

AUGUST 2025 53<sup>rd</sup> Issue



# BELLATOR

R A N A V I R U W A



## 60<sup>th</sup> Sri Lanka Army Athletics Championship

## SLMA Holds Diploma Awarding Ceremony – 2025



The Sri Lanka Military Academy (SLMA) ceremoniously held its Diploma Awarding Ceremony – 2025 on 05 August 2025 at the Sino-Lanka Auditorium, Diyatalawa. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest.

Major General M J R S Medagoda RSP USP ndc psc IG, Commandant of the SLMA, together with Rear Admiral H G U Dammika Kumara VSV, USP, psc, MMaritimePol, BSc (DS), Vice Chancellor of the General Sir John Kotelawala Defence University warmly welcomed the Chief Guest. The event commenced with the unveiling of the “Wall of the Brave”, a tribute to the gallant Parama Weera Vibhushanaya (PWV) recipients whose heroic acts continue to inspire future generations of Officers.

During the ceremony, diplomas were awarded to Officer Cadets from several intakes, including Intake 90, 59 (V), Lady 17, Lady 16 (V), Lady 18, 18 A, 60 (V), Lady 17 (V), Lady 19, SC 19, 18 A, 61 (V), 61 A (V), and Lady 18 (V), marking a significant milestone in their academic and military careers.



## Commander of the Army Delivers the 11<sup>th</sup> General Deshamanya Denis Perera's Oration



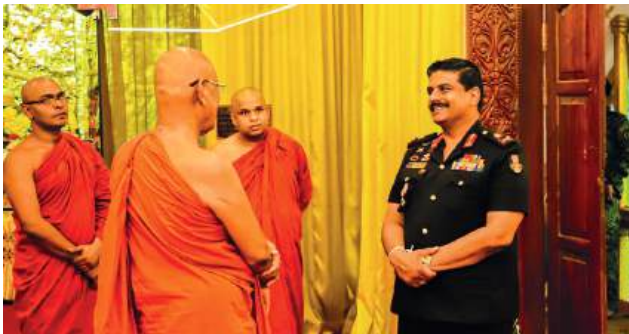
The 11<sup>th</sup> Oration Ceremony of General Deshamanya Denis Perera was conducted at the auditorium of the Faculty of Graduate Studies, General Sir John Kotelawala Defence University on 11 August 2025. Dr. Purna Bahadur Nepali, Ambassador of Nepal to Sri Lanka, participated in the event as a distinguished guest to the occasion graced by Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence, as a Retired Flag Rank Officer. Family members of the Late General Denis Perera were also in attendance among the audience as special invitees.



Air Chief Marshal Gagan Bulathsinghala RWP, RSP, VSV, USP, MPhil (Def & Strat), MSc (Def Stud) in Mgt, FIM (SL) ndc, psc, President of the Association of Retired Flag Rank Officers (ARFRO), warmly welcomed the distinguished guests. The President of ARFRO presented the prestigious Oration Medal to Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army. Later, he delivered the Oration before the eminent gathering, reflecting on the late General Denis Perera's exemplary service, leadership, and invaluable contributions to the nation's defence.



## Commander of the Army Visits Embilipitiya Sri Bodhiraja Foundation



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, paid a visit to Embilipitiya Sri Bodhiraja Foundation on 13 August 2025 and received blessings from Venerable Dr. Omalpe Sobhitha Thero, the founder of Sri Bodhiraja Foundation. During the cordial meeting, Venerable Dr. Omalpe Sobhitha Thero and the Commander of the Army discussed matters of mutual interest including community service initiatives and religious activities conducted by the Sri Lanka Army.

## Courtesy Meetings of the Commander of the Army British Defence Adviser



Colonel Keith Miles, the newly appointed Defence Adviser to Sri Lanka & Maldives, at the British High Commission in Sri Lanka, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army on 14 August 2025 at the Army Headquarters. Colonel Darren Woods, the outgoing Defence Adviser at the British High Commission in Sri Lanka also took part in the occasion.

## Indonesian Ambassador



Mrs. Dewi Gustina Tobing, Ambassador Extraordinary and Plenipotentiary of the Republic of Indonesia to the Democratic Socialist Republic of Sri Lanka, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army on 20 August 2025 at the Army Headquarters.



## Newly Appointed Regimental Sergeant Major of the Headquarters



The newly appointed Regimental Sergeant Major (RSM) of the Army Headquarters, Warrant Officer I K G M Priyantha RSP, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, on 19 August 2025 at Army Headquarters, Colombo.

## Newly-Promoted Major Generals Meet the Commander of the Army



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, formally conferred the rank of Major General upon the newly promoted Senior Officers during a brief ceremony held on 14 August 2025 at the Army Headquarters.

The Senior Officers promoted to the rank of Major General included Major General H M G E Herath RSP USP ndu psc, Major General W B M K G K Weerasekara WWV RWP RSP USP AUSWC psc, Major General P S J D Samarasekara RSP USP ndc psc, Major General M R Razick RSP ndu, Major General T T P Siriwardene RSP ndc psc Isc, Major General T C Harasgama RSP, Major General S A U A Solangaarachchi RSP ndc psc and Major General A P C R Prematilaka RSP USP ndc.



Major General K W Jayaweera USP psc of the Mechanized Infantry Regiment who was also promoted to the rank of Major General, met Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, on 04 August 2025 at the Army Headquarters and received his symbol of authority from the Commander of the Army.

## The Visits of the Deputy Chief of Staff

Major General Y A B M Yahampath RWP RSP ndu psc, the Deputy Chief of Staff of the Sri Lanka Army (DCOS) paid an official visit to the Army Ordnance Factory on 25 August 2025. During the visit, the Commandant of the Army Ordnance Factory briefed the technological capabilities and the development programmes undertaken and its contribution to improving the operational readiness of the Army. Subsequently, the Deputy Chief of Staff inspected the production process of the factory and innovation projects. He further addressed All Ranks serving at the factory and appreciated the dedicative commitment, technical expertise and invaluable contribution of the Army personnel serving at the factory in strengthening the operational capabilities of the Sri Lanka Army.

On 26 August 2025, the Deputy Chief of Staff of the Sri Lanka Army participated in the Board of Management (BOM) meeting of Ranaviru Apparel (RVAPL), Yakkala. During the meeting, DCOS engaged in discussions with the BOM members and provided guidance to enhance productivity and efficiency. In addition, the DCOS laid the cornerstone for the new Other Ranks' accommodation building amidst the blessings of pirith chanting.





# BestWeb.lk - 2025

## Sri Lanka Army Wins Two Awards

'www.army.lk' - the official website of the Sri Lanka Army, won the award for the 'Most Popular Website' and the bronze medal for the 'Best Website in the Public Sector in '2025' competition organised by the 'LK Domain Registry' Institute.

Websites of all institutions including government ministries, Tri-Services, corporations and public institutions subject to the financial supervision of the Parliament were submitted for the public sector competition. The official website of the Army participated in this competition under the administration of the Directorate of Media and Psychological Operations of the Army Headquarters and the technical supervision of the Directorate of Army Information Technology.



## Lecture on Leadership and Decision-Making



In a move to enhance leadership competence and decision-making abilities among Army personnel, an awareness lecture on the 'Human Factor' was held at the Army Headquarters on 01 August 2025. Mr. Senerath Jayasekara MIntSy, MAv, BAvMgmt, FRAeS, Regional President/Managing Director of a German/Austrian conglomerate, conducted the session which was organised under the directives of the Commander of the Army and supervision of Major General W M N K D Bandara RWP RSP USP psc, the Director General Training.



The session emphasised the critical role of understanding human behaviour, interpersonal dynamics and psychological readiness in leadership, particularly in high-pressure operational environments. Over 150 Officers representing various establishments across the Army including Major General D K S K Dolage USP nps psc, Chief of Staff of the Sri Lanka Army, participated in the programme.



## 'Classical Music Therapy Training' at Security Forces (Jaffna)

Under the 'Clean Sri Lanka initiative', a Classical Music Therapy programme was held at the Security Force Headquarters (Jaffna) on August 13 and 14, 2025 under the supervision of Major General K A N Rasika Kumara ndc psc, the Commander of Security Forces (Jaffna).

Dr. Madura Sanka Gunawardana, Visiting Lecturer in Psychology, University of Colombo, National Institute of Social Development (NISD) and a Psychologist, conducted the session. Officers and Other Ranks of the Tri-Forces in Security Forces (Jaffna) took part in the relaxation session. The session provided an opportunity to calm the mind, release stress and enjoy a truly refreshing experience. Through classical music therapy with carefully selected pieces, participants were able to enhance their strength and cultivate mindfulness.



## Exercise 'Staff Ride' at Thoppigala

Professionally structured Exercise 'Staff Ride' was conducted under the direction of the Commander of the Army with the supervision and guidance of the Commandant of the Army War College to enhance operational level military education of Middle Grade Officers on 06 August 2025. This field-based case study offered participants an immersive learning experience, focusing on the Battle of Thoppigala, a pivotal engagement during the Eastern Humanitarian Operation that marked a decisive phase in regaining control of the Eastern Province.



'Staff Ride', designed to bridge theoretical knowledge with ground realities, provided Student Officers with a detailed understanding on terrain, tactics, decision-making and command challenges faced during the battle. The exercise enabled them to analyse operational complexities directly at the historical battlefield site. The exercise was conducted with the participation of tactical-level commanders who had played active roles in the battle. Their presence added exceptional value, as they clarified doubts, addressed unclear areas and shared first-hand insights, enriching the learning experience for the next generation of Army leaders.

## Three - Day Workshop on Human Rights and International Humanitarian Law



A three-day workshop for the instructors of Human Rights and International Humanitarian Law (HR and IHL) of Security Force Headquarters (West) was conducted from 29 to 31 July 2025 at the Security Force Headquarters (West) premises. The Human Rights Commission of Sri Lanka (HRC SL) conducted the workshop with the aim of strengthening the capacity of instructors in Human Rights and International Humanitarian Law. Colonel K A P Kuruppu USP, the Director of the Directorate of Legal Services, Human Rights and Humanitarian Law, delivered the vote of thanks and emphasised the Sri Lanka Army's role in promoting and protecting human rights standards. The workshop concluded with a certificate awarding ceremony. Eight Officer Instructors and fifteen Other Rank Instructors participated in the workshop.

## Two-Day Training Programme for Commanding Officers



The Sri Lanka Army Volunteer Force (SLAVF) conducted a two-day training programme for Commanding Officers and Liaison Officers under the guidance of Major General K V N P Premaratne RSP USP nps psc, Commandant of SLAVF, from 13 to 14 August 2025 at the SLAVF Headquarters. Delivering the keynote address, the Commandant, SLAVF highlighted the importance of continuous professional development, structured training, and maintaining military professionalism. The programme aimed to refresh knowledge, align duties and enhance operational efficiency and regimental standards.

## Mental Health Workshop at Security Force Headquarters (Central)



A three-day workshop on 'Psychological Health and Prevention of Suicidal Attempts by Members of Armed Forces' was conducted at the Security Force Headquarters (Central) from 12 to 14 August 2025. The session was conducted by mental health specialists from the Directorate of Preventive Medicine and Mental Health at Army Headquarters, including Brigadier (Dr) R M M Monaragala USP, Director, Colonel M K A D Chandramal and Captain K P K Anthony. Officers and Senior Non-Commissioned Officers participated in the workshop.

## CIJW Officers' Course No. 35 Concludes at ATS Maduru Oya



The Counter Insurgency and Jungle Warfare (CIJW) Officers' Course No. 35, conducted from 28 April to 01 August 2025, concluded at the Army Training School (ATS), Maduru Oya. Brigadier K L I Karunanayake RWP RSP ndc, Commandant of ATS, graced the closing ceremony as the Chief Guest. The course was attended by 31 Officers, including 22 from the Sri Lanka Army, 02 from the Sri Lanka Navy, 02 from the Sri Lanka Air Force and 05 Officers representing the Indian Army, Pakistan Army, Bangladesh Army, Maldives National Defence Force and the Chinese Army. Captain H G J K D Pathiraja of the Sri Lanka Artillery earned the title of the 'Best Student Officer' of the course.

## Series of Lectures on 'Brave and Satisfied Army'



Another phase of the soldier motivation organised under the directions and guidance of the Director of the Media and Psychological Operations was held on 30 July 2025 with the participation of a number of Officers and Other Ranks at Security Forces (Wanni).

During the lecture, Lieutenant Colonel Sujith Chaminda Edirisinghe, General Staff Officer – I (Publication) and Editor-in-Chief of Ranawiruwa Magazine of the Directorate of Media and Psychological Operations, delivered an inspiring lecture on 'A Satisfied and Brave Army' to educate the young generation on patience, endurance and sacrifices of the War Heroes, recalling the memories and milestones of the 30-year war. Furthermore, Major M I Marikkar, serving in the same Directorate also delivered a lecture on 'The Proud Soldier' addressing the issues such as handling social media by Army personnel, economic management, and involvement in illegal activities.



## Training on 'Fire Prevention and Firefighting' at the 55 Infantry Division



Under the guidance of Major General W M A B Wijekoon USP ndc, the General Officer Commanding of 55 Infantry Division, a lecture on the topic of 'Fire prevention and Firefighting' was conducted on 12 August 2025 at 551 Infantry Brigade Headquarters to enhance knowledge on fire prevention and firefighting among Army personnel. Major P D S M Wickramasinghe psc ato, Second- In-Command, 6 Sri Lanka Army Ordnance Corps delivered the lecture.

## Contingent Commander Meets Head of Mission and Force Commander of UNIFIL

Lieutenant Colonel Y S H N P Silva USP psc, the newly appointed Contingent Commander, paid a courtesy call on Major General Diodato Abagnara, the Head of Mission and Force Commander of UNIFIL, at the Mission Headquarters in Naqoura Camp on 26 July 2025.

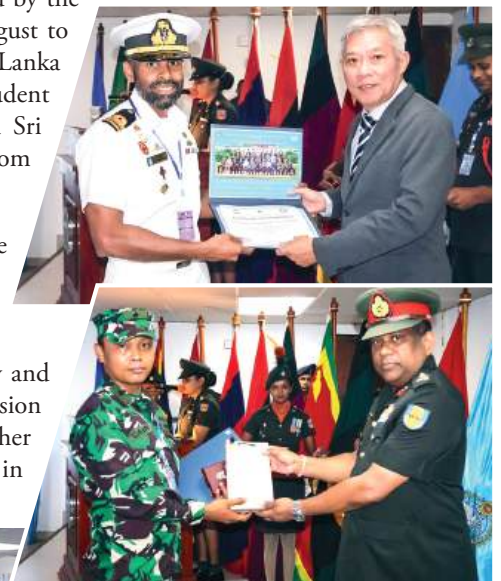
At the conclusion of the visit, the Contingent Commander presented a memento on behalf of the Commander of the Sri Lanka Army to the Head of Mission and Force Commander, and the gesture was reciprocated.



## UNSOC No. 04 Concludes at IPSOTSL

The United Nations Staff Officers' Course (UNSOC) No. 04, sponsored by the Global Peace Operations Initiative (GPOI), was conducted from 11 August to 27 August 2025 at the Institute of Peace Support Operations Training Sri Lanka (IPSOTSL). The course comprised of 26 foreign and local Tri-Service Student Officers, including 17 Officers from Sri Lanka Army, 3 Officers from Sri Lanka Navy, 3 Officers from Sri Lanka Air Force and 3 foreign Officers from Indonesia and Mongolia.

The lecture panel consisted of Subject Matter Experts (SMEs) from the GPOI organisation. Mr. Alex Lee from Singapore facilitated the course as the Team Leader, while Mr. Stein Ellingsen from Norway and Mr. Harley Alves from Brazil served as other SMEs. Major General P R Pathiravithana USAWC psc, the Director General General Staff of the Sri Lanka Army and Colonel Commandant of the Sri Lanka Armoured Corps, graced the occasion as the Chief Guest. The Overlooking Commandant of the IPSOTSL, together with Senior Officers, Officers and Instructors of IPSOTSL, participated in the event.



## Books and School Equipment Distribution



Following the conceptual notion of Major General A M A Abeyawardana WWV RWP RSP ndc, General Officer Commanding, 58 Infantry Division, the troops of 58 Infantry Division organised a donation programme on 07 August 2025 at Morapathawa School, Puttalam to distribute books and school equipment to 51 children of Katupuliyian Primary School and Morapathawa School. The 85<sup>th</sup> Batch of Maris Stella College, Negombo extended the sponsorship.

## School Items Donation Programme at 24 Infantry Division



The School Items Donation Programme was held at the Headquarters of the 24 Infantry Division on 10 August 2025 with the aim of supporting the education of children. During the programme, essential school supplies were distributed among 103 children of Other Ranks and civil staff serving at 24 Infantry Division. The students demonstrated their singing skills and oratory performances during the programme. Dr.Vijitha Nagendram extended the financial sponsorship. The event concluded under the supervision of Major General H C L Galappaththi RSP USP, General Officer Commanding of 24 Infantry Division.

## School Accessories Distribution



A school equipment distribution programme for 85 students of Munimuruppu Vidyalaya, Vavuniya was held on 26 July 2025 at the school premises. This event was held under the guidance of Brigadier P A Nandathilaka RSP USP, Brigade Commander, 563 Infantry Brigade with the supervision of Lieutenant Colonel M K D P K Kankani, RWP RSP USP psc, Commanding Officer, 7<sup>th</sup> Battalion Sri Lanka Sinha Regiment. Mr. E K Kumara and his family members extended the financial generosity for the programme.

## Padavi Children's Rally – 2025



The 2025 Padavi Children's Rally, organised by the Dharma Teaching and Bible Service Centre at St. Joseph's Cathedral, Anuradhapura, took place from 08 to 10 August 2025 with the participation of around 450 students from Grade 6 to 11 and 50 teachers from schools in the North Central Province. At the request of Father Nobert Andraradhi, Bishop of the North Central Province, logistical and material assistance were provided by the troops of 21 Infantry Division under the guidance of the Commander, Security Forces (Wanni) with the supervision of the General Officer Commanding of 21 Infantry Division. Army troops conducted a training session on 'First –Aid Methods' along with the practical application for the children.

## Army Troops Clean Galkulama Tank



The Galkulama tank which is located in Area of Responsibility of the 211 Infantry Brigade was overgrown with aquatic plants such as Japanese salvinia and lotus. Accordingly, with the assistance of War Heroes, a Shramadana Campaign to clean the tank was held on 06 August 2025. The 21 Infantry Division and the 211 Infantry Brigade organised this community event with financial assistance from the Elizabeth Moyer School Environmental Protection Association, Colombo. Officers and Other Ranks of the 211 Infantry Brigade, 9<sup>th</sup> the Gajaba Regiment, Irrigation Department Officers, farmer organisations and local residents joined in this effort.

## Mattala Rajapaksa International Airport Surrounding Cleaned



The first phase of the cleaning project at the surrounding area of Mattala Rajapaksa International Airport was commenced on 09 June 2025 and completed on 07 August 2025. The project was carried out using earth-moving machineries of the Corps of Sri Lanka Engineers with the participation of Officers of the 6 Field Engineers and machine operators. An area of 78.8 hectares of land was cleared within the airport premises under the first phase.





## Refreshment for the Devotees of Kandasami Kovil - Nallur

Troops of the 51 Infantry Division distributed 51,000 milk tea to the devotees who attended the pooja ceremony held at the Kandaswamy Kovil premises in Nallur from 20 to 22 August 2025. Major General M P N A Muthumala USP psc, the General Officer Commanding of 51 Infantry Division, along with a group of Officers and Other Ranks attended the event. The Pure Dale Ceylon Ltd and Richlife Dairy Ltd also extended their support for the success of the event.



## New House from Sri Lanka Army



Troops of the 2 (V) Battalion, Gajaba Regiment constructed a new house for a needy family in the Trincomalee area. The 22 Infantry Division supervised the project which was coordinated by Major General P A M Peiris (Retd). Mrs. Nanda Ratnayake and her family members provided financial support for its construction. The house was handed over to the beneficiary family on 23 August 2025 by Major General S A U A Solangaarachchi RSP ndc psc, the Deputy General Officer Commanding, 22 Infantry Division.



## Series of Community Service Programmes from 563 Infantry Brigade



A donation of school accessories to children studying at Kok Eliya Primary School and a wheelchair to a differently-abled person was done under the patronage of Mrs. M L Y Chandrani Liyanage and her family members on 29 July 2025. The community service programme was held under the guidance of the Commander of the 563 Infantry Brigade with the supervision of the Commanding Officer of the 7 Battalion Sri Lanka Sinha Regiment with the aim of enhancing civil-military cooperation between the Army and the civil community in the area.

## Series of Donations from 12<sup>th</sup> Battalion the Gemunu Watch



The 12<sup>th</sup> Battalion the Gemunu Watch (GW) distributed dry ration packs among 80 deserving families in the area at Grama Niladhari Office, Dalukana on 11 August 2025. Mrs. Shiromi Masakorala, spouse of Retired Major General Kumudu Perera RWP RSP VSV USP ndu, extended the much required financial assistance for the social service programme. The programme was conducted under the guidance of Major General J S B W Pallekumbura RWP RSP ndu psc, the Commander, Security Forces (East) and the supervision of Major General K W Jayaweera USP psc, General Officer Commanding, 24 Infantry Division.

## New House for a Low-Income Family



Troops of the 9<sup>th</sup> Battalion, the Vijayabahu Infantry Regiment constructed a new house for a needy family in Seruwila area. The housewarming ceremony was held on 18 August 2025, and Major General J S B W Pallekumbura RWP RSP ndu psc, the Commander, Security Forces (East), graced the occasion as the Chief Guest. Major General H D L S Perera RWP RSP ndc, General Officer Commanding of the 22 Infantry Division coordinated the project. Mrs. Disna Galappaththi extended the much required sponsorship for the infrastructure.

## School Accessories Distribution



A school equipment donation programme organised by the Security Force Headquarters (Central) was held at Sri Maliyadeva Vidyalaya, Bandarawela on 22 August 2025. The programme was held under the patronage of Major General K A W N H Bandaranaike USP, Commander, Security Forces (Central) and Mrs. N D Gunasekara, Chairperson, Protector Clothing Manufacturer Private Limited also joined the donation programme as the Guest of Honour. 108 students were benefited from the programme.

## New Netball Court for Kallaru Tamil College



A newly built netball court at Kallaru Tamil College was declared open on 27 August 2025, enhancing sports and youth development in the area. The project was executed by troops of 14<sup>th</sup> Battalion, Sri Lanka National Guard at the request of the school Principal of Kallaru Tamil College.

The opening ceremony included an exhibition match between Darmapuram National School and Murugananda Maha Vidyalaya. During the programme, the Sri Lanka Army, with the support of a local philanthropist, donated sports equipment and uniforms to the students. Mr. S Muralidaran, acting District Secretary of Kilinochchi, Major General W M A B Wijekoon, General Officer Commanding of the 55 Infantry Division, Officers, Other Ranks and government officials were present at the event.

## An Educative Lecture at Reggie Ranatunga College



A lecture titled 'How to Overcome Challenges as Parents and Gift Children with a Better Society' was held at Reggie Ranatunga College, Minuwangoda on the 19 August 2025 with the participation of more than 500 people including teachers, children and parents. Lieutenant Colonel Sujith Chaminda Edirisinghe, General Staff Officer – I (Publication) and Editor -in-Chief of 'Ranaviruwa' Magazine of Directorate of Mass Media and Psychological Operations conducted the lecture.



Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence visited Abhimansala III War Heroes' Wellness Centre in Pangolla, Kurunegala and Abhimansala I War Heroes Wellness Centre in Anuradhapura on 29 and 30 August 2025. These visits highlighted not only the comprehensive welfare vision for differently-abled War Heroes but also the commitment of the Ministry of Defence for the well-being of the differently-abled War Heroes. Abhimansala, established by the Sri Lanka Army, are wellness centres specifically designed to provide lifelong Medical care to veterans, who were disabled and crippled in the battle. These centers, provide lifelong care to differently-abled War Heroes, a wide range of services, including medical consultations, prosthetic and orthopedic support, physiotherapy and mental health counselling, ensuring that every War Hero receives the attention, respect and recognition they deserve.

## Deputy Minister of Defence Visits Abhimansala Wellness Centres



During his visit, the Deputy Minister personally interacted with the War Heroes residing at both the Wellness Centres, listened to their experiences and assured the commitment of the Ministry of Defence to their welfare. His compassionate approach highlighted the immense respect that the Minister of the Defence and the entire government have for the invaluable sacrifices made by these brave War Heroes to ensure peace and national security. The Deputy Minister of Women and Child Affairs, Dr. Namal Sudarshana, Honourable Members of Parliament, Professor Sena Nanayakkara and Mr. Nimal Paliheena were also present at the occasion.



## Commander of the Army Visits Abhimansala II

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, accompanied by Mrs. Swendrani Dissanayake, President of the Army Seva Vanitha Unit, visited Abhimansala II Wellness Centre in Kamburupitiya to inquire into the well-being of differently-abled War Heroes on 13 August 2025.



# Commander of the Army Reviews Issues and Welfare Activities of Differently-Abled Soldiers



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, reviewed the issues and welfare activities concerning differently-abled soldiers who had been gathered at the Army Physical Training School (APTS) in Panagoda on 06 August 2025. Major General U K D D P Udugama RWP RSP USP ndc psc, Commander, Security Forces (West) also attended the event coordinated by Brigadier W A S R Wijedasa WWV RSP USP ndc psc, the Director of the Directorate of Veteran Affairs and Rehabilitation.



During the event, the Commander of the Army donated a vehicle to Abhimansala II, Wellness Centre, under the directives of His Excellency the President and Commander-in-Chief of the Armed Forces, Anura Kumara Dissanayake, for the benefit and daily use of the resident inmates at Abhimansala II.



## Sri Lanka Army Donates Laptops to University Students

The Directorate of Welfare of the Sri Lanka Army conducted a special donation programme on 12 August 2025 to provide laptops to Government university students who are children of serving Army personnel. First-year undergraduates who gained university admission following their successful completion of the G.C.E. Advanced Level Examination – 2023 accordingly received the laptops under the programme.



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest. During the ceremony, Major General D K S K Dolage USP nps psc, Chief of Staff of the Sri Lanka Army, Major General Y A B M Yahampath RWP RSP ndu psc, Deputy Chief of Staff and Major General K V N P Premaratne RSP USP nps psc, Commandant of the Sri Lanka Army Volunteer Force, distributed a total of 57 laptops (HP Core i5 – 14<sup>th</sup> Gen) to the undergraduates. This welfare initiative aims to support the academic aspirations of the children of serving members by providing them with essential technological resources to excel in their studies.





## Inter-Regiment Rugby Championship Tournament – 2025



The Finals of the Commander's Cup Inter-Regiment Rugby Championship commenced on 24 June 2025 and concluded on 01 August 2025 at the Army Rugby Ground, Army Cantonment in Panagoda.

The Sri Lanka Armoured Corps (SLAC) and the Sri Lanka Army General Service Corps (SLAGSC) teams participated in the finals.

After an intense competition SLAGSC team emerged victorious with a score of 32 against the SLAC.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest at the invitation of Major General K M P S B Kulatunga RSP ndc psc, Commander, Security Forces (Wanni) and Chairman of the Army Rugby Committee and presented the Best Player trophy and the Championship trophy to the SLAGSC players.



## 60<sup>th</sup> Sri Lanka Army Athletics Championship



The 60<sup>th</sup> Sri Lanka Army Athletics Championship concluded on 20 August 2025 at the Mahinda Rajapaksa Stadium, Diyagama. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest.

During the closing ceremony, a series of final events were held including the 100m Men, 100m Women, 1500m Men, 4x400m Men and 4x400m Women. Army athletes achieved a remarkable success, securing one national record, one new Army athletics record, and 11 new meet records during the tournament. The national record was set in the men's pole vault with a height of 5.18m by Craftsman Puvitharan K of the Sri Lanka Electrical and Mechanical Engineers.



## World Sepaktakraw Championship 2025



The World Sepaktakraw Championship 2025 was held in Hat Yai, Thailand from 22 to 27 July 2025 with the participation of 16 top-ranked countries in men's and women's categories. The Sri Lanka national Sepaktakraw Team showcasing their exceptional skill, achieved Silver Medal in Hoop Event (Women) and Bronze Medal in Rule Event (Men), Rule Event (Women), Code Event (Women) and Miscode Event. The Sri Lanka Army Men's and Women's Sepaktakraw Team participated in the event under the guidance of Major General K J N M P K Navaratne RWP RSP, Chairman of the Army Football Committee.

## Defence Services Cricket Tournament 2024/2025

The Defence Services Cricket Tournament 2024/2025, organised by the Defence Services Sports Board, took place from 02 to 29 July 2025 at the cricket ground in Panagoda, Welisara, and Katunayake.

The Sri Lanka Army Women's team scored 192/7, in the final match of the Women's Cricket Tournament, held on 13 July 2025 at the Army Cricket Ground, Panagoda. In response, the Sri Lanka Navy Women's team managed 179/8. The Army Women's team secured a 13-run victory and claimed the Championship title. Meanwhile, the Sri Lanka Army Men's team emerged Champions at the Defence Services Men's Cricket Tournament 2024/2025. The Army Men's team scored 199/9 and secured the Championship title in the final held on 29 July 2025 in Panagoda.

Major General D K S K Dolage USP nps psc, Chief of Staff of the Sri Lanka Army, graced the occasion as the Chief Guest and distributed medals and certificates to the winning teams.



## Army Athletes Secure Overall Championship in 103<sup>rd</sup> National Athletics Championship - 2025



The Sri Lanka Athletics Committee organised the 103<sup>rd</sup> National Athletics Championship from 02 to 03 August 2025 at the Mahinda Rajapaksa Stadium, Diyagama. During the event, Sri Lanka Army athletes won a total of 67 medals, comprising 26 Gold Medals, 21 Silver Medals and 20 Bronze Medals by securing the overall Championship in the National Athletics Championship.

## Sri Lanka Army Clinches Third Successive Defence Services Basketball Title



The 13<sup>th</sup> Defence Services Basketball Finals 2024/2025 was held from 21 to 24 July 2025 at the Commander Parakkrama Samaraweera Memorial Indoor Stadium, Welisara. During the

event, the Sri Lanka Army Men's Basketball Team was able to secure their third consecutive Championship. In a gripping final, the Army team defeated the Sri Lanka Air Force Men's Basketball Team with a 79–65 victory. Private Gamage P S M of 1 Sri Lanka Army Service Corps was named 'Best Player of the Match', while Lance Corporal Kamathewaththa K W A of the 6<sup>th</sup> Battalion of Gajaba Regiment earned recognition as the 'Best Defensive Player'.

## Army Secures 13<sup>th</sup> Defence Services Karate Championship



The 13<sup>th</sup> Defence Services Karate Tournament was hosted by the Sri Lanka Army on 04 and 05 August 2025 at the Indoor Stadium of the Army Physical Training School, Panagoda. Major General R D Sallay, Chairman of the Army Karate Committee, graced the event as the Chief Guest. During the tournament, Army players secured 06 Gold, 08 Silver and 02 Bronze medals in the Men's category. In addition, they emerged victorious in 6 out of the 7 men's weight classes, earning a total of 58 points. This outstanding performance enabled the Army to clinch the championship title for the fourth consecutive year.



## SLAVF Inter-Battalion Cricket Tournament -2025



The final match of the Sri Lanka Army Volunteer Force Inter-Battalion Cricket Tournament was held on 27 August 2025 at the Brigade Rendezvous Ground. Major General K V N P Premaratne RSP USP nps psc, Commandant of the Sri Lanka Army Volunteer Force graced the occasion as the Chief Guest.

The tournament commenced on 21 August 2025 at the Sri Lanka Engineer Corps Regimental Headquarters Ground with the participation of ten teams representing various Security Force Headquarters. The 5 (V) Battalion, which entered the final match, defeated the Sri Lanka Sinha Regiment team by 4 wickets and emerged the champions of the tournament.



## Warrant Officer I Nadeesha Lekamge Secures Silver Medal in Asian Javelin Throw Competition

Warrant Officer I H L N D Lekamge of the 2 (V) Battalion Sri Lanka Army Women's Corps, secured a Silver Medal at the Asian Javelin Throw Competition, held in South Korea on 22 August 2025, with a throw of 57.53 metres.

## National Pole Vault Record from Sri Lanka Army

Lance Corporal Puvitharan A of the 2<sup>nd</sup> Sri Lanka Electrical & Mechanical Engineers (SLEME) set a new national record in the Pole Vault event, on 19 August 2025, clearing a height of 5.18 metres at the 2025 Army Athletics Championships held at the Mahinda Rajapaksa Playground, Diyagama, from 18 to 20 August 2025. With this remarkable achievement, Lance Corporal Puvitharan A became the holder of both the Sri Lanka Army record in the pole vault event and the Sri Lanka Army Athletics Championships record.



## Sri Lanka Army Canoeing & Kayaking Championship - 2025 Concludes



The first-ever Sri Lanka Army Canoeing & Kayaking Championship 2025 was conducted from 24 to 26 August 2025 at the Diyawanna Rowing Academy with the participation of 85 players, representing 08 Regimental Centres. Major General M T I Mahalekam WWV RWP RSP USP, Chairman of the Sri Lanka Army Canoeing & Kayaking Committee, graced the event as the Chief Guest and awarded the Championship titles. During the event, the Sri Lanka Signal Corps secured the Championship title, while the Sri Lanka Light Infantry emerged as the Runners-up.

## Army Weightlifter Wins Bronze at Commonwealth Weightlifting Championships

Sri Lanka Army weightlifter, Sergeant Kumara Y D I, brought glory to the nation by winning the Bronze Medal in the men's 60kg weight category at the Commonwealth Weightlifting Championships, held in India on 26 August 2025.

The championship featured intense competition across junior, youth and senior categories. Competing in the senior men's 60kg event, Sergeant Kumara Y D I exhibiting exceptional strength and determination, lifting 111kg in the snatch and 138kg in the clean and jerk, achieved a total of 249kg to secure the Bronze Medal.





## The First Retired Lady Officer Bids Farewell to the Nation

Major Ramani Bandara, the first retired Lady Officer of the Sri Lanka Army, passed away on 11 August 2025. She enlisted in the Sri Lanka Army Women's Corps on 11 December 1980 and retired in 1995 after completing 15 years of service. Major Ramani Bandara was born to Mr. Herath Mudiyansele Gunathilaka Bandara and Mrs. Godamune Appuhamilage Hema Bandara as the eldest of four siblings.

Major Ramani Bandara, a distinguished alumna of Kegalle Balika Vidyalaya, enlisted the Sri Lanka Army Regular Intake on 24 April 1980 as a Lady Officer Cadet with the aim to eradicate terrorism from the country. She completed the preliminary military training at the Women's Royal Army Corps (WRAC) in Camberley, UK. Notably, she was one of the six founding Lady Officers of the Sri Lanka Army Women's Corps. Major Ramani Bandara, who has held many different positions during her Army career, also served as the Second-in-Command of 1 Sri Lanka Army Women's Corps.



The last rites of the Late Lady Officer were performed with military honours at the Borella General Cemetery on 03 August 2025. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, family members, friends and many colleague of the Late lady Officer attended the occasion.

## Director General of Training Visits the Army Training School



Major General W M N K D Bandara RWP RSP USP ndu psc, the Director General of Training, Army Headquarters paid an official visit to the Army Training School, Maduruoya on 14 August 2025. He inspected the training activities at the school and addressed the troops.

## 51 Infantry Division Celebrates the 30<sup>th</sup> Anniversary



The 30<sup>th</sup> Anniversary of the 51 Infantry Division was held on 23 August 2025 under the patronage of Major General M P N A Muthumala USP psc, the General Officer Commanding of the 51 Infantry Division, at the Division Headquarters. Commencing the ceremony, the troops of the 17<sup>th</sup> Battalion Gemunu Watch accorded the Guard Turnout and Guard of Honour to their General Officer Commanding, 51 Infantry Division in accordance with military traditions. The Anniversary programme included the troop address by the General Officer Commanding of the 51 Infantry Division, All- Ranks lunch and a musical concert in the evening. In conjunction with the Anniversary celebration, a Bodhi Pooja was also held at the Division Temple premises on 22 August 2025 with the participation of Senior Officers, and Other Ranks.

## 2 (V) Sri Lanka Army Medical Corps Celebrates their 144<sup>th</sup> Anniversary



The 2 (V) Sri Lanka Army Medical Corps was established on 29 July 1881 as a medical unit of the Ceylon (Volunteer) Infantry, under the command of Surgeon T H F Tothill, a retired Surgeon of the Royal Army, and the first Commanding Officer of the 2 (V) Sri Lanka Army Medical Corps (1881-1889).

Since then, 37 Commanding Officers have been serviced, and the 144<sup>th</sup> Anniversary Celebration was proudly held on 29 July 2025 under Major M P U Uluvitige, the 38<sup>th</sup> Commanding Officer. Several programmes were organised in conjunction with the anniversary, including the distribution of midday meals and dry rations to the residents of Elders' Home in Wandurammulla, Athurugiriya on 23 July 2025, and conducting the Bodhi Puja for the fallen, differently-abled and serving War Heroes of the Unit with the participation of the Commanding Officer, Officers and Other Ranks.

Furthermore, on 29 July 2025, the troops of the 2 (V) Sri Lanka Army Medical Corps presented the Guard of Honour to their Commanding Officer. The event concluded with All- Ranks lunch.



## Indian Peace Keeping War Heroes Commemorated in Jaffna

Fallen War Heroes of the Indian Peace Keeping Force (IPKF) who fought against the LTTE terrorists during 1987 - 1990 in Sri Lanka were commemorated and remembered at the Indian Peace Keeping Force Monument in Palaly on 26 January 2025 to coincide with the Republic Day of India.

Security Force Headquarters (Jaffna) in collaboration with the Office of the Consul General of India to Sri Lanka in

Jaffna organised the event. Mr. Shri Sai Murali S, Consul General of India to Sri Lanka in Jaffna and Major General K A N Rasika Kumara ndc psc, Commander, Security Forces (Jaffna) paid tribute to the fallen War Heroes of IPKF, placing floral wreaths at the IPKF monument during the brief and solemn ceremony. Officials in the Office of the Consul General of India to Sri Lanka in Jaffna, Officers and Other Ranks attended the solemn ceremony.



## 33<sup>rd</sup> Commemoration of Late Major General Vijaya Wimalaratne RWP RSP VSV USP psc



The Gajaba Regiment commemorated the 33<sup>rd</sup> Death Anniversary of its founding father, the late Major General Vijaya Wimalaratne RWP RSP VSV USP psc, under the guidance of Major General U K D D P Udugama RWP RSP USP ndc psc, Colonel of the Regiment and Commander, Security Forces (West) with the participation of serving and retired Senior Officers, Officers and Other Ranks on 08 August 2025.

In conjunction with the above event, religious ceremonies were held at the Ruwanweli Maha Seya, Kelaniya Rajamaha Viharaya and the Bodhirajaramaya in Panagoda. Additionally, the Gajaba Regimental Centre organised a special treat for the children and staff of the orphanage in Saliyapura.



## Mannar Beach Cleaned



In line with 'A Beautiful Coastline and an Attractive Tourist Destination' - the conceptual notion of the Commander of the Army, a coastal clean-up programme was conducted covering nearly 52 km of coastline at 42 selected locations in Mannar District on 29 July 2025. The effort was implemented with the participation of Sri Lanka Navy, Sri Lanka Police and civil society, and Sri Lanka Army with the aim of removing various types of garbage from Mannar coastline.

The event was held under the guidance of Major General K M P S B Kulatunga RSP ndc psc, Commander , Security Forces (Wanni), and the supervision of Major General A M B Abeykoon RWP RSP USP ndc, General Officer Commanding, 54 Infantry Division, in collaboration with Mr. K Kanakeswaran, District Secretary of Mannar. Nearly 1,500 participants representing government agencies, civil institutions, the Disaster Management Centre, the Marine Environment Protection Authority, and the local community extended their support to the programme.



## Temporary Salinity Barrier for Nilwala River

As a solution to the acute drinking water shortage faced by the people of Matara, the Sri Lanka Army has undertaken the construction of a temporary salinity barrier adjacent to the existing Nilwala River barrier at Thudawa. The project executed upon the directives of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army in collaboration with the Disaster Management Centre, Matara. A 25-member team from the 9<sup>th</sup> Sri Lanka Sinha Regiment provided their assistance which was held on 29 and 30 August 2025.

The initiative implemented in response to a request from the National Water Supply and Drainage Board, aimed at preventing saline water from entering the pumping stations during the dry season. By reinforcing the location with sandbags, the temporary barrier ensures the flow of saline water into the pumping facilities is effectively blocked. With the successful completion of this effort, Matara residents will once again have access to uninterrupted 24-hour drinking water supply, while the area's pumping stations will also be restored to round-the-clock operational status.





## Araly Point Commemorates Lieutenant General Denzil Kobbekaduwa & Other War Heroes



The Araly Point Monument in Kayts on 08 August 2025 recalled the undying memories of one of the nation's most revered and legendary military leaders, Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc, and several other military War Heroes who made the supreme sacrifice in a LTTE set landmine blast at Araly Point on 08 August 1992. The gathering included Major General K A N Rasika Kumara ndc psc, Commander, Security Forces (Jaffna) who paid floral tributes to the War Heroes Memorial at Araly Point. The Commander of the Northern Naval Area, Senior Tri-Service Officers, Officers and Other Ranks participated in the event.



The 33<sup>rd</sup> Commemoration of Late Lieutenant General Denzil Kobbekaduwa, was held on 08 August 2025 at the Denzil Kobbekaduwa Memorial Statue in Anuradhapura. Major General P R Pathiravithana USAWC psc, Director General General Staff and Colonel Commandant of the Sri Lanka Armoured Corps, graced the occasion as the Chief Guest. Mrs. Lali Kobbekaduwa, spouse of the Late Lieutenant General Denzil Kobbekaduwa, Senior Officer, kith and kin of the Kobbekaduwa family also attended as special guests. Following the religious ceremonies, the attendees paid floral tributes to the statue of the most respected military leader in the country, signifying his service, leadership and dedication.



## Australian Defence Adviser to Sri Lanka Visits SLSME



Colonel Amanda Johnston, Defence Adviser to the Australian High Commission in Sri Lanka, together with Major Chris Fowler, the Assistant Defence Adviser, conducted an official visit to the Sri Lanka School of Military Engineering (SLSME) in Embilipitiya on 11 August 2025. During the visit, Colonel J A C S Jagoda psc, the Commandant of SLSME delivered a comprehensive briefing on combat engineering roles in Sri Lanka and Australia, highlighting shared practices and unique requirements. The discussions also focused on the 'F3 Mine Lab' detectors and the prospects for reciprocal training exchanges.



## Sri Lanka Army Hosts Third Planning Conference with Russian Delegation



Sri Lanka Army conducted the third planning conference of the Russian-Sri Lanka Tactical Counter-Terrorist Exercise with a Russian military delegation at the Office of the Director General Infantry on 05 August 2025, under the guidance of Major General W B J K Wimalaratne RWP RSP, the Director General Infantry.



The conference focused on finalising crucial administrative and logistics matters for the joint military exercise.



## ASVU Distributes Essential Items to Pregnant Mothers

Army Seva Vanitha Unit (ASVU), organised an essential item distribution programme under the guidance of Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit (ASVU), for 62 pregnant mothers from low-income families in Walipitiya, Matara, on 13 August 2025 at Sri Bodhirukkarama Viharaya, Walipitiya. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest.



The event was attended by Mrs. Swendrini Dissanayake, President of the ASVU, beautician Mrs. Chandani Bandara the founder of 4ever Skin Naturals Pvt Ltd. together with their team and Major General W V S V Fernando USP ndc IG, General Officer Commanding, 64 Infantry Division. During the session, Consultant Psychiatrist Mr. K H Dhanuja Mahesh delivered a lecture on the positive and negative impacts on mental concentration and personal well-being of mothers during pregnancy, emphasising the importance of maintaining a healthy state of mind in order to give birth to a healthy child.



## ASVU Honours Retiring Preschool Teachers

A service appreciation programme for two teachers retiring from the Army after serving as teachers at the Viru Kekulu Pre-School, managed by the Sri Lanka Army Seva Vanitha Unit (ASVU), for 15 years was held at the ASVU President's Office on 21 August 2025 under the patronage of the President, ASVU. The pre-school teachers were appreciated awarding certificates recognising their excellence for their service to prepare the children, rich with knowledge and good character through education.



## ASVU Hosts Certificate Awarding Ceremony for Viru Kekulu Students



The Army Seva Vanitha Unit managed pre-schools and day care centres in various parts of the island provides education for the children of both Army and non-military personnel. 32 children studying at Manningtown Viru Kekulu Pre-School appeared for the elocution examination conducted by the IWMS Institute with excellence. The certificate awarding ceremony for the students was held on 20 August 2025 at the main auditorium of the Army Hospital in Colombo. The programme was held under the patronage of Mrs. Lilanthi Dolage, Vice President of the Army Seva Vanitha Unit and Senior Member in Charge of Manningtown Viru Kekulu Pre-School.

## Donation Appreciating the Service



The Sri Lanka Light Infantry Seva Vanitha Branch (SLLI - SVB) annually designs and distributes specially made 'Gallant' T-shirts to Other Ranks engaged in its welfare projects, in appreciation for their dedicated service. Accordingly, Major General Y A B M Yahampath RWP RSP ndu psc, Deputy Chief of Staff of the Army and Colonel of the Regiment of Sri Lanka Light Infantry (SLLI), and Mrs. Darshani Yahampath, Chairperson of the SLLI – SVB distributed T-shirts on 22 July 2025.

## Members of SLSR-SVB Visit Abhimansala III Wellness Centre



The members of the Sri Lanka Sinha Regiment Seva Vanitha Branch (SLSR-SVB) visited Abhimansala III, Wellness Centre in Kurunegala, to inquire after the well-being of the residential War Heroes on 30 July 2025 under the guidance of Mrs. Idunil Jayakody, Chairperson of SLSR-SVB. During the visit, the members of SLSR-SVB donated Batik clothing sets valued at approximately Rs. 200,000.00 for the benefit of 32 resident War Heroes.

## Visit to Mihindu Seth Medura

The Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC-SVB) visited Mihindu Seth Madura in Aththidiya on 16 August 2025, and distributed gift packs and donated essential items to the wellness resort for the well-being of the War Heroes under the guidance of Mrs. Ajantha De Silva, Chairperson of the SLASC-SVB. In line with the same event, a musical programme was also held to boost their morale.



## Gift Vouchers For Civil Employees

Following the conceptual notion of Mrs. Anushani Kulatunga, the Chairperson of the Sri Lanka Army Medical Corps Seva Vanitha Branch (SLAMC – SVB), gift vouchers worth Rs. 195,000.00 were distributed among 39 civil employees at the Army Base Hospital Palaly on 18 July 2025 and at 4 SLAMC on 20 July 2025 to purchase the dry rations.



## Essential Medical Equipment Donation

Following the conceptual notion of Dr. (Mrs) Dilrukshi Wimalaratne, the Chairperson of the Gemunu Watch Seva Vanitha Branch (GW-SVB), an essential medical equipment donation programme for the cancer ward of the Teaching Hospital, Kurunegala was held on 03 August 2025, under the patronage of Major General W B J K Wimalaratne RWP RSP, the Director General Infantry and the Colonel of the Regiment of the GW. A patient trolley and a dressing trolley, valued at Rs. 200,000.00, were donated.



Following the donation programme, a mind relaxing music session was conducted by the GW music band with the aim to promote the mental well-being. In addition, gift packs were presented to the patients by the Chairperson and members of the GW-SVB.

## Essential Items for a Deserving Soldier

The Annual General Meeting of the Special Forces Seva Vanitha Branch was held on 05 August 2025 under the patronage of Mrs. Hansika, the President of the Special Forces Seva Vanitha Branch, at the Regimental Centre of the Special Forces. On the occasion, a set of essential bathroom equipment was donated to Corporal Aryasinghe D G N M, who was attacked by a wild elephant while completing his battalion refresher course, now being in a differently-abled condition.



## Donation for a Deserving Student



The third committee meeting of the Ordnance Corps Seva Vanitha Branch was held on 15 August 2025 under the patronage of Mrs. Srirani Nirmalin Wijekoon, the President, Ordnance Corps Seva Vanitha Branch. During the event, a dry ration donation programme was organised for 15 members of the civil staff working in the Army Ordnance Factory and the Army Textile Store. Furthermore, a scholarship was awarded to Maheshi Emashi Fernando, a Grade 10 student of the Prince of Wales College, Rawathawatta, Moratuwa, daughter of the late S/600900 Corporal Fernando M U W K (Retd).

## New Chairperson of MIC-SVB Assumes Duties



Mrs. Ilmah Majeed assumed duties as the 28th Chairperson of the Military Intelligence Corps Seva Vanitha Branch (MIC-SVB) on 13 August 2025.

## Medical Equipment Donation Programme



A wheelchair and crutches donation programme was organised for differently-abled Officers, Other Ranks, and civilian staff of the Sri Lanka Electrical and Mechanical Engineers (SLEME), who have been differently-abled due to both operational and non-operational reasons. The event was held on 22 August 2025 at the Regimental Headquarters with the participation of the members of the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch (SLEME-SVB). During the programme, high-quality wheelchairs and crutches valued at over five hundred thousand rupees, were presented to the beneficiaries.

## Financial Donation Programme



The 4 (V) Engineer Services Regiment conducted a financial donation programme on 18 August 2025, under the guidance of Mrs. Anupama Rathnayaka, Chairperson of Corps of Engineer Services Seva Vanitha Branch.

The programme provided financial assistance for the medical needs of selected families of serving soldiers and civil staff members. Symbolically, two individuals were granted financial assistance during the occasion.



# Breathing Techniques for Heart Health

The human heart is the central engine of life, pumping oxygen-rich blood to every cell in the body. A strong, healthy heart is essential not only for longevity but also for overall well-being. Modern medical research increasingly highlights the role of breathing in regulating cardiovascular health. Conscious breathing techniques improve oxygen circulation, reduce blood pressure, calm the nervous system and support heart efficiency. For individuals in high-stress professions, especially military personnel, breathing practices can be a vital tool for maintaining both physical endurance and mental resilience.

## Why is Heart Health Important?

Military personnel face extreme physical demands, emotional stress and unpredictable conditions. Whether on the battlefield, during long marches, or in training exercises, the heart is pushed to perform at maximum capacity. Poor heart health can reduce stamina, slow recovery and impair decision-making in critical moments. Moreover, stress and anxiety, common in military life, can strain the cardiovascular system, increasing the risk of hypertension and cardiac conditions. Breathing techniques offer a simple, equipment-free method to support heart health, balance stress responses and enhance operational readiness.

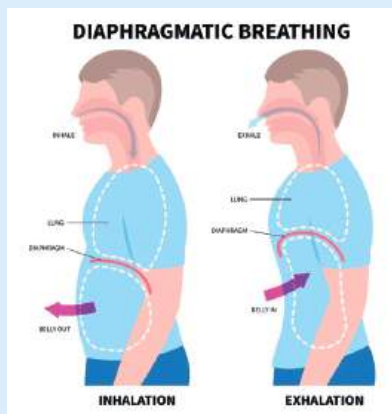


## Five Breathing Techniques for Heart Health

### 1. Diaphragmatic Breathing (Belly Breathing)

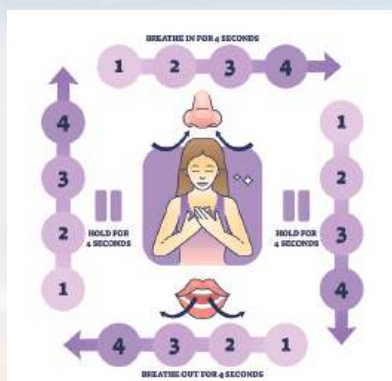
**How to Do:** Sit or lie down comfortably. Place one hand on the chest and the other on the abdomen. Inhale slowly through the nose, expanding the abdomen while keeping the chest still. Exhale gently through the mouth. Practice for 5–10 minutes daily.

**Benefits:** This technique strengthens the diaphragm, improves oxygen exchange and reduces heart rate. It also lowers blood pressure and helps manage stress effectively.



### 2. Box Breathing (Four-Square Breathing)

Box Breathing, or Four-Square Breathing, is a simple relaxation technique that involves a four-part breath rhythm: inhaling for a specific count, holding that breath for the same count, exhaling for the same count, and holding the breath out for the same count, mimicking a square.



**How to Do:** Inhale through the nose for 4 counts. Hold the breath for 4 counts. Exhale through the mouth for 4 counts. Hold again for 4 counts. Repeat for 5–7 cycles.

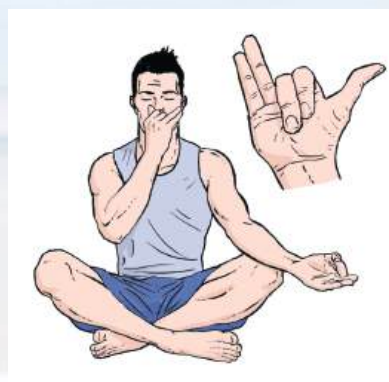
**Benefits:** Widely used in the military, this method calms the nervous system, reduces stress hormones and promotes steady heart rhythm. It is especially helpful before operations or exams to regain focus and emotional control.

### 3. Alternate Nostril Breathing (Nadi Shodhana)

Alternate Nostril Breathing, or Nadi Shodhana Pranayama, is a yogic breathing technique where one alternately inhales and exhales through each nostril, using the hand to block one at a time. This practice balances the body's energy (prana) flow by purifying and unblocking the nadis (energy channels). The nadis help to calm the mind, reduce stress.

**How to Do:** Sit in a relaxed position. Close the right nostril with the thumb and inhale slowly through the left. Close the left nostril with the ring finger and exhale through the right. Inhale through the right, then exhale through the left. Continue for 5 minutes.

**Benefits:** This ancient yogic technique balances the two hemispheres of the brain, enhances lung capacity and promotes relaxation while stabilising heart rate, reducing anxiety.

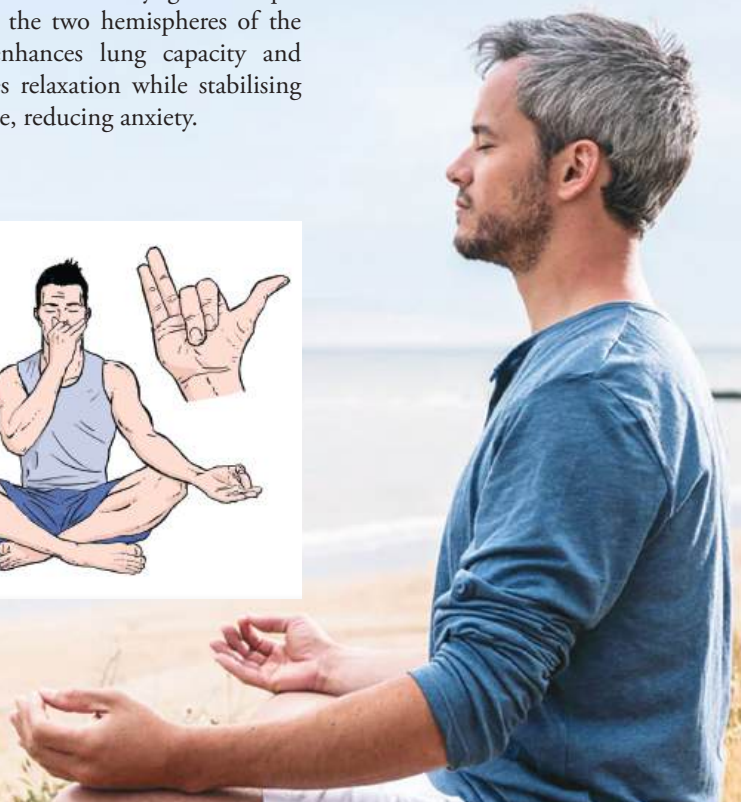
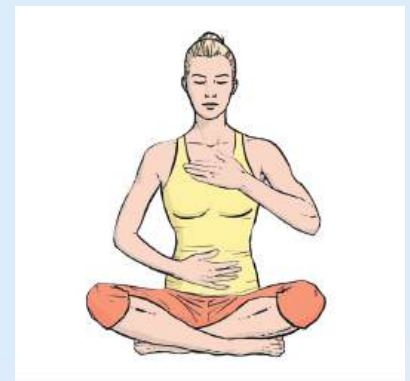


### 4. Resonance Breathing (6-Breaths Per Minute)

Resonance Breathing, is a slow, controlled breathing technique which synchronises the heart rate and respiratory system. This combination leads to a state of cardiorespiratory resonance.

**How to Do:** Sit upright and relax. Inhale gently for 5 seconds. Exhale slowly for 5 seconds. Continue this rhythm, aiming for about 6 breaths per minute, for 10–15 minutes.

**Benefits:** Resonance breathing synchronises heart rate and blood pressure, improving heart rate variability (HRV), which is a marker of cardiovascular resilience. It is highly effective in reducing hypertension.



## 5. Pursed-Lip Breathing

Pursed-Lip Breathing is a controlled breathing technique where you inhale through your nose and exhale slowly through puckered or pursed lips, like blowing through a straw.

**How to Do:** Inhale through the nose for 2 seconds. Purse the lips as if whistling and exhale slowly for 4–6 seconds. Repeat for several minutes.

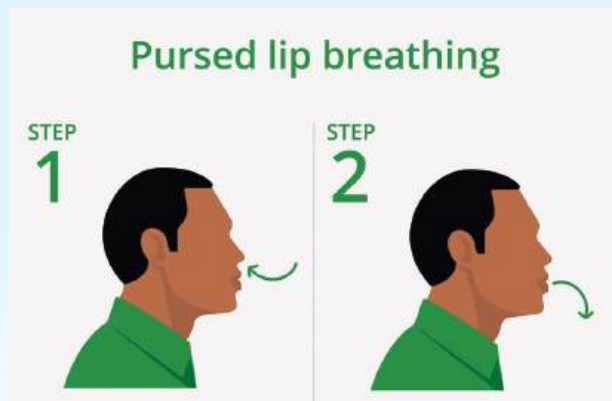
**Benefits:** This method slows down breathing, reduces breathlessness and enhances oxygen delivery to the heart and muscles. It is particularly useful after intense physical activity or during recovery periods.

## Conclusion

***Breathing techniques are powerful, natural tools that not only strengthen the cardiovascular system but also sharpen mental focus and emotional stability. By practicing methods such as diaphragmatic breathing, box breathing, alternate nostril breathing, resonance breathing and pursed-lip breathing, soldiers and civilians can cultivate resilience, manage stress and enhance overall heart health. In a world where cardiovascular diseases remain one of the leading causes of mortality, integrating mindful breathing into daily routines could be one of the simplest and most effective steps toward a longer, healthier life.***



*Captain KVN Lakmali SLAGSC  
Army Headquarters*



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**SRI LANKA ARMY - DEFENDER OF THE NATION**

# THE EVOLUTION OF MILITARY COMMUNICATION



*Communication is the nervous system of military power. It links leaders to soldiers, units to each other and strategy to action. From ancient drumbeats to encrypted satellites, it has always determined whether armies act as one or collapse into confusion. A missed message can turn victory into defeat, while clear signals can rally men against overwhelming odds.*

Sri Lanka's military traditions highlight this truth. Chronicles such as the Mahavamsa record that Dutugemunu (2<sup>nd</sup> century BCE) mobilised armies with drums, conch shells and heralds. These instruments were more than ceremonial. The sound of a conch could signal the start of battle, while drumbeats coordinated movement boosting morale. Messenger systems later linked fortresses and outposts, with local chieftains responsible for relaying orders swiftly across rugged terrain.

During the Kandyan period, facing colonial powers with superior firepower, communication emphasised mobility and secrecy. Signals such as horn blasts, smoke, or coded drum patterns enabled small units to coordinate while remaining concealed. Messengers on foot or horseback carried orders through the kingdom's mountainous interior, ensuring flexible responses in asymmetric warfare.

Colonial rule introduced European systems. The Portuguese and Dutch used flags and couriers, but the British formalised practices with bugle calls, semaphore and heliographs. By the 19<sup>th</sup> century, with the establishment of the Ceylon Defence Force, the island experienced the employment of the telegraph to connect Colombo with Kandy. During the Second World War, Trincomalee became a hub for Allied radio and radar operations in the Indian Ocean. The Japanese raids in 1942 underscored the island's strategic role in regional defence.

After independence in 1948, the new Ceylon Army (later Sri Lanka Army) inherited these traditions and built its own signal units. Radios became central to operations and the establishment of the Sri Lanka Signals Corps ensured modern training and equipment. In the late 20<sup>th</sup> century, communication was often the deciding factor in operations. Thus securing radio, field telephones and maintenance of coordination between headquarters and field units often determined the success or failure of an operation.

From the earliest armies, commanders understood that victory depended not only on strength but also on the

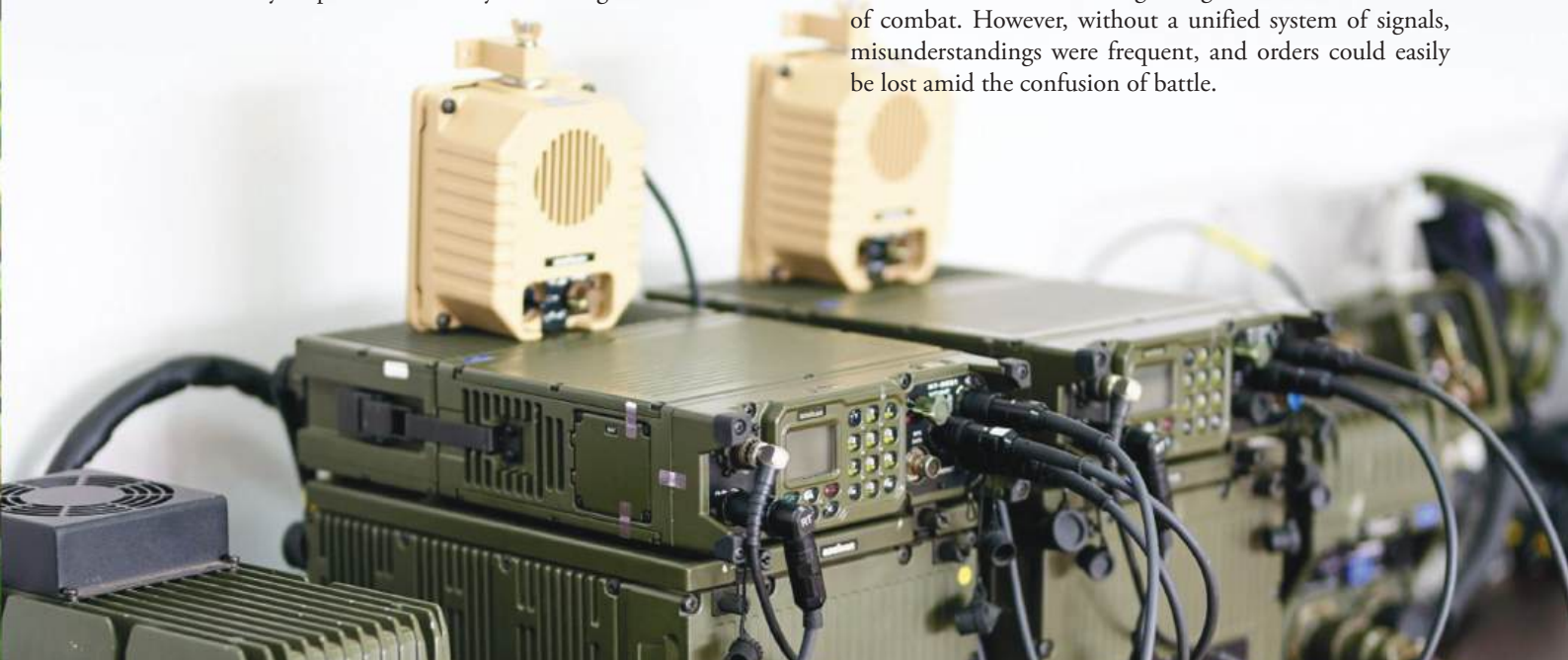
ability to communicate orders clearly across the battlefield. In Mesopotamia and Egypt, inscriptions and reliefs show armies using drums and horns to coordinate movements. Beacon fires were placed on towers or hillsides to signal danger or mobilisation across long distances. Such systems allowed for rapid warnings, though they were often limited to simple "yes or no" messages.

The Greeks refined battlefield signalling through music and visual cues. The hoplite phalanx depended on unity of movement, guided by flutes or trumpets. At the strategic level, the Greeks developed beacon chains across islands and mountain ranges, allowing messages to travel hundreds of kilometres in a single night.

The Romans embedded communication into their military system. Trumpets and flags conveyed battlefield orders, while standards kept soldiers aligned in the chaos. Couriers on horseback carried written dispatches across the Empire's vast road network, while signal fires and mirrors transmitted urgent alerts along frontiers.

In China, communication reached great sophistication. Drums, gongs, horns and flags guided battlefield manoeuvres, while vast beacon-tower networks sent messages across thousands of kilometres. The Great Wall itself functioned as a giant communication line, with smoke by day and fire by night transmitting warnings from one tower to the next. Military manuals stressed the importance of secrecy, synchronisation and symbolic signals in keeping armies coordinated.

The collapse of the Roman Empire brought fragmentation to Europe. Medieval armies often relied on feudal levies and loosely organised troops under local lords. As a result, communication systems were less standardised and more dependent on personal leadership and local traditions. Trumpets, horns, and drums still signalled charges or retreats, while flags and banners marked rallying points. Knights often carried banners that served both as identifiers and as command markers, guiding followers in the chaos of combat. However, without a unified system of signals, misunderstandings were frequent, and orders could easily be lost amid the confusion of battle.



Written orders became more common in medieval Europe as literacy spread among the nobility and clergy. Monarchs and Generals increasingly relied on sealed letters, carried by mounted couriers, to direct armies over long distances. Yet, delivery was slow and uncertain, especially during campaigns that stretched across vast or hostile territories. Often messages were vulnerable to interception and limited in clarity. Coordination in multinational campaigns, such as the Crusades proved particularly difficult, as leaders from different regions often struggled to communicate across language and cultural divides.

However, Caliphates maintained postal relay systems that enabled rapid transmission of messages across their realms, while armies used drums, horns and mounted couriers to maintain cohesion in battle. Similarly, the Byzantine Empire preserved elements of Roman discipline, employing signal beacons across Anatolia to warn of enemy incursions and detailed military manuals such as the Strategikon, to codify communication principles.

The 16<sup>th</sup> century brought with it the rise of professional armies, larger formations and increasingly complex battlefields. As firearms and artillery became central to warfare, clear communication became essential amid smoke, noise and confusion. Sound and visual signals remained crucial. Drums, fifes, and bugles relayed standardised commands, while flags and pennants coordinated large formations. The spread of printing technology allowed military manuals to standardise signals and commands across national armies. The development of Professional Officer Corps also improved communication and written orders grew in importance as armies expanded. Couriers on horseback linked headquarters and field units, carrying sealed dispatches, although, often at risk of interception or delay.

The 19<sup>th</sup> century transformed communication through the Industrial Revolution. Traditional methods such as drums, bugles, flags and couriers remained in use, but the electric telegraph revolutionised long-distance communication, transmitting orders across continents in minutes instead of weeks. They were used in the Crimean War (1853–56), and enabled faster coordination between distant headquarters and frontline commanders. The introduction of the field telegraph, mobile telegraph wagons and portable sets, allowed commanders to establish temporary communication hubs in the field. Railways also became an indirect but vital part of communication as they also carried couriers and telegraph lines alongside the tracks, creating strategic arteries of command and control. Armies increasingly planned campaigns around railway networks, making their protection or sabotage. This development was especially important during the Franco-Prussian War (1870–71), where Prussia used telegraphy and railways for rapid mobilisation, playing a decisive role in victory.

The 20<sup>th</sup> century was the most dramatic leap in military communication, as technology fundamentally reshaped how wars were fought. At the outbreak of World War I (1914–18), armies still relied heavily on runners, pigeons and signal flags, but the radio soon emerged as a revolutionary tool. Though bulky and limited in range, they allowed greater flexibility. However, unsecured transmissions were often intercepted, making signal security and codes vital, turning radio interception and code-breaking into decisive elements of intelligence warfare. Yet, communication breakdowns, cut wires, unreliable radios and messengers gone missing, left huge gaps between headquarters and the front, contributing to the heavy losses in battles such as the Somme.

By World War II (1939–45), portable radios enabled real-time coordination of combined arms operations, crucial to German blitzkrieg tactics. Radar gave the Allies an edge in air and naval defence. Encryption and codebreaking became



decisive. Germany's Enigma machine and the Allied success at Bletchley Park shaped campaigns, while Navajo Code Talkers provided unbreakable battlefield communication in the Pacific. Communication was no longer just a support function but a decisive element of military power. The ability to issue secure, rapid and coordinated orders often meant the difference between success and failure on the battlefield.

The 21<sup>st</sup> century has pushed this further into the digital mode. Satellite communication now links global forces in real time, while GPS and drones provide live intelligence and coordination. Network-centric warfare connects soldiers, sensors and decision-makers through encrypted data systems. Yet modern advances bring new threats such as cyberwarfare, jamming and electronic attacks. Thus, protecting one's own communications while disrupting the enemy is vital.

From the beat of war drums in ancient kingdoms to the encrypted satellite networks of the 21<sup>st</sup> century, the history of military communication has always reflected the truth that an army's strength depends not only on its weapons or numbers, but on its ability to coordinate, adapt and act as one. Just as signal drums, pigeons and radios once defined earlier eras, digital networks and satellites now form the nervous system of modern armed forces. Secure, adaptable and innovative communication systems will be as vital as maintaining weapons or training soldiers. Modern conflicts, especially the Russo-Ukrainian War, remind us that armies which fail to protect and modernise their communication systems risk confusion, disunity and defeat, irrespective to their size. In every era, victory has depended on the same timeless principle, which is that those who can communicate clearly and respond quickly will always hold the advantage.

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Keido Kurberg



# Willpower

## Introduction

Among all the tools and weapons a soldier carries, there is one invisible force that surpasses rifles, tanks, and technology: willpower. Battles are not won by sheer numbers or firepower alone but by the determination of those who stand firm even in the face of overwhelming odds. History reveals that when weapons fail and strength is exhausted, the will to persevere becomes the soldier's greatest weapon.

## Defining Willpower

Willpower is the inner strength to resist giving up, the determination to overcome challenges and the discipline to keep moving forward despite pain, fear, or adversity. Psychologists define it as the ability to control impulses, delay gratification and focus on long-term goals. For soldiers, it is more than psychological endurance as it develops courage, duty and sacrifice.

## World Examples of Willpower in Action

History is rich with examples where willpower changed the course of battles and even nations.

***The Battle of Thermopylae (480 BC):*** King Leonidas and his 300 Spartans stood against the massive Persian Army. Though they fell in combat, their unwavering willpower inspired Greece to unite and ultimately repel the invaders.

***World War II (Winston Churchill's Britain):*** When Nazi Germany appeared unstoppable, Britain's survival depended not on weapon superiority but on the willpower of its people. Churchill's famous declaration, "We shall never surrender," embodied this spirit and turned despair into resilience.

***The Vietnam War:*** Though heavily outgunned, the Viet Cong and North Vietnamese forces demonstrated relentless willpower, sustaining a prolonged conflict that eventually forced the withdrawal of a much stronger U.S. military presence.

These instances prove that willpower, when united with purpose, can tilt the scales of history.

## Lessons of Willpower

Our own history provides profound examples where Sri Lankan soldiers turned the tide of war through sheer willpower.

***The Battle of Elephant Pass (1991):*** Surrounded and heavily outnumbered, a small garrison of Sri Lanka Army soldiers held the strategically vital Elephant Pass against relentless enemy assaults for weeks. Their willpower bought time for reinforcements and became a symbol of unwavering resistance.

***Kilinochchi and Mullaitivu Operations:*** During the humanitarian operations of 2006–2009, soldiers marched for weeks through thick jungles, mined terrain and hostile fire. Their willpower to liberate villages and rescue civilians overcame exhaustion and danger, leading to decisive victories.

***Unyielding Spirit of War Heroes:*** Countless unnamed soldiers, despite injuries, hunger and loss, continued to fight for their comrades and the nation. Their stories of endurance remain immortal in the legacy of the Army.

These examples prove that Sri Lankan victories were not just products of strategy or firepower but of the soldier's inner resolve.

Just as willpower brings victory, its absence brings failure, even when armies are equipped with the best weapons.

***The Fall of France (1940):*** Despite having a strong military and superior equipment, France collapsed rapidly under German assault. Analysts argue that poor morale and lack of willpower among leadership and troops accelerated the defeat.

***The Soviet Invasion of Afghanistan (1979–1989):*** Despite immense military might, Soviet troops failed to subdue Afghan resistance. While logistics and terrain were factors, the collapse of soldier morale and the erosion of willpower proved decisive. These failures remind us that superior technology cannot compensate for the absence of mental resilience.

## How to Improve Willpower in Soldiers

Willpower is not merely an inborn trait. It can be trained and strengthened like a muscle. Soldiers, in particular, can develop it through:

**Mental Discipline:** Training the mind to stay calm under stress through meditation, breathing exercises, and visualisation.

**Physical Endurance:** Rigorous physical training pushes the limits of pain tolerance, teaching the body and mind to persist.

**Purpose and Motivation:** Understanding the greater cause, defending the nation and protecting comrades, fuels determination.

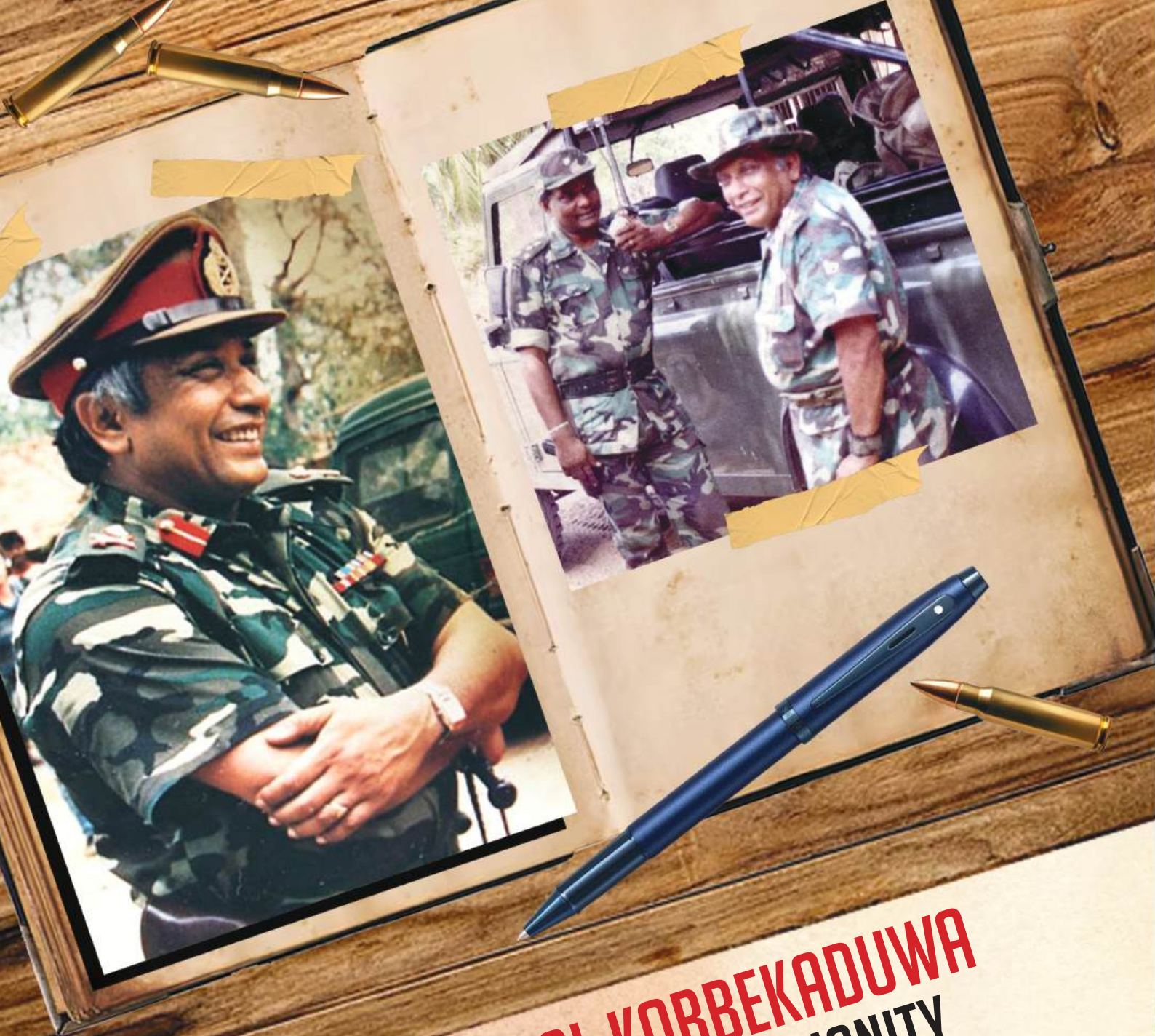
**Small Victories:** Breaking large challenges into smaller goals and achieving them builds confidence and resilience.

**Brotherhood and Team Spirit:** Soldiers gain strength from one another. Shared hardships cultivate collective willpower stronger than individual effort.

## Conclusion

In the arena of war, weapons can be destroyed, strategies can fail and strength can wither, but willpower remains the one force that cannot be conquered unless surrendered by the soldier himself. It has shaped victories, decided defeats and written history in blood and sacrifice. From Thermopylae to Mullaitivu, from Churchill's Britain to Elephant Pass, one truth remains constant. That is, for the soldier, willpower is not just a weapon, it is the deadliest and most decisive weapon, the shield of the spirit and the sword of victory.





# LIEUTENANT GENERAL KOBBEKADUWA A SYMBOL OF VALOUR AND HUMANITY

**Lieutenant General Denzil Lakshman Kobbekaduwa RWP RSP VSV USP rcds psc remains one of the most iconic and beloved figures in Sri Lanka's Army history. His name is embedded not only in the battlefield victories but also in the hearts of the people for his exceptional humanity, and dedication towards the nation.**



## Early Life and Education

Born on 27 July 1940 in Kandy, Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc hailed from a distinguished family with deep cultural and social roots. He received his early education at Trinity College, Kandy, where he developed a passion for sports, particularly rugby. Known for his leadership qualities even as a school boy, he was respected for his discipline, determination and fair play. These values, nurtured during his formative years, became the foundation of his illustrious career as a military Officer.

## Enlistment into the Sri Lanka Army

In 1960, young Denzil Kobbekaduwa enlisted to the Ceylon Army as a young Officer Cadet and soon earned his commission. He was later attached to Sri Lanka Armoured Corps, where his brilliance and commitment quickly marked him as an Officer of exceptional caliber. His professional training extended abroad, particularly in the United Kingdom and India, which broadened his military knowledge and sharpened his strategic thinking.

## Achievements and Battlefield Leadership

Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc rose to prominence during the most turbulent years of Sri Lanka's history. As the Northern and Eastern provinces became the centre of conflict, he was entrusted with commanding some of the most decisive operations against the Liberation Tigers of Tamil Eelam (LTTE). His military brilliance lay not only in planning operations but also in personally leading them from the front.

One of his most notable achievements was the successful Vadamarachchi Operation in 1987, a large-scale offensive that brought significant victories against the LTTE and displayed his masterful coordination of ground, sea and Air Forces. His leadership was not limited to the battlefield, he inspired his troops by sharing their hardships, ensuring their welfare and treating them with fatherly care.

## Humanity Beyond the Battlefield

Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc was different from many others through his unparalleled humanity. While he was a fierce warrior

in combat, he showed deep compassion toward civilians caught in the crossfire. He emphasised minimising civilian casualties and frequently engaged in winning the trust of local populations. Villagers and displaced persons remember him as a figure of kindness who listened to their grievances and extended help wherever possible.

His humility also made him a legend among brother Officers and Other Ranks. Despite his rank, he lived simply, treated everyone with respect and ensured that his men never felt abandoned. This rare blend of military toughness and genuine humanity earned him admiration across the nation, regardless of community or background.

## Decorations and Recognition

Throughout his career, Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc was decorated with numerous medals recognising his gallantry, leadership and service. These included the Vishista Seva Vibushanaya (VSV) for distinguished service, the Rana Wickrama Padakkama (RWP) and Rana Sura Padakkama (RSP) for bravery and several campaign medals. Beyond official decorations, his greatest recognition was the deep respect he commanded from the people of Sri Lanka.

## Untimely Demise

On 08 August 1992, while preparing for an operation in Araly Point, Kayts, Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc was tragically killed along with several Senior Officers in a landmine explosion. His death sent shockwaves across the nation. To this day, his sacrifice is commemorated with solemn remembrance, as Sri Lanka mourns not just the loss of a brilliant military leader, but also a true son of the soil.

Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc was a symbol of courage, integrity and humanity. His life was dedicated to selfless service to the motherland and his leadership inspired generations of Officers. Though his journey was cut short, his legacy continues to illuminate the path for the Sri Lanka Army and the nation.



**Captain KVN Lakmali SLAGSC**  
**Army Headquarters**





# Building Syndrome

## Introduction

In today's world, people spend most of their time indoors, whether at offices, schools, factories, or homes. While buildings are meant to provide shelter and comfort, poorly maintained or improperly designed environments can lead to a health condition known as Building Syndrome. This syndrome, though not always immediately recognised, has become a growing occupational and environmental concern. Understanding its definition, causes,

and recovery procedures is essential to ensure safe, healthy living and working spaces.

## Definition of Building Syndrome

Building Syndrome, often referred to as Sick Building Syndrome (SBS), describes a situation where occupants of a building experience acute health issues and discomfort that appear to be linked to time spent within the building. The symptoms, however, cannot be traced to a specific illness

or cause. Common symptoms include headaches, eye irritation, sore throat, coughing, dizziness, fatigue, and difficulty in concentrating. Notably, these symptoms often improve or disappear once the person leaves the building.

## Causes of Building Syndrome

Several factors contribute to the development of Building Syndrome. These causes may be physical, chemical, or biological:



**Poor Ventilation** – Inadequate fresh air circulation is one of the leading causes. Buildings that rely heavily on air-conditioning systems without proper maintenance often accumulate indoor pollutants.

**Chemical Contaminants** – Volatile organic compounds (VOCs) emitted from paints, cleaning agents, adhesives, carpets, and office equipment like printers and photocopiers can degrade indoor air quality.

**Biological Contaminants** – The presence of mold, bacteria, pollen, or viruses in ventilation systems or damp areas within a building can trigger allergic reactions and respiratory problems.

**Physical Factors** – Inappropriate lighting, excessive noise, uncomfortable temperatures, and electrostatic charges from electronic devices can increase stress and discomfort.

**Psychosocial Factors** – Stressful working conditions, overcrowding, lack of control over the environment, and poor work design can also amplify the perception of illness.

## Recovery Procedures and Management

Addressing Building Syndrome requires a multi-pronged approach focused on both short-term relief and long-term building management.

**Improving Ventilation** – Increasing the supply of fresh outdoor air, cleaning air ducts, and ensuring proper maintenance of heating, ventilation, and air conditioning (HVAC) systems are crucial.

**Control of Indoor Pollutants** – Reducing or eliminating sources of VOCs, using low-emission materials, and ensuring safe storage of chemicals can significantly reduce exposure.

**Moisture Control** – Fixing leaks, preventing dampness, and removing mold from affected areas helps eliminate biological contaminants.

**Enhancing Lighting and Ergonomics** – Providing adequate natural light, controlling glare, reducing noise, and ensuring ergonomic workplace designs can enhance comfort.

**Health Monitoring and Awareness** – Organisations should monitor employee health, encourage reporting of symptoms, and conduct regular environmental assessments.

**Stress Management** – Encouraging healthy work culture, breaks, and relaxation techniques can minimise psychosocial factors that worsen SBS.

## Conclusion

Building Syndrome is not a disease in itself but a collection of symptoms linked to poor indoor environments. With increasing reliance on closed, air-conditioned buildings, it has become a critical issue in occupational health. By improving ventilation, reducing chemical and biological contaminants, maintaining building systems, and addressing psychosocial factors, the negative effects of Building Syndrome can be minimised. Ultimately, creating healthier indoor environments not only safeguards physical health but also improves productivity, morale, and overall quality of life.

# Yoga Positions Beneficial for Diabetes

Diabetes is a growing health concern worldwide, and while medication and diet play vital roles in managing it, regular physical activity is equally important. Yoga, with its blend of movement, breathing, and mindfulness, can significantly help regulate blood sugar levels, improve insulin sensitivity, and reduce stress. The following ten yoga positions are particularly beneficial for diabetes, along with steps to practice them and their key benefits.

## 1. Tadasana (Mountain Pose)

**How to do:** Stand upright with feet together, arms at sides. Inhale deeply, stretch arms overhead, and rise on your toes.

**Benefits:** Improves posture, enhances blood circulation, and provides energy balance.

## 2. Vrikshasana (Tree Pose)

**How to do:** Stand tall, place one foot on the inner thigh of the opposite leg, and balance. Hands join above the head in prayer position.

**Benefits:** Strengthens legs, improves concentration, and supports nervous system stability.

## 3. Paschimottanasana (Seated Forward Bend)

**How to do:** Sit with legs extended. Inhale, stretch arms upward, exhale and bend forward to touch toes.

**Benefits:** Stimulates the pancreas, improves digestion, and relieves stress.

## 4. Bhujangasana (Cobra Pose)

**How to do:** Lie on stomach, place palms under shoulders, and lift chest upward while keeping pelvis on the ground.



**Benefits:** Stimulates abdominal organs, reduces belly fat, and improves pancreatic function.

### 5. Dhanurasana (Bow Pose)

**How to do:** Lie on stomach, bend knees, hold ankles with hands, and lift chest and thighs together.

**Benefits:** Strengthens pancreas and intestines, aids in weight control, and improves blood circulation.

### 6. Ardha Matsyendrasana (Half Spinal Twist)

**How to do:** Sit with one leg bent and foot outside the opposite knee, twist torso towards the bent knee, placing opposite elbow on it.

**Benefits:** Stimulates kidneys, liver, and pancreas while improving digestion and detoxification.

### 7. Halasana (Plow Pose)

**How to do:** Lie on back, lift legs overhead until toes touch the floor behind the head, keeping back straight.

**Benefits:** Improves thyroid function, reduces abdominal fat, and controls blood sugar.

### 8. Sarvangasana (Shoulder Stand)

**How to do:** Lie on back, lift legs upward, supporting back with hands until body rests on shoulders.

**Benefits:** Enhances metabolism, balances hormones, and improves pancreatic health.

### 9. Setu Bandhasana (Bridge Pose)

**How to do:** Lie on back, bend knees, feet flat, and lift hips upward while keeping shoulders grounded.

**Benefits:** Stimulates abdominal organs, relieves stress, and strengthens the spine.

### 10. Shavasana (Corpse Pose)

**How to do:** Lie flat on back, arms and legs relaxed, close eyes, and focus on breathing.

**Benefits:** Reduces stress, lowers blood pressure, and promotes overall relaxation.

### Conclusion

Yoga offers d\_+\_iabetics a natural, effective way to complement their medical treatment. These ten postures not only help in regulating blood sugar but also reduce stress and improve overall well-being. Practicing them regularly, along with a balanced diet and medical advice, can make a significant difference in managing diabetes and leading a healthier life.



# Army Troops Revive Poonagala with Massive Housing Project

The devastating landslide took place in Habaragala area in 2023 displaced 70 civilians, leaving them without proper shelter or basic living conditions. For a long period, these internally displaced families struggled quietly. Under the directives of His Excellency the President and Commander-in-Chief, Anura Kumara Disanayake, the 'Clean Sri Lanka Initiative' launched the Poonagala Housing Project in Badulla District as part of the Disaster Victim Resettlement Programme to provide permanent housing solutions for those affected by the landslide. This massive housing project was initiated on land adjacent to the Tamil Maha Vidyalaya in Poonagala to build 50 houses for the displaced families. Currently, these families are temporarily residing in a nearby Mahakanda Tea Factory in Poonagala, awaiting their new homes.

## Nature of the Project

The housing project aims to benefit 50 out of the 70 displaced families. Many of them belong to the Tamil ethnic community. The project site includes 91 plots, with each family allocated 10 perches of land. Each house is designed to cover approximately 550 square meters and will be equipped with modern living facilities, including a living room, two bedrooms, an attached bathroom and a kitchen, along with essential infrastructure such as water supply, road access and electricity. This massive humanitarian project is implemented under the Ministry of Plantation and Community Infrastructure, with the technical guidance of the National Building Research Organization, Pradeshiya

Sabha and District Secretaries, Badulla. The procurement plan has received official approval from the Government Agent of Badulla, ensuring smooth execution.

## Army Contribution

The Sri Lanka Army extending its capacity for this humanitarian effort actively committed for the success of the execution of the project. The Army was entrusted with the responsibility of constructing the houses under the 'Clean Sri Lanka Initiative'. Accordingly, the cornerstone for the project was laid by MP Samantha Vidarathne, Minister of Plantation and Community Infrastructure together with Lasantha Rodrigo RSP ctf-ndu IG, the Commander of the Army on 15 March 2025 at Poonagala.





Troops from the 11 Engineer Services Regiment (CES) have been deployed to the Poonagala site to execute the construction. Accordingly, two Officers and 135 Other Ranks are actively engaged in the construction process day and night. The entire operation is supervised by the 112 Infantry Brigade, under command to the Security Forces (Central).

The project is progressing through a two-step process. In the initial phase, the Army troops are focused on preparing the land, leveling it to meet the required standards for building durable and safe houses. This groundwork is crucial and demands continuous effort. The Army troops deployed in the site working day and night to ensure the land is suitable for construction. Their dedication and expertise in land development and construction are pivotal in accelerating the project timeline.



The Poonagala housing project is gradually developing to be completed by the end of the year. This initiative not only provides shelter for the displaced but also restores hope and stability to the displaced families, marking a significant step towards rebuilding their lives with dignity. The Poonagala Housing Project would not have been possible without the dedicated efforts of the valorous Army troops.

Special Thanks to Lieutenant Colonel Susantha ESR  
Major E N Gamage



**Captain KVN Lakmali SLAGSC**  
**Army Headquarters**



# Diabetes

Diabetes Mellitus (DM) is a chronic metabolic disorder marked by elevated blood glucose levels (hyperglycemia) due to insufficient insulin production, impaired insulin action, or both. Insulin, a hormone produced by the pancreas, regulates the uptake of glucose into cells for energy. In diabetes, this balance is disrupted, leading to long-term health complications if not controlled.

Diabetes is not a single disease but a group of metabolic conditions. It is progressive in nature, meaning it worsens over time if untreated. The condition affects multiple organ systems including the eyes, kidneys, nerves, heart, and blood vessels. Diabetes is influenced by genetic factors, lifestyle choices, diet, and sometimes autoimmunity.

## Types of Diabetes

Diabetes can be broadly classified into several types:

### Type 1 Diabetes Mellitus (T1DM):

Type 1 Diabetes Mellitus is caused by the autoimmune destruction of pancreatic B-cells, which leads to an absolute deficiency of insulin in the body. This condition most commonly occurs in children and young adults, and because the pancreas can no longer produce insulin, patients require lifelong insulin therapy to maintain normal blood glucose levels and prevent complications.

### Type 2 Diabetes Mellitus (T2DM):

Type 2 Diabetes Mellitus is the most prevalent form of diabetes, usually occurring in adults. It is primarily caused by insulin resistance combined with relative insulin deficiency, which prevents the body from effectively using glucose for energy. The condition is strongly linked to obesity, physical inactivity, and poor dietary habits. Management typically involves lifestyle modifications such as a balanced diet and regular exercise, along with oral hypoglycemic medications, and in some cases, insulin therapy to achieve optimal blood glucose control.

### Gestational Diabetes Mellitus (GDM):

Gestational Diabetes Mellitus develops during pregnancy as a result of hormonal changes that impair insulin sensitivity. It increases the risk of complications for both the mother and the child, including high birth weight, preterm delivery, and delivery-related difficulties. Although it usually resolves after childbirth, it significantly predisposes the mother to developing Type 2 Diabetes Mellitus later in life, making postpartum monitoring and lifestyle adjustments essential.

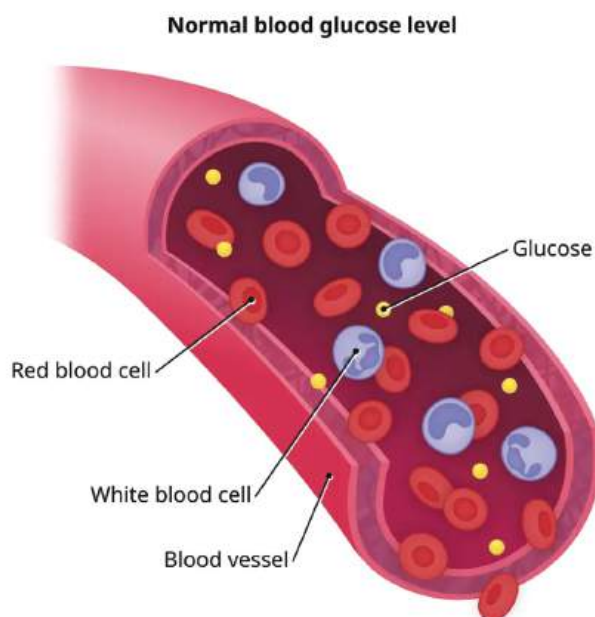
## Causes of Diabetes

The causes of diabetes vary with type:

**Type 1 Diabetes:** Autoimmune response leading to B-cells destruction; genetic predisposition; viral infections.



## Diabetes



**Type 2 Diabetes:** Insulin resistance due to obesity, sedentary lifestyle, poor diet, and genetic factors.

**Gestational Diabetes:** Hormonal changes in pregnancy that impair insulin sensitivity.

Other risk factors include family history, hypertension, dyslipidemia, and advancing age.

### Symptoms of Diabetes

Classic symptoms include: Polyuria (frequent urination), Polydipsia (excessive thirst), Polyphagia (increased hunger), Unexplained weight loss (more common in T1DM), Fatigue and weakness, Blurred vision, Slow-healing wounds and recurrent infections and Numbness or tingling in the hands and feet (neuropathy). If untreated, diabetes can lead to acute complications such as Diabetic Ketoacidosis (DKA) or Hyperosmolar Hyperglycemic State (HHS).

### Tests to Identify Diabetes

Diagnosis of diabetes is based on blood glucose measurement. Common tests include:

Fasting Plasma Glucose (FPG):  $\geq 126$  mg/dL indicates diabetes.

Oral Glucose Tolerance Test (OGTT): A 2-hour plasma glucose  $\geq 200$  mg/dL confirms diagnosis.

Random Plasma Glucose:  $\geq 200$  mg/dL with symptoms is diagnostic.

Hemoglobin A1c (HbA1c):  $\geq 6.5\%$  indicates diabetes and also reflects long-term control.

Screening is especially important for individuals with risk factors such as obesity, family history, or hypertension.

### Foods Good for Diabetics

Diet plays a vital role in the effective management of diabetes, with an emphasis on foods that help maintain stable blood glucose levels. Whole grains such as brown rice, oats, barley, and quinoa are recommended for their low glycemic index, while lean proteins like fish, skinless chicken, legumes, and tofu support glucose regulation.

A variety of vegetables, particularly leafy greens, cruciferous types like broccoli and cauliflower, and non-starchy options such as cucumber and zucchini, are highly beneficial.

Fruits like apples, berries, oranges, and pears can be consumed in moderation due to their fiber content. Healthy fats from avocados, nuts, seeds, and olive oil contribute to satiety and cardiovascular protection, while low-fat dairy products such as milk, yogurt, and cheese provide protein and calcium when consumed moderately.

Fiber-rich foods, including lentils, beans, and flaxseeds, further aid in slowing glucose absorption. Conversely, diabetics are advised to avoid refined sugars, white bread, fried foods, and sugary beverages, as these can cause harmful spikes in blood sugar.

Diabetes Mellitus is a complex but manageable condition. Early detection, regular monitoring, and strict adherence to medical advice are key to preventing long-term complications. With a balanced diet, regular physical activity, appropriate medication, and lifestyle adjustments, individuals with diabetes can lead healthy and fulfilling lives.

Special Thanks to Dr. Welagedara MBBS (Sri Lanka)



*Lt A B I Lakshitha  
2 (V) SLAGSC  
Army Headquarters*



# SOCIAL MEDIA AND MENTAL HEALTH

In today's digitally connected world, social media has become an integral part of daily life. Social media refers to online platforms and applications that allow users to create, share, and interact with content, as well as communicate with others worldwide. Popular examples include Facebook, Instagram, Twitter, TikTok, and LinkedIn. While these platforms have revolutionised communication and access to information, they also carry potential risks, particularly concerning mental health and well-being.

## Impact on Everyday Life

Social media has transformed how

we interact, both personally and professionally. It enables instant communication, networking, and access to news and educational content. For army personnel, social media can help maintain contact with family, share positive updates, and learn about world events in real-time. However, the constant connectivity comes with psychological challenges. Excessive scrolling, comparison with others, and exposure to distressing content can lead to stress, anxiety, depression, and decreased productivity. For instance, soldiers on duty may feel pressure to keep up with online trends, inadvertently affecting focus, discipline, and mental clarity.

## Social Media Addiction

One of the most concerning effects of social media is its addictive nature. Addiction manifests as compulsive checking of notifications, inability to detach from online platforms, and prioritising virtual interactions over real-world responsibilities. The brain often responds to likes, comments, and shares with a dopamine surge, creating a reward loop similar to other behavioural addictions. For army personnel, such addiction can have serious consequences, including distraction during training, impaired decision-making in critical situations, and reduced physical and mental resilience.



## Strategies to Avoid Social Media Addiction

Avoiding addiction requires conscious effort and self-regulation. Setting strict time limits for social media use is crucial, especially during work hours or training periods. Utilising apps that monitor usage, turning off unnecessary notifications, and creating “social media-free” zones in personal spaces can help reduce compulsive engagement. Additionally, prioritising face-to-face interactions, engaging in physical fitness, and practicing mindfulness or meditation can redirect attention from virtual distractions to real-life experiences.

Army personnel, in particular, benefit from structured routines that minimise idle screen time. Maintaining discipline in social media use ensures that mental energy is conserved for tasks that demand focus, vigilance, and strategic thinking. Furthermore, avoiding social media

addiction fosters better sleep patterns, emotional stability, and resilience, qualities essential for operational readiness and overall well-being.

## The Importance of Balance

The goal is not to eliminate social media entirely but to use it responsibly. When used mindfully, social media can enhance personal and professional life, offering opportunities for networking, learning, and relaxation. Soldiers can share their achievements, connect with loved ones, and even raise awareness on important causes without compromising mental health. However, recognising the signs of overuse and taking proactive measures is vital. Balanced use ensures that technology serves as a tool, not a source of stress or dependency.

Social media is a powerful and pervasive tool, shaping communication, learning, and entertainment in modern society. While it offers numerous

benefits, its overuse can negatively affect mental health, productivity, and overall well-being. For army personnel, in particular, controlling social media usage is critical to maintaining discipline, mental clarity, and operational effectiveness. By setting boundaries, practicing self-discipline, and prioritising real-world interactions, individuals can enjoy the advantages of social media while safeguarding their mental health. Responsible engagement ensures that technology enhances life rather than controlling it.



**Captain KVN Lakmali**  
**SLAGSC**  
**Army Headquarters**



## The Role of NAITA Sri Lanka for Competency Based Education in Sri Lanka

The National Apprentice and Industrial Training Authority (NAITA) was formerly known as the National Apprentice Board (NAB), which was established by an Act of Parliament to monitor and regulate apprenticeships for unskilled school leavers. NAB was restructured in 1971 with the national aim of building a skilled workforce for the nation. Later, in 1990, NAB became NAITA under the Tertiary and Vocational Education Act No. 20 of 1990, to achieve the following prime objectives:

1. Planning, organising & issuing vocational training
2. Determining training standards related to vocational training
3. Conducting examinations related to vocational training and issuing certificates and other guidelines
4. Conducting National Trade Tests
5. Guiding Vocational Training Commission on Vocational Training

Currently, NAITA has an island-wide setup with 25 district offices and 3 main national institutes covering vocational training to the nation.

Competency is the level of sufficient knowledge, skills and attitudes to achieve success. To achieve successful craftsman, all components of knowledge, skills, and attitudes should be completed. NAITA intends to distribute Enterprise Based Training (EBT) approach for vocational training which is a more productive approach in competency-based education. Skills are gained through job training and it has a distance learning modules to acquire knowledge pertaining to competency. Attitudinal development programmes are conducting throughout the course to level up the attitudes of the apprentices. Therefore, NAITA plays a major role to developed competency based vocational education in Sri Lanka.

After 2005, the National Vocational Qualification (NVQ) was introduced to the competency-based education system by the Tertiary and Vocational Education Commission (TVEC). This led to the amalgamation of certification methods of different vocational training institutions. Therefore, NVQ has become more popular and unique certification system in Sri Lanka. Currently, from this NVQ framework, all competences pertaining a particular job, is standardise. NVQ 1-7 scale is developed through this standardisation. Each level of NVQ ladder is design upon the level of competency that apprentice can achieve for NVQ Certification. NVQ certification can be obtained through

main 3 methods. Enterprise Based Training (EBT) platform is a major method. Other than that, Centre Base Training (CBT) and Recognition for Prior Learning (RPL) methods are used. Currently, NAITA Sri Lanka is entertaining above mentioned all methods for delivering vocational training.

NAITA Sri Lanka and the Sri Lanka Army have collaborated on training initiatives, such as the SL Army Engineers Division enhancing the skill of NAITA training officers, focusing on leadership, etiquette and time management. Additionally, NAITA Sri Lanka has partnered with the Sri Lanka Army to improve vocational education and Air supported potential army retirees in relevant trades.

Further, the National Apprentice and Industrial Training Authority (NAITA) has played a pivotal role in providing training and skill development opportunities to the Sri Lanka Army, strengthening the technical and vocational competencies of its personnel. Through collaborative efforts, NAITA offers a variety of courses in areas such as electrical engineering, mechanical maintenance, information technology, hospitality, plumbing, welding, and automotive servicing. These programmes equip Army personnel with practical skills that are directly applicable to both military operations and civilian life, enhancing their professional versatility. NAITA and Competency-Based Assessor for TVEC, involved in conducting competency-based assessments at the Sri Lanka Army School of Agriculture and Livestock in Murikandy. NAITA always collaborated with Sri Lanka Army group scale vocational training of Sri Lanka. In addition to formal courses, NAITA and the Sri Lanka Army have jointly conducted projects such as vehicle maintenance workshops, electrical wiring and installation projects, IT-based automation initiatives, and hospitality management programmes. These hands-on projects allow soldiers to apply their learning in real-world settings, problem-solving, teamwork, and technical proficiency. By tailoring these courses and projects to meet the unique operational demands of military service, NAITA ensures that Army personnel are not only better prepared for service-related challenges but also gain skills that support post-service employment and personal development. This collaboration promotes continuous learning, skill enhancement, and capacity building, reflecting a shared commitment to developing a competent, self-reliant, and professionally skilled military workforce.



**Kaveesha Rajakaruna**  
District Manager – NAITA Gampaha District Office  
(B.Sc. (SP) – Uva Wellassa University, SL  
CQHRM, PQHRM – CIPM SL  
MAHRM – University of Northampton, UK



# COMIC CORNER



# BELLATOR



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**Brigadier**  
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**TRANSLATOR**

**Captain**  
**K V N Lakmali SLAGSC**

**COMPUTER FONTS, COVER DESIGN AND PAGE LAYOUT**

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## BELLATOR ADDRESS

**Bellator**  
**Directorate of Media and Psychological Operations**  
**Sri Lanka Army Headquarters**  
**Defence Complex, Akuregoda Road, Battaramulla**  
**Sri Lanka.**

## EMAIL

**slarmymedia@gmail.com**  
**ranaviruwa@yahoo.com**

## TELEPHONE

**+ 94 011 2993076**

## READ ONLINE



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**Sri Lanka Army**

# 33

**years since the fall of**

**Lieutenant General  
Denzil Kobbekaduwa RWP RSP**

**VSV USP rcds psc**

**08 August 1992 to 08 August 2005**

**The valiant sons who departed in  
silence, leaving us a land to call  
home, shall dwell in our hearts  
forever. War Heroes are not merely  
made, but born of unyielding  
patriotism and boundless courage.  
The blood and sweat they shed,  
the sacrifices they made, are  
treasured. Though the rains may  
fall, the footprints they left upon  
this sacred land shall never fade.**

**With the glory shining to the mountain's  
He swept the evil foe from the  
Born with the spirit of Gajaba and Gamunu's  
Revive the nation again with your dawn of**

**height  
sight  
might  
light**

One of the most tragic events at the onset of the thirty-year war in Sri Lanka was the untimely death of Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc. On 08 August 1992, at Araly Point, Jaffna, he, together with Brigadier Vijaya Wimalaratne and several other War Heroes, fell victim to a landmine explosion. Thirty-three years have now passed since that fateful day. This issue of 'Bellator' dedicates its back cover to the enduring memory of this greatest War Hero of the Nation.