



NOVEMBER 2025 56th Issue

BELLATOR

R A N A V I R U W A



*Unshaken will of the Unstoppable
Warrior's Amidst Catastrophe*



Sri Lanka Army Extends its Responsible and Accountable Contribution to Rebuild the Nation



As a nation, we had to face one of the most unpreceded catastrophic natural disasters in our history. Its social impact affected the entire country indiscriminately, leaving no room for any prior preparation.

In response to this extraordinary situation, His Excellency the President took immediate action by establishing a Special Disaster Management Centre at the Army Headquarters. This decision was made following a clear assessment of the rapidly evolving circumstances, in close coordination with Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, the Commander of the Navy and the Commander of the Air Force managing the government mechanism. Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence, Air Vice Marshal Sampath Thuyacontha (Retd) WWV, RWP and two Bars, RSP and Bar, USP, MMSc (Strategic Studies—China), MSc (Defence Studies) in Management, MSc (Defence and Strategic Studies), fndu (China), psc, the Secretary to the Ministry of Defence along with other ministers and senior government officials, also made significant contributions to this effort.

The extensive damage caused by floods and landslides could have been far more severe without the timely intervention of the security forces.





National Tribute to Fallen Heroes Held at Cenotaph War Memorial

The 81st Armed Forces Remembrance Day and Poppy Flower Ceremony was solemnly commemorated on 16 November 2025 at the Cenotaph War Memorial in Viharamahadevi Park, Colombo. This annual event, organised by Sri Lanka Ex-Servicemen's Association in collaboration with the Armed Services, honoured the memory and sacrifices of Sri Lankan War Heroes who laid down their lives in defence of the nation in conflicts ranging from the First World War to the present day.



Hon. Dr. Harini Amarasuriya, the Prime Minister of Sri Lanka, graced the commemoration as the Chief Guest. Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, the Deputy Minister of Defence, Air Vice Marshal Sampath Thuyaontha (Retd) WWV RWP and two Bars RSP and Bar USP MMSc (Strat Stu-China) MSc (Def Stu) in Mgt MSc (Def & Strat Stu) fndu (China) psc, the Secretary to the Ministry of Defence and Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, also attended the event.



The Commander of the Army Delivers the Commander's Lecture at the National Defence College



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army at the invitation of Major General C S Munasinghe WWV RWP RSP USP ndc psc IG MSc (NS & SS), the Commandant, National Defence College (NDC) delivered the Commander's Lecture on 05 November 2025.

During the lecture, the Commander of the Army, enlightened the audience under the theme of "Sri Lanka Army's Role in National Security". He further provided a comprehensive overview of the operational environment, strategic transition and future readiness of Sri Lanka Army and evolving security challenges, ongoing modernisation efforts, technological integration and organisational transformation aimed at developing a professional, adaptive and future-ready force aligned with national security objectives.

Student Officers of the National Security and Strategic Studies Course No. 04-2025, which comprises 15 Officers from the Army, 07 from the Navy, 06 from the Air Force, 03 from the Police and 10 foreign Officers participated in the session.



Defence Attaché of the Islamic Republic of Iran to Sri Lanka Calls on the Commander of the Army

Colonel Mohammad Mahboobi Fooladi, Defence Attaché of Islamic Republic of Iran to Sri Lanka, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, at the Army Headquarters.

The Vijayabahu Infantry Seminar 2025

The Vijayabahu Infantry Seminar– 2025 was conducted at the Regimental Centre the Vijayabahu Infantry Regiment (VIR) in Boyagane on 22 November 2025, under the patronage of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army.

Major General K A W N H Bandaranayake USP, the Colonel of the Regiment delivered the welcome address and Major General S R B Aluvihare (Retd) RWP RSP ndu psc delivered the keynote speech. The seminar consisted of two technical sessions where the subject specialists delivered a series of lectures covering a range of military-related topics aiming to enhance professional knowledge and operational readiness.

During the programme, the inauguration ceremony of the newly constructed Officers' Accommodation Complex was held in the VIR premises, marking another significant milestone of the Regiment. The Commander of the Army paid a visit to review the infrastructure.



The Commander of the Army Graces Fallen War Heroes' Commemoration at SLLI



Sri Lanka Light Infantry (SLLI) conducted a Fallen War Heroes' Commemoration Ceremony on 05 November 2025 at Regimental Headquarters of SLLI, amidst military traditions, paying tribute to the gallant War Heroes who made the supreme sacrifice for the motherland. The ceremony, which was held in conjunction with the 144th Anniversary celebrations of the Regiment, was graced by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, at the invitation of Major General Y A B M Yahampath RWP RSP ndu psc, the Deputy Chief of Staff of the Army and the Colonel of the Regiment of SLLI. As another part of the commemoration, the Regimental Headquarters of SLLI organised an annual pirith chanting ceremony and an almsgiving on the day following to invoke blessings upon the fallen War Heroes and their families.





The Commander of the Army Visits Security Forces (Central)



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, visited the Security Force Headquarters (Central) on 01 November 2025 to inspect the operational readiness as well as administrative and logistic preparedness.

Major General K A W N H Bandaranayake USP, the Commander, Security Forces (Central) warmly welcomed the Commander of the Army upon the arrival to the premises.

The Commander of the Army also visited the medical camp at the Volunteer Force Training School, Diyatalawa. The Directorate of Veterans Affairs and Rehabilitation, in collaboration with the Army Seva Vanitha Unit (ASVU), organised this medical camp under the 6th phase of medical camp for disabled, retired personnel as part of a series of ongoing medical programmes.

During the event, 300 spectacles which were sponsored by the ASVU were symbolically distributed to disabled personnel by the Commander of the Army and other distinguished guests. Additionally, 50 spectacles were also donated by Optometrist B A S I A Bamunusinghe.

Military Funerals Held for Late Senior Officers



The military funeral of the late Brigadier D C J W Jayasekara (Retd) of the Vijayabahu Infantry Regiment took place at the crematorium of St. Theresa's Church, Kelaniya, on 04 November 2025. The funeral was conducted with full traditions and honours to pay the last respect to the Senior Officer.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, presented the decorations and medals earned by the late Brigadier D C J W Jayasekara (Retd) during his distinguished military career to the bereaved family.



The military funeral of the late Brigadier W V S Botejue (Retd) RWP RSP psc of the Gemunu Watch was held at the General Cemetery, Borella, on 27 November 2025. The formal Special Part I Order, issued by the Adjutant General of Sri Lanka Army, was then read out to the mourners. In keeping with military traditions, troops saluted the deceased and presented a symbolic gun salute, the highest honour accorded to a military Officer upon his demise. Subsequently, Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army presented the bereaved family with the decorations and medals earned by the late Senior Officer during his distinguished military career.



Further, the military funeral of the late Colonel R A N P Ranaveera of the Sri Lanka Sinha Regiment took place at the General Cemetery, Kottawa, on 01 November 2025. Major General U K D D P Udugama RWP RSP USP ndc psc, the Commander, Security Forces (West) and the Colonel of the Regiment of the Gajaba Regiment, presented the bereaved family with the decorations and medals earned by Colonel R A N P Ranaveera during his distinguished military career.



The 11th Army-to-Army Staff Talks (AAST) between the Indian Army and Sri Lanka Army



The 11th Army-to-Army Staff Talks (AAST) between the Indian Army and Sri Lanka Army was successfully conducted at the Officers' Training Academy (OTA), Gaya, India, from 18 to 20 November 2025, further strengthening the long-standing and cooperative military relationship between the two nations. A six-member Sri Lanka Army delegation participated in the talks alongside a senior delegation from the Indian Army. The Staff Talks were co-chaired by Major General Akaash Johar AVSM, the Additional Director General International Cooperation, leading a seven-member Indian Army delegation and Major General P R Pathiravithana USAWC psc, the Director General General Staff, accompanied by representatives from several directorates, including Major General A M C P Wijayaratne RWP RSP nps psc, the Director General Research, Concept and Doctrine, Brigadier S J K D Jayawardena USP psc, the Director Information Technology, Brigadier A K Peiris RSP, the Director Plans, Brigadier B A D R A C Wijeyesekera RSP ctf-ndu USACGSC, the Director Training and Colonel U N G Karunaratne RSP psc, the Colonel Perspective Planning & Implementation Cell of the Sri Lanka Army.

The conduct of the Staff Talks in Bodhgaya was highly symbolic, reflecting the deep historical, cultural and spiritual ties that bind Sri Lanka and India, particularly through their shared Buddhist heritage. The forum provided an invaluable platform for both armies to engage in constructive dialogue, review ongoing cooperation, identify new avenues for collaboration and reinforce existing military diplomacy, cultural ties and defence partnerships, including training, joint exercises, capacity building and strategic-level coordination. At the conclusion of the deliberations, the agreed minutes of the 11th AAST were formally signed by the two Co-Chairmen, marking a shared commitment to further strengthening bilateral military relations. Sri Lanka Army also extended an official invitation to the Indian Army to participate in the 12th Army-to-Army Staff Talks, scheduled to be held in Sri Lanka in 2026.

The Commander of the Army Commends Sri Lankan Military Contingent for the Humanitarian Mission in Myanmar



Sri Lankan military contingent engaged in providing vital humanitarian assistance following the earthquake in Myanmar earlier this year. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, commended Sri Lankan military contingent during a ceremony held at Army Headquarters on 26 November 2025, in recognition of their service. The contingent, consisting of personnel from the Tri-Forces, was deployed from 05 April to 26 April 2025 across the Naypyidaw Province to support emergency relief operations in the affected region. Their mission focused on assessing ground conditions, strengthening damaged health infrastructure, conducting mobile medical clinics, delivering urgent medical care and carrying out comprehensive health-surveillance assessments. They also facilitated the efficient distribution of aid and implemented targeted support initiatives in high-need areas, including an organised donation programme for affected families.

During the brief ceremony, 16 Army personnel and 03 Navy personnel received tokens of appreciation (medals) presented by the Government of Myanmar, marking their exemplary service during the overseas deployment.



The Commander of the Army Felicitates Newly Promoted Major Generals



Major General G S K Perera RSP ndc and Major General N S S Dias RSP, who were recently promoted to the rank of Major General, received the symbols of authority and best wishes from Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, during a formal courtesy call held on 26 November 2025 at the Army Headquarters.



"Wolverine Path 2025"

Russian–Sri Lankan Tactical Counter Terrorist Exercise

The joint tactical counter-terrorist exercise "Wolverine Path 2025" between Sri Lanka Army and the Armed Forces of the Russian Federation concluded successfully on 04 November 2025 at the Army Training School, Maduruoya, marking the first-ever field training collaboration between the two nations.

Major General D K S K Dolage USP nps psc, the Chief of Staff, graced the closing ceremony as the Chief Guest. The exercise aimed to strengthen military cooperation, enhance counter-terrorism capabilities and develop interoperability through tactical drills, field scenarios and simulations.



A certificate awarding ceremony followed the final tactical demonstration, where participants from both nations were commended for their exceptional performance. Mementos were also exchanged to mark the successful completion of the programme. Representing the Russian Federation, Major General Andrey Borisovich Kozlov praised the professionalism of Sri Lankan troops and acknowledged the exercise's role in strengthening bilateral military ties.



NVQ Certificate Awarding Ceremony



The National Vocational Qualification (NVQ) Level VI Certificate Awarding Ceremony for Electricians, Carpenters (Building) and Construction Workers (Masonry) was held on 17 October 2025 under the supervision of Colonel J A C S Jagoda psc, the Commandant of the Sri Lanka School of Military Engineering (SLSME). Mr. K A Lalithatheera, the Director General, the Tertiary and Vocational Education Commission, along with Brigadier C D Wickramanayake WV RSP ndc, the Chief Field Engineer of Sri Lanka Army graced the event as the Chief Guests. 83 Other Ranks representing various Regiments participated in the course and awarded the National Vocational Qualification (NVQ) Certificates in recognition of their professional achievements.



"Wanabambara" Challenging Training Experience for Officer Cadets



The Sri Lanka Military Academy (SLMA) successfully conducted its final field exercise, "Wanabambara", over two distinct phases, providing a formidable training experience to Officer Cadets. This final field exercise, which was held from 22 October to 15 November 2025, marked the culmination of rigorous training for Officer Cadets from Intake 93, 94B, SC 23, 62 (V), Lady Intake 20 and Lady Intake 19 (V). The exercise was held across various terrain in the forest reserves of Omanugala, Walamandiya, Nelugala and Aranaganwila. The initial phase of the field exercise took place at Special Forces Training School – Maduruoya. The first phase of Wanabambara included a comprehensive curriculum, featuring physical conditioning, endurance training tests, circuit training, confidence-building exercises, rappelling, aerial rope, climbing techniques, intensive live firing drills, live fire-and-move, live lane firing, bunker busting, room entering drill, urban disengagement drill, urban obstacle course, air mobile training and demonstrations on harbouring and breaking contacts. The second phase focused on deepening the trainees' understanding on counter-revolutionary warfare by allowing them to apply their theoretical knowledge in practical scenarios that demanded quick thinking and adaptation.



Battalion Support Weapons Officer Course - 89 (2025/II)

The Battalion Support Weapons Officer Course - 89 (2025/II) was concluded on 08 November 2025 with a certificates awarding ceremony held at the Infantry Training Centre, Minneriya. Brigadier M L D S Molligoda USP psc, the Commandant, Infantry Training Centre, Minneriya participated in the event as the Chief Guest. The course was conducted over a period of three months with the participation of 38 student Officers. Captain D N D De Silva of the Sri Lanka Sinha Regiment secured the first position in the course.

The German Mobile Training Team Visits Sri Lanka



A reconnaissance team comprising seven officials from the German Armed Forces arrived in Sri Lanka on 26 November 2025, following an invitation extended by Sri Lanka Army to conduct Mobile Training Teams for Sri Lankan peacekeepers. The reconnaissance team, led by Captain Nils Norwig of the German Air Force, arrived at the Directorate of Overseas Operations on 27 November 2025 and conducted the preliminary discussions on Mobile Training with Brigadier M K D P Mapalagama psc, the Director Overseas Operations, Brigadier Y M S C B Jayathilaka RSP USP, the Commandant of the Institute of Peace Support Operations Training Sri Lanka, Colonel J A C S Jagoda psc, the Commandant of the School of Military Engineering and Colonel K A P Karawita RSP USP, the Colonel Overseas Operations.



Contingent-Owned Equipment (COE) Inspection



The 16th Sri Lanka Force Protection Company (SLFPC) successfully completed its second and final Contingent-Owned Equipment (COE) inspection for the year 2025. The inspection was carried out on 19 November 2025 at Sri Base in Naqoura by a team of 15 officials from the United Nations Interim Force in Lebanon (UNIFIL). The UNIFIL-COE team concluded the inspection with highly commendable results, reporting no observations or shortcomings. This achievement reflects the unit's exceptional commitment to operational readiness and meticulous equipment maintenance, marking the second consecutive successful inspection since the 16th SLFPC assumed duties under UNIFIL.

*The valiant heroes
filled with heroism,
compassion and humanity
stands as our shield
protecting tomorrow
as they were yesterday and
today in the fierce rush of
rising waters
in places where nothing can be seen
they move for unseen the unheard,
the unknown with their endless mission
for the motherland*



Service equal to all



Dedicated commitment during disaster



Mighty power of the mighty Heroes

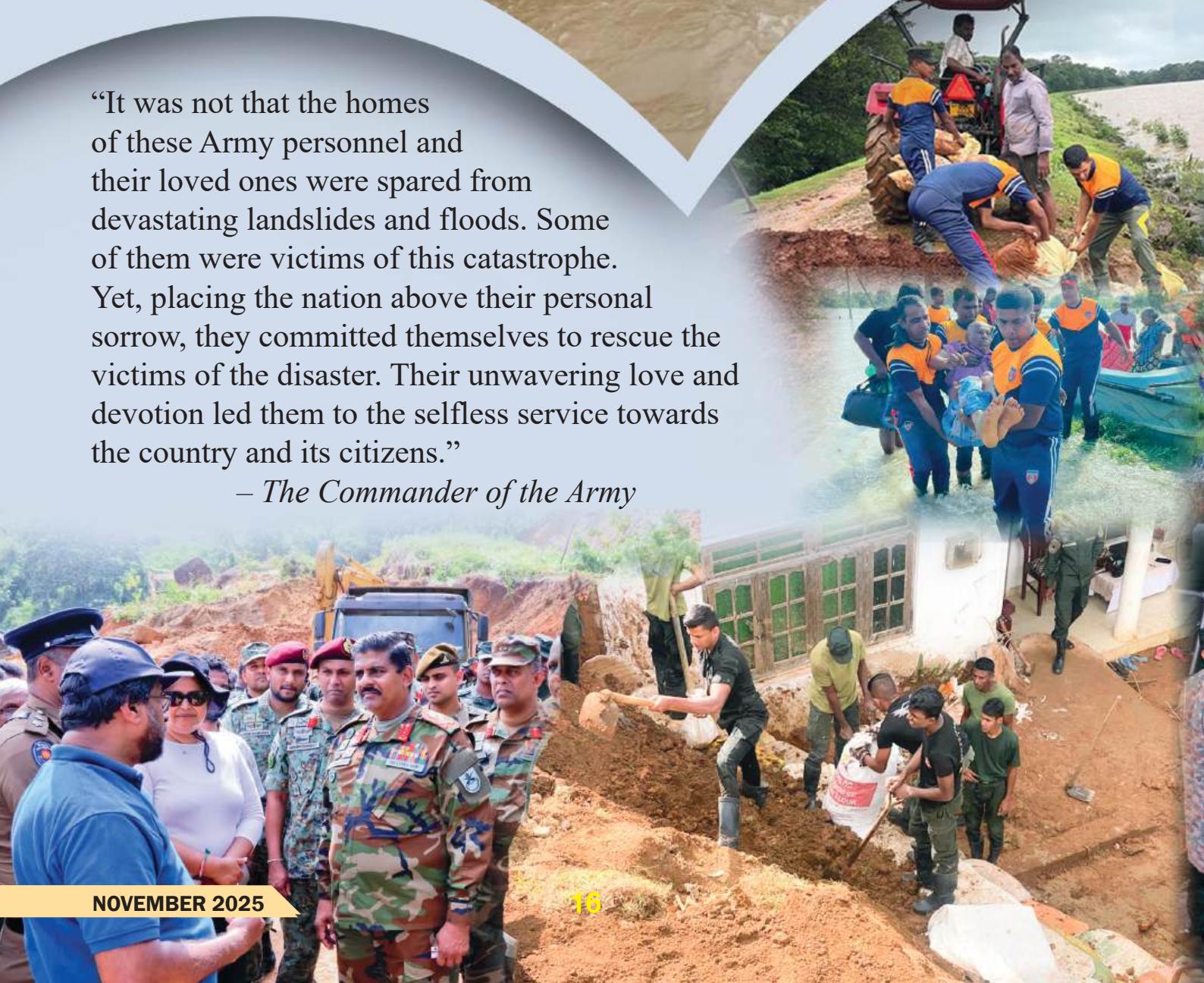




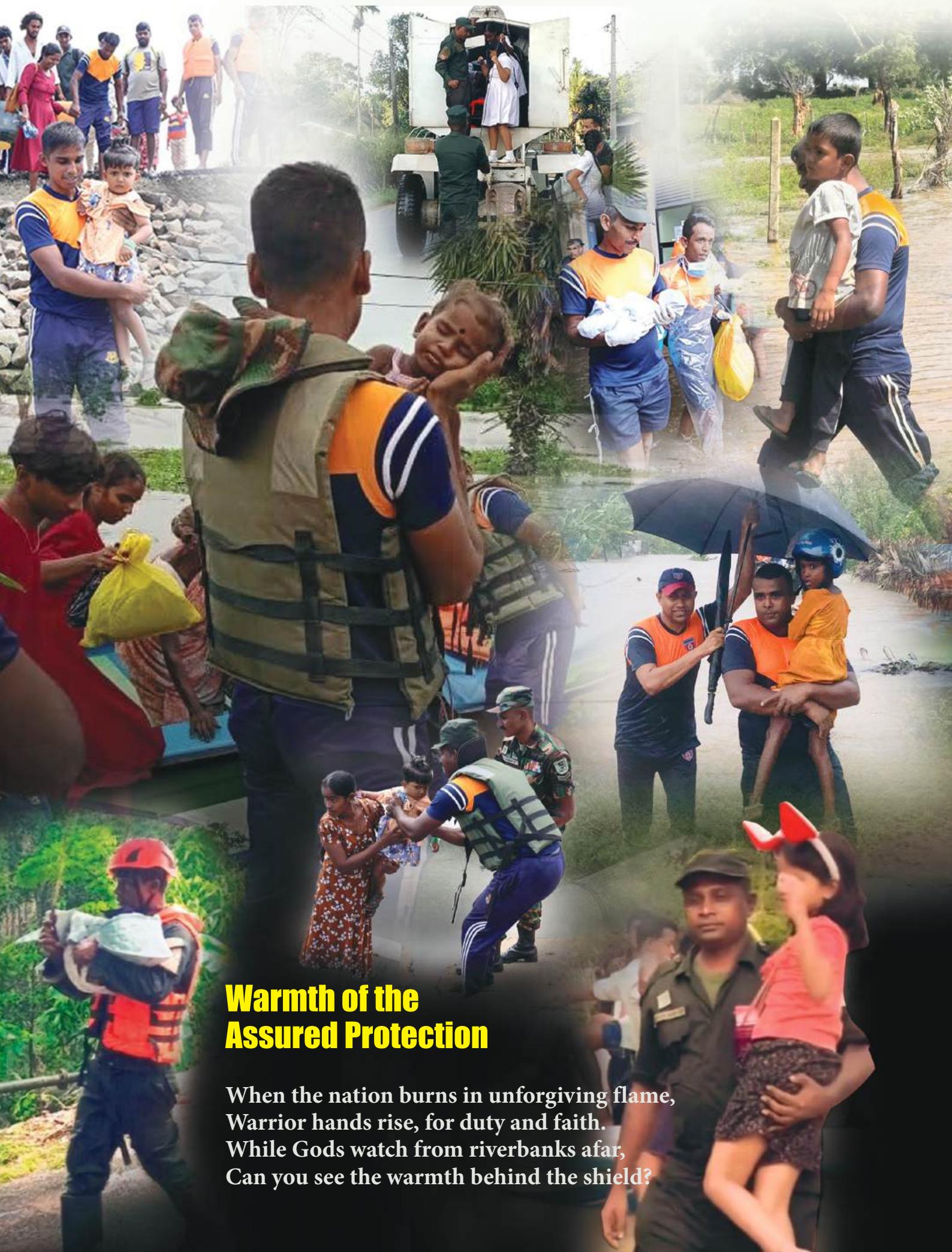
An Unyielding Commitment in Service to the Nation

“It was not that the homes of these Army personnel and their loved ones were spared from devastating landslides and floods. Some of them were victims of this catastrophe. Yet, placing the nation above their personal sorrow, they committed themselves to rescue the victims of the disaster. Their unwavering love and devotion led them to the selfless service towards the country and its citizens.”

– *The Commander of the Army*







Warmth of the Assured Protection

When the nation burns in unforgiving flame,
Warrior hands rise, for duty and faith.
While Gods watch from riverbanks afar,
Can you see the warmth behind the shield?



The Sri Lanka Corps of Engineers Celebrates its 74th Anniversary

The Sri Lanka Corps of Engineers celebrated its 74th anniversary with pride from 07 to 14 November 2025 at the Regimental Centre, Corps of Engineers Panagoda and the Army Camp, Mattegoda. The anniversary events were held under the gracious participation of Major General D K S K Dolage USP nps psc, the Chief of Staff and the Colonel Commandant of the Sri Lanka Corps of Engineers. During the event, paying tribute for the 655 War Heroes of the Sri Lanka Corps of Engineers who had laid down their lives for the country, a traditional procession, pirit chanting and alms giving were also included among the anniversary events.

On the anniversary day, the troops presented Guard Turnout and Guard of Honour to the Colonel Commandant who subsequently addressed the troops. The anniversary event included an All-Ranks lunch, an Officers' reception and a dinner at the Warrant Officers' and Sergeants' Mess.



Security Force Headquarters (West) Celebrates its 13th Anniversary



Security Force Headquarters (West) celebrated its 13th anniversary with great pride on 15 November 2025 along with a series of events. In conjunction with the anniversary, a charity drive (offering lunch) and book donation programme were held at the Sanhinda Children's Home. Further, a cricket tournament was held at the Kendalanda Sports Ground and a blood donation programme was held at the Bodhirajaramaya Temple in coordination with the Maharagama Cancer Hospital. Afterwards, the Security Force Headquarters (West) conducted a Bodhi Pooja to invoke blessings for all the service personnel and their families including the fallen War Heroes. On the anniversary day, Major General U K D D P Udugama RWP RSP USP ndc psc the Commander, Security Forces (West) was accorded a ceremonial Guard of Honour by the troops in accordance with military traditions. Later, gift parcels were presented to all members of the civilian staff attached to the Security Force Headquarters (West) followed by an official lunch.

Mother Regiment Felicitated the World Record Holder

A felicitation ceremony was held at the "Gajaba Niwahana" on 03 November 2025 to honour Private Piyatissa RWV of the Gajaba Regiment who set a new Serendib World Record in conjunction with the 76th Army Anniversary.



The courage, endurance and determination of Private Piyatissa RWV as a visually impaired Army member were commended by Major General U K D D P Udugama RWP RSP USP ndc psc, the Colonel of the Regiment the Gajaba Regiment. A special video was also shown on the occasion to commemorate his remarkable achievement. Afterwards, the Colonel of the Regiment the Gajaba Regiment presented the soldier with valuable gifts and a commemorative memento. His family members were also presented with mementos as an expression of gratitude.

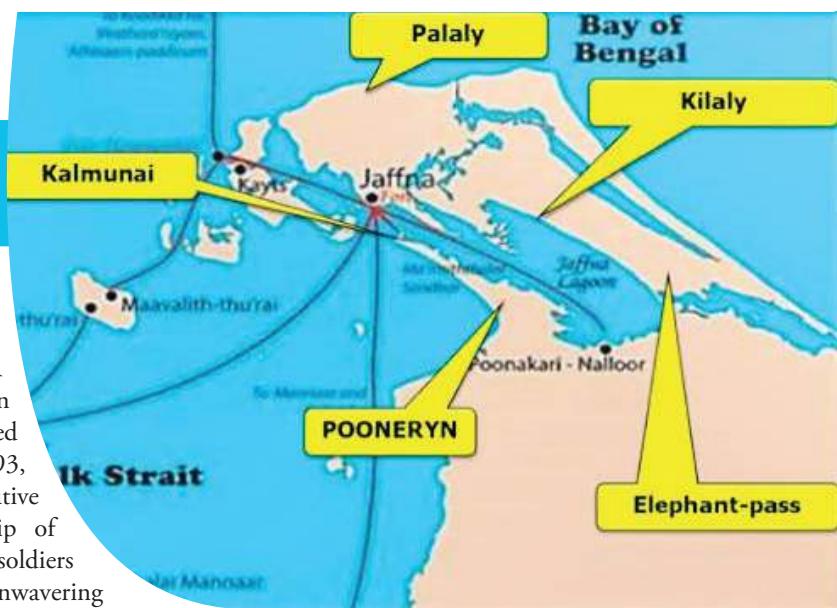


An Awareness Programme on Diabetes

In conjunction with World Diabetes Day, Sri Lanka Army Medical Corps conducted a Diabetes Awareness Programme at the Army Base Hospital, Colombo on 14 November 2025. Accordingly, the Army personnel and their families were made aware of the disease and the importance of adopting a healthy lifestyle to prevent the disease. The participants of the programme had the opportunity to gain an understanding of some of the key health issues that help in preventing and controlling diabetes.

Pooneryn War Heroes Commemorated

The 1 Battalion, Sri Lanka Light Infantry, established on 12 May 1950, was assigned in 1993 the critical responsibility of safeguarding the Poonarine Peninsula. At the time, the battalion was under the command of Major General T T R De Silva, RWP RSP USP psc (then serving as a Major). In accordance with a long-conceived strategy, terrorists launched a massive and coordinated offensive on 11 November 1993, initiating a ferocious battle that raged for five consecutive days. Guided by the resolute and courageous leadership of the Commanding Officer, Sri Lanka Light Infantry, the soldiers of 1 Battalion Sri Lanka Light Infantry fought with unwavering determination, ultimately succeeding in defending and retaining control of the peninsula. The incident serves as the significant event of the Sri Lanka's military history. 01 Officer and 50 Other Ranks were killed in action, while 04 Officers and 107 Other Ranks were reported missing in action. Additionally, 05 Officers and 138 Other Ranks sustained severe injuries during the intense confrontation.



In commemoration of the 32nd anniversary of the Poonarin incident, which falls on 11 November 2025 and in honour of the War Heroes who were killed or went missing in action, Lieutenant Colonel A S Rajaratne RWP RSP USP lsc, the Commanding Officer of 1 Battalion, Sri Lanka Light Infantry, organised a series of events. These activities were conducted with the participation of all Officers, Regimental Sergeant Major and Other Ranks of the battalion.

As part of this commemoration, a fully constructed kitchen and bathroom were completed and formally handed over to a deserving family in Raigamwatte, Ingiriya. In the evening, a Bodhi Pooja was held at the Sri Bodhiraja Buddhist Temple in Raigam Hunukotuwa, invoking blessings to the fallen and missing War Heroes. An almsgiving was also held on 12 November 2025 at the Sri Sangikarama Viharaya, Mahiyangala.

Notably, Major General T T R De Silva (Retd) RWP RSP USP psc, who commanded the battalion during the Poonarin attack, participated in the commemorative events. The mother of S/12091 Lance Corporal Seneviratne S H J, who went missing during the attack, along with several civilians, joined the event.

The Boy Scouts' Day Celebration



The Boy Scouts' Day celebration organised by the Kandy District Scout Association was held from 16 to 17 November 2025 at the Bogambara Stadium. The event was graced by Major General T C M G S T Cooray RWP RSP USP ndc psc, the General Officer Commanding, 11 Infantry Division. Around 4,500 Boy Scouts participated in the event.



Army Inter-Regimental Indoor Rowing Championship 2025 Concludes



The Army Inter-Regimental Indoor Rowing Championship 2025, organised by the Army Rowing Committee, took place on 07 November 2025 at the Army Indoor Stadium, Panagoda. The Sri Lanka Signal Corps (SLSC) clinched the overall championship titles in both men's and women's categories while Sri Lanka Corps of Military Police (SLCMP) finished as the runners-up in both. Major General W M N K D Bandara RWP RSP USP ndu psc, the Chairman of the Army Rowing Committee, attended the closing ceremony and commended the participants for their enthusiasm and sportsmanship.

Inter-Regiment Basketball Tournament - 2025 Concludes



The Inter-Regiment Basketball Tournament was held from 20 to 26 September 2025 and the final match took place on 11 November 2025 at the Army Indoor Stadium, Panagoda. Major General K T P De Silva RSP ndu psc, the Chairman of the Basketball Committee, graced the closing ceremony as the Chief Guest. The championship title was won by the Sri Lanka Army Service Corps (SLASC) while Sri Lanka Army General Service Corps (SLAGSC) and Sri Lanka Corps of Military Police (SLCMP) emerged as the runners-up and the second runners-up. Private Gamage J C M of 2 SLASC was awarded as the Best Player of the tournament.

Sri Lanka Army Wrestlers Dominate W S Botheju Memorial Wrestling Championship 2025



The W S Botheju Memorial Wrestling Championship 2025, conducted by the Suranimala Sports Club, took place on 22 and 23 November 2025 at the Indoor Stadium in Ja-Ela. A total of 34 male and 13 female athletes represented Sri Lanka Army under the supervision of Major General A M C Abeykoon RWP RSP USP ndc, the Chairman of the Army Wrestling Committee. Demonstrating outstanding skills and determination, the Army wrestling teams secured both men's and women's championships. The men's team claimed 11 gold, 09 silver and 06 bronze medals across 12 weight categories, while the women's team earned 06 gold, 04 silver and 02 bronze medals in 10 weight categories. Private Darshana D D S of Sri Lanka Light Infantry was adjudged the Best Wrestler in the men's category and Private Kanchana R M W of Sri Lanka Army Women's Corps received recognition as the Best Loser in the women's category.

Sri Lanka Army Inter-Regiment Judo Championship - 2025



Sri Lanka Army Inter-Regiment Judo Championship 2025 was held on 03, 04, 05 and 06 November 2025 at the Indoor Stadium, Panagoda. The event was graced by Major General W M S N Wijekoon ndc AATO, the Quarter Master General of the Sri Lanka Army, the Colonel Commandant of Sri Lanka Army Ordnance Corps and the President of Sri Lanka Army Judo Committee. A total of 182 players representing 14 Regiments of Sri Lanka Army participated in the Championship. The Overall Male Championship was secured by Sri Lanka National Guard, winning 05 gold medals, 04 silver medals and 04 bronze medals. The male runners-up position was claimed by the Gajaba Regiment and the Overall Female Championship was won by Sri Lanka Army Women's Corps. The female runners-up title was secured by the Sri Lanka Engineers, while the second runners-up position was awarded to Sri Lanka Army Ordnance Corps. The Men's Championship of the Novices Judo Tournament was secured by the Sri Lanka Sinha Regiment while Sri Lanka Army Ordnance Corps and the Gajaba Regiment were declared co-runners-up.

Inter-Regiment Taekwondo Championship - 2025 Concludes



The 20th Inter Regimental Taekwondo Championship was held from 12 to 14 November 2025, at the Army Physical Training School in Panagoda. Major General H H K S S Hewage RWP RSP USP rcds psc, the Chairman of the Sri Lanka Army Taekwondo Committee, graced the event as the Chief Guest. During the event the Sri Lanka Sinha Regiment and Sri Lanka Army Service Corps emerged as joint champions in Men's Championship. The Sri Lanka Armoured Corps earned the Novices Championship. Further, Sri Lanka Army Women's Corps won Women's Taekwondo Championship and the Vijayabagu Infantry Regiment earned the Taekwondo Poomsae Championship.

SF Wanni Commander Challenge Cup Softball Limited Overs Cricket Tournament - 2025



The “Wanni Commander Challenge Cup Softball Limited Overs Cricket Tournament - 2025” was successfully conducted with the aim of promoting mutual understanding, friendship and harmony between the Army personnel serving in the Headquarters 21 Infantry Division area and civilians of different religious and ethnic communities. 24 teams participated in the tournament, including 10 Army teams representing troops of 21 Infantry Division and 14 civilian teams representing local communities. The final match was held between the 9 Battalion the Gajaba Regiment and the Punewa “Border Breakers” team on 05 November 2025 at the 4 Regiment the Sri Lanka Signal Corps Stadium in Anuradhapura under the patronage of Major General K M P S B Kulatunga RSP ndc psc, the Commander, Security Forces (Wanni). After a spirited and intense battle, 9 Battalion the Gajaba Regiment emerged as the champions while Punewa “Border Breakers” team emerged as the runners-up.

School Laptops and School Book Distribution



A programme to distribute laptops and school books to the students of Nidwanwala Primary School and Damminna Maha Vidyalaya, Dimbulagala was held on 07 November 2025 at Nidwanwala Primary School Auditorium. Major General J S B W Pallekumbura, RWP RSP ndu psc, the Commander, Security Forces (East), graced the occasion as the Chief Guest. CEVA Logistic Lanka Private Limited extended the much-required sponsorship and Mr. Ranil Polonowita and many members of the company took part in the programme.



A programme to provide school stationery to the students of Eralakkugam Tamil Mixed School, Kalkuda, Batticaloa and to provide a special meal to the teachers and the children was held on 09 October 2025. The programme was arranged by 12 Sri Lanka National Guard. Batticaloa Lions Club financially sponsored the programme. Major General G P P Kulathilaka ndc, the General Officer Commanding, 23 Infantry Division, participated in as the Chief Guest for the occasion.

New House for a Deserving Family

A new house was built and donated to a needy family in Dematagahawela, Narammala on 13 November 2025. The Roshan Mahanama Foundation coordinated the construction of the new house with the financial assistance of Mr. A B Dean. Troops of 9 Sri Lanka National Guard and 1 Engineer Services Regiment extended much-required manpower for the project. Major General Kumudu Perera (Rerd.) assisted the sponsors for the project.



Community Welfare Project from SLAVF



The Sri Lanka Army Volunteer Force (SLAVF), in collaboration with Lions Club International District 306 D 6, conducted a community service programme on 10 November 2030. Major General K V N P Premaratne, RSP USP nps psc, the Commandant of the Sri Lanka Army Volunteer Force, graced the occasion as the Chief Guest. Lion Mahesh Boralugoda PMJF PMAF JP the District Governor 306 D 6, Lion Major Thushara Samaratunga (Retd) MAF JP the District Governors Principal Programme Coordinator Senior Additional Cabinet Secretary Lion District 306 D 6 distributed school supplies for children, nutritional food parcels for pregnant mothers and dry food ration parcels for civil servants spending a cost of Rs. 1,300,000.00. Furthermore, financial assistance was also provided to children undergoing long-term medical treatment. A mobile eye clinic was conducted during the programme and provided eye examinations for cataracts and a blood donation programme was also held in collaboration with the National Blood Bank.

A Blood Donation Campaign



Responding to a request from the Anuradhapura Hospital Blood Bank regarding a critical shortage of blood for kidney, cancer and thalassemia patients, 21 Infantry Division organised an urgent mobile blood donation campaign. With the support of the Anuradhapura Blood Bank medical team, the programme was conducted at 21 Infantry Division on 25 November 2025 under the guidance of the General Officer Commanding, 21 Infantry Division and the Commander, 212 Infantry Brigade. Officers, Other Ranks and local residents actively participated in the donation campaign.

Improving the Infrastructure Facility

The newly constructed Dhamma School building at the Sevanapitiya Peace Monastery with the manpower assistance of the 9th Field Regiment Sri Lanka Artillery and 3 Engineer Services Regiment Battalion was inaugurated on 26 October 2025 during a simple ceremony.

Furthermore, a ceremony was held to hand over the newly constructed outdoor classroom at the Welikanda National School on 27 October 2027. Major General K V N P Premaratne RSP USP nps psc, the Commandant of the Sri Lanka Army Volunteer Force and Major General J S B W Pallekumbura RWP RSP ndu psc, the Commander of the Security Forces (East), graced the occasion.



ASVU Conducts Series of Programmes for the Welfare of Army Personnel



A financial aid programme organised by the Army Seva Vanitha Unit (ASVU) took place on 25 November 2025 at Army Headquarters under the gracious participation of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army and Mrs. Swendrini Rodrigo, the President of the ASVU.



The programme provided medical assistance to two Army personnel, housing assistance to two disabled War Heroes and a civil employee and financial assistance to a soldier of 4 Sri Lanka National Guard to purchase milk powder for his twin children.

Annual Concert of 'Viru Kekulu' Pre-school, Panagoda



The children of the Panagoda "Viru Kekulu" Pre-school showcased their talents at the annual concert held on 19 November 2025 at the Buddhist and Pali University. Mrs. Swendrini Rodrigo the President of the Army Seva Vanitha Unit (ASVU), graced the event as the Chief Guest. The Commander, Security Forces (West), the Deputy Public Relations Officer of the Army Seva Vanitha Unit and Mrs. Udari Anupama Gamage, the Senior Member in Charge of the Panagoda Viru Kekulu Pre-school participated in the event.

The President of the Ministry of Defence Seva Vanitha Unit and the President of ASVU Inspect Renovation Work



Contributing to the welfare of the civil community, a renovation work commenced at the National Hospital for Respiratory Diseases in Welisara on 25 October 2025. The project is coordinated by Dr. Rasika Perera, the President of the Ministry of Defence Seva Vanitha Unit and carried out under the guidance of Mrs. Swendrini Rodrigo, the President of the Army Seva Vanitha Unit. To review the progress of the renovation, an inspection visit was conducted on 18 November 2025.



Dr. Rasika Perera and Mrs. Swendrini Rodrigo along with a group of Army Officers jointly observed the ongoing improvements to the hospital facilities.

Sri Lanka Light Infantry Seva Vanitha Branch

Sri Lanka Light Infantry Seva Vanitha Branch (SLLI-SVB) conducted a financial donation programme on 05 November 2025 at SLLI Regimental Centre, in line with the 144th Regimental Anniversary celebrations. During the programme, Rs 300,000.00 was donated for the completion of the partially built house of the family of Late Sergeant Jayaweera H D (Retd) RWP RSP. In addition, two cash incentives, each worth Rs 100,000.00, were provided to two civilian staff members for the construction of



a bathroom facility and for the construction of a boundary-side wall to prevent landslide-related damage to residential property. Major General Y A B M Yahampath RWP RSP ndu psc, the Deputy Chief of Staff of the Army and the Colonel of the Regiment of SLLI, together with Mrs. Darshani Yahampath, the Chairperson of SLLI-SVB, participated in the event.



New Chairperson of the Gemunu Watch Seva Vanitha Branch Takes Over Duties

Mrs. Shihani Abeywardhana assumed duties as the new Chairperson of the Gemunu Watch Seva Vanitha Branch (GW-SVB) on 04 November 2025 at the Seva Vanitha Branch Office, Regimental Headquarters, Gemunu Watch.

Blood Donation Campaign from Military Intelligence Corps Seva Vanitha Branch



Military Intelligence Corps Seva Vanitha Branch (MIC-SVB) conducted a blood donation campaign at the Regimental Centre of the Military Intelligence Corps on 07 November 2025, under the guidance of Mrs. Ilmah Majeed, the Chairperson of the MIC-SVB, with the participation of medical staff from the Balapitiya Base Hospital. A total of 115 Officers and Other Ranks voluntarily donated blood during the campaign.

School Bag Distribution Programme



School bag distribution programme was held on 07 November 2025 at the Kili/Thiruvvelloor Primary School, Malayalapuram under the gracious participation of Mrs. H L Samindi Wickramarathne, the Chairperson, Commando Regiment Seva Vanitha Branch. During the programme, 40 students from low-income families were presented with school equipment. Major General K H M S Wickramaratne RSP, the Colonel of the Regiment, participated in the event as the Chief Guest.

Annual Get-Together of the SF -SVB



The Special Forces Seva Vanitha Branch (SF-SVB) conducted a series of programmes in connection with its annual get-together at the Regimental Centre of the Gemunu Watch, Kuruwita, on 26 October 2025. The participants engaged in yoga exercises aimed at enhancing physical and mental resilience, while adventure activities provided opportunities for team building and leadership development. Mrs. Hansika Mahalekam, Chairperson of the SF-SVB, members of the branch, Officers and Other Ranks participated in the event.

Members of CES-SVB Visit Sucharithodaya Children's Home



The Corps of Engineer Services Seva Vanitha Branch (CES-SVB) visited the Sucharithodaya Children's Home in Maharagama on 11 October 2025. Mrs. Anupama Rathnayaka, the Chairperson of CES-SVB, participated in the visit. During the programme, gifts and dry rations were donated to support the daily needs of the centre. Further, the event included fun games and entertainment. Nearly 100 residents including children, elders and individuals with disabilities, participated in the visit.

SLASC - SVB Distributes School Supplies to Children



Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC - SVB) distributed school books and essential supplies to the children of Other Ranks and civil employees serving at the SLASC Regimental Centre and 1 SLASC on 27 October 2025, at Panagoda. Mrs. Ajantha de Silva, the Chairperson of SLASC - SVB, graced the occasion as the Chief Guest. Members of the SLASC – SVB also participated in the programme.

School Bag Distribution Programme



The members of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch (SLEME-SVB) visited Abhimansala-II Wellness Resort in Kamburupitiya on 14 November 2025 to inquire after the well-being of the residential War Heroes. As part of their contribution, SLEME-SVB donated electric kettles, bed sheets and essential items and repaired a water boiler and food warmers that were inoperative.

SLAGSC-SVB Conducts Spectacles Donation Programme



The Sri Lanka Army General Service Corps Seva Vanitha Branch (SLAGSC-SVB) conducted a spectacles donation programme in collaboration with Lions International District 306 D7 at the Regimental Centre Sri Lanka Army General Service Corps on 01 November 2025 under the direction of Mrs. P N K De Silva, the Chairperson of the SLAGSC-SVB. The eye examinations were conducted by specialist optometrists and 10 parents were selected for free cataract surgeries. Brigadier M K S S De Silva, the Colonel Commandant of the SLAGSC, members of the SLAGSC-SVB and Mrs. Thamara Dematapitiya, the Project Chairperson of the Maharagama Central Lions Club participated in the event.

Scholarship Awarding Ceremony from SLNG-SVB



The Sri Lanka National Guard Seva Vanitha Branch (SLNG-SVB) conducted a scholarship awarding ceremony on 01 November 2025 at the Regimental Centre of SLNG. The event was graced by Major General J S B W Pallekumbura RWP RSP ndu psc, the Colonel of the Regiment, SLNG, as the Chief Guest, along with Mrs. Kumarie Pallekumbura, the Chairperson of SLNG-SVB. A total of 102 students were felicitated for their outstanding academic achievements, including 87 students who excelled in the Grade 5 Scholarship Examination, 13 students who secured 9 A's at the GCE Ordinary Level Examination and 02 students who achieved exceptional results as 3 A's at the GCE Advanced Level Examination. In addition, 02 tablet computers were donated to the GCE A/L achievers to further support their higher studies.



Our commitment is unwavering - day in and day out, 365 days a year. We stand prepared to address a multitude of challenges, anytime and anywhere in the island and the world. Our highly trained soldiers are poised to mobilize at any moment's notice, ensuring the protection of our great nation.

SRI LANKA ARMY-DEFENDER OF THE NATION



Military life demands resilience physically, mentally and emotionally. From intense training to the pressures of leadership, deployments and institutional expectations, service members face challenges that often remain unseen. In such an environment, where self-reliance is highly demanded, many soldiers learn to endure silently. This raises an important question: Can a military professional heal without the support of a therapist?

Self-therapy has become an empowering tool for many service members. It allows individuals to examine their emotions, identify stressors and build personal coping strategies on their own terms. With access to journals, self-help literature, mindfulness methods and evidence-based psychological techniques, self-therapy offers a sense of control.

However, self-therapy has its limits. While it promotes introspection, true transformation often requires more than solitary reflection. Military personnel are trained to be mission-focused and disciplined. However, this same discipline can sometimes turn into emotional suppression, making it easy to overlook blind spots

Can You Heal Without a Therapist?

or normalise unhealthy patterns. Professional guidance, therefore, remains a vital component of long-term healing.

What Is Self-Therapy for Military Personnel?

Self-therapy refers to the practice of applying psychological techniques such as cognitive reframing, grounding exercises or internal dialogue work without a therapist present. For service members, it can feel similar to conducting a personal “after-action review” of one’s emotional experiences.

By reflecting on thoughts, behaviours and reactions, soldiers can identify their internal patterns that influence their mental state. This can be done through journaling, reading,

mindfulness practices or adapting structured approaches like Cognitive Behavioral Therapy (CBT).

Self-therapy helps military personnel build a personal toolkit for mental readiness for any adverse situation just like maintaining physical fitness or operational preparedness.

Psychological Methods Applied in Self Therapy

Self-therapy is flexible and adaptable. Therefore, many modern therapeutic applications could be adapted into the process such as;

- CBT to challenge negative thinking
- Gestalt methods to observe emotional reactions in the present moment

- Psychodynamic approaches to explore past experiences such as training, discipline or trauma that shape current responses

Ex: an NCO who reacts strongly to criticism may be responding to past experiences of harsh training or fear of failure. Self-therapy helps trace these reactions, understand their roots and create healthier interpretations.

The strength of self-therapy is that it evolves with the soldier. As experiences of soldier changes from field to field based on assigned duties.

How to Practise Self-Therapy

1. Establish a Safe Reflection Space

Just as every mission starts with preparation, emotional work begins with creating uninterrupted space. Soldiers may choose a barrack room, an office after duty hours or a quiet corner during field training breaks.

2. Clarify Your Objectives

Define what you want to work on. It might be reducing operational stress, managing anger, improving relationships with peers or subordinates, overcoming fear of leadership failures. So select the objective clearly.

Ex: "I want to respond calmly under pressure instead of becoming overwhelmed."

3. Ask the Right Questions

Healthy self-inquiry is essential. Effective questions are curious and objective similar to evaluating one's performance after an exercise. However, during the process the following questions could be raised.

- What am I feeling right now?
- Why did I react strongly during the briefing?
- Is this stress from the present situation or linked to past experiences?
- Unhelpful questions undermine confidence, such as:
- What is wrong with me?
- Why can't I handle this like others?

4. Identify Triggers

Military environments are full of stress triggers such as audits, drills, inspections, confrontations, loud noises, or reminders of past operations. In such situations it is difficult to identify the accurate triggering force or the cause of the issue. To identify the real triggering fact, you have to dig yourself asking questions such as follows;

- Where is this reaction coming from?
- Is this tied to training memories or past trauma?
- Tracing emotional patterns helps break automatic reactions.

5. Stay with Your Insights

When discomfort arises, fear, shame, anger also arise. However, suppressing the feelings is not the right solution. Instead, observe it as you would observe a battlefield situation. Emotional signals are sources of intelligence, not threats. So follow the procedure as follows;

- Recognise Patterns
- Many military personnel experience recurring cycles:
 - Becoming defensive during feedback
 - Avoiding conflict
 - Expecting the worst in leadership evaluations
 - Overworking to avoid criticism
 - Recognising these patterns gives soldiers the power to change them.

6. Examine Your Self-Talk

Internal dialogue often mirrors the tone of training such as harsh, demanding and unforgiving. Replace self-criticism with balanced assessments as follows;

- "A mistake is feedback, not failure."
- Challenge Negative Beliefs
- If a soldier believes,
- "I will fail in command responsibilities,"

reframe it as:

- "I have succeeded before. Growth comes from experience."

7. Regain Emotional Control

Shift from automatic reactions to intentional responses. This strengthens emotional discipline an essential quality for military leadership.

8. Practise Regularly

Just like drills, emotional resilience develops through repetition. So take a small daily habits such as breathing exercises, short reflections or gratitude journaling.

Self-therapy equips service members with tools to handle stress, build resilience and improve self-awareness. It strengthens mental readiness and supports everyday emotional challenges.

However, combining it with professional support from military counsellors, psychologists or chaplains offers deeper and lasting healing.

In military life, strength is not just the ability to endure but the willingness to understand oneself. Self-therapy provides the foundation, and professional support completes the journey.

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Captain KVN Lakmali
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Why November Is the Month of Remembrance?

Every year, as the world steps into November, a quiet shift occurs. The air grows cooler, the trees shed their final leaves, and communities across continents turn their hearts toward memory. November, perhaps more than any other month, has become universally recognised as the "Month of Remembrance".

This month is dedicated to honour the fallen, reflecting on the past and acknowledging the sacrifices that shaped our present.

Origin of the Tradition

The strongest historical foundation for November's identity lies in Christian liturgical tradition. For over a thousand years, the first two days of November have been devoted to remembering the dead. Accordingly, All Saints' Day, observed on 1 November, celebrates the lives of all saints, known and unknown, whose exemplary faith continues to inspire believers.

This commemoration dates back to at least the 8th century, when Pope Gregory III established November 1 as a day to honour all holy men and women. It invited communities to pause and reflect on the spiritual giants who shaped the Christian world.

The tradition gradually deepened by offering prayers for the "faithful departed." In 998 AD, Abbot Odilo of Cluny introduced this observance across monastic communities and it soon spread across Europe. Families visited cemeteries, lit candles for deceased loved ones, and prayed for their souls.

Over centuries, these two days expanded into a wider period of remembrance, eventually characterising the entire month. However, this liturgical foundation remains central in many Christian communities worldwide even today for memorial rituals.

Nature's Preparation

Beyond religious tradition, the natural world itself reinforces November's quiet call to remembrance. In the Northern Hemisphere, the month marks the transition between autumn and winter where leaves fall, daylight shortens and the landscape becomes stark and contemplative.

Ancient societies identified this seasonal shift as a symbol of the natural cycle starting with birth, growth, decline and renewal. To them, November was a time when

November 2025

Mo	Di	Mi	Do	Fr	Sa	So
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

the veil between the living and the dead felt thinner.

This belief was especially strong among Celtic communities celebrating Samhain, the festival marking the end of the harvest and the beginning of the darker season. It was believed that during this period, ancestral spirits could return to visit the living. While many of these ancient customs evolved or merged with Christian practices, the custom has moved to all corners of the world.

Remarkably, November's association with remembrance is not limited to Christian or European traditions. Across the world, cultures have long marked early November as a sacred time for honouring the dead. In Mexico, Día de los Muertos (Day of the Dead) transforms 1 and 2 November into vibrant celebrations filled with flowers, music and altars dedicated to departed loved ones. Far from being a sombre ritual, it is a joyful remembrance of life and legacy.

In East Asian traditions influenced by Buddhism, late autumn is often associated with memorial rites and ancestral gratitude. Even in parts of Africa



and South America, communities observe this period with rituals celebrating the continuity between the living and the dead.

This global convergence of remembrance at the doorway between autumn and winter suggests that humanity, across time and geography, intuitively recognised November as a moment for reflection and memory.

Modern History and November

November's identity as a remembrance month is also reinforced by modern history. 11 November, globally known as "Remembrance Day" or "Armistice Day", marks the end of World War I in 1918. Across the Commonwealth and beyond, this day honours the millions of soldiers who sacrificed their lives in war.

In many countries including the United Kingdom, Canada, Australia and Sri Lanka, two-minute silences and ceremonies at war memorials remind citizens of the cost of peace. In the United States, 11 November is commemorated as Veterans Day,

honouring military personnel both past and present. These observances deepen the weight of November.

In time the month reserved for personal remembrance has become not only a month for personal remembrance but also a time for national reflection on collective sacrifice and shared history.

In a modern world driven by speed, distraction and constant change, November offers a pause. It is a month that invites individuals to reconnect with the past, honour loved ones and reflect on life's impermanence.

As a sentiment, memory is more than nostalgia. It shapes identity. Families handing down stories of grandparents, nations honouring fallen heroes and communities remembering cultural heritage all participate in an act that preserves history and guides the future.

The Month of Remembrance reminds us that while loss is inevitable, forgetting is not. In remembering, we give meaning to lives once lived. In honouring the past, we illuminate the path ahead.

November did not become the Month of Remembrance by accident. It earned this identity through centuries of religious tradition, natural symbolism, cultural heritage and the weight of world history. It stands as a reminder that life's story is never complete without the chapters written by those who came before us. As the final leaves fall each November, we are invited not into darkness, but into solemn memory with gentleness, love, gratitude and remembrance living in our hearts.

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Medal for Contribution to the Development of International Military Cooperation and Medal For Strengthening the Combat Commonwealth

In a gesture that highlights the enduring partnership between Sri Lanka and the Russian Federation, twenty Officers and soldiers of the Sri Lanka Army were nominated for the prestigious Medal “for Contribution to the Development of International Military Cooperation and Medal for Strengthening the Combat Commonwealth” awarded by the Ministry of Defence of the Russian Federation in recognition of their remarkable contribution to the successful organisation and coordination of the Russian–Sri Lankan Tactical Counter-Terrorist Exercise 2025.

Joint Tactical Counter-Terrorist Exercise 2025

Strengthening the bilateral cooperation between the two nations, the Russian–Sri Lankan bilateral military exercise “Wolverine Path 2025” took place from 25 October 2025 to 04 November 2025 at the Army Training School (ATS), Maduruoya imprinting the history as the first-ever joint field tactical counter-terrorist exercise between the Sri Lanka Army and the Armed Forces of the Russian Federation.

“Wolverine Path 2025” was conducted under the framework of the bilateral defence cooperation agreement between the two countries. This joint exercise was aimed at enhancing tactical interoperability, improving coordination in counter-terrorism operations and sharing expertise on modern combat and crisis management techniques.

The exercise brought together troops from both nations to engage in simulated battlefield conditions, focusing on the principles of joint command, rapid response and precision in complex operational scenarios. Beyond the tactical drills, it developed cultural understanding, camaraderie and trust among soldiers that are vital for successful multinational collaboration.

The Directorate of Infantry in the Sri Lanka Army played a central role in planning, coordination and execution of the exercise, ensuring every aspect of the exercise from logistics to operational management. The professionalism, discipline and dedication displayed by the Sri Lankan contingent drew special praise from the Russian military officials and the Embassy of the Russian Federation in Colombo leading them to present the “Medal for Contribution to the Development



of International Military Cooperation and Medal for Strengthening the Combat Commonwealth".

Following the successful conclusion of the exercise, the Office of the Military, Air and Naval Attaché to the Embassy of the Russian Federation expressed formal appreciation to the Ministry of Foreign Affairs and the Ministry of Defence of Sri Lanka. In its official communication, the Russian side commended the Sri Lanka Army, especially the Directorate of Infantry for their "significant support and coordination" and acknowledged their vital role in ensuring the overall success of the event.

As a mark of this appreciation, the Embassy of the Russian Federation in Colombo announced that twenty Sri Lanka Army personnel who contributed to the planning, organisation and execution of the exercise are nominated for the "Medal for Contribution to the Development of International Military Cooperation and Medal for Strengthening the Combat Commonwealth." The names were submitted by Army Headquarters, along with relevant service details, with the approval of the Commander of the Army to facilitate the awarding process by the Russian Ministry of Defence.



The "Medal for Contribution to the Development of International Military Cooperation"

The "Medal for Contribution to the Development of International Military Cooperation" is an honour awarded to high rank Officers who have demonstrated outstanding service in strengthening military partnerships between nations. It recognises efforts that promote mutual understanding, strategic collaboration and friendship among armed forces across the world.

Recipients of this medal are often those who have played a significant role in organising joint military exercises, training programmes, peacekeeping missions, or defence dialogues that contribute to global stability and security. Their work enhances interoperability, builds trust and encourages the exchange of professional experience between military institutions.

The "Medal for Strengthening the Combat Commonwealth"

The "Medal for Strengthening Combat Commonwealth" is among the Russian Federation's distinguished military decorations, conferred upon both Russian and foreign military personnel who have demonstrated significant efforts in promoting mutual defence understanding,



collaboration and friendship among armed forces. The medal symbolises solidarity, professional excellence and the shared pursuit of peace and security across nations. For Sri Lanka, the conferment of this medal represents not merely a recognition of service but also a reaffirmation of its armed forces' capability and professionalism in the global defence sphere. The medal reflects the Sri Lanka Army's growing reputation as a disciplined and dependable partner in international military relations.

Significance of the Medal

Both medals hold profound diplomatic and symbolic importance. As it is awarded to individuals who have directly contributed to improve defence relations between Russia and its partner nations, the medal recognises not only operational excellence but also the international military friendship beyond the battlefield. Other than the above, the medal serves as a symbol of the professionalism, commitment and global military engagement.

Strengthening Bonds Between Nations

Military diplomacy plays a crucial role in maintaining global peace and understanding. The joint exercises, such as the "Wolverine Path 2025" serve as powerful instruments of military cooperation between nations. The exercise provides opportunities for both nations to learn from one another's experiences, develop mutual trust and refine combined operational techniques.

In addition, these medals are a reflection of this successful collaboration and mutual respect shared between the armed forces of Sri Lanka and Russia. The exercise is also a collective commitment to combating global threats such as terrorism. Recognising the Sri Lankan servicemen with an international distinction illustrates the unwavering commitment of the Sri Lanka Army to excellence and global peace through service, sacrifice and shared strength.



*Captain KVN Lakmali
Army Headquarters*



Mulleriyawa Battle

The Indigenous Strategy and the Sinhalese Art of War

The Battle of Mulleriyawa, fought in 1559 along the banks of the Kelani River, remains one of the most remarkable military victories in Sri Lankan history.

At a time when European colonial powers were rapidly expanding across Asia, the Sinhalese forces commanded by Prince Tikiri Bandara, later known as King Sitawaka Rajasinghe achieved a decisive victory against the heavily armed Portuguese. The battle was not only a battlefield success but also a powerful demonstration of indigenous military genius, mastery of terrain, and innovative use of local weapons and techniques that showcased the enduring resilience of the island's defenders.

By the mid-16th century, the Portuguese had established a strong presence in the maritime areas of Sri Lanka. Their ambition to expand inland and exert control over the Kandyan and Sitawaka kingdoms brought them into direct conflict with local power centres.

Sitawaka was ruled by King Mayadunne and his son Prince Tikiri Bandara. This fact made the kingdom stronger against European expansion.

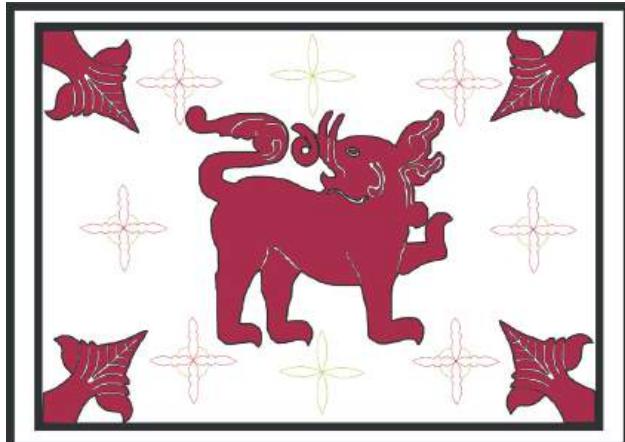
The Portuguese campaign to seize Sitawaka's control of the Kelani valley led them towards Mulleriyawa. Geographically, Mulleriyawa area is composed of marshes, paddy fields and waterways. The Sinhalese

Commanders recognised the vulnerability of the enemy in such terrain and prepared a master stroke of indigenous warfare.

Mastery of Terrain and Guerrilla Tactics

The Sinhalese forces' greatest strength lay in their deep understanding of the land. While the Portuguese relied heavily on rigid formations and artillery, the marshy ground near Mulleriyawa negated their advantage. The heavy armour and gunpowder weapons became liabilities in the humid, unstable fields.

Prince Tikiri Bandara's troops used guerrilla-style ambushes, sudden attacks and rapid withdrawals as



attacking from concealed points, relentlessly pressured the enemy. When Portuguese Commander Diogo de Melo de Castro was injured and many Officers fell, the formation collapsed entirely. Contemporary accounts estimate that over 1,600 Portuguese troops were killed marking one of the worst defeats ever suffered by a European army in South Asia during that era.

The Battle

The victory at Mulleriyawa elevated Prince Tikiri Bandara to legendary status. It proved that the Sinhalese military tradition is deeply rooted in knowledge of terrain, indigenous martial techniques and strategic ingenuity highlighting its capability to lead a successful operation against the offshore adversary. In Sri Lankan history, the battle stands as a reminder of adaptability, leadership and mastery of the operating environment. Thus, Mulleriyawa is not just a historical event but serves as the finest example of the enduring power of the indigenous strategy of warfare.

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- Image Credit : Prasanna Weerakkody-Paintings





The Power of Positive Thinking

In today's fast-paced world, our minds are constantly bombarded with challenges, stress and uncertainties. How we respond to these situations can make a profound difference in our mental, emotional and even physical well-being. This is where positive thinking comes into play as a simple and powerful tool that can transform the way we experience life.

What is Positive Thinking?

Positive thinking is more than just "looking on the bright side" or wearing a constant smile. It is a mental and emotional attitude that focuses on the bright side of life and expects positive outcomes. According to psychologist Norman Vincent Peale, positive thinking involves "the practice of focusing on constructive, optimistic thoughts rather than dwelling on negative ones." In essence, it is about consciously training your mind to perceive challenges as opportunities and setbacks as temporary hurdles rather than permanent failures.

What Does It Mean to Be Positive?

Being positive does not mean ignoring reality or avoiding life's difficulties. Instead, it involves approaching life with an optimistic mindset, maintaining hope even in tough times and believing in one's ability to overcome obstacles.

Positive thinking helps people manage stress, improve problem-solving, and make better decisions because the mind is focused on solutions rather than problems. In practical terms, a positive person tends to:

- See challenges as learning experiences.
- Focus on what can be controlled rather than worrying about what cannot.
- Maintain resilience in the face of setbacks.
- Encourage and uplift others around them.
- Positive thinking is, therefore, both a mindset and a lifestyle and a habit that can be cultivated over time.

How to Practise Positive Thinking

Developing a positive mindset requires conscious effort and practice. It is not something that happens overnight, but with consistent habits, anyone can train their mind to lean toward optimism. Here are some ways to start:

Self-Awareness: Begin by observing your thoughts. Notice negative patterns and actively challenge them. For example, replace "I can't do this" with "I will do my best and learn from the experience."

Gratitude: Make it a habit to appreciate small joys and achievements. Keeping a gratitude journal helps shift attention from problems to blessings.

Affirmations: Use positive affirmations daily. Statements like "I am capable," or "I can handle challenges" reinforce a confident and hopeful mindset.

Surround Yourself with Positivity: Spend time with people who uplift and inspire you. Limit exposure to negativity from media, social networks, or toxic environments.

Mindfulness and Meditation: Regular mindfulness practice helps you stay present and reduces overthinking about past failures or future worries.

Tips for Positivity

Although staying positive is helpful and cheering, being positive is a deliberate effort. Thus it requires a general preparation through some guided tips as follows;

Focus on Solutions, Not Problems: Instead of dwelling on what went wrong, look for ways to improve the situation.

Celebrate Small Wins: Every achievement, no matter how minor, reinforces positivity and motivation.

Exercise Regularly: Physical activity boosts endorphins, which naturally enhance mood and mental clarity.

Practise Kindness: Helping others and expressing compassion strengthens positive emotions and creates a supportive environment.

Limit Negative Inputs: Reduce time spent on negative news, gossip, or pessimistic discussions.

The Benefits of Positive Thinking

The advantages of adopting a positive mindset extend far beyond mental health. Research shows that positive thinkers experience:

- Lower stress levels and better coping mechanisms.
- Improved cardiovascular health and stronger immunity.

- Enhanced creativity, focus, and productivity.
- Healthier relationships, as optimism often fosters empathy and communication.
- Ultimately, positive thinking empowers individuals to live fuller, happier, and more meaningful lives.

Positive thinking is a conscious choice. Also, it is a way of viewing life through a lens of hope, resilience, and possibility. It does not erase challenges but equips us to face them with courage and optimism. By practising gratitude, self-awareness, mindfulness and surrounding ourselves with uplifting influences, we can cultivate a mindset that transforms setbacks into opportunities and stress into strength. In a world filled with uncertainties, positive thinking is not just an attitude. It is a pathway to a brighter, healthier, and more fulfilling life.

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How to Prepare for a Disaster

Escaping from a disaster safely depends not only on quick action but also on careful preparation long before any emergency occurs. Natural disasters such as floods, cyclones, landslides and wildfires can strike unexpectedly, leaving little time to make decisions.

Having a well-organised plan, essential supplies, and a clear understanding of what to do can significantly increase your chance of survival. The following practical tips explain how to prepare effectively to save your life along with your loved ones.

1. Create a Family Emergency Plan

The most important step is developing a clear emergency plan for your household. Every member should know where to go, what to take and how to communicate.

This plan must include meeting points such as a place near your home and one outside your neighbourhood

in situations where your family gets separated. For example, if a sudden earthquake damages your home and family members are at work or school, having a pre-decided meeting location like a nearby temple or school ground ensures everyone knows where to regroup safely. Regularly practising this plan helps reduce panic during real emergencies.

2. Prepare an Emergency Go-Bag

An emergency bag, packed and ready to grab within seconds, is essential. This bag should contain water, dry food, a flashlight, extra batteries, a first-aid kit, important documents, medicines, clothing and a power bank.

Keeping go-bags ready enables quick evacuation without losing critical items such as identity cards or medical prescriptions. Also the most important thing is keeping the go-bag in an easily accessible place to reach in an emergency.

3. Stay Informed through Reliable Channels

In many disasters, early warnings are issued through weather forecasts, emergency alerts, radio announcements, or social media from official government sources. Staying informed allows you to take action before conditions worsen.

For instance, if authorities warn of rising water levels in your area, evacuating early prevents the risk of being trapped when roads later become flooded. Always follow official instructions, even if the situation looks calm; disasters can escalate rapidly.

4. Know Your Local Hazards and Escape Routes

Understanding the risks in your area helps you prepare smarter. If you live near a river, flash floods may be your biggest threat. If you live on a hillside,



landslides are more likely to happen. Knowing evacuation routes, main roads, footpaths and safe assembly points is crucial. For example, during heavy monsoon rains, residents in landslide-prone areas of Kandy are often advised to move to higher ground early. Walking the route in advance, especially with children or elderly family members, makes evacuation faster and smoother.

5. Strengthen Your Home and Reduce Vulnerabilities

Before disasters strike, simple improvements to your home can reduce damage and buy you precious time to escape. Securing heavy furniture, reinforcing weak walls, cleaning drainage systems and trimming dangerous branches all lower your risk.

For example, a clean drainage line during intense rain prevents water from accumulating and trapping your family inside. Likewise, storing hazardous materials away from heat sources reduces the risk of fire spreading during emergencies.

6. Build Basic Survival Skills

Knowing basic survival techniques increases your confidence and ability to act. Skills such as administering first aid, shutting off water or electricity, using a fire extinguisher, or performing CPR can save lives.

During emergencies, professional rescuers may take time to arrive and civilians often help one another.

For instance, if someone suffers a deep cut while evacuating, knowing how to control bleeding with cloth pressure can prevent fatal complications before medical help arrives.

7. Assist the Vulnerable and Maintain Calm

During an escape, panic can lead to poor decisions. Staying calm helps you think clearly and support those who need assistance i.e children, elderly people and persons with disabilities.

For example, if a neighbour with limited mobility requires

help, including them in your evacuation plan ensures they are not left behind. A calm, organised approach reduces confusion and increases overall safety.

8. Keep Important Documents Safe and Accessible

During a disaster, losing vital documents can make recovery extremely difficult. Items such as birth certificates, national identity cards, bank books, land deeds, insurance papers and medical records should be stored in waterproof folders or sealed bags.

9. Prepare for Pets and Livestock

In many households, pets are considered part of the family and livestock is essential for livelihood. However, they are often forgotten during evacuation planning. Preparing carriers for pets, keeping extra food and water and identifying animal-friendly shelters ensures they can escape with you.

Livestock owners should plan how to move animals to higher ground or designated safety areas. Including your animals in your emergency strategy prevents last-minute chaos and reduces emotional stress during evacuation.

10. Build a Community Support Network

Disaster preparedness becomes stronger when communities work together. Forming a small network with neighbours helps ensure that no one is left behind especially senior citizens, people with disabilities, or families with young children. Sharing resources such as water, tools, medical supplies, or vehicles can speed up evacuation and reduce individual risk. For instance, in many rural Sri Lankan villages, community groups assign roles such as monitoring weather updates, assisting with transportation, or helping relocate valuables. This collective approach not only increases safety but also strengthens trust and resilience within the community. Disaster may happen in an unexpected time. Getting ready respond to the disaster may reduce the damage caused to the victims.

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*Captain KVN Lakmali
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In a world increasingly defined by individualism and fast-paced urban life, the concept of collective responsibility often seems like a relic of the past. Yet in Rwanda, every last Saturday of the month, the streets, villages and communities come alive with a unique tradition that reminds citizens of the power of unity and shared responsibility. This is Umugunda, a national day of community service that is much more than a civic obligation. It is a social, cultural and moral philosophy that offers valuable lessons for the world.

What is Umuganda?

The word “Umuganda” originates from the Kinyarwanda language and loosely translates to “coming together in common purpose.” Officially, it refers to a mandatory community work programme where citizens participate in activities aimed at improving their neighborhoods and public infrastructure. The tradition has deep historical roots in Rwandan society. For centuries, rural communities practised collective labour, working together during planting and harvest seasons, building roads, or constructing communal facilities.

After the tragic genocide of 1994, Rwanda faced not only the monumental task of national reconstruction but also the challenge of rebuilding social cohesion and trust among its people. Umuganda was revitalised and formalised as a monthly, nationwide initiative to foster civic engagement, national unity and social responsibility. Today, from 8 a.m. to 11 a.m. on the designated Saturday, citizens join hands to clean streets, plant trees, repair schools, construct public facilities, and engage in other projects that benefit the wider community.

The Social and Civic Impact of Umuganda

Umuganda is more than physical labour. It is a vehicle for social transformation. As an initiative it encourages:

Civic Responsibility: Participation in Umuganda is mandatory for all citizens aged 18 to 65. This ensures that every person, regardless of status, contributes to the common good.

Social Cohesion: By working side by side, Rwandans strengthen interpersonal bonds and rebuild trust. After decades of division, Umuganda encourages reconciliation and a sense of shared destiny.

Community Empowerment: Citizens actively participate in decisions regarding the maintenance of their environment, the construction of local facilities, or the allocation of community resources. This attempt highlights local governance and accountability.

Environmental Responsibility: Activities often include tree planting, river cleaning, and waste management, reinforcing Rwanda's commitment to sustainability and a green economy.

By blending civil engagement with practical outcomes, Umuganda not only improves communities physically but also nurtures a culture of cooperation and collective pride.

Economic and Developmental Benefits

Umuganda also contributes indirectly to Rwanda's economic development. By mobilising thousands of citizens for community projects, the country reduces the need for external labour costs and accelerates the maintenance of public infrastructure. Small projects completed through Umuganda such as street repairs, school construction and

sanitation initiatives to enhance productivity and quality of life, creating conditions for social and economic growth.

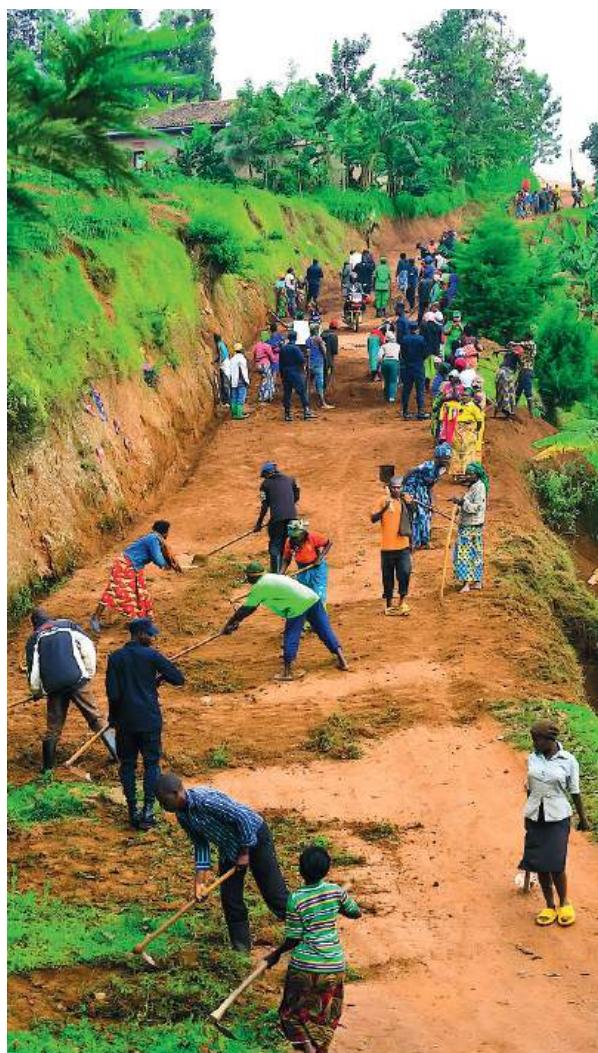
Further, the culture of cooperation instilled by Umuganda translates into the workplace. Rwandans accustomed to collective problem-solving and teamwork are more likely to thrive in collaborative professional environments, boosting national productivity and innovation.

Lessons for the World

While Umuganda is deeply rooted in Rwandan culture and history, its core principles have universal relevance. The world, facing challenges ranging from climate change to social fragmentation, can draw several lessons:

Umuganda teaches that individual action alone is insufficient to address societal issues. Whether combating environmental degradation, improving urban spaces, or supporting vulnerable populations, collective effort magnifies impact.

Further, the societies that encourage shared purpose and mutual support are more resilient. Umuganda reminds us that unity is cultivated not just in times of crisis but through regular, intentional engagement.



Community Participation in governance is another key factor of the project. When citizens are actively involved in shaping their environment, they develop a sense of ownership and accountability. Participatory governance is strengthened through direct action.

Nothing matters more than shared commitment to achieve sustainability. Environmental and social sustainability depends on the daily choices and commitments of citizens. Tree planting, clean-ups, and maintenance activities exemplify how small, coordinated actions create lasting change.

Umuganda also demonstrates that ancient practices of mutual aid can be adapted to modern challenges. It also highlights that cultural traditions can guide contemporary solutions to urbanisation, social inequality and environmental concerns.

Global Implications

Imagine if communities worldwide adopted a practice similar to Umuganda.

Cities could benefit from cleaner streets, greener spaces and stronger local networks. Rural areas could see improved infrastructure and enhanced social cohesion. Beyond physical improvements, such practices could inculcate empathy, collaboration and civic pride generating the qualities essential in a harmonious world.

Moreover, Umuganda serves as a reminder that nation-building

is not solely the responsibility of governments or institutions. Citizens, working together in small but consistent acts of service, can shape a society that is inclusive, resilient and forward-looking.

Today Umuganda is not just a practice. In Rwanda, it is a living philosophy that binds individuals to their communities, their environment and their nation.

It exemplifies how collective action, grounded in shared purpose, can heal societies, promote development and inspire hope. In a world often fractured by self-interest and division, Rwanda's example reminds us that unity, service and civic responsibility are not merely ideals they are practical pathways to a better society.

By embracing the spirit of Umuganda, the world can learn that meaningful change begins when citizens choose to work together, not only for themselves but for the greater good. Whether in bustling cities or quiet towns, the lessons of Umuganda teach us that when people come together, anything is possible.

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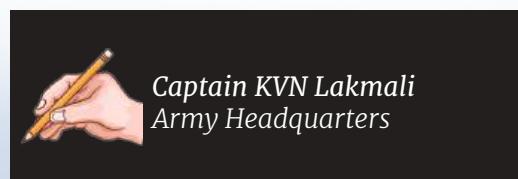
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Yoga Asanas for Obesity

In today's fast-paced world, obesity has become a global health concern affecting millions. Sedentary lifestyles, unhealthy eating habits and stress have contributed to the rising incidence of excessive body weight, which can lead to serious health issues such as diabetes, hypertension, heart disease and joint problems. While many turn to diets and medications for weight loss, holistic approaches like yoga offer a natural, sustainable, and effective solution. Yoga not only helps in burning calories but also promotes mental well-being, self-discipline, and lifestyle balance making it an ideal choice for tackling obesity.

What is Obesity?

Obesity is a medical condition characterised by an abnormal or excessive accumulation of body fat that poses a risk to health. It is commonly measured using the Body Mass Index (BMI), with a BMI of 30 or above indicating obesity. Obesity can be caused by a combination of genetic, environmental and lifestyle factors. Poor dietary habits, lack of physical activity, hormonal imbalances, stress and sleep deprivation all contribute to weight gain. Beyond physical health, obesity can also affect mental health, leading to reduced self-esteem, anxiety and depression.

How Yoga Helps Reduce Obesity

Yoga, an ancient practice originating in India, combines physical postures (asanas), breathing techniques (pranayama), and meditation to create a holistic approach to health. When it comes to obesity, yoga works on multiple levels:



Physical Activity: Certain yoga asanas engage multiple muscle groups, increasing metabolism, toning muscles, and burning excess fat.

Stress Reduction: Chronic stress leads to the release of cortisol, a hormone linked to weight gain, especially around the abdomen. Yoga helps lower stress levels through mindful breathing and meditation.

Improved Digestion: Yoga postures stimulate digestive organs, enhancing metabolism and preventing bloating.

Mindful Eating: Regular practice fosters body awareness and self-discipline, which can help regulate eating habits and reduce overeating.

Effective Yoga Asanas for Obesity

Several yoga postures are particularly beneficial for reducing obesity by targeting core areas such as the abdomen, thighs and arms:

Surya Namaskar (Sun Salutation): A series of 12 asanas performed in a sequence that stretches and strengthens the entire body. It boosts metabolism, improves digestion, and burns calories effectively.

Bhujangasana (Cobra Pose): Helps tone abdominal muscles, strengthens the spine, and stimulates digestive organs.

Dhanurasana (Bow Pose): Expands the chest and abdomen, stretches the whole body, and activates metabolism.

Paschimottanasana (Seated Forward Bend): Stimulates digestion and tones abdominal organs while calming the mind.

Pawanmuktasana (Wind-Relieving Pose): Aids in digestion and relieves bloating, contributing to a flatter stomach.

Trikonasana (Triangle Pose): Engages the core and promotes fat burning along the waist and hips.

Setu Bandhasana (Bridge Pose): Strengthens the back, tones the abdomen, and improves circulation.

Benefits of Yoga for Obesity

Regular practice of yoga for obesity brings a wide range of benefits:

Weight Reduction: Consistent engagement in asanas and dynamic sequences like Sun Salutations helps burn calories and reduce excess fat.

Enhanced Flexibility and Strength: Yoga tones muscles, improves posture, and strengthens joints, reducing the risk of injury during other activities.

Stress Management: Yoga decreases stress and anxiety, preventing stress-related eating habits.

Improved Digestion and Metabolism: Twists and bends stimulate digestive organs and enhance the body's metabolic efficiency.

Holistic Health: Beyond physical benefits, yoga improves mental clarity, emotional balance, and overall well-being.

Restrictions and Precautions

While yoga is generally safe, certain precautions should be observed, especially for beginners or individuals with obesity-related health issues

Medical Consultation: People with high blood pressure, heart problems, joint issues, or hernia should consult a doctor before starting.

Avoid Overstretching: Excessive strain can cause injury. Beginners should follow proper instructions or practice under a certified yoga instructor.

Gradual Progression: Start with simpler asanas and gradually progress to advanced postures.

Avoid yoga on full stomach. Practice should be done at least 2–3 hours after meals for better results.

Listen to Your Body. Pain or discomfort should not be ignored; modifications are always possible.

Obesity is more than a cosmetic issue. It is a significant health challenge. While diet and exercise are important, yoga offers a balanced, holistic approach to weight management. By combining physical activity, stress reduction and improved self-awareness, yoga empowers individuals to tackle obesity naturally. With dedication and regular practice, the body becomes leaner, stronger and more energetic, while the mind achieves calm and clarity. Yoga is not just a solution to obesity but it is a lifelong path toward health, balance and well-being.

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Captain KVN Lakmali
Army Headquarters

A Soldier's Courage

**While mountains shake,
His home lay quiet,
His kin are drowned
Yet he stands
to save strangers
with courage
His heart was torn,
but his hands are strong,
He moves along
For the duty called
Though sorrow buried his chest,
He gave the world his best
World calls him unlettered
Yet he remained to serve than lettered.**

*Captain KVN Lakmali
Army Headquarters*

Soldier's Life

**The hero who left home
and was destined for the country,
Soaring through the difficult path,
through dust and sweat.
Even if life is given,
the smile will not vanish.
A soldier's life is a gift given,
never reclaimed.**

*Corporal Shamala T
2(V) SLAWC*





The History of Military Heraldry and Unit Badges

For centuries, military heraldry and unit badges have served as visual records of identity, honour and tradition on the battlefield and beyond. They have also needed symbols, visual marks of identity that unite, inspire and distinguish. Whether painted on a shield, sewn on a banner, or crafted into a modern cap badge, these symbols carry the memory of a unit's history. They preserve honour, pride and tradition. Today, every Regiment in the Sri Lanka Army carries its own badge and colours, each with a story stretching back centuries before the modern military even existed. To understand these emblems, one must journey through the long global history of military heraldry, beginning in the ancient civilisations where the first battlefield identities were born.

The Origin

The earliest armies understood the power of visual identity. In ancient Egypt, as far back as the second millennium BCE, warriors marched beneath standards representing their local regions. Artificial falcons, bulls, jackals and sun discs rose above the dust so soldiers could rally behind them. These symbols marked authority and invoked divine protection as much as they identified a force on the battlefield.

The Assyrians and Persians continued these visual traditions with great sophistication. Assyrian reliefs depict armies marching beneath standards topped with winged discs,

divine animals and sacred emblems. Under the Achaemenid Persians from the 6th century BCE onward, noble guards often wore helmets adorned with plumes or streamers and elite units marched with the royal falcon and lion banners. These symbols served to declare allegiance and inspire cohesion.

In the classical Mediterranean world, the Greeks added a new layer to military symbolism. City-states began decorating their shields with bold, instantly recognisable emblems such as the Spartan lambda, the Athenian owl and the Theban club. These designs unified citizen armies and made every phalanx a wall of civic identity. The Romans later refined this principle into a disciplined system of legionary insignia.

Each legion carried its eagle standard, the aquila, flanked by unique symbols and titles. Losing a standard was a disgrace, recovering one was a triumph, and protecting it became a matter of honour. Roman commanders and centurions wore distinctive crests and plumes so their soldiers could find them in the chaos of battle, turning visual identity into a tool of command and control.

Meanwhile, in China, symbols evolved along a parallel but independent path. From the Han dynasty through the Tang era (2nd century BCE to 10th century CE), armies used banners featuring dragons, tigers and phoenix motifs



to mark divisions and inspire courage. Officers sometimes wore decorative plumes or tassels on helmets and entire armies advanced under massive, brightly coloured flags that combined myth, politics and military structure. These systems had no connection to European heraldry, yet performed remarkably similar functions.

From Personal Symbols to Formal Heraldry

After the fall of the Western Roman Empire, the Byzantine, or Eastern Roman, Empire preserved many visual traditions. Early Byzantine troops still using crested helmets and military manuals such as the Strategikon, emphasised that officers must remain highly visible.

Over time, ceremonial plumes and jeweled headdresses became markers of rank within elite units like the Varangian Guard. Although more ornate than practical, these traditions show continuity with older systems of symbolic identification.

In medieval Europe, however, a new phenomenon appeared as a formal heraldry. As armour grew heavier and face-covering helmets more common, personal recognition on the battlefield became nearly impossible. Knights began painting unique symbols on their shields and wearing coloured surcoats over armour.

By the 12th century these designs had become hereditary, passed from father to son. Heralds emerged as officials responsible for recording arms, regulating designs and mediating disputes. Banners, pennons and crested helmets turned the battlefield into a sea of colour and identity.

From Shields to Uniform Identity

With the Renaissance and the rise of early standing armies in the 16th and 17th centuries, heraldry expanded beyond individuals to entire formations. Pikemen, arquebusiers and musketeers carried regimental colours adorned with crosses, lions, fleurs-de-lis, or regional emblems.

Morion helmets and cabasses sported ostrich and heron feathers, marking Officers or elite companies. The flamboyant Landsknechts of Germany made visual identity into performance art, dressing in vivid colours and feathered caps that proclaimed both loyalty and bravado.

Outside Europe, similar yet independent practices flourished. In Mesoamerica, the Aztecs used feathers not merely as decoration but as a system of rank and achievement.

Eagle and Jaguar warriors wore elaborate costumes that signified their military rank and achievements functionally equivalent to European heraldry though entirely separate in origin.

In Mughal India, Officers wore the kalgi, a jeweled plume affixed to a turban, while in Qing China the granting of a peacock feather signified imperial favour. Across cultures, visual symbols served the same purpose: to distinguish, to honour, and to command respect.

Sri Lankan Traditions Before the Colonial Era

Long before European heraldry reached the island, Sri Lanka possessed its own deep-rooted traditions of military symbolism. The ancient Sinhala kingdoms used visual markers that served many of the same purposes as coats of arms or regimental badges to affirm royal authority, distinguish units and inspire unity among warriors.

From the early Anuradhapura period onward, Sri Lankan armies marched beneath banners bearing the lion, the sun, the moon and the symbols of guardian deities. These symbols were more than decorations. They were embodiments of sovereignty and cosmic protection. The lion banner in particular associated with royal lineage for over two millennia. It also appears repeatedly in chronicles and reliefs and was carried on shields, standards and ceremonial processions. Its presence on the battlefield expressed the king's authority and the continuity of the island's political identity.

By the Kandyan period (17th–19th centuries), this tradition had grown even more elaborate. The royal army used a carefully structured visual system that assigned colours, fabrics, and insignia to different ranks and clans. Elite units serving the Kandyan monarch, including the Atapattu and various provincial guards, wore distinctive headdresses decorated with feathers, jewels and embroidered cloth. These were not heraldry in the European sense, but they functioned similarly. They identified the status of Commanders, marked out trusted retainers and provided a visual order within the King's retinue. Even during major state ceremonies such as the Kandy Esala Perahera, military escorts displayed colours and regalia that signified lineage, service and authority.

Weapons also carried symbolic meaning. Certain swords

and spears adorned with royal emblems were carried only by specific officials or ceremonial guards. The use of such insignia created a visual hierarchy around the King, reflecting both status and responsibility. While these symbols varied regionally, Low Country, Kandyan and Tamil traditions each had their own stylistic nuances.

Thus, long before the arrival of European heraldry, Sri Lankan armies already understood the power of symbols to unify, distinguish, and legitimise. Their banners, colours, and ceremonial regalia reveal a parallel tradition of military identity, shaped by local history and kingship rather than coats of arms, yet driven by the same universal need for recognition and pride.

The Birth of the Modern Regimental Badge

As European states expanded their armies in the 18th century, heraldic identity gradually shifted from flags and personal crests to standardised regimental symbols. Fusilier regiments in Britain began wearing small plumes, proto-hackles on their caps to distinguish elite status. Over time, these became unique to each Regiment, evolving into the narrow hackles of later centuries.

By the 19th century, metal cap badges became the primary symbol of regimental identity across Europe. These badges incorporated crowns, animals, mythological figures, regional emblems and battle honours. They served as compact, formalised heraldry adapted to the new age of uniforms and industrial armies. Regiments proudly displayed their history on their colours and drums, adding battle honours gained in India, Africa, Europe, and beyond. In this period, heraldry became a readable record of institutional memory.

Colonial Expansion and Military Heraldry

As European armies expanded globally, their heraldic traditions followed. In South Asia, Africa and the Far East, colonial Regiments

adopted cap badges, mottos and colours inspired by British and other European models, but often infused with local symbols. Indian regiments blended elephants, tigers, and regional motifs with imperial crowns. Similar hybrid identities emerged in Africa and Southeast Asia.

In Sri Lanka, this influence became especially significant. The Ceylon Light Infantry Volunteers and later the Ceylon Defence Force adopted British-style insignia, complete with colours, crests and mottoes. These traditions carried forward into the Sri Lanka Army after independence, where each Regiment developed its own badge rooted in both colonial structure and Sri Lankan identity such as lions, elephants, daggers, sunbursts, and indigenous motifs now stand proudly beside older heraldic elements inherited from British military practice.

Modern Military Identity

Today's military badges may be smaller than ancient banners or medieval shields, but their meaning remains just as powerful. Modern heraldry blends national identity, regimental history and battlefield achievements into symbols worn daily on the uniform. Battle honours, unit insignia and regimental colours preserve the memory of campaigns and sacrifices long past. Soldiers still rally under their colours during parades, just as their ancient predecessors did beneath the standards of Egypt or Rome.

In Sri Lanka, regimental badges have become central expressions of pride and unity. They represent decades of service, the memory of fallen comrades and the spirit of each unit. Whether carried on parade or worn quietly on a beret, these symbols link today's soldiers to earlier generations who served under different banners but shared the same values of courage, loyalty and discipline.

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Core Strategies and Traits for Personality Improvement

Personality is not just the way we appear to others. It is the combination of traits, behaviours and attitudes that define who we are. Improving one's personality is a lifelong journey that involves self-reflection, learning and conscious effort. Cultivating certain core strategies and personality traits can significantly enhance both personal and professional life, helping individuals navigate challenges with confidence and positivity.

Cultivate Self-Awareness

The foundation of personality improvement begins with self-awareness. Understanding your emotions, strengths, weaknesses, values and thought patterns is crucial. By reflecting on your actions and decisions, you gain insight into your behaviour and its impact on others. Seeking honest feedback from trusted friends, mentors, or colleagues can

reveal blind spots that you might not recognise on your own. This awareness helps in identifying areas for personal growth, shaping behaviour and making informed choices in social and professional settings.

Develop Communication Skills

Communication is a central pillar of an attractive personality. Strong communication skills include both verbal and non-verbal aspects. Active listening is as important as expressing your own thoughts clearly. Maintaining appropriate eye contact, speaking with clarity and using effective gestures enhance the way your messages are received.

Additionally, being mindful of your posture and body language helps convey confidence and openness. When you communicate effectively, you build trust, avoid

misunderstandings, and create meaningful connections with others.

Build Emotional Intelligence

Emotional intelligence (EI) is the ability to understand and manage your own emotions while empathising with others. Individuals with high EI can navigate difficult situations calmly, resolve conflicts effectively, and respond to stress without overreacting. By practicing empathy, you develop deeper relationships and a stronger connection with people around you. Learning to manage emotions positively also increases your resilience and contributes to a balanced, composed personality.

Maintain a Positive Outlook

A positive mindset can dramatically influence personality. Optimism helps you handle challenges with resilience



and keeps your interactions uplifting for others. Practicing gratitude, using positive affirmations, and reframing negative thoughts are effective strategies to maintain positivity. Seeing opportunities in setbacks and focusing on solutions rather than problems not only enhances mental strength but also leaves a lasting impression on those you encounter.

Commit to Lifelong Learning

A dynamic personality thrives on curiosity and growth. Lifelong learning expands knowledge, adaptability, and problem-solving skills. Engaging in new experiences, reading extensively, taking courses, or developing new hobbies broadens your perspective and equips you to handle diverse situations. Additionally, learning continuously provides more topics for conversation, allowing you to connect with people from various backgrounds and interests.

Expand Your Social Network

Interacting with diverse individuals exposes you to different perspectives, cultures, and experiences. Building a broad social network fosters adaptability and cultural awareness, making you more approachable and well-rounded. The ability to connect with people from various walks of life enhances empathy, understanding, and communication skills, all of which are key components of a strong personality.

Prioritise Self-Care and Grooming

Physical appearance and hygiene play a subtle yet significant role in personality perception. Regular exercise, proper rest, grooming and dressing appropriately enhance self-confidence and create a positive impression on others.

Taking care of your body and mind signals discipline and self-respect, both of which contribute to a more appealing and charismatic personality.

Be Authentic and Confident

Authenticity is the cornerstone of a magnetic personality. Embrace your unique traits and work on becoming the best version of yourself rather than imitating others. Confidence, derived from genuine self-belief and competence, attracts respect and admiration. When you are comfortable in your own skin, people naturally gravitate toward you.

Key Personality Traits to Cultivate

Certain traits strengthen the foundation of personality:

- Integrity and Accountability: Being trustworthy, responsible, and owning up to your actions builds credibility and respect.
- Empathy and Kindness: Treating people with warmth and respect fosters meaningful relationships.
- Assertiveness: Expressing needs and opinions confidently, without being aggressive or submissive, is essential for healthy interactions.
- Adaptability and Resilience: Flexibility in facing change and recovering from setbacks ensures stability and growth.
- Time Management: Prioritising tasks, meeting deadlines, and managing time effectively demonstrate discipline and reliability.

In conclusion, personality improvement is a conscious, ongoing process. By cultivating self-awareness, emotional intelligence, communication skills, a positive mindset, and lifelong learning habits, individuals can enhance their personal and professional relationships.

Complementing these strategies with key traits like integrity, empathy, assertiveness and resilience creates a balanced, confident and attractive personality. Developing oneself in these areas is not only a path to self-fulfillment but also a way to positively influence and inspire those around you.

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Essential Tips for Psychological First Aid After a Crisis

Psychological First Aid (PFA) is an essential approach used to provide emotional and practical support to individuals affected by disasters, accidents, conflict and traumatic events. Unlike clinical therapy, PFA focuses on stabilising people, ensuring safety and guiding them toward healthy coping strategies. It helps survivors regain a sense of control at a time when their world feels uncertain. These tips may help for effective PFA.

1. Ensure Immediate Safety

Before offering emotional support, check whether the person is physically safe. For example, in a flood situation, guide survivors to a dry, secure shelter before beginning any conversation. Safety always comes first.

2. Approach Calmly and Respectfully

A calm presence reduces fear. Speak softly, move slowly and avoid sudden gestures. For instance, when talking to a distressed mother searching for her child, approach with empathy rather than overwhelming questions.

3. Listen Actively Without Pressuring

Let the survivor share their experience at their own pace. Nod gently, maintain a supportive posture and listen without interrupting. If

someone is silent, give them time. Silence itself can be part of their coping process.

4. Acknowledge Their Feelings

Survivors need validation. Use simple statements like, "It's completely understandable to feel scared after what happened." This helps reduce feelings of isolation or confusion.

5. Provide Practical Assistance

Help solve immediate concerns, such as finding water, contacting family, or locating medical help. For example, assisting an elderly man to charge his phone to call relatives may significantly reduce his anxiety.

6. Offer Clear and Accurate Information

Trauma creates confusion. Share verified information about relief services, medical support and next steps. For example, guiding a family on where to register for emergency transport can help them feel more in control.

7. Encourage Healthy Coping Strategies

Promote simple actions that support emotional recovery such as deep breathing, resting, talking to trusted people, or engaging in prayer or

cultural rituals. Avoid unhealthy habits such as alcohol or isolation.

8. Support Reconnection With Loved Ones

Reuniting with family or friends reduces stress. Help survivors find communication channels or direct them to family reunification centres. Even helping a child find their school teacher can provide comfort.

9. Respect Cultural and Personal Differences

People cope differently according to beliefs, age and cultural background. For example, some may prefer to pray, while others may want quiet time. Avoid imposing your own methods.

10. Know Right time for Professional Help

If someone shows signs of severe distress such as uncontrollable crying, confusion, or self-harm thoughts, connect them with trained mental-health professionals. Early referral prevents long-term psychological harm. Psychological First Aid is a compassionate, practical and lifesaving approach that helps survivors stabilise after a crisis. By ensuring safety, listening with empathy, offering clear information and connecting individuals to support networks, anyone can play a vital role in restoring hope. These tips empower communities to respond effectively and humanely during moments when people need it most.

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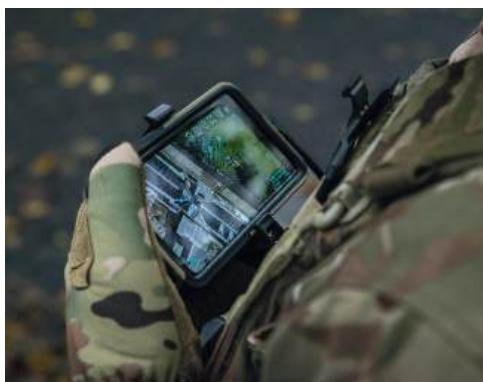
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COMIC CORNER



Why did the soldier bring a ladder to boot camp?

Because he heard the training was on a whole new level!



Why don't military secrets ever get stolen?

**Because even the GPS says,
"You're on your own, soldier."**

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Memories of a Warrior



Lieutenant General Parami Sugandhika Bandara Kulathunga RSP USP was born on 09 October 1951 in Lewella, Kandy. He received his education from Trinity College, Kandy and joined the Sri Lanka Army as an Officer Cadet in 1971. After completing his basic training, he was commissioned as a Second Lieutenant and posted to the Gemunu Watch. Throughout his distinguished career, he held numerous key appointments, eventually rising to serve as the Deputy Chief of Staff of the Sri Lanka Army. He played a key role in planning and executing major military operations such as Riviresa, Jayasikuru and Balawegaya as well as other counter-terrorist operations during his illustrious and unwavering service.

On 26 June 2006, Lieutenant General Parami Kulatunga RSP USP made the supreme sacrifice when a suicide bomber targeted his official vehicle in Pannipitiya, killing him along with his driver and security guard. At the time of his death, he was the third highest-ranking officer in the Sri Lanka Army. He was posthumously promoted to the rank of Lieutenant General, honouring his unwavering service, courage and dedication to the motherland.

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Lieutenant General Parami Kulatunga RSP USP, bravely fought with the enemy to liberate the land from the ruthless enemy. In a moment where two decades on, this tribute honours his gallantry and unwavering service to the nation with deepest respect.

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