODPATHI S	ARMY SERVICE CORPS	RIFLEMAN	VIKRAM SINGH KEGI	INFANTRY
LIEUTENANT COLONEL	RISHUBH SHARMA	ARMY AVIATION	SUBEDAR	RAM SINGH	INFANTRY	HAVILDAR	HARENDRA SINGH RAWAT	INFANTRY
RIFLEMAN	PRADEEP KUMAR	INFANTRY	LANCE DAFADAR	JOGINDER SINGH	ARMOURED	SEPOY	HIMANSHU	INFANTRY
GUNNER	SAYAN GHOSH	ARTILLERY	SIGNALMAN	BEEPRIN BICHIWALIA	SIGNALS	SEPOY	BRJESH RAUTELA	INFANTRY
NAIK	K DEVENDRAM	ENGINEERS	COLONEL	ASHWANI KUMAR	INFANTRY	HAVILDAR	RANJEET KUMAR	ARMY ORDNANCE CORPS
NAIK	UTTAM KUMAR SINGH	SIGNALS	HAVILDAR	SUDHEESH KUMAR S	ENGINEERS	NAIK	DEVA ANAND A	ARMY ORDNANCE CORPS
NAIK	PANDRANKI CHANDRA RAD	EME	NAIK	RAMARAO VARJAPAPU	ENGINEERS	SEPOY	KAMAL DEV VAIIDYA	INFANTRY
SUBEDAR	DOIPHODE LAXMAN SANTU	SIGNALS	SEPOY	PRABJOT SINGH	INFANTRY	HAVILDAR	KAILASH CHAND GURJAR	MECHANISED INFANTRY
NAIK	MANISH KUMAR	SIGNALS	SEPOY	JAGRAJ SINGH	INFANTRY	SEPOY	LOVEPREET SINGH	INFANTRY
HAVILDAR	HADBILAM PREMANANDA SINGH	ARTILLERY	HAVILDAR	MOHD SALEEM AKHOON	INFANTRY	LIEUTENANT COLONEL	ABHEET SINGH BATHI	ARMY AVIATION
NAIK	BADAL SINGH CHANDEL	INFANTRY	NAIB SUBEDAR	SUDHAKER SINGH	ARTILLERY	CAPTAIN	JAYANT JOSHI	ARMY AVIATION
HAVILDAR	GANESH YADAV	ARTILLERY	HAVILDAR	BHADDURIA KULDIP SURESH	MECHANISED INFANTRY	HAVILDAR	RAKESH KUMAR	INFANTRY
LANCE DAFADAR	VIKRAM SINGH	ARMOURED	SUBEDAR	RAM SHANKER	ENGINEERS	HAVILDAR	GURNINDER SINGH	INFANTRY
NAIB SUBEDAR	PARWINDER SINGH	INFANTRY	SUBEDAR	VIRENDRA KUMAR	ARTILLERY	SOWAR	SHANAVAS A	ARMOURED
SEPOY	PARABJEET SINGH	INFANTRY	SEPOY	RAVI CHANDRAN R	INFANTRY	SUBEDAR	DAMBAR CHAND	INFANTRY
SEPOY	AMARDEEP SINGH	INFANTRY	NAIK	RATHOD JASHVANTSINH JAVANSING	ARMY SERVICE CORPS	NAIB SUBEDAR	JAIPAL SINGH CHAHAR	INFANTRY
SEPOY	PARGHAT SINGH	INFANTRY	SEPOY	KARN VEER SINGH	INFANTRY	HAVILDAR	RAJESH KUMAR	ARMY ORDNANCE CORPS
NAIB SUBEDAR	MITUL GODOI	INFANTRY	NAIB SUBEDAR	JASWINDER SINGH, SM	MECHANISED INFANTRY	GUNNER	VISHAL KUMAR	ARTILLERY
SEPOY	POLUKANTI SIVAGANGADHAR	EME	NAIK	MANDEEP SINGH	INFANTRY	COLONEL	VIPLAV TRIPATHI	INFANTRY
SEPOY	SASANKHA SEKHAR SAMAL	EME	NAIK	GALLAN SINGH	INFANTRY	MAJOR	PANKAJ KUMAR PANDAY	INFANTRY
NAIB SUBEDAR	VIJAY KUMAR SHARMA	EME	SEPOY	SARAJ SINGH	INFANTRY	MAJOR	MAYANK VISHNOI, SM	INFANTRY
NAIK	ABHILASH KUMAR S	EME						